



**HAMURIN** Hamura City Mascot

# HAMURA NEWS

**September 15<sup>th</sup>, 2023**

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## COMMUNITY

羽村市総合型スポーツクラブ はむすぽ

### <Hamura City Comprehensive Sports Club ~ Hamusupo>

By offering programs related to sports and cultural activities to everyone (from children to elderly) in the community, we aim to realize a lifelong sports society, establish a local community and nurture to have good development.

In FY 2023, there are 25 different types of courses!

- Established: June 2008.
- Number of members: 606 (as of August 3<sup>rd</sup>, 2023).

Inquiries: Hamura City Comprehensive Sports Club Hamusupo ☎042-519-5712,

✉[hamusupo@gmail.com](mailto:hamusupo@gmail.com)

〒205-0016 1-29-5, Hanekami, Hamura, (in S&D Sports Arena Hamura)

Open Hours: Tuesday ~ Friday, 3PM ~ 5PM.

### [Sports Wellness Blowgun] スポーツウェルネス吹矢

Date and Time: Every Thursday 9:30AM~11:30AM

Fee: ¥500 per class (In addition, there is an annual Hamusupo membership fee ¥3,000. Trial lesson is free.)

国立音楽大学連携「オペラ・ガラコンサート」

### <"Opera Gala Concert" in collaboration with Kunitachi College of Music>

A special gala concert created through collaboration between Hamura City and Kunitachi College of Music. Please enjoy masterpieces of opera performed by faculty members of Kunitachi College of Music and others.

Date & Time: February 4<sup>th</sup> (Sun), 2PM (Doors open at 1:30PM)

Location: Primo Hall Yutorogi Main Hall

Capacity: First 854 (all seats reserved)

Fee: ¥1,000 for adults / ¥500 for high school students and younger.

\*Preschoolers are not allowed to admit.

Performers: Ms. Noriko Taneya/ Ms. Junko Ueda (soprano), Mr. Yusuke Kobori (tenor),  
Mr. Masanao Takahashi (baritone), Mr. Hiroshi Kuroda (baritone) and  
Mr. Kawahara Tadayuki (piano)

Programs: "What is love like" from "The Marriage of Figaro" / "Kiss me, my love" from "Cosi fan tutte" / "I am the town's whatever" from "The Barber of Seville" / "I remember when ~ The maiden with the beautiful love" from "Rigoletto", and others.

※Performers and program are subject to change.

Ticket sales: Starting from Sep 16<sup>th</sup> (Sat) 9AM~



[Counter sale]: Primo Hall Yutorogi ☎042-570-0707 (9AM ~ 8PM / Close Mondays exclude Holiday's)  
S&D Sports Arena Hamura ☎042-555-0033 (9AM ~ 5PM / Close Mondays exclude Holiday's)

Nishitama Newspaper ☎0120-61-3737 (Mon ~ Fri 10AM~5PM)

[Internet sale]: Yutorogi Online tickets, comfeti

Inquiries: Primo Hall Yutorogi ☎042-570-0707

【杏林大学×東京都立大学×羽村市】大学との連携によるまちづくり

### < [Kyorin University x Tokyo Metropolitan University x Hamura City] Community Development in Collaboration with Universities >

The city accepts internship students every year. In collaboration with the internship students in this year, we worked on creating flyers to convey the fun and attractions of "S&D Sports Park Fujimi".

Using this initiative as a foothold, we will continue to work with the local community to promote the attractiveness of the town centered on the park in the future.

The flyers will be distributed at the S&D Sports Park Fujimi club house and available on the designated manager of the park ~ Wing Park official Facebook.

Inquiries: Doboku Ka, Kouen Kanri Kakari ☎Ext. 283

### <Internship Acceptance>

インターンシップ受け入れ

Term: August 14<sup>th</sup> (Mon) ~ 18<sup>th</sup> (Fri).

Participants: 4 persons, 1st ~ 3rd year students from Kyorin University and Tokyo Metropolitan University.

動物愛護

## ANIMALS PROTECTION

9月20日(水) ~ 26日(火)は動物愛護週間

### <Animal Protection Week Sep 20<sup>th</sup> (Wed)~ 26<sup>th</sup>(Tue)>

Please keep loving animals and taking responsibility to rear them. For animals, killing, abuse and abandonment are punishable by law.

- Sterility and Castration Surgery 不妊・去勢手術

~ If you do not breed pets properly, please perform infertility/castration surgery. It is also can help to prevent genital diseases.

- Identity Display 身元の表示

~ Animals get lost and cannot return to their owners. Dogs, Cats and other animals should be tagged for ease of detection. Dog owners are required to register once a lifetime and receive one rabies vaccination each year.

- Cats Breeding Indoor 猫の飼育は屋内で

In consideration of current traffic and housing, it is desirable to keep cat indoor in urban areas to avoid neighborhood troubles.

