



# HAMURA NEWS

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March 1<sup>st</sup>, 2022

羽村市動物公園の愛称、決まりました！

## < The nickname of Hamura Zoo has been decided! >

[Naming rights holder] ~ Hino Motors Co., Ltd.

[Contact period / Naming Rights Fee] 4 years (¥4,000,000.-) from April 1<sup>st</sup>, 2022

Regarding the naming rights partner that City received an application from a naming rights partner from Hamura Zoo and nickname was decided to be "Hinotonton Zoo" from April 1<sup>st</sup>. Hamura New and city official website will also use this nickname for newly issued items in the future.

\*\*\* Naming right is the right to give a nickname to a facility. It is useful for the operation of facilities, etc. by receiving compensation from companies that have acquired the rights. For the first time in public facilities ~ The Tokyo Stadium in Chofu City was name "Ajinomoto Stadium" in 2003.

Inquiries: Zaisei Ka ☎317

町内会・自治会に入りましょう！

## <Let's join in Hamura Neighborhood/ Residents' Association (Chonakai, Jichikai)!>

Inquiries: Chiiki Shinko Ka, Chiiki Shinko Kakari ☎Ext. 202

Recently, crimes such as taking away children, special fraud aimed at the elderly and natural disasters like typhoons or earthquakes have frequently occurred are threatening to our daily lives.

Meanwhile, watching over children going to/ leaving from school, crime prevention patrols and calling out to elderly households conducted by neighborhood/ residents' associations are effective in preventing damage, incidents and traffic accidents. In addition, the rescue by public institutions such as fire departments and police during disaster, the mutual help by neighbors will become a great force.

If the membership rate of neighborhood/ residents' associations become decreasing, there will be a shortage of people who will protect the safety and security of area. It might be leading to a decline in the crime prevention and disaster prevention functions of the town.

When you feel difficulties during daily lives, you can rely on the "power of the region". Why don't you join the neighborhood / residents' association to prepare for an emergency to children healthy, enrich your life and make friends?

町内会・自治会に入会した方に災害時に役立つ 安否確認グッズ

## Welcome to join the neighborhood/ Residents' Association, Safety Confirmation Goods will be presented! (Fluorescent membership card sticker, Safety display towel and Safety display bag)

How to apply:

- Please fill in the flyer with membership application postcard in the 1<sup>st</sup> FL lobby of city hall and mail , call or email to Chiiki Shinko Ka Chiiki Shinko Kakari ☎Ext. 202 , ✉s107000@city.hamura.tokyo.jp
- In the case of e-mail, please enter the subject "Chonakai, Jichikai Moshikomi (Neighborhood Association / Resident's Association Application)" with householder who wants to join address, name, contact phone number/day and time.

\*\* The information will be provided to local Chonakai and Jichikai, also have orientation from council members.

\*\* One set will be distributed to each household after enrollment procedure is completed.  
Re-enrollment is also eligible, welcome to re-enroll.

Inquiries: [Hamura City Neighborhood Association office] Chiiki Shinko Ka, Chiiki Shinko Kakari  
(City Hall 2F) ☎042-555-1111 Ext. 202, ✉s107000@city.hamura.tokyo.jp

ご利用ください!

**Please take advantage to use it!**

誰でも使える 町内会館(地域集会施設)

**“A place where everyone can use! Kaikan (Regional Meeting Facility)”**

There are 23 Community Meeting Facilities nearby you.

- Large Hall / Cooking Room ideal for social gatherings and parties.
- Meeting room is even available for dancing.
- Meeting room where desks and chairs can be used.

There are various sizes of rooms, please use the “Kaikan” not only for club activities but also for gatherings with friends.

Please feel free to inquiry when you want to use it.

\*\* Unable to use for accommodation or commercial purposes.

\*\* It is managed and operated by Committee which is organized by Neighborhood associations and Residents' associations in each community.

\*\* Depending on the case, the usage fee may be reduced or exempted.

Inquiries: Chiiki Shinko Ka, Chiiki Shinko Kakari ☎Ext. 202

3月8日(火)～13日(日)は羽村市防災週間

### **HAMURA CITY DISASTER PREVENTION WEEK**

**From March 8<sup>th</sup> (Tue) ~ March 13<sup>th</sup> (Sun)**

Eleven years have passed since the Great East Japan Earthquake which caused unprecedented damage. Hamura City will set City Disaster Prevention Week to hold lectures, special exhibitions, disaster prevention bus tours, etc. Please take this opportunity to think about disaster prevention and mitigation measures for your family and community.

