



**HAMURIN** Hamura City Mascot

# HAMURA NEWS

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

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



## < AZEMS, The All Zero Emission Mobile Systems Project was Given an Award

The All Zero Emission Mobile Systems Project was awarded by the Minister of Environment On December 4<sup>th</sup>, 2017 for its achievement by introduction of innovative technology to effectively prevent global warming.

The solar powered energy battery solar panel generating 50KW was developed in the City's project for effective environment strategy, contributing to reduction of carbon dioxide emission and the use of energy gained from the burning of fossil fuels. It is installed on the roof of the City Hall building, and the community bus system "Hamuran" gains its energy source from it. The city started its operation in December 2015.

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

平成 30 年成人式

## < Coming of Age Ceremony 2018 >

In Japan, each city hosts a "Coming of Age" Ceremony for those who are turning 20 years old.

Residents who were born between April 2<sup>nd</sup>, 1997 ~ April 1<sup>st</sup>, 1998 are invited to this event.

Invitation postcards will be sent in early December.

Special events: ❖ concert by Junior High School Students ❖ youth coming of age see their old teacher

Date/Time: January 8<sup>th</sup> (Mon, Holiday) Reception 10:30AM~, Ceremony 11AM~

Place: *Yutorogi Main Hall* Inquiries: Lifelong Learning Section (*Shougai Gakushuu*), ☎Ext. 363



**HAMURA ZOO** ☎ 042-579-4041

### ❖ Make a Bookmark with Maple Leaves ❖ もみじでしおり作り

Create your own bookmark using materials found in the zoo.

Date: December 10<sup>th</sup>, (Sun) 11AM ~ NOON and 2PM ~ 3PM

Place: Study Room Capacity: first 20 Fee: free (Admission for zoo entrance is necessary.)

### ❖ Make a Eto Stamp❖ 干支スタンプ作り

You can make your own stamp carving of the New Years "Eto", or next year's Chinese Zodiac Animal ~ dog.

Date: December 3<sup>rd</sup>, (Sun) 11AM ~ 1PM (Reception is until 0:30PM.)



**\* Year-End / New-Year Holidays:**  
Zoo will be open every day during  
December 29<sup>th</sup> (Fri) ~ 31<sup>st</sup> (Sun),  
will be closed on January 1<sup>st</sup>  
(Mon), and normal operations will  
resume on the 2<sup>nd</sup> (Tue).

## < Performances at Yutorogi for the Japanese Traditional Culture Exchange >

### ❖ Hamura City's Traditional *Matsuribayashi* for Festive and Cultural Expression ❖

You can enjoy the intangible folk cultural asset of "*Omatsuribayashi*". The *Kanda* Style or *Shigematsu* Style was introduced to the *Hamura* region by "*meijin*" (honorary term for master) of a neighboring village during the Edo Era, becoming an ancient heritage established as a traditional style local performing art handed down throughout generations. The tradition was preserved by villagers despite of changing lifestyle seen during the post-war decades.

Date: January 13<sup>th</sup>, 2018 (Sat), 3:30PM (doors open at 3PM)

Admission: free (Must have numbered ticket available Yutorogi.) \* Yutorogi is closed on Mondays.

Handout of Numbered Ticket: Yutorogi Center front desk from December 2<sup>nd</sup> (Sat) 9AM ~ 5PM

Hosted By: Hamura City, Hamura City Board of Education Inquiries: ☎042-570-0707

はじめようスポーツ 「障害者スポーツのススメ」 ボッチャを体験しよう

## < Experience 'Boccia', the Sport for the Physically Challenged >

The Sports Center will host an event introducing "Boccia". Boccia is a sport using a ball which can be played by everyone, regardless of physical limits. It is a competitive sport in the Olympics.

Date: ①Dec. 19<sup>th</sup> (Tue), 1PM ~ 2:30 at Large Conference Room, *Fukushi* Center (first 20 people)

②Jan. 27<sup>th</sup> (Sat), 2PM ~ 3:30PM at *Sakae* Elementary School Gymnasium (first 40 people)

Eligibility: Those who are interested or are instructors in special sports Fee: free

Things to Bring: ①② gym shoes, beverage ② indoor shoes \* There will be a small tournament in ②

Apply by: December 15<sup>th</sup> (Fri) for ① and January 23<sup>rd</sup> (Tue) for ② by phone or directly at the Sports Center.

(The Sports Center can accept applications on Mondays Jan. 8<sup>th</sup>(Hol). Hours of acceptance are 9AM ~ 5PM.)

They are closed for New Years Holiday from December 29<sup>th</sup>, (Fri) ~ January 3<sup>rd</sup>, (Wed).

Inquiries: Sports Center ☎042-555-0033

スポーツセンター第2回「歩き方教室」

## < The 2<sup>nd</sup> Proper Way to Step When Walking Class >

The basics of proper walking can be learned in this class. This is a class for those who exercise regularly. A demonstration based on the skills acquired in this class will also be shown.