- Follow the rules for dog walking 犬の散歩はルールを守って

Using lead when you walk with dog. It is the owner's responsibility to flush dog's pee immediately, and take dog droppings back to home.

- Evacuation from Disaster 災害に備えて

When disaster occurs, human life comes first. Unless the owner is safe, otherwise the animals cannot survive from disaster. If you need to evacuate, please take with animals as circumstances allowed. Also, prepare emergency supplies for animals (food and water for 5 days or more). Please train your pets in staying in cage during daily life.

Inquiries: Kankyo Hozen Ka ☎Ext.226

**<Animal Protection Festival>** どうぶつ愛護フェスティバル

～Children and Adults think together, We with Animals～

- Indoor event

Date: September 23<sup>rd</sup> (Sat, Holiday) 11AM ~ 5PM

Location: Tokyo International Forum, Tower D

- Outdoor Event

Date: November 23<sup>rd</sup> (Thru, Holiday) 10AM ~ 4PM

Location: Ueno Onshi Park (Shinobazuno Pond area)

※ For more information, please visit the website of the Animal Protection Week Central Event

Inquiries: Environmental Health and Sanitation Division, Bureau of Public Health and Medical Care,  
Tokyo Metropolitan Government ☎03-5320-4412

お知らせ

福祉

障害のある方のタクシー・ガソリン費用の上半期分を助成します

## INFORMATION WELFARE



### < Filing for Subsidization of Taxi Fare or Gasoline Costs by Residents with Disability (First Half) > (Takushi Hiyou / Jidousha Gasorinhiyou Josei)

Applications for subsidization of payment for taxi fare or gasoline costs during the first half of the fiscal year will be accepted. Requests can be made by mail and during nighttime hours till 8PM Monday ~ Friday.

Eligibility: Those who are with Level 1 or 2 of the Physical Disability Certificate (Level 3 or higher for lower limb, body trunk, and internal disabilities), Certificate for Mental Deficiency "Ai No Techo" level 1 or 2, cerebral palsy and progressive muscular atrophy.

※ To receive the subsidy, you must apply and be certified in advance.

Limit of subsidy: up to ¥15,000 (for the period April ~ September).

※ The limit differs for those who are certified in the middle of the period.

◎ 窓口での受付 [Apply from City Hall Service Counter]

Apply Period and Time: Oct 2<sup>nd</sup> (Mon) ~ 10<sup>th</sup> (Tue) 8:30AM~8PM (Oct 7<sup>th</sup> (Sat) is till Noon)

\*\* Oct 8<sup>th</sup> (Sun) and 9<sup>th</sup> (Mon, Holiday) will be closed.

Location: Shougai Fukushi Ka at the 1<sup>st</sup> Floor of City Hall. (Oct 7<sup>th</sup> (Sat) will be in 1F Multiple Purpose Room).

Things to Bring:

- Receipts for purchase of taxi fare or gasoline costs for April ~ September, 2023.
  - Inkan (official stamp)
  - Disability Certificate or Certificate for Mental Deficiency "Ai No Techo"
- ◎ 郵送での受付け **[Apply By Post Mail]:**
- Deadline for mailing ~ Oct 10<sup>th</sup>(Tue) effective date of postmark
  - Documents to post mail:
    - (1) Receipt of taxi or gasoline costs for April ~ September, 2023.
    - (2) Invoice (enclosed in the notice. Please check the example entry, fill in and seal)
  - Send to : 〒205-8601 (Location description not required)  
Shougai Fukushi Ka, Shougai Fukushi Kakari
- \*\* Post fee is for you own.

General Notes:

- If you are not able to file during the period for application, it can be filed with the subsidization for

latter half of the fiscal year at April, 2024.

- For details, please check City official website.

Inquiries: Shougai Fukushi Ka, Shougai Fukushi Kakari ☎Ext. 174

健康

## HEALTH

乳がん検診・子宮頸がん検診 【第2期】

### <Breast Cancer Screening and Cervical Cancer Screening ~ The 2<sup>nd</sup> Term>

#### ☆Breast Cancer Screening 2<sup>nd</sup> Term 乳がん検診(第2期)

Date: For Oct 2<sup>nd</sup> (Mon) ~ December 28<sup>th</sup> (Thu) specified day (exclude Sunday and Holidays).

Participating Medical Facilities: Fussa Hospital, Taisei Hospital (Fussa City) and Shinmachi Clinic (Ome City).

Eligibility: Female residents at age 40 or older as of the examination day who were not tested in last FY.

- ※ There is a limit to screening capacity. (It will be closed up to capacity number)

Fee: ¥1600.

- ※ Please pay fee on the examination date to medical facilities.
- ※ Free for Welfare Recipients. Please bring the Certificate of Welfare Recipient.

