



HAMURA NEWS

HAMURIN Hamura City Mascot

December 1st,

2019

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

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

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

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

冬のお知らせ

WINTER NOTIFICATION



インフルエンザを予防しよう

< Preventing Influenza Virus Infection >

When winter starts and air humidity drops, influenza virus infections may spread rapidly. Please take precaution measures for yourself and others. The followings are basic tips to prevent getting/spreading flu:

- ▶ Wear a mask when having symptoms with coughing/sneezing.
- ▶ If you don't have a mask with you, face other direction, cover your nose and mouth with an item to wrap when coughing/sneezing.
- ▶ Properly dispose of used tissues after blowing your nose and wash your hands thoroughly.
- ▶ Avoid going out in public if you are coughing a lot. ▶ Sleep well and eat well- to keep up your immunity.
- ▶ Take flu immunization.

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

令和2年羽村市成人式

< Coming of Age Ceremony 2020 >

In Japan, each city hosts a "Coming of Age" Ceremony for those who are turning 20 years old.

Residents who were born between April 2nd, 1999 ~ April 1st, 2000 are invited to this event.

Invitation postcards will be sent in early December.

Special events: ❖ concert by Junior High School Students ❖ youth coming of age see their old teacher

Date/Time: January 13th (Mon, Holiday) Reception 10:30AM~, Ceremony 11AM~

Place: *Yutorogi* Main Hall

Inquiries: Lifelong Learning Section *Somu-Ka*, *Shougai Gakushuu Suishin Kakari*, ☎Ext. 363

体験学習会「まゆ玉団子をつくろう！」

< Cultural Workshop ~ Let's make *Mayudama Dango!* ~ >

When silk cultivation was a thriving industry in *Hamura*, people used to make a new year's decoration called "*Mayudama Kazari*", a cut tree branch with attached *mochi* balls imitating abundant silk cocoons, to pray for a good harvest and good health on the lunar New Year days.

The Strap of *Mayudama Kazari* will be also making together and exhibit till January 13th (Mon. Holiday).

Date & Time: January 5th(Sun), 1 PM~3 PM

Place: *Kyoudo Hakubutsukan* Orientation Room / Old *Shimoda* Residence

Capacity: First 30 people *4th grader and younger children need to be accompanied by an adult.

Fee: Free Items to Bring: Apron, Head Cloth, and Towel

Application/Inquiry: Call/visit Folk Museum starting Dec. 1st (Wed), 9AM~. Museum is closed on Monday.

Kyoudo Hakubutsukan ☎042-558-2561

年末防犯・交通安全・火災予防 パトロール週間

< The Year End Crime Prevention, Traffic Safety, Fire Prevention Patrol Week >

In the aim to create a safe town, providing a sense of security for all *Hamura* City citizens, various groups have planned city-wide patrol by organized efforts of concerned citizens, school workers, members of police and fire department, fire brigades, *Hamura* City Traffic Safety Committee, Crime Prevention Committee.

Patrol Week: December 18th (Wed) ~ 24th (Tue) Areas of Patrol: City wide

The patrol week was established to raise awareness for prevention of crime, traffic incidents, or fire in the holiday season of the New Years.

Kick-Off Ceremony: December 18th (Wed).

Place: JR *Ozaku* Station Multiple Purpose Square and East Entrance.

Organizations will patrol prosperity areas near above place after the ceremony.

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

病院?救急車?迷ったら~

< The Surge in Demand for Ambulance (*Kyuukyuu Sha*) Dispatch during the Holidays >

#7119 and Tokyo Emergency Consultation Guide

At the end of the year, there is a demand for ambulance dispatch due to illness from the cold, influenza, or overdose of alcohol. If you are not sure whether the situation is critical enough to call an ambulance, please seek reference from #7119 on your telephone. Seek the checklist available on the website of the Tokyo Fire Department as well to evaluate your situation for #7119 symptoms.

Inquiries: *Fussa* Fire Department, *Yobo-Ka*, *Bokasasatsu-Kakari* ☎042-552-0119

2020 都民芸術フェスティバル 第50回都民寄席 羽村公演

< "The 50th Tomin (Citizens of Tokyo) Yosé", in *Hamura* >

There will be a show in *Hamura* City featuring traditional art called "Yosé". (in Japanese). The guests are very renowned "hanashika" artists.

