



HAMURIN Hamura City Mascot

HAMURA NEWS

December 1st, 2018

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WINTER NOTIFICATION

平成 31 年成人式

< Coming of Age Ceremony 2018 >

In Japan, each city hosts a "Coming of Age" Ceremony for those who are turning 20 years old.

Residents who were born between April 2nd, 1998 ~ April 1st, 1999 are invited to this event.

Invitation postcards will be sent in early December.

Special events: ❖ concert by Junior High School Students ❖ youth coming of age see their old teacher

Date/Time: January 14th (Mon, Holiday) Reception 10:30AM~, Ceremony 11AM~

Place: Yutorogi Main Hall Inquiries: Lifelong Learning Section (*Shougai Gakushuu*),

042-555-1111 ☎Ext. 363



インフルエンザを予防しよう

< Preventing Influenza Virus Infection >

When winter starts and air humidity drops, influenza virus infections may spread rapidly. Please take precaution measures for yourself and others. The followings are basic tips to prevent getting/spreading flu:

- ▶ Wear a mask when having symptoms with coughing/sneezing.
- ▶ If you don't have a mask with you, face other direction, cover your nose and mouth with an item to wrap when coughing/sneezing.
- ▶ Properly dispose of used tissues after blowing your nose and wash your hands thoroughly.
- ▶ Avoid going out in public if you are coughing a lot. ▶ Sleep well and eat well- to keep up your immunity.
- ▶ Take flu immunization.

Inquiries: Hoken Center 042-555-1111 , ☎Ext. 626

おとなの風疹抗体検査。予防接種 対象者を拡大 (11・15繰り送り)

< Rubella(*Fuushinn*), Antibody Test and Immunization for Adults > **Expand to provide Rubella(*Fuushinn*) Antibody Test, Immunization**

Rubella, which is also known as German Measles, is becoming ever more prevalent among adults in recent years.

For expectant mothers, contracting rubella poses a threat to cause her fetus to be born with congenital rubella syndrome (which is characterized by hearing impairments, cardiac disease or cataracts).

Antibody titer fee and portion of Rubella Immunization fee will be expanded to provide to eligibility people included male also.

Eligibility: *Hamura* residents at age 19 or older who is below status are eligible.

1) Female who wish to be pregnant in the future.

- 2) Female is pregnant and people who are living together with her.
- 3) People are living with above 1) or 2) status.
 - If people take Rubella antibody titer is proven low by a test. Immunization can be provided for free.

Application and Appointment:

Please submit an application for the process to the Hoken Center in advance and check official website to get more details about medical locations and so on.

Inquiry: Hoken Center 042-555-1111, ☎Ext.623

まゆ玉かざりをつくろう

< Cultural Workshop ~ Let's make *Mayudama Dango!* ~ >

When silk cultivation was a thriving industry in *Hamura*, people used to make a new year's decoration called "*Mayudama Kazari*", a cut tree branch with attached *mochi* balls imitating abundant silk cocoons, to pray for a good harvest and good health on the lunar New Year days.

The Strap of *Mayudama Kazari* will be also making together.

Date & Time: January 6th(Sun), 1 PM~3 PM

Place: Kyoudo Hakubutsukan Orientation Room / Old Shimoda Residence

Capacity: First 30 people *4th grader and younger children need to be accompanied by an adult.

Fee: Free Items to Bring: Apron, Head Cloth, and Towel

Application/Inquiry: Call/visit Folk Museum starting Dec. 2nd (Sun), 9AM~. Museum is closed on Monday.

Kyoudo Hakubutsukan ☎042-558-2561 (9AM ~ 5PM)

年末年始は救急出場件数

< The Surge in Demand for Ambulance (*Kyuukyuu Sha*) Dispatch during the Holidays >

#7119 and Tokyo Emergency Consultation Guide

At the end of the year, there is a demand for ambulance dispatch due to illness from the cold, influenza, or overdose of alcohol. If you are not sure whether the situation is critical enough to call an ambulance, please seek reference from #7119 on your telephone. Seek the checklist available on the website of the Tokyo Fire Department as well to evaluate your situation for 19 symptoms. *Fussa* Fire Department ☎042-552-0119

量るだけダイエット 60 日コース

< "Measurement-Only" Diet for 60 Days >

for healthy *Hamura* Resident under 70 years or younger as of January 23rd, 2018.

