



HAMURA NEWS

HAMURIN Hamura City Mascot

November 1st, 2020

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>

子ども・女性・障害のある方・高齢の方へ

FOR CHILDREN, WOMEN, DISABILITY and ELDERLY ~

ひとりで悩まないで …まず相談を！！

<You Can Find HELP & PROTECTION AGAINST ABUSE / VIOLENCE>

If you are suffering from any kind of abuse by another person, or concerned that a person whom you know might be a victim of abuse/violence, please do not hesitate to contact these public bodies for help and advice. Children, women, people with disability, and the elderly are most vulnerable to become victims of this sort.

EXAMPLES OF VARIOUS ABUSE and VIOLENCE

- Emotional Abuse – yelling, ignoring, emotional harassment, verbal harassment, etc.
- Physical Abuse – hitting, kicking, slapping, inappropriate confinement for a prolonged period of time, etc.
- Neglect – not providing meals and other proper care, leaving baby at home unattended, family members denying the presence of abuse to the victim inflicted by neighbors or other acquaintances
- Sexual Abuse – demanding/forcing to engage in sexual activity, etc.
- Financial Exploitation –not allowing access to his/her own money, unauthorized use of his/her funds, etc.

If you come across with a case like...

"Violence is used right now" "A life is in danger now"

★ CALL POLICE ☎110 ★

11月12日～25日は「女性に対する暴力をなくす運動」期間

< NOVEMBER 12th ~ 25th is the campaign to ELIMINATE ABUSE TO WOMEN. >

The government is taking measures to protect women against abuse and to ensure their human rights. During this term, efforts are made to educate the public through providing information which addresses matters of abuse, and how it affects women.

Violence given by their husbands, sexual offenses, crimes related to prostitution, human trafficking, sexual harassment, stalking, DV are all considered abusive acts toward women. It is a severe violation of rights, and a great hindrance which must be overcome to make the realization of equality. Create a society free of violence toward women.

Inquiry: Kikaku Seisaku Ka ☎Ext. 314

配偶者などからの暴力は…

DOMESTIC VIOLENCE and where to consult

Hamura City Kouhou Kouchou Ka Shimin Soudan Kakari ☎042-555-1111, Ext. 541

Date: Monday ~ Friday 8:30AM~5PM (Except Holidays and New Year)

- Consultations for Troubling Issues Typical to Women

Hamura City Kouhou Kouchou Ka, Shimin Soudan Kakari ☎042-555-1111, Ext. 541

The 1st, 3rd, and 5th Wednesdays of the month from 1:30PM ~ 4:30PM or

Fussa City Hisho Kouhou Ka, Kouhou Kouchou Kakari ☎042-551-1529
The 2nd and 4th Wednesdays of the month from 9AM ~ 1PM
Tokyo Metropolitan Bureau of Social Welfare and Public Health - Women's Hotline
Tama Area office ☎042-522-4232 Mon~Fri (except holidays, New Year) 9AM~4PM

子育てと家庭に関することは・・・

MATTERS REGARDING CHILDREN and FAMILY (ABUSE, ETC) and where to consult

Hamura City Child & Family Support Center (Hamura-shi Kodomo Katei Shien Center) ☎042-578-2882
City Hall 2nd Floor, Child Care Support Section. Mon~Fri (except holidays, New Year) 8:30AM~5PM
Consultations regarding children under the age of 18 years old will be handled.

If you have unresolved issues about child abuse, the lifestyle and discipline, growth and development, and other subjects regarding your child, please come for help.

The below organizations will also help you with problems.

- Tachikawa Child Guidance Center (Tachikawa Jidou Soudansho) ☎042-523-1321
3-10-19 Akebono-chou, Tachikawa-shi. Mon~Fri (except holidays, New Year) 9AM~5PM
- LINE Counseling ~ Kogokoro.OyagokoroSodan@Tokyo
Weekday 9AM~11PM (Reception till 10:30PM), Weekend and holidays 9AM~5PM
- Direct Line for Child Services ☎189 Open 24 hours, all year

*Information providers' privacy, as well as the details of an informed case, will be strictly kept confidential.

*If the case is not related to Abuse after confirming, the person who notifies will not need to take any responsibility.

