



# HAMURA NEWS

**HAMURIN** Hamura City Mascot

**September 1<sup>st</sup>, 2017**

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敬老のつどい

## < Special Gala for Respect-For-Senior-Citizen Day >

This special event in commemoration of Senior Citizen's Day is for those who are 75, or are turning 75 in 2017. An invitation post card will be delivered to all the guests. Please make sure to bring it if coming to this event.

Date: September 18<sup>th</sup> (Mon/Holiday) Place: *Yutorogi Center*

Inquiry: *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari*, ☎Ext.176

Program: • Opening Ceremony (for the group 1 only) • Stage Performances (Song Show)

Performers: Mr. *Jyouji Yamamoto*, Ms. *Kazuko Matsumura* MC: Mr. *Q Ta Kida*

### Time Schedule:

The gala is repeated 4 times to serve 4 guest groups (divided by residential districts). Please check your invitation card for your gala time.

### Traffic Restriction

Temporary shuttle bus stops will be set up in the street block in front of *Yutorogi* main entrance on the gala day. Please be prepared to detour during the following time periods. Your cooperation will be appreciated.

< 9:00AM~9:20AM / 10:40AM~11:50AM / 0:50PM~2PM / 3PM~4:10PM / 5:10PM~6PM >

### Please be informed...

- Admission for this event is by invitation card. It cannot be offered to anyone other than the addressee.
- For the first show, front row seating will be reserved for the Special Guests.
- Free shuttle buses will be available. For details please check the invitation card.
- Buses do not have the lift for wheelchairs. If you are using a wheel chair, please have someone to bring you.
- Please refrain from coming by your personal vehicle and try to use community bus *Hamu-ran*. There is no parking available for gala guests.
- In case all the seats are occupied, live video will be broadcasted at small hall.
- An invitation card is required for admission. At the entrance, a gift will be given to all guests in exchange for the invitation card.
- The gift can also be picked up on a later date in exchange with the invitation card at the City Hall, at *Kourei Fukushi Kaigo-ka* on the 1<sup>st</sup> Floor between Sep. 19<sup>th</sup>(Tue) ~29<sup>th</sup>(Fri) (weekdays only, closed Noon-1PM) 8:30AM~5PM, and on Sep.24<sup>th</sup> (Sun) at the 1<sup>st</sup> floor will open a temporary counter for exchange.

敬老金をお届けします

## < Complimentary Gift to Elderly Citizens from Hamura City >

A complimentary Gift will be sent to elderly citizens by the middle of September (around the 15<sup>th</sup>(Fri)).

Gift Amount is: 77 yrs or older - ¥10,000 88 yrs old or older - ¥20,000 99 yrs old or older - ¥30,000

Inquiries: *Kourei Fukushi Kaigo Ka, Kourei Fukushi Ka* ☎Ext. 177

羽村動物公園 動物慰霊祭



**HAMURA ZOO** ☎042-579-4041



## < Memorial Service for Animals who Passed Away At Hamura Zoo >

This event is held annually during the Be-Kind-To-Animals Campaign Week (September 20<sup>th</sup> ~26<sup>th</sup>).

The Animal Memorial Service will be held for all the animals that deceased in *Hamura Zoo* in the past.

*Hamura* residents are also welcome to join the service and give prayers for their deceased pets.

To join the service, please register to *Ireisai* (memorial service) guests list after entering the zoo.

Date: Sep. 23<sup>rd</sup> (Sat) 11 AM ~ 11:30AM Event will be held in light rain. Please arrive 15 min early.

Place: Memorial Plaque inside zoo (Entrance will cost a fee) \*The zoo opens on Senior Citizens' Day. (18<sup>th</sup> (Mon)

### < Rewarding Family Members who Provide Elder Home Nursing Care >

Home nursing care providers for elders who are certified as level 4 and 5 will be eligible to receive a one-time sum. Please claim if you apply to the following:

- Have been caring for level 4 and 5 elder for at least one year counting from standard date set for evaluation, while residing on adjacent or same property as your elder
- Previous year's income counting from term of rewarding year's standard date set for evaluation of all household members is tax exempt
- Have not utilized the day care system (short stay term for total of 7 days or less total is not counted) in the past year counting from standard date set for evaluation
- The elderly receiving nursing care has not been hospitalized for more than 90 days.

¥100,000 per family For details, call *Kourei Fukushi Kaigo Ka, Chiiki Houkatsu Shien Center* ☎198

はむらふるさと祭り

### THE HAMURA FURUSATO MATSURI

**September 23<sup>rd</sup> (Sat) & 24<sup>th</sup> (Sun) NOON ~ 6:30PM at JR Ozaku Station East Square**

Traffic Restriction: Traffic around the event site will be restricted from 10AM to 8PM on both event days.