(Those who are being monitored under the health guidance program are not eligible to participate.)

Easy diet method focusing on internal bodily weight control functions and keeping a weight change record!

	Date	Class Details
①	January 23 rd (Wed). 2019 9:30AM ~ 12:30PM	▶ Lecture on Measurement-Only Diet Method ▶ cooking and eating for low metabolism(cooking class)
②	February 6 th (Wed), 2019 9:30AM ~ 12:30PM	▶ Diet Tips. ▶ Be Active (exercise class)
③	March 19 th (Tue), 2019 9:30AM ~ 12:30PM	▶ Vegetables in your meals. ▶ Recipe of satisfying meal for family/lots of vegetables (cooking class)



Please bring: For②..exercise outfit, towel, pen & notepad For①③..Apron, head cloth, writing materials, & 300yen

*Please measure your weight at home with a scale reading 50 ~ 100g units. Place: Hoken Center

Capacity: First 20 people

Inquiry & Application: December 3rd (Mon)~ 8:30AM~5PM, excluding Saturday, Sunday, and Holiday, call or visit *Hoken* Center 042-555-1111.☎Ext.625

TOKYO METROPOLITAN GOVERNMENT'S TRAFFIC SAFETY CAMPAIGN

Tokyo Traffic Safety Campaign is scheduled for December 1st (Sat) ~ 7th (Fri). Efforts will be made to raise awareness for traffic safety, and prevention of tragedies during the new year holiday season.

☼ 1: Children and Elders are the most vulnerable to traffic accidents.

- Pedestrians should be made visible by wearing clothing with reflective material. Look at the driver to see if he/she is paying attention.
- Parents should know that accidents occur the most between 2PM and 6PM. Teach children that it is important to make sure the vehicle has made a complete stop before crossing.
- Elders account for 40% of the victims due to accidents, and 60% of these people are pedestrians. Refrain from crossing at unsafe spots that are not marked for crossing purposes. If you are an elder, and you are no longer confident of driving skills, please return your license.
- Drivers should be considerate of pedestrians such as the elder and children. Turn on lights as needed.



☼ 2: Promoting Safe Bicycle Riding

Failure to stop/running red light contributed to 70% of deaths by bicycle accidents which occurred in Tokyo. Bicycles are considered a light vehicle. They should follow traffic rules.

- It is also important to wear a helmet as safety measure. (both adults and children)
- Insurance for bicycles will help you if you are involved in an accident.

☼ 3: Motorcycle accidents account for 30% of the death toll due to accidents in Tokyo.

- Lower speed when approaching curves.
- Wear clothing that covers all skin and use the strap on your helmet securely.

☼ 4: Intolerance of DWI - Driving while intoxicated is a crime

- The penalty can extend to not only the subject who was intoxicated, but passengers, and the owner of the car as well.
- Bicycle Riders cannot ride under the influence of alcohol.

☼ 5: Illegal Parking causes congestion and accidents as well. The year end season sees an increase.

- Even if it is for a short while, use pay per hour parking services
- Do not park close to an intersection. It will reduce visibility for others.
- If you are planning to go out by motorcycle or car, please make sure parking places available in advance.

City Hall, Bousai Anzen Ka, Bouhan Koutsuu Ansen Kakari ☎Ext 216

税金を滞納するとどうなるの？ 納期限内の納付にご協力を

< We Urge Tax Payers to Cooperate By On-Time Payments >

❖ December is "Stop" Delinquent Taxes Awareness Month

The Tokyo Metropolitan Government and Hamura City have brought their efforts together to gain awareness about tax responsibilities during the month of December. Various publicity, notices are issued in order to gain fair participation in taxing efforts by citizens. Collection of taxes are made if payment is not made. Your vehicle may also be seized for payment of tax purposes by having its tires locked. (Once the issue is resolved, the owner can resume ownership of the vehicle.)

❖ Collected taxes are used for the administrative services directed to its citizens. A resident must pay taxes to the municipality at which they reside. Without taxes, we cannot deliver services that some depend on.