障害のある方は…

ABUSE AGAINST PEOPLE WITH DISABILITIES and where to consult

Hamura City Welfare for the Disabled Section (Hamura-shi Shougai Fukushi-ka) ☎042-555-1111 Ext.185
Hamura City Hall 1st Floor, Shougasha Fukushi Ka Mon~Fri (except holidays, New Year) 8:30AM~5PM

高齢の方は…

ELDER ABUSE and where to consult

Community General Support Center (Koureifukushi Kaigo Ka) Hamura City Hall 1F ☎042-555-1111 Ext.198
Hamura City Hall Senior Citizen's Welfare and Nursing Care Division.

Mon~Fri (except holidays, new Year) 8:30AM~5PM

Consultations for: • Elderly abuse, Procedures for applying for legal conservatorship

- Nursing care services, welfare services
- Efforts to maintain physical functions of the elderly

※A Senior Care Manager, City Nurse, and social welfare counselor will work together to assist the elder.

Community General Support Center Asahi Branch ☎042-555-8815

1-3-1 Fijimidaira, Hamura-shi.

Community General Support Center Ayumi Branch ☎042-570-1200

1-9-2 Hanekami, Hamura-shi

*Phone only counseling in Saturday.

Community General Support Center Akashia Branch ☎042-578-5508

** All Branches Day and Time: Monday ~ Friday (except holidays, New Year) 9AM~5PM

11月は児童虐待防止推進月間

<NOVEMBER is CHILD ABUSE PREVENTION MONTH>

Direct Line for Child Services ☎189 may help to protect children future.

Child abuse is a serious problem which must be addressed by the society as a whole. If you are aware of any incidents, or if you are dealing with problems regarding your child, please come to the *Kodomo Katei Shien Center* ☎042-578-2882, or to the

Tachikawa Child Guidance Center (Tachikawa Jidou Soudansho) ☎042-523-1321

If you need to consult with someone about your situation, please do not hesitate. There is help available!!

もっとキルギスを知ろう！

Let's know more about Kyrgyzstan!

~ Let's Sing Kyrgyz National Anthem to welcome National Judo Team キルギス国歌でおもてなし

Since *Hamura* city is the host town of Kyrgyz Republic, let us remember and sing the Kyrgyz National anthem when welcoming the Kyrgyz men's Judo national team who visits the pre-camp of Tokyo 2020 Olympics.

Date: November 25th (Wed), 26th (Thu), December 2nd (Wed), 3rd (Thu) and 9th (Wed)

** All times are 6:30PM ~ 7:30PM

** All are the same contents, it is fine to participate 5 times.

Location: Community Center 3F Hall

Eligibility: *Hamura* residents, commuters and students.

Capacity: First 20 of application order (each class) * please wear mask

Lecturer: Ms. *Ryo Mita* (*Hamura* – Kyrgyz Republic Friendship volunteer ambassador)

Inquiry: Tokyo Olympic and Paralympic Preparation Office ☎Ext. 344



~ YURT Assembly and Disassembly Workshop ユルタの組立・解体ワークショップ

Getting know more about Kyrgyz Republic, a country of nomads and grasslands.

Actually assemble and dismantle the "YURT", a traditional nomadic mobile dwelling in Kyrgyz Republic. You may lie down in the assembled yurt and think about Kyrgyz Republic's land of nomads and meadows.

Date and Time: Assembly: December 8th (Tue) 1PM~5PM

Disassembly: December 13th (Sun) 1PM~5PM

Location: *Yotorogi* Exhibit Room

Eligibility: *Hamura* residents, workers who are age over 18

Capacity: Both are First 10 peoples of application order * Please wear mask

How to apply: November 2nd (Mon) ~ 18th (Wed), please fill in application form and send via fax, email and come to Tokyo Olympic and Paralympic Preparation Office ☎Ext. 344 , Fax ☎042-554-2921, ✉s109000@city.hamura.tokyo.jp

- The application form will be distributed at public facilities and download from official website.
- ※ The organizer will provide first aid for accidents during workshop but not be responsible for any further accidents.
- ※ Please wear comfortable clothes and outdoor athletic shoes with flat bottom
- ※ Wearing a rental helmet and work gloves to be distributed.
- ※ Do effect to avoid the Three Cs and ventilate
- ※ Please refrain from participating if you have fever (37.5° C or higher)
- ※ Participants are requested to wear mask, wash hand diligently and disinfect hands with alcohol.
- ※ Schedule might be canceled or changed depending on COVID-19 status.

