



# HAMURA NEWS

May 1<sup>st</sup>, 2018

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

5-2-1 *Midorigaoka*, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

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## < Hamura Health Day >

Let's join this event and find the best way for you to keep yourself at good health! You can get various health information and also free physical check-ups at the event site.

Date & Time: May 20<sup>th</sup> (Sun), 10AM ~ 2PM \*Please refrain from coming by personal car to this event.

Place & Inquiry: *Hoken Center* 042-555-1111, ☎Ext.623-627 Hosted by: *Hamura City*



### ✦Prolong Your Healthy Life Span

This year's event feature will introduce health tips of methods for preventing osteoporosis. Health is based on the bodily exercise, striving for emotional wellbeing, and good nutritional intake.

### ✦Healthy Recipe and Tasting

Promotion of "Nutrition Balance with 5 colors" method. Your meal will be well-balanced by including red, yellow, green, white and black foods. Recipes of this health method will be introduced followed by tasting.

Tasting: 10:30AM ~. Tofu Wrapped in Seaweed and Bean Rice

### ✦ Physical Check-up Booth ~ *Hokenshitsu* ~ and Bone Density Test

You can have the following health conditions checked: Blood Pressure, Weight, Body Fat, BMI (Body-mass index), Basal Metabolism, Visceral Fat, and Bone Density.

Eligibility: *Hamura Resident* of age 18 years or older Capacity: First 200 people

### ✦Foot Care Free foot massage by volunteers. Participants can get simple tips. Capacity: First 65 people

For Foot Care and Physical Check-up Booths

\*Starting 9:45AM, numbered tickets will be given at the front door of *Hoken Center*. One ticket per person. Tickets will be provided in front of each booth if there are still availabilities after 10AM.

### ✦Quick Health Seminars Walking for Your Health 10:15 AM ~11:45 AM, 0:15PM ~ 1:45PM

Capacity: first 10 for each session There will be a lecture prior to the exercise.

A health check and bone density measurement will also be provided during this seminar.

Please reserve in advance by calling the *Hoken Center* (Ext. 624) in advance from May 1<sup>st</sup> (Tue).

### ✦Tuberculosis Check-up

Tuberculosis is not a disease of old time. Why not take this chance for an X-ray examination.

Testing Methods: Chest X-ray Eligibility: *Hamura Resident* of age 18 years or older

### ✦"Hamusupo" Promotion The *Hamura Sports Club*, "Hamusupo" for short, conducts various sports activities. Maybe you can discover the perfect activity and the joys of exercise!

### ✦Other Health Events

♪ Balloon Art and Picture Books Young families with children gather around!

♪ For kids and adults, you can learn how to make a toy poodle, sword, or a flower!

♪ Diaper giveaway for young families with children! (small, medium, or large).



## CULTURE AND COMMUNITY

民生委員・児童委員に相談してください。

### < Commissioned Welfare Volunteers and Child Welfare Volunteers >

Welfare Volunteers (*Minsei Iin*) and Child Welfare Volunteers (*Jidou Iin*) can help you with your difficulties that occur in your daily life. They are authorized private volunteers commissioned by the Minister for Health and Welfare to conduct private voluntary welfare activities including making friendly visits for counseling at homes of elderly people living alone and residents needing guidance. Residents are welcome to consult the welfare volunteers of their residence district on matters concerning daily life, or for an initial advice on other issues. You can find the contact information of your area's welfare volunteer below.

(Some districts pending selection for the moment.)

\*All welfare volunteers except the chief child welfare volunteers are concurrently commissioned as *Minsei Iin* and *Jidou Iin*, accepting consultations on matters concerning both adults and children.

Volunteers must keep client information confidential. Inquiry: *Shakai Fukushi Ka, Shomu Kakari*, ☎Ext. 112