Examination Details: Health interview, clinical breast examination, and mammography screening (X-ray)

- ※ Fussa Hospital will not process clinical breast examination.

#### [The followings are ineligible ~] 次の方は検診を受けられません

- ◆ Those who are pregnant or possible to be pregnant or breast-feeding.
- ◆ Those who have breast surgery such as breast augmentation.
- ◆ Individual with artificial objects such as base maker or VP shunts
- ◆ Those who has history of breast cancer or treated for mammary gland diseases.

#### ☆Cervical Cancer Screening 2<sup>nd</sup> Term 子宮頸がん検診(第2期)

Date: Oct 2<sup>nd</sup> (Mon) ~ Feb 29<sup>th</sup> (Thu), 2024 specified day (exclude Sunday and Holiday).

- ※ Cancer Screening ends on Dec 28<sup>th</sup> (Thu) for off the Hamura City Hospitals.

Locations: Hamura City ~ Yorimitsu Ladies Clinic, Hamura Himawari Clinic and Wakakusa Iin.

Fussa City ~ Fussa Hospital and Taisei Hospital.

Eligibility: Female residents at age 20 or older as of the examination day who were not tested last fiscal year.

- ※ There is a limit to screening capacity. (It will be closed up to capacity number)

Examination Details: Health interview and Cervical cytology (If the doctor deems it necessary, perform the body tissue simultaneously).

#### [The followings are ineligible ~] 次の方は検診を受けられません

- ◆ Those who are currently undergoing treatment or follow-up for uterine disease.
- ◆ Those who have the opportunity to examine at working place etc.
- ◆ Those who have taken a total hysterectomy.
- ◆ Those who have chance to examine at workplace.

乳がん・子宮頸がん検診 共通事項

#### **Notes about Cervical / Breast Cancer Screenings:**

Application: From Sep 15<sup>th</sup> (Fri), Please apply via electronic application or send post mail to Kenko Ka (in Hoken Center).

Send to : 〒205-0003 5-5-2 Midorigaoka, Hamura City, Hoken Center, Gann Kenshin Tanto.

Require items: ① Examination Name of wishing to take. ② Medical Facility of wishing to take ③ Address  
④ Name (Furigana) ⑤ Date of Birth and age ⑥ Contact daytime phone number.

※If you are already having symptoms, please make a doctor's appointment on your own firstly.

※In general, the medical facilities will be very crowded after November, so please take examination as soon as possible.

※After applying about 10 days, a medical examination voucher will be send out. Please check enclosed guideline and make reservation and take examination.

※You may apply both examinations by one postcard.

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



収穫

## HARVEST

< **Let's Dig Up Satsumaimo (Sweet Potatoes)** > サツマイモ区画売り

Let's have fun digging up sweet potatoes grown in Hamura city! Locally grown potatoes are very delicious.

Harvesting time: Early October ~ Middle November      Fee: ¥2,500 per block (About 10 stocks),

	Farm Location	Blocks Number	Farm Owner Contact
①	Ozakudai 5-16	5	Miyamoto san ☎042-554-6943
②	Sakae-cho 2-20-4	30	Katou san ☎042-554-2044
③	Gonokami 3-3-4	10	Nakano san ☎042-554-5979
④	Sakae-cho 1-13	15	Ishida san ☎042-554-0547

- First-come, first-served basis.
- Non-Hamura residents can also apply.
- If applying after Oct 5<sup>th</sup> (Thu) Noon ~, please contact the farmer directly.
- Please pay the fee with exact amount without change while applying.

Application: From Oct 5<sup>th</sup> (Tue) 10AM ~ Noon, please come to apply at Sangyou Shinko Ka, Nousei Kakari in City Hall West Annex (Nishi-Bunshitsu) Conference Room.

Inquiries: Sangyou Shinko Ka, Nousei Kakari ☎Ext. 663.

「西多摩フェア」を開催します

### < [Nishitama Fair] will be held >

There are 8 municipalities in Nishitama Areas (Hamura/ Ome/ Fussa/ Akiruno City, Mizuho/ Hinode/ Hinohara and Okutama Town) will hold the "Nishitama Fair" to share charm of Nishitama together.

On the event day, there are some promoting tourism information, selling special products, VR experience (schedule) and also a large gathering of official characters from the 8 municipalities. Welcome to participate this event!

Date and Time: Sep 23<sup>rd</sup> (Sat) and 24<sup>th</sup> (Sun) 10AM~5PM

Location: Aeon Mall Hinode, 1<sup>st</sup> Floor of specialty stores area

Inquiries: Nishitama Regional Administrative Zone Council Office ☎0428-22-1111/  
Sangyou Shinkou Ka, Shoukou Kankou Kakari ☎Ext. 667.