Inquiries: Bosai Anzen Ka, Bosai. Kiki Kanri Kakari ☎217

防災講演会

#### ● **Disaster Prevention Lecture**

“A girl who was an elementary school students at that time talks about what happened at that time”  
~ What you need to know how to protect your own life and save your loved ones!

At the time of earthquake, the lecturer who was the 4<sup>th</sup> grade of Omagari elementary school student in Higashi Matsushima City was damaged by the tsunami. She participated activities of high school students in the same area after earthquake.

She started talking activities based on her own experience to express feelings in a straightforward manner which is different from the other adult lecturers on earthquake disasters. Please take this opportunity for each person consider how to prepare for the earthquake.

Date and Time: March 12<sup>th</sup> (Sat) 4PM~5:30PM (opening: 3:30PM)

Location: Yutorogi Small Hall

Lecturer: Ms. Hikaru Takeyama

Capacity: First 252 \*\* please come to venue directly

企画展「3.11あの日を忘れない 東日本大震災」

#### ● **Exhibition: March 11<sup>th</sup> Japan Earthquake Disaster will Always Be Remembered ~**

The photographs of areas affected by the Great East Japan Earthquake will be exhibited. The details are screen recorded images (Higashi Matsushima City, etc.) and display disaster prevention supplies.

On March 12<sup>th</sup> (Sat), NHK will hold the “Navi Disaster Prevention Exhibition to Protect Tomorrow”. Why don't you try to experience NHK disaster prevention contents (disaster prevention crossroads, Kokoro photo and 72 hours after the earthquake)?

Date and Time: March 8<sup>th</sup> (Tue) ~ 13<sup>th</sup> (Sun) 10AM~4PM

\*\* Only March 8<sup>th</sup> (Tue) is 1PM~4PM

Location: Yutorogi Exhibition Room \*\* Please come to venue directly.

防災バスツアー 防災関連施設見学会

● **Disaster Prevention Bus Tour ~ Disaster Prevention related Facilities Tour**

Date and Time: March 12<sup>th</sup> (Sat) 9AM ~ Noon

The Disaster Prevention related Facilities will be visited, such as schools, storage warehouses and fire brigade garages that serve as evacuation shelters.

新型コロナワクチン接種 その2 1

**VACCINATION OF COVID-19**

**Part 21**



5~11歳の方への接種が始まります

**Vaccination for 5 to 11 years old children will begin**

Vaccination ticket will be sent to the eligibility from the beginning of March. For details on reservation methods and venues, please check the notice enclosed with vaccination ticket and the city official website.

基礎疾患のある方へ優先予約期間を設けます

● **Priority reservation period will be set for people with underlying illness**

Children with underlying illness are at high risk of becoming severe and especially recommended for vaccination.

A priority reservation period will be set for the eligibility, so if you wish to receive the vaccination, please consult with your doctor before applying.

\*\*\* Please check the city official website for the eligibility underlying illness and reservation period.

11歳以下と12歳以上ではワクチンの種類や量が異なります

● **The manufacturer and amount of vaccine differs between 11 years old/under and 12 years old/over.**

Since the vaccination ticket is common for each, so please still use it.

\*\* If the child reach age 12 on 2<sup>nd</sup> vaccination but already took 1<sup>st</sup> vaccination for under age 11, please still have 2<sup>nd</sup> vaccination for age 11 or under.

Inquiries: Hamura City New Coronavirus (COVID-19) Call Center ☎0570-030207, 9AM~5PM (include Saturday, Sunday and Holidays)

\*\* For Hearing-Impaired person or wish to use Phone Relay Services, it is not able to contact Call Center please try to call Kenko Ka (in Hoken Center) ☎Ext.627~630

お知らせ

**INFORMATION**

健康

**HEALTH**

羽村市国民健康保険加入者対象「メタボリックシンドローム対策 減量セミナー」

■ **For Hamura City National Health Insurance Members ~**

**“Metabolic Syndrome Countermeasure Weight Loss Seminar”**

Learn the basics of weight control to eliminate metabolic syndrome. There is a principle in weight control, for those who want to lose weight by 〇kg and can not easily lose it, you may learn the know-how to do it. Exercise training will be conducted, so welcome to wear a mask and comfortable clothes and shoes to joint it.

