



HAMURA NEWS

HAMURIN Hamura City Mascot

September 15th, 2019

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

10月1日から幼児教育・保育が無償化されます

**< Execution of Free Education for Early Childhood Education and Childcare from Oct 1st (Tue)>
~ Procedure will be in September** – Procedures may be required to receive free of charge. City provides guidance on procedures through nurseries and kindergartens. If you haven't done yet, you need to process within September.

Eligibility:

- Kindergarten, Nursery School (authorized license nursery school), Authorized license childcare, Local childcare facilities (small scale type of nursery school, family childcare facilities and so on), Company-led childcare, and Children development support facilities : age 3~5 children , Resident Tax exemption household's age 0~2 children.
- Unauthorized nursery facilities (Certified Nursery, Baby Sitters and so on), Temporary Childcare, Sickness Nursery facility, and Family-support Center: Age 3~5 children who need to have childcare and Resident Tax exemption household's age 0~2 children who need to have childcare.

The maximum Amount of Exemption:

- Kindergarten which has no childcare support new system - > ¥25,700 monthly maximum exemption.
- Kindergarten with custody childcare which is in necessary occasion -> ¥11,300 monthly maximum exemption.
- Unauthorized nursery facilities (Certified Nursery, Baby Sitters and so no), Temporary Childcare, Sickness Nursery facility, Family-support Center -> ¥37,000.- monthly maximum exemption.
- Foods, Transportation and Activity Fees are excluded.

Please inquiry the details of payment and official procedures to *Hamura City Hall Kosodate Shien Ka* to process.

Inquiry: *Kosodate Shien Ka, Hoiku, Yochien Kakari* , ☎Ext. 231



< Eligibility Standards of Care for Recuperating Children, Temporary Childcare, and Family Support Center > 一時預かり、病児、病後児保育、ファミリー・サポート・センター

In order to be eligible for gratification, "Childcare Benefit Certification" or "Facility Usage Benefit Certification No. 2 or 3" is required in advance.

In addition, the benefits of using this project are limited to those who have a need for childcare and wish to use childcare facilities, but are unable to use it. Please note that those who have already used childcare facilities or who do not need childcare are not eligible.

- Please pay the usage fee to the facility as before. A subsidy will be issued at a later date.

Inquiry: *Kosodate Shien Ka, Hoiku Yochien Kakari* ☎Ext. 231

< Child Development Support > 児童発達支援

There is no need for procedure to receive the free of charge, but in order to use the facility, a procedure such as application for payment of disability allowance for disabled children is required.

Inquiry: *Shogai Fukushi Ka, Shogaisha Shien Kakari* ☎Ext.185

第72回羽村市市民体育祭

< The 72nd Hamura Citizen's Sports Festival >

Neighborhood Teams, schools, and companies will compete in this field day event. Please feel free to make participation entry for those sporting events which do not require prior registration.

Special Guests ~ Olympian and Paralympian Athletes ~ will also participate in this event.

Programs details will be in *Kouhou Hamura (Hamura News)* October 1st edition.

Date: October 13th (Sun) (In case of rain, postponed to 14th (Mon, Holiday))

Opening Ceremony: from 8:45AM, Program: from 9:30AM Place: *Fujimi Park Sports Ground*

Host: The 72nd Hamura Sports Festival Executive Committee

Inquiries: Sports Center ☎042-555-0033

第28回羽村市健康フェア

< The 28th Hamura Health Fair >

This is a great occasion for the family to enjoy. It will be held concurrently with the Sports Festival.

Date & Time: October 13th (Sun) Time: 9:30AM~1:30PM *In case of rain, postponed to 14th (Mon, Holiday)

Place: *Fujimi Park - C Sports Ground*

Details: ・ Health Checkup Blood Pressure, Heart Rate and Body Fat

- ・ Basic Health Improvement Corner
- ・ Nutrition Corner
- ・ Mouth Como, Flail Prevention
- ・ Brain Power-Up Corner
- ・ Kids' playground ・ Child Care Support Booth
- ・ Drug Abuse Prevention & Blood Donation Promotion Booth
- ・ Tuberculosis Screening

Health Check By Hamura Sanshikai: 10AM ~ 0:30PM Capacity: first 75

Details: Visual Acuity, Intraocular Pressure, Mouth Odor, Blood Vessel Age, Blood Pressure and Results Explanation.

