



# HAMURA NEWS

**HAMURIN** Hamura City Mascot

**September 1<sup>st</sup>, 2019**

Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section)  
5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

Published by: *Hamura City*

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/category/3-17-2-0-0.html>

## COMMUNITY

発掘！リサイクルショップ

### <Excavation! Recycle Shop>

The thrift store in the Hamura City Recycle Center sells items which were selected from bulky garbage but still able to use, then clean and repair by good skilled repairers. The prices of recycle furniture are almost 10 percentages of original prices such as chair ¥200~, cupboard ¥700~, traveling carry-on luggage ¥300~ and so on. Many foreigners shop this thrift store oftenly to purchase what they need in daily life.

Selling Time: Weekdays 10AM~4PM, the 1<sup>st</sup> Sunday of every month 10AM~Noon, 1PM~4PM

Inquiry: *Hamura Recycle Center* ☎042-555-3534

敬老のつどい

### < Special Gala for Respect-For-Senior-Citizen Day >

This special event in commemoration of Senior Citizen's Day is for those who are 75, or are turning 75 in 2019. An invitation post card will be delivered to all the guests. Please make sure to bring it if coming to this event.

Date: September 16<sup>th</sup> (Mon/Holiday) Place: *Yutorogi Center*

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

**Program:** • Opening Ceremony (for the group 1 only) • Stage Performances (Song Show)

Performers: Ms. *Yukari Ito*, Mr. *Jiro Kanmuri* and Mr. *Mitsuhiko Kitaguchi*

### Time Schedule:

The gala is repeated 4 times to serve 4 guest groups (divided by residential districts). Please check your invitation card for your gala time.

### Traffic Restriction

Temporary shuttle bus stops will be set up in the street block in front of *Yutorogi* main entrance on the gala day. Please be prepared to detour during the following time periods. Your cooperation will be appreciated.

< 9:00AM~9:20AM / 10:40AM~11:50AM / 0:50PM~2PM / 3PM~4:10PM / 5:10PM~6PM >

### Please be informed...

- Admission for this event is by invitation card. It cannot be offered to anyone other than the addressee.
- For the first show, front row seating will be reserved for the Special Guests.
- Free shuttle buses will be available. For details please check the invitation card.
- Buses do not have the lift for wheelchairs. If you are using a wheel chair, please have someone to bring you.
- Please refrain from coming by your personal vehicle and try to use community bus *Hamu-ran*. There is no parking available for gala guests.
- In case all the seats are occupied, live video will be broadcasted at small hall.
- An invitation card is required for admission. At the entrance, a gift will be given to all guests in exchange for the invitation card.
- The gift can also be picked up on a later date in exchange with the invitation card at the City Hall, at *Kourei Fukushi Kaigo Ka* on the 1<sup>st</sup> Floor between Sep. 17<sup>th</sup>(Tue) ~30<sup>th</sup>(Mon) (weekdays only) 8:30AM~5PM for exchange. Only Sep 22<sup>nd</sup> (Sun), exchange in City Hall 1F Multiple Purpose Room (exclude Noon~1PM).

敬老金をお届けします

### < Complimentary Gift to Elderly Citizens from Hamura City >

A complimentary Gift will be sent to elderly citizens by the middle of September (around the 15<sup>th</sup>(Sun)).

Gift Amount is: 77 yrs or older - ¥10,000 88 yrs old or older - ¥20,000 99 yrs old or older - ¥30,000

Inquiries: *Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari* ☎Ext. 177

**< RENEWAL of TOKYO SILVER PASS >** 東京都シルバーパスの更新

Those who have the Tokyo Silver Bus Pass expiring at September 30<sup>th</sup> (Mon) have received the renewal application form sent from Tokyo Bus (東京バス協会) by mail in late August. Please complete the application procedure within September. (Tokyo residents of age 70 and over are eligible for Tokyo Silver Bus Pass, a pass for fare exemption of buses running within Tokyo metropolitan area, and of Tokyo Metro subways.)

City Hall Application Desk: Sep. ①5<sup>th</sup> (Thu), 6<sup>th</sup> (Fri), ②24<sup>th</sup> (Tue) ~ 27<sup>th</sup> (Fri) Time: 10AM~3PM

Place: Hamura City Hall 1<sup>st</sup> floor, Multiple Purposes Room

Inquiries: Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari ☎Ext. 177 / Tokyo Bus - Silver Pass Helpline ☎03-5308-6950 (Weekdays 9AM~5PM)

家族介護慰労金の支給

**< Rewarding Family Members who Provide Elder Home Nursing Care >**

Home nursing care providers for elders who are certified as level 4 and 5 will be eligible to receive a one-time sum. Please claim if you apply to the following:

- Have been caring for level 4 and 5 elder for at least one year counting from standard date set for evaluation, while residing on adjacent or same property as your elder
- Previous year's income counting from term of rewarding year's standard date set for evaluation of all household members is tax exempt
- Have not utilized the day care system (short stay term for total of 7 days or less total is not counted) in the past year counting from standard date set for evaluation
- The elderly receiving nursing care has not been hospitalized for more than 90 days.  
¥100,000 per family for details, call Kourei Fukushi Kaigo Ka, Kaigo Yobo Chiiki Shien Kakari ☎196

第19回はむらふるさと祭り

**THE 19<sup>th</sup> HAMURA FURUSATO MATSURI**

**Sep 21<sup>st</sup> (Sat) NOON~6:30PM & 22<sup>nd</sup> (Sun) 11:30AM~6:30PM at JR Ozaku Station East Square**

**< September 21<sup>st</sup> (Sat) Programs >**

Performances by local Kindergarten and Elementary School students, Sōran Dancing Teams and more!

