



HAMURA NEWS

HAMURIN Hamura City Mascot

September 15th, 2018

Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section)
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第 71 回羽村市市民体育祭

< The 71st Hamura Citizen's Sports Festival >

Neighborhood Teams, schools, and companies will compete in this field day event. Please feel free to make participation entry for those sporting events which do not require prior registration.

Special Guests ~ Olympian and Paralympian Athletes ~ will also participate in this event.

Date: October 7th (Sun) (In case of rain, postponed to 8th (Mon), Holiday)

Opening Ceremony: from 8:45AM, Program: from 9:30AM Place: *Fujimi Park Field*

Host: The 71st Hamura Sports Festival Executive Committee Inquiries: Sports Center ☎042-555-0033

Details will be in *Kouhou Hamura (Hamura News)* October 1st edition.

第 27 回羽村市健康フェア

< The 27th Hamura Health Fair >

This is a great occasion for the family to enjoy. It will be held concurrently with the Sports Festival.

Date & Time: October 7th (Sun) Time: 9:30AM~1:30PM *In case of rain, postponed to 8th (Mon, Holiday)

Place: *Fujimi Park - C ground & Club House* Inquiry: *Hoken Center* 042-555-1111 ☎Ext.623/624

Details: • Health Counseling (by Internal Medicine, Pediatrics, Ophthalmology, Orthopedic, Dentist, Medicine)

- Tuberculosis Screening
- Basic Health Checkup (Blood Pressure, Heart Rate, Body Fat, BMI, Vision, Ocular pressure)
- Prevention of Diabetes Information Booth(What you need to know about diabetes, Nutrition, and Exercise)
- Emotional Wellbeing
- Cancer Screening Promotion
- Kids' playground • Child Care Support Booth
- Drug Abuse Prevention & Blood Donation Promotion Booth

* Health counseling is available for up to first 160 people; registration ends at 1PM.

* You must be 40 years or older to receive a Vision & Ocular pressure check which ends at 1PM

Health Check By Hamura Sanshikai: 10AM ~ 0:30PM Capacity: first 75

(稲作体験) 田んぼ体験 稲刈り・脱穀

< Rice Farming Workshop ~ Harvesting & Threshing Rice Crop ~ >

The *Seishounen* Youth Division of *Hamura City* planted crop back in June. Now is the time to harvest the rice crops that were planted in the *Negarami-mae* Paddy Field. Students who did not get to plant rice there can also participate. Don't miss this chance!

< Harvesting & Celebration >

Date & Time: September 30th (Sun),
gather at 8:30AM, at *Miyanoshita Ground*
work starts at 9AM

*If it rains, postponed to 2nd (Sun)

< Threshing >

Date & Time: October 13th(Sat),
gather at 9:30AM, at *Odorikoso Koen*
and work starts at 10AM

*If it rains, postponed to 14th(Sun)

Place: *Negarami-mae Suiden* (Rice Paddy Field) Eligibility: Junior High School student or younger

*No reservation required *Make sure to wear something you don't mind getting dirty.

Hosted By: *Seishounen Taisaku Chiku Iinkai Renraku Kyougikai*

Inquiry: above host and *Jidou Seishounen-ka Jidou Seishounen Kakari* ☎Ext.263

お月見かざり(郷土博物館)

< Seasonal Exhibition "Harvest Moon Viewing" >

In Japan, "Chushu no Meigetsu" (September 15th), or Harvest Moon Viewing is a traditional event. Old Shimoda Residence will be decorated with traditional "Otsukimi Kazari" for the Moon-viewing event.

▶Exhibition: September 22nd (Sat) ~ 30th (Sun), 9AM ~ 5PM (until 4PM at Old Shimoda Residence)

Place: Kyoudo Hakubutsukan Orientation Hall, Old Shimoda Residence Fee: Free Open on 24th (Mon)

Inquiries: Kyoudo Hakubutsukan (Folk Museum) ☎042-558-2561

サツマイモ区画売り

< Let's Dig Up Satsumaimo (Sweet Potatoes) >

Let's have fun digging up sweet potatoes grown in Hamura city! Locally grown potatoes are very delicious.

