



# HAMURA NEWS

**HAMURIN** Hamura City Mascot

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Edited by: Hisho Kouhou Ka (Secretary & Public Information Section)

5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

Hamura City Official Website = <https://www.city.hamura.tokyo.jp> E-mail:s102000@city.hamura.tokyo.jp

August 1<sup>st</sup>, 2023

## COMMUNITY

「ごみの収集や分別についてお答えします！」

### <The questions and answers about Garbage collection and separation!>

Inquiries: Living Environment Section (Seikatsu Kankyou Ka) ☎Ext. 204



- Q. The garbage collection has passed for the usual time and hasn't arrived! Do they forget to collect?
- A. The collection time may vary depending on the amount of garbage, weather, road conditions, etc. The "usual time" is not always the same. If your house is not picked up but your neighbors have already done so, please contact to Living Environment Section (Seikatsu Kankyou Ka).
- Q. I just moved to Hamura City and still have extra garbage bags designated by previous city. Can I use them?
- A. Please do not use collection bags designated by other municipalities!  
We will not collect garbage or resources if you use bags designated by other than Hamura City.
- Q. It was raining and I put my garbage out under the eaves because it would get wet at the usual place, but the garbage didn't be collected...
- A. Please put your garbage out at the "usual place" even it is raining. If you put it in a different place, the garbage will not be collected because we will not be able to determine if it is acceptable to collect as garbage or not.
- Q. I put out plastic containers and PET bottles on the "non-burnable trash" day, but they were not taken away.
- A. Neither of them are "Non-burnable Garbage".  
Containerized plastic and PET bottle lids and labels are "Resource B". Please put out the PET bottle itself on the "PET Bottle" day.
- Q. What should I do if the wind is strong and the garbage bags I put out fly away?
- A. \* Place the garbage in a plastic bucket or other container labeled as a resource container.  
\* Please cover it with a net and place weights on the four corners to prevent from flying away.  
Free Stickers to indicate the recyclable containers are distributed at the Seikatsu Kankyou Ka!
- Q. I am having trouble with crows messing the garbage I put out.
- A. \* Please cover garbage tightly with bird nets specially designed to repel crows.  
\* Drain water from food scraps and wrap them in newspaper before putting them out.  
\* Put garbage in a container with a lid that indicates it is a garbage container, and close the lid properly before putting it out.  
Bird nets are available at home center stores.

- Q. The weather forecast said that it is possible to rain, but it is not raining now, so can I put out my old clothes, right?
- A. Used clothes and fibers become moldy when they get wet in the rain and become not "Resource". Even if it is not raining in the morning, we will stop collection as soon as it starts raining, so please do not put out used clothes and fibers on days when it is likely to rain even a little.
- ※ Newspapers, magazines, cardboard boxes, and other paper items can be put out even if they get wet, as they are still resources!
- Q. Can't I put out spray cans as empty cans?
- A. Spray cans are hazardous waste. They cannot be collected as empty cans on "Resource B" day. Please put them out on the hazardous waste day.

Please follow the designated collection days and put out your garbage [at your usual place by 8AM]  
For more information, please refer to the Resource Recycling Manual.

戦争と平和についてみんなで考えてみませんか 【平和の企画展】

**<Why don't we all think about War and Peace? >**

**[PEACE PROMOTION PROJECTS]**

The importance of peace can be conveyed to generations who do not know the war. Also the "preciousness of peace" can be felt in daily life without fading past war experiences. Exhibits of war-related materials, reading books, etc. will be held.

So that why don't we all take this chance to think about war and peace again?

● 資料の展示 **<Data Display> August 2<sup>nd</sup> (Wed) ~ 20<sup>th</sup> (Sun)**

Material depicting the devastation of war will be on display.

Location: Primo Library Hamura 1F in the front of counter.

Date and Time: During period, 9:30AM~8PM (exclude Aug 7<sup>th</sup> (Mon), 14<sup>th</sup> (Mon) and 15<sup>th</sup> (Tue)).

