



HAMURA NEWS

HAMURIN Hamura City Mascot

February 1st, 2018

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

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☆ HAMURA NIGIWAI SHOPPING VOUCHER 2018 ☆

20,000 Books Limited Sale starts on February 18th (Sun) 10AM !

- ◎ You pay **¥10,000** per voucher book, and you get Face Value of **¥11,000** per book (¥500×22 tickets)
- ◎ Sale will be limited to 3 voucher books per person, and to *Hamura City* residents and workers.
- ◎ Vouchers are valid from February 18th (Sun) to July 31st (Tue), 2018.
- Voucher sale will be continued at *Hamura-shi Shoukougai* from February 19th (Mon) (8:30AM ~ 5PM on weekdays), if there are availabilities.
- A flier will be distributed to the residents mailbox on Feb.1st (Thu) which provides the voucher seller stores details.
- Purchase of vouchers must be paid by cash.
- ▶ Information is also available on the website of *Hamura-Shi Shokokai* 羽村市商工会 (Society Of Commerce and Industry)
- These vouchers not valid for the payment of following items; Misc. gift certificates, postage, revenue stamp, prepaid card, cigarettes, pornographic goods, adult entertainment services, public facility usage fee, and payments towards government or local public bodies. The vouchers cannot not be exchanged to cash.

Inquiries: *Hamura-shi Shoukougai* (*Hamura City Society Of Commerce And Industry*) ☎042-555-6211, City Hall, *Sangyou Shinkou-ka*, *Shoukou Kankou-kakari* ☎Ext.658 in city hall



FLIER

Vouchers are sold at these stores

* Traffic congestion is expected around the voucher seller stores on Feb. 18th (Sun).

① Seven Eleven (Ozakudai2)	Ozakudai 2-18-1
② Urano Kenchiku	Ozakudai 3-21-6
③ Sougou Iryou Shimoda	Hanenishi 2-5-13
④ Hashimotoen	Hanenishi 2-10-23
⑤ Hamura Farmer's Market	Hanekami 1-32-1
⑥ Tamagawaen	Hanenaka 4-12-1
⑦ Seiryuu Kaikan	Hane 741-1
⑧ Kanaba Shimada Shouten	Hanehigashi 3-10-31
⑨ Marufuji (Hamura)	Hanehigashi 1-21-28
⑩ Fashion House Shibata	Hanehigashi 1-14-8
⑪ Akiyama Shouten	Kawasaki 4-4-5
⑫ Boutique Rose Paris	Shinmeidai 1-28-15

⑬ Hamura Cafe	Shinmeidai 1-10-10
⑭ Beauty Salon Maria	Shinmeidai 3-21-6
⑮ Ryuumaru· Ōme Senbei (Futabachou Branch)	Futabachou 3-10-1
⑯ Ibuki Gas Station	Gonokami 357
⑰ Mammy Shopping Center (M's Kitchen)	Fujimidaira 2-14-9
⑱ Fukushima (Main Store)	Gonokami 3-15-1
⑲ Makotoya Noodle Shop	Gonokami 4-4-2
⑳ Café & Restaurant Con Amore (Yutorogi 1 st Floor)	Midorigaoka 1-11-5
㉑ Community Restaurant Rarugo (in Community Center)	Midorigaoka 5-2-6





< Understanding Dementia >

Dementia is a state of memory loss and limited ability to make decisions induced by the deterioration of the brain, which gradually leads to the dementia patient's incapacitation. Most of the reported cases are classified as the Alzheimer type, where the shrinking of the brain is caused by destruction of brain cells. Other symptoms of dementia are caused by strokes or brain hemorrhage. The early diagnosis by a physician can be effective in alleviating symptoms or slowing the progression of the condition. If the elder family member displays symptoms such as:

- forgetting that they already had eaten lunch, and demanding to have lunch again
- not being able to realize that they are having memory loss
- they do not understand what calendar date and season it is ▶ You should seek help from a certified physician.

The Orange Ring: Over 3000 Hamura City Citizens have an "Orange Ring" that is given to qualified "Supporters".

~ Courses in Nursing Care for Supporting Dementia Patients ~

The correct knowledge of dementia and the tendencies that dementia patients have can be learned at this course. You will not be required to commit to duties after completion of this course.

Participants will receive an "Orange Ring" after completion of the course.

Date/Time: February 17th (Sat), 1:30PM ~ 3PM Place: Sankei Byouin Rehab Center (Dementia Ward)

Eligibility: Hamura Resident and Commuter Capacity: first 20 people Fee: FREE

~ Support from Others is Very Meaningful to Families of Dementia Patients ~

Caring for loved ones with dementia poses many challenges for families and caregivers. Support from the community is very reassurance to these families. Even if they are able to gain assistance from the nursing care program, further help is always required. Dementia can happen to anyone. They need all the help they can get to carry on with their life in their neighborhood by in-home care; often being efforts made by those who are close.

< What to Expect ~ Stages of Change for Embracing the Reality of Dementia >

• The Caregiver's Typical Reaction When Their Family Is Diagnosed

1. Bewilderment and Denial It is hard to grasp what is happening at first.
2. Confusion, Anger, and Refusal Trying to cope with the reality, having to explore some solution
3. Acknowledgment Reassurance after obtaining informative resources or being able to receive consultation
4. Embracing Reality Understanding becomes deeper, and the family member can relate to the patient.



