



HAMURA NEWS



HAMURIN Hamura City Mascot

January 15th, 2023

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令和5年度住民税(市民税・都民税)の申告・相談

令和4年分所得税などの確定申告 仮受付・相談

2023 RESIDENTS TAX RETURN – *JUUMINZEI no SHINKOKU. SODAN 2022 INCOME TAX RETURN - SHOTOKUZEI no KAKUTEI KARIUKETSUKE, SODAN

Term: Feb 16th (Thu) ~ Mar 15th (Wed) (Exclude Saturday, Sunday and Holidays)

Time: 9AM~11:30PM, 1PM~3:30PM

Location: Hamura city hall 4th floor, Main Conference Room (大会議室)

Inquiries: Kazei Ka, Shiminzei Kakari Ext.165

◆住民税(市民税・都民税)の申告が必要な方 <People NEED to file a Residence Tax>

- * Those who have only salary income and not submitted a payment report to the city from employment (please confirm with employment whether you have submitted or not).
- * Those who have business, real estate, dividends, individual pensions, and other income and do not need to file a final income tax return.
- * Those who have only tax-exempt income (survivor's pension, disability pension, unemployment insurance and welfare benefits).
- * Those who did not have income (it is not necessary if they are dependent on the same household).
- * Those who pay national health insurance tax, the elderly medical insurance premiums, long-term care insurance, national pension insurance, etc. by payment slip, fund transfer or credit card and use those social insurance as their income deduction.

◆住民税(市民税・都民税)の申告が不要な方 <People NEED NOT to file a Residence Tax>

- * Those who file tax returns such as income tax.
- * During year 2022, those who have earned only salary from only one employment and submitted a final adjusted salary payment report to the city from employment.
- * As of January 1, those who have only pension income of 65 years old or older and amount is ¥1,515,000 or less.

<The ways for filing> 提出方法

Sign and seal the tax return forms ~ fill in phone number, social insurance deduction (without attached document), deduction for spouse / dependent relatives, applicable to the person necessary items and mail to address to:

Mail to: 〒205-8601, Hamura-Shi Kazei Ka Shiminzei Kakari *street address not necessary

*If the documents are enclosed, not need to enter the amount.

*If you need your copy of the tax return stamped with the date of receipt, and/or medical expense receipts returned, please enclose a duplicate copy of the form and a self-addressed return-envelope attached with necessary postage.

*For those who did not have income in 2022, item [7. For those who did not have income], please fill in necessary items with documents

*If you live together but different household on your resident certificate, please declare if you are dependent.

<What to Bring for Filing the Tax Return while filing, consoling and income tax return>

- 1) Tax Return Form (those who have delivered beforehand.)
 - * Tax Return form will be mailed or distributed on Feb 6th (Mon)
 - * Income Tax Return form will be distributed from Jan. 23rd (Mon) in the city.
- 2) Documents proving your income record of 2022 (Certificate Of Income And Withholding Tax 源泉徴収票, or official record of any income you are declaring) for yourself and for your dependents.
- 3) A Pension Beneficiary should bring Certificate of Income with pension indicated (Certificate Of Income And Withholding Tax 源泉徴収票)
- 4) Individual Number Card (my number card), Driving License etc. ID documents (Income tax return might need to provide copy).
- 5) Bank Book issued at your designated banking financial institution to which bank transfer is made.
- 6) It will be processing smoothly if Fiscal year 2021 Income Tax Return copy documents with you,

◆ 各控除を受ける場合

< If you have any Deduction occasion >

- 7) National Pension Deduction Certificate, etc. (国民年金控除証明書)
- 8) The receipts of social insurance fees (2022 National Health Insurance Tax Premium (国民健康保険税), Late-Elderly Medical Insurance Premiums (後期高齢者医療保険料)/Long-term Medical Insurance, Welfare Annuity Provided by your employer (厚生年金保険料), etc.
- 9) Deduction for Life Insurance Premiums and Earthquake Insurance
- 10) Deduction for Medical expenses or Self-Medication of payments paid in 2022: receipts issued by doctors, detailed statement of medical expenses, etc. (make list in advance). Please attach necessary documents for the application of deductions
- 11) Receipt of Donation
- 12) Physical disabilities certificate, or Certificate for mental deficiency (身体障害者手帳、愛の手帳).
- 13) Special Spousal Deduction: Please attach a document certifying the spouse's income.
- 14) Official documentation required for personal spousal exemptions for relatives residing overseas
Those who are dependent on relatives residing abroad and are eligible for the dependent deduction, spouse deduction, special spouse deduction and disability deduction are eligible for relative documents (family register certificate, birth certificate, marriage certificate etc.) and remittance related documents (such as remittance request, etc.)
 - ▶ Documents Providing Proof of Kinship an accurate translation
 - ▶ Financial Documents proving bank remittance for supporting the dependent and an accurate translation
 - * If it is written in foreign language, require Japanese translation attached.

