



HAMURA NEWS

HAMURIN Hamura City Mascot

Published by: *Hamura City*

August 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/category/3-17-2-0-0.html>

9月2日(日)は総合防災訓練

< HAMURA CITY COMPREHENSIVE EMERGENCY DRILL September 2nd (Sun) 9AM ~ >

You should be self-reliant for protecting your life, and helping others survive!

In all *Hamura City*, the drill demonstrations will take place at 10 public evacuation sites, among those *Hamura Higashi Elementary School* is designated as the main evacuation site this year.

Inquiries: City Hall, *Bousai Anzen-ka*, ☎Ext.207

It is important to better the capability for disaster response with practical knowledge gained from conscious efforts for disaster preparedness, which will lead to the protection of your own life. These efforts will pay off during an actual situation as it occurs.

Not only the adults, but also young residents, because they are all recognized as community members, should participate in the drill. Junior High School Students have been joining the drill on a regular basis, improving the effectiveness of the drill. The whole family should participate as well, with the thought in mind that disaster strikes in many forms.



◆ The main evacuation site of this year's drill is *Hamura Higashi Elementary School*

Students of all grade levels from *Higashi Elementary School* will be participating in this drill.

The *Fussa Fire Station* and other organizations taking part will set up an Exhibition and Simulation Booth which will have a House for Smoke Simulation at which you can experience a fire.

Stockpile emergency relief supplies will be on display. There will also be an overnight evacuation drill simulating life at shelter facility organized by civil voluntary disaster management organization day prior to this exercise.

*In case of cancellation due to bad weather, it will be announced at 7AM through outdoor public address system.

Assumed Scenario:

» Shortly before 9AM, an emergency earthquake warning is issued by J-Alert (nationwide alert system) which is broadcasted through the outdoor P.A. system city wide. Then at 9AM, a severe earthquake (scale 6-strong) occurs. Following the earthquake, the public emergency siren goes off.

» Disaster Occurrence Notice (Emergency Drill) is distributed to the subscribers of *Hamura Information Email Service* after 9AM when occurrence of natural disaster (evacuation order for the drill) is issued. Even if you are not a subscriber, an extensive notification e-mail will be sent to all who are present in *Hamura City*.

(Please inquire to your cellular phone company about the details for phone settings.)

What to Do On the Drill Day

Practice ①~⑤ steps explained below:

What To Do When A Strong Earthquake Happens...



- ① When a strong earthquake happens, the first and most important thing is to protect yourself. If there is a sturdy furniture near you, drop underneath the furniture, be covered and hold-on to the furniture until the shaking comes to a stop. * For the drill, make-up an assumed scenario (with family or with your co-workers), and try acting according to the assumed situation. These are simple but important to do.
- ② After the shaking stops and you make sure it is safe to take the next action, the first important thing is to check all the fire risk sources (if you are at home or office). Tightly close the main gas tap and switch off the electricity circuit before leaving the place.
- ③ Practice the actual evacuation plan. Make an escape route considering of dangers open fire spreading which may occur and discuss among family members. Go to the public shelter site nearest to your home
- ④ Neighborhood associations and volunteer organizations for disaster preparedness will practice extinguishing fires or providing first-aid to injured persons (requiring evacuation assistance during disaster). These repeated activities can make one move in an agile and proficient manner. It will enhance awareness for helping each other as a community
- ⑤ We should avoid migrating during a time of disaster, according to the Tokyo Metropolitan Government's policy for preventing home-going refugees. Those who are away from home must stay put at their location. Even after safe, you may have to walk home if public transportation's inaccessible. Discover your route to go home on foot, and use the disaster line to connect with your family. Please take this chance and discuss with your family/friends about options for communication method.

HAMURA INFORMATION EMAIL SERVICE

Hamura City provides a public information service which distributes local information via emails.

With this system emergency related information will be sent to all subscribers. In addition, you can receive local affairs information in various categories upon your request. There is no fee charged for subscription.

*Subscription instruction and email contents are available in Japanese only.

*Mobile internet access fee may apply for receiving the emails from this system.

Information Categories:

- ① Emergency, Fire, Natural Disaster 災害情報 and others

Please look at *Hamura City*'s official website for details regarding other categories offered.

<Main Page> → <メール配信サービス>

How to subscribe:

- (1) First, Set up your email account able to receive emails from mail@city.hamura.tokyo.jp.

