



# HAMURA NEWS

HAMURIN Hamura City Mascot

September 15<sup>th</sup>, 2017

Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section) Published by: *Hamura City*  
5-2-1 *Midorigaoka*, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

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

## < My Number News No. 15 >

The "My Number Portal Website" is the online public service website at which you can view the access log of your 12 digit individual number assigned to you, which includes your personal information and if there was use of your number for administrative procedures, it will be listed.

To use the "My Number Portal Website", access the website, and log-in. The online verification of identity is made through electronic-based individual authentication certificate, which is inside the IC chip imbedded in the "My number" individual number card issued to you. (\* An IC reader and computer are needed.)

If you requested not to include an electronic-based individual authentication certificate at initial registration by checking the block omitting e-certificate for the individual number card, please update your registration by adding the e-certificate function to the card.

Also, if you forgot your password for the e-certificate that you set up when the card was issued, please reassign a new number.



マイナンバー

Procedures can be made at the *Shimin Ka* section on the 1<sup>st</sup> floor of city hall by coming with your card. If you do not have access to the internet at your home, please come to the 3<sup>rd</sup> floor *Souma Ka* section's Information Disclosure, Confidentiality Protected Service. It is available from Sep.1<sup>st</sup> (Fri) from 8:30AM ~ 5PM on weekdays excluding holidays.

Inquiries: About the Policy-*Soumu Ka*, *Housei Kakari*, Ext. 347 and about Notification or Individual Number Card – *Shimin Ka*, *Uketsuke Kakari*, Ext. 121, Portal Website for "My Number" ☎0120-95-0178



## < The 26<sup>th</sup> Hamura Health Fair >

This is a great occasion for the family to enjoy. It will be held concurrently with the Sports Festival.

Date & Time: October 8<sup>th</sup> (Sun) Time: 10AM~2PM \*In case of rain, postponed to 9<sup>th</sup> (Mon, Holiday)

Place: *Fujimi Park* - C ground & Club House Inquiry: *Hoken Center* 042-555-1111 ☎Ext.623

Details: • Health Counseling (by Internal Medicine, Pediatrics, Ophthalmology, Orthopedic, Dentist, Medicine)

- Tuberculosis Screening
- Basic Health Checkup (Blood Pressure, Heart Rate, Body Fat, BMI, Vision, Ocular pressure)
- Prevention of Diabetes Information Booth(What you need to know about diabetes, Nutrition, and Exercise)
- Emotional Wellbeing
- Cancer Screening Promotion
- Kids' playground • Child Care Support Booth
- Drug Abuse Prevention & Blood Donation Promotion Booth

\* Health counseling is available for up to first 160 people; registration ends at 1PM.

\* You must be 40 years or older to receive a Vision & Ocular pressure check which ends at 1PM

## Radiation Dose Test Results at Fujimi Park

The level of radiation is lower than 0.23  $\mu\text{sv/h}$ ; figure by which it is considered safe if readings are below this.(unit:  $\mu\text{sv/h}$  (micro Sievert per hour))

Date of Testing	Weather	Elevation at which testing was conducted		
		5cm	50cm	1m
Aug. 16 <sup>th</sup> (Wed)	rainy	0.060	0.055	0.056

Inquiries: *Kankyou Hozen Ka*, *Kankyou 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
Aug. 21 <sup>st</sup> (Mon) 10:45AM	Not detected (Below 0.1)	Not detected (Below 0.2)
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).

Waterworks Office ☎042-554-2269

### < GREEN CHARITY CAMPAIGN >

Donation boxes will be set at City Hall and other places in *Hamura* during the annual green campaign months; September 1<sup>st</sup>(Fri) ~ October 31<sup>st</sup>(Tue). The donated money will be centralized to The National Land Afforestation Promotion Organization, through which it will be used for the maintenance of Tokyo's forest, flower beds on roads and parks. Thank you very much for your support.

Place of donation boxes: City Hall (1<sup>st</sup> floor - Main Reception, 2<sup>nd</sup> floor - *Kankyō Hozen-ka*), *Hoken* Center, *Yutorogi* Center, Library, *Kyōdo Hakubutsukan*, Sports Center, Swimming Center, *Fukushi* Center

Inquiry: *Kankyō Hozen-ka Kankyō Hozen-Kakari*, ☎Ext.225

### 第70回羽村市市民体育祭

### < The 70<sup>th</sup> Hamura Citizen's Sports Festival >

Neighborhood Teams, schools, and companies will compete in this field day event. Please feel free to make participation entry for those sporting events which do not require prior registration.

The runner (Representative of Cambodia) in the Rio de Janeiro Olympics, Mr. *Hiroshi Neko* and Track and Field Silver Medal winner in the Rio de Janeiro Paralympics, Ms. *Sae Tsuji* will also participate in this event.

