



HAMURA NEWS

March 1st, 2019

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Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section)

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Hamura News Back Numbers = <http://www.city.hamura.tokyo.jp/category/3-17-2-0-0.html>

東京空襲資料展

< Tokyo Air Raid: Tokyo Peace Memorial Exhibition >

Japan is relatively a safe place where you might feel unaffected by the unfortunate events which occur in other parts of the world, however a tragedy occurred in the Great Tokyo Air Raid which occurred during the World War II (year 1945) on March 10th. We need to remind ourselves about the importance of peace, and extend it to the next generation. The *Hamura* City and neighboring *Ōme* City will co-host an event to exhibit war memorabilia items in commemoration of this Memorial Day.

Place: ① *Hamura* City at 1st Floor Lobby at City Hall (closed between 11:45AM ~ 1PM on weekends)

Date & Time: March 2nd (Sat) ~ 13th (Wed), 8:30AM~5:15PM

② *Ome* City hall 1st Floor Lobby (closed weekends, open till 8PM on 7th (Thur))

Date & Time: March 4th (Mon) ~ 13th(Wed), 8:30AM~5:15PM

Admission: Free *No reservation required.

~ Please Join the Silent Prayer ~

Tokyo metropolitan Government designated March 10th as the annual Tokyo Peace Memorial Day, in commitment of never allowing the recurring war. Every year on this day, the simultaneous silent prayer is held nationwide to dedicate our prayers to the repose of all war victims and to the world peace. Please join the one minute of silent prayer from any place where you are.

Silent Prayer: March 10th(Sun) at 2PM. (for 1 minute)

Inquiry: *Kikaku Seisaku Ka*, Ext. 313

子育て応援ニュース(ファミリーサポートセンターの利用を)

< Family Support Center >

The Family Support center in *Hamura* City is a local membership organization where members help each other by supporting parental care. Family Support Center Beneficiary members can use the support service for looking after a child and picking up children from a school/care center, and receive the same help from other members. Also, supporting members, who wish to contribute to the community by helping busy parents, can become a temporary child care taker within their availability.

The Family Support Center has the capacity to support families with children up to the 6th grade; for example, providing help when a child needs to be picked up, or staying with them until someone comes home. Much help is appreciated in spring when many children start to attend newly to schools.

Support Members and Service Users Welcome!

Currently we are accepting new member applications. Please feel free to inquire about the membership.

Eligibility: Beneficiary Member... parents of child(ren) at age 6 months up to 6th grade, (as of April 1, 2019)

Supporting Member... those who are age 18 years or older with good health and spirits

Fees: Mon.~Sat. 9AM~5PM... ¥700/hour, Other time frame...¥850/hour, Sunday & Holiday... ¥850/hour

Application(in advance): Call or visit Family Support Center ☎042-554-0304 within *Shakai Fukushi Kyougikai*.

*In case of a sudden need of temporary childcare service, please consult *Kodomo Katei Shien* Center ☎042-578-2882.

< Environmental Orientation Tour in *Gaisenryokuchi* and *Hibaramura* Forest >

You can learn about the habitat of insects and the natural environment in this workshop. The vast forest in the *Gaisenryokuchi* and *Hibaramura* Forest are natural habitat where insects breed. The facility staff will offer the tour.

Date: March 28th (Thu), 9:30AM ~ 5PM, Meet at City Hall 9:20AM at the same day.

Capacity: first 20 4th Graders of Elementary or younger must be accompanied by an adult.

Fee: Adults ¥1,320, Elementary School ~ High School Children ¥910 which will be collected on day of event.

Cottage rental fee and Bath fee are included in this fee. Please bring a lunch, water bottle, mat for floor, Bath Set (Bath Towel and so on) and Clothes for change.

*There is no place to buy your lunch near the site.

*It will have bath in hot spring after walking course.