Host/Inquiry: *Hamura Furusato Matsuri Executive Committee, Chairman – Mr. Furukawa* ☎555-2981

Co-hosted by: *Hamura City, Hamura Chamber of Commerce and Industry, Hamura Tourism Association*

#### < September 23<sup>rd</sup> (Sat) Programs >

Performances by local Kindergarten and Elementary School students, *Sōran* Dancing Teams and more!

- NOON~: *Yosakoi Sōran* dance by kindergartens & day care center children, Fussa Youth Group
- 1:55PM~: Opening Ceremony
- 2:20PM~: *Sōran* dance performed by all *Hamura City* Elementary School students
- 2:35PM~: *Yosakoi Sōran* dance, other dances, brass band performance

#### < September 24<sup>th</sup> (Sun) Programs >

Performances by *Sōran* Dance Teams and more!

- NOON~: *Yosakoi Sōran* dance, other dances, and Japanese "Taiko" drums
- 5:55PM~: *Yosakoi Sōran* dance finale performed by various groups
- 6:10PM~: Closing Ceremony

#### ◆ Community Bus "*Hamu-run*" route will be detoured temporarily

Date: September 23<sup>rd</sup> (Sat) and 24<sup>th</sup> (Sun) Affected course: *Ozaku* course, and *Hamura Chuuou* course

Alternate stop: *Hamuran* buses will not enter *Ozaku Station East Square*. The bus stop "*Ozaku-eki Higashi-guchi*(小作駅東口)" will be temporarily relocated to location before reaching intersection of *Kita Kousaten*小作駅北交差点南側

Temporary bus stop is called小作駅東口臨時バス停 (*Ozaku Eki Higashiguchi Rinji Basu Tei*)

(a short walk on main street stretching from the station, stretching toward *Ozaku Ekimae Dorji*).

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



はじめてみませんか、バードウォッチング

### < Birdwatching for Beginners >

There are many migrant birds which you are able to see in the late September to October period.

A Bird Watching workshop will be held at the following time. Experts will show beginners how to use binoculars to view birds. Please come directly to the meeting place. There is no reservation required.

Date & Time: September 30<sup>th</sup> (Sat), 9:30AM~11:30AM. Place Designated for Meeting Place: *Tamagawa Brother's Bronze Statue* No reservation need Place: Locations of sighting will be near the water intake sluice and on the premises of *Kyodo Hakubutsukan*. Fee: ¥100, free for Junior High School Students and younger. Bring: beverage, rain gear, binoculars Teacher: *Nihon Yacho No Kai* (Japan Wild Bird Assoc.)

Come by the *Hamuran* Bus, ride the west course and get off at *Hamura Bashi* (No.15) bus stop.

## < Hamura Special Cultural Event ~ Exchange Project with Sister City Hokuto City > Yutorogi Opera Performance "La Traviata"

This opera was shown at the Yatsugatake Music Festival, and the actors who played are members who are Hamura City citizens with professional background or belonging to local choir.

"La Traviata" is one of the most famous of all operas created by Verdi (Play will be performed in Japanese).

Date & Time: November 3<sup>rd</sup> (Fri, Holiday), 2PM~ (doors open at 1:30PM) Place: Yutorogi Main Hall

Charge for Admission: (all reserved seating)

General admission ¥1,000 per adult for advanced booking, same day ticket ¥1,200

¥500 for Student of high school age under \*Preschoolers and younger will not be allowed admission.

Tickets will be on sale at Yutorogi's Ticket Counter from September 1<sup>st</sup> from 9AM~5PM. closed Mondays.  
Child care service available >no later than October 26<sup>th</sup> (Thu). (Calls accepted from 9AM ~ 5PM at Yutorogi)

Hosted by: The 48<sup>th</sup> Hamura City Cultural Festival Executive Committee, Board of Education

Inquiry: Yutorogi ☎042-570-0707

\*\*There are also many upcoming events. Please check the Yutorogi website for more details.\*\*

市民提案型協働事業を行います (プレーパーク)

## < Activities Co-Sponsored By Citizens and the City ~ A One-Day Play Park for Kids ~ >

Play park, which is held as a one-time event during each season, is a place where a child can enjoy active, creative playtime in the woods. There will be supervision by adults, (A 2<sup>nd</sup> grader or younger must be accompanied by their parents.) by volunteers. You can come to help as well if you are an adult.

