



HAMURA NEWS

HAMURIN Hamura City Mascot

June 1st, 2018

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第43回夏まつり参加者募集

< The 43rd Hamura Summer Festival ☆ Participants Wanted ! >

Date & Time: July 28th (Sat) & 29th (Sun), 3PM~8:30PM on both days **2018 Event Theme: "Colorful"**

Place: Areas Near JR Hamura Station West Rotary & East Rotary

Hosted by: The 43rd Hamura Summer Festival Executive Committee

◆ "Nimba Odori" Dance on July 28th(Sat) Participants Wanted!

Nimba Odori is a slow-rhythm Japanese folk dance that large number of dancers can join together.

Participating groups will dance in their matching *Yukata*, *Hanten*, or any original costumes!

Eligibility: Groups of 5 people or more. Each group needs be authorized by the event executive committee.

◆ Event Volunteer Staff Wanted

Feel free to participate on either or both festival dates. Let's make our Festival together!

Eligibility: Anyone who wishes to volunteer What to do: Guide people, cleaning, help with programs.

◆ Performers wanted for the Sub-Stage

A Stage Truck will be set at the Festival. Dancers, musicians, and other entertainers are welcome!

Eligibility: Individuals or groups who are authorized by the event executive committee and willing to give (無償) pro bono stage performances. *If there are too many applicants, performers will be selected by lottery.

◇ How to apply to the listings above

Term: June 1st (Fri) ~ 15th (Fri), 5PM.

Submit a completed registration form via email or bring to city hall *Sangyou-Shinkou ka* in city hall *Nishi Bunshitsu* building 2nd floor (on weekdays only from 8:30AM ~5PM).

Application forms are available at *Sangyou-Shinkou ka*, and on Hamura City Official Website for download.

◎ Sales Booth Registration Food Stalls and Sales of Merchandise

Eligibility: Members of *Hamurashi Shoukoukai*, or public organizations that have been active in Hamura
*Some public organizations may be required to turn in a form of operation history which proves members are Hamura City residents..

How to Register: Submit a registration form (available at *Hamura-Shi Shoukoukai*), requested documents and fee to *Shoukoukai* in person from June 1st (Fri) ~ 15th(Fri), 5PM.

* The guideline handbook will be given along with an application form. It may also be downloaded.

* Based on Public Health Center Guideline, food sellers must provide their food supplier information on a Temporary Business Registration Form. Food products need be issued permission by the *Hokenjo* in advance.

For more details: Contact the 43rd Hamura Summer Festival Executive Committee formed by these offices;

- City Hall, *Sangyou-Shinkou ka Shoukou Kankou-kakari* ☎Ext.657/e-mail: s206000@city.hamura.tokyo.jp

- *Hamura-shi Shoukoukai* ☎042-555-6211

田んぼ体験 苗取り・田植え

< Rice Farming Workshop ~ Picking Rice Seedlings & Rice Planting ~ >

Do you know how rice is grown? This experience is a great chance to learn about and appreciate your rice.

Date & Time: Picking Seedlings - June 9th(Sat) 8:45AM~, at *Odorikosou Park (Hanenaka 4 Choume)*

Rice Planting - June 10th(Sun) 8:30AM~, at *Negarami Mae Suiden* (" nearby)

*The event will be held in rain or shine. *You will also get to harvest and thrash these rice in Sep. /Oct..

Eligibility: Elementary & Junior high school students Fee: Free * Reservation is not required.

*Be prepared for working in muddy field. Hosted By: *Seishounen Taisaku Chiku InKai Renraku Kyougikai*

Contact: *Jidou Seishounen-Ka, Jidou Seishounen-kakari* ☎Ext.263

SPECIFIED HEALTH CHECKUPS 2018

An annual checkup report of Specified Health Checkups (*Tokutei Kenkou Shinsa*) will help you gain knowledge of the current condition of your health, and will provide insight for maintaining your health in the future. It is important to take your annual medical check-ups in order to detect minor irregularities, and also you can take lifestyle diseases preventive measures if you had been diagnosed as having the tendency. This medical examination program with a particular focus on the detection and treatment of lifestyle diseases, especially metabolic syndrome, is carried out by medical insurance, and is free of charge.

Inquiry: *Hoken Center* ☎042-555-1111- ☎Ext.622~627

For the following people :

■ National Health Insurance (NHI) Members (and their dependents)

who are at age 40 ~ 74 in FY2018 (April 2018~ March 2019)

■ Those who are enrolled in the Late-Elderly Medical Insurance Program/System

Specific Health Checkups Notification (特定健診のご案内) were mailed out in late May by *Hamura City* to National Health Insurance subscribers at applicable age and all Late-Elderly Medical Insurance subscribers.

2018 Program Period: June 1st (Fri) ~ October 31st (Wed)

※Please bring the Specific Health Checkups Ticket (受診券), Medical Insurance Card and Elderly Member Card

■We recommend early checkup by around August. ■Non-NHI members will not be eligible for check-up.

Check-up Ticket is: Orange for NHI member / Blue Colored for Late Elderly Insurance Members

Individuals who are covered by Welfare Annuity, Mutual Aid Association or company health insurance union should receive the notification and ticket from their health insurance provider or employer.

○From FY 2018, a staff member from the medical facility may call you on the telephone to advise you that you should receive treatment based on the health checkup results, if you have neglected to seek treatment on your own.

○ Healthcare Guidance

As part of this medical examination program targeting lifestyle diseases for persons who are 74 or younger, healthcare guidance as post-checkup counseling is provided for individuals concerned to be "at risk" due to above average for both waist measurements and BMI calculations, and also high counts in blood pressure, blood vessel fat, blood sugar. Certified Nurse and Dietitian will provide individual advice. The city will mail a counseling information (特定保健指導) to those whose checkup report indicates the risk.

○ "Health-up" Additional Check-ups

If you take this checkup in one of the participating medical facilities in *Hamura City* listed below, additionally 6 more medical-check categories are available free of charge.