Date and Time: March 18<sup>th</sup> (Fri) 2:30PM~4PM (accepting: 2:15PM~)

Location: Yutorogi B1 FL. Reception Hall

Eligibility: For age 40~74 who are enrolled in Hamura City National Health Insurance on the day of seminar.

Capacity: 10 (in order of application)

\*\* Scheduled to be jointly implemented with specific health guidance on the day.

Things to bring: Writing utensils and Beverages

Lecturer: Mr. Kantani (Medical Fitness Division, Wafukai Association, Medical Corporation)

How to apply and Inquiries: Starting from March 4<sup>th</sup> (Fri) to 16<sup>th</sup> (Wed), please call to Kenko Ka (in Hoken Center) ☎Ext. 625

認知症サポーターステップアップ養成講座

### <Step-up Courses in Nursing Care for Supporting Dementia Patients >

The correct knowledge of dementia and the tendencies that dementia patients have can be learned at this course. You will not be required to commit to duties after completion of this course.

Date & Time: March 22<sup>nd</sup> (Tue), 10AM ~ 12:30PM

Location: Yutorogi basement Reception Hall

Eligibility: Those who finish Basic course in nursing care for supporting Dementia Patients and are Hamura Resident or Commuter age over 15

Capacity: 10 people (in order of application)

Thing to Bring: Writing Utensils

Details: ① Understanding of dementia (psychological state of people with dementia, difficulty of living)

② Getting close to the feeling of people with dementia and their caregivers (group work)

③ Regarding of the actual dementia care

④ Regarding of dementia support volunteers.

\*\* When you finish lecture, you may register in Hamura City Dementia Support volunteer site and may have activities in Orange Café.

How to apply / Inquiries: During March 2<sup>nd</sup> (Wed) ~ 17<sup>th</sup> (Thu) 9AM~5PM, please call, email or come to Korei Fukushi Kaigo Ka, Kaigo Yobo.Chiiki Shien Kakari ☎Ext. 456, Mail address: s304200@city.hamura.tokyo.jp

ファシリテーター入門講座 明日から使える話し合いの“コツ”

### ■ Facilitator Introductory Course ~ “Tips” for discussions that can used from tomorrow

With the spread of online conferences, real (face-to-face) discussions are being reviewed. Learn about points and techniques that you can use from tomorrow, such as ice breaks to relieve tension and how to listen.

Date and Time: March 26<sup>th</sup> (Sat) 10AM~4PM

Location: Yutorogi 2<sup>nd</sup> FL Kouzashitsu 1 (Lecture Room)

Capacity: 10 (if there are many application, drawing will be held)

Lecturer: Ms. Ikuko Sato and Mr. Norio Koyama (social unit UDON)

How to apply and Inquiries: Till March 18<sup>th</sup> (Fri), please call, email or come with details [address, name and telephone number] to Regional Promotion Division, Citizen’s Activity Center ☎Ext. 632  
✉s107000@city.hamura.tokyo.jp

4月に小学生のお子さんに (子) の医療証を送付

### < For child will be Elementary School student from April, Medical Certificate (子) 医療証 will Be Sent >

If your child was born between 4/2/2015 and 4/1/2016, and will enter an elementary school first grade in April 2022, a new health insurance certificate < Child Medical Certificate ( (子) 医療証 ) > under the Medical Program for Children of Compulsory School Age for your child which is valid from April will be sent from the City Hall Kosodate Shien Ka in late March. No further application procedures are required; however, please notify the national insurance section regarding any changes for the child’s insurance.

Please note that, for those children, Infant Medical Certificate ( (乳) 医療証 ) will expire on March 31<sup>st</sup>(Thu) 2022 (and it needs to be returned to the city).

If you do not have a medical certificate for your child at an eligible age, please apply at your earliest chance. You can apply for the Medical Certificate if your child is entering elementary school this April /or is already attending either an Elementary School or a Junior High School of Hamura City. The new certificate will take effect from April 1<sup>st</sup>, or if applying after the start of fiscal year, will take effect from the date of application. Application is accepted throughout the year.