羽村市防災週間

HAMURA CITY DISASTER PREVENTION WEEK

It's not possible to predict when a disaster will strike. Being prepared during our day to day activities saves lives. Hamura City has declared the week of March 11 to be Disaster Prevention Week, in observance of the disaster which occurred 7 years ago. Events are scheduled as shown below. Please make this a time to discuss the topic of disaster with your family and the community. Inquiries: Kiki Kanri Ka, Kiki Kanri Kakari, ☎Ext. 217

~ "To Be Prepared for 'That Moment' "; Disaster Prevention Efforts of Iwaki City ~

7 years has passed since the Great Eastern Japan Earthquake struck Japan.

Ms. Tomiko Sato contributed to the disaster relief efforts of Iwaki City, which was impacted severely in the earthquake. She will speak of her experiences as the organizer of the evacuation shelter in the event.

Date: March 8th (Thu) 6:30PM ~ 8PM Place: Yutorogi Small Hall Capacity: First 250 Fee: Free

Application: Please make a reservation for the lecture by telephone to the Kiki Kanri Ka on weekdays between 8:30AM~5PM or e-mail s106010@city.hamura.tokyo.jp

Inquiries: Kiki kanri Ka, Kiki Kanri Kakari, ☎Ext. 217

~ Exhibition: March 11 will Always Be Remembered ~

Pictures from Iwaki City will be featured in this exhibition. Fall preventive items which can be attached to your furniture, and emergency food supply at ¥100 will be displayed. Date: March 7th (Wed) ~ 13th (Tue), closed on March 12th (Mon)) 10AM ~ 5PM Place: Yutorogi Exhibition Room ※no reservation is needed

Child Allowance and Child Raising Allowance Recipients – February is the month in which payment for is made by bank transfer to those applicable citizens' designated bank accounts.

Date of payment is scheduled for the 14th (Wed). Inquiries should be made to Kosodate Shien Ka ☎237

~ Touring the Public Facilities ~

There will be a tour of the facilities which are related to disaster prevention. If you are interested, please obtain an application form at the reception on the 1st Floor of City Hall, or 3rd floor *Koho Kocho Ka*, or the various city hall branches - submit by postal mail, fax, or e-mail to the *Koho Kocho Ka* of the City Hall, ☎Ext 337
 City hall address is: 〒205-8601 City Hall or fax at ☎042-554-2921 e-mail: s102000@city.hamura.tokyo.jp
Date: March 11th (Sun) 9AM ~ NOON (approximately) Will be held in rainy weather as scheduled.
Meeting Place: City Hall Eligibility: Residents, Commuters, and Students of *Hamura City* Capacity: 24
 (A lottery will be held in the case where capacity is exceeded.) Participants will receive a letter from City.
Fee: Free Application is required by February 28th (Wed) 5PM.

Sites to be Visited			
①	City Hall (Disaster Relief Headquarters) Helicopter Sign, Solar Powered Energy	⑤	Central Food Supply for Emergency (tasting of food)
		⑥	Hamura City 2 nd Local Fire Brigade
②	Fire Department of Hamura City (Plan of Action during Disaster)	⑦	Hamura <i>Fujimi</i> Elementary School Emergency supply, manhole toilet
③	Ozaku Water Purification Plant	⑧	Lifelong Learning Center " <i>Yutorogi</i> " Publicity for Disaster Prevention Disaster Countermeasures
④	Landslide risk areas of Hamura City (notification, method of evacuation, etc.)		

家庭教育セミナー（親子で学ぶお金とのハッピーな付き合い方）

< Home Education Seminar for Parents ~ How to Educate Your Children About Money >

Junior High School parents and the Board of Education have hosted a seminar which will focus on how to teach your children about money through fun games. Please attend with child.

Date & Time: February 18th (Sun) 1:30PM ~ 3:30PM (door opens at 1PM)

Place: *Yutorogi* Reception Hall Capacity: first 150 *No reservation required Fee: Free

Taught by: Researcher from Financial Study Institution

Inquiry: *Shougai Gakushuu Soumu-ka, Shougai Gakushuu Suishin-kakari* ☎Ext.363

< STUDY BUS TOUR to BED COVER (DOWN FEATHER QUILT) FACTORY > ~

This study tour will take you to visit a Quilt Factory in *Sagamihara, Kanagawa* prefecture. This wonderful learning opportunity cannot be missed! *The guidance will be in Japanese. We will depart at 9AM.

Date: February 23rd (Fri), 9AM ~ 4:30PM Place: *Toyo Umou Kougyou* (Toyo Feather Industry) Factory

Schedule: The group will go to the factory and then later make a stop at the vegetable market. Fee: free

Capacity: First 70 applicants who live in the *Nishitama Area (Fussa, Ome, Akiruno, Mizuho, and Hamura City)*

Lunch: Lunch will be served, however please bring your own if you have an allergic reaction to normal foods..