Date: December 23<sup>rd</sup> (Sat), 10AM ~ NOON Place: Fujimi Park Eligibility: residents 20 years old or older

Capacity: first 50 Fee: free Things to Bring: exercise clothing, beverage, writing utensils

Taught By: Member of NPO Organization, Tokyo Walking Association

How to Apply: Please call the Sports Center by December 15<sup>th</sup>(Fri). ☎042-555-0033 between 9AM~5PM

(Please call on days other than December 29<sup>th</sup> (Fri) ~ January 3<sup>rd</sup> (Wed), and when closed on Monday.)

自然休暇村

## < Shizen Kyuukamura in Kiyosato Mountain Resort>

**Hamura Municipal Resort Lodging Facility** ☎0120-47-4017 ☎0551-48-4017

*Shizen Kyuukamura* (自然休暇村) in *Kiyosato* mountain resort, *Hokuto* City, *Yamanashi-ken*, is a lodging facility owned by *Hamura* City. Hotel accommodation, private lodges, and camping sites are available at reasonable to cater for each guest's travel style.

If you wish to go to stargaze on days other than the Saturday tour dates, please inform the staff when reserving your room.

For more details about *Kyuukamura*, visit the website (in Japanese) → <http://hamura-kyukason.jp/>

- ▶ Artwork from *Hamura Higashi* Elementary School Students    December 4<sup>th</sup> (Mon) ~ January 31<sup>st</sup> (Wed)
- ▶ Ski Lift Tickets            Sun Meadows Ski Slope opens on December 23<sup>rd</sup> (Sat)  
(Tickets for the slope sold at the front desk.)    Adult: ¥4,200 (4,500) → ¥3,800  
Child: ¥3,200 (3,500) → ¥2,800    Seniors: ¥3,800 (4,000) → ¥3,000

▶ Bath of December    Herb Bath

◆ *Yamane* Museum ◆

Date: December 14<sup>th</sup> (Thu) ~ April 6<sup>th</sup> (Fri), 2018    10AM ~ 4PM, Exhibition is open on Tue, Wed, Thu.

☎0551-48-3577, ext. 428

\*Please note that activities during the snow season will require adequate preparations, especially if you are driving (attaching snow tires or chain).

まゆ玉だんごをつくろう

< **Cultural Workshop ~ Let's make *Mayudama Dango!* ~** >

When silk cultivation was a thriving industry in *Hamura*, people used to make a new year's decoration called "*Mayudama Kazari*", a cut tree branch with attached *mochi* balls imitating abundant silk cocoons, to pray for a good harvest and good health on the lunar New Year days.

The *Mayudama Kazari* created by the participants of this workshop will be displayed in the *Kyoudo Hakubutsukan* until January 14<sup>th</sup> (Sun). Please join us!

Date & Time: January 7<sup>th</sup> (Sun), 1 PM~3 PM    Place: *Kyoudo Hakubutsukan* / Old Shimoda Residence

Capacity: First 30 people    \*4<sup>th</sup> grader and younger children need to be accompanied by an adult.

Fee: Free    Items to Bring: Apron, Head Cloth, and Towel

Application/Inquiry: Call/visit Folk Museum starting Dec. 2<sup>nd</sup> (Sat), 9AM~. Museum is closed on Monday. *Kyoudo Hakubutsukan* ☎042-558-2561 (9AM ~ 5PM)

\* Folk Museum will be closed on December 29<sup>th</sup> (Fri) ~ January 3<sup>rd</sup> (Wed) for the New Years Holiday.

全国で大人気！新たなマンホールカードが登場。

< **Hamura City's Manhole Cover Design to Be Included in the Manhole Card Collection** >

Hamura City will participate in the 6<sup>th</sup> batch of "manhole" cards issued by the local governments and sewage management department. In the last occasion, *Hamura-Seki* (water intake sluice) at the *Tamagawa* Aqueduct were featured along with *sakura* trees. This time, the giraffe at the *Hamura Zoo* and the landscape of the tulip fields are inscribed. Some collectors collect these cards to enjoy these various designs. The card is free of charge. Quantity is limited to 1 card per person, and can only be given to those who appear in person to receive it. If you are interested in obtaining your card, please go to the *Hamura Zoo* during Nov. ~ Feb. from 9AM ~ 4PM/ Mar. ~ Oct. from 9AM ~ 4:30PM. You can enter the zoo until 30 minutes prior to closing.

MAP: <http://www.city.hamura.tokyo.jp/map/map3.html>    Inquiries: *Suidou Jimusho* ☎042-554-2269

12月3日から9日は障害者週間

< **Disability Awareness Week December 3<sup>rd</sup> ~ 9<sup>th</sup>** >

From December 3<sup>rd</sup> to the 9<sup>th</sup>, it is the campaign period for the promotion of Disability Awareness.

