



# HAMURA NEWS

**HAMURIN** Hamura City Mascot

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

Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section) Published by: *Hamura City*  
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羽村市防災週間 3月5日(火)～10日(日)

## HAMURA CITY DISASTER PREVENTION WEEK From March 5<sup>th</sup> (Tue) ~ March 10<sup>th</sup> (Sun)



It's not possible to predict when a disaster will strike. Being prepared during our day to day activities saves lives. Hamura City has declared the week of March 11 to be Disaster Prevention Week, in observance of the disaster which occurred 8 years ago. Events are scheduled as shown below. Please make this a time to discuss the topic of disaster with your family and the community. Inquiries: *Kiki Kanri Ka* ☎Ext. 217

### ~ "To Be Prepared for 'That Moment' "; Disaster Prevention Efforts of Iwaki City ~

8 years has passed since the Great Eastern Japan Earthquake struck Japan. Mr. *Otani, Keiichi* contributed to the disaster relief efforts of *Iwaki City*, which was impacted severely in the earthquake. He will speak of his experiences to how to protect oneself safe and prepare to disaster in advance. Date: March 7<sup>th</sup> (Thu) 6:30PM ~ 8PM Place: Yutorogi Small Hall Capacity: First 250 Fee: Free Application: Start from Feb 1(Fri), 2019. Please make a reservation for the lecture by telephone to the *Kiki Kanri Ka* on weekdays between 8:30AM~5PM or e-mail [s106010@city.hamura.tokyo.jp](mailto:s106010@city.hamura.tokyo.jp)

- Childcare is available - from 18 months to preschool kids

Capacity : First 4 Free: ¥50 (Snack fee)

Apply Time: Till Feb 26(Tue)

Inquiries: *Kiki kanri Ka* ☎Ext. 217

### ~ Exhibition: March 11 will Always Be Remembered ~

Pictures from *Iwaki City* will be featured in this exhibition. Fall preventive items which can be attached to your furniture, and emergency food supply at ¥100 will be displayed. Date: March 5<sup>th</sup> (Tue) ~ 10<sup>th</sup> (Sun), 10AM ~ 4PM Place: Yutorogi Exhibition Room ※no reservation is needed

公共施設見学会

### ~ Touring the Public Facilities ~



There will be a tour of the facilities which are related to disaster prevention. If you are interested, please obtain an application form at the reception on the 1<sup>st</sup> Floor of City Hall, or 3<sup>rd</sup> floor *Koho Kocho Ka*, or the various city hall branches - submit by postal mail, fax, or e-mail to the *Koho Kocho Ka* of the City Hall, ☎Ext 337 City hall address is: 〒205-8601 City Hall or fax at ☎042-554-2921 e-mail: s102000@city.hamura.tokyo.jp Date: March 9<sup>th</sup> (Sat) 9AM ~ 12:30PM (approximately) Will be held in rainy weather as scheduled. Meeting Place: City Hall Eligibility: Residents, Commuters, and Students of *Hamura City* Capacity: 23 (A lottery will be held in the case where capacity is exceeded.) Participants will receive a letter from City. Fee: Free Application is required by February 22<sup>nd</sup> (Fri) 5PM.

Sites to be Visited		
①	City Hall (Disaster Relief Headquarters Helicopter Sign)	⑤ <i>Tamakawa</i> (River) Flood Inundation Assumed Area (Method of flood evacuation, etc.)
		⑥ Hamura City 1 <sup>st</sup> Local Fire Brigade

②	Fire Department of Fussa, Hamura Branch Office (Plan of Action during Disaster)	⑦	Hamura <i>Higashi</i> Elementary School Emergency supply, manhole toilet
③	Ozaku Water Purification Plant	⑧	Lifelong Learning Center "Yutorogi" Publicity for Disaster Prevention Disaster Countermeasures
④	Western Region Stackpile Warehouse (Introduction of Materials Supply and Emergency Food)		

子育て応援ニュース 地域子育て支援センター



## CHILDCARE SUPPORT NEWS

In Hamura City, there are 2 Regional Childcare Support Centers (*Chiiki Kosodate Shien* Center) within nursery schools. There are spaces to play with your children, or opportunities to share information with other parents, get a consultation about child rearing from the professional staff. At the 3 *Jidokans*, Childcare consultations are available 3 days a week, and you can join the nursery school events. All parents are welcome!

Details are listed in the information pamphlets that list various events which you are eligible to attend.

Eligibility: 0~6 years old (preschool) children and parents. Fee: Free (Some events need admission fee.)

Inquiry: Call the Childcare Support Centers shown below for activities information/ consultation.

*Jidokan*, city hall(☎042-555-111)/ Family Support (*Katei Shien*) Center (☎042-578-2882) for child rearing consultation.