<b>HAMURA CITY WELFARE VOLUNTEERS / CHILD WELFARE VOLUNTEERS</b> # = partial assignment							
<b>Dai-Ichi District</b>			<b>Dai-Ni District</b>				
1	Kawasaki Higashi 042-554-6552 Miyoko Amekura	13	Masaka Dai-ni 042-554-6305 Satoko Sasaki	1	Futaba Fujimi 042-552-5800 Etsuko Iwai	13	Fujimidaira Dai-ichi# & Azumadai# 555-2946 Hisae Okazaki
2	Jyousui Douri 042-555-2831 Chizuko Takahashi	14	Masaka Dai-ichi 042-554-2044 Yoshino Kato	2	Futabachou Matsubara 042-555-7297 Taeko Fukui	14	Gonokami Naka # & Gonokami Higashi # 042-554-5407 Tadayoshi Yamashita
3	Kawasaki Nishi 042-554-3034 Fukuko Shinozaki	15	Miyaji # 042-555-3909 Makoto Suzuki	3	Shinmeidai Kami # 042-555-1660 Toshiko Hirai	15	Gonokami Higashi # 042-555-4776 Kimiko Katou
4	#Honchou Dai-ni & Dai-san 555-6549 Kyoko Okabe	16	Miyaji # 042-579-2163 Kikuyo Watanabe	4	Toei Shinmeidai 042-554-1091 Tamotsu Kitajima	16	Gonokami Naka # 042-555-4285 Hiroko Kobayashi
5	Azuma Daiichi 042-554-0279 Ayako Kobayashi	17	Mihara # 042-555-0778 Shizuko Ishikawa	5	Shinmeidai Kami # 042-555-2086 Matsuko Kurata	17	Midorigaoka Dai-ni 042-555-3203 Hidetoshi Katou
6	Seiryuu 042-559-9664 Kimiko Higashi	18	Mihara # 042-554-4601 Yoshiaki Hashimoto	6	#Shinmeidai Jyuutaku & #Shinmeidai 530-7047 Yoshitaka Sakuma	18	Midorigaoka Dai-ichi 042-554-7711 Sachie Sugaya
7	#Honchou Dai-ichi & Honchou Dai-ni # 042-554-0874 Kiyoko Hamura	19	Ozakudai Nishi # 042-555-4066 Etsuko Tanaka	7	Shinmeidai # 042-554-6126 Setsuko Tozaki	19	Midorigaoka Nishi # 042-554-2337 Kiyoko Yanai
8	#Honchou Dai-ichi & Asahigaoka 042-554-6574 Mr. Yoshino	20	Ozakudai Nishi # 042-579-1125 Shizuko Hiraiwa	8	Shinmeidai # 042-555-3833 Masae Ikeda	20	Midorigaoka Nishi # 042-555-7616 Eiko Uchida
9	Naka-ichi, Azuma Dai-ni 042-554-9796 Naoko Nakano	21	Ozakudai Nishi # 042-555-1152 Mieko Takematsu	9	Shinmeidai # 042-555-6854 Hatsue Shida	21	Sakae-chou Dai-ni # 042-554-0503 Yoriko Sugama
10	Naka-Ni, Tanoue Dai-san no assignment	22	Ozaku Honchou 042-555-4714 Hiroshi Izumino	10	Midorigaoka San-choume 042-555-1718 Masami Takei	22	Sakae-chou Dai-ni # 042-555-0989 Yoshie Yanaka
11	Tanoue Dai-ichi 042-555-1403 Sumie Miyazaki	23	Ozakudai Higashi # 042-554-7459 Yukio Mutou	11	#UR Hamura Danchi and Fujimidaira Dai-ichi # 554-7242 Toshiko Nomura	23	Sakae-chou Dai-ichi # 042-554-3094 Mutsumi Okudaira
12	Tanoue Dai-ni 042-555-6136 Fumiko Maeda	24	Ozakudai Higashi # 042-555-5490 Hiroshi Kaneko	12	Azumadai # and UR Hamura Danchi # 555-2843 Keiko Ichioka	24	Sakae-chou Dai-ichi # 042-555-6712 Kumiko Hashimoto
Chief Child Welfare Volunteers for <i>Dai-ichi</i> District			Chief Child Welfare Volunteers for <i>Dai-Ni</i> District				
25	042-511-6834	26	042-555-0188	25	042-554-4042	26	042-555-3259
Keiko Mizushima and Yoshie Taniguchi			Kazuyo Yamamoto and Mitsuko Sakurai				

**< May is "Burnable Waste Accurate Separation Month" >**

Hamura City has a long term plan on waste management: The goal is to reduce the amount of waste and increase the recyclable/reusable resources (2017 goal was to reduce burnables to 8745 tons) during 2017. Comparing the figures of goal and actually collected waste amount in FY2017, it tells that we have reduced waste by 331 tons, which, if divided by Hamura city population, 10kg per person. Separating our wastes according to their type such as paper products, plastics, and burnables will be very important and an effective tactic for reducing garbage mass. It is also effective to drain water, rinse container before discarding as plastic, and to shop sensibly by purchasing only what is needed. To promote this policy, the city has designated February, May and September as "Burnable Waste Accurate Separation Month." Please separate your trash properly.

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. 「Hamura City Trash Recycling Manual」 is available free of charge at city hall.

Thank you for your cooperation!

Inquiry: Seikatsu Kankyou Ka, Seikatsu Kankyou-kakari ☎Ext.204

**ADVERTISEMENT FOR ACTIVITIES**

羽村 x 八丈エコ教室 リーダー募集

**< Leaders wanted for Youth Eco-Study Tour in Hachijou-jima Island >**

Hamura City will be recruiting leaders for the summer environmental education group in *Hachijou-jima!* Opportunities to participate in aquatic environmental studies/ study on mushrooms that glow will be an inspiring experience. After returning, the selected leaders will be required to attend various activities.

Program Schedule	
June	Interview
July	Youth Eco Study Tour Group Getogether/Pre-tour training
Aug 3 <sup>rd</sup> (Fri) ~ 7 <sup>th</sup> (Tue)	<i>Hachijou-jima</i> island Youth Eco-Study Tour (Group stays on ship for one night on the way.)
Late August	Presentation
Sep. ~ Oct.	Prepare tour report and workshop experiences (twice)
Nov. 3 <sup>rd</sup> (Sat) ~ 4 <sup>th</sup> (Sun)	Participate in the Hamura City's tableware lease service for garbage reduction project
December	Submit tour reports and workshop experiences
June 2019	Presentation at the Environmental Festival

Eligibility:

- ❖Hamura resident/worker 19 year old (who turn 19 in 2018)
- ❖in sound health condition and willing to participate in outdoor activities, who meet the following requirements
  - ①Those who can participate in all events that are part of this program
  - ②Those who wish to make good use of the experiences and knowledge learned in this tour in future activities
  - ③Those who agree to terms including that they will not be entitled to any salary

Capacity: several persons

Selection process (review of application and interviews) is scheduled for June 1<sup>st</sup> (Fri) ~ 8<sup>th</sup> (Fri).