Application/Inquiry: Please apply by calling the *Fussa City Sales Promotion Section, Industrial Promotion Program* at ☎042-551-1699 between February 8th (Thu) ~ 14th (Wed) from 9AM ~ 5PM.

The bus will have pick-up points at 3 locations: *Hamura City Hall, Fussa City Hall, and Akiruno City Hall.*
 Please specify which pick-up point you will be waiting at to be picked up.

< Childbirth Preparation Class for Mothers >

This is a class about pregnancy, giving birth, and after childbirth.

Date & Program: Day1... March 1st (Thu) - Lecture by a midwife,

Day2... March 8th (Thu) - Lecture by OB/GYN doctor and Dietician

Day3... March 22nd (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 ☎Ext.693



< **Shizen Kyuukamura in Kiyosato Mountain Resort** >

Hamura Municipal Resort Lodging Facility ☎0120-47-4017 or ☎0551-48-4017 from cell phone

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 are available at reasonable prices.

For more details please visit the website (in Japanese) → <http://www.hamura-kyukason.jp/>

- ▶ 75 neighboring stores in the *Kiyosato* area will have special prices if temperature goes below a point at 10AM. Items will be sold at 50% discount on final day regardless of the temperature on final day, February 18th (Sun).
- ▶ Bath of February … Wine Bath. ▶ *Kiyosato* Bus Center offers regional tours. Inquiries: ☎0551-48-2000
- ▶ Facility Closure in February … February 14th (Wed), 15th (Thu)
- ▶ Exhibition … Artwork of *Hamura* Elementary Children on Display ♪ February 10th (Sat) ~ March 9th (Fri) ♪
- ▶ *Hokuto* Chef's Bar 2018 … At this outdoor gathering, there will be a fire lit, Jazz, and tasting of local food.

Date: February 24th (Sat), Noon ~ 8PM and 25th (Sun), 11AM ~ 3PM

Place: Grazing area next to *Kiyosato Highland Resort Cote de Vert* (on *Kiyosato Bokujo Doori Street*)

Inquiries: *Furakoko Shokudo* ☎0551-45-7227 or *Au Berge* ☎0551-48-3405

< **Challenge for your Dreams Seminar ~ Using Vocal Skills** >

One can think of an actor, announcer, or voice-over actor as careers using the vocal skills.

A professional opera singer will offer a lecture about the gift that her voice has given her, and will show you how to use your voice effectively to present yourself, which may open many opportunities for you (in Japanese).

Date: March 17th (Sat) 9:15AM ~ NOON Place: Community Center 3rd Floor Hall

Eligibility: *Hamura City* resident who is in 4th Grade of Elementary School ~ Junior High School Students

Capacity: first 30 Fee: free Things to Bring: water and writing utensils Details: lecture, voice training, etc.

Taught By: Mr. Tetsuya Ooi (Singer and Vocalist) Inquiry and Application: Please send application form to the

Jidou Seishounen Ka Jidou Seishounen Kakari by postal mail: 〒205-8601 no address necessary, or by

fax at ☎042-554-2921, or directly to the office on the 2nd floor of the city hall (weekdays from 8:30AM ~ 5PM).

Your school can provide you with an application, or it can be downloaded online from the *Hamura City* Website.

Inquiries: *Jidou Seishounene Ka, Jidou Seishounen Kakari*, ☎Ext. 263



ダンボールでソーラークッカーを作ろう

< **"Solar Cooker" Workshop** >

This is a class on how to make the solar cooker device using cardboard and aluminum foil.

This device can cook many dishes such as hot dogs, meatloaf, vegetable stew, baked potato, and boiled eggs.

Date: February 17th (Sat), 1:30PM ~ 4PM Place: *Sousakushitsu* 1 on the 3rd floor of *Yutorogi Center*.

Capacity: first 20 at Elementary Student or older Fee: ¥1,000 for ingredients

Things to Bring: Bottle of drinking water Taught By: Ms. *Toyoko Nishikawa* of the Solar Cooking Association

Application: Please send an e-mail to econet.hamura@gmail.com Inquiries: *Kankyou Hozen Kakari*, Ext. 226

Or call *Kato* of *Econet Hamura* at ☎090-8776-1152 no later than February 15th (Thu), 5PM.

**Hamura City* citizens and workers have preference over those from other municipalities.

< **Consumer's Center Lecture** >

The editors of "Accident Prevention for Toddlers" of the Tokyo Metropolitan Government will offer tips on the danger prevention for children and will make a presentation about specific danger from examples of the past.

Date: February 16th (Fri) 2PM ~ 4PM Place: *Yutorogi Kouzashitsu* 1 on 2nd floor

Eligibility: resident, worker, or student in *Hamura City* Capacity: first 40 Fee: free Bring: writing utensils

Taught By: Product Safety Specialist of Tokyo Metropolitan Government Inquiry/Application: Please call to reserve a seat or inquire between February 1st (Thu) ~ 7th (Wed) to the *Shouhi Seikatsu Center* (Consumer's Center), ☎ Ext. 640. Childcare available for 4 children (fee is ¥50).

< Family Support Center Workshop >

The Family Support center in *Hamura* City is a local membership organization where members help each other by supporting parental care. There will be a workshop taught by a Playtime Creator of the *Jidokan* where you can learn how to make toys that children like. This class is also open to those who are interested in the subject.

