



# HAMURA NEWS

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

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はむら花と水のまつり2023

## <HAMURA FLOWER AND WATER FESTIVAL 2023>

Inquiries: Hamura Flower and Water Festival Executive Committee (Hamura Kankou Kyoukai ☎042-555-9667 / Sangyou Shinkou Ka, Shoukou Kankou Ka ☎Ext. 667)



\*\* Please note that Sakura Festival location will be different as before.

### ● **Early Term ~ Sakura Festival** 前期 さくらまつり

Please enjoy cherry blossoms at Sakura Dzutsumi Park in this year.

Date and Time: March 25<sup>th</sup> (Sat) ~ April 9<sup>th</sup> (Sun) 10AM~5PM

Location: Sakura Dzutsumi Park, Water Park and Shinsui Park.

### ❖ **Observation Deck** 展望台デッキ

You may enjoy whole Cherry Blossoms beautiful view in Sakura Dzutsumi Park.

Location: Water Park and Shinsui Park.

### ● **Late Term ~ Tulip Festival** 後期 チューリップまつり

There are about 350,000 Tulips to welcome you!

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

Location: Paddy field in front of Negarami

### ❖ **Tulip Park Observatory** チューリップ公園展望台

The view from 3m above the ground is spectacular.

Co-Sponsored: Tama Cable Network Co., Ltd.

### ❖ **Carp Stream Decoration** こいのぼり飾り

Nursery School and Kindergarten children make their own "Koinobori" Carp Streamers and let them swim in the blue sky.

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

### ❖ **Miniature Turbine on exhibit** ミニチュア水車の展示

Location: Irrigation canal running on the river side of tulip field

※ No banquets are allowed in or around the two venues during the Festival period.

※ Please take precautions against infection.

※ No garbage collection spots are available at the venues.

For more information, please check the city official website.

## < Common events for both the Early and Late terms >

### ❖ **Mock Stores Booth** 模擬店ブース

The restaurants, mock stores booths etc. will be opened in this time (the last time was 4 years ago).

Time: 10AM~5PM Location: Please check Hamura News Mar 15<sup>th</sup> version's map

### ❖ **Park Playground Equipment experience** 公園遊具体験

Location: Water Park and Shinsui Park.

Sponsor: Nitto Industry Co., Ltd.

### ❖ **Footbath Experience** 足湯体験

Term: During Hamura Flower and Water Festival, Friday ~ Sunday 10AM~5PM

Location: Miyashita Athletic Park Parking Lot

### ❖ **Hino Motors Nighttime Cherry Blossom Lighting** 日野自動車夜桜ライトアップ

Term: Light on March 24<sup>th</sup> (Fri) 4:45PM, each day until the cherry blossoms fall 6PM~4AM

### ❖ **Free admission to the Hinotonton Zoo** ヒノトントンZOO無料開放

Date and Time: March 27<sup>th</sup> (Mon) 9AM~4:30PM

### **Hamura Flowers and Water Festival Photo Contest** 「写真コンクール」作品募集

Theme: Any flowers photos at city (not only in festival scenes taken) may apply for contest.

※ For more information see Kankou Kyoukai website or brochure distributed at Kankou Kyoukai Office

Apply and Inquiries: Till May 12<sup>th</sup> (Fri), Hamura Kankou Kyoukai ☎042-555-9667

(Exclude Tuesday and Wednesday 9AM~5PM)

はむら花と水のまつり開催期間中の交通案内

## ◀ **Transportation and Parking Information** ▶

### ▶ Community Bus "Hamuran" will be changed But Stops

During Tulip festival, heavy traffic is expected around the event sites. Bus Stops will not be available on Saturdays and Sundays.

\*\* A temporary bus stop will be set up on the west side of Tamagawa Shrine along the Okutama Highway.

Bus Stops that will be not available ~ "Ippoin" and "Ikoinosato"

Inquiries: Toshi Keikaku Ka ☎Ext. 288

### ▶ Sakura and Tulip Festival Temporary Parking

● Term: March 25<sup>th</sup> (Sat) ~ April 20<sup>th</sup> (Thu) 9AM~5:30PM

● Designated Event Parking : ¥500.-

\*\* Please check city official website to get detail map of Temporary Parking locations.

