



HAMURA NEWS

September 1st, 2018

HAMURIN Hamura City Mascot

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敬老のつどい

< Special Gala for Respect-For-Senior-Citizen Day >

This special event in commemoration of Senior Citizen's Day is for those who are 75, or are turning 75 in 2018. An invitation post card will be delivered to all the guests. Please make sure to bring it if coming to this event.

Date: September 17th (Mon/Holiday) Place: *Yutorogi Center*

Inquiry: *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari*, ☎Ext.176

Program: • Opening Ceremony (for the group 1 only) • Stage Performances (Song Show)

Performers: Mr. *Yutaka Yamakawa*, Ms. *Shizue Abe*, Mr. *Aozora Cute*

Time Schedule:

The gala is repeated 4 times to serve 4 guest groups (divided by residential districts). Please check your invitation card for your gala time.

Traffic Restriction

Temporary shuttle bus stops will be set up in the street block in front of *Yutorogi* main entrance on the gala day. Please be prepared to detour during the following time periods. Your cooperation will be appreciated.

< 9:00AM~9:20AM / 10:40AM~11:50AM / 0:50PM~2PM / 3PM~4:10PM / 5:10PM~6PM >

Please be informed...

- Admission for this event is by invitation card. It cannot be offered to anyone other than the addressee.
- For the first show, front row seating will be reserved for the Special Guests.
- Free shuttle buses will be available. For details please check the invitation card.
- Buses do not have the lift for wheelchairs. If you are using a wheel chair, please have someone to bring you.
- Please refrain from coming by your personal vehicle and try to use community bus *Hamu-ran*. There is no parking available for gala guests.
- In case all the seats are occupied, live video will be broadcasted at small hall.
- An invitation card is required for admission. At the entrance, a gift will be given to all guests in exchange for the invitation card.
- The gift can also be picked up on a later date in exchange with the invitation card at the City Hall, at *Kourei Fukushi Kaigo-ka* on the 1st Floor between Sep. 18th(Tue) ~28th(Fri) (weekdays only, closed Noon-1PM) 8:30AM~5PM, and on Sep.23rd (Sun) at the 1st floor will open a temporary counter for exchange.

敬老金をお届けします

< Complimentary Gift to Elderly Citizens from Hamura City >

A complimentary Gift will be sent to elderly citizens by the middle of September (around the 15th(Sat)).

Gift Amount is: 77 yrs or older - ¥10,000 88 yrs old or older - ¥20,000 99 yrs old or older - ¥30,000

Inquiries: *Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari* ☎Ext. 177

家族介護慰労金の支給

< Rewarding Family Members who Provide Elder Home Nursing Care >

Home nursing care providers for elders who are certified as level 4 and 5 will be eligible to receive a one-time sum. Please claim if you apply to the following:

- Have been caring for level 4 and 5 elder for at least one year counting from standard date set for evaluation, while residing on adjacent or same property as your elder
- Previous year's income counting from term of rewarding year's standard date set for evaluation of all household members is tax exempt
- Have not utilized the day care system (short stay term for total of 7 days or less total is not counted) in the past year counting from standard date set for evaluation
- The elderly receiving nursing care has not been hospitalized for more than 90 days.

¥100,000 per family For details, call *Kourei Fukushi Kaigo Ka, Chiiki Houkatsu Shien Center* ☎198

THE HAMURA FURUSATO MATSURI

September 22nd (Sat) & 23rd (Sun) NOON ~ 6:30PM at JR *Ozaku Station East Square*

Traffic Restriction: Traffic around the event site will be restricted from 10AM to 8PM on both event days.

Host/Inquiry: *Hamura Furusato Matsuri* Executive Committee

Co-hosted by: *Hamura City, Hamura Chamber of Commerce and Industry, Hamura Tourism Association*

< September 22nd (Sat) Programs >

Performances by local Kindergarten and Elementary School students, *Sōran* Dancing Teams and more!

- NOON~: *Yosakoi Sōran* dance by kindergartens & day care center children
- 1:50PM~: Opening Ceremony
- 2:15PM~: *Sōran* dance performed by all *Hamura City* Elementary School students
- 2:30PM~: *Yosakoi Sōran* dance, other dances, brass band performance

< September 23rd (Sun) Programs >

Performances by *Sōran* Dance Teams and more!