Date: March 10th (Sat), 10AM ~ NOON Place: *Fukushi* Center Large Conf. Room (about 5 min from city hall)

Eligibility: Hamura City Family Support Center Members and City Residents

Inquiries: Please call the *Shakai Fukushi Kyougikai Soumu Ka, Chiiki Fukushi kakari* on weekdays by March 2nd (Fri) at ☎042-554-0304, or send a fax at 042-555-7445. (If you are going to call come to the city hall directly, please do so on weekdays from 8:30AM ~ 5:15PM).

にじいろフリーマーケット 出展者募集

< "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: March 18th (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 with valid license

You can apply as a group or an individual, and must have a vehicle driver's license.

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

Electrical appliances, food, and pets will not be sold at this event.

Available Booths: 25 Booth size: 2.5x6m Fee: ¥800

Sponsored by: Nijiirō Flea Market Executive Committee

Application Term: From February 13th (Tue), 9AM ~ 20th (Tue) 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 Nijiirō Market) Please read the guidelines and instructions carefully.

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



KYODO HAKUBUTSUKAN (Folk Museum) ☎042-558-2561

< Hina-Ningyou Dolls Display for Girls' Day >

Hina-Ningyou are dolls traditionally displayed for Girls' Day, wishing for health and sound development of girls. Japanese Girls' Day, *Hina Matsuri* or also called *Momo no Sekku*, is March 3rd annually.

Date & Time: February 10th(Sat) ~ March 11th(Sun), 9AM ~ 5PM (Until 4PM at the Old *Shimoda* Residence)

Closed Monday Fee: Free * The event will be open on the holiday February 12th (Mon, Holiday).

Place: Set-Up area for dolls, *Gakushuu-shitsu*, Orientation Hall, Old *Shimoda* Residence



HAMURA ZOO ☎042-579-4041



< The 2017 Annual Exhibition of Artworks from Drawing Contest >

The Annual Exhibition of original drawing submitted in the Drawing Contest, which gathered 200 drawings from participants, can be viewed at the Zoo. They will be displayed until February 25th (Sun) at the Study Hall.

節分・豆まき

< Mamemaki (Traditional Bean Throwing) Event >

Bean throwing is a fun tradition to bring good luck enjoyed in Japan. The bean thrower will say

"*Oni wa soto, Fuku wa uchi*" (The demon outside, and the fortune inside!)

Date: February 3rd (Sat) NOON ~ until beans run out Please refer to the official website for details.

Capacity: first 30 Fee: free (Zoo entrance fee is required)

< Changes to the National Health Insurance Which Will Become Effective from April >

Administrative responsibilities of the National Health Insurance will be handed over to the metropolitan and prefectural governments effective April 1st. Until now, each local municipality had managed their own National Health Insurance program, however after this revision goes into effect, they will no longer do so.

Local city halls will continue to provide administrative services for citizens related to the National Health Insurance program as before even after the revision.

The prefectural government name will be placed on newly issued Health Insurance Cards from April 2018.

Also, in cases where households applicable to the high cost medical care benefit program move their address within the prefecture (metropolitan area), records of the household will be handed on as appropriately to make a consecutive count of the number of times benefits were received, and the number of times will not be reset by obtaining a new address. (There is an annual limit to the number of times a benefit can be used.)

The national health insurance premium rate will be determined by the figures provided by the prefectural governments. Notices regarding this will be sent out by the municipalities.

Inquiries: *Shimin Ka, Hoken kakari*, ☎Ext. 127

CHILDCARE SUPPORT NEWS

In *Hamura City*, there are 2 Regional Childcare Support Centers (*Chiiki Kosodate Shien Center*) within nursery schools. There are spaces to play with your children, or opportunities to share information with other parents, get a consultation about child rearing from the professional staff. At the 3 *Jidokans*, Childcare consultations are available 3 days a week, and you can join the nursery school events. All parents are welcome!

Details are listed in the information pamphlets that list various events which you are eligible to attend.

Eligibility: 0~6 years old (preschool) children and parents. Fee: Free (Some events need admission fee.)

Inquiry: Call the Childcare Support Centers shown below for activities information/ consultation.

Jidokan, city hall(☎042-555-111)/ Family Support (*Katei Shien*) Center (☎042-578-2882) for child rearing consultation.

Regional Childcare Support Center Please call the facility for further information.

Name of Nursery School	Place	Open hours	Phone
<i>Taiyounoko Hoikuen</i>	3-15-7 <i>Gonokami</i>	Weekdays 9:45AM ~ 4PM	042-555-5780
<i>Hamura Tatsunoko Hoikuen</i>	2-6-20 <i>Gonokami</i>	Weekdays 9:30AM ~ 4PM (prepare a lunch)	042-555-9080

Consultations at Jidokans

Name of Jidokan	Address	Telephone Number	Consultations	Closed
<i>Chuo Jidokan</i>	3-6-19 <i>Hanenaka</i>	042-554-4552	Tues, Thurs, Sat 9AM~NOON	Friday
<i>Nishi Jidokan</i>	5-28-3 <i>Ozakudai</i>	042-554-7578	Mon, Wed, Fri 9AM~NOON	Tuesday
<i>Higashi Jidokan</i>	3-30-2 <i>Shinmeidai</i>	042-570-7751	Tues, Fri, Sun 9AM~NOON	Thursday

Open Hours vary depending on season: April ~ September: 9AM ~ 5PM, October ~ March: 9AM ~ 4:30PM.

