



HAMURA NEWS

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April 15th, 2018

明治150年 羽村のあゆみ

< Hamura City's 150 Year History Explored >

150 years ago, Hamura City was part of a "Han", or territory led by a lord called *hanshu*. In 1871, this system was abolished as the "Ken", or prefecture system was introduced. Hamura was integrated into the Kanagawa Prefecture. Later, the Hamura area became part of *Tama* Village along with neighboring villages. *Tama* Village was then later divided into four regional east, west, south, and north sections called "*gun*". The area of Hamura was included as part of the west section ~ *Nishitama* Gun. However, shortly after, the area of Hamura became Hamura Village by becoming independent from the *Tama* Village.

In 1889, another merge of territory between neighboring villages created *Nishitama* Village. In 1893, a wide area of the present day Tama Region became part of Tokyo.



Train Running around 1966

As the advancement of technology took place, in 1894, Ome Tetsudo Railways started operation giving birth to the Hamura and Ozaku Station that we know in the present day. (Trains used to run on coal.)

The first electric power grid was set up in 1912 by the Teikoku Dento Co. (Imperial Electric Co.)

It wasn't until 1956 that Hamura Town was established. Then the population was 1,000,004.

In 1991, Hamura City was born, and the population has been seen gradually rising with time, becoming popular as a town with beautiful natural landscape remaining intact, and the safe drinking water supply.

Hamura City's Municipal History Compilation Office is in the process of making a literary creation based on the research. Their topic of research is on a wide scale ranging from the archaeological artifacts to the modern times. Inquiries: Municipal History Compilation Office, Ext. 365



羽村市動物公園の新しいシンボルとなる看板制作を支援してください。



< Your Contributions for Hamura Zoo's New Sign at Entrance Will be Truly Appreciated >

Please join the crowd-funding project to raise money for the new sign to be placed at the entrance of the Hamura Zoo.

As they reach their 40th anniversary, this year is a commemorative year for the zoo, which opened in 1978. The artist Ms. "Sana", whose home town is Hamura City, will design this sign.

You can claim a deduction from your income on your annual tax return, and also will be eligible to receive a one-day invitation card from the zoo. Your name will be inscribed as a contributor on the memorial plaque. We hope to raise ¥3 million yen to fund the sign, and fee for each contribution is ¥5,000 or more.

Term: May 1st (Tue) ~ July 31st (Tue). If there are many donations, the acceptance will be discontinued once the ¥3 million target has been reached. You can apply online at the "Furusato Nouzei" website, and search for Hamura City, or please come to the city hall 3rd floor Zaisei Ka section to make a contribution.

Inquiries: Zaisei Ka, Zaisei Tantou, Ext. 319.

CULTURE AND COMMUNITY

第 49 回羽村市総合体育大会

THE 49th HAMURA ATHLETIC MEET EVENTS

The following sports categories will be included in the 49th Hamura Athletic Meet Events. This event is sponsored by *Hamura-shi Taiiku Kyoukai* (Hamura City Physical Education Association) to improve physical fitness of Hamura City citizens.