助成

## SUBSIDY

雨水浸透施設設置費の助成

### < Grant for Purchase of Rainwater Ground Infiltration System >

City will provide subsidy costs such as "Permeation" to infiltrate rainwater which fell on roof of house into the ground. City will ask for citizen's cooperation in installing rainwater infiltration facilities to prevent flooding and preserve water circulation.

Eligibility: 1) Individuals who own a detached house of group housing in the city.

2) Those who have paid the city tax.

※ Some areas are not eligible for subsidies. Please contact for details on other conditions.

Subsidy Amount: Standard construction unit price (※) x Number of subsidized rainwater infiltration facilities installed (maximum amount of ¥400,000)

※ Standard construction unit price: Varies depending on the diameter of the infiltration bucket.

(Example) When 4 infiltration bowls (diameter 300mm) are installed

-> Standard construction unit price (¥33,000) x 4 locations = ¥132,000.- (rounded down to the nearest ¥1,000)

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



漏水調査にご協力を

### < Water Leakage Inspection >

Hamura City will be sending water works contractors to each household to run a water leakage inspection.

\*Inspection fee will be not charged any fee.

\*City-contracted inspection officers carry their ID. If a suspicious inspector visits your home, please ask to show the ID.

Inspection Term: October 2<sup>nd</sup> (Mon) 2023 ~ Jan 12<sup>th</sup> (Fri), 2024.

Areas: Westward areas of Ome Line's

Inspection Contractor: Rikuchi Leakage Inspection Company.

Inquiries: Hamura City Water Works Office ☎042-554-2269

講座

## COURSE

~ちょっとした応援が大きな力に~

認知症サポーター養成講座参加者募集

### < Little Supporting becomes Huge power ~

#### Courses in Nursing Care for Supporting Dementia Patients >

As we know, everyone will become dementia possibly. In order to live in familiar area even people have dementia, it is very important to have a little support in living area.

Date & Time: October 28<sup>th</sup> (Sat), 10AM ~ 11:30AM (Reception is from 9:30AM)

Location: Community Center the 1<sup>st</sup> Kenshou Shitsu (training room)

Eligibility: Hamura Resident, Worker and Commuter age over 15 (exclude Junior High School students)

Capacity: 15 (in application order)

※ When you finish lecture, the "Orange Ring" will be provided for supporter's marking.

Lecturer: Chiiki Hokatsu Shien Center, Ayumi Caravan Mate

Application & Inquiries: Till October 25<sup>th</sup> (Wed) 5PM, please call, email or via application form to Korei

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

✉ [s304200@city.hamura.tokyo.jp](mailto:s304200@city.hamura.tokyo.jp)

※ While applying via email, please have [Nursing Care for Supporting Dementia Patients Course] in subject with [name, age, address and phone number] in text details.

介護保険

## LONG-TERM CARE INSURANCE

9月下旬に介護保険給付費通知を送付

### < Notice of Grants for Nursing Care Service Fees under Long-Term Care Insurance will be sent at Late of September >

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.

This list is showing the co-payment amount 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.

Eligibility: The elders who used the Nursing Care service during nursing care during the term of June ~ July.

※ The document is not a bill. No payment actions are necessary in response to the notification.

※ You need not to process procedures or pay usage fees to City Hall. It cannot be used for tax return.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari, ☎Ext. 149



■新型コロナワクチン「令和5年秋開始接種」

### <COVID-19 Vaccine ~ Vaccination starting from Autumn 2023>

Medical Facilities Name	Eligibility	Location	Reservation
Yamakawa Clinic	Anyone	1-2-1 Gonokami Sakaya Building 1 <sup>st</sup> Floor	Internet or Call Center
Watanabe Orthopedics	Anyone	1-2-2 Gonokami, Hamura Station East Exit, Medical Plaza 2F	
Sakae-Cho Clinic	Anyone	1-14-46 Sakae-Cho	
Ozaki Clinic Hamura Branch	Any 15 years old or older with a medical history in clinic	1-18 Fujimidaira, Hamura Danchi 24-1	
Hamura Dermatology, Plastic Surgery and Internal Medicine Clinic	Anyone	2-10-1 Fujimidaira	
Matsubara Internal Medicine Clinic	Anyone	1-16-3, Hanehigashi	
Futaba Clinic	Anyone	1-1-15 Futaba-cho	
Matsuda Clinic	For those who have medical record in clinic	5-8-8 Ozakudai	
Hamura Himawari Clinic	Anyone	351-30, Gonokami	Direct appointment at medical institution ☎042-555-1103
Hamura Senrozoi Dermatology	Anyone	1-18-3 Midorigaoka, 2 <sup>nd</sup> FL.	Direct appointment at medical institution ☎042-578-9020
Shinmeidai Clinic	For those who have medical record in clinic	1-35-4 Shinmeidai	<It was changed> Direct appointment at medical institution ☎042-554-7370

### [How to make an appointment]

With the exception of the Hamura Himawari Clinic, Hamura Senrozoi Dermatology and Shinmeidai Clinic, reservations can be made through the Internet reservation site or the Hamura COVID-19 Vaccine Call Center.