Harvesting time: Mid October ~ Early November Fee: ¥2,000 per block (About 10 heads),

Farm Location: ①Ozakudai 5-16 50 blocks available ②Sakae-cho 2-20 15 blocks available

Farm Owner: ①Mr. Miyamoto ☎042-554-6943 ②Mr. Katou ☎042-554-2044

How to apply & Inquiry: Please come to register and pay the fee with exact change at Sangyou-ka Nousei-kakari in City Hall West Annex (Nishi-Bunshitsu) on October 3rd (Wed), from 9AM to NOON.

*If applying after October 3rd (Wed) NOON, please contact the farmer. Non-Hamura residents can also apply.

Inquiries: Sangyou-ka Nousei-kakari, ☎Ext. 663

< CHILDCARE SUPPORT NEWS: >

ハロー赤ちゃん準備クラス(両親学級)

< Childbirth Preparation Class for Parents >

Date & Time: October 20th (Sat), ①10AM ~ Noon, ②2PM ~ 4PM please choose Place: Hoken Center

Eligibility: Expectant mothers residing in Hamura City (family member can also participate)

Capacity: First 15 pairs Class Detail: How to bathe a baby, change diapers, make formula and etc.

Things to bring: Boshi Kenkou Techou (Maternal and Child Health Handbook), Father's Handbook, & writing utensils Hours of Operation: Weekdays, excluding holidays from 8:30AM ~ 5PM. Call or visit Hoken

Center in advance to reserve (choose the time ① or ②). Hoken Center 042-555-1111 ☎Ext.693



もぐもぐ教室

< Baby Food Class for 7 months old and older >

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

Date & Time: October 25th (Thu), 10AM~11:30AM Place: Hoken Center Capacity: First 15 pairs

Eligibility: Babies born between January 1st ~ March 15th, 2018 & parents

*Sorry, siblings not allowed in class

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

Application: from Sep 18th (Tue) 8:30AM~5PM, call Hoken Center on weekdays ☎042-555-1111 Ext.625

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

Date: September 25th (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: East Children Center ☎042-554-4552 Date: October 30th (Tue), 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 – Oct. 4th (Thu) Time: 10:30AM~11:10AM for all dates

East Children Center – Oct. 9th (Tue) Inquiries: Please call each child center for details.

West Children Center – Oct. 17th (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 – Oct. 10th (Wed)

Central Children Center – Oct. 25th (Thu) Admission: free *No reservation needed.

第72回赤い羽根共同募金にご協力を

< The 72nd "Red Feather" Community Chest Campaign >

The Red Feather Community Chest Campaign starts on October 1st (Mon). It is the 72nd year of the campaign.
Donations are being accepted, and the valuable contributions will be used to support the social welfare
programs, welfare facilities and their organizations. Your cooperation will be deeply appreciated.

Fundraising Period: October 1st(Mon) ~ 31st(Wed)

Street Campaign> Public Collections <: Oct. 1st (Mon) & 2nd (Tue) at JR Hamura Station, JR Ozaku Station

At the Community: Your community's neighborhood organization volunteers will visit some homes.

Boxes will be also available at the reception of public facilities.

Inquiries: *Shakai Fukushi Kyougikai* (Council of Social Welfare), *Soumu Ka, Soumu Kakari* ☎042-554-0304

< Filing for Subsidization of Taxi Fare or Gasoline Costs by Residents with Disability (First Half) > (Takushi Hiyou / Jidousha Gasorinhiyou Josei)

Applications for subsidization of payment for purchase of taxi fare or gasoline costs during the first half of the fiscal year of 2018 will be accepted. To be eligible, you must have one of the following disability certificates:

- Physical Disability Certificate grade 1 to 2 (3 for lower limb, trunk, or internal dysfunction)
- Certificate for Mental Deficiency grade 1 to 2 "Ai No Techou"
- Persons with brain paralysis or progressive muscular atrophy who has already been certified

To receive subsidy, you must be certified in advance.

Limitation for Subsidization: ¥ 15,000 (for the months of April through September)

※If the date on which you were certified is past the start of the term for certification, the limit will vary from the above.

