



HAMURA NEWS

Hamura City

May 15th, 2018

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

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

Hamura City Official Website = <http://www.city.hamura.tokyo.jp> E-mail: s102000@city.hamura.tokyo.jp

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

< The 7th Hamura Environment Fair >

June 2nd (Sat) 10AM ~ 4PM at Yutorogi

Kouryuu Hiroba & front street of Yutorogi Center, Main Library, *Sangyou Fukushi* Center

Host: Hamura Environment Fair Executive Committee or *Kankyō Hozen-kakari* at city hall ☎Ext.225.

Events at Kouryuu Hiroba

- ★ Opening Ceremony
- ★ *Musashino* Elementary Brass Band Performance
- ★ Green Curtain Workshop
- ★ Quiz Time "Who is the Environment Expert?" Winners will win a prize!
- ★ Eco Science Show
- ★ Power Ranger Stage Show
- ★ Crafting Workshop
- ★ LIFriends Live Performance
- ★ Closing Ceremony



Early visitors receive a special souvenir!! (Eco Products, Seedlings, and Flowers) Details are on pamphlet.

Exhibitions

- ◇ Various Business Entities Exhibition (Earth Friendly Products and Vehicles, Yogurt Tasting, etc.)
- ◇ Government Booth ~ ♣The Aquarium and Travelling Small Zoo, Panel Exhibition of Street Cat, etc.
- ◇ Introduction of Toy Repair Workshop, Girl Scouts, Eco-Net and other activities carried out by citizens
- ◇ Food Vendor Stalls (*Maimaizu* Potato, Fried Chicken, Pizza, *Yakisoba*, *Crepes*)
- ♣Paralympic Sports The Paralympic Sport, *Boccia* can be experienced at this booth.
- ♣AZEMS, The All Zero Emission Mobile Systems Project! ♣
~ Display of a bus using the energy gained from this solar power source ~
The AZEMS solar panel will also provide some of the electricity used during this event.
- ♣ Join in the creation of the Tree Shaped Eco-Conscience Mural ♪Participants will receive plant seeds.
- ♣ Disaster Relief Booth ~ The booth will sell goods from Fukushima Prefecture.
- ♣ Street Side Flea Market at the Parking Space Area of *Sangyou Fukushi* Center
- ♣ Library Environmental Book Collection ~ Available during the month of June at the Main Library ~

Please Contribute Unwanted Items from Home to Offer Resources for Recycling

- *You can bring small electrical devices from home to the collection box for contribution to the recycling effort.
 - *Recycling box of unwanted cell phones/smartphones ~collecting metal pieces for making Olympic Medals.
 - ◆ Traffic Restriction: A section of street in front of *Yutorogi* will be closed to motor vehicles on June 2nd (Sat) between 6AM ~ 8PM. Thank you for your understanding and cooperation.
 - ◆ Bus Stop will be moved: June 2nd (Sat) between 6AM ~ 8PM, a *Hamuran* Bus Stop in front of *Yutorogi* will be relocated near the intersection by *Yutorogi*'s multi-story parking. We apologize for the inconvenience.
- This is an event which was organized by a cooperation of local business entities and citizen groups with an aim to raise awareness on environmental issues and challenges that we face. The theme for this year's *Hamura* Environment Fair is "Caring for the Environment". At the venue, booths will offer educational insight, and there will also be some musical group performances. Let's join this educational and fun event! For more details, view the official website, or please feel free to contact the event hosts.

CULTURE AND COMMUNITY

防犯カメラの設置運用状況（平成 29 年度）

< Street Security Cameras Were Installed >

As a crime preventive measure, *Hamura* City maintains street security cameras at:

City Hall, Libraries, Sports Center, Swimming Center, *Yutorogi* Lifelong Learning Center, *Kyodo Hakubutsukan* (Folk Museum), East Child Center, West Child Center, Water Park, Zoo, *Ozaku-Kami Ryokuchi*, *Momiji* Park, Greentrim Park, *Asahi* Park, *Fujimi* Park, *Musashino* Park, *Hamura-Seki Shita* Bridge, Traffic Lights in *Hane-Higashi*, JR *Hamura* Station West Exit Branch Office, Elementary and Junior High Schools and School Commute Areas, Community Center, *Fukushi* Center, *Iko no Sato*, JR *Hamura* Station area, and JR *Ozaku* Station area. Inquiry: *Soumu Ka Housei-kakari* ☎Ext.326, 327, and 347

証明書のコンビニ交付および自動交付機を一時停止します

< Automated Registry Machine at City Hall will not Operate >

On June 6th (Wed), 6:30AM~11PM for convenience stores, and 9AM ~ NOON for automated registry machine, there will be a routine electrical inspection for the automated registry system. Due to this, the services of the automated registry machine will not be provided.

We apologize for any inconvenience, and ask for your understanding and cooperation regarding this matter.

Inquiries: *Shimin-ka Uketsuke-kakari* ☎Ext.121 Tax related inquiries: *Kazeika, Shimin Zei Kakari*, Ext. 162

フィールドゴルフ大会

< The 54th Field Golf Tournament >

Date & Time: May 26th (Sat), 9:30AM~NOON (cancelled in case of rain) Reception: 8:45~9AM on even day.