- NOON~: *Yosakoi Sōran* dance, other dances, and music
- 5:55PM~: *Yosakoi Sōran* dance finale performed by various groups
- 6:10PM~: Closing Ceremony

◆ Community Bus "*Hamu-run*" route will be detoured temporarily

Date: September 22nd (Sat) and 23rd (Sun) Affected course: *Ozaku* course, and *Hamura Chuuou* course

Alternate stop: *Hamuran* buses will not enter *Ozaku Station East Square*. The bus stop "*Ozaku-eki Higashi-guchi*(小作駅東口)" will be temporarily relocated to location before reaching intersection of *Kita Kousaten*小作駅北交差点南側

Temporary bus stop is called小作駅東口臨時バス停 (*Ozaku Eki Higashiguchi Rinji Basu Tei*)

(a short walk on main street stretching from the station, stretching toward *Ozaku Ekimae Dori*).

Inquiry: *Toshi Keikaku Ka, Jyutaku Koutsuu kakari* ☎ Ext.276

羽村動物公園 動物慰霊祭



HAMURA ZOO ☎042-579-4041



< Memorial Service for Animals who Passed Away At Hamura Zoo >

This event is held annually during the Be-Kind-To-Animals Campaign Week (September 20th ~ 26th).

The Animal Memorial Service will be held for all the animals that deceased in *Hamura Zoo* in the past.

Hamura residents are also welcome to join the service and give prayers for their deceased pets.

To join the service, please register to *Ireisai* (memorial service) guests list after entering the zoo.

Date: Sep. 22nd (Sat) 11 AM ~ 11:30AM Event will be held in light rain. Please arrive 15 min early.

Place: Memorial Plaque inside zoo (Entrance will cost a fee) *The zoo opens on Holidays 17th (Mon)&24th (Mon)

< BE-KIND-TO-ANIMALS WEEK > September 20th ~ 26^t

This special campaign week was established to promote human-animal relationship animals, based on the "Act on Welfare and Management of Animals".

< Animal Fureai Festival >

Theme: "Animal Protection Laws".

Outdoor Space Event: Date & Time: September 22nd (Sat), 11AM ~ 4PM

Place: *Ueno Park* *No reservation required.

Indoor Event: Date & Time: September 15th (Sat) 1PM ~ 5:30PM

Place: Millenium Auditorium in *Taito Ward* Capacity: First 300 people

Please apply at *website Doubutsu Aigo Festival* on the internet. Deadline»September 14th (Fri) NOON

Inquiry: *Nihon Doubutsu Aigo Group* ☎03-5362-0117 *Kankyō Hozen Ka, Kankyō Hozen Kakari*, ☎Ext 226



of



■ **Love your pet and keep him/her in your family through their lifetime**

Every pet owner has a responsibility to take care of their pet for its entire life as well as fully understand the pet's habits and nature so to be able to take care of them properly.



■ **Sterilization/Castration for your pet**

If you are not planning on having baby-pets, Sterilization/Castration is highly recommended.

Not only will your pet calm down, but it also prevents reproductive system diseases. Subsidization has been available from 2014 at *Hamura City*.

■ **Tag your pet with Identification.**

Many stray animals do not make it home. Please make sure to put an ID Tag on your pet. Rabies shot are required by the city for dogs.

■ **Keep your cat indoors**

In densely populated residential neighborhoods, keep cats indoors in order to avoid traffic accidents for them and troubles with neighbors. Arrange your furniture so that your cat can get some exercise in a house. Please have a Litter box and Nail Sand in your house for your cat.

■ **Follow the public rules when taking your dog for a walk**

When taking your dog for a walk, keep your dog leashed. If your dog potties, wash the spot with water that you carried from home. Also take the dog's "deposit" back to your home and dispose of it properly.

■ **In case of a disaster**

When a disaster occurs, please do not forget that human lives come first. If the pet owner is hurt, he/she may not be able to care for their pet. You must save your own life before saving your pet's.

When evacuating, bring your pet with you. Make sure to have an emergency supply kit for your pet with at least 5 days of pet food and water. It is important to train your pet not to be afraid to go into a cage, go to the bathroom at a specific place.

Kankyou Hozen Ka, Kankyou Hozen Kakari, ☎Ext 226

ご存じですか? ヘルプカード・ヘルプマーク

< **The Help Card and Help Mark** >

The HELP Card- This is a card held by a person with disability. Even if they are not able to express their intentions verbally, each individual's request for which you can be helpful with is written on the card. The card was designed by the city so that indications can be added and it can be carried around.

❖Physical Disability Certificate, Intellectual Disability Certificate, and Health and Welfare Handbook for Mentally Disabled Holders are eligible to register.

The HELP MARK Card- This type of card is carried by persons who have weakness that are not visibly recognizable. The Tokyo Metropolitan Government created the HELP mark

If you see a disabled person with a card marked with a medical cross and a heart, please look at it closely. Be so kind as to offer them your seat in the train, or offer other acts of kindness.