平和啓発事業 **Peace Enlightenment Project August 19<sup>th</sup> (Sat)**

Location: Community Center Hall

● 「青梅・羽村ピースメッセンジャー」派遣報告会

**<Ome / Hamura Peace Messenger" dispatch briefing session>**

Junior high school students from Ome City and Hamura City visited Hiroshima City as "Ome / Hamura Peace Messenger" and reported their thoughts through participation in the Peace Memorial Ceremony, tours of peace-related facilities and experiences of atomic bomb survivors.

Time: 1:30PM ~ 2:30PM

● 原爆体験伝承者によるお話

**<Story by Atomic Bomb Lore Expert>**

Speaker: Ms. Chieko Sawamura.

Time: 2:45PM ~ 3:15PM

● 本の朗読 **<Reading books >**

Books: "Grandma of Iwatakunchi"

Time: 3PM~3:45PM

■黙とうにご協力を

## [ August 15<sup>th</sup> is the End of the World War II Day]

A silent prayer 1 minute in unison wishing for eternal world peace is made at noon on the End of the World War II Day to send prayers and condolences to each of the precious lives lost to the war, and wishing for the realization of permanent peace in the world. Your cooperation will be highly appreciated.

Date and Time: Aug 15<sup>th</sup> (Tue) at noon for 1 minute

Inquiries: Somu Ka, Somu Kakari ☎Ext. 347

楽しい夏を過ごすために…

## FOR A FUN SUMMER



<Be careful for HEATSTROKE!> 熱中症に警戒を

There were about 70,000 people nationwide transported to emergency rooms due to heat stroke in last year. More than half of them were elderly people. Due to the decline in the body's ability to regulate body temperature, the risk of heat stroke is high and caution is needed. In addition, about 40% of cases occur in dwellings and heat stroke can occur even inside the house.

According to forecasts by the Japan Meteorological Agency, this summer is likely to be hotter than normal, so it is necessary to be vigilant against heat stroke.

### [Key points to prevent Heatstroke:]

- ❖ Please make sure to be aware of the room temperature and use air conditioners and fans effectively.
- ❖ Drink water frequently even you do not feel thirsty (1.2 liters or about 6 glasses per day).
- ❖ Avoid going outside when a heat stroke alert is in effect.
- ❖ Please wear cool clothing, hat or sunshade to prevent heat and strong sunlight while going out.
- ❖ Please make good use of public facilities in the city that have common spaced (rest areas where you can cool off while going out).

For more information, please check the city's official website.

Inquiries: Kenko Ka (in Hoken Center) ☎ Ext. 626

河川やプールなどでの水の事故を防ごう！

### <Let us prevent Water Accidents by the rivers and pools!>

Summer brings more opportunities to spend time in the ocean, rivers and pools. But it also have more accidents involving drowning and emergency medical care.

In order to have a fun summer, please be careful to avoid water accidents.

### [To prevent water accidents]

- ❖ When playing in the water with children, please do not let them out of your sight and be sure parent or adult to accompany them.
- ❖ Do not go swimming after drinking alcohol or not good in physical condition. If you are in such status, do not go swimming.
- ❖ Pay attention to the weather, if the weather is predicted to be bad conditions or stormy, please cancel swimming and leisure activities in rivers. Also, try to prevent accidents by wearing life jackets, etc.

Inquiries: Fussa Fire Department, Prevention Section, Fire Prevention Inspection Division,

☎042-552-0119

お知らせ

## INFORMATION

■手話講習会「上級講座」

### <Recruitment of Sign Language Advanced Course students>

This is an advanced course for hearing people who aim to become Sign Language interpreters.