Please note that reservations cannot be made directly at medical facilities.

Those who are 64 years old or under and wish to be vaccinated need to apply for a vaccination ticket.

(1) Apply using the dedicated form on the city's official website.

(2) Please call COVID-19 Vaccine Call Center to apply.

※ If you are 65 years old or older and have not taken the "2023 Spring Vaccination" may take "2023 Autumn Vaccination" by using the existing Pre-medical Checkup Sheet containing the Vaccination Coupon.

If you have lost it, please contact the Hamura COVID-19 Vaccine Call Center for reissue.

Inquiries: Hamura COVID-19 Vaccine Call Center ☎0570-030207.

※ [Hours]: 9AM ~ 5PM (exclude Sundays and national holidays)

※ For those who wish to use the Telephone Relay Service are not available to use the Call Center, so please call the Kenko Ka ☎042-555-1111 Ext. 629.

子育て応援ニュース

妊産婦メンタルヘルス相談

## <CHILDCARE SUPPORT NEWS>



### <Pregnant / Postnatal Mental Health Consultation>

~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. Why not consult to Specialist doctor to discuss such mental issues?

Date and Time: October 25<sup>th</sup> (Wed) ①1:30PM~ ②2PM~ ③2:30PM~

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

Location: Hoken Center

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.

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

Application & Inquiries: Please call in advance to Kosodate Sodan Ka, Boshi Kenko. Sodan Kakari (in Hoken Center) ☎Ext.693.

東京都出産・子育て応援事業ポイント交換サイト

### <Tokyo Metropolitan Government Childbirth & Child-Rearing Support Program Point Exchange Site Registration>

The final deadline for the first registration (login) for the Gift of Childbirth Support / Child Rearing Support is extended. If you do not register and miss the deadline, your points will be invalid. Please register and apply as soon as possible.

For those who have difficulty accessing the point exchange site, registering for products or exchange the point site, please contact the Tokyo Metropolitan Government Childbirth Support Program Call Center at ☎0120-922-283.

Registration deadline: Till September 30<sup>th</sup> (Mon), 2024.

Eligibility: Those who are raising a child born between April 1<sup>st</sup>, 2022 and March 31<sup>st</sup>, 2023 may receive the gift card listed as below ~

- Childbirth Support Gift: Gift card worth ¥50,000 (orange envelope)
- Child Rearing Support Gift: Gift card worth ¥50,000 (green envelope)

Inquiries: Kosodate Sodan Ka, Boshi Hoken.Sodan Kakari (in Hoken Center) ☎697.

もぐもぐ教室～離乳食生後7か月以降講座

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



Date and Time: November 1<sup>st</sup> (Wed) 10AM~ 11:15AM

Location: Hoken Center

Eligibility: Child was born December 1<sup>st</sup>, 2022 to April 15<sup>th</sup>, 2023 and guardian.

Capacity: 12 (in application order)

Thing to Bring: Writing Utensils

Details: \* Points of baby food \* Baby food cooking demonstration

\* Consultation of baby and childcare.

★ Regarding baby food, consult individually is available, please contact us.

Application & Inquires: Please call 9AM~5PM to Kosodate Sodan Ka, Boshi Hoken.Sodan Kakari  
(in Hoken Center) ☎696.

親子であそぼ！

## PARENT AND CHILD PLAY TOGETHER!

[お芋掘り体験]

### <Experience Workshop ~"Digging for Potatoes"!>

Location	Date	Time
Central Children Center	October 17 <sup>th</sup> (Tue) ※Reserve day: 24 <sup>th</sup> (Tue)	10AM~10:30AM
West Children Center	October 20 <sup>th</sup> (Fri) ※Reserve day: 27 <sup>th</sup> (Fri)	

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

Capacity: 10 pairs for each children's center (in application order).

Participation fee: ¥400 yen per person for 2 stocks (please pay till Oct 11<sup>th</sup> (Wed) to each children centers).

※ Additional fee will be charged for each additional sibling.

Things to bring: Clothes and shoes that can get dirty (boots, etc.), towel, water bottle, hat, cotton gloves, scoop and bag to bring back home.

Location: Field near Hanenaka 2-chome.

Application & Inquires: Sep 16<sup>th</sup> (Sat) ~ Oct 11<sup>th</sup> (Wed), please call or come to each children center.

### < WAN WAN HIROBA> わんわんひろば

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

Eligibility: 8 month old toddlers and parents (First 12 groups).