How to Apply: Between May 1<sup>st</sup> (Tue) ~ 31<sup>st</sup> (Thu), fill in an application form with required information and mail it to 〒205-8601 (no address necessary), or bring it to city hall between 8:30AM~5PM to 2F *Kankyou Hozen-ka Kankyou Hozen-kakari* (is closed on Saturdays, Sundays, and Holidays). The application form is available at *Kankyou Hozen Kakari* at City Hall 2<sup>nd</sup> Floor or the official city website for download.

\* The project has been made possible by donations from *Tama Tousho Kouiki Renkei Katsudou*.

\* For more detail, please contact City Hall, *Kankyou Hozen-ka Kankyou Hozen-kakari* ☎Ext.225.

### < Leaders wanted for Kids' Summer Camp in Ōshima Island >

The Kids' Summer Camp in Ōshima Island, which will be co-sponsored with Akirino City, is comprised of 5<sup>th</sup> and 6<sup>th</sup> Graders, Junior High School Students. Hamura City is recruiting members to become leaders to help with the camp. Experience is not required.

#### Activity Details:

Pre-Tour Briefing: Leader's ~ June 23<sup>rd</sup> (Sat), Parents' ~ July 18<sup>th</sup> (Wed)

Preparatory Meetings ~ July 22<sup>nd</sup> (Sun) Tour dates: August 8<sup>th</sup> (Wed) ~ 12<sup>th</sup> (Sun)

\* The first night will be spent on the ship.

climbing Mt. Mihara, swimming at sea, recreational occasions to get acquainted with residents is scheduled.

Post Tour Briefing: August 25<sup>th</sup> (Sat)

Fee: free Eligibility: High School Student or older a(~30) living in Hamura City, who are able to swim and participate in all scheduled events, and willing to agree to terms including that they will not be entitled to any salary.(There will be no remuneration for activities).

Capacity: 5 (If applicants exceeded capacity, the members will be chosen by lottery)

Description of Duties: Overall supervision and keeping physical wellbeing of children, etc.

How to Apply: The application must arrive no later than May 18<sup>th</sup> (Fri). Please fill in an application form with required information and mail it to 〒205-8601 (no address needed), or bring directly to city hall between 8:30AM~5PM to 2F Jidou Seishounen-ka (is closed on Saturdays, Sundays, and Holidays). The application form is available at Jidou Seishounen-ka at City Hall 2<sup>nd</sup> Floor, Hamura city's public facilities, and at the Hamura City official website for download.

\* For more detail, please contact City Hall, Jidou Seishounen-ka, Jidou Seishounen kakari, ☎Ext.263

羽村動物園ニュース



**HAMURA ZOO ☎ 042-579-4041**



Sheep are ready to shave their coat to prepare for the warmer season. You can watch them being shaved.

Date: May 12<sup>th</sup> (Sat), 0:30PM ~ (will be postponed if it rains) Place: Sheep Breeding Area Fee: free

### < Free Admission for Children >

The Zoo Admission will be free for children under age 15 on May 5<sup>th</sup>, the National Children's Day!!

The usual closure date Monday will not be observed, and the zoo will be open on May 21<sup>st</sup> and May 28<sup>th</sup>.

Hours: 10AM ~ 3PM (entrance until 2:30PM)

Also, on the Mondays of May 21<sup>st</sup> and 28<sup>th</sup>, they will be open from 10AM ~ 3PM (entrance until 2:30PM).

ゆるキャラトレカ 配布開始

### < Distribution of Trading Cards with Hamura City Mascot Doll >

Hamura City will start the first issuance of official "Yuru Kyara" Grand Prix Contest trading cards. This will be the earliest release of items of this category within the Tokyo Metropolitan Area. There is a special shiny glitter trading card that you will surely like.

Place of Distribution: City Hall 3<sup>rd</sup> Floor, City Promotion Program Section Counter

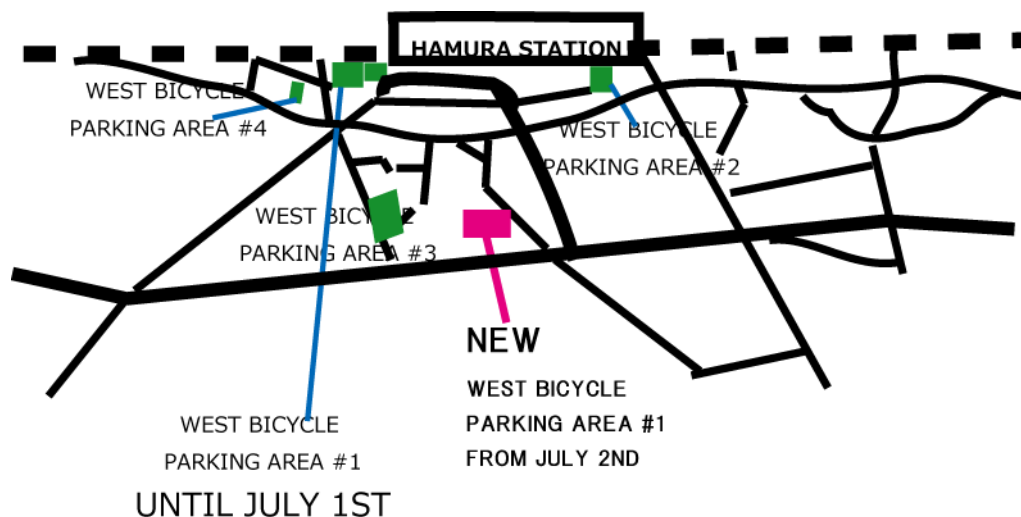
Commencement Date: May 7<sup>th</sup> (Mon), 8:30AM ~

