



HAMURA NEWS

Published by: *Hamura City*

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

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Hamura City Official Website = <http://www.city.hamura.tokyo.jp> E-mail:s102000@city.hamura.tokyo.jp

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

April 15th, 2019

CULTURE AND COMMUNITY

第50回羽村市総合体育大会

THE 50th HAMURA ATHLETIC MEET EVENTS

The following sports categories will be included in the 50th Hamura Athletic Meet Events. This event is sponsored by *Hamura-shi Taiiku Kyokai* (Hamura City Physical Education Association) to improve physical fitness of *Hamura City* citizens.

Event	Event Date	Place
Baseball	April 7 th (Sun) ~ November 24 th (Sun)	<i>Musashino Park</i>
Baseball for Junior High Students	August 2019 ~ March 2020	Each Junior High School
Baseball for Elementary School Kids	September 7 th (Sat) ~ October 27 th (Sun)	<i>Miyanoshita Sports Ground, Musashino Park, Asahi Park</i>
Track and Field (various events)	September 15 th (Sun)	<i>Fujimi Park</i>
Youth <i>Ekiden</i>	October 20 th (Sun)	<i>Miyanoshita Sports Ground ~ Sakura Dzutsumi Park</i>
Kendo	September 15 th (Sun)	Sports Center
Judo	September 8 th (Sun)	Sports Center
Table Tennis	August 18 th (Sun)	Sports Center
Skiing	January 19 th (Sun), 2020	<i>Sugadaira Kougen Ski Field</i>
Soft Tennis	Elementary teams & Other...Sep. 15 th (Sun) Junior High...October 27 th (Sun) Senior (age over 45)...Nov. 7 th (Thu)	<i>Fujimi Park</i>
Volleyball	Housewife & Other September 22 nd (Sun) Elementary/Jr. High teams... Nov. 16 th (Sat)	Sports Center, School grounds
Softball	August 25 th (Sun) ~ November 10 th (Sun)	<i>Fujimi Park, Asahi Park</i>
Tennis	October 6 th (Sun)	<i>Fujimi Park, Hamura High School</i>
Badminton	October 26 th (Sat)	Sports Center
Swimming	August 4 th (Sun)	Swimming Center
<i>Kyuudou</i> (Japanese Archery)	September 15 th (Sun)	<i>Kyuudou Field</i>
Gate Ball (Japanese Croquet)	October 16 th (Wed)	<i>Fujimi Park</i>
Soccer (Boys)	August 31 st (Sat) ~November 9 th (Sat)	Relevant Elementary Schools, <i>Fujimi Park</i>
Soccer (Junior High Students)	August 31 st (Sat) ~November 9 th (Sat)	Relevant Junior High Schools, <i>Fujimi Park</i>
Soccer (Seniors, Women, and Others)	November 24 th (Sun) ~January 26 th (Sun), 2020	<i>Miyanoshita Sports Ground, Fujimi Park</i>

Basketball	September 15 th (Sun) ~ March 2020	Sports Center
Dance Sports	January 4 th (Sat), 2020	Community Center
Golf	July 10 th (Wed)	Ome Golf Club
Indiaca	December 8 th (Sun)	Sports Center
Karate	September 8 th (Sun)	Sports Center
Aikido	June 2 nd (Sun), November 10 th (Sun)	Sports Center
Iaido	October 27 th (Sun)	Freshland Nishitama

*For more information please contact *Hamura-shi Taiiku Kyoukai* or refer to its Website.

Tel: ☎042-555-1698

Email: taikyou@herb.ocn.ne.jp



ゴールデンウィーク病院の診療日状況

The list of opening and closing status for Hospital and Medical Facilities during Golden Week (4/7~5/6) Holidays.

Internist Clinic (Physician), Pediatrics and so on.

Name	Telephone No.	4/27	4/28	4/29	4/30	5/1	5/2	5/3	5/4	5/5	5/6
Matsubara Naika Iin	042-554-2427	PM Closed	-	-	-	-	-	-	Open	-	-
Matsuda Iin	042-554-0358	PM Closed	-	-	-	-	-	-	-	Open	-
Shinmeidai Clinic	042-554-7370	PM Closed	-	-	Open	-	-	-	-	-	-
Yokota Clinic	042-554-8580	PM Closed	-	-	Open	Open	-	-	-	-	-
Sakaecho Shinryojo	042-555-8233	-	-	-	-	-	-	-	-	-	Open
Yamakawa Iin	042-554-3111	PM Closed	-	-	Open	-	-	-	-	-	-
Hamura Sogo Shinryojo	042-554-5420	PM Closed	-	-	PM Closed	PM Closed	-	-	-	-	-
Izumi Clinic	042-555-8018	PM Closed	Open	-	-	-	Open	-	-	-	-
Ozaku Ekimae Clinic	042-578-0161	-	-	-	-	Open	Open	-	-	-	-
Ozaki Clinic	042-554-0188	Open	-	-	-	-	-	Open	-	-	-
Wakakusa Iin	042-579-0311	PM Closed	-	-	-	-	Open	-	-	-	-
Yamaguchi Naika Clinic	042-570-7661	PM Closed	-	-	-	Open	-	-	-	-	-
Yanagida Iin	042-555-1800	PM Closed	-	Open	-	-	-	-	-	-	-
Futaba Clinic	042-570-1588	-	-	-	Open	-	Open	-	-	-	-
Baba Kodomo Clinic	042-555-3788	PM Closed	-	Open	Open	-	-	-	-	-	-

