

5-2-1 Midorigaoka, Hamura City, Tokyo ∓205-8601 **2042-555-1111** 

Hamura City Official Website = https://www.city.hamura.tokyo.jp

E-mail:s102000@city.hamura.tokyo.jp

#### COMMUNITY

## ■あんしん見守りシールを配布します <The safe watching sticker will be distributed for the elderly>

When the discoverer reads the QR code on the sticker pasted in the elderly clothes, the family will be contacted. City will start distributing "Safe Watch Stickers", so that elderly people who get lost while going out or having difficulty returning home because they do not know destination or home will be able to find them early.

Kindly ask for your cooperation so that everyone can live in a familiar area securely.

<u>Eligibility</u>: Hamura residents aged 65 and over are difficult to return home or go missing due to dementia, etc. (require to apply)

Inquiries: Korei Fukushi Kaigo Ka, Korei Fukushi Kakari 2 Ext. 175

[敬老のつどい]が申込み制になります 申込締切 は8月1日(月)

## < Special Gala for Respect-For-Senior-Citizen Day is required to apply

#### and deadline will be Aug 1<sup>st</sup> (Mon)>

This special event in commemoration of Senior Citizen's Day. Due to COVID-19 affection countermeasures, there are some different as before.

- Please apply in advance, all reserved seats.
- No bus for pick up and drop off.

<u>Date</u>: September 19<sup>th</sup> (Mon/Holiday) <u>Location</u>: Primo Hall Yutorogi Main Hall <u>Time Schedule</u>:

The gala is repeated 4 times to serve more people to participate.

- 1) 9:30AM ~10:50AM 2) 11:50AM~1PM
- 3) 2PM~3:10PM 4) 4:10PM~5:20PM

\*\* Door opens 30 minutes in advance of staring time.

Program: • Opening Ceremony (only for the 1<sup>st</sup> period) • Stage Performances (Song Show)

Eligibility: Those who are 75, or are turning 75 in 2022 living in Hamura.

<u>Capacity</u>: 720 people for each time (if the applicants are too many, drawing will be held)

\*\* The winner of drawing will be sent "Information Postcard" after September 1<sup>st</sup> (Thu).

How to apply: Please apply from city official website application form and postcard.

Please check the details of application via Hamura News July 1<sup>st</sup> version or city official website.
 <u>Deadline</u>: August 1<sup>st</sup> (Mon) (effective the same day postmark)

Inquiries: Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari, @Ext.175.176

#### ■マイナンバーカードをつくりませんか

## <Would you like to apply MY NUMBER CARD?>

O Repositing your PIN CODE
O PIN Code has been set

By visiting the office and applying at the counter, you can receive your My Number Card with a PIN set by registered mail (special type) or simple registered mail (no transfer required).

Face photography is also free. It will be mailed to the address of the residence certificate about one month later after applying.

Things to bring: \*\* please be sure to come to city hall office by yourself.

- Two (2) Identity verification documents issued by government offices with a photo of the face (original within the expiration date) For example: Driving license and Health insurance card.
   %City staff will make a copy of ID.
- 2) Personal number card application form with QR code
- 3) Notification card (for those who have it).
- 4) Basic Resident Register Card (for those who have it)

\*\* The following documents are required for those under the age of 15 or adult guardians.

- 5) Two (2) Identify verification documents issued by government agencies with a photo of the legal representative's face.
- 6) Confirmation documents for proxy rights (family register copy, registration certificate, etc.)
   ※If you are a parent and child living in Hamura city with the same household in resident card, and you can confirm the parent and child relationship in resident card. No confirmation documents are required.

#### PIN 暗証番号

Please enter your PIN to be registered on My Number Card in the prescribed form and keep it at the reception. When the My Number Card arrives, the staff will set a PIN on the Card and mail it.

#### Mailing method 送付方法

4) Personal limited mail (special type registered mail)

Only the person can receive it. The post office will mail an arrival notice to you.

The place to hand over My Number Card is either the post office or the delivery to the address of the person's resident card. Please present your identity verification documents upon receipt.

5) Simple registered mail

It will be delivered to the address of the person's resident card. Your family living with you may also pick it up.

※ If you do not receive it by the storage period of the post office, it will be returned to the city hall. It cannot be resent. Please be sure to bring your identity verification documents to the city hall and pick up.

Date and Time: Monday ~ Friday 9AM~11:30AM 1PM~4:30PM

Pick-up location: Citizens Section, Receptionist (Shimin Ka, Uketsuke Kakari)

#### マイナンバーカード交付申請の出張サポートを実施します

## • City will carry out SUPPORT TRIP for my number card issuance application

It will take about 10 minutes / per person.