\*\* It will be crowded during festival, please come by foot or public transportations as possible as you can.

### ▶ JR 'Holiday Kaisoku Okutama' Express Train will make a stop at Hamura

The express trains will make a special stop at JR Hamura Station during the Flowers & Water Festival.  
Dates: Mar 25<sup>th</sup> (Sat), 26<sup>th</sup> (Sun), Apr 1<sup>st</sup> (Sat), 2<sup>nd</sup> (Sun), 8<sup>th</sup> (Sat), 9<sup>th</sup> (Sun), 15<sup>th</sup> (Sat) and 16<sup>th</sup> (Sun).

▼観光案内所

**Information Booth for Tourists ☎042-555-9667 (9AM~5PM)**

A tourist information booth will be set up. Hamura Marche (market) will sell excellent souvenirs selected from city wide providers!

❖ **Rental-Cycle is available.**

Location: 1-13-15 Hanehigashi, Hamura City.

**<KIDS IN CAR stickers (Kids On Board stickers) present>**

Stickers with the image of tulip fields in Hamura City will be given away.

Term: During the Tulip Festival

Location: Tulip Festival Headquarters Tent.

- First-come-first-served basis. Distribution will end when all the stickers are gone.

Inquiries: Hisho Koukou Ka, Koukou. City Promotion Kakri ☎Ext. 337



お知らせ

**INFORMATIONS**

税金

**TAX**

固定資産課税明細書. 納税通知書の送付

**< Fixed Property Tax Statement will be mailed to Owners >**

The 2022 Fixed Property Tax Statement (固定資産課税明細書) is scheduled to be sent to the applicable residents in the beginning of April. FY2022 Fixed Property Tax Notification (固定資産税納税通知書) will also be mailed to the applicable tax payers in early May.

Inquiries: City Hall, Kazai Ka, Shisanzei Kakari at ☎ Ext. 158

介護保険

**LONG-TERM CARE INSURANCE**

介護保険給付費通知を3月下旬に送付

**< Notice of Grants for Nursing Care Service Fees under Long-Term Care Insurance will be send within End of March >**

Elders who used the Nursing Care Service Fees under the Long-Term Care Insurance (Kaigo Hoken) will receive a "Notice of Grants for Nursing Care Service Fees" from the city hall Senior Citizens Welfare and Nursing Care Section within End of March.

Eligibility: This is a list of the nursing care grant benefits provided during the term of December, 2022 ~ January, 2023 showing the self-pay burden that is charged, and lists details of service provider who offered the service and when the service was provided.

- Please confirm receipts issued by the service provider or Declaration of Services Rendered issued by your care manager.
- The document is not a bill. No payment actions are necessary in response to the notification.

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

介護保険料特別徴収（年金引落とし）開始します

### < Long-Term Care Insurance Premiums deducted from your Public Pension >

For those who will be paying Long-Term Care Insurance Premiums by special collection from April, a Notification of Amount of Special Collection (Premium) Letter has been sent to these applicable citizens. Based on income of 2022, the payments will be made bi-monthly in even numbered months. (A letter will be issued in early of July regarding amount to be deducted.)

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

健康

## HEALTH

■胃がん検診・肺がん検診の費用について



### <Cost of gastric cancer screening and lung cancer screening>

The screening consignment fee has been increased due to personnel costs, etc. From FY 2023, people will be partially responsible for gastric cancer and lung cancer screening costs.

Fee: ¥500 each.

\* For both checkups, welfare recipients have no co-payment.

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

カラダ塾 ちゃんと満足！糖質控えめメニュー ～糖尿病予防～

### <"Karada Juku" - Satisfy Yourself! Low carbohydrate menu - Prevention of diabetes>

"Karada Juku" is a program to learn about exercise and diet to build a healthy body.

Why don't you learn how to moderately reduce the amount of carbohydrates you are concerned about?

The tips on how to prevent blood glucose level will be introduced.

