



HAMURA NEWS

HAMURIN Hamura City Mascot

June 1st, 2019

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第44回夏まつり参加者募集

< The 44th Hamura Summer Festival ☆ Participants Wanted ! >

Date & Time: July 27th (Sat) & 28th (Sun), 3PM~8:30PM on both days **2019 Event Theme: "Vitality"**

Place: Areas Near JR Hamura Station

Hosted by: The 44th Hamura Summer Festival Executive Committee

◆ "Nimba Odori" Dance on July 27th(Sat) Participants Wanted!

Nimba Odori is a slow-rhythm Japanese folk dance that large number of dancers can join together. Participating groups will dance in their matching *Yukata*, *Hanten*, or any original costumes!

Eligibility: Groups of 5 people or more. Each group needs be authorized by the event executive committee.

◆ Event Volunteer Staff Wanted

Feel free to participate on either or both festival dates. Let's make our Festival together!

Eligibility: Anyone who wishes to volunteer **What to do:** Guide people, cleaning, help with programs.

◆ Performers wanted for the Sub-Stage

A Stage Truck will be set at the Festival. Dancers, musicians, and other entertainers are welcome!

Eligibility: Individuals or groups who are authorized by the event executive committee and willing to give (無償) pro bono stage performances. *If there are too many applicants, performers will be selected by lottery.

◇ How to apply to the listings above

Term: June 3rd (Mon) ~ 17th (Mon)

Submit a completed registration form via email or bring to city hall *Sangyou-Shinkou ka* in city hall *Nishi Bunshitsu* building 2nd floor (on weekdays only from 8:30AM ~5PM).

Email address: s206000@city.hamura.tokyo.jp

Application forms are available at *Sangyou-Shinkou ka*, and on *Hamura City* Official Website for download.

◎ Sales Booth Registration Food Stalls and Sales of Merchandise

Eligibility: Members of *Hamurashi Shoukougai*, or public organizations that have been active in *Hamura*

*Some public organizations may be required to turn in a form of operation history which proves members are *Hamura City* residents..

How to Register: Submit a registration form (available at *Hamura-shi Shoukougai*), requested documents and fee to *Shoukougai* in person from June 3st (Mon) ~ 14th(Fri), 9AM~5PM.

* The guideline handbook will be given along with an application form. It may also be downloaded.

* Based on Public Health Center Guideline, food sellers must provide their food supplier information on a Temporary Business Registration Form. Food products need be issued permission by the *Hokenjo* in advance.

Apply To: *Hamura-shi Shoukougai* ☎042-555-6211

令和元年度 子ども体験塾

*Children's Summer Art Workshop – Kodomo Taiken Jyuku *

* **Date:** August 2nd (Fri) ~ August 12th (Mon, Holiday) *

Sponsored By: Ōme City, Hamura City, and Mizuho Machi Kodomo Taikenjyuku Jikkou Inkai

These event are made possible by the *Tama Tousho Koueki Renkei Katsudou* **Inquiry:** *Yutorogi* ☎042-570-0707

All of the workshops and events are in the Japanese language.



1) Workshop ① "Drawing Aquarium"

Children may use special drawing paint – when paint becomes to dry, able to remove and create Aquarium views in one whole face window.

Capacity: Each Workshop will accept 34 people

* 1st Performance: 10:30AM~11:30AM

* 2nd Performance: 2PM~3PM

Eligibility: Elementary to Jr High School age residing in *Hamura City, Ōme City or Mizuho Machi*.

Fee: Free

(If there are many applicants, the members will be chosen by lottery.)

Date	Place
August 4 th , (Sun)	View Park. Sky Hall Small Hall in <i>Mizuho Machi</i>
August 5 th , (Mon)	<i>Nettsutamagu</i> -Center (Ome City Culture Communication Center) Reference CD in Ome
August 6 st , (Tue)	<i>Yutorogi Sosakushitsu1</i> in <i>Hamura</i>

2) Lecture of Interesting Art [Mystery from the eyes to watch ~ Illusion and Art ~]

Date: August 7th (Wed), 2PM~4PM Place: *Yutorogi* Small Hall

Capacity: 252 people (If there are many applicants, the members will be chosen by lottery.)

Instructor: Professor Kitaoka Akiyoshi (Professor of Ritsumeikan University)

** Childcare Services is available, capacity 15 children with fee and reservation required. Please call to *Yodorogi* ☎042-570-0707 to apply before July 28(Sun)

3) Molding Workshop [Hamura Art Dinosaur land ~ Making Hamura Rex]

Workshop ① Everyone may draw colorful scales in huge Ironic Hamura.Rex till using out all materials.