Event	Event Date	Place
Baseball	April 15 th (Sun) ~ November 25 th (Sun)	Musashino Park
Baseball for Junior High Students	August 2018 ~ March 2019	Each Junior High School
Baseball for Elementary School Kids	September 8 th (Sat) ~ October 8 th (Mon, Hol)	Miyanoshita Sports Ground, Musashino Park, Asahi Park
Track and Field (various events)	September 16 th (Sun)	Fujimi Park
Youth <i>Ekiden</i>	October 21 st (Sun)	Miyanoshita Sports Ground, etc.
Kendo	September 9 th (Sun)	Sports Center
Judo	September 9 th Sun)	Sports Center
Table Tennis	August 19 th (Sun)	Sports Center
Skiing	January 20 th (Sun), 2019	Sugadaira Kougen Ski Field
Soft Tennis	Junior High...October 14 th (Sun) Elementary teams & Other...Sep. 16 th (Sun)	Fujimi Park
Volleyball	Housewife & Other September 23 rd (Sun) Elementary/Jr. High teams... Dec. 22 nd (Sat)	Sports Center, School grounds
Softball	August 26 th (Sun) ~ September 23 rd (Sun)	Fujimi Park, Asahi Park
Tennis	September 30 th (Sun)	Fujimi Park, Hamura High School
Badminton	October 6 th (Sun)	Sports Center
Swimming	August 5 th (Sun)	Swimming Center
<i>Kyuudou</i> (Japanese Archery)	September 23 rd (Sun)	<i>Kyuudou</i> Field
Gate Ball (Japanese Croquet)	October 17 th (Wed)	Fujimi Park
Soccer (Boys)	September 1 st (Sat) ~January 27 th (Sun), 2019	Relevant Elementary Schools
Soccer (Junior High Students)	September 1 st (Sat) ~January 27 th (Sun), 2019	Relevant Junior High Schools
Soccer (Seniors, Women, and Others)	September 1 st (Sat) ~January 27 th (Sun), 2019	Miyanoshita Sports Ground, Fujimi Park
Basketball	July 22 nd (Sun) ~ October 21 st (Sun)	Sports Center
Dance Sports	November 24 th (Sat)	Sports Center
Golf	July 4 th (Wed)	Tachikawa Kokusai Golf Club
Indiaca	December 9 th (Sun)	Sports Center
Karate	September 30 th (Sun)	Sports Center
Aikido	June 3 rd (Sun), November 11 th (Sun)	Sports Center
Iaido	October 28 th (Sun)	Freshland Nishitama

*For more information please contact *Hamura-shi Taiiku Kyoukai* or refer to its Website.

Tel: ☎042-555-1698

Email: taikyou@herb.ocn.ne.jp



MEDICAL INSURANCE FEE for MEMBERS of the Late-Elderly Medical Insurance Program/System

There will be a special collection of Late Elderly Medical Insurance Fees (deducted from your Public Pension) which will be withdrawn from your bank account in April, June, and August. This is necessary because the previous year's income, which will be the basis for calculating what amount will be charged for the individual, has not been confirmed. The tentative medical insurance fee will be withdrawn, and the difference between amount charged in the special collection and the confirmed collection amount for October, December, and February of the following year's withdrawal will settle the difference. Please inquire regarding the details concerning this matter, City Hall, *ShiminkKa, Kourei Iryou / Nenkin kakari* ☎Ext.135