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

Opening Ceremony: from 8:45AM, Program: from 9:30AM Place: *Fujimi* Park Field

Host: The 70<sup>th</sup> *Hamura* Sports Festival Executive Committee Inquiries: Sports Center ☎042-555-0033

Details will be in *Kōhō Hamura* (*Hamura* News) October 1<sup>st</sup> edition.

### こどものネット・ケータイのトラブル相談!

### < Consultation Service for Internet Related Troubles Involving Children >

As usage of convenient tools such as the internet or cellular phone increases, people are finding themselves in unfortunate situations related to scams or even being harassed by hateful posts made online. People have been deceived into sending their photograph to certain groups not knowing of their illicit operations. Many youths are becoming prey to the criminal activities made by these kind of indecent groups. If you have any matters like this that you are facing, please call the Tokyo Metropolitan Government's Tokyo Help Desk for Kids "*Kodomo Net and Keitai* Help Desk ~ *Kotaeru*" for internet and cell phone related concerns. Confidentiality will be kept, and also, if you choose to be anonymous consultations will still be offered.

Contact can be made online as well by accessing website.

Phone: 0570-783-184 Monday ~ Friday from 9AM to 6PM, Saturdays from 9AM to 5PM

Website: <http://www.tokyohelpdesk.jp/> 24 hours service Inquiries: *Tokyo To Seishounen Chian Taisaku Honbu, Seishounen Ka, Kenzen Ikusei Tantou* ☎03-5388-3186

### 子育て応援ニュース: 1歳児教室、ハロー赤ちゃんクラス(両親学級)

### CHILDCARE SUPPORT NEWS < The 1 Year-Old and Parent Get-Together Group >

There will be a get-together for fun class geared toward 1 year old kids and their parents.

Date: September 26<sup>th</sup> (Tue), from 10:30AM ~ 11:45AM 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.

Eligibility: parents should be first time participants Please do not bring older siblings.

Class Details: They will offer valuable advice on how to deal with 1 one-year old, tips on how to stop breast feeding or about safety, and the child can play with other children.

Things to Bring: *Boshi Kenkou Techou* (Maternal Handbook)



### < Childbirth Preparation Class for Parents >

Date & Time: Oct. 21<sup>st</sup> (Sat), ①10AM ~ Noon, ②2PM ~ 4PM please choose Place: *Hoken* Center

Eligibility: Expectant mothers residing in *Hamura* City (family member can also participate)

Capacity: First 15 pairs Class Detail: How to bathe a baby, change diapers, make formula and etc.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, & writing utensils Hours of Operation: Weekdays, excluding holidays from 8:30AM ~ 5PM. Call or visit *Hoken*

Center in advance to reserve (choose the time ① or ②). *Hoken* Center 042-555-1111 ☎Ext.693

< "Hamurin's Illuminations Magic" Event > JR Ozaku Station East Square

From October 7<sup>th</sup> (Sat) ~ 22<sup>nd</sup> (Sun), participating eatery establishments in Hamura City will include special spicy hot menus especially for the Illumination Magic Event. You can challenge your taste buds!

Contestants are wanted for the "Spicy Food Contest". Try to finish the extra spicy hot dishes offered!!

Date: October 22<sup>nd</sup> (Sun), 3PM ~ Place: JR Ozaku Station East Square Eligibility: high school student or older who can endure and has a tolerance to spicy foods Capacity: first 10 for individual contestant and first 10 teams of 4 in each group Fee: free

Inquiry and Application: Please provide your address, name, age, telephone number (if group, name of the group and representative's above information as well) to the *Hamura Shi Shoukou Kai*, no later than October 13<sup>th</sup> (Fri), 5PM (excluding weekends and holidays from 8:30AM ~ 5PM) to *Hamura Shi Shoukou Kai*.

☎042-555-6211/ fax 555-6210.

ゲーデ・ピアノ五重奏団演奏会

< Concert Commemorating The 40<sup>th</sup> Anniversary of The Sato Foundation of Ome >

A Strings Quintet lead by the former Vienna Philharmonic Orchestra's Concert Master, Mr. Daniel Gaede, is coming to Yutorogi to offer a special performance.

Date: November 2<sup>nd</sup> (Thu), 7PM~ (doors open at 6:30PM) Place: Yutorogi Main Hall all assigned seats Fee: free A numbered ticket available at Yutorogi Center's reception desk from September 16<sup>th</sup> (Sat) is required to gain admission. The reception is open from 9AM ~ 5PM and is closed on Mondays.

\* Small children of preschool age will not be allowed admission.