❖ Penalties for late taxes are imposed in order to maintain an unbiased tax system. Taxes must be collected impartially as stipulated under law, with regards to each individual's circumstances. However a few intentionally escape the legal obligation to make tax payments. The city has sent reminder notices to

individuals with tax arrears, hoping to direct the payment at will, however if the tax delinquent does not respond, the only way to proceed is to examine the possibility for seizure of assets.

- ❖ There is a due date for taxes: The reverse side on your payment slip states the expiration date of the tax you are to make payment for. You can pay these taxes at the banks, convenient store, (if they are ¥300,000 or less), city hall, city hall outposts, and payment can also be made by bank transfer, for which you must apply at the bank at which you wish your payment to be withdrawn from.
- ❖ A penalty by interest added to the bill, calculated from the day after the deadline which was not met, is imposed on the resident for the amount of tax in arrears. The penalty will keep being added until the payment is complete.
 - When payment has not been confirmed at the 20th day after due date, A final notice will be mailed.
 - There will be a 10 day waiting period, and when the payment is still not made during this, seizure procedure starts from day 11 (Technically, a month grace period is granted).
 - A survey for real estate, savings, salary, etc. which the individual has possession of starts. It is possible that contact with an employer may be made regarding this matter.
 - The tax delinquent's assets are seized. Monetary assets (bank account balance and salary) are collected, and assets such as real estate and other resources which can be sold which were found in the survey for real estate with the tax delinquent's name on title will be placed on the auction market. Proceeds will be directed toward payment of the tax in arrears. A domiciliary search may also be possible.
- ❖ If you are experiencing circumstances which do not allow you the freedom to make payments when otherwise you would, there are consultations available at the City Hall. To avoid penalization for late taxes, please inform the city of your circumstances. For more information, contact the City Hall Tax Collection Section at your earliest opportunity.

Inquiries: *Nouzei Ka, Nouzei Tantou* ☎Ext. 169

騒音について考えたことがありますか？

Disturbance of peace by making loud noises is a problem caused by people who lack the courtesy for their neighbors' rights to a normal and peaceful living environment. We must learn to minimize the various sounds that occur in the day-to-day activities and try in our best efforts to keep them within the level of tolerance. Examples of sound disturbances are:

- motor roaring in some electrical appliances
- basic household utilities (a/c, water flow, shutting doors)
- audio device
- daily living movements with sounds (talking, crying, laughing and jumping.)
- factories in operation
- noises of traffic
- construction
- other noises such as barking of animals and door chimes

We can reduce noise level by installing sound absorbing fixtures, etc. Even though the level of noise is within legal standards, it does not mean that you are not responsible for the disturbance. Each person must keep in mind the importance of having consideration for your neighbors.

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

都民住宅 入居者募集

< Tokyo Metropolitan Public Housing (Tomin Jyuutaku) >

Tomin Jyuutaku housings are managed by Tokyo Metropolitan Government and offered for rent to middle-income earners providing them a chance for affordable housings with partially subsidized rent. The standard deposit paid when renting a commercial housing is not required.

Number of availability: 72 housing units

Eligibility: Applicant must be currently residing in Tokyo metropolitan area, whose income is within the

qualifying range. Please refer to the brochure for the application details.

(*Tomin Juutaku* applications are handled by *Tokyo-to Juutaku Kyoukyuu Kousha*.)

How to Apply: Application form must be mailed and received by JKK Tokyo Application Center by December 13th (Thu). The form is also available at JKK Tokyo Website (in Japanese).

* The tenants will be selected by the open drawing on January 11th (Fri) 2019 starting at 10AM.

Brochure Handout: The application brochures of the current application term will be available from December 3rd (Mon) to 11th (Tue) at *Toshi keikau-ka* in city hall 2nd floor during the week, and at city hall Main Reception on the weekend (8:30AM~5PM), at city hall branch offices (9AM~1PM weekdays only).

Inquiries: *Tokyo-to Jyuutaku Kyoukyuu Kousha* (JKK Tokyo Application Center) ☎03-3498-8894



HAMURA ZOO ☎ 042-579-4041



✕ **Make a Eto Stamp** ✕ 干支スタンプ作り

You can make your own stamp carving of the New Years "Eto", or next year's Chinese Zodiac Animal ~ Boar.