◆申告は3月15日（水）までに！

FILING DEADLINE TILL MARCH 15TH (WED)!

Please note that if you do not file tax return by deadline, you may not be able to issue 2023 tax/ tax exemption certificate or not reflect the same contents of your tax payment notice at the beginning.

令和4年分所得税などの確定申告 受付・相談

2022 INCOME TAX RETURN - SHOTOKUZEI no KAKUTEI SHINKOK

Date: February 1st (Wed) ~ March 15th (Wed)

(Exclude Saturday, Sunday and Holidays)

Time: 8:30AM~ 4 PM

Location: Ome Tax Office ☎0428-22-3185 (require Admission Numbered Ticket)



確定申告（所得税などの国税の申告）は電子申告や郵送などで

<Final Tax Return (Declaration of National Tax such as Income Tax) via E-Tax, Mail or etc. >

Please declare by one of the following methods

(1) E-Tax (electronic filing)

Using the National Tax Agency (Kokuzeicho) website page "Final tax return preparation corner" via personal computer or smartphone, create final tax return and send through internet. There are two methods, "My number card method" and "ID/password method".

Starting from The beginning of January, 2023, this processing will be expanded eligibility to connect with Mynportal system to input data. You may use smartphone to input and process more convenient than before.

** You can get ID and password at nearest tax office.

(2) Mailing

Please mail to Ome Tax Office

Address: 〒198-8530 4-13-4 Higashiome, Ome City

** Acceptance was starting already.

(3) Use "Submission Post"

Starting from Feb 6th (Mon), a post for submitting "Prepared final tax return" will be set up at City Hall 1F citizen hall and 4th FL Filing Venue.

※ (2)(3) If you wish to return copies of tax returns, please enclose a reply envelope (with stamps) stating that fact and your name and address.

Inquiries: Ome Tax Office (Telephone counseling center) ☎0428-22-3185 (please press "1" according to the automatic voice)

◆確定申告は所得税（国税）の申告です

<The Final Tax Return is an Income Tax (national tax) declaration.>

○ The tax return will be submitted and paid till March 15th (Wed)

○ Submission and payment of the final consumption tax return for sole proprietors is till March 31st (Wed).

○ Even if you do not need to file tax return but may need to file residence tax, please check Koho Hamura January 15th version to get details.

◆税理士の無料申告相談

<Free Filing Consultation of Tax Accountants>

Free filing consultation of Tax Accountants belonging to Ome branch of the Tokyo Certified Public Tax Accountants Association will be provided.

Please apply either via On-Line or phone call in advance.

● Direct dial of applying in advance: ☎03-6634-5310

NOTICE from OME TAX OFFICE

土・日曜日、祝日の申告受付は行っていません

■ **Unable to accept declaration on Saturday, Sunday and Holidays**

The Tachikawa Tax office will accept the preparation and submission of tax return only on Feb 19th (Sun) and 26th (Sun) but required admission numbered ticket.

2月1日（水）～3月15日（水）は、青梅税務署の駐車場は利用できません。

■ **From Feb 1st (Wed) to Mar 15th (Wed), the parking lot of Ome Tax Office will not be available. (excluding Handicap parking space)**

Please use AEON STYLE Kabe parking lot at the north of Kabe station or public transportation.

Inquiries: Ome Tax Office ☎0428-22-3185 (please choose 2 to follow automatic recording)

介護保険サービスを利用している方へ

Tax Deductions for persons in need of Long-term Care

Fees for long-term care services that are subject to the Long-term Insurance Coverage: Current Long-term Care facility users may be applicable for medical exemptions of fees incurred.

[Eligibility]

Home Services : 在宅の方

① Medical expense deduction [Medical Services] ~ including Long-term Care Service

○Home visit nursing ○Home visit rehabilitation ○Home care management guidance

- Outpatient rehabilitation ○Short-term admission medical care
 - Routine patrol and occasional home-visit nursing care (only available for using at an integrated office)
 - Multiple services (limited to cases which is provided in combination without medical service [excluding the part of home-visit care centered on life support])
- ② Eligible for medical expense deduction only when used in combination with the service of ① (including Long-term care prevention service)
- Home visit care (excluding life support centered type) ○Night time home visit care
 - Home visit bathing care ○Outpatient care ○Short term admission life care
 - Community based outpatient care ○Dementia friendly outpatient care
 - Small scale multifunctional home care ○Routine patrol and occasional home visit nursing care
 - Multiple services (limited to cases which is provided a combination without including medical services. <Excluding the home visit care centered on life support>).
 - Visit type and outpatient services for Nursing care prevention / Daily life support comprehensive business (excluding services centered on life support).
- ** All services are limited to home services (Long-term care prevention) plan.