The abovementioned 2 events common details:

- How to apply: November 2nd (Mon) ~ 18th (Wed), please note [name, contact phone number, email address and date of participation] call, fax, email or come to Tokyo Olympic and Paralympic Preparation Office ☎Ext. 344, Fax ☎042-554-2921, ✉s109000@city.hamura.tokyo.jp
- YURT Assembly and Disassembly Workshop application form, please download from city official website and Flyer distributed in public facilities.
- Inquiry: Tokyo Olympic and Paralympic Preparation Office ☎Ext. 344

AUTUMN EVENTS

秋の市内いっせい美化運動、花いっぱい運動

< **Hamura City Beautification Campaign on Sunday, November 8th (Sun)** >



Let's join your community group for a day of public cleaning or gardening activity!

*** Community Gardening *** 花いっぱい運動

95,000 tulips (Red, Yellow and White) and 15,000 pansy seedlings will be planted at city-wide public spaces, creating the "Hana Ippai", or "full of flowers" scenery. There are about 90 groups such as schools, enterprises and streets communities to participate. Decorated flowerbeds will be entered for the Hamura City. "Hana Ippai" Spring 2021 Competition.

Inquiry: Sangyoushinko ka Nousei Kakari, Ext. ☎663/Hamura City Tourism Association ☎042-555-9667

市内いっせい美化運動

*** Town Cleaning ***

Date: November 8th (Sun)

Twice a year, we pick up trash and clean around our streets, parks, and public facilities.

Rules of Collection: Trash which is collected from public spaces is separated into burnable and non-burnable trash bags, then placed out for collection to the designated location.

Inquiry: City Hall, Seikatsu Kankyou Ka ☎Ext.205

チューリップ球根植付けに参加しませんか

< Volunteers Wanted for Planting Tulip Bulbs >

Volunteers are wanted for planting tulip bulbs to prepare the tulip field for the festival in Spring 2021.

Date & Time: November 12th (Thu), 13th (Fri). 15th (Sun) ~17th (Tue), 9AM ~ Noon

* Volunteers can participate in any of the above dates they wish.

Meeting Place: Odorikosou Park (located on the north side of Negarami-mae Paddy Field)

Things to Bring: Please be dressed suitable for yard works, and bring gloves and long boots.

How to Apply: Call or Fax to and provide your name and phone number by November 9th (Mon).

Inquiry: Hamura-shi Kankou Kyoukai (Hamura Tourism Association) ☎042-555-9667/Fax: 042-555-9673

* You must call between 9AM ~ 5PM exclude of Tuesday, Wednesday, Weekend and Holidays.

チューリップオーナー募集中

< Tulip Owners Wanted for Hamura Tulip Field >

Hamura Tulip Field is one of the largest scale tulip fields in Kantou region, and also an irreplaceable treasure of our city. Let's become a Tulip Owner and share the great joy of seeing your tulips blossom and entertain visitors during Hamura Flower & Water Festival, which attracts many tourists every spring!

Cultivation of tulip bulbs, planting and maintenance works will be taken care by local farmers and volunteers.

Of course, tulip owners can also join in planting and the digging out works!

* Tulip bulbs owner's planting will be held on November 15th (Sun).

Sponsor Fee: Individual ¥500 per lot, Citizen Group or Company ¥10,000 per lot (owner can sponsor any desired number of lots) multiple ownership possible

*Individual, citizen group or corporation can apply to ownerships as well.

How to Apply: Please contact to Hamura-shi Kankou Kyoukai (Hamura Tourism Association)

Address: Hanehigashi 1-13-15, Hamura Shi (close Tuesday and Wednesday)

Inquiry: Hamurashi Kankou Kyoukai (Hamura Tourism Association) ☎042-555-9667

狂犬病予防注射をわすれずに!

< Rabies Shot for Your Dog >

Group Rabies Shots are given during this term, but since the prevention of COVID-19 spreading, it might be postponed schedule, please check City Hall official website to get schedule and details.

Dog Owners are required by law to make dog registration and receive rabies vaccination for pet dogs. Owners must register their dog(s) to their resident municipality and ensure that their dog(s) receive rabies shots (annually) within April to June. Please take rabies shot directly at the following Animal Hospital with a consignment contract with the city.

- Group Shot Schedule:

Date	Time	Location	Address
November 9 th (Mon)	10AM~11AM	<i>Azuma Kaikan</i>	3-11-32 <i>Hanehigashi</i>
	11:20AM~12:20PM	Western Stockpile Warehouse	5-19-4 <i>Ozakudai</i>
November 10 th (Tue)	10AM~11AM	<i>Mitsuya Kaikan</i>	4-4-9 <i>Shinmeidai</i>
	11:20AM~12:20PM	Hamura City Hall	5-2-1 <i>Midorigaoka</i>

** Due to COVID-19, group shot to prevent rabies has been postpone, it will be perform. If your pets have not received the rabies vaccination for 2020, please use group shot or inoculate individually at animal hospitals.

