



HAMURA NEWS



HAMURIN Hamura City Mascot

January 15th, 2024

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

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

Published by: Hamura City

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

Let's create a comfortable town together!

Inquiries: Civil Engineering Section(Doboku Ka), Park Management Division ☎Ext. 283

Date: January 28th (Sunday)

Location: S&D Sports Park Fujimi Clubhouse 2nd Floor Meeting Room

■ Three projects to make the park to be a place for everyone!

As part of the "Creating a Place to be in Collaboration with the Local Community" project starting from S&D Sports Park Fujimi. There will have a lecture and workshop incorporating community design.

Community design is a method to create a system to connect people and improve the community / society. We will bring together the things that you feel and think about on a daily basis, and gradually bring them closer to realization. First of all, why don't you come and listen to what city is planing to do?

In the latter half of the workshop, we will look at case studies around the country and exchange ideas about what we can do at S&D Sports Park Fujimi. Everyone is welcome to come, regardless of age or location within or outside the city!

*Participation in either only lecture or workshop is possible.

The concept of the "3 Projects for Creating Places to Live in Collaboration with Local Communities" is to "use," "create," and "link" projects (3 projects). Citizens may take the initiative in turning parks into "places to be" where they can engage in a variety of activities".

<Potluck Lecture>

Time: 1PM ~ 2PM

Lecturer: Mr. Shinji Kanba (Studio-L Co., Ltd.)

Capacity: About 30 people (in application order)

<Potluck Workshop>

Time: 2PM ~ 4PM

Details: Let's think about how to spend our time in Fujimi Park and what we would like to do.

Capacity: About 30 people (in application order)

<For Potluck Lecture and Workshop>

Application: Till January 22nd (Mon) noon, please apply by clicking the two-dimensional code on the Hamura News January 15th version.

第42回羽村市駅伝大会 参加者募集 3月10日(日)

< The 42nd Hamura Ekiden Road Relay ~ March 10th (Sun) >

Inquiries: NPO Hamura-shi Taiiku Kyokai (Athletic Association) ☎042-555-1698(9AM~5PM,exclude Monday)

Date and Time: March 10th (Sun) (cancel for snowing)

Scheduled Starting Time: Race 1... 9:30AM, Race 2... 10:20AM

Reception...8AM~8:50AM

※ The ceremony of kick-off 8:50AM~ / close will be Noon~.



Location: Start / Goal at S&D Sports Park Fujimi East Side

● [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 16th (Tue) ~ Feb 4th (Sun) (must be submitted by 5PM), Please fill in the application form and bring it along with the fee to Hamura-shi Taiiku Kyoukai (S&D Sports Arena Hamura 2F)

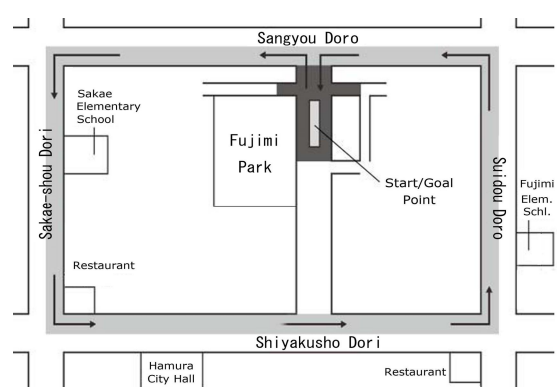
*Application form is available at the said office and for download from Taiiku Kyokai official website.

▶ **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 **9AM ~ Noon.**

During the traffic restriction hours, general vehicles will be advised to Drive slowly and Not to street-park on the race course between **8AM and 1PM.**

Thank you very much for your understanding.



令和6年度住民税（市民税・都民税）の申告・相談

令和5年分所得税などの確定申告 仮受付・相談

2024 RESIDENTS TAX RETURN – *JUUMINZEI no SHINKOKU. SODAN
2023 INCOME TAX RETURN - SHOTOKUZEI no KAKUTEI
KARIUKETSUKE, SODAN

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

Time: 9AM~11:30AM, 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).

<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 2023, 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.

◆住民税（市民税・都民税）の申告・相談、確定申告の際必要な書類など

<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 5th (Mon))

2) Documents proving your income record of 2023 (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) Individual Number Card (my number card), Driving License etc. ID documents (Income tax return might need to provide copy).

4) Bank passbook issued at your designated banking financial institution to which bank transfer is made.

5) It will be processing smoothly if Fiscal year 2022 Income Tax Return copy documents with you,

◆ 各控除を受ける場合

< If you have any Deduction occasion >

6) National Pension Deduction Certificate, etc. (国民年金控除証明書)

7) The receipts of social insurance fees (2023 National Health Insurance Tax, Late-Elderly Medical Insurance Premiums / Long-term Medical Insurance, etc.