Date: August 3rd (Sat) 9AM ~ 4PM Place: *Yutorogi* 1F

Workshop ② Children may make their own mini Dinosaur and bring it to home.

Time: ①9AM~10PM ②10:30AM~11:30AM ③1PM~2PM ④ 2:30PM~3:30PM

Place: *Yutorogi* Small Hall

Capacity: Each class 20 people

Instructor: Mr. *Tsuji Kuroudo* (Modeling Artist)

Application for Participating 1), 2) and 3) Workshops and Lecture

Deadline: June 28th (Fri) Fee: All Free

(If there are many applicants, the members will be chosen by lottery.)

Eligibility: 3rd Graders ~ Junior High School Students of *Hamura City, Ome City, Mizuho Machi*

How to Apply: *Please refer to the deadline for application aforementioned in article for these events.

Method A - On post card, fill in the event name, applicant's mailing address, name, phone number, school name and grade, preferable date, parent's name if coming along and mail it to the executive office in your municipal office. *Please indicate your desired workshop date and time for 1) and 3)

(You can specify up to 2nd option for date selection of event for the workshops)

Method B - Fill in an application sheet available at executive offices in respective city halls.

Method C - Please download and apply from website of *Hamura City, Ome City, Mizuho Machi*

*If there are many applicants, the members will be chosen by lottery.

*It is possible that applicants will be chosen through name drawing. Drawing Results will be sent to you in the form of a postcard.

Application Offices: (〒 refers to zipcode)

•*Hamura City* – *Yutorogi Kodomo Taikenjuku Tantou* ☎042-570-0707 〒205-0003, 1-11-5 *Midorigaoka, Hamura City*

•*Ōme City* – *Shakai Kyouiku-ka Kodomo Taikenjuku Tantou* ☎0428-22-1111 〒198-8701, 1-11-1 *Higashi Ōme, Ōme City*

•*Mizuho machi* – *Shakai Kyouiku Ka Kodomo Taikenjuku Tantou* ☎042-557-6695

〒190-1221, 2475 *Ōaza Hakonegasaki, Mizuho Machi, Nishitama Gun*

Exhibitions Open to Public <no registration necessary>

◆Elementary school and Junior High School students' Gallery Talking at *Yutorogi* 1F

Date: July 28th (Sun) 1:30PM ~ 2:30PM

◆Exhibition of Art Works – Enjoy to have original handbook to check 40 pieces of *Musashino* Art University students' art works in exhibition. Place: Inside of *Yutorogi*

Date: July 23rd (Tue) ~ August 25th (Sun) (Monday close but holiday exclusion)

< Hotaru (Firefly) Watching >

Hamura Hotaru Kenkyuukai (Hamura Firefly Study Group) is breeding fireflies every year at Firefly Nursing Field near Aso Jinjya Shrine per Hamura City's request. At the end of June, you can observe the fireflies flying around Tama river bank in Hamura City. Let's enjoy the fantastic view of firefly lights!

Date & Time: June 22nd (Sat), 7:30PM~ Meeting Place: Front Entrance of "Ikoi-no Sato" Fee: Free
Guided by: Hamura Hotaru Kenkyuukai

*No reservation needed. * Please do not come by car. *Please do not capture the fireflies around the breeding site! (The breeding project has given great effort to protect and increase the firefly population. Please respect the rules when coming to watch these fireflies.)

Inquiries: Kankyou Hozen Ka, ☎Ext.226

CULTURE AND COMMUNITY

いこいの里「いきいき講座」。「ボランティア講座」受講生 追加募集！

< "Iki-Iki" and Volunteer Workshops at Ikoi no Sato Elderly Recreation Center >

Having hobbies is one of the keys to the healthy long life. Through these classes enjoy finding and developing your hobby, and let's make some friends! Classes are being offered at beginner level.

Class Term: July ~ March 2020 Place: Ikoi no Sato Eligibility: Hamura Residents who are at age 60 or older as of June 1, 2019 Course Fee: Free *Each student must pay for class materials.

Application: Visit Ikoi no Sato between June 3rd (Mon) ~ 10th (Mon), 9AM~4PM. *You must apply in person. Not accept by phone call *Apply for 1 class only. *Registration will be accepted after deadline if there are openings.