Hospital, Orthopaedic Surgery and so on.

Name	Telephone	4/27	4/28	4/29	4/30	5/1	5/2	5/3	5/4	5/5	5/6
Nishitama Byoin	042-554-0838	-	-	-	Open	-	-	-	-	-	-
Hamura Seikeigeka Riumachika Clinic	042-570-1170	PM Closed	-	-	-	-	-	-	-	-	-
Watanabe Seikeigeka	042-570-1128	PM Closed	-	-	-	-	-	-	-	-	-
Hamura Sankei Byoin	042-570-1130	PM Closed	-	-	PM Closed	-	PM Closed	-	-	-	-
Maeda Geka Clinic	042-578-8875	PM Closed	-	-	-	-	-	-	-	-	-

Ophthalmology

Name	Telephone	4/27	4/28	4/29	4/30	5/1	5/2	5/3	5/4	5/5	5/6
<i>Manabe</i> Ophthalmological Clinic	042-554-6511	PM Closed	-	-	Open	Open	-	-	-	-	-
<i>Shin'ai</i> Ophthalmological Clinic	042-554-7019	Open	-	-	Open	-	Open	-	-	-	-

Obstetrics and Gynecology

Name	Telephone	4/27	4/28	4/29	4/30	5/1	5/2	5/3	5/4	5/5	5/6
<i>Hamura</i> <i>Himawari Clinic</i>	042-555-1103	Open	-	-	-	-	-	-	-	-	-

Otorhinolaryngology

Name	Telephone	4/27	4/28	4/29	4/30	5/1	5/2	5/3	5/4	5/5	5/6
<i>Komita</i> <i>Jibinkoka Iin</i>	042-579-2205	PM Closed	-	-	Open	-	-	-	-	-	-
<i>Eijin Iin</i>	042-554-4187	PM Closed	-	-	-	-	-	-	-	-	-

Public General Hospital

Name	Telephone	4/27	4/28	4/29	4/30	5/1	5/2	5/3	5/4	5/5	5/6
<i>Fussa Byoin</i>	042-551-1111	-	-	-	-	Open	Open	-	-	-	-
<i>Ome Sogo</i> <i>Byoin</i>	0428-22-3191	-	-	-	-	-	Open	-	-	-	Open
Public <i>Akiru</i> Medical Center	042-558-0321	-	-	-	Open	-	-	Open	-	-	Open
<i>Heijitsu Yakan</i> <i>Kyuukan Center</i>	042-555-9999	Open	-	-	5PM~ 10PM	-	-	-	-	-	-

Night Clinic (5PM~10PM)

Date	Name	Telephone	Clinic Time 5PM~ 10PM	Date	Name	Telephone
4/28(Sun)	<i>Hikari Clinic</i> (<i>Fussa-shi</i>)	☎042-530- 0221		5/3(Fri)	<i>Arai Clinic</i> (<i>Mizuho-machi</i>)	☎042-557- 0018
4/29(Mon)	<i>Mizuho Clinic</i> (<i>Mizuho-machi</i>)	☎042-568- 0300		5/4(Sat)	<i>Takasawa Byouin</i> (<i>Mizuho-machi</i>)	☎042-556- 2311
4/30(Tue)	<i>Heijitsu Yakan</i> <i>Kyuukan Center</i>	☎042-555- 9999		5/5(Sun)	<i>Taisei Byouin</i> (<i>Fussa-shi</i>)	☎042-551- 1311
5/1(Wed)	<i>Kumagawa Byouin</i> (<i>Fussa-shi</i>)	☎042-553- 3001		5/6(Mon)	<i>Kumagawa Byouin</i> (<i>Fussa-shi</i>)	☎042-553- 3001
5/2(Thu)	<i>Kumagawa Byouin</i> (<i>Fussa-shi</i>)	☎042-553- 3001		● Please contact with any clinic or hospital before visiting since it might have changes for time table.		

