



HAMURA NEWS

HAMURIN Hamura City Mascot

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Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section)

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Hamura City Official Website = <http://www.city.hamura.tokyo.jp> E-mail: s102000@city.hamura.tokyo.jp

Hamura News Back Numbers = <http://www.city.hamura.tokyo.jp/category/3-17-2-0-0.html>

9月3日(日)は総合防災訓練

< HAMURA CITY COMPREHENSIVE EMERGENCY DRILL September 3rd (Sun) 9AM ~ >

You should be self-reliant for protecting your life, and helping others survive!

In all *Hamura City*, the drill demonstrations will take place at 10 public evacuation sites, among those *Hamura Dai Ni Junior High School* is designated as the main evacuation site this year.

Inquiries: City Hall, *Bousai Anzen-ka Bousai-kakari* ☎Ext.207

It is important to better the capability for disaster response with practical knowledge gained from conscious efforts for disaster preparedness, which will lead to the protection of your own life. These efforts will pay off during an actual situation as it occurs.

Not only the adults, but also young residents, because they are all recognized as community members, should participate in the drill. Junior High School Students have been joining the drill on a regular basis, improving the effectiveness of the drill. The whole family should participate as well, with the thought in mind that disaster strikes in many forms.

◆ The main evacuation site of this year's drill is *Hamura Dai Ni Jr High School*

Junior High School Students 1st grade and 2nd grade will be participating.



The *Fussa Fire Station* and other organizations taking part will set up an Exhibition and Simulation Booth which will have a House for Smoke Simulation at which you can experience a fire.

The Doctor's Association of *Hamura City* will demonstrate emergency relief posts during the emergency drill. Stockpile emergency relief supplies will be on display. There will also be an overnight evacuation drill simulating life at shelter facility organized by civil voluntary disaster management organization day prior to this exercise.

*In case of cancellation due to bad weather, it will be announced at 7AM through outdoor public address system.

Assumed Scenario:

» Shortly before 9AM, an emergency earthquake warning is issued by J-Alert (nationwide alert system) which is broadcasted through the outdoor P.A. system city wide. Then at 9AM, a severe earthquake (scale 6-strong) occurs. Following the earthquake, the public emergency siren goes off.

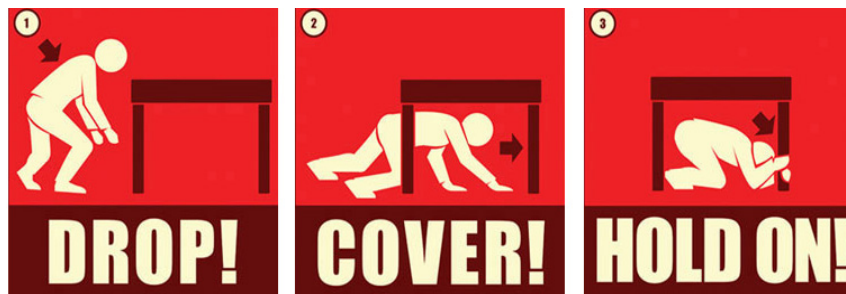
» Disaster Occurrence Notice (Emergency Drill) is distributed to the subscribers of *Hamura Information Email Service* after 9AM when occurrence of natural disaster (evacuation order for the drill) is issued. Even if you are not a subscriber, an extensive notification e-mail will be sent to all who are present in *Hamura City*.

(Please inquire to your cellular phone company about the details for phone settings.)

What to Do On the Drill Day

Practice ①~⑤ steps explained below:

What To Do When A Strong Earthquake Happens...