Inquiries: Ikoi No Sato, ☎042-578-0678

◎These are Iki-Iki and volunteer classes; People with special knowledge, skills or experience teach for free as a volunteer help the community.

Class Name	Date & Time	Capacity
Pottery	Every 1 st & 3 rd Wednesday 10AM~Noon	5
Haiku (Syllabic Poem)	Every 1 st & 3 rd Wednesday 10AM ~ Noon	8
Shodou (Japanese Calligraphy)	Every 1 st & 3 rd Friday 10:30AM ~ Noon	14
◎Shigin with Shinpoo School (recitation of Chinese poem)	Every 2 nd & 4 th Wednesday 10AM ~ Noon	15
◎Shigin (recitation of Chinese poem)	Every 1 st & 3 rd Thursday 1:30PM ~ 3:30PM	18
◎Camera	Every 2 nd Thursday 10AM ~ Noon	11
◎Hyakunin Isshu (traditional Japanese cards of 100 poems)	Every 2 nd & 4 th Wednesday 10AM ~ Noon	14
◎Making Knicknacks out of material from the Natural Environment	Every 3 rd Monday 1:30PM ~ 3:30PM	10
◎Flower Arrangement	Every 2 nd Friday 1:15PM ~ 2:30PM	8
◎Folk Exercise	Every 2 nd and 4 th Tuesday 10AM ~ Noon	10

6月23日(日)～29日(土) 男女共同参画週間

< June 23rd (Sun) ~ 29th (Sat) is Gender Equality Week >

Every year, from June 23rd ~ 29th is Gender Equality Week in observance of The Basic Act for a Gender-Equal Society. Each person must be able to freely express their will and live to their full potential at their various positions – working place, school, family and community that they are placed in. Nobody should suffer from gender inequality.

Slogan of the Week ~ “Knowing, Learning, Thinking, and Building my own life by myself.” ~ The Task Completed Both Genders”.

Inquiries: *Kikaku Seisaku Ka*, ☎Ext. 314

イベント

Event

羽村市高齢者レクリエーションのつどい

< Recreation Gathering For Elderly Residents >

Hamura City and the Elderly Citizen’s Club will hold a senior citizen event. Join even if you are not a member. Elderly citizen’s health will be enhanced through engaging in sport and recreational activities at this event.

Date & Time: June 12th (Wed), 1:30PM ~ 4:30PM Place: Sports Center Hall 1

Eligibility: *Hamura* residents at age 60 or older Please inquire for details

*Bring indoor shoes and exercise clothes.

Inquiry: *Kourei Fukushi-Kaigo-Ka, Kourei-Fukushi-kakari* ☎Ext.178

第39回障害者スポーツ・レクリエーションのつどい

< The 39th Sports Recreation Event for Physically-Challenged People >

The event program holds a variety of activities to be enjoyed together by all participants with or without disability to promote sport activities for physically challenged persons. Everyone is welcome. Let’s share a great time! This year’s event program includes a demonstration of an Official Paralympic Game.

Date & Time: June 30th (Sun), 10AM~0:30PM Place: Sports Center Hall 1 *No reservation required.

*Please wear comfortable cloth and bring indoor shoes.

Inquiry: *Shougai Fukushi-ka, Shougai Fukushi-kakari* ☎Ext.173.

大島子ども体験塾 参加者募集



< Participants wanted for Kids’ Summer Camp 2019 in Ōshima Island >

The Ōshima Island Summer Camp will be co-sponsored by *Hamura City* and neighboring *Akiruno City*. The delegation will leave the night lighted *Takeshiba Sanbashi* (dock in Tokyo Bay) at night, and in the morning will be welcomed by the sunrise at sea. The aim of this camp is to learn the importance of cooperation through hiking, playing at the beach, and various activities with residents.

Program (provisional):

- Pre- Event Meeting ... July 20th (Sat)
- Trip to *Izu-Ōshima* ... August 7th(Wed) ~ 11th(Sun) (4 nights & 5 days, including one night on board),
Program on the island includes climbing Mt. *Mihara*, playing at the beach and nature conservation activity
- After-Event Meeting ... August 24th (Sat) ※Briefing for Parents: July 17th (Wed).

Eligibility: Students of Elementary School: 5th ~ 6th graders & Junior High in *Hamura City*, who are able to participate in all scheduled events, and willing to take a leadership in local community activities in the future.

