

HAMURA NEWS

HAMURINHamura City MascotNovember 15th, 2018Edited by: Kouhou Kouchou-ka (Public Information & Public Opinion Section)Published by: Hamura City5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111Published by: Hamura CityHamura City Official Website = http://www.city.hamura.tokyo.jpE-mail:s102000@city.hamura.tokyo.jpHamura News Back Numbers = http://www.city.hamura.tokyo.jp/category/3-17-2-0-0.html

12月4日から10日は人権週間

< Human Rights Awareness Week December 4th ~ 10^{th} >

The 70th Human Rights Awareness Week

The Japan National Government designates the week of December 4th as Human Rights Awareness Week in Japan, which aims to promote the awareness, understanding and respect for human rights of all people. Let's work together to create a society where every life is cherished and respected. <u>Inquiry</u>: City Hall, *Soumu-ka Soumu-kakari* **2**Ext.333

Nurture Society-Wide Respect for Elderly People

A lot of elderly people are suffering from employment discrimination or physical/mental abuse by their care takers. Let's make our society free from human rights violations. The elderly have rights to be happy.

Support Equal Rights and Social Participation of Disabled People

Society should respect the rights of a disabled person just as much as we would respect any other person's rights. We must realize a society in which no one is treated differently on the basis of whether or not they have disability

Respect for Foreign Residents Residing in Japan

Ordinance Regarding the Elimination of Unfair Treatment Towards People of Origins Other Than the Mainland Japan was enacted in June 2016. As the Olympic Year nears, we will see many foreigners. There is much diversity in the world, and learning about the many cultures can expand your horizon.

Eliminating Human Rights Attack by Internet Abuse

Some that were wrongfully using internet in anonymous way to attack personal privacy and cause Human Rights problem. The Act on the Promotion of using internet in proper way and correct manner to follow regulations to eliminating Human Rights problems.

*Equality for Persons with Gender Identity Disorders or Sexual Orientation

People with a different gender identity should not have to face discrimination. They should be offered chances to achieve potential socioeconomic status, and should not be marginalized by society.

*Eliminating Present Day East Japan Disaster Area Evacuee Discrimination

Some that were wrongfully considered to East Japan Disaster Area Evacuee, abused and discriminated in society. The Act on the Promotion of the Elimination of East Japan Disaster evacuee Discrimination, should let people have correct knowledge, understanding and compassionate actions to help to solve problems.

< Human Rights Awareness Campaign Events >

Message Panel Exhibition – Sports for Persons with Disability in Focus -

<u>Date & Time</u>: December 1st (Sat) ~ 10th (Mon), 8:30AM~5:15PM <u>Place</u>: City hall 1st floor hall area <u>Admission</u>: Free <u>Inquiries</u>: *Soumu-ka Soumu-kakari* **2**Ext.333

☆Human Rights Consultations Services☆

< Consultations at Night >

Human Rights issues in daily life will be handled by lawyers, and confidentiality will be kept. <u>Date</u>: December 6^{th} (Thu) 5PM ~ 8PM <u>Telephone Number</u>: **2**03-6722-0127 Sessions will be limited to 10 minutes a person, free of charge at Human Rights Awareness Center (For inquiries call **2**03-6722-0124 or **2**03-6722-0125.)

< Legal Consultation for Troubles Concerning Human Rights Violation >

Free Consultations for Human Rights Issues is available at *Hamura* City Hall on the 3rd Thursday monthly, 1:30PM~4:30PM, at 1st floor *Shimin Soudan-shitsu*.

Inquiries: Kouhou Kouchou-ka, Shimin Soudan-kakari @Ext.541

東京都最低賃金改正

TOKYO METROPOLITAN AREA MINIMUM WAGE has been revised

As of October 1st 2018, the minimum hourly wage in Tokyo was revised to ¥985

(The minimum wage system is a system that employer must pay the employee a wage that is not less than the minimum wage formulated by the government on the basis of the Minimum Wages Law.