Sponsored By: The Sato Foundation of Ome Inquiries: NPO Ome no Seishounen o Sodateru Kai (Ome Youth Encouragement) ☎090-5195-3030 or Yutorogi ☎042-570-0707

**KYODOU HAKUBUTSUKAN (FOLK MUSEUM) ☎042-558-2561**

\*The Folk Museum is closed on Mondays.

お月見飾り、フクロウの仲間たち

< Seasonal Exhibition "Harvest Moon Viewing" >

In Japan, "Chushu no Meigetsu" (September 15<sup>th</sup>), or Harvest Moon Viewing is a traditional event.

Old Shimoda Residence will be decorated with traditional "Otsukimi Kazari" for the Moon-viewing event.

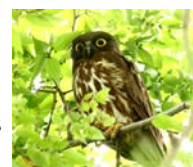
▶Exhibition: September 30<sup>th</sup> (Sat) ~ October 8<sup>th</sup> (Sun), 9AM ~ 5PM (until 4PM at Old Shimoda Residence)

Place: Kyoudo Hakubutsukan Orientation Hall, Old Shimoda Residence Fee: Free

< Bird of Hamura City, Brown Hawk Owl >

The bird of Hamura City is the brown hawk owl (aobazuku).

An exhibition is to open showing photographs of this bird, and a panel showing habitat of birds belonging to the owl group classification. Life size decoy figures will also be on display.



Date: September 30<sup>th</sup> (Sat) ~ December 16<sup>th</sup> (Sat), 9AM ~ 5PM Exhibition is open on October 9<sup>th</sup> (Mon).

Place: *Shirabemono Shitsu* of the Kyodo Hakubutsukan Fee: free

(稲作体験) 田んぼ体験 稲刈り・脱穀

< Rice Farming Workshop ~ Harvesting & Threshing Rice Crop ~ >



The *Seishounen* Youth Division of *Hamura* City planted crop back in June. Now is the time to harvest the rice crops that were planted in the *Negarami-mae* Paddy Field. Students who did not get to plant rice there can also participate. Don't miss this chance!

<p>&lt; Harvesting &amp; Celebration &gt; Date &amp; Time: October 1<sup>st</sup> (Sun), gather at 8:30AM, at Miyanoshita Ground work starts at 9AM * If it rains, postponed to 2<sup>nd</sup> (Sun)</p>	<p>&lt; Threshing &gt; Date &amp; Time: October 14<sup>th</sup>(Sat), gather at 9:30AM, at Odorikoso Koen and work starts at 10AM * If it rains, postponed to 15<sup>th</sup>(Sun)</p>
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Place: *Negarami-mae Suiden* (Rice Paddy Field) Eligibility: Junior High School student or younger

\*No reservation required \*Make sure to wear something you don't mind getting dirty.

Hosted By: *Seishounen Taisaku Chiku Iinkai Renraku Kyougikai*

Inquiry: above host and *Jidou Seishounen-ka Jidou Seishounen Kakari* ☎Ext.263

< Let's Dig Up Satsumaimo (Sweet Potatoes) >

Let's have fun digging up sweet potatoes grown in Hamura city! Locally grown potatoes are very delicious.

Harvesting time: Mid October ~ Early November Fee: ¥2,000 per block (About 10 heads),

Farm Location: ①Ozakudai 5-16 50 blocks available ②Sakae-cho 2-20 20 blocks available

Farm Owner: ①Mr. Miyamoto ☎042-554-6943 ②Mr. Katou ☎042-554-2044

How to apply & Inquiry: Please come to register and pay the fee with exact change at Sangyou-ka Nousei-kakari in City Hall West Annex (Nishi-Bunshitsu) on October 3<sup>rd</sup> (Tue), from 9AM to NOON.

\* If applying after October 3<sup>rd</sup> (Tue) NOON, please contact the farmer. Non-Hamura residents can also apply.

Inquiries: Sangyou-ka Nousei-kakari, ☎Ext. 663

< Art Gallery with Works Created by Citizens >

Place: Community Center 2F Hall Feature: Suibokuga Exhibition ~ Works by Mr. and Mrs. Okimoto

Be enchanted by the photographs taken by husband Mr. Matao, and suibokuga ink painting created by wife Mrs. Tomoko. There will also be works by colleagues of this pair as well.

Date: Sep. 24<sup>th</sup> (Sun) ~ Oct.1<sup>st</sup> (Sun), 10AM ~ 5PM (~3PM on final day).