Date: September 17<sup>th</sup> (Sun), 10AM ~ 3PM

\*Will be on 18<sup>th</sup> (Mon, Holiday) if weather is bad

Place: Sekishita Recreation Field Fee: Free No reservation needed

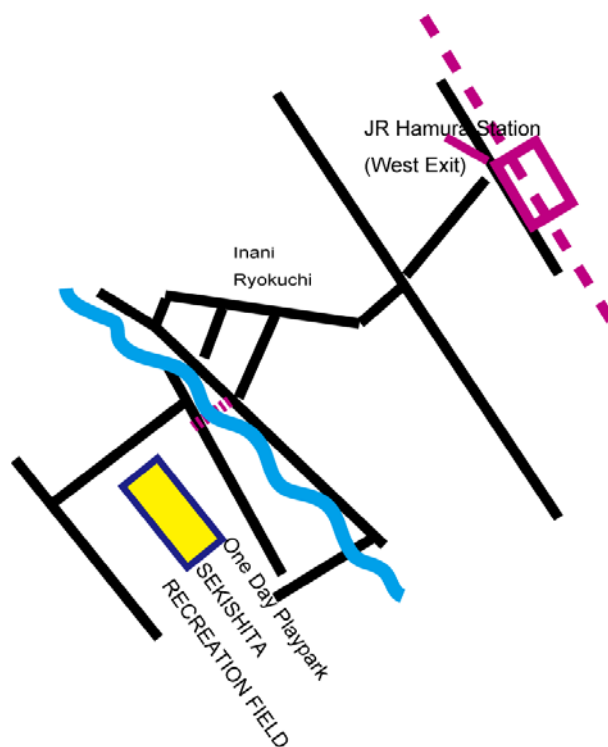
Children at 2<sup>nd</sup> grade of elementary school or under must be accompanied by an adult. Please bring your own lunch.

Inquiries: Hamura Playpark Sekiguchi

☎080-6548-9952

(hamurappa@gmail.com)

\* There is no parking. The location is about 20 minutes on foot from the West Side of JR Hamura Station.



第70回市民体育祭 参加者募集

## < Participants Wanted ~ The 70<sup>th</sup> Citizens' Sports Festival >

Date: October 8<sup>th</sup> (Sun) (In case of rain postponed to 9<sup>th</sup> (Mon, Holiday)) Place: Fujimi Park Field

## < Company Relay Teams Wanted! >

This is a great opportunity for promoting your company to local people! A team must have 4 runners (including at least 1 female). Each runner runs 100m.

Eligibility: anyone who works at work place registered in Hamura City Capacity: first 18 teams

## < Sports Groups Wanted to Participate in the Intermission Parade >

Join to the lunch time entertainment parade! No requirements regarding the group structure.

Application / Inquiry: To participate in these events, please turn in an application to Hamura-shi Taiiku Kyoukai Jimukyoku (2<sup>nd</sup> Floor at Sports Center) before September 17<sup>th</sup> (Sun), 5PM. Sports Center ☎555-1698

### < "Rainbow" Flea Market in Hamura >

You can apply for a booth at this flea market online. As long as you apply beforehand, you can haul your merchandise into your car and go directly to the site, selling items from your car.

Date: October 15<sup>th</sup> (Sun), 10AM ~ 1PM (If the weather is bad, event will be cancelled.)

Place: Recycling Center Parking Lot Eligibility: Hamura residents 20 years old or older

Available Booths: 25

\*\*\*Items which will be sold must be household items in serviceable condition that are not sold for profit.\*\*\*

Booth size: 2.5x6m Fee: ¥800 Electrical appliances, food, and pets will not be sold at this event.

Sponsored by: Nijiuro Flea Market Executive Committee Application: Sep.11<sup>th</sup> (Mon), 9AM ~20<sup>th</sup> (Wed) 5PM

On the official site of the Hamura City Website, in Japanese, make access to:

羽村市公式サイト 生活環境課 フリーマーケット (青空市 にじいろフリーマーケット).( Hamura City Official Website: Seikatsu Kankyo Ka → Flea Market → Aozoraichi Nijiuro Market) Please read the guidelines and instructions carefully.

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

### < Tokyo Hikikomori Support Net >

Tokyo *Hikikomori* Support Net is one of the places you can turn to for help if you are having concerns on your child who is in "*Hikikomori*" state, withdrawal mental state. Their consultants will support you through phone or email-based consultations, or by home-visits if necessary.

They will be holding a special consultation session at Hamura City Hall. Once appointment is confirmed, you will receive a phone call.

Handled Cases at this special consultaion:

①regarding a person living in Hamura ②at age from 15 up to around 34 years

Please note: The consultants are not able to make diagnosis or emergency consultation..

\*Please make an appointment through *the Jidou Seishounen Ka* at City Hall. Deadline: October 5<sup>th</sup> (Thu)

\*The consultant from the Hikikomori Support Net will offer advice about medical assistance that is available, and will review each case based on the condition of the subject person or family members. \*Consultations are free of charge, however fees at other agencies that you are referred to can cost a charge. Inquiry: *Jidou Seishounen Ka, Jidou Seishounen Kakari*, ☎Ext. 262 or

Tokyo Metropolitan Office for Youth Affairs and Public Safety ☎03-5388-2257

### < The Help Card and Help Mark >

The HELP Card- This is a card held by a person with disability. Even if they are not able to express their intentions verbally, each individual's request for which you can be helpful with is written on the card. The card was designed by the city so that indications can be added and it can be carried around.

❖Physical Disability Certificate, Intellectual Disability Certificate, and Health and Welfare Handbook for Mentally Disabled Holders are eligible to register.

