



# HAMURA NEWS

Hamura City

May 15<sup>th</sup>, 2019

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

5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

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

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



花いっぱい運動 春の市内いっせい美化運動

## < Hamura City Beautification Campaign on Sunday, May 26<sup>th</sup> (Sun) >

Let's join your community group for a day of gardening activity or public cleaning —prepare the community gardens with flowers for Summer or picking up trash and cleaning around our public facilities and streets.

### \* Community Gardening \*

Hamura City will distribute 100,000 pots of colorful flowers to decorate public parks and sidewalks.

Decorated flowerbeds will be entered for the Hamura City "Hana Ippai" Summer Competition. Ask for details

Inquiry: Sangyou-Shinkouka Nousei-kakari Ext. ☎663 / Hamura City Tourism Association ☎042-555-9667

### ☆ Town Cleaning ☆

Let's pick up trash from public spaces with your neighborhood group, then separate them into burnable and non-burnable trash bags, then place them out for collection before 9AM on the event day.

Inquiry: Seikatsu Kankyou-ka ☎Ext.205

水道施設を見に行こう！～6月1日～7日は水道週間

## < Waterworks Promotion Week - June 1<sup>st</sup> ~ 7<sup>th</sup> Annually >

The week of June 1<sup>st</sup> ~ 7<sup>th</sup> is the Waterworks Promotion Week. During this week, the Hamura City Waterworks Office will welcome visitors to the tour in the Haisuitou(Standpipe) and the Jousuijou(Filtration Plant). It is a great chance to know more about our city government through learning the functions of Hamura City public facilities. These major facilities will be open to the public to promote the understanding of our water system that local residents rely on for daily water supply, which is sourced in groundwater in Hamura City.

The Waterworks Department is, along with the wide range of responsibilities, currently carrying out the earthquake-resistance improvement project for the underground pipe systems as well as the regular monitoring of local water quality focusing on the detection of radio-active substances in order to maintain quality water supply. It is not necessary to make an appointment in advance to join the tours.

**Jousuijou (Filtration Plant)**: Open to public on June 1<sup>st</sup>(Sat) and 2<sup>nd</sup> (Sun), 9AM~4PM.

This plant is equipped with a membrane water filtration system of the largest scale in Japan.

Location: Jousuijou (Hanenaka 4-10-3)

**Haisuitou (Standpipe)**: Open to public on June 1<sup>st</sup> (Sat) ~ 7<sup>th</sup>(Fri) 9AM ~ 4PM.

Water Tasting: 1<sup>st</sup> (Sat) & 2<sup>nd</sup>(Sun)

From the top of the tower, you can enjoy the grand view of the Hamura city landscape! Midorigaoka2-18-5

Both Visitations are free of charge. Each participant will be given one "Hamura Water" as a souvenir

Inquiries: Hamura City Suidou Jimusho Waterworks Office ☎042-554-2269

マンホールカード「羽村の堰と桜」配布場所が郷土博物館に変わります

**< Hamura City's Manhole Cover Design Card will be distributed in *Kyoudo Hakubutsukan* >**

Hamura City's "manhole" designed cards – Hamura-Seki (water intake sluice) and Sakura Trees at Tamagawa Ageduct will be changed to distribute in **KYODO HAKUBUTSUKAN (FOLK MUSEUM)** from June 1<sup>st</sup> (Sat), 2019. Saturday and Sunday are also distributed.

- The card is free of charge. Quantity is limited to 1 card per person, and can only be given to those who appear in person to receive it, not available to send via post mail and reveration.
- Open from 9AM~5PM
- Close Monday (Holiday Monday exclusion) and New Year Holiday Dec 29<sup>th</sup>, 2019 ~ Jan 3<sup>rd</sup>, 2020.

Inquiries: *Suidou Jimusho* ☎042-554-2269

**CHILDREN**

一歳児教室「一歳ちゃん集まれ～」

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

Date: May 28<sup>th</sup> (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

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

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

They will offer tips on daily life rhythm, how to stop breast feeding, meals for a child after 1 Year old, how a child can play with other children, and about preventing accidents.