- NOON~: Yosakoi Sōran dance by kindergartens & day care center children
- 2PM~: Opening Ceremony
- 2:25PM~: Sōran dance performed by all Hamura City Elementary School students
- 2:45PM~: Yosakoi Sōran dance, other dances, musical instruments performance

**< September 22<sup>nd</sup> (Sun) Programs >**

Performances by Sōran Dance Teams and more!

- 11:30AM~: Yosakoi Sōran dance, other dances, and musical instruments performance
- 6PM~: Yosakoi Sōran dance finale performed by various groups
- 6:20PM~: Closing Ceremony

Traffic Restriction: Traffic around the event site will be restricted from 10AM to 8PM on both event days.

Host: Hamura Furusato Matsuri Executive Committee

Co-hosted by: Hamura City, Hamura Chamber of Commerce and Industry, Hamura Tourism Association and so on.

Inquiries : Hamura Furusato Matsuri Executive Committee/ Sangyo Shinko Ka ☎ Ext.656

**◆ Community Bus "Hamu-run" route will be detoured temporarily**

Date: September 21<sup>st</sup> (Sat) and 22<sup>nd</sup> (Sun) Affected course: Ozaku course, and Hamura Chuuou course

Alternate stop: Hamuran buses will not enter Ozaku Station East Square. The bus stop "Ozaku-eki Higashi-guchi(小作駅東口)" will be temporarily relocated to location before reaching intersection of Kita Kousaten小作駅北交差点南側

Temporary bus stop is called小作駅東口臨時バス停 (Ozaku Eki Higashiguchi Rinji Basu Tei)

(a short walk on main street stretching from the station, stretching toward *Ozaku Ekimae Dori*).

Inquiry: *Toshi Keikaku Ka, Jyuutaku Koutsuu kakari* ☎ Ext.276

第72回市民体育祭 参加しませんか

< **Participants Wanted ~ The 72<sup>nd</sup> Citizens' Sports Festival** >

Date: October 13<sup>th</sup> (Sun) (In case of rain postponed to 14<sup>th</sup> (Mon, Holiday)) Place: *Fujimi Park Field*

< **Company Relay Teams Wanted!** >

This is a great opportunity for promoting your company to local people! A team must have 4 runners (including at least 1 female). Each runner runs 100m.

Eligibility: anyone who works at work place registered in *Hamura City* Capacity: first 18 teams

< **Sports Groups Wanted to Participate in the Intermission Parade** >

Join to the lunch time entertainment parade! No requirements regarding the group structure.

Application / Inquiry: To participate in these events, please turn in an application to *Hamura-shi Taiiku Kyoukai Jimukyoku*, ☎042-555-1698 (2<sup>nd</sup> Floor at Sports Center) before September 13<sup>th</sup> (Fri), 5PM.



子育て世代包括支援センター 羽っぴー

< **"Happy" Support Section from the Regional Childcare Support Center** >

♪ ***Kosodate Soudan Ka, Soudan Kakari*** Section in the Health Center

Assistance for Childrearing from prenatal period to the toddler years is available for young mothers.

If you have concerns regarding your child, feel free to go to the "Happy" Support Section. Inquire about any subject regarding your child's health. The health nurse will interview the expecting mother when they issue the mother and child handbook. Various services are available, such as:

- \* Consultations \*Mother and Child Handbook Issuance
- \* Childbirth Preparation Class for Mothers \* Childbirth Preparation Class for Parents
- \* Home Visitation to Families with Infants \* Post-Delivery of Birth Assistance
- \* 1 Year-Old and Parent Get-Together Group \* Consultation Service for Developmental Disorders
- \* Dispatch of Personnel to Child Care Centers in Hamura \* "*Chokotto Hiroba*" Consultation Service

< **"Chokotto Hiroba" Consultation Services- Require Reservation** > ちょこっと広場

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	Place
September 9 <sup>th</sup> (Mon)	East Children Center
October 24 <sup>th</sup> (Thu)	Central Children Center

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

Date	Place
September 30 <sup>th</sup> (Mon)	West Children Center
October 28 <sup>th</sup> (Mon)	East Children Center

Please make a reservation.

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.

♪ ***Kodomo Katei Shien Center*** on the 2<sup>nd</sup> floor of the City Hall

The Family Support Center supports families who are raising children that are at age 18 or younger. They offer consultations, tips for parents, and take actions against child abuse.