8) Deduction for Life Insurance Premiums and Earthquake Insurance

9) Deduction for Medical expenses or Self-Medication of payments: receipts issued by doctors, detailed statement of medical expenses, etc. (make list in advance). Please attach necessary documents for the application of deductions

10) Receipt of Donation

11) Physical disabilities certificate, or Certificate for mental deficiency (身体障害者手帳、愛の手帳).

12) Special Spousal Deduction: Please attach a document certifying the spouse's income.

13) 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.)

▶The ages of 30 and 70 are no longer eligible for expatriate relatives. However, the following cases are

1. Those who no longer have a domicile in Japan due to study abroad.

2. Those who are disabled.

3. Those who receive more than JPY380,000 in payments to cover living expenses or educational expenses for the year from a person claiming exemption for dependents, etc. Please bring the proof documents with you.

▶Documents Providing Proof of Kinship an accurate translation

▶The details, please check [Tax Reform Applicable from 2024 year Residence Tax].

◆申告は3月15日（金）までに！

FILING DEADLINE TILL MARCH 15th (FRI)!

Please note that if you do not file tax return by deadline, you may not be able to issue 2024 tax/ tax exemption certificate or not reflect the same contents of your tax payment notice at the beginning.

令和5年分所得税などの確定申告 受付・相談

2023 INCOME TAX RETURN - SHOTOKUZEI no KAKUTEI SHINKOK

Date: February 16th (Fri) ~ March 15th (Fri)

(Exclude Saturdays, Sundays and Holidays)

Time: 8:30AM~ 4PM

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 50% people filing tax return via E-Tax system currently.

(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 5th (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 (Fri).

○ Submission and payment of the final consumption tax return for sole proprietors is till April 1st (Mon).

○ Even if you do not need to file tax return but may need to file residence tax, please check Koho Hamura January 15th version page No.5 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: ☎03-6745-6346

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 25th (Sun) but required admission numbered ticket.

2月1日（木）～3月15日（金）は、青梅税務署の駐車場は利用できません。

■ **From Feb 1st (Thu) to Mar 15th (Fri), 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)

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.

-- Please have your cooperatrions --

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

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 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 ~ Ome 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 ~ Ome Tax Office (Ome 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.143

おむつにかかる医療費控除に 必要書類を市から発行できます

<Medical expenses deduction related to Diapers, City may issue the require documents>

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.

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

Inquiries: Applying and procedure ~ Ome Tax Office (Ome Zeimusho) ☎0428-22-3185/
[Documents that the municipality has confirmed the contents of doctor's opinion] ~ Kourei Fukushi Kaigo Ka, Kaigo Nintai Kakari ☎Ext.145

要支援・要介護の方および、その方を介護している方へ 確定申告手続きに利用できる認定書を発行します

<Those who need support or nursing care and caregiver

~ Tax Return Certificate can be issued.>

Deduction Eligibility Certificate for people with disabilities

障害者控除対象者認定書

By attaching this certificate to your resident tax (municipal inhabitant tax / metropolitan inhabitant tax) while filing income tax returns. You or your dependents can receive a deduction for the disabled.

Eligibility: Age 65 or older who have a certificate of residence in Hamura, have not been issued a physical disability certificate but have been certified as requiring nursing care.

Eligibility Criteria:

- ◆ Deduction for the disabled 障害者控除
 - ・ Those who are in need of long-term care and level of independence in daily living is rank A.
 - ・ Those who have dementia and level of independence in daily living is rank II or III.
- ◆ Deduction for special disabled 特別障害者控除
 - ・ Those who are in need of nursing care and level of independence in daily living is rank B or higher.
 - ・ Those who have dementia and level of independence in daily living is rank IV or higher.
 - ・ Those who are bedridden.

Who can apply: The applicant and his/her family (dependents).

※ The inquiries regarding personal informations, such as the level of nursing care and independence in daily living will not be able to answer on phone.

Application: Please bring the nursing care insurance card of the eligible person to city hall 1F Korei Fukushi Kaigo Ka or can also be sent by postmail.

※ For details, please check the city official website.

Inquiries: Korei Fukushi Kaigo Ka, Korei Fukushi Kakari ☎Ext.177.



お知らせ

INFORMATION

< 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 ② Shimin Nouen	5-6-14.15 Midorioka	1	Mar 1st ~ Jan 31st, 2025	JPY1,500
Dai ③ Shimin Nouen	4-6-8 Ozakudai	1	Mar 1st ~ Jan 31st, 2025	JPY1,500
Dai ④ Shimin Nouen	2-11-1 Sakae Cho	21	Mar 1st ~ Jan 31st, 2026	JPY4,000

** 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.

Application: Please apply from application form by January 25th (Thu) 5PM.