Things to Bring: *Boshi Kenkou Techou* (Maternal Handbook)

Inquiries: Please come and call in advance to *Kosodate Soudan Ka, Soudan Kakari* ☎Ext.693 8:30AM ~ 5PM, closed on weekends and holidays

ちょこっと広場 (要予約)

**< Please Utilize the Child and Family Support Center's "Chokotto Hiroba" Consultation Services-Require Reservation >**

The Child Rearing Consultation Service offered by Clinical Psychologists assigned from *Hamura City Child And Family Support Center (Kodomo Katei Shien Center)*, "*Chokotto Hiroba*" are offered to city citizens.

Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc. In addition to the general consultation, they provide more detailed consultation about the various matters related to the growth by addressing the specific needs of your child.

◆ Consultation for Emotional Wellbeing of Your Child ~ "*Kokoro No Soudan*"

Date and Place:

Date	Place
May 20 <sup>th</sup> (Mon)	West Children Center
June 17 <sup>th</sup> (Mon)	East Children Center
July 25 <sup>th</sup> (Thu)	Central Children Center

\*\*\* Time: ① 10AM~ ② 11AM~

◆ Consultation for Developmental Concerns of Your Child (Intellectual), ~"*Kotoba No Soudan*"

Date and Place:

Date	Place
May 27 <sup>th</sup> (Mon)	Central Children Center
June 24 <sup>th</sup> (Mon)	West Children Center
July 17 <sup>th</sup> (Thu)	East Children Center

\*\*\* Time: ① 10AM~ ② 11AM~ ③1:30PM~

Please make a reservation.

\* Details regarding the schedule will be included in bi-weekly bulletin *Kouhou Hamura* (Hamura News). Official website will list the year's schedule. No consultations in April, June, and July at this moment. To make a reservation, please call the *Kosodate Soudan Ka, Soudan Kakari* at the below # (Hoken Center). Inquiries: *Kosodate Soudan Ka, Soudan Kakari*, ☎Ext. 694 \*Fee is not required for consultation.

親子であそぼ!

あそびのポケット

### **ASOBI POCKET at Children Centers**

Game creators/instructors will play with children with fun games using hands and bodies. Join and have fun!

Eligibility: Children from 2 years old to preschool age, and their parents.

Time: 11AM ~ 11:40AM

Date and Place:

Date	Place
June 12 <sup>th</sup> (Wed)	West Children Center
June 18 <sup>th</sup> (Tue)	East Children Center
July 27 <sup>th</sup> (Thu)	Central Children Center

Admission: free \*No reservation needed.

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.

Time: 10:30AM ~ 11:10AM

Date and Place:

Date	Place
June 4 <sup>th</sup> (Tue)	East Children Center
June 6 <sup>th</sup> (Thu)	Central Children Center
July 19 <sup>th</sup> (Wed)	West Children Center

Admission: free \*No reservation needed.

わんわん広場

### **< Wan Wan (Bow Wow) Hiroba >**

Playtime activities for small children and their parents! Sing, and have fun with other parents and their child.

Place: West Children Center ☎042-554-7578 Date: June 5<sup>th</sup> (Wed), 10:30AM ~11:10AM

Eligibility: 8 month old toddlers and parents Fee: free No reservation needed!!

All Inquiry: Central Children Center ☎042-554-4552, East Children Center ☎042-554-7751,  
West Children Center ☎042-554-7578

## **HEALTH**

骨密度測定

### **< Bone Density Test for Women >**

Women's Bone Density generally starts decreasing after 20's, and especially around the menopause. All female residents are encouraged to take this chance and check their bone condition even if you are young for the prevention of Osteoporosis (Brittle-bone Disease), a very common bone disease among women.