- \* General Consultation for Parents
- \* Short-Stay Child Care Facility for Babies and Pre-School Children
- \* Visitation by Counselor / Dispatch of "Helper" Personnel for Families with Child 18 or younger
- \* Parenting Class "Nobody's Perfect"
- \* Chatting Place for Parents
- \* Akachan Kyuukei-shitsu (Baby and Child Room)
- \* "Support at Nursery Schools within Hamura City"
- \* The Family Support Center Support Service (fee required) when you need short stay, etc.

### CHATTING PLACE for PARENTS おしゃべり場

This month's topic is "Electronic Devices TV and Smartphone in the Use of them in Childrearing". Child Care Volunteers will attend your children during the event. Feel free to join and share some thoughts and tips for child rearing. No reservation needed. Time: 10:30AM~11:30AM for all dates

Date	Place
September 10 <sup>th</sup> (Tue)	East Children Center
September 20 <sup>th</sup> (Fri)	West Children Center
September 24 <sup>th</sup> (Tue)	Central Children Center

The two organizations offer continued support throughout childrearing from pregnancy to various stages of childrearing; Please do not hesitate to ask for help. Staff with experience can help you with your troubles.

Inquiry: Kosodate Sodan Ka, Sodan Kakari ☎Ext. 693, 694 and Kodomo Katei Shien Center Kakari, ☎Ext 269.

9月20日(金)~26日(木)は動物愛護週間

### < BE-KIND-TO-ANIMALS WEEK > September 20<sup>th</sup> (Fri)~26<sup>th</sup> (Thu)

This special campaign week was established to promote human-animal relationship and the proper care of animals, based on the "Act on Welfare and Management of Animals".

#### ■ Love your pet and keep him/her in your family through their lifetime

Every pet owner has a responsibility to take care of their pet for its entire life as well as fully understand the pet's habits and nature so to be able to take care of them properly.

#### ■ Sterilization/Castration for your pet

If you are not planning on having baby-pets, Sterilization/Castration is highly recommended. Not only will your pet calm down, but it also prevent reproductive system diseases.

#### ■ Tag your pet with Identification.

Many stray animals do not make it home. Please make sure to put an ID Tag on your pet. Rabies shot are required by the city for dogs.

#### ■ Keep your cat indoors

In densely populated residential neighborhoods, keep cats indoors in order to avoid traffic accidents for them and troubles with neighbors. Arrange your furniture so that your cat can get some exercise in a house. Please have a Litter box and Nail Sand in your house for your cat.

#### ■ Follow the public rules when taking your dog for a walk

When taking your dog for a walk, keep your dog leashed. If your dog potties, wash the spot with water that you carried from home. Also take the dog's "deposit" back to your home and dispose of it properly.

#### ■ In case of a disaster

When a disaster occurs, please do not forget that human lives come first. If the pet owner is hurt, he/she may not be able to care for their pet. You must save your own life before saving your pet's.

When evacuating, bring your pet with you. Make sure to have an emergency supply kit for your pet with at least 5 days of pet food and water. It is important to train your pet not to be afraid to go into a cage, go to the bathroom at a specific place.

Inquiry: Kankyō Hozen Ka, ☎Ext 226

**< Animal Protection Festival >** どうぶつ愛護フェスティバル

Theme: "Living together ~ Senior Pet and Silver Generation".

Outdoor Space Event: Date & Time: September 14<sup>th</sup> (Sat), 11AM ~ 4PM

Place: Ueno Park \*No reservation required.

Indoor Event: Date & Time: September 22<sup>nd</sup> (Sun) 1PM ~ 5:30PM

Place: Millenium Auditorium in Taito Ward Capacity: First 300 people

Please apply at *website Doubutsu Aigo Festival* on the internet. Deadline» September 21<sup>th</sup> (Sat) NOON

Inquiry: *Doubutsu Aigo Week Chuo Jikko Inkai Jimukyoku* ☎03-3478-1886

羽村動物公園 動物慰霊祭

**HAMURA ZOO ☎042-579-4041**

**< Memorial Service for Animals Passed Away At Hamura Zoo >**

This event is held annually during the Be-Kind-To-Animals Campaign Week (September 20<sup>th</sup> ~26<sup>th</sup>). The Animal Memorial Service will be held for all the animals that deceased in *Hamura Zoo* in the past. *Hamura* residents are also welcome to join the service and give prayers for their deceased pets.

To join the service, please register to *Ireisai* (memorial service) guests list after entering the zoo.

Date: Sep. 22<sup>nd</sup> (Sun) 11 AM ~ 11:30AM Event will be held in rain. Please arrive 15 min early.

Place: Memorial Plaque inside zoo (Entrance will cost a fee)

\*The zoo is closed Sep 2<sup>nd</sup>, 9<sup>th</sup> and 30<sup>th</sup> but opened on Holidays 16<sup>th</sup> (Mon) & 23<sup>rd</sup> (Mon)

ふれあい動物縁日

**< Petting Animals Fair >**

This year, Teikyo University of Science students will hold an event with ideas. There are some booths to provide children or adults knowledge of animals and experience how to petting animals.