○ Medical Facilities Offering Specified Health Checkups

Checkups are given at the following participating medical facilities:

Clinic	Telephone	Clinic	Telephone
<i>Izumi Clinic</i>	042-555-8018	<i>Futaba Clinic</i>	042-570-1588
<i>Ozaki Clinic</i>	042-554-0188	<i>Maeda Surgical (Geka)Clinic</i>	042-578-8875
<i>Ozaku Ekimae Clinic</i>	042-578-0161	<i>Matsuda Iin</i>	042-554-0358
<i>Sakae-chou Shinryoujo</i>	042-555-8233	<i>Matsubara Naika Iin</i>	042-554-2427
<i>Shinmeidai Clinic</i>	042-554-7370	<i>Yanagida Iin</i>	042-555-1800
<i>Nishitama Byouin</i>	042-554-0838	<i>Yamakawa Iin</i>	042-554-3111
<i>Hamura Sankei Byouin</i>	042-570-1130	<i>Yamaguchi Naika Clinic</i>	042-570-7661
<i>Hamura Orthopedic & Rheumatic Clinic</i>	042-570-1170	<i>Yokota Clinic</i>	042-554-8580
<i>Hamura Sougo Shinryoujo</i>	042-554-5420	<i>Wakakusa Iin</i>	042-579-0311
<i>Hamura Himawari Clinic</i>	042-555-1103		
Ophthalmologist *Only funduscopy can be performed as a part of this health checkup program.			
* <i>Manabe Clinic (Ozakudai 2)</i>	042-554-6511	* <i>Shin ai Clinic</i>	042-554-7019

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

Let's learn about the natural environment through this summer study tour in *Hachijou-jima*! Although the beautiful islands of *Hachijoujima* are located in Tokyo, they are not like the urban Tokyo that we know. Opportunities to try scuba diving, hiking, the glowing mushroom tours, and cleanup efforts will be an inspiring experience.

Program Schedule (*Interview will take place on June 14 th and 15 th)	
Date	Detail
July 8 th (Sun)	Youth Eco Study Tour Group Getogether / Pre-tour training~ all day ~
July 25 th	Pre-tour training WORKSHOP ~Water Creatures And Their Environment~
August 3 rd (Fri) evening ~ August 7 th (Tue) night	<i>Hachijou-jima</i> island Yough Eco-Study Tour (Group stays on ship for one night on the way, takes a plane on the way back.)
August 26 th (Sun)	Post-tour study meetings
November 3 rd (Sat), 4 th (Sun)	Post-tour activity (recycle activities)
June 1 st (Sat), 2019	Presentation at The 8 th Environmental Festival

Eligibility: students in 6th grade of elementary school ~ 3rd year of high school, who are *Hamura* residents that meet the following requirements:

- ① Those in sound health condition and willing to participate in outdoor activities
- ② Those who can participate in all events that are part of this program
- ③ Those who wish to make good use of the experiences and knowledge learned in this tour in future activities

Capacity: several children (In case applicants number exceeds the capacity, participants will be selected by lottery. If there are no more slots available, the term @application period will not take place.)

The Eco-Study of the previous year was cancelled due to adverse weather conditions, therefore, last year's participants have priority over other applicants.

Fee: ¥18,000 **How to Apply & Inquiry:** Between ① June 1st (Fri)~13th (Wed), ② June 18th (Mon)~22nd (Fri) by 5 PM, fill in an application form attached with necessary detail and mail or bring it to city hall 2F *Kankyō Hozen-ka Kankyō Hozen-kakari*, 〒205-8601 (no address necessary).

The application form is available at Elementary Schools and Junior High Schools, city hall *Kankyō Hozen-kakari*, and *Hamura City Official Website*.

* The project has been made possible by donations from *Tama Tōshō Kouiki Renkei Katsudō*.

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

大島子ども体験塾 参加者募集

< Participants wanted for Kids' Summer Camp 2018 in Ōshima Island >

The Ōshima Island Summer Camp will be co-sponsored by *Hamura City* and neighboring *Akiruno City*. The delegation will leave the night lighted *Takeshiba Sanbashi* (dock in Tokyo Bay) at night, and in the morning will be welcomed by the sunrise at sea. The aim of this camp is to learn the importance of cooperation through hiking, playing at the beach, and various activities with residents.

Program (provisional):

- Pre- Event Meeting ... July 22nd (Sun)
- Trip to *Izu-Ōshima* ... August 8th(Wed) ~ 12th(Sun) (4 nights & 5 days, including one night on board), Program on the island includes climbing Mt. *Mihara*, playing at the beach and nature conservation activity
- After-Event Meeting ... August 25th (Sat) ※Briefing for Parents: July 18th (Wed).

Eligibility: Students of Elementary School: 5th ~ 6th graders & Junior High in *Hamura City*, who are able to participate in all scheduled events, and willing to take a leadership in local community activities in the future.

Capacity: 35 If there are many applicants, the members will be chosen by lottery)
(70 members total with *Akiruno City* members combined)

Fee: ¥10,000 *Please pay the fee at the Briefing for Parents. (This fee may increase due to bad weather.)

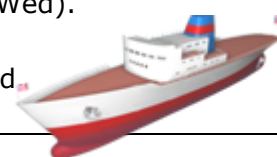
How to Apply: Please file an application by postal mail or bring it to city hall 2nd Floor *Jidou Seishounen-ka, Jidou Seishounen Kakari* 〒205-8601 (no address necessary) no later than June 13th(Wed).

The application form is available at Elementary Schools and Junior High Schools, *Jidou Seishounen-ka* at City Hall, and at the *Hamura City Official Website* for download.

Inquiries: *Jidou Seishounen- Ka* ☎Ext.263.

***Note for both tours:**

Direct submission of applications are accepted on weekdays from 8:30AM ~ 5PM. (Closed holiday/weekend)
You may only apply for one activity only. Please pick one of either Hachijou-jima Island Tour or the Ohshima Island Summer Camp. You cannot participate in both tours.