Location	Date	Time
West Children Center	September 20 <sup>th</sup> (Wed)	10AM~10:30AM
Central Children Center	October 12 <sup>th</sup> (Thu)	

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

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

Eligibility: Parents and Children 9 months ~ under 2 years old (First 12 groups).

Location	Date	Time
East Children Center	September 19 <sup>th</sup> (Tue)	10AM~10:30AM
West Children Center	September 27 <sup>th</sup> (Wed)	
Central Children Center	October 5 <sup>th</sup> (Thu)	

### <KIRA KIRA POCKET> キラキラポケット

The “Kira Kira Pocket” and “Asobi Pocket” are now together. Parents and children play together with exercises, hand games and crafts.

Eligibility: Children from 2 years old to preschool age and their parents/guardians (First 12 groups).

Location	Date	Time
Central Children Center	September 28 <sup>th</sup> (Thu)	10AM~10:30AM

Inquiries:

Children Center	Telephone ☎
Central Children Center	042-554-4552
East Children Center	042-570-7751
West Children Center	042-554-7578

※ If you wish to participate WAN WAN HIROBA, KOGUMA HIROBA or KIRA KIRA POCKET, please come to venue directly at event day.

情報アラカルト

## MISCELLANEOUS INFORMATION

### KYODOU HAKUBUTSUKAN ☎ 042-558-2561

企画展「はむらの養蚕展」

#### <Sericulture Exhibition in Hamura>

Sericulture tools designated as Tangible Folk Cultural Properties by the Tokyo Metropolitan Government and materials from Seishinsha, a sericulture training center, will be exhibited to explain the history of sericulture in Hamura.

Date & Time: October 7<sup>th</sup> (Sat) ~ November 26<sup>th</sup> (Sun), 9AM~5PM.

季節かざり「お月見かざり」

#### < The Seasonal Decoration ~ Moon-Viewing Decoration >

According to the Mid-Autumn Moon Viewing, Kyoudou Hakubutsukan and Old Shimoda Residence will display the decorations of Moon-Viewing. Why not feel the nostalgic autumn atmosphere on the porch of the Old Shimoda Residence built in the Edo Era?

Date & Time: Sept 23<sup>rd</sup> (Sat) ~ Oct 1<sup>st</sup> (Sun) 9AM~5PM (Old Shimoda Residence is till 4PM).

Location: Orientation Hall and Old Shimoda Residence.

#### < FY2023 Autumn Kyuudou (Japanese Archery) Class > 令和5年度秋季弓道教室

Date and Time: Every Wednesday and Saturday between Sep 30<sup>th</sup> (Sat) ~ Oct 21<sup>st</sup>(Sat) each session 7PM~9PM (Total of 7 sessions)

Location: Kyuudou Center

Eligibility: Junior high school students or older (Junior High students must be accompanied by a guardian

● Hamura Residents and workers are priority.

Capacity: 12 (in application order)

Fee: ¥3,500 (including insurance)

\*Please participate in exercise wear. (Long-sleeved T-shirt without any buttons and socks or tabi-socks)

Application & Inquiries: Till Sep 25<sup>th</sup> (Mon), provide [address, name, age, and phone number] via email,

fax or post mail to the center.  
[Send to]: 〒205-0001 Ozakudai 4-2-8, Hamura Kyuudou Class  
Fax ☎: 042-555-9255, ✉kyudo\_hamura@yahoo.co.jp

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

楽しく筋トレ! 健(けん)幸(こう)運動教室

### <Muscle Training for fun! Kenko Exercise Class>

Why don't you join us and enjoy exercising together to build a healthy body?

Date and Time: Every Friday of Nov 3<sup>rd</sup> (Fri, Holiday) ~ Dec 22<sup>nd</sup> (Fri) (all 8 sessions) 2PM~3PM.

Location: S&D Sports Arena Hamura, Training Room.

Eligibility: Junior High Schools students or over. Capacity: 20 (in application order).

Fee: Hamura residents / workers ¥1,200 / Residing in the other city ¥1,760

Things to bring: Exercise clothes, towel, beverage bottle with lid and indoor shoes etc.

Details: Mini lecture (diet, exercise, sleep), aerobic exercise (walking, rhythm exercises), strength training, recreational exercise, dumbbell training, tube training, stretching, mini fitness test, etc.

Application: October 1<sup>st</sup> (Sun) ~ 22<sup>nd</sup> (Sun) 9AM~4:30PM, please come to the S&D Sports Arena Hamura 2F Training Room directly.

※Close Mondays exclude Holiday's.

Inquiries: NPO Hamura Sports Association ☎042-555-1698



### < BLOOD DONATION NEEDED! > 愛の献血にご協力を!

Blood supplies tend to be short when donors are scarce depending on the season. Your contribution will be appreciated. No reservation is required. Donation of either 400ml or 200ml can be chosen by a donor.

