



HAMURA NEWS



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❖ ❖ **!! HAPPY NEW YEAR !!** ❖ ❖ ~ Let's Enjoy New Year's Holiday Special

NEW YEAR EVENTS at HINOTONTON ZOO ☎042-579-4041

~ Zoo opens from January 2nd (Mon)! ~

並木恒延さんデザインの干支記念入園券販売

< 2023 Oriental Zodiac New Year Memorial Tickets ~ Mr. Tsunenobu Namiki's design >

2023 Memorial Tickets will be sold from our first opening day of the New Year, **January 2nd (Mon), 9AM~**. We have been selling Oriental Zodiac Memorial Tickets every year for 40 years. The beautiful work of art printed on the ticket is drawn by a renowned lacquer artist ~ Mr. Tsunenobu Namiki, and it will be the last time for him to design.

Sold at: Hinotonton Zoo (Hamura Zoo) Front Entrance

Ticket number: 2,000 tickets

Price: ¥400 (expires on December 31th (Sat))

展覧会も行っています

The exhibition of renowned lacquer artist ~ Mr. Tsunenobu Namiki's work pieces will be held.

Date: Till January 15th (Sun)

Location: Zoo study room

Inquiries: Hinotonton Zoo ☎042-579-4041

伝統行事 どんど焼き

< Dondo Yaki – New Year Bonfire >

When the first week of the New Year passes, New Year's decoration ornaments are collected, then thrown over 'Dondo Yaki', a teepee-like large structure made of straw, to be set on fire. Burning the New Year's decorations symbolizes the act of moving forward. Come gather round the bonfire with everybody to wish for wellness in the New Year!

This annual event is hosted by Seishounen Taisaku Higashi-chiku Inkai and Nishi-chiku Inkai.

Date and time: January 9th(Mon, Holiday), 8AM ~ (fire from 8:30AM)

※If weather doesn't allow, it will be postponed to 15th(Sun))

Locations: Dondo Yaki structures are built at two sites.

- [Higashi-chiku Inkai] ~ At the river shore by Hamura Sekishita Bridge
- [Nishi-chiku Inkai] ~ At the river shore by Miyanoshita Sports Ground (Fussa side)

*Please bring decoration ornaments by 8AM.

*Please do not throw on any metal or vinyl products, dolls and stuffed animals to the bon fire.

*Please refrain from coming by a personal car. Using public transportation or bicycles are recommended.

*There are no any food (such as Mayutama etc.) or beverage to sell.

Sponsors and Inquiries: Seishounen Taisaku Higashi-chiku Iinkai Mr. Yamamoto ☎080-3402-3200,
Nishi Chiku Iinkai Mr. Hirota ☎090-8118-5086

活力市 だるま市

< NEW YEAR MARKET < Vital Market & Daruma New Year Market >

Daruma is a Japanese talisman doll of good luck which has a deep history. Its unique figure is rich in auspicious symbolisms such as perseverance. Let's get a Daruma doll and wish for prosperous business and happiness in 2023! They are available in various sizes and colors.

Date & Time: January 7th (Sat) & 8th (Sun), 9:30AM~4PM

Location: City Hall Garage building front parking lot. ** Location will be different with 2022.

Inquiries: Hamura Shi Shougyou Kyoudou Kumiai ☎042-555-5421 and
Sangyou Shinkou Ka, Shoukou Kankou Kakari ☎Ext.667

ダルマに名前を入れることができます!

You can have your names and favorite sayings put on your purchased Daruma Doll. Inscription service is available for an additional fee. Please make a reservation at Shougyou Kyoudou Kumiai prior to the market day, or order at the site. *It may take about a week if ordered at the site.

農産物直売所の初売り

< Nousanbutsu Chokubaijo (Farmer's Market) First Sale >

Farmer's Market starts First Sale for Fresh Vegetables and Flowers which are farmed by Hamura farmers.

