



HAMURA NEWS



HAMURIN Hamura City Mascot

January 15th, 2019

Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section)

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

Published by: Hamura City

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

Hamura News Back Numbers on Web = <http://www.city.hamura.tokyo.jp/category/3-17-2-0-0.html>

第37回羽村市駅伝大会 参加者募集

< The 37th Hamura Ekiden Road Relay >

Event Date: March 10th (Sun) (Rain or Shine) Meeting time & Location: 8:30AM at *Fujimi Park*

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

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.

Course Distance: Race1(team category①) ... 7.6km, Race2 (team category②) ...15.2km (3.8km per block)

Application & Inquiries: Please fill in the application form and bring it along with the fee to *Hamura-shi Taiiku Kyoukai* (Sports Center 2 F ☎042-555-1698) till February 3rd(Sun) 5PM.

*Application form is available at the said office and for download. (Japanese) on the far right banner.

(第37回羽村市駅伝大会参加申込書) (Search by word "NPO Hamura") <http://www.hamura-taikyo.npo-jp.net/>

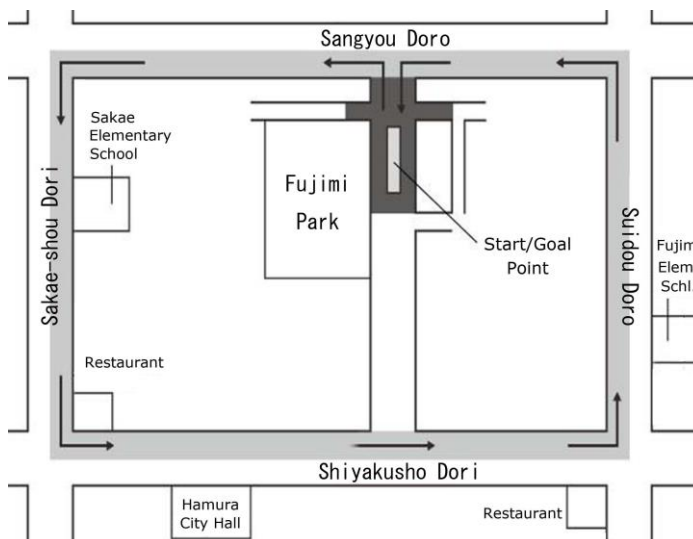
Team Categories		Entry Fee per Team	
		Hamura Residents	Others
①	Neighborhood/District Association Team 町内会・自治会対抗の部	Free	---
	Junior High School Girls Team 中学生女子の部	Free	¥1,000-
	Adults-Women Team 一般女子の部	¥2,000-	¥3,000-
	Adults-50 and over Team 50歳以上の部	¥2,000-	¥3,000-
②	Junior High School Boys Team 中学生男子の部	Free	¥1,000-
	Adults-General Team 一般の部	¥2,000-	¥3,000-

▶ March 10th (Sun) TRAFFIC RESTRICTIONS for above ROAD RACE EVENT

Please be informed that traffic restriction will take place on the race course of *Hamura-shi Ekiden Taikai* on March 10th (Sun) from 8AM ~ 1PM. During the traffic restriction hours, general vehicles will be advised to drive slowly and not to street-park on the race course.

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

Thank you very much for your understanding and cooperation. Inquiries: Sports Center



RESIDENTS TAX RETURN – *JUUMINZEI no SHINKOKU INCOME TAX RETURN - SHOTOKUZEI no KAKUTEI SHINKOKU

*a combination of inhabitants taxes paid to local municipality and prefectural government,
calculated based on your total income of the preceding calendar year.

The Period For Filing Tax Return Is **February 18th (Mon) ~ March 15th (Fri)**

Monday ~ Friday, 9AM~3PM Closed on Weekends & Holidays

Place: *Hamura* city hall 4th floor, in Large Conference Room (大会議室)

Inquiries regarding Residents Tax: *Kazei-ka Shiminzei-kakari* Ext.189 in city hall

To allow time for data input, you must anticipate a 30 minute waiting time when coming to file taxes.

Who has to file the Residents Tax Return?