In principal, the system applies to all workers and their employers, regardless of pay structure or any forms and the titles of employment, full or part-time, temporary work or side job, etc. Wages targeted as subject to the minimum wage are only the wages corresponded with usual working time and working days.) There are different minimum wages in different areas of the country, and specific minimum wages for certain industries. For more information regarding the minimum wage legislation explained in foreign languages, please see https://www.hataraku.metro.tokyo.jp/soudan-c/center/e/. (Labor Consultation Centers introduced) Inquiry: Tokyo Labor Standards Office https://www.hataraku.metro.tokyo.jp/soudan-c/center/e/. (Labor Consultation Centers introduced) Standards Office https://www.hataraku.metro.tokyo.jp/soudan-c/center/e/. (Labor Consultation "Tokyo support for workers reform promotion center" https://workers.tokyo.jp/soudan-c/center/e/.

羽村動物園





HAMURA ZOO 2042-579-4041

Hamura Zoo was opened in May 1978 and it would be 40th Years in this year. There are various remolding, events and more activities to be added lately such as "Savannah Garden" (you may watch some animals nature feeding and living status closely.) and "Nakayoshi Zoo" means "Friendly Zoo" (Children may have chance to touch and contact with animals).

Top 3 popular animals in Hamura Zoo:

- 1. Giraffe When you close to cage, Giraffe will close to you gently with its beautiful face.
- 2. Lesser Panda You can feel the cute face and know why it is so popular.
- 3. Searle Its sharp and cool style face to attract people and be very popular animal character in anime.

写生コンクール(30.11.1 繰り越し)

< Sketching Contest >

Sketching contest for drawings of the animals and scenery at *Hamura* Zoo will be held. Winners receive recognition for excellent work. <u>Term for Applying</u>: November 1^{st} (Thu) ~ November 25^{th} (Sun) <u>Eligibility</u>: Elementary Student or younger Category 1: Elementary Category 2: Preschoolers <u>Designated Size of Paper</u>: Drawing Paper of *"yatsugiri"* size (392mm x 271mm) Please use crayon or watercolor paint. Please apply by sending your works to the Hamura Zoo by mail. Please include your address, name, gender, grade in school, age, and telephone number. Address: $\overline{7}205-0012$ 4122 Hane, Hamurashi, Tokyo



< Shizen Kyuukamura in Kiyosato Mountain Resort > Memories Photos Wanted with Nice Present Hamura Municipal Resort Lodging Facility 20120-47-4017/ from cell phone 20551-48-4017

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. It will be 30th Anniversary in 2019, many guests must have many memories photos with friends or family. Welcome to apply and submit these memories photos and every applicant may have present.

- <u>How to Apply</u>: 1. Please send print out photos with titles, applicant's name, postal zip code, address, contact phone number attached in under size A4 paper and mail or deliver directly to *Shizen Kyuukamura* (自然休暇村)
 - Or 2. Photos data must be under 5MB JPG file as attached with all details as abovementioned and mail to Shizen Kyuukamura (自然休暇村)

email address : office_ kiyosato@hamura-kyusason.jp

*Applicants will need to pay only sending postal fee and Promoter will cover returning postal fees. <u>Apply Deadline</u>: Till Jan. 4th (Fri), 2019 (photos and details must be arrived)

<u>Gifts</u>: Every applicants will have gift but there are special gifts will be selected by raffle as below:

- Price A: 3 sets of Shizen Kyuukamura half price dinner tickets for pair.
- Price B: Shinzen Kyuukamura gift certificates ¥1,000.- x 3.
- Price C: Shinzen Kyuukamura dinner wine drinking certificate for pair. (All applicants will have this price except if you get Price A or B)

Photos Exhibition Term (planning): Jan. 11th (Fri), 2019 ~ Jan. 11th (Sat), 2020

Inquiry: Shizen Kyuukamura (自然休暇村) 20120-47-4017/ from cell phone 20551-48-4017



生活支援家事サポーター養成研修(30.11.1 繰り越し)

< Training for Providers of Household Chore Assistance for Elders >

If you are interested in being registered as a volunteer who can help elders with household chores, please attend the training course. When you finish training, we will provide you Housekeeping Supporter Registration Card and you may work for cooperative group with pay.