障害のある方の各種手当・助成制度の紹介

WELFARE ALLOWANCES/SUBSIDIES for PERSONS WITH DISABILITY

Allowances	Eligibility
<i>Tokubetsu Shougaisha Teate</i> (Special Allowance for the Disabled) ¥26,940 / month	Age 20 years or older, and requires special support/care at all times due to severe disability. *
<i>Shougaiji Fukushi Teate</i> (Welfare Allowance for Disabled Children) ¥14,650 / month	Children who have not reached 20 years old, and requires special support/care at all times due to severe disability. *
<i>Juudo Shinshin Shougaisha Teate</i> (Allowance for Persons with Severe Physical and Mental Disability) ¥60,000 / month	Person with severe impairment of intelligence, in constant care needs and unable to stay in a sitting position due to limb and trunk dysfunction. Those 65 or older cannot become certified. *
<i>Shinshin Shougaisha Fukushi Teate</i> (Welfare Allowance for Physically or Mentally Disabled) ¥15,500 / month Provided by Tokyo Metropolitan Government	Age 20 years or older, being cared at home, and holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade1~3, or person with brain paralysis or progressive muscular atrophy. * Those 65 or older cannot become certified.
<i>Shinshin Shougaisha Fukushi Teate</i> (Welfare Allowance for Physically or Mentally Disabled) ¥12,000 / month Provided by Hamura City Government	Age 20 years or older, being cared at home, and holds Physical Disability Certificate grade3~4 or Certificate for Adults and Children with Mental Deficiency grade4. * Those 65 or older/already have disability support subsidy cannot become certified.
<i>Nanbyou Kanja Fukushi Teate</i> (Intractable Disease Allowance) ¥7,500 / month	Person with intractable disease which the government specifies under Medical Subsidy of Tokyo Metropolitan Government Policy, who is not receiving Hepatitis B,C and Respiratory Intractable Disease.
<i>Takushii Hiyou / or Jidousha Gasorinhi Josei</i> (Subsidy for Taxi Fare or Gasoline Cost) Allowance amount varies	Person who holds Physical Disability Certificate grade1~2 (grade 1~3 for lower limb, trunk, or internal dysfunction) or Certificate for Adults and Children with Mental Deficiency grade1~2, or person with brain paralysis or progressive muscular atrophy. *
<i>Riyou / Biyou Saabisu Hiyou Josei</i> (Subsidy for Hair Dressing Fee) Allowance amount varies	Person who holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade 1~2. Not applicable if hospitalized or living in special care facility. If under 20 years old the provider, and if over 20 years old, that individual, must be tax exempt.
<i>Kinou Kaifuku Sejutsuhyou Josei</i> (Subsidy for Physical Therapy Fee) Acupuncture/Massage Therapy Tickets	Person who holds Physical Disability Certificate grade1~4 (grade 1~6 for those at age 70 years or older). Not applicable if hospitalized or living in special care facility.
<i>Suidou/Gesuidou Shiyouryou Josei</i> (Subsidy for Water and Sewage Fee) ¥872 plus consumption tax / month	Residents tax exempt household that includes a member who holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade 1~2.

*...Income restriction and/or exclusion regulation may apply. Please refer to Hamura City's Official Website also.

For more details, please contact: *Shougai Fukushi-ka Shougai Fukushi-kakari* ☎Ext.173.

ADVERTISEMENT FOR ACTIVITIES

体力測定

< Let's Try ~ Free Physical Check-up >

Date: May 27th (Sun) Place: Sports Center Hall 1 Eligibility: *Hamura* Residents/Workers at age 20 ~ 79

For those 20 ~ 64 years old: 2:30PM~4PM (Registration starts at 1:50PM.)

Testing Category: Measuring hand grip strength, Trunk Strength, Sit and Reach, Side Step Jump, 20m Shuttle Run, and Standing Long Jump

For those 65 ~ 79 years old: 10:30AM~Noon (Registration starts at 9:50AM.)

Testing Category: Blood Pressure, Measuring hand grip strength, Trunk Strength, Sit and Reach, Balancing on one leg, Walking 10m Obstacle Course, and Walking for 6 minutes

Fee: ¥150 (no credit cards) Items to bring: Indoor Shoes, Drink, and Towel (Please do not wear jeans.)

For those registering 160 or above for blood pressure, you may not be able to participate in some activities.

* The aerobics class usually held on this date will be rescheduled.

How to Apply & Inquiry: Preliminary Registration is required.

Application are accepted from April 15th (Sun)~ May 20th (Sun), from 9AM ~ 4:30PM (excluding Mondays).

Fill in your mailing address, name, phone number, age as of April 1st, and then fax, email, call or directly bring it to "NPO *Hamura-shi Taiiku Kyokai*", at the Training Room, 2nd floor in Sports Center. ☎090-2170-7009,

Fax042- 555-1699, Email: taikyou-m@sage.ocn.ne.jp

イチゴ・ジャガイモの区画売り

< Strawberry & Potato Pick-Your-Own Farm Plots >

Enjoy strawberries and potatoes that you picked or dug up! The harvesting right of local farmer-grown fresh strawberries and potatoes will be sold by farm plots. Springtime is perfect for enjoying harvest with friends!