- ① When a strong earthquake happens, the first and most important thing is to protect yourself. If there is a sturdy furniture near you, drop underneath the furniture, be covered and hold-on to the furniture until the shaking comes to a stop. * For the drill, make-up an assumed scenario (with family or with your co-workers), and try acting according to the assumed situation. These are simple but important to do.
- ② After the shaking stops and you make sure it is safe to take the next action, the first important thing is to check all the fire risk sources (if you are at home or office). Tightly close the main gas tap and switch off the electricity circuit before leaving the place.
- ③ Practice the actual evacuation plan. Make an escape route considering of dangers open fire spreading which may occur and discuss among family members. Go to the public shelter site nearest to your home
- ④ Neighborhood associations and volunteer organizations for disaster preparedness will practice extinguishing fires or providing first-aid to injured persons (requiring evacuation assistance during disaster). These repeated activities can make one move in an agile and proficient manner. It will enhance awareness for helping each other as a community
- ⑤ We should avoid migrating during a time of disaster, according to the Tokyo Metropolitan Government's policy for preventing home-going refugees. Those who are away from home must stay put at their location. Even after safe, you may have to walk home if public transportation's inaccessible. Discover your route to go home on foot, and use the disaster line to connect with your family. Please take this chance and discuss with your family/friends about options for communication method.

HAMURA INFORMATION EMAIL SERVICE

Hamura City provides a public information service which distributes local information via emails.

With this system emergency related information will be sent to all subscribers. In addition, you can receive local affairs information in various categories upon your request. There is no fee charged for subscription.

*Subscription instruction and email contents are available in Japanese only.

*Mobile internet access fee may apply for receiving the emails from this system.

Information Categories:

- ① Emergency, Fire, Natural Disaster 災害情報 and others

Please look at *Hamura City*'s official website for details regarding other categories offered.

<Main Page> → <メール配信サービス>

How to subscribe:

- (1) First, Set up your email account able to receive emails from mail@city.hamura.tokyo.jp.

Then send a blank email (no title/message) to hamura@entry.mail-dpt.jp

- (2) You will receive an email titled "仮登録受付メール". Open the message, and click on the URL in it which links to the Site Policy page (in Japanese only).

You must complete the registration within 30 minutes from the time you open the page.

- (3) After you indicate that you agree with the terms and conditions (click on 同意する), choose your desired information categories, and click on the icon "確認". Then on the next page, click on "登録"

- (4) If successfully registered, you will receive a confirmation email with title containing "本登録完了".

Inquiries: Kouhou Kouchou-ka Kouhou-kakari , ☎Ext.339

<Hamura City's Evacuation Plan to Support Those Requiring Evacuation Assistance (避難行動要支援者制度) >

There is an evacuation assistance plan activated during a disaster for citizens requiring special consideration such as elderly citizens, physically or mentally challenged citizens, and some foreigners residing in Japan with difficulty to understand Japanese. They will be included in the list of citizens requiring evacuation assistance maintained by Hamura City, which provides a basis for cooperating agencies to be aware of their presence so that they can provide prompt support that these people need.

Please note that this registration system does not guarantee you will receive a special assistance in time of a disaster. It will provide disaster response personnel where the registered help-needing persons are likely to be found by their addresses, but those personnel may not be able to reach them swiftly. It is most recommended for residents to have a friendly relationship with neighborhood people regularly in order to build a network for collecting local information and helping each other.

• List of Citizens Requiring Evacuation Assistance in Hamura City's Evacuation Plan •

The list of registered citizens requiring evacuation assistance will be created according to the provisions of the Basic Act on Disaster Control Measures. Hamura City's Disaster Control Plan specifies the area in which this information is used when passed on to the various local organizations that will respond to disaster management. If registrants can offer consent for their information to be released to these agencies, it will be utilized when an organization performs their disaster relief efforts, and neighborhood watch functions will be enhanced to be better prepared for a disaster, following the guidelines that stipulate which information is relevant to the disaster relief efforts.

Registration of citizens to the "List of Citizens Requiring Evacuation Assistance" (避難行動要支援者名簿) will be made under the Hamura City's Disaster Control Plan. This list will be utilized by the neighborhood associations for practicing evacuating procedures in the Comprehensive Emergency Drill, which is schedule to be held on September 3rd (Sun).