Date and Time: January 6th (Fri) 9:30AM~

Inquiries and Location: Nousanbutsu Chokubaijo (Farmer's Market) ☎042-579-5467

郷土博物館 お正月

KYODO HAKUBUTSUKAN (CITY MUSEUM) ☎042-558-2561

~We will open on January 4th(Wed)~

Day and Time: 9AM~5PM (close Mondays exclude Holiday's Monday)



季節かざり「お正月かざり」

< New Year Special Decoration Exhibition >

The exhibition will display Mikinokuchi (a sake bottle) that is inserted into a sake bottle on a Shinto altar at New Year's, hagoita (a feather board), hamaya, hamayumi and tako (kite) are given to children who were born for the first time on New Year's.

Date: Jan. 4th (Wed) ~ 9th (Mon, Holiday)

Location: Orientation Hall

企画展「むかしのくらし」

< Exhibition "Old Days Livelihood" >

This is an exhibition related to local learning for 3rd grade students. You can learn about the changes of living from the past to presents from the tools that were actually used.

Date: January 4th (Wed) ~ 22nd (Sun)

Location: Gakushu Shitsu

季節かざり「まゆ玉かざり」

< Mayudama Kazari >

When silk cultivation was a thriving industry in Hamura, people used to make a new year's decoration out of pounded rice called "Mayudama Kazari", which will be recreated for displaying at the museum.

Date and Time: January 9th (Mon. Holiday) ~ 15th (Sun)

** Old Shimoda Residence is till 4PM

Location: Orientation Hall/ Old Shimoda Residence

伝統文化交流事業 in ゆとろぎ

JAPANESE TRADITIONAL CULTURE at YUTOROGI

Inquiries: Primo Hall Yutorogi ☎042-570-0707

(Close Mondays exclude Holiday's Monday)



伝統文化交流事業 in ゆとろぎ 竹間沢車人形公演

❖ **Traditional Culture Exchange Program in Yutorogi ~**

Chikumazawa Kuruma Ningyo Performance ❖

In this puppet show, a puppeteer sits on a wheeled card call "Rokuroguruma" and moves to manipulate the puppets by oneself. The transformation of Kiyohime and the detailed expression of her emotions have been well received.

Date: January 15th (Sun), 2PM (door opens: 1:15PM)

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

Capacity: 824 (all reservation seats)

Performance: Takemazawa Kuruma Ningyo Preservation Society (Miyoshicho, Saitama Prefecture)

Setsuyobushi: Wakamatsu Wakatayu III generation

Ticket Fee: General ¥500.- High school student or under: free

(* Admission are not allowed for precoolers.)

Play Guide (sale ticket):

- ▼ Primo Hall Yutorogi (9AM~8PM, exclude Holiday's Monday)
- ▼ S&D Sports Arena (Sports Center) (9AM~5PM, exclude Holiday's Monday)
- ▼ Nishitama Newspare ticket services ☎0120-61-3737
- ▼ Yutorogi Online Ticket Service (Internet)

** You cannot choose seat via internet.

ゆとろぎでお正月を遊ぼう！

❖ **Come to Enjoy the New Years at Yutorogi!**

Date: January 8th (Sun) 11AM~ 2PM

Location: 1F Howaie, Communication Square (Kouryu Hiroba)

Details: Hatsu Gama (Hamura Sado Tea Ceremony Association), Kakizome (Hamura Calligraphy Federation), Hatsu Ike (Hamura Flower Arrangement Association), Koma (Top) Spinning with feathers, Charity Pottery Sales (Pottery Liaison Committee)

** Hatsu Gama is ¥200 / per seat

Co-operation: Hamura City Culture Association

邦楽サロンコンサート

❖ **Traditional Japanese Music Salon Concert**

Date: Jan. 8th (Sun) NOON ~ 1PM

Location: Small Hall Capacity: First 200

Details: Koto (Hamura Sankyoku Kai), Shigin / Shodougin, Nankin Tamasudare (Nankin Tamasudare Sen

no Kai), Kappore (Hamura Kappore Sakura Kai)
Co-sponsored: Hamura City Cultural Association, Hamura City Board of Education, and Hamura City Music Federation.

令和5年消防出初式

< 2023 New Year's Ceremony of Fire Brigades 2023 >

Fire fighters' hose skill demonstrations was on show to the public audience every year in order to improve firefighting skills and show results of daily training. But due to prevent COVID-19 spreading, the scale will be reduced and cannot be viewed by general public this year.