Inquiry: *Hoken Center* 042-555-1111 ☎Ext.623/624

第6回羽村にぎわい音楽祭

< The 6th Hamura Nigiwai Music Festival and Stores Stamps Rally >

(by the Hamura Higashi Guchi & Honcho Nishi Guchi Vendor Association Nigiwai Project)

Vendors will sell local gourmet meals!

❖The 6th Nigiwai Music Festival❖

Date: September 29th(Sun) 11AM ~ 3PM Place: JR *Hamura Station West Event Site*

Performers: *Dosukoi Lovers. Zombie Powder, Hip Hop group B-Boyyer, Love Travelers, SILVA* and so on.

❖Stamps Rally❖

The JR *Hamura Station's* East and West Vendor Association *Nigiwai* Project is holding a stamps rally.

You can participate in the stamps rally by obtaining a stamp card at the local stores at JR *Hamura Station's* West and East areas, and collect stamps by purchase of goods at these stores ~ ¥300 amount earns one stamp. Get your giveaway gift!

20 stamps will guarantee one chance to win a grand prize in the Lottery Event.

Term for stamps: Till September 29th (Sun)

❖Lottery Event❖

Date: September 29th (Sun) 10AM ~ Place: JR Hamura Station West Event Site

- 200 prizes offered such as vegetables and flowers. (Vegetable and flowers giveaway is limited to the first 200 lottery participants.)

Inquiries: Hamura Nigiwai Music Festival Execution Committee, Sangyou Shinkou Ka Shoko Kanko Kakari

☎Ext. 656

外国人無料相談窓口

<Free Consultation for Foreign Residents>

Free and confidential, please do not worry alone and feel free to consult.

You can talk over your legal problems such as status of residence, labor, divorce, visa or other problems in daily life with a "Gyousei-shoshi" 行政書士、certificated administrative procedures specialist or a counselor.

The information of attorneys might be provided if necessary.

The counseling will be interpreted in English, Chinese and Portuguese.

- Date: ①Every Saturday ~ No appointment is necessary.

Date	Content	Language(s)
1 st Saturday	Gyousei-shoshi 行政書士	Chinese
2 nd Saturday	Gyousei-shoshi 行政書士	English, Portuguese
3 rd Saturday	Gyousei-shoshi 行政書士	English
4 th Saturday	Counselor	Chinese
5 th Saturday	Counselor	English

②Every Wednesday ~ Appointments in advance are required.

- Time: 1PM~4PM
- Location: Tachikawa-Shi Josei-Sohgo Center, Aimu 5th FL. (2-36-2 Akebono-cho, Tachikawa-Shi)
- Eligibility: ①Foreign Resident ②Japanese, relating to the problems of Foreign Resident

* *The counseling room is closed on national holidays, mid-August and New Year holidays.

The person in charge may be changed. * *

Inquiries: NPO Tachikawa Multicultural Center (TMC) Tel/Fax ☎042-527-0310, Email ✉tmc@poppy.ocn.ne.jp

and Home Page <http://www.tmc.or.jp>

外国語人権相談ダイヤル

<Foreign-Language Human Rights Hotline>

Legal Affairs Bureaus provide telephone consultation in English and Chinese, don't worry, just call and consult.

English ~ ☎0570-090911 (Navi Dial) (Weekdays 9AM~12AM, 1PM~4PM)

Chinese ~ ☎0570-050110 (Navi Dial) (Weekdays 9AM~12AM, 1PM~4PM)

CHILDREN

< CHILDCARE SUPPORT NEWS: >

子育て応援ニュース



ハロー赤ちゃん準備クラス(両親学級)

< Childbirth Preparation Class for Parents >

Date & Time: October 19th (Sat), ①10AM ~ Noon, ②2PM ~ 4PM please choose Place: Hoken Center

Eligibility: Expectant mothers residing in *Hamura City* (family member can also participate)

Capacity: First 15 pairs

Class Detail: How to bathe a baby, change diapers, make formula and etc.