Date: December 2nd (Sun), 11AM~1PM (Reception is until 12:30PM.)

Place: Study Room

Fee: ¥300 (One stamp only, also zoo entrance fee is needed)

Capacity: First 20

*** Year-End / New-Year Holidays:**
Zoo will be open every day during December 29th (Sat) ~ 31st (Mon), will be closed on January 1st (Tue), and normal operations will resume on the 2nd (Wed).

✕ **Make a Christmas Ornament** ✕ クリスマスオーナメントを作る

Making Christmas Ornaments to decorate in Christmas Tree which was gnawing by Beaver. Use many colors to create your own design.

Date: December 9th (Sun)

For Both Of Above Events Time: 11AM ~ 1PM (Reception till 12:30PM)

Place: Study Room Fee: ¥300 (per one, also zoo entrance fee is needed)

Capacity First 25

12月3日から9日は障害者週間

< **Disability Awareness Week December 3rd ~ 9th** >

From December 3rd to the 9th, it is the campaign period for the promotion of Disability Awareness.

This campaign was initiated under the Basic Act for Persons with Disability to promote and support social, economic, and cultural participation of people with disability in mainstream society.

At this opportunity, let's deepen our understanding of Social Welfare, and consider again what each one of us can do to support better living of people with disabilities in our society.

Inquiries: *Shougai Fukushima-ka Shougai Fukushima-kakari* ☎Ext.172

償却資産申告書の送付

< **Tax Filing for Depreciable Assets** >

If you own a business registered in *Hamura City* as of January 1st 2018, you will receive a Notification of Depreciable Assets Tax Filing (償却資産申告書(償却資産課税台帳)) from *Hamura City* office, which will be mailed to the applicable business entities in early of December. Your local municipality must be notified of the changes regarding depreciable assets which are registered to you as of January 1st of each year. Avoid the negligence of forgetting to do so. If you are expecting the notification but have not yet received it, please contact City Hall, *Kazei-ka Shisanzei-kakari* ☎Ext.153

Filing Term: from Jan 4th (Fri) ~ Jan 31st (Thu)

- It is unable to accept during 2018
- It is accept by eLTAX, please see Hamura City official website to get details.

Inquiry: *Kazei-ka Shisanzei-kakari* ☎Ext.153

ひとり親家庭等医療助成の申請は12月28日(金)まで

< Medical Expense Support for Single Parent Households >

Medical expenses for a child of single-parent household or other household under qualifying financial status can be partially or fully subsidized by the public medical program. A child of qualifying household may benefit from this subsidy program until, at latest, first March 31st following his/her 18th birthday (before 20th birthday if child has a disability). If you would like to apply for this subsidy, please complete the application procedure by December 28th (Fri). Applications are accepted from 8:30AM ~ NOON, 1PM ~ 5PM (excluding Saturday, Sunday, and Holiday) * There is an applicant eligibility restriction. Please inquire for details.

* Person who has the *Iroushou* and has not completed the application yet, please apply immediately.

Current beneficiaries must immediately file a current state report, if not yet filed.

File Application to: *Kosodate Shien-ka Shien-kakari* ☎Ext.237

伝統芸能発表会

< Children Japanese Traditional Arts Recital at Yotorogi >

For supporting new generations to learn Japanese Traditional Arts, there will be recital at Yotorogi to encourage these children to raise passions for learning lessons under local teachers. During this winter term, children may enjoy in Hamura's Local performing Arts, Intangible folk cultural of Festival Music "Omatsuribayashi" and Japanese Traditional Dance (*Nihon Buyou*) through this recital.

Date, Time and Place: January 6th (Sun), 2019

- Japanese Festival Music "Omatsuribayashi" : 11:30AM~Noon at Yotorogi Communication Square
If rains, place will be Main Hall *Howaie*
- Japanese Traditional Dance(*Nihon Buyou*) : 1PM~2PM at Small Hall

Hosted By: Hamura City, Hamura City Board of Education

Inquiries: Yodoroki ☎042-570-0707

自然休暇村

< Shizen Kyuukamura in Kiyosato Mountain Resort>

Hamura Municipal Resort Lodging Facility ☎0120-47-4017 ☎0551-48-4017

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 to cater for each guest's travel style.