Date: February 21st (Fri), 2020 6PM~ (doors open at 5PM) Place: *Yutorogi* Main Hall no reserved seating Capacity: 100 (if applicant number is over capacity, it will be held on raffle to select).

Fee: Free

Rakugo Performers: Mr. *Shunputei*, *Shouta*, Mr. *Yanagiya*, *Sankyō* and Mr. *Irifunetei*, *Kotatsu*

Daikagura Kyokugei Performers: Mr. *Maruichi*, *Kosuke* and *Kotoki*

Application: Please send an "oufuku hagaki" (double postcard) to the *Rakugo Kyōkai* Association indicating your group representative's: address, age, name, telephone number, and participating number of persons. (One person can send up to 2 postcards.) by the deadline. It should be written that you request February 21st (Fri) *Hamura Kouen* (performance) somewhere in the space of the sent postcard.

▶ Application post cards lacking information will become invalid if necessary details are not indicated.

▶ Preschool age children are not allowed admission.

Send to: *Yutorogi* 〒205-0003 *Midorigaoka* 1-11-5, *Hamura*

※Deadline is January 8th (Sat)

Inquiry: *Yutorogi* ☎042-570-0707

NOTE Return postcard must have the representative's address indicated on front part.



<Hamura City's Evacuation Plan to Support Those Requiring Evacuation Assistance (避難行動要支援者制度) >

There is an evacuation assistance plan activated during a disaster for citizens requiring special consideration such as elderly citizens, physically or mentally challenged citizens, and some foreigners residing in Japan with difficulty to understand Japanese. They will be included in the list of citizens requiring evacuation assistance maintained by *Hamura City*, which provides a basis for cooperating agencies to be aware of their presence so that they can provide prompt support that these people need.

Please note that this registration system does not guarantee you will receive a special assistance in time of a disaster. It will provide disaster response personnel where the registered help-needing persons are likely to be found by their addresses, but those personnel may not be able to reach them swiftly.

It is most recommended for residents to have a friendly relationship with neighborhood people regularly in order to build a network for collecting local information and helping each other.

• List of Citizens Requiring Evacuation Assistance in Hamura City's Evacuation Plan •

The list of registered citizens requiring evacuation assistance will be created according to the provisions of the Basic Act on Disaster Control Measures. Hamura City's Disaster Control Plan specifies the area in which this information is used when passed on to the various local organizations that will respond to disaster management. If registrants can offer consent for their information to be released to these agencies, it will be utilized when an organization performs their disaster relief efforts, and neighborhood watch functions will be enhanced to be better prepared for a disaster, following the guidelines that stipulate which information is relevant to the disaster relief efforts.

Registration of citizens to the "List of Citizens Requiring Evacuation Assistance" (避難行動要支援者名簿) will be made under the Hamura City's Disaster Control Plan. This list will be utilized by the neighborhood associations for practicing evacuating procedures in the Comprehensive Emergency Drill, which is scheduled to be held on September 2nd (Sun).

• Eligibility •

Hamura City Residents who are not long term hospital / nursing home dwellers that fulfill following criteria:

1. Households comprised of age 75 or older
2. Certified as Long-term Care Level 3 or higher
3. Physical Disability Certificate (身体障害者手帳) Level 1 or 2
4. Intellectual Disability Certificate (愛の手帳) Level 1 or 2
5. Health and Welfare Handbook for Mentally Disabled (精神障害者保健福祉手帳) Level 1 or 2
6. Those needing special assistance in time of evacuation with incurable diseases.
7. Those certified by the mayor as needing evacuation assistance during evacuation.

Please obtain a pamphlet and registration form at the *Kiki Kanri Ka, Kiki Kanri Kakari* on the 2nd Floor of the City Hall. (If you are not applicable to above and wish to be included in the list, please call to make a request.)

• Personal Information Included Are •

The required information for registry is as follows.

Name, Date of Birth, gender, address, point of contact (phone number), and a reason for needing assistance which was provided at time of registry.

• The Various Agencies which will Handle the Information •

Neighborhood Association, Civil Voluntary Disaster Management Organization, Commissioned Welfare Volunteers, Fire Brigades, Hamura City Social Welfare Organizations and Traffic Safety Organizations, *Fussa* Police Department and Fire Department

Please note that personal information may be disclosed within the specifications of the Disaster Control Plan, even if there was no consent provided in times of emergency.