活用しよう！エコライフ助成制度

< Hamura City Subsidy Programs for Environment Friendly Lifestyle >

~ Promoting Energy Generation & Conservation * Greenery Creation ~

Hamura City has been supporting local residents and businesses with their effort on reducing environmental impact by providing public subsidies for eco-friendly retrofitting and increasing greenery in city landscape, also promoting efforts of the environmentally friendly business industry. If you are considering application of eco-friendly improvement or greenery creation to your home or business entity, or even if the work is already completed, please feel free to consult and find out if these subsidy programs can help you.

Inquiry: *Kankyou Hozen-Ka* ☎Ext.227

◆ Subsidy for Clean Energy Generation & Energy Conservation ◆ (*Soushou Energy*)

Subjects: Building improvement works aiming for conserving energy, installation of devices for clean energy usage / generation (ZEH/B structure with low emission, zero emission of CO², water tank, etc.), purchase of



next-generation vehicles, other energy efficiency improvement works.

Eligibility: *Hamura* residents and local small enterprises.

*The work must complete by December 31st 2019.

Subsidy Application Period: May 1st (Mon) ~ January 31st (Fri), 2020 *Processed in order of receipt.

Subsidy Amount: Depending on the work cost or subsidy amount limit, reimbursed amount will be determined. Payment will be made by Eco-point.

There is an amount limit individually set for each type of work.

Please ask before starting construction for details. If the procedure has been finished, please inquire about requirements. Items must be purchased at stores within the *Hamura* City.

Flow of Subsidy Payment:

- ①Apply for subsidy. ②After approval, you will receive Eco-points issued by the city.
- ③Use Eco-points for shopping any items at stores in *Hamura* City
- ④Apply for cash reimbursement for the amount you spent with Eco-points. *Shopping receipts needed.
- ⑤Cash amount of the reimbursement will be deposited to your bank account.

◆ Subsidy for Greenery Creation in City Landscape ◆ (*Midori Soushutsu*)

Subjects: Installing green hedge, planting trees / lawn in garden, roof garden, façade/outer-wall greening.

Eligibility: *Hamura* residents and local small enterprises.

*The work should be completed or if in progress, see completion between April 1st 2019 and March 31st 2020.

Application Period: *Application processed in order of receipt.

Subsidy Amount: one-third (1/3) or up to half (1/2) of the cost.

There is an amount limit individually set for each type of work.

Items that do not qualify: easily removable, annual vine plants, flowers and crops not related to greenery

Flow of Subsidy Payment: Apply for the reimbursement with original receipts. After the approval, subsidy amount will be deposited to your bank account.

スイミングセンター ～ゴールデンウィークのイベント～

SWIMMING CENTER ☎042-579-3210

Golden Week Event

こどもの日特別企画

< Free Pool Admission on May 5th Children's Day >

On May 5th (Thurs, Holiday), pool admission will be free for children from 3 years up to Junior High Students! The scheduled hours for this free admission is up to 2-hours between 9AM ~ 8:50PM . Please obtain an admission ticket at Front Desk.

*Children must be accompanied by a guardian in the facility during the specified hours as below;

Up to 3rd grader ... all times / 4th ~ 6th grader ... after 5PM / Junior High student ... after 7PM

*Up to 2 children can be allowed entrance with one guardian who is over 16 or older.

Training Room Programs

< Martial Arts and Zumba Fitness Classes > マーシャルアーツ&ZUMBA

- Martial Arts – Mixing Punch, Kick and Fitness exercises to train body.

Date: April 29th (Mon, Holiday) 10AM~10:45AM

- Zumba – Follow Latin Melody to move body and dance exercises.

Date: April 29th (Mon, Holiday) 11AM~11:45AM

How to apply for exercise classes,	<u>Trainer:</u> Instructor from the Training Room	<u>Capacity:</u> first 20 people
	<u>Items to bring:</u> comfortable gym clothes, drinks, towel and indoor shoes	
	<u>Fee:</u> ¥800 per time	<u>Eligibility:</u> Above Junior High School

※ For participation, please come to the Sauna front counter on the day of each class.

SPORTS CENTER TRAINING STUDIO PROGRAMS

Training Room Hours: 9AM ~ 9:45PM (entrance till 9PM)

Usage Fee: *Hamura* Residents & Workers... Adults ¥150, Junior High Students ¥70

Others... Adults ¥220, Junior High Students ¥110

*Junior high students are only allowed to participate in training room programs and to use the studio. They must be accompanied in the facility by someone over age 16 after 7PM.

-- You are required to purchase a ticket when participating in a program, using the studio or using the gym.

-- Please purchase a ticket first, change into your exercise clothes (no jeans allowed), then attend your class.

-- Please bring indoor shoes. You are not allowed to enter the exercise rooms without them.