Date and Time: September 22<sup>nd</sup> (Sun) 9AM ~ 4PM (it will be cancelled for rains)

Place: *Hamura Zoo Lawn Square*

Fee: Free (but entrance ticket fee needed)

Inquiry: *Hamura Zoo* ☎042-579-4041

郷土博物館特別展 おさいほうを習う～きものひな形

**< Kyoudo Hakubutsukan (Folk Museum) Special Exhibition ~ Historical Kimono (clothing) Template >**

"Template" ~ means miniatures such as clothing that looks like the real thing. Since *Meiji* Era, sewing school students were trained to make template firstly to shorten production term and save materials to make exactly correct clothing. In exhibition, you may see the status of women educations in *Meiji* Era and also feels charming attractions from these templates.

Date: September 14<sup>th</sup> (Sat) ~ December 22<sup>nd</sup> (Sun), 9AM ~ 5PM

Place: Special Exhibition Area , Orientation Hall and Learning Room

The *Kyoudo Hakubutsukan* is closed on Mondays. (It will be open if it is a holiday.)

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

9月は燃やせるごみ分別強化月間

**< September is "Burnable Waste Accurate Separation Month" >**

*Hamura City* designated February, May and September as "Burnable Waste Accurate Separation Month."

Please separate your burnable waste in order to retrieve recyclable resources from them.

- ❖ Set up 3 types of garbage collection bags. Separation is made easier by keeping each of the following: "Paper Items" "Plastic Containers and Packaging" and "Burnable Trash" bags ready to dispose into.
  - ❖ Plastic Container and Packaging has a mark by which it can be distinguished. Wash them if they are dirty. Dispose of these in a transparent bag on "Recyclable Trash B" collection days.
  - ❖ Old Clothes and fabrics include curtains and sheets, bits of cloth. Bind with a string and dispose of them on "Recyclable Trash A" Collection days. Wet fabric is not suitable for recycling. Don't dispose of when it is rainy.
  - ❖ Please contribute to the separation effort by decreasing burnable garbage by squeezing out the water.
- » Exhibition: September 12<sup>th</sup> (Thu) ~ 25<sup>th</sup> (Wed) ,(the last day till 4PM) during "Burnable Waste Accurate Separation Month" at the 1<sup>st</sup> Floor of the city hall.

Inquiry: *Seikatsu Kankyou Ka*, ☎ Ext. 204

## EVENT

にじいろフリーマーケットを行います

### < "Rainbow" Flea Market in Hamura >

Please sell your household items or clothing in decent condition at this thrift shop event. You can contribute to the recycling effort, and also you may be fortunate and find something that you were looking for! This event aims to provide local residents a 'trading opportunity of reusable goods.' (Applications by professional dealers for commercial purposes will not be accepted.)

Permitted Merchandise: Goods from home or clothing that are in serviceable condition.

Items can be brought by automobile, bicycle, or suitcase.

Date: September 14<sup>th</sup> (Sat), 9AM ~ 0:30PM (If the weather is bad, event will be cancelled.)

Place: *Sangyou Fukushi* Center Parking Lots near Yutorogi Lifelong Learning Center and the Library

Inquiries: *Seikatsu Kankyou Ka*, ☎ Ext. 222

## HEALTH

成人歯科健康診査

### < Adult Dental Checkup >

Date: Sep. 1<sup>st</sup> (Sun) ~ Oct. 31<sup>st</sup> (Thu) Eligibility: *Hamura* residents of age 65 and older as of June 1<sup>st</sup>

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 .

\*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 or call *Hoken* Center, Ext.☎623

認知症サポーター養成講座

### < Courses in Nursing Care for Supporting Dementia Patients >

The correct knowledge of dementia and the tendencies that dementia patients have can be learned at this course. You will not be required to commit to duties after completion of this course.

Date & Time: October 4<sup>th</sup> (Fri), 7PM ~ 8:30PM Place: *Yutorogi Kouzashitsu* 1 on the 2<sup>nd</sup> floor

Eligibility: *Hamura* Resident and Commuter Capacity: first 50 people Fee: FREE

Instructor: *Hamura Chiiki Hokatsu Shien* Center *Asahi*, Caravan mate

How to apply and Inquiry: Starting from September 2<sup>nd</sup> (Mon), weekdays 8:30AM~5PM, call or come to *Chiiki Hokatsu Shien* Center *Asahi* address: *Emu Mansho* 1F Room A, *Fujimiraira* 1-3-1 ☎042-555-8815

認知症予防講演会

### <Dementia Prevention Lecture>

There is a mental and physical disorder in the early stages dementia, such as somehow uncomfortable. Find out about the characteristics of early symptoms of dementia, help to prevent and early detection.