♣Schedule: ▶meet at city hall ▶*Inariryokuchi* ▶*Hibaramura* cottage lunch ▶Forest of School (*Hibaramura*) ▶*Kazumanoyu* (Woody biomass boiler tour and bath in hot spring after tour) ▶Back to city hall

Application and Inquiry: Please apply by March 1st (Fri) ~ 20th (Wed) Please provide your address, name, birthday, and telephone number by phone, e-mail or by coming directly (2nd floor of the city hall) to *Kankyō Hozen Ka*, at the following contact points:

Telephone: 042-555-1111, ☎Ext. 226 Fax: 042-554-2921 E-mail: s205000@city.hamura.tokyo.jp

(Please indicate in title "Environmental Orientation Class")

Calls are accepted from 8:30AM ~ 5PM on weekdays.

< The 8th Hamura Environment Festival: Participants Wanted >

Hamura City will hold the 8th Environment Festival. Let's make it a successful event again!

Event Date: June 1st (Sat), held in rain or shine

Place: *Yutorogi* front road, *Yutorogi* and Library

Eco-Friendly Products or Activities

Let's promote eco-friendly products or activities. You can sell eco-friendly products or do some activities.

Booth: 5 blocks (1 block: 1.8 x 2.7m) (First come first served basis)

Fee: ¥7,000(including table, chair, tent and power supply)

*** If there is any merchandize to sell, requires to pay store pave road using free ¥2,100.

How to Apply:

- Please download application form and get details from website.
- Term for Applying: Please apply from March 1st (Fri) ~ 15th (Fri) to *Kankyō Hozen Ka* (☎Ext.226) in city hall 2nd floor.

Walk in Hours are: 8:30AM ~ 5PM, on weekdays (closed Sat, Sun, and holidays)

When you apply, please confirm the terms and conditions for booth set-up approval, pay the fee in advance.

Inquiry: *Kankyō Hozen Ka* ☎Ext.226

ADVERTISE YOUR BUSINESS on *HAMURA* CITY-DESIGNATED WASTE BAG

Design of *Hamura* City-designated Burnable Waste Bags (blue plastic) will incorporate a section for business advertisement. It can be a great medium to effectively promote your business to local residents.

Listing Period: Starting from July 2019 for 1 year (may be subject to change by number of distribution)

Special Offer (optional): Free banner advertisement on Hamura City Official Website for 3 months.

Application: Please submit the draft data and completed contract form before March 29th (Fri). If using format other than illustrator, ai-File, JPEG, TIFF, PDF, please make an inquiry.

Listing Fee: Differs depending on the design size and quantity. Advertisement for packaging only cannot be placed. On individual bags - ¥65,000~¥180,000 / On wrapping of bulk-sale package - ¥40,000~¥45,000
Please contact *Seikatsu Kankyou-ka* ☎Ext.222./ s208000@city.hamura.tokyo.jp

有害ごみの出し方！ (2.15 繰り越し)

<How to dispose Harmful Garbage> (Yugaigomi no dashikata!)

I am trying to drill a hole in spary can and throw it away.

Hello, what are you doing?

It is dangrous if you drill a hole in spary can, might cause explosion.

Please wait!!

While it runs out, please do not drill a hole just throw away in Dispose Harmful Garbage packed with transpartent /translucent bag or any container.

When you throw away spary can and cassette stove cylinder

Oh Ya but please just use and run out all hair mousse nothing left !!!

Look , am I cool?

Please be advised to take caution against fraudulent schemes carried out by someone imposing to be a police officer. They will attempt to make you disclose your personal information such as your individual number (my number) or bank account information. These incidents have occurred in Hamura City and the nearby municipalities. There are still cases of remittance fraud, billing schemes, and financial scams reported. The city is lending telephone recording devices to elder citizens that has a prerecorded warning message received by the caller as the call is connected. For details, please contact the *Bousai Anzen Ka, Bouhan Koutsuu Anzen Kakakri*, ☎Ext. 216

引っ越しの時は、忘れずに住所異動の届出を

< Please Complete Your Update to the BASIC RESIDENT REGISTRATION When Moving >

-1st Floor Citizen's Affairs Section Foreign Registration Counter Phone Number: City Hall ☎Ext. 121

<Move Out> When leaving from Hamura City, into another city, you are required to file a Moving Out Notification (*tenshutsu todoke*) before departure. By this, you will be issued a Notification of Change of Residence (*tenshutsu shoumeisho*). Please take this *tenshutsu shoumeisho* and go to municipal office of your new address to make move-in procedures, and make sure to bring your valid identification. If you are moving to overseas, this notification will not be issued.