-- You can use the studio for 60 minutes prior to and 30 minutes after class, for members of less than 10.

Inquiry: NPO *Hamura-shi Taiiku Kyoukai* ☎042-555-1698

FY2019 Training Studio Programs				
Day	Morning		Afternoon	Night
Tuesday	Beginners' Aerobics 9:45~10:45AM Capacity: First 70 ★★	Aerobics 2 11~Noon Capacity : First 50 ★★★★	---	
Wednesday	Healthy Exercise 10~11:20AM Capacity: not limited ★★		Step Exercise 1 2~3PM Capacity: First 30 ★★★	Aerobics 1 7~8PM Capacity : First 50 ★★★
Thursday	Beginners' Step & Shape 9:45~10:45AM Capacity: First 30 ★★	Step Exercise 2 11~Noon Capacity : First 25 ★★★★	---	---
Friday	Healthy Exercise 10~11:20AM Capacity: not limited ★★		---	---
Saturday	Beginners' Aerobics 9:45~10:45AM Capacity: First 70 ★★	Aerobics 1 11AM~Noon Capacity : First 50 ★★★	Aerobics 2 2~3PM Capacity : First 50 ★★★★	---
Sunday	Beginner Healthy Exercise 10~11AM Capacity: not limited ★		Aerobics 3 2~3PM Capacity : First 50 ★★★★★	---

Number of ★ shows the level of exercise (the more ★ the harder).

*Please note that there will be adequate warm up exercise before starting each class.

*Please bring outdoor shoes for use at classes which will be conducted when it is sunny outside.

*For accident prevention, you cannot join a program later than 5 minutes after the start.

障害のある方の各種手当・助成制度の紹介

WELFARE ALLOWANCES/SUBSIDIES for PERSONS WITH DISABILITY

Allowances	Eligibility
<i>Tokubetsu Shougaisha Teate</i> (Special Allowance for the Disabled) ¥27,200 / month	Age 20 years or older, and requires special support/care at all times due to severe disability. *
<i>Shougaiji Fukushi Teate</i> (Welfare Allowance for Disabled Children) ¥14,790 / month	Children who have not reached 20 years old, and requires special support/care at all times due to severe disability. *
<i>Juudo Shinshin Shougaisha Teate</i> (Allowance for Persons with Severe Physical and Mental Disability) ¥60,000 / month	Person with severe impairment of intelligence, in constant care needs and unable to stay in a sitting position due to limb and trunk dysfunction. Those 65 or older cannot become certified. *

<i>Shinshin Shougai</i> sha Fukushi Teate (Welfare Allowance for Physically or Mentally Disabled) ¥15,500 / month Provided by Tokyo Metropolitan Government	Age 20 years or older, being cared at home, and holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade1~3, or person with brain paralysis or progressive muscular atrophy. * Those 65 or older cannot become certified.
<i>Shinshin Shougai</i> sha Fukushi Teate (Welfare Allowance for Physically or Mentally Disabled) ¥12,000 / month Provided by Hamura City Government	Age 20 years or older, being cared at home, and holds Physical Disability Certificate grade3~4 or Certificate for Adults and Children with Mental Deficiency grade4. * Those 65 or older/already have disability support subsidy cannot become certified.
<i>Nanbyou Kanja</i> Fukushi Teate (Intractable Disease Allowance) ¥7,500 / month	Person with intractable disease which the government specifies under Medical Subsidy of Tokyo Metropolitan Government Policy, who is not receiving Hepatitis B,C and Respiratory Intractable Disease.
<i>Takushii Hiyou</i> / or <i>Jidousha Gasorinhi Josei</i> (Subsidy for Taxi Fare or Gasoline Cost) Allowance amount varies	Person who holds Physical Disability Certificate grade1~2 (grade 1~3 for lower limb, trunk, or internal dysfunction) or Certificate for Adults and Children with Mental Deficiency grade1~2, or person with brain paralysis or progressive muscular atrophy. *
<i>Riyou</i> / <i>Biyou Saabisu Hiyou Josei</i> (Subsidy for Hair Dressing Fee) Allowance amount varies	Person who holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade 1~2. Not applicable if hospitalized or living in special care facility. If under 20 years old the provider, and if over 20 years old, that individual, must be tax exempt.
<i>Kinou Kaifuku Sejutsu</i> hiyou Josei (Subsidy for Physical Therapy Fee) Acupuncture/Massage Therapy Tickets	Person who holds Physical Disability Certificate grade1~4 (grade 1~6 for those at age 70 years or older). Not applicable if hospitalized or living in special care facility.
<i>Suidou/Gesuidou Shiyouryou Josei</i> (Subsidy for Water and Sewage Fee) ¥872 plus consumption tax / month	Residents tax exempt household that includes a member who holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade 1~2.
<i>Kagu Tento Boshi Kigu Kyufu</i> (Furniture Fall Prevention Device Fee)	Person who holds Physical Disability Certificate grade1~2 or Certificate for Adults and Children with Mental Deficiency grade 1~2.