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

< 2017 Fall Traffic Safety Campaign > September 21<sup>st</sup> (Thu) ~ 30<sup>th</sup> (Sat)

~ Protect Children and the Elderly ~The main points of this campaign are:

1. Watch out for elder and child traffic safety
2. Preventing accidents when walking and riding bicycles at dusk and night time  
(There is a need to place reflectors on your bicycle and also to use lights at dark.)
3. Everyone fastening their seat belts and correctly using child seats
4. Eradication of drunken driving
5. Preventing motorcycle and bicycle accidents Inquiry: Bousai Anzen-ka Koutsuu Bouhan-kakari, Ext. ☎216

< Newly Appointed Commissioned Welfare Volunteers and Child Welfare Volunteers >

Do you know about Welfare Volunteers (Minsei Iin) and Child Welfare Volunteers (Jidou Iin)? They are authorized private volunteers commissioned by the Minister for Health and Welfare to conduct private voluntary welfare activities including:

Residents are welcome to consult the welfare volunteers of their residence district on matters concerning daily life, or for an initial advice on other issues.

Here are contact information in some districts that have made recent selection for welfare volunteer as of September 1<sup>st</sup>.

Area of Assignment	Name	Telephone Number	Address
Kawasaki Nishi	Ms. Fukuko Shinozaki	☎042-554-3034	1-10-22 Kawasaki
Honcho Daiichi (partial), Asahigaoka	Mr. Eiki Yoshino	☎042-554-6574	1-23-27 Hanehigashi
Masaka Daini	Ms. Satoko Sasaki	☎042-554-6305	1-2-13 Hanenaka
Shinmeidai (partial)	Ms. Masae Ikeda	☎042-555-3833	1-26-6 Shinmeidai
Primary Jidou Iin (Dai Ichi Jr High Dist)	Ms. Keiko Mizushima	☎042-843-0792	2-7-24 Ozakudai

Inquiry: Shakai Fukushi Ka, Shomu Kakari, ☎Ext. 112

**< Free Consultation ~ One Day Office by Tokyo Legal Affairs Bureau >**

The Tokyo Legal Affairs Bureau will offer a one-day consultation session. Professionals, such as a notary public officer, judicial scrivener, will hear your case about civil administrative affairs such as inheritance matters, the family register system and nationality, and human rights issues.

Date: October 2<sup>nd</sup> (Sun), 10AM ~ 4PM (Entry is until 3PM.) Please make an appointment in advance.

Place: Tokyo Legal Affairs Bureau at *Kudanshita, Chiyoda Ku*, Tokyo Address: 1-2-1 *Kudan Minami* (There is no consultation at the *Tachikawa* Branch this year.)

By appointment at Legal Affairs Bureau ☎03-5231-1319 (8:30AM~5:15PM Closed weekends, holidays).

遺言や大切な契約は公正証書が守ります

**< Important Civil Case Contract Documents Should Be Prepared or Notarized by a Notary Public >**

Tokyo Notary Office will open a special schedule to provide more convenience to clients during NOTARIZATION WEEK October 1<sup>st</sup> (Sun) ~ 7<sup>th</sup> (Sat). Free consultation on the notarization by phone will be available by appointment during this special schedule week. ☎03-3502-8239 also on the weekend.

(There is no consultation at the *Tachikawa* Branch this year.) Inquiries: Tokyo Notary Office ☎03-3502-8050

障害のある方のタクシー費用・自動車ガソリン助成

**< Filing for Subsidization of Taxi Fare or Gasoline Costs by Residents with Disability (First Half) >  
(Takushī Hiyō / Jidousha Gasorinhiyō Josei)**

Applications for subsidization of payment for purchase of taxi fare or gasoline costs during the first half of the fiscal year of 2017 will be accepted. To be eligible, you must have one of the following disability certificates:

- Physical Disability Certificate grade 1 to 2 (3 for lower limb, trunk, or internal dysfunction)
- Certificate for Mental Deficiency grade 1 to 2 “*Ai No Techou*”
- Persons with brain paralysis or progressive muscular atrophy who has already been certified

To receive subsidy, you must be certified in advance.

Limitation for Subsidization: ¥ 15,000 (for the months of April through September)

※If the date on which you were certified is past the start of the term for certification, the limit will vary from the above.

Period for Application: Oct. 1<sup>st</sup> (Sun) ~ 10<sup>th</sup> (Tue), 8:30AM ~ 5PM *Shougai Fukushi Ka* at the 1<sup>st</sup> Floor (Counter closes for lunch at NOON ~ 1PM.) ※Services for this will not be available on Oct 9<sup>th</sup> (Mon, Holiday).

If you are not able to file during the period for application, it can be filed with the subsidization for latter half of the fiscal year.