Date & Time: October 15<sup>th</sup> (Tue), 2PM~4PM Place: *Yutorogi* Small Hall

Capacity: First 200      Fee: Free

Instructor: Mr. *Miura, Takeshi* (Director, *Hamura Sankei Hospital*)

Inquiry: *Kourei Fukushi Kaigo-ka Kaigo Yobo . Chiiki Shien Kakari* ☎Ext.198

国際派人気女声アンサンブル Solo-Ensemble Viebarto クリスマスコンサート

### < International popular Female Solo-Ensemble Viebarto Christmas Concert >

Performance group of excellent young soloist who are graduated from Music university and have many overseas concerts experiences. You may enjoy such elegant melodies by soloist.

Date and Time: December 1<sup>st</sup> (Sun) 2PM~4PM (Door opens 1:30PM)

Place: *Yotorogi Main Hall*

Capacity: 854 people

Ticket: Adult ¥1,500 Under High School ¥1,000

\* Sorry, preschool children are not allowed.

Performances: Solo-Emsemble Viebarto, Music Director Mr. *Takehiko Okabe*

Ticket selling: Starting from September 1<sup>st</sup> (Sun)

Play Guide: *Yotorogi* (9AM~8PM Monday close but exclude holiday)

Sport Center (9AM~5PM Monday close but exclude holiday)

*Nishitama* Newspaper ticket services (weekday only)

*Marufuji* supermarket *Hamura, Ome,* and *Fussa* 6 stores services counter. Internet store *Kanfeti*

Inquiry: *Yotorogi* ☎ 042-570-0707

ご存じですか?ヘルプカード・ヘルプマーク

### < The Help Card and Help Mark >

The HELP Card- This is a card held by a person with disability. Even if they are not able to express their intentions verbally, each individual's request for which you can be helpful with is written on the card. The card was designed by the city so that indications can be added and it can be carried around.

❖Physical Disability Certificate, Intellectual Disability Certificate, and Health and Welfare Handbook for Mentally Disabled Holders are eligible to register.

The HELP MARK Card- This type of card is carried by persons who have weakness that are not visibly recognizable. The Tokyo Metropolitan Government created the HELP mark

If you see a disabled person with a card marked with a medical cross and a heart, please look at it closely. Be so kind as to offer them your seat in the train, or offer other acts of kindness.

❖People with prosthetic limbs, are internally impeded, or are dealing with difficult diseases, and pregnant persons are eligible to receive it. They are available at the city hall 1F *Shougai Fukushi-Ka* There is a limited supply of these cards. You can also receive them at certain railway stations. If you are interested in receiving one, please inquire for details.

Inquiry: *Shougai Fukushi-ka Shougai Fukushi-kakari*, ☎ Ext.174.

## EDUCATION

就学時健康診断

### < Medical Checkup 就学時健康診断 for Next Year's First Graders >

Households with child(ren) entering an elementary school in April 2020 will receive a notification of Pre-entrance Child Medical Check-up (就学時健康診断) in early September. If you are a parent expecting the notification but it is not delivered to you, or if you plan to enter your child to a school other than the school designated to you per notification, contact *Gakkou Kyouiku-ka Gakumu-kakari* ☎Ext.357.

Time: Reception 1:15PM~1:30PM (Shourin, Musashino Elementary: 1:10PM ~ 1:25PM)

Date & School: Specified by the school districts;

Elementary School Name	Date
Hamura Higashi	Nov 29 <sup>th</sup> (Fri)
Hamura Nishi	Nov 11 <sup>th</sup> (Mon)
Fujimi	Oct 2 <sup>nd</sup> (Wed)
Sakae	Oct 7 <sup>th</sup> (Mon)
Shourin	Oct 30 <sup>th</sup> (Wed)
Ozakudai	Nov 1 <sup>st</sup> (Fri)
Musashino	Nov 8 <sup>th</sup> (Fri)

Inquiry: Gakkou Kyouiku Ka, Gakumu Kakari ☎ Ext.357

全国大会などに出場した青少年の保護者を対象に補助金を交付します

### < Partial Financial Assistance for Travel Expenses for your Child's National Contest >

If you are a Hamura City Resident, and your child has excelled in sport activities, eligible for competition in a well-recognized contest, Hamura City will provide partial financial assistance for the travel costs which are incurred.\* A "child" refers to the term until March 31<sup>st</sup> after their 18<sup>th</sup> birthday.

Eligibility: National, State, sponsored event which is coordinated by public organization or service group, or an international contest held

Costs for Reimbursement: Travel and Lodging (with limits)

Inquiry: City Hall, Shougai Gakushuu Soumu Ka, Shougai Gakushuu Suishin Kakari, ☎Ext. 363

## INFORMATION

自殺防止！東京キャンペーン 9月は東京都の自殺対策強化月間

### < Tokyo Suicide Prevention Campaign >

September is Suicide Prevention Campaign Month. Many factors contribute to the motivation for suicide. The society can prevent these incidents by acting together.

Listed here are some support systems operated by various organizations.