• Eligibility •

Hamura City Residents who are not long term hospital / nursing home dwellers that fulfill following criteria:

1. Households comprised of age 75 or older
2. Certified as Long-term Care Level 3 or higher
3. Physical Disability Certificate (身体障害者手帳) Level 1 or 2
4. Intellectual Disability Certificate (愛の手帳) Level 1 or 2
5. Health and Welfare Handbook for Mentally Disabled (精神障害者保健福祉手帳) Level 1 or 2
6. Those needing special assistance in time of evacuation with incurable diseases.
7. Those certified by the mayor as needing evacuation assistance during evacuation.

Please obtain a pamphlet and registration form at the *Kiki Kanri Ka, Kiki Kanri Kakari* on the 2nd Floor of the City Hall. (If you are not applicable to above and wish to be included in the list, please call to make a request.)

• Personal Information Included Are •

Based on the Act on Disaster Control Measures (2014), required information for registry is as follows.

Name, Date of Birth, gender, address, point of contact (phone number), and a reason for needing assistance which was provided at time of registry.

• The Various Agencies which will Handle the Information •

Neighborhood Association, Civil Voluntary Disaster Management Organization, Commissioned Welfare Volunteers, Fire Brigades, Hamura City Social Welfare Organizations and Traffic Safety Organizations, *Fussa* Police Department and Fire Department

Please note that personal information may be disclosed within the specifications of the Disaster Control Plan, even if there was not consent provided in times of emergency.

• Applicable Citizens will Receive Notification •

Those who are going to be registered from now will receive "List of Citizens Requiring Evacuation Assistance" (避難行動要支援者名簿) notice packet around December.

This notice, which includes information about the Basic Act on Disaster Control Measures, confirmation regarding the information that is kept, and the consent form is sent so that information can be offered to various agencies to be prepared for when an emergency occurs. This consent form should be signed and returned. Please send back to the *Kiki Kanri ka* (Crisis Management) section of Hamura City. If you wish to clarify any details, please call. *Kiki Kanri Ka, Kiki Kanri Kakari*, Ext. ☎217

NTT's 171 DISASTER LINE

for keeping in touch with your people in time of emergency

NTT (Nippon Telegraph and Telephone Corporation) provides a voice/text messaging service that is initiated when a major disaster occurs. The regular telecommunication is often interrupted in the disaster-stricken area. In such situation this service allows people to post and retrieve voice/text messages through telephone or web based system. An individual message account is made per phone number registered upon usage and it is accessible by concerned family and friends who know the registrant's phone number.

The voice messaging service is accessible only from within Japan, however the text messaging service, which is a web based service, can also be accessed from overseas and available in English, Korean or Chinese.

To use these services, preliminary contract with NTT is not required.

It is strongly recommended that you print the English instructions and keep them in your emergency kit.

* These services are currently closed, but will be opened in the event of an emergency.

▶ How to use NTT Disaster Message Dial (災害用伝言ダイヤル)

For detailed English information on this service → <http://www.ntt-east.co.jp/en/saigai/voice171/index.html>

The service can also be used from mobile phones, but please check the details with the provider of your communication device.

① Dial 171

② Choose whether to record or to playback : Record > "1" Playback > "2"

To record/playback using a PIN : Record > "3" Playback > "4" then input four-digit PIN

③ Enter the phone number of the person in the disaster-stricken area, starting with the area code.

→ Your attempt will be connected to the message dial center.

④ After prompt is played, if calling from touch-tone phone press 1 and #, if calling from dial-tone phone just remain on the line. Then...

Recording: after the beep, speak your voice message. When finished, press 9 and #, or hang up.

Playback: a voice message recorded in the accessed account will be played.

* The automated voice prompts are played in Japanese only.

