



HAMURA NEWS

HAMURIN Hamura City Mascot

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

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COMMUNITY

羽村市内における「火災による死者ゼロ 5000 日」達成

<HAMURA CITY ACHIEVED ZERO DEAD IN FIRE WITHIN 5000 DAYS>

As a result of daily efforts by the citizens of *Hamura City* and related organizations to prevent fires, the *Hamura City Fire Brigade* achieved "Zero Dead in Fire within 5000 days". City was awarded by the Tokyo Fire Department in July 17th, 2020.

We will continue to work together to ensure the safety and security of *Hamura City*.

消防団の活動内容

Activities of Fire Brigade:

When dispatched: Ensure local safety and carry out activities in fire, wind, flood damage and an earthquake.

Normal time: Equipment inspection, fire prevention publicity and fire drill operation training.

Residents Guidance: Fire extinguisher, fire hydrant and the first aid are provided.

市民の協力と消防署、消防団の活動の成果

Citizen's cooperation and results of fire department and fire brigade activities

To achieve "Zero Dead in Fire within 5000 days", it is result of successive firefighter members, neighborhood association voluntary disaster prevention organizations, and citizens respond to prevention. Highly appreciated for great cooperation and understandings of *Hamura* Citizens and related organizations.

羽村市消防団から安全、安心、火災予防のお願い

Request from *Hamura City* Fire Department for Safety, Security and Fire Prevention

The members are working to protect *Hamura*, who are sincerely loving hometown and doing the best efforts to make it safety, security. We would like to ask everyone to cooperate fire prevention as following ~

- The number one cause of fire is the mistreatment of cigarettes, please be careful for it.
- Do not put any flammable items around your house.
- Please prepare for the wind, flood damages and earthquake in advance.

Inquiry: *Bosai Anzen Ka Bosai. Kiki Kanri Kakari* ☎Ext.207

健康

HEALTH

< **Group Health Check Up (Shudan Tokutei Kenshin)** >

A Sunday check-up for those that previously received the voucher for health check-up, yet were not able to use it will be held.

Date: The 1st time: October 18th (Sun) 9AM ~ 4PM, the 2nd time: November 15th (Sun) 9AM ~ Noon

Place: *Hoken Center*

Eligibility:

① Health Check Up

If applicable to the following:

1. You received the check-up voucher from *Hamura City*, and you are National Health Insurance member
2. If you are age 40~74
3. If you have not yet had the check-up yet
※ You may not participate if you are pregnant.

② Colorectal Cancer Screening – If you are over 40 and eligibility to take Health Check Up, also wish to take Colorectal Cancer Screening.

Capacity: ① 200 persons (100 persons for each day) ② 140 persons (70 persons for each day)

Term for Applying: The 1st time: Aug 17th (Mon) ~ Sep 14th (Mon), the 2nd Time: Aug 17th (Mon) ~ Oct. 12th (Mon)

How to Apply: Please apply via website or post mail and fill in Name (*Furigana*), Address, Birthday, Age, Request check up date, Telephone number and if you also want to do Colorectal Cancer Screening or not to *Kenko Ka* (inside *Hoken Center*) ☎ Ext 622~626

Post Mail to: 〒205-0003 5-5-2 *Midorigaoka, Hamura City*

Hamura City Hoken Center

Group Check Up (*Shudan Tokutei Kenshin*) *Tanto*

Inquiries: *Kenko Ka* (inside of *Hoken Center*) ☎ Ext 622~626

[30歳、35歳健康診査]を日曜日に実施します!

AGE 30, 35 HEALTH CHECKUPS at Sunday

A checkup report of age 30 and 35 Health Checkups will help you gain knowledge of the current condition of your health, and will provide insight for maintaining your health in the future. It is important to take your annual medical check-ups in order to detect minor irregularities, and also you can take lifestyle diseases preventive measures if you had been diagnosed as having the tendency.

This medical examination program is carried out by medical insurance, and is free of charge.

Date: October 18th (Sun) 9AM~4PM

Capacity: First 50

Eligibility:

- ① *Hamura City Residents* are Age 30 or 35 who was born Apr 2nd, 1990 ~ Apr 1st, 1991 and Apr 2nd, 1985 to Apr 1st, 1986.
- ② Unable to have any others health checkup opportunity.
*** Pregnant woman is exclusion.