### Regional Childcare Support Center Please call the facility for further information.

Name of Nursery School	Place	Open hours	Phone
<i>Taiyounoko Hoikuen</i>	3-15-7 <i>Gonokami</i>	Weekdays 9:45AM ~ 4PM	042-555-5780
<i>Hamura Tatsunoko Hoikuen</i>	2-6-20 <i>Gonokami</i>	Weekdays 9:30AM ~ 4PM (prepare a lunch)	042-555-9080

### Consultations at *Jidokans*

Name of <i>Jidokan</i>	Address	Telephone Number	Consultations	Closed
<i>Chuo Jidokan</i>	3-6-19 <i>Hanenaka</i>	042-554-4552	Tues, Thurs, Sat 9AM~NOON	Friday
<i>Nishi Jidokan</i>	5-28-3 <i>Ozakudai</i>	042-554-7578	Mon, Wed, Fri 9AM~NOON	Tuesday
<i>Higashi Jidokan</i>	3-30-2 <i>Shinmeidai</i>	042-570-7751	Tues, Fri, Sun 9AM~NOON	Thursday

Open Hours vary depending of season: April ~ September: 9AM ~ 5PM, October ~ March: 9AM ~ 4:30PM.

Please call the facility regarding lunchtime rules for visitors. Visitors are allowed to eat on the premises.

高齢の方向けの講座 受講生募集 (いこいの里いきいき&じゅらく苑お好み、ボランティア講座)

### < "IKI-IKI" and Volunteer Workshops at Ikoino Sato Elderly Recreation Center >

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

Class Term: Apr ~ March 2020

Place: *Ikoino Sato*

Eligibility: *Hamura* Residents who are

at age 60 or older as of April 1, 2019

Course Fee: Free \*Each student must pay for class materials.

Application: Visit *Ikoino Sato* between Feb 14<sup>th</sup> (Thu) ~ 28<sup>th</sup> (Thu), 9AM~4PM. \*You must apply in person.

\*Apply for 1 class only. \*If applicants number is over, it will be raffle to decide.

Notice of Determination: Notice will be mailed after March 15<sup>th</sup> (Fri).

Inquiries: *Ikoino Sato*, ☎042-578-0678

### ~IKI IKI Class (all for Beginners classes)

Class Name	Date & Time	Capacity
<i>Togei</i> (Ceramic Art)	Every 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> Monday 10:30AM ~ Noon	25
<i>Kadou</i> (Flower Arrangement)	Every 1 <sup>st</sup> & 3 <sup>rd</sup> Monday 10:30AM ~ Noon	20
<i>Suibokuga</i> (Ink Painting)	Every 1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday 10AM ~ Noon	20
<i>Shippoyaki</i> (Cloisonne)	Every 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 10AM ~ Noon	20
<i>Suisaiga</i> (Watercolor Painting)	Every 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 1PM ~ 3:30PM	20

<i>Haiku</i> (Syllabic Poem)	Every 1 <sup>st</sup> & 3 <sup>rd</sup> Wednesday 10AM ~ Noon	20
<i>Taishou Koto</i> (Harp)	Every 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday 10AM ~ Noon	20
<i>Shodou</i> (Japanese Calligraphy)	Every 1 <sup>st</sup> & 3 <sup>rd</sup> Friday 10:30AM ~ Noon	25

### ~Volunteer Class

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

Class Name	Date & Time	Capacity
<i>Shigin</i> with <i>Shinpuu</i> School (recitation of Chinese poem)	Every 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 10AM ~ Noon	20
<i>Shigin</i> (recitation of Chinese poem)	Every 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 1:30PM ~ 3:30PM	20
Camera	Every 2 <sup>nd</sup> Thursday 10AM ~ Noon	20
<i>Hyakunin Isshu</i> (traditional Japanese cards of 100 poems)	Every 2 <sup>nd</sup> & 4 <sup>th</sup> Wednesday 10AM ~ Noon	20
<i>Etegami</i> (Picture Letter)	Every 2 <sup>nd</sup> Tuesday 1:20PM ~ 3:30PM	25
Harmonica	Every 2 <sup>nd</sup> & 4 <sup>th</sup> Thursday 1PM ~ 3PM	20
Stretch Exercise	Every 2 <sup>nd</sup> & 4 <sup>th</sup> Thursday 1:30PM ~ 3PM	20
A little different taste <i>ORIGAMI</i>	Every 4 <sup>th</sup> Monday 1:30PM ~ 3:30PM	20
Making small articles out of material from the Natural Environment	Every 3 <sup>rd</sup> Monday 1:30PM ~ 3:30PM	20
Flower Arrangement	Every 2 <sup>nd</sup> Friday 1:15PM ~ 2:15PM	15
Folk Dance Exercise	Every 2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday 10AM ~ Noon	20

### < Juraku-En "Okonomi Kouza" Class and Volunteer Workshop >

There will be classes offered by experienced staff at *Jurakuen's Roujin Shuukai Shitsu* (In Community Ctr).