This campaign was initiated under the Basic Act for Persons with Disability to promote and support social, economic, and cultural participation of people with disability in mainstream society.

At this opportunity, let's deepen our understanding of Social Welfare, and consider again what each one of us can do to support better living of people with disabilities in our society.

Inquiries: *Shougai Fukushima-ka Shougai Fukushima-kakari* ☎Ext.172

騒音について知っていますか？

Disturbance of peace by making loud noises is a problem caused by people who lack the courtesy for their neighbors' rights to a normal and peaceful living environment. We must learn to minimize the various sounds that occur in the day-to-day activities and try in our best efforts to keep them within the level of tolerance. Examples of sound disturbances are:

- motor roaring in some electrical appliances
- basic household utilities (a/c, water flow, shutting doors)
- audio device
- talking in a loud tone outside
- factories in operation
- noises of traffic
- construction
- other noises such as barking of animals and door chimes

We can reduce noise level by installing sound absorbing fixtures, etc. Even though the level of noise is within legal standards, it does not mean that you are not responsible for the disturbance. Each person must keep in mind the importance of having consideration for your neighbors.

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

税金を滞納するとどうなるの？ 納期限内の納付にご協力を

### < We Urge Tax Payers to Cooperate By On-Time Payments >

Inquiries: *Nouzei Ka, Nouzei Tantou* ☎Ext. 169

#### ❖ December is "Stop" Delinquent Taxes Awareness Month

The Tokyo Metropolitan Government and *Hamura City* have brought their efforts together to gain awareness about tax responsibilities during the month of December. Various publicity, notices are issued in order to gain fair participation in taxing efforts by citizens. Collection of taxes are made if payment is not made. Your vehicle may also be seized for payment of tax purposes by having its tires locked. (Once the issue is resolved, the owner can resume ownership of the vehicle.)

#### ❖ Collected taxes are used for the administrative services directed to its citizens. A resident must pay taxes to the municipality at which they reside. Without taxes, we cannot deliver services that some depend on.

#### ❖ Penalties for late taxes are imposed in order to maintain an unbiased tax system. Taxes must be collected impartially as stipulated under law, with regards to each individual's circumstances. However a few intentionally escape the legal obligation to make tax payments. The city has sent reminder notices to individuals with tax arrears, hoping to direct the payment at will, however if the tax delinquent does not respond, the only way to proceed is to examine the possibility for seizure of assets.

#### ❖ There is a due date for taxes: The reverse side on your payment slip states the expiration date of the tax you are to make payment for. You can pay these taxes at the banks, convenient store, (if they are ¥300,000 or less), city hall, city hall outposts, and payment can also be made by bank transfer, for which you must apply at the bank at which you wish your payment to be withdrawn from.

#### ❖ A penalty by interest added to the bill, calculated from the day after the deadline which was not met, is imposed on the resident for the amount of tax in arrears. The penalty will keep being added until the payment is complete.

- When payment has not been confirmed at the 20<sup>th</sup> day after due date, A final notice will be mailed.
- There will be a 10 day waiting period, and when the payment is still not made during this, seizure procedure starts from day 11 as stipulated under the Local Tax Law # 331 (Technically, a month grace period is granted).
- A survey for real estate, savings, salary, etc. which the individual has possession of starts. It is possible that contact with an employer may be made regarding this matter.
- The tax delinquent's assets are

seized. Monetary assets (bank account balance and salary) are collected, and assets such as real estate and other resources which can be sold which were found in the survey for real estate with the tax delinquent's name on title will be placed on the auction market. Proceeds will be directed toward payment of the tax in arrears. A domiciliary search may also be possible, based on rules stipulated in the Tax Law No. 142 if required.

- ✿ If you are experiencing circumstances which do not allow you the freedom to make payments when otherwise you would, there are consultations available at the City Hall. To avoid penalization for late taxes, please inform the city of your circumstances. For more information, contact the City Hall Tax Collection Section at your earliest opportunity.

TOKYO 交通安全キャンペーン

### TOKYO METROPOLITAN GOVERNMENT'S TRAFFIC SAFETY CAMPAIGN

Tokyo Traffic Safety Campaign is scheduled for December 1<sup>st</sup> (Fri) ~ 7<sup>th</sup> (Thu). Efforts will be made to raise awareness for traffic safety, and prevention of tragedies during the new year holiday season.

- ✿ 1: Children and Elders are the most vulnerable to traffic accidents.

- Pedestrians should be made visible by wearing clothing with reflective material. Look at the driver to see if he/she is paying attention.
- Parents should know that accidents occur the most between 2PM and 6PM. Teach children that it is important to make sure the vehicle has made a complete stop before crossing.
- Elders account for 40% of the victims due to accidents, and 60% of these people are pedestrians. Refrain from crossing at unsafe spots that are not marked for crossing purposes. If you are an elder, and you are no longer confident of driving skills, please return your license.
- Drivers should be considerate of pedestrians such as the elder and children. Turn on lights as needed.