Capacity: 35 If there are many applicants, the members will be chosen by lottery)

(70 members total with *Akiruno City* members combined)

Fee: ¥10,000 *Please pay the fee at the Briefing for Parents. (This fee may increase due to bad weather.)

How to Apply: Please file an application by postal mail or bring it to city hall 2nd Floor *Jidou Seishounen-ka*, 〒205-8601 (no address necessary) no later than June 12th(Wed).

The application form is available at Elementary Schools and Junior High Schools, *Jidou Seishounen Ka* at City Hall, and at the *Hamura City Official Website* for download.

Inquiries: *Jidou Seishounen Ka*, ☎Ext.263.

***Note for both tours:**

Direct submission of applications are accepted on weekdays from 8:30AM ~ 5PM. (Closed holiday/weekend)
You may only apply for one activity only. Please pick one of either Hachijyou-jima Island Tour or the Ohshima Island Summer Camp. You cannot participate in both tours.

はじめてみませんか、バードウォッチング

< Woudn't You Like to Start Birdwatching? >

It is the season of summer birds. You can find them along the Tama River. Workshop participants can bring their own lunch and eat with the instructor while learning about birds.

Date & Time: June 16th (Sun) Noon ~ 2PM (will be cancelled in rain) no reservation necessary

Site for Birdwatching: Hamura Seki (Water Intake Sluice)

Meeting Place: In front of *Kyoudo Hakubutsukan* (Folk Museum) [*Hamuran*] bus stop

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

Teacher: member of "Yacho no Kai" *Okutama* Branch

Inquiries: *Kyoudo Hakubutsukan* (Folk Museum) ☎042-558-2561

ご利用ください！ あかちゃん休憩室

< The "Akachan Kyuukei-Shitsu" for Caring Baby's Needs >

Hamura City is promoting "Akachan Kyuukei-shitsu あかちゃん休憩室 (Baby and Child Room)." It is a privacy-protected room set up for mother/father and baby so they can take a rest for feeding and diaper change while on the go. At some locations, hot water is available for making baby milk. Currently there are 49 locations around the city, at childcare facilities, city public facilities, business locations, and city hall. Any of the rooms can be used free of charge at any time during the facility's open hours.*Please knock before entering a break room. There might be a mom breast-feeding her baby.

List and Map of *Akachan Kyuukei-shitsu* is available at *Kosodate Shien-ka* in city hall and on the official website of *Hamura City*

Inquiries: *Kodomo Katei Shiei Center* ☎042-578-2882

募集

Wanted

市民提案型協働事業を募集します

< Activities Co-Sponsored By Citizens and the City >

There will be selection for groups to participate in activities co-sponsored by the citizens and the city. This project was launched in order to provide a place to gather for citizens so that they can become acquainted, and to enable them to effectively take part in issues to be solved within the community.

~ Criteria for Certification of the Group ~

- * The group is an active group that carries out their activities in *Hamura City*
- * Holds a sufficient number of members to serve the purpose
- * Has a documented guideline for operation
- * Budget management is sufficient
- * Should not be a special interest group such as that aiming to attain profit, religious, political gain

(including promoting a candidate for an election)

* Must not be gang (*bouryokudan*) related, or include a member who has relations with gangsters.

※A selected group's term is limited to 3 years, and subsidization can be offered to the group within reasonable budget. (One selected group subsidy maximum to ¥250,000)

Term for application: June 3rd (Mon) 1st ~ July 1st (Mon)

Please submit the application and supporting documents to the city hall *Chiiki Shinkou Ka, Shimin Katsudou* Center Kakari between 8:30AM ~ 5PM on weekdays excluding holidays.

※Prior consultation is required.

Inquiries: *Chiiki Shinkou Ka, Shimin Katsudou* Center Kakari, ☎Ext. 631

生活支援家事ヘルパー。家事サポーター養成研修

< Training for Providers of Household Chore Assistance and Housekeeping Supporter for Elders >

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

Household Chore Assistance Training Schedule:

Date	Time
June 19 th (Wed)	9:30AM ~ 4PM
June 26 th (Wed)	
July 3 rd (Wed)	

※ Housekeeping Supporter Training will be June 19th (Wed) and June 26th (Wed) Morning.

Place: Community Center 2F

Eligibility: *Hamura* City citizen, worker, or student 18 or older

Capacity: first 30 Fee: free

Things to bring: Notebook with Pen.