Distribution: 8:30AM ~ 5PM, weekdays

Inquiries: City Promotion Program Section ☎Ext. 399



← Hamurin, Hamura City Mascot Doll



**< Relocation of West Exit Bicycle Parking #1 >**

The current Hamura Station West Exit Bicycle #1 Parking will continue to operate until July 1<sup>st</sup> (Sun). **Please remove your bicycle between July 2<sup>nd</sup> (Mon)~16<sup>th</sup> (Mon, Hol.)**, as it will get impounded if left abandoned after this term. The new # 1 parking is located as shown on map.  
Inquiries: *Bousan Anzen Ka Bouhan Anzen kakari*, ☎Ext 216

活用しよう！エコライフ助成制度

**< Hamura City Subsidy Programs for Environment Friendly Lifestyle >**

**~ Promoting Energy Generation & Conservation \* Greenery Creation ~**

*Hamura City* has been supporting local residents and businesses with their effort on reducing environmental impact by providing public subsidies for eco-friendly retrofitting and increasing greenery in city landscape, also promoting efforts of the environmentally friendly business industry. If you are considering application of eco-friendly improvement or greenery creation to your home or business entity, or even if the work is already completed, please feel free to consult and find out if these subsidy programs can help you.

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

**◆ Subsidy for Clean Energy Generation & Energy Conservation ◆ (Soushou Energy)**

Subjects: Building improvement works aiming for conserving energy, installation of devices for clean energy usage / generation (ZEH/B structure with low emission, zero emission of CO<sup>2</sup>, water tank, etc.), purchase of next-generation vehicles, other energy efficiency improvement works.

Eligibility: *Hamura* residents and local small enterprises.

\*The work must complete by December 31<sup>st</sup> 2018.

Subsidy Application Period: May 1<sup>st</sup> (Tue) ~ January 31<sup>st</sup> (Thu), 2019 \*Processed in order of receipt.

Subsidy Amount: Depending on the work cost or subsidy amount limit, reimbursed amount will be determined. Payment will be made by Eco-point.

There is an amount limit individually set for each type of work.

Please ask before starting construction for details. If the procedure has been finished, please inquire about requirements. Items must be purchased at stores within the *Hamura City*.

Flow of Subsidy Payment:

- ①Apply for subsidy. ②After approval, you will receive Eco-points issued by the city.
- ③Use Eco-points for shopping any items at stores in *Hamura City*
- ④Apply for cash reimbursement for the amount you spent with Eco-points. \*Shopping receipts needed.
- ⑤Cash amount of the reimbursement will be deposited to your bank account.

**◆ Subsidy for Greenery Creation in City Landscape ◆ (Midori Soushutsu)**

Subjects: Installing green hedge, planting trees / lawn in garden, roof garden, façade/outer-wall greening.

Eligibility: *Hamura* residents and local small enterprises.

\*The work should be completed or if in progress, see completion between April 1<sup>st</sup> 2018 and March 31<sup>st</sup> 2019.

Application Period: \*Application processed in order of receipt.

Subsidy Amount: one-third (1/3) or up to half (1/2) of the cost.

There is an amount limit individually set for each type of work.

Items that do not qualify: easily removable, annual vine plants, flowers and crops not related to greenery

Flow of Subsidy Payment: Apply for the reimbursement with original receipts. After the approval, subsidy amount will be deposited to your bank account.

## CHILDREN

就学に関する説明会

### < Briefing for School Attendance >

There will be a briefing regarding school attendance for guardians of children who will start attending a municipal elementary school in 2019. Date: May 24<sup>th</sup> (Thu), 11AM ~ Place: City Hall 4F, Large Conf. Rm  
There is no reservation necessary. Inquiries: *Kyouiku Shien Ka, Tokubetsu Shien Kyouiku Kakari* ☎Ext. 359

来年度入学する児童の保護者の皆さんへの「運動会のおしらせ」

### < Field Day at Municipal Elementary School to Which Prospective Students Can Attend >

Prospective students who will start attending a *Hamura* City municipal elementary school in April 2019 can participate in the field day held at these schools. Preschoolers' are welcome to attend the underage group's event as part of the event schedule at each respective elementary school. Please inquire at your school.

▶ May 19<sup>th</sup> (Sat)

Hamura Higashi Elementary(☎554-5663), Hamura Nishi Elementary(☎554-2034), Ozakudai Elementary (☎554-1431),

▶ May 26<sup>th</sup> (Sat)

Fujimi Elementary (☎554-6449), Sakae Elementary (☎554-2024), Shourin Elementary (☎554-7800)

Musashino Elementary (☎555-6904) Inquiries: *Gakkou Kyouiku Ka, Gakumu Kakari* ☎Ext. 358

子どもIT未来塾

### < Computer Programming Skills Class for Children >

Volunteers will teach children how to enjoy basic skills of computer programming, kids can learn how to use the keyboard and can also become familiar with technology. (all in Japanese)

Term: June ~ October (10 sessions on either Sat or Sun), 1PM ~ 5PM Place: *Yutorogi Kouzashitsu 2* and *Higashi Ome* Center Building Eligibility: 5<sup>th</sup> Graders of Elementary School ~ Junior High School Students

We request that parents accompany child as chaperone. Please be prepared to use network at your residence.