◆\*About 義務教育就学児医療費助成制度 (子)

(子) 医療証 (Child Medical Certificate) is for the Medical Program for Children of Compulsory School Age (1<sup>st</sup>~9<sup>th</sup> grade) that subsidizes the child's hospitalization charges and medicine costs.

◆ (乳) 医療証 (Infant Medical Certificate) is for the Medical Program for Babies and Preschool Children. It fully subsidizes any medical expenses that are subject to the National Health Insurance coverage.

Required Items: ① child's insurance card ② Applicant's Identification Document (Driving License, My Number Card or passport etc.), ③ If you were residing in other municipality as of January 1<sup>st</sup> 2021, please also bring a taxation statement of 2021 (令和3年度課税・非課税証明書) issued by the municipality of former domicile. ④ Personal ink seal

If you do not understand Japanese: If you are unable to read the matter printed in Japanese, we recommend that you visit Kosodate Shien-Ka for assistance. Please bring the required items listed above.

Inquiries: City Hall, Kosodate Shien Ka, Shien Kakari ☎Ext. 237

引っ越しの際は、住所異動の届け出を忘れず

< **When MOVING, Please Complete Your Update to the BASIC RESIDENT REGISTRATION**>

-1<sup>st</sup> Floor Citizen's Affairs Section Foreign Registration Counter Phone Number: City Hall ☎Ext. 121

<**Move Out**> When leaving from Hamura City, into another city, you are required to file a Moving Out Notification (tenshutsu todoke) before departure. By this, you will be issued a Notification of Change of Residence (tenshutsu shoumeisho). Please take this tenshutsu shoumeisho and go to municipal office of your new address to make move-in procedures, and make sure to bring your valid identification. If you are moving to overseas, this notification will not be issued.

<**Move In**> When moving into Hamura City from other municipality, please go to the municipal office which you are moving into within 14 days of entry. You must make a Moving In Notification (tennyuu todoke) at the municipal office of your new address with presenting Notification of Change of Residence (tenshutsu shoumeisho) obtained at municipal office of your previous address, and complete update to Basic Resident Registration. When arriving in Japan with landing permission of mid to long term, you must bring your passport and Resident Card for Resident Registry.

**A Tenkyo Todoke (Transfer Notification)**

must be filed within 14 days of your move within Hamura City.

**You must have valid identification.** My Number Card or Driving License, Jyuuki Card (Basic Resident Registration Card), \*Resident Card, \*Special Permanent Resident Card.

\*An amendment will be inscribed on reverse of these identification documents

There are many moves during March to May, the service counters are crowded every year due to notifications of address changes etc. If you request a copy of resident's card, register seal on the same day as address change, you might need to wait longer. If you need other procedures related to NHI, children allowance, elementary and junior high school, etc. please come to city hall with more time.

Inquiries: City Hall, Shimin Ka, Uketsuke Kakari ☎Ext. 121

3月は自殺対策強化月間 <**MARCH IS SUICIDE PREVENTION REINFORCEMENT MONTH**>

第30回 自殺防止！東京キャンペーン

THE 30<sup>TH</sup> TOKYO SUICIDE PREVENTION CAMPAIGN

In Tokyo Metropolitan, every year's March and September are Suicide Prevention Reinforcement Months. The City assists those who need help by offering various consultation services.

In addition, you can find many other venues as introduced below.

◇ **Consolation counters during Campaign Term**

Service Counter/ Facility	Telephone Number	Special Consolation Term	Regular Consolation
Toll Free Special Counseling	☎0120-58-9090 / 03-5286-9090	Mar 1 <sup>st</sup> (Tue)5PM ~next day 12AM / Mar 2 <sup>nd</sup> (Wed) ~ 6 <sup>th</sup> (Sun) 8PM~/ Mar 7 <sup>th</sup> (Mon) 10:30PM~ (all days till next day 2:30AM)	☎03-5286-9090 Every day 8PM~2:30AM (next day) ** Monday 10:30PM~, Tuesday 5PM~
NPO Bifrenders Tokyo Suicide Prevention Center			
Yamabiko Support for Life "Inochino Yamabiko Phone Line"	☎03-3842-5311	March Tuesday, Wednesday, Friday, Saturday, Sunday and Holidays Noo~8PM	☎03-3842-5311 Tuesday, Wednesday, Friday and Saturday Noon~8PM
Suicide Prevention Hotline "Inochi-no Denwa"	☎0120-783-556	Mar 10 <sup>th</sup> (Thu) 8AM~11 <sup>th</sup> (Fri) 8AM/ Mar 1 <sup>st</sup> (Tue)~31 <sup>st</sup> (Thu) (exclude Mar 10 <sup>th</sup> ) 4PM~9PM	☎03-3264-4343 everyday 24 hours (Tokyo Inochi-no Denwa)
Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline" [NPO Mental Care Association]	☎0570-087478	Mar 27 <sup>th</sup> (Sun) ~ 31 <sup>st</sup> (Thu) every day 24 hours	☎0570-087478 Everyday Noon ~ Next day 5:30AM