#### Counseling Support provided by Tokyo Metropolitan Government

≈ Free Dial Special Counseling Help-Line by Tokyo Suicide Prevention Center ≈

August 31<sup>st</sup> (Sat) 0AM ~ September 2<sup>nd</sup> (Mon) 5:30AM ☎0120-58-9090

≈ Counseling for Problems with Multiple Consumer Loans ≈

September 2<sup>nd</sup> (Mon) ~ 3<sup>rd</sup> (Tue), 9AM~5PM ☎03-3235-1155 (Tokyo Consumer Life Center)

≈ Suicide Prevention Hotline "Inochi-no Denwa" ≈

September 10<sup>th</sup>(Tue) 8AM ~ 11<sup>th</sup>(Wed) 8AM (24 hours) ☎0120-783-556

≈ Telephone Counseling for Suicide-Bereaved Family ① ≈

September 14<sup>nd</sup> (Sat)~16<sup>th</sup>(Mon, Holiday), 11AM~7PM ☎03-3261-4350 (Suicide-Bereaved Family Support Ctr)

≈ Telephone Counseling for Suicide-Bereaved Family ② ≈

September 17<sup>th</sup>(Tue) ~ 20<sup>th</sup>(Fri), 10AM~10PM ☎03-3796-5453 (Grief Care Support Plaza)

≈ Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline" ≈

September 21<sup>st</sup>(Sat) 0AM ~ 25<sup>th</sup> (Wed) 0AM (24 hours) ☎0570-087478

≈ "Echo" Outreach Hotline "Inochi No Yamabiko Denwa"

September 1<sup>st</sup> (Sun) ~ 30<sup>th</sup> (Mon), NOON ~ 8PM (until 10PM on Fridays) ☎03-3842-5311

≈ "LINE" Counseling

Till March 31<sup>st</sup> (Tue), 2020 5PM~9:30PM (September and March 3PM~)

Account Name: *Sodan Hotto* LINE@Tokyo

● It will be charged communication fee except Free Dial calling.

Navi-Dial starting with 0570 is not eligible for free mobile phone calls or unlimited plans.



緑の募金にご協力を

### < Green Feather Charity Campaign >

Donation boxes will be set at City Hall and other places in *Hamura* during the biannual green feather campaign months from September 1<sup>st</sup> (Sun) to October 31<sup>st</sup> (Thu).

The donated funds will be centralized to The National Land Afforestation Promotion Organization, through which it will be used to maintain the trees, flowers and greeneries of our roads, parks and forests in Tokyo.

Place of donation boxes: City Hall (1<sup>st</sup> floor - Main Reception, 2<sup>nd</sup> floor - *Kankyo Hozen-ka*), *Hoken Center*, *Fukushi Center*, *Yutorogi*, Library, Sports Center, Swimming Center, Folk Museum

Inquiry: *Kankyou Hozen-ka* ☎Ext.226

愛の献血にご協力を

### < BLOOD DONATION NEEDED! >

Blood supplies tend to be short when donors are scarce depending on the season. Your contribution will be appreciated. No reservation is required. Donation of either 400ml or 200ml can be chosen by a donor.

Date & Time: September 24<sup>th</sup> (Tue) 10AM ~ Noon / 1:15PM ~ 4PM

Place: JR *Ozaku Station East Square*

Eligibility: Age 16~69 (Those over age 65/older without a donation record in past 5 years are ineligible)

\*Taking medicine for stomach ache, vitamins, or drugs to lower blood pressure will not affect the ability to donate. Those who are deemed to be unfit for donation may be referred to a medical interview on site prior to the procedure and be asked to decline.

\**Tachikawa* Blood Donation Office is available any time, please get details to call *Tachikawa* Blood Donation Office ☎042-527-1140

Inquiry: *Tachikawa* Blood Donation Office ☎042-527-1140

出張ハローワーク

### < Dispatch of Unemployment Office Staff to Hamura City >

Please make use of the services offered for employment advice. The Hello Work will dispatch workers to Hamura City. You can gain consultation about the effective search for employment, and the staff can also set up an interview with the company you are interested in working for.

Date: September 11<sup>th</sup> (Wed) and 25<sup>th</sup> (Wed) 1:30PM~4:30PM

Place: "Sangyou Fukushi Center 2F Seminar Room"

Inquiries: *Sangyou Shinkou Ka*, *Shoukou Kankou Kakari*, ☎Ext. 657

フレッシュランド西多摩

**FRESHLAND NISHITAMA ☎042-570-2626**

### <Handmade Eco goods exhibition useful in Disaster> 災害時にも役立つ手作りエコ用品展

Exhibition of Rocket stove, Rain tank, Solar cooker and so on, there are panels to let you know how to make and use.

Term: September 10<sup>th</sup> (Tue) ~ 23<sup>rd</sup> (Mon)

Sponsor: Eco Net Hamura

敬老の日イベント

### < Freshland Nishitama Special Event for Respect-for-the-Senior-Citizen's-Day >

The fee for the bath facility will be 50% off for those who are age 70 or older!