- ✿ 2: Promoting Safe Bicycle Riding

Failure to stop/running red light contributed to 70% of deaths by bicycle accidents which occurred in Tokyo. Bicycles are considered a light vehicle. They should follow traffic rules.

- It is also important to wear a helmet as safety measure. (both adults and children)
- Insurance for bicycles will help you if you are involved in an accident.

- ✿ 3: Motorcycle accidents account for 30% of the death toll due to accidents in Tokyo.

- Lower speed when approaching curves.
- Wear clothing that covers all skin and use the strap on your helmet securely.

- ✿ 4: Intolerance of DWI - Driving while intoxicated is a crime

- The penalty can extend to not only the subject who was intoxicated, but passengers, and the owner of the car as well.
- Bicycle Riders cannot ride under the influence of alcohol.

- ✿ 5: Illegal Parking causes congestion and accidents as well. The year end season sees an increase.

- Even if it is for a short while, use pay per hour parking services
- Do not park close to an intersection. It will reduce visibility for others.

City Hall, Bousai Anzen Ka, Bouhan Koutsuu Kakari ☎Ext 216

羽村第一中学校 全日本吹奏楽コンクールで「金賞」を受賞

### < The Hamura Daiichi Junior High School has Won Gold Medal >

The Hamura Daiichi Junior High School Band participated in 65<sup>th</sup> Contest for Junior High School Band Finals held in Nagoya City on October 21<sup>st</sup>, 2017, winning 1<sup>st</sup> prize gold medal for the third consecutive year. The hard work paid off as they won the Tokyo Competition, and became one of the 3 to make it to this contest. The Hamura Daiichi Junior High School Band is comprised of 74 members.

Inquiries: Gakkou Kyouiku Ka, Shidou kakari, ☎Ext. 376

子どもの発達に関する総合相談窓口をご存じですか？

### < Consultation Service for Developmental Disorders at Hoken Center >

If you are concerned about your child's development, please utilize the consultation services available at the Hoken Center. The clinical psychologists are prepared to answer your questions regarding the growth of your child for concerns such as lack of speaking ability or hyperactivity in a child. It may be difficult to determine if some of the child's signs may be related to developmental disorder. If needed, the psychologist who handles cases will gain cooperation from your child's kindergarten or day care center to resolve such issues. Phone Consultation is available from Monday ~ Friday, closed holidays, new years & excluding lunch break. One session is 1 hour long during the hours of 8:30AM ~ 5PM. Inquiries: Kosodate Soudan Ka, ☎Ext 694

インフルエンザを予防しよう

### < Preventing Influenza Virus Infection >

When winter starts and air humidity drops, influenza virus infections may spread rapidly. Please take precaution measures for yourself and others. The followings are basic tips to prevent getting/spreading flu:

- ▶ Wear a mask when having symptoms with coughing/sneezing.
- ▶ If you don't have a mask with you, face other direction, cover your nose and mouth with an item to wrap when coughing/sneezing.
- ▶ Properly dispose of used tissues after blowing your nose and wash your hands thoroughly.
- ▶ Avoid going out in public if you are coughing a lot. ▶ Sleep well and eat well- to keep up your immunity.
- ▶ Take flu immunization.

Inquiries: Hoken Center 042-555-1111, ☎Ext. 626



償却資産申告書の送付

### < Tax Filing for Depreciable Assets >

If you own a business registered in *Hamura City* as of January 1<sup>st</sup> 2017, you will receive a Notification of Depreciable Assets Tax Filing (償却資産申告書(償却資産課税台帳)) from *Hamura City* office, which will be mailed to the applicable business entities in December. Your local municipality must be notified of the changes regarding depreciable assets which are registered to you as of January 1<sup>st</sup> of each year. Avoid the negligence of forgetting to do so. If you are expecting the notification but have not yet received it, please contact City Hall, *Kazei-ka Shisanzei-kakari* ☎Ext.153

ひとり親家庭等医療助成の申請は12月28日(月)まで

### < Medical Expense Support for Single Parent Households >

Medical expenses for a child of single-parent household or other household under qualifying financial status can be partially or fully subsidized by the public medical program. A child of qualifying household may benefit from this subsidy program until, at latest, first March 31<sup>st</sup> following his/her 18<sup>th</sup> birthday (before 20<sup>th</sup> birthday if child has a disability). If you would like to apply for this subsidy, please complete the application procedure by December 28<sup>th</sup> (Thu). Applications are accepted from 8:30AM ~ NOON, 1PM ~ 5PM (excluding Saturday, Sunday, and Holiday)

\* There is an applicant eligibility restriction. Please inquire for details.