Then send a blank email (no title/message) to hamura@entry.mail-dpt.jp

- (2) You will receive an email titled "仮登録受付メール". Open the message, and click on the URL in it which links to the Site Policy page (in Japanese only).

You must complete the registration within 30 minutes from the time you open the page.

- (3) After you indicate that you agree with the terms and conditions (click on 同意する), choose your desired information categories, and click on the icon "確認". Then on the next page, click on "登録"

- (4) If successfully registered, you will receive a confirmation email with title containing "本登録完了".

Inquiries: Kouhou Kouchou-ka Kouhou-kakari , ☎Ext.339

<Hamura City's Evacuation Plan to Support Those Requiring Evacuation Assistance (避難行動要支援者制度) >

There is an evacuation assistance plan activated during a disaster for citizens requiring special consideration such as elderly citizens, physically or mentally challenged citizens, and some foreigners residing in Japan with difficulty to understand Japanese. They will be included in the list of citizens requiring evacuation assistance maintained by Hamura City, which provides a basis for cooperating agencies to be aware of their presence so that they can provide prompt support that these people need.

Please note that this registration system does not guarantee you will receive a special assistance in time of a disaster. It will provide disaster response personnel where the registered help-needing persons are likely to be found by their addresses, but those personnel may not be able to reach them swiftly.

It is most recommended for residents to have a friendly relationship with neighborhood people regularly in order to build a network for collecting local information and helping each other.

• List of Citizens Requiring Evacuation Assistance in Hamura City's Evacuation Plan •

The list of registered citizens requiring evacuation assistance will be created according to the provisions of the Basic Act on Disaster Control Measures. Hamura City's Disaster Control Plan specifies the area in which this information is used when passed on to the various local organizations that will respond to disaster management. If registrants can offer consent for their information to be released to these agencies, it will be utilized when an organization performs their disaster relief efforts, and neighborhood watch functions will be enhanced to be better prepared for a disaster, following the guidelines that stipulate which information is relevant to the disaster relief efforts.

Registration of citizens to the "List of Citizens Requiring Evacuation Assistance" (避難行動要支援者名簿) will be made under the Hamura City's Disaster Control Plan. This list will be utilized by the neighborhood associations for practicing evacuating procedures in the Comprehensive Emergency Drill, which is schedule to be held on September 2nd (Sun).

• Eligibility •

Hamura City Residents who are not long term hospital / nursing home dwellers that fulfill following criteria:

1. Households comprised of age 75 or older
2. Certified as Long-term Care Level 3 or higher
3. Physical Disability Certificate (身体障害者手帳) Level 1 or 2
4. Intellectual Disability Certificate (愛の手帳) Level 1 or 2
5. Health and Welfare Handbook for Mentally Disabled (精神障害者保健福祉手帳) Level 1 or 2
6. Those needing special assistance in time of evacuation with incurable diseases.
7. Those certified by the mayor as needing evacuation assistance during evacuation.

Please obtain a pamphlet and registration form at the *Kiki Kanri Ka, Kiki Kanri Kakari* on the 2nd Floor of the City Hall. (If you are not applicable to above and wish to be included in the list, please call to make a request.)

• Personal Information Included Are •

The required information for registry is as follows.

Name, Date of Birth, gender, address, point of contact (phone number), and a reason for needing assistance which was provided at time of registry.

• The Various Agencies which will Handle the Information •

Neighborhood Association, Civil Voluntary Disaster Management Organization, Commissioned Welfare Volunteers, Fire Brigades, Hamura City Social Welfare Organizations and Traffic Safety Organizations, Fussa Police Department and Fire Department

Please note that personal information may be disclosed within the specifications of the Disaster Control Plan, even if there was no consent provided in times of emergency.

• Applicable Citizens will Receive Notification •

Those who are going to be registered from now will receive "List of Citizens Requiring Evacuation Assistance"
ひなんこうどうようしえんしゃめいぼ
(避難行動要支援者名簿) notice packet around December.