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

Hours of Operation: Weekdays, excluding holidays from 8:30AM ~ 5PM. Call or visit *Hoken Center* in advance to reserve (choose the time ① or ②). *Hoken Center* 042-555-1111 ☎Ext.693

もぐもぐ教室

< **Baby Food Class for 7 months old and older** >

When a baby gets better at swallowing weaning food, it's time to try solid food. Let's learn some easy recipes!

Date & Time: October 24th (Thu), 10AM~11:30AM Place: *Hoken Center* Capacity: First 15 pairs

Eligibility: Babies born between January 1st ~ March 15th, 2019 & parents

*Sorry, siblings not allowed in class

Details: Tips for mid to later stage of baby food / cooking demonstration & tasting for parents / Lecture & discussion about baby food and parenting (closed Mon, holiday)

Application: from Sep 17th (Tue) 8:30AM~5PM, call *Hoken Center* on weekdays ☎042-555-1111 Ext.625

一歳児教室「一歳ちゃんあつまれ〜！」

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

Date: September 24th (Tue), from 10AM ~ noon

* * Reception starts 10AM and Class starts 10:30AM

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.

Eligibility: *Hamura City Residents* who are raising 1 year ~ 14 month old children

This is a get-together for fun class geared toward the specific age group 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, how a child can play with other children, and about preventing accidents. Things to Bring: *Boshi Kenkou Techou* (Maternal Handbook)

Inquiries: *Hoken Center*, ☎Ext.693 8:30AM ~ 5PM (Please call in advance.) Closed on weekends and holidays

Children Center	Telephone ☎
Central Children Center	042-554-4552
West Children Center	042-554-7578
East Children Center	042-570-7751

< **Wan Wan (Bow Wow) Hiroba** > わんわんひろば

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

Place & Inquiry: East Children Center ☎042-570-7751 Date: October 29th (Tue), 10:30AM ~11:10AM

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

KOGUMA HIROBA (CUB SPACE) at Children Centers こぐまひろば

Parents and small children can learn fun activities for exercise!. Join and have fun!

Date	Place
Oct 3 rd (Thu)	Central Children Center
Oct 8 th (Tue)	East Children Center
Oct 16 th (Wed)	West Children Center

Time: 10:30AM~11:10AM

Eligibility: Parents and Children younger than 2 years old. Sessions are free.

ASOBI POCKET at Children Centers あそびのポケット

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

Place & Date: West Children Center – Oct. 9th (Wed)

Central Children Center – Oct. 31st (Thu)

Admission: free *No reservation needed.

助成

SUBSIDY

障害のある方のタクシー費用・自動車ガソリン助成

< Filing for Subsidization of Taxi Fare or Gasoline Costs by Residents with Disability (First Half) > (Takushi Hiyou / Jidousha Gasorinhiyou Josei)

Applications for subsidization of payment for purchase of taxi fare or gasoline costs during the first half of the fiscal year of 2019 will be accepted. To be eligible, you must have one of the following disability certificates:

- Physical Disability Certificate grade 1 to 2 (3 for lower limb, trunk, or internal dysfunction)
- Certificate for Mental Deficiency grade 1 to 2 "Ai No Techou"
- Persons with brain paralysis or progressive muscular atrophy who has already been certified

To receive subsidy, you must be certified in advance.

Limitation for Subsidization: ¥ 15,000 (for the months of April through September)

※If the date on which you were certified is past the start of the term for certification, the limit will vary from the above.