Things to Bring:

- Receipts for purchase of taxi fare or gasoline costs from April to September. (Invoices and sales slips of payment for transaction by credit card will not be acceptable.)
- Inkan (official stamp) ●Disability Certificate Inquire at *Shougai Fukushika Shougai Fukushi Kakari* ☎Ext. 173

オリパラ通信

**< Tokyo Olympic / Paralympic Games Update >**

Badminton will be played as an official Olympic sport for the first time in the Tokyo 2020 Olympic Games. There are the singles and doubles style of the game, and players compete for 2 sets, in which the winner is the first to achieve 21 points at each game. The player who wins both sets becomes the overall winner. The court size differs according to 6 competing classes. The Paralympic special rule is that player's lower part of their body should be in contact their wheelchair seat when the shuttle is being shot.

The player positions themselves to make a counter attack with swift moves in response to the direction of the shuttle, and uses precise and coordinated movement of the chair as a calculation is made of when the predicted fall point will be. Inquiries: Tokyo Olympic / Paralympic Games Preparations Office, ☎Ext. 344

### < RENEWAL of TOKYO SILVER PASS >

Those who have the Tokyo Silver Bus Pass expiring at the end of September have received the renewal application form sent from Tokyo Bus (東京バス協会) by mail in late August. Please complete the application procedure within September. (Tokyo residents of age 70 and over are eligible for Tokyo Silver Bus Pass, a pass for fare exemption of buses running within Tokyo metropolitan area, and of Tokyo Metro subways.)

City Hall Application Desk: September 22<sup>nd</sup> (Fri), 25<sup>th</sup> (Mon) ~ 27<sup>th</sup> (Wed) Time: 10AM~3PM

Place: Hamura City Hall ①1<sup>st</sup> floor, Conference Room 101 ②Tamokutekishitsu

Inquiries: Tokyo Bus - Silver Pass Helpline ☎03-6757-0077 or 03-5308-6950

飼い主のいない猫について

### < Street Cats That Do Not Have a Home >

The number of cats that do not have a home have been increasing gradually within the past years in Hamura City. The reason for this increase is that the owner responsible for the care of the cat abandons them to let them go astray at the river side or in parks. (Abandoning a cat is a felony.) Cats that do not have a home tend to live in an insufficient environment, and live shorter and unhealthy lives compared to those cats that have a specific owner. The city has dealt with this problem with the help of volunteer associations by addressing the animal rights and the environmental concerns.

Nuisances by cats to the urban environment are reduced by efforts such as citizens' contributing information regarding street cats, or cooperating with the activities of volunteer associations.

Some of the examples of damages by cats are:

»cats disorganizing the yard »defecation and urination by cats in the premises

»loud screaming noise in spring and autumn. »spreading germs of diseases contractable to humans



Inquiries: Kankyou Hozen Ka, Kankyou Hozen Kakari ☎Ext. 225

街頭防犯カメラの設置

### < Street Security Cameras Were Installed >

As a crime preventive measure, Hamura City has installed street security cameras at 6 parks and 5 locations within the city. The security cameras and installation fees were donated by business entities in Hamura City.

Inquiry: City Hall, Bousai Anzen-ka Koutsuu Bouhan-kakari ☎Ext.216

介護保険給付費通知書を送付

### < Notice of Grants for Nursing Care Service Fees Under Long-Term Care Insurance >

Elders who used the Nursing Care Service Fees under the Long-Term Care Insurance (Kaigo Hoken) will receive a "Notice of Grants for Nursing Care Service Fees" from the city hall Senior Citizens Welfare and Nursing Care Section.

This is a list of the nursing care grant benefits provided during the term of January through July showing the co-payment amount that is charged, and lists details of service provider who offered the service and when the service was provided. Please confirm receipts issued by the service provider or Declaration of Services Rendered issued by your care manager. The document is not a bill. No payment actions are necessary in response to the notification.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken kakari, ☎Ext. 216

もぐもぐ教室～離乳食生後7ヶ月以降講座

### < Baby Food Class for 7 months old and older >

When a baby gets better at swallowing weaning food, it's time to try solid food. Let's learn some easy recipes!

Date & Time: October 26<sup>th</sup> (Thu), 10AM~11:30AM Place: Hoken Center Capacity: First 15 pairs

Eligibility: Babies born between Jan. 1<sup>st</sup> ~ March 15<sup>th</sup> 2017 & parents \*Sorry, siblings not allowed in class

Details: Tips for mid to later stage of baby food / cooking demonstration & tasting for parents / Lecture & discussion about baby food and parenting (closed Mon, holiday)

Application: from September 19<sup>th</sup> (Tue) 8:30AM, call Hoken Center on weekdays ☎042-555-1111 Ext.625



### < Physical Training (Core Balance) Class >

The Sports Center welcomes guest teacher who is the professional basketball team "Tokyo Hachioji Trains" coach to teach in a special class offered to youth athletes of Hamura City. The basketball training is useful for the basic core balance for other sports as well.

Date: October 14<sup>th</sup> (Sat) and November 4<sup>th</sup> (Sat) Completion of day 1 is a prerequisite for taking day 2.