Date and Time: April 19<sup>th</sup> (Wed) 10AM~12:30PM

Location: Hoken Center

Eligibility: Hamura Residents

Capacity: 12 (in application order)

Fee: ¥300 (cooking class fee)

Things to bring: Writing utensils, apron, bandana and health book (if you have one).

Details: Health lecture, cooking class, individual consultation (for those who wish).

Lecturer: Registered dietitians and public health nurses.

How to apply: Starting from March 16<sup>th</sup> (Thu), please call, email or come to Kenko Ka (in Hoken Center)

☎Ext. 625 ✉ s305000@city.hamura.tokyo.jp

\*\* If you apply via email, please have title "April Karada Juku" and details of your name, address, age and day time contact phone number to apply. If you do not receive respond within 3 days, please inquiry.

東京都理学療法士協会羽村市支部共催 はむらEnjoyウォーキング

### <Hamura Enjoy Walking ~ Co-sponsored by Hamura City Branch of Tokyo Physical Therapists Association>

Hamura has a very good topography and parks for health promotion. Let's experience "Hamura ~ a town for health promotion" just by living here. This class aims to make a habit by walking while teaching the tips of continuing exercises. For those who want to develop an exercise

Eligibility: \*Those who want to develop an exercise habit or have been advised by their doctor to exercise.

\*Those who can participate in all 4 sessions and walk for at least one hour by themselves.

Capacity: 20 (in application order)

## Schedule:

| Session         | Date                         | Distance   | Details                          |
|-----------------|------------------------------|------------|----------------------------------|
| 1 <sup>st</sup> | April 16 <sup>th</sup> (Sun) | About 3 km | Walking functions                |
| 2 <sup>nd</sup> | May 21 <sup>st</sup> (Sun)   | About 5 km | Stretch and Muscle training      |
| 3 <sup>rd</sup> | June 25 <sup>th</sup> (Sun)  | About 7 km | Figure and Posture               |
| 4 <sup>th</sup> | July 23 <sup>rd</sup> (Sun)  | About 8 km | The tips of continuous exercises |

Things to bring: Towel, beverage, comfortable walking clothes, shoes, hat, etc.

\*\* In case of rain, the lecture will be held at the Health Center.

\*\* If your blood pressure is high on the day, you will not be allowed to participate in the walking.

Lecturer: Physical Therapists of Tokyo Physical Therapists Association, Hamura City Branch.

How to apply and Inquires: March 16<sup>th</sup> (Wed) ~ April 7<sup>th</sup> (Fri), please call or email to Kenko Ka (in Hoken Center) ☎Ext. 626 ✉ s305000@city.hamura.tokyo.jp

\*\* If you apply by email, please have "Hamura Enjoy Walking Participation Request" in the subject and with your address, name, age and phone number in the details. If you do not receive a reply within 3 days, please inquiry.

子育て支援ニュース

## CHILDRENS SUPPORT NEWS



高校生等医療費助成制度の〇青医療証を交付します

### <The Medical Card of Expense Subsidy System for High School Students (Maru-Ao) will be Issuance!>

Blue (Maru-AO) Medical Cards (valid from April 1<sup>st</sup> to September 30<sup>th</sup>, 2023) for the medical expense subsidies for high school students, etc. will begin in April and sent to eligible applicants in late March.

\*\* Please present your health insurance card and the Blue (Maru-AO) Medical Card when you visit hospital.

#### **Scope of Subsidy** [助成の範囲]

Outpatient: The amount obtained by deducting ¥200 per outpatient visit from the co-payment for insured medical treatment.

\*\* There is no copayment for dispensing medicine and home-visit nursing care.

Hospitalization: Co-payment for insured medical treatment.

\*\* Co-payments for medical treatment covered by the insurance, but not for differential bed charges, medical checkups, vaccinations, etc.

◆ The following procedures are required as below:

- . The address has changed.
- . The name of the child or guardian has changed.
- . The child's health insurance has changed.
- . Lost or damaged medical card
- . The child is no longer under your care.
- . Filed an amended income tax return.

※ Attached documents are required depending on the eligibility requirements. Please inquire for details.