*If the applications exceed the capacity, tenants will be selected by drawing held on Jan 29th (Mon) 9AM, at city hall Nishi-Bunshitsu 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.

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

健康

HEALTH

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 ~ JPY5,000
 - Rubella Vaccine ~ JPY3,000
- ** 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.

<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.

** If you can take test in employer physical examination, you can not take from city.

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



杏林大学共催 運動健康増進プログラム 「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 10th (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, 2023.

** 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: Beverage, towel, writing utensils, easy to move clothes and 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)

Application: January 17th (Wed) ~ February 7th (Wed), please call or come to S&D Sports Arena Hamura. (9AM ~ 5PM, exclude Mondays).

Inquiries: Kenko Ka (in Hoken Center) ☎Ext.625 / S&D Sports Arena Hamura ☎042-555-0033

<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 13th (Tue), 10AM~Noon

Location: Primo Hall Yutorogi 2F, Kouzashitsu 1

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

Capacity: 10 people (in application order)

Application & Inquiries: Till Feb 8th (Thu) 5PM, please call or with application form Email to Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext.456, ✉s304200@city.hamura.tokyo.jp

※ If you apply via email, please have [Get-together event for family members of dementia patient] in subject and have your [name, age, address and phone number] in text.

給付金、助成金

SUBSIDY

■ 物価高騰対応重点支援給付金

< Priority Support Benefits for Responding to Living Price Increases >

Benefits are provided to households that are exempt from residential taxation, etc., which are particularly affected by the sharp rise in prices.

Eligibility: As of Dec 1st, 2023, Hamura registered residents household is applicable to ① or ②

(1) Resident Tax Exempt households for year 2023 (all households are recorded in the Basic Residence Register of Hamura City and exempt from Resident Tax for Fiscal 2023 year)

(2) Households with sudden changes in financial status (Income for any month during January, 2023 ~ March, 2024 has decreased to the level equivalent to exempt resident tax household)

※ Both (1) and (2) exclude households consisting only of dependent relatives who are subject to resident tax.

Payment Amount: ¥70,000 / per household

Payment Method: Bank account transfer.

Application: Please see below for details ~

Eligibility		Apply	Payment Method	Payment Term
(1) Resident Tax Exempt households for year 2023	① Households received the emergency subsidy ¥30,000 in FY2023.	Need Not	A payment confirmation will be sent to the recipient in late January. ※The bank account registered, please check the details as well.	Middle February
	② Households have not received the subsidy as ①.	Need	The application documents will be sent in late January. Please fill out the required information and send it back with the attached documents in the enclosed return envelope.	Late February
(2) Households with sudden changes in financial status.		Need	Download the application form from the city's official website, fill it out and submit.	Application is starting from February 1st (Thu).

Submit to: Service counter (City Hall 2F Meeting Room #201) submit or post mail.

Mail to: 〒205-8601 (need not address) Hamura City Shagai Fukushi Ka, Somu Kakari

Application Deadline: Mar 31st (Sun) (Postmark valid on the day).

※ Service counter will be accepted by March 29th (Fri) 5PM.

Inquires: [Jan 15th (Mon) ~ Mar 29th (Fri)]

● Hamura Resident Tax Exempt Householder etc. Emergency subsidy of price soaring priority support call center ☎0570-092923

Time: 9AM~Noon, 1PM~5PM (exclude Saturdays, Sundays and Holidays).

子育て応援ニュース

CHILDREN

<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 28th (Wed) ①1:30PM~ ②2PM~ ③2:30PM~

Location: Hoken Center

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

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

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.

Date	Location	Time
January 16th (Tue)	East Children Center	10AM~ (about 30 minutes)
February 7th (Wed)	West Children Center	

Eligibility: Under 8 month old toddlers and parents

Capacity: First 12 groups

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	Time
January 17th (Wed)	West Children Center	10AM~ (about 30 minutes)
January 23rd (Tue)	East Children Center	
February 1st (Thu)	Central Children Center	
February 14th (Wed)	West Children Center	

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

Capacity: First 12 groups



キラキポケット

KIRAKIRA POCKET at Children Centers

Parents will play with children with fun games using hands and bodies. Join and have fun!

Date and Location:

Date	Location	Time
January 25th (Thu)	Central Children Center	10AM~ (about 30 minutes)
January 31st (Wed)	West Children Center	
February 8th (Thu)	Central Children Center	

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

Capacity: First 12 groups

All aboved children events:

- Inquiries: Central Children Center ☎042-554-4552, East Children Center ☎042-570-7751, West Children Center ☎042-554-7578

※ If you wish to participate, please come to venue on event day.