\* Person who has the *Iroushou* and has not completed the application yet, please apply immediately.

Current beneficiaries must immediately file a current state report, if not yet filed.

File Application to: Kosodate Shien-ka Shien-kakari ☎Ext.236



**< Childbirth Preparation Class for Mothers >** A class about pregnancy, giving birth, and after childbirth.

Date & Program: Day1... January 4<sup>th</sup> (Thu) - Lecture by a midwife,

Day2... January 11<sup>th</sup> (Thu) - Lecture by OB/GYN doctor and Dietician

Day3... January 25<sup>th</sup> (Thu) - Lecture by a dentist and talking with experienced moms

Place: Hoken Center Class Time: Day 1 & 3 - 1:15PM ~ 3:45PM, Day 2 - 2PM ~ 4PM

Eligibility: Expectant mothers residing in Hamura City \*No appointment required.

Things to bring: Boshi Kenkou Techou (Maternal and Child Health Handbook) , & writing utensils

\*You are not required to participate all 3 days. Please pick your desired classes.

\*If bringing your child(ren), please contact Hoken Center 042-555-1111 Kosodate Soudan Ka ☎Ext.693



ハロー赤ちゃん

**< Childbirth Preparation Class for Parents >**

Date & Time: Jan. 14<sup>th</sup> (Sun), 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

都民住宅 入居者募集

**< Tokyo Metropolitan Public Housing (Tomin Jyutaku) >**

Tomin Jyutaku housings are managed by Tokyo Metropolitan Government and offered for rent to middle-income earners providing them a chance for affordable housings with partially subsidized rent. The standard deposit paid when renting a commercial housing is not required.

Number of availability: 80 housing units

Eligibility: Applicant must be currently residing in Tokyo metropolitan area, whose income is within the qualifying range. Please refer to the brochure for the application details.

(Tomin Juutaku applications are handled by Tokyo-to Juutaku Kyoukyuu Kousha.)

How to Apply: Application form must be mailed and received by JKK Tokyo Application Center by December 15<sup>th</sup> (Fri). The form is also available at JKK Tokyo Website (in Japanese).

\* The tenants will be selected by the open drawing on January 17<sup>th</sup> (Wed) 2018 starting at 10AM.

Brochure Handout: The application brochures of the current application term will be available from December 4<sup>th</sup> (Mon) to 12<sup>th</sup> (Tue) at Toshi keikau-ka in city hall 2nd floor during the week, and at city hall Main Reception on the weekend (8:30AM~5PM), at city hall branch offices (9AM~1PM weekdays only).

Inquiries: Tokyo-to Jyutaku Kyoukyuu Kousha (JKK Tokyo Application Center) ☎03-3498-8894

**< Story Telling Dream Festival >**

This event is enjoyable for everyone at any age. There will be storytelling, panel theaters, and more!

Date & Time: December 9<sup>th</sup> (Sat), 11AM Place: Library Volunteer Room MAIN LIBRARY ☎042-554-2280

Participating organizations:

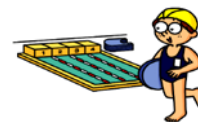
- Ohanashi Pocket – Mainly organizes activities for babies. Enjoy their book reading using puppets and music.
- Kiichigo - Performs story telling by oral method only, without using picture panels or books.
- Ehon no Ki - Performs voiced reading of books.
- Ohanashi Ippai Nezumi-kun - Panel theater group providing entertainments catered for small children.

## SWIMMING CENTER 042-579-3210

### < Swimming Lessons >

Registration Term: Dec. 17<sup>th</sup> (Sun) ~ 28<sup>th</sup> (Thu), 9AM ~ 8:50PM (application not accepted on Mondays)

- Swimming Class for Children (Preschoolers): ¥5,600
- Swimming Class for Children (Elementary School Students): ¥5,200
- Swimming Class for Adults: ¥8,800



Classes: Between January 7<sup>th</sup> (Sun) ~ March 3<sup>rd</sup> (Sat), (2018) a total of 8 lessons

Please fill out the application form which is available at the Swimming Center, submit directly to the Swimming Center Administration Office (special counter for application on December 17<sup>th</sup> (Sun) until NOON.

トレーニングプログラム クリスマス仮装イベント

### < Training Program Classes >

Wear your Christmas costume for the exercise class!

During the week of December 19<sup>th</sup> (Tue) ~ 23<sup>rd</sup> (Sat), the Swimming Center Training Program will be in festive mode: ▶Zumba \*Martial Arts ▶Relax Night Yoga Please come to sauna on class day to apply.

Place: 2<sup>nd</sup> floor Training Room and *Kaigishitsu* Capacity: first 20 fee: ¥800 for ▶ and ¥500 for \*

Things to Bring: comfortable clothing, towel, beverage shoes for zumba and martial arts.