介護保険施設に入所している方

Those who are in the Long-term Care Insurance Facility:

- ① Designated Long-term Care Welfare Facility for the elderly (the elderly Special Long-term Care Home and Community Long-term Care Welfare Facility) ~ Own expenses of total amount of facility care services' 10% to 30% and half amount of food/resident fees are eligible for deduction.
 - ② Long-term care health facility / medical facility and medical center ~ Own expenses of total amount of facility care services' 10% to 30% and half amount of food/resident fees are eligible for deduction.
- ** Compensation such as sputum suction by certified care worker is also eligible.
- ** The Long-term Care Insurance Service provider is supposed to issue receipt to the user stating amount eligible for medical expenses deduction.

Inquiries: Applying and policy of tax system ~ Ōme Tax Office (Ōme Zeimusho) ☎0428-22-3185
Long-term Care Insurance System ~ Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.144

介護保険料は社会保険料控除の対象です

<Long-term Care Insurance fees are eligible for Social Insurance Premium Deductions>

When filing a tax return, Long-term Care Insurance fees can be declared as a social insurance premium deduction in the same way as health insurance and pension insurance.

** If the Long-term Care Insurance fees is especially collected from the public pension, those who are receiving pension may declare it.

Inquiries: Applying and policy of tax system ~ Ōme Tax Office (Ōme Zeimusho) ☎0428-22-3185
Long-term Care Insurance System ~ Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.144

介護保険負担限度額認定証を申請する方へ

For those who apply for the Patient-Borne Expense Ceiling Amount Certificate for Long-Term Care Insurance

The Patient-Borne Expense Ceiling Amount Certificate for Long-Term Care Insurance is for households exempt from residence tax. If you are applying for a certificate, please make sure to file a tax return or residence tax.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.144

おむつに係る医療費控除について

<Medical expenses deduction related to Diapers>

Bedridden condition and diaper charges for those who need medical treatment are eligible for medical expense deduction. While filing your tax return, please attach the "Diaper fee receipt" and the "Using Diaper Certificate" issued by doctor.

Those who meet the following ① and ② can attach "Documents that the municipality has confirmed the contents of doctor's opinion" instead of "Using Diaper Certificate".

- ① Expenses for adult diapers prescribed by a doctor are subject to the Deduction for Medical Expenses. Certifications by a physician may be required under the policy if you have been a recipient of 2 years or more.
- ② People can confirm that there is a possibility of urinary incontinence in bedridden state by "Doctor's Opinion" at the time of certified nursing care.
- ◆ "Documents that the municipality has confirmed the contents of doctor's opinion" will be issued by Kourei Fukushi Kaigo Ka, Kaigo Nintei Kakari.

Require Documents: Nursing Care Insurance Certificate and ID card to proof identity.

Inquiries: Applying and procedure ~ Ōme Tax Office (Ōme Zeimusho) ☎0428-22-3185/

[Documents that the municipality has confirmed the contents of doctor's opinion] ~ Kourei Fukushi Kaigo Ka, Kaigo Nintei Kakari ☎Ext.145

雪に備えて

< Preparation for the Snow Season >

Hamura City's measures for snow removal are made sufficiently to resume normal daily activities of its citizens. It will be implemented in the event of heavy snowfall. Citizens are urged to take necessary precautions.

Inquiries: Bosai Anzen Ka, Kikikanri Ka, ☎Ext.211

-- To Prevent Disaster before snowing -- 雪が降る前に

- Be prepared – Buy a shovel before the store runs out of stock.
- Finish your grocery shopping prior to the worsening of weather conditions.
- Also useful are the information from the Hamura City, and other television and radio broadcasts which will inform you of road closures and necessary emergency information.

-- If it Snows - 雪が降ったら

- Avoided leaving your home. If you must go out, stay calm. Wear durable shoes.
- Have snow gear for your vehicle, and keep your distance from the car in front of you, and don't speed.
- Beware of the snow which falls from rooftops and trees.