Application/ Inquiry: Please apply within June 3rd (Mon) ~ 14th (Fri) call or visit to *Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiku Shien Kakari*, Ext. 196

税金

Tax

固定資産税に関する届け出・申告など

< Property Tax – necessary status reports and tax deductions >

If any of the following cases apply to your fixed property, please file a report of change of property condition. For details regarding the filing procedures, please contact city hall *Kazei-ka Shisanzei-kakari* at ☎Ext.157.

● Real Estate Value Inspection

If you newly build a residence or expand the existing property, you need to have your real estate value (re)evaluated within the same year. Please contact *Kazei-ka Shisanzei-kakari* and set up an appointment for *Kaoku Chousa* (Real Estate Value Inspection).

● Report of Demolished Property

When you have all or part of your registered residential property demolished, please file a Lost Property Registration (*Messhitsu Touki*) without delay, otherwise, property tax will continue to be imposed towards the demolished (non-existing) property.

● Residential Land Property

When any of the following cases apply to your land property, please file a required report without delay.

- Built a new house on your land property and changed the use purpose from commercial to residential
- Had existing house demolished, and the use purpose of your land property is no longer residential
- Built a real estate for business within your (former) residential land property

- Changed your residential real estate to a property of commercial use

◆ Property Tax Reductions

To know more about the following tax reduction systems, please inquire at *Kazei-ka Shisanzei-kakari*
☎Ext.157.

市民税・都民税納税通知書

< Notification was Sent to Citizens Regarding Resident Tax Payment for "Jyuumin Zei" >

2019 Notification of "Jyuuminzei" Resident Tax Payment (市民税・都民税 納税通知書) was mailed to the tax payers in middle of June.

Residents Tax amount is calculated based on the income of the preceding calendar year at the municipality in which you reside as of January 1st. It is paid in 4 installments during the year in which notification was made, however if you have taxes deducted from your public pension, it will be deducted in 6 installments. We kindly ask that you make these payments by the deadline shown on the payment slip. Please refer to the reverse side of the slip for locations at which you can make payment. *If you need more details about tax payment changes, please go to Humura city hall website to confirm it.

Inquiry: For details about other tax related matters. *Kazei Ka, Shimin Zei Kakari*, ☎Ext. 162

健康

Health

特定健康診査

SPECIFIED HEALTH CHECKUPS 2019

An annual checkup report of Specified Health Checkups (*Tokutei Kenkou Shinsa*) 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 with a particular focus on the detection and treatment of lifestyle diseases, especially metabolic syndrome, is carried out by medical insurance, and is free of charge.

Inquiry: *Hoken Center* ☎Ext.623

For the following people :

- National Health Insurance (NHI) Members (and their dependents)
who are at age 40 ~ 74 in FY2018 (April 2018~ March 2019)
 - Those who are enrolled in the Late-Elderly Medical Insurance Program/System
Specific Health Checkups Notification (特定健診のご案内) were mailed out in late May by *Hamura City* to National Health Insurance subscribers at applicable age and all Late-Elderly Medical Insurance subscribers.
2019 Program Period: June 1st (Sat) ~ October 31st (Thu)
- ※Please bring the Specific Health Checkups Ticket (受診券) which will be mailed at the end of May, Medical Insurance Card and Elderly Member Card
- We recommend early checkup incase too crowded and unable to take it.
 - Non-NHI members will not be eligible for check-up.

Check-up Ticket is: Green for NHI member / Beige Colored for Late Elderly Insurance Members

Individuals who are covered by Welfare Annuity, Mutual Aid Association or company health insurance union should receive the notification and ticket from their health insurance provider or employer.

○From FY 2018, a staff member from the medical facility may call you on the telephone to advise you that you should receive treatment based on the health checkup results, if you have neglected to seek treatment on your own.

○ Healthcare Guidance

As part of this medical examination program targeting lifestyle diseases for persons who are 74 or younger, healthcare guidance as post-checkup counseling is provided for individuals concerned to be “at risk” due to above average for both waist measurements and BMI calculations, and also high counts in blood pressure, blood vessel fat, blood sugar. Certified Nurse and Dietitian will provide individual advice. The city will mail a counseling information (特定保健指導) to those whose checkup report indicates the risk.

○ “Health-up” Additional Check-ups

If you take this checkup in one of the participating medical facilities in *Hamura* City listed below, additionally 6 more medical-check categories are available free of charge.