Eligibility: *Hamura* residents and workers Fee: ¥200 (pay at site) Place: *Miyanoshita* Sports Ground

Hosted by: *Hamura-shi Sport Suishin Iin Kyougikai* (*Hamura* City Council of Sport Promotion)

< Field Golf Beginner's Briefing >

You can borrow equipment that is necessary. 9:30AM ~ 11AM (Cancelled in case of rain) on event day.

Reception: 8:45 ~ 9AM on even day. Place: *Miyanoshita* Sports Ground Capacity: first 10

Fee: ¥100 (pay at site) *Please wear appropriate outfit and shoes for the event.

How to apply: Please reserve by May 20th (Sun), call, fax, e-mail/ visit the Sports Center ☎042-555-0033, fax 554-9974 and provide your address, name, phone number, and your date of birth. If bringing in, come between 9AM~5PM Email: s705005@city.hamura.tokyo.jp

中学校交通安全教室

< Traffic Safety Class at Junior Highschool >

In addition to the traffic lecture, demonstrations of common traffic accidents will be performed by stunt men.

Date & Time: June 5th (Tue), 1:35PM~(about 2 hours) Place: *Hamura Dai Ni* Junior High School

Stuntman Demonstration: ■crash at 40 k per hour ■bicyclist violating traffic laws■bicycle hits pedestrian

■accident due to bad visibility at intersection ■accident between bicycle and pedestrian on the crosswalk

These demonstrations will be followed by a traffic lecture from police staff at the *Fussa* Police Station.

*If the field is not suitable for use, the event will be held indoors.

*Any *Hamura* residents can participate in this school event. Feel free to join! *No parking is available

Inquiry: *Bousai Anzen Ka, Bouhan Koutsuu-Anzen kakari* ☎Ext.216

< Green Curtain Contest 2018 >

Hamura City is encouraging residents and business to use green curtains at their facilities as one of the power saving efforts. If you are growing a green curtain, why not enter yours to this contest?

Eligibility: Residents and business growing green curtains at home or workplace in Hamura City

Application Period: July 2nd (Mon) ~ September 28th (Fri) Must have ①a photo including the whole image with the building of your green curtain. ②a photo(s) showing the current state of the growing green curtain. Both photos need to be an A4 size or larger picture. Submit these along with the application form by method of mail, e-mail, or bringing in directly to the City Hall *Kankyō Hozen-ka* (city hall 2nd floor) between 8:30AM ~ 5PM (weekdays). An application form is also available there or downloadable at and the city website. If you would like to have a form mailed to you, please send a blank envelope to "Green Curtain Contest" with ¥82 stamp on it. Walk-ins are only on weekdays and not on Saturday, Sundays, and holidays. The winners will be announced on *Hamura News* Japanese Edition and *Hamura City Website*. The best prize winner will be invited to a commendation ceremony at the 8th *Hamura Environment Festival*.

Inquiry: *Kankyō Hozen-ka, Kankyō Hozen Kakari* ☎Ext. 226

e-mail: s205000@city.hamura.tokyo.jp Post: to Green Curtain Contest, 〒205-8601 (no address needed)

中学生の職場体験

< On-The-Job Social Learning Program For Junior High School Students >

All Hamura Junior High Schools organize a social learning program which allows the students to experience semi-internship at actual work places, thanks to the cooperation from local business entities.

This social learning program provides the students a great opportunity for learning about the jobs and developing communication skills required in professional environment.

Please be informed that 8th graders of *Hamura Dai Ni Junior High School* will start their 5-day internship starting on May 28th(Mon) to June 1st (Fri). Those students do not go to their school during the internship week, but they commute directly to the assigned work places.

Inquiries: *Gakkō Kyōiku-ka Shidō-kakari* ☎Ext.376

HEALTH INSURANCE、PENSION

介護保険料の特別徴収開始

< Long-Term Care Insurance Premiums deducted from your Public Pension >

For those who will be paying Long-Term Care Insurance Premiums by special collection from April, a Notification of Amount of Special Collection (Premium) Letter has been sent to these applicable citizens.

Based on income of 2017, the payments will be made bi-monthly in even numbered months. (A letter will be issued in July regarding amount to be deducted.) *Kōrei Fukushi Kaigo Ka, Kaigo Hoken Kakari*, ☎Ext. 144

指定難病に係る医療費助成制度の対象疾病(指定難病)の追加

< Policy in Effect Regarding Subsidies for Incurable Diseases >

6 newly certified diseases have been added to the disease list included in the policy regarding subsidies for costs of incurable diseases from April. The total of certified incurable diseases is currently 331.

You must be certified to receive these subsidies.

Please inquire regarding the Tokyo Bureau of Social Welfare and Disabilities Disease Control Division or *Hamura-city Shōgai Fukushi Ka* for more details.