❖People with prosthetic limbs, are internally impeded, or are dealing with difficult diseases, and pregnant persons are eligible to receive it. They are available at the city hall 1F *Shougai Fukushi-ka Shougai Fukushi-kakari*, ☎ Ext.172. There is a limited supply of these cards. You can also receive them at certain railway stations. If you are interested in receiving one, please inquire for details.

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

Hamura City designated February, May and September as "Burnable Waste Accurate Separation Month."

Please separate your burnable waste in order to retrieve recyclable resources from them.

♣ Set up 3 types of garbage collection bags. Separation is made easier by keeping each of the following: "Paper Items" "Plastic Containers and Packaging" and "Burnable Trash" bags ready to dispose into.

♣ Plastic Container and Packaging has a mark by which it can be distinguished. Wash them if they are dirty. Dispose of these in a transparent bag on "Recyclable Trash B" collection days.

♣ Old Clothes and fabrics include curtains and sheets, bits of cloth. Bind with a string and dispose of them on "Recyclable Trash A" Collection days. Wet fabric is not suitable for recycling. Don't dispose of when it is rainy.

♣ Please contribute to the separation effort by decreasing burnable garbage by squeezing out the water.

» Exhibition: September 4th (Tue) ~ 20th (Thu) ,8:30AM ~ 5PM during "Burnable Waste Accurate Separation Month" at the 1st Floor of the city hall. *Seikatsu Kankyou Ka, Seikatsu Kankyou Kakari*, ☎Ext. 204

NOTICE

The roof of Tangible Cultural Folk Asset of Hamura City, Old Shimoda Residence at the Folk Museum will be under construction between September 1st (Sat) ~ December 28th (Fri), 9AM ~ 4PM. If the residence is being protected from weather conditions, the entire grounds will be off limits to the public, however the residence can be viewed from aside if weather conditions allow. Kyoudo Hakubutsukan ☎042-558-2561

ご存じですか？燃却行為の決まりごと！

< **Did you know the rules for burning? >**

The Law Pertinent to Waste Disposal and Sanitation, / The Law Protecting Healthy and Safe Environment of its citizens enforced by Tokyo Metropolitan Government are some of the environmental protection laws.

The above regulations ban the following acts:

- Incineration of items in an unlawful manner
- Use of small incinerator to burn disposable items which does not meet standards
- Not using proper incinerator for burning disposable items (such as household size incinerator)

Exceptions are:

- traditional events or folklore, religious activities (such as the New Year's "Dondo Yaki")
- Extermination of insects to help progress farming activities
- Burning for Recreational Activities at a small capacity, (such as bonfire, cooking at camp site, barbeque)
- A Fire needed for Educational Purposes

* Burning of rubber items such as tires or vinyl is prohibited. * Inform you neighbors of the fire you are intending to start to avoid trouble. * The fire station should be notified if the smoke will rise from you fire.

Inquiries: *Kankyou Hozen Ka, Kankyou Hozen Kakari*, ☎Ext. 226

自然休暇村から (自然休暇村紹介事業・9月の休暇村)

< **Shizen Kyuukamura – Hamura Municipal Resort Lodging Facility >**

Shizen Kyuukamura (自然休暇村) in *Kiyosato* mountain resort, *Hokuto City, Yamanashi-ken*, is a lodging facility owned by *Hamura City*. Hotel accommodation, private lodges, and camping sites are available at reasonable fees to cater for each guest's travel style. ☎0120-47-4017 / 0551-48-4017

≈ **Bath of September:** Chamomile Bath

≈ **Exhibition:** *Hamura City's Ozakudai* Elementary School Children's Artwork: until September 28th (Fri).

≈ **Performance at Lobby:** *Wadaiko Drums by Takane Furusato Taiko* September 22nd (Sat), 5:30PM ~

≈ **Open Art Museum:** Sep. 15th (Sat) ~ 17th (Mon, Holiday) at Toubou Nogi ☎0551-32-5795

≈ **Trombone Concert:** Sep. 24th (Mon, Holiday) 2PM ~ Trombone Festa Executive Committee ☎080-1127-4941

< TV Hamura in September >

TV *Hamura's* 30-minute program is broadcasted daily on Tama Cable Network (digital channel 055). New contents come on every Thursday. You can also see it on your smartphone and the official website of Hamura City. The daily program times are ①9AM~ ②5PM~ ③9PM~
On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~.
September special program: "Hamura City Comprehensive Emergency Drill"
Inquiries: *Kouhou Kouchou-ka Kouhou-kakari* ☎Ext.505

児童文学講演会（高島なお 絵本原画展ギャラリートーク）

< Children's Books Author Nao Takabatake Designs on Display >

Famous children's books author Nao Takabatake is going to make a public appearance in Hamura. He will offer a lecture featuring the drawing of a painting that will be made on site. Design drawings of published books will also be on display for the public.