• Applicable Citizens will Receive Notification •

Those who are going to be registered from now will receive "List of Citizens Requiring Evacuation Assistance" ひなんこうどうようしえんしゃめいぼ (避難行動要支援者名簿) notice packet around December.

This notice, which includes information about the Basic Act on Disaster Control Measures, confirmation regarding the information that is kept, and the consent form is sent so that information can be offered to various agencies to be prepared for when an emergency occurs. This consent form should be signed and returned. Please send back to the *Kiki Kanri ka* (Crisis Management) section of Hamura City. If you wish to clarify any details, please call. *Kiki Kanri Ka*, Ext. ☎211

Inquiry: *Bosai Anzen Ka*, *Bosai. Kinki Kanri Kakari* Ext. ☎211

TOKYO 交通安全キャンペーン

TOKYO METROPOLITAN GOVERNMENT'S TRAFFIC SAFETY CAMPAIGN

Tokyo Traffic Safety Campaign is scheduled for December 1st (Sun) ~ 7th (Sat). Efforts will be made to raise awareness for traffic safety, and prevention of tragedies during the new year holiday season.

☼ 1: Children and Elders are the most vulnerable to traffic accidents.

- Pedestrians should be made visible by wearing clothing with reflective material. Look at the driver to see if he/she is paying attention.
- Parents should know that accidents occur the most between 2PM and 6PM. Teach children that it is important to make sure the vehicle has made a complete stop before crossing.
- Elders account for 40% of the victims due to accidents, and 60% of these people are pedestrians. Refrain from crossing at unsafe spots that are not marked for crossing purposes. If you are an elder, and you are no longer confident of driving skills, please return your license.
- Drivers should be considerate of pedestrians such as the elder and children. Turn on lights as needed.

☼ 2: Prevent accident for elder drivers

Failure to stop/running red light contributed to 70% of deaths by bicycle accidents which occurred in Tokyo.

Bicycles are considered a light vehicle. They should follow traffic rules.

- If Elderly driver has health issue, needs to control and reduce driving for safe.
- Considering to set up safety equipped with automatic brakes and acceleration suppression device when step pedaling wrongly. Tokyo Metropolitan government also may support and provide subsidy to set up such safety device.
- If driver is not confident to drive safely or family has concerning, recommend to return driving license and also may get some benefits for it.

☼ 3: Promoting Safe Bicycle Riding

Bicycle Traffic Violations occur in over 50% of bicycle accidents. Bicycles are considered a light vehicle. They should follow traffic rules.

- It is also important to wear a helmet as safety measure. (both adults and children)
- Insurance for bicycles will be obligation for drivers from Apr 1st, 2020 Tokyo traffic regulations.

☼ 4: Motorcycle accidents account for 30% of the death toll due to accidents in Tokyo. The injuries caused to death are 30% of head, 60% of chest, make sure to secure yourself as follows

- Lower speed when approaching curves.
 - Wear clothing that covers all skin such as long sleeves, long pants, chest protector and use the strap on your helmet securely.
- ⊗ 5: Intolerance of DWI - Driving while intoxicated is a crime
- The penalty can extend to not only the subject who was intoxicated, but passengers, and the owner of the car as well.
 - Bicycle Riders cannot ride under the influence of alcohol.
- ⊗ 6: Illegal Parking causes congestion and accidents as well. The year end season sees an increase.
- Even if it is for a short while, use pay per hour parking services
 - Do not park close to an intersection. It will reduce visibility for others.
 - If you are planning to go out by motorcycle or car, please make sure parking places available in advance.

Inquiries: City Hall, Bousai Anzen Ka, Bouhan Koutsuu Ansen Kakari ☎Ext 216



HAMURA ZOO ☎ **042-579-4041**

✕ **Make a Eto Stamp** ✕ 干支スタンプ作り

You can make your own stamp carving of the New Years "Eto", or next year's Chinese Zodiac Animal ~ Mouse.

Date: December 1st (Sun), 11AM~1PM (Reception is until 12:30PM.)

Place: Study Room

Fee: ¥300 (One stamp only, also zoo entrance fee is needed)

Capacity: First 20 (Under Elementary school Grade 3 children need Guardian accompany.)