Date & Time: September 26<sup>th</sup> (Tue) 10AM ~ Noon / 1:15PM ~ 4PM

Location: Ozaku Station, The East Entrance's front square

Eligibility: Age 16~69 (Those over age 65/older who had donation experiences at age 60~64 are ineligible)

Details: for 400ml or 200ml blood

\*Taking medicine for stomach ache, vitamins, or drugs to lower blood pressure will not affect the ability to donate. Those who are deemed to be unfit for donation may be referred to a medical interview on site prior to the procedure and be asked to decline.

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

令和5年秋の全国交通安全運動

### <FY 2023 FALL TRAFFIC SAFETY CAMPAIGN >

**Term: September 21<sup>st</sup> (Thu) ~ 30<sup>th</sup> (Sat)**

■ Slogans ~ "Aiming to become the best of world road safety city TOKYO" ~

[The 5 main points of this campaign are]:

1. Watch out for elder and children traffic safety
2. Preventing accidents when walking at night time and eradication of drunken driving.
3. Make sure to wear helmet and follow regulations of riding bicycles.
4. Thorough compliance with traffic rules for specified small motorized bicycles (so-called Electric Kick board, etc.).
5. Motorcycle traffic accident prevention.

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

子育て講座「ノーバディーズ・パーフェクト～完璧な親なんていない！」

### <Child Rear Class ~ Nobody is Perfect (parent)>

When you feel anxious about child rearing, welcome to participate this class and communicate with same ages parents to talk about your worries and troubles. During discussion, you may find out proper way to resolve your problems.

Date and Time: Nov 2<sup>nd</sup> (Thu). 9<sup>th</sup> (Thu). 16<sup>th</sup> (Thu) and 22<sup>nd</sup> (Wed) (all 4 sessions)  
9:30AM~11:30AM

Location: Azuma Kaikan

Eligibility: Guardians of age 0 ~ Preschool children, able to participate all 4 sessions

Capacity: 6 (in application order)

Things to bring: Cup, Indoor shoes, Writing Utensil and Necessary items for childcare.

Application & Inquires: From Sep 19<sup>th</sup> (Tue) ~, please check Tamamisu Nursery school September website page (Child Rear Support), then call ☎042-554-2003.

第26回はむら桜づつみジュニア駅伝大会

### < The 26<sup>th</sup> Hamura Sakura-Zutsumi Junior Road Race Ekiden Race >

Date: October 22<sup>nd</sup> (Sun) (The competitors' reception ..... 7:30AM~8:30AM)



Schedules	
9AM~	3 <sup>rd</sup> .4 <sup>th</sup> grade boys group
9:30AM~	3 <sup>rd</sup> .4 <sup>th</sup> grade girls group
10:10AM~	5 <sup>th</sup> .6 <sup>th</sup> grade boys group
10:50AM~	5 <sup>th</sup> .6 <sup>th</sup> grade girls group



Location: Miyanoshita Sports Park ~ Sakura-Zutsumi.

Eligibility: Hamura residents 3<sup>rd</sup> ~ 6<sup>th</sup> Grade elementary school students.

Team Composition	Regular player 4 , Substitute player 1 and Coach 1 (guardian)
Distance	3 <sup>rd</sup> .4 <sup>th</sup> grade students : 1 block 1.15 km x 4 blocks = 4.6 km
	5 <sup>th</sup> .6 <sup>th</sup> grade students : 1 block 1.70 km x 4 blocks = 6.8 km

Application: September 1<sup>st</sup> (Fri) ~ 22<sup>nd</sup> (Fri), please email or submit application list (by gender) to Taiiku Kyoukai of Hamura City (2F S&D Sports Arena Hamura).

※ Please download application list form from Hamura City Athletics Club official website.

Co-Sponsored: Tokyo Metropolitan Athletic Association, Hamura City, Hamura Education Board, and NPO Hamura Taiiku Kyoukai (Athletic Association).

Inquiries: Hamura City Rikugyou Kyogi Club ☎042-554-2763 (6~8PM), ✉nishitama\_ac@yahoo.co.jp.

9月24日~30日は結核予防週間

### <Tuberculosis Prevention Week Sep 24<sup>th</sup> ~ 30<sup>th</sup>>

Tuberculosis is not past illness anymore, it was occurred in Nishitama Health Center's jurisdiction 22 patients in 2022. If you have continuous coughing over 2 weeks and suspect tuberculosis, please check in medical institution early to prevent. Some elder age peoples will not have cough or sputum symptoms, please have physical examination and breast X-rays check once a year for health controlling.

Inquiries: Nishitama Health Bureau, Hoken Taisaku Ka, Kansen Sho Taisaku Tanto ☎0428-22-6141

「静と動のチャレンジスポーツ体験」

### <Challenge Sports Experience of Static and Dynamic>

~ Sports Wellness Blowgun and Jazz Dance will be held.