Date & Time: January 8th (Sun), 10AM~ Location: Hamura 1st Junior High School

Inquiries: Bousai Anzen Ka, Bousai Kinkikanri Kakari ☎Ext.207

令和5年交通安全推進委員出動式

< 2023 New Year Parade by the Association for Traffic Safety Promotion >

The Traffic Safety Promotion Association is performing various activities -- guiding traffic rules in public streets, promotion activities, etc. Due to prevent COVID-19 spreading, the scale will be reduced and cannot be viewed by public.

Date & Time: January 15th (Sun), 10:30AM~

Location: Community Center the 3rd Hall

Inquiries: Bousai Anzen Ka, Bouhan Koutsuu Anzen Kakari ☎Ext.216

税金

TAX

■令和5年度住民税の税制改正など <Resident tax revision for FY2023, etc.>

[住宅ローン控除の適用額期間の延長と限度額の見直し]

[Extension of the applicable amount period and Revision of the limit of the mortgage deduction]

The housing loan deduction will be extended to those who moved in between January 1st, 2022 and December 31, 2025.

個人住民税における住宅ローン控除限度額の見直し

○Revision of Mortgage deduction limit for Individual Resident Tax

| Move-In date | Jan. 2009 ~ Mar. 2014 | Apr. 2014 ~ Dec. 2021 | Jan. 2022 ~ Jul. 2025 |
|-----------------|--|--|---|
| Deduction Limit | 5% of the tax base amount of income tax, etc. (limit amount ¥97,500) | 7% of the tax base amount of income tax, etc. (limit amount ¥136,500) <Note 1> | 5% of the tax base amount of income tax, etc. (limit amount ¥97,500) <Note 2> |

<Note 1> This is limited to cases where the consumption tax rate included in the amount of consideration or expenses for the housing is 8% or 10%.

<Note 2> The mortgage deduction can not be applied to new houses for which building permits are obtained after 2024 without qualifying certain energy conservation standards.

[18歳以上は成年扱いに 個人住民税の非課税判定]

○ Individual Resident Tax Exemption Determination:

Those 18 years old or older are treated as Adults.

With the lowering of the age of majority to 18 years of age, those who are 18 years old or older as of January 1st, 2023 are no longer considered minors to exempt from individual resident taxation.

Inquiries: Kazei Ka, Shiminzei Kakari ☎Ext. 162

固定資産税に関する届け出・申告をわすれずに

< Please do not forget! Property Tax – necessary status reports and tax deductions >

● Report of Demolished Property 取壊し家屋（建物）の届け出

When you have all or part of your registered residential property demolished, please file a Lost Property Registration (Messhitsu Touki) without delay, otherwise, property tax will continue to be imposed towards the demolished (non-existing) property.

● Residential Land Property status report till January 31st (Tue) 住宅用地などの申告は1月31日（火）まで

When any of the following cases apply occurring in 2022 to your land property, please file a required report.

- Changed the use purpose of your land property from commercial to residential
- Purpose of your land property is no longer residential
- Built a real estate for business, expanded housing structure within your (former) residential land property
- Changed your residential real estate to a property of commercial use

● Special Measures for Real Estate Demolition, Rebuilding in Progress 建替え中住宅用地の特例

If you demolish a residence before evaluation date (January 1st), and are rebuilding on the same lot, you may be eligible for special tax reduction for residential property. Certain conditions apply.

◆ Property Tax Reductions 固定資産税（家屋）の減額措置

- Property Tax Reduction for Barrier-Free Renovation 住宅バリアフリー改修
- Property Tax Reduction for Seismic Retrofitting 住宅耐震改修
- Property Tax Reduction for Energy-Saving Renovation 住宅の省エネ改修

Please apply property tax reductions qualify above conditions within 3 months after finishing remodeling.

Apply to and Inquiries: Kazei Ka, Shisanzei Kakari at ☎Ext.158

軽自動車税（種別割）の継続減免回答書の提出を。

<Light Vehicle Tax's submission of continuous reduction and exemption respond>

For vehicles that received the light vehicle tax exemption in 2022, city will send an inquiry to confirm whether the exemption can be continued in 2023. Please fill out the enclosed response form and send back.