## FRESHLAND NISHITAMA ☎ 042-570-2626

フレッシュランド 回数券割引販売(20%)

### < Freshland Nishitama Bath Coupon Ticket Sales -- 20% Off! >

Coupon Book of eleven 3-hour tickets will be on special sale from December 2<sup>nd</sup> (Sat) ~ 15<sup>th</sup> (Fri)! no sale on Monday

Price: Residents of *Hamura City*, *Ōme City*, *Fussa City*, and *Mizuho Town* - ¥4,000 for Adult, ¥2,000 for Child

Others - ¥6,400 for Adult, ¥3,200 for Child

### < Photo Exhibition at Freshland Nishitama > 写真展(デジタルさくら)

Exhibition of photography works by members of "Digital Sakura". Date: December 5<sup>th</sup> (Tue) ~ 17<sup>th</sup> (Sun)

### < Christmas Event > Children 6<sup>th</sup> grade and younger will receive Christmas gift! (until supply lasts)

Date: December 19<sup>th</sup> (Tue) ~ 24<sup>th</sup> (Sun)

### < Yuzu ゆず湯 Japanese Citrus Bath > On December 22<sup>nd</sup> (Fri) at Outdoor Bath (*Rotenburo*).

### < New Year Holiday Schedule >

Closing Schedule: Bath... December 30<sup>th</sup> (Sat) ~ January 1<sup>st</sup> (Mon) Resumes from January 2<sup>nd</sup> (Tue), NOON

\*Enjoy the New Years Gift of Good Fortune Giveaway! (until supply lasts)

Gym & Meeting Rooms... December 29<sup>th</sup> (Fri) ~ January 3<sup>rd</sup> (Wed)

Opening Schedule: Gym & Meeting Rooms... January 4<sup>th</sup> (Thu) ~

Yoga class starts on January 4<sup>th</sup> (Thu), and Hula class starts on January 10<sup>th</sup> (Wed).

量るだけダイエット 60 日コース

### < "Measurement-Only" Diet for 60 Days >

for healthy *Hamura* Resident 64 years or younger as of January 25<sup>th</sup>, 2017.

(Those who are being monitored under the health guidance program are not eligible to participate.)

Easy diet method focusing on internal bodily weight control functions and keeping a weight change record!

	Date	Class Details
①	January 24 <sup>th</sup> (Wed). 2018 9:30AM ~ 0:30PM	▶ Lecture on Measurement-Only Diet Method ▶ cooking and eating for low metabolism(cooking class)
②	February 1 <sup>st</sup> (Thu), 2018 9:30AM ~ 0:30PM	▶ Diet Tips. ▶ Be Active (exercise class)
③	March 27 <sup>th</sup> (Tue), 2018 9:30AM ~ 0:30PM	▶ Vegetables in your meals. ▶ Recipe of satisfying meal for family (cooking class)



Please bring: For②..exercise outfit, towel, pen & notepad For①③..Apron, head cloth, writing materials, & 300yen

\*Please measure your weight at home with a scale reading 50 ~ 100g units. Place: *Hoken Center*

Capacity: First 20 people (preferably one who can attend all dates)

Inquiry & Application: December 4<sup>th</sup> (Mon) ~ 8:30AM~5PM, excluding Saturday, Sunday, and Holiday,  
call or visit *Hoken Center* 042-555-1111. ☎Ext.625



**< Public Loan Program for Students Preparing for Entrance Examination >**

Tokyo metropolitan government has an interest-free public loan program for low income households having a student preparing for high school or university entrance examination. It is provided towards supporting the expenses of tutoring school (*Gakushuujuku*) and of the entrance examinations.

The earner of main source of income must be 20 years of age or older. Applications will be reviewed for the applicant's (parent) income level, fixed property assets, bank savings and Tokyo resident record history (starting at least 1 year ago and continuing). You must find someone who will offer to co-sign your loan.

Please direct any inquiries to *Hamura Shakai Fukushi Kyougikai* (Council of Social Welfare) ☎042-554-0304.



**< Saimatsu Tasukeai Undou Bokin (Year-End Charity Campaign) >**

Contributions will be Appreciated! The funds collected from December 1<sup>st</sup> (Fri), during this campaign will be used to support the local residents who are in need of financial help, and to fund the various activities by *Shou-Chiiki* (small community) Network Project.

Your community's fundraising volunteers will visit some homes to advocate this campaign before December 15<sup>th</sup>(Fri). Individual or Organization-based contributions are accepted until December 28<sup>th</sup>(Thu) at *Shakai Fukushi Kyougikai, Soumu-ka Soumu-kakari* ☎042-554-0304.

2年前納で国民年金保険料を納付した方へ

**NOTICE TO CITIZENS WHO PAYED NATIONAL PENSION PREMIUM IN ADVANCE FOR 2 YEARS**

Payments for the National Pension premiums can be reflected into the year end tax adjustment and income tax return. If you will claim tax deduction for your payment made for 2 years of premiums in advance during the month of April of 2017, please choose either to claim for total sum in the year of payment, or to claim partial amount which was required as payment for the year's installment, leaving half of the sum to be claimed the following year.