-- Guideline for Snow Removal -- 除雪について

1. Do not haul snow into the roadway section of the street.
2. Don't park illegally on the street.
3. Please permit snow removal at night by the city hall. Noise levels may rise during the process. We may require road closures if necessary. Loading of snow into temporary residential spaces may occur.
4. Remove snow within reasonable area near the residence, such as driveways front and entrances areas.

Inquiries: City Road ~ Doboku Ka, Douro Kanri Kakari ☎ Ext.292

Metropolitan Road ~ Nishitama Kensetsu Jimusho Kanri Kakri ☎0428-22-7219

■マイナポイント第2弾の申込みはお早めに！

[PLEASE APPLY FOR THE 2ND MYNA POINTS PROMOTION AS EARLY AS YOU CAN]

Inquiries: About My Number System and Myna Points ... Jouhou Seisaku Ka, Jouhouka Suishin Kakari ☎517

About the issuance of My Number CardShimin Ka, Uketsuke Kakari ☎123

"The 2nd Promotion of Myna Point" is being implemented for those who applied My Number Card by the end of the End of February, 2023 may get maximum ¥20,000 reward points.

Details: 内容

[1] マイナンバーカードをお持ちの方に 最大5,000円分のポイント付与

<Points worth up to ¥5,000 will be given to those who acquire My Number Card>

If you charge or shop with a private cashless payment service (eligible electronic money, QR code payment, etc.), you may receive points for up to ¥5,000 yen depending on the amount used.

** Those who applied for the first My Point and have already received points worth ¥5,000 are not eligible. Points grant rate 25% of charge or shopping amount.

[2] 健康保険証としての利用申込みを行った方に 7,500 円分のポイント付与

<Points worth ¥7,500 will be given to those who apply for use as a health insurance card>

By applying for the use of My Number Card as a health insurance card, you can get points worth ¥7,500 with a private cashless payment services (eligible electronic money, QR code payment, etc.)

[3] 公金受取口座の登録を行った方に 7,500 円分のポイント付与

<Points worth ¥7,500 will be given to those who have registered a public money receiving account>

By registering a public money receiving account, you can get points worth ¥7,500 with a private cashless payment service (eligible electronic money, QR code payment, etc.).

※ Please check Myna Point website "search Eligible Payment Service" to get details.

How to apply for Myna Points マイナポイントの申込方法

① Apply on your smartphone

You can apply form the "Myna Point App" via your smartphone.

- For incompatible smartphones, please check Myna Point website.
- Multiple people can apply with one smartphone.

② Apply at the Myna Point Procedure Spots

You can apply at Myna Point procedure sports such as post office, convenience store or mobile phone shop. Please check Myna Point website to get details.

③ Apply at the City Hall

The Hamura City Hall provides support for those who cannot apply using smartphones or procedure spots.

** It may be crowded, for prevention of COVID-19 countermeasures, please apply via smartphone from home.

Date and Time: Monday ~ Friday (exclude Holidays) 8:30AM~11:30AM/ 1PM~4:30PM /

The 2nd and 4th Saturday only for open day 8:30AM~11:30AM

Location: City Hall 1F Shimin Hall and Multiple Purpose Room

Things to bring for applying:

- My Number Card
- 4-digits password setup when receiving My Number Card
- Cashless payment method of applying for Myna Points (example: IC card, dedicated app., etc.)
- Items that show bank account information (example: bank passbook, cash card, etc.)

** Required when applying for points by registering a public money receiving account.

※ Please apply for ①, ② and ③ using the same payment service.

※ If you applied for ① before June 30, you can apply for ② and ③ with another payment services.

※ You cannot change the payment service after completing the application for Myna Points.

※ My number card is required to apply for Myna Point.

※ Myna Point cannot be applied with the My Number notification card.



シャトレーゼ 指定保養施設等の利用をください。

<Please visit Chateraise Recreation Facilities>

Based on the comprehensive cooperation agreement signed between Hamura City and Chateraise Holdings Co., Ltd. The accommodation and leisure facilities owned by the company are designated as facilities that citizens can use at a discount rate and the partial usage fee is also bearded by city.

Eligibility: Hamura Residents, worker and students.

City contribution: ¥2,000 per person / per use

** Up to 2 times per person in a year, it will end as soon as the city budget limit is reached.

How to use: Regarding information of how to use, recreation facilities, etc., please check city official website.

** Please contact with each recreation facilities to get details of services, fees, etc.

Inquiries: Chiiki Shinkou Ka, Chiiki Shinkou Kakari ☎Ext. 642





< Rental Farm Plot for Hamura Residents > 市民農園使用者募集

Hamura City leases agricultural farm plots to local residents who desire to grow their own crops.