①: for 5<sup>th</sup> and 6<sup>th</sup> graders of elementary school from 9:30AM ~ 10:30AM for both days \*

②: for junior high school students from 11AM ~ 0:30PM \* Please be ready to start 5 minutes before class.

Place: Sports Center #2 Hall Eligibility: athletes at specified age group who reside in Hamura City.

Capacity: first 50 (approximately each day) Fee: free Attire: exercise wear, indoor shoes

Please bring tea or water for hydration with cap on container to prevent spills.

Taught By: Tokyo Hachioji Trains Academy Coach Application: Please call the Sports Center on days excluding Mondays and holidays from 9AM ~ 5PM at ☎042-555-0033 by October 6<sup>th</sup> (Fri). Please state weather you are a participating team or an individual.

### スイミングセンター

### SWIMMING CENTER ☎042-579-3210

かんたんエンジョイトレーニング

### < 'Kantan' (Easy) Enjoyment Physical Training >

Physical training is made by using a string ladder and pilates ball, for exercise of the whole body. This class is for elementary children who enjoy activities. Beginners are also welcomed.

Date: September 18<sup>th</sup> (Monday, holiday) and October 9<sup>th</sup> (Monday, holiday) from 11AM ~ NOON (both days)

Place: 2<sup>nd</sup> floor Kaigishitsu Capacity: first 20 Fee: ¥500 per class Eligibility: elementary student

Bring: exercise wear, beverage, towel. Application: Please come to the Sauna front desk on class day.

### 初心者弓道教室

### KYUUDOU (ARCHERY) CENTER ☎042-555-9255



### < Kyuudou (Japanese Archery) Class for Beginners >

These classes are taught by the "Hamura-shi Kyuudou Kai" Organization.

Date & Time: Wednesdays and Saturdays between October 7<sup>th</sup> (Sat) ~ 28<sup>th</sup> (Sat) (Total of 7 times), 7PM~9PM

Place: Kyuudou Center Eligibility: \* Junior high school students or older \*(Junior High students must be accompanied by an adult) Capacity: First 15 applicants

Fee: ¥3,500 (for 7 classes, including insurance) Please wear exercise wear without buttons, and socks

Application: Before September 30<sup>th</sup> (Sat), provide your address, name, age (grade), and phone number by postal letter or fax to the center. Address: Ozakudai 4-2-8, Hamura-shi Tokyo 〒205-0001, Fax: 555-9255.

You will be notified by October 1<sup>st</sup> (Sat) regarding the status of your application and instructions.

### 特定不妊治療費助成

### < Subsidy for Fertility Treatment >

Hamura City provides subsidy to female residents who plan to receive high-cost Fertility Treatments, such as external fertilization and micro-fertilization. This subsidy is to partially support the treatment cost.

Eligibility: The following conditions apply:

- ◇ Prior to the application for the subsidy in Hamura City, you must be registered under the Tokyo Metropolitan Government's Fertility Treatment Subsidy Program. This subsidization is for each treatment's costs which exceed the subsidy which is available from Tokyo.
- ◇ You are a resident of Hamura City who has continuously lived at a resident in Hamura since the start of your fertility treatment. ◇ You are not receiving similar aid from other municipalities.

### The amount of subsidy:

Maximum for high-cost Fertility Treatment is up to ¥50,000, per treatment. Other conditions apply such as the year in which you applied or age that you were when applying for subsidy. Please call the *Hoken* Center for details. Inquiries: *Hoken* Center, 555-1111 ☎Ext. 623

How to Apply: Please come to the *Hoken* Center with the following documents:

application form requesting subsidization, paperwork certifying treatment for high-cost Fertility Treatment, receipts for treatment, Subsidy Approval Notice issued by the Tokyo Metropolitan Government, seal (*inkan*), and Bank Book from Financial Institution. (The *Hoken* Center is open from 8:30AM ~ 5PM on weekdays, closed Sat, Sun, and Holidays.) \*The paperwork certifying treatment for high-cost Fertility Treatment must be signed by a physician. The paperwork format is downloadable or can be obtained at *Hoken* Center.

新しい👶医療証・👦医療証を送付します

### < Child Medical Certificate Renewal >

These medical certificates are renewed annually on October 1<sup>st</sup>. New certificates will be mailed to applicable households in late September. The current certificates will expire on September 30<sup>th</sup> (Sat). After expiration, card must be destroyed or returned to *Kosodate Shien-ka Shien-kakari* in city hall in person or by mail.

Parents of the certificate holders are obligated to report to the city office on facts concerning the change of medical insurance or loss of qualification for this medical program due to relocation or other matters.