CULTURE AND COMMUNITY

高齢の方向けの講座 受講生募集

< "Iki-Iki" and Volunteer Workshops at Ikoino Sato Elderly Recreation Center >

Having hobbies is one of the keys to the healthy long life. Through these classes enjoy finding and developing your hobby, and let's make some friends! Classes are being offered at beginner level.

Class Term: July ~ March 2019 Place: *Iko no Sato* Eligibility: *Hamura* Residents who are at age 60 or older as of June 1, 2018 Course Fee: Free *Each student must pay for class materials.

Application: Visit *Iko no Sato* between June 4th (Mon) ~ 11th (Mon), 9AM~4PM. *You must apply in person. *Apply for 1 class only. *Registration will be accepted after deadline if there are openings.

Inquiries: *Iko No Sato*, ☎042-578-0678

◎These are volunteer classes; People with special knowledge, skills or experience teach for free as a volunteer help the community.

Class Name	Date & Time	Capacity	Instructor
Pottery	Every 1 st , 2 nd , and 3 rd Monday 10AM~Noon	Several	<i>Seikou Watanabe</i>
<i>Kadou</i> (Flower Arrangement)	Every 1 st & 3 rd Monday 10:30AM ~ Noon	Several	<i>Yasuko Ueda</i>
<i>Suibokuga</i> (Ink Painting)	Every 1 st & 3 rd Tuesday 10AM ~ Noon	15	<i>Tomoko Okimoto</i>
<i>Shippou Yaki</i> clay ornament	Every 1 st & 3 rd Wednesday 10AM ~ Noon	Several	<i>Tamiko Morita</i>
<i>Haiku</i> (Syllabic Poem)	Every 1 st & 3 rd Wed. 10AM ~ Noon	Several	<i>Kouchirou Sugihara</i>
<i>Taishou Koto</i> (Harp) for Beginners	Every 2 nd & 4 th Tuesday 10AM ~ Noon	15	<i>Tamae Sunohara</i>
<i>Shodou</i> (Japanese Calligraphy)	Every 1 st & 3 rd Friday 10:30AM ~ Noon	10	<i>Yoshimi Tamura</i>
◎ <i>Shigin</i> with <i>Shinpuu</i> School (recitation of Chinese poem)	Every 2 nd & 4 th Wednesday 10AM ~ Noon	15	<i>Seifuu Ichino</i>
◎ <i>Shigin</i> (recitation of Chinese poem)	Every 1 st & 3 rd Thursday 1:30PM ~ 3:30PM	15	<i>Michihiro Isogai</i>
◎Camera	Every 2 nd Thursday 10AM ~ Noon	10	<i>Atsushi Fujii</i>
◎ <i>Hyakunin Isshu</i> (traditional Japanese cards of 100 poems)	Every 2 nd & 4 th Wednesday 10AM ~ Noon	15	<i>Akiko Hara</i>
◎Letter Style with pictures	Every 2 nd Tuesday, 1:20PM ~ 3:30PM	Several	<i>Kimiko Miura</i>
◎Making Knicknacks out of material from the Natural Environment	Every 3 rd Monday 1:30PM ~ 3:30PM	Several	<i>Gen Osaki</i>
◎Flower Arrangement	Every 1 st Monday 1:30PM ~ 2:30PM	10	<i>Kozue Ogishima</i>
◎Folk Exercise	Every 2 nd and 4 th Tuesday 10AM ~ Noon	10	<i>Sayoko Matsuse</i>



< 2018 Juraku-En "Okonomi Kouza" Class and Volunteer Workshop >

There will be classes offered by experienced staff at *Jurakuen's Roujin Shuukai Shitsu* (In Community Ctr).

Eligibility: A *Hamura* Resident as of June 1st, 2018 over 60 years old Fee: Free (material costs required)

How to apply & Inquiry: Call or visit *Kourei Fukushi Kaigo Ka Kourei Fukushi-kakari*, between June 1st (Fri) ~15th (Fri) from 8:30AM ~ 5PM on weekdays. (☎Ext. 177)

OKONOMI KOUZA CLASSES for Beginners

Class Name	Date & Time	Capacity	Instructor
<i>Minyou</i> (folk dance)	Every Tuesday 0:30PM ~ 3:30PM	10	<i>Ayako Yamaki</i>
<i>Igo</i> (board game)	Every Friday 10AM ~ NOON	5	<i>Nobuo Uno</i>
<i>Shougi</i> (board game)	Every Friday 1PM ~ 4:30PM	5	<i>Isamu Takahashi</i>

VOLUNTEER CLASSES for Beginners

Class Name	Date & Time	Capacity	Instructor
Chalk Art	Every 1 st and 3 rd Thursday 1PM ~ 4PM	10	<i>Rie Takaoka</i>
<i>Shigin</i> (recitation of Chinese poem)	Every 1 st & 3 rd Tuesday, 2 nd & 4 th Thursday 1PM ~ 4:30PM	3	<i>Isamu Takahashi</i>

第37回羽村市高齢者レクリエーションの集い

< The 37th Recreation Gathering For Elderly Residents >

Hamura City and the Elderly Citizen's Club will hold a senior citizen event. Join even if you are not a member. Elderly citizen's health will be enhanced through engaging in sport and recreational activities at this event.

Date & Time: June 13th (Wed), 1:30PM ~ 4:30PM Place: Sports Center Hall 1

Eligibility: *Hamura* residents at age 60 or older Please inquire for details

*Bring indoor shoes. Inquiry: *Kourei Fukushi-Kaigo-Ka, Kourei-Fukushi-kakari* ☎Ext.177



***Children's Summer Science Workshop – Kodomo Taiken Jyuku ***

*** Date: July 30th (Mon) ~ August 6th (Mon) ***

Sponsored By: Ōme City, Hamura City, and Mizuho Machi Kodomo Taikenjyuku Jikkou Inkai

These event are made possible by the Tama Tousho Koueki Renkei Katsudou Inquiry: Yutorogi ☎042-570-0707

All of the workshops and events are in the Japanese language.