Please bring Health Checkup coupon issued by *Honken Center* to specified medical facilities.

How to Apply: Within Aug 17th (Fri) ~ Sep 14th (Tue), please fill in application form with Address, Name (*Furigana*), Birthday, Age and Telephone Number and mail to *Hoken Center*
** You may download application form from official website.

Mail to: 〒205-0003 5-5-2 *Midorigaoka, Hamura City*

** You may also apply by Electronic application via website.

Inquiry: Kenko Ka (inside of Hoken Center) ☎042-555-1111 ☎Ext.623

Common Matters of both Group Check Up:

- Unable to dominate time for check up, notice will be sent out two weeks in advance of check day and time. Check up is taken about one hour.
- The check up contents are the same with city medical facilities.
- From this year, if applicants are not full of capacity number, it will not continue to accept after deadline day.

健康なんでも相談

<Consult about anything of Health>

Consultation regarding physical and mental health will be provided, if you are worried about the result of special check up, welcome to consult.

Day and Time: Every Tuesday and Thursday 1:30PM~3PM (exclude holidays)

Location: Hoken Center

Counselor: Public health specialist and registered nutritionist.

** Please come to Hoken Center directly

Inquiry: Kenko Ka (inside of Hoken Center) ☎ Ext 625

健康手帳の活用を

<KENKO TECHOU> - A free booklet offered by Hoken Center for persons 40 and over is available at the City Hall 1F. This Health Booklet is called *Kenko Techou*, and has pages on which you can record your medical history.

Distribution Locations: Hoken Center and Hamura City Hall 1F *Shimin Ka Hoken Kakari*

Inquiry: Kenko Ka (inside of Hoken Center), ☎ Ext 626

カラダ塾「新しい生活様式」に合った体重コントロール法

<Body Weight Control Method that suits "New Lifestyle">

"Body Cram School" will help you to learn about exercises and meals to create healthy body. The tips of body weight control that suit our new lifestyle will be introduced.

Date and Time: Sep 15th (Tue) 10AM~11:30PM

Location: Hoken Center

Eligibility: Hamura Residents

Capacity: First 12

Things to Bring: Writing instruments and Masks

Contents: Health course, Introduction of exercises at home, points of menu for weight control, cooking demonstration by registered nutritionist (no tasting), and individual consultation if you request.

Counselor: Public health specialist and registered nutritionist.

How to apply: Starting from August 17th (Mon), please call to *Kenko Ka* (inside of *Hoken Center*) ☎Ext 625

お子さんのこころの相談とことばの相談を受け付けています

<Consolation of child's mental and language>

Since the prevention of COVID-19 spreading countermeasures, some consolation such as "Chotto Hiroba" was stopped in children centers but it is still possible to consulate in *Hoken Center*.

- ① Mental consultation (clinical psychologist) ~ regarding children development, such as restless, not able to concentrate, not able to play with friends and temper tantrums. Please feel free to contact.
- ② Speaking consolation ~ regarding children pronunciation is not clear, repeat words when start speaking and so on.

Date: August 31st (Mon) and September 11th (Fri)

Location: *Hoken Center*

Time: Monday ~ Friday (exclude holiday) 8:30AM~5PM (appointment is required)

Eligibility: ① Age 0 to under 18 years old ② Mainly preschool children

Consultation Methods: ① By phone and interview consultation ② Interview consultation

Inquiry: *Kosodate Sodan Ka, Boshi Hoken.Sodan Kakari* ☎Ext 694

講座

COURSE

生ごみ堆肥化講習会

< Composting Food Waste Using a Cardboard Box: Composter Tester (Monitor) Wanted >

By composting food wastes, the total burnable waste can be reduced, and can be changed into a useful resource by recycling. *Hamura City* promotes food waste reduction, and is looking for people who want to participate in the class and become a composter tester (monitor) for recycling food waste using a composter made of card board boxes. Fertilizers are made through microscopic organisms' decomposition of kitchen wastes inside this cardboard box with enriched soil. You must be a resident or a worker to apply.

Day/Time: Schedule August 29th (Sat) 10AM~11:30AM

Location: Community Center *Daiichi Kenshuu Shitsu* (2F)

Eligibility: *Hamura City* residents/worker Capacity: First 10

- Please cooperative to submit questionnaire
- If you become a composter tester, (monitor), your composter made during the course can be taken home. (about the standard sized *mikan* box)
- Please wear mask

Application/Inquiry: Within Aug 17th (Mon) ~ 26th (Wed) Call or come to *Seikatsu Kankyou Ka* ☎ Ext.204 on the 2nd floor of city hall

家族介護交流会

<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.