♣ Strawberry

Harvesting Season: Beginning of May Price: ¥5,000 each plot (Approximately 40 roots in each plot)

Farm Location: *Hanekami* 4-22 Number of Plots: 18 (sold in order of application received)

♣ Potatoes

Harvest Season: Middle of June Price: ¥3,000 each plot (Approximately 30 roots per block)

Farm Locations: ①*Hanekami* 1-18-5, ②*Hanekami* 4-21, ③*Midorigaoka* 4-7, ④*Sakaechou* 2-20

Number of Plots: ① 40, ② 15, ③&④20, at each location (sold in order of application received)

Application & Inquiry: Starting April 23rd (Mon), from 9AM to Noon, visit directly to *Sangyou-ka Nousei-kakari*

☎Ext.663 in City Hall West Annex Building (*Nishi Bunshitsu*). *Please pay as you apply.



援農ボランティアの募集

< Volunteers Wanted for Agricultural Work! >

This is a great opportunity to learn about *Hamura*'s local Agriculture. Through volunteering among farmers, you will get to see the great efforts that they exert into safety of the agricultural produce which is sold.

Famers need extra helping hands especially during the busy season. Your help will be a great contribution!

Farm Options: ①Vegetable Farm ②Flowers and Ornamental Plants Farm

Eligibility: Long-term volunteers... Anyone who can participate at least once a week through out a year.

Short-term volunteers... Anyone who can participate during the busy season.

Application: by April 27th(Fri). Please come directly to the City Hall West Annex Building (*Nishi Bunshitsu*), 2nd Floor on weekdays. (closed Saturday, Sunday, and Holidays) between 8:30AM ~ 5PM.

*This is strictly volunteer work. No salary or wage will be paid.

*Dispatch to a particular field or assigned work may not meet your request.

*Applicants who have registered before do not have to register again.

Inquiry: *Sangyou-Shinkou ka Nousei-kakari* ☎Ext.663

CHILDREN

一歳児教室「一歳ちゃんあつまれ〜！」

~The 1 Year-Old and Parent Get-Together Group ~

Date: April 24th (Tue), from 10:30AM~Noon (Reception starts 10AM) Place: Hoken(Health) Center
Hamura City Residents who have a child at age 1 year old to 14 month old can attend with their child.

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

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

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

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

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

プレママサロン(母親学級) 出産準備クラス 0201

< Childbirth Preparation Class for Mothers >

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

Date & Program: Day1... May 10th (Thu) - Lecture by a midwife,

Day2... May 17th (Thu) - Lecture by OB/GYN doctor and Dietician

Day3... May 31st (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



子育て相談課「ちょこっと広場」がはじまります。

< Child and Family Support Center's Service has Revamped their Consultation Services >

The Child Rearing Consultation Service offered by Clinical Psychologists assigned from *Hamura* City Child And Family Support Center (*Kodomo Katei Shien* Center) will be named "*Chokotto Hiroba*" from this year.

The next session is on April 19th (Thu) at Central Children Center between 10AM~Noon.

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

In addition to the general consultation, from June, they will be able to provide more detailed consultation about the various matters related to the growth by addressing the specific needs of your child.

Inquiries: *Kosodate Soudan Kakari*, ☎Ext. 694 *Fee is not required for consultation.

CENTRAL CHILDREN CENTER ☎042-554-4552

< Learn About the Universe for Kids "Hoshizora Hiroba">

Learn about the position of stars that change with each season, and facts about the universe!

The lecture is designed for kids and is easy to follow.

Dates: Every 1st, 3rd, and 5th Wednesday and Sunday, from 3:30PM

Numbered tickets will be handed out from 3:15PM. Admission fee and reservation are not needed.