Event Period: September 14<sup>th</sup> (Sat) ~ 20<sup>th</sup> (Fri) (except 17<sup>th</sup> (Tue) close day)

Special Admission Fee: (all shown at half price):

Hamura, Ōme, Fussa City Residents, and Mizuho Town Residents: ¥250 for 3 hours, ¥350 for all day

Others: ¥400 for 3 hours, ¥600 for all day \* Tickets won't be accepted during this offer.

\*ID such as your driver's license or health card will be needed.

### **SPORTS CENTER ☎042-555-0033**

多摩・島しょスポーツ習慣定着促進事業 第2回歩き方教室参加者募集

#### **< Proper Way to Step When Walking > \*The 2<sup>nd</sup> Walking Class**

We do not notice how slouched our posture is. In this event for those who do not walk normally, we aim to teach you how to maintain good posture to enable becoming fit to keep walking.

Date: September 23<sup>th</sup> (Mon, Holiday), 10AM ~ Noon Place: Sports Center Hall 2.

Inquires: Sports Center ☎042-555-0033

Eligibility: Hamura residents Capacity: First 50 Fee: free

Bring: comfortable clothing, pencil, Indoors shoes and Beverage

Instructor: Mr. Keita Aihara (Kyori University Physical Therapy Assistant Professor)

### **SWIMMING CENTER ☎042-579-3210**

#### **< In-Water Walking Exercise > 水中ウォーキング講習会**

Date & Time: September 28<sup>th</sup> (Sat), 10AM ~ 10:50AM Eligibility: Age 16 or older Capacity: First 30

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

Things to bring: Swimsuit, Swimming cap, and Towel Instructor: Hamura-shi Taiiku Kyoukai Sports Trainer

How to Apply: Visit the Swimming Pool Front Desk between 9AM ~ 9:50AM.

### **Training Program トレーニングプログラム**

#### **< Martial Arts & Zumba> マーシャルアーツ & Zumba**

Martial Arts ~ This is a combination of punching and kick moves. The motions are simple and they will condition and develop your inner core muscles.

ZUMBA ~ Dance Exercises to follow Latin Music.

Date and Time:

<b>Class</b>	<b>Date and Time</b>
Martial Arts	Sep 16 <sup>th</sup> (Mon, Holiday) 10AM~10:45AM
Zumba	Sep 16 <sup>th</sup> (Mon, Holiday) 11AM~11:45AM

For Above Exercise Classes

Place: Training Room Eligibility: junior high school student or older Capacity: first 20 people

Things to bring: Exercise wear, drink, towel, and indoor shoes. ❖Fee: ¥800 for Set classes

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

Inquiry: Swimming Center ☎042-579-3210

### **SILVER JINZAI CENTER ☎042-554-5131**

#### **< The 28<sup>th</sup> Seniors Hamura Fuerai Matsuri > 第28回シルバーはむらふれあい祭り**

At this event, visitors can enjoy the exhibition of calligraphy, pictures, flower arrangements, as well as unique shops, sales of hand-made goods, recycle flea market, etc. Various workshops and demonstrations are also fun -kimono, repapering of paper sliding doors.

Health and mental counseling for the seniors are also available. Anyone is welcome to enjoy this festival!

Date & Time: September 7<sup>th</sup>(Sat) (Light rain or shine), 10:30AM ~ 3PM (Opening Ceremony 10:30AM~)  
September 8<sup>th</sup>(Sun) 10AM ~ 2PM

- Health counseling... 7<sup>th</sup>(Sat)10:30AM ~Noon,
- Counseling for senior problems... 7<sup>th</sup>(Sat) 10:30AM ~ 3PM,

- Japanese Drum Performance ... 7<sup>th</sup> (Sat) 11:30AM ~
- Bazaar...8<sup>th</sup>(Sun)11AM ~

Place / Inquiry: Silver *Jinzai* Center ☎042-554-5131

**YOTOROGI ☎ 042-570-0707**

第 30 回ゆとろぎ映画劇場「英国王のスピーチ」

**< The 30<sup>th</sup> Yotorogi movie theater ~ "The King's Speech">**

The story of England's Prince Albert who must ascend the throne as King George VI, but he has speech impediment. Knowing that the country needs her husband to be able to communicate effectively, Queen Elizabeth hires Lionel Logue, an Australian actor and speech therapist, to help him overcome his stammer. An extraordinary friendship develops between the two men, as Logue uses unconventional means to teach the monarch how to speak with confidence.

Date and Time: September 28(Sat) 6:30PM~8PM (Door opens 6PM)

Capacity: First 252 (needs entrance admission)

Fee: Free

How to apply: Till September 3<sup>rd</sup> (Tue), come to *Yotorogi* office (close Monday exclude holiday)

Inquiry: *Yotorogi* ☎ 042-570-0707

国際理解講座「情熱の国～スペインを知る」

**<International Understanding Course ~ Get to know about passion country SPAIN>**

For getting know about Spain's history, culture and characteristics in the first step.