Date & Time: Sep 12th (Sat), 10AM~11:30AM Location: *Yotorogi Kozashitsu 2*

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

Capacity: First 10 people Fee: Free

Application & Inquiry: Within Aug 17th (Mon) ~ Sep 10th (Thu), please call or come to *Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari* (☎Ext.456) in advance for the above. 9AM ~ 5PM on weekdays: Closed on Weekends and Holidays.

市が主催する事業などの中止

EVENTS CANCELLATION NOTICE

Since prevention of COVID-19 spreading, some events will be cancelled. Your understandings and cooperation will be highly appreciated.

Event	Scheduled Date		Inquiries
フッ素イオン導入 Fluoride Ion Treatment	September	Cancelled	<i>Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari</i> (inside of Hoken Center ☎Ext 697

オリパラ通信42 バドミントン、馬術

< TOKYO OLYMPICS BADMINTON and EQUESTRIAN >

● **Badminton:**

The shuttle is a hemispherical cork with 16 waterfowl feathers and weighs very lightly at about 5 g. It receives a lot of air resistance to change the speed, such as wind and temperature. The flight distance may change due to factors such as humidity and humidity. For this reason, the initial speed during smash exceeds 300 km/h, but on the other hand, the shuttle speed drops in a moment in net called hairpin. In addition to this difference in speed, various changes are created depending on how the racket is gripped, how force is applied, and how the angle is set, so you can see and enjoy a variety of plays and shots.

● **Equestrian:**

Athletes from a wide range of ages are playing active roles in the only Olympic competition where men and women compete under the same conditions. Since the competition is a pair of athlete and horse, so the ability of horse as well as athlete is important.

<Dressage> ~ Compete for accuracy and beauty of performances such as stepping. You may see the dynamism as if the horse itself is enjoying the dance and also enjoy the unique atmosphere of elegance from tailcoats and top hats worn by athletes.

<Obstacle Equestrian> ~ Jumping over obstacles of various shapes installed in competition venue, in predetermined order to running, no stopping, escaping sideways, or dropping obstacles. Athletes are required to finish within limit time to goal. The most attractive view is the jumping combines humans and horses.

<Comprehensive Equestrian> ~ In addition to Dressage and Obstacle Equestrian, the third cross country event is a combination of the same horse for 3 days. The key to win is whether athlete can maximize the power of horse in all three different characteristics competitions and good in keeping horse's power remaining good status during 3 days.

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

CHILDREN

子育て応援ニュース

< CHILDCARE SUPPORT NEWS: >

Central Child Center	☎042-554-4552
West Child Center	☎042-554-7578
East Child Center	☎042-554-7751



Common subject matter of all activities:

- Time: All activities are from 10AM~ (about 20 minutes)
- Capacity: First 5 groups

わんわんひろば

< Wan Wan (Bow Wow) Hiroba >

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

Place: Central Children Center ☎042-554-4552 Date: September 10th (Thu)

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

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!

Eligibility: Parents and Children 9 months ~ 2 years old. Sessions are free

Place & Date:

Date	Place
Sep 3 th (Thu)	Central Child Center
Sep 15 th (Tue)	East Child Center
Sep 16 th (Wed)	West Child Center

Inquiries: Please call each child center for details.

Admission: free *No reservation needed.

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.

Date and Place:

Date	Place
Sep 9 th (Wed)	West Child Center
Sep 24 th (Thu)	Central Child Center
Sep 29 th (Tue)	East Child Center

Admission: free *No reservation needed.

INFORMATIONS

「子どもの人権 110 番」強化週間

< Children's Human Rights Protection Campaign Week >

If you need professional help for troubled cases concerning children's human rights such as Child Abuse, bullying or any other act of human rights violation, please do not hesitate to give us a call!

Consultation Date & Time: Aug 28th (Fri) ~ Sep 3th (Thu), weekdays 8:30AM~7PM, weekends 10AM~5PM

Toll Free Dial for Phone Consultation: ☎0120-007-110

- Except Campaign Week, it is available for consultation weekend 8:30AM~5:15PM.