Capacity: first 15 Fee: ¥7,000 for (for10 times)

How to apply: Please send an *oufuku hagaki* with name, school name, grade, your address, and telephone number, plus a brief summary of reason for applying, and your simple message from your guardian:

Kodomo IT Mirai Jyuku The Sato Foundation,

〒198-0082 295 *Nakachou, Ōme Shi Risona Ginkou Ōme* Plaza 3<sup>rd</sup> Floor

Deadline: May 31<sup>st</sup> (Thu)

Hosted By: *Sato Foundation of Ome, Hamura City, etc* Co-hosted by Fussa Board of Education

Taught By: several teachers Inquiries: *Ome City* Board of Education ☎0428-22-1111

もぐもぐ教室

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

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

Date & Time: June 14<sup>th</sup>(Thu), 10AM~11:30AM Place: *Hoken* Center Capacity: First 15 pairs

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

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

Application: from May 7<sup>th</sup> (Mon) 8:30AM~5PM, call *Hoken* Center on weekdays ☎042-555-1111 Ext.625

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

### < Asobi no Pocket (at each Children's Center) >

Game creator/instructor will play with children with fun games using hands and bodies. Please feel free to participate. Time: 11AM ~ 11:40AM Eligibility: 2years old ~ preschool children with parent Fee: Free

•West Center: May 9<sup>th</sup> (Wed) •East Center: May 22<sup>nd</sup> (Tue) •Central Center: May 31<sup>st</sup> (Thu)

### < Chatting Place for Parents >

This month's topic is "Potty Training". Child Care Volunteers will attend your children during the event.

Inquiries: Kodomo Katei Shien Center ☎042-578-2882

Feel free to join and share some thoughts and tips for child rearing. No reservation needed.

Place & Date: East Children Center – May 15<sup>th</sup> (Tue)

West Children Center – May 18<sup>th</sup> (Fri)

Central Children Center – May 24<sup>th</sup> (Thu)

Time: 10:30AM~

Admission: Free

\*No reservation needed

### **KOGUMA HIROBA (CUB SPACE) at Children Centers**

Parents and small children can learn fun activities for exercise!. Join and have fun!

Eligibility: Parents and Children younger than 2 years old. Sessions are free.



Place&Date: East Children Center – May 8<sup>th</sup> (Tue)

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

Central Children Center – May 10<sup>th</sup> (Thu)

West Children Center – May 16<sup>th</sup> (Wed)

Inquiries:

子育て応援ニュース (ひとり親家庭ホームヘルプサービス事業)

### < Household Chore Assistance for Single Parent Family >

The city offers household chore assistance for single parent families who struggle to maintain their daily household chores. A "home helper" will be dispatched to help with these tasks when the parent is unable to offer functional childcare or the management of household routines.

Eligibility: □ Those who have been a single parent family for less than 2 years.

□ The child is preschool age

□ The parent or the child of compulsory education age is injured or ill

\* Prior consultation is required to receive assistance. Please ask for details.

"Home Helper" Duties: 1 dispatch per day for each household, for 2 to 8 hours, up to 12 times a month

Fee: User will pay fees based on their annual income. Please bring your *inkan*, Resident Tax Certificate (Resident Tax Exemption Certificate) Inquiries: Kosodate Shien Ka, Shien Kakari , ☎Ext. 239

### ◆ Child Support Allowance (*Jidou Ikusei Teate*)

Eligibility: Household of a parent/guardian with child(ren) who turns 18 year old or younger in FY2018, or are looking after the child on behalf of guardian. Eligibility is offered by any of the following conditions.

Father or mother was deceased

• Parents are divorced

• Child was born out of wedlock

• Parent has severe disability that prevents him/her to be employed (issued with a mental disability certificate *Ai no Techou* grade 1~3 or physical disability certificate *Shintai Shougaisha Techou* grade 1~2)

Allowance Amount: ¥13,500 per child, monthly

Item needed for application:

①Applicant and child(ren)'s *Kosekitouhon*(official copy of family register), ②Applicant's bank book, ③disability certificate ④Individual Number Notification ⑤ valid identification such as driver's license/ individual number card ⑥ if you own one, an *Inkan*

### ◆ Special Child Support Allowance for Disabled Children (*Jidou Ikusei (Shougai) Teate*)

Eligibility: Household of a parent/guardian with child(ren) under 20 years old with following disability Certified by Tokyo Metropolitan Gov: mental disability or certificate (*Shintai Shougaisha Techou*) grade 1~2 along with Intellectual Disability Certificate (*Aino Techou*) level 1 ~ 3.

Certification by City: mental disability or certificate (*Shintai Shougaisha Techou*) grade 1~4 along with Intellectual Disability Certificate (*Aino Techou*) level 1 ~ 4.

Tokyo's Allowance Amount: ¥15,500 per child, monthly \*

City's Allowance Amount: ¥12,500, ¥13,500 per child, monthly \*

\*depending on the disability and household income ※Multiple benefits cannot be received.