Children under 18 years old must be accompanied by an adult. Place: Central Children's Center

YUTOROGI ☎042-570-0707 (CLOSED ON Mondays)

< Movie Screening for Children >

Date & Time: May 13th (Sun) 10:30AM~11:30AM Place: Small Hall Capacity: first 252

Admission: Free Program: several titles scheduled

Supported by: Hamura 16mm Eizou Kenkyuukai

MAIN LIBRARY ☎042-554-2280

Get a stamp each time you join the story telling event! Please get a stamp book at the counter.

< Story Telling for Preschoolers > Date & Time: May 12th (Sat), 11AM~

< Story Telling for Elementary School Students > Date & Time: April 21st (Sat), 11AM~

< Story Telling for Babies > Date & Time: April 18th (Sat), 11AM~

▶ Kami Branch Library ☎042-554-0130

Story Telling for all children >> April 25th (Wed), 3PM~

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

平成 28 年度就学援助制度の申請受付を行います

< School Attendance Support >

Hamura City provides financial aid to parents who are having economical difficulty with funding their children's school lunch fee and other expenses for schooling in elementary or junior high school.

If an application is approved, the aid will be provided starting from the month in which the application is filed.

Deadline for Application: April 30th (Monday, Holiday)

- ▶ Application forms are already distributed to students of Elementary and Junior High Schools in *Hamura*.
- ▶ If your child is attending to a school in other municipality, please come to city hall for a special procedure, with your *Inkan*, rent statement and proof of bank account to which you want the benefit to be deposited.

Inquiries: *Gakkou Kyouiku-ka Gakumu-kakari* ☎Ext.358

HEALTH

高齢者肺炎球菌予防接種

< Pneumococcal Vaccination for Elderly >

The pneumococcal vaccine was included in the vaccination schedule implemented by the City from October 1st, 2014. Vaccinations for elderly residents at age 65, 70, 75, 80, 85, 90, 95, and 100 or older will be offered.

Eligibility: *Hamura* residents who have not received this vaccination who meet one of the following:

- ① will reach age 65, 70, 75, 80, 85, 90, 95, and 100 or older at year in which the vaccination is administered
- ② age 60 to younger than 65 as of the vaccination date and have any heart, kidney or respiratory disease, or immune dysfunction caused by AIDS. (patient ② must obtain a physician's certificate or present Physical Disability Certificate grade 1)

Fee for Residents: ¥4,000 will be subsidized, so please pay the balance at a medical facility.

Location: Medical facilities in *Hamura* City Term: ~ March 30th (Sat), 2019

If vaccination is not received within the specified dates, subsidization will not be applied.

How to be Inoculated: Reserve at designated medical facility located in *Hamura* City, and bring the **Sesshu Josei Ken* (coupon), Health Insurance Card (*Kenkou Hoken*) on the date of appointment.

Those who are eligible have been sent a letter including the coupon from the city in early April.

The subsidy for Pneumococcal Vaccination for Elderly will be offered until fiscal year 2018.

Inquiry: *Hoken* Center ☎042-555-1111, Ext.623

東京都医療機関案内サービス“ひまわり” / 都庁医療、健康に関する相談サービス

< Tokyo Health and Medical Information Center >

In case you have difficulty finding a hospital when you are ill or injured, or if you need information about medical facilities as well as about health insurance and medical system in Japan, please access

The Tokyo Health and Medical Information Center website in English, Chinese, and Korean.

♣The Tokyo Health and Medical Information Center search for medical facilities: www.byouin.metro.tokyo.jp

♣Tokyo Metropolitan Himawari Telephone Information Service for Foreigners

都庁の相談窓口ウェブサイトより

外国語による相談、保健医療福祉相談・健康案内	東京都保健医療情報センター（ひまわり） 医療情報サービス(英語・中国語・ハングル・タイ語・スペイン語) 電話 03-5285-8181 ※外国語で受診できる医療機関案内 ※日本の医療制度案内 毎日／午前9時00分～午後8時00分
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The Tokyo Health and Medical Information Center Himawari provides general information for foreigners over the phone about what facilities are foreign language speaking facilities.