Date and Time: September 7<sup>th</sup> (Thu) ~ February 1<sup>st</sup> (Thu), 2024 every Thursday 7PM~9PM (all 20 times)

Location: Fukushi Center conference room

Eligibility: Hamura residents or workers and apply to all of the following (1) ~ (3)

- (1) Those who have taken a sign language class (intermediate level or above).
- (2) Those who intend to register as a sign language interpreter in the city.
- (3) Those who are already engaged in sign language activities.

Capacity: 10 (in application order)

\*\* If there are many applicants, priority will be given to those who have not attended.

Things to bring: Text Book (text is purchased by each person).

Instructor: Ms. Keiko Saito (sign language interpreter)

How to apply and Inquiries: August 1<sup>st</sup> (Tue) ~ 18<sup>th</sup> (Fri), please call or come to Shougai Fukushi Ka,  
Shougai Sha Shien Kakari ☎Ext. 187

新型コロナウイルス感染症 基本的な感染対策

### <COVID-19 infection Basic infection countermeasures>

Basic infection countermeasures are based on the judgment of individuals and businesses, but measures such as ventilation, hand washing / disinfection and wearing masks are effective.

#### [Please wear Mask as below occasions:]

- When visiting medical institutions or facilities for the elderly.
- When riding on crowded trains or buses during rush hours.

#### [The following people can protect themselves from infection by wearing a mask.]

- Elderly people
- Pregnant women
- Those with underlying medical conditions.



**[Reference]** The Ministry of Health, Labour and Welfare (MHLW) website "Response to New Type of COVID-19 Infections after Transition to Category 5 Infectious Diseases"

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

健康

## HEALTH

杏林大学共催 運動健康増進プログラム 「体力チェックと運動講座」

### <Kyorin University Co-sponsors Exercise Health Promotion Program ~ Physical Fitness Check and Exercise Lecture.>

Physical fitness will be measured, the results will be explained and advice will be given on how to exercise for your future life.

Date & Time: August 19<sup>th</sup> (Sat) Morning course: 10AM~ Noon / Afternoon course: 1:30PM ~ 3:30PM.

※ Please choose either the morning or afternoon course.

Location: S&D Sports Arena Hamura Conference Room, Hall 3

Eligibility:

- Hamura Resident age is from 20 to 79 till April 1<sup>st</sup>, 2023.
- Physical Fitness Check needs to be apart 6 months from previous checking.
- Those who do not have doctor order for exercise restriction

Capacity: 10 for each course (in application order).

※ No applications can be accepted on the day of the event.

Things to bring: Beverage, towel, writing utensil and comfortable clothes (Need not indoor shoes).

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

\*\* There are some tests for [Age 20~64] and [Age 65~79].

Lecturers: Mr. Ishii, Hiroyuki, Mr. Aihara, Keita and Ms. Kusuda, Mina (Kyorin University Faculty of Health)

Application/Inquiries: August 2<sup>nd</sup> (Wed) ~ 16<sup>th</sup> (Wed), please call or come to Kenko Ka (in Hoken Center)

☎Ext.625 or S&D Sports Arena Hamura ☎042-555-0033 (close on Mondays).

税金

## TAX



償却資産の申告をお願いします

### < Please Declaring your Depreciable Assets >

If you are registered with Hamura City as a business or individual who owns a depreciable asset, you are required to file for that asset under your name as of January 1<sup>st</sup> every year and need to report. If you still not reported yet, please report to city as soon as possible. Hamura City has sent forms in August to those who have not yet filed accordingly. Please report your depreciable assets with this form (償却資産申告).

- If you need Declaration Form, please contact to city hall Kazei Ka, Shisanzei Kakari ☎Ext. 153.
- eLTAX is available to apply, please check city hall official website to get details.

Inquiries: Kazei Ka, Shisanzei Kakari ☎Ext. 153.

8月10日は道の日

### < August 10<sup>th</sup> is "ROAD DAY" >

Street Rules for Keeping Safe and Pleasant Streets for Everyone!