*...Income restriction and/or exclusion regulation may apply. Please refer to Hamura City's Official Website also.

For more details, please contact: *Shougai Fukushi-ka Shougai Fukushi-kakari* ☎Ext.173.

介護予防

NURSING CARE PREVENTION

筋肉つけて元気になろう フレイル予防体操教室 (4.1 繰り越す)

<Let's get well with muscles – Frailty Preventive Exercise Class>

Exercise Class to help people to prevent body and mouth muscles' frailty status when people become old age. (Unnecessarily using chairs) and welcome to participate repeatedly.

Date and Time: 9:30AM ~ 11:30AM

April 16 th (Tue)	May 21 st (Tue)	June 18 th (Tue)
July 16 th (Tue)	Aug 20 th (Tue)	Sep 17 th (Tue)
Oct 15 th (Tue)	Nov 19 th (Tue)	Dec 17 th (Tue)
Jan 21 st (Tue), 2020		
Feb 18 th (Tue), 2020		
March 17 th (Tue), 2020		

Place: Community Center *Juraku An Elderly People Meeting Room*

Capacity: First 30

Eligibility: Age over 65

Things to Bring: Exercise clothes, Towel, Drink, Pen with Note and Emergency Contact Copy.

** People who know how to adjust and control own body's status well.

Inquiry: *Korei Fukushi Kaigo Ka Korei Fukushi Kakari* Ext.☎178

< Visit to Historical Landmarks by Walkthrough Tour >

The 7th of Visit to Historical Landmarks by Walkthrough Tour wanted applicants. Join the special tour of many historical landmarks in *Hamura* city with cultural and historical value. A tour guide will guide you through.

Date: April 18th (Thu), meet at 9:00AM, dismissed at NOON (will be cancelled if it rains, but as scheduled if light)

Course Details: meet at JR *Ozaku* Station (Start), ▶ walk to *Ozaku Ryokuchi* Park ▶ *Ozaku Water Intake* ▶ *Yoshino Kaido* ▶ Flora Hill Hiking Course ▶ several other facilities; for about 3hours, the 5 kilometers trail concludes at Statue of *Tamagawa Brothers*. Capacity: first 30 Fee: ¥200 (included insurance fee collected on event day)

Things to Bring: Hat, Towel, Raingear, and something to drink. Please wear comfortable clothing and shoes.

Inquiry and Application: Please reserve by April 12th (Fri) at *Hamura* Tourism Association (*Kankou Kyoukai*) between 9AM ~ 5PM at ☎042-555-9667. (on weekdays only: Closed weekend/ holidays)

CHILDREN

一歳児教室「一歳ちゃんあつまれ～」

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

Date: April 23rd (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.

Place: Hoken Center Eligibility: Hamura City Residents who are raising 1 year ~ 14 month old children

Capacity: First 20

This is a get-together for fun class geared toward 1 year old ~ 14 month old kids and their parents.

(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, *Kosodate Soudan Ka Soudan Kakari* Ext. ☎693 (Please call in advance.) Closed on weekends and holidays

プレママサロン(母親学級)

< Childbirth Preparation Class for Mothers >

This is a class about pregnancy, giving birth, and after childbirth.

Date & Program: Day1... May 9th (Thu) - Lecture by a midwife,

Day2... May 16th (Thu) - Lecture by OB/GYN doctor and Dietician

Day3... May 30th (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 *Kosodate Soudan Ka Soudan Kakari* 042-555-1111 ☎Ext.693

Children Centers:	Central ☎ 042-554-4552	East ☎ 042-570-7751	West ☎042-554-7578
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あそびのポケット

< Asobi no Pocket (at each Children's Center) >

Game creator/instructor will play with children with fun games using hands and bodies. Please feel free to participate. Time: 11AM ~ 11:40AM Eligibility: 2years old ~ preschool children with parent Fee: Free

•West Center: May 8th (Wed) •East Center: May 21st (Tue) •Central Center: May 30th (Thu)

こぐまひろば

<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: East Children Center – May 7th (Tue) Time: 10:30AM~11:10AM for all dates
West Children Center – May 15th (Wed)
Central Children Center – May 23th (Thu)

ADVERTISEMENT FOR ACTIVITIES

羽村 x 八丈エコ教室 リーダー、団員募集

< Leaders and Members wanted for Youth Eco-Study Tour in Hachijou-jima Island >

Hamura City will be recruiting leaders and Members for the summer environmental education group in Hachijyou-jima!