## Flow of Day to apply 当日の流れ

① Reception ② Create application data and take a photo with a dedicated terminal

③ Send application data ----→ Complete

%The procedure on the day is to apply and you will be asked to come later date to pick up your card.
<u>Things to bring</u>:

Personal number card issuance application with QR code.

- X If you lose it, an application will be issued at the city hall. Please bring your identity verification documents and apply (accept mail).
- X You can receive your My Number Card with a PIN set by mail. (Support trip application reception method) People can come to city hall, present two ID's documents (including those are with face photo issued by government) and receive card by registered mail (special type/ registered mail) or simple registered mail (no transfer required).

Date an	d Time	Location
July 26 <sup>th</sup> (Tue)		Kawasaki Kaikan
July 27 <sup>th</sup> (Wed)		Tanoue Kaikan
July 29 <sup>th</sup> (Fri)		Midorigaoka Sancho Kaikan
August 2 <sup>nd</sup> (Tue)	2PM ~ 3:30PM	Azuma Kaikan
August 3 <sup>rd</sup> (Wed)		Josui Kaikan
August 10 <sup>th</sup> (Wed)		Mitsuya Kaikan
August 4 <sup>th</sup> (Thu)		Gonokami Kaikan
August 9 <sup>th</sup> (Tue)	6:30PM ~ 8PM	Ozakudai Nishi Kaikan

Inquiries: Shimin Ka, Uketsuke Kakari @Ext. 123

#### ■暑い夏がやってきた!親水公園グランドオープン!

## <Hot summer has arrived! Water Park grand opening!>

The water park Jabujabu Pond is currently open for Saturday, Sunday and Holidays. It will be open every day from August 1<sup>st</sup>(Mon), let us play and get rid of summer heat.

## Opening term:

- Till July 31<sup>st</sup> (Sun), every Saturday, Sunday and Holidays.
- August 1<sup>st</sup> (Mon) ~ 28<sup>th</sup> (Sun) everyday
- September 3<sup>rd</sup> (Sat) ~ 25<sup>th</sup> (Sun), every Saturday, Sunday and Holidays.

## Opening Time: 10AM ~ 4PM

\*\* The park may be closed depending on the weather and management conditions.

Inquiries: Doboku Ka, Kouen Kanri Kakari <a>Text</a>. 283

#### ひとり親家庭(母・父)の自立を応援します

## < Single Parent Families Can Receive Independence Support>

Inquiries: Kosodate Sodan Ka, Kodomo Katei Shien Kakari, @Ext. 239

#### ☆自立支援教育訓練給付金事業

#### **Certified Courses**

Single mothers and fathers can receive financial assistance by taking courses in vocational training for career development. After completion of the course, a reimbursement will be made.

(Classes are all in Japanese. A certain level of language proficiency is required.)

- Eligibility: Single Parent Family of Hamura City who is raising a child that is 20 years of age or younger, and:
- 1) Is a Child Rearing Allowance(Jidou Fuyou Teate) recipient, or low income earner with equal income to qualify for this allowance
- 2) Has the apparent need for taking courses to realize their career choice
- 3) Has never received benefits for the vocational training

<u>Courses</u>: Medical Office Staff, Introductory Training for Nursing Care Giver, Cook, etc.

## Eligibility Term: Up to 4 years

#### Amount of Subsidy:

1)Those who cannot receive the education and training benefits of employment insurance on the starting day  $\sim$  60% of the course cost (with an upper limit)

2)Those who can receive the education and training benefits of employment insurance on the starting day ~ The amount obtained by subtracting the amount of education and training benefits of employment insurance from 60% of the course cost.

#### ☆高等職業訓練促進給付金等事業

Advanced Vocational Course: These courses last for more than a year for the following certifications:
 \* These courses are full-time student courses to gain certification for nurse, etc. Also, you cannot be eligible if you have received benefits for any advanced vocational course in the past.

Eligibility: Single Parent Family of Hamura City with dependent that is 20 years of age or younger,

- 1) Who is a Child Rearing Allowance (Jidou Fuyou Teate) recipient, or low income earner with equal income to qualify for this allowance
- 2) Who can dedicate at least 6 months to the course, and is expected to achieve attainment of certification
- 3) Single parent for who it has been determined that child rearing and work cannot be balanced.
- 4) Has never received benefits for the vocational training

<u>Eligibility Courses</u>: Registered Nurse, (Practical Nurse), Physical Therapist, Occupational Therapist, Barber, Beautician, Digital Categories certificate, etc.

Those who choose Certified Care worker or Child Caregiver can seek the services of the "Hello Work" Unemployment Office.