Lecture

Date: September 24th (Mon), 2PM~

Place: Yutorogi Exhibition Room

Childcare Service: available for 18mo to preschool age children. Please apply no later than Sep. 14th (Fri).

Inquiries: Main Library ☎042-554-2280

Exhibition

Date: September 19th (Wed) ~ 30th (Sun), 10AM ~ 5PM

Place: Yutorogi Exhibition Room

Time: 10AM ~ 5PM, closed on Mondays

Inquiries: Yutorogi ☎042-570-0707

はじめてみませんか、バードウォッチング

< Birdwatching for Beginners >

There are many migrant birds which you are able to see in the late September to October period. A Bird Watching workshop will be held at the following time. Experts will show beginners how to use binoculars to view birds. Please come directly to the meeting place. There is no reservation required.

Date & Time: September 29th (Sat), 9:30AM~ 11:30AM. Place Designated for Meeting Place: *Tamagawa*

Brother's Bronze Statue Place: Locations of sighting will be near the water intake sluice and on the premises of *Kyodo Hakubutsukan*. Fee: ¥200, free for Junior High School Students and younger.

Bring: beverage, rain gear, binoculars Teacher: *Nihon Yacho No Kai* (Japan Wild Bird Assoc.)

Come by the *Hamuran* Bus, ride the west course and get off at *Hamura Bashi* (No.15) bus stop.

郷土博物館特別展 「御礼と旅～羽村人の祈り」

< Folk Museum Special Exhibition ~ Historical Material of Prayer and Offering to the Temples >

Since long ago, prayer for abundant harvest, protection from harm, and avoiding illness are reasons why people of Hamura had gone to the sacred sanctuary to offer prayer. They usually brought offerings to the Zenkoji Temple. Hamura villagers were traveling to places as far away as Ise Shrine since the Edo era. The Folk Museum is displaying the historical material related to the prayer and offering of the local Hamura citizen of the old days. Clothing and other items such as diaries that were preciously guarded over the decades will also be on display.

Inquiries: *Kyoudo Hakubutsukan* ☎042-558-2561

Date: September 15th (Sat) ~ December 23rd (Sun), 9AM ~ 5PM Place: Special Exhibition Area and other

The *Kyoudo Hakubutsukan* is closed on Mondays. (It will be open if it is a holiday.)

< **Cultural Asset Week 2018 Visiting a Cultural Asset** >

Orientation Tour to the Cultural Assets in Hamura ~ Hamura City has many places that are of great cultural value. Your guide will be museum curators with great knowledge of the local history. Please wear comfortable clothing.

Date: October 20th (Sat), 9AM ~ 0:30PM (will be held in light rain.) Capacity: first 30 Fee: free

Course: Hamura Station, Maimaizu Well, Horse Drinking Fountain, Zenrinji Mountain Gate, Hamura Bridge, Water Intaku Sluice, River, Tamagawa Brothers Statue, Museum

Meeting Place: JR Hamura Station Ticket Entrance Eligibility: 4th Graders or older (Children under Junior High School must come with an adult.)

Application/Inquiry: Call /come to the *Kyoudo Hakubutsukan* (Fold Museum) September 1st (Sat), 9AM ~

☎042-558-2561 The facility is closed on Mondays, and hours of operation on other days is 9AM ~ 5PM.

< **Consumer's Center Consultation for Elderly Victims of Scam or Fraud** >

If you are an elder who is troubled with matters such as being forced into a sales contract, or being tricked into making payment for items that you did not offer consent for purchasing, please take this opportunity to receive consultation at the Consumer's Center. Term of Consultation is September 10th (Mon) ~ 12th (Wed), 9AM ~ 4PM (There will be a lunch recess from NOON ~ 1PM.) Inquiries: Consumer's Center, ☎Ext. 641

< **"Rainbow" Flea Market in Hamura** >

Please sell your household items or clothing in decent condition at this thrift shop event. You can contribute to the recycling effort, and also you may be fortunate and find something that you were looking for!

This event aims to provide local residents a 'trading opportunity of reusable goods.' (Applications by professional dealers for commercial purposes will not be accepted.)

Permitted Merchandise: Goods from home or clothing that are in serviceable condition.

Items can be brought by automobile, bicycle, or suitcase.

Date: September 9th (Sun), 9AM ~ 0:30PM (If the weather is bad, event will be cancelled.)