*** Year-End / New-Year Holidays: will be open every day during December 29th (Sun) ~ 31st (Tue), will be closed on January 1st (Wed. Holiday), and normal operations will resume on the 2nd (Thu).**

✕ **Merry Christmas ~ Taking Picture with Reindeer** ✕ トナカイとツーショット写真を撮ろう♪

Date: December 21st(Sat), 22nd(Sun), 24th(Tue) and 25th(Wed)

Time: 11:30AM ~ Noon

Place: Front of Reindeer House Fee: Free but zoo entrance fee is needed.

Capacity First 20

- If Reindeer has any healthy issue, it will be cancelled.

✕ **Zoo close days in December** ✕

December 2nd (Mon), 9th (Mon), 16th (Mon) and 23rd (Mon)

Inquiries: Hamura Zoo ☎ 042-579-4041

令和2年度償却資産申告書を郵送します

< Tax Filing for Depreciable Assets >

If you own a business registered in Hamura City as of January 1st 2020, you will receive a Notification of Depreciable Assets Tax Filing (償却資産申告書(償却資産課税台帳)) from Hamura City office that will be mailed to the applicable business entities in early of December. Your local municipality must be notified of the changes regarding depreciable assets which are registered to you as of January 1st of each year. Avoid the negligence of forgetting to do so. If you are expecting the notification but have not yet received it, please contact City Hall, Kazei-Ka Shisanzei-Kakari ☎Ext.153

Filing Term: from Jan 4th (Sat) ~ Jan 31st (Fri)

- It is unable to accept during 2018
- It is accept by eLTAX, please see Hamura City official website to get details.

Inquiry: Kazei-Ka Shisanzei-Kakari ☎Ext.153

羽村市の水道事業見学ツアー～はむら水のおいしさの秘密を知る～

The Tour of Hamura City Water Supply Business ~ Getting know the secret of Hamura's Water

Hamura youth "Kagayaki" association members plan this tour to let young generation citizens to discover more about Hamura Water supply attractive points.

Date and Time: December 21st (Sat) 1:30PM~4PM Place: Water Supply Office and so on.

Eligibility: Hamura Residents, workers and students (Age 18~39)

Capacity: 20 (if applicants is over, Raffle will be held)

Apply and Inquiry: Till Dec 18th(Wed) 5PM, call or email to *Chiki Shinko-Ka, Shimin Katsudo Center*
Ext. ☎632 and Mail address: s107000@city.hamura.tokyo.jp

自然休暇村

<Shizen Kyuukamura in Kiyosato Mountain Resort>

Hamura Municipal Resort Lodging Facility ☎0120-47-4017 from Mobile ☎0551-48-4017

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

If you wish to go to stargaze on days other than the Saturday tour dates, please inform the staff when reserving your room.

For more details about *Kyuukamura*, visit the website (in Japanese) → <http://hamura-kyukason.jp/>

▶ Closed : Dec 11th (Wed) and Dec 12th (Thu)

▶ Children Art Exhibition ~ *Hamura Higashi* Elementary School students Art Pieces to exhibit.

Term : Dec 5th(Sun), 2019 ~ Jan 5th (Sun), 2020

▶ Passing Year (*Toshikoshi*) hand-made soba – Hand-made Soba will be provided at dinner
(appointment required)

Date and Place: Dec 31nd (Tue) from 6PM at *Shizen Kyuukamura* dining room

▶ Winter Vacation Festival Day – Welcome and enjoy these Festival days in winter vacation.

Date and Place: Dec 28th(Sun), 2019 ~ Jan 4th (Sat),2020 at *Shizen Kyuukamura* Lobby

▶ Close Day – Dec 11th (Wed) and Dec 12th (Thu), 2019

Inquiry: *Shizen Kyuukamura* ☎0120-47-4017

健康

HEALTH

第4期 胃がん、呼吸器(肺がん・結核) 検診

< The 4th Free Screening for Stomach / Lung Cancer & Tuberculosis >

Date & Time: Feb 13th (Thu) ~ 15th(Sat), 2020 7:30AM ~ Noon

Place: Hoken Center Eligibility: *Hamura* residents 40 years of age and older

*You are not eligible to take this exam if any of the following conditions apply:

- ① Pregnant, or possibility of pregnancy
- ② Currently being treated for stomach or lung illness
- ③ Those who have the same cancer screening opportunity provided by the employer

Capacity: 100 people each day (If there are too many applicants, selection will be done by name drawing).