<Move In> When moving into Hamura City from other municipality, please go to the municipal office which you are moving into within 14 days of entry. You must make a Moving In Notification (*tennyuu todoke*) at the municipal office of your new address with presenting Notification of Change of Residence (*tenshutsu shoumeisho*) obtained at municipal office of your previous address, and complete update to Basic Resident Registration. When arriving in Japan with landing permission of mid to long term, you must bring your passport and Resident Card for Resident Registry.

A Tenkyo Todoke (Transfer Notification)

must be filed within 14 days of your move within Hamura City.

You must have valid identification. My Number Notification Card, Individual Number Card, Jyuuki Card (Basic Resident Registration Card), *Resident Card, *Special Permanent Resident Card. *An amendment will be inscribed on reverse of these identification documents

水道メーターボックス内の維持管理を

< Please maintain your Water Usage Meter >

Every two months, your meter is inspected for water usage amount. It is important to keep the meter box free from foreign objects during the warm season. Remove blankets and cloths wrapped around the meter to prevent frosting because it will be infested with bugs. Check for water leakage. Leaks may be detected if the surface is wet. Inquiries: Suidou Jimusho (Hamura City Waterworks Office) ☎042-554-2269

動物園

Hamura Zoo ☎042-579-4041

< World Wildlife Day Event >

March 3rd is World Wildlife Day!

Have fun to learn about [Convention on International Trade in Endangered Species of Wild Fauna and Flora] and Animal of endangered species.

- March 3rd (Sun) *Kuruta Taikai*

Time: ①11AM~ ②2PM~ *** No Charges but needs entrance admission fee

Place: Lawn Square (if rains, change to Studying Room) Capacity: first 20

- March 1st (Fri)~31st (Sun)
There are panel exhibit to explain what is [Convention on International Trade in Endangered Species of Wild Fauna and Flora] and quizzes game of species animals.
Panel Exhibit Place: Studying Room
Quizzes place: Animal's exhibit location.
Inquiries: Hamura Zoo ☎042-579-4041
- Closed Days: March 4th (Mon), 11th (Mon) and 18th (Mon)
** March 25th (Mon) will be opened.



四季ウォーク “II” 谷保天満宮から城山公園を歩き国立の桜並木へ

< Seasonal Walking Event “II” ~ Shiroyama Park Walk from Tanimori Tenmann Palace to Kunitanchi Cherry Blossom Trees >

This time the walking course starts from *Tanimori Station to Kunitachi Station, Tokyo*. The course goes to the *Tanimori Tenmann Palace* passing through the *Shiroyama Park* reaching its destination: *Kunitachi "Road of University"* which is famous in lining Cherry Blossom Trees. The course is about 6km walk.

Date & Time: March 23rd (Sat) 8:40AM ~ around Noon (The event will be held in light rain or shine)

Meeting Time and Place: 8:40AM, in front of JR *Tanimori Station* South Exit.

*It will start course after reception right away.

*Event staff will be at the gate of JR *Ozaku* and *Hamura* stations

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

Route: JR *Ozaku/Hamura Station* → *Tachikawa Station*(Seibu Line to *Kawasaki*) 8:21AM→ *Tanimori Station* 8:27AM estimated arriving time. Train Fare: ¥310 one way

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

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

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

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

*Please be dressed suitable for walking. Event Day Contact: 080-4325-1295 (6AM ~ until the end of event)

Co-hosted by: *Hamura Sports Promotion Committee*

Inquiries: Sports Center ☎042-555-0033



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 Spring might be seen. It will be cancelled for rains.

Date & Time: March 30th (Sat) from 9:30AM~11:30AM.

Place: Locations of sighting will be on the premises of *Kyoudo Hakubutsukan* and the surrounding site.

Meeting Place: Front of Statue of *Tamagawa Brothers*

Fee: ¥200(included insurance fee), free for Junior High School Students and younger.

Collected fee upon meeting.

Capacity: First 30

Bring: Beverage, raingear, and binoculars (if you own one)

Teacher: Experts from *Nihon Yachou No Kai* (Japan Wild Bird Association).