Farm Name	Address	Available Plots	Lease period	Contribution Fee
Dai ① Shimin Nouen	5-4-14.49 Midorioka	45	March 1 st ~ Jan 31 st , 2025	¥4,000
Dai ② Shimin Nouen	5-6-14.15 Midorioka	45		
Dai ③ Shimin Nouen	4-6-8 Ozakudai	48		
Dai ⑧ Shimin Nouen	1-14-9 Sakae Cho	35		

** Farm plot size is about 20 m², No parking lot and please confirm location before applying.

** Only Dai ② Shimin Nouen has parking lots.

Applicant Eligibility: Hamura residents. *Corporations and citizen groups are not eligible.

How to Apply & Inquiries: On Reply-paid postcard ("Oufuku Hagaki"), fill in the information as below and mail or bring it to Sangyou Koshin Ka, Nousei Kakari ☎ Ext. 663 (at city hall Nishi-Bunshitsu 2nd floor) by **January 25th (Wed)**.

How to fill in
the Reply-paid
Postcard

Send Front	Send Back	Reply Front Back	Reply Back
〒205-8601 To: Hamura-shi Sangyou Koshin Ka Nousei Kakari	Your Mailing Address Your Name Your Phone Number Name of Desired Farm	〒Your Zip Code Your Mailing Address Your Name	*Do not write anything on this side.

*If the applications exceed the capacity, tenants will be selected by drawing held on Jan. 27th (Fri) 9AM, at city hall Nishi-Bunshitsu 1st floor Garage Building.

*Only one application is accepted per family. If applicant violates the rule, the applications will be invalidated.

*If you/your family are already renting plots in other Shimin Nouen, you are not eligible to apply.

*The result will be notified each applicants.

< Get-together event for family members of dementia patient > 家族介護リフレッシュ会

Participants can learn and talk about how to take care of family members in need of special care for dementia symptoms. Join to share your questions/tips with other care takers. There are information and tips of countermeasures to prevent affection at home, personal information will be confidential.

Date & Time: Feb 17th (Fri), 10AM~Noon

Location: Primo Hall Yutorogi Kouzashitsu 1

Eligibility: Hamura residents who are taking care of elderly family members

Capacity: 10 people (in application order)

Application: Jan 16th (Mon) ~ Feb 15th (Wed) 9AM~5PM, please call or with application form com to Chiiki Houkatsu Shien Center Ayumi ☎042-570-1200

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext.456



大人の風しん予防接種費用の一部を助成します

< Partial subsidy of Rubella (Fuushinn), Antibody Test and Immunization for Adult >
Provide Rubella (Fuushinn) Antibody Test, Immunization

Rubella, which is also known as German measles, is becoming ever more prevalent among adult in recent years.

For expectant mothers, contracting rubella poses a threat to cause her fetus to be born with congenital

rubella syndrome (which is characterized by hearing impairments, cardiac disease or cataracts). Antibody titer fee and portion of Rubella Immunization fee will be expanded to provide to eligibility people included male also.

Eligibility: Hamura registered residents are age over 19 and applicable as below any conditions.

- ① Those female plans or wants to pregnant.
- ② Those who are living with the pregnant people.
- ③ Those who are living with ① individual.

Subsidy Amount:

- Antibody Test ~ Full amount
 - Measles-Rubella Mixed Vaccine ~ ¥5,000
 - Rubella Vaccine ~ ¥3,000
- ** If the result of the antibody test is "low antibody titer", you are eligible for vaccination.
** Please check the application method, medical institutions, etc. via city official website.
** Those who are pregnant or may be pregnant cannot be vaccinated.
** Avoid Pregnancy for 2 months after vaccination.

<Rubella Antibody Test / Vaccination Free Coupon>

Eligibility: Male was born April 2nd, 1962 ~ April 1st, 1979 and never use coupon.

Valid term: till March 31st, 2025

** Please check the details from official website of the Ministry of Health, Labour and Welfare.

Inquiries: Hoken Ka (in Hoken Center) ☎Ext.622



杏林大学共催 運動健康増進プログラム 「ミニ体カチェックと運動講座」

< Exercise Promotion with Kyorin University

~ "Physical Fitness Check and Exercise Course" >

Execute physical fitness measurements, explain results and advise helpful exercises.

Date and Time: February 4th (Sat), Morning Course → 10AM~Noon

Afternoon Course → 1:30PM~3:30PM

Location: S&D Sports Arena Hamura (Sports Center) 2F Meeting Room and the 3rd Hall.

Eligibility: ** Hamura Resident age is from 20 to 79 till April 1st, 2022.