Delivery term: Early January

Methods to answer: Mail back or directly submit

Answer Deadline: January 31st (Tue)

** If no respond by deadline, exemption will be stopped

** If the tax exception does not approve, tax payment notice will be sent in early May. If continuous tax exception is approved, tax exemption decision notice will be sent in early June.

Inquiries: Kazei Ka, Shimizei Kakari ☎Ext. 165



◆ 青梅税務署から

FROM OME TAX OFFICE

令和4年分所得税などの確定申告 税理士による無料申告相談

<2022 Income Tax Returns ~ Free tax consultations by certified public tax accountants.>

Tax accountants of the Tokyo Certified Public Tax Accountants' Association Ome branch will provide free tax consultation and prepare your tax return via computer. Please apply online or by phone in advance.

Date and Time: Feb 6th (Mon) ~ 9th (Thu), 9AM~4PM (30 minutes / per session)

Location: City Hall 4F Main Meeting Room

※ Please refer to the city official website for information of things to bring.

※ For information on tax return, please refer to January 15th version of Hamura News.

※ Consultation on income from transfer of land, buildings and stocks are not available.

How to Apply:

① On Line: Jan 10th (Tue) 9AM ~ Feb 6th (Mon) 3:30PM

- ** For details, please check the website "Free Consultation with a Certified Public Tax Accountant (Ome)".
- ② By Telephone: Jan 10 (Tue) ~ Feb 6th (Mon) 9AM~5PM (exclude Saturday, Sunday and Holidays),
Advance application number ☎03-6634-5310
- ** Please tell the operator "Ome Tax Office", "Hamura City venue and consultation date and time" and
"Counselor's name and phone number". ** only available for Advance application number.
- Inquiries: Ome Tax Office ☎0428-22-3185 (follow the automated voice recording and press "2")
- ** If you only need to submit tax returns etc. please mail them directly to the Ome Tax Office.

■今年こそ確定申告はスマホで e-Tax スマホによる確定申告講習会

< Tax Return Lecture of Using Smartphones ~ Tax Return via smartphone this year.>

This is a seminar by a tax officer on filing tax returns using a smartphone. Those who have not yet obtained a My Number Card can apply for an ID and password which are required for e-Tax.

Date and Time: Jan 14th (Sat) ① 10:30AM~11:30AM ② 1:30PM~2:30PM ③ 3PM~4PM

Location: AEON Mall Hinode (AEON Hall on the 2nd Floor).

Things to bring: Smartphone and My number card (those who have not yet obtained one can also participate the class).

** If you wish to obtain an ID and password, please bring ID such as a driving license.

Inquiries: Ome Tax Office, the 1st Individual Taxation Department ☎0428-22-3185 ((please select "2" according to the automatic voice).



新型コロナワクチン 生後6か月~4歳の接種

< COVID-19 Vaccine ~ Vaccination for 6 months to 4 years old children > **IMPORTANT ~ The 1st dose is by January 13th (Fri)**

The vaccination for children aged 6 months to 4 years is a 3 doses / set of COVID-19 vaccine. In general, the 2nd dose is given 3 weeks after the 1st dose and the 3rd dose is given 8 weeks after the 2nd dose. The COVID-19 vaccine is available until March 31st (Fri), therefore the 1st dose must have by January 13th (Fri). If you wish to have vaccination, please check the schedule and make an appointment as soon as possible. For further information, please check the city official website.

12歳以上のモデルナのおミクロン株 BA.4-5 対応ワクチン接種が始まっています。

Vaccination against Omicron strain BA.4-5 of Moderna for aged 12 years and older has begun.

The Moderna Omicron strain vaccine which used to be available for persons 18 years of old and older is now available for persons 12 years of age and older starting in December. In accordance with this change, Hamura City is also accepting reservations.

Inquiries: Hamura City New Coronavirus (COVID-19) Call Center ☎0570-030207, 9AM~5PM (include Saturday, Sunday and Holidays but exclude Year-End and New Year's holidays)
** Phone Relay Services, please try to call Kenko Ka (in Hoken Center)☎042-555-1111 Ext.628

東京都臨時オンライン発熱診療センターを利用してください

<Tokyo Metropolitan Government's Temporary Online Fever Treatment Center>

The Tokyo Metropolitan Government has established the "Tokyo Metropolitan Government Temporary Online

Fever Treatment Center" to provide online medical services to those who have a fever or other health problems.