Opportunities to participate in aquatic environmental studies/ study on mushrooms that glow will be an inspiring experience. After returning, the selected leaders will be required to attend various activities.

Program Schedule	
Workshop	End of June weekday (only once or twice, 90 Minutes per time) Leader only.
Union Ceremony	Middle of June Sunday's daytime
Pre-Training	Middle of June Sunday and End of July weekdays' daytime
Local Activity Experiences	Hamura Experience August 7 th (Wed) ~ 10 th (Sat) Hachijyou-jima Experience August 11 th (Sun) ~ 13 th (Tue)
Report Meeting	End of August Sunday's daytime
Activities after tour	Beginning of November and Beginning of June in coming year, Two times.

Eligibility:

- Leader
 - ❖ Hamura resident/worker 19 year old (who turn 19 in 2019)
 - ❖ in sound health condition and willing to participate in outdoor activities, who meet the following requirements
 - ① Those who can participate in all events that are part of this program
 - ② Those who wish to make good use of the experiences and knowledge learned in this tour in future activities
 - ③ Those who agree to terms including that they will not be entitled to any salary

Capacity: several persons

Selection process (review of application and interviews) and result will be notified in Middle of May.

- Members

- ❖ Hamura resident elementary school students 6th grade ~ high school students 3rd grade.

- Capacity: 20 (if applicants numbers is over, it will be held on drawing)

- ** Drawing time will be in the last day of application from 7PM

- ** The person who is selected will have interview and guardians orientation in the early of May.

- ** It might be lasted for application term if applicant is not enough to target number.

- Fee: ¥18,000.-

How to Apply: Between April 15th(Mon) ~ 26th (Fri) (reaches as 5PM) , fill in an application form with required information and mail it to 〒205-8601 (no address necessary), or bring it to city hall between 8:30AM~5PM to 2F Kankyou Hozen-ka Kankyou Hozen-kakari (is closed on Saturdays, Sundays, and Holidays). The application form is available at Kankyou Hozen Ka at City Hall 2nd Floor or the official city website for download.

* The project has been made possible by donations from Tama Tousho Kouiki Renkei Katsudou.

* For more detail, please contact City Hall, Kankyou Hozen-Ka ☎Ext.227

< Strawberry & Potato Pick-Your-Own Farm Plots >

Enjoy strawberries and potatoes that you picked or dug up! The harvesting right of local farmer-grown fresh strawberries and potatoes will be sold by farm plots. Springtime is perfect for enjoying harvest with friends!

♣ Strawberries

Harvesting Season: Beginning of May Price: ¥5,000 each plot (Approximately 40 roots in each plot)

Farm Location: Hanekami 4-20 Number of Plots: 20 (sold in order of application received)

♣ Potatoes

Harvest Season: Middle of June Price: ¥3,000 each plot (Approximately 30 roots per block)

Farm Locations: ①Hanekami 1-18-5, ②Hanekami 4-22, ③Midorigaoka 4-6, ④Sakaechou 2-20

Number of Plots: ① 30, ② 15, ③20 and ④10, at each location (sold in order of application received)

Application & Inquiry: Starting April 25th (Thu), from 9AM to Noon, visit directly to Sangyou Shinkou-ka Nousei-kakari ☎Ext.663 in City Hall West Annex Building (Nishi Bunshitsu). *Please pay as you apply.



援農ボランティアの募集

< Volunteers Wanted for Agricultural Work! >

This is a great opportunity to learn about Hamura's local Agriculture. Through volunteering among farmers, you will get to see the great efforts that they exert into safety of the agricultural produce which is sold. Farmers need extra helping hands especially during the busy season. Your help will be a great contribution!

Farm Options: ①Vegetable Farm ②Flowers and Ornamental Plants Farm

Eligibility: Long-term volunteers... Anyone who can participate at least once a week through out a year.

Short-term volunteers... Anyone who can participate during the busy season.

Application: by April 26th(Fri). Please come directly to the City Hall West Annex Building (Nishi Bunshitsu), 2nd Floor on weekdays. (closed Saturday, Sunday, and Holidays) between 8:30AM ~ 5PM.

*This is strictly volunteer work. No salary or wage will be paid.

*Dispatch to a particular field or assigned work may not meet your request.

*Applicants who have registered before do not have to register again.

Inquiry: Sangyou-Shinkou ka Nousei-kakari ☎Ext.663

Event

チューリップ球根の掘取り

< Volunteers Wanted for Digging-Up Tulip Bulbs >

Volunteers are wanted for the maintenance works of Hamura's scenic tulip field. Now we need to dig out the tulip bulbs and prepare the field for rice cultivation. Please come enjoy the works together!