Eligibility: A *Hamura* Resident as of April 1<sup>st</sup>, 2019 over 60 years old Fee: Free (material costs required)

How to apply & Inquiry: Call or visit *Kourei Fukushi Kaigo Ka Kourei Fukushi-kakari*, between Feb 14<sup>th</sup> (Thu) ~28<sup>th</sup> (Thu) from 8:30AM ~ 5PM on weekdays *Kourei Fukushi Kaigo Ka, Kourei Fukushi-kakari*, ☎Ext. 177

### OKONOMI KOUZA CLASSES for Beginners

Class Name	Date & Time	Capacity
<i>Minyou</i> (folk dance)	Every Tuesday 12:30PM ~ 4PM	20
<i>Igo</i> (board game)	Every Friday 10AM ~ NOON	25
<i>Shougi</i> (board game)	Every Friday 1PM ~ 4:30PM	20
<i>Kadou</i> (flower arrangement)	Every 1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 9:15AM ~ NOON **Only December for 1 <sup>st</sup> & 4 <sup>th</sup> Thursday	25

### Volunteer Class for Beginners

Class Name	Date & Time	Capacity
<i>Hyakunin Isshu</i> (traditional Japanese cards of 100 poems)	Every 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesday 10AM ~12:15PM	15
Paper Cutout Art	Every 2 <sup>nd</sup> and 4 <sup>th</sup> Wednesday 9:30AM ~ 11:30AM **2 <sup>nd</sup> and 3 <sup>rd</sup> Wednesday only for December	20
Chalk Art	Every 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday 1PM ~ 4PM	9
<i>Sado</i> (Tea Ceremony)	Every 2 <sup>nd</sup> Monday 1PM ~ 4PM ** 3 <sup>rd</sup> Monday for April **Every 1 <sup>st</sup> Monday for July ~ October **2 <sup>nd</sup> Tuesday for January	8
<i>Shigin</i> (recitation of Chinese poem)	Every 1 <sup>st</sup> , 3 <sup>rd</sup> and 4 <sup>th</sup> Thursday 1PM ~ 4:30PM	9

\* These classes listed above are for beginners, taught by volunteer staff.



2月は燃やせるごみ分別強化月間

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

Hamura City designates February, May and September as "Accurate Waste Separation Promotional Month." The city has conducted the content analysis of local burnable waste from city, in which was found out that, there were 9.53% of recyclable resources mixed in 200kg of randomly collected burnable waste seen in 2018. More awareness in regards to conserving our valuable resources is needed. Paper and plastic products mixed into burnable waste 4.77% of the 200kg is almost the same result with last year 2017 5.00% Decreasing burnable garbage will be very important and an effective tactic. Less burnable waste being processed results in less city budget spent, and the more recyclable resources collected the more recycle profit gained for the city. Let's separate our garbage more carefully into waste and recyclable resources.

**< Exhibit >**

Details of Separation and Decreasing of Waste will be exhibited in City Hall

Date: Feb 1<sup>st</sup> (Fri)~15<sup>th</sup> (Fri) 8:30AM~5PM (the last day till 4PM)

Place: City Hall 1F Citizen Hall

Inquiry: *Seikatsu Kankyou-ka* ☎Ext.204

\* Copies of Hamura City Trash Recycling Manual in English, Spanish, Tagalog, Chinese, Korean or Portuguese, are available at city hall 2<sup>nd</sup> floor counter#7.

We would like to extend our gratitude and ask for further cooperation.

生ごみ堆肥化講習会

**< Garbage Composing Training Session >**

Using Cardboard to make "Compost" which is container to make garbage composing and help to decrease garbage for getting better living surroundings. If you are interested, welcome to participate this session.

Date and Time: Feb 23<sup>rd</sup> (Sat) 10AM~11:30AM

Place: *Kenshushitsu* 1 on the 2<sup>nd</sup> Floor of Community Center

Capacity: First 20

Eligibility: Hamura Residents or Workers.

\*\* You may bring back Cardboard Compost after training session.

Apply: Please call or come to *Seikatsu Kankyou-ka* ☎Ext. between Feb 1<sup>st</sup> (Fri) to Feb 21<sup>st</sup> (Thu), 2019.

Inquiry: *Seikatsu Kankyou-ka* ☎Ext.204



ちょこっと共済

**< Traffic Casualty Mutual Insurance "Chokotto Kyouzai" >**

This low-cost mutual insurance program is operated by the partnership of municipalities in Tokyo prefecture. The insurance covers costs which are incurred in the event such as a traffic accident. It is funded by pooling the premium deposits contributed from the member residents of those municipalities.

The application for FY2019 insurance term (April 1<sup>st</sup>, 2019~March 31<sup>st</sup> 2020) will start from February 1<sup>st</sup> (Fri) to March 29<sup>th</sup> (Fri), 2019.

If application procedures are made after April 1<sup>st</sup>, the date of effect will be the next date after acceptance.

To know more about policy details and enrollment procedure, please contact *Bousai Anzen-ka Bouhan Koutsuu-kakari* For information on the special allowance of premiums, please contact *Shougai Fukushi-ka Shougai Fukushi-kakari* ☎Ext.173 or *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* ☎Ext.177.

\**Chokotto Kyouzai* (ちょこっと共済) brochure will be distributed to your home soon. (in Japanese)

Enrollment Application: Accepted at following locations starting from February 1<sup>st</sup> (Fri) to March 29<sup>th</sup> (Fri)

Weekdays ·City Hall *Bousai Anzen-ka Bouhan Koutsuu-Kakari*- 8:30AM ~ 5:15PM,  
and *Nishitama JA Branch Office* - 9AM ~ 5PM

·City Hall Branch Offices - 9AM ~ 1PM

·Financial institutions in *Hamura City* - for office hours please contact the entity directly.