▶ How to use Disaster Message Board "web171" (災害用伝言板)

English instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_eng.pdf

Korean Instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_kor.pdf

Chinese Instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_chn.pdf

① Access <https://www.web171.jp/> and click on your language choice listed at the top center of the page

② Message sending and receiving

Receiving : Input telephone number of person whose message you want to read

Sending : Input telephone number of person who you want to send message to

③ Following the instructions shown, images, video, voice, and text messages can be sent and received

Emergency Message Service in Disaster Time Provided by Various Mobile Phone Companies

There are various emergency message services offered which become active in a time of emergency:

For KDDI au users:

<http://www.au.kddi.com/english/mobile/anti-disaster/saigai-dengon/#saigai-dengon1>

For Softbank users: <http://mb.softbank.jp/en/disaster-message/>

For Y!mobile users: <http://www.ymobile.jp/service/dengon/> (in Japanese only)

< **CHILDCARE SUPPORT NEWS:** >

~The 1 Year-Old and Parent Get-Together Group / "I Love Papa" Workshop~

Date: August 22nd (Tue), from 10:30AM ~ 11:45AM Reception starts 10AM Place: Hoken (Health) Center Hamura City Residents who have a child at age 1 year old to 14 month old can attend with their child.

Place: Hoken Center Eligibility: Hamura City Residents who are raising 1 year ~ 14 month old children

This is a get-together for fun class geared toward 1 year old ~ 14 month old kids and their parents.

(First time participant only) Note: We are sorry, no older siblings can attend this class.

They will offer tips on daily life rhythm, how to stop breast feeding, how a child can play with other children, and about preventing accidents. Things to Bring: *Boshi Kenkou Techou* (Maternal Handbook)

Inquiries: Hoken Center, ☎Ext.693 8:30AM ~ 5PM (Please call in advance.) Closed on weekends and holidays

"I Love Papa Workshop" is for Fathers. You can be enlightened about ways to enhance your fatherhood skills. Learn to support Mom and effectively communicate with child. You are welcome even if you are not a father!

Date: October 1st (Sun), 10AM ~ 0:30PM Place: Yutorogi 3rd Floor *Sousakushitsu* 1

Eligibility: Parents of preschoolers Please bring child so that you can participate in the playtime session.

Capacity: first 20 families Fee: Free Details: lecture, playtime, discussion

Inquiries/Application: from August 16th (Wed) *Kodomo Katei Shien Center* at ☎042-578-2882 (8:30AM~5PM, closed weekends & holidays) or *Yutorogi Center* at ☎042-570-0707 (9AM ~ 5PM excluding Mondays).

60歳以上のウォーキング&ランニング

< **Walking and Running for Those Over 60 Years Old** >

This walking and running class is aimed at the 60 years old persons or older senior citizen. A professional physical training coach, Mr. Yamada, will offer tips based on scientific knowledge for subjects such as posture, stretching/practice method, and proper diet. Practicing these methods let you achieve your potential at action.

Dates: A total of 10 sessions, approximately 2 times a month ~ Class will be held September ~ January.

First session is on Sep. 9 (Sat), 9:15 ~ NOON (The class will be postponed to the 10th if weather is bad.)

Details of 1st class: "Proper Walking and Stretching" Other classes will be scheduled accordingly.

Place: Meet In front of *Fujimi Park Club House* Eligibility: 60 years old or older (who do not have restriction)

Capacity: first 20 Fee: "Hamusupo" member, free Other: ¥500 Please wear clothing for exercise.

Taught by: Mr. *Youichi Yamada*, of Society for Running Application: Aug. 15th (Tue) ~ Sep. 8th (Fri)

Sponsored By: "Hamusupo" (first floor of Sports Center) ☎042-519-5712 (Tuesdays - Fridays 1PM ~4PM)

< **Seasonal Walking Event "I" ~ Walk from Ryougoku Kokugikan to the Tokyo Sky Tree** >

This time the walking course starts from *Ryougoku Station* in Tokyo. The annual September Sumo tournament (Sep. 10 ~ 24) is being held at the *Kokugikan* nearby. It is about 5km walk to the Sky Tree.