This notice, which includes information about the Basic Act on Disaster Control Measures, confirmation regarding the information that is kept, and the consent form is sent so that information can be offered to various agencies to be prepared for when an emergency occurs. This consent form should be signed and returned. Please send back to the *Kiki Kanri ka* (Crisis Management) section of Hamura City. If you wish to clarify any details, please call. *Kiki Kanri Ka*, Ext. ☎217

NTT's 171 DISASTER LINE

for keeping in touch with your people in time of emergency

NTT (Nippon Telegraph and Telephone Corporation) provides a voice/text messaging service that is initiated when a major disaster occurs. The regular telecommunication is often interrupted in the disaster-stricken area. In such situation this service allows people to post and retrieve voice/text messages through telephone or web based system. An individual message account is made per phone number registered upon usage and it is accessible by concerned family and friends who know the registrant's phone number.

The voice messaging service is accessible only from within Japan, however the text messaging service, which is a web based service, can also be accessed from overseas and available in English, Korean or Chinese.

To use these services, preliminary contract with NTT is not required.

It is strongly recommended that you print the English instructions and keep them in your emergency kit.

* These services are currently closed, but will be opened in the event of an emergency.

▶ How to use NTT Disaster Message Dial (災害用伝言ダイヤル)

For detailed English information on this service → <http://www.ntt-east.co.jp/en/saigai/voice171/index.html>

The service can also be used from mobile phones, but please check the details with the provider of your communication device.

① Dial 171

② Choose whether to record or to playback : Record > "1" Playback > "2"

To record/playback using a PIN : Record > "3" Playback > "4" then input four-digit PIN

③ Enter the phone number of the person in the disaster-stricken area, starting with the area code.

→ Your attempt will be connected to the message dial center.

④ After prompt is played, if calling from touch-tone phone press 1 and #, if calling from dial-tone phone just remain on the line. Then...

Recording: after the beep, speak your voice message. When finished, press 9 and #, or hang up.

Playback: a voice message recorded in the accessed account will be played.

* The automated voice prompts are played in Japanese only.

▶ How to use Disaster Message Board “web171” (災害用伝言板)

English instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_eng.pdf

Korean Instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_kor.pdf

Chinese Instruction → http://www.ntt-east.co.jp/saigai/web171/web171manual_chn.pdf

- ① Access <https://www.web171.jp/> and click on your language choice listed at the top center of the page
- ② Message sending and receiving
Receiving : Input telephone number of person whose message you want to read
Sending : Input telephone number of person who you want to send message to
- ③ Following the instructions shown, images, video, voice, and text messages can be sent and received

Emergency Message Service in Disaster Time Provided by Various Mobile Phone Companies

There are various emergency message services offered which become active in a time of emergency:

For KDDI au users:

<http://www.au.kddi.com/english/mobile/anti-disaster/saigai-dengon/#saigai-dengon1>

For Softbank users: <https://www.softbank.jp/en/mobile/service/dengon/>

For Y!mobile users: <https://www.ymobile.jp/dengon/> (in Japanese only)

Other Emergency News Sources (English)

- NHK WORLD (NHK's English news channel) ~ <https://www3.nhk.or.jp/nhkworld/>

< September 1st is Disaster Awareness Day >

The week of August 30th ~ September 5th is designated as Disaster Prevention Week. This is in commemoration of the Great Kanto Earthquake of 1923 that occurred on this day which caused great damage to the region 95 years ago on September 1st, and is designated as National “Disaster Awareness Day”, This is a time to consider the actions that you can take to reduce the risks that may occur. It is important to be prepared for a typhoon, flood, or earthquake and stay away from structures that may collapse. Fussa Fire Station ☎042-552-0119.

市営富士見霊園墓地の使用者募集

< FUJIMI CITY CEMETERY Under the Hamura City's Management: Cemetery Lot/ Noukotsudan >

Selection for the Issuance of Title at the public cemetery lot and *Noukotsudan*(shared cemetery space) will start. If you have been a *Hamura* City citizen from period prior to April 1st, 2016, and have lived continuously in *Hamura* City, you can register to make burial. Persons who have next-of-kin, or an adoptive parent's cremated remains kept at their residence, who have not had an opportunity to make burial in the past are eligible to apply. Please inquire about other details regarding the lot size, other eligibility requirements.

Flyer Handout Term: August 15th (Wed) to September 12th (Wed) 8:30AM ~ 5PM at the *Seikatsu Kankyou Ka, Seikatsu Kankyou Kakari* on the 2nd floor of City Hall. Fliers are available on the 1st floor during the weekend.

Registration Term: August 15th (Wed) to September 12th (Wed) 8:30AM ~ 5PM (weekdays). Application forms are included in the flier. You must apply with separate form for each lot by bringing to the office in person.