Schedules: Please choose from the following options;

<A> July 7<sup>th</sup> (Sun) <B> July 8<sup>th</sup> (Sun)

\*\* Both days times are 9AM~Noon and 1:15PM~4:15PM

\* \* Each session will take about 1 hours (for various test (x-ray filming) and medical counseling).

Place: Hoken Center Eligibility: Female *Hamura* Residents of age 20 to 65 years as of July 7<sup>th</sup>.

\*Those who are being treated for Osteoporosis, pregnant or have a possibility of being pregnant cannot apply.

Capacity: 200 people (If applicants exceed capacity, participants will be chosen by lottery)

Inquiry: between May 17<sup>th</sup> (Fri) to June 6<sup>th</sup>(Thu), visit *Hoken* Center from 8:30AM ~ 5PM, or call center at ☎042-555-1111, Ext. 627. (excluding Saturday and Sunday, holidays)

\*Please choose 1<sup>st</sup> and 2<sup>nd</sup> preference of schedule. \*If coming with a child, please notify when you apply.

\*Please check the Bone Density Test Card that will be mailed to you for the date and time specified for you.

がん検診を受けましょう

Please participate cancer screening provided from *Hamura* City. Schedules are as below:

Cancer Screening	Date and Time	How to apply
① Colon Cancer Screening	June 1 <sup>st</sup> (Sat)~Oct 31(Thu) (except Sunday and Holidays)	Please go to one of the participating medical facilities with health insurance card.
② Breast Cancer Screening Term 1	June 1 <sup>st</sup> (Sat)~Sep 30 <sup>th</sup> (Mon) specified day	From May 17 <sup>th</sup> (Fri), please call or come to <i>Hoken</i> Center
③ Mass Breast Cancer Screening	Aug 4 <sup>th</sup> (Sun) 7:30AM~2PM (schedule)	May 17 <sup>th</sup> (Fri)~June 21 <sup>st</sup> (Fri), please send postcard, call or come to <i>Hoken</i> Center (Ref. *** descriptions)
④ Cervical Cancer Screening Term 1	June 1 <sup>st</sup> (Sat)~Sep 30 <sup>th</sup> (Mon) specified day (except Sunday and Holidays)	From May 17 <sup>th</sup> (Fri), please call or come to <i>Hoken</i> Center

Inquiries: *Hoken* Center 042-555-1111, ☎Ext.626~627

① 大腸がん検診

### < Colon Cancer Screening >

Eligibility: *Hamura* residents who are age 40 or older as of the examination date Fee: Free

Testing Methods: Testing stool for occult blood (for 2 days)

Where: Please check from *Hamura* City website to check participating medical facilities.

女性特有がん健診にはクーポン券 積極的利用を

### < Coupons for Free Screenings for Female-specific Cancers >

*Hamura* City will provide coupons (subsidy certificate) for free cancer screening for Cervical or Breast Cancer .The new coupon will be mailed to the applicable residents in late May, and can start being used in June, 2018.

Cervical cancer screening coupons will be issued for female residents who turned age 20 in FY 2018.

Breast Cancer screening coupons will be issued for female residents who turned age 40 in FY2018.

② 乳がん検診 (第1期)

**< Breast Cancer Screening Term 1 >**

Participating Medical Facilities: *Fussa Hospital, Shinmachi Clinic* (located in Ome City), and *Taisei Hospital* (located in *Fussa City*)

Eligibility: Female residents at age 40 or older as of the examination day who were not tested last fiscal year.

• These subsidy certificates are available in limited number. (Applicants will be served on first-come first-serve basis.) Fee: ¥1600 Please pay at the hospital on examination day. \*Free for Welfare Recipients. Please bring the Certificate of Welfare Recipient.

Examination Details: Health interview, clinical breast examination, and mammography screening (X-ray)

\* Screening date should be scheduled when applying for *Fussa Hospital*.

Please note that you will not be eligible for the free check-up if you have breast augmentation or pacemaker.