<u>Date</u>: December 11th (Tue), 1PM ~ 4:30PM and 12th (Wed), 9AM ~ 4:30PM <u>Place</u>: 4F City Hall <u>Eligibility</u>: *Hamura* City citizen, worker, or student 18 or older <u>Capacity</u>: first 30 <u>Fee</u>: free <u>Application/ Inquiry</u>: Please call or visit to *Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari*, Ext. 178.



多摩。島しょうスポーツ習慣定着推進事業 走り方教室

< The Beginner's Running Class and Advanced Skills Improvement Class >

Elementary and Junior High School Student who are beginners at running, and students who regularly exercise in the extracurricular activities can join the course of their choice.

These courses will be taught by members of the International Association of Athletics Federations. \Rightarrow Beginners Course: Come if you want to run faster! \Rightarrow This course is for those who lack exercise.

1 > Dec. 15th (Sat), 9AM ~ 10AMEligibility: 1st ~ 2ndGraders of Elementary School2 > Dec. 24th (Mon, Holiday), 9AM ~ 10AMEligibility: 3th Graders ~ Junior High School Students

Capacity: 1 > first 80 2 > first 70

*Note: First Participators are priority, if they are any available left, even people who participated Oct.28th class is allowed to apply.

☆ Advanced Course: Sprint, Throwing, Jumping ☆ This course is for those who exercise regularly. <u>Time</u>: Dec. 15th (Sat), Dec. 24th (Mon, Holiday) both are 11AM~12:30PM,

Jan. 13th (Sun), Jan.20th (Sun), both are 10AM ~ 11:30AM (4 times)

Eligibility: 5th Graders ~ Junior High School Students

Capacity: first 70 for all of the above:

<u>Location</u>: Fujimi Park Track (if rains, will be Elementary School Gym) <u>Fee</u>: free Please wear comfortable clothing. Bring something to drink for hydration also.

<u>Application and Inquiries</u>: Please apply November 15th (Thu) ~ December 5th (Wed) by phone or apply by coming to the Sports Center between 9AM ~ 5PM. **2**042-555-0033

全国瞬時警報システム(J-ALERT)の試験放送を行います

J-ALERT NATIONWIDE TEST BROADCASTING

J-Alert nationwide test broadcasting will take place on <u>November 21st (Wed) around 11AM</u>. Through the citywide public address system, you will hear the following Japanese announcements. <u>Inquiry</u>: *Kikikanri-ka Kikikanri-kakari* **2**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.



第24回はむら保育展

< The 24th Hamura Nursery School Fair "Hamura Hoiku-ten" >

Activities that parent and child can enjoy, and booths for health offering valuable information will be set up.

< Main Events > Date: November 23th (Fri, Holiday), 10AM~4PM Place: Yutorogi

- $\odot\,$ General Exhibition Section
- $\, \odot \,$ Food and Nutrition Information Section

○ Playing Section

 $\bigcirc\,$ Health Information Section

 $\odot\,$ Music Concert for Parents and Children $\,$ $\,$ $\,$ $\,$ Sales Booths $\,$

< Pre-Events > There will be some exhibition booths, mini-event where kids can play with the teachers.

- <u>Date</u>: November 20th (Tue) ~ 22th (Thu) <u>Place</u>: *Yutorogi* Exhibition Room
 - \odot Exhibition: Nov 20th (Tue) 1PM~5PM Nov 21st (Wed). 22nd (Thu) 10AM~5PM
 - $\odot\,$ Play with nursery school teachers: Nov 21 st (Wed). 22 nd (Thu)11AM $\sim\,$ 11:30AM

Place: Yotorogi 1F Exhibition Room

Hosted By: The 24th Nursery School Fair Executive Committee

Inquiries: The 24th Nursery School Fair Executive Committee, *Churippu Hoikuen (Watanabe)* 27042-554-0102

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

<u>Date</u>: November 27th (Tue), from 10:30AM~12PM (Reception starts 10AM) <u>Place</u>: Hoken(Health) Center Hamura City Residents who have a child at age 1 year old to 14 month old can attend with their child. <u>Place</u>: Hoken Center <u>Eligibility</u>: Hamura City Residents who are raising 1 year ~ 14 month old children This is a get-together for fun class geared toward 1 year old ~ 14 month old kids and their parents.