Please call the facility regarding lunchtime rules for visitors. Visitors are allowed to eat on the premises.

< Exercise Class for Fall Prevention & Improving Physical Fitness >

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

Date & Time: Tuesday of March 6th, 13th, 20th, & 27th (total 4 lessons) 1:30PM ~ 3:30PM

Place: Fukushi Center Large Conference Room Eligibility: Age 65 years or older Capacity: 30 people

Fee: Free Items to bring: Exercise outfit, Towel and Drink Please make appointment in advance.

Application/Inquiry: *Kourei Fukushi Kaigoka, Kourei Fukushi Kakari* ☎Ext.178 (closed weekends /holidays) 8:30AM~5PM

忘れていませんか？予防接種

< Do Not Forget Your Child's Immunization >

There is limited time period to get these immunizations covered by full public subsidy. Please make sure to get it done in time, otherwise, parents will need to pay the vaccination fee in full.

Appointment is generally necessary for these vaccinations.

❖Various Types of Vaccinations That Can Be Received At the Health Center/Eligibility❖

Hepatitis B B型肝炎

2 months old ~ the day before their 1st birthday

Hib Vaccine ヒブ ワクチン

2 months old ~ the day before their 5th birthday

Pediatric Pneumococcal Vaccine 小児用肺炎球菌ワクチン

2 months old ~ the day before their 5th birthday

DTPP Combination Vaccine 四種混合

3 months old ~ the day before turning 7 years old and 6 months

Inactivated Polio Vaccine 不活化ポリオワクチン

3 months old ~ the day before turning 7 years and 6 months old

BCG

3months ~the day before turning 1 year old (average inoculation is at age 5~7 months)

Chicken Pox 水痘 (みずぼうそう)

The day before reaching 1 year old ~ the day before reaching 3 years

Measles and Rubella 麻疹風疹

1st term: The day before turning 1 year old ~ day before turning 2 years old

2nd term: 5-6 year olds, * must be made within the year prior to the entry to elementary school.

(those born between April 2, 2011 ~ April 1, 2012)

Japanese Encephalitis Vaccine 日本脳炎

1st Term: 3 years old ~ day before turning 7 years and 6 months old

2nd Term: 9 years old ~ day before turning 13 years old

Diphtheria-Tetanus Vaccine (DT) 二種混合

The day before turning 11 years old ~ the day before turning 13 years old



Notice:

※Measles and Rubella 2nd term shots: Full subsidy coverage is available until March 31st (Sat).

※Full subsidy coverage for Japanese Encephalitis Vaccine offered to those who were born between February 1st, 1998 and April 1st, 2007, until one day before their 20th birthdate.

For those born between April 2nd, 2007 ~ October 1st, 2009, it is available between their 9th and day before 13th birthday for both terms.

※The number of doses for Hib-Vaccine and Pneumococcal Vaccine for Children differ depending on when the child was administered their first shot.

※If your child was not administered the Inactivated Polio Vaccine and DPT before, you must take the DTPP Combination Vaccine. If shot records show inoculation for either one of these, it may require that you receive a different type of vaccine.

※There are different immunization schedules for each type of vaccine.

※Please make an appointment directly to the medical facility at the earliest opportunity, as demand for the appointment at medical facility goes higher towards the end of fiscal year (March).

※If you have lost or don't have the questionnaire sheet (*yoshinhyou*) due to moving into *Hamura*, please bring *Boshi Kenkou Techou* (Maternal and Child Health Handbook) to the Hoken Center for the new sheet.

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

国民年金保険料は口座振替・前納がお得

< Rate Reduction Applied for National Pension Premium Advance Lump-Sum Payment >

When paying the National Pension premiums in advance in lump-sum of 6 months, 12 months or 24 months by bank transfer, a reduced rate is applied. If you wish to register for the automated lump-sum bank transfer payment, please do so by the end of February or August according to your desired payment type. (There is a method to pay by cash or credit card. Please ask for details.)

This registration need not be renewed yearly. It will be automatically continued in every following year.

- April~March 12 or 24 months lump-sum advance payment (paid in April) → Register by end of February
- April~September 6months lump-sum advance payment (paid in April) → Register by end of February
- October~March 6months lump-sum advance payment (paid in October) → Register by end of August

Place and items to bring for registration: Please take a procedure at a financial institution of your banking account. Bring your bank book, *Inkan* registered to the account, *Nenkin Techou* or proof of national pension certification number, and registration form which is available at the pension office and financial institutions.

*Lump-sum advance payment can also be made with cash. Reduction rate is lower than that for bank transfer.

Ōme Nenkin Jimusho (Pension Office) ☎0428-30-3410 Hamura City *Shimin-ka Kourei Iryou Nenkin-kakari* ☎Ext.137

< Agricultural Workshop for Hamura Residents >

Participants of this workshop will get to learn vegetable farming while they grow their own crops in various fields under the first-hand coaching by professional farmers. In addition to workshop dates, participants can enter the farm anytime, so they can tend their crops as often as they like.