For other inquiries: Tokyo Houmu-kyoku Jinken Yougo-bu Dai-Ni ka ☎03-5213-1234 Ext.2514

(Tokyo Legal Affairs Bureau Human Rights Protection Department Second Section)

増田明美親子スポーツ教室

<Ms. Akemi Masuda's Parent and Child Sports Class>

Please participate as parents and children to enjoy the basics of running, physical fitness and build up healthy body class.

Date and Time: Sep 21st (Mon, Holiday) 1PM~3PM

Location: Sports Center 2nd Hall

Eligibility: Age 4~ 4 Grades of Elementary School Students and their parents.

Capacity: First 40 of parents and children

Things to Bring: Exercise Clothes, Towels, Drinks and Indoor sports shoes.

Lecturer: Ms. Akemi Masuda (Former Japan National Team of Olympics)

Sponsor: Ome Sato Foundation Co-sponsored by Hamura City Board of Education

Application and Inquiry: Starting from Aug 16th (Sun), please fax or the flyer QR code posted on website of Sato Foundation ☎090-5195-3030 Fax ☎0428-78-2351

8月30日(日)~9月5日(土) 防災週間

Disaster Prevention Week August 30th (Sun) ~ September 5th (Sat)

< September 1st is Disaster Awareness Day > 9月1日は防災の日です

The week of August 30th (Sun) ~ September 5th(Sat) is designated as Disaster Prevention Week. This is in commemoration of the Great Kanto Earthquake of 1923 that occurred on this day which caused great damage to the region 95 years ago on September 1st, and is designated as National "Disaster Awareness Day". Reiwa 2nd Year Tokyo Fire Department Disaster Prevention slogan "Let's participate in Disaster Preparedness Training"

- If you feel strong shaking outdoors, please be careful the high block wall collapse.
- Under the consciousness of "self-help" and "protect one's own life", let's actively participate in disaster prevention drills and improve disaster prevention action. When earthquake occurs, people will take appropriate actions.
- Share the awareness of "mutual assistance" and "protecting your own town by yourself", prepare for any emergency in the community.

Inquiry Fussa Fire Station Yobo Ka ☎042-552-0119

証明書のコンビニ交付一時停止します

< Certificate of Automated Registry Machine at convenience stores will be stopped temporarily >
August 28th (Fri) 5PM~11PM for convenience stores, there will be a routine electrical inspection for the automated registry system. Due to this, Some Certificates of the automated registry machine at convenience stores will not be provided.

Stop Services: Family Register and copy, and Usage of Origin Permanent address (*Honseki-Chi*)

** Resident Certificate, Inkan (Seal) Registry Certificate, Tax return documents certificate are available.

We apologize for any inconvenience, and ask for your understanding and cooperation regarding this matter.

Inquiry: *Shimi Ka, Uketsuke Kakari*, Ext. 133

児童扶養手当などの現況届の提出を忘れずに

NOTIFICATION OF CURRENT STATUS for VARIOUS CHILD-RAISING ALLOWANCES

Recipients of Child-Rearing Allowance (児童扶養手当), , Single-Parent Household Medical Support (ひとり親家庭医療費助成), and Special Child-Raising Allowance (特別児童扶養手当) are required to submit a Notification of Current Status (現況届) along with the required documents during the designated filing period. The application forms to be filled out were already mailed to the applicable households in July. Please do not delay to take the procedure. If submission is not made, the city cannot make assessment as to validity of child, and will affect the payment schedule for allowance or issuance process for medical cards. For procedure details and required documents, please inquire.

Inquiry / File to: *Kosodate Shien Ka Shien Kakari*, ☎Ext.236

新しい障受給者証を送付します

< Renewal of Certificate for Disabled Person >

The Disability Medical Support Recipient Certificate will be renewed on September 1st (Sun). Those who are applicable will receive the new certificate in late August by mail. Please return your old card which will be expired August 31st(Mon) to the *Shougai Fukushi Ka* at the City Hall. Also, if you have any changes to report, or if you have moved, etc. please contact them.

Medical Support System For Disabled Person 心身障害者医療費助成制度 is a subsidy for those who own a Physical Disability Certificate, Grade 1 or 2 身体障害者手帳 1 級、2 級 or Intellectual Disability Certificate 愛の手帳. Certain standards apply; please inquire.