- ・ Do not set up banners, signboards or product displays on streets without permission.
- ・ Do not illegally-park bicycles / motor bicycles on streets and other public places.
- ・ Leaving ramp blocks (at the parking entrance/exit) on a street is prohibited.
- ・ Do not dispose of trash or grease into street gutter.
- ・ Do not neglect tree branches or plants growing out to street. It may block the sight or narrow the sidewalk.

Road Law States that:

- ※ In case of a traffic accident caused by a personal thing or a signboard placed on street, or a tree branch growing out to the street, the owner of such item may be called to account for the accident.
- ※ A permit is required for continuous use of the roadway, such as installing awnings, signboards, construction facilities and advertising, etc.

Inquiries: **[About road occupancy]** City roads .... Doboku Ka, Douro Kanri Kakari ☎ Ext. 295/  
Metropolitan roads .... Nishitama Construction Office Management Section ☎0428-22-2517/  
National roads ..... Sobu National Highway Office Management Section ☎042-643-2007

**[About outdoor advertisements]** .... Doboku Ka, Douro Kanri Kakari ☎ Ext. 294 /

Tama Building Guidance Office Management Division ☎042-548-2029

狭い道路の整備促進にご協力を

### <Please cooperate with the promotion of Narrow Road Maintenance.>

- Narrow Road with width of less than 4 M has problems not only in traffic safety (poor visibility at intersections and corners) but also in disaster prevention (obstacles for emergency vehicles such as ambulances and fire engines). Kindly ask your cooperation in improving narrow roads.
- If you donate or provide road land free loan to city ~  
Pavement maintenance: city paves the road site.  
Site management: city manages the road site  
Tax exemption and exemption from property taxes ~ please contact city to get details

Inquiries: Road maintenance ~ City Hall, Doboku Ka, Douro Kanri Kakari ☎Ext.295

Tax exemption and exemption from property taxes ~ Kazei Ka, Shisan Zei Kakari ☎Ext.154

**< Maintenance of Water Tank >** 貯水槽水道を設置している方へ

In buildings where tap water is supplied through a receiving tank or high-set water tank, water quality control beyond the receiving tank or high-set water tank is the responsibility of the installer. Please ensure proper sanitation management.

- ① Clean the inside of receiving tank and elevated water tank once a year.
- ② Check the water color, turbidity, odor, taste and residual chlorine for abnormalities regularly.

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



牧野富太郎 羽村来訪 100 年記念事業

**<Commemorating the 100th Anniversary of Botanist Mr. Tomitaro Makino's Visit to Hamura>**

In commemoration of the botanist Mr. Tomitaro Makino (1862-1957), the model for NHK's morning drama "Ranman", who visited Hamura's riverbanks to collect plants exactly 100 years ago on August 26<sup>th</sup>, 1923.

The historical sites in Hamura will be introduced and a nature observation session will be held.

There will also be a lecture on the life of Mr. Tomitaro Makino and how to enjoy plant observation and plant specimens collected in Hamura will be on display.

☆ 記念講演「牧野富太郎の生涯と植物観察の楽しみ」

**<Commemorative Lecture**

~ "The Life of Mr. Tomitaro Makino and the Pleasures of Plant Observation"~

This lecture will cover Mr. Tomitaro Makino's life, achievements, personality, plants he named, and how to enjoy plant observation.

Date and Time: August 20<sup>th</sup> (Sun) 2PM~4PM.

Location: Primo Hall Yutorogi Lecture Room (Kouzashitsu) 1.

Capacity: 40 (in application order).

Lecturer: Ms. Chie Ito (Curator at Makino Botanical Garden, Nerima Area).

Application & Inquiries: From August 3<sup>rd</sup> (Thu) 9AM~5PM, please call or come to Tourist Association ☎042-555-9667 (exclude Saturday, Sunday and Holidays).

☆ 植物標本展示

**<Plant Specimen Exhibit>**

Plant specimens and photos collected in Hamura by Mr. Tomitaro Makino 100 years ago will be displayed.