The HELP MARK Card- This type of card is carried by persons who have weakness that are not visibly recognizable. The Tokyo Metropolitan Government created the HELP mark

If you see a disabled person with a card marked with a medical cross and a heart, please look at it closely. Be so kind as to offer them your seat in the train, or offer other acts of kindness.

❖People with prosthetic limbs, are internally impeded, or are dealing with difficult diseases, and pregnant persons are eligible to receive it. They are available at the city hall 1F *Shougai Fukushima-ka Shougai Fukushima-kakari*, ☎ Ext.172. There is a limited supply of these cards. You can also receive them at certain railway stations. If you are interested in receiving one, please inquire for details.

< BE-KIND-TO-ANIMALS WEEK > September 20<sup>th</sup> ~ 26<sup>th</sup>

This special campaign week was established to promote human-animal relationship and the proper care of animals, based on the "Act on Welfare and Management of Animals".

< Animal Fureai Festival >

Theme: "Pet Life in Times of Disaster".

Outdoor Space Event: Date & Time: September 23<sup>rd</sup> (Sat), 11AM ~ 4PM

Place: Ueno Park Funsui Hiroba (in front of the water fountain) \*No reservation required.

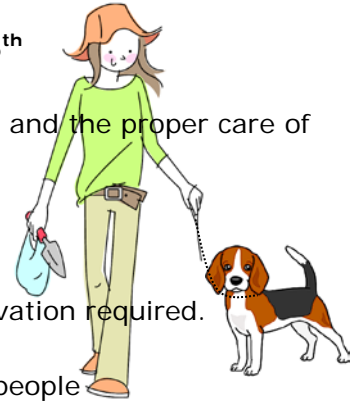
Indoor Event: Date & Time: September 24<sup>th</sup> (Sun) 1PM ~ 4:30PM

Place: Tokyo Nation Museum Heiseikan Auditorium Capacity: First 390 people

Please apply at Nihon Doubutsu Fukushi Kyoukai (see number below). »September 1<sup>st</sup> (Fri) ~ 22<sup>nd</sup> (Fri) NOON

Inquiry: Nihon Doubutsu Fukushi Kyoukai ☎03-6455-7733

Toukyou-to Fukushi Hoken-kyoku Kankyou Hoken Eisei-ka ☎03-5320-4412



■ **Love your pet and keep him/her in your family through their lifetime**

Every pet owner has a responsibility to take care of their pet for its entire life as well as fully understand the pet's habits and nature so to be able to take care of them properly.

■ **Sterilization/Castration for your pet**

If you are not planning on having baby-pets, Sterilization/Castration is highly recommended.

Not only will your pet calm down, but it also prevents reproductive system diseases. Subsidization has been available from 2014 at Hamura City.

■ **Tag your pet with Identification.**

Many stray animals do not make it home. Please make sure to put an ID Tag on your pet. Rabies shot are required by the city for dogs.

■ **Keep your cat indoors**

In densely populated residential neighborhoods, keep cats indoors in order to avoid traffic accidents for them and troubles with neighbors. Arrange your furniture so that your cat can get some exercise in a house. Please have a Litter box and Nail Sand in your house for your cat.

■ **Follow the public rules when taking your dog for a walk**

When taking your dog for a walk, keep your dog leashed. If your dog potties, wash the spot with water that you carried from home. Also take the dog's "deposit" back to your home and dispose of it properly.

■ **In case of a disaster**

When a disaster occurs, please do not forget that human lives come first. If the pet owner is hurt, he/she may not be able to care for their pet. You must save your own life before saving your pet's.

When evacuating, bring your pet with you. Make sure to have an emergency supply kit for your pet with at least 5 days of pet food and water. It is important to train your pet not to be afraid to go into a cage, go to the bathroom at a specific place.

Kankyou Hozen Ka, Kankyou Hozen Kakari, ☎Ext 225

9月は燃やせるごみ分別強化月間

< September is "Burnable Waste Accurate Separation Month" >

Hamura City designated February, May and September as "Burnable Waste Accurate Separation Month."

Please separate your burnable waste in order to retrieve recyclable resources from them.

♣ Set up 3 types of garbage collection bags. Separation is made easier by keeping each of the following: "Paper Items" "Plastic Containers and Packaging" and "Burnable Trash" bags ready to dispose into.

♣ Plastic Container and Packaging has a mark by which it can be distinguished. Wash them if they are dirty. Dispose of these in a transparent bag on "Recyclable Trash B" collection days.

♣ Old Clothes and fabrics include curtains and sheets, bits of cloth. Bind with a string and dispose of them on "Recyclable Trash A" Collection days. Wet fabric is not suitable for recycling. Don't dispose of when it is rainy.