◇ **LINE Counseling**

- Every day, 3PM~10PM (Reception till 9:30PM)
- Account Name: Sodan Hotto LINE@Tokyo

◇ **Telephone Counseling for Suicide-Bereaved Family** 自死遺族のための電話相談

Service Counter [Facilities]	Telephone Number	Special Consolation Term	Regular Consolation
<b>Grief Care and Support</b>	☎03-3796-5453	March 8 <sup>th</sup> (Tue) ~ 11 <sup>th</sup> (Fri) Noon~4PM	☎03-3796-5453 Tue, Thu and Sat Noon ~ 4PM
<b>Suicide-Bereaved Family Support Center</b>	☎03-3261-4350	March 4 <sup>th</sup> (Fri), 5 <sup>th</sup> (Sat) and 7 <sup>th</sup> (Mon) 10AM~8PM	☎03-3261-4350 Thu 10AM~ 8PM/ Sun 10AM~6PM

多重債務110 番

- Telephone Counseling for Problems with Multiple Consumer Loans #110  
☎03-3235-1155 (Tokyo Consumer Affairs Center)  
Date and Time: March 7<sup>th</sup> (Mon), 8<sup>th</sup> (Tue) 9AM~5PM

こころといのちの講演会

- **Kokoro and Life Lecture (schedule ONLINE)**  
Date and Time: March 17<sup>th</sup> (Thu) 2PM~4PM  
Eligibility: Hamura residents, workers and students.  
How to Apply: Please mail till March 4<sup>th</sup> (Fri) 5PM  
\*\*\* For details, please check Tokyo Metropolitan Health and Welfare Bureau official website.

こころの健康図書を図書館で展示します

**\*\* Kokoro (Mental) Health Books' Exhibition in Library**

Day and Time: March 1<sup>ST</sup> (Tue) ~ 31<sup>st</sup> (Thu) 10AM~8PM (exclude library close day)

Location: Main Library Exhibition Corner

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 625

3月1日(火)~7日(月)は春の火災予防運動

**<Spring Fire Prevention Campaign March 1<sup>st</sup> (Tue) ~ 7<sup>th</sup> (Mon)**

The fire prevention campaign will prevent the outbreak of fires by raising awareness and disaster prevention action capabilities of the citizen of Tokyo. If the fire disaster is happened, the damage will be minimized. The purpose is to protect the property and precious lives from fires.

Inquiries: Fussa Fire Station Prevention Division, Fire Prevention Inspection Section ☎042-552-0119

はむら花と水のまつり2022

**<HAMURA FLOWER AND WATER FESTIVAL 2022>**

● **Early Term ~ Sakura Festival**

Date and Time: March 26<sup>th</sup> (Sat) ~ April 10<sup>th</sup> (Sun) 10AM~5PM

Location: Around Hamura Weir

\*\* Banquets are not possible in or around the venue.

● **Late Term ~ Tulip Festival**

Date and Time: April 10<sup>th</sup> (Sun) ~ 20<sup>th</sup> (Wed) 10AM~5PM

Location: Paddy field in front of Negarami

★ There will be not mock stores for both terms but a stamp rally will be held around the stores during period. Details will be announced in Hamura News (Koho) version March 15<sup>th</sup>.

\*\* It is not allow to have party around venues.

\*\* Please have countermeasures to prevent COVID-19.



こいのぼり飾りに協賛募集

**<Please support the CARP STEAMER decoration!>**

During the Hamura Flower and Water Festival 2022 "Late term Tulip Festival", Carp streamer decorations will be carried out for wishing the healthy growth of children. You may see the swimming carp streamer drawn by children of nursery school and kindergarten in the blue sky.