<u>Term of Subsidy</u>: up to 4 years in which vocational courses are taken <u>Subsidy (Monthly)</u>:

- ◆ For tax exempt household~ ¥100,000 (The last 12 months before completion ¥140,000)
- ◆ For households who are not tax exempt ~ ¥75,000 (The last 12 months before completion ¥115,000)

☆ひとり親家庭高等学校卒業程度認定試験合格支援事業

#### \* High School Graduation Equivalency Program

In the aim to promote the financial stability of the single parent household, the city will subsidize the members of these households in their acquiring high school graduation equivalency qualifications in order to broaden their chances at obtaining employment with better conditions. Financial assistance for tuition fees for study courses are available.

<u>Eligibility</u>: Single Parent Family of Hamura City with dependent that is 20 years of age or younger, who is a Child Rearing Allowance (Jidou Fuyou Teate) recipient, or with equal income to qualify for this allowance, that has graduated junior high school.

<u>Amount of Assistance</u>: 60% of costs up to ¥150,000 per household.

**General item**: You must consult with the City prior to applying for these courses. Make an appointment one month <u>in advance</u>, call to the Kosodate Shien Ka for consultation. Please bring the brochure of the courses that you are interested in applying for.

#### **VACCINATION OF COVID-19**

■新型コロナウイルスワクチン 4回目は医療機関でも接種ができます

#### <The 4<sup>th</sup> COVID-19 vaccine can be vaccination at medical institutions>

In addition to the group vaccination at Hamura City Sports Center, the 4<sup>th</sup> vaccination can be taken at clinics of city. In general, it is only for the patients of each medical institution.

<u>Things to bring</u>: The 4<sup>th</sup> vaccination ticket with pre-examination slip, Health insurance card, medical examination card for each medical institution and Medicine notebook (if you have it.

- If you are 65 years old or older and eligible for the specified date and time during 2022, your reservation at Hamura City sports center will be automatically cancelled.
- People who have had an allergic reaction after COVID-19 vaccination in the past cannot be vaccinated at individual medical institutions.

Inquiries: Hamura City COVID-19 Vaccine Center 20570-030207, 9AM~5PM (exclude Sunday and Holidays)

#### <The Method of Reservation> 予約方法

<u>Eligibility</u>: Those who have received the 4<sup>th</sup> vaccination ticket with questionnaire slip issued by Hamura City.

Please call Hamura City COVID-19 call center to make reservation.

- \*\* You cannot make reservation directly to each medical institution.
- \*\* Reservations are limited, so if there are full bookings, please get vaccination in Sports Center.

## [Medical Institutions that can have vaccinations] 接種が受けられる医療機関

- \*\* Those who are Age 18~59 with underlying illness or pregnant need to apply the 4<sup>th</sup> vaccination ticket.
- Ozaki Clinic Hamura Branch オザキクリニック羽村院
   <u>Eligibility</u>: Those who have had internal medicine records within 2 years, Hamura citizens for the 4<sup>th</sup> vaccination only.

<u>Address</u>: 1-18 Fujimidaira, Hamura Danchi 24-1, Hamura city <u>Term and Date</u>: July  $12^{th} \sim August 31^{st}$ , Tuesday and Wednesday

- Sakaecho Clinic 栄町診療所
   <u>Eligibility</u>: Those who have had medical records, Hamura citizens for the 4<sup>th</sup> vaccination only.
   <u>Address</u>: 1-14-46 Sakae Cho, Hamura city
   <u>Term and Date</u>: July 12<sup>th</sup> ~ August 30<sup>th</sup>, Tuesday
- Hamura Himawari Clinic 羽村ひまわりクリニック
   <u>Eligibility</u>: Those pregnant women who have had medical records, Hamura citizens for the 4<sup>th</sup> vaccination only.
   <u>Address</u>: 351-30 Gonokami, Hamura city
   <u>Date</u>: August 10<sup>th</sup> and September 7<sup>th</sup>
- Futaba Clinic 双葉クリニック
  <u>Eligibility</u>: Those who have had medical records, Hamura citizens for the 4<sup>th</sup> vaccination only.
  <u>Address</u>: 1-1-15 Futaba Cho, Hamura city
  <u>Term and Date</u>: July 19<sup>th</sup> ~ August 30<sup>th</sup>, Tuesday and Friday
- Matsubara Internal Medical Hospital 松原内科医院
   <u>Eligibility</u>: Those who have had medical records, Hamura citizens for the 4<sup>th</sup> vaccination only.
   <u>Address</u>: 1-6-3 Hanehigashi, Hamura city
   <u>Term and Date</u>: July 26<sup>th</sup> ~ August 30<sup>th</sup>, Tuesday and Friday
- Matsuda Clinic 松田医院
   <u>Eligibility</u>: Those who have had medical records, Hamura citizens for the 4<sup>th</sup> vaccination only.
   <u>Address</u>: 5-8-8 Ozakudai, Hamura city
   <u>Term and Date</u>: July 12<sup>th</sup> ~ August 30<sup>th</sup>, Tuesday and Wednesday
- Manabe Clinic 真鍋クリニック
   <u>Eligibility</u>: Those who have had medical records, Hamura citizens for the 4<sup>th</sup> vaccination only.
   <u>Address</u>: 2-7-13 Ozakudai, Hamura city
   <u>Term and Date</u>: July 15<sup>th</sup> ~ August 26<sup>th</sup>, Friday
- Wakakusa Hospital わかくさ医院 <u>Eligibility</u>: Those who have had medical records, Hamura citizens for the 4<sup>th</sup> vaccination only. <u>Address</u>: 2-7-6 Ozakudai, Hamura city <u>Term and Date</u>: July 26<sup>th</sup> ~ August 30<sup>th</sup>, Tuesday
- Watanabe Orthopedic Surgery ワタナベ整形外科
   <u>Eligibility</u>: Hamura citizens for the 4<sup>th</sup> vaccination only.
   <u>Address</u>: 1-2-2 Gonokami, Hamura City, in front of the east exit of Hamura Station, 2nd Floor of Medical Plaza
   <u>Term and Date</u>: July 16<sup>th</sup> ~ August 27<sup>th</sup>, Saturday