Period for Application: Oct. 1st (Mon) ~ 10th (Wed), 8:30AM ~ 5PM *Shougai Fukushi Ka* at the 1st Floor (Counter closes for lunch at NOON ~ 1PM.) ※Services for this will not be available on Oct. 8th (Mon., Holiday). If you are not able to file during the period for application, it can be filed with the subsidization for latter half of the fiscal year.

Things to Bring:

- Receipts for purchase of taxi fare or gasoline costs from April to September. (Invoices and sales slips of payment for transaction by credit card will not be acceptable.)
- Inkan (official stamp) •Disability Certificate Inquire at *Shougai Fukushika Shougai Fukushi Kakari* ☎Ext. 174

雨水浸透施設設置費を助成しています

< Partial Grant for Purchase of Rainwater Ground Infiltration System >

A partial grant for fees for rainwater ground-infiltration system installed in your premises are being offered. Installing this system allows the rainwater to flow into the ground. It is the responsibility of the owner to remove leaves and objects from the water intake opening, and to keep filthy water from getting into the system. For more about the system, please contact *Suidou Jimusho* Waterworks Office ☎042-554-2269

特定不妊治療費助成

< Subsidy for Fertility Treatment >

Hamura City provides subsidy to female residents who plan to receive high-cost Fertility Treatments, such as external fertilization and micro-fertilization. This subsidy is to partially support the treatment cost.

Eligibility: The following conditions apply:

- ◇ Prior to the application for the subsidy in *Hamura City*, you must be registered under the Tokyo Metropolitan Government's Fertility Treatment Subsidy Program. This subsidization is for each treatment's costs which exceed the subsidy which is available from Tokyo.
- ◇ You are a resident of *Hamura City* who has continuously lived at a resident in *Hamura* since the start of your fertility treatment. ◇ You are not receiving similar aid from other municipalities.

The amount of subsidy:

Maximum for high-cost Fertility Treatment is up to ¥50,000, per treatment. Other conditions apply such as the year in which you applied or age that you were when applying for subsidy. Please call the *Hoken Center* for details. Inquiries: *Hoken Center*, 555-1111 ☎Ext. 623

How to Apply: Please come to the *Hoken Center* with the following documents:

application form requesting subsidization, paperwork certifying treatment for high-cost Fertility Treatment, receipts for treatment, Subsidy Approval Notice issued by the Tokyo Metropolitan Government, seal (*inkan*), and Bank Book from Financial Institution. (The *Hoken Center* is open from 8:30AM ~ 5PM on weekdays, closed Sat, Sun, and Holidays.) *The paperwork certifying treatment for high-cost Fertility Treatment must be signed by a physician. The paperwork format is downloadable or can be obtained at *Hoken Center*.

< Composting Food Waste Using a Cardboard Box: Composter Tester (Monitor) Wanted >

By composting food wastes, the total burnable waste can be reduced, and can be changed into a useful resource by recycling. Hamura City promotes food waste reduction, and is looking for people who want to participate in the class and become a composter tester (monitor) for recycling food waste using a composter made of card board boxes. If you become a composter tester, (monitor), your composter made during the course can be taken home. (about the standard sized *mikan* box) Fertilizers are made through microscopic organisms' decomposition of kitchen wastes inside this cardboard box with enriched soil. If you become a tester (monitor), you will be asked to fill out a questionnaire. You must be a resident or a worker to apply.

Day/Time: October 20th (Sat) 10AM~11:30AM Place: Community Center *Daichi Kenshuu Shitsu* (2F)

Eligibility: Hamura City residents/worker, first 20 applicants Fee: Free Items to bring: pen/notebook

Application/Inquiry: Call or come to *Seikatsu Kankyou-ka* on the 2nd floor of city hall, in advance from September 18th (Tue) ~ October 18th (Thu) from 8:30AM~5PM (excluding weekends & holiday).

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

< Important Civil Case Contract Documents Should Be Prepared or Notarized by a Notary Public >

Tokyo Notary Office will open a special schedule to provide more convenience to clients during NOTARIZATION WEEK October 1st (Mon) ~ 5th (Fri). Free consultations will be available.

Free consultation on the notarization by phone will be available by appointment during this special schedule week. ☎03-3502-8239 also on the weekend, October 1st (Mon) ~ 7th (Sun), 9:30AM~NOON, 1PM ~ 4:30PM.