👶医療証 (Infant Medical Certificate) eligibility is specified by the "Medical Program for Babies and Preschool Children", and 👦医療証 (Child Medical Certificate) self-pay burden are specified by the "Medical Program for Children of Compulsory School Age", and medical expenses charged for medical services are subsidized under the National Health Insurance standards. 👶/👦 Medical Certificate is issued upon application. Please make application procedures.

Regular Extension: Expiration date is Sep 30<sup>th</sup> (Sat)

Transition to Other Category: If child is 6 years old, with 👶 Infant Card, or 15 years old with 👦 Child Card, expiration date is until the last date of the last month of eligibility, which is March 2018. You must make transition accordingly. Further details will be included in the March 2017 edition of *Kouhou Hamura (Hamura News)*. Inquiries: *Kosodate Shien-ka Shien-kakari*, ☎Ext.237

認知症サポーター養成講座

### < Opportunity to Become a Dementia Patient Supporter >

Interested in becoming a Dementia Patient Supporter who is knowledgeable of various aspects of the disease called dementia? You can offer great support to the families of dementia patients. Join this class!

After completing all the classes, there are no responsibilities that you must fulfill. Each person is different in terms of the level of assistance that they can offer, and it is helpful to have the correct knowledge when you happen to be acquainted with someone with dementia. Date: Oct. 15<sup>th</sup> (Sun) 3:30PM~ 5PM Fee: Free

Place: *Sankei Byouin (hospital) in Hamura* Eligibility: residents, commuters Capacity: First 20 applicants Application & Inquiry: call the *Sankei Byouin Rehabilitation* staff at ☎042-570-1130 between 9AM ~ 5PM on weekdays. Closed on Saturday, Sunday, and holidays.



家族交流会

### ~ Get-together event for family members of dementia patient ~

Participants can learn and talk about how to take care of family members in need of special care for dementia symptoms. Join to share your questions/tips with other care takers. They will talk about how to deal with the elder when they show symptoms, or how some have been qualified for nursing care certification.

Date & Time: Oct. 5<sup>th</sup> (Wed), 1:30PM~3PM Place: Community Center 2<sup>nd</sup> floor *Soudan Shitsu* Fee: Free Eligibility: *Hamura* residents who are taking care of elderly family members Capacity: About 10 people Application & Inquiry: Please reserve at *Kourei Fukushi Kaigo-ka Chiiki Houkatsu Shien Center* (☎Ext.198) in advance for the above. 8:30AM ~ 5PM on weekdays: Closed on Weekends and Holidays.





**SILVER JINZAI CENTER (Senior Citizen Human Resource Center) ☎042-554-5131**

パソコン教室

**COMPUTER CLASS**

This is a free schedule beginners to advanced class. Come at your convenience during the open class hours.

Experienced tutors will assist your learning. Fee: ¥1,000 per class

Hours: Monday 10AM ~ NOON and Wednesday, Thursday, Friday... 10AM ~ NOON, 1PM ~ 3PM

Class Detail: Word & Excel / editing digital photo Reservation / Inquiry: call or visit Silver *Jinzai* Center\*

You can also get help about any computer machine related issues for a separate fee.

「理科・数学教室」受講者募集

**< Members Offering Science Classes / For Current Junior High School Students >**

Members of the "Silver *Jinzai*" Center are scheduling a scholastic support/ better comprehension of school subjects class operated by members who are skilled teachers. These members actually used to be school teachers before they retired. The aim of this class is to supplement the education and enhance the intellect of children. (All classes are in Japanese.).

Date: Every 1<sup>st</sup> – 4<sup>th</sup> Thursday (Classes will not be held on Holidays and End of /New Year)

Time: 4:30PM ~ 6PM Place: Silver *Jinzai* Center *Kenshuu Shitsu* Room Subjects: Science and Math

Eligibility: Junior High School Students of Schools in *Hamura* City Capacity: first 8 for each day

Fee: ¥5,000 (for 4 classes per month) \*Please call the Silver *Jinzai* Center in advance to register for class.

(Please have your neighbor or someone who can speak Japanese help you register your child for this class.)

❖There are no taxi services available for this class. Your child must be capable of going to and from class independently.

\*Hours of Operation are from 8:30AM ~ 5PM, closed on Saturdays, Sundays, Holidays

秋の谷戸沢処分場自然観察ガイドツアー参加者募集

**< Nature View Tour to Yatozawa Landfill Site >**

Date & Time: October 21<sup>st</sup> (Sat) 9:30AM ~ 4PM

Destination: *Yatozawa* Waste Center located in *Nishitama-gun Hinode-machi, Tokyo*

Meeting Place: *Kitaguchi Koen Park* in Tachikawa (7min from JR Tachikawa St.) Time: 9:30AM

Eligibility: Residents and Commuters of Tama Area ※Adults must accompany elementary school students.