Workshop ① Scientific Experiment "Space Kid's Laboratory"

Mr. Hiroshi Ebitani, a famous host for TV science show for kids, will tour the city and hold a "Space Kid's Laboratory" He will tour on 3 consecutive days during this Kodomo Taiken Jyuku.. ~ 1.5 h for each show.

Capacity: Each Workshop will accept 50 people

* 1st Performance: 10:30AM

* 2nd Performance: 2PM

Eligibility: Elementary to Jr High School age residing in Hamura City, Ōme City or Mizuho Machi. Fee: Free

Deadline for Application: no later than June 29th (Fri)

(If there are many applicants, the members will be chosen by lottery.)

Date & Time	Place
July 30 th , (Mon)	Sky Hall in Mizuho Machi
July 31 st , (Tue)	Kamanofuchi Shimin Kan in Ome
August 1 st , (Wed)	Yutorogi Small Hall

Workshop ② Cosmic College "How to Make a Hovering Craft Ship"

JAXA (Japan Astronomical Exploration Agency) will dispatch staff to teach kids in this cosmic college!

Date: August 3rd (Fri), 2PM Capacity: first 40 Deadline: July 29th, (Fri) Place: Sky Hall in Mizuho Machi

Eligibility: 3rd Graders ~ Junior High School Students of Hamura City, Ome City, Mizuho Machi

◆ Application for Participating Workshops

How to Apply: *Please refer to the deadline for application aforementioned in article for these events.

Method A - On post card, fill in the event name, applicant's mailing address, name, phone number, school name and grade, preferable date, parent's name if coming along and mail it to the executive office in your municipal office. *Please indicate your desired workshop.

(You can specify up to 2nd option for date selection of event for the workshops)

Method B - Fill in an application sheet available at executive offices in respective city halls.

Method C - Please download and apply.

*It is possible that applicants will be chosen through name drawing. Drawing Results will be sent to you in the form of a postcard. *Science Show attendees must have the winning post card granting admission.

Application Offices: (〒 refers to zipcode)

• Hamura City – Yutorogi Kodomo Taikenjuku Tantou ☎042-570-0707 〒205-0003, 1-11-5 Midorigaoka, Hamura City

• Ōme City – Shakai Kyouiku-ka Kodomo Taikenjuku Tantou ☎0428-22-1111〒198-8701, 1-11-1 Higashi Ōme, Ōme City

• Mizuho machi – Shakai Kyouiku Ka Kodomo Taikenjuku Tantou ☎042-557-6695

〒190-1221, 2475 Ōaza Hakonegasaki, Mizuho Machi, Nishitama Gun

Exhibitions Open to Public <no registration necessary> : Date: August 1st (Wed) ~ 6th (Mon) Place: Mizuho Sky Hall

◆ [JAXA Space Suit/Rocket on Display] from IHI Aerospace Museum at Yutorogi Exhibition Hall

◆ Paper Rocket Satellite Crafting Time: 9:30AM ~ 4:30PM at the small hall during Open Exhibition Term

◆ Planetarium: Air dome planetarium which will show night sky seen from the participating cities.

Place: small hall ①10AM~ ②11AM~ ③2PM~ ④3:30PM

* Numbered ticket will be handed out 30 minutes before each show.

子ども国際交流音楽祭 合唱団参加者・歓迎演奏出演者募集

< Youth Chorus Members Wanted for The Children's International Exchange Music Festa >

We are now accepting applications for chorus members to perform at the Children's International Exchange Music Festa on October 8th (Mon, Holiday) at Yutorogi in Hamura City. This is a wonderful opportunity to sing to the accompaniment of Vienna Philensemble and a pianist. After the chorus performance, you will also enjoy the live Viennese classic music. Don't worry, chorus experience is not required! Fee: Free

Eligibility: Hamura resident junior high students ~ up to 18yr old who can participate in rehearsals and show

Capacity: About 100 chosen from applicants from Hamura City, Hinohara Village and Okutama Town.

Training: About 10 times from late June to early October, mostly on Sundays, 2PM~5PM, at Yutorogi.

Application & Inquiry: Please file an application before June 10th(Sun) between 9AM ~ 5PM, excluding Mondays to Yutorogi. The form is available at junior high schools, at Yutorogi and on web for download.

歓迎演奏出演者募集

~ Members for The Welcoming Concert Performed by Citizens ~

Eligibility: A chorus ensemble consisting of members who are attending an institution of music, or have graduated the institution, who want the opportunity to perform that reside in the *Nishitama* region of Tokyo, approximately up to the age of 30. The members will be evaluated by the Director.

Application and Inquiry: Please file an application before June 29th (Fri) between 9AM ~ 8PM, excluding Mondays to *Yutorogi*. Please inquire regarding the details of performance.



あかちゃん休憩室の利用を

< The "Akachan Kyuukei-Shitsu" for Caring Baby's Needs >

Hamura City is promoting "Akachan Kyuukei-shitsu あかちゃん休憩室 (Baby and Child Room)." It is a privacy-protected room set up for mother/father and baby so they can take a rest for feeding and diaper change while on the go. At some locations, hot water is available for making baby milk. Currently there are 49 locations around the city, at childcare facilities, city public facilities, business locations, and city hall. Any of the rooms can be used free of charge at any time during the facility's open hours.*Please knock before entering a break room. There might be a mom breast-feeding her baby.

List and Map of *Akachan Kyuukei-shitsu* is available at *Kosodate Shien-ka* in city hall and on the official website of Hamura City

Inquiries: *Kodomo Katei Shiei Center* ☎042-578-2882

ホタル観察会

< Hotaru (Firefly) Watching >

Hamura Hotaru Kenkyukai (Hamura Firefly Study Group) is breeding fireflies every year at Firefly Nursing Field near *Aso Jinjya Shrine* per Hamura City's request. At the end of June, you can observe the fireflies flying around Tama river bank in Hamura City. Let's enjoy the fantastic view of firefly lights!

Date & Time: June 23rd (Sat), 7:30PM~ **Meeting Place:** Front Entrance of "Ikoi-no Sato" **Fee:** Free
Guided by: Hamura Hotaru Kenkyukai

*No reservation needed. * Please do not come by car. *Please do not capture the fireflies around the breeding site! (The breeding project has given great effort to protect and increase the firefly population. Please respect the rules when coming to watch these fireflies.)