For this foundation, kindly have the support from citizens, business establishments / organizations, nursery schools / kindergartens, etc.

Decoration term of Carp Streamer: April 10<sup>th</sup> (Sun) ~ 20<sup>th</sup> (Wed)

Location: Paddy field in front of Negarami (tulip field)

Sponsorship: Individual ~ ¥3,000 / per unit

Business establishments / groups ~ ¥5,000 / per unit

\*\* You may apply for as many units as you like

How to apply: Till March 19<sup>th</sup> (Sat), please submit to Hamura Flower and Water Festival Executive Committee Office (Hamura City Tourism Association 1-13-15 Hanehigashi (close Tuesday and Wednesday) directly.

Benefits: Names and groups will be posted at Tulip Festival Venue

Inquiries: Hamura Flower and Water Festival Executive Committee Office (Hamura City Tourism Association ☎042-555-9667/ Industry Promotion Division, Commerce and Industry Tourism Section ☎Ext.657)

# INFORMATION for CHILDREN AND PARENTS



子育て

## ■ 妊産婦オンライン相談（要予約）

### <Pregnant women online consultation (reservation required)>

Eligibility: Those who are pregnant or raising children residents (generally within one year after giving birth)

March Consultation Day and Time: March 22<sup>nd</sup> (Tue) Midwife consultation 1:30PM~3:30PM

Monday ~ Friday Public Health Nurse 9AM~4PM

Inquiries: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 692

## ■ 1歳児教室「1歳ちゃん♪ 集まれ〜!」

### < The 1 Year-Old and Parent Get-Together Group >

The "Happy" Kosodate Chiiki Houkatsu Center (Regional Family Support Center) will hold a get-together for fun class geared toward 1 year old kids and their parents. They will offer tips on how to stop breast feeding or about safety, and the child can play with other children.

Date: March 22<sup>nd</sup> (Tue), from 9:30AM ~ 11PM Location: Hoken (Health) Center

\*\* Measure child's height and weight from 9:30AM and class starts from 10AM.

Eligibility: Hamura City Residents who have a child at age 1 year old as **March** can attend with their child.

Priority for applicants of the 1<sup>st</sup> child.

Capacity: 8 (in order of application)

Things to Bring: Boshi Kenkou Techou (Maternal Handbook), Bath Towel and Beverage

Application and Inquiries: Starting from March 7<sup>th</sup> (Mon) 9AM~, please call or come directly to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari ☎Ext. 695

## ■ 「ちょこっと広場」を利用してください

### < "Chokotto Hiroba" Consultation Services- Require Reservation >

The Child Rearing Consultation Service offered by Clinical Psychologists assigned from Hamura City Child And Family Support Center (Kodomo Katei Shien Center), "Chokotto Hiroba" are offered to city citizens.

Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc. In addition to the general consultation, they provide more detailed consultation about the various matters related to the growth by addressing the specific needs of your child.

こころの相談（臨床心理士）

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

Date and Time	Capacity	Location
March 24 <sup>th</sup> (Thu) ①10AM ②11AM	Each 1 (in order of application)	Central Children Center

\*\* City official website is posted the whole year schedule.

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

税金

## TAX

令和4年度償却資産の申告はお済みですか？

### < Please Report Ownership of Depreciable Assets for 2022 Fiscal Year >

Business entities are required to report any depreciable assets which are owned as of January 1<sup>st</sup> of each year. You will be sent a reminder notice from the city in early March requesting current status or to come file for these assets. Please request an application form if you do not have one. They can also be filed on-line.

Inquiries: Kazei Ka, Shisan Zei Kakari, ☎Ext 154



< **BLOOD DONATION NEEDED!** > 愛の献血

Blood supplies tend to be short when donors are scarce depending on the season. Your contribution will be appreciated. No reservation is required. Donation of either 400ml or 200ml can be chosen by a donor.

Date & Time: March 22<sup>nd</sup> (Tue) 10AM ~ Noon / 1:15PM ~ 4PM

Location: Hamura City Hall, by the Main Entrance

Eligibility: Age 16~69 (Those over age 65/older who had donation experiences at age 60~64 are ineligible)

Details: for 400ml or 200ml blood

\*Taking medicine for stomach ache, vitamins, or drugs to lower blood pressure will not affect the ability to donate. Those who are deemed to be unfit for donation may be referred to a medical interview on site prior to the procedure and be asked to decline.