Date & Time: September 16th (Sat) 9:15AM ~ around Noon (The event will be held in light rain or shine)

Meeting Time and Place: 9:15AM, in front of JR *Soubu Line*, *Ryougoku Station (West Exit)*

*Please come directly to meeting place. *Event staff will be at the gate of JR *Ozaku* and *Hamura* stations

They will leave on train from *Ozaku Station* at 7:45AM, or *Hamura Station* at 7:47AM

Train to be Taken: JR *Ozaku/Hamura Station* → *Tachikawa Station*

Route: JR *Ozaku*・*Hamura Station (Ome Line)*→ *Tachikawa Station (Chuo Line going to Tokyo Station)*

→*Ochanomizu Station*(transfer to *Soubu line* headed for *Tsudanuma*) → *Ryougoku Station* (destination)

Train Fare: ¥920 from *Ozaku Station* ¥800 from *Hamura Station*

Eligibility: Anyone who can walk the entire course (Preschoolers must be accompanied by an adult.)

Fee: Elementary student or older ¥300 Younger than Elementary ¥100

(collected upon arrival, including insurance, does not including transportation and lunch)

Things to bring: Mobile phone (if you have one), rain gear, drink and copy of health insurance card

*Please be dressed suitable for walking. Event Day Contact: 080-4325-1295 (7AM ~ until the end of event)

Co-hosted by: *Hamura-shi Board of Education (Kyouiku linkai)*, *Hamura Sports Promotion Committee*

Inquiries: Sports Center ☎042-555-0033

< Exercise Class for Fall Prevention & Improving Physical Fitness >

Wouldn't you love to stay healthy and fit even when you are old? In this class we introduce various exercises which are effective for preventing falls & improving your stamina. Please join us!

Date & Time: Fridays in September (22nd, 29th) & October (6th, 13th) 4 session course 1:30PM ~ 3:30PM

Place: Freshland Nishitama Gym Eligibility: Age 65 years ~ Hamura resident Capacity: first 30 people

Items to bring: Exercise outfit, Indoor exercise shoes, Towel, and Drink Please call between 8:30AM ~ 5PM

Application/Inquiry: Kourei Fukushi Kaigo Ka ☎Ext.178 (closed on weekends and holidays)



羽村市市民提案型協働事業 はむら市民ギャラリー

< Art Gallery with Works Created by Citizens >

Place: Community Center 2F Hall Feature: Geinoh Mask Exhibition ~ Works by Mr. Tsuneo Masuda

He creates *geinoh* masks in his spare time. A *geinoh* mask is a wooden face mask used in *noh* theater expressing emotions inspired by spiritual expression distinctive of *noh* (classical Japanese musical play).

Date: August 20 (Sun) ~ 27th (Sun), 10AM ~ 5PM (~3PM on final day). Exhibition closed on 21st (Mon)

Please call: ☎090-6533-0229(Ito) Management Committee

吉田俊道さんの講演会 パワー野菜が子どもを変える

< Improving Child's Eating Habits by Including Vegetables for Wellbeing >

Soil made from decomposed kitchen wastes can be good for the soil that grows vegetables.

This example can be said for children as well in the fact that a good diet will support nurturing of a good character. It has been noticed in recent years that children lack patience

and cannot concentrate. One factor which is thought to be contributing to this is the lack of proper food that we give to them. Mr. *Yoshida* stresses that the key to building a healthy and sound mind is gained by reconsidering our diet to include proper food, which is affected by the environment to be suitably cultivated.

Date: September 10th (Sun), 1:30PM~4PM Place: Yutorogi Small Hall Capacity: first 150 No Reservation Needed

Please feel free to bring your children. Admission: free Taught By: Chairman Mr. *Toshimichi Yoshida* of NPO, *Daichi to Inochi no Kai* If you would like to utilize the childcare available, please call for reservation no later than August 30th (Wed). at *Chiiki Shinkou Ka, Shimin Katsudou Center* ☎Ext. 632 (closed wkend holiday)

Inquiries: Composting Megumi Network of Hamura ☎042-554-9488



市営富士見霊園墓地の使用者募集

< FUJIMI CITY CEMETERY Under the Hamura City's Management: Cemetery Lot/ Noukotsudan >

Selection for the Issuance of Title at the public cemetery lot and *Noukotsudan*(shared cemetery space) will start. If you have been a *Hamura City* citizen from period prior to April 1st, 2015, (prior to April 1st, 2014 for *noukotsudou* application while alive) and have lived continuously in *Hamura City*, you can register to make burial. Persons who have next-of-kin, or an adoptive parent's cremated remains kept at their residence, who have not had an opportunity to make burial in the past are eligible to apply. Please inquire about other details regarding the lot size, other eligibility requirements.