- Fees and Precautions

◎ If registered ~ ¥3,750 (preventive shot ¥3,200 and ¥550 shot certificate tag)

Please bring the "Rabies Prevention shot certificate issuance application [Re-Notice] 狂犬病予防注射(再通知) (Yellow color) sent by city in late October and fill in necessary information on questionnaire on the desk.

◎ New register ~ ¥6,750 (registration fee ¥3,000, prevention shot ¥3,200 and ¥550 shot certificate tag)

◎ Notes

- * If your dog is sick or pregnant, be sure to notice veterinarian in advance
- * Dogs under 3 months old or bite person within 2 weeks cannot be vaccinated.
- * To prevent accidents, tighten collar, keep the lead short and bring someone who can control the dog.
- * Keep your dog clean and take droppings home.
- * Based on the result of questionnaire on the back of application form, unable to have grace procedure at injection site. Must take another require procedure to process.

◎ Procedures to follow:

If you have a dog, be sure to register to city and get rabies shot.

*Register dog at *Kankyo Hozen Ka*, register fee ¥3,000

*Received rabies shot but not received a shot voucher ~ please register injection voucher at *Kankyo Hozen Ka*, fee ¥550

◆ Dog Registration ~ Registration must be done within 30 days when the dog was acquired or 90 days after birth.

◆ Rabies vaccination ~ The rabies prevention las stipulates that legal period is April to June, but this year as special case, it is till end of December.

** If your dog have not received vaccination this year, unable to take group shot, please go to Veterinary clinic to take individually by the end of December.

◎ Countermeasures for COVID-19

- * Please wear mask for group shot
- * Come minimum number of people required
- * Keep 2 Meters social distance between owners.
- * Since the schedule is set with plenty of time, please take measures such as waiting at slightly away from the location or shifting the time depending on crowded situation.
- * Please do not speak loudly
- * If you have coughing or fever symptom, please stay home not coming to.

Inquiry: *Kankyou Hozen Ka* Ext.225

健康

HEALTH

カラダ塾 ヘルシー華やか料理&体ぽかぽか運動 ~糖尿病予防~

BODY SCHOOL

< Healthy Cooking Class Recipes & Body Warming Exercise ~ Diabetes Prevention ~>

"BODY SCHOOL" where you can learn about exercise and diet to create healthy body.

Why don't you enjoy Christmas and New Year's holidays with gorgeous dishes which are gentle on your blood sugar level? Then, move your body moderately to make your mind and body warm.

Date & Time: December 9th (Wed) 10AM ~ 11:30PM Place: *Hoken Center*

Capacity: First 12 people of application order

Things to bring: Writing Utensils * Please wear mask

Details: Health course, Introduction of exercise done at home, tips of low-carbohydrate menu, cooking demonstration by registered dietitian (but no tasting) and Individual consultation.

Application and Inquiry: Starting November 2nd (Mon), call *Hoken Center* ☎042-555-1111, Ext.625 from 8:30AM ~ 5PM exclude weekends and Holidays.

< Free Dental Checkup for Expectant Mothers > 妊婦歯科検診

Eligibility: Expectant Mothers living in *Hamura* Date: All Year Round Fee: Free

Things to Bring: *Boshi Kenkou Techou* (Maternal and Child Health Handbook) and Health Insurance Card

How & Where: Make an appointment at designated Dental Clinic located in *Hamura City*.

* If currently having your teeth treated, you are not eligible for this checkup.

* If treatment is needed, the charge will be by your own.

Inquiry: *Kosodate Sodan. Boshi Hoken.Sodan Kakari* ☎Ext.692

国保加入向け 健康セミナー ~ 健診をプラスに変える

Health Seminar of National Health Insurance members

The method to improve inspection value ~ [Turning Physical Examination to be plus function]

This is a health seminar for prevention of lifestyle - related diseases based on the results of medical examinations. Knowing your current physical condition and think about steps to improve test values.

Date and Time: November 28th (Sat) 10AM~11:30AM (accept from 9:45AM~)

Location: *Yotorogi* basement Reception Hall

Eligibility: 2020 *Hamura* Specific Health Checkup Examinee (Age 40~74)

Capacity: First 10 of application order

Things to Bring: Writing Utensils and 2020 *Hamura City* Specific Health Checkup result sheet.