Period for Application: Oct. 1st (Tue) ~ 10th (Thu), 8:30AM ~ 5PM (exclude Saturday and Sunday at NOON ~1PM.) at *Shougai Fukushi Ka* at the 1st Floor

If you are not able to file during the period for application, it can be filed with the subsidization for latter half of the fiscal year.

Things to Bring:

- Receipts for purchase of taxi fare or gasoline costs from April to September. (Invoices and sales slips of payment for transaction by credit card will not be acceptable.)
- Inkan (official stamp)
- Disability Certificate or Certificate for Mental Deficiency "Ai No Techou"

Inquiry: *Shougai Fukushi Ka Shougai Fukushi Kakari* ☎Ext. 174

特定不妊治療費助成

< Subsidy for Fertility Treatment >

Hamura City provides subsidy to female residents who plan to receive high-cost Fertility Treatments, such as

external fertilization and micro-fertilization. This subsidy is to partially support the treatment cost.

Eligibility: The following conditions apply:

- Prior to the application for the subsidy in *Hamura* City, you must be registered under the Tokyo Metropolitan Government's Fertility Treatment Subsidy Program. This subsidization is for each treatment's costs which exceed the subsidy which is available from Tokyo.
- You are a resident of *Hamura* City who has continuously lived at a resident in *Hamura* since the start of your fertility treatment. ◦ You are not receiving similar aid from other municipalities.

The amount of subsidy:

Maximum for high-cost Fertility Treatment is up to ¥50,000, per treatment. Other conditions apply such as the year in which you applied or age that you were when applying for subsidy. Please call the *Hoken* Center for details.

Times of subsidy: The age of the woman's spouse at the start of the first subsidy treatment

- Under age 40 : Maximum 6 times
- Age 40~42 : Maximum 3 times
- Over age 43 is not eligibility.

How to Apply: Please come to the *Hoken* Center with the following documents:

application form requesting subsidization, paperwork certifying treatment for high-cost Fertility Treatment, receipts for treatment, Subsidy Approval Notice issued by the Tokyo Metropolitan Government, seal (*inkan*), and Bank Book from Financial Institution.(The *Hoken* Center is open from 8:30AM ~ 5PM on weekdays, closed Sat, Sun, and Holidays.)

* The paperwork certifying treatment for high-cost Fertility Treatment must be signed by a physician. The paperwork format is downloadable or can be obtained at *Hoken* Center.

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

雨水浸透施設設置費を助成しています

< Partial Grant for Purchase of Rainwater Ground Infiltration System >

A partial grant for fees for rainwater ground-infiltration system installed in your premises are being offered. Installing this system allows the rainwater to flow into the ground. It is the responsibility of the owner to remove leaves and objects from the water intake opening, and to keep filthy water from getting into the system.

Eligibility: ①Owner of detached house in *Hamura* City or Individuals who own apartments.

②Person who pay off city taxes that should be paid.

** There are some areas that are not eligible for subsidies. Please contact Waterworks Office for other conditions.

For more about the system, please contact *Suidou Jimusho* Waterworks Office ☎042-554-2269

Event

(稲作体験) 田んぼ体験 稲刈り・脱穀

< Rice Farming Workshop ~ Harvesting & Threshing Rice Crop ~ >

The *Seishounen* Youth Division of *Hamura* City planted crop back in June. Now is the time to harvest the rice crops that were planted in the *Negarami-mae* Paddy Field. Students who did not get to plant rice there can also participate. Don't miss this chance!

< Harvesting & Celebration >

Date & Time: September 29th (Sun),
gather at 8:30AM, at *Miyanoshita* Ground A
work starts at 9AM

*If it rains, postponed to Oct 6th (Sun)

< Threshing >

Date & Time: October 12th(Sat),
gather at 9:30AM, at *Odorikoso Koen*
and work starts at 10AM

*If it rains, postponed to 19th(Sat)

Place: *Negarami-mae Suiden* (Rice Paddy Field) Eligibility: Junior High School student or younger

*No reservation required *Make sure to wear something you don't mind getting dirty.