③ 乳がん検診 (集団)

**< Mass Breast Cancer Screening >**

Eligibility: 1) If you are 40 years old or older, were not tested last year till Aug 4<sup>th</sup> (Sun)

2) a coupon was sent to you from the City, you are eligible for this screening.

Place: *Hoken Center* Capacity: first 100 Persons Eligible For the Coupon FY 2018 can also apply.

\*\*\* How to apply: Starting from May 17<sup>th</sup> (Fri)~June 21<sup>st</sup> (Fri)

1) You can apply by filling out an application at Hoken Center Come to Hoken Center.

2) Send a postcard with required information:

<Front>	<Back>
〒205-0003 <i>Nyugan Kenshin Tanto</i> (Breast Cancer Reception) <i>Hamura Shi Hoken Center</i> 5-5-2 <i>Midorigaoka, Hamura Shi</i>	<i>NyugaShuudan Kenshin</i> Your Address Name (with Pronunciation) Date of Birth Telephone Number

3) Calling to Hoken Center to apply

A specific time cannot be designed for the screening. Notices will be mailed out to applicants regarding the details of schedule for their screening. It will take about 30 minutes to complete procedures on the screening date.

④ 子宮頸がん検診 (第1期)

**< Cervical Cancer Screening >Term 1**

Participating Medical Facilities: *Yorimitsu Ladies Clinic, Hamura Himawari Clinic, Wakakusa Iin, Fussa Hospital, Taisei Hospital* (located in *Fussa City*)

Eligibility: Female residents at age 20 or older as of the examination day who were not tested last fiscal year.

• These subsidy certificates are available in limited number. (Applicants will be served on first-come first-serve basis.) Fee: free \* Screening date should be scheduled when applying for *Fussa Hospital*.

Please apply for Breast Cancer Screening and Cervical Cancer Screening from May 17<sup>th</sup> (Fri)

Please call *Hoken Center* 042-555-1111, ☎Ext.626~627 between 8:30AM ~ 5PM on weekdays to make an appointment. The *Hoken Center* does not operate on weekends and holidays.

**Notes about Cervical / Breast Cancer Screenings :**

• It will take about a month for the result reports of tests taken through this subsidy program. If you are already having symptoms, please make a doctor appointment on your own.

- If you apply at the Hoken Center by directly appearing at the counter, you will be given an interview sheet.
- The Term 2 applications procedures for Cervical and Breast Cancer are scheduled to start in October. We advise citizens to reserve before November, since it is easier to be scheduled. You may not be able to get a reservation after this due to the increase of patients.

Please call *Hoken Center* 042-555-1111, ☎Ext.626~627 between 8:30AM ~ 5PM on weekdays

30歳。35歳健康診査の受診

### AGE 30, 35 HEALTH CHECKUPS

A checkup report of age 30 and 35 Health Checkups will help you gain knowledge of the current condition of your health, and will provide insight for maintaining your health in the future. It is important to take your annual medical check-ups in order to detect minor irregularities, and also you can take lifestyle diseases preventive measures if you had been diagnosed as having the tendency.

This medical examination program is carried out by medical insurance, and is free of charge.

Term: June 1<sup>st</sup> (Sat) ~ Oct 31<sup>st</sup> (Thu), 2019.

Eligibility: ① Hamura City Residents

② Become Age 30 or 35 during Apr 2019 to March 2020.

③ Unable to have any others health checkup opportunity.

\*\*\* Pregnant woman is exclusion.

Please bring Health Checkup coupon issued by Honken Center to specified medical facilities.

Apply and Inquiry: From May 27<sup>th</sup> (Mon), please call or mail to *Hoken Center* ☎042-555-1111- ☎Ext.627

Address, 〒205-0003 5-5-2 *Midorigaoka, Hamura City*

- Accept phone call to apply from this year
- Please come or mail Hoken Center to apply with application form, and you may also download from Hamura City Website.