(There is no consultation at the *Tachikawa* Branch this year.) Inquiries: Tokyo Notary Office ☎03-3524-1279

KYUUDOU (ARCHERY) CENTER ☎042-555-9255

< Kyuudou (Japanese Archery) Class for Beginners >

These classes are taught by the "*Hamura-shi Kyuudou Kai*" Organization.

Date & Time: Wednesdays and Saturdays between Oct. 17th (Wed) ~ Nov. 7th (Wed) (Total of 7 times), 7PM~9PM Place: *Kyuudou* Center Eligibility: * Junior high school students or older *(Junior High

students must be accompanied by an adult) Capacity: First 15 applicants

Fee: ¥3,500 (for 7 classes, including insurance) Please wear exercise wear without buttons, and socks

Application: Before October 2nd (Tue), provide your address, name, age (grade), and phone number by postal letter or fax to the center. Address: *Ozakudai* 4-2-8, *Hamura-shi* Tokyo 〒205-0001, Fax: 555-9255.

You will be notified by October 1st (Sat) regarding the status of your application and instructions.



< Notice of Grants for Nursing Care Service Fees Under Long-Term Care Insurance >

Elders who used the Nursing Care Service Fees under the Long-Term Care Insurance (Kaigo Hoken) will receive a "Notice of Grants for Nursing Care Service Fees" from the city hall Senior Citizens Welfare and Nursing Care Section.

This is a list of the nursing care grant benefits provided during the term of January through July showing the co-payment amount that is charged, and lists details of service provider who offered the service and when the service was provided. Please confirm receipts issued by the service provider or Declaration of Services Rendered issued by your care manager. The document is not a bill. No payment actions are necessary in response to the notification. Inquiries: *Kourei Fukushi Kaigo Ka*, *Kaigo Hoken kakari*, ☎Ext. 143

新しい乳医療証・子医療証を送付します

< Child Medical Certificate Renewal >

These medical certificates are renewed annually on October 1st. New certificates will be mailed to applicable households in late September. The current certificates will expire on September 30th (Wed). After expiration, card must be destroyed or returned to *Kosodate Shien-ka Shien-kakari* in city hall in person or by mail. Parents of the certificate holders are obligated to report to the city office on facts concerning the change of medical insurance or loss of qualification for this medical program due to relocation or other matters.

乳医療証 (Infant Medical Certificate) eligibility is specified by the "Medical Program for Babies and Preschool Children", and 子医療証 (Child Medical Certificate) self-pay burden are specified by the "Medical Program for Children of Compulsory School Age", and medical expenses charged for medical services are subsidized under the National Health Insurance standards. 乳/子 Medical Certificate is issued upon application. Please make application procedures.

Regular Extension: Expiration date is Sep 30th (Wed)

Transition to Other Category: If child is 6 years old, with 乳 Infant Card, or 15 years old with 子 Child Card, expiration date is until the last date of the last month of eligibility, which is March 2019. You must make transition accordingly. Inquiries: *Kosodate Shien-ka Shien-kakari*, ☎Ext.236

ジェネリック医薬品利用差額通知書を送付します

< Notification of Medication Cost Difference of Innovator/Generic Drugs >

A notification in the title (ジェネリック医薬品利用差額通知書) were mailed out to applicable residents who are National Health Insurance member and were prescribed brand-name drugs in the month of April-June 2018. This notification 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 (cost difference is stated only when it is over ¥100). 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. The use of generic drugs is beneficial for the medical insurance program as well as the individual. There is no procedure 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, as well as the insurance expenditure from health insurance fund. Please do not hesitate to consult with your doctor or pharmacist if you prefer to be prescribed a generic drug. Inquiries: *Shimin-ka Hoken-kakari* ☎Ext.129

平成30年度秋の交通安全運動

< 2018 Fall Traffic Safety Campaign > September 21st (Fri) ~ 30th (Sun)

~ Protect Children and the Elderly ~The main points of this campaign are:

1. Watch out for elder and child traffic safety
2. Preventing accidents when walking and riding bicycles at dusk and night time
(There is a need to place reflectors on your bicycle and also to use lights at dark.)
3. Everyone fastening their seat belts and correctly using child seats
4. Eradication of drunken driving
5. Preventing motorcycle and bicycle accidents Inquiry: *Bousai Anzen-ka Koutsuu Bouhan-kakari*, Ext. ☎216

< **Be a responsible cat owner** >

Cat related complaints from citizens have been increasing in recent years. Cats that are free to roam around tend to cause trouble such as defecation and urination by those cats in the premises, scream loudly in spring and autumn, and scatter the wastes disposed of on the designated collection dates. Also, there are concerns of the increase in the number of stray cats because they have not been sterilized or castrated.