The seeds, seedlings, and farming tools will all be prepared for you by the farm owner.

Location of Farm: *Shinmeidai Yasai Batake* (hatake=field) located at 2-8-4 *Shinmeidai*, Hamura City

Available Plots: 20 Lease Period: March 1st, 2018 ~ latter half of January, 2019 Fee: ¥38,000 for term period

Eligibility: Hamura resident/ workers Inquiry: *Sangyo-Ka, Nousei Kakari*, ☎Ext. 663

How to Apply: Please send a reply-paid post card ("Oufuku Hagaki"), fill in the information as below and mail it to the farm owner, Mr. *Tetsuo Oono*. (Mr. Oono's phone number: ☎042-554-2110) before February 15th (Thu).



Original message side Mr. <i>Tetsuo Oono</i> 〒205-0021 <i>Hamura-shi</i> <i>Kawasaki 3-18-19, Hamura-shi</i>	Leave this side blank
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Reply side 〒Your Zip Code Your Mailing Address Your Name	Your Mailing Address, Name, Phone Number
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2月は燃やせるごみ分別強化月間

< February is "Burnable Waste Accurate Separation Month" >

Hamura City designates February, May and September as "Accurate Waste Separation Promotional Month."

The city has conducted the content analysis of local burnable waste from city, in which was found out that, there were 14.6% of recyclable resources mixed in the burnable waste in 2017, compared to 8.14% of 200kg of randomly collected burnable waste seen in 2016. More awareness in regards to conserving our valuable resources is needed. Paper and plastic products mixed into burnable waste increased, and 5% of the 200kg was also otherwise edible foods wasted and disposed of as kitchen waste.

Decreasing burnable garbage will be very important and an effective tactic. Less burnable waste being processed results in less city budget spent, and the more recyclable resources collected the more recycle profit gained for the city. Let's separate our garbage more carefully into waste and recyclable resources.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* ☎Ext.204

* Copies of Hamura City Trash Recycling Manual in English, Spanish, Tagalog, Chinese, Korean or Portuguese, are available at city hall 2nd floor counter#7.

We would like to extend our gratitude and ask for further cooperation.

ちょこっと共済

< Traffic Casualty Mutual Insurance "Chokotto Kyouasai" >

This low-cost mutual insurance program is operated by the partnership of municipalities in Tokyo prefecture. The insurance covers costs which are incurred in the event such as a traffic accident. It is funded by pooling the premium deposits contributed from the member residents of those municipalities.

The application for FY2018 insurance term (April 1st ~ March 31st 2019) will start from February 1st (Thu).

If application procedures are made after April 1st, the date of effect will be the next date after acceptance.

To know more about policy details and enrollment procedure, please contact *Bousai Anzen-ka Koutsuu Bouhan-kakari* For information on the special allowance of premiums, please contact *Shougai Fukushima-kakari* ☎Ext.173 or *Kourei Fukushima Kaigo-ka Kourei Fukushima-kakari* ☎Ext.177.

* *Chokotto Kyouasai* (ちょこっと共済) brochure will be distributed to your home soon. (in Japanese)

Enrollment Application: Accepted at following locations starting from February 1st (Thu).

Weekdays •City Hall *Bousai Anzen-ka* - 8:30AM ~ 5:15PM, and *Nishitama JA Branch Office* - 9AM ~ 5PM
•City Hall Branch Offices - 9AM ~ 1PM

•Financial institutions in Hamura City - for office hours please contact the entity directly.

Weekend •(Sundays)Feb. 25th & March 4th 8:30AM~ 5:15PM at *Chokotto Kyouasai* Service Counter in city hall

You may be eligible to receive partial assistance with premiums if you are a citizen who is 65 years or older hold disability certificates. To know more about policy details and enrollment procedure, please contact ☎Ext.173.



< Tax Consultation for Business Owners >

Free tax return consultation regarding income tax and consumption tax provided for local business owners.

Date: Income Tax Consultation... February 16th(Fri) ~ March 15th(Thu) weekdays only.

Consumption Tax Consultation... March 16th (Fri) and 19th (Mon)

Time & Place: 9AM ~ 11:30AM / 1PM~4PM, at *Hamura-shi Shoukou Kaikan* 2nd floor *Kenshuu-shitsu*

Items to Bring: Relevant documents sent from the taxation office in regards to the businesses during 2017, tax return record and financial statements of 2016, certificates for tax deductions, *Inkan* (name seal).

Inquiries that cannot be answered: Capital Gains Subject to Aggregate Taxation (*Jouto Shotoku*), agriculture, inheritance tax / donation (gift) tax, first application for the Tax Deduction For Housing Loans.

Application: Call in advance to *Hamura-shi Shoukoukai* ☎555-6211

中高年齢者再就職支援セミナー

< Job Fair for Middle Aged and Older People in Hamura >

This event welcomes those who are seeking job opportunities in *Hamura* City or neighboring areas. A seminar about techniques useful in job interviews will be held, and advice on how to prepare resume can be obtained.