Applicants will receive notification of results, and winners will get a coupon sent in the mail by Jan 8th (Wed).

Fee: Free Application Period: Dec 2nd (Mon) ~ 20th (Fri) postmark deadline
(extended if there are still vacancies)

How to apply: ① Fill in necessary information on an application form and turn it in at *Hoken Center* on weekdays 8:30AM ~ 5PM, or ② Send a post card as shown to *Hoken Center*.

*Application form is available at *Hoken Center*, city hall 1st floor, city hall branch offices, and on the

city website (PDF).

- How to fill in an application postcard -

| Front | Back |
|---|--|
| 〒205-0003 To: "Gan Kenshin Tantou" Hamurashi Hoken Center 5-5-2 Midorigaoka Hamura City | <ul style="list-style-type: none"> •Your name, date of birth, mailing address, and phone number •Your desired screening date (first and second choices) •Screening/Exam you desire: •Whether you wish to have sputum examination: Yes or No *If yes, please state the reason: |

Please Note:

- Each family member should make separate application
- You may apply for all the screening/exams held on the same day.
- Those who are taking Stomach Cancer screening cannot eat or drink after 9PM in the previous night.
- Sputum examination is provided only for people with the following conditions:
 - ① Those who had bloody sputum within past 6 months.
 - ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 400 or more.

Inquiries: Hoken (Public Health) Center ☎042-555-1111, Ext. 623

INFORMATION

大人ダイエット ～計るだけダイエット 60日コース～

Adult Diet < "Measurement-Only" Diet for 60 Days >

For healthy Hamura Resident under 70 years or younger as of January 22nd, 2020.

(Those who are being monitored under the health guidance program are not eligible to participate.)

Easy diet method focusing on internal bodily weight control functions and keeping a weight change record!

| | Date | Class Details |
|---|--|--|
| ① | January 22 nd (Wed). 2020 9:30AM ~ 12:30PM | <ul style="list-style-type: none"> ▶ Lecture on Measurement-Only Diet Method ▶ Cooking and eating for low metabolism(cooking class) |
| ② | February 5 th (Wed), 2020 9:30AM ~ 12:30PM | <ul style="list-style-type: none"> ▶ Diet Tips. ▶ Be Active (exercise class) |
| ③ | March 26 th (Thu), 2020 9:30AM ~ 12:30PM | <ul style="list-style-type: none"> ▶ Vegetables in your meals. ▶ Recipe of satisfying meal for family/lots of vegetables (cooking class) |

Please bring: For②.exercise outfit, towel, pen & notepad For①

③..Apron, head cloth, writing materials, & 300yen *Please measure your weight at home with a scale reading 50 ~ 100g units. Place: Hoken Center . Capacity: First 20 people

Inquiry & Application: Starts December 3rd (Tue) 8:30AM~5PM, excluding Saturday, Sunday, and Holiday,

Please come or call Hoken Center 042-555-1111.☎Ext.625

騒音について考えたことがありますか？

Disturbance of peace by making loud noises is a problem caused by people who lack the courtesy for their neighbors' rights to a normal and peaceful living environment. We must learn to minimize the various sounds that occur in the day-to-day activities and try in our best efforts to keep them within the level of tolerance.

Examples of sound disturbances are:

- Motor roaring in some electrical appliances
- Basic household utilities (a/c, water flow, shutting doors)
- Audio device
- Daily living movements with sounds (talking, crying, laughing and jumping.)
- Factories in operation
- Noises of traffic
- Construction

- Other noises such as barking of animals and door chimes

We can reduce noise level by installing sound absorbing fixtures, etc. Even though the level of noise is within legal standards, it does not mean that you are not responsible for the disturbance. Each person must keep in mind the importance of having consideration for your neighbors.

Inquiries: Kankyou Hozen Ka, ☎Ext. 227

第16回子どもからの人権メッセージ発表会

< The 16th Presentation on Human Rights By Junior High Youths >

Selected Elementary and Junior High School students from the 8 Tama areas of cities, streets and villages, will give presentations based on their experiences on human rights issue.