If you wish to go to stargaze on days other than the Saturday tour dates, please inform the staff when reserving your room.

For more details about *Kyuukamura*, visit the website (in Japanese) → <http://hamura-kyukason.jp/>

▶ Closed : Dec 12th (Wed) and Dec 13th (Thu)

▶ Christmas Tennis Games – Having game with Santa Claus (winner will have gift)

Date and Place: Dec 22nd (Sat) and Dec 23rd (Sun) 3PM~5PM at Lobby

▶ Passing Year (*Toshikoshi*) hand-made soba – Hand-made Soba will be provided at dinner (appointment required)

Date and Place: Dec 31nd (Mon) from 6PM at *Shizen Kyuukamura* dining room

▶ Winter Vacation Festival Day – Welcome and enjoy these Festival days in winter vacation.

Date and Place: Dec 29th(Sat)~Jan 3rd (Thu),2019 at *Shizen Kyuukamura* Lobby

< A One-Day Play Park for Kids >

“Playpark” is a recreational area designated to free time enjoyment, designed to nurture a healthy character in children, by offering a lasting experience and to help them build enthusiasm.

Woodcraft, playing with rope, laying on a hammock, and “Ochibataki”, or a burning of a heap of fallen leaves can be experienced. (In Japan, and it is enjoyed as a community, and sweet potatoes and potatoes, apples are placed in this fire to make delicious snack.) If you want to participate as a chaperone for your child, you are very welcome as well.

* If the wind is too strong, burning of leaves will be cancelled. * Please take all garbage home.

* Please contribute supplies such as working gloves, newspaper, and aluminum foil to be used for this event.

* Children at 2nd grade of elementary school or under must be accompanied by an adult.

Date: December 9th (Sun), 11AM ~ 2:30PM

*Will be postponed to the 16th (Sun) if weather is bad. Place: Sekishita Recreation Field Fee: Free

No reservation needed

Inquiries: Hamura Playpark Sekiguchi ☎080-6548-9952 Email:hamurappa@gmail.com

健康づくり応援コーナー(11.15 繰り越し)

SUPPORTING CORNER OF HEALTHY LIFE

< Healthy Food and Information >

Agricultural Produce Center and “VEGI VEGI” displayed panels introducing healthy pamphlet and cooking recipes for a healthy life. There are also introducing healthy examination and healthy business information to respond to the timing. Welcome to visit.

- Agricultural Produce Center (9:30AM ~ 5:30PM) is located near the Sports Center and sells produce grown by local farmers. ☎042-579-5467
- Natural Vegetables Store “VEGI VEGI” (10AM ~ 5PM) is located in front of Hamura Station.
☎ 042-554-0831

Inquiries: Hoken Center ☎627

杏林大学共催

運動健康増進プログラム「体力チェックと運動講座」(11.15 繰り越し)

< Exercise Promotion ~ “Physical Fitness Check and Exercise Course” >

Execute physical fitness measurements, explain results and advise helpful exercises.

Date: December 22nd (Sat), ①Morning Course - 10AM ~ NOON, ②Afternoon Course - 2PM~4PM

Place: ①Morning Course – Sports Center Conference Room on 2nd floor and The 3rd Hall

②Afternoon Course –Sports Center The 1st Hall

Eligibility: Hamura Resident age is from 20 to 79 till April 1st, 2018 (Physical Fitness Check needs to be apart 6 months from previous checking.)

Capacity: first 20 for each course Fee: free

Things to Bring: Easy to move wears (Indoors sneakers are required for afternoon course), water bottle for hydration and towel

Details: * Lecture about Physical Fitness Measurement.

*Lecture about how to see the results correctly.