**If claiming tax deduction for National Pension Insurance Premiums of 2 years worth in advance**

Please submit the Certificate Of Tax Deduction For Social Insurance Premiums (National Pension Insurance Premiums) 「社会保険料(国民年金保険料)控除証明書」 which is issued by Japan Pension Service (日本年金機構) as a form of postcard documents at the time of Year-end Adjustment or Final Return.

**If claiming tax deduction for partial amount which was required as payment for the year's installment,**

a certificate of Tax Deduction for Social Insurance Premiums (National Pension Insurance Premiums) 「社会保険料(国民年金保険料)控除証明書」 for both years will be issued. Please fill in the paperwork 「社会保険料(国民年金保険料)控除内訳証明書」 which will be required to be submitted to show a proof of installment made which was part of the 2 year sum at the time of Year-end Adjustment or Final Return.

*Ōme Social Insurance Office (Nenkin Jimusho)* ☎0428-30-3410

### < The Surge in Demand for Ambulance (*Kyuukyuu Sha*) Dispatch during the Holidays >

At the end of the year, there is a demand for ambulance dispatch due to illness from the cold, influenza, or overdose of alcohol. If you are not sure whether the situation is critical enough to call an ambulance, please seek reference from #7119 on your telephone. Seek the checklist available on the website of the Tokyo Fire Department as well to evaluate your situation for 19 symptoms. *Fussa* Fire Department ☎042-552-0119

### NOTIFICATION OF MEDICATION COST DIFFERENCE OF INNOVATOR/GENERIC DRUGS Late to Subscribers of Elderly Medical Insurance Program

A notification in the title (ジェネリック医薬品利用差額通知書) will be mailed out to applicable residents who are a National Health Insurance's Late-Elderly Medical Insurance Program member and were prescribed brand-name drugs.

This notification which is mailed in June and December, lists the names and patient's cost of purchased medicines, and also provides the cost difference between the generic products and brand-name products for those medicines. The stated cost difference is the amount the patient could have saved if he/she changes their prescription drugs to generic drugs by requesting so at a medial institution.

This notification is issued to those taking long-term medication for chronic diseases, to show how an individual can easily help reduce the medical cost for their own benefit.

There are no procedures required to be taken regarding this notification.

~ **Why not switch your medication to Generic Drug?** ~ Generic drugs are considered identical to the brand-name counterpart in efficacy, safety, dose, strength, route of administration and intended use, and are available at more affordable price. Switching the medication from brand name drug to generic drug, especially in long term use, may greatly reduce the medical cost for patients

Inquiries: Generic Drug Help Desk ☎0120-527-984

Tokyo Metropolitan Government's Later Elderly Medical Program Regional Inspector ☎03-3222-4513

テレビはむら

### < TV HAMURA in December >

TV *Hamura's* 30-minute program is broadcasted daily on Tama Cable Network (digital channel 055).

New contents come on every Thursday. The daily program times are ①9AM~ ②5PM~ ③9PM~. On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~. Also can be viewed on smartphone!

\* Recent past programs can be viewed online →<http://www.city.hamura.tokyo.jp/category/3-17-3-0-0.html>

This Month's Special Program: "TV Hamura Looks Back on 2017".

Inquiries: *Kouhou Kouchou-ka Kouhou-kakari* ☎Ext.505

西多摩子どもからの人権メッセージ発表会

### < Presentation on Human Rights By Junior High Youths >

Selected Elementary and Junior High School students from the area, will give presentations based on their experiences on human rights issue. Date & Time: December 9<sup>th</sup> (Sat) 2PM~ (doors open at 1:30PM)

Place: *Okutama Bunka Kaikan* (located near Kori Station) Capacity: first 80 Admission: Free

Hosted by: *Ootama Jinken (Human Rights) Yougo Linkai* Inquiry: *Tokyo Houmukyoku (Legal Affairs),*

☎ 042-551-0360 (There will be automated answering machine.)

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

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

**< Hand-crafts workshop ~ Christmas Ornaments ~ >**

Christmas week! Come join and make some Christmas ornaments!

Date & Time: December 1<sup>st</sup> (Fri) ~ 25<sup>th</sup> (Mon), (closed Tuesdays) 9AM ~ 4PM Place: West Child Center

**< Crafting Toys Fluttering Tombo ~ >**

Place: West Children Center

Date & Time: December 9<sup>th</sup> (Sat), ①10AM~ ②1PM~ Eligibility: Preschool ~ 6<sup>th</sup> grader(attend with adult)

Fee: Free \*No application is required. There will also be the toy hospital on this day.