Details: How to read health results, talk about prevention, improvement of lifestyle-related diseases and light exercise training.

- Individual consultation is available for those who wish.
- Please wear exercise clothes, shoes and mask.

How to Apply: November 2nd (Mon) ~ 20th (Fri), call *Kenko Ka* (inside *Hoken Center*) ☎Ext. 626

お知らせ

INFORMATION

相談

CONSULTATIONS

女性の人権ホットライン(電話相談)

WOMEN'S HUMAN RIGHTS LEGAL HOTLINE

This is a telephone counseling service established for women's affairs. A Commissioner for the Protection of Fundamental Human Rights or Legal Affairs Bureau Personnel will hear a client's case detail and provide professional advice over phone counseling. *service available in Japanese only ☎0570-070-810

Date & Time: November 12th (Thu) ~ 18th (Wed), 8:30AM ~ 7PM (10AM ~ 5PM on weekend)

**It is also available 8:30AM~5:15PM (Mon. ~Fri.) even not between abovementioned terms.

Inquiry: Tokyo Legal Affairs Bureau Civil Liberties Department Division No.2 ☎0570-011-000

令和3年度 羽村市立小・中学校新一年生保護者説明会

< Briefing Regarding the Enrollment in Municipal Schools for 2021 >

This is a briefing held in the aim to prepare you for the specifics involved for entering a municipal school in Hamura City. Parents should attend if your child is scheduled to attend these schools starting in April 2021.

Name of School	Date	Telephone Number	Name of School	Date	Telephone Number
Hamura Higashi Elementary School	January 27 th (Wed), 2021 1:45PM~	☎042-554-5663	Ozakudai Elementary School	February 2 nd (Tue), 2021 2PM~	☎042-554-1431
Hamura Nishi Elementary School	February 2 nd (Wed), 2021 2PM~	☎042-554-2034	Musashino Elementary School	February 2 th (Tue), 2021 2PM~	☎042-555-6904
Fujimi Elementary School	February 9 th (Tue), 2021 2PM~	☎042-554-6449	Hamura Dai Ichi Junior High School	January 9 th (Tue), 2021 10:50AM~	☎042-554-2012
Sakae Elementary School	January 25 th (Mon), 2021 2PM~	☎042-554-2024	Hamura Dai Ni Junior High School	January 9 th (Tue), 2021 10AM~	☎042-554-2041
Shourin Elementary School	February 22 nd (Mon), 2021 2PM~	☎042-554-7800	Hamura Dai San Junior High School	December 12 th (Sat), 2020 2PM~	☎042-555-5131

* Schools are assigned according to district of residence. A notice will be sent in January from the city to your residence showing the school to which your child will attend.

* Since COVID-19 countermeasures, schedules are subject to change under circumstances.

* If you could not attend briefing as scheduled above, you can also seek briefings from the school to which you will attend. Please inquire at each elementary or junior high school.

Inquiry: Gakkou Kyouiku Ka, Gakumu Kakari ☎Ext 358

HIV 検査を行います

< Free HIV Test at Public Health Center >

Test Date & Time: December 1st (Tue) 2PM~4PM Reservation: Not required

Test Result: Please come to the center again on December 8th (Tue), 2PM~4PM

* Appear in person only

▶▶ Nishitama Hokenjo is open to public for consultations about sexually transmitted diseases at any time.

Location: 2nd Floor of Nishitama Hokenjo located at 1-167-15 Higashi Ōme, Ōme City (Public Health Center)

Capacity: First 10 people of application order

Test details: HIV antibody test and Syphilis antibody test.

▶▶ Those who wish can be also tested for Chlamydia and Gonococcal Infection as well.

▶▶ In order to obtain accurate results, in principle, please wait at least 60 days after infection.

▶▶ The inspection is anonymous and free of charge

▶▶ It may be canceled depending on COVID-19 status.

How to apply and Inquiry: Please call to Nishitama Hokenjo ☎0428-22-6141 in advance

令和2年度 秋の火災予防運動 11月9日(月)~15日(日)

< Fire Prevention Awareness Campaign in Autumn ~ November 9th (Mon) to 15th (Sun) >

~ The 2021 year Slogan of Tokyo Fire Department, "Please check, use fire carefully and always keep safe."

Be Careful to use fire and watch out for it one by one! The campaign for fire prevention is carried out to raise awareness of how to deal with a fire when it occurs, aiming to keep disaster at minimum and to save many precious lives and also valuable assets. The *Fussa* Fire Station is holding fire demonstration and emergency procedures experience booth at the following event:

- Due to countermeasures of COVID-19, the events will be stopped but the prevention of fire disaster flyers will be distributed.
- Please check Fussa Fire Department official website to check details.