Eligibility: Persons who meet all of the following conditions *1

- ① Tokyo Metropolitan residents (those who must be in Tokyo at the time of online medical treatment).
- ② Persons between 13 ~ 64 years old (those who with underlying medical conditions and pregnant women are not eligible) *2
- ③ Self-test for COVID-19 test kit (antigen qualitative test kits for research purpose are not acceptable).
- ④ Those who are with symptoms such and be suspected of having COVID-19 or influenza.

*1: Those who have received positive diagnosis of COVID-19 at medical institution or registered at the Tokyo Metropolitan Government Positive Persons Registration Center are excluded. Please contact to family doctor or Uchisabo Tokyo ☎0120-670-440 (24 hours).

*2: Those who are at high risk of serious illness (e.g. underlying illness, over 65 year old, pregnant women, etc.) and children under elementary school should see their family doctor or an outpatient fever clinic.

Time: 9AM~Midnight (including Saturday, Sunday and holidays).

Fee: Patients need to pay out-of-pocket in the same way as for a regular medical examination. The cost will vary depending on the examination contents.

Medicine Prescription: You can either pick up the medicine at a pharmacy in Tokyo of your choice (limited to pharmacies that can send prescriptions electronically) or deliver to your residence (free deliver fee).

How to Apply: Please apply from [Tokyo Metropolitan Government's Temporary Online Fever Treatment Center] website.

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

お知らせ

講演会・講座

INFORMATIONS **LECTURE and COURSE**

■令和4年度発達支援講演会 発達の特徴がある幼児に大切なこと～子どもの心の育ち～

<Year 2022 Development Support Lecture:

[Important things for child with developmental characteristics ~ Children's Mental Growth.]>

(Hamura city's official video channel on Youtube)

The specialist who is in research on developmental disorders, will provide an easy to understand overview of the four developmental disorders that are easily recognized in early childhood and the concept of how to deal with them. We encourage those who are interested in developmental disorders in children and those who support them to view video.

Broadcast Date and Time: Jan 11th (Wed) ~ Feb 12th (Sun) 5PM.

Lecturer: Dr. Shinya Miyamoto (Professor of Developmental Psychology, Shirayuru Women's University, Pediatrician)

Co-sponsored: Meiji Yasuda Mental Health Foundation and Hamura City.

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

■ストップ!「特殊詐欺」～ 羽村市高齢者権利擁護講演会

<Stop! "Special Fraud" ~ Hamura City Elderly Rights Protection Lecture.>

"Special scams" targeting the elderly and consumer troubles caused by malicious sales methods are endless. They come up with new tricks one after another and aim at people's valuable assets.

Experts from the Fussa Police Station, the Consumer Affairs Center and the Council of Social Welfare will talk about the status of special fraud damage and how to avoid falling victim to it.

You may take this opportunity to learn about the latest scams and think about how to avoid it.

Date and Time: Feb 15th (Wed) 2PM~4PM

Location: Primo Hall Yutorogi Small Hall

Eligibility: Hamura city residents or workers.

Capacity: 100 (in order of application)

How to Apply and Inquires: Till Feb 13th (Mon) 9AM~5PM, please call, email or come to Kourei Fukushi Kaigo Ka, Kaigo Yubou Chiiki Shien Kakari ☎Ext. 196, ✉s304200@city.hamura.tokyo.jp

** If you apply by email, please write "Hamura City Rights protection Lecture" in subject.

■新型コロナウイルス感染症に負けない!

DON'T LET COVID-19 GET YOU DOWN!

健康管理術

<Health Care Techniques>

Inquiries: Kenko Ka ☎Ext. 626

Have your body clock right at the beginning of the year and get a good night's sleep!

Within the year-end, New Year holidays and COVID-19 disaster, you may spend more time at home and stay up later than usual. Let's have a good sleeping habit by adopting a lifestyle that is conscious of your body clock.