- Persons whose only income source was the employment income, and his/her employer did not file the salary/wage payment report (*Kyuuyo Shiharai Houkoku-sho*) to the municipal office.
*Please confirm about the filing system of your workplace(s) that you worked for in the previous year.
- Persons who had any Business Income, Real Property Income, Income from Dividends, income from public pension or any other type of income, and who are not required to file the income tax return.
- Persons who had any tax-free income. (Benefits from survivor's pension, disability pension, unemployment insurance, livelihood protection)
- Persons who had no income. (No need to file if registered dependent under other *Hamura* city resident)
- owns business but lives outside of *Hamura* city
- Subscribers to National Health Insurance or Long Life Medical Care Program who did not have any income (You will not be required to file taxes if you are filing income tax return (*kakutei shinkoku*), if your employer has handled your tax return, have income less than ¥1,515,000 in pension at 65/older, or are a dependent.)

What to Bring for Filing the Tax Return

There is no need to fill out the Tax Return form beforehand. Please have applicable documents ready.

- Tax Return form (*Tax Return form will be scheduled to mail Feb 8th (Fri))
- *Inkan* (Do not use the casual rubber stamp. Use personal seal.) - Resident Card
- Individual Number Card (my number card), or Individual Number Notification Card (*tsuuchi card*) and ID
- Documents proving your income record of 2018 (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.
- A Pension Beneficiary should bring Certificate of Income with pension indicated (Certificate Of Income And Withholding Tax 源泉徴収票)
- Statement of Earnings and Expenditures (in case of earners of business income / real property income)
- National Pension Deduction Certificate (国民年金控除証明書)
- Deduction for Social Insurance Premiums: Deduction for the following categories of payments paid in 2018: Please attach the stamped receipts of payment and necessary documents for the application of deductions.
 - ▶National Health Insurance Tax Premium (国民健康保険税), Late-Elderly Medical Insurance Premiums (後期高齢者医療保険料)/health coverage (健康保険料), Welfare Annuity Provided by your employer (厚生年金保険料)
- Deduction for Life Insurance Premiums and Earthquake Insurance
Please present your Insurance Premiums Deduction Certificate (保険料控除証明書) provided by mail from the insurance company.
- Deduction for Medical Expenses: receipts issued by doctors, detailed statement of medical expenses, etc
- Tax credits may be applied for various donations (Present receipt issued to you)
- For Person claiming Disability related deductions: Please present physical disabilities certificate, or certificate for mental deficiency (身体障害者手帳、愛の手帳).
- Special Spousal Deduction: Please attach a document certifying the spouse's income.
- Official documentation required for personal spousal exemptions for relatives residing overseas
 - ▶Documents Providing Proof of Kinship an accurate translation
 - ▶Financial Documents proving bank remittance for supporting the dependent and an accurate translation
- Bank Book issued at your designated banking financial institution to which bank transfer is made.

◆ **Cases of Final Tax Return that cannot be handled at city hall** ◆

Inquiries which require technical interpretation of tax laws, such as those relating to Income from Capital Gains Subject to Aggregate Taxation (*Jouto Shotoku*) and returns dating back to 2017 cannot be answered at city hall. Please take those inquiries directly to National Tax Agency *Ōme* Office.

Filing via Mail

Send your completed tax returns form along with required documents to;

Zipcode 〒205-8601, *Hamura-shi Kazei-ka Shiminzei-kakari* *street address not necessary

*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.

Inquiries: You can call the *Nenkin* (Pension Plan) Special Consultation Desk at ☎0570-003-004 regarding deductions for National Pension, or the *Ōme Nenkin Jimusho* (Pension) ☎0428-30-3410 for general inquiries.

Notices Regarding Tax Consultations

The free income tax consultation that was offered by *Ōme* Tax office from Feb 18th (Mon)~Mar 15th(Fri) 9AM~5PM (Sign in 8:30AM~4PM)

Inquiries: *Ōme* Tax Office 0428-22-3185

However, the city hall will offer a free income tax consultation for matters about tax return that will be conducted by tax accountants for a limited term. (Tax accountant free consultation Feb 6th (Wed) ~ Feb 15th (Fri) 9AM~10:30AM and 1PM~3PM, City Hall Staff consultation Feb 18th (Mon)~Mar 15th (Fri) 9AM~3PM)

*All consultations closed on weekends and holidays.

Inquiries: *Kazei-ka Shiminzei-kakari* Ext.189

Please confirm what kind of matter needs to consult in advance to choose the proper time for consultation.

NOTICE TO THOSE LEAVING JAPAN DURING 2019

A person departing from Japan (who cease to have resident address in Japan) must declare his/her income well before departure, and designate a tax agent who will handle the tax-related correspondences and tax payments in Japan on behalf of a client. Please note that individuals who have not paid their tax or filed a return by the specified due date may be imposed delinquent tax.