Date & Time: February 21st (Sat) 1PM~4PM (door open at 12:30PM)

Place: Ome Civic Hall 2F Meeting Room **Sign Language Interpretation is available

Capacity: First 300 people Admission: Free

Hosted by: Tama Nishi Jinken (human rights) Keihatsu Katsudou Chiiki Network

Inquiry: Ome City Shimi Anzen Bu, Shimi Anzen Ka, ☎ 0428-22-1111 Ext. 2312

はむら一日プレーパーク (冬の巻)

< A One-Day Play Park for Kids >

"Playpark" is a recreational area designated to free time enjoyment, designed to nurture a healthy character in children, by offering a lasting experience and to help them build enthusiasm.

Woodcraft, playing with rope, laying on a hammock, and "Ochibataki", or a burning of a heap of fallen leaves can be experienced. (In Japan, and it is enjoyed as a community, and sweet potatoes and potatoes, apples are placed in this fire to make delicious snack.) If you want to participate as a chaperone for your child, you are very welcome as well.

* If the wind is too strong, burning of leaves will be cancelled. * Please take all garbage home.

* Please contribute supplies such as working gloves, newspaper, and aluminum foil to be used for this event.

* Children at 2nd grade of elementary school or under must be accompanied by an adult.

Date: December 8th (Sun), 10AM ~ 2:30PM

*Will be postponed to the 15th (Sun) if weather is bad. Place: Sekishita Recreation Field

Fee: Free No reservation needed

Inquiries: Hamura Playpark Sekiguchi ☎080-6548-9952 Email: hamurappa@gmail.com

都民住宅 入居者募集

< Tokyo Metropolitan Public Housing (Tomin Jyuutaku) >

Tomin Jyuutaku housings are managed by Tokyo Metropolitan Government and offered for rent to middle-income earners providing them a chance for affordable housings with partially subsidized rent.

The standard deposit paid when renting a commercial housing is not required.

Number of availability: 70 housing units

Eligibility: Applicant must be currently residing in Tokyo metropolitan area, whose income is within the qualifying range. Please refer to the brochure for the application details.

(Tomin Juutaku applications are handled by Tokyo-to Juutaku Kyoukyuu Kousha.)

How to Apply: Application form must be mailed and received by JKK Tokyo Application Center by

December 13th (Fri). The form is also available at JKK Tokyo Website (in Japanese).

* The tenants will be selected by the open drawing on January 16th (Thu) 2020 starting at 10AM.

Brochure Handout: The application brochures of the current application term will be available from

December 2nd (Mon) to 10th (Tue) at *Toshi keikau-ka* in city hall 2nd floor during the week, and at city hall Main Reception on the weekend (8:30AM~5PM), at city hall branch offices (9AM~1PM weekdays only).

Inquiries: Tokyo-to Jyuutaku Kyoukyuu Kousha (JKK Tokyo Application Center) ☎03-3498-8894

フレッシュランド西多摩

FRESHLAND NISHITAMA ☎ 042-570-2626

回数券割引販売(20%)

< Freshland Nishitama Bath Coupon Ticket Sales -- 20% Off! >

Coupon Book of eleven 3-hour tickets will be on special sale from December 7TH(Sat)~20th(Fri)!

** No sale on Monday

Price: Residents of *Hamura City, Ōme City, Fussa City, and Mizuho Town* - ¥4,000 for Adult, ¥2,000 for Child, Other Areas - ¥6,400 for Adult, ¥3,200 for Child

< Photo Exhibition at Freshland Nishitama > 写真作品展

Exhibition of photography works by members of "Digital Sakura". Date: December 10th (Tue) ~ 22th (Sun)

< Christmas Event > Children 6th grade and younger will receive Christmas gift! (until supply lasts)

Date: December 19th (Thu) ~ 25th (Wed) Exclude close day

< Yuzu ゆず湯 Japanese Citrus Bath > On December 22nd (Sun) at Outdoor Bath (*Rotenburo*).

< New Year Holiday Schedule >

Closing Schedule: Bath... December 30th(Mon) ~ January 1st (Wed, Holiday)

Resumes from January 2nd (Thu), Noon

*Enjoy the New Year Gift of Good Fortune Giveaway! (until supply lasts)

Gym & Meeting Rooms... December 29th (Sun) ~ January 3rd (Fri)

Opening Schedule: Gym & Meeting Rooms... January 4th (Sat) ~

Hula Dance class starts on January 8th (Tue), and Yoga class starts on January 9th (Thu).