Inquiries: *Kankyou Hozen Ka, Kankyou Hozen-kakari* ☎Ext.225

市民ギャラリー

< Art Gallery with Works Created by Citizens >

These exhibition events are operated by citizens at Community Center 2F Hall in the aim to support the artistic and cultural efforts of Hamura City citizens.. This time "Hamura Shimin Gallery" events feature Artist Mr. *Ogishima* who was disciple to a famous artist in Shanghai, and has been drawing since 1999.

✿Jun 3rd (Sun) -10th (Sun), 10AM~5PM (~3PM final day). ➤☎090-6533-0229(Ito) to hold an exhibition.

はじめてみませんか、バードウォッチング

< Woudn't You Like to Start Birdwatching? >

It is the season of summer birds. You can find them along the Tama River. Workshop participants can bring their own lunch and eat with the instructor while learning about birds.

Date & Time: June 24th (Sun) 9:30AM ~ 11:30AM
(will be held in light rain) no reservation necessary

Site for Birdwatching: Hamura Seki (Water Intake Sluice)

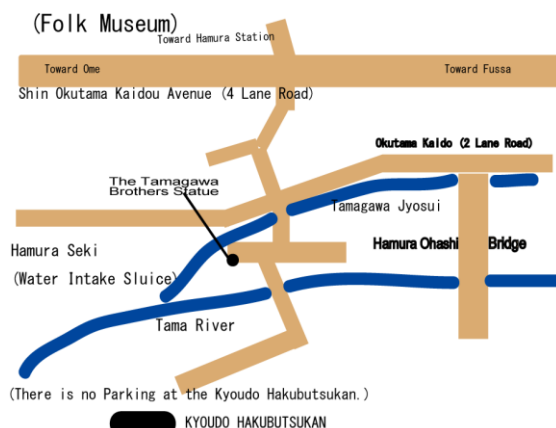
Meeting Place: Tamagawa brothers statue at the Hamura Seki

Capacity: about 30 people The group will be dismissed at small I arbour in the Folk Museum **Fee:** ¥100 (Free for Jr. High/under)

Things to Bring: Beverage, raingear, binoculars (if you own one)

Teacher: member of "Yacho no Kai" **Inquiries:** Kyoudo Hakubutsukan (Folk Museum) ☎042-558-2561

MAP TO THE KYOUDO HAKUBUTSUKAN



< The 38th Sports Recreation Event for Physically-Challenged People >

The event program holds a variety of activities to be enjoyed together by all participants with or without disability to promote sport activities for physically challenged persons. Everyone is welcome. Let's share a great time! This year's event program includes a demonstration of an Official Paralympic Game.

Date & Time: June 24th (Sun), 10AM~0:30PM Place: Sports Center Hall 1 *No reservation required.

*Please wear comfortable cloth and bring indoor shoes.

Inquiry: *Shougai Fukushi-ka, Shougai Fukushi-kakari* ☎Ext.173.

羽村ゆとろぎ寄席 特別講演

< Yutorogi Special Performance by Storyteller *Sanyuutei Enraku* Traditional Yose and Manzai >

Mr.*Sanyuutei Enraku* is a famous storyteller, or "hanashika" and "Nights" are a stand-up comedian duo, who are also well known. They will come to the Yutorogi Center to perform. Please enjoy this cultural experience.

Date: September 1st, (Sat) 6:30PM (doors open at 6PM) Place: Yutorogi Main Hall

Fee: Adults - reserved ¥2,000, same day ¥2,500 high school student and younger - ¥1,000

*Preschool age children will not be allowed admission. Tickets go on sale from the June 2nd, (Sat).

Tickets are sold at the following locations: during operation hours of *Yutorogi* and Sports Center,

Nishitama Shinbun Ticket Service, *Marufuji* Supermarket located in *Hamura* City, *Ōme* City, and *Fussa* City.

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

HEALTH INSURANCE、PENSION

30&35歳健康診査 (の受診を)

< Health Checkup for 30 & 35 Year Old Residents >

Hamura City offers a health check program in which several health examinations are provided free of charge to *Hamura* residents who turn 30 or 35 years old in FY2018. It aims to help prevent the Life-style Disease.

Program Period: June 1st (Fri) ~ October 31st(Wed) 2018

Eligibility: persons who meet all of the following conditions;

- Registered *Hamura* residents
- born between April 2nd 1988 ~ April 1st 1989, or between April 2nd 1983 ~ April 1st 1984.
- having no other opportunity for a similar health checkups
- not being pregnant or not recovering from giving birth Fee: Free

Examination Items: Measurements of height, weight, waist girth, blood pressure, blood lipid, blood sugar, checking liver function, anemia, taking urinalysis, anemia test, electrocardiogram, etc.

How & Where: The Hoken Center will issue a free checkup ticket, for which you must apply for on the application form first. Once you are issued the free checkup ticket, you can receive the checkup at a participating medical facility in *Hamura* City (list provided with ticket).

Apply to the Hoken Center 042-555-11111, ☎Ext.627 / via postal mail.〒205-0003, 5-5-2 *Midorigaoka*, *Hamura* City. Application form is available at the Hoken Center or can be downloaded (in Japanese Only).

肝炎 (ウイルス) 検診

< Hepatitis Virus Screening >

Date: June 1st (Fri) ~ October 31st(Wed)

Eligibility: *Hamura* residents who fall in one of the following categories:

- ① Those who turn(ed) age 40 or older in FY2018 and have never taken Hepatitis Screening before.
- ② Those who had a health check-up this year and their hepatic function rate was abnormal. Fee: Free

Testing Method: Blood test for type B and C viruses

How & Where: Take the screening with your health insurance card at one of the participating medical facilities. please contact Hoken Center ☎042-555-1111(ext.627), or you can call the *Nishitama Hokenjyo* ☎0428-22-6141) for details. For the list of facilities, please view the official *Hamura* City website.