For more information, please refer to Income Tax Guide for Foreigners available online.

This issue of *Hamura* News provides a brief guideline and basic instruction on income tax return.

(Foreign residents should confirm with their embassies/consulates for details on any bilateral tax treaties which may affect income tax collection/reporting here in Japan and back home.

For further information and instruction, it is advised to refer to the 2018 Income Tax And Special Income Tax For Reconstruction Guide, available in English on the National Tax Agency Official Website.

→ <https://www.nta.go.jp/tetsuzuki/shinkoku/shotoku/tebiki2018/pdf/43.pdf>

*Printed copy of the guide is available for reference at *Ōme* Tax Office.)

Tokyo Metropolitan Government Tax Bureau http://www.tax.metro.tokyo.jp/english/type_tax.html

Kanpu Shinkoku (Refund Return) – Application for Tax Refunds

青梅税務署および税理士による申告受付、その他

The filing period for the income of 2018 has already started at *Ōme* Tax Office.

You can apply for Tax Refunds if your income tax has been withheld at source from your salary/wage of 2018 and you expect you have over-paid income tax, or you have not undergone year-end adjustment (or *Nenmatsu Chousei* in Japanese, is usually processed by the employer.) with the payer of your salary/wage and you are eligible to receive tax allowance / tax credit, etc.

*For more on applicable cases, please see the Income Tax Guide.

Filing via Internet

“e-Tax” online tax filing and payment system allows taxpayers who have electrical identification certificate

(*Kouteki Kojin Ninshou*) to file income tax return and pay tax online.

(An IC card reader for your PC and user registration are also needed in advance to use the service.)

Those who obtained the electrical identification certificate number for e-tax purposes, and filed for tax online previously, will not receive tax return forms by mail.

For further information, please call •e-Tax Help Desk: ☎0570-01-5901

Filing via Postal Mail

Send your completed tax returns form along with required documents to;

Zipcode 〒198-8530, *Ōme* Tax Office (*Ōme Zeimusho*) 4-13-4 Higashi *Ōme*, *Ōme-shi*

*If you need a copy of the final 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.

Filing at *Ōme* Tax Office –

* Tax Return Filing ▶February 18th(Mon) ~ March 15th (Fri) 9AM~5PM Closed on Weekends and Holidays

* Phone consultation and tax payment are not accepted on Sundays.

* The parking spaces of *Ōme* Tax Office will not be available (spaces for disabled people are available) from Feb 1st (Fri) to Mar 15th(Fri). Please use parking nearby Kabe St. North Exit Tokyu Store or public transportation.

Filing at Tachikawa Tax Office: Specially Open Sundays: February 24th & March 3rd, able to file form and submit at office. (Please expect to wait in line.)

Social Security, Tax Number System is required for administrative procedures.

The Individual Number Card (my number card), or Individual Number Notification Card (*tsuuchi card*) and valid identification, such as a driver's license, resident card, or passport must be presented with the documents related to your tax return.

For inquiries regarding Income Tax and Final Return, please contact...

Tokyo Regional Taxation Bureau (Tokyo *Kokuzei-Kyoku*) English Consultation ☎03-3821-9070

Ōme Tax Office (*Ōme Zeimusho*) ☎0428-22-3185 (<https://www.nta.go.jp/taxanswer/english/moreinformation.htm>)

:03-3821-9070(英語対応)

• Tax Deductions for persons in need of nursing care

*Fees for nursing care services that are subject to the Nursing-care Insurance Coverage: Current nursing care facility users may be applicable for medical exemptions of fees incurred. Certain conditions apply, so please inquire at *Kourei Fukushi Ka, Kaigo Ka, Kaigo Hoken* Section at ☎Ext.142

*Regarding the Nursing Care Insurance System, or the *Ōme* Tax Office about general inquiries about method and policy of tax system (*Ōme Zeimusho*) ☎0428-22-3185.

*If you apply to receive tax deductions for Long-Term Care Insurance Premiums, please ask the *Ōme Zeimusho* ☎0428-22-3185 on detailed instructions. If you will be requesting the Patient-Borne Expense Ceiling Amount Certificate for Long-Term Care Insurance, please inquire at *Kourei Fukushi Ka, Kaigo Ka, Kaigo Hoken* Section at ☎Ext.142.