Drawing: September 14th (Fri) at the City Hall 2nd Floor 202 Conference Room.

(for *Noukotsudan*): 10AM ~ (for plots): 11AM ~

Inquiries: *Seikatsu Kankyou Ka, Seikatsu Kankyou Kakari* ☎Ext 204

J-ALERT NATIONWIDE TEST BROADCASTING

J-Alert nationwide test broadcasting will take place on August 29th (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.

3R 促進ポスターコンクール

< 3R (Reduce, Reuse, Recycle) Promotion Poster Contest >

Ministry of the Environment and 3R Activity Promotion Forum are seeking poster artworks for 3R promotion.

Theme: Promotion of the Reduction, Reuse, and Recycling of waste

Category: 1st & 2nd graders, 3rd & 4th graders, 5th & 6th graders, and Junior High School Students

Poster size: *Gayoushi* Paper (380mm x 540mm *yotsugiri* size) or (364mm x 515mm B3 size)

How to enter: Fill in your name, age, grade, and comment about your artwork (no longer than 50 characters), school name, school address, and phone number on a sheet of paper and attach it to the back side of your artwork, then bring it directly to *Seikatsu Kankyou-ka Seikatsu Kankyou-kakari* in City Hall by September 3rd (Mon) 9AM ~5PM. ☎Ext. 205 on weekdays.

*You can download the entry format and obtain details from the *Hamura City Official Website*.

60歳以上対象 はむら筋力向上プロジェクト

< Walking and Running for Those Over 60 Years Old >

This beginner class is aimed at the 60 years old persons or older senior citizen. A professional physical training coach will offer tips based on scientific knowledge for subjects such as posture, stretching/practice method, and proper diet. Practicing these methods lets you achieve your potential at action. No reservation needed.

Schedule: September 9 (Sun) and September 15th (Sat) Eligibility: Hamura Residents over 60 years old

Please do not participate if your doctor has recommended that you refrain from exercise.

Please inquire for details. There are also other classes available for extended term (Application is required.)

Sponsored By: "Hamusupo" (first floor of Sports Center) ☎042-519-5712 (Tuesdays - Fridays 2PM ~5PM)



< **Healthy Cooking Class** >

Date: September 19th (Wed) Time: 9:30AM ~ 0:30PM Place: Hoken Center Capacity: First 30
Eligibility: Hamura City residents Fee: ¥300 Things to bring: Head cloth, Apron, Writing materials *
Those who wish to measure the salt content of their home made *miso* soup may bring 50ml of it
Menu: Low Cholesterol Menus How to apply: Starting August 16th (Thu), call or visit between 8:30 AM ~ 5PM, excluding Saturday Sunday and Holidays. Inquiries: Hoken Center, 555-1111 ☎Ext.625.

羽村市市民提案型協働事業 はむら市民ギャラリー

< **Seminars by Citizens** > Chiiki Shinkou Ka, Shimin Katsudou Center at ext. 632

Subject@: Interacting with Your Colleagues in School PTA Activities Place: Yutorogi 2F Kozashitsu 2
The importance of communication skills will be taught (in Japanese).

Please call the above POC August 15th (Wed) ~ 27th (Mon) to make a reservation.

Date: September 1st (Sun) ~ 27th (Sun), 10AM ~ noon. Capacity: first 20 Fee: ¥500

Hosted By: social unit UDON e-mail at ome.udon@gmail.com

Subject@: Conservation of Resources seen in the Old Style Japanese "Raguko" Place: Yutorogi Small Hall

Date: September 21st (Fri), 7PM ~ 8:45PM A famous rakugo speaker, Mr. Unhei Hayashiya will discuss the lifestyle of edo period in Japan and how wastes were not generated. Eligibility: elementary students or older (must be accompanied by an adult)

Capacity: first 150 Hosted By: Megumi Net Hamura

Please call the above POC between August 15th (Wed) ~ September 14 (Fri) make a reservation.