[If you sleep less than 6 hours, it will increase the risk of disease.] 【睡眠が6時間未満になると病気のリスクが高まる】

Sleep is effective in "recovering from fatigue", "consolidating memory" and "strengthening the immune system. Sleep deprivation increase the risk of lifestyle related diseases (hypertension, diabetes, metabolic syndrome, etc.), dementia, depression and etc.

[Internal body clock and sleep]

【体内時計と朝の光】

The human body has an internal clock of less than 25 hours, which deviated 24 hours a day. The body corrects this misalignment and fine-tunes the clock to 24 hours a day by exposing to light after waking up. The human body has a mechanism that makes it easier to fall asleep 14 to 16 hours after being exposed to morning light.

[The method of getting a good night's sleep] 【質の良い睡眠をとるには】

- After waking up, open the curtains and let the sunlight in to let your body aware morning.
- Sleeping in weekends and holidays encourages the body to become a night owl. It is important not to sleep too much on holidays.
- Take a nap for 20~30 minutes before 3PM.
- Exercise during the day helps sleep.
- Bathing 1 to 2 hours before bedtime is ideal.
- Avoid using smartphone before going to sleep.
- Take time for yourself to relax.



** At the Kenko Ka, public health nurses and dietitians are available for consultation on physical condition and mental health. Please feel free to consult with them.

入学

SCHOOL

< Notification of School Designation and Entrance Date > 入学期日および学校指定通知の送付

Notification of School Designation and Entrance Date (入学期日および学校指定通知書) will be mailed to the households of children who are newly entering to an elementary or a junior high school from April 2023.

Eligibility:

- Elementary school: Children born between April 2nd, 2016 and April 1st, 2017
- Junior High School: Children born between April 2nd, 2010 and April 1st, 2011
- ◆ If you don't receive the notification by late January, or if you apply to the following, please contact us.
 - ・ Home address will change due to moving before the end of March.
 - ・ Your child will be admitted to a private school.
 - ・ Foreign resident whose child is planning to enter to a Hamura City municipal school.
 - ・ Home address is within the Yokota Air Base.

- ◆ You can request to change the designation of school if you have any of the following reasons.
 - The family has a definite plan to move out of the current school district to another.
 - Your child is graduating from an elementary school located outside of the school district of the current residence, and wishes to continue on to a junior high school within the current school's district.

Inquiries: Gakkou Kyouiku Ka, Gakumu Kakari ☎Ext.358



保険

INSURANCE

■国民健康保険・後期高齢者医療制度 傷病手当金 支給適用期間を延長

<NATIONAL HEALTH INSURANCE AND LATE-ELDERLY INJURY/SICKNESS ALLOWANCE WILL BE EXTENDED>

National Health Insurance and Late-elderly Health Insurance are providing sickness allowance to those who are infected or suspected to be infected with COVID-19 and unable to work for medical treatment without getting salary.

The payment applicable term: The period of inability to work has been extended to [January 1st, 2020 ~ March 31st, 2023]

※ Please inquiry in advance for more information on requirements and application procedures.

Inquiries: National Health Insurance Shimin Ka, Hoken Kakari ☎Ext. 127 /
Koukikoureisha Iryou Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 138

■ 後期高齢者医療制度の被保険者に 医療費等通知書を送付します

<NOTIFICATION TO LATE-ELDERLY MEDICAL INSURANCE SYSTEM

Notice of MEMBERS for MEDICAL EXPENSE ~ Kouki Koureisha Iryou Hoken Iryouhi Tsuchi>

The medical expenses notification describes the medical treatment date, medical institution name, expenses (100%), co-pay amount etc. It will be sent in late of January, so please check details.

Eligibility: As of December 1st, 2022, those who is qualified as an insured person for Tokyo Metropolitan late elderly medical insurance and 12 months (from September, 2021~ August, 2022) medical expenses (own expense + insurer's expense).

** Excludes those who lost their eligibility due to death between Dec 2nd and 16th.

- By attaching this notice of medical expenses, etc. to your final tax return, you can omit the description on the "Detailed statement of medical expenses deduction" for medical treatment from January to August, 2022.
- Please inquiry details when you need.