*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. Please contact *Kourei Fukushi Kaigo-ka, Kaigo Nintai Kakari* at ☎Ext. 146.

*The Individual Number Card, Basic Resident Registration Card is required for online tax filing. Please come to the city hall to accept your card which you requested issuance for if you have not yet done so. Also, even if it is past the term for acceptance indicated on the notice that was sent to you informing you that your card is ready for you, you are still able to accept your individual number card. If you do not wish to receive it, please notify the city hall *Shimin Ka, Uketsuke Kakari*, ☎Ext. 121.

税務署員を装った不審な電話や「振り込め詐欺」に注意

< Please be Aware of “Furikome” (Remittance) Sagi (Fraud) >

People have received calls from persons claiming to be from the Tax Bureau. Please be notified that the Tax Bureau will not call anyone regarding the following subjects.

- Questionnaire about the pension plan or the "my number" • Directing someone to the ATM for Tax return
 - Assigning someone to go make a remittance to a specific bank account for collection of taxes
- If you know of any suspicious activity, please report it to the *Ōme* Tax Office (*Ōme Zeimusho*)
☎0428-22-3185.
-

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: *Kikikanri-ka* , ☎Ext.217

-- To Prevent Disaster --

Weather forecasts can be useful in determining the severity of circumstances from predicted amount of snowfall. There are preventive measures which can be taken.

- Be prepared – Buy a shovel before the store runs out of stock.
- Structural support such as long objects installed in the shed or garage type structures can avoid collapse.
- 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.
- Please register to the *Hamura* City's emergency e-mail notification system. (hamura@entry.mail-dpt.jp)
Inquiries regarding this system should be directed to City Hall, *Koho Kocho Ka, Koho Kakari* at Ext. ☎339

-- If it Snows -

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

-- Guideline for Snow Removal --

Please do not pile up snow near fire hydrants for it impedes the operations of the fire department.

The below listed guidelines should be followed as well:

1. Do not haul snow into the roadway section of the street.
2. Don't park illegally on the street.
3. Structures in the street set on the roadside to eliminate the level difference should be removed.
4. 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.
5. Remove snow within reasonable area near the residence, such as driveways front and entrances areas.

We appreciate your cooperation regarding snow preparation.

Inquiries: *Doboku ka, Douro Kanri Kakari* Ext. ☎294,
or *Nishitama Kensetsu Jimusho Kanri-Ka* ☎0428-22-7219



一歳児教室「一歳ちゃんあつまれ〜！」

~The 1 Year-Old and Parent Get-Together Group ~

Date: January 22nd (Tue), from 10:30AM~Noon (Reception starts 10AM) Place: Hoken(Health) Center
Hamura City Residents who have a child at age 1 year old to 14 month old can attend with their child.

Place: Hoken Center Capacity: First 20

Eligibility: *Hamura* City Residents who are raising 1 year ~ 14 month old children

This is a get-together for fun class geared toward 1 year old ~ 14 month old kids and their parents.

(First time participant only) Note: We are sorry, no older siblings can attend this class.

They will offer tips on daily life rhythm, how to stop breast feeding, how a child can play with other children, and about preventing accidents. Things to Bring: *Boshi Kenkou Techou* (Maternal Handbook)

Inquiries: Hoken Center, ☎Ext.693 8:30AM ~ 5PM (Please call in advance.) Closed on weekends and holidays

節分豆まきおはなし会

< Story Telling and Mamemaki (Traditional Bean Throw) for Kids >

Setsubun is the day before the beginning of spring. On this day, an evil *oni* (devil) being beat off by the throwing of beans is the traditional event celebrated. Stories about *Oni* (devil) will be told at the library. After that, let's throw some beans to bring in happiness!



Date & Time: February 2nd (Sat), 11AM~ Place: 2nd floor volunteer room Fee/Reservation: Not required

Eligibility: Nursery School Children to Elementary Kids

Inquiries: Please call the Library at ☎042-554-2280

第31回郷土誌フェア

< Kyoudo Shi Fair (Compilation of Writings on the History of Hamura) >

Information Booklets which were submitted from 25 municipalities prepared by the Board of Education, Museums, and other booklets will be on display. Date: Jan 19th (Sat) 10AM ~ 5PM, Jan 20th(Sun) 10AM ~ 3PM

Place: Tachikawa Women's Center on the 1st Floor of "Aim" Building

Inquiries: *Kyoudo Hakubutsukan* ☎042-558-2561

第31回羽村市高齢者クラブ連合会福祉大会

< The 31st Fukushi Taikai Hosted by Hamura Roujin Club Federation >

Enjoy yourselves at this welfare festival! The senior citizen social club members will welcome any guests!