Inquiry: *Shougai Fukushi Ka, Shougai Fukushi Kakari* ☎Ext. 173

CITIZEN'S COURSE 市民講座

「美術鑑賞のすすめ 自分なりの見方でアートを楽しもう！」

<"Recommendation for Art Appreciation: Enjoy art from your own perspective!">

After visiting the museum and learning art from curators, you may enjoy art appreciation freely and feel familiar with Art Works

Date and Time: Sep 22nd (Tue, Holiday) 10:30AM~12:30PM

Location: *Fuchu Art Museum* [1-3 *Asamacho, Fuchu City*] (Local gathering/dissolution)

Capacity: First 20

Fee: Free but need to pay Transportation and Museum entrance fee by you own.

Lecturer: Mr. *Toshifumi Takei* (Fuchu City Museum of Art Curator)

Things to Bring: Writing instrument

How to Apply: Please come or call *Yotorogi* ☎042-570-0707 to apply, starting from Aug 15th (Sat) ~ Sep 15th (Tue) for *Hamura* Residents (starting from Aug 22nd (Sat) of Non-Residents). 9AM~8PM exclude Monday.

Inquiry: *Yotorogi* ☎042-570-0707



EVENT INFORMATION FOR CHILDREN

West Child Center	☎042-554-7578
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西児童館 手作りおもちゃ教室「へんてこグライダー」

< Handmade Toy Class ~ Let us make Strange shape Glider ~ >

Date & Time: September 5th (Sat), 1PM~3PM Place: West Children's Center

Eligibility: Elementary School Students Fee: Free

Capacity: First 20

Application: Please come to West Child Center directly at the event day. .

おもちゃ病院

<Toy Hospital>

Helping to repair or consult broken toys at the same day of Handmade Toy Class.

Eligibility: Preschoolers 10AM~11AM

Elementary school students 1PM~3PM

Helper: Toy Hospital *Nejimawashi*

LIBRARY ☎042-554-2280

図書館おはなし会

STORY TELLING EVENTS

Voiced reading of children's stories from picture books and picture panel shows (*Kamishibai*) are enjoyed by children of any culture. Stories are for respective age-groups with consideration to their comprehension level. Admission fee and reservation are not needed.

▶ at **Fujimi Branch Library** ☎042-554-2280

Story Telling for all children >> Picture Book August 19th (Wed), 3PM~

▶ at the **Main Library** ☎042-554-2280 (Picture Books)

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



<Movie for Children> ゆとろぎ 子ども映画会

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

Place: Yutorogi Small Hall Fee: Free

Capacity: First 84

Feature Movie: "Furuya No Mori" / "Okinakabu" / "Shindba's Adventure" (World Fairy Tale Episode 25)

Come to Yutorogi on day of event.

「お試し」のつもりが定期購入に!?

THE INTENTION OF "TRIAL" BECOMES TO BE SUBSCRIPTION!?

~ BE CAREFUL IF YOU CONCERN GAINING WEIGHT SINCE LONG-TERM STAYING HOME, LACK OF EXERCISES TO EFFECT HEALTH.

There are many people who use mail-order shopping for personal computers and smartphones to prevent the spread of COVID-19, but convenient online shopping often causes consumer problems.

[Example Case]

Someone found the supplements with diet and beauty effects that celebrities also used could be purchased at trial price ¥500 from SNS. People ordered just once trial products and used product, but the effect was not apparent at all. After that, the same product kept on delivering again when he/she decided to stop. How come it was not just once trial order and how to reject it?

[Commentary]

People applied for it without realizing that it was subscription. There are tactical mail-order sites that advise very cheap and able to cancel in halfway in the first time but it will be very high-priced billing from 2nd times. When customer wants to cancel but the term of cancellation is over and unable to cancel.

[Advice]

- Before confirming the order application, be sure to confirm whether it is regular purchase or single item and making sure details of cancellation/return policy.
- Even if you unilaterally refuse receipt, return goods, or abandon payment, you still will not be cancelled. An agreement for cancellation with operator is required.
- If you cannot connect by phone, you still need to keep on trying until it is reached. But just in case, please send mail or fax to let them know you have strong wills to cancel.
- If you feel sick, stop using immediately and seek medical advice from doctor.

Inquiry: Hamura City Consumer Services Center ☎Ext.641