Date & Time: May 12th (Sun) ~ 14th (Tue), 16th (Thu), 17th (Fri), 9AM ~ Noon

Meeting Place: Odorikosou Park (located on the north side of Negarami-mae Paddy Field)

Things to bring: work gloves *Please wear something suitable for yard works.

How to Apply & Inquiries: Call or Fax to Hamura-shi Kankou Kyoukai (Hamura Tourism Association) with your name and phone number by May 10th (Fri). ☎042-555-9667, Fax: 042-555-9673 weekdays 8:30AM ~ 5PM

For Tulip Owners ... The tulip owners who participate in the digging-up work can take tulip bulbs home.

Date & Time: May 12th(Sun), 9AM ~ Noon *Privilege for the tulip owners of Tulip Festival 2018

多摩。島しょうスポーツ習慣定着推進事業 走り方教室 初心編

< 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.

☆ **Beginners Course:** Come if you want to run faster! ☆ This course is for those who lack exercise.

1 > May 18th (Sat), 11AM ~ Noon

Eligibility: 1st ~ 2nd Graders of Elementary School

2 > May 18th (Sat), 1:30PM ~ 2:30PM

Eligibility: 3th Graders ~ Junior High School Students

Capacity: 1 > first 100 2 > first 80

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

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

Application and Inquiries: Please apply April 16th (Tue) ~ May 8th (Wed) by phone or apply by coming to the Sports Center between 9AM ~ 5PM. ☎042-555-0033

** The next class will be scheduled in October.

HEALTH

高齢者肺炎球菌予防接種

< Pneumococcal Vaccination for Elderly >

The pneumococcal vaccine was included in the vaccination schedule implemented by the City from October 1st, 2014. Vaccinations for elderly residents at age 65, 70, 75, 80, 85, 90, 95, and 100 or older will be offered.

Eligibility: *Hamura* residents who have not received this vaccination who meet one of the following:

- ① will reach age 65, 70, 75, 80, 85, 90, 95, and 100 or older at year in which the vaccination is administered
- ② age 60 to younger than 65 as of the vaccination date and have any heart, kidney or respiratory disease, or immune dysfunction caused by AIDS. (patient ② must obtain a physician's certificate or present Physical Disability Certificate grade 1)

Fee for Residents: ¥4,000 will be subsidized, so please pay the balance at a medical facility.

Location: Medical facilities in *Hamura* City Term: ~ March 31th (Tue), 2020

If vaccination is not received within the specified dates, subsidization will not be applied.

How to be Inoculated: Reserve at designated medical facility located in *Hamura* City, and bring the **Sesshu Josei Ken* (coupon), Health Insurance Card (*Kenkou Hoken*) on the date of appointment.

Those who are eligible have been sent a letter including the coupon from the city in early April.

The subsidy for Pneumococcal Vaccination for Elderly will be offered until fiscal year 2018.

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

平成 31 年度就学援助制度の申請受付を行います

< School Attendance Support >

Hamura City provides financial aid to parents who are having economical difficulty with funding their children's school lunch fee and other expenses for schooling in elementary or junior high school.

If an application is approved, the aid will be provided starting from the month in which the application is filed.

Deadline for Application: April 26th (Friday), 2019

- ▶ Application forms are already distributed to students of Elementary and Junior High Schools in *Hamura*.
- ▶ If your child is attending to a school in other municipality, please come to city hall for a special procedure, with your *Inkan*, rent statement and proof of bank account to which you want the benefit to be deposited.

Inquiries: *Gakkou Kyouiku-ka Gakumu-kakari* ☎Ext.358

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

MAIN LIBRARY ☎042-554-2280

Enjoy to listen Story Telling with friends or family!

< **Story Telling for Babies** > Date & Time: April 17th(Wed), 11AM~

< **Story Telling for Preschoolers** > Date & Time: May 11th(Sat), 11AM~

< **Story Telling for Elementary School Students** > Date & Time: April 20th (Sat), 11AM~

▶ **Kawasaki Branch Library** ☎042-554-0130

Story Telling for all children >> April 24th (Wed), 3PM~

*Fee and reservation are not required for story telling events

▶ **Please try to borrow books from library**

Library Card may be allowed to borrow 10 books, one piece for Video and DVD, two pieces for CD and Cassette Tape within 2 weeks.

▶ **How to apply Library Card if applicant is under elementary school**

If child is under elementary school, please apply library card

① Come to library with Guardian who needs bring ID dispatched address

② If children come to counter by themselves, application form must be filled and needed to have Guardian Seal to submit to apply library card.

CENTRAL CHILDREN CENTER ☎042-554-4552 (Closed on Friday)

昼間の月の観測会。ファミリー天体観測会

< **Day-time Moon Observation** >

Date & Time: May 8th (Wed), 4PM ~ 4:30PM

< **Astronomical Observation with Family** >

Date & Time: May 8th(Wed), 8PM ~ 9PM *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 determined if event will be held as scheduled at 3PM for weather's status.