Date & Time: February 15th (Fri), 1PM ~ (Doors opens at 0:30PM) Place: *Yutorogi* Main Hall Fee: Free

Event Detail: Part 1... Event Ceremony

Part 2... Health Lecture given by Doctor

Part 3... Music show by professional Japanese singers

Please use public transportation since parking is limited. *No reservation required for seating.

Contact: City Hall, *Kourei Fukushi Kaigo-ka Kourei Fukushi-kakari* ☎Ext.177

一日限定 ウォーキング教室

< Group Walking Exercise >

This is a one-day event. If you would like to catch up on your exercise, please join!

Date & Time: February 17th (Sun) 11AM ~ NOON The scheduled meeting place is *Suijou Koen*.

(It will be postponed to February 24th (Sun) if the weather is rainy.) Place: *Suijou Koen (Shinsui Koen)*

Eligibility: 16 or older Capacity: first 20 people Lesson Fee: ¥500 (will be collected on day of event)

Things to bring: drink and towel Wear comfortable clothing.

To apply: Please send an application form available at the Swimming Center during January 15th(Tue) ~ February 15th (Fri).. Please provide personal information. (address, name, age, and point of contact).

You can ① send a double reply-paid postcard to:

〒205-0011 319-3 *Gonokami, Hamura-shi*.

Indicate addressee: "Suijyou Kouen Walking Class".

② bring in application on weekdays to the Swimming Center(9AM ~ 8:50PM), closed on Mondays

いこいの里「いきいき展」

< Ikoi no Sato Workshop Artwork Exhibition >

Students of the "Iki Iki Kouza", taught by the elderly volunteers, will display their crafts.

Date: February 15th (Fri) ~ 17th (Sun) 9AM ~ 4PM (closes at 3PM on the last day) Place: *Ikoi no Sato*

Thing to bring: Indoors shoes

Performances by students of this course: (All free of charge.)

- ▶ [16th (Sat)] tea ceremony "chaseki" from 10AM ~ 1PM,
harmonica performance from 10:30AM ~ 11:30AM.
- ▶ [17th (Sun)] Traditional Koto harp from 10:30AM ~ 11:30AM
Recreational Dance 12PM~12:30PM
Folk Dance Exercises from 1PM ~ 1:30PM
harmonica performance from 1:30PM ~ 2:30PM

* No reservation required. Please bring your own slippers. Inquiries: Ikoi no Sato ☎042-578-0678

平成 31 年市民提案型協働事業を募集します

< Activities Co-Sponsored By Citizens and the City >

There will be selection for groups to participate in activities co-sponsored by the citizens and the city. This project was launched in order to provide a place to gather for citizens so that they can become acquainted, and to enable them to effectively take part in issues to be solved within the community.

~ Criteria for Certification of the Group ~

- * The group is an active group that carries out their activities in Hamura City
- * Holds a sufficient number of members to serve the purpose
- * Has a documented guideline for operation *Budget management is sufficient
- * Should not be a special interest group such as that aiming to attain profit, religious, political gain (including promoting a candidate for an election)
- * Must not be gang (*bouryokudan*) related, or include a member who has relations with gangsters.

※A selected group's term is limited to 3 years, and subsidization can be offered to the group within reasonable budget.

Term for application: February 1st (Fri) ~ March 1st (Fri)

Please submit the application and supporting documents to the city hall *Chiiki Shinkou Ka, Shimin Katsudou* Center between 8:30AM ~ 5PM on weekdays excluding holidays. ※Prior consultation is required.

A briefing session regarding this project will be held on the following date:

Date: January 24th (Thu), 7PM~ Place: *Daiichi Kenshuushitsu* on 2nd Fl at Community Center

No reservation needed Inquiries: *Chiiki Shinkou Ka, Shimin Katsudou* Center, ☎Ext. 631



市民農園使用者募集

< Rental Farm Plot for Hamura Residents >

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

Lease Period: March 1st, 2019 ~ January 31st, 2021 (about 2 years)

Contribution Fee: ¥4,000 for term period

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

How to Apply & Inquiries: On Reply-paid postcard ("Oufuku Hagaki"), fill in the information as below and mail or bring it to

How to fill in
the Reply-paid
Postcard

Front	
〒205-8601	
To: <i>Hamura-shi</i>	
<i>Sangyou-ka</i>	
<i>Nousei-kakari</i>	
	*Do not write anything on this side.