❖ Please contribute to the separation effort by decreasing burnable garbage by squeezing out the water.  
» Exhibition: September 1<sup>st</sup> (Fri) ~ 8<sup>th</sup> (Fri) , 8:30AM ~ 5PM during "Burnable Waste Accurate Separation Month" at the 1<sup>st</sup> Floor of the city hall. *Seikatsu Kankyou Ka, Seikatsu Kankyou Kakari*, ☎Ext. 204

ご存じですか？燃却行為の決まりごと！

### < Did you know the rules for burning? >

The Law Pertinent to Waste Disposal and Sanitation, / The Law Protecting Healthy and Safe Environment of its citizens enforced by Tokyo Metropolitan Government are some of the environmental protection laws.

The above regulations ban the following acts:

- Incineration of items in an unlawful manner
- Use of small incinerator to burn disposable items which does not meet standards
- Not using proper incinerator for burning disposable items (such as household size incinerator)

#### Exceptions are:

- traditional events or folklore, religious activities (such as the New Year's "Dondo Yaki")
- Extermination of insects to help progress farming activities
- Burning for Recreational Activities at a small capacity, (such as bonfire, cooking at camp site, barbeque)
- A Fire needed for Educational Purposes

\* Burning of rubber items such as tires or vinyl is prohibited. \* Inform you neighbors of the fire you are intending to start to avoid trouble. \* The fire station should be notified if the smoke will rise from you fire.

Inquiries: *Kankyou Hozen Ka, Kankyou Hozen Kakari*, ☎Ext. 226

成人歯科検診

### < Adult Dental Checkup >

Date: Sep. 1<sup>st</sup> (Fri) ~ Oct. 31<sup>st</sup> (Tue) Eligibility: *Hamura* residents of age 65 and older as of June 1<sup>st</sup>

Fee: free (for one time only in a year) How to apply: Please make an appointment at a designated dental clinic listed on the Participating Dental Clinics List .

\*Those who are under dental treatment or who have checkups provided by an employer are not eligible.

\*Bring your Health Insurance Card \*Please check *Hamura* City website or call *Hoken* Center, Ext. ☎623

輸血にご協力を

### < Please Contribute to the Blood Drive >

There is a serious shortage of blood used for blood transfusions. Please make your contribution to provide a stable supply of blood to those who need it. It will be greatly appreciated.

Date: September 12<sup>th</sup> (Tue), 10AM ~ 3:30PM Place: JR Ozaku Station East Square

• **Blood Donation** (400ml or 200ml)

Eligibility: Those who are Age 16 ~ 69 years old (Age 65 or older without a blood donation record in past 5 years are not eligible)

Inquiry: *Hoken* Center, 555-1111 ☎Ext.623

就学時健康診断

### < Medical Checkup 就学時健康診断 for Next Year's First Graders >

Households with child(ren) entering an elementary school in April 2018 will receive a notification of Pre-entrance Child Medical Check-up (就学時健康診断) in early September. If you are a parent expecting the notification but it is not delivered to you, or if you plan to enter your child to a school other than the school designated to you per notification, contact *Gakkou Kyouiku-ka Gakumu-kakari* ☎Ext.357.

Time: Reception 1:15PM~1:30PM (Shourin, Musashino Elementary: 1:10PM ~ 1:25PM)

Dates: Specified by the school districts; *Hamura Higashi:* Oct. 27<sup>th</sup> (Fri), *Hamura Nishi:* Oct. 12<sup>th</sup> (Thu), *Fujimi:* Oct. 31<sup>st</sup> (Tue), *Sakae:* Oct 4<sup>th</sup>(Wed), *Shourin:* Oct. 18<sup>th</sup> (Wed), *Ozakudai:* Oct. 6<sup>th</sup> (Fri),

*Musashino:* Nov. 16<sup>th</sup> (Thu) Inquiry: *Gakkou Kyouiku Ka, Gakumu Kakari* ☎ Ext.357

### < Partial Financial Assistance for Travel Expenses for your Child's National Contest >

If you are a *Hamura City Resident*, and your child has excelled in sport activities, eligible for competition in a well recognised contest, *Hamura City* will provide partial financial assistance for the travel costs which are incurred.\* A "child" refers to the term until March 31<sup>st</sup> after their 18<sup>th</sup> birthday.

Eligibility: National, State, sponsored event which is coordinated by public organization or service group, or an international contest held  
Costs for Reimbursement: Travel and Lodging (with limits)

Inquiry: City Hall, *Shougai Gakushuu Soumu Ka, Shougai Gakushuu Suishin Kakari*, ☎Ext. 363

### SPORTS CENTER ☎042-555-0033

美ボディー

#### < Exercise Class "Bi'-Body Step Up " >

Work Out exercise for a great figure.