イベント

### Event

田んぼ体験 苗取り・田植え

#### < Rice Farming Workshop ~ Picking Rice Seedlings & Rice Planting ~ >

Do you know how rice is grown? This experience is a great chance to learn about and appreciate your rice.

Date & Time: Picking Seedlings - June 8<sup>th</sup>(Sat) 8:45AM~, at *Odorikosou Park*

Rice Planting - June 9<sup>th</sup>(Sun) 8:30AM~, at *Miyanoshiba Sports Park Ground*

\*The event will be held in rain or shine. \*You will also get to harvest and thrash these rice in Sep. /Oct.

\*Please wear clothes which are able to be dirty. Be prepared for working in muddy field.

Place: at *Negarami Mae Suiden (Hanegami 4 chome)*

Eligibility: Elementary & Junior high school students Fee: Free \* Reservation is not required.

Hosted By: *Seishounen Taisaku Chiku IinKai Renraku Kyougikai*

Inquiry: *Jidou Seishounen-Ka*, ☎Ext.263



子ども国際交流音楽祭 合唱団参加者・歓迎演奏出演者募集

#### < Youth Chorus Members Wanted for The Children's International Exchange Music Festival >

We are now accepting applications for chorus members to perform at the Children's International Exchange Music Festival on October 14<sup>th</sup> (Mon, Holiday) at *Yutorogi* in *Hamura City*. This is a wonderful opportunity to sing to the accompaniment of Vienna performers. After the chorus performance, you will also enjoy the live

Viennese classic music. Don't worry, chorus experience is not required! Fee: Free  
Eligibility: *Hamura* resident junior high students ~ up to 18yr old who can participate in rehearsals and show  
Capacity: About 100 chosen from applicants from *Hamura City, Hinohara Village* and *Okutama Town*.  
Training: About 10 times from late June to early October, mostly on Sundays, 2PM~5PM, at *Yutorogi*.  
Application & Inquiry: Please file an application before June 9<sup>th</sup>(Sun) between 9AM ~ 5PM, excluding Mondays to *Yutorogi*. The form is available from May 15<sup>th</sup> (Wed).

歓迎演奏

~ Members for The Welcoming Concert Performed by Citizens ~

Eligibility: A chorus ensemble consisting of members who are attending an institution of music, or have graduated the institution, who want the opportunity to perform that reside in the *Nishitama* region of Tokyo, approximately up to the age of 30. The members will be evaluated by the Director.

Application and Inquiry: Please file an application before June 28<sup>th</sup> (Fri) to *Yutorogi*. Please inquire regarding the details of performance.

Inquiry: *Yutorogi* ☎042-570-0707 between 9AM ~ 8PM, excluding Mondays

シルバーピア(高齢者住宅)生活協力員募集

### < Tokyo Metropolitan Public Housing – Silver Pier wanted Life Cooperator >

1. "Silver Pier" Elderly housing (age over 65 household , difficult to have living place), City is wanted cooperator who may help to confirm safety, great understandings and making comfortable living surroundings for elderly residents.

<Availability: One Unit (3DK)> Address: *Shinmeidai 3-23-2, Shinmeidai Sanchoume* Apartment

There are certain income requirements · standards which apply: see brochure. Apply by May 31<sup>st</sup> (Fri).

2. Eligibility:

- Applicant must be living in Tokyo Metropolitan must age over 20 and married, require resident certificates to prove.
- Applicant is living with or planning to live with relatives.
- Needs residential house

The application brochures for the current offer term will be available at *Korie Fukushi Kaigo Ka* (8:30AM~5PM) in city hall 1<sup>st</sup> floor, at City Hall.

Public housing is managed by the metropolitan government in purpose of providing affordable housings. For more details regarding applicant qualifications and application procedure, please refer to the brochure/inquire at City Hall.

\*\*\* Single is not allowed to apply.

Capacity: One

Moving-In schedule : Oct 1<sup>st</sup> (Tue), 2019.