< Adult Dental Checkup >

Date: June 1st (Fri) ~ July 31st (Tue) **Eligibility:** *Hamura* residents of age 40-64 and older as of June 1st
Fee: free (for one time only in a year) **How to apply:** Please make an appointment at a designated dental clinic listed on the Participating Dental Clinics List . (The check-up for 65 or older is in Sep. and Oct.)
*Those who are under dental treatment or who have checkups provided by an employer are not eligible.
*Bring your Health Insurance Card *Please check *Hamura* City website or call *Hoken* Center, Ext. ☎623

高齢者おむつ給付事業について

< Welfare Support for the Elderly ~ Revision of Diaper Handout Service by Hamura City >

Hamura City has various welfare support outreach assistance programs for elderly citizens. Diaper handout service is offered for persons certified as long term care recipients and who are bedridden, or either have constant incontinence that are 65 or older ~ limit ¥4000 per month. This assistance program has been recently revised to require the user to provide payment for 10% of received items. An information letter has been sent to the applicable citizens regarding this issue. Please inquire about the details. Inquire at *Koreisha Fukushima Kaigo ka, Kourei Fukushima kakari* ☎Ext. 177

〃後期高齢者医療制度の被保険者へジェネリック医薬品差額通知書を送付します



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

A notification in the title (ジェネリック医薬品利用差額通知書) will be mailed out to applicable residents who are a National Health Insurance's Late-Elderly Medical Insurance Program member and were prescribed brand-name drugs. This notification which is mailed in June and December, lists the names and patient's cost of purchased medicines, and also provides the cost difference between the generic products and brand-name products for those medicines. The stated cost difference is the amount the patient could have saved if he/she changes their prescription drugs to generic drugs by requesting so at a medial institution.

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

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

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

Inquiries: Generic Drug Help Desk ☎0120-527-984, Tokyo Metropolitan Government's Later Elderly Medical Program Regional Inspector ☎03-3222-4513

MISCELLANEOUS INFORMATION

羽村駅西口第1自転車駐車場が移転します

< Please Remove Your Bicycle from the Hamura Station West Exit Bicycle #1 Parking >

The current Hamura Station West Exit Bicycle #1 Parking will move to another location and operation will start there from July 2nd (Mon). Please use new #1 Parking or other bicycle parking spaces. See details on May 1st issue. Thank you for your cooperation. **Inquiries:** *Bousai Anzen Ka Bouhan Koutsu Anzen Kakari* ☎216 or *Sangyou Shinkou Ka, Shoukou Kankou Kakari*, Ext. 657.

人権・身の上相談をご利用ください

< Free Public Counseling for Public Administration & Human Rights >

Consultation is offered at city hall. Take this chance to consult a professional about your troubles/problems regarding harassment, bullying, damage to your reputation, discrimination, violation of human rights, and others. There are 4 members who will be handling the consultations.

Consultation are: on the 3rd Thursday of each month. Confidentiality is kept, and it is free of charge

Date & Time: June 21st (Thu) 1:30PM~4:30PM **Place:** City Hall, 1st floor *Shimin Soudan Shitsu*

Reservation and Inquiry: City Hall, *Kouhou Kouchou-ka Shimin Soudan-kakari*, ☎Ext. 541

出張ハローワーク)

< Hello Work Dispatch to Hamura City >

Hello Work Ōme is providing employment consultation with *Hamura* city for people who are looking for employment. No Reservation Needed

Date/Time: June 13th (Wed) and 27th (Wed) 1:30PM ~ 4PM (Sign-in: 1PM ~ 3PM)

Place: *Fukushi Center* 2nd Floor Seminar Room *For more information about participating business entities, please check Hello Work Ōme or company websites.

Inquiries: Hello Work Ōme Services ☎0428-24-9163/*Hamura Sangyou Shinkou Ka, Shoukou Kankou Kakari*, ☎Ext. 657

SWIMMING CENTER ☎042-579-3210

< In-Water Walking Exercise > 水中ウォーキング講習会

Date & Time: June 23rd (Sat), 10AM ~ 10:50AM Eligibility: Age 16 or older Capacity: First 30

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

Things to bring: Swimsuit, Swimming cap, and Towel Instructor: *Hamura-shi Taiiku Kyoukai* Sports Trainer

How to Apply: Visit the Swimming Pool Front Desk between 9AM ~ 9:50AM.

蔵書点検

< Library : Temporary Closure for Collection Inspection >

Main library, *Ozakudai* library, and other branch libraries will be closed during the collection inspection.

Closure Period: June 12th(Tue) ~ 21st (Thu) *During this period, please use Book Posts for returning books.

*To return any Audio-Visual materials, please return them at counters after June 22nd (Fri).

*Due to this closure, the rent-out period will be temporarily changed.

*Magazines scheduled to become available for rent during the closure period can be rented from June 9th.

谷戸沢処分場跡地 国蝶オオムラサキ観察会

< Former Landfill Site Nature Butterfly Tour >

The Yatozawa Landfill Site has been transformed into an area of abundant natural habitat for butterflies.

There will be an opportunity to see these butterflies called "Oomurasaki" in a Nature Butterfly Tour.

Date: June 23rd (Sat), 9AM ~ 2:30PM Place: Former Yatozawa Landfill Site in Hinode-machi

A Nature Guide take the group through the site on 3 different session on the same day

①10AM~ ②11:30AM~ ③1:30PM~ Each session will be about an hour.

You can reserve at the <http://www.tama-junkankumiai.com/> website to apply. (☎042-597-5581)

Fresh tomatoes from the local Hinode Agriculture Association on sale at the venue.

ハローワーク青梅 合同就職面接会 in 福生

< Group Job Interviewing Event >

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: June 14th (Thu) 1:30PM ~ 4PM (Sign-in: 1PM ~ 3PM)

Place: *Fussa Civic Hall* 3rd floor (2455 *Fussa, Fussa City*) The closest station is "Ushihama" on JR *Ome* Line.