Weekend (Sundays) Mar. 3<sup>rd</sup> 9AM~ Noon, 1PM~5PM at *Chokotto Kyousai* Service Counter in city hall (By window of Kaikei-Ka)

You may be eligible to receive partial assistance with premiums if you are a citizen who is 65 years or older hold disability certificates. To know more about policy details and enrollment procedure, please contact ☎Ext.173

ソーラードライヤー工作講座

### < "Solar Dryer" Workshop >

This is a class on how to make the dry vegetables, fruits and Rusk by Solar Dryer within short term. It will make food materials to be sweeter and delicious, the best preserved foods for emergency periods.

Date: February 16<sup>th</sup> (Sat), 1:30PM ~ 4PM Place: *Sousakushitsu* 1 on the 3<sup>rd</sup> floor of *Yutorogi* Center.

Capacity: first 15 at Elementary Student or older Fee: ¥1,000 for ingredients

Things to Bring: Bottle of drinking water and Pen

Application: Please send an e-mail to [econet.hamura@gmail.com](mailto:econet.hamura@gmail.com) Inquiries: *Kankyou Hozen Ka*, Ext. 227 no later than February 14<sup>th</sup> (Thu), 5PM.

\*Hamura City citizens and workers have preference over those from other municipalities.

にじいろフリーマーケット 出展者募集

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

You can apply for a booth at this flea market online. As long as you apply beforehand, you can haul your merchandise into your car and go directly to the site, selling items from your car.

Date: March 17<sup>th</sup> (Sun), 9AM ~ 12:30PM (If the weather is bad, event will be cancelled.)

Place: *Sangyo Fukushi Center* Eligibility: Hamura residents 20 years old or older with valid license

You can apply as a group or an individual, and must have a vehicle driver's license.

\*\*\*Items which will be sold must be household items in serviceable condition that are not sold for profit.\*\*\*

Electrical appliances, food, and pets will not be sold at this event.

Available Booths: 30 Booth size: 2.5x6m Fee: ¥500

Application Term: From February 12<sup>th</sup> (Tue), 9AM ~18<sup>th</sup> (Mon) 5PM

On the official site of the Hamura City Website, in Japanese, make access to: 羽村市公式サイト 生活環境課 フリーマーケット (青空市 にじいろフリーマーケット).( Hamura City Official Website: *Seikatsu Kankyo Ka* → Flea Market → Aozoraichi Nijihiro Market) Please read the guidelines and instructions carefully.

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



自然休暇村

### < Shizen Kyuukamura in Kiyosato Mountain Resort >

**Hamura Municipal Resort Lodging Facility** ☎0120-47-4017 or ☎0551-48-4017 from cell phone

*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 are available at reasonable prices.

For more details please visit the website (in Japanese) → <http://www.hamura-kyukason.jp/>

▶ Nearby stores in the *Kiyosato* area will held in Ice Candle Festival at *Nobeyama Kogen*.

Date: Feb 9<sup>th</sup> (Sat) 1:15PM~

Place: Veggieball.With (*Bejitoru.Uizu*) *Namakimura* rural cultural information exchange hall

Programs: Ice Candle Contest (Sign in 3PM~4PM), Campfire (4:30Pm~), Local elementary school Chorus (4:30PM~5PM), Free services for Sweet bean soup, Pork miso soup and Hot wine (4:45PM~), Bingo Game (5:30PM~6:20PM), Firework (6:30PM~6:55PM) and Awards ceremony of contest (6:55PM~7:10PM)

Inquiries: *Namakimura Shokokai* ☎0267-96-2134

▶ Facility Closure in February … February 13<sup>th</sup> (Wed), 14<sup>th</sup> (Thu)

▶ *Setsubun* (holiday for end of winter) Present : Feb 1<sup>st</sup> (Fri) ~ 3<sup>rd</sup> (Sun)

- ▶ Valentine Present ... Chocolate Present to male guest who in stays during February (but group is exclusion)
- ▶ Exhibition of Photo ... Memory Photos exhibition for 30 anniversary of *Shizen Kyuukamura*  
Date: Till January 11<sup>th</sup>, 2020

2月のテレビはむら

### < TV Hamura in February >

TV *Hamura's* 30-minute program is broadcasted daily on Tama Cable Network (digital channel 055).

New contents come on every Thursday. The daily program times are ①9AM~ ②5PM~ ③9PM~.

On Saturdays it is also broadcasted on digital ch.101 at ①1:30PM~ ②5PM~ ③9PM~.

Youtube is broadcasted in Hamura City official video channel.

This Month's Special Program: ~ **Talking about The Old Shimoda Residence** ~

The old shimoda Residence was just remodeled wharf roofing and back to the ancient view (170 years ago) miracle. It reminds us to think about the history and tradition of it.

Inquiries: *Kouhou Kouchou-ka Kouhou-kakari* ☎Ext.505

郷土博物館「ひな人形展」

**KYODO HAKUBTSUKAN (City Museum) ☎042-558-2561**



### < Hina-Ningyou Dolls Display for Girls' Day >

*Hina-Ningyou* are dolls traditionally displayed for Girls' Day, wishing for health and sound development of girls.

Japanese Girls' Day, *Hina Matsuri* or also called *Momo no Sekku*, is March 3<sup>rd</sup> annually.