Flyer Handout Term: August 15th (Tue) to September 13th (Wed) 8:30AM ~ 5PM at the *Seikatsu Kankyou Ka, Seikatsu Kankyou Kakari* on the 2nd floor of City Hall. Fliers are available on the 1st floor during the weekend.

Registration Term: August 15th (Tue) to September 13th (Wed) 8:30AM ~ 5PM (weekdays). Application forms are included in the flier. You must apply with separate form for each lot by bringing to the office in person.

Drawing: September 15th (Fri) at the City Hall 2nd Floor 202 Conference Room.

(for *Noukotsudan*): 10AM ~ (for plots): 11AM ~

Inquiries: *Seikatsu Kankyou Ka, Seikatsu Kankyou Kakari* ☎Ext 204

Radiation Dose Test Results at Fujimi Park

Date of Testing	Weather	Elevation at which testing was conducted		
		5cm	50cm	1m
July 12 th (Wed)	sunny	0.052	0.049	0.052

The level of radiation is lower than 0.23 μ sv/h; figure by which it is considered safe if readings are below this.

(unit: μ sv/h (micro Sievert per hour))

Inquiries: Kankyō Hozen Ka, Kankyō Hozen Kakari ☎Ext 226

Radiation Level Analysis of Tap Water of Hamura City

Date the Water Sample was Gained	Testing Items (unit: Becquerel per kilogram)	
	radioactive cesium 134	radioactive cesium 137
July 10 th (Mon) 9:50AM	Not detected (Below 0.1)	Not detected (Below 0.1)
Target value	10	

The target value is figures specified by the government at which findings should be lower than (the sum of the level detected for cesium 134 and cesium 137).

Inquiries: Suidō Jimusho(Waterworks Office) ☎554-2269

保健センターからのお知らせ

フッ素イオン導入

HOKEN (HEALTH) CENTER**< Fluoride Ion Treatment ~ For Your Children's Dental Health ~ >**

Fluoride Ion will be applied on your child's teeth to prevent cavities.

Date & Time: Sep. 7th (Thu)~9th(Sat), 11th(Mon)~13th(Wed) 9:15AM~ 10:30AM Place: Hoken Center

*On Sep 9th (Sat), elementary school students have priority. *Children must be accompanied by an adult.

Fee: Free Eligibility: Children in Hamura who are 3 years old up to 3rd graders as of September 30th, 2017

Things to Bring: face towel, clothes-pin, and application form (available at Hoken Center)

*Please make sure your child's teeth are brushed and clean before receiving the treatment.

*Parking is limited. Please come by foot or by bicycle. Please accompany your child during the treatment.

Hoken Center ☎042-555-1111, Ext.623

日曜日に行います！集団特定健康診査

< Group Health Check Up Shudan Tokutei Kenshin >

A Sunday check-up for those that previously received the voucher for health check-up, yet were not able to use it will be held. Date: October 22nd (Sun) Time: 9AM ~ 4PM Place: Hoken Center

Eligibility: If applicable to the following:

1. You received the check-up voucher from Hamura City, and you are National Health Insurance member
2. If you are younger than 74
3. If you have not yet had the check-up yet ※ You may not participate if you are pregnant.

Capacity: First 100 persons Term for Applying: Aug. 16th (Wed) ~ Sep. 29th (Fri) on weekdays

How to Apply: Call or Come directly to Hoken Center between 8:30AM ~ 5PM Hoken Center, ☎ Ext 627

健康手帳の活用を

KENKOU TECHOU - A free booklet offered by Hoken Center for persons 40 and over is available at the City Hall 1F. This booklet is called *Kenkou Techou*, and has pages on which you can record your medical history. Hoken Center, ☎ Ext 627

健康なんでも相談

HEALTH CONSULTATION - If you have any health concerns, the Hoken Center is ready to listen. Consultations are every 2nd and 4th Thursdays of each month from 1:30PM ~ 3PM at the Hoken Center. (*Nandemo Soudan*)

Fee: Free Certified nurses and nutritionists will handle your cases. No reservation needed

* On October 8th(Sun), there will be consultations offered at the Health Fair.