(First time participant only) <u>Note</u>: We are sorry, no older siblings can attend this class. <u>Capacity</u>: First 20

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. <u>Things to Bring</u>: *Boshi Kenkou Techou* (Maternal Handbook) <u>Inquiries</u>: Hoken Center, **B**Ext.693 8:30AM ~ 5PM (Please call in advance.) Closed on weekends and holidays

パパ、ママ講座(30.11.1繰り越し)

< Daddy and Mommy Class >

Enjoy in playing with kids for whole family! Father takes challenge to cook Christmas dishes. <u>Date</u>: December 15th (Sat) <u>Time</u>: 10AM ~ 12:45PM <u>Place</u>: *Hoken* Center <u>Capacity</u>: First 8 groups <u>Eligibility</u>: Hamura City residents age 3~6(under Elementary School) with parent(limit one) <u>Fee</u>: ¥300(per ault) including food materials fee <u>Things to bring</u>: Head cloth, Apron, Writing materials. <u>Contents</u>: *Parent-Child Playing Together – Male Child minder will introduce various playing way.

*Father will cook for Christmas Dishes(Menu – Christmas Meatloaf, Tree Salads and etc.) <u>How to apply</u>: Starting November 2nd (Fri), call or visit between 8:30 AM ~ 5PM, excluding Saturday Sunday and Holidays. <u>Inquiries</u>: *Hoken* Center, 555-1111 **2** Ext.625

羽村市特別支援学級発表会

< Recital & Exhibition by Hamura Special Needs Education Classes >

These cultural events will present fantastic works by the students of Special Needs Education Classes (*Tokubetsu Shien Gakkyuu*) in *Hamura* municipal elementary and junior high schools. Anyone is welcome!

Art Exhibition

The art works were created by the students of special-needs education classes of these districts schools: *Hamura Nishi, Sakae, Musashino*, and *Shourin* Elementary Schools, *Daiichi* and *Daisan* Junior High Schools <u>Date</u>: November 30th (Fri) ~ December 2nd (Sun) 9:15AM~3:45PM

Place: Yodorogi 1F Exhibition Room

Admission: Free *No reservation is required.

Inquiries: Hamura Sakae Elementary School 2042-554-2024

▶ Stage Performance

Performances by students of special-needs education classes of: *Hamura Nishi, Sakae, & Musashino* Elementary Schools, *Daiichi Junior High School class 8th and Daisan Junior High School class E.*

Date/Time: December 1st (Sat), 9:25AM~12:30PM (open 9AM)

Place: Yutorogi Main Hall

Admission: Free *No reservation is required.

Inquiry: Hamura Musashino Elementary School 2042-555-6904



水道事務所からのお願い

< Water Pipe Maintenance Tips for Winter Season >

Pipe & Water Meter Protection Measures in Winter

During the mid-winter time, water pipes and water meters may get damaged from severe coldness. In order to prevent such damages, it is strongly recommended to take measures; for instance, wrap the water pipes where you can to give it insulation, and put some insulation material like styrene foam pieces in a meter box.

Water Leakage

In a residential unit, residents are liable for the maintenance of service pipes and water usage meter. It is highly recommended to check for water leakage periodically. If the meter keeps running when you are not using water, or the surrounding area of the water meter is always wet, please contact the *Suidou Jimusho* (Waterworks Department) or a certified plumber for professional inspection and repair work.

Inquiries: Suidou Jimusho (Waterworks Office) 2042-554-2269



保育園等利用申込みの受付

< Applications for Use of Child Care Facilities will be Accepted >

Applications for requesting the use of Child Care Facilities for your child during the term starting April of 2019 will be accepted. If you wish to newly register your child at *"Hoikuen"*, *Nintei Kodomoen"*, or, *"Katei"* Type Childcare (by experienced mothers with certification), or wish to move your child to another facility, please apply. Please fill out the necessary information and submit.

<u>Term for Application</u>: December 1st (Sat) ~ 14th (Fri) 8:30 AM ~ 5PM (Applications will be accepted on Saturdays and Sundays during this term, except for the time between 11:45AM ~ 1PM.)

<u>% If you are relocating and are moving out of *Hamura* City, and wish to use a facility located outside of *Hamura* City, please contact the *Kosodate Shien ka*, Section *Hoiku Youchien* at your earliest opportunity.</u>

Bring Application to: the Kosodate Shien ka, Hoiku Youchien section on the 2nd Floor of City Hall.