Place: Sangyou Fukushi Center near Yutorogi Lifelong Learning Center and the Library

Inquiries: *Seikatsu Kankyou Ka*, *Seikatsu Kankyou Kakari* ☎ Ext. 205

< **Green Feather Charity Campaign** >

Donation boxes will be set at City Hall and other places in *Hamura* during the biannual green feather campaign months; March ~ May and September ~ October.

The donated funds will be centralized to The National Land Afforestation Promotion Organization, through which it will be used to maintain the trees, flowers and greeneries of our roads, parks and forests in Tokyo.

Place of donation boxes: City Hall (1st floor - Main Reception, 2nd floor - *Kankyo Hozen-ka*), *Hoken Center*, *Fukushi Center*, *Yutorogi*, Library, Sports Center, Swimming Center, Folk Museum

Inquiry: *Kankyou Hozen-ka Kankyou Hozen-kakari* ☎Ext.226

愛の献血にご協力を

< BLOOD DONATION NEEDED! >

Blood supplies tend to be short when donors are scarce depending on the season. Your contribution will be appreciated. No reservation is required. Donation of either 400ml or 200ml can be chosen by a donor.

Date & Time: September 25th (Tue) 10AM ~ Noon / 1PM ~ 4PM

Place: JR Ozaku Station East Square

Eligibility: Age 16~69 (Those over age 65/older without a donation record in past 5 years are ineligible)

*Taking medicine for stomach ache, vitamins, or drugs to lower blood pressure will not affect the ability to donate. Those who are deemed to be unfit for donation may be referred to a medical interview on site prior to the procedure and be asked to decline. Inquiry: Hoken Center 042-555-1111 ☎Ext.623

成人歯科検診

< Adult Dental Checkup >

Date: Sep. 1st (Sat) ~ Oct. 31st (Wed) Eligibility: Hamura residents of age 65 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 .

*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

就学時健康診断

< Medical Checkup 就学時健康診断 for Next Year's First Graders >

Households with child(ren) entering an elementary school in April 2019 will receive a notification of Pre-entrance Child Medical Check-up (就学時健康診断) in early September. If you are a parent expecting the notification but it is not delivered to you, or if you plan to enter your child to a school other than the school designated to you per notification, contact *Gakkou Kyouiku-ka Gakumu-kakari* ☎Ext.356.

Time: Reception 1:15PM~1:30PM (Shourin, Musashino Elementary: 1:10PM ~ 1:25PM)

Dates: Specified by the school districts; *Hamura Higashi:* Oct. 26th (Fri), *Hamura Nishi:* Oct. 22nd (Mon), *Fujimi:* Oct. 30th (Tue), *Sakae:* Oct 15th(Mon), *Shourin:* Nov. 27th (Tue), *Ozakudai:* Nov. 2nd (Fri), *Musashino:* Nov. 9th (Fri)

Inquiry: Gakkou Kyouiku Ka, Gakumu Kakari ☎ Ext.357

全国大会などに出場した青少年を対象に補助金を交付します

< Partial Financial Assistance for Travel Expenses for your Child's National Contest >

If you are a Hamura City Resident, and your child has excelled in sport activities, eligible for competition in a well recognised contest, Hamura City will provide partial financial assistance for the travel costs which are incurred.* A "child" refers to the term until March 31st after their 18th birthday.

Eligibility: National, State, sponsored event which is coordinated by public organization or service group, or an international contest held Costs for Reimbursement: Travel and Lodging (with limits)

Inquiry: City Hall, Shougai Gakushuu Soumu Ka, Shougai Gakushuu Suishin Kakari, ☎Ext. 363

< **Chatting Place for Parents** > おしゃべり場「教えて！歯磨き」

This month's topic is "Brushing Kid's Teeth".. Child Care Volunteers will attend your children during the event. Feel free to join and share some thoughts and tips for child rearing.

Place&Date: East Children Center– Sep 11th (Tue) Time: 10:30AM~11:30AM for all dates
West Children Center– Sep 14th (Fri) Inquiries: Children and Family Support Center
Central Children Center – Sep 25th (Tue) No reservation needed. ☎042-578-2882

出張ハローワーク

< **Dispatch of Unemployment Office Staff to Hamura City** >

Please make use of the services offered for employment advice. The Hello Work will dispatch workers to Hamura City. You can gain consultation about the effective search for employment, and the staff can also set up an interview with the company you are interested in working for.

Date: September 12th (Wed) and 26th (Wed) 1:30PM~4:30PM Place: "Sangyou Fukushi Center I"
Inquiries: Sangyou Shinkou Ka, Shoukou Kankou Kakari, ☎Ext. 657

< **Bookbinding Workshop** >

Professionals will guide you on how to design in this bookbinding class. Loose papers which you want to organize, fliers of concerts with sentimental value, or documents which you own can be made into a book. Sample works will be on display from September 4th (Tue) ~ 28th (Fri).