Hosted By: *Seishounen Taisaku Chiku Iinkai Renraku Kyougikai*

Inquiry: above host and *Jidou Seishounen Ka* ☎Ext.263

サツマイモ区画売り

< Let's Dig Up *Satsumaimo* (Sweet Potatoes) >

Let's have fun digging up sweet potatoes grown in *Hamura* city! Locally grown potatoes are very delicious.

Harvesting time: Mid October ~ Early November Fee: ¥2,000 per block (About 10 heads),

Farm Location: ① *Ozakudai* 5-16 50 blocks available ② *Sakae-cho* 2-20 20 blocks available

Farm Owner: ① *Mr. Miyamoto* ☎042-554-6943 ② *Mr. Katou* ☎042-554-2044

How to apply & Inquiry: Please come to register and pay the fee with exact change at *Sangyou-ka Nousei-kakari* in City Hall West Annex (*Nishi-Bunshitsu*) on October 2nd (Wed), from 9AM to NOON.

*If applying after October 2nd (Wed) NOON, please contact the farmer. Non-*Hamura* residents can also apply.

Inquiries: *Sangyou Shinko Ka Nousei Kakari*, ☎Ext. 663

募集

WANTED

多摩・島しょスポーツ習慣定着促進事業 走り方教室 参加者募集

< The Beginner's Running Class and Advanced Skills Improvement Class >

Elementary and Junior High School Student who are beginners at running, and students who regularly exercise in the extracurricular activities can join the course of their choice.

These courses will be taught by members of the International Association of Athletics Federations.

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

Date, Time, Eligibility and Capacity list:

Date	Time	Eligibility	Capacity
Oct 22 nd (Tue, Holiday)	9AM ~ 10AM	1 st ~ 2 nd Graders of Elementary School	First 100
	11AM ~ Noon	3 th Graders ~ Junior High School Students	First 80
Nov 16 th (Sat)	9AM ~ 10AM	1 st ~ 2 nd Graders of Elementary School	First 100
	11AM ~ Noon	3 th Graders ~ Junior High School Students	First 80

☆ Advanced Skills Improvement Class: For students who are participating in local or school sports clubs, not only teaching running way but also throwing and long jumping ways.

Eligibility: Elementary School 5th grade students ~ Junior High School students

Capacity: First 70

Date and Time:

Date	Time
Oct 22 nd (Tue, Holiday)	1:30PM ~ 3PM
Nov 16 th (Sat)	1:30PM ~ 3PM
Dec 15 th (Sun)	10AM ~ 11:30AM
Dec 22 nd (Sun)	10AM ~ 11:30AM

For all of the above:

Location: *Fujimi Park Track* (if it rains, location will be in elementary school gym)

Fee: free

Instructor: *Mr. Takahiro Kimino* (Sepia World Track Games Participant, former high jump Japanese record holder)

Things to Bring: Comfortable clothing, drink for hydration and towel (if it rains, needs indoors shoes)

Application and Inquiries: Please apply from Sep 15th(Sun)~Oct 12th (Sun) (exclude Mondays Sep 30th and Oct 7th)by phone or apply by coming to the Sports Center between 9AM ~ 5PM. ☎042-555-0033

< Bookbinding Workshop > 製本講座参加者募集

Professionals will guide you on how to design in this bookbinding class. Loose papers which you want to organize, fliers of concerts with sentimental value, or documents which you own can be made into a book. Sample works will be on display from September 18th (Wed) ~ October 8th (Tue).

Date: October 17th (Thu) 1PM to 4PM Place: Volunteer Room, 2nd Floor of Main Library

Capacity: First 10 Fee: ¥500

Things to Bring: Material which you want to have banded (Items must be of thickness between 1 ~ 2 cm , fit the A4 or B5 standard size, and must be lengthwise.) If you need to obtain material from the workshop, please consult. Organized By: "Hon Dana" Library Volunteers

Application: Call or come to library between September 18th (Wed) ~ October 8th (Tue) from 10AM ~ 5PM

Inquiries: Library ☎042-554-2280

オリパラ通信 30 スポーツクライミング

< TOKYO OLYMPICS NEWS 30 SPORT CLIMBING >

Sports climbing emphasizes strength, endurance, gymnastic ability and technique. Sports climbing takes the challenge of scaling steep ascents to a whole new level. Climbers use brightly-coloured hand, finger and foot holds, their climbing skills and all the strength their bodies can muster to work their way up a near-vertical wall.