1. Please do not let your cat leave the house, as they may be at risk for being hit by a vehicle.
2. Microchip Identification is recommended for prompt return to the owner if they are lost.
3. Sterilization or castration is recommended to prevent unwanted offspring.
4. If you can no longer care for your cat, please make an effort to place them in a sufficient home.

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

スイミングセンター 9月祝日イベント「サーキットトレーニング」

SWIMMING CENTER ☎042-579-3210

< **Circuit Training** >

Tone up your muscles and burn your unwanted calories. Beginners are also welcomed.

Date: September 17th (Mon., holiday) and also on the 24th (Mon., holiday)

Time: 11AM ~ NOON and 7PM ~ 8PM(both days)

Place: Training Room Capacity: first 20 Fee: ¥500 per class

Bring: exercise wear, beverage, towel, indoor shoes Eligibility: junior high school student or older

Application: Please come to the Sauna front desk on class day.

こどものページ

EVENT INFORMATION FOR CHILDREN

屋間の月観測会、ファミリー天体観測会

< **Daytime Moon Observation** >

Date & Time: October 17th (Wed), 4PM ~ 4:30PM

< **Family Stargaze Event** >☆☆

Date & Time: October 17th(Wed), 6:30PM ~ 7:30PM

For Both of Above: Fee: Free Eligibility: 1st Grader ~ 18 years old Place: Central Children Center (Junior High School Students or younger must be accompanied by an adult.) *No reservation required

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

< **Volunteer Staff Wanted for "Winter Festival"** >

We are now seeking volunteers for the "Winter Festival" which will be held on December 16th (Sun).

Place: Central Children's Center You must be able to speak Japanese.

Activity Dates: November 17th (Sat), December 15th(Sat) and 16th (Sun), and etc. Please ask for details

Eligibility: 2nd grader~age 18 Hamura City citizen, who can participate on above activity dates.

Required Number of Volunteers: first 10 Application: Please call or visit the center between October 1st (Mon) ~ 31st (Wed), 9AM ~ 4:30PM.

ポッチャをしよう

< **Sports Day ~ Let's play Boccia ~** >

Date & Time: September 19th (Wed), 3PM~4PM Place: East Children's Center

Eligibility: Elementary and junior high students *No reservation required

手作りおもちゃ教室～動く絵メガネ

< Handmade Toy Workshop ~ Picture Eye Glasses >

Learn how to make a pair of motion glasses!

Date: October 13th (Sat), ①10AM ~ NOON ②1PM ~ 3PM Eligibility: Preschoolers ~ Elementary student
(Preschoolers or younger must be accompanied by an adult.)

ぬりえコンテスト

< Coloring Contest for Elementary Students >

Color a provided illustration as you like and enter it for the contest! Place: East Children Center

Entry Period: October 6th (Sat) ~ 14th (Sun)

Voting Period: October 19th (Fri) ~ 24th (Wed) Result Announcement: October 27th (Sat)

Eligibility: Elementary Students Come to the Child Center during entry period. *No reservation required

こども映画上映会

< Movies for Children >

Date & Time: October 7th (Sun), 10:30AM ~ 11:30AM Place: Yutorogi Center ☎570-0707 Fee: Free

Program: *Moomin*, etc. (3 titles scheduled) Supported by: Hamura Eiga Club

*No reservation required.

STORY TELLING EVENTS

幼児、小学生、向けおはなし会

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

▶ at the Main Library ☎042-554-2280

Story Telling for Elementary School Students >> September 15th (Sat), 11AM~

Story Telling for Preschoolers >> October 13th (Sat), 11AM~

▶ at Kawasaki Branch Library ☎042-554-7225

Story Telling for all children >> September 26th (Wed) 3PM