[Tokyo Metropolitan Senior Sports Project]

Date & Time: Oct 12<sup>th</sup> (Thu), 19<sup>th</sup> (Thu), 26<sup>th</sup> (Thu), Nov 2<sup>nd</sup> (Thu) and 9<sup>th</sup> (Thu) 1PM~2:30PM.

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

Eligibility: For non-members of Hamusupo over 60 years old.

Capacity: 15 (in application order).

Fee: ¥1,500 (all 5 times) (the registration fee for Hamusupo is required).

Things to bring: Indoor sports shoes, comfortable clothes, drink with lid and towel.

Application & Inquiries: Starting from Sep 19<sup>th</sup> (Tue) please send your [name, age, and phone number] by e-mail, phone, or in person to Sports Club Hamusupo (S&D Sports Arena Hamura 1F) ☎042-519-5712, ✉hamusupo@gmail.com.

※Tuesday ~ Friday 3PM~5PM, please call or come to in person.



## EVENT INFORMATION FOR CHILDREN

**Central Children Center ☎042-554-4552**

昼間の月観測会、ファミリー天体観測会

### < Daytime Moon Observation >

Date & Time: September 28<sup>th</sup> (Thu), 4PM ~

### <Family Stargaze Event>☆☆

Date & Time: September 28<sup>th</sup> (Thu), 6:30PM ~

- If it is rain, an explanation of starry sky will be held in planetarium.

For Both of Above:

Eligibility: Preschoolers ~ 18 years old (Junior High School Students or younger must be accompanied by a guardian).

Capacity: First 46 (include guardians.)

- Please note, if you are late, you may not participate.

手作り教室 「小麦粉スクイズ作り&マネキンメイクあそび」

### < Handmade Workshop ~ Making Flour Squeeze & Playing with Mannequin Makeup!>

Date and Time: October 14<sup>th</sup> (Sat) 1:30PM~2:30PM

Eligibility: Elementary school student ~ age 18

Capacity: 12 (in application order)

Things to bring: Clothes that can be soiled, bag for bring back work piece, indoor shoes and beverage (water or tea).

How to Apply: Starting from Sep 16<sup>th</sup> (Sat), please come or call Central Children Center directly.

**West Children Center ☎042-554-7578**

### < Happy Halloween Day> ハロウィンお楽しみデー



Date and Time: Oct 15<sup>th</sup> (Sun) 10AM~Noon / 1PM~3PM

Eligibility: Preschoolers ~ Age 18 (little children must be accompanied with guardian).

Capacity: Morning first 70 / Afternoon first 50 (tickets will be pre-distributed)

- Center opens only for "Happy Halloween Day", not available from Noon ~ 1PM.
- Oct 14<sup>th</sup> (Sat) afternoon will be closed for preparation.

**East Children Center ☎042-570-7751 close Thursday**

スポーツの日☆「ポッチャをしよう！」

**< Sports Day ~ Let's play bocchia! >**

Date and Time: September 20<sup>th</sup> (Wed) 3PM~4PM

Eligibility: Elementary/ Junior High School students

Capacity: First 20    Thing to Bring: Beverage (water or tea) and towel.



手作り教室「SDGsが学べるビックリ箱」

**<Handcraft Class "Let's make a surprise box to learn about SDGs!>**

Date and Time: September 30<sup>th</sup> (Sat) 1:30PM - 2:30PM.

Eligibility: Elementary school students to 18 years old residing in the city

Capacity: 12 (in order of application)

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

Application: September 16<sup>th</sup> (Sat) ~ 29<sup>th</sup> (Fri), please call or come directly.

ぬりえコンテスト

**< Coloring Contest for Elementary Students >**

Entry Period: October 7<sup>th</sup> (Sat) ~ 15<sup>th</sup> (Sun)

Voting Period: October 18<sup>th</sup> (Wed) ~ 25<sup>th</sup> (Wed)

Result Announcement: October 28<sup>th</sup> (Sat)

Eligibility: Elementary School Students.

※ Please ask a staff member of the children center if you wish to participate.

図書館

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

**STORY TELLING EVENTS** おはなし会

**▶ at the Main Library**

Story Telling for Preschoolers >> October 14<sup>th</sup> (Sat), 11AM~

Panel Theater for Elementary School Students >> October 21<sup>st</sup> (Sat), 11AM~



**PRIMO HALL YUTOROGI ☎042-570-0707**

**MOVIES FOR CHILDREN** こども映画上映会

Date & Time: October 1<sup>st</sup> (Sun), 10:30AM ~ 11:30AM

Location: Kouzashitsu 1

Capacity: First 50

Programs: Topy and his friends in the forest / Moomin, I am a prince / Shoujoji no raccoon dog banter (Manga Nihon mukashi banashi)

Supported by: Hamura Eiga Club