Please have your Individual Number Card or Notification Card. It is required for procedures.

<u>Brochures Handed out at</u>: 2F of City Hall, Branch Sections of City Hall, Nursery Schools, Child Centers of *Hamura* City The brochure is also downloadable from the official website. (The name of the brochure is *"Heisei Sanjyuu Nendo (30th year of Heisei era) Hoiku Shisetsu Tou Riyo no Shiori"* (Pamphlet for Child Care Facilities) in Japanese. The various application forms are also downloadable at the same site.)

Please direct your inquiries to Kosodate Shien Ka, Hoiku Youchien Kakari, Ext. 234

学童クラブ入所申請受付

< Gakudou Club (After School Child Care) Application for 2019 >

Parents who wish to apply for *Gakudou* Club from April 2019 must complete registration by the due date. You must complete registration procedures for renewal as well, and are advised to complete the procedure at their earliest convenience between December 1st (Sat) ~ 14th (Fri) 8:30AM ~ 5PM, (Applications will be accepted on Saturdays and Sundays during this term, except for the time between 11:45AM ~ 1PM.)

Bring Application To: Jidou Seishounen Ka on the 2nd Floor of City Hall

<u>Eligibility</u>: Children who are 1st Graders through 3rd Graders of Elementary School as of April 2019. Please inquire regarding the extension of status for disability holders.

<u>Application Forms Handed Out at</u>: *Jidou Seishounen Ka* on 2nd FI. of City Hall, Branch Sections of City Hall, Child Centers, and *Gakudou* Clubs of *Hamura* City, and is also downloadable <u>Inquiries</u>: *Jidou Seishounen-kakari* **2**Ext264.



< Yutorogi Nursing Room Usage Instruction Meeting >

This is a briefing about how to apply to use the nursing room facility and the general regulations for use, held for the representatives of public education organizations/groups who wish to use the facility in 2019.

<u>Date & Time</u>: December 19th (Wed), 10AM ~ <u>Place</u>: *Yutorogi Kouzashitsu* 2 *No reservation required. <u>Eligibility</u>: Those who are planning on using the Nursing Room in fiscal year 2019.

Please inquire at Yutorogi Center 2042-570-0707 till December 1st (Sat) 5PM

*If your group does not need the child care service by *Yutorogi* staff during facility use, please disregard this meeting.



羽村フィルハーモニー管弦楽団 2018 ウインターコンサート

< Hamura Philharmonic Orchestra ~ 2018 Winter Concert ~ >

<u>Date & Time</u>: December 9th(Sun) 2PM~ (doors open at 1:30PM) <u>Place</u>: *Yutorogi* Main Hall <u>Capacity</u>: First 800 people <u>Admission</u>: Free No reservation needed. <u>Conductor</u>: Mr. *Ookama Hiroyuki*

Program: Sibelius Symphonic Poetry "Finlandia", Walt Toyfel, Skaters, Waltz, Brahms, Hungarian Dance No.5, Beethoven Orchestra 5th "Fate" and etc.

<u>Host</u>: The *Hamura* City Board of Education, *Hamura* Cultural Association, *Hamura* Music Federation <u>Inquiry</u>: *Hamura* Philharmonic Orchestra: Email to the organization's office \rightarrow hpo@live.jp

初めての確定申告〜創業者ための経理セミナー

< Tax Consultation for New Business Owners >

Free tax return consultation regarding first time to process income tax and consumption tax provided for local new business owners.

Lecturer: Ms. Yumi Harashima (Tax Accountant)

Date and Time: Part 1. December 1st(Sat) 10AM~Noon Seminar

Part 2. Same Day 12:10PM~1PM Exchange Opinions and Discussion

Capacity: First 20

<u>Apply and Inquires</u>: Please fax or email till November 29th(Thu) to Sangyo Koushinka Shouko Kannkou Gakari **2**657, Fax **2**042-579-2590 Email address→ s206000@city.hamura.tokyo.jp

初心者講座

チョークアートでお正月のウェルカムボードを作ろう

< Making New Year's Welcome Board by Chuck Art >

Chuck Art is handmade drawing colorful board art and originated from Australia. People are using oil pastel and drawings in black board which is painted with special painting.