Date & Time: February 23rd (Fri) 10AM ~ Noon (Reception is open until 9:40AM.)

Place: *Sangyou Fukushi* Center in *Hamura* City, Meeting Room on 2nd Floor

Eligibility: Those who are looking for Job opportunities (approximately age 45 or older)

Capacity: First 30 applicants Fee: Free Instructor: Hello Work *Ōme* Counselor

Inquiries/Application: Please reserve at Hello Work *Ōme* in advance ☎0428-24-9163.

(The office is open on weekdays, excluding holidays from 8:30AM ~ 5PM.)

< Public Pension System ~ Disability Basic Pension >

The pension system offers benefits for disability holders by the Disability Basic Pension Plan. Certain requirements must be met, such as having no arrears in pension premiums. If you were diagnosed as having a physical disability level 1 or 2 at the first examination by a physician before reaching the age of 20, you may be eligible for the Disability Basic Pension benefit. The elder who is 60-65 years of age that has never received pension benefits in the past may also be eligible. Please inquire and seek consultation.

Pension amount is determined for the head of household, and the dependents that rely on their income.

- Those who were diagnosed at the first examination before age 20 are not required to have paid their premiums. Disability Basic Pension is offered once they reach the age of 20, but may have deduction from sum if they have any income in the previous year.
- If symptoms that are related to the disability which were not certified before are apparently worsening, please seek consultation to gain certification.
- Please have medical history available. Please note that the consultations are very time consuming.

Consultation Times: On Monday, Tuesday, Wednesday, and Friday (closed on Holidays, Year End, New Years)
9AM ~ NOON, 1PM ~ 4PM

Inquiries: *Shiminka*, *Kourei Iryou Nenkin Kakari*, ☎Ext. 140

2月のテレビはむら

< TV Hamura in February >

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~.

* → <http://www.city.hamura.tokyo.jp/category/3-17-1-7-0.html> VIEW ON SMARTPHONE OR ONLINE

This Month's Special Program: ~ **The Bura Hamura ~ Roaming Around Hamura**

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

< Hamura City Public Housing (Shiei Juutaku) >

Shiei Juutaku housings are managed by the city government in purpose of providing affordable housings for low-income earners having housing problems. Below are currently available housing:

Housing at the following districts: Hane Kami Danchi, Sakae-cho Danchi, and Masaka Danchi

To Become a Registrant: You must have been a Hamura City citizen for at least 2 years, who meet the income standard. Tax payment history will also be put into consideration. Please refer to the brochure for the application details. Please submit application from February 1st (Thu) to 9th (Fri) (8:30AM~5PM) ,at Toshi Keikaku Ka, Jyuutaku Koutsuu kakari *The candidates will be selected by open drawing on February 21st (Wed).

The application brochures of the current application term will be available from February 1st (Thu) to 9th (Fri) at city hall Main Reception, Toshi Keikaku-ka in city hall 2nd floor, at city hall branch offices (9AM~1PM weekdays only, closed weekends), and at city hall Main Reception on the weekend. (8:30AM~5PM). For more information, please see the brochure or consult City Hall, Toshi Keikaku Ka, Jyuutaku Koutsuu Kakari ☎Ext.276.

< Tokyo Metropolitan Public Housing (Toei Juutaku) >Application Information

These public housings are managed by the metropolitan government in purpose of providing affordable housings for low-income earners and residents having housing problems. There are applicant eligibility requirements such as income level, resident registration history, etc. For more information, please see the brochure (in Japanese only) or inquire by phone.

Household types for the following: (determination of eligibility using the point method)

①single-parent household, ②household of only elderly persons, ③persons with disability, ④family with many children, ⑤household with especially low income, ⑥wheelchair user

Household types for the following: (single person or 2 person household who are elderly)

①single person, person using wheelchair who is single, elderly couple or single person (Silver Pier) ②Similar housings with conditions requiring agreement by lessee (special circumstances in apartment history)

Application: The application must be mailed to and received by the office on or before February 15th (Thu).

The application brochures of the current application term will be available from February 1st (Thu) to 9th (Fri) at city hall Main Reception, Toshi Keikaku-ka in city hall 2nd floor (8:30AM~5PM), at city hall branch offices (9AM~1PM weekdays only, closed weekends), and at city hall Main Reception on the weekend.

Please refer to the brochure for the application details.

Also available at JKK Tokyo Website http://www.to-kousya.or.jp/toeibosyu/teiki_2.html (in Japanese)

Inquiries: Tokyo Juutaku Kyoukyuu Kousha Boshuu Center (JKK Tokyo Application Center)

~ February 9th ☎0570-010-810 / Other Times ☎03-3498-8894 Office is closed on weekends

FRESHLAND NISHITAMA ☎042-570-2626

< Exhibition of Girls' Day Decoration >お雛さま・つるし雛展示

Exhibition of beautiful paper-made artistic decorations created for the occasion of Hina Matsuri, the Girls' Day. Provided by the members of Kamiwaza Club Date: February 6th (Tue) ~ March 4 (Sun)

< Japanese Calligraphy Contest for Hina Matsuri (Girls' Day Festival) > ひなまつり習字大会

Given Calligraphy Word: ひな祭り (read as Hina Matsuri) Eligibility: Elementary School Students or under

How to Apply: Write calligraphy art of the given word on calligraphy on hanshi paper written vertically from top to bottom. Also fill in your name, grade, and city, then bring it to Freshland Nishitama between February 14th (Wed) ~ March 11th (Sun).