Pay (monthly) : ¥75,000

Rental fee supporting: Rental ¥66,500 but city will support half of it but not included community fee ¥500

Apply and Inquiries: Till May 31<sup>st</sup> (Fri), 2019, come to *Korie Fukushi Kaigo Ka, Korie Fukushi Kakari* ☎Ext. 176

スポーツセンター

**SPORTS CENTER ☎555-0033**

熱中症予防講習会

### < Heatstroke Prevention Class >

Instruction on how to prevent collapse during exercise due to dehydration is available. Capacity: first 50

Date & Time: June 8<sup>th</sup>(Sat), 10AM~11AM Place: 2<sup>nd</sup> Floor Conference Room Fee: Free

Lecturer: a representative of *Otsuka Pharmaceuticals Co. Ltd.* \* no reservation needed

How to apply: Till June 7<sup>th</sup> (Fri), please call, fax, email or come to Sports Center and specify your address, name, telephone number and age

## CULTURE AND COMMUNITY

グリーンカーテンコンテスト 作品募集

### < Green Curtain Contest >

*Hamura City* is encouraging residents and business to use green curtains at their facilities as one of the power saving efforts. If you are growing a green curtain, why not enter yours to this contest?

Eligibility: Residents and business growing green curtains at home or workplace in *Hamura City*

Application Period: July 1<sup>st</sup> (Mon) ~ September 30<sup>th</sup> (Mon) Must have ①a photo including the whole image with the building of your green curtain. ②a photo(s) showing the current state of the growing green curtain. Both photos need to be an A4 size or larger picture. Submit these along with the application form by method of mail, e-mail, or bringing in directly to the City Hall *Kankyou Hozen-ka* (city hall 2<sup>nd</sup> floor) between 8:30AM ~ 5PM (weekdays). An application form is also available there or downloadable at and the city website. Walk-ins are only on weekdays and not on Saturday, Sundays, and holidays. The winners will be notified and have reward certificate.

Inquiry: *Kankyou Hozen-ka*, ☎Ext. 226

e-mail: [s205000@city.hamura.tokyo.jp](mailto:s205000@city.hamura.tokyo.jp) Post: to Green Curtain Contest, 〒205-8601 (no address needed)

家庭用生ごみ処理容器などの購入費を一部助成

### KITCHEN WASTE COMPOST SUBSIDIZATION

In order to promote the reduction of wastes generated from the kitchen, partial subsidies are being offered. If you are thinking about buying a refuse composting container for your home, you can save part of the costs.

Eligibility:

- Citizens registered with *Hamura City* and have purchased and placed composting container in their home  
※ is limited to one container per family/ home
- Not delinquent for City Tax

Qualifying Compost Devices:

1. Container in which degradation or elimination of wastes is done by breaking down matter through the functions of microorganisms
  2. Container in which microorganisms function to attain fermentation of wastes in order to produce fertilizer.
- ※ Please note that subsidization is not granted to electronic disposers.

Subsidy Amount: half of costs, limited to ¥5,000 per household (sum will be truncation to the hundred)

Application: Bring proof of purchase (receipt), INKAN and bank account information to city hall *Seikatsu Kankyo Ka City Hall*, Ext. ☎204

\*\*\* Budget is limited, First come and first serves.

課税証明書のコンビニ交付を一時停止します

### < Tax Certificate of Automated Registry Machine at convenience stores will stop service >

On June 6<sup>th</sup> (Wed), 6:30AM~11PM for convenience stores, there will be a routine electrical inspection for the



automated registry system. Due to this, Tax certificate of the automated registry machine at convenience stores will not be provided. Please come to *Hamura City Hall* to apply it.

We apologize for any inconvenience, and ask for your understanding and cooperation regarding this matter.

Inquiries: *Kazei-Ka, Shimin Zei Kakari*, Ext. 162

中学生の職場体験

### < On-The-Job Social Learning Program For Junior High School Students >

All *Hamura Junior High Schools* organize a social learning program which allows the students to experience semi-internship at actual work places, thanks to the cooperation from local business entities.