○ Medical Facilities Offering Specified Health Checkups

Checkups are given at the following participating medical facilities:

Clinic	Telephone	Clinic	Telephone
<i>Izumi</i> Clinic	042-555-8018	<i>Futaba</i> Clinic	042-570-1588
<i>Ozaki</i> Clinic	042-554-0188	<i>Maeda</i> Surgical (<i>Geka</i>)Clinic	042-578-8875
<i>Ozaku Ekimae</i> Clinic	042-578-0161	<i>Matsuda</i> <i>Iin</i>	042-554-0358
<i>Sakae-chou Shinryoujo</i>	042-555-8233	<i>Matsubara Naika Iin</i>	042-554-2427
<i>Shinmeidai</i> Clinic	042-554-7370	<i>Yanagida Iin</i>	042-555-1800
<i>Nishitama Byouin</i>	042-554-0838	<i>Yamakawa Iin</i>	042-554-3111
<i>Hamura Sankei Byouin</i>	042-570-1130	<i>Yamaguchi Naika</i> Clinic	042-570-7661
<i>Hamura</i> Orthopedic & Rheumatic Clinic	042-570-1170	<i>Yokota</i> Clinic	042-554-8580
<i>Hamura Sougo Shinryoujo</i>	042-554-5420	<i>Wakakusa Iin</i>	042-579-0311
<i>Hamura Himawari Clinic</i>	042-555-1103		
Ophthalmologist *Only funduscopy can be performed as a part of this health checkup program.			
* <i>Manabe</i> Clinic (<i>Ozakudai</i> 2)	042-554-6511	* <i>Shin ai</i> Clinic	042-554-7019

成人歯科健診

< Adult Dental Checkup >

Date: June 1st (Sat) ~ July 31st (Wed)

Eligibility: *Hamura* residents of age 40-64 and older as of June 1st, 2019

Fee: free (for one time only in a year) How to apply: Please make an appointment at a designated dental clinic listed on the Participating Dental Clinics List . (The check-up for 65 or older is in Sep. and Oct.)

*Those who are under dental treatment or who have checkups provided by an employer are not eligible.

*Bring your Health Insurance Card *Please check *Hamura* City website for participating dental facilities.

Inquiry: *Hoken* Center, Ext. ☎623

肝炎（ウイルス）検診

< Hepatitis Virus Screening >

Date: June 1st (Sat) ~ October 31st(Thu)

Eligibility: *Hamura* residents who fall in one of the following categories:

① Those who turn(ed) age 40 or older in FY2019 and have never taken Hepatitis Screening before.

② Those who had a health check-up this year and their hepatic function rate was abnormal. Fee: Free

Testing Method: Blood test for type B and C viruses

How & Where: Take the screening with your health insurance card at one of the participating medical facilities.

Please contact *Hoken* Center ☎042-555-1111(ext.627), or you can call the *Nishitama Hokenjyo*

☎0428-22-6141 for details. For the list of facilities, please view the official *Hamura* City website.

HEALTH INSURANCE

交通事故などに遭ったときは市に届け出を

< WHEN YOU MEET TRAFFIC ACCIDENTS, PLEASE SUBMIT DOCUMENTS TO CITY HALL >

Hamura City has various support outreach assistance programs for elderly citizens. If you meet traffic accidents, medical expenses such as injuries received from the third parties will be borne by the perpetrator (the other party) according to the negligence rate.

In this occasion, please must go to medical facilities to take doctor's examination and submit documents to Koki Koreisha Iryo Tanto (elderly citizen medical insurance consoling window) to console and notify accident status to have proper processing.

Please inquire about the details. Inquire at *Shimin Ka, Koreisha Fukushi Iryo. Nenkin Kakari* ☎Ext. 138

後期高齢者医療制度の被保険者へジェネリック医薬品差額通知書を送付します

NOTIFICATION OF MEDICATION COST DIFFERENCE OF INNOVATOR/GENERIC DRUGS

Late to Subscribers of Elderly Medical Insurance Program

A notification in the title (ジェネリック医薬品利用差額通知書) will be mailed out to applicable residents who are a National Health Insurance's Late-Elderly Medical Insurance Program member and were prescribed brand-name drugs. This notification which is mailed in June and December, lists the names and patient's cost of purchased medicines, and also provides the cost difference between the generic products and brand-name products for those medicines. The stated cost difference is the amount the patient could have saved if he/she changes their prescription drugs to generic drugs by requesting so at a medial institution.