If your income exceeded the maximum amount and not eligible for the subsidy this time, but your income was less than the maximum amount in 2022, you need to apply again for the fiscal year 2023 (from

October 1<sup>st</sup>, 2023 to September 30<sup>th</sup>, 2024).

Inquiries: Kosodate Sodan Ka, Teate. Josei Kakari ☎Ext. 237



利用してください! ファミリー・サポート・センター

### < Family Support Center >

The Family Support center in Hamura City is a local membership organization where members help each other by supporting parental care. Family Support Center Beneficiary members can use the support services for looking after a child and picking up children from a school/care center, and receive the same help from other members. Also, supporting members, who wish to contribute to the community by helping busy parents, can become a temporary child care taker within their availability.

The Family Support Center has the capacity to support families with children up to the 6<sup>th</sup> grade; for example, providing help when a child needs to be picked up, or staying with them until someone comes home. Much help is appreciated in spring when many children start to attend newly to schools.

### Support Members and Service Users Welcome!

Currently we are accepting new member applications. Please feel free to inquire about the membership.

Eligibility: Beneficiary Member.. Parents of child(ren) at age 6 months up to elementary school students.

Supporting Member... those who are age 18 years or older with good health and spirits

Fees: Mon ~ Sat 9AM~5PM... ¥700/hour, Other time frame...¥850/hour, Sunday & Holiday... ¥850/hour

Application (in advance): Call or visit Family Support Center ☎042-554-0304 within  
Shakai Fukushi Kyougikai.

情報アラカルト

## MISCELLANEOUS INFORMATION

### S&D SPORTS ARENA HAMURA (SPORTS CENTER) ☎042-555-0033

(Close every Monday)

令和5年度版 歩いて帳配布

### <The Arui Techou Walking Map Handout of FY 2023 >

Anyone can start a daily walk to stay healthy. We are giving out charts called "Arui Techou" for recording the number of steps you make. It can be obtained at the Sports Center and Swimming Center from March 16<sup>th</sup> (Thu) for free.

Eligibility: Hamura Residents or workers

Distribution Locations: S&D Sports Arena Hamura (Sports Center), S&D Swimming Plaza Hamura  
(Swimming Center)

第25回羽村市民福祉チャリティーゴルフ大会参加者募集

### < The 25<sup>th</sup> Hamura Citizens Welfare Charity Golf Tournament >

Date: May 24<sup>th</sup> (Wed)

Location: Tachikawa International Country Club

Capacity: First 200

Fee: ¥2,000 / per person

Sponsor: The 25<sup>th</sup> Hamura Citizens Welfare Charity Golf Tournament Executive Association

\*\* Charity Halls and awards ceremonies will be canceled from the perspective of preventing the spread of COVID-19

\*\* For details, please check the website.

How to Apply and Inquires: March 16<sup>th</sup> (Thu) ~ April 28<sup>th</sup> (Fri) 9AM~4:30PM, please fill out the required items on the application form and submit to the Welfare Center

☎042-554-0304 with participation fee.

\*\* Application forms are distributed at welfare center, financial institutions in the city, business and industry halls and golfs practice clubs.

年金

## PENSION

将来の年金額を増やす方法

### < The ways of Increasing Future Pension Amount.>

Eligibility: For those who are insured under the National Pension Plan's Category 1.

◆ [Additional Pension System] to be added to monthly premiums

By adding ¥400 per month to the National Pension premiums, the basic old-age pension can be increased for a lifetime. The amount "the number of months that additional pension is paid x ¥200" is added to the annual amount of the basic old-age pension.

◆ [National Pension Fund], a public pension is added to the national pension plan.

This is a public pension plan that you enter by yourself. It is basically a lifetime pension that can be received throughout one's life. There are tax benefits for the premiums paid and the pension received.

※ People cannot join both plans [Additional Pension Plan] and [National Pension Fund] at the same time.

Inquiries: About Additional Pension ~ Shimin Ka Korei Iryo. Nenkin Kakari ☎Ext. 138/

About National Pension Fund ~ National Pension Fund ☎0120-65-4192

自転車の交通安全

### < Bicycle Traffic Safety >

The Road Traffic Law has been revised from April 1<sup>st</sup>, wearing helmets will become mandatory by law as well. (The Tokyo Metropolitan Government's ordinance already makes it mandatory for bicycle users).