Capacity: first 50 There will be a name drawing if applicants exceed capacity.

How to apply & Inquiry: Please send postcard addressed to: (deadline: September 29<sup>th</sup> (Fri)

〒190-0181 7462 Oaza Oguno, Hinode Machi, Nishitama Gun, Tokyo Japan

Indicate "Yatozawa Guide Tour", and all participant's address, name, age, gender, telephone number.

Tokyo *Tama Kouiki Shigen Junkan Kumiai* (東京たま広域資源循環組合)☎042-597-6152

Please be prepared for interviews and photo session. You may also be asked to provide consent for upload of images from this event. Please refer to their website for details. <http://www.tama-junkankumiai.com/>

第71回赤い羽根共同募金にご協力を

**< The 71<sup>st</sup> "Red Feather" Community Chest Campaign >**

The Red Feather Community Chest Campaign starts on October 1<sup>st</sup> (Sun). It is the 71<sup>st</sup> year of the campaign. Donations are being accepted, and the valuable contributions will be used to support the social welfare programs, welfare facilities and their organizations. Your cooperation will be deeply appreciated.

Fundraising Period: October 1<sup>st</sup>(Sun) ~ 31<sup>st</sup>(Tue)

Street Campaign > Public Collections <: Oct. 2<sup>nd</sup> (Mon) & 3<sup>rd</sup> (Tue) at JR *Hamura* Station, JR *Ozaku* Station

At the Community: Your community's neighborhood organization volunteers will visit some homes.

Boxes will be also available at the reception of public facilities.

Inquiries: *Shakai Fukushi Kyougikai* (Council of Social Welfare), *Soumu Ka*, *Soumu Kakari* ☎042-554-0304

< Consultation for Single Parents / Women about Daily Matters >

The City will have a dispatch consultation service for single parents and women at the *Sangyou Fukushi Center* (located near the library). Consultation is also available in the city hall, however if it is difficult for you to come to city hall, please utilize this opportunity

Date: September 27<sup>th</sup> (Wed), 1:30AM ~ 4PM

Place: *Sangyou Fukushi Center*, Japanese room on 1<sup>st</sup> Floor ☎*Kosodate Shien Ka, Shien Kakari*, Ext. 239

The City offers consultation to single parents and women at the *Kosodate Shien Ka* (Child Support Section). Consultation is scheduled from Monday ~ Friday, 8:30AM ~ 5PM (closed for lunch and weekends.)

< Mom's Physical Refreshment Class >

Moms currently experiencing child rearing wishing to get rid of discomfort, such as back/shoulder pain, fatigue, can do so through this class. Date: Oct.24<sup>th</sup>(Tue), 10AM~NOON Place: *Yutorogi Reception Hall*

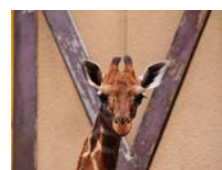
Eligibility: Moms raising children in *Hamura City* Capacity: first 15 Fee: free

Please inform us if you are bringing a child. (There is child care service for children under 2)

Things to bring: writing utensils Details: Wear comfortable clothing and shoes.

There will be a lecture, exercise segment, and food tasting. Please call Hoken Center ☎555-1111, Ext. 625 on weekdays from September 19<sup>th</sup> (Tue) 8:30AM ~ 5PM. (closed on weekends and holidays)

HAMURA ZOO ☎042-579-4041



< The New Baby Giraffe >

A baby giraffe was born on July 21<sup>st</sup>. His mother is "Komachi" and his father is "Tatsuki", and is *Tatsuki's* first born child. Height at birth was about the size of an average adult male human.

He is very active and in good health.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
17 <sup>th</sup> (Sun)	<i>Yamakawa lin</i>	☎042-554-3111	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Hanenaka Shika Clinic</i>	☎042-554-2202
18 <sup>th</sup> (Mon) Holiday	<i>Yamaguchi Naika Clinic</i>	☎042-570-7661	<i>Takamizu lin (Mizuho-machi)</i>	☎042-557-0028	<i>Watanabe Shika lin</i>	☎042-570-1688
23 <sup>rd</sup> (Sat) Holiday	<i>Ozaki Clinic</i>	☎042-554-0188	<i>Takasawa Byouin (Mizuho-machi)</i>	☎042-556-2311	<i>Honda Dental Clinic</i>	☎042-554-4184
24 <sup>th</sup> (Sun)	<i>Nishitama Byouin</i>	☎042-554-0838	<i>Fussa-shi Hoken Center</i>	☎552-0099	<i>Hamura Shika lin</i>	☎042-570-4618

If you need assistance in hours other than above, please call: "HIMAWARI" 03-5272-0303 (24 hour assistance)