集団特定健診

< **Group Health Check Up Shudan Tokutei Kenshin** >

A Sunday check-up for those that previously received the voucher for health check-up, yet were not able to use it will be held. Date: October 21st (Sun) 9AM ~ 4PM and November 18th (Sun) 9AM ~ noon

Place: Hoken Center

Eligibility: If applicable to the following:

1. You received the check-up voucher from Hamura City, and you are National Health Insurance member
2. If you are younger than 74
3. If you have not yet had the check-up yet

※ You may not participate if you are pregnant. Capacity: First 200 persons

Term for Applying: Aug. 16th (Thu) ~ Sep. 28th (Fri) for October 21st,

and on Aug. 16(Thu) ~ Oct. 26th (Fri) for November 18th (Sun)

How to Apply: Call or Come directly to Hoken Center between 8:30AM ~ 5PM Hoken Center, ☎ Ext 627

健康手帳の活用を

KENKOU TECHOU - A free booklet offered by Hoken Center for persons 40 and over is available at the City Hall 1F. This booklet is called *Kenkou Techou*, and has pages on which you can record your medical history. Hoken Center, ☎ Ext 627



< **CHILDCARE SUPPORT NEWS:** >

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

Date: August 28th (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.

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

This is a get-together for fun class geared toward the specific age group 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, 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

< **Wan Wan (Bow Wow) Hiroba** >

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

Place: Central Children Center ☎042-554-4552 Date: September 20th (Thu), 10:30AM ~11:10AM

Eligibility: 8 month old toddlers and parents Fee: 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: Central Children Center –Sep. 13th (Thu) Time: 10:30AM~11:10AM for all dates

East Children Center – Sep. 18th (Tue) Inquiries: Please call each child center for details.

West Children Center – Sep. 19th (Wed) Admission: free *No reservation needed.

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 – Sep. 12th (Wed) East Children Center – Sep.25th (Tue)

Central Children Center – Sep. 27th (Thu) Admission: free *No reservation needed.

フッ素イオン導入

< **Fluoride Ion Treatment ~ For Your Children's Dental Health ~** >

Fluoride Ion will be applied on your child's teeth to prevent cavities.

Date/Time: Sep. 5th (Wed), 6th(Thu), 8th(Sat) & 10th(Mon)~12th(Wed) 9:15AM~10:30AM at Hoken Center

*On Sep 8th (Sat), elementary school students have priority. *Children must be accompanied by an adult.

Fee: Free Eligibility: Children in *Hamura* who are 3 years old up to 3rd graders as of September 30th, 2018

Things to Bring: face towel, clothes-pin, and application form (available at *Hoken* Center)

*Please make sure your child's teeth are brushed and clean before receiving the treatment.

*Parking is limited. Please come by foot or by bicycle. Please accompany your child during the treatment.

Hoken Center ☎042-555-1111, Ext.623

ちょこっと広場を利用してください、保健センター

< 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. Reservation is required.

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

The next session is on August 20th (Mon) at West Children Center ①10AM~ ②11AM~



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

The next session is on September 4th (Tue) at Central Children Center ①10AM~ ②11AM~.

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

The next session is on Oct. 18th (Thu) at Central Children Center ①9:30AM~ ②10:30AM~ ③1PM~ ④2PM~

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

子育て応援とうきょうパスポート

< Child Rearing Support Tokyo Passport >

There is a service provided by the Tokyo Metropolitan Government's project in which they provide support to households that are raising children. Discounts at stores and baby feeding supplies are provided at stores located in the Tokyo Metropolitan Area for families with children of junior high school age or younger. You can download the Kosodate Ouen Tokyo Passport / Tokyo Child Raising Support Passport smartphone app which is available from the app store.

Inquiries: Tokyo Fukushi Hoken Kyoku, Keikaku Ka, Kosodate Ouen Jigyuu Tantou ☎03-5320-4115

EVENT INFORMATION FOR CHILDREN

Central Children's Center ☎042-554-4552 East Children Center ☎042-570-7751 West Children Center ☎042-554-7578

< Daytime Moon Observation >

Date & Time: September 24th(Mon, Holiday), 4PM ~ 4:30PM

<Family Stargaze Event>☆☆

Date & Time: September 24th(Mon, Holiday), 6:30PM ~ 7:30PM

For Both of Above: Fee: Free Eligibility: 1st Grader ~ 18 years old

(Junior High School Students or younger must be accompanied by an adult.) *No Reservation Needed

May not be held in bad weather. *A notice will be issued at 3PM.

< Kids Fun Day >

Date & Time: September 9th (Sun), 10AM ~ NOON, 1PM ~ 3PM Place: East Children's Center

Everyone come to this festival! There will be Hand Crafting Class, Games, "See-What-You-Can-Scoop" and more!! Some entertainments are free of charge!