Please follow the revised five rules for safe bicycle use.

1) In principle, ride on the roadway and the left side of the road.

Pedestrians have priority on sidewalks.

2) At intersections, obey traffic signals, stop signs and check for safety.

3) Turn on your bicycle light at night.

4) Wear a helmet.

Inquiries: Bosai Anzen Ka, Bohan. Koutsu Anzen Kakari ☎Ext. 216

生理用品を無償で配布します

### <The Sanitary Products will be distributed by free>

In order to reduce the financial burden on women due to the effects of COVID-19, city will distribute Sanitary Product by free.

| Location                      | Date & Time  |
|-------------------------------|--|
| City Hall 1F Meeting Room 101 | March 28 <sup>th</sup> (Tue) ~ 30 <sup>th</sup> (Thu)<br>9AM~5PM |

Distribution number: First 80 packs till run out.

How to Receive: Please submit distribution card, show smartphone distribution card screen or point out introduction post to services counter staff.

Inquiries: Soumu Ka, Soumu Kakari ☎Ext. 333



■新型コロナウイルスワクチンが接種 来年3月31日まで延長！

**<The COVID-19 Vaccine will be extended till March 31<sup>st</sup>, 2024>**

The vaccination of COVID-19 Vaccine will be extended till March 31<sup>st</sup>, 2024 by free.

For details, please search [Hamura COVID-19 vaccine] in city official website.

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

\*\* Those who wish to use the telephone relay service (call through an operator who interprets in sign language etc.), please call Kenko Ka (in Hoken Center) ☎Ext. 628~630

こどものページ

**EVENT INFORMATION for CHILDREN & PARENTS**

■ 児童館の開館時間が変わります

**<Children Centers' opening hours will be changed>**

Opening hours: April 1<sup>st</sup> (Sat) ~ September 30<sup>th</sup> (Sat) 9AM~5PM

\*\* For details, please contact to Kosodate Sodan Ka, Kodomo Katei Shien Center Kakari ☎Ext. 266

東児童館

**EAST CHILDREN CENTER ☎042-570-7751 (Close Every Thursday)**

手作りおもちゃ教室「くるくるフライヤー」

**<Handmade Toy Class "Kuru-Kuru Flyer">**

Let's make a flyer that goes flying!

Date and Time: April 8<sup>th</sup> (Sat) ① 10AM ~ Noon ② 1PM ~ 3PM

Eligibility: Lower elementary school students and younger

Capacity: First 20

**<Toy Hospital> おもちゃ病院**

On the same day, repair and consultation for broken toys will be available.

Helper: Toy Hospital Nejimawashi

ゆとろぎ

**PRIMO HALL YUTOROGI ☎042-570-0707 (Close Every Monday)**

**< Movie Screening for Children > 子ども映画会**

Date & Time: April 2<sup>nd</sup> (Sun) 10:30AM~11:30AM

Program: 3 titles scheduled no reservation required

Capacity: First 50

Location: Kouzashitsu 1

Supported by: Hamura 16mm Eizou Kenkyuukai

**PRIMO LIBRARY ☎042-554-2280 (Close Every Monday)**

■ おはなし会

**STORY TELLING EVENTS**



Voiced reading of children's stories from picture books and picture panel shows (Kamishibai) are enjoyed by children of any culture. Stories are for respective age-groups with consideration to their comprehension level. Admission fee and reservation are not needed.

▶ **at the Main Library** (Picture Books)

Story Telling for Elementary School Students >> March 18<sup>th</sup> (Sat), 11AM~

■ 図書館メールマガジンをご利用ください

**<Please use Library Mail-Magazine system>**

Library Mail-Magazine system is services to get new information, update data, events and etc. through smart phone, personal computer once a week. Please go to library website (<https://www.hamura-library.tokyo.jp>) user menu to register.

- Please check Library website and mail-magazine to get library event update information.