Inquiries: Kenko Ka ☎Ext.623



スポーツセンター

**SPORTS CENTER ☎042-555-0033**

四季のウォーク「II」 瑞穂町までポールウォーキングしながら足腰をシェイプアップしよう!

< **Seasonal Walking Event "II" ~ Let's shape up legs while using pole in walking to Mizuhocho!**>

Take a walk to Mizuhocho by pole walking which has two poles and moves the upper body actively. Please join with your family and friends, even one person is also welcome.

Date & Time: March 27<sup>th</sup> (Sun) 9AM ~ Noon (The event will be held in light rain or shine)

Course: There are 2 courses, you may join in either one

Course	Distance	Time
Matsubara Central Park Course	6.0 KM	100 minutes
Mizuho Eco Park Course	9.0 KM	150 minutes

Acceptance / Meeting: 9AM ~ 9:30AM in front of Sports Center Entrance Square

\*Please come directly to meeting place (Start/goal ~ Sports Center)

\*After lesson of using pole, walking as over courses.

Eligibility: Anyone who can walk the entire course alone

Capacity: 40 (in order of application) Fee: Free

Things to bring: Beverages, mask, health control check sheet and walking poles (if you have)

- Poles are available to borrow.
- Depends number of participators, it might be divide to groups to walk.

How to Apply: Within Mar 4<sup>th</sup> (Fri) ~18<sup>th</sup> (Fri), please call or come to Sports Center (close Monday 9AM~5PM)

Event Day Contact: ☎070-1355-3003 (Sports Promotion Section 9AM ~ Noon)

- Please register Hamura City Mail Services (<https://mail.cous.jp/hamura/>), if it is cancelled, you may confirm from mail services.
- For prevention of COVID-19 spreading, please wear mask.
- "Health management check sheet" is available to download from city official website or distribute in Sports Center.

Inquiries: Sports Center ☎042-555-0033

動物園

**HAMURA ZOO ☎042-579-4041**

フラミンゴの恋の季節

### <Flamingo Love Season >

The Greater Flamingos began to be seen courtship behavior from December of last year. There are several types of courtship behavior such as "flag waving" that swings the head from side to side, "salute" that spreads both wings and lowers the head and "marching" that starts walking all at once.

From now on, courtship behavior will become more active towards the spring of the breeding season. The color of the feathers will also be darker and more beautiful. Welcome to see the more beautiful flamingos during only this period.

- March Closed Days: March 7<sup>th</sup> (Mon), 14<sup>th</sup> (Mon) and 28<sup>th</sup> (Mon)  
\*\*\* 21<sup>st</sup> (Mon, Holiday) will be opened.

3月の休日診療

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

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
6 <sup>th</sup> (Sun)	Yanagida Iin	☎042-555-1800	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Yano Shika Iin	☎042-555-3363
13 <sup>th</sup> (Sun)	Futaba Clinic	☎042-570-1588	Hikari Clinic (Fussa-shi)	☎042-530-0221	Watanabe Shika Iin	☎042-570-1688
20 <sup>th</sup> (Sun)	Matsubara Naika Iin	☎042-554-2427	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Honda Dental Clinic	☎042-554-4184
21 <sup>st</sup> (Mon, Holiday)	Yokota Clinic	☎042-554-8580	Nanohana Clinic (Mizuho-machi)	☎042-557-7995	Asahi Kouen Douri Shika Iin	☎042-555-7904
27 <sup>th</sup> (Sun)	Ozaki Clinic	☎042-554-0188	Hikari Clinic (Fussa-shi)	☎042-530-0221	Ikoma Shika Hamura Shinryoujo	☎042-555-3139

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

3月相談日

#### PUBLIC CONSULTATIONS Schedule of MARCH

Category	Date	Time	Contact
General Consultation for Foreign Residents ㊤*	Appointment required		Shimin Soudan-shitsu city hall ext.541 Public Administration Spanish and English interpretation service is available by appointment for Foreign Residents Consultation only. ◆
Public Administration and Human Rights	17 <sup>h</sup> (Thu)	1:30pm ~ 4:30pm	

\*㊤=appointment required. \*For Koren 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.