Back	
〒Your Zip Code	Your Mailing Address
Your Mailing Address	Your Name
Your Name	Your Phone Number
	Name of Desired Farm

Sangyou-ka Nousei-kakari (at city hall *Nishi-Bunshitsu* 2nd floor. ☎Ext.663) by January 25th(Fri).

*If the applications exceed the capacity, tenants will be selected by drawing held on Jan. 29th (Tue), 9AM, at

city hall *Nishi-Bunshitsu* 2nd floor Meeting Room. All applicants will be notified of the results.

*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.

If bringing in application, do so between 8:30AM ~ 5PM excluding Saturday, Sunday, and Holidays.

(Farm plot size is about 20m²)

Farm Name	Address	Available Plots
<i>Dai ① Shimin Nouen</i>	5-4-14.49 <i>Midorioka</i>	45
<i>Dai ② Shimin Nouen</i>	5-6-14.15 <i>Midorioka</i>	39
<i>Dai ③ Shimin Nouen</i>	4-6-8 <i>Ozaku Dai</i>	48
<i>Dai ⑧ Shimin Nouen</i>	1-14-9 <i>Sakae-Cho</i>	35



体験農園使用者募集

< **Agricultural Workshop for Hamura Residents** >

Participants of this workshop will get to learn vegetable farming while they grow their own crops in various fields under the first-hand coaching by professional farmers. In addition to workshop dates, participants can enter the farm anytime, so they can tend their crops as often as they like.

The seeds, seedlings, and farming tools will all be prepared for you by the farm owner.

Location of Farm: *Shinmeidai Yasai Batake* (hatake=field) located at 2-8-4 *Shinmeidai*, *Hamura City*

Available Plots: 20 Lease Period: March 1st, 2019 ~ latter half of January, 2020(about one year)

Fee: ¥38,000 for term period

Eligibility: *Hamura* resident/ workers Inquiry: *Sangyo-Ka, Nousei Kakari*, ☎Ext. 663

How to Apply: Please send a reply-paid post card ("Oufuku Hagaki"), fill in the information as below and mail it to the farm owner, Mr. *Tetsuo Oono*. (Mr. Oono's phone number: ☎042-554-2110) before Jan 31st (Thu).

Original message side Mr. <i>Tetsuo Oono</i> 〒205-0021 <i>Hamura-shi</i> <i>Kawasaki 3-18-19, Hamura-shi</i>	Leave this side blank
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Reply side 〒Your Zip Code Your Mailing Address Your Name	Your Mailing Address, Name, Phone Number
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手芸講習会 つるし飾り(シルバー)

SILVER JINZAI CENTER (Senior Citizen Human Resource Center) ☎042-554-5131

< **Handcraft Workshop ~ Twelve Zodiac Animals sign hanging decorations ~** >

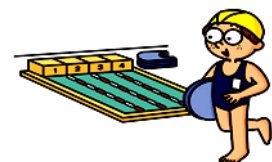
Date & Time: February 25th (Mon) 9:30AM ~ 3PM Place: *Silver Jinzai Center* Capacity: First 15

Things to bring: Sewing kit (if you own one), and lunch

Fee: ¥1200 (material cost) How to apply & Inquiry: Call or visit the Center before February 15th (Fri).

The *Silver Jinzai Center* is closed on weekends. Hours are from 8:30AM ~ 5PM.

SWIMMING CENTER ☎042-579-3210



トレーニングルームプログラム

< **Pelvic Adjustment Exercises** >

Adjust the balance of muscles and bores around Pelvic to improve distortion of the pelvis.

Date: Every Tuesday from 9:30PM ~ 10:30PM Fee: ¥800 per lesson

< **Night Aero Exercise Class** >

Various exercise mixed to enhance your muscle flexibility

Date: Every Wednesday from 7PM ~ 8PM Fee: ¥800 per lesson

< **Belly Shape Dance** >

Belly Shape Dance class to help you moving whole body and improve blood circulations.

Date: Every Friday from 9:30AM ~ 10:30AM Fee: ¥800 per lesson

< Morning Aero Exercise Class >

Aerobics in the morning will condition your mind and body balance.