The sport will make its Olympic debut at Tokyo 2020 and will feature three disciplines:

- Lead climbing ~ Lead climbing involves athletes attempting to climb as high as they can on a wall measuring more than 12 Meters in height within six minutes. When a climber attaches their rope to the top quickdraw, they have completed the climb. If a climber falls, the height attained is recorded. This is a demanding whole-body activity and dynamic climbing techniques are to the fore.
- Bouldering ~ In bouldering, climbers scale as many fixed routes on a under 5 meters wall as they can within four minutes. The walls used for bouldering present a range of challenges, with overhangs and holds so small that they can only be held by fingertips. Climbers must plan each move carefully, thinking about which hand and which foot to place in the next holds. While constantly being aware of the time limit. The physical and mental dexterity required for success is extraordinary.
- Speed climbing ~ Two climbers secure safety ropes to themselves and attempt to scale a 15m-high wall, set at an angle of 95 degrees, faster than their opponent. Winning times for men's events tend to be around 5 seconds, while woman's events are usually won in around 7 seconds.

Olympics Competition place: Aomi Urban Sports Park

Inquiry: City Hall, Tokyo Olympics and Paralympics Preparation Office ☎Ext.345

HEALTH

9月24日~30日は結核予防週間

<Tuberculosis Prevention Week Sep 24th ~ 30th>

Tuberculosis is not past illness anymore, it was occurred in Tokyo with 2,213 patients and Nishitama Health Center's jurisdiction 54 patients. If you have continuous coughing over 2 weeks and suspect tuberculosis, please check in medical institution early to prevent. Some elder age peoples will not have cough or sputum symptoms, please have physical examination and breast X-rays check once a year for health controlling.

Inquiry: Nishitama Health Bureau, Hoken Taisaku Ka, Kansen Sho Taisaku Tanto ☎0428-22-6141

INFORMATION

公証週間

<Important Civil Case Contract Documents Should Be Prepared or Notarized by a Notary Public >.

Tokyo Notary Office will open a special schedule to provide more convenience to clients during NOTARIZATION WEEK October 1st (Tue) ~ 7th (Mon). Free consultations will be available.

Free consultation on the notarization by phone will be available by appointment during this special schedule week. ☎03-3502-8239 also on the weekend, October 1st (Tue) ~ 7th (Mon), 9:30AM~NOON, 1PM ~ 4:30PM.

Inquiries: Tokyo Notary Office ☎03-3502-8050

東京都最低賃金が改正されます

<Tokyo minimum wage will be revised>

Starting from October 1st (Tue), Tokyo minimum wage will be revised to be ¥1,013/hourly. This is applied to all workers working in Tokyo.

- Inquiry for Minimum wage ~ Tokyo Labor bureau Wage Division ☎03-3512-1614
- Inquiry for Minimum wage. Affairs improvement grant ~ Tokyo Work Style Reform Promotion Support Center ☎0120-232-865

介護保険給付費通知を送ります

< Notice of Grants for Nursing Care Service Fees under Long-Term Care Insurance >

Elders who used the Nursing Care Service Fees under the Long-Term Care Insurance (Kaigo Hoken) will receive a "Notice of Grants for Nursing Care Service Fees" from the city hall Senior Citizens Welfare and Nursing Care Section in late of September.