Date & Time: February 9<sup>th</sup>(Sat) ~ March 10<sup>th</sup>(Sun), 9AM ~ 5PM (Until 4PM at the Old *Shimoda* Residence)

Closed Monday Fee: Free \* The event will be open on the holiday February 11<sup>th</sup> (Mon, Holiday).

Place: Set-Up area for dolls, *Gakushuu-shitsu*, Orientation Hall, Old *Shimoda* Residence

忘れていませんか？お子さんの予防接種

### < Do Not Forget Your Child's Immunization >

There is limited time period to get these immunizations covered by full public subsidy. Please make sure to get it done in time, otherwise, parents will need to pay the vaccination fee in full.

Appointment is generally necessary for these vaccinations.

#### ❖Various Types of Vaccinations That Can Be Received At the Health Center/Eligibility❖

##### Hepatitis B B型肝炎

The day before their 1<sup>st</sup> birthday

##### Hib Vaccine ヒブ ワクチン

2 months old ~ the day before their 5<sup>th</sup> birthday

##### Pediatric Pneumococcal Vaccine 小児用肺炎球菌ワクチン

2 months old ~ the day before their 5<sup>th</sup> birthday

##### DTPP Combination Vaccine 四種混合

3 months old ~ the day before turning 7 years old and 6 months

##### Inactivated Polio Vaccine 不活化ポリオワクチン

3 months old ~ the day before turning 7 years and 6 months old

##### BCG

The day before turning 1 year old (average inoculation is at age 5~7 months)

##### Chicken Pox 水痘 (みずぼうそう)

The day before reaching 1 year old ~ the day before reaching 3 years

##### Measles and Rubella 麻疹風疹

1st term: The day before turning 1 year old ~ day before turning 2 years old

2nd term: 5-6 year olds, \* must be made within the year prior to the entry to elementary school.

(those born between April 2, 2012 ~ April 1, 2013)

##### Japanese Encephalitis Vaccine 日本脳炎

1<sup>st</sup> Term: 3 years old ~ day before turning 7 years and 6 months old

2<sup>nd</sup> Term: 9 years old ~ day before turning 13 years old

##### Diphtheria-Tetanus Vaccine (DT) 二種混合



The day before turning 11 years old ~ the day before turning 13 years old

**Notice:**

- ※Measles and Rubella 2nd term shots: Full subsidy coverage is available until March 30<sup>th</sup> (Sat).
- ※Full subsidy coverage for Japanese Encephalitis Vaccine offered to those who were born between February 1<sup>st</sup>, 1999 and April 1<sup>st</sup>, 2007, until one day before their 20<sup>th</sup> birthdate.  
For those born between April 2<sup>nd</sup>, 2007 ~ October 1<sup>st</sup>, 2009, it is available between their 9<sup>th</sup> and day before 13<sup>th</sup> birthday for both terms.
- ※The number of doses for Hib-Vaccine and Pneumococcal Vaccine for Children differ depending on when the child was administered their first shot.
- ※If your child was not administered the Inactivated Polio Vaccine and DPT before, you must take the DTPP Combination Vaccine. If shot records show inoculation for either one of these, it may require that you receive a different type of vaccine.
- ※There are different immunization schedules for each type of vaccine.
- ※Please make an appointment directly to the medical facility at the earliest opportunity, as demand for the appointment at medical facility goes higher towards the end of fiscal year (March).
- ※If you have lost or don't have the questionnaire sheet (*yoshinhyou*) due to moving into *Hamura*, please bring *Boshi Kenkou Techou* (Maternal and Child Health Handbook) to the Hoken Center for the new sheet.

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

転倒予防・体力向上教室

< **Exercise Class for Fall Prevention & Improving Physical Fitness** >

Wouldn't you love to stay healthy and fit even when you are old? In this class we introduce various exercises which are effective at preventing falls & improving your stamina. Please join us!

Date & Time: Wednesday of March 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, & 27<sup>th</sup> (total 4 lessons) 9:30AM ~ 11:30AM

Place: Fukushi Center 1F Large Conference Room    Eligibility: Age 65 years or older    Capacity: First 30

Fee: Free    Items to bring: Towel, Drink, Exercise outfit and shoes    Please make appointment in advance.

Application/Inquiry: *Kourei Fukushi Kaigoka Ka, Kourei Fukushi Kakari* ☎Ext.178 (closed weekends /holidays) 8:30AM~5PM

家族介護交流会 (1.15 繰り送り)

~ **Get-together event for family members of dementia patient** ~

Participants can learn and talk about how to take care of family members in need of special care for dementia symptoms. Join to share your questions/tips with other care takers. They will talk about how to deal with the elder when they show symptoms, or how some have been qualified for nursing care certification.

Date & Time: February 13<sup>th</sup> (Wed), 1:30PM~3PM (Sign in from 1:20PM~)

Place: Community Center 2<sup>nd</sup> floor *Dai 1 kenshushitsu*

Eligibility: *Hamura* residents who are taking care of elderly family members

Capacity: First 10 people    Fee: Free

Application & Inquiry: Please reserve at *Chiiki Houkatsu Shien* Center Asahi (☎042-555-8815) in advance for the above. 8:30AM ~ 5PM on weekdays: Closed on Weekends and Holidays.

杏林大学共催

運動健康増進プログラム「体力チェックと運動講座」(1.15 繰り越し)

< **Exercise Promotion ~ "Physical Fitness Check and Exercise Course"** >

Execute physical fitness measurements, explain results and advise helpful exercises.