#### ■夏休み期間中も5~11歳の接種を行っています

#### < Age 5~11 may take COVID-19 vaccination during the summer vocation >

For those who wish to receive COVID-19 vaccination for their children and have not been able to receive due to inconvenience of parents or school. Vaccination during the summer vocation will be held. Location: Hoken Center

Date and Time: Wednesday 2PM~3:15PM, Saturday and Sunday 10AM~11:15AM How to reserve: Call center or reservation website.

\*\* Please check the city official website for details on the dates and reservation methods.

■新型コロナウイルスワクチンが接種できるのは、9月30日(金)までです

#### < The COVID-19 Vaccine can be vaccination till September 30<sup>th</sup> (Fri) >

Citizens can receive the  $1^{st} \sim 4^{th}$  vaccinations free within the period, but the vaccination system after October is still undecided yet.

Hamura City COVID-19 Call Center 20570-030207 (9AM~5PM including Saturday, Sunday and Holidays) \*\* Those who wish to use the telephone relay service (call through an operator who interprets in sign language etc.), please call Kenko Ka.

Inquiries: Kenko Ka 🖀 Ext. 627~630

お知らせ

健康

## INFORMATION HEALTH

#### **< The Second Term for Free Screening for Stomach / Lung Cancer >** 胃がん・肺がん検診(第2期) Date and Time: September 7<sup>th</sup> (Wed) ~ 10<sup>th</sup> (Sat) 8AM~Noon

\*\*Unable to designate time, the screening time will be shown in ticket.

Place: Hoken Center

<u>Eligibility</u>: Hamura residents 40 years of age and older (Sputum examination must be over age 50) \*You are not eligible to take this exam if any of the following conditions apply:

① Those who have had colon polyps removed within the past 2 months.

- ② Those who need assistance during inspections.
- ③ Pregnant, or possibility of pregnancy ④ Currently being treated for stomach or lung illness
- (5) Those who have the same cancer screening opportunity provided by the employer
- ⑥ If you have taken this screening already offered by Hamura City.

<u>Capacity</u>: 80 people per day (If applicants exceed capacity, selection will be done by name drawing and you will be either notified of your drawing result or receive a screening coupon around August 12<sup>th</sup> (Fri).

Examination Details: Stomach / Lung examination (certain conditions apply to Sputum examination)

## <Sputum examination is provided only for people with the following conditions :>

① Age is over 50 till as to examination date

② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 600 or more.

Application Period: [Mail] - July 15<sup>th</sup> (Fri) ~August 5<sup>th</sup> (Fri) postmark stamp deadline

[Electric Application] - July 15<sup>th</sup> (Fri) 10AM ~ August 5<sup>th</sup> (Fri) 11:59PM

# <u>How to apply</u>: ① Fill in necessary information on an application form and turn it in at Hoken Center on weekdays, or ② Paste the form on a post card and send it to Hoken Center.

• Application form is only available in city official website, please download and fill in.

- How to fill in an application postcard -

Front	Back		
〒205-0003	·Your name, date of birth, mailing address, and phone number		
To: "Gan Kenshin Tantou"	·Your desired screening date		
Hamurashi Hoken Center	·Screening/Exam you desire:		
5-5-2 Midorigaoka	·Whether you wish to have sputum examination: Yes or No		
Hamura City	*If you request, the container will not be sent out.		