*Lecture about how to improve physical strength and muscle strength by demonstration

Lecturer: Professors from *Kyourin* University

Application/Inquiry: Please call or come to the Hoken Center till December 21 (Fri) within 8:30AM ~ 5PM.
Hoken Center, ☎042-555-1111 Ext.626

FRESHLAND NISHITAMA ☎ 042-570-2626

フレッシュランド 回数券割引販売(20%)

< Freshland Nishitama Bath Coupon Ticket Sales -- 20% Off! >

Coupon Book of eleven 3-hour tickets will be on special sale from December 8TH (Sat)~21ST (Fri)! no sale on Monday

Price: Residents of *Hamura City, Ōme City, Fussa City, and Mizuho Town* - ¥4,000 for Adult, ¥2,000 for Child

Others - ¥6,400 for Adult, ¥3,200 for Child

< Photo Exhibition at Freshland Nishitama > 写真作品展

Exhibition of photography works by members of "Digital Sakura". Date: December 4th (Tue) ~ 16th (Sun)

< Christmas Event > Children 6th grade and younger will receive Christmas gift! (until supply lasts)

Date: December 19th (Wed) ~ 24th (Mon. Holiday)

< Yuzu ゆず湯 Japanese Citrus Bath > On December 22nd (Sat) at Outdoor Bath (*Rotenburo*).

< New Year Holiday Schedule >

Closing Schedule: Bath... December 30th (Sun) ~ January 1st (Tue, Holiday)

Resumes from January 2nd (Wed), Noon

*Enjoy the New Years Gift of Good Fortune Giveaway! (until supply lasts)

Gym & Meeting Rooms... December 29th (Sat) ~ January 3rd (Thu)

Opening Schedule: Gym & Meeting Rooms... January 4th (Fri) ~

Hula Dance class starts on January 9th (Wed), and Yoga class starts on January 10th (Thu).

ジェネリック医薬品利用差額通知書を送ります

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

A notification in the title (ジェネリック医薬品利用差額通知書) will be mailed out to applicable residents who are a National Health Insurance's Late-Elderly Medical Insurance Program member and were prescribed brand-name drugs.

This notification which is mailed in June and December, lists the names and patient's cost of purchased medicines, and also provides the cost difference between the generic products and brand-name products for those medicines. The stated cost difference is the amount the patient could have saved if he/she changes their prescription drugs to generic drugs by requesting so at a medial institution.

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

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

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

Inquiries: Generic Drug Help Desk ☎0120-336-060

Tokyo Metropolitan Government's Later Elderly Medical Program Regional Inspector ☎03-3222-4507

受験生チャレンジ支援貸付事業

< 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 (*Gakushuujuuku*) 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 must be less ¥6,000,000 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.

Lending Objects :

- * Study Tutoring School's Tuition Fee must be ¥200,000 or less (But Private Tutor's fee is exclusion)
- * Entrance Examination Fee – High School must be ¥27,400 or less / College, University or Vocational School must be ¥800,000 or less.

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



2年前納で国民年金保険料を納付した方へ

NOTICE TO CITIZENS WHO PAYED NATIONAL PENSION PREMIUM IN ADVANCE FOR 2 YEARS

Payments for the National Pension premiums can be reflected into the end of year tax adjustment and income tax return. If you will claim tax deduction for your payment made for 2 years of premiums in advance during the month of April of 2018, please choose either to claim for total sum in the year of payment, or to claim partial amount which was required as payment for the year's installment, leaving half of the sum to be claimed the following year.

If claiming tax deduction for National Pension Insurance Premiums of 2 years' worth in advance

Please submit the Certificate Of Tax Deduction For Social Insurance Premiums (National Pension Insurance Premiums) 「社会保険料(国民年金保険料)控除証明書」 which is issued by Japan Pension Service (日本年金機構) as a form of postcard documents at the time of Year-end Adjustment or Final Return.

If claiming tax deduction for partial amount which was required as payment for the year's installment,

a certificate of Tax Deduction for Social Insurance Premiums (National Pension Insurance Premiums) 「社会保険料(国民年金保険料)控除証明書」 for both years will be issued. Please fill in the paperwork 「社会保険料(国民年金保険料)控除内訳証明書」 which will be required to be submitted to show a proof of installment made which was part of the 2 year sum at the time of Year-end Adjustment or Final Return.