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

トレーニングルームプログラム

ゴムバンド体操

< Rubber Band Exercise >

If you want to shape your body, adjust your health condition, please try to use preventive medical Chiropractor. Using Rubber Band to improve and adjust body's distortion.

Date & Time: March 3rd (Sun), 10th (Sun), 24th (Sun) and 31st (Sun) 11AM~Noon

Place: 2F Kaigishitsu Capacity: First 20

Fee: ¥800 Eligibility: Above Junior High School

Things to Bring: Exercise Clothes, Towel and Drink

フレッシュランド 西多摩

Freshland Nishitama ☎042-570-2626

写真展

< Photo Exhibition >

The works from the Silver Citizen "Photo Oyuukai" Group will be displayed from March 5th (Tue) ~ 17th (Sun). Please also view the official website.

プラスチック拒否宣言できるかな

< Declaration of Refusal Plastics >

Marine Pollution due to global plastics waste, the actual situation and solution will be exhibited.

Date: March 12th (Tue) ~ March 24th (Sun)

Inquiries: Freshland Nishitama ☎042-570-2626

運転者交通安全講習会

< Driver Traffic Safety Lecture Class >

Date & Time: March 13th (Wed) 7PM ~ 8PM (doors open at 6:30PM)

Place: Yodorogi Main Hall

*Car parking capacity is limited. Please use other means of transportation if possible.

no reservation required Admission: Free

Inquiry: Bousai Anzen-Ka Bouhan Koutsuu Anzen Kakari ☎Ext.216

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: March 25th (Mon) 10AM ~ Noon / 1:15PM ~ 4PM

Place: Hamura City Hall, by the Main Entrance

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

平成 31 年度償却資産の申告はお済みですか？

< Please Report Ownership of Depreciable Assets >

Business entities are required to report any depreciable assets which are owned as of January 1st of each year. You will be sent a reminder notice from the city in early March requesting current status or to come file for these assets. Please request an application form if you do not have one. They can also be filed on-line.

Inquiries: Kazei Ka, Shisan Zei Kakari, ☎Ext 153

羽村市市民提案型協働事業 ～はむら市民ギャラリー～

< Art Gallery with Works Created by Citizens >

Hamura Citizen Art Gallery was started from 2016. There are 32 individuals and groups' art works will be exhibited in this 33rd Art works exhibition.

Place: Community Center 2F *Danwa* Hall

Date: March 3rd (Sun) ~ 10th (Sun), 10AM ~ 5PM (~3PM on final day).

Sponsor: Citizen Gallery Management Committee

(* Supporting Group of Hamura Citizen art works exhibition.)

Please call: ☎090-6533-0229(*Ito*) Management Committee

～はむら一日プレーパーク(春の巻)

～ A One-Day Play Park for Kids (Spring)～

The *Kokubunji Bouken Asobi no Kai* (*Kokubunji* Adventure Group), will teach kids how to play without toys.

Date and Time: March 3rd (Sun), 11AM ~ 3PM (No limit to Entry / Exit times)

*Will be on 10th (Sun) if weather is bad

Place: *Sekishita* Recreation Field Fee: Free No reservation needed

Things to bring: Food materials, work gloves, newspaper, aluminum foil and etc..

*Please bring back your own garbage to home.

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

プレーリーダー養成講座

～ Play Leader Training Course～

Time: 10AM~11AM

Content: The setting way of Tarzan Rope

Capacity: First 10 (Please apply in advance)

Sponsor: Hamura Playpark *no Kai*

Inquiries and Apply: *Hamura* Playpark *no Kai* *Sekiguchi* ☎080-6548-9952 Email: hamurappa@gmail.com

*If the weather is very windy, bonfire will be cancelled.

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

4月に小学生のお子さんに㊦の医療証を送付

< Child Medical Certificate ㊦ 医療証 Will Be Sent >

If your child was born between 4/2/2012 and 4/1/2013, and will enter an elementary school first grade in April 2019, a new health insurance certificate < Child Medical Certificate (㊦ 医療証) > under the Medical Program for Children of Compulsory School Age for your child which is valid from April will be sent from the City Hall *Kosodate Shien-ka* in late March. No further application procedures are required; however, please notify the national insurance section regarding any changes for the child's insurance.