*2nd graders or under are allowed to use "Fudepen" (ready-inked brush pen).

Prizes: There will be Gold, Silver, and Bronze winners from each category. Commendation certificates and prize gifts will be given. Categories – ①Preschoolers, ②1st & 2nd Graders, ③3rd & 4th Graders, ④5th & 6th Graders

Display: All calligraphies works displayed at Freshland Nishitama from Feb. 27th (Tue) to March 18th (Sun).

CENTERS: CENTRAL (*Chuuou*) ☎042-554-4552 EAST (*Higashi*) ☎042-570-7751 WEST (*Nishi*) ☎042-554-7578

< **Hand Crafting Toy Class ~ Shooting Toy ~** > Place: Central Children's Center

Date: February 10th(Sat) Time: ①10AM~ ②1PM~ Fee: Free *No reservation required.

Eligibility: from preschoolers up to elementary school students (Adults are also welcome.)

< **Kids Contest for Coloring Pictures** > Place: East Children's Center

Come to *Jidoukan*, color the pictures as you like and enter for the contest. Visitors will vote for the best work!

Entry Period: February 3rd (Sat) ~ 12th (Mon, Holiday)

Voting Period: February 16th (Fri) ~ 21st (Wed) Announcement of Contest Result: February 25th(Sun)

Eligibility: Elementary school students Please come to draw or vote!

< **Day-time Moon Observation** >

Date & Time: February 21st (Wed), 4PM ~ 4:30PM

< **Astronomical Observation with Family** >

Date & Time: February 21st (Wed), 6:30PM ~ 7:30PM

*Junior High School students or younger children must be accompanied by an adult.

~ For both Observation Events ^

Eligibility: Elementary School Students ~ 18 years old Fee: Free *No reservation required.

Place: Central Children's Center It will be determined if event will be held as scheduled at 3PM.

< **Movie Screening for Children** > Place: Yutorogi ☎042-570-0707

Date & Time: February 4th(Sun) 10:30AM~11:30AM Admission: Free

Program: 3 titles scheduled

Supported by: Hamura Eiga Club Come to Yutorogi on day of event.



MAIN LIBRARY ☎554-2280 *Storytelling events do not need reservation

< **Story Telling for Preschoolers** > Date & Time: February 10th(Sat), 11AM~ Fee: Free

< **Story Telling ~ Elementary School Students** > Date & Time: February 17th (Sat), 11AM~ Fee: Free

KAWASAKI LIBRARY ☎ 042-554-7225

< **Story Telling Event** > Date & Time: February 21st (Wed) 3PM~ Fee: Free

< **Event Offered by the Hamura Family Project** >

The NHK Program "*Tsukutte Asobo*" on the Educational Channel for Kids will hold a stage at Yutorogi Small Hall in Hamura! Mr. Waku Waku who is the main host for this program, and his assistant Riiko will give a live show fun for young toddlers. Date: March 21st (Wed, Holiday) 2PM~3:30PM Place: Yutorogi Small Hall

Inquiries and Application: Please download the application for from the official website of Hamura City

Search by "Hamura City" → "工作ショー" (Kousaku Sho- (hyphen)) URL: hamura.tokyo.jp/0000010717.html

call the City Promotion Program Section at ☎Ext. 342 on weekdays, or send your information by fax.

You must attend with your child.

This month's topic is "Rebellious Phase". 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: Central Children Center– Feb. 8th(Thu)
West Children Center – Feb. 16th(Fri)
East Children Center – Feb. 20th(Tue)

Time: 10:30AM~11:30AM for all dates

Inquiries:

Kodomo Katei Shien Center ☎042-578-2882

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 East Children Center on February 13th(Tue) ,

and Central Children Center on February 15th (Thu), between 10AM~Noon on both dates.

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

Inquiries: Kodomo Katei Shien Center ☎578-2882 *Fee/Reservation not required for consultation.



◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
February	9am~5pm		5pm~10pm		9am~5pm	
4 th (Sun)	Ozaki Clinic	☎042-554-0188	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Fukutome Shika Clinic	☎042-555-7064
11 th (Sun)	Ozaku Ekimae Clinic	☎042-578-0161	Fussa-shi Hoken Center	☎042-552-0099	Honda Shika Iin	☎042-554-5902
12 th (Mon, Holiday)	Yamaguchi Naika Clinic	☎042-570-7661	Kurihara Iin (Mizuho-machi)	☎042-557-0100	Tsushima Shika Iin	☎042-579-1800

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



PUBLIC CONSULTATIONS Schedule of FEBRUARY

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉞*	9 th (Fri), 23 rd (Fri)	1:30pm ~ 3:30pm	Spanish and Korean interpretation service is available by appointment for Foreign Residents Consultation only. ◆ Shimin Soudan-shitsu city hall ext.541
Public Administration and Human Rights	15 th (Thu)	1:30pm ~ 4:30pm	

*㉞=appointment required. *For English 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.