Ōme Social Insurance Office (*Nenkin Jimusho*) ☎0428-30-3410

こどものページ **EVENT INFORMATION for CHILDREN & PARENTS**

Children Centers: (Central)☎042-554-4552 (West)☎042-554-7578 (East)☎042-570-7551

Central Children's Center (Close Friday)

星間の月観測会、ファミリー天体観測会(11.15 繰り越し)

< Day-time Moon Observation >

Date & Time: Dec 12th (Wed), 4PM ~ 4:30PM

< Astronomical Observation with Family >

Date & Time: Dec 12th (Wed), 6PM ~ 7PM

*Junior High School students or younger children must be accompanied by an adult.

~ For both Observation Events ~

Eligibility: Elementary School Students ~ 18 years old Fee: Free *No reservation required.

Place: Central Children's Center

*It will be canceled if the moon is hidden behind clouds or bad weather for astronomical observation, Cancellation will be determined at 3PM



ウインターフェスティバル < Winter Festival >

The room will be decorated like "Treasure Island", children may play as main characters to challenge in games.

Place: Central Children's Center Date & Time: December 16th(Sun) 10AM~2PM

Eligibility: Preschoolers~18 Years old (Preschoolers must be company with parent)

Type of Activity: Food Corners, Games, Commentary of Starry Sky, Experiments, Dance, Bingo and so on.

*Food Corners time – 10:30AM ~ 1:50PM (Last order is 1:30PM)

*Food Tickets: Per person limit one ticket ¥100. (First come first served basis)

Pre-date Tickets are sold till December 13th(Thu) from 9AM ~ 4:30PM

❖A numbered ticket will be sold starting 10AM to 1:25PM on the event day December 16th(Sun) for people wanting to purchase the tickets on the same day. Center closes at NOON on December 15th in order to make preparations.

Central Children's Center will open December 16th at 10AM and close at 2PM on the day of Winter Festival.

*Children Stuffs are also wanted.

East Children's Center (Close Thursday)

みんなで楽しい「クリスマス会」!

< Happy Christmas Party ~ Let's Enjoy Christmas~ >

Date & Time: December 15th (Sat), 2PM~3:30PM Place: East Children's Center

Eligibility: Preschoolers ~ 18 years old (Preschooler must be company with parent)

Fee: free Type of Activity: Bingo, Craft Workshop, Moving painting Glasses and so on.

*No reservation required



< Toy's Hospital >

Date & Time: December 8th (Sat), ①10AM~Noon ②1PM~3PM Place: East Children's Center

Eligibility: Preschoolers ~ Elementary School (Preschooler must be company with parent)

Teacher: Members of Toy's Hospital have lectures about toys.

West Children's Center (Close Tuesday)

みんなで楽しいクリスマス

< Christmas Party ~ Let's Enjoy Christmas~>

Date & Time: December 22nd (Sat), 10AM~Noon Place: West Children's Center

Eligibility: Elementary School ~ 18 years old Capacity: first 20

Fee: free Type of Activity: Christmas Craft Workshop, Bingo and so on. *No reservation required

Please call or come to the Center between Dec 5th(Wed)~19th(Wed) 9AM~4:30PM to make a reservation



クリスマスウィーク~クリスマス工作を作ろう

< Christmas Week ~ Making Crafts workshop ~ >

Christmas week! Come join and make some Christmas hand crafts ornaments!

Date & Time: December 1st (Sat)~ 24th(Mon, Holiday), (closed Tuesdays) 9AM ~ 4PM

Place: West Child Center

Yotorogi

子供映画会

< Movie Screening for Children >

Date & Time: December 2nd (Sun) 10:30AM~11:30AM Admission: Free

Program: 3 titles scheduled, "Bear's Christmas", "Kasashizou"(Shrine Jizo), "Tanuki No Idokuruma" (Raccoon's Spinning Wheel).

Supported by: Hamura Eiga Club

Place: Yutorogi 2F Kouzashitsu ☎042-570-0707



LIBRARY 図書館

おはなし夢フェスティバル(11.15お繰り越し)

< Story Telling Dream Festival >

The volunteer members from many organizations will get together and host this event. This event is enjoyable for everyone at any age. There will be storytelling, panel theaters, and more! No reservation needed.