Date: February 9<sup>th</sup> (Sat), ①Morning Course - 10AM ~ NOON, ②Afternoon Course - 2PM~4PM

Place: Sports Center Conference Room on 2<sup>nd</sup> floor and The 3<sup>rd</sup> Hall

Eligibility: *Hamura* Resident age is from 20 to 79 till April 1<sup>st</sup>, 2019 (Physical Fitness Check needs to be apart 6 months from previous checking.)

Capacity: first 20 for each course    Fee: free

Things to Bring: Easy to move wears , water bottle for hydration and towel

Details: \* Physical Fitness Measurement – Health check, Measure blood pressure, Grip strength, Body composition, Sitting up, and Knee extension muscle strength.



\*Lecture about how to see the results correctly.

\*Lecture about how to improve physical strength and muscle strength by demonstration

Lecturer: Professors from *Kyourin University*

Application/Inquiry: Please call or come to the Hoken Center till February 8<sup>th</sup> (Fri) within 8:30AM ~ 5PM.  
Hoken Center, ☎042-555-1111 Ext.626

口腔機能向上体操講座～いつまでもおいしく食べよう (1.15 繰り越し)

**< Oral function improvement excises class ~ Eating deliciously forever >**

Learning how to improve Oral function exercises and strengthen chewing and swallowing power!

Date: February 28<sup>th</sup> (Thu) 2PM~4PM

Place: Yotorogi 2F Lecture Room (*Kozashitsu*)

Eligibility: Above 65 years old

Capacity: first 30

Things to Bring: Towel, water bottle for hydration, exercise wears and shoes(outdoors)

Details: Talking about preventing mouth aging and mouth exercise.

Application/Inquiry: Please call or come to the Korei Fukushi Kaigo Ka Korei Fukushi Kakari ☎042-555-1111 Ext.178



**HAMURA ZOO ☎042-579-4041**



**< Hamura Zoo stars Twitter >**

Hamura Zoo stars Twitter, please sign in and follow!

節分・豆まき

**< Mamemaki (Traditional Bean Throwing) Event >**

Bean throwing is a fun tradition to bring good luck enjoyed in Japan. The bean thrower will say  
"Oni wa soto, Fuku wa uchi" (The demon outside, and the fortune inside!)

Date: February 3<sup>rd</sup> (Sun) 12:30PM ~ until beans run out

Place: In the front of Money Mountain. Please refer to the official website for details.

Capacity: first 30 Fee: free (Zoo entrance fee is required)

**< Close days in February >**

Feb 4<sup>th</sup> (Mon), 18<sup>th</sup> (Mon) and 25<sup>th</sup> (Mon) but open in 11<sup>th</sup> (Mon, Holiday)

都営住宅入居者募集

**< Tokyo Metropolitan Public Housing (Toei Juutaku) > Application Information**

These public housings are managed by the metropolitan government in purpose of providing affordable housings for low-income earners and residents having housing problems. There are applicant eligibility requirements such as income level, resident registration history, etc. For more information, please see the brochure (in Japanese only) or inquire by phone.

Household types for the following; (determination of eligibility using the point method)

①single-parent household, ②household of only elderly persons, ③persons with disability,  
④family with many children, ⑤household with especially low income, ⑥wheelchair user

Household types for the following; (single person or 2 person household who are elderly)

①single person, person using wheelchair who is single, elderly couple or single person (Silver Pier)

②Similar housings with conditions requiring agreement by lessee (special circumstances in apartment history)

Application: The application must be mailed to and received by the office on or before February 18<sup>th</sup>(Mon).

The application brochures of the current application term will be available from February 4<sup>st</sup> (Mon) to 13<sup>th</sup> (Wed) at city hall Main Reception, *Toshi Keikaku-ka* in city hall 2<sup>nd</sup> floor (8:30AM~5PM), at city hall branch offices (9AM~1PM weekdays only, closed weekends), and at city hall Main Reception on the weekend.

Please refer to the brochure for the application details.



Also available at JKK Tokyo Website [http://www.to-kousya.or.jp/toeibosyu/teiki\\_2.html](http://www.to-kousya.or.jp/toeibosyu/teiki_2.html) (in Japanese)  
Inquiries: *Tokyo Juutaku Kyoukyuu Kousha Boshuu* Center (JKK Tokyo Application Center)  
February 4<sup>th</sup> (Mon) ~ February 18<sup>th</sup>(Mon) ☎0570-010-810 / Other Times ☎03-3498-8894 Office is closed on weekends

ミドル。シニア再就職支援セミナー

### < Job Fair for Middle Aged and Older People in Hamura >

This event welcomes those who are seeking job opportunities in *Hamura* City or neighboring areas. A seminar about techniques useful in job interviews will be held, and advice on how to prepare resume can be obtained.

Date & Time: February 25<sup>th</sup> (Fri) 10AM ~ Noon (Reception is open until 9:40AM.)

Place: *Sangyou Fukushi* Center in *Hamura* City, Meeting Room on 2<sup>nd</sup> Floor

Eligibility: Those who are looking for Job opportunities (approximately age 45 or older)

Capacity: First 30 applicants Fee: Free

Inquiries/Application: Please reserve at Hello Work Ōme in advance ☎0428-24-9163.