Please Note: Each individual must apply separately even if they are in the same household. <u>Inquiries</u>: Hoken Ka (inside of Hoken Center) **2** Ext. 623

## 子育て応援ニュース

## CHILDREN SUPPORT NEWS



子育て世帯生活支援特別給付金(ひとり親世帯以外分)を支給します。

#### <Child-Rearing Household Life Support Special Benefit (exclude Single Parent)> Eligibility:

- ① Those who are receiving Child-Rearing Allowance or Special Child-Rearing Allowance for April, 2022 and are exempt from resident tax per capita rate [No application required]
- ② Those who are supporting eligibility children (As of March 31<sup>st</sup>, 2022 under age 18 or under age 20 children with disability) or are exempt from resident tax per capita rate or below this level's householder. [Require application]

## Payment Eligibility's application and amount:

Eligibility	Application	Application Term	Payment date	Amount
$\bigcirc$	Not required		End of July	¥60,000 / per child
2	Required	Aug 2 <sup>nd</sup> (Tue)~	Middle of following	(National system¥50,000 +
	Required	Feb 28 <sup>th</sup> (Tue), 2023	month after applying	City support ¥10,000)

\*\* The judging result of eligibility 2 might be unqualified.

\*\* Exclude Single parent household who has already received special benefit.

\*\* Application forms are available in City Hall 2F Kosodate Sodan Ka and able to download from City Hall official website.

Inquiries: Kosodate Sodan Ka, Teate. Josei Kakari @Ext. 235

## 児童扶養手当などの「現況届」の提出を

## NOTIFICATION OF CURRENT STATUS for CHILD ALLOWANCE and CHILD SUPPORT ALLOWANCE

Recipients of Child Rearing Allowance (Jidou Fuyou Teate) and recipients of Single-Parent Household Medical Support (ひとり親家庭医療費助成) are required to submit the documents to support Notification of Current Status (現 況届) in order to maintain an eligibility. Applicable households will be notified by mail by late July.

<u>Term for Acceptance of Documents:</u> From August 1<sup>st</sup> (Mon) ~ 31<sup>st</sup> (Wed) 8:30AM~11:45AM and 1PM~5PM (exclude Saturday, Sunday and Holidays)

• Applications will be accepted: August 20<sup>th</sup> (Sat), 21<sup>st</sup> (Sun), and 28<sup>th</sup> (Sun)

Location and Inquiries: 2<sup>nd</sup> Floor of City Hall, Kosodate Sodan Ka, Teate. Josei Kakari @Ext.237

## もぐもぐ教室 離乳食生後7か月以降講座

## < Mogumogu Class ~ Baby Food Class for after 7 months baby>

If the baby is good at swallowing baby food, good to move on Mogumogu and Kamikami movement. Enjoy learning about simple menus as the hardness and size of food that suits baby and increase the variety. <u>Details</u>: \* Points of baby food \* Baby food cooking demonstration

\* Consultation of baby and childcare

Date and Time: August 31st (Wed) 10AM~ 11:15AM

Location: Hoken Center

Eligibility: Baby was born from September 16<sup>th</sup>, 2021 ~ February 15<sup>th</sup>, 2022 and guardian.

Capacity: 10 (in order of application)

\*\* For prevention of COVID-19, please leave your child to someone to take care as possible.

How to Apply and Inquiries: Please call or come to Kosodate Sodan Ka, Boshi Hoken.Sodan Kakari 2696.

Immunity which was handed down from mother to child is only effective for a certain period after birth. Immunity against diseases will decline naturally as child grows. If you have lost your questionnaire sheet or have recently moved in to Hamura, please bring your maternal and child handbook to the center to receive assistance.

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

#### **Rota Virus Vaccination**

(1 Ka) 6 months old ~ 2 years old (Twice) (5 Ka) 6 months old ~ 32 weeks old (3 times) Hepatitis B \_ B型肝炎

The day before their 1<sup>st</sup> birthday <3 Times>

Hib / Pediatric Pneumococcal Vaccine ヒブ/小児用肺炎球菌 ワクチン

2 months old ~ the day before their 5<sup>th</sup> birthday <4 Times>

## **DTPP Combination Vaccine** 四種混合

3 months old  $\sim$  the day before turning 7 years old and 6 months <4 Times>  $\underline{\textbf{BCG}}$ 

The day before turning 1 year old <Once>

Chicken Pox 水痘 (みずぼうそう)

The day before reaching 1 year old ~ the day before reaching 3 years <Twice>

#### <u>Measles and Rubella</u> 麻しん風しん

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

2nd term: 5-6 year olds, \* must be made within the year prior to the entry to elementary school. <Once> Japanese Encephalitis Vaccine 日本脳炎

 $1^{st}$  Term: 3 years old ~ day before turning 7 years and 6 months old <3 Times>

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

%Full subsidy coverage for Japanese Encephalitis Vaccine offered to those who were born between July 15<sup>th</sup>, 2002 and April 1<sup>st</sup>, 2007, until one day before their 20<sup>th</sup> birthdate.