Inquiries: at Tokyo Bureau of Social Welfare and Disabilities Disease Control Division ☎03-5320-4004 Or City Hall, *Shōgai Fukushi Ka Shōgai Fukushi Kakari* ☎Ext. 173

CHILDREN

ちょこっと広場を利用してください

< Please Utilize the Child and Family Support Center's "Chokotto Hiroba" Consultation Services >

The Child Rearing Consultation Service offered by Clinical Psychologists assigned from Hamura City Child And Family Support Center (Kodomo Katei Shien Center), "Chokotto Hiroba" are offered to city citizens. 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, they provide more detailed consultation about the various matters related to the growth by addressing the specific needs of your child.



◆ Consultation for Emotional Wellbeing of Your Child ~ "Kokoro No Soudan"

The next session is on May 23rd (Wed) at West Children Center between 10AM~Noon.

On this occasion only, you do not need to make a reservation. Future sessions will require reservation. On a monthly basis, children centers share event venue hosting responsibility in assigned once in 3 months.

◆ Consultation for Developmental Concerns of Your Child (Intellectual), ~ "Kotoba No Soudan"

The next session is on June 14th (Thu) at Central Children Center between 9:30AM~3PM.

A 50min timeframe is offered for each consultation session in even numbered months.

Please make a reservation.

◆ Consultation for Developmental Concerns of Your Child (Bodily Functions) ~ "Karada No Soudan"

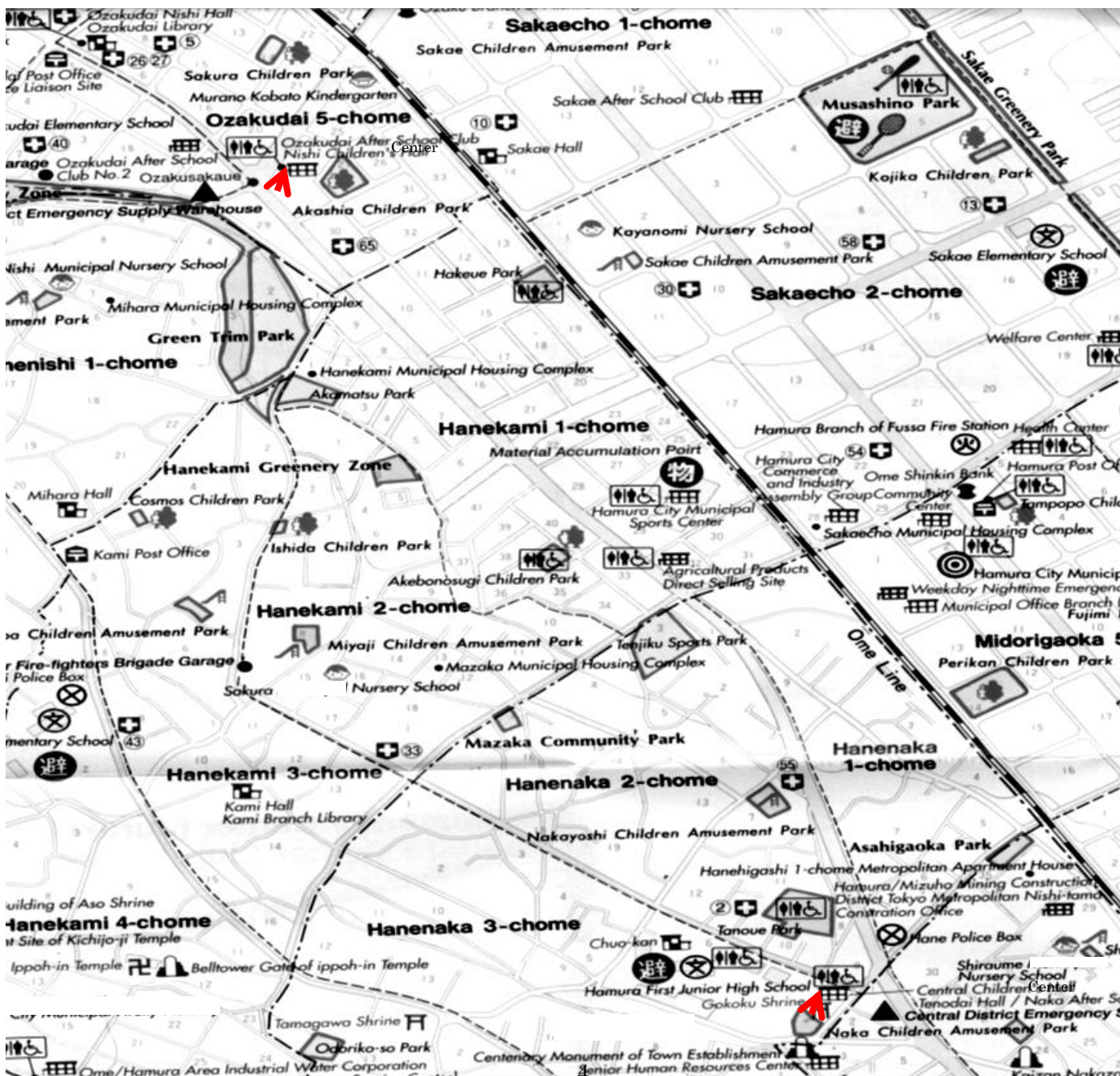
Consultation is offered in odd numbered months. Please make a reservation.