Date: Oct 13<sup>th</sup> (Fri) ~ Nov. 17<sup>th</sup> (Fri) Every Friday, 2PM ~ 3PM Class time for Oct. 13<sup>th</sup> is 2PM ~ 3:15PM

Place: Training Room Studio, *Kaigishitsu* Eligibility: Those older than 18

Capacity: first 25 Fee: Residents/Workers ¥ 600, Others ¥900 (for 6 times)

Please bring your indoor shoes, water bottle, towel Taught By: Sports Trainer

Apply for class from Sep 1<sup>st</sup> (Fri) ~ 30<sup>th</sup> (Sat) (Facility is closed on Monday) 9AM ~ 4:30PM. Please send your address, name, phone number, and age, place of work by calling, e-mailing, or sending a fax to the Sports Center or appearing directly to the Training Room on 2<sup>nd</sup> Floor. Contact: ☎090-2170-7009/ Fax 042-555-1699 / [taikyou-m@sage.ocn.ne.jp](mailto:taikyou-m@sage.ocn.ne.jp) Please make a reservation.

### SWIMMING CENTER ☎ 042-579-3210

身体引き締めエクササイズ, マーシャルアーツ, 爽やかヨガ

\*Please come directly to the 2<sup>nd</sup> floor reception counter at sauna to register on lesson day.



#### < Physical Fitness Exercise >

The entire body can be toned up with this exercise using a balance ball and expanding rubber items  
It is a great class for beginners at exercise.

Date & Time: Every Wed from 11AM ~ NOON & Fri from 2PM ~ 3PM Place: Training Room

Capacity: first 20 per day Fee: ¥500 Bring comfortable gym clothes, drink and towel, indoor shoes

#### < Martial Arts >

This is a combination of punching and kick moves. The motions are simple and they will condition and develop your inner core muscles.

Date & Time: Every Wednesday from 2PM ~ 3PM or 7PM ~ 8PM

Every Saturday from 9:30AM ~ 10:30AM Place: Training Room

Capacity: 20 people per day Lesson Fee: ¥500 per lesson Bring: comfortable gym clothes, drink and towel, indoor shoes

#### < Refreshing Yoga >

This yoga class teaches basic posing, helps to reenergize, and will be great for any age group.

Date & Time: Every Tuesday, 0:30PM ~ 1:30PM at 2<sup>nd</sup> floor *Kaigishitsu* Room

Lesson Fee: ¥800 per lesson Things to bring: exercise wear, drink, towel

### FRESHLAND NISHITAMA ☎042-570-2626

フレッシュランド西多摩 敬老の日イベント, 特別フェイシャルエステ、フラダンス、ヨーガ教室

#### < Freshland Nishitama Special Event for Respect-for-the-Senior-Citizen's-Day >

The fee for the bath facility will be 50% off for those who are age 70 or older!

Event Period: September 16<sup>th</sup> (Sat) ~ 22<sup>nd</sup> (Fri)

Special Admission Fee: (all shown at half price):

Hamura, Ōme, Fussa City Residents, and Mizuho Town Residents: ¥250 for 3 hours, ¥350 for all day

Others: ¥400 for 3 hours, ¥600 for all day \* Tickets won't be accepted during this offer.

\*ID such as your driver's license or health card will be needed.

### < Facial Esthetic Treatment >

Skincare advisors will administer facial treatment at a very reasonable cost on this day.

Date & Time: September 30<sup>th</sup>(Sat) and October 14<sup>th</sup> (Sat) 10AM ~ 9:30PM Place: *Freshland Nishitama*

Eligibility: 16 years old or older (one time) Capacity: First 20 people each day

Fee: ¥1,000 for 45 minutes including counselling

How to Apply: Please go to the front desk at Fresh Land *Nishitama* from September 3<sup>rd</sup>, 10AM~.

<Hula Dance > Every Wednesday, 1PM ~2PM < Yoga Class > Every Thursday, 1:30PM ~ 2:30PM

If you reside in *Hamura, Ome, Fussa, Mizuho* the fee will be ¥800 per lesson. (including 3H coupon)

If you reside in other than the above locations, the fee will be ¥1,100 You will not be able to use tickets.

自殺防止！東京キャンペーン

### < Tokyo Suicide Prevention Campaign >

September is Suicide Prevention Campaign Month. Many factors contribute to the motivation for suicide.

The society can prevent these incidents by acting together.

Listed here are some support systems operated by various organizations.

#### Counseling Support provided by Tokyo Metropolitan Government

≈ 54 Hour Special Counseling Help-Line by Tokyo Suicide Prevention Center ≈

September 2<sup>nd</sup> (Sat) 0AM ~ 4<sup>th</sup>(Mon) 6AM ☎0120-58-9090

≈ Counseling for Problems with Multiple Consumer Loans ≈

September 4<sup>th</sup> (Mon) and 5<sup>th</sup> (Tue), 9AM~5PM ☎03-3235-1155 (Tokyo Consumer Life Center)

≈ Telephone Counseling for Suicide-Bereaved Family ①≈

September 5<sup>th</sup>(Tue) ~ 8<sup>th</sup>(Fri), 10AM~10PM ☎03-3796-5453 (Grief Care Support Plaza)

≈ Suicide Prevention Hotline "Inochi-no Denwa" ≈

September 10<sup>th</sup>(Sun) 8AM ~ 11<sup>th</sup>(Mon) 8AM (24 hours) ☎0120-783-556