Inquiries: Tokyo Koukikoureisha Iryou Kouiki Rengou ☎0570-086-519/
Shimin Ka Kourei Iryou · Nenkin Kakari, ☎Ext. 140

PRIMO HALL YUTOROGI ☎ 042-570-0707

■国際理解講座「エリザベス女王とイギリスの文化・歴史」

<International Understanding Lecture [Queen Elizabeth and British Culture and History]>

Date and Time: February 19th (Sun), 1:30PM~3:30PM

Location: Primo Hall Yutorogi Kouzashitsu 1

Capacity: 48 (in the application order)

Details: Learning about British culture and history through the life of Queen Elizabeth.

Lecturer: Ms. Takako Saito (Lecturer, Waseda University).

How to Apply: From Jan 4th (Wed) (the person of outside city: Jan 11th (Wed)) ~ Feb 19(Sun) 9AM~8PM, please call, via electronic application service and come directly to Primo Hall Yutorogi.

子育て

CHILDREN

妊産婦オンライン相談（要予約）

<Pregnant woman Online Consultation (reservation required)>

Eligibility: Pregnant woman or raising children mother living in Hamura City (generally within one year after giving birth)

Date and Time: Midwife Consultation ... January 19th (Thu) ①9:30AM~ ②10:30AM~ ③11:30AM~
(One person / per 30 minutes, in application order)

Public Health Specialists Consultation ... Monday ~ Friday 9AM~4PM (per one person)

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 and Time: Jan 31st (Tue), from 9:30AM ~ 11AM Location: Hoken Center

** Admission are not allowed for Siblings of participating child

Capacity: 8 (in order of application) Priority for applicants of the 1st time to participate.

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

Application and Inquiries: Starting from Jan 10th (Tue) 9AM~, please call or come directly to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari, ☎Ext. 695

「ちょこっと広場」(要予約)

< "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 |
|--|-----------------------------|----------------------|
| Jan 24 th (Tue) ①10AM ②11AM | 1 (in order of application) | East Children Center |

ことばの相談（言語聴覚士）

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

| Date | Capacity | Location |
|--|---|--------------|
| Jan 13 th (Fri) and 23 rd (Mon) ① 9:30AM ② 10:45AM ③ 1:15PM ④ 2:30PM | One person for each time (in order of application) | Hoken Center |

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

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

HOKEN CENTER ☎ 042-555-1111 ☎Ext.622

< The 33rd Hamura Blood Donation Campaign > 第33回献血キャンペーン

Date & Time: January 18th (Wed), 10AM~Noon, 1:15PM~4PM

Location: Konokami Kaikan (JR Hamura St. East Entrance) Quantity: 200ml, 400ml

Eligibility: Age 16~69 (Those over age 65 or older without a donation record in the past 5 years (age 60~64) are ineligible) *No parking in this site.



Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 623

< Tachikawa Blood Donation Center > 立川献血ルーム

Tachikawa Kenketsu Room is a facility open daily where you can stop by and contribute to Blood Donation.

Location: Tachikawa Blood Donation Center (2-7-17 Akebonocho, Tachikawa Shi) ☎042-527-1140.

(B1 floor of Mauri.Inoue Kyodo building)

1月15日～21日は防災とボランティア週間

<Disaster Prevention and Volunteer Week ~ January 15th ~ 21st>

The Tokyo Metropolitan Government has revised the "Assumption of Damage to Tokyo from a Metropolitan Earthquake, etc." and released a new assumption of damage.

In the case of a large scale earthquake, the cooperation of local residents is necessary. Through "Disaster Prevention and Volunteer Week", each one of us will raise our awareness of disaster prevention and enhance preparation for disaster.

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

青少年応援プロジェクト@羽村 夢チャレンジセミナー

<YOUTH SUPPORT PROJECT @ HAMURA ~ Dream Challenge Seminar>

The Takarazuka Revue Company impresses with its splendid stage. Learning about good posture, walking way and Takarazuka style stretching from an instructor who has led numerous performances to success. Knowing how to make yourself shine and take a step toward realizing your future dreams.

Date and Time: Feb 4th (Sat) 1:30PM~3PM

Location: Community Center 3rd FL Hall

Eligibility: Elementary school to Junior high school students living in the city.

Capacity: 60 people (if there are too many applicants, drawing will be held).