For those born between April  $2^{nd} \sim October 1^{st}$ , 2009, it is available before  $13^{th}$  birthday for both terms. **Diphtheria-Tetanus Vaccine (DT)** = =  $4\pi$ 

The day before turning 11 years old ~ the day before turning 13 years old <Once>

#### <u>Cervical Cancer Vaccine (DT)</u> 子宮頸がん

For those who were born April 2<sup>nd</sup>, 1997 ~ April 1<sup>st</sup>, 2006 (female only), free catch up vaccination is available within facial year 2022~2024.

#### Notice:

%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. <u>Inquiries</u>: Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) @Ext.697

シリーズ環境を考える なるほど、そうだったのか

## **ECO COOL ~ THINKING ABOUT ENVIRONMENT SERIES**

第86回 「どんなに少しでも食べ物を捨てない暮らしに」

## <The 86<sup>th</sup> [To live a life without throwing away food~]>

Cool: Do you know that Japan's food that still can be eaten but discarded (food loss) is 5.7 million tons per year.

It's 1.4 times of the world's food aid (4.2 million tons) for people suffering from hunger.

- Eco: So much food! My grandfather always said "if you throw away food, you will be punished".
- Cool: Japan imports 63% of whole food but you're surprised at too much it's thrown away.
- Eco: How to decrease food loss?
- Cool: We must create good arrangement to decrease wasting food. It is said that food loss half comes from business and half from homes, so if we change our way of life then the food loss will be eliminated.
- Eco: Do you want to prevent the vegetables from spoiling or throw them away when the expiration date has expired?
- Cool: Yes. The best-by date is "delicious way to eat", not the deadline for throwing away. The important thing

is not to buy too much. It is a source of loss to buy with a bargain sale. It's a good idea to make good use of canned and dried foods that are prepared in case of emergency with a small amount of shopping. It's also important not to make too much. It can also cause overeating. If it's left over, it's a good idea to remake it and eat it up the next day. Another thing to watch out for is excessive removal when cooking.

- Eco: "Kajo Jokyo" (excessive removal)?
- Cool: It's about getting rid of over-skinned and minor scratches. Carrots and burdock can be cooked with their skins and just throw away as little as possible.
- Eco: Let's check out our kitchen waste!
- Cool: It's good to set a goal to half the waste. While shopping, the food loss will be greatly reduced if you keep in mind to pick up product in fore side one on shelves.
- Eco: "Temaedori" (pick up produce from the fore side one)?
- Cool: Buy product in order from the one with the closest expiration date in the fore side. If we don't do that, products that are close to the expiration date will not sell and be thrown away. Our actions are also involved in reducing food loss at business establishments (shops). Excessive freshness will increase the food loss.
- Eco: I got it, I will let my family know about it.

Inquiries: Kankyou Hozen Ka SExt.225

#### 図書館

#### PRIMO LIBRARY HAMURA

夏期早朝開館のお知らせ

## < Library Hours will be Changed during August >

Term: August 2<sup>nd</sup> (Tue) ~ 31<sup>st</sup> (Wed)

- Main Library: 9:30AM ~ 8PM
- <u>Ozakudai Brach Library</u>: 10AM ~ 5PM

Close Date:

- \*\* Main Library ~ Mondays (exclude Holiday's) and August 16<sup>th</sup> (Tue) for Cleaning Day.
- \*\* Ozakudai Branch ~ Mondays, Aug 11<sup>th</sup> (Thu, Holiday) and August 16<sup>th</sup> (Tue) for Cleaning Day.

図書館 YA (ヤングアダルト)ボランティア募集

## < Library YA (Young Adult) Volunteer Recruitment >

Do you want to help library work during summer vocation? You may experience in making "Recommend Books Card" for this chance.

Date and Time: August 12<sup>th</sup> (Fri). 16<sup>th</sup> (Tue) 10AM~3PM (you may participate either one)

Eligibility: Hamura City Resident's Junior High School and High School students

Capacity: 6 (in order of application)

How to Apply: Starting from July 16<sup>th</sup> (Sat) 10AM, please call or come to Library 2042-554-2280

## **MISCELLANEOUS INFORMATION**

## 東京都障害者休養ホーム事業

## < Holiday Lodging Subsidy for Disability Certificate Holders >

Hamura City partially subsidizes accommodation fees for use of facilities which are designated as destinations by the city for holiday lodging for disability certificate holders.