** Physical Fitness Check needs to be apart 6 months from previous checking.

** Those who are not having doctor stop for exercise.

Capacity: Each session 10 people (in application order)

Things to Bring: Water bottle for hydration, towel and writing utensils

- Please wear mask and easy to move 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.
- [Age 20~64] Standing and long jump, Repetitive side jump and Rapid walking (Male: 1,500 meters, Female: 1,000 meters)
- [Age 65~79] One-leg standing with eyes open, 10 meters obstacle walking and 6 minutes walking.

Lecturers: Mr. Ishii, Hiroyuki, Mr. Keita Aihara (physical therapist) and Ms. Mina Kusuda (health exercise instructor)

How to apply: January 16th (Mon) ~ February 1st (Wed), please call S&D Sports Arena Hamura or Kenko Ka (in Hoken Center).

** Please choose morning or afternoon either course.

** Depending Blood pressure at the session day, maybe some sessions are not allowed to participate.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext.624 / S&D Sports Arena Hamura ☎042-555-0033

子育て応援ニュース

CHILDREN

わんわん広場 **< Wan Wan Hiroba >**

Playtime activities for small children and their parents! Sing, exercises, and have fun with other parents and their child.

Location: East Children Center ☎042-570-7751 **Date:** January 26th (Thu)

Eligibility: Under 8 month old toddlers and parents

こぐまひろば <**KOGUMA HIROBA (CUB SPACE) at Children Centers**>

Parents and small children can learn fun activities for exercise! Join and have fun!

Date and Location:

Date	Location
January 18 th (Wed)	West Children Center
February 2 nd (Thu)	Central Children Center
February 7 th (Tue)	East Children Center
February 8 th (Wed)	West Children Center

Eligibility: Under 2 Years Old children and parents (Contents are for 9 months old to under 2 Years old)

あそびのポケット

ASOBI POCKET at Children Centers

Game creators/instructors will play with children with fun games using hands and bodies. Join and have fun!

Eligibility: Children from 2 years old to preschool age, and their parents.

Date and Location:

Date	Location
January 17 th (Tue)	East Children Center
February 1 st (Wed)	West Children Center
February 14 th (Tue)	East Children Center
February 16 th (Thu)	Central Children Center

All Children Centers General items:

- Time: 10AM~ (about 30 minutes)
- Capacity: Frist 10 pairs
- Inquiries: Central Children Center ☎042-554-4552, East Children Center ☎042-554-7751, West Children Center ☎042-554-7578

<**Postnatal Mental Health Consultation**> 産後メンタルヘルス相談

~If mother is feeling unwell after childbirth, why not consult to us once?

A woman's body will be changed with pregnancy and childbirth and various effects are exerted on her mind. Occasionally, she may lose her mental balance and have problems with childcare anxiety and mind. Specialist doctor will be available to discuss such mental issues.

Date and Time: February 22nd (Wed) ①1:30PM~ ②2PM~ ③2:30PM~

Eligibility: Maternity women living in Hamura and their families (less than one year after delivery)

- If you live in another municipality but would like to consult while returning hometown Hamura, childcare is available, please consult to us.

Capacity: 1 person for each time (in application order)

Location: Hoken Center

Consultant Psychiatrist: Ph. D. Hiroshi Mitsushio (Director of Chihiro Mental Clinic)

How to Apply and Inquiries: Please call to Kosodate Sodan Ka, Boshi Kenko. Sodan Kakari (inside of Hoken Center) ☎Ext.693 in advance.

■国立音楽大学連携講座「親子でワクワク！リトミック」

Kunitachi College of Music Collaborative Course ~

Excitement for Parents and Children! Rhythmics>

Date and Time: February 26th (Sun) ①10AM~10:45AM ②11AM~11:50AM

Location: Primo Hall Yutorogi Basement Music Practice Room 2

- Eligibility: 1) Children were born between 2019 ~ 2020 with one guardian
2) Children were born 2017 ~ 2018 with one guardian.



Capacity: 12 pairs (in the application order) Fee: ¥500 (per pair)

Thing to bring: Indoor shoes (Children may be barefoot).

Lecturer: Ms. Satomi Ito (Associate Professor, Department of Music Education, Kunitachi College of Music).