**< Winter Festival >**

Place: Central Children's Center Date & Time: December 17<sup>th</sup> (Sun) 10AM~Noon/1PM~3PM

Event Attractions:

\*Arm Wrestling Contest: 10AM ~, \*Food Stalls: 10AM~ 1:50PM,

\*Film Viewing of Planetarium: 11AM ~ 11:30AM Also Craft Making Corner, Games, Experiments, etc...

Tickets: Pre-date Tickets are sold from December 2<sup>nd</sup> (Sat) to 14<sup>th</sup> (Thu) from 9AM ~ 4:30PM.

Please apply for registration to the Arm Wrestling Contest at 9AM~4:30PM, no later than December 14<sup>th</sup> (Thu).

❖A numbered ticket will be given starting 9AM on the event day for people wanting to purchase the tickets on the event day. Center closes at NOON on December 16<sup>th</sup> in order to make preparations.

Central Children's Center will open at 10AM and close at 3PM<sup>th</sup> on the day of Winter Festival.

**< Christmas Party ~ Let's Enjoy Christmas ~ >**

Date & Time: December 25<sup>th</sup> (Sat), 2PM~3:30PM Place: West Children's Center

Eligibility: Preschoolers ~ 18 years old (Preschoolers must attend with adult.) Capacity: first 20

Fee: free Type of Activity: Bingo, Craft Workshop \*No reservation required

Please call or come to the Center between December 1<sup>st</sup> (Fri) ~ 15<sup>th</sup> (Fri) to make a reservation.

**< Movie Screening for Children >**

Date & Time: December 3<sup>rd</sup> (Sun) 10:30AM~11:30AM Admission: Free Program: 3 titles scheduled ,

"Mickey Mouse Christmas", "Shitakiri Suzume", etc

Supported by: Hamura Eiga Club Come to Yutorogi on day of event. Place: Yutorogi ☎042-570-0707

**< Daytime Moon Observation >**

Date & Time: December 27<sup>th</sup>, (Wed) 4PM ~ 4:30PM Place: Central Children's Center

Eligibility: Elementary School Students up to 18 years old Fee: Free \*No reservation is required.

(Participating Junior High School Student or younger must be accompanied by an adult.)

\*It will be canceled if the moon is hidden behind clouds. Cancellation will be determined at 3PM.

**< Family Nighttime Astronomical Observation >**

Date & Time: December 27<sup>th</sup>, (Wed) 6PM ~ 7PM Place: Central Children's Center

Eligibility: Elementary School Students up to 18 years old Fee: Free \*No reservation is required

(Participating Junior High School Student or younger must be accompanied by an adult.)

\*Astronomical Observation will not be held if the weather is bad. Cancellation will be determined at 3PM.



### < Story Telling for Elementary School Students >

The Story, "Hoshi no Ginka" will be read. Date & Time: December 16<sup>th</sup> (Sat), 11AM~

Place: Main Library \*Story telling events are free. Main Library ☎042-554-2280

< Large Storybook Reading > Date & Time: December 20<sup>th</sup> (Wed), 3PM~

Place: Fujimidaira Branch Library ☎042-555-5301

\*Fee and reservation are not required for story telling events.

おしゃべり場

### < Chatting Place for Parents >

This month's topic is "Refreshment for Moms". Child Care Volunteers will attend your children during the event. Feel free to join and share some thoughts and tips for child rearing. Child care volunteers will look after your children during this gathering. No reservation needed.

Place&Date: West Children Center – Dec. 8<sup>th</sup>(Fri) Time: 10:30AM~11:30AM for all dates

Central Children Center – Dec. 14<sup>th</sup>(Thu) Inquiries: Kodomo Katei Shien Center

East Children Center – Dec. 19(Tue) ☎042-578-2882



ちょこっと相談

### < Child Rearing Consultation at Children Centers >

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 December 7<sup>h</sup> (Thu) and, West Children's Center on December 22<sup>nd</sup> (Fri) between 10AM~Noon. Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc. Kodomo Katei Shien Center

☎042-578-2882 \*Fee/Reservation not required for consultation.

### 12月の相談日 PUBLIC CONSULTATIONS Schedule of December

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉞*	8 <sup>th</sup> (Fri), 2 <sup>nd</sup> (Fri)	1:30pm ~ 3:30pm	Spanish and Korean interpretation service is available by appointment for Foreign Residents Consultation only.  <i>Shimin Soudan-shitsu</i> city hall ext.541
Public Administration and Human Rights	21 <sup>st</sup> (Thu)	1:30pm ~ 4:30pm	

\*㉞=appointment required. \*For Korean and Spanish 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.

### ◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
December	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>Inoue Shika Iin</i>	☎042-554-7735
10 <sup>th</sup> (Sun)	<i>Nishitama Byouin</i>	☎042-554-0838	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Usui Shika Clinic</i>	☎042-579-1199

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