Please note that, for those children, Infant Medical Certificate (㊦ 医療証) will expire on March 31st(Sat) 2019 (and it needs to be returned to the city).

If you do not have a medical certificate for your child at an eligible age, please apply at your earliest chance. You can apply for the Medical Certificate if your child is entering elementary school this April /or is already

attending either an Elementary School or a Junior High School of Hamura City. The new certificate will take effect from April 1st, or if applying after the start of fiscal year, will take effect from the date of application. Application is accepted throughout the year.

Required Items: child's insurance card, personal seal (non-inked type *Inkan*), My Number Individual Number Card, or My Number Notification Card along with proper identification, copy (both sides) of Residence Card.

*If you were residing in other municipality as of January 1st 2018, please also bring a taxation statement of 2018 (平成 30 年度課税・非課税証明書) issued by the municipality of former domicile.

- ◆ * About 義務教育就学児医療費助成制度 (子) Inquiries: City Hall, *Kosodate Shien-ka*, ☎Ext. 237
- (子) 医療証 (Child Medical Certificate) is for the Medical Program for Children of Compulsory School Age (1st~9th grade) that subsidizes the child's hospitalization charges and medicine costs. Under this program a child's out-patient visit charge is restricted to ¥200 maximum at each visit.
- ◆ (乳) 医療証 (Infant Medical Certificate) is for the Medical Program for Babies and Preschool Children. It fully subsidizes any medical expenses that are subject to the National Health Insurance coverage.

If you do not understand Japanese: If you are unable to read the matter printed in Japanese, we recommend that you visit *Kosodate Shien-ka* for assistance. Please bring the required items listed above.

地震から身を守ろう

< Actions to Take During an Earthquake Disaster >

It has been 8 years since the Eastern Japan Earthquake Disaster that occurred on March 11th, 2011. A massive magnitude 7 was registered on the Richter scale. There is still a large possibility for earthquakes to come again. First and foremost, you must take measures to protect yourself and communicate with your family meet place and contact way.

As the earthquake occurs:

1. Seek for safety.

Immediately following the earthquake:

2. Stay calm and eliminate all source of fire.
3. Panic can cause injury.
4. Open windows and doors to secure exits.
5. Avoid going near walls.

Subsequent Action:

6. In the event of a fire or tsunami, evacuate as required.
7. Take assertive action based on the correct information.
8. Confirm the safety of family and neighbors.
9. Help others by providing rescue and first-aid .
10. Turn Off your gas and electricity before you evacuate.

Inquiries: Fussa Fire Station, *Keibo Ka*, *Bosai Aanzan Kakari* at ☎042-552-0119

自殺防止！東京キャンペーン

TOKYO SUICIDE PREVENTION CAMPAIGN - MARCH 2019

* Special Counseling Hotlines *

March is Suicide Prevention Month

Motivation for suicide attempts may come from complicated problems related to health, work, financial debt or many others. The challenge of finding a solution for those problems on one's own can seem overwhelming, but if tried with the help of others and social support, at least psychological stress can be greatly alleviated. If you are having serious anxiety about some problems, please do not hesitate to seek consultation.

The City assists those who need help by offering various consultation services.

In addition, you can find many other venues as introduced below.

- ◇ **Toll Free Special Counseling Help-Line by Tokyo Suicide Prevention Center**
March 2nd (Sat) 0AM ~ March 4th (Mon) 5:30AM ☎0120-58-9090
 - ◇ **Telephone Counseling for Problems with Multiple Consumer Loans #110**
March 4th (Mon) and 5th (Tue), 9AM~5PM ☎03-3235-1155 (Tokyo Consumer Life Center)
 - ◇ **Suicide Prevention Hotline "Inochi-no Denwa"**
March 10th (Sun) 8AM ~ March 11th (Mon) 8AM ☎0120-783-556 (Toll Free)
 - ◇ **Telephone Counseling for Suicide-Bereaved Family**
 - ① March 12th (Tue) ~ March 15th(Fri), 10AM~10PM ☎03-3796-5453
(Grief Care and Support Plaza)
 - ② March 21st (Thu, Holiday) ~ March 23rd (Sat), 11AM~7PM ☎03-3261-4350
(Suicide-Bereaved Family Support Center)
 - ◇ **Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline"**
March 25th (Mon) ~ March 29th (Fri) available 24hours each day ☎0570-087478
 - ◇ **Yamabiko Support for Life "Inochino Yamabiko Phone Line"**
March 1st (Fri) ~ March 31st (Sun) available from NOON ~ 8PM (10PM on Friday) ☎03-3842-5311
Not available on holidays and weekends
- *** The telephone counseling line will be charged fee except Toll Free phone number.