< **Learn About the Universe for Kids "Hoshizora Hiroba"**> 星空ひろば

Learn about the position of stars that change with each season, and facts about the universe!

The lecture is designed for kids and is easy to follow.

Dates: Every 1st, 3rd, and 5th Wednesday and Sunday, from 3:30PM (about 20 minutes)

Numbered tickets will be handed out from 3:15PM. Admission fee and reservation are not needed.

Children under 18 years old must be accompanied by an adult. Place: Central Children's Center

YUTOROGI ☎042-570-0707 (Closed on Mondays)

< **Movie Screening for Children** > 子ども映画会

Date & Time: May 5th (Sun) 10:30AM~11:30AM Place: Small Hall

Admission: Free Program: Tom and Jerry, Alibaba and 40 Thieves and other titles scheduled

Supported by: Hamura 16mm Eizou Kenkyuukai

MISCELLANEOUS INFORMATION

固定資産税・都市計画税納税通知書の送付

< **FY 2019 Property Tax and City Planning Tax Notification** >

FY2019 Property Tax and City Planning Tax Notification (固定資産税・都市計画税納税通知書) will be mailed to the applicable residents in early May. These taxes are levied on the owners of fixed property based on the property registration information as of January 1st 2019. If you have sold or demolished your land / house/

building after January 2nd 2019, you are still obligated with the tax payment on those properties.
Please be sure to pay before the due date.

Inquiries: *Kazei-ka Shisanzei-kakari* ☎Ext.157

高齢者実態調査

< Census Of Hamura City Elderly Residents >

Hamura City conducts an annual Interview-based survey on health and living conditions of elderly residents at age 75 or older. This survey aims to protect life and rights of elderly residents, as well as to prevent abuse and elderly-targeting crimes. The commissioned welfare volunteers (*Minsei Iin*) of each district association will visit homes of applicable elderly residents during a period from late April to June.

Main questions to be asked during the interview will be about household situation, socializing capability and frequency, and emergency contact. If you are a family member of an applicable elderly person and want to consult about something for them, please feel free to do so at this occasion.

Investigation Term: End of April ~ June, 2019.

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

初心者弓道教室

< Kyudou (Japanese Archery) Class for Beginners >

Date&Time: Wednesdays and Saturdays between May 8th (Wed) ~ 29th (Wed) (Total of 7 times), 7PM~9PM

Place: *Kyudou Center* Capacity: First 15 applicants Fee: ¥3,500 (for 7 classes, including insurance)

Eligibility: Junior high school students or older (Junior High students must be accompanied by an adult)

*Please participate in exercise wear. (long-sleeved T-shirt without any buttons and socks or *tabi*-socks)

Application: Before April 30th (Tue, holiday), provide your address, name, age (grade), and phone number via mail, or by fax to the center; *Ozakudai 4-2-8, Hamura-shi Tokyo* 〒205-0001, Fax: 042-555-9255.

☎042-555-9255, and ✉kyudo_hamura@yahoo.co.jp

自然休暇村 紹介事業(宿泊)参加者募集!

< Shizen Kyuukamura in Kiyosato Mountain Resort>

Hamura Municipal Resort Lodging Facility

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

It is about a 2 hour drive from Hamura City, and the lovely landscape of Kiyosato will leave you stunned. Hamura City is sponsoring a tour to visit these sites. *See pamphlet for more details.

Date: June 15th (Sat) (7:30AM departure) ~ 16th (Sun) (scheduled 6PM) (overnight trip)

Meeting Place: Hamura City Hall

Details: *The tour will show guests to tourist spots, night sky viewing, and local train ride, etc.

Please bring your own lunch for the first day of the trip.

Eligibility: workers, residents or students of Hamura City (a group can have up to 4, minimum of 2) and you must be first-time participant.

Capacity: First 22 (Tour will not be conducted with less than 10 persons participating.)

Seats will be determined by name drawing, and winners will be notified by phone.

Fee: ¥7,100 (¥4,870 for elementary school child) for one night room, dinner, and breakfast

Soba cooking class (2nd day soba lunch adult ¥850, Child ¥650) and additional transportation fee Koumi Line

Please make cancellation no later than May 9th (Mon). Fee is non-refundable after this.

Application: Please call or send e-mail to the *Chiiki Shinkou Ka* in the City Hall no later than October 23rd (Mon), 5PM. E-mail: s107000@city.hamura.tokyo.jp (indicate *Shoukai Jigyou* in subject line:)

Phone: ☎042-555-1111, Ext. 203

Provide your all group members' address, name, date of birth, age, gender, and telephone number.