Open on weekdays from 9AM ~ 8PM at the above phone number.

Supported Languages: English, Chinese, Hangul, Thai, Spanish.

*The emergency translation service is no longer available.

*A translation function on separate website.

(A web based translation machine Please note that the translation may not be 100% accurate.)

<http://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/other/fks240.php>

Supported Languages: English, Chinese, and Korean

MISCELLANEOUS INFORMATION

高次脳機能障害の相談窓口のご利用を

< Please Utilize the High Ordered Brain Dysfunction Symptoms Consultation Service >

Symptoms such as irritability, not being able function to do things that you were able to before, and shortness of memory may be signs of High Order Brain Dysfunction. Malfunctions of these sorts are difficult to grasp, and may be dismissed as just some troublesome actions. The city has a consultation services operated by consultants on every 3rd Tuesday, 2PM ~ 4PM. Place: *Shougai Fukushi Ka* reception

Inquiries: *Shougai Fukushi Ka, Shougai-sha Shien Kakari*, ☎Ext. 186

ゴーヤとアサガオの種無料配布しています

< Free Goya (Bitter Gourd) and Morning Glory Seed Give-away >

We will be giving away seeds for plants useful for the summer months.

Growing Green Curtains outside of the windows will not only prevent having direct sunshine into your rooms, but also conserve electricity used for air conditioning, and can contribute to reduce global warming.

Seeds Availability: 2,500 packets (Handout will end when supply runs out.)

Place to pick up seeds: *Hamura City Hall Main Reception (1st floor)* and *Kankyō Hozen-ka (2nd floor)*

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

固定資産税・都市計画税納税通知書の送付

< FY 2019 Property Tax and City Planning Tax Notification >

FY2019 Property Tax and City Planning Tax Notification (固定資産税・都市計画税納税通知書) will be mailed to the applicable residents in early May. These taxes are levied on the owners of fixed property based on the property registration information as of January 1st 2019. If you have sold or demolished your land / house/ building after January 2nd 2019, you are still obligated with the tax payment on those properties.

Please be sure to pay before the due date.

Inquiries: *Kazei-ka Shisanzei-kakari* ☎Ext.157

高齢者実態調査

< Census Of Hamura City Elderly Residents >

Hamura City conducts an annual Interview-based survey on health and living conditions of elderly residents at age 75 or older. This survey aims to protect life and rights of elderly residents, as well as to prevent abuse and elderly-targeting crimes. The commissioned welfare volunteers (*Minsei Iin*) of each district association will visit homes of applicable elderly residents during a period from late April to June.

Main questions to be asked during the interview will be about household situation, socializing capability and frequency, and emergency contact. If you are a family member of an applicable elderly person and want to consult about something for them, please feel free to do so at this occasion.

Inquiry: *Kourei FukushiKaigo-ka Kourei Fukushi-kakari* ☎Ext.175

< Kyuudou (Japanese Archery) Class for Beginners >

Date&Time: Wednesdays and Saturdays between May 9th (Wed) ~ 30th (Wed) (Total of 7 times), 7PM~9PM

Place: Kyuudou Center Capacity: First 15 applicants Fee: ¥3,500 (for 7 classes, including insurance)

Eligibility: Junior high school students or older (Junior High students must be accompanied by an adult)

*Please participate in exercise wear. (long-sleeved T-shirt without any buttons and socks or *tabi*-socks)

Application: Before May 1st (Tue), provide your address, name, age (grade), and phone number via mail, or by fax to the center; Ozakudai 4-2-8, Hamura-shi Tokyo 〒205-0001, Fax: 042-555-9255. ☎042-555-9255

図書館システム一時停止

The library's online system will not be in operation due to system maintenance on April 16th (Mon).

During this time the website cannot be viewed. We appreciate your understanding concerning this matter.