オリ。パラ通信 23

車いすバスケットボール Wheelchair basketball (2.15 繰り越し)

< Olympics and Paralympic Games Communication No.23 Wheelchair basketball >

The Wheelchair Basketball Game became formal competition game of Olympics Paralympic from 1960 Rome Olympics Games. The introduction of this sport will help you to know more about it.

- ◆ Competition Regulations – Wheelchair Basketball Game is the most popular sport of Paralympic games. There are 12 members consist one team and only 5 players are represented in game court. The space of court and height of goal are exactly the same with ordinary basketball court. The player carrying ball is not allowed to turn over the wheel more than three times. If the player is holding ball or dribbling repeatedly, it will be foul play. One game has 4 periods (each period has 10 minutes).
- ◆ Possession point system – Wheelchair basketball is the same with Wheelchair rugby to use possession point system. There are high-pointers (less disability) and low-pointers (heavy disability) to participate under well-balanced playing opportunity in court. The total possessed points of players in court must be below 14 points each team to composite fair game. In general, low pointer is always responsible to main defense position.
- ◆ People may see fierce offense, defense, speedy movements and powerful playing in court and players use their waists and bodies to manipulate wheelchair like their one portion of body for shooting to get points with high techniques. In the meanwhile, player also uses wheel's width to create "protection wall" smartly to assist teammates to have efficient offense and get points. The techniques of using wheelchair are dramatic and incredible to raise audience passions.

**Competition Site – Ariake Arena, Musashino Mori General Sports Plaza

Inquiries: Tokyo Olympic Paralympics Preparations Office, ☎Ext. 345

*Fee and reservation are not required for story telling events.

図書館

MAIN LIBRARY ☎042-554-2280

< **Story Telling for Ault** > Date & Time: March 14th(Thu), 11AM~ (about one hour)

Place: 2F Volunteer Room

ゆとろぎ映画劇場「マンマ。ミーア！」

Movie Theater ~ Mamma Mia! ~

[Mamma Mia!] is a jukebox musical written by British playwright based on the songs of ABBA composed by two former members of the band. The title of the musical is taken from the group's chart-topper "Mamma Mia" which is presented in Broadway. As of 2018, the show has production for sequel and become very popular.

Date and Time: March 23rd (Sat) 2PM~4PM (Door opened 1:30PM)

Place: Yotorogi Small Hall (All seats require reserved)

Fee: ¥500 *** Not allowed under elementary school children.

Ticket: From March 1st (Fri), selling in Yotorogi window (9AM~8PM except every Mon.)

Inquiry: Yotorogi ☎042-570-0707

初心者講座「和紙を使った蛇腹のオリジナル手帖づくり」

< Creating an original hand-made book of bellows using Japanese traditional paper >

Enjoy in using colorful Japanese paper to create your own original hand-made book to use in various purposes.

Date and Time: March 16th (Sat) and 23rd (Sat) 10AM ~ Noon

Place: Yotorogi 3rd Floor Sosakushitsu 3

Fee: ¥800 (all 2 classes, material fees)

Capacity: 15 (If applicants number is over, it will held on raffle on Mar 7(Thu) 5PM)

Things to bring: Scissors, cutter, 30 CM ruler, stick glue and pen.

Instructor: Bunsei Kitakami (Registered Instructor)

Inquiry and Apply: Till March 7th (Thu) 5PM. Applicant may call, fax or email applicant's address, name, telephone number or email address to *Shogai Gakushu Somu Ka, Shogai Gakushu Suishi Kakari* ☎ Ext. 363 Fax ☎042-578-0131, Email: s703000@city.hamura.tokyo.jp (needs to note "Beginner Session")

3月のテレビはむら

< TV Hamura in March > Inquiries: Kouhou Kouchou-ka Kouhou-kakari ☎Ext.505

Introducing Hamura City's nearby surroundings to know much charming points.