(The office is open on weekdays, excluding holidays from 8:30AM ~ 5PM.)

平成 30 年度分所得税・消費税確定申告相談会

### < Tax Consultation for Business Owners >

Free tax return consultation regarding income tax and consumption tax provided for local business owners.

Date: Income Tax Consultation... February 18<sup>th</sup>(Mon) ~ March 15<sup>th</sup>(Fri) weekdays only.

Consumption Tax Consultation... March 18<sup>th</sup> (Mon) and 19<sup>th</sup> (Tue)

Time & Place: 9AM ~ 11:30AM / 1PM~4PM, at *Hamura-shi Shoukou Kaikan* 2<sup>nd</sup> floor *Kenshoo-shitsu*

Items to Bring: Relevant documents sent from the taxation office in regards to the businesses during 2018, tax return record and financial statements of 2017, certificates for tax deductions, *Inkan* (name seal).

Inquiries that cannot be answered: Capital Gains Subject to Aggregate Taxation (*Jouto Shotoku*), agriculture, inheritance tax / donation (gift) tax, first application for the Tax Deduction For Housing Loans.

Application: Call in advance to *Hamura-shi Shoukoukai* ☎042-555-6211



国民年金保険料は口座振替・前納がお得

### < Rate Reduction Applied for National Pension Premium Advance Lump-Sum Payment >

When paying the National Pension premiums in advance in lump-sum of 6 months, 12 months or 24 months by bank transfer, a reduced rate is applied. If you wish to register for the automated lump-sum bank transfer payment, please do so by the end of February or August according to your desired payment type. (There is a method to pay by cash or credit card. Please ask for details.)

This registration need not be renewed yearly. It will be automatically continued in every following year.

- April~March 12 or 24 months lump-sum advance payment (paid in April) → Register by end of February
- April~September 6months lump-sum advance payment (paid in April) → Register by end of February
- October~March 6months lump-sum advance payment (paid in October) → Register by end of August

Place and items to bring for registration: Please take a procedure at a financial institution of your banking account. Bring your bank book, *Inkan* registered to the account, *Nenkin Techou* or proof of national pension certification number, and registration form which is available at the pension office and financial institutions.

\*Lump-sum advance payment can also be made with cash. Reduction rate is lower than that for bank transfer.

Inquiry: Ōme *Nenkin Jimusho* (Pension Office) ☎0428-30-3410



**FRESHLAND NISHITAMA** ☎042-570-2626

### < Exhibition of Girls' Day Decoration > お雛様展示

Exhibition of beautiful paper-made artistic decorations created for the occasion of *Hina Matsuri*, the Girls' Day.

Provided by the members of *Kamiwaza* Club Date: February 5<sup>th</sup> (Tue) ~ March 3<sup>rd</sup> (Sun)

< **Japanese Calligraphy Contest for *Hina Matsuri* (Girls' Day Festival)** > ひなまつり習字大会

Given Calligraphy Word: ひな祭り (read as *Hina Matsuri*)    Eligibility: Elementary School Students or under  
How to Apply: Write calligraphy art of the given word on calligraphy on hanshi paper written vertically from top to bottom. Also fill in your name, grade, and city, then bring it to Freshland *Nishitama* between February 13<sup>th</sup> (Wed) ~ March 7<sup>th</sup> (Thu).

\*2<sup>nd</sup> graders or under are allowed to use "Fudepen" (ready-inked brush pen).

Prizes: There will be Gold, Silver, and Bronze winners from each category. Commendation certificates and prize gifts will be given.    Categories – ①Preschoolers, ②1<sup>st</sup> & 2<sup>nd</sup> Graders, ③3<sup>rd</sup> & 4<sup>th</sup> Graders, ④5<sup>th</sup> & 6<sup>th</sup> Graders

Display: All calligraphies works displayed at Freshland *Nishitama* from Feb. 26<sup>th</sup> (Tue) to March 17<sup>th</sup> (Sun).

**MAIN LIBRARY ☎042-554-2280 (Close Monday)**

< Close Day > February 15<sup>th</sup> (Fri) for sorting out

児童手当。児童育成手当（10～1月分）を支給

**Child Allowance and Child Raising Allowance Recipients** – February is the month in which payment for October to January is made by bank transfer to those applicable citizens' designated bank accounts.

Date of payment is scheduled for the 14<sup>th</sup> (Thu). Inquiries should be made to *Kosodate Shien Ka* ☎236

ブレママサロン（母親学級）

< **Childbirth Preparation Class for Mothers** >

This is a class about pregnancy, giving birth, and after childbirth.