* Details regarding the schedule will be included in bi-weekly bulletin *Kouhou Hamura* (Hamura News).

Official website will list the year's schedule. No consultations in April, June, and July at this moment.

To make a reservation, please call the *Kosodate Soudan Ka, Soudan Kakari* at the below # (Hoken Center).

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



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

Date: May 22nd (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.
Capacity: first 20 (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, meals for a child after 1 Year old, 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

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

Central (Chuuou) Children Center ☎042-554-4552 (closed on Fridays)

< Day-time Moon Observation >

Date & Time: May 23rd (Wed), 4PM ~ 4:30PM Fee: Free
Eligibility: Elementary School Students ~ 18 years old *No reservation required.
Event will be cancelled at 3PM if moon is not visible.

< Astronomical Observation with Family >

Date & Time: May 23rd (Wed), 8PM ~ 9PM *No reservation required.
Eligibility: Elementary School Students ~ 18 years old Fee: Free
*Junior High School students or younger children must be accompanied by an adult.
Fee: Free *No reservation required. Event will be cancelled at 3PM if the weather is bad.

< Home Cooking Class ~ Chinese Dumplings >

Date & Time: June 3rd (Sun) 10AM~ 11:30AM Eligibility: Elementary to 18 years Capacity: first 20 people
Things to Bring: indoor shoes, apron, headcloth, towel for hand, beverage, and fee
Fee: ¥90 Please apply by calling or visiting the center between May 15th (Tue) ~ 31st (Thu) 9AM ~ 5PM.

< Hand-made Toy Workshop ~ Straw Airplane ~ >

Date & Time: June 9th (Sat), ①10AM~ ②1PM~ Eligibility: Preschool children up to 6th graders
Fee: Free Place: East Children Center *No reservation required *Toy Repair available on this day.
Small children should be accompanied by an adult.

East (Higashi) Children Center ☎042-570-7751 (closed on Thursdays)

< Sports Day ~ Let's play Jump Rope ~ >

Date & Time: May 23rd (Wed), 3PM~4PM Eligibility: Elementary and Junior High students

< Let's Make a Treat ~ Chocolate Banana Cupcake >

Date & Time: June 16th (Sat), 10AM ~ 11:30AM Eligibility: Elementary /Junior High students Fee: ¥45
Capacity: first 20 applicants Things to Bring: indoor shoes, apron, headcloth, towel for hand, beverage, and fee. Please apply by calling or visiting the center between June 3rd (Sun) ~ 10th (Sun) 9AM ~ 5PM.

Yutorogi ☎042-570-0707 (closed on Monday)

< Movie Screening for Children >

Date & Time: June 3rd (Sun) 10:30AM~11:30AM Place: 2F Kouzashitsu 1
about 3 titles scheduled Supported by: Hamura Movie Club Admission: Free *No reservation required.

< Story Telling for Children >

Voiced reading of children's stories from picture books and picture panel shows (*Kamishibai*) are enjoyed by children of any culture. Japanese-translated stories from various cultural origins are selected for respective age-groups with consideration to their comprehension level. Admission and reservation are not needed.

▶ at the Main Library

Story Telling *Preschoolers > June 9th(Sat), 11AM~
 *Elementary School Students > May 19th(Sat), 11AM~

▶ at Kawasaki Branch Library ☎ 042-554-7225

Story Telling for all children >> May 23rd (Wed), 3PM~

SWIMMING CENTER ☎579-3210

< Ballet Tone > バレトン

Various exercise mixed to enhance your muscle flexibility **

Date: Every Thursday from 2PM ~ 3PM, Saturday from 9:15AM ~ 10:15AM Fee: ¥800 per lesson

< Morning Aero Exercise Class > モーニングエアロ

Aerobics in the morning will condition your mind and body balance. **

Day & Time: Every Sunday from 9:30AM ~ 10:30AM Fee: ¥500 per lesson

< Pelvic Exercise > 骨盤調整

This exercise will strengthen muscles and keep the pelvis in the correct position. Easy movements will tone up your figure and circulation. Date & Time: Every Tues & Sun, 9:30AM ~ 10:30AM Place: 2F *Kaigishitsu*
Lesson Fee: ¥800 per lesson

< Physical Fitness Exercise > 身体引き締め

The entire body can be toned up with this exercise using a balance ball and expanding rubber items **

It is a great class for beginners at exercise. Time: Every Friday from 2PM ~ 3PM Fee: ¥500 per lesson

For Above Classes

Eligibility: junior high school student or older Capacity: first 20 people ** = at the Training Room

Things to bring: Exercise wear, drink, towel indoor shoes for classes at the training room.

※ For participation, please come to the Sauna front counter on the day of each class. (no class on holidays)

SWIMMING CLASS FOR ADULTS of the 2nd TERM in FY 2018

The first acceptance term of applications for swimming class will begin at the Swimming Center.