Date & Time: December 8th (Sat), 11AM~ (Door opens 10:45AM) Place: Library 2F Volunteer Room

Participating organizations:

- *Ohanashi Pocket* – Mainly organizes activities for babies. Enjoy their book reading using puppets and music.
- *Kiichigo* - Performs story telling by oral method only, without using picture panels or books.
- *Ohanashi Ippai Nezumi-kun* - Panel theater group providing entertainments catered for small children.

*These groups are recruiting new members any time. If you are interested, please contact them for details.

For more information, please contact MAIN LIBRARY ☎554-2280

おとなのためのお話会

< Voiced Reading Session for Adults at the Main Library >

There will be a book reading club for adults called "Ohanashi Hotton" started by volunteers at the main library. It will let you expand your imagination to enjoy in book from voice reading.

Time: Dec 20th (Thu), from 11AM. (for about one hour) Place: Library 2F Volunteer Room

No reservation necessary Fee: free *The books that will be read are in Japanese.

おしゃべり場

< Chatting Place for Parents >

This month's topic is "Meals and Snacks". Child Care Volunteers will attend your children during the event. Feel free to join and share some thoughts and tips for child rearing. Child care volunteers will look after your children during this gathering. No reservation needed.

Place&Date: Central Children Center – Dec. 13th(Thu) Time: 10:30AM~11:30AM for all dates
East Children Center – Dec. 18th(Tue) Inquiries: Kodomo Katei Shien Center
West Children Center – Dec. 21(Fri) ☎042-578-2882



プレママサロン

< Childbirth Preparation Class for Mothers > A class about pregnancy, giving birth, and after childbirth.

Date & Program: Day1... Januray 10th (Thu) - Lecture by a midwife,

Day2... January 17th (Thu) - Lecture by OB/GYN doctor and Dietician

Day3...January 31th (Thu) - Lecture by a dentist and talking with experienced moms

Place: Hoken Center Class Time: Day 1 & 3 - 1:15PM ~ 3:45PM, Day 2 – 2PM ~ 4PM

Eligibility: Expectant mothers residing in Hamura City *No appointment required.

Things to bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook) , & writing utensils

*You are not required to participate all 3 days. Please pick your desired classes.

*If bringing your child(ren), please contact Hoken Center 042-555-1111 Kosodate Soudan Kakari☎Ext.693

Radiation Dose Test Results at Fujimi Park

The level of radiation is lower than 0.23 $\mu\text{sv/h}$; figure by which it is considered safe if readings are below this.(unit: $\mu\text{sv/h}$ (micro Sievert per hour))

Inquiries: Kankyou Hozen Ka, ☎Ext 226

Date of Testing	Weather	Elevation at which testing was conducted		
		5cm	50cm	1m
November 14 th (Wed)	Sunny	0.050	0.045	0.048

Radiation Level Analysis of Tap Water of Hamura City

The target value is figures specified by the government at which findings should be lower than (the sum of the level detected for cesium 134 and cesium 137).

Waterworks Office ☎042-554-2269

Date the Water Sample was Gained	Testing Items (unit: Becquerel per kilogram)	
	radioactive cesium 134	radioactive cesium 137
November 13 th (Tue) 9:30AM	Not detected (Below 0.1)	Not detected (Below 0.2)
Target value	10	

1 2 月の相談日 **PUBLIC CONSULTATIONS** **Schedule of December**

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠*	Appointment required	2PM ~ 4PM	Spanish and English interpretation service is available by appointment for Foreign Residents Consultation only. <i>Shimin Soudan-shitsu</i> city hall ext.541
Public Administration and Human Rights	20 th (Thu)	1:30pm ~ 4:30pm	

*㉠=appointment required. *For Korean and Spanish translation services, please make an appointment in advance

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

◆ **MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS** ◆

Date	Hospital / Clinic				Dental Clinic	
December	9am~5pm		5pm~10pm		9am~5pm	
2 nd (Sun)	<i>Yanagida Iin</i>	☎042-555-1800	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Okikura Shika</i>	☎042-555-4331
9 th (Sun)	<i>Futaba Clinic</i>	☎042-570-1588	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Masuda Shika Iin</i>	☎042-551-8686
16 th (Sun)	<i>Matsubara Naika Iin</i>	☎042-554-2427	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Minagawa Sougou Shika Clinic</i>	☎042-555-8219

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