Inquiry: *Fussa* Fire Department Prevention (*Yobo*) Ka ☎042-552-0119

社会保険料（国民年金保険料）控除証明書の送付

CERTIFICATE OF TAX DEDUCTION FOR SOCIAL INSURANCE PREMIUMS (for National Pension Insurance Premiums)

Certificate Of Tax Deduction For Social Insurance Premiums (National Pension Insurance Premiums)

「社会保険料(国民年金保険料)控除証明書」 will be issued by Japan Pension Service (日本年金機構) as a form of postcard, and was mailed in early November to the National Pension Insurance Premium payers. National Pension Insurance Premium is tax deductible under a category of social insurance when necessary documents are submitted at the time of Year-end Adjustment or Final Return.

This certificate is a proof of the amount of your National Pension Insurance Premiums paid by the end of September 30th, 2020. In addition to this certificate, you will also need a proof of premium payments made after September for applying for the social insurance tax deduction. Please make sure to keep the certificate and payment records together. Please inquire at the *Nenkin Jimusho* regarding how claims are made for tax deduction of pension premiums payed in advance for 2 years. (There is a social insurance office in *Ōme*.)

* If you have paid the National Pension Insurance Premiums of your family members', you (the person who actually paid) can apply for the tax deduction of total paid premium amount including those of the family members'.

Inquiries: *Nenkin* Subscriber Inquiry Dial ☎0570-003-004 (in Japanese)

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

離婚時の年金分割制度

<Pension Split System of Divorce>

If you are divorced, you can divide the remuneration amount, which is the basis of calculating the welfare pension amount and divide the pension amount between 2 people during marriage period. It is necessary to complete the procedure within two years after divorce, so please consult with *Ome* Pension Service as soon as possible.

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

「秋の谷戸沢処分場自然観察会」参加者募集

<Autumn Nature View Tour to Yatozawa Landfill Site >

Date & Time: December 3rd (Thu)

Destination: *Hachioji* City *Tobuki* Clean Center, *Futatsuzuka* Waste and *Yatozawa* Waste Center.

Meeting and Dismiss Place: Nearby JR *Hachiochi* Station.

Eligibility: Residents and Commuters of *Tama* Area ※Adults must accompany elementary school students.

Capacity: 20 (There will be a name drawing if applicants exceed capacity.)

Fee: ¥500/ per person (including lunch fee)

How to apply: Please send postcard addressed to: (deadline: November 16th (Mon))

〒190-0181 7462 *Oaza Oguno, Hinode Machi, Nishitama Gun, Tokyo* Japan

Indicate "Yatozawa Guide Tour", and all participant's ①name, ②age, ③ gender, ④address, ⑤ telephone number and ⑥Mobile phone number (if you have one) and ⑦ employer or school name (if you are not *Tama* area residents)

Inquiry: Tokyo *Tama Kouiki Shigen Junkan Kumiai* (東京たま広域資源循環組合) ☎042-597-6152

** Please be prepared for interviews and photo session. You may also be asked to provide consent for upload of images from this event. Please refer to their website for details.
<http://www.tama-junkankumiai.com/>

** Due to COVID-19 countermeasures, the schedule or details may be changed or canceled.

シルバー人材センター

SILVER CENTER ☎042-554-5131

手芸講習会「丑（うし）の置物づくり（円満夫婦牛）」

< Making "Ushi" 2021 Oriental Zodiac Animal Decoration ~ Happy Ox Couple >

Let's make decoration of "Ushi" (Oriental Zodiac Animal of year 2021) together.

Date & Time: November 19th (Thu) 9:30AM~3PM Place: Silver Center Studying Room

Capacity: 12 people (if applicants are exceed, name drawing will be held)

Fee: ¥1,700 (Material fee) Things to Bring: Sewing tools and lunch

Application: Till November 10th (Tue), please call Silver Center

< 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: November 16th (Mon) 1:30PM

Things to Bring: Photo (length 4cm x width 3cm), Seal and fee ¥2,000

Inquiry: Silver Jinzai Center ☎042-554-5131

フレッシュランド西多摩

FRESHLAND NISHITAMA ☎042-570-2626

< Workshop for Composting Food Waste and Plastics Problems > 生ごみ堆肥化とプラスチックごみ問題の展示

Ways to reduce kitchen wastes by utilizing composts, charge for plastic shopping bags and know about plastics waste seriously can be viewed at Freshland Nishitama's display booth.