≈ Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline" ≈

September 12<sup>th</sup>(Tue) 0AM ~ 17<sup>th</sup>(Sun) 0AM (24 hours) ☎0570-087478

≈ Counseling for Work Related Problems ≈

September 12<sup>th</sup> (Tue) and 13<sup>th</sup> (Wed) 9AM ~ 5PM ☎0570-00-6110 (Tokyo Labor Consultation Center)

≈ Telephone Counseling for Suicide-Bereaved Family ②≈

September 18<sup>th</sup> (Mon) ~ 20<sup>th</sup> (Wed), 11AM~7PM ☎03-3261-4350 (Suicide-Bereaved Family Support Center)

≈ "Echo" Outreach Hotline "Inochi No Yamabiko Denwa"

September 1<sup>st</sup> (Tue) ~ 30<sup>th</sup> (Sat), NOON ~ 8PM (until 10PM on Fridays) ☎03-3842-5311

Lecture: Youth Suicide (in Japanese)

Date: September 30<sup>th</sup> (Sat), 2PM ~ 5PM Place: *Tokyo Fukushi Daigaku* (Ikebukuro)

Eligibility: groups formed at municipalities, or individuals Capacity: first 150

For details, please contact: *Tokyo Fukushi Hoken Kyoku, Hoken Seisaku Ka*, ☎03-5320-4310

#### ★Consultation Services Offered by Hamura City:

The city offers consultation according to subject matter, and the *Hoken Center* is also open to citizens. If there are any issues that you are encountering difficulties with in life, have struggles about your mental health, please be assured that there is help. ☎042-555-1111, Ext. 627

若年者合同就職面接会

### < Group Job Interviewing Event for Young People >

Hello Work *Ōme* is providing a group job interviewing event in cooperation with *Hamura* city for young people who wish to work in local enterprises under a full-time contract. It is aimed to support the youth 39 years of age and under. About 10 local business entities will participate to hold job interviews. \*For more information about participating business entities, please check Hello Work *Ōme* or various company websites.

Date and Time: September 11<sup>th</sup> (Mon), 1:30PM ~ 4PM (Sign-in: 1PM ~ 3PM) Eligibility: 39 year old or younger

Place: *Ōme Fukushi Center* 2F, Conference Room (1-177-3 *Higashi Ōme, Ōme City*) Fee: Free

Things to bring: Your resume (Please bring multiple copies so you can hand them to various companies)

To Apply: Hello Work *Ome* Consultation Services ☎0428-24-9163 No Reservation Needed



こどものページ **EVENT INFORMATION for CHILDREN**

Children Centers: Central ☎042-554-4552 East ☎042-570-7751 West ☎042-554-7578

※Children's Centers will be closed for Pest Control Maintenance Operations. Thank you for your cooperation.  
East Center → October 1<sup>st</sup> (Sun) West Center → October 8<sup>th</sup> (Sun) Central Center → October 15<sup>th</sup> (Sun)

**< Paper Clay and Magnet Crafting >**

Date & Time: Sep. 18<sup>th</sup> (Mon), 10AM~NOON Place: West Children Center Fee: ¥70 (for supplies)  
Eligibility: Elementary School Students ~ 18 year olds residing in Hamura Capacity: First 20 applicants  
Bring: , casual clothing on which you don't mind dirt on, hand towel, indoor shoes, drink(tea), and the fee.  
How to apply: Sep. 1<sup>st</sup> (Fri) ~ 10<sup>th</sup> (Sun), 9AM ~ 5PM, Call or visit the Center.

**< Hand-made Toy Workshop ~ Biting Shark ~ >**

Date & Time: Sep. 9<sup>th</sup>(Sat), ①10AM~ ②1PM~ Eligibility: Preschool children up to 6<sup>th</sup> graders (Preschoolers need a chaperon.) Fee: Free Place: West Children Center \*No reservation required \*Toy Repair Day

**< Kids Fun Day >**

Date & Time: September 10<sup>th</sup> (Sun), 10AM ~ NOON, 1PM ~ 3PM Place: East Children's Center  
Everyone come to this festival! There will be Hand Crafting Class, Games, "See-What-You-Can-Scoop" and more!! Some entertainments are free of charge!  
Food Tickets~ ¥100 \*First 180 tickets sold at each Children's Center from Aug 26<sup>th</sup> (Sat) ~ Sep 8<sup>th</sup> (Fri).  
Closes early on Sep. 9<sup>th</sup> (Sat) at NOON for preparations of Fun Day.(10AM ~ 3PM)  
\* Center closes at 3PM on event day.

**<Movie for Children>**

Date & Time: September 10<sup>th</sup> (Sun) 10:30AM~11:30AM Place: Yutorogi Center Fee: Free  
Feature Movie: "The Cello Player", "Lost Ladybug" and Several films will be showed.  
Come to Yutorogi on day of event.