Doctors, dentists, and pharmacists will be able to hear your concern at this time. Hoken Center, ☎ Ext 627

< Important Information From the Library >

お願い～雑誌の切り取りがふえています

Incidents where library books are vandalized by people have increased recently. People have been tearing out pages from books, and also doodling on the white spaces of the pages in the book. These actions must not be tolerated, and the library must take strict measures in order to protect the valuable property of *Hamura City* citizens entrusted to the library's management. It may be inevitable that measures are implemented under these circumstances such as limiting the access to, or discontinuing the lease of the books. Please have consideration for the next person who will be borrowing the same book. These books must be handled with care. Inquiries: Main Library ☎042-554-2280



国民健康保険医療費通知の送付

< National Health Insurance Expense Report >

If you are a National Health Insurance member who has received medical service in May and/or received physical therapy from a judo healing practitioner, and your total co-pay medical fee in those months was more than ¥3000, you will receive National Health Insurance (NHI) Medical Expense Report (国民健康保険医療費通知) by mail. It is a letter from municipal government to N.H.I. insured persons which notifies his/her record of received medical services under N.H.I. policy coverage, with the list of original medical service fees at 100%, the amount before the insurance coverage was applied.

This report is issued in purpose of promoting the understanding of N.H.I. coverage system as well as the awareness of health management importance. There is no required procedure to be done with this report.

Inquiries: *Shimin-ka Hoken-kakari* , ☎Ext.129

児童扶養手当などの「現況届」の提出を

NOTIFICATION OF CURRENT STATUS for VARIOUS CHILD-RAISING ALLOWANCES

Recipients of Child-Rearing Allowance (児童扶養手当), Single-Parent Household Medical Support (ひとり親家庭医療費助成), and Special Child-Raising Allowance (特別児童扶養手当) are required to submit a Notification of Current Status (現況届) along with the required documents during the designated filing period. The application forms to be filled out were already mailed to the applicable households. Please do not delay to take the procedure. If submission is not made, the city cannot make assessment as to validity of child, and will affect the payment schedule for allowance or issuance process for medical cards. For procedure details and required documents, please inquire. Inquire / File to: *Kosodate Shien-ka Shien-kakari*, ☎Ext.236

新しい障受給者証を送付します

< Renewal of Certificate for Disabled Person >

The Disability Medical Support Recipient Certificate will be renewed on September 1st (Fri). Those who are applicable will receive the new certificate in late August by mail. Please return your old card to the *Shougai Fukushi Ka* at the City Hall. Also, if you have any changes to report, or if you have moved, etc. please contact them.

Medical Support System For Disabled Person 心身障害者医療費助成制度 is a subsidy for those who own a Physical Disability Certificate, Grade 1 or 2 身体障害者手帳 1 級、2 級 or Intellectual Disability Certificate 愛の手帳. Certain standards apply; please inquire. Inquiries: *Shougai Fukushi Ka* ☎Ext. 173



< Tokyo Olympic / Paralympic Games Update >

There are many competitions held at the Paralympic Games that we would like to introduce.

Athletic events are held on the race track, on the field, and on the road to compete for a medal by athletes who have special circumstances, such as the use of prosthetic limbs, or have a guide runner to get them through the race safely. Each circumstance is put into consideration, separating each athlete into different competitive levels.

A guide runner assists the runner on the track or on the road. They are connected with a rope, and the guide runner will call out to the runner if there are any matters that need attention.

The Racer: There is a special wheelchair called the "Racer" for use in competition. It moves in great speed, and the outcome of the race is hard to determine because of how the athlete maneuvers the wheelchair using a momentum of the wheel, affecting the stretch of the distance that they can gain at crucial moments of the race.

Prosthetic limbs have improved in quality drastically. Each has a custom made part to fit their unique size and shape. The athletes take measures to ensure that their limbs are in the best condition for competing in the games.