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

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

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

Inquiries: Generic Drug Differences Notice Help Desk ☎0120-601-494, during End of June ~ July 31st (9AM~5PM exclude Saturday, Sunday and Holidays)

Tokyo Metropolitan Government's Later Elderly Medical Program Regional Inspector. Medical Expenses Proper Processing *Kakari* ☎03-3222-4507

SWIMMING CENTER ☎042-579-3210

Training Room Program トレーニングルームプログラム

- **< Chinese Exercise – Tai Chi >** からだスッキリ中国体操
Movements are faster than Chinese Health Exercise – Tai Chi.
Date & Time: Every Wednesday, 9:30AM ~ 10:30AM
Place: *Dai Ni Kaigishitsu* (conference room) on 2nd Floor Fee: ¥800
- **< Slow Yoga >** ゆったり健康ヨガ
Release the tension that causes fatigue
Date & Time: Every Wednesday, 11AM~Noon
Place: *Dai Ni Kaigishitsu* (conference room) on 2nd Floor Fee: ¥800
- **< Martial Arts >** マーシャルアーツ
Movements combine with Fighting Techniques and Fitness actions.
Date & Time: Every Wednesday, 2PM~3PM Place: Training Room Fee: ¥500
- **< Morning Aerobics >** モーニングエアロ
Beginner Aerobics Class to follow music in the morning.
Date & Time: Every Sunday, 9:30AM~10:30AM Place: Training Room Fee: ¥500

How to apply for
exercise classes,

Place: 2F Sauna Front Counter at the same day Capacity: first 20 people
Eligibility: Junior High School Student or older
Items to bring: comfortable gym clothes, drinks, and towel
※ For participation, please come to the *Sauna front counter on the day of each class.

< Aquabics (In-Water Aerobics) > アクアビクス

Can't swim? Don't worry. Let's have fun exercising in the water!

Date & Time: Every Thursday June 6th (Thu) ~ July 18th (Thu), 3PM~3:50PM

Eligibility: Anyone 16 years old and older Capacity: First 35 people

Fee: Hamura residents & workers ¥400, Others ¥600 (Insurance & admission fee are included)

Items to bring: Swimsuit, swimming cap, and towel Instructor: Sports Trainer

How to attend: Please come to the Swimming Pool Front Desk between 1:50PM ~ 2:50PM on the class day.

MISCELLANEOUS INFORMATION

谷戸沢処分場跡地 国蝶オオムラサキ観察会

< Former Landfill Site Nature Butterfly Tour >

The Yatozawa Landfill Site has been transformed into an area of abundant natural habitat for butterflies.

There will be an opportunity to see these butterflies called "Oomurasaki" in a Nature Butterfly Tour.

Date: June 22nd (Sat), 9AM ~ 2:30PM Place: Former Yatozawa Landfill Site in Hinode-machi

A Nature Guide takes the group through the site on 3 different sessions on the same day

①10AM~ ②11:30AM~ ③1:30PM~ Each session will be about an hour.

※Hinode Agriculture Association on sale at the venue.

※It is possible to come by car. There is free bus (from JR Ome-Line Fussa Station West Exit Bus and get off from *Bunnka No Mori* Stop) once an hour.

※Please get more details from website of Tokyo or Chiiku Shien Junkakumiai

Inquiry: Tokyo or *Chiiku Shien Junka Kumiai Tekiseika* . Koho Tanto ☎042-597-6152

多摩パブリック法律事務所 無料相談会

< Free Legal Consultation By Tama Paburikku Law Office >

The professional attorneys from Tama Paburikku Law Office will provide free legal consultations. * in Japanese.

This event will be held at Tama Paburikku Law Office in *Tachikawa* City.

Date & Time: June 22nd (Sat), 10AM ~ 4PM (30 minutes for each client)

Application: Please call Tama Paburikku Law Office for reservation at ☎042-548-2450
(First come first serving)

出張ハローワーク

< Hello Work Dispatch to Hamura City >

Hello Work *Ōme* is providing employment consultation with *Hamura* city for people who are looking for employment. No Reservation Needed

Date/Time: June 12th (Wed) and 26th (Wed) 1:30PM ~ 4:30PM

Place: *Fukushi Center* 2nd Floor Seminar Room *For more information about participating business entities, please check Hello Work *Ōme* or company websites.