Eligibility: Certificate Holders and up to one person who engages in activities to supporters their activities

**2042-554-2280** 

<u>Subsidy Amount</u>: Maximum Amount (per night) to ¥6,490 for each adult, ¥5,770 for each child, and ¥3250 for one accompanying person older than junior high school

Eligible Stay: Subsidy is limited to charge of stay for 2 nights (April  $1^{st}$  ~ March  $31^{st}$ , the following year)

• City Hall 1<sup>st</sup> floor offers pamphlets and application form at Shogai Fukushi Ka

Inquiries: Nihon Charity Association 203-3353-5942, FAX03-3359-7964

#### ご存じですか! 検察審査会 検察審査員に選ばれたらご協力を

#### < Please be cooperated ~ Committee for the Inquest of Prosecution >

The "Kensatsu Shinsa Kai" – Committee for the Inquest of Prosecution is the committee whose 11 members are randomly chosen Japanese citizens with the right to vote and their purpose is to examine and review a prosecutor's decisions not to indict cases, and evaluate the prosecutor discretion in the judicial ruling. When a Committee for the Inquest of Prosecution receives a complaint against a decision not to indict from an individual or a civic organization, they submit a legally binding recommendation to the Prosecutor's Office. Anyone who has a legal address in Japan is able to make a request to the committee for assessment of a case and to bring it into court for further examination. It is free of charge, and confidentiality is kept. To know more about this legal system, please consult the Kensatsu Shinsakai Tachikawa Office **2**042-845-0292. Inquiries: Kensatsu Shinsakai Tachikawa Office **2**042-845-0292

#### 2022年度 子ども体験塾子ども国際交流音楽祭

#### <2022 Children's Experience Shool ~ Children's International Music Festival>

A chorus composed mainly of junior high school students from Nishitama area, welcome performances by young musicians from Nishitama Area and exchange performances with musicians from Vienna. In addition, there are a number of masterpieces by the woodwind quintet of the members of the Vienna Philharmonic Orchestra.

City will invite elementary school children to 18 years old and one of their parents who live in Hamura City, Hinohara Village and Okutama Town.

Date and Time: October 10<sup>th</sup> (Mon, Holiday) 5PM~7PM (opening: 4:30PM)

Location: Primo Hall Yutorogi Main Hall (all seats reserved)

Capacity: 800 people (general and invited tickets each 400)

\*\* Preschoolers are not allowed to enter.

Ticket price: ¥1,000

Sponsor: Children's Internation Music Festival Executive Committee

How to apply and Ticket sales: Starting from July 15<sup>th</sup> (Fri) 9AM~8PM, Primo Hall Yutorogi counter (Free invitation application is till September 6<sup>th</sup> (Tue))

Inquiries: Yutorogi (Shougai Gakushou Shishin Ka) 2042-570-0707

#### ■市民活動・生涯学習に活用してください!

## <Please use guidebook for Civic Activities and Lifelong Learning!>

City has published a guidebook that summarizes civic activity groups in one!

"Citizen's activity group guide" and "group/ circle guide" introduce various groups that are active in Hamura city. Please use it for your civic, volunteer and lifelong learning activities.

\*\* Guidebooks can be distributed at public facilities and downloaded from the city's official website.

Inquiries: Chiiki Shinkou Ka, Shimin Katsudou Center Kakari <a>T</a>Ext. 632

Yutorogi (Shougai Gkushou Suishin Ka) 🕿 042-555-0707

#### CHILDREN PAGE Central Children Center 2042-554-4552

< Daytime Moon Observation > 昼間の月観測会、ファミリー天体観測会

Date & Time: Aug 3rd (Wed), 4PM ~ 4:30PM

## <Family Stargaze Event>☆☆

Date & Time: Aug 3rd (Wed), 8PM ~ 9PM

<u>Eligibility</u>: Elementary School Students ~ High School Students (Junior High School Students or younger must be accompanied by a guardian).

Capacity: 20 Persons (in order of application, including guardian)

• If it rains, an explanation of starry sky will be held in planetarium.

<u>How to Apply</u>: July 16<sup>th</sup> (Sat) ~ Aug 2<sup>nd</sup> (Tue) 9AM~4:30PM, please call or come to Central Children Center directly

## West Children Center 2042-554-7578

西の怪談~夏の西児童館でちょっとこわい体験してみよう~

## < West children Center's Ghost House ~ Scaring Experience>

In summer, people like to test of courage to have fun! Require ticket to admission.

Date and Time: Aug 4<sup>th</sup> (Thu) and 5<sup>th</sup> (Fri) ①9:30AM~11AM ②1:30PM ~ 3:30PM

Eligibility: Till age 18 (preschoolers need to accompany with guardian).

Capacity: First 75 groups

\*\* Tickets will be distributed in advance.

<u>Ticket distribution term</u>: July 16<sup>th</sup> (Sat) ~ Aug 1<sup>st</sup> (Mon) 9AM~4:30PM, please come to West Children Center personally (not allow to get for friends).

## Primo Library 2042-554-2280 closed on Mondays

#### おはなし会

We are having fun story telling events. Come along with your friends or parents and have fun together!