Inquiries: Library ☎042-554-2280

SWIMMING CENTER ☎042-579-3210

こどもの日プール2時間無料 0501

< Free Pool Admission on May 5th Children's Day >

On May 5th (Thurs, Holiday), pool admission will be free for children from 3 years up to Junior High Students!

The scheduled hours for this free admission is up to 2-hours between 9AM ~ 8:50PM (entry until 8:30PM).

Please obtain an admission ticket at Front Desk.

*Children must be accompanied by a guardian in the facility during the specified hours as below;

Up to 3rd grader ... all times / 4th ~ 6th grader ... after 5PM / Junior High student ... after 7PM

*Up to 2 children can be allowed entrance with one guardian who are age 16 or older.

体引き締めエクササイズ

< Holiday Fitness Exercise >

This is a kid's exercise class. Various items are used to raise the level of difficulty for the movements made in the routine. You can learn how to communicate with others, and gain confidence in your gymnastic ability.

Date & Time: April 30th (Mon, Holiday), 11AM ~ NOON Place: 2F Training Room Capacity: first 20

Fee: ¥500 Wear comfortable gym clothes, drink and towel, indoor shoes

Please come directly to the 2nd floor reception counter at sauna to register on lesson day. *

< Please Utilize the Translator for Services at the City Hall >

There is a translator available for services on weekdays. The Hamura City Hall foreign resident support staff provides assistance for foreigners that do not understand Japanese who need to complete administrative procedures within the city hall.

The English language service is available on the designated days of the week on Tuesdays and Thursdays.

Spanish language service is available on the designated days of the week on Mondays, Wednesdays, and Fridays. Both services are held during 9AM ~ NOON and 1PM ~ 4PM.

The interpreter will translate as the Japanese clerk explains the process and will explain difficult words or terminology that is specific to the matters arising at each reception counter.

Inquiries: Kouhou Kouchou Ka, Shimin Soudan Kakari, ☎Ext. 540

< Tokyo Olympic / Paralympic Games Update >

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

Judo competitions will be held in the 2020 Tokyo Paralympic Games.

It is almost like judo competitions for the Olympics. There are categories for those with narrow vision, and the two opponents start off the match by facing each other at close distance. There is a guide person who will try to make the athlete on his side stay positioned within the boundaries.

There are 7 weight classes for men, and there are 6 weight classes for women. The match is held for 5 minutes. The Nihon Budokan will be the venue for this sport during the Olympics.

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

< Events for the Family During "Golden Week" >

In Japan, there is week-long holiday that starts at the end of April. (The calendar offers four holidays, and if possible, a company will close the office for the whole week.)

~ Tachikawa Bousai Kan ~

The Tachikawa Bousai Kan is a facility that offers live simulation of earthquake and fire.

There are various events scheduled:



Experience Extinguishing a Fire

Date and Time: May 3rd (Thursday, Holiday), Three sessions from 10AM ~, 11AM~, and 2PM~

Eligibility: Children of Elementary School Age or younger and their parent(s)

You can become a firefighter and actually wear a miniature fire retardant suit to put out a fire!

Hyper Rescue Task Force Demonstration

Date and Time: May 5th (Sat), Two sessions from 10AM ~ and 11AM ~

Eligibility: Children of Elementary School Age or younger and their parent(s)

The group will go visit the Hyper Rescue Task Force Operation Base Facility located next to the Bousai Kan.

*Please come to the venue by public transportation.

*It may be necessary to limit the number of visitors if there is a large turnout.

< Home visitation by volunteer staff to elderly citizens' home >

The city offers a home visitation for elders who are living alone provided by volunteer member citizens. The selection of these members is made by the city hall's *Kourei Fukushi Kaigo Ka* section, and they are dispatched for periodic visitations to elderly households to confirm their health condition and their safety.

They will be committed to their task during their 1 year term, and will cooperate with the Commissioned Welfare Volunteers of the city. New members have been recruited for a term effective from April 1st.

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