How to Apply: From Jan 15th (Sun) (the person of outside city: Jan 22nd (Sun)) ~ Feb 19th (Sun), please call or come directly to Primo Hall Yutorogi (exclude Monday 9AM~8PM) ☎042-570-0707



第41回羽村市駅伝大会 参加者募集 3月12日(日)

< The 41st Hamura Ekiden Road Relay ~ March 12th (Sun) >

Meeting time & Location: 8AM at Fujimi Park

Scheduled Starting Time: Race 1... 9:30AM, Race 2... 10:20AM (cancel for raining or snowing)

● [Eligibility and Participation Fee]

Team Categories		Course Distance	Entry Fee per Team	
			Hamura Residents	Others
①	Neighborhood/District Association Team 町内会・自治会対抗の部	Total 7.6 km (1.3 block 2.0km 2.4 block 1.8km)	Free	---
	Junior High School Girls Team 中学生女子の部		Free	¥1,000-
	Adults-Women Team 一般女子の部		¥2,000-	¥3,000-
	Adults-50 and over Team 50歳以上の部		¥2,000-	¥3,000-
②	Junior High School Boys Team 中学生男子の部	Total 15.2 km (3.8km per block)	Free	¥1,000-
	Adults-General Team 一般の部		¥2,000-	¥3,000-

A team must consist of: 4 runners, 2 back-up runners, 1 head coach (7 total or less)

*No gender-restriction for: Neighborhood/district association, Adults-50 and over, Adults-General.

*Non-Hamura residents can also participate except in Neighborhood/District Association Teams.

*If there is a non-Hamura resident nor worker in a team, the fee for "others" will apply.

Application & Inquiries: Jan 17th (Tue) ~ Feb 5th (Sun), Please fill in the application form and bring it along with the fee to Hamura-shi Taiiku Kyokai (S&D Sports Arena Hamura (Sports Center) 2F (9AM~5PM exclude Monday)

*Application form and Health Management check sheet are available at the said office and for download from Taiiku Kyokai official website.

Inquiries: NPO Hamura-shi Taiiku Kyokai (Athletic Association) ☎042-555-1698

▶ March 12th (Sun) TRAFFIC RESTRICTIONS for above ROAD RACE EVENT

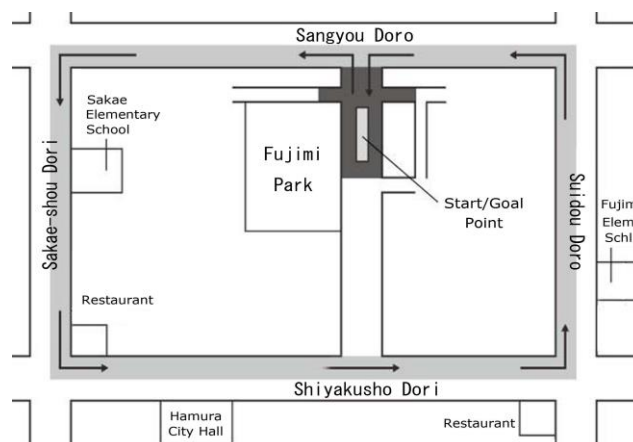
Please be informed that Traffic Restriction will take place on the race course of Hamura-shi Ekiden Taikai on

8AM ~ 1PM.

During the traffic restriction hours, general vehicles will be advised to Drive slowly and Not to street-park

on the race course. Also, the eastern half of Fujimi Kouen Doori, where the start/goal point is set up, will be closed to motor vehicles between **9AM and Noon.**

Thank you very much for your understanding.



たまロボットコンテスト出場者募集

TAMA ROBOT CONTEST RECRUITMENT

第20回たま工業交流展

< The 20TH Tama Industrial Fair "Tama Kougyou Kouryuu-Ten" >

It is workshop for children to learn and know the fun of creating and manufacturing. Children may have experienced how to manufacture and create through programming.

Date & Time: February 23rd (Thu, Holiday), 10AM ~ 3PM

Location: Metropolitan Tama Vocational Ability Development Center

Eligibility: 4th grade of elementary school students ~ Junior High School students

(2 persons / per group. Junior High school student must be accompanied with a guardian)

Capacity: 30 pairs (if applicants are too many, drawing will be held)

How to apply and Inquiries: January 4th (Wed) ~ 31st (Tue) via website or come to Tama Kougyou Kouryuu Ten Jikkoiinkai ☎042-527-2700

こどものページ

EVENT INFORMATION for CHILDREN & PARENTS

Central Children Center ☎042-554-4552

中央児童館 昼間の月観測会・ファミリー天体観測会

< Day-time Moon Observation >

Date & Time: February 1st (Wed), 4PM ~ 4:30PM

< Astronomical Observation with Family >

Date & Time: February 9^h (Wed), 6PM ~ 7PM

*Junior High School students or younger children must be accompanied by an adult.