This is a list of the nursing care grant benefits provided during the term of June through July, 2019 showing the co-payment amount that is charged, and lists details of service provider who offered the service and when the service was provided. Please confirm receipts issued by the service provider or Declaration of Services Rendered issued by your care manager. The document is not a bill. No payment actions are necessary in response to the notification.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari, ☎Ext. 144

ジェネリック医薬品利用差額通知書を送付します

< Notification of Medication Cost Difference of Innovator/Generic Drugs >

A notification in the title (ジェネリック医薬品利用差額通知書) were mailed out to applicable residents who are National Health Insurance member and were prescribed brand-name drugs in the month of April-November 2019. This notification 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.

The use of generic drugs is beneficial for the medical insurance program as well as the individual. There is no procedure 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, as well as the insurance expenditure from health insurance fund. Please do not hesitate to consult with your doctor or pharmacist if you prefer to be prescribed a generic drug. Inquiries: Shimin Ka Hoken Kakari ☎Ext.127

< Child Medical Certificate Renewal >

These medical certificates are renewed annually on October 1st. New certificates will be mailed to applicable households in late September. The current certificates will expire on September 30th (Mon). After expiration, card must be destroyed or returned to *Kosodate Shien Ka* in city hall in person or by mail.

Parents of the certificate holders are obligated to report to the city office on facts concerning the change of medical insurance or loss of qualification for this medical program due to relocation or other matters.

㊤医療証(Infant Medical Certificate) eligibility is specified by the "Medical Program for Babies and Preschool Children", and ㊦医療証(Child Medical Certificate) self-pay burden are specified by the "Medical Program for Children of Compulsory School Age", and medical expenses charged for medical services are subsidized under the National Health Insurance standards. ㊤/㊦ Medical Certificate is issued upon application. Please make application procedures.

Regular Extension: Expiration date is Sep 30th (Mon)

Transition to Other Category: If child is 6 years old, with ㊤ Infant Card, or 15 years old with ㊦ Child Card, expiration date is until the last date of the last month of eligibility, which is March 31st, 2020. You must make transition accordingly. Inquiries: *Kosodate Shien Ka Shien Kakari*, ☎Ext.237

< 2019 Fall Traffic Safety Campaign > September 21st (Sat) ~ 30th (Mon)

~ Protect Children and the Elderly ~The main points of this campaign are:

1. Watch out for elder and child traffic safety
2. Preventing accidents when walking and riding bicycles at dusk and night time
(There is a need to place reflectors on your bicycle and also to use lights at dark.)
3. Everyone fastening their seat belts and correctly using child seats
4. Eradication of drunken driving
5. Preventing motorcycle and bicycle accidents
 - Please enroll bicycle insurance to prevent accidents caused injuries, damages or unpredictable life impacts.
 - About self-return of driving license of elderly person ~ The elder person returns driving license may apply "Driving history certificate" which is traced back 5 years safe record. If you submit this certificate, you may have various benefits from related stores or art museums.

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

SWIMMING CENTER ☎042-579-3210

< Skill-Up Swimming Class >

Class Term: Every Saturday of October

Eligibility: Elementary School ~

Lesson Fee: ¥4,000 (all 4 sessions)

Schedule:

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

< Time Trial Swimming Lesson >

Class Term and Time: October every Saturday, total 4 sessions, 6PM~6:50PM

Eligibility: Elementary School ~

Lesson Fee: ¥4,800 (all 4 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:

- Capacity: First 5
 - Application Term: Sep 28th (Sat) ~ Oct 4th (Fri) (Exclude Sep 30th(Mon)) to swimming center
Please come to the Swimming Center Reception Counter between 9AM ~ 8:50PM. (Closed Mondays)
 - Items to bring: Swimsuit, swimming cap, goggles, towel and locker fee ¥100 (will back to)
- *** If you do not miss any sessions, there is 2 hours free ticket to present.
*** If participator is student of elementary or junior high school, required to pick up with Guardian age over
Time for picking up: Elementary student 5PM~ and Junior High School students 7PM~
Inquiry: Swimming Center ☎042-579-3210

KYUUDOU (ARCHERY) CENTER ☎042-555-9255

< Kyuudou (Japanese Archery) Class for Beginners > 初心者弓道教室

These classes are taught by the "Hamura-shi Kyuudou Kai" Organization.