Date and Time: October 6<sup>th</sup> (Sun) 2PM~4PM

Place: *Yotorogi* Basement Reception Hall

Capacity: First 50

Thing to Bring: Writing Utensils

Instructor: Mr. Hideki Takamatsu, (Professor of Chuo University School of Commerce)

Apply and Inquiry: Till September 3<sup>rd</sup> (Tue) (Non-Resident starting from September 10<sup>th</sup> (Tue) 9AM~8PM, call or come to *Yotorogi* ☎ 042-570-0707

\* Electronic application service is acceptable.



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

はじめてみませんか、バードウォッチング

**< Bird Watching for Beginners >**

There are many migrant birds which you are able to see in the late September to October period.

A Bird Watching workshop will be held at the following time. Experts will show beginners how to use binoculars to view birds. Please come directly to the meeting place. There is no reservation required.

Date & Time: October 7<sup>th</sup> (Mon), 9AM~Noon.

Place Designated for Meeting Place: *Tamagawa* Green Area *Fussa* South Park, open space in front of the administration office. (Please Get off JR *Haijima* Station South Exit. 15 minutes walking)

- Come by *Nishi Tokyo* Bus, please get off from "Mutsumi-Bashi" St.
- If you come by car, parking lot in Park in free

Place: Locations of sighting will be near the *Tamagawa Showa* water intake sluice

Fee: ¥200 (only for adult included insurance fee) \* Free for Junior High School Students and younger.

Bring: beverage, rain gear, binoculars (need not lunch)

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

**< The 30<sup>th</sup> Anniversary Autumn Kiyosato Shizen Kyuukamura One-Day Tour to Hamura Municipal Resort Lodging Facility >**

Only a 2 hour drive from Hamura City, *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 fees to cater for each guest's travel style.

The tour goes to *Kiyosato* mountains' beautiful places, and lunch will be course meal at Japanese restaurant. Transportation will be on bus. Date: Oct 22<sup>nd</sup> (Tue, Holiday), 7:30AM~6PM(as schedule even rains)

Meeting and dismiss place : In front of *Hamura City Hall*.

Eligibility: Resident, commuter, or student of *Hamura City*. Group applications are accepted for up to 4 in a group. /Applicant cannot apply if they have already participated in this event in the past.

Capacity: 20 (at least 10 for this trip, if applicant number is over, it will be raffle Sep 25(Wed) to select)

Fee: ¥2,000 per person + train fare for the local train ¥240.(Fee will be received if cancelled after Oct 18<sup>th</sup> (Fri)).

Inquiry / Application: Inquiries accepted until Sep24<sup>th</sup> (Tue), 5PM by telephone (between 8:30AM~5PM on weekdays, excluding weekends and holidays.) or e-mail at *Chiiki Shinkou Ka, Chiiki Shinkou Kakari* ☎City Hall, ext. 203, or e-mail: [s107000@city.hamura.tokyo.jp](mailto:s107000@city.hamura.tokyo.jp)

If you apply from email, please write down title "Application for *Shizen Kyuukamura* Hamura Municipal Resort Lodging Facility", participators' (all members) names, address, phone numbers, date of birth, age, and gender



9月休日診療

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
1 <sup>st</sup> (Sun)	<i>Yamakawa Iin</i>	☎042-554-3111	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Katou Shika Clinic</i>	☎042-554-8887
8 <sup>th</sup> (Sun)	<i>Ozaku Ekimae Clinic</i>	☎042-578-0161	<i>Hikari Clinic (Fussa-shi)</i>	☎042-530-0221	<i>Motoe Dental Clinic</i>	☎042-513-7808
15 <sup>th</sup> (Sun)	<i>Hamura Sougo Shinryoujo</i>	☎042-554-5420	<i>Kumagawa Byouin (Fussa-shi)</i>	☎042-553-3001	<i>Kusaka Shika</i>	☎042-555-7793
16 <sup>th</sup> (Mon, Holiday)	<i>Wakakusa Iin</i>	☎042-579-0311	<i>Kurihara Iin (Mizuho-machi)</i>	☎042-557-0100	<i>Takada Shika Iin</i>	☎042-555-5903
22 <sup>rd</sup> (Sun)	<i>Kozaki Clinic</i>	☎042-554-0188	<i>Hikari Clinic (Fussa-shi)</i>	☎042-530-0221	<i>Watanabe Shika Iin</i>	☎042-570-1688
23 <sup>th</sup> (Mon, Holiday)	<i>Izumi Clinic</i>	☎042-555-8018	<i>Mizuho Clinic (Mizuho-machi)</i>	☎042-568-0300	<i>Nakano Shika Iin</i>	☎042-554-7053
29 <sup>th</sup> (Sun)	<i>Yamaguchi Naika Clinic</i>	☎042-570-7661	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Nozaki Shika Clinic</i>	☎042-555-3316

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

行政・人権相談日

**PUBLIC CONSULTATIONS Schedule of September**

Category	Date	Time	Contact
Public Administration and Human Rights	19 <sup>th</sup> (Thu)	1:30pm ~ 4:30pm	<i>Shimin Soudan-shitsu</i> city hall ext.541

\*㊤=appointment required. .

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