Date: October 11th (Thu) 1PM to 4PM Place: Volunteer Room, 2nd Floor of Main Library Capacity: First 10
Fee: ¥500 Things to Bring: Material which you want to have binded (Items must be of thickness between 1 ~ 2 cm , fit the A4 or B5 standard size, and must be lengthwise.) If you need to obtain material from the workshop, please consult. Organized By: "Hon Dana" Library Volunteers Application: Call or come to library between September 4th (Tue) ~ 28th (Fri) from 10AM ~ 8PM Inquiries: Library ☎554-2280
will be closed for a routine book inspection.

Library : Temporary Closure for Collection Inspection

The Library will be closed during the collection inspection on September 18th (Tue)

スポーツセンター 夜間校庭使用受付

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

If you are a sports group registered with the Hamura City interested in using the school playground at night, please apply at the Sports Center. Reservations for August will be accepted from Sep. 15th (Sat) ~ 25th (Tue) on days other than Monday from 9AM ~ 9PM. The school playgrounds that are being rented out are the Hamura *Higashi* Elementary School, and Hamura *Dai-San* Junior High School. Sports Center 042-555-0033

< **The 27th Seniors Hamura Fuerai Matsuri** > シルバーはむらふれあい祭り

At this event, visitors can enjoy the exhibition of calligraphy, pictures, flower arrangements, as well as unique shops, sales of hand-made goods, recycle flea market, etc. Various workshops and demonstrations are also fun –kimono, repapering of paper sliding doors.

Health and mental counseling for the seniors are also available. Anyone is welcome to enjoy this festival!

Date & Time: September 8th(Sat) (Light rain or shine), 10AM ~ 3PM, September 9th(Sun) 10AM ~ 2PM
Health counseling... 8th(Sat)10AM ~ Noon, Counseling for senior problems... 8th(Sat) 10AM ~ 3PM,
Bazaar...9th(Sun)11AM ~ Place / Inquiry: Silver *Jinzai* Center ☎042-554-5131

SWIMMING CENTER ☎042-579-3210

水中ウォーキング講習会

< In-Water Walking Exercise >

Date & Time: September 22nd (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.

トレーニングプログラム 骨盤調整、マーシャルアーツ、ナイトエアロ、身体引き締めエクササイズ

< 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 from 9:30AM ~ 10:30AM Place: 2F Kaigishitsu

Lesson Fee: ¥800 per lesson

< Martial Arts * > マーシャルアーツ

This is a combination of punching and kick moves. The motions are simple and they will condition and develop your inner core muscles. Date & Time: Every Wednesday from 2PM ~ 3PM ❖Fee: ¥500 per lesson

< Night Aero Exercise Class* > ナイトエアロ

Aerobics class at night for beginners to intermediate Day & Time: Every Wednesday from 7PM ~ 8PM ❖

< 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 Exercise Classes (other than In-Water Walking)

Place: Training Room for * Eligibility: junior high school student or older Capacity: first 20 people

Things to bring: Exercise wear, drink, towel indoor shoes for classes at the training room. ❖Fee: ¥500

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

FRESHLAND NISHITAMA ☎042-570-2626

< Freshland Nishitama Special Event for Respect-for-the-Senior-Citizen's-Day >

The fee for the bath facility will be 50% off for those who are age 70 or older!

Event Period: September 15th (Sat) ~ 21st (Fri)

Special Admission Fee: (all shown at half price):

Hamura, Ōme, Fussa City Residents, and Mizuho Town Residents: ¥250 for 3 hours, ¥350 for all day

Others: ¥400 for 3 hours, ¥600 for all day * Tickets won't be accepted during this offer.

*ID such as your driver's license or health card will be needed.

< Facial Esthetic Treatment > フレッシュランド西多摩 敬老の日イベント, 特別フェイシャルエステ

Skincare advisors will administer facial treatment at a very reasonable cost on this day.

Date & Time: September 29th(Sat) and October 6th (Sat) 10AM ~ 9:30PM Place: Freshland Nishitama

Eligibility: 16 years old or older (one time) Capacity: First 20 people each day

Fee: ¥1,000 for 45 minutes including counselling

How to Apply: Please go to the front desk at Fresh Land Nishitama from September 4th, 10AM~.

< Regional Job Interviewing Event > 地域就職面接会

There will be an interviewing event for people who are seeking employment in the surrounding region near Hamura City. Please bring multiple copies of your resume.