Date & Time: Tuesdays and Saturdays between Oct. 8th (Tue) ~ 29th (Tue) (Total of 7 times), 7PM~9PM

Place: Kyuudou Center Eligibility: * Junior high school students or older *(Junior High students must be accompanied by an adult) Capacity: First 15 applicants

Fee: ¥3,500 (for 7 classes, including insurance) Please wear exercise wear without buttons, and socks

Application: Before October 1st (Tue), provide your address, name, age (grade), and phone number by postal letter, fax or email to the center. Address: Ozakudai 4-2-8, Hamura-shi Tokyo 〒205-0001, Fax: 042-555-9255 and ✉ mail address: kyudo_hamura@yahoo.co.jp

こどものページ

EVENT INFORMATION FOR CHILDREN

East Children Center ☎042-570-7751

ぬりえコンテスト

< Coloring Contest for Elementary Students >

Color a provided illustration as you like and enter it for the contest! Place: East Children Center

Entry Period: October 5th (Sat) ~ 13th (Sun)

Voting Period: October 16th (Wed) ~ 23th (Wed)

Result Announcement: October 26th (Sat)

Eligibility: Elementary Students, come to the Child Center during entry period. *No reservation required

手作りおもちゃ教室「ミニミニ空気砲」

< Handmade Toy Workshop ~ Toy Mini Air Gun >

Learn how to make a small air toy gun to play.

Date: October 12th (Sat), ①10AM ~ ②1PM ~ Eligibility: Preschoolers ~ Elementary student
(Preschoolers or younger must be accompanied by an adult.)

スポーツの日「ボッチャ」をしよう!

< Sports Day ~ Let's play Boccia ~ >

Different ages children enjoy safe sport Boccia together.

Date & Time: September 25th (Wed), 3PM~4PM Place: East Children's Center

Eligibility: Elementary and junior high students *No reservation required

昼間の月観測会、ファミリー天体観測会

< Daytime Moon Observation >

Date & Time: October 2nd (Wed), 4PM ~ 4:30PM

<Family Stargaze Event>☆☆

Date & Time: October 2nd (Wed), 6:30PM ~ 7:30PM

For Both of Above: Fee: Free Eligibility: 1st Grader ~ 18 years old Place: Central Children Center
(Junior High School Students or younger must be accompanied by an adult.) *No reservation required

May not be held in bad weather. *A notice will be issued at 3PM.

手作り教室 「簡単手打ち！肉うどん」

< Handmade Class [Easy to make ~ Meat Udon]>

Welcome if you want to be Udon Professional maker.

Place: Central Children's Center

Activity Dates: October 20th (Sun), 10AM~11:30AM

Eligibility: Elementary school students ~ Age 18 Hamura City citizen, who can participate on above activity dates.

Capacity: First 20

Fee: ¥50.-

Things to bring: Apron, Triangle Head Cloth, Indoors shoes, Hand Towel, Mask, Drink and Participating fee.

How to apply: Between September 15th (Sun) ~ October 15th (Tue) 9AM~4:30PM, please call or come to Central Children Center directly.

図書館

LIBRARY ☎042-554-2280

STORY TELLING EVENTS 幼児、小学生、向けおはなし会

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** ☎042-554-2280

Story Telling for Baby >> October 5th (Sat), 11AM~

Story Telling for Preschoolers >> October 12th (Sat), 11AM~

Story Telling for Elementary School Students >> September 21ST (Sat), 11AM~

▶ **at Kami Branch Library** ☎

Story Telling for all children >> September 25th (Wed) 3PM~

Yutorogi ☎570-0707

こども映画上映会

< Movies for Children >

Date & Time: October 6th (Sun), 10:30AM ~ 11:30AM

Place: Yutorogi Kozashitsu 1 ☎570-0707 Fee: Free

Program: *Haha wo tazunete sanzenri*, etc. (3 titles scheduled) Supported by: Hamura Eiga Club

*No reservation required.