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)

About 10 local business entities will participate to hold job interviews. *For more information about participating business entities, please check Hello Work Ōme or company websites. No Reservation Needed

Inquiries: Hello Work Ōme Employment Consultation Services ☎0428-24-9163

多摩パブリック法律事務所 無料相談会

< Free Legal Consultation By Tama Paburikku Law Office >

The professional attorneys from Tama Paburikku Law Office will provide free legal consultations. * in Japanese. This event will be held at Tama Paburikku Law Office in *Tachikawa City*.

Date & Time: June 15th (Fri), 5PM-9PM, 16th (Sat), 10AM ~ 4PM (30min for each client)

Capacity: First 84 Applicants Application: Please call Tama Paburikku Law Office for reservation at

☎042-548-2450 9:30AM ~ 7PM weekdays only, closed Saturday, Sunday, and Holiday.

女性のための無料ホットライン

< Women's Hotline >

If you are experiencing troubles regarding battery inflicted by a family member, divorce, etc., please seek consultation with the legal support available at the Dai Ni BengoshiKai Women's Support Hotline. They have female staff who will offer consultation. Consultation is free. The assigned members are experienced in the field of issues typical to women such as abuse, divorce, etc..

Date: June 23rd, (Sat), 10AM ~4PM. Phone Number: ☎03-3591-9211 Fee for toll required.

Inquiries: Tokyo Bengoshi Kai (Tokyo Bar Association) Human Rights 03-3581-2205.

多摩川の洪水情報が緊急速報メールで配信されます

< The Tama River Alert Notification E-Mail Service >

The Ministry of Land, Infrastructure, and Transport offers a service that gives warning notification of flood/ to citizens of landslide risk zones by e-mail. If you have a cellular phone or smartphone, you will receive a "Tama River Alert Notification" E-mail, when the water level of the Tama River has reached a level of caution. This system is operated on the "touch tone transmission" priority system for use in times of emergency. By use of this system, the emergency e-mail can reach each person who has a mobile phone, if registered with the following network carriers: NTT Docomo, KDDI, and Softbank (Ymobile). *No registration necessary

Inquiries: Ministry of Land, Infrastructure, and Transport Kawasaki District Office: ☎045-503-4000

都民住宅入居者募集

< Tokyo Metropolitan Public Housing – Tomin Juutaku >

Tomin Juutaku is managed by Tokyo Metropolitan Government and offered for rent to middle-income earners raising children in purpose of providing affordable housings for them with partially subsidized rent.

Applications for Tomin Juutaku housings are handled by Toukyouto Juutaku Kyoukyuu Kousha (JKK Tokyo).

Please refer to the brochure for more details. 83 units are available for rent this time.

How to Apply: Application form must be mailed and received by JKK Tokyo Application Center by July 14th(Wed). The form is also available for download at JKK Tokyo Website (in Japanese).

The brochures of the June application term will be available from June 4th (Mon) to 12th(Tue) at city hall and on JKK Tokyo Website for download.

Brochure Handout: at City Hall 2nd Floor Kenchiku Ka and the 1st Floor Reception from 8:30AM ~ 5PM and the branch outpost of the city hall 9AM ~ 1PM (available on Sat and Sun at 1st Floor Reception only)

Inquiries: Toukyouto Juutaku Kyoukyuu Kousha (JKK Tokyo Application Center) ☎03-3498-8894

CHILDREN

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

あそびポケット

ASOBI POCKET at Children Centers

Game creators/instructors will play with children with fun games using hands and bodies. Join and have fun!

Eligibility: Children from 2 years old to preschool age, and their parents. Time: 11AM ~ 11:40AM

Place & Date: West Children Center – June 13th (Wed) East Children Center – June 19th (Tue)

Central Children Center – June 21st (Thu) Admission: free *No reservation needed.

こぐまひろば

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 – June 5th (Tue) Time: 10:30AM~11:10AM for all dates

Central Children Center – June 7th (Thu) Inquiries: Please call each child center for details.

West Children Center – June 20th (Wed)

わんわんひろば

< Wan Wan (Bow Wow) Hiroba >

Playtime activities for small children and their parents! Sing, and have fun with other parents and their child.

Place: West Children Center Date: June 6th (Wed), 10:30AM ~approximately 40 minutes

Eligibility: 8 month old toddlers and parents Fee: free No reservation needed!!



おしゃべり場

< Chatting Place for Parents >

This month's topic is "Rebellious Phase". Any parent raising children are welcome to join.

Child Care Volunteers will attend your child during the session.

Place & Date: East Central Children Center June 12th (Tue) West Children Center June 15th (Fri)
Central Children Center June 28th (Thu) Time: 10:30AM ~ 11:30AM for all dates

Inquiries: Kodomo Katei Shien Center ☎042-578-2882 *No Reservation Required

サタデーおしゃべり場

< Saturday Chatting Place For Parents >

Let's enjoy communicating with your child! You can gain tips on baby massage, which is useful in further bonding with your child. Father and mother, also grandmothers and grandfathers are welcome.

Date & Time: June 23rd (Sat) 10:30AM ~ NOON

Place: East Children's Center Gakushuushitsu on 2F Capacity: first 15 groups

Fee: free Eligibility: Pre-school children and family (designed for 0 year old that doesn't walk yet)

Details: baby massage and child rearing tips *No reservation required. *Parking is limited. Please come by walking or ride bicycle. Kodomo Katei Shien Center ☎042-578-2882

15 日市を開催します

< **The Hamura City Local Vendors Association 15th Market** > On June 15th, local vendors will sell yakisoba and deep-fried potato at food stalls set up at the Hamura City Tourist Association's Tourist Visitor Center (☎042-555-9667). Don't miss the delicious treats! Inquiry: Hamura Shi Shougyou Kyoudou Kumiai 555-5421.

< Childbirth Preparation Class for Mothers >

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

Date & Program: Day1... July 5th (Thu) - Lecture by a midwife,
Day2... July 12th (Thu) - Lecture by OB/GYN doctor and Dietician
Day3... July 26th (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



子どもゲームプログラミング教室

< The Nishitama Programming Club's Programming Workshop >

Game creating and skills in how to control robots will be taught in this programming workshop (in Japanese).