Term: November 10th(Tue) ~ 23rd (Mon, Holiday)

Sponsor: Garage Composting Megumi Net

** Please check city official website to get details.

Inquiry: FRESHLAND NISHITAMA ☎042-570-2626

都営住宅入居者募集

< TOKYO METROPOLITAN PUBLIC HOUSING "Toei Juutaku" Application Information >

(Toei Juutaku housings are managed by the Tokyo Metropolitan government in purpose of providing affordable housings for low-income earners.)

Availabilities for this application period are for the following household types;

★ family unit (general) ★ family unit (young parent)

Application: The completed application form must reach Shibuya Post office by mail before
November 17th (Tue).

*Tenants will be selected by 9:30AM drawing on December 22nd (Tue) held at the TMG Office Building No.2.

Brochure with application form (in Japanese) is available during November 4th (Wed) ~ 17th (Tue).

Locations for Brochure Handout: During Nov. 4th (Wed) ~ 17th (Tue) at *Toshikeikaku Ka* (city hall 2nd Fl.),
City Hall 1st FL Reception and B1 Management Room

There are applicant eligibility qualifications regarding income level, period of resident registration history, etc. For details, please refer to the application brochure.

Inquiries: *Tokyoto Juutaku Kyoukyuu Kousha Toei Jyuutaku Boshuu* Center (JKK Tokyo Application Center)

Nov. 4th (Wed) ~ 17th (Tue) ☎0570-010-810 / other times ☎03-3498-8894 *weekdays only.

第82回 ゆとろぎサロンコンサート ラテン&ポップコンサート

<The 82nd Yotorogi Salon Concert ~ Latin and Pop Concert>

Enjoy and have fun in light Latin Music!

Date and Time: November 28th (Sat) 12:30PM~1:45PM

Location: Yotorogi Small Hall Capacity: First 110

Performance: Hosei University Guitar Club OB Band and Ms. Tsuruoka, Kyoko (Magician)

** For COVID-19 countermeasures, please leave your name, contact information, wear mask, disinfect hands, measure temperature and sit at intervals.

Inquiry: Yotogogi ☎ 042-570-0707

杏林大学学生連携企画「知ろう！日本酒の歴史と魅力」

<Kyorin University Students Collaboration Project ~ Let's get to know! History and Fascination of Sake>

Learning deeply about sake and the connection between sake and region.

Date and Time : December 13th (Sun) 1:30PM~3:30PM

Location: Yotogogi 2F Kouzashitsu 1

Capacity: First 30 of application order

Thing to Bring: Writing Utensils

Lecturer: Mr. Masaru Hosaka (Professor of Department of Applied Biological Sciences, Tokyo University of Agriculture)

How to Apply: Starting from November 1st (Sun) (for Hamura Residents, the others Cities Nov 8th (Sun)) 9Am~8PM, please call, electronic application service or come to Yotorogi (excluding Holiday's Monday)

Cooperation: Kyorin University

Planning and Managerment: Kyorin University Tourism Exchange Culture Department Yasuyuki Furumoto Seminar

Inquiry: Yotorogi ☎ 042-570-0707



SPORTS CETER ☎042-555-0033

はじめようスポーツ 「障害者スポーツのススメ」ポッチャを体験してみませんか

< Experience 'Boccia', the Sport for the Physically Challenged >

The Sports Center will host an event introducing "Boccia". Boccia is a sport using a ball which can be played by everyone, regardless of physical limits. It is a competitive sport in the Olympics.

Date	Time	Contents	Capacity
① Nov 23 rd (Mon, Holiday)	1PM~2:30PM	Experience Class	First 15 of application order (Each class)
② Nov 29 th (Sun)	1PM~2:30PM		
③ Dec 20 th (Sun)	10AM~Noon	Boccia Hamura Games	First 12 Teams of application order (Each team 3~6 persons)

- ①② Explanation of game's regulations, techniques
- ③ Recreation of Boccia teams games.

Eligibility: Hamura city Residents and workers who are interested or are instructors in special sports

Fee: free

Things to Bring: Exercise wears, beverage, indoor shoes, mask and countermeasures of COID-19 checklist.