図書館

LIBRARY ☎042-554-2280

おとなのためのお話し会

< Voiced Reading Session for Adults at the Main Library >

There will be a book reading club for adults called "*Ohanashi Hotton*" started by volunteers at the main library. It will let you expand your imagination to enjoy in book from voice reading.

Time: Dec 19th (Thu), from 11AM. (for about one hour) Place: Library 2F Volunteer Room

No reservation necessary Fee: free *The books that will be read are in Japanese.

<Library Close for Organize Date> 館内整理日 (休館)

Date: December 17th (Tue)

シルバー人材センター

SILVER CENTER ☎042-554-5131

パソコン教室で年賀状を作ってみませんか

< Personal Computer Class ~ Let us make New Year Greeting Card >

Teaching you how to use smart phone to take pictures and make original New Year Greeting postcard via personal computer.

Date and Time: Every Monday 10AM~Noon, Every Wednesday, Thursday and Friday 10AM~Noon, 1PM~3PM

Details: Word, Excel beginner class

Fee: ¥1,000 (Per time 2 hours)

Inquiry: Silver Center ☎042-554-5131

< Flower Arrangement Class ~ New Year's Greetings Flower > 生花教室 「お正月の花」

Let us have Flower Arrangement for New Year's Greetings and set up in house entrance.

Date and Time: December 27th (Friday) 10AM ~ Noon

Place: Silver Center *Kenshushitsu*

Capacity: First 15

Fee: ¥1,600 (Material fees)

Things to bring: Flower Scissors (if you have one), Dust cloth (*Zokin*), Takeaway Bag and so on.

Apply and Inquiry: Please come or call to Silver Center till December 16th (Mon), (Exclude Saturday, Sunday and Holidays). Silver Center ☎042-554-5131

- "Flower Arrangement Class" is opened every the 3rd Friday afternoon. If you are interested, please contract.

< Orientation for Senior Center > 入会説明会

Welcome to participate for Senior Center, there is orientation to know details of activities.

Date & Time: December 16th (Mon) 1:30PM Inquiry: Silver *Jinzai* Center ☎042-554-5131



子育て

プレママサロン

CHILDREN



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

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

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

Day3...January 30th (Thu) - Lecture by a dentist and talking with experienced moms

Place: *Hoken* Center Class Time: Day 1 & 3 - 1:15PM ~ 3:45PM, Day 2 - 2PM ~ 4PM

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

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

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

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

< Chatting Place for Parents > おしゃべり場「ごはんとおやつ」

This month's topic is "Meals and Snacks". Child Care Volunteers will attend your children during the event. Feel free to join and share some thoughts and tips for child rearing. Child care volunteers will look after your children during this gathering. No reservation needed.

Place&Date: Central Children Center - Dec. 12th(Thu) Time: 10:30AM~11:30AM for all dates

East Children Center - Dec. 17^h(Tue)

Inquiries: *Kodomo Katei Shien* Center

West Children Center - Dec. 20(Fri)

☎042-578-2882

ちょこっと広場を利用してください、保健センター

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

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. Reservation is required.

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

The next session times are ①10AM~ ②11AM~

| Date | Place |
|---------------------------------------|----------------------|
| December 16 th (Mon), 2019 | East Child Center |
| January 20 th (Mon), 2020 | Central Child Center |
| February 17 th (Mon), 2020 | West Child Center |

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

The next session times are ①10AM~ ②11AM~ ③1:30PM

Inquiries: Kosodate Soudan Ka, Soudan Kakari, ☎Ext. 694 *Fee is not required for consultation.

| Date | Place |
|---------------------------------------|----------------------|
| January 27 th (Mon), 2020 | East Child Center |
| February 10 th (Mon), 2020 | Central Child Center |

Inquiries: Kosodate Soudan Ka, Soudan Kakari ☎Ext.694



ひとり親家庭等医療助成の申請は12月27日(金)まで

< Medical Expense Support for Single Parent Households >

Medical expenses for a child of single-parent household or other household under qualifying financial status can be partially or fully subsidized by the public medical program. A child of qualifying household may benefit from this subsidy program until, at latest, first March 31st following his/her 18th birthday (before 20th birthday if child has a disability). If you would like to apply for this subsidy, please complete the application procedure by December 27th (Fri). Applications are accepted from 8:30AM ~ NOON, 1PM ~ 5PM (excluding Saturday, Sunday, and Holiday) * There is an applicant eligibility restriction. Please inquire for details.