~ For both Observation Events

Eligibility: Preschoolers ~ High school students

Capacity: 20 (including guardians, in order of application)

How to apply: Jan 16th (Mon) ~ 31st (Tue) 9AM~4:30PM, please call or come to Central Children Center.

Location: Central Children Center, if the weather is raining, place will be changed to Planetarium
~lecture of "Tonight's starry sky".

Inquiries: Central Children Center ☎042-554-4552



手作り教室「フェルトハートのラベンダーサシェ (香り袋)」

< Handmade Class ~ Felt Heart lavender sachet (fragrance bag) >

Date & Time: Feb 4th (Sat), 1:30PM~2:30PM

Eligibility: Elementary School Students ~ 18 years old

Capacity: 10 (in order of application)

Things to bring: Indoor shoes, hand towel and beverage (water or tea)

How to apply: Jan 16th (Mon) ~ Feb 2nd (Thu) 9AM~4:30PM, please call or come to Central Children Center

West Children Center ☎042-554-7578 (closed on Tuesdays)

< Handmade Class "Let us make a spinning animation".> 手作り教室「くるくるアニメをつくろう」

Date & Time: January 28th (Sat), 10AM~11AM (Meet time: 9:45AM)

Eligibility: Elementary School Students ~ 18 years old

Capacity: 10 (in order of application)

Things to bring: Bag to bring back and beverage (water or tea)

How to apply: Jan 16th (Mon) ~ 26th (Thu) 9AM~4:30PM, please call or come to West Children Center

East Children Center ☎042-570-7751 (closed on Thursdays)

< Coloring Contest > めりえコンテスト

Please enjoy and apply coloring contest! Artwork will be posted up!

Apply Term: Feb 4th (Sat) ~ 12th (Sun) Voting Term: Feb 15th (Wed) ~ 22nd (Wed)

Result of Voting: Feb 25th (Sat) Eligibility: Elementary School students

How to apply: Please come to East Children Center directly

< Story Telling > はなし会○ **Story Telling for Baby**Date & Time: Jan 18st (Wed), 11AM~○ **Story Telling for Elementary school students**Date & Time: Jan 21st (Sat), 11AM~○ **Picture-Story Show for Preschoolers**Date & Time: Feb 11th (Sat), 11AM~○ **Story Telling at Ozakudai Branch Library**Date & Time: Feb 8th (Wed), 3PM~**Primo Hall Yutorogi ☎042-570-0707****closed on Mondays****< Movies for Children >** 子ども映画缶会Date: Feb 5th (Sun), 10:30AM~11:30AM Admission: FreeLocation: Kouzashitsu 1 Capacity: First 75Program: 3 titles 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 ☎Ext. 632

EVENTS 催し物**<Cole Himawari 40th Anniversary Concert>** コールひまわり40周年記念コンサート

Musical "Beauty and Beast" will be performed.

Date and Time: Jan 22nd (Sun) 12:30PM~4PM Location: Primo Hall Yutorogi Fee: freeCapacity: First 854 Inquiries: Ikenaga San ☎042-554-0461 (need not apply, please come directly.)**<Tamasudare Sessions> (all 6 sessions)**

Japan traditional entertainment, please try to take lessons.

Date and Time: The 4th Tuesday/ per month 1PM~2:30PM Location: Fukushi Center Fee: ¥1,000Capacity: First 10 Eligibility: Junior High School students or aboveInquiries: Omata San ☎090-6543-5771**<Waseda University Green Club ~ Singing By Tamakawa in Hamura">**

Waseda University students Male Chorus group "Green Club".

Date and Time: Feb 5th (Sun) 2PM~4PM Location: Community Center Fee: ¥1,000Capacity: First 180 Eligibility: Hamura Residents or neighborsInquiries: Yokota San ✉cafeyokotan@gmail.com**MEMBERS RECRUITMENT** 会員募集● **<Friends Club>**

Beginner are welcome if you want to learn Chinese.

Date and Time: Every Wednesday 9:30AM~Noon Location: Primo Hall YutorogiCapacity: 5 people Fee: ¥1,000 / per month Inquiries: Hosoda San ☎090-4733-3937● **<Garbage Composting Megumi Net Hamura>** 生ごみ堆肥めぐみネット羽村Date and Time: ① Routine Meeting: Every the 1st Friday 9:30AM~ Noon.

② Field work: Depending Field status.

Location: ① Shouhi Seikatsu Center ② Shorin Elementary School Fee: ¥500 / yearInquiries: Seki San ✉michikohamu@yahoo.co.jp

※ 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