Date: September 11th (Tue), 1PM ~ 4PM Place: Metropolitan Tama Employment Opportunity Development Center (Tokyo Toritsu Tama Shokugyou Nouryoku Kaihatsu Senta) Seminar: 10AM ~ NOON (for first 30)
Please make a reservation for the seminar. Inquiries: Tokyo Shigoto Center Tama ☎042-329-4524

< Group Job Interviewing Event for Young People > 若年者合同就職面接会

Hello Work *Ōme* is providing a group job interviewing event in cooperation with *Hamura* city for young people who wish to work in local enterprises under a full-time contract. It is aimed to support the youth 39 years of age and under. About 10 local business entities will participate to hold job interviews. *For more information about participating business entities, please check Hello Work *Ōme* or various company websites.

Date and Time: September 28th (Fri), 1:30PM ~ 4PM (Sign-in: 1PM ~ 3PM) Eligibility: 39 year old or younger
Place: *Ōme* Fukushi Center 2F, Conference Room (1-177-3 *Higashi Ōme*, *Ōme* City) Fee: Free
Things to bring: Your resume (Please bring multiple copies so you can hand them to various companies)
To Apply: Hello Work *Ome* Consultation Services ☎0428-24-9163 No Reservation Needed

< RENEWAL of TOKYO SILVER PASS > シルバーパスの更新

Those who have the Tokyo Silver Bus Pass expiring at the end of September have received the renewal application form sent from Tokyo Bus (東京バス協会) by mail in late August. Please complete the application procedure within September. (Tokyo residents of age 70 and over are eligible for Tokyo Silver Bus Pass, a pass for fare exemption of buses running within Tokyo metropolitan area, and of Tokyo Metro subways.)

City Hall Application Desk: Sep. ①5th (Wed), 6th (Thu), ②21st (Fri), 25th (Tue) ~ 27th (Thu) Time: 10AM~3PM
Place: *Hamura* City Hall ①1st floor, Conference Room 101 ②*Tamokutekishitsu*
Inquiries: Tokyo Bus - Silver Pass Helpline ☎03-6757-0077 or 03-4531-0070

自殺防止！東京キャンペーン

< Tokyo Suicide Prevention Campaign >

September is Suicide Prevention Campaign Month. Many factors contribute to the motivation for suicide. The society can prevent these incidents by acting together.

Listed here are some support systems operated by various organizations.

Counseling Support provided by Tokyo Metropolitan Government

≈ 54 Hour Special Counseling Help-Line by Tokyo Suicide Prevention Center ≈

September 1st (Sat) 0AM ~ 3rd (Mon) 6AM ☎0120-58-9090

≈ Counseling for Problems with Multiple Consumer Loans ≈

September 3rd (Mon) ~ 4th (Tue), 9AM~5PM ☎03-3235-1155 (Tokyo Consumer Life Center)

≈ Suicide Prevention Hotline “*Inochi-no Denwa*” ≈

September 10th(Mon) 8AM ~ 11th(Tue) 8AM (24 hours) ☎0120-783-556

≈ Telephone Counseling for Suicide-Bereaved Family ①≈

September 11th(Tue) ~ 14th(Fri), 10AM~10PM ☎03-3796-5453 (Grief Care Support Plaza)

≈ Tokyo Suicide Prevention Campaign “*Kokoro to Inochi no Hotline*” ≈

September 17th(Mon, Holiday) 0AM ~ 21st (Fri) 0AM (24 hours) ☎0570-087478

≈ Telephone Counseling for Suicide-Bereaved Family ②≈

September 22nd (Sat) ~ 24th(Mon, Holiday), 11AM~7PM ☎03-3261-4350 (Suicide-Bereaved Family Support Ctr)

≈ “Echo” Outreach Hotline “*Inochi No Yamabiko Denwa*”

September 1st (Sat) ~ 30th (Sun), NOON ~ 8PM (until 10PM on Fridays) ☎03-3842-5311

Lecture: Youth Suicide (in Japanese)

Date: September 7th (Sat), 2PM ~ 5PM Place: *Tokyo Tochou Metropolitan Gov. Building Citizen's Hall*

Eligibility: groups formed at municipalities, or individuals Capacity: first 150

For details, please contact: *Tokyo Fukushi Hoken Kyoku, Hoken Seisaku Ka*, ☎03-5320-4310

★Consultation Services Offered by Hamura City:

The city offers consultation according to subject matter, and the *Hoken Center* is also open to citizens. If there are any issues that you are encountering difficulties with in life, have struggles about your mental health, please be assured that there is help. ☎042-555-1111, Ext. 627

羽村市文化祭特別企画 ゆとろぎオペラ(魔笛)

< **Hamura Special Cultural Event ~ Yutorogi Opera Performance** >

There will be a special concert held by Hamura City citizens with professional background or belonging to local choir. (Play will be performed in Japanese).