■ 本のリサイクル (児童書)

**<Book's Recycle (Children Reading Books)>**

Children's books that have been read or lent in the branches of library will be given out free of charge.

Date and Time: March 25<sup>th</sup> (Sat), 26<sup>th</sup> (Sun) 10AM~3PM (depending on the situation, the event may be held on 28<sup>th</sup> (Tue) and 29<sup>th</sup> (Wed) as well).

Location: Primo Hall Yutorogi Sousakushitsu (creation room) 1

Thing to bring: Bag to take back home.

- ※ Up to 20 books per person.
- ※ No reservations or unable to inquiry about book titles, etc. in advance.
- ※ It will be closed when all books are out.
- ※ Commercial purpose is not allowed.
- ※ You may be asked to wait during busy or crowded times.



「団体のひろば」

**< GROUPS SQUARE >**

This is a page to support civic activity groups in the city. Registration is required in order to post your organization on the website. Please check the listing criteria on the city official website and submit the "Registration Form for Listed Groups" to Chiiki Shinkou-Ka (excluding registered groups). After reviewing the application, you can apply to be listed on the website. When you apply, please let us know you are posting an "Event" or "Membership Recruitment". Please inquire for details for the number of words, deadlines and number of times will be posted.

Inquiries: Chiiki Shinkou-Ka, Shimin Katsudou Center Kakari ☎Ext. 632

**EVENTS** 催し物

- **<Lecture: Children are matters of "Re-growing up"!>** 講演会 子どもは「育ちなおし」の名人！

The number of children not attending school is increasing. Let us learn what is important for children's upbringing.

Date and Time: March 21<sup>st</sup> (Tue. Holiday) 1:30PM~4PM

Location: Netz Tamagu Center (374 Kamicho, Ome City)

Eligibility: Everyone

Capacity: First 271                      Fee: ¥500

Sponsor: NPO Free Space Robinson

Co-organized: [Poco a Poco] a group of parents who think about truancy and refusal to go to school.

Inquiries: Komai San ☎0428-23-1054

### MEMBERS RECRUITMENT 会員募集

● **<Belair Chanson Club>**      ベレールシャンソン愛好会

The famous Chanson Songs with piano accompaniment will be practiced.

Date and Time: The 3<sup>rd</sup> Saturday of each month 2:20PM~4:20PM

Location: Community Center etc.

Eligibility: Everyone      Fee: ¥2,000 / per month

Inquiries: Outa San ☎090-8817-6077

● **<Mermaid Mama>**                      マーメイドmama

It is a group that aims to improve physical fitness and make friend through swimming.

Date and Time: Every Tuesday 10AM~Noon

Location: S&D Swimming Plaza Hamura                      Eligibility: Women

Capacity: 10    Fee: ¥2,000/ month, admission fee ¥1,000

Inquiries: Ishihara San ☎042-555-6548

● **<Wai Wai Friday Club>**                      ワイワイフライデークラブ

Activities to maintain and improve health through swimming and underwater exercise. Beginners are welcome. Trial session is available.

Date and Time: Every Friday from 11AM~1PM

Location: S&D Swimming Plaza Hamura

Eligibility: Those who are 18 years old or older in good health.

Fee: ¥3,000 / month, admission fee ¥1,000

Inquiries: Abe San ☎080-5546-7706

※ Please contact each group for information on events and membership recruitment. Each group information are available in city official website.

コミュニケーションの極意、やさしい日本語！

**< The Essential Point of Communication ~ Easy Japanese! >**

"Easy Japanese" is Japanese that has been simplified so that it can be understood by foreigners, children, the elderly and disabilities people. Japanese is difficult for non-native speakers to understand because the original forms of words, such as honorifics (honorifics and humble language), change and are used in combination with other words.

The word "Yasashii" means both "gentle" and "easy". Why don't you think about what is easy for the other person to communicate?

**[Points of Paraphrasing]**

- . Speak slowly and clearly with short breaks.
- . Explain concisely and avoid difficult words.
- . Use "desu", "masu" etc. to communicate assertively.



Inquiries: Chiiki Shinkou-Ka, Shimin Katsudou Center Kakari ☎Ext. 632