Term: August 18<sup>th</sup> (Fri) ~ 31<sup>st</sup> (Thu) 9AM~5PM (close on Mondays).

※Outdoor exhibition will be opened till 4PM.

Location & Inquiries: Kyoudo Hakubutsukan ☎042-558-2561

☆ 牧野富太郎に関連する本の展示

**<Display of books related to Mr. Tomitaro Makino>**

Term: August 18<sup>th</sup> (Fri) ~ September 14<sup>th</sup> (Thu) 10AM~8PM (close on Mondays)

Location: Primo Library Hamura (Main Library) 1F

Inquires: Primo Library Hamura ☎042-554-2280

☆ 自然観察会【第1回】牧野富太郎が羽村で採集した植物を探して

**[Nature observation session [1<sup>st</sup>] Searching plants collected by Mr.Tomitaro Makino in Hamura]**

People will walk along the riverside of Hamura where Mr. Tomitaro Makino visited 100 years ago to collect plants and observe the plants along the riverside.

Date & time: August 26 (Sat) 9AM, Meet at the Tourist Information Center (dismiss at noon)

Location: Around Tama River in Hamura. Fee: ¥300 (accident insurance)

Capacity: 20 (if the applicants are too many, the drawing will be held )

Route: Tourist Information Center ~ Hamura Weir ~ Hamura Kyoudo Hakubutsukan backside hill walking ~ Kyoudo Hakubutsukan (Dismiss)

Application & Inquiries: Please call or come to Hamura Tourist Association ☎042-555-9667 by August 16<sup>th</sup> (Wed), 9AM~5PM (exclude Saturday, Sunday and Holidays).

※ The 2<sup>nd</sup> Nature Observation Tour will be held in October.

☆ 植物標本をつくってみよう！

**<Let us try to make plant specimens! >**

Children may collect plants that grow in Hinotonton Zoo and make specimens. They can take photos of their specimens and post on SNS and prizes will be awarded to the best works.

Term: August 1<sup>st</sup> (Tue) ~ 31<sup>st</sup> (Thu), 9AM~4:30PM (close on Mondays)

※August 14<sup>th</sup> (Mon) is open.

Location: Hinotonton Zoo Lawn

Inquires: Hinotonton Zoo ☎042-579-4041

図書館

**PRIMO LIBRARY HAMURA ☎042-554-2280**

小学生向け おうまがときおはなし会

**<For Elementary School Students ~ Dark Night Story Telling >**

During hot summer nights, a little chilly and scaring story telling will be held.

Date and Time: August 18<sup>th</sup> (Fri) 5PM~5:30PM

Location: Main Library Volunteer Room

Eligibility: Elementary School Students (need guardians to pick up)

Capacity: 10 (in application order).

How to Apply: August 5<sup>th</sup> (Sat) 10AM~5PM, please come or call to Primo Library (main library).

**<Close Day for Cleaning>** 館内整理日

Date: August 15<sup>th</sup> (Tuesday)

**S&D SWIMMING PLAZA HAMURA ☎042-579-3210**

第3期水泳教室

**<The 3rd Swimming Class>**

Term: September 1<sup>st</sup> (Fri) ~ October 27<sup>th</sup> (Fri)

How to apply: August 13<sup>th</sup> (Sun) ~ 27<sup>th</sup> (Sun) (9AM~8:50PM), please come to S&D Swimming Plaza Hamura.

For more information, please inquiry.

\*Elementary school students and junior high school students must be picked up by parent / guardian age 16 or older after 5PM and 7PM, respectively.

# CHILDREN

子育て

■ 1歳児教室「1歳ちゃん♪ 集まれ〜!」

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

Date: August 29<sup>th</sup> (Tue), from 9:30AM ~ 11PM    Location: Hoken Center

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

\*\* Siding is not allowed to participate.