** Please fill in "Health Checklist" one week in advance to participate game and bring with you at game day.

Instructor: Hamura City Sports Promotion Committee Executive Committee

Sponsors: Hamura City Sports Habits Promotion Business Executive Committee

Apply by: ①②Till November 15th (Sun), ③Till Dec 13th (Sun), please come or call directly to Sports Center ☎042-555-0033 (The Sports Center closes Mondays exclude Holiday Monday, Hours of acceptance are 9AM~5PM including Nov 23rd (Mon, Holiday))

Inquiry: Sports Center ☎042-555-0033

** “Hamura Health Checklist” can be distributed at Sports Center or download from city official website.

** Please wear mask during the competition (include attendant).

漏水調査にご協力を

< Water Leakage Inspection >

Hamura City will be sending water works contractors to each household to run a water leakage inspection starting from November 4th (Wed) 2020 to Feb. 26th (Fri), 2021.

Areas: Eastward areas of Ome Line’s

Thank you very much in advance for your cooperation.

*City-contracted inspection officers carry their ID. If a suspicious inspector visits your home, please ask to show the ID.

Inspection Contractor: Rikuchi Leakage Inspection Company.

Inquiries: Hamura City Water Works Office ☎042-554-2269

愛の献血にご協力を

< Blood Donors Needed! >

The decrease in blood donation recently due to the change in season can cause lack of supply.

Please take this opportunity to contribute to the efforts to collect blood.

Date & Time: November 18th (Wed) 10AM~Noon, 1:15PM~4PM Place: City hall front entrance

• **Blood Donation** (400ml or 200ml)

Eligibility: Those who are Age 16 ~ 69 years old (Age 60~64 with a blood donation record) Please come directly to the site.

Inquiry: Hoken Center ☎042-555-1111, Ext.623

子育て

CHILDREN

おしゃべり場「卒乳について」

CHATTING PLACE for PARENTS

This month’s topic is “Graduation from Feeding Milk and Breastfeeding”. Feel free to post and share some thoughts and tips for child rearing in bulletin board. The theme that changes every month and share information as “a place for exchanging information, meeting and making friend”. Let’s create a new chatting place where you can feel connection with those who are raising children.

Posting Date and Time: 1st ~ 15th every month while the counselor is present.

Eligibility: Parents are raising preschoolers.



Place	Date
Central Children Center	Tuesday, Thursday and Saturday
West Children Center	Monday, Wednesday and Friday
East Children Center	Tuesday, Friday and Sunday

Inquiry: Kodomo Katei Shien Center ☎042-578-2882

Radiation Dose Test Results at Fujimi Park 放射線量の測定結果

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
October 14 th (Wed)	Cloudy	0.047	0.049	0.044

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

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
October 7 th (Wed) 10AM	Not detected (Below 0.1)	Not detected (Below 0.2)
Target value	10	

11月の相談日

PUBLIC CONSULTATIONS Schedule of November

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠*	Appointment required	9AM~4PM	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	19 th (Thu)	1:30pm ~ 4:30pm	

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

11月の休日診療

◆NOVEMBER MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
1st (Sun)	<i>Matsubara Naika Iin</i>	☎042-554-2427	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Katou Shika Clinic</i>	☎042-554-8887
3 rd (Tue, Holiday)	<i>Izumi Clinic</i>	☎042-555-8018	<i>Arai Clinic (Mizuho-machi)</i>	☎042-557-0018	<i>Motoe Dental Clinic</i>	☎042-513-7808
8 th (Sun)	<i>Nishitama Byouin</i>	☎042-554-0838	<i>Hikari Clinic (Fussa-shi)</i>	☎042-530-0221	<i>Kusaka Shika</i>	☎042-555-7793
15 th (Sun)	<i>Yamaguchi Naika Clinic</i>	☎042-570-7661	<i>Kumagawa Byouin (Fussa-shi)</i>	☎042-553-3001	<i>Takada Shika Iin</i>	☎042-555-5903
22 nd (Sun)	<i>Wakakusa Iin</i>	☎042-579-0311	<i>Hikari Clinic (Fussa-shi)</i>	☎042-530-0221	<i>Nakano Shika Iin</i>	☎042-554-7053
23 rd (Mon, Holiday)	<i>Futaba Clinic</i>	☎042-570-1588	<i>Maruno Iin (Mizuho-machi)</i>	☎042-556-5280	<i>Kusaka Shika</i>	☎042-555-7793
29 th (Sun)	<i>Kozaki Clinic</i>	☎042-554-0188	<i>Heijitsu Yakan Kyuukan Center</i>	☎042-555-9999	<i>Hanenaka Shika Clinic</i>	☎042-554-2202