Items needed for application: ①Applicant's bank book, ②disability certificate ③ Individual Number Notification ④valid identification such as driver's license/ individual number card ⑤if you own one, an *Inkan*

**Notes:** If you did not live in *Hamura* on Jan 1<sup>st</sup>,2018, you must bring the *Shotoku Shoumeisho*(income certificate) or *Kazei/Hikazei Shoumeisho*(Taxation Certificate and Tax-Exemption Certificate) which states your income of 2017 issued by the municipality office of where you lived then. Other documents may be needed according to the condition. To find out about qualification requirements and/or application procedure, please contact *Kosodate Shien-ka, Shien kakari* ☎Ext.237.

ノーパディーズ・パーフェクト 完璧な親なんていない 参加者募集

### < Nobody's Perfect!! Participants Wanted for Parenting Class >

Child rearing can be full of unexpected surprises, and you may encounter a time when you lose confidence. This get-together can help you with many questions that you may have about your childrearing.

Date: Thurs of June 14<sup>th</sup> ~ July 19<sup>th</sup>, 10AM ~ NOON attend all sessions Place: *Yutorogi Kouzashitsu 2* on 2<sup>nd</sup> floor

Eligibility: 1<sup>st</sup> time applicants with children 1 yr old ~ preschool age, *Hamura City* resident Capacity: first 10

Fee: ¥300 Reserve by calling *Kodomo Katei Shien Center* (Child and Family Support Center),

☎042-578-2882 on weekdays from 8:30AM~5PM, excluding holidays. \*childcare available for first 10

## SWIMMING CENTER ☎042-579-3210

### < Kid's Recreation >

Activities for children will be held on this holiday kid's recreation day. There will be a simple exercise class where you will try to achieve simple movements under limited capacity, and a session for improving communications skills.

Date & Time: May 4<sup>th</sup> (Friday, Holiday), 11AM ~ NOON Eligibility: Elementary School Students

Capacity: First 20 applicants Fee: ¥500 Things to bring: exercise wear, towel, water bottle, indoor shoes

Instructor: Training Room Trainer Please apply directly at the front desk of the 2F Sauna.

## SPORTS CENTER ☎042-555-0033

### < Use of School Playground at Public Schools at Night >

If you are a sports group registered with the *Hamura City* interested in using the school playground at night, please apply at the Sports Center. Reservations for June will be accepted from May 15<sup>th</sup> (Tue) ~ 25<sup>th</sup> (Fri) on days other than Monday from 9AM ~ 9PM. The school playgrounds that are being rented out are the *Hamura Higashi* Elementary School, and *Hamura Dai-San* Junior High School.

チューリップ球根掘り取りに参加しませんか



### < Volunteers Wanted for Digging-Up Tulip Bulbs >

Volunteers are wanted for the maintenance works of *Hamura's* scenic tulip field. Now we need to dig out the tulip bulbs and prepare the field for rice cultivation. Please come enjoy the works together!

Date & Time: May 13<sup>th</sup> (Sun) ~ 15<sup>th</sup> (Tue), 17<sup>th</sup> (Thu) ~ 18<sup>th</sup> (Fri), 9AM ~ Noon

Meeting Place: *Odorikosou Park* (located on the north side of *Negarami-mae* Paddy Field)

Things to bring: work gloves \*Please wear something suitable for yard works.

How to Apply & Inquiries: Call or Fax to *Hamura-shi Kankou Kyokai* (*Hamura* Tourism Association) with your name and phone number by May 11<sup>th</sup> (Fri). ☎042-555-9667, Fax: 555-9673 weekdays 8:30AM ~ 5PM

**For Tulip Owners ...** The tulip owners who participate in the digging-up work can take tulip bulbs home.

Date & Time: May 13<sup>th</sup>(Sun), 9AM ~ Noon \*Privilege for the tulip owners of Tulip Festival 2017.



**< Opening Hours during Golden Week (the first week of May) >**

We will be on regular schedule for the Golden Week, and will be closed on the 1<sup>st</sup> (Tue).

**< Freshland Nishitama Children's Day Gift >**

Child visitors, elementary school students or younger, will get a gift on the Children's Day, May 5<sup>th</sup>(Sat)!

**< Shoubu-yu (Iris Bath) at Freshland Nishitama >**

You can enjoy this traditional custom to have fresh iris leaves in hot bath at on May5<sup>th</sup>(Sat).

**<Bonkei and Kousekiga Exhibition >** May 8<sup>th</sup>(Tue) ~ 20<sup>th</sup> (Sun)

*Bonkei*: The beauty of nature scenery is recreated in a pot.

*Kousekiga*: Colorful picture drawn with the colored, powdered marble.

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

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

If you reside in other than the above locations, the fee will be ¥1,100.

\* You will not be able to use the normal coupons.

## HEALTH

**< Rubella(*Fuushinn*) Immunization for Adults >**

Rubella, also known as German Measles, is becoming ever more prevalent among adults in recent years. For expectant mothers, contracting rubella poses a threat to cause her fetus to be born with congenital rubella syndrome (which is characterized by hearing impairments, cardiac disease or cataracts).

**Eligibility:** Female *Hamura* residents at age 19 or older who wish to be pregnant in the future, whose Rubella antibody titer is proven low by a test. \*If you have never taken the test before, it can be provided for free.

**Application and Appointment:**

Please submit an application for the process to the Hoken Center no later than March 29<sup>th</sup> (Fri), 2019. You will receive a screening/immunization packet. After this is received, then make a vaccination appointment at medical facility participating in this program. You will receive antibody titer test; if figures show that antibody is low, you will be instructed to receive immunization.(Bring your identification to show proof of age, etc.)