Date & Time: November 3rd (Sat), 2PM~ (doors open at 1:30PM) Place: *Yutorogi* Main Hall

Charge for Admission: (all reserved seating)

General admission ¥1,000 per adult for advanced booking, same day ticket ¥1,200

¥500 for Student of high school age under *Preschoolers and younger will not be allowed admission.

Tickets will be on sale at *Yutorogi's* Ticket Counter from September 1st from 9AM~5PM. closed Mondays. Child care service available >no later than September 1st (Sat). (Calls accepted from 9AM ~ 5PM at Yutorogi)

Hosted by: The 49th Hamura City Cultural Festival Executive Committee, Board of Education

Inquiry: *Yutorogi* ☎042-570-0707

第71回市民体育祭 参加者募集

< **Participants Wanted ~ The 71st Citizens' Sports Festival** >

Date: October 7th (Sun) (In case of rain postponed to 8th (Mon, Holiday)) Place: *Fujimi* Park Field

< **Company Relay Teams Wanted!** >

This is a great opportunity for promoting your company to local people! A team must have 4 runners (including at least 1 female). Each runner runs 100m.

Eligibility: anyone who works at work place registered in *Hamura* City Capacity: first 18 teams

< **Sports Groups Wanted to Participate in the Intermission Parade** >

Join to the lunch time entertainment parade! No requirements regarding the group structure.

Application / Inquiry: To participate in these events, please turn in an application to *Hamura-shi Taiiku Kyoukai Jimukyoku* (2nd Floor at Sports Center) before September 14th (Fri), 5PM. Sports Center ☎555-1698

市民提案型協働事業

< **Activities Co-Sponsored By Citizens and the City** >

~ **A One-Day Play Park for Kids** ~



Play park, which is held as a one-time event during each season, is a place where a child can enjoy active, creative playtime in the woods. There will be supervision by adults, (2nd graders or younger must be accompanied by their parents.) by volunteers. You can come to help as well if you are an adult.

Date: September 16th (Sun), 11AM ~ 3PM *Will be on 17th (Mon, Holiday) if weather is bad

Place: Sekishita Recreation Field Fee: Free No reservation needed

Children at 2nd grade of elementary school or under must be accompanied by an adult. Please bring your own lunch.

Inquiries: *Hamura* Playpark *Sekiguchi* ☎080-6548-9952 (hamurappa@gmail.com)

* There is no parking. The location is about 20 minutes on foot from the West Side of JR Hamura Station.

~ Handmade Children's Book On Display ~

Pop-Up Picture books that were made by Hamura City citizens will be on display. Come to see these works that are very much enjoyed by children. Date: September 2nd (Sun) ~ 9th (Sun) 10AM ~ 5PM

Place: Community Center Lobby on 2nd Floor (next to city hall) Inquiries: Mr. Ito 090-6533-0229



◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
2 nd (Sun)	<i>Yamaguchi Naika Clinic</i>	☎042-570-7661	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Inoue Shika Iin</i>	☎042-554-7735
9 th (Sun)	<i>Nishitama Byouin</i>	☎042-554-0838	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Hanenaka Shika Clinic</i>	☎042-554-2202
16 th (Sun)	<i>Matsuda Iin</i>	☎042-554-0358	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Hamura Shika Iin</i>	☎042-570-4618
17 th (Mon, Holiday)	<i>Futaba Clinic</i>	☎042-570-1588	<i>Mizuho Clinic (Mizuho-machi)</i>	☎042-568-0300	<i>Honda Shika Iin</i>	☎042-554-5902
23 rd (Sun)	<i>Yanagida Iin</i>	☎042-555-1800	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Moriya Shika Iin</i>	☎042-555-9872
24 th (Sun)	<i>Matsubara Naika Iin</i>	☎042-554-2427	<i>Arai Clinic (Mizuho-machi)</i>	☎042-557-0018	<i>Katou Shika Clinic</i>	☎042-554-8887
30 th (Sun)	<i>Shinmeidai Clinic</i>	☎042-554-7370	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Kaneko Dental Clinic</i>	☎042-554-1503

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

行政・人権相談日 休日診療

PUBLIC CONSULTATIONS Schedule of September

Category	Date	Time	Contact
Public Administration and Human Rights	20 th (Thu)	1:30pm ~ 4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext.541

*Ⓐ=appointment required.

◆ Consultations are by appointment only. Please do not call the *Shimin Soudan-shitsu* for consultation over the telephone.