Inquiries: Tokyo Olympic /Paralympic Games Preparations Office, ☎Ext. 344



二人世帯向け都営住宅（シルバーピア）入居者募集 前号

< Tokyo Metropolitan Public Housing >

1. "Silver Pier" Elderly housing (2 person household) using wheelchairs

<Availability: One Unit (with 2 rooms)> Address: Shinmeidai 3-23, Shinmeidai Sanchoume Apartment

There are certain income requirements・standards which apply: see brochure. Apply by Aug 29th (Tue).

*Tenant will be selected by drawing held on September 5th (Tue) in City Hall 2nd floor at Large Conference Room 204.

The application brochures for the current offer term will be available from Aug 21st (Mon) to 29th(Tue), at Toshi Keikau-ka (8:30AM~5PM) in city hall 2nd floor, at City Hall Main Reception on the weekends. and at city hall branch offices (9AM~1PM) on weekdays. Application forms are also downloadable online.

Public housing is managed by the metropolitan government in purpose of providing affordable housings.

For more details regarding applicant qualifications and application procedure, please refer to the brochure/inquire at City Hall.

Inquiries: Toshi Keikaku Ka, Jyuutaku Koutsuu kakari ☎Ext. 276

SWIMMING CENTER ☎042-579-3210

< Aquabics (In-Water Aerobics) >

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday September 7th (Thu) ~ October 26th (Thu), 3PM~3:50PM

Eligibility: Anyone 16 years old and older Capacity: First 35 people

Fee: Hamura residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Items to bring: Swimsuit, swimming cap, and towel Instructor: Sports Trainer

How to attend: Please come to the Swimming Pool Front Desk between 1:50PM ~ 2:50PM on the class day.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆



Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
August 20 th (Sun)	Yokota Clinic	☎042-554-8580	Fussa-shi Hoken Center	☎042-552-0099	Kusaka Shika	☎042-555-7793
August 27 th (Sun)	Sakae-chou Shinryoujo	☎042-555-8233	Fussa-shi Hoken Center	☎042-552-0099	Inagaki Shika	☎042-555-6018

* Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily

国民健康保険被保険者証の更新

< Renewal of National Health Insurance Card >

National Health Insurance Card (国民健康保険被保険者証) is renewed every 2 years. Your current card will expire on September 30th (Sat). The renewal form will be mailed by Registered Mail in mid-September to the applicable heads of households who are insured by National Health Insurance. If you are to receive the renewal form but are not currently residing at the address registered as residence, please contact the *Shimin Ka Hoken Kakari* ☎Ext. 125.

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< What You Should Know About Earthquakes >

Earthquakes are caused by tension in the earth's plate under the soil layer of the earth. These plates extend over the surface of the earth like pieces of a puzzle. When these plates collide or sink, it causes tremor on the surface which we know as earthquakes. Buildings may fall, or fires might breakout, and mountains may crumble from landslides, causing large damage. The vibrations reaching the waves of the ocean can result in the occurrence of a tsunami.

When an Earthquake Occurs ~

You must take steps to protect yourself in the event of an earthquake when you are at school or at home. Some things you can do are:

- ① Duck (to position as low as you can)
- ② Protect your head. Get under a table
- ③ Stay still until the tremor goes away. Keep your hold head and body protected.



~ What you can do to prepare ~

AT SCHOOL

◆ Learn how to prepare yourself by joining the evacuation exercises at school. Check your route to school to see if there are any dangerous places if an earthquake occurs.

AT HOME

- ◆ Talk with your family about a meeting place to go to when you are away as earthquake strikes.
- ◆ Prepare a backpack of survival items. Every family member should know the location of it.

Check your house for dangerous places that you are not supposed to be at when the house is shaking.



September 3rd (Sun) is The Comprehensive Emergency Drill in Hamura City. The neighborhood acts together to become prepared for disaster, and knowing the dangers of a disaster can help you be ready for a real one.

Inquiries: Bousai Anzen Ka, Bousai Kakari ☎Ext. 207