This social learning program provides the students a great opportunity for learning about the jobs and developing communication skills required in professional environment.

Please be informed that 8<sup>th</sup> graders of *Hamura Dai Ni Junior High School* will start their 5-day internship starting on June 3<sup>rd</sup> (Mon) to June 7<sup>st</sup> (Fri). Those students do not go to their school during the internship week, but they commute directly to the assigned work places.

Inquiries: *Gakkou Kyouiku-ka Shidou-kakari* ☎Ext.376

自転車安全利用 TOKYO キャンペーン

### << BASIC RULES FOR RIDING BICYCLES >>

1. Ride on roadway, not on sidewalk
2. Ride on left side of roadway
3. Pedestrians have priority on sidewalk, bicycles go slowly on the roadway side
4. Obey the traffic rules

Driving under the influence of alcohol, riding with another person, riding side by side is violation of the law.

5. Child has to wear a helmet

Bicycle Safety Month is held until May 31<sup>st</sup> (Fri). Please keep this in mind when you ride your bicycle.

Inquiries: *Bousai Anzen Ka, Bouhan, Koutsu Anzen Kakari*, ☎Ext. 216

## HEALTH INSURANCE

介護保険料の特別徴収開始

### < Long-Term Care Insurance Premiums deducted from your Public Pension >

For those who will be paying Long-Term Care Insurance Premiums by special collection from April, a Notification of Amount of Special Collection (Premium) Letter has been sent to these applicable citizens.

Based on income of 2017, the payments will be made bi-monthly in even numbered months.(A letter will be issued in July regarding amount to be deducted.) *Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari*, ☎Ext. 144

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

**Central (Chuuou)Children Center ☎042-554-4552 (closed on Fridays)**

手作り教室「簡単おかずパン」

**< Hand-made Class ~ Simple Side Dishes Pan >**

Date & Time: June 1<sup>st</sup> (Sat) 10AM~ 11:30AM (Meet 9:50AM)

Eligibility: Elementary to 18 years Capacity: first 20 people Fee: ¥80

Things to Bring: indoor shoes, apron, headcloth, towel for hand, beverage, and fee: ¥90

Apply: Please apply by calling or visiting the center between May 15<sup>th</sup> (Wed) ~ 29<sup>th</sup> (Wed) 9AM ~ 5PM.

昼間の月の観測会

**< Day-time Moon Observation >**

Date & Time: June 12<sup>th</sup> (Wed), 4PM ~ 4:30PM Fee: Free

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

Event will be cancelled at 3PM if moon is not visible.

ファミリー天体観測会

**< Astronomical Observation with Family >**

Date & Time: June 12<sup>th</sup> (Wed), 4PM ~ 4:30PM \*No reservation required.

Eligibility: Elementary School Students ~ 18 years old Fee: Free

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

Fee: Free \*No reservation required. Event will be cancelled at 3PM if the weather is bad.

手作りおもちゃ教室「くるくるフライヤー」

**< Hand-made Toy Workshop ~ Rounding Fryer ~ >**

Date & Time: June 8<sup>th</sup>(Sat), ①10AM~ ②1PM~ Eligibility: Preschool children up to 6<sup>th</sup> graders

Fee: Free \*No reservation required \*Toy Repair available on this day.

Small children should be accompanied by an adult.

**East (Higashi) Children Center ☎042-570-7751(closed on Thursdays)**

スポーツの日「大縄跳び」をしよう！

**< Sports Day ~ Let's play Jump Rope ~ >**

Date & Time: May 22<sup>nd</sup> (Wed), 3PM~4PM Eligibility: Elementary and Junior High students

児童館 開館時間変更のお知らせ

**< Children Centers change time to open for one day >**

For disinfection building, Children Centers will change time for one day.