TV *Hamura's* 30-minute program is broadcasted daily on Tama Cable Network (digital channel 055).

New contents come on every Thursday. The daily program times are ①9AM~ ②5PM~ ③9PM~.

On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~.

Youtube is available in Hamura City formal channel.

You can also view it on your smartphone.

Special Programs: "Bura Hamura ~Walking around nearby Hamura"

////////////////////////////////////
INFORMATION for CHILDREN AND PARENTS
////////////////////////////////////

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: March 28th(Thu), 10AM~11:30AM Place: Hoken Center Capacity: First 15 pairs

Eligibility: Babies born between June 1st ~ July 31st, 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 March 4th (Mon) 8:30AM~5PM, call *Hoken Center* on weekdays ☎042-555-1111 Ext.625

おしゃべり場 [イライラした時]

CHATTING PLACE for PARENTS

This month's topic is "Dealing With Frustration". Clinical psychologist will participate this meeting. Child Care Volunteers will attend your children during the event. Feel free to join and share some thoughts and tips for child rearing. No reservation needed.

Place&Date: West Children Center – March 8th(Fri) Time: 10:30AM~11:30AM for all dates
Central Children Center – March 14th(Thu) Inquiries: *Kodomo Katei Shien Center*
East Children Center – March 19th (Tue) ☎042-578-2882

ご利用ください！

みんなで集まれる場所 地域集会施設（会館）（2.15 繰り越し）

< Regional Assembly Facilities (Hall) >

There are 23 Regional Assembly Facilities (Hall) near your living location. You may use these facilities when you need it for various occasions.

- Big Hall and Kitchen room are available for social gathering or party.
- Meeting room is available for dance.
- Meeting room is available to supply tables and chairs.

There are various sizes rooms, you may use for circle activities, social friends gatherings and so on. These facilities are not allowed for Lodging and Profitable purposes.

Inquiries: *Chiiki Shinko Ka Chiiki Shinko Kakari* ☎Ext. 202

放射線量の測定結果

Radiation Dose Test Results at Fujimi Park

The level of radiation is lower than 0.23 μsv/h; figure by which it is considered safe if readings are below this.(unit: μsv/h (micro Sievert per hour))

Date of Testing	Weather	Elevation at which testing was conducted		
		5cm	50cm	1m
February 13 th (Wed)	Cloudy	0.056	0.050	0.049

Inquiries: *Kankyō Hozen Ka* ☎Ext 226

羽村市水道水の放射性物質測定結果

Radiation Level Analysis of Tap Water of Hamura City

Date the Water Sample was Gained	Testing Items(unit: Becquerel per kilogram)	
	radioactive cesium 134	radioactive cesium 137
February 12 th (Tue) 1:25PM	Not detected (Below 0.1)	Not detected (Below 0.2)
Target value	10	

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

3月前半の休日診療

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

Date	Hospital / Clinic				Dental Clinic	
March	9am~5pm		5pm~10pm		9am~5pm	
3 rd (Sun)	<i>Yokota Clinic</i>	☎042-554-8580	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Motoe Dental Clinic</i>	☎042-513-7808
10 th (Sun)	<i>Sakae-chou Shinryoujo</i>	☎042-555-8233	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Kusaka Shika</i>	☎042-555-7793
17 th (Sun)	<i>Hamura Sougo Shinryoujo</i>	☎042-554-5420	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Takada Shika Iin</i>	☎042-555-5903

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

3月相談日

PUBLIC CONSULTATIONS Schedule of MARCH

Category	Date	Time	Contact
General Consultation for Foreign Residents ㊤*	Appointment required		<i>Shimin Soudan-shitsu</i> city hall ext.541 Public Administration Spanish and English interpretation service is available by appointment for Foreign Residents Consultation only. ◆
Public Administration and Human Rights	14 th (Thu)	1:30pm ~ 4:30pm	

*㊤=appointment required. *For Koren 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.