There is two days' class which is teaching beginners to make welcome board for New Year's celebrations. <u>Date</u>: December 1st (Sat). 8th (Sat) 2PM~4PM

Place: Yotorogi 3F Sousakushitsu 1

<u>Capacity</u>: 15 (if applicant is over numbers, there will be held on raffle in November 26(Mon) 5PM) <u>Fee</u>: (All Two Classes) ¥800 (materials fees)

Teacher: Ms. Rie Takaoka (RIE's Art Factory Representative)

<u>Apply and Inquires</u>: Please call, fax or Email to *Shogaigakushu Somuka Shogaigakusho Suishin Gakari***2**363 Fax **2**042-578-0131 email address→ s703000@city.hamura.tokyo.jp 羽村堰で野鳥をみてみよう(30.11.1 繰り越し)

< Bird Watching in Hamura Seki >

There are many migratory birds which you are able to see during autumn period in Hamuraseki. You may be able to see these in a bird watching workshop will be held at the following time. Experts will explain bird living way in details.

Date & Time: November 23th (Fri. Holiday) from 9AM~11:30AM. <u>Place</u>: Locations of sighting will be on the premises of *Kyoudo Hakubutsukan* <u>Meeting Place</u>: Meet in front of *Tamakawa* Brothers Statue <u>Dismissal</u>: *Kyodo Hakubutsukan* <u>Things to Bring</u>: beverage, rain gear, and binoculars (if you own one) <u>Teacher</u>: Researcher of *Kyoudo Hakubutsukan* Suzuki Kimiko San How to apply: Please come directly or call *Kyoudo Hakubutsukan* **30**042-558-25

<u>How to apply</u>: Please come directly or call *Kyoudo Hakubutsukan* 2042-558-2561(9AM~5PM except Mon.) <u>Inquiries</u>: *Kyoudo Hakubutsukan* 2042-558-2561



はじめてみませんか、バードウォッチング

< Bird Watching for Beginners >

Experts will show beginners how to use binoculars to view birds in a Bird Watching workshop. Birds of Winter can be seen. Will be held as scheduled in light rain.

Date & Time:December 16th (Sun) from 9:30AM~11:30AM.Place:Locations of sighting will be on thepremises of Kyoudo Hakubutsukan and the surrounding site.Meeting Place:Tamagawa Brothers StatueDismissal:Kyoudo HakubutsukanFee:¥200, free for Junior High School Students and younger.Teacher:Experts of Japan Wild Bird Association Tama BranchBring:Beverage, raingear, and binoculars (ifyou own one)**no reservation necessaryInquiries:Kyoudo Hakubutsukan 2042-558-2561

多摩川堤防の伐採木を無償配布します(30.11.1 繰り越し)

< Lumber from the Tama River will be Given Away >

Lumber from the logging which was held at the Tama River bank will be given away free of charge. <u>Date and Time:</u> December 1th (Sat), 10AM ~ 3PM Information is available on the website. <u>Place:</u> Near Ome Riverside Golf Course

Inquires: Keihin kasen Zimusyo Tamakawa Zyouryu Syuchousho 2042-552-0667

健康料理講習会(30.11.1 繰り越し)

< Healthy Cooking Class >

Healthy Christmas Menu – Weight Controlling

Those who wish to keep balance of nutrition, do you want to make special Christmas Menus in this year? <u>Date</u>: December 12th (Wed) <u>Time</u>: 9:30AM ~ 0:30PM <u>Place</u>: *Hoken* Center <u>Capacity</u>: First 30 <u>Eligibility</u>: Hamura City residents <u>Fee</u>: ¥300 <u>Things to bring</u>: Head cloth, Apron, Writing materials and Health Note (if you have it)

* Those who wish to measure the salt content of their home made *miso* soup may bring 50ml of it <u>How to apply</u>: Starting November 1st (Thu), call or visit between 8:30 AM ~ 5PM, excluding Saturday Sunday and Holidays. <u>Inquiries</u>: *Hoken* Center, 555-1111 **2** Ext.625.