**< Daytime Moon Observation >**

Date & Time: September 27<sup>th</sup>(Wed), 4PM ~ 4:30PM Place: Central Children's Center Fee: Free  
Eligibility: 1<sup>st</sup> Grader ~ 18 years old \*No Reservation Needed Will not be held if weather is bad.

**<Family Stargaze Event>☆☆**

Date & Time: September 27<sup>th</sup>(Thu), 7PM ~ 8PM Place: Central Children's Center Fee: Free  
Eligibility: 1<sup>st</sup> Grader ~ 18 years old (Junior High School Students or younger must be accompanied by an adult.) \*No Reservation Needed May not be held in bad weather. \*A notice will be issued at 3PM.

**MAIN LIBRARY ☎042-554-2280**

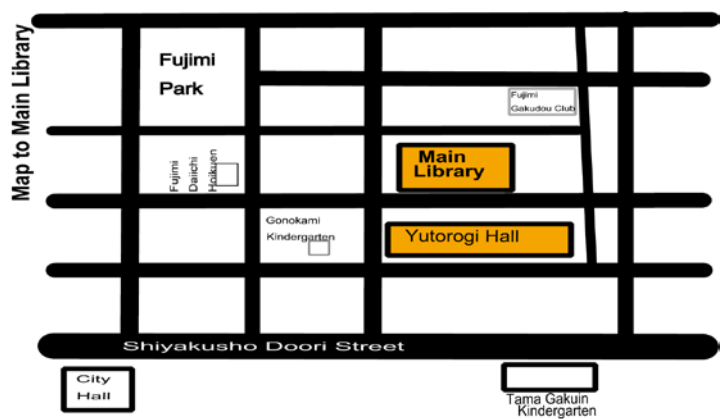
We are having fun story telling events. Come With your friends or parents and have fun together!

**< Story Telling for Preschoolers >**

Large picture book reading: "Underground House"  
Date & Time: September 9<sup>th</sup>(Sat), 11AM~  
Fee: Free \*No application is required.

**< Telling for Elementary School Students >**

Story Book Reading: "Saruno Kimo"  
Date & Time: September 16<sup>th</sup> (Sat), 11AM~  
Fee: Free \*No application is required.



**KAMI BRANCH LIBRARY ☎ 042-554-0130**

**< Picture Book >**Reading of Children's Book titled "What to Eat on Monday" and simple craft class.  
Date & Time: Sep. 20<sup>th</sup> (Wed) 3PM \*No application is required Come to library on day of the event.

< TV Hamura in September >

TV *Hamura's* 30-minute program is broadcasted daily on Tama Cable Network (digital channel 055). New contents come on every Thursday. You can also see it on your smartphone and the official website of Hamura City. The daily program times are ①9AM~ ②5PM~ ③9PM~  
 On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~.  
 September special program: "Peace Messenger" & "Hamura Public Facilities Bus Tour"  
Inquiries: *Kouhou Kouchou-ka Kouhou-kakari* ☎Ext.505

< Chatting Place for Parents >

This month's topic is "I Love Papa, I Love Mama". Feel free to join and share some thoughts and tips for child rearing. No reservation needed.

Place&Date: East Children Center – Sep. 5<sup>th</sup> (Tue)  
 West Children Center – Sep. 15<sup>th</sup> (Fri)  
 Central Children Center – Sep 21<sup>st</sup> (Thu)

Time: 10:30AM~11:30AM for all dates  
Inquiries: (Children and Family Support Center)  
*Kodomo Katei Shien Center* ☎042-578-2882



ちょこっと相談

< Child Rearing Consultation at Children Center >

Clinical Psychologists assigned from *Hamura City Child And Family Support Center (Kodomo Katei Shien Center)* will be available for consultation at Central Children Center on September 7<sup>th</sup> (Thu), and West Children Center on September 22<sup>nd</sup> (Fri), between 10AM~Noon on each date.

Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc.

Inquiries: *Kodomo Katei Shien Center* ☎042-578-2882 \*No Reservation Required

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3 <sup>rd</sup> (Sun)	<i>Wakakusa Iin</i>	☎042-579-0311	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Tsushima Shika Iin</i>	☎042-579-1800
10 <sup>th</sup> (Sun)	<i>Matsuda Iin</i>	☎042-554-0358	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Yano Shika Iin</i>	☎042-555-3363

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

PUBLIC CONSULTATIONS

Schedule of September

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠*	8 <sup>th</sup> (Fri), 22 <sup>nd</sup> (Fri)	1:30pm ~ 3:30pm	* Spanish and Korean interpretation service is available by appointment for Foreign Residents Consultation <i>Shimin Soudan-shitsu</i> city hall ext.541
Public Administration and Human Rights	21 <sup>st</sup> (Thu)	1:30pm ~ 4:30pm	

\*㉠=appointment required. \*For translation services, please make an appointment in advance.

◆ Consultations are by appointment only. Please do not call the *Shimin Soudan-shitsu* for consultation over the telephone.