Food Tickets~ ¥100 *First 180 tickets sold at each Children's Center from Aug 18th (Sat) ~ Sep 7th (Fri).

Closes early on Sep. 8th (Sat) at NOON for preparations of Fun Day.

* Center closes at 3PM on event day.

< Home Cooking Class ~ Curry and Naan ~ >

Date & Time: September 8th (Sat), 10AM~noon (meet at 9:50AM) Place: West Children's Center

Eligibility: Elementary School Students up to 18 years old who live in Hamura City

Capacity: First 20 Fee: ¥50 Please bring indoor shoes, apron, headcloth, towel, and water bottle.

Application: Please call or visit the center between August 24th (Fri) ~ September 5th (Wed), 9AM ~ 5PM.

<Movie for Children>

Date & Time: September 9th (Sun) 10:30AM~11:30AM Place: Yutorogi Small Hall Fee: Free

Feature Movie: "Moomin", "SnowWhite" and Several films will be showed.

Come to Yutorogi on day of event.

STORY TELLING EVENTS, etc.

Voiced reading of children's stories from picture books and picture panel shows (*Kamishibai*) are enjoyed by children of any culture. Collect stamps when you go, and you may win a prize! Stories are for respective age-groups with consideration to their comprehension level. Admission fee and reservation are not needed.

▶ **at the Main Library** ☎042-554-2280 (Picture Books)

Story Telling for Preschoolers >> September 8th(Sat), 11AM~

▶ **at Kami Branch Library** ☎042-554-0130

Story Telling for all children >> Picture Book August 22nd (Wed), 3PM~

全国一斉「子どもの人権110番」強化週間

< Children's Human Rights Protection Campaign Week >

If you need professional help for troubled cases concerning children's human rights such as Child Abuse, bullying or any other act of human rights violation, please do not hesitate to give us a call!

Consultation Date & Time: Aug.29th (Wed) ~ Sep. 4th (Tue), weekdays 8:30AM~7PM, weekends 10AM~5PM

Toll Free Dial for Phone Consultation: ☎0120-007-110

For other inquiries: Tokyo Houmu-kyoku Jinken Yougo-bu Dai-Ni ka ☎03-5213-1234 Ext.2514

(Tokyo Legal Affairs Bureau Human Rights Protection Department Second Section)

国民健康保険医療費通知の送付

< National Health Insurance Expense Report >

If you are a National Health Insurance member who has received medical service in May and/or received physical therapy from a judo healing practitioner, and your total co-pay medical fee in those months was more than ¥3000, you will receive National Health Insurance (NHI) Medical Expense Report (国民健康保険医療費通知) by mail. It is a letter from municipal government to N.H.I. insured persons which notifies his/her record of received medical services under N.H.I. policy coverage, with the list of original medical service fees at 100%, the amount before the insurance coverage was applied.

This report is issued in purpose of promoting the understanding of N.H.I. coverage system as well as the awareness of health management importance. There is no required procedure to be done with this report.

Inquiries: Shimin-ka Hoken-kakari , ☎Ext.129

国民健康保険料の後納制度が間もなく終了します

< Extension of The Payment Period of National Pension Premiums Will No Longer Be Accepted >

National Pension Premiums payment can be back paid up to (due date extending back to) 5 years for your delinquent premiums, thus changing the policy to a "5 Year Back Pay Policy". Under the current National Pension Plan (*Kokumin Nenkin*) system, the late premium payment is accepted only within 2 years from the payment due month. However, payment for delinquent payments for up to 5 years is possible under the "5 Year" measure. This special measure will be terminated on September 30th, 2018. Since the 30th falls on a Sunday, applications must be received by the 28th (Fri) to become eligible under the policy. You must notify the Pension Office of delinquency status, and follow procedures prior to making back-payments under the system. Inquiries: *Ōme Nenkin Jimusho* (Pension Office) ☎0428-30-3410

National Pension Plan Information Center ☎0570-003-004

新しい障受給者証を送付します

< Renewal of Certificate for Disabled Person >

The Disability Medical Support Recipient Certificate will be renewed on September 1st (Sat). Those who are applicable will receive the new certificate in late August by mail. Please return your old card to the *Shougai Fukushi Ka* at the City Hall. Also, if you have any changes to report, or if you have moved, etc. please contact them.