Capacity: 8 pairs (in order of application)

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

Application and Inquiries: Starting from August 3<sup>rd</sup> (Thu) 9AM~, please call or come directly to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari ☎Ext. 692

特別児童扶養手当「現況届」の提出を

## < Notification of Current Status for Special Child-Raising Allowance >

Recipients of Special Child-Raising Allowance (特別児童扶養手当) are required to submit a Notification of Current Status (現況届) along with the required documents during the designated filing period. Please do not delay to take the procedure. For procedure details and required documents, please inquire.

Recipients will be notified by early of August by mailed notice from the City.

Filing Period: August 1<sup>st</sup> (Tue) ~ August 31<sup>st</sup> (Thu)

\*\* Special office is open on Aug 19<sup>th</sup> (Sat) .20<sup>th</sup> (Sun), 26<sup>th</sup> (Sat) and 27<sup>th</sup> (Sun)

Time: 8:30AM (Sat & Sun 9AM) ~ 11:30AM, 1PM~4:30PM.

Submit Location & Inquiries: Kosodate Sodan Ka, Teate. Josei Kakari ☎Ext 235, on the 2<sup>nd</sup> floor of the City Hall.

■ お子さんの発達に関する相談

## < Consultation of Child Development >

◆ General Consultation

Date	Eligibility
Mon ~ Fri (exclude holidays)	Under age 18

ことばの相談 (言語聴覚士)

◆ Consultation for speech and hearing Concerns (speech therapist) of Your Child

Date	Location
Aug 18 <sup>th</sup> (Fri) and 30 <sup>th</sup> (Wed)	Hoken Center

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

Inquiries: Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎Ext. 694.

国民年金保険料の納付は、口座振替・前納がお得

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

When paying the National Pension premiums in advance in lump-sum of 6 months in advance by bank transfer, some reduction is applied to the yearly premium amount. If you wish to register for the automated bank transfer payment, please do so by the deadline.

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

- Applying Deadline: Till the End of August.
- Transfer date for advance payment: the End of October (October ~ March next year)

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



financial institutions.

\*\*\* The others details, please check Nippon Nenkin Organization official website.

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

令和5年8月都営住宅入居者募集

**< TOKYO METROPOLITAN PUBLIC HOUSING "Toei Juutaku" Application Information for Aug 2023 >**

(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;

- 1) Family unit (general)
- 2) General Unit ~ Single. Wheel-chair and Silver peer (single or 2 persons household)
- 3) House that died of illness in room (single, single with wheel chair, silver peer, etc.)

Eligibility: There are applicant eligibility qualifications regarding income level. For details, please refer to the application brochure.

Application:

Post mail ~ The completed application form must reach Shibuya Post office by **August 16<sup>th</sup> (Wed)**.

Online ~ Please apply via Tokyo Metropolitan Public Housing website by **August 16<sup>th</sup> (Wed) 11:59PM**.

Open Drawing and Location: September 21<sup>st</sup> (Thu) 9:30AM~10:30AM (schedule)  
at Tokyo Metropolitan Government 2<sup>nd</sup> Building 1F.

Brochure with application form (in Japanese): August 1<sup>st</sup> (Tue) ~ 9<sup>th</sup> (Wed).

Locations for Brochure Handout: at Kenchiku Ka (city hall 2<sup>nd</sup> Fl.), 1<sup>st</sup> FL Reception Desk and B1 the front of Management Room (Sat & Sun is only in B1 Management Room).

Inquiries: Aug 1<sup>st</sup> (Tue) ~ 16<sup>th</sup> (Wed) (exclude Saturday and Sunday) Tokyoto Juutaku Kyoukyuu Kousha  
Toei Jyuutaku Boshuu Center (JKK Tokyo Application Center) ☎0570-010-810 /  
The others days ☎03-3498-8894 (exclude Saturday, Sunday and Holidays).