**Subsidy Amount:** (The immunization fee may vary by institution.) *Hamura* City provides ¥5000 for Measles- Rubella combination immunization and ¥3000 for Rubella-only immunization received

❖Those pregnant may not be inoculated. Also please avoid becoming pregnant 2 months after receiving shot. Please apply for this immunization by postal mail, or by bringing in directly (Hours are 8:30AM ~5PM, closed weekends). You can also reserve for the antibody test at this time.

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

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## MISCELLANEOUS INFORMATION

**< 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.

People can sign up for the FY 2018 tenant waiting-list program. The application for the waiting list of housings for general household or elderly household are now accepted..

**To Become a Waiting List 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.

**Housing at the following districts:** *Sakae-cho, Tamagawa, Mihara, Mazaka, and Hane Kami,* for general household, and *Fujimidaira, Mihara, Hanekami* for elderly household . Please inquire.

The application brochures will be available from May 7<sup>th</sup>(Mon) to 15<sup>th</sup>(Tue), at *Kenchiku-ka* (8:30AM~5PM) in city hall 2<sup>nd</sup> floor and at city hall branch offices (9AM~1PM) on weekdays, or at city hall Main Reception on Saturday and Sunday. For more information, please see the brochure or consult City Hall, *Toshi Keikaku Ka, Jyuutaku Koutsuu Kakari* ☎Ext.276.

\*The candidates will be selected by open drawing on May 21<sup>st</sup> (Mon) at City Hall 2<sup>nd</sup> Floor Conference Room.

### < Tokyo Metropolitan Public Housing >

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 required applicant eligibility qualifications such as income level, period of resident registration history, etc.

Availabilities for this Application Term are for the following household types;

[ general family, family of young parents, family with many children ]

Application: The completed application form must reach *Shibuya* Post Office by mail before May 17<sup>th</sup>(Thu).

\*Tenants will be selected by drawing held on June 21<sup>st</sup> (Thu) at Tokyo Metropolitan Government Office.

The application brochures for the current offer term will be available from May 7<sup>th</sup>(Mon) to 15<sup>th</sup>(Tue), at *Kenchiku-ka* (8:30AM~5PM) in city hall 2<sup>nd</sup> floor and at city hall branch offices (9AM~1PM) on weekdays, or at city hall Main Reception on Saturday and Sunday.

For more details, please refer to the brochure or inquire to the office of *Tokyoto Juutaku Kyoukyuu Kousha*

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

During May 7<sup>th</sup> ~ 17<sup>th</sup> ☎0570-010-810 / Other Times ☎03-3498-8894 Office closed on weekends

生活支援サービス事業 (訪問B型)

### Support for Household Chores to Elders

If you have been certified as needing long term care level 1 or 2, or determined to have needs based on the score of your questionnaire, you can utilize the various elder support for household services.

(The questionnaire for households with elders who live in Hamura City can be taken at The Senior Citizen's Welfare and Nursing Care Division.)

Services For: Daily household chores such as house cleaning, laundry, or cooking

Fee: • Level 1: ¥130 for each visit •Level2: ¥260 for each visit

The Chiiki Houkatsu Shien Center (Community General Support Center) must be consulted before use.

Inquiries: *Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari* ☎Ext. 178 8:30AM ~ 5PM Closed weekends, holidays

転倒防止教室

### < 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 for preventing falls & improving your stamina. Please join us!

Date & Time: Tues in June (5<sup>th</sup> , 12<sup>th</sup> 19<sup>th</sup> , 26<sup>th</sup> ) 4 session course 1:30PM ~ 3:30PM

Place: Ikoi no Sato 2F Eligibility: Age 65 years ~ *Hamura* resident Capacity: first 30 people

Items to bring: Exercise outfit, Indoor exercise shoes, Towel, and Drink Please call between 8:30AM ~ 5PM

Application/Inquiry: *Kourei Fukushi Kaigo Ka* ☎Ext.178 (closed on weekends and holidays)



ペイビーを開始します

### < Pay B ~ Payment of Taxes by Online Transaction >

We appreciate your contributions to the Hamura City.

The electronic payment for various taxes can be made with the smartphone app, "Pay B".

The payment method is very simple. You can scan the barcode on the payment slip for direct debit from your bank account. With this option, you don't have to go to the city hall, etc. for your payment as was required when using the payment slip. Procedures at the bank must be completed for withdrawal from account to use the service. Please confirm the details on Hamura City's official website. Inquiries: Tax Section, ☎Ext. 190

### < Light Vehicle Tax >

Light Vehicle Tax is imposed on the registered owner based on the ownership registration as of April 1<sup>st</sup>. Tax Notification for Light Vehicle (軽自動車税納税通知書) will be mailed to the applicable vehicle owners in early May. Light Vehicle Tax payment is accepted at designated financial institutions and at convenience stores (participating stores are listed on back side of the notification). If you need a receipt, please pay directly at these stores. ◆There is a tax exemption measure for light vehicles owner with disability. Application for the exemption must be filed before May 31<sup>st</sup> (Thu). Those who were Light Vehicle Tax Exempt during last year need to file an application again only if the registered vehicle was replaced with an another vehicle.

Inquiries: Kazei ka, Shiminzei-kakari ☎Ext.189



割れた「はむら市民カード」「印鑑登録証」は捨てないで

### < Do Not Discard Your Chipped or Cracked Hamura Shimin Card and Seal Registration Card >

You can exchange your chipped or cracked *Hamura Shimin* Card and Seal Registration Card free of charge at the City Hall 1<sup>st</sup> Floor Reception. Please bring valid identification by which you can be confirmed as the card holder. Registration is required for acquiring new card.