Term: June 2nd (Sat) ~ July 27th (Fri), 8 sessions on each set day of the week for which you register.

For further information, please inquire at the Swimming Center during 9AM ~ 8:50PM (closed Mondays). Registration is May 27th (Sun) through June 1st (Fri). Also see Swimming Center website .

Class Tuition	
Course	Price
Preschool	¥5,600
Elementary	¥5,200
Adult	¥8,800
Swimmer's	¥6,000

< Aquabics (In-Water Aerobics) >

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday between June 7th and July 26th, 3PM~3:50PM (no classes in August)

Eligibility: Anyone 16 years old and older Capacity: First 35 people

Fee: *Hamura* residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Items to bring: Swimsuit, swimming cap, and towel Instructor: *Hamura-shi Taiiku Kyoukai* Sports Trainer

How to attend: Please come to the Swimming Pool Front Desk between 1:50PM ~ 2:50PM on the class day.

SPORTS CENTER ☎555-0033

< Heatstroke Prevention Class >

Instruction on how to prevent collapse during exercise due to dehydration is available. Capacity: first 50

Date & Time: June 9th(Sat), 10AM~11AM Place: 2nd Floor Conference Room Fee: Free

Lecturer: a representative of *Otsuka* Pharmaceuticals Co. Ltd. * no reservation needed

MISCELLANEOUS INFORMATION

第30回虫歯の誕生日

< The 30th Dental Information Lecture & Interactive Event ~ Cavity's Birthday ~ >

The Dental Hygiene Awareness Campaign will be underway during this event.

Date & Time: June 2nd (Sat), 2PM ~ 4PM Place: Hoken Center Fee: Free

Event Detail: Fun for Kids, oral check, dental microscope, electric toothbrush, etc. *gift giveaway to all

Also, there will be a Bingo Tournament, and a dental hygiene lecture by a dentist.

Hosted by: Hamura-shi Shika Ishi Kai, etc Co-Hosted By: Hamura City

Inquiries: Masuda Dental Clinic ☎551-8686

「高齢者のフレイル対策」ウェブサイトを開設

< Information on Elderly Condition to be Aware of Provided by Nishitama Hokenjyo >

When people age, they become "frail". If you do not recognize certain symptoms and are not aware of the dangers, it could lead to serious consequences. The early signs caught before they become severe could make a great difference for the elder's sustenance of health.

The Nishitama Hokenjyo has a website that introduces tips on improving your health. You can utilize the menus specially designed for the elder. There are also resources for elder such as meal services available.

Inquiries: Nishitama Hokenjyo (Nishitama Public Health Center) ☎0428-22-6141

< Tokyo Metropolitan Special Needs Education Open-School Day >

The Akiruno Gakuen (*Toritsu Akiruno Gakuen*) is a public special needs school operated by the Tokyo Metropolitan Government. They will have an open-school day on June 4th (Mon), 9AM ~ NOON. If you are interested in visiting, please submit an application. The application is downloadable from their website

<http://www.akiruno-sh.metro.tokyo.jp/>

Inquiries: Akiruno Gakuen ☎042-558-0222, fax 042-558-0074

< Disability Certificate Holders Eligible for Exemption from Light Vehicle Tax (Automobile Tax) >

There is a policy in effect for exemption from tax offered to Disability Certificate Holders (Physical Disability Certificate, Mental Deficiency). To be eligible, you must apply no later than May 31st(Thu). Certain conditions apply. If you had newly registered a vehicle, your application must be submitted within one month after acquisition. Procedures can be made at the Tokyo Metropolitan Tax Agencies. For more information, please inquire at the Automobile Tax Information Center at ☎03-3525-4066.

HIV 検査を行います

< Free HIV Test at Public Health Center >

Test Date & Time: June 5th (Tue) 1:30PM~4PM Fee: Free Reservation: Not required

* Tests can be made anonymously.

▶▶Nishitama Hokenjo is open to public for consultations about sexually transmitted diseases at anytime.

Place: 1st Floor of Nishitama Hokenjo located at 5-19-6 Higashi Ōme, Ōme City (Public Health Center)

Test Result: Please come to the center again on June 12th(Tue), 1:30PM~3PM

* Appear in person only

▶▶Those who wish can be also tested for Chlamydia, Syphilis and Gonococcal Infection as well.

Inquiries: Nishitama Hokenjo Hoken Taisaku-ka Kansenshou Taisaku-kakari ☎0428-22-6141

< One-Day Labor Consultation >

The Tokyo Metropolitan Government will hear labor related trouble cases for the worker, employer, and others. Please feel free to participate in this event.

Date&Time: May 25th(Fri) 11AM ~ 3PM (cancelled if raining) Place: The *Tachikawa Isetan* Department Store 2nd Floor Entrance Right Side outdoor space (JR *Tachikawa* Station North Exit / The *Tama* Monorail System *Tachikawa Kita* Station street *No Reservation Needed.