Date: July 21st (Sat), 22nd (Sun) Both from 1:30PM~5:30PM

Place: Yutorogi Center 2nd Floor Kouzashitsu 1 (will be held at Sangyou Fukushi Center next door on the 9th (Sun))

Eligibility: 4th grader~high school student Capacity: first 25 per class (name drawing if many applicants)

Fee: ¥3,000 Things to Bring: laptop computer equipped with Windows software 7 or newer.

(MAC pc not suitable to use for this class.) Teacher: Mr. Onitama Hosted By: The Nishitama Programming Club

Co-Hosted By: Board of Education of 4 municipalities, and the Ōme Sato Foundation

Application and Inquiries: Please send a reply-paid postcard with your address, name, school name, grade, name of parents, telephone number, by postal mail to:

Mr. Chiba at The Nishitama Programming Club

〒198-0082 The Sato Foundation, 3rd Floor of The Risona Bank 295 Ōme Plaza, 295 Naka-cho, Ōme City
Please see the website: Nishitama Programming Club for details. <https://nishitamapc.jimdo.com/>

Child Allowance and Child Support Allowance Recipients - June is the month in which payment of February ~ May is made by bank transfer to those applicable citizens' designated bank accounts. Date of payment is scheduled for the 14th (Thu). Inquiries Kosodate Shien Ka, Shien Kakari ☎Ext. 236

児童手当・児童育成手当現況届の提出を

< Notification of Current Status for Child Allowance and Child Support Allowance >

Recipients of Child Allowance (Jidou Teate) and recipients of Child Support Allowance (Jidou Ikusei Teate) are required to fill out a Notification of Current Status (現況届) which will be mailed to the applicable households by June 7th(Thu). Please be sure to submit it during the filing period. Failing to do so may result in the disqualification for the benefits of this year's program. Please send it by mail. (〒205-8601no address necessary)

Filing Period: June 8th(Fri) ~ June 22nd Fri) everyday Hours: Mon. to Fri., 8:45AM~Noon / 1PM~5PM

»June 9th, 10th, 16th, 17th are Sat. & Sun. The hours are 9AM~11:45AM / 1PM~5PM

Location: Large Conference Rooms 2nd Floor of City Hall. Inquiries: Kosodate Shien-ka - City Hall ☎Ext.236

< Tour of the Eastern Japan Earthquake Disaster Stricken Areas >

The city will hold a bus tour that goes to the three areas of Fukushima making a recovery from the Great Eastern Japan Earthquake. It will be held so that people can learn from the experience that these districts have undergone to restore the community. Communities can reconsider the need for disaster preparedness.

Date: July 7th (Sat) 7AM ~ 9PM The group will be transported around Fukushima by the Hamura City's bus.

Meeting Place: Hamura City Hall Please pay for your own lunch fee.

Details of Tour: (Details may change depending on the weather conditions.)

1. The group will tour the Public Housing complex.
2. The damage seen after the flood subsided
3. Preparation for the disaster that may come in future
4. Issues to be resolved for better evacuation area

Eligibility: resident, worker, or student of Hamura City Capacity: first 19 (If applicants exceed capacity, a name drawing lottery will be held. Winners will be informed by telephone on June 26 (Tue).

Application: Either fax (☎042-554-2921) or e-mail (s106010@city.hamura.tokyo.jp) to the *Kiki Kanri Ka, Kiki Kanri Kakari* at the city hall with your address, name, point of contact indicated no later than June 22nd (Fri).

平成 30 年度 羽村市・第九消防方面水防訓練

< Hamura City and the Fussa Fire Department Will Conduct a Joint Flood Drill >

There will be a flood drill conducted to train for disaster prevention and to educate citizens about flood countermeasures to improve preparedness among citizens who may encounter a flood. This year the program introduces effective methods with panel exhibition, simulation for citizens of flood / landslide risk areas. Practical advice on what to do when a flood occurs will be offered by members of the Fire Station Regional Disaster Prevention Group.

Please feel free to come so that you will be prepared in times of emergency when there is a flood.

Date & Time: June 17th (Sun), 9:30AM ~ 11:30AM

The Flood / Landslide Risk Areas: ~ Those districts located close enough to bear the impact when 588mm of rainwater floods the Tama River when there is continuous rainfall for a period of 48 hours.

Details of the drill include: ▶ proper method for placement of sand bag, etc., at the following locations.

District	Location of Drill	Address
<i>Miyaji, Masaka Daiichi</i>	<i>Miyanoshita Park</i>	<i>4-875 Hanekami</i>
<i>Jyousui Douri, Azuma Daiichi and Daini</i>	<i>Jyousui Field</i>	<i>2-8-18 Tamagawa</i>
<i>Seiryuu</i>	<i>Seiryuu Emergency Supply Storage</i>	<i>741-37 Hane</i>
<i>Tanoue Daiichi, Naka Daiichi</i>	<i>Hamura Daiichi Junior High School</i>	<i>3-6-33 Hanenaka</i>

Inquiries: *Bousai Anzen Ka, Bousai Kakari* ☎Ext. 207

◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3 rd (Sun)	<i>Yanagida Iin</i>	☎042-555-1800	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Hamura Shika Iin</i>	☎042-570-4618
10 th (Sun)	<i>Nishitama Byouin</i>	☎042-554-0838	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	Hamura Station Dental Clinic	☎042-570-5621
17 th (Sun)	<i>Futaba Clinic</i>	☎042-570-1588	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Hirai Dental Partners</i>	☎042-533-5157
24 th (Sun)	<i>Matsubara Naika Iin</i>	☎042-554-2427	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Fukutome Shika Iin</i>	☎042-555-7064

*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily, where you can obtain information by phone about medical institutions that can provide language assistance and explanation about the Health System of Japan. Translation service is available on a separate website: <https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/>

online at the Medical Information Website of the Tokyo Metropolitan Government. The translation may not be accurate as the function is operated on the web based translation machine.