Date & Program: Day1... March 7<sup>th</sup> (Thu) - Lecture by a midwife,

Day2... March 14<sup>th</sup> (Thu) - Lecture by OB/GYN doctor and Dietician

Day3... March 28<sup>th</sup> (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 ☎Ext.693



おしゃべり場 生活のリズムと時間の使い方

**CHATTING PLACE for PARENTS**

This month's topic is "Usage of life rhythm and time". 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: East Children Center- Feb. 12<sup>th</sup>(Tue)

Time: 10:30AM~11:30AM for all dates

West Children Center - Feb. 15<sup>th</sup>(Fri)

Inquiries:

Central Children Center - Feb. 21<sup>st</sup>(Thu)

*Kodomo Katei Shien Center*☎042-578-2882

中央児童館 手作り教室

「ドライカレーをつってみよう！」

**Central Children Center ☎042-554-4552**

< **Let us learn to make Dry Curry** >

Date & Time: Feb 16<sup>th</sup> (Sat) 10AM~11:30AM (Sign in: 9:50AM)

Eligibility: Elementary School Students to 18 years old

Capacity: First 20



Admission: ¥90 (Materials fee)

Things to Bring: Indoors shoes, Apron, Triangle bandage, Hand Towel, Mask, Water Bottle (Tea) and Admission Fee

Apply and Inquiries: Call or come to Central Children Center directly from Feb. 2<sup>nd</sup> (Sat) ~ 14<sup>th</sup> (Thu)

親子であそぼ! (1.15 繰り越し)

こどもまつり [おもしろそ〜ワールド]



### <Children Festival ~Fun World>

Children may enjoy various games ~ Yo-Yo, Shooting, Pinball, Traditional – scooping anything (*Nandemosukui*) and food corner passport (needs fee).

Date: February 3<sup>rd</sup> (Sun), 10AM ~ 2PM \*Only Food Corner 11AM~2PM

Place: West Children Center

Fee: ¥100 for a special passport (limited to first 100 Hamura City Citizens). Please purchase till Feb 1(Fri) 9AM~4:30PM at any West Children Center. Some passports will be sold on the event day.

On February 3<sup>rd</sup> (Sat), a day before the event, the center will close at noon for event preparation.

こぐまひろば

### **KOGUMA HIROBA (CUB SPACE) at Children Centers**

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



Place&Date: East Children Center – Feb. 5<sup>th</sup> (Tue)

Time: 10:30AM~11:10AM for all dates

Central Children Center – Feb. 7<sup>th</sup> (Thu)

Inquiries: Please call each child center for details.

West Children Center – Feb. 20<sup>th</sup> (Wed)

Admission: free \*No reservation needed.

Eligibility: Under 2 Years Old children and parents

(Contents are for 9 months old to under 2 Years old)

あそびのポケット

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

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

Eligibility: Children from 2 years old to preschool age, and their parents. Time: 11AM ~ 11:40AM

Place & Date: East Children Center – Feb. 19<sup>th</sup> (Tue), Central Children Center – Feb. 28<sup>th</sup> (Thu)

Admission: free \*No reservation needed.

わんわん広場

### < Wan Wan Hiroba >

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

Place: East Children Center ☎042-570-7751 Date: February 26<sup>th</sup> (Tue), 10:30AM ~11:10AM

Eligibility: Under 9 month old toddlers and parents Fee: free No reservation needed!!

貯水槽水道の清掃。点検をお願いします

### < Maintenance of Water Tank >

Schools, hospitals and other multistoried buildings are equipped with water tanks. *Hamura* City is responsible of the water quality until the water enters the tank of a private building. Once water is in the tank, the quality management and responsibility of water is on the building owner.

Building owners, please do not neglect the required maintenance works for keeping the safe condition of the system – periodical water quality check, cleaning and checking the inside of tank as well as the surrounding devices every year, etc.

Inquiries: *Suidou Jimusho* (Waterworks Office) ☎042-554-2269



2月前半の休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3 <sup>rd</sup> (Sun)	<i>Futaba Clinic</i>	☎042-570-1588	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Usui Shika Iin</i>	☎042-579-1199
10 <sup>th</sup> (Sun)	<i>Yanagida Iin</i>	☎042-555-1800	<i>Fussa-shi Hoken Center</i>	☎042-552-0099	<i>Uno Shika Iin</i>	☎042-555-8241
11 <sup>th</sup> (Mon, Holiday)	<i>Matsuda Iin</i>	☎042-554-0358	<i>Nanohana Clinic (Mizuho-machi)</i>	☎042-557-7995	<i>Okikura Shika</i>	☎042-555-4331

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



**PUBLIC CONSULTATIONS Schedule of FEBRUARY**

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠*	Please make appointment in advance.		Spanish and English interpretation service is available by appointment for Foreign Residents Consultation only. ◆ <i>Shimin Soudan-shitsu</i> city hall ext.541
Public Administration and Human Rights	21 <sup>st</sup> (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.

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))

Date of Testing	Weather	Elevation at which testing was conducted		
		5cm	50cm	1m
Jan 9 <sup>th</sup> (Wed)	Sunny	0.058	0.058	0.060

Inquiries: *Kankyou Hozen Ka* ☎Ext 226

羽村市水道水の放射性物質測定結果

**Radiation Level Analysis of Tap Water of Hamura City** 羽村市水道水の放射性物質測定結果

Date the Water Sample was Gained	Testing Items(unit: Becquerel per kilogram)	
	radioactive cesium 134	radioactive cesium 137
Jan 15 <sup>th</sup> (Tue) 3:10PM	Not detected (Below 0.1)	Not detected (Below 0.2)
Target value	10	

The target value is figures specified by the government at which findings should be lower than (the sum of the level detected for cesium 134 and cesium 137). Waterworks Office ☎042-554-2269