Children Center	Date	Opening Time
East Children Center	June 2 <sup>nd</sup> (Sun)	9AM~3PM
Central Children Center	June 9 <sup>th</sup> (Sun)	9AM~3PM
West Children Center	June 16 <sup>th</sup> (Sun)	9AM~3PM

**Library ☎042-554-2280 (closed on Monday)**

**< Story Telling for Children >**

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

▶ **at the Main Library**

Story Telling \*Preschoolers > June 8<sup>th</sup>(Sat), 11AM~

\*Elementary School Students > May 18<sup>th</sup>(Sat), 11AM~

▶ **at Mika Branch Library**

Story Telling for all children >> May 22<sup>nd</sup> (Wed), 3PM~

**Yutorogi ☎042-570-0707 (closed on Monday)**

**< Movie Screening for Children >**

Date & Time: June 9<sup>th</sup> (Sun) 10:30AM~11:30AM Place: 2F Kouzashitsu 1

about 3 titles scheduled Supported by: Hamura Movie Club Admission: Free \*No reservation required.

**SWIMMING CENTER ☎042-579-3210**

**< Skill-Up Swimming Class >**

Application Term and place: May 25<sup>th</sup> (Sat)~May 31<sup>st</sup> (Fri) to swimming center

Please come to the Swimming Center Reception Counter between 9AM ~ 8:50PM. (Closed Mondays)

Class Term: June every Saturday, total 5 sessions

Eligibility: Elementary School

Lesson Fee: ¥5,000 (all 5 sessions)

Schedule:

Lesson	Time
Crawling Swimming, Breaststroke Swimming	4PM~4:50PM
Backstroke Swimming, Butterfly Swimming	5PM~5:50PM

**< Time Trial Swimming Lesson >**

Application Term: May 25<sup>th</sup> (Sat)~May 31<sup>st</sup> (Fri) to swimming center

Please come to the Swimming Center Reception Counter between 9AM ~ 8:50PM. (Closed Mondays)

Class Term and Time: June every Saturday, total 5 sessions, 6PM~6:50PM

Eligibility: Elementary School ~ Ault

Lesson Fee: ¥6,000 (all 5 sessions)

- Applicant can swim one of four kinds of swimming styles above 25 meters. You may check your weakness from Video which is taking the first session to compare with the last one.

Both lessons Items to bring: Swimsuit, swimming cap, goggles, towel and locker fee ¥100 (will back to)

\*\*\* If you do not miss any sessions, there is have 2hours free ticket to present.

## MISCELLANEOUS INFORMATION

第31回虫歯の誕生日

### < The 31<sup>st</sup> Dental Information Lecture & Interactive Event ~ Cavity's Birthday ~ >

The Dental Hygiene Awareness Campaign will be underway during this event.

Date & Time: June 1<sup>st</sup> (Sat), 2PM ~ 4PM    Place: *Hoken* Center    Fee: Free

Event Detail: Fun for Kids, oral check, dental microscope, electric toothbrush, etc. \*gift giveaway to all

Also, there will be a Bingo Tournament, and a dental hygiene lecture by a dentist.

Hosted by: *Hamura-shi Shika Ishi Kai, etc*    Co-Hosted By: *Hamura City*

Inquiries: *Masuda Dental Clinic* ☎551-8686

街頭労働相談

### < One-Day Labor Consultation >

The Tokyo Metropolitan Government will hear labor related trouble cases for the worker, employer, and others. Please feel free to participate in this event.

Date&Time: May 24<sup>th</sup>(Fri) 11AM ~ 3PM (cancelled if raining)    Place: The *Tachikawa Isetan* Department Store 2<sup>nd</sup> Floor Entrance Right Side outdoor space (JR *Tachikawa* Station North Exit / The *Tama* Monorail System *Tachikawa Kita* Station street    \*No Reservation Needed.

Inquiry: Labor Consultation Center (Industry and Labor Bureau of Tokyo) *Kokubunji* Office ☎042(323)8511