Inquiry: Labor Consultation Center (Industry and Labor Bureau of Tokyo) *Kokubunji* Office ☎042(321)6110

6月1日～7日は水道週間

< Waterworks Promotion Week - June 1st ~ 7th Annually >

The week of June 1st ~ 7th is the Waterworks Promotion Week. During this week, the *Hamura* City Waterworks Office will welcome visitors to the tour in the *Haisuitou*(Standpipe) and the *Jousuijou*(Filtration Plant). These major facilities will be open to the public to promote the understanding of our water system that local residents rely on for daily water supply, which is sourced in groundwater in *Hamura* City.

The Waterworks Department is, along with the wide range of responsibilities, currently carrying out the earthquake-resistance improvement project for the underground pipe systems as well as the regular monitoring of local water quality focusing on the detection of radio-active substances in order to maintain quality water supply. It is not necessary to make an appointment in advance to join the tours.

Haisuitou (Standpipe): Open to public on June 1st (Fri) ~ 7th(Thu) 9AM ~ 4PM.

Water Tasting: 2nd (Sat) & 3rd(Sun)

From the top of the tower, you can enjoy the grand view of the *Hamura* city landscape! Midorigaoka2-18-5

Jousuijou (Filtration Plant): Open to public on June 2nd (Sat) and 3rd (Sun), 9AM~4PM.

This plant is equipped with a membrane water filtration system of the largest scale in Japan.

Location: Hanenaka 4-10-3

Both Visitations are free of charge. Each participant will be given one "Hamura Water" as a souvenir.

Inquiries: *Hamura* City *Suidou Jimusho* Waterworks Office ☎042-554-2269

はむらの水のおいしさの秘密を探る 公共施設見学会

<Hamura Public Facilities Bus Tour ~ How Hamura Water is Made >

It is a great chance to know more about our city government through learning the functions of *Hamura* City public facilities. The public facilities tour is recommended for family participants as a summer experience.

Date/Time: June 20th (Wed), 9AM ~ about NOON (held in light rain) First-time participants have preference over those who have already attended before. Eligibility: *Hamura* residents, workers/students

Capacity: 25 people (If there are many applicants, participants will be chosen by lottery.)

Tour starts and ends at: City Hall

*Participants will receive the attendance certificate. Fee: Free

How to apply: Please apply by submitting an application by June 13th (Wed) 5PM. Application forms are available at city hall 1st floor Reception /3rd floor *Kouhou-Kouchou Ka*, city hall branch offices, city public facilities. Please submit your application via postal mail / fax / e-mail / or bring it to city hall *Kouhou-Kouchou Ka* on 3rd floor.

Contact: *Kouhou-Kouchou Ka* – City Hall ☎Ext.337 Postal mail: 〒205-8601(write zip code only)

fax: 042-554-2921 e-mail: s102000@city.hamura.tokyo.jp Forms are downloadable from city website.

Please come between 8:30AM ~ 5PM on weekdays, excluding holidays

Tour Course : (There may be a change)

- ① Kyoudo Hakubutsukan (Folk Museum)...A study on the history and folklore of the *Hamura* region.
- ② Purification Plant...Safe and potable water is made here.
- ③ *Suido Jimusho* (Waterworks)... Tour of the Central Building, Standpipe Facility, disaster management

<< **BASIC RULES FOR RIDING BICYCLES** >>

1. Ride on roadway, not on sidewalk
2. Ride on left side of roadway
3. Pedestrians have priority on sidewalk, bicycles go slowly on the roadway side
4. Obey the traffic rules



Driving under the influence of alcohol, riding with another person, riding side by side is violation of the law.

5. Child has to wear a helmet

Bicycle Safety Month is held until May 31st (Thu). Please keep this in mind when you ride your bicycle.

Inquiries: *Bousai Anzen Ka, Bouhan, Koutsu Anzen Kakari*, ☎Ext. 216

子育てママのからだスッキリ教室 290915

< **Mom's Physical Refreshment Class** > Moms currently experiencing child rearing wishing to get rid of discomfort, such as back/shoulder pain, fatigue, can do so through this class.

Date: June 29th(Fri), 10AM~NOON Place: *Yutorogi Reception Hall* Eligibility: Moms raising children in *Hamura City* Capacity: first 15 Fee: free Please inform us if you are bringing a child. (There is child care service for children under 2) Things to bring: writing utensils Details: Wear comfortable clothing/ shoes. There will be a lecture, exercise segment, and food tasting. Please call Hoken Center ☎042-555-1111, Ext. 625 on weekdays from May 17th (Fri) 8:30AM ~ 5PM. (closed on weekends and holidays)

KYODO HAKUBTSUKAN (FOLK MUSEUM) ☎ 042-558-2561

郷土博物館「鳥を楽しむー描く、遊ぶー」

< **The Wonder of Birds** >

Birds have been admired by humans since the old ages, and have appeared on paintings and books. The exhibition features the wonder of birds, and the culture of Edo Era where feathers were used as toys.

Date & Time: May 26th (Sat) ~ September 2nd (Sun) 9AM ~ 5PM at the Exhibition Room

* Closed on Mondays and the day following Monday to take place of the opening of facility on holiday.