気管支ぜん息等の方向け医療費助成 「大気汚染医療費助成制度」

**< Medical Subsidies of Bronchial Asthma, etc.**

~ **[Medical Subsidies of People Who Have a Condition Resulting From Air Pollution]>**

The Tokyo Metropolitan Government supports the policy for medical subsidies of people who lives in Tokyo Metropolitan over one year and age under 18 (over 6 months for age under 3) have a condition resulting from air pollution.

Patients with respiratory disorders who meet the certification standards are subsidized for medical fees exceeding applicable co-payment rate.

A coupon issued by the government under the policy nearing expiration will only be valid if you file for extension for it at least **one month** before the expiration date. Please make sure to process renewal procedures.

Procedures & Submit: Kenko Ka (in Hoken Center) ☎Ext. 623/

Inquires: Tokyo Bureau of Social Welfare and Public Health ☎03-5320-4491

令和5年度東京都体育協会 都民参加事業 楽しいトランポリン

**<FY2023 Tokyo Metropolitan Athletic Association, Tokyo Citizen's Participation Project  
~ Fun Trampolines>**

Trampoline naturally strengthens your sense of balance, core and muscle strength.

Dates: August 5<sup>th</sup> (Sat), 12<sup>th</sup> (Sat), November 11<sup>th</sup> (Sat) and 12<sup>th</sup> (Sun).

Beginner class: 12:30PM ~ 1:10PM, Acrobatics class: 1:30PM ~ 2:10PM each day

Location: S&D Sports Arena Hamura 1<sup>st</sup> Hall

Eligibility: Elementary and junior high school students

Capacity: 16 per class / per day (in application order).

Fee: ¥500 (separate registration fee for Hamusupo members is required)

Thing to bring: Clothing suitable for exercise

Application & Inquiries: Call or e-mail Hamura Sports Club Hamusupo ☎042-519-5712  
Email: hamusupo@gmail.com

\* Phone: Tuesday ~ Friday, 3PM~5PM.

\* Please inquiry for other details.

**< RENEWAL of TOKYO SILVER PASS via Post mail >** 東京都シルバーパス 更新は郵送方式

The renewal procedure will be via mailing.

Those who have the Tokyo Silver Bus Pass expiring at September have received the renewal application form sent from Tokyo Bus by mail in middle of August. If you wish to renew, please read guideline and complete the application procedure.

Inquiries: Tokyo Bus - Silver Pass ☎03-5308-6950 (Weekdays 9AM~5PM)

**Public Consultations Schedule of August** 8月相談日

Public Administration and Human Rights	17 <sup>th</sup> (Thu)	1:30pm ~ 4:30pm
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◆ Consultations are by appointment only. Please call the Shimin Soudan-shitsu ☎Ext.541 for reservation.

8月休日診療

**◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆**

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
6 <sup>th</sup> (Sun)	Yamakawa Iin	☎042-554-3111	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Okikura Shika	☎042-555-4331
11 <sup>th</sup> (Fri, Holiday)	Wakakusa Iin	☎042-579-0311	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Ozawa Shika Clinic	☎042-579-1500
13 <sup>th</sup> (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Katou Shika Clinic	☎042-554-8887
20 <sup>th</sup> (Sun)	Ozaku Ekimae Clinic	☎042-578-0161	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Hamura Tulip Shika	☎042-578-8284
27 <sup>th</sup> (Sun)	Yokota Clinic	☎042-554-8580	Hikari Clinic (Fussa-shi)	☎042-530-0221	Kusaka Shika	☎042-555-7793

\* While using Iruma-shi Kobayashi Byouin, a deposit of ¥10,000 is required regardless of the contents of the medical consultation. At a later day, you may come back to the hospital during normal clinic hours to settle your bill.

\* Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily, where you can obtain information by phone about medical institutions that can provide language assistance and explanation about the Health System of Japan. Translation service is available on online at the Medical Information Website of the Tokyo Metropolitan Government. The translation may not be accurate as the function is operated on the web based translation machine.