Medical Support System For Disabled Person 心身障害者医療費助成制度 is a subsidy for those who own a Physical Disability Certificate, Grade 1 or 2 身体障害者手帳 1級、2級 or Intellectual Disability Certificate 愛の手帳. Certain standards apply; please inquire. Inquiries: *Shougai Fukushi Ka* ☎Ext. 173

児童扶養手当などの「現況届」の提出を

NOTIFICATION OF CURRENT STATUS for VARIOUS CHILD-RAISING ALLOWANCES

Recipients of Child-Rearing Allowance (児童扶養手当), Single-Parent Household Medical Support (ひとり親家庭医療費助成), and Special Child-Raising Allowance (特別児童扶養手当) are required to submit a Notification of Current Status (現況届) along with the required documents during the designated filing period. The application forms to be filled out were already mailed to the applicable households. Please do not delay to take the procedure. If submission is not made, the city cannot make assessment as to validity of child, and will affect the payment schedule for allowance or issuance process for medical cards. For procedure details and required documents, please inquire. Inquire / File to: *Kosodate Shien-ka Shien-kakari*, ☎Ext.237

ゲーデ・ピアノ五重奏団演奏会 (ゆとろぎ)

< Concert Sponsored by The Sato Foundation of Ome >

A Strings Quintet lead by the former Vienna Philharmonic Orchestra's Concert Master, Mr. Daniel Gaede, is coming to Yutorogi to offer a special performance.

Date: October 21st (Sun), 7PM~ (doors open at 6:30PM) Place: Yutorogi Main Hall all assigned seats

Fee: free A numbered ticket available at Yutorogi Center's reception desk from September 1st (Sat) is required to gain admission. The reception is open from 9AM ~ 5PM and is closed on Mondays.

* Small children of preschool age will not be allowed admission. Yutorogi ☎042-570-0707

< Seasonal Walking Event “I” ~ Walk Around Historical Sites in Tokyo >

This tour will be taken on foot around the Yotsuya Area of Tokyo, about 5.5km in distance.

Date & Time: September 15th (Sat) 9M ~ around Noon (The event will be held in light rain or shine)

Meeting Time and Place: 9AM, in front of JR *Chuo Line*, *Yotsuya Station (Akasaka Exit)*

*Please come directly to meeting place. *Event staff will be at the gate of JR *Ozaku* and *Hamura* stations

They will leave on train from *Ozaku Station* at 7:45AM, or *Hamura Station* at 7:47AM

Eligibility: Anyone who can walk the entire course (Preschoolers must be accompanied by an adult.)

Fee: Elementary student or older ¥300 Younger than Elementary ¥100

(collected upon arrival, including insurance, does not including transportation and lunch)

Things to bring: Mobile phone (if you have one), rain gear, drink and copy of health insurance card

*Please be dressed suitable for walking. Event Day Contact: 080-4325-1295 (7AM ~ until the end of event)

Co-hosted by: *Hamura-shi* Board of Education (*Kyouiku linkai*), *Hamura Sports Promotion Committee*

Inquiries: Sports Center ☎042-555-0033

< Important Information From the Library >

Incidents where library books are vandalized by people have increased recently. People have been tearing out pages from books, and also doodling on the white spaces of the pages in the book. These actions must not be tolerated, and the library must take strict measures in order to protect the valuable property of *Hamura City* citizens entrusted to the library's management. It may be inevitable that measures are implemented under these circumstances such as limiting the access to, or discontinuing the lease of the books. Please have consideration for the next person who will be borrowing the same book. These books must be handled with care. Inquiries: Main Library ☎042-554-2280



< Public Loan Program for Students Preparing for Entrance Examination >

Tokyo metropolitan government has an interest-free public loan program for low income households having a student preparing for high school or university entrance examination. It is provided towards supporting the expenses of tutoring school (*Gakushuujuku*) and of the entrance examinations.

(The earner of main source of income must be 20 years of age or older. Applications will be reviewed for the applicant's (parent) income level, fixed property assets, bank savings and Tokyo resident record history (starting at least 1 year ago and continuing). You must find someone who will offer to co-sign your loan.)

Please direct any inquiries to *Hamura Shakai Fukushi Kyougikai* (Council of Social Welfare) ☎042-554-0304.