市内いっせい美化運動 花いっぱい運動

< **Hamura City Beautification Campaign on Sunday, May 27th (Sun)** >

Let's join your community group for a day of public cleaning or gardening activity — picking up trash and cleaning around our public facilities and streets, or prepare the community gardens with flowers for Summer.

☆ **Town Cleaning** ☆

Let's pick up trash from public spaces with your neighborhood group, then separate them into burnable and non-burnable trash bags, then place them out for collection before 9AM on the event day.

Inquiry: *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* - ☎Ext.205

* **Community Gardening** *

Hamura City will distribute 100,000 pots of colorful flowers to decorate public parks and sidewalks.

Decorated flowerbeds will be entered for the *Hamura City "Hana Ippai"* Summer Competition. Ask for details

Inquiry: *Sangyou-Shinkouka Nousei-kakari* - Ext. ☎663 / *Hamura City Tourism Association* ☎042-555-9667

HEALTH

骨密度測定

< Bone Density Test for Women >

Women's Bone Density generally starts decreasing after 20's, and especially around the menopause. All female residents are encouraged to take this chance and check their bone condition even if you are young for the prevention of Osteoporosis (Brittle-bone Disease), a very common bone disease among women.

Schedules: Please choose from the following options;

<A> July 8th (Sun) 9AM ~ Noon July 8th (Sun) 1:15PM ~ 4:15PM

<C> July 9th (Mon) 9AM ~ Noon <D> July 9th (Mon) 1:15PM ~ 4:15PM

* Each session will take about 1.5 hours (for various test (x-ray filming) and medical counseling).

Place: Hoken Center Eligibility: Female *Hamura* Residents of age 20 to 64 years as of July 8th.

*Those who are being treated for Osteoporosis, pregnant or have a possibility of being pregnant cannot apply.

Capacity: First 170 people (If applicants exceed capacity, participants will be chosen by lottery)

Inquiry: between May 16th (Wed) to June 6th (Wed), visit *Hoken* Center from 8:30AM ~ 5PM, or call center at ☎042-555-1111, Ext. 624. (excluding Saturday and Sunday, holidays)

*Please choose 1st and 2nd preference of schedule. *If coming with a child, please notify when you apply.

*Please check the Bone Density Test Card that will be mailed to you for the date and time specified for you.

羽村市骨髄移植ドナー支援事業

< Bone Marrow Donors can Recieve a Subsidy >

A citizen who donated Bone Marrow or Stem Cell to the Japan Marrow Donor Registry can be eligible for subsidy from the city. This policy has been put into effect to raise the number of donors.

①You must have an address within *Hamura* City, and supporting documents for the donation should be submitted. ②Your employer will be eligible as a contributor as well

Subsidy Amount: ①¥20,000 per day ② ¥10,000 per day The days that hospital visits were made or hospitalization had been required (limited to 7 days).

Date of Expiration: Please apply within 1 year after the donation. Application procedures can be made at the *Hoken* Center. Pamphlets are available at the counter. Inquiries: *Hoken* Center ☎Ext. 623

大腸がん検診

< Colon Cancer Screening >

Date: June 1st (Fri) ~ October 31st (Wed) Eligibility: *Hamura* residents who are age 40 or older as of the examination date Fee: Free Testing Methods: Testing stool for occult blood (for 2 days)

How & Where: Go to one of the participating medical facilities in *Hamura* City with your health insurance card.

*To those who turned 40, 45, 50, 55, or 60 years old last fiscal year, *Hamura* city has sent out free coupons for colon cancer screening. If you have one, please also bring the coupon when taking an examination.

Please view the *Hamura* City website. Inquiry by phone can be made to the *Hoken* Center ☎Ext. 627

女性特有がん健診にはクーポン券を利用してください

< Coupons for Free Screenings for Female-specific Cancers >

Hamura City will provide coupons (subsidy certificate) for free cancer screening for Cervical or Breast Cancer. The new coupon will be mailed to the applicable residents in late May, and can start being used in June, 2018.

Cervical cancer screening coupons will be issued for female residents who turned age 20 in FY 2017, and for people who did not use the coupons previously provided in FY2016 who turn 23 during FY 2018.

Breast Cancer screening coupons will be issued for female residents who turned age 40 in FY2017 and for people who did not use the coupons previously provided in FY2016 who turn 43 in FY 2018.

Inquiries: *Hoken* Center 042-555-1111, ☎Ext.626 Open 8:30AM ~ 5PM on weekdays.

The *Hoken* Center does not operate on weekends and holidays.

< Cervical Cancer Screening >Term 1

Date: By appointment between June 1st (Fri) ~ September 29th(Sat)

Please call Hoken Center ☎Ext.626 from May 16th (Wed), excluding Saturday, Sunday and Holiday

Participating Medical Facilities: *Yorimitsu Ladies Clinic, Hamura Himawari Clinic, Fussa Hospital, Taisei Hospital* (located in *Fussa City*)

Eligibility: Female residents at age 20 or older as of the examination day who were not tested last fiscal year.
 • These subsidy certificates are available in limited number. (Applicants will be served on first-come first-serve basis.) Fee: free * Screening date should be scheduled when applying for *Fussa Hospital*.