## < Story Telling for Babies >

Picture story show for babies.

Date & Time: July 20<sup>th</sup> (Wed), 11AM ~

## < Story Telling for Preschoolers >

Picture books will be read, hand gesture activities will be enjoyed!

Date & Time: August 13<sup>th</sup> (Sat), 11AM~

## < Story Telling for Elementary School Students>

Date & Time: July 16th (Sat), 11AM~

< Story Telling for Children > at Ozakudai Branch Library

Picture books will be read, and simple craft class is scheduled.

Date & Time: July 28<sup>th</sup> (Thu), 3PM~

## PRIMO HALL YUTOROGI 2042-570-0707

< Movies for Children > 子ども映画会

 Date: Aug 7<sup>th</sup> (Sun), 10:30AM~11:30AM

 Program: 3 titles
 Location: Kouzashitsu 1

 Capacity: First 75
 Supported by: Hamura Eiga Club

## 「団体のひろば」 < GROUPS SQUARE>

This is a page to support civic activity groups in the city. Registration is required if you wish to publish. For details, please inquiry to Chiiki Shinkou-Ka, Shimin Katsudou Center Kakari **2** Ext. 632



closed on Mondays

#### **EVENTS** 催し物

● 登校拒否・不登校・高校中退者・その他進路について学びたい方のための進路学習会

<Career study session for those who refuse to attend school, do not go to school, drop out of high school, or want to know about other career paths.> Those who are worried about their career paths. Let's learn and think together.

Date and Time: July 18th (Mon, Holiday) 1:30PM~3:30PM

Location: Primo Hall Yutorogi Eligibility: Anyone

Fee: ¥500 (free for 18 years old or younger) Capacity: First 80

Sponsor: NPO Corporation Free Space Robinson

Co-sponsored: School refusal. Not attend to school parents' association "Poco a Poco" association Inquiries: Komai San 20428-23-1054

#### **MEMBERS RECRUITMENT** 会員募集

● <Wai Wai Seal T> ワイワイシールT

Beginner are welcome if you want to swim again this year. Physical strength improvement and friendship are also available.

Date and Time: Every Tuesday 11AM~1PM Location: Swimming Center Eligibility: 18 years old and over

Fee: ¥3,000/ monthly, admission fee ¥1,000 Inquiries: Araki San 2090-8042-9078

● **<Watercolor Group>** 水彩画グループ

A very historic group for doing efforts on creating unique works.

Date and Time: The 2<sup>nd</sup> /4<sup>th</sup> Thursday 1:30PM~3:30PM

Location: Primo Hall Yutorogi Fee: ¥3,000 / monthly Eligibility: General Capacity: 3 persons Inquiries: Hamanaka San 2042-554-5668

● <Relieved Smile Salon> ほっと笑みサロン

Have fun to laugh and revitalize your brain with a dementia prevention game that matches music! Date and Time: The 2<sup>nd</sup> / 4<sup>th</sup> Wednesday 10AM~11:30AM Location: Chuou Kan

Capacity: 15 Fee: ¥1,000 Inquiries: Suzuki San 2090-4715-3069 <Tama River upstream fly fishers network> 多摩川上流フライフィッシャーズネットワーク

People can engage in activities and enjoy fly fishing in Tama River. No cost for anyone on irregular days. Inquiries: Suzuki San 2080-1058-9450

● <Hamura City Naginata Federation> 羽村市なぎなた連盟

Let's experience traditional Japanese martial arts and practice aiming for physical and mental health. Date and Time: Every Tuesday 7PM~8:30PM Location: Hamura the 2<sup>nd</sup> Junior High School Gymnasium Inquiries: Kanogawa San 2042-554-7343 Fee: ¥2,000 / monthly

## ● <Hamura Taishogoto Cattleya Association> 羽村大正琴カトレア会

Would you like to learn Taishogoto (free to lend) and have an international friendly communication? Date and Time: The 1<sup>st</sup> & 3<sup>rd</sup> Friday 1:15PM~3:15PM Location: Community Center Fee: ¥3,500 / monthly, admission ¥1,000 Inquiries: Unno San 2042-555-6533

 <Chason Gathering> シャンソンの集い

Let's sing with Ms. Yuko Shiraki who is familiar on Bastille Day and also active on TV. Date and Time: Once a month 1PM~3PM (variable)

Location: Community Center

<u>Eligibility</u>: No limit <u>Capacity</u>: No fixed upper limit Fee: ¥5,000

Inquiries: Kato San 2042-579-1086

\* Please contact each group for details about events and recruitment members. In addition, information on each group is also introduced on the city official website.

Person in charge: Chiiki Shinkou Ka, Shimin Katsudou Center Kakari @Ext. 632