* Person who has the *Iroushou* and has not completed the application yet, please apply immediately.

Current beneficiaries must immediately file a current state report, if not yet filed.

File Application to and Inquiries: Kosodate Shien-Ka Shien-Kakari ☎Ext.236

児童扶養手当の受給

< Child Rearing Allowance for Childrearing Households >

Payment for Child Rearing Allowance will be made by bank transfer to those applicable citizens' who completed procedures in appropriate time to their designated bank accounts.

Date of payment is scheduled for the January 14th (Tue).

Inquiries: Kosodate Shien Ka, Shien Kakari ☎236

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 μsv/h; figure by which it is considered safe if readings are below this.(unit: μsv/h (micro Sievert per hour))

Inquiries: *Kankyō Hozen Ka*, ☎Ext 227

| Date of Testing | Weather | Elevation at which testing was conducted | | |
|---------------------------------|---------|--|-------|-------|
| | | 5cm | 50cm | 1m |
| November 13 th (Wed) | Cloudy | 0.053 | 0.056 | 0.055 |

羽村市水道水の放射

放射性物質測定結果

Radiation Level Analysis of Tap Water of Hamura City

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

| Date the Water Sample was Gained | Testing Items (unit: Becquerel per kilogram) | |
|---|---|-----------------------------|
| | radioactive cesium 134 | radioactive cesium 137 |
| November 5 th (Tue) 11:30AM | Not detected (Below 0.1) | Not detected (Below 0.2) |
| Target value | 10 | |

12月の相談日

PUBLIC CONSULTATIONS Schedule of December

| Category | Date | Time | Contact |
|---|------------------------|----------------------|---|
| General Consultation for Foreign Residents ㉠* | Appointment required | Appointment required | Spanish and English interpretation services are available by appointment for Foreign Residents Consultation only. <i>Shimin Soudan-Shitsu</i> City hall ext.541 |
| Public Administration and Human Rights | 19 th (Thu) | 1:30pm ~ 4:30pm | |

*㉠=appointment required. *For English and Spanish translation services, please make an appointment in advance

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

12月の休日診療

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

| Date | Hospital / Clinic | | | | Dental Clinic | |
|------------------------|--------------------------------|---------------|---------------------------------------|---------------|------------------------------------|---------------|
| December | 9am~5pm | | 5pm~10pm | | 9am~5pm | |
| 1 st (Sun) | <i>Ozaku Ekimae Clinic</i> | ☎042-578-0161 | <i>Heijitsu Yakan Kyuukan Center</i> | ☎042-555-9999 | <i>Uno Shika Iin</i> | ☎042-555-8241 |
| 8 th (Sun) | <i>Izumi Clinic</i> | ☎042-555-8018 | <i>Hikari Clinic (Fussa-shi)</i> | ☎042-530-0221 | <i>Okikura Shika</i> | ☎042-555-4331 |
| 15 th (Sun) | <i>Yanagida Iin</i> | ☎042-555-1800 | <i>Kumagawa Byouin (Fussa-shi)</i> | ☎042-553-3001 | <i>Ozawa Shika Clinic</i> | ☎042-579-1500 |
| 22 nd (Sun) | <i>Yamaguchi Naika Clinic</i> | ☎042-570-7661 | <i>Hikari Clinic (Fussa-shi)</i> | ☎042-530-0221 | <i>Katou Shika Clinic</i> | ☎042-554-8887 |
| 29 th (Sun) | <i>Wakakusa Iin</i> | ☎042-579-0311 | <i>Hikari Clinic (Fussa-shi)</i> | ☎042-530-0221 | <i>Watanabe Shika Iin</i> | ☎042-570-1688 |
| 30 th (Mon) | <i>Hamura Sougo Shinryoujo</i> | ☎042-554-5420 | <i>Heijitsu Yakan Kyuukan Center</i> | ☎042-555-9999 | <i>Honda Shika Iin</i> | ☎042-554-5902 |
| 31 th (Tue) | <i>Yokota Clinic</i> | ☎042-554-8580 | <i>Yamaguchi Geka Iin (Fussa-shi)</i> | ☎042-553-1177 | <i>Asahi Kouen Douri Shika Iin</i> | ☎042-555-7904 |

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