Please apply for Breast Cancer Screening and Cervical Cancer Screening from May 16th (Wed)
 Please call *Hoken Center* 042-555-1111, ☎Ext.626 between 8:30AM ~ 5PM on weekdays to make an appointment. The *Hoken Center* does not operate on weekends and holidays.

< Breast Cancer Screening >

Date: By appointment between June 1st (Fri) ~ September 29th (Sat)

Please call Hoken Center ☎Ext.626 from May 16th (Wed), excluding Saturday, Sunday and Holiday

Participating Medical Facilities: *Fussa Hospital, Nishimura Iin, and Taisei Hospital* (located in *Fussa City*)

Eligibility: Female residents at age 40 or older as of the examination day who were not tested last fiscal year.
 • These subsidy certificates are available in limited number. (Applicants will be served on first-come first-serve basis.) Fee: ¥1600 Please pay at the hospital on examination day. *Free for Welfare Recipients. Please bring the Certificate of Welfare Recipient.

Examination Details: Health interview, clinical breast examination, and mammography screening (X-ray)
 * Screening date should be scheduled when applying for *Fussa Hospital*.

Please note that you will not be eligible for the free check-up is you have breast augmentation or pacemaker.

< Mass Breast Cancer Screening >

If you are 40 years old or older, and a coupon was sent to you from the City, you are eligible for this screening.

Date and Time: July 1st (Sun), 7:30AM ~ 2PM This group check-up will be held on Sunday.

Place: *Hoken Center* Capacity: first 100 Persons Eligible For the Coupon FY 2018 can also apply.

How to apply: Starting from May 16th (Wed)~June 15th (Fri), send a postcard with required information:

<p><Front></p> <p>〒205-0003 <i>Nyugan Kenshin Tanto</i> (Breast Cancer Reception) <i>Hamura Shi Hoken Center</i> 5-5-2 <i>Midorigaoka, Hamura Shi</i></p>	<p><Back></p> <p><i>Shuudan Nyugan Kenshin</i> Your Address Name (with Pronunciation) Date of Birth Telephone Number</p>
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You can also apply by filling out an application at Hoken Center, or by calling the Hoken Center
 A specific time cannot be designed for the screening. Notices will be mailed out to applicants regarding the details of schedule for their screening. It will take about 30 minutes to complete procedures on the screening date.

Notes about Cervical / Breast Cancer Screenings :

- It will take about a month for the result reports of tests taken through this subsidy program. If you are already having symptoms, please make a doctor appointment on your own.
- If you apply at the Hoken Center by directly appearing at the counter, you will be given an interview sheet.
- The Term 2 applications procedures for Cervical and Breast Cancer are scheduled to start in September. We advise citizens to reserve before November, since it is easier to be scheduled. You may not be able to get a reservation after this due to the increase of patients.

Please call *Hoken Center* 042-555-1111, ☎Ext.626 between 8:30AM ~ 5PM on weekdays

「ゆとろぎ想ひ出の映画鑑」の入場券の配布方法が変わります

< **Old Movie Screening ~ "East of Eden"** >

Yutorogi Omoide Eigakan is a periodic event for old movie screening.

Date: June 17th (Sun), 2PM (doors open at 1:30PM) Place: Yutorogi Small Hall no reserved seating
From this session, the numbered tickets will be handed out before the movie 2 weeks prior to the day of showing at Yutorogi Center. Please obtain a ticket available from June 3rd (Sun) (closed Mon).

神津善行の楽しいお話とコンサート

< **Big Band Jazz and Talk Show** >

Clarinet Player Mr. Naoki Suzuki and Soprano Singer Ms. Kaoruko Takahashi will offer a big band jazz concert . Please enjoy the talk event led by Mr. Yoshiyuki Kouzu and jazz from the post war era..

Date: June 21st (Thu), 2PM (doors open at 1:30PM) Place: Yutorogi Main Hall Capacity: first 854
Fee: ¥2,000 Preschoolers not allowed admission Tickets available at the Yutorogi Counter ☎042-570-0707
Hosted By: Ome Sato Foundation, NPO Youth of Tama, and Hamura City Board of Education

はむら家族プロジェクト

< **Photo Session for the Family of Hamura City** >

The "Hamura Family Project" will offer photo sessions for 20 families who reside in Hamura City. The shooting will be made by a professional photographer in either June, August, October (tentative schedule).

Eligibility: families with children under 10 years old or under Capacity: first 20 families
Fee: free Application: Please apply by accessing the Hamura City Official Website. (The registration is done in Japanese.) There is a standard format application form and consent form that must be filled out. Please access the Hamura City Official Website <Hamura Kazoku Sankasha Boshuu> はむら家族参加者募集
Inquiries: City Promotion Program Section, ☎Ext. 342



HAMURA ZOO (Doubutsu Kouen) ☎042-579-4041



動物公園

< **Meerkat Babies** >

Amanatsu the meerkat gave birth to puppies. We cannot determine gender, however they are in good health They can be seen playing with each other outside when the weather is good.