Details: Part 1 ~ Lecture

Part 2 ~ Experience / Information exchange

** Details may change depending on status.

Lecturer: Ms. Ryu Koshino (former head of the Takarazuka Revue Tsukigumi).

Co-sponsored: Hamura City and Tokyo Metropolitan.

How to Apply: Till January 20th (Fri) 5PM, please fill in application with necessary items and, and fax, mail or come to 2nd FL of city hall Kosodate Shien Ka, Jidou Seishounen Kakari ☎Ext. 263 (8:30AM~5PM, exclude Saturday, Sunday and Holidays)

Fax: 042-554-2921, 〒205-8601 (need not address) Kosodate Shien Ka, Jidou Seishounen Kakari

** Application form are distributed at elementary, junior high schools and public facilities in the city, or able to be downloaded from city official website.



フレッシュランド西多摩

FRESHLAND NISHITAMA ☎042-570-2626

< New Year Gift Give Away! > 新春入館者プレゼント

Date: From January 2nd (Mon)

Come to Fresh Land on these dates and get a New Year gift! (Limited availability)

*Bath opens on January 2nd (Mon) from Noon, and other facilities from January 4th (Wed).

< **New Year's Art Exhibition** > お正月作品展示

Scissor Art, and Origami created as New Year's Ornaments will be on display.

Date: January 2nd (Mon) ~ 9th (Mon)

<**Classes**>

Hula dance: Every Wednesday 1PM ~ 2PM

Yuga: Every Thursday 1:30PM ~ 2:30PM

※ Please check the website to get more information.

Inquiries: Freshland Nishitama ☎042-570-2626

1月の相談日

PUBLIC CONSULTATIONS Schedule of JANUARY

| Category | Date | Time | Contact |
|--|------------------------|---------------------|---|
| General Consultation for Foreign Residents Ⓐ* | Require appointment | Require appointment | Spanish and English interpretation services are available by appointment for Foreign Residents Consultation only. ◆ Shimin Soudan-shitsu city hall ext.541 |
| Public Administration and Human Rights | 19 th (Thu) | 1:30pm ~ 4:30pm | |

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

◆Consultations are by appointment only. Please do not call the Shimin Soudan-shitsu for consultation over the telephone.

1月の休日診療

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

| Date | Hospital | | | | Dental Clinic | |
|-------------------------------|-------------------------|---------------|-------------------------------|---------------|-----------------------|---------------|
| | 9am~5pm | | 5pm~10pm | | 9am~5pm | |
| January 1 st (Sun) | Matsubara Naika Iin | ☎042-554-2427 | Heijitsu Yakan Kyuukan Center | ☎042-555-9999 | Honda Shika Iin | ☎042-554-5902 |
| 2 nd (Mon) | Yanagida Iin | ☎042-555-1800 | Kumagawa Byouin (Fussa-shi) | ☎042-553-3001 | Masuda Shika Iin | ☎042-551-8686 |
| 3 rd (Tue) | Yamaguchi Naika Clinic | ☎042-570-7661 | Heijitsu Yakan Kyuukan Center | ☎042-555-9999 | Yano Shika Iin | ☎042-555-3363 |
| 8 th (Sun) | Hamura Sougo Shinryoujo | ☎042-554-5420 | Hikari Clinic (Fussa-shi) | ☎042-530-0221 | Ozawa Shika Clinic | ☎042-579-1500 |
| 9 th (Mon) Holiday | Wakakusa Iin | ☎042-579-0311 | Arai Clinic (Mizuho-machi) | ☎042-557-0018 | Katou Shika Clinic | ☎042-554-8887 |
| 15 th (Sun) | Sakae-chou Shinryoujo | ☎042-555-8233 | Kumagawa Byouin (Fussa-shi) | ☎042-553-3001 | Kusaka Shika | ☎042-555-7793 |
| 22 nd (Sun) | Ozaku Ekimae Clinic | ☎042-578-0161 | Hikari Clinic (Fussa-shi) | ☎042-530-0221 | Takada Shika Iin | ☎042-555-5903 |
| 29 th (Sun) | Ozaki Clinic | ☎042-554-0188 | Heijitsu Yakan Kyuukan Center | ☎042-555-9999 | Hanenaka Shika Clinic | ☎042-554-2202 |

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