Inquiries: *Hamura Sangyou Shinkou Ka*, *Shoukou Kankou Kakari*, ☎Ext. 657/ Hello Work *Ōme* Services ☎0428-24-9163

CHILDREN

児童手当・児童育成手当現況届の提出を

< Notification of Current Status for Child Allowance and Child Support Allowance >

Recipients of Child Allowance (*Jidou Teate*) and recipients of Child Support Allowance (*Jidou Ikusei Teate*) are

required to fill out a Notification of Current Status (現況届) which will be mailed to the applicable households by June 3th(Mon). Please be sure to submit it during the filing period. Failing to do so may result in the disqualification for the benefits of this year's program. Please submit to City Hall or send it by mail. (〒205-8601no address necessary)

Filing Period: While receiving Notification ~ June 28th (Fri) everyday

Hours: Mon. to Fri., 8:45AM~Noon / 1PM~5PM

»June 8th, 9th, 15th, 16th are Sat. & Sun. The hours are 9AM~11:45AM / 1PM~5PM

Place: City Hall 2F Kosodate Shien-ka Inquiries: Kosodate Shien-ka Shien Kakari- City Hall ☎Ext.236

児童手当・児童育成手当を支給します

Child Allowance and Child Support Allowance Recipients - June is the month in which payment of February ~ May is made by bank transfer to those applicable citizens' designated bank accounts. Date of payment is scheduled for the 13th (Thu). Inquiries Kosodate Shien Ka, Shien Kakari ☎Ext. 236

みんなあつまれ～サタデーおしゃべり場

< Saturday Chatting Place For Parents >

Let's enjoy communicating with your child! You can gain tips on baby massage, which is useful in further bonding with your child. Father and mother are welcome.

Date & Time: June 22nd (Sat) 10:30AM ~ NOON

Place: West Children's Center Tamokutekishitsu

Fee: free Eligibility: Pre-school children and family (designed for 0 year old that doesn't walk yet)

Details: baby massage and child rearing tips *No reservation required.

Inquiry: Kodomo Katei Shien Center ☎042-578-2882

おしゃべり場

< Chatting Place for Parents > [いやいや期の過ごし方]

This month's topic is "The way to spend with children unpleasant year". Any parent raising children are welcome to join.

Child Care Volunteers will attend your child during the session.

Place & Date: Central Children Center June 13th (Thu) West Children Center June 14th (Fri)
East Children Center June 25th (Tue) Time: 10:30AM ~ 11:30AM for all dates

Inquiry: Kodomo Katei Shien Center ☎042-578-2882 *No Reservation Required

プレママサロン

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

Date & Program:

Date	Time	Program Details
July 4 th (Thu)	1:15PM ~ 3:45PM	Lecture by Midwife
July 11 th (Thu)	2PM ~ 4PM	Lecture by OB/GYN doctor and Dietician
July 25 th (Thu)	1:15PM ~ 3:45PM	Lecture by a dentist and talking with experienced moms

Place: Hoken Center

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

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

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

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

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

Date of Testing	Weather	Elevation at which testing was conducted		
		5cm	50cm	1m
May 8 th (Wed)	Sunny	0.057	0.051	0.052

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
May 14 th (Tue) 9:15AM	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

6月の休日診療

◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
2 nd (Sun)	Yokota Clinic ☎042-554-8580	Heijitsu Yakan Kyuukan Center ☎042-555-9999	Hirai Dental Partners ☎042-533-5157			
9 th (Sun)	Hamura Sougo Shinryoujo ☎042-554-5420	Hikari Clinic (Fussa-shi) ☎042-530-0221	Masuda Shika Iin ☎042-551-8686			
16 th (Sun)	Wakakusa Iin ☎042-579-0311	Kumagawa Byouin (Fussa-shi) ☎042-553-3001	Minagawa Sougou Shika Clinic ☎042-555-8219			
23 th (Sun)	Nishitama Byouin ☎042-554-0838	Hikari Clinic (Fussa-shi) ☎042-530-0221	Moriya Shika Iin ☎042-555-9872			
30 th (Sun)	Izumi Clinic ☎042-555-8018	Heijitsu Yakan Kyuukan Center ☎042-555-9999	Yano Shika Iin ☎042-555-3363			

*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily, where you can obtain information by phone about medical institutions that can provide language assistance and explanation about the Health System of Japan. Translation service is available on a separate website: <https://www.himawari.metro.tokyo.jp/qq13/qqport/tomintop/>

online at the Medical Information Website of the Tokyo Metropolitan Government. The translation may not be accurate as the function is operated on the web based translation machine.