You can use the Automated Registry Machine if you have this card, with which you are able to obtain family register documents by using your 4 digit code. Digital output from machines does not require any paperwork, and will save time. For more information, please call the *Shimin Ka, Uketsuke kakari* ☎121.

第2回全国瞬時警報システム (J-ALERT) の試験放送を行います

### J-ALERT NATIONWIDE TEST BROADCASTING

J-Alert nationwide test broadcasting will take place on May 16<sup>th</sup> (Wed) around 11AM.

Through the citywide public address system, you will hear the following Japanese announcements.

Inquiry: Kikikanri-ka Kikikanri-kakari ☎Ext.217

「Korewa test desu.」 This is a test broadcasting.

This is a Hamura City Emergency Preparedness Organization (once)

Followed by the alert sirens. (to 53 locations in the city)

**J-Alert** (全国瞬時警報システム) is a nationwide alert system designed to deliver alert for most critical emergency by broadcasting it through local community wireless system without taking authorizing procedures at local government level in the event that requires citizens to beware of sudden emergency or to quickly evacuate or shelter themselves.

The alert information is distributed via satellite-based transmission system. When a local terminal receives the alert, it automatically activates the community wireless system, enabling the central government to directly and quickly inform its' citizens of imminent threats. The alert information that is announced may be for; earthquake (early warning, hypocenter, magnitude), weather alerts such as torrential rains or storms (precaution, presence), volcano eruption, significant meteorological disaster and military threats.

赤十字活動資金の寄付にご協力を

### < Japanese Red Cross Society Campaign 2017 >

May is the annual promotional campaign month of Japanese Red Cross Society.

Officers of your community association will visit the homes of association members to collect donation support which will be used to fund international/domestic disaster response and relief operations, medical services, education of nurses, blood program and other social welfare services.

Your support for Red Cross Society's worldwide humanitarian activities will be deeply appreciated.

Inquiries: City Hall, Shakai Fukushi-ka Shomu-kakari ☎Ext.114

## &lt; Group Job Interviewing Event &gt;

Hello Work Ōme is providing a group job interviewing event in cooperation with Hamura city for people who are looking for employment.

Date and Time: May 9<sup>th</sup> (Wed) and 23<sup>rd</sup> (Wed) 1:30PM ~ 4:30PM (Sign-in: 1PM ~ 3PM)

Place: 2<sup>nd</sup> Floor of Hamura Sangyou Fukushi Center "i" (2-11-1 Midorigaoka)

Eligibility: Those who are looking for Job opportunities in Hamura City or neighboring areas. Fee: Free

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

\*For more information about participating business entities, please check Hello Work Ōme or company websites. No Reservation Needed Inquiries: Sangyou Fukushi Center City Hall, ☎Ext. 657

5月の休日診療 相談

## ◆ LOCAL MEDICAL FACILITIES open on SUNDAYS &amp; HOLIDAYS ◆

Date May	Hospital / Clinic				Dental Clinic	
	9AM~5PM		5PM~10PM		9AM~5PM	
3 <sup>rd</sup> (Thu) Holiday	Yokota Clinic	☎042-554-8580	Takamizu Iin (Mizuho-machi)	☎042-557-0028	Hirai Dental Partners	☎042-533-5157
4 <sup>th</sup> (Fri) Holiday	Baba Kodomo Clinic	☎042-555-3788	Fussa-shi Hoken Center	☎042-552-0099	Watanabe Shika Iin	☎042-570-1688
5 <sup>th</sup> (Sat) Holiday	Shinmeidai Clinic	☎042-554-7370	Fussa-shi Hoken Center	☎042-552-0099	Tsushima Shika Iin	☎042-579-1800
6 <sup>th</sup> (Sun)	Matsuda Iin	☎042-554-0358	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Takada Shika Iin	☎042-555-5903
13 <sup>th</sup> (Sun)	Wakakusa Iin	☎042-579-0311	Fussa-shi Hoken Center	☎042-552-0099	Kaneko Dental Clinic	☎042-554-1503
20 <sup>th</sup> (Sun)	Izumi Clinic	☎042-555-8018	Fussa-shi Hoken Center	☎042-552-0099	Kusaka Shika	☎042-555-7793
27 <sup>th</sup> (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Fussa-shi Hoken Center	☎042-552-0099	Hanenaka Shika Clinic	☎042-554-2202

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

## PUBLIC CONSULTATIONS Schedule of MAY

Category	Date	Time	Contact
Public Administration and Human Rights	17th (Thu)	1:30pm ~ 4:30pm	Shimin Soudan-shitsu city hall ext.541
Consultation for Families with Children (General Support for Child Rearing Families)	Monday ~ Friday	8:30am ~ 5pm	Soudan Kakari at city hall ☎042-555-1111, Ext. 692 or Kodomo Katei Shien Center (Family Support Center) ☎042-578-2882

◆Please do not call the Shimin Soudan-shitsu for consultation over the telephone.

\*The General Consultation for Foreign Residents service has been discontinued.

## &lt; TV Hamura in May &gt;

Congratulations on the 25<sup>th</sup> Anniversary of TV Hamura!!

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

Special Programs: "Renovation of Gonokami Dashi Float ~ Toward 100 Years in the Future"

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~.

It is also available for view on your smartphone

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