こどものページ

EVENT INFORMATION for CHILDREN & PARENTS

中央児童館

Central Children Center ☎042-554-4552

屋間の月観測会・ファミリー天体観測会

< Day-time Moon Observation . Astronomical Observation with Family >

Date: January 17th (Wed) / February 14th (Wed)

Time: ○ Day-time Moon Observation: 4PM ~

○ Astronomical Observation with Family: 6:30PM ~

※ If the weather is cloudy or raining, place will be changed to Planetarium
~lecture of "Tonight's starry sky".

Eligibility: Preschoolers ~ Age 18

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

Capacity: First 46 (including guardians)

※ If you are late, you may not allow to participate.



手作り教室「くるくるカライドサイクル&マネキンメイクあそび」

< Handmade Class ~ Kuru Kuru Karaide Cycle & Mannequin Makeup Play >

※ Karaide Cycle: Toy is made by milk pack.

Date & Time: Feb 3rd (Sat), 1:30PM~2:30PM

Eligibility: Elementary School Students ~ 18 years old residing in Hamura.

Capacity: 12 (in application order)

Things to bring: Bag to bring back, water bottle (water or tea) and indoor shoes.

※ Please wear clothes which are able to be dirty.

Applicaiton: From Jan 16th(Tue) 9AM~4:30PM, please call or come to Central Children Center

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

手作り教室「ふわもち♥マシュマロスライムを作ろう」

< Handmade Class "Let's make soft and fluffy marshmallow slime!" >

Date & Time: January 27th (Sat), 10AM~11AM

Eligibility: Elementary School Students ~ 18 years old residing in Hamura.

Capacity: 12 (in application order)

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

Application: From Jan 17th (Wed) 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 3rd (Sat) ~ 11th (Sun) Voting Term: Feb 14th (Wed) ~ 21st (Wed)

Result of Voting: Feb 24th (Sat) Eligibility: Elementary School students

How to apply: Please come to East Children Center directly during term.

Primo Library ☎042-554-2280 closed on Mondays

< Story Telling > はなし会

○ **Story Telling for Elementary school students** Date & Time: Jan 27th (Sat), 11AM~

Primo Hall Yutorogi 8042-570-0707

closed on Mondays

< **Movies for Children** > 子ども映画会

Date: Feb 4th (Sun), 10:30AM~11:30AM

Location: Kouzashitsu 1 Capacity: First 50

Program: 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.

Person in charge: Chiiki Shinkou Ka, Shimin Katsudou Center Kakari ☎Ext. 632

EVENTS 催し物

●ジュニアスキー教室&シニアスキー教室&スキー競技会

Junior Ski Class & Senior Ski Class & Ski Competitions

Junior Ski Class, Senior Ski Class and Competition will be held.

Date and Time: March 16th (Sat) 5:30AM (Meet: Community Center) ~ March 17th (Sun) 8PM

Location: Sugadaira Kogen Ski Resort, Nagano Prefecture

Eligibility: Those who are 4th grade elementary school students and above.

Capacity: First 25 for Junior Ski Class, first 15 for Senior Ski Class.

Fee: JPY20,000 for junior ski class (lift fee included, rental fee not included)

JPY19,000 yen for senior ski class (lift fee not included)

Application: Starting from Jan 27th (Sat) 10AM ~, please apply via will Hamura Ski Federation website.

After the application is accepted, a notice of participation will be mailed to the applicant.

URL <http://www.hamura-ski.jp>

Inquiries: Mr. Umedsu, ✉hamurashiski.2024@gmail.com



MEMBERS RECRUITMENT 会員募集

●フィットネス

Fitness

Come join us for easy dancing, stretching and fun to keep health.

Date: Every Thursday, 3PM ~ 5PM

Location: S&D Sports Arena Hamura 2F Conference Room

Eligibility: For women 55 years old and over, a few people per month.

Fee: JPY2,000 / per month, no admission fee.

Inquiries: Ms. Mayumi Tamura ✉gon12qr@gmail.com

●volare北多摩

Volare Kitatama

A volleyball team for elementary and junior high school boys! Welcome for trial lessons!

Date and Time: Every Tuesdays and Thursdays 7PM ~ 9PM, Saturdays and Sundays all day or half day.

Location: Hamura Daiichi Junior High School, Sakae Elementary School and S&D Sports Arena Hamura.

Eligibility: Boys 6~14 years old Capacity: No limit.

Fee: JPY1,000 /month, no admission fee

Inquiries: Mr. Taki ✉volare01volley@gmail.com

※ 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.