Day & Time: Every Sunday from 9:30AM ~ 10:30AM Fee: ¥500 per lesson

Place: Swimming Center *Kaigi-shitsu* on 2F

Things to bring: Exercise wear, drink, towel Application: Come directly to Sauna Reception Desk 2nd floor

社会保険料(国民年金保険料)控除証明書の再発行

Re-Issuance of CERTIFICATE OF TAX DEDUCTION FOR SOCIAL INSURANCE PREMIUMS (for National Pension Insurance Premiums)

Certificate Of Tax Deduction For Social Insurance Premiums (National Pension Insurance Premiums)

「社会保険料(国民年金保険料)控除証明書」 was issued by Japan Pension Service (日本年金機構) as a form of postcard, and mailed in early November to the National Pension Insurance Premium payers. National Pension Insurance Premium is tax deductible under a category of social insurance when necessary documents are submitted at the time of Year-end Adjustment or Final Return.

This certificate is a proof of the amount of your National Pension Insurance Premiums paid by the end of September 2018. Please request a re-issuance of this document if you have misplaced it.

Special Help Desk for Re-Issuance:

Nenkin Inquiry Dial ☎0570-003-004 (in Japanese)

Monday ~ Friday: 8:30AM ~ 7PM, and 2nd Saturday of the month 9AM ~ 5PM (all other Saturdays closed.)

Ōme Social Insurance Office (*Nenkin Jimusho*) ☎0428-30-3410

第3回ご近所、こどもまつり

Neighborhood Children Event

Hamura City Residents who are elementary students and their families are invited to a get-together event! You can enjoy games and taking pictures with "Hamurin", the city mascot doll (9:30AM ~10:50AM), a 10 minutes instructions of city and town activities (10:50AM ~ 11AM), a 30 minutes Food Education class of Mac Donald from Mac Donald Hamura store stuffs (11AM ~ 11:30AM) and a traffic sign seminar with a bingo session. (11:30AM~ NOON).

Date: February 3rd (Sun), 9:30AM ~ NOON *This event is cancelled if it snows heavily.

Place: Auditorium Hall on the 3rd floor of the Community Center Eligibility: elementary residents and family

*Please participate as a family. Capacity: first 100 Fee: free

Inquiries: *Chiiki Shinkou Ka*, *Chiiki Shinkou Kakari* ☎Ext. 202



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EVENT INFORMATION for CHILDREN & PARENTS

CENTERS: CENTRAL (*Chuuou*) ☎042-554-4552 EAST (*Higashi*) ☎042-570-7751 WEST (*Nishi*) ☎042-554-7578

< Day-time Moon Observation >

Date & Time: February 13th (Wed), 4PM ~ 4:30PM

< Astronomical Observation with Family >

Date & Time: February 13th(Wed), 6:30PM ~ 7:30PM *Junior High School students or younger children must be accompanied by an adult. ~ For both Observation Events ^

Eligibility: Elementary School Students ~ 18 years old Fee: Free *No reservation required.

Place: Central Children's Center It will be determined if event will be held as scheduled at 3PM for weather's status.

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

< Sport Day of Bocchia >

Let us play Bocchia to see if you can throw bocchia ball to close your target ball.

Date & Time: Jan 23rd (Wed) 3PM~ 4PM

Eligibility: Elementary School and Junior High School students Admission: Free

*No reservation needed

< Coloring Contest >

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

Apply Term: Feb 2nd (Sat) ~ 10th (Sun)

Voting Term: Feb 13th (Wed) ~ 20th (Wed)

Result of Voting: Feb 23rd (Sat)

Eligibility: Elementary School students

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

< Hand-made Toy Workshop – Moving coloring glasses >

Date & Time: Feb 9th (Sat) ①10AM~ Noon, ②1PM~ 3PM

Eligibility: preschool ~ Elementary School (Preschoolers must attend with an adult.) Admission: Free

*No reservation needed

Yutorogi ☎042-570-0707 closed on Mondays

< Movies for Children >

Place: Yutorogi Center Date: Feb 3rd (Sun), 10:30AM~11:30AM Admission: Free

Program: 3 titles Place: 2F Kouzashitsu 1 Supported by: Hamura Eiga Club

Contents are subject to change without notice. *No reservation needed ☎042-570-0707

Main Library ☎554-2280 closed on Mondays

We are having fun story telling events. Come along with your friends or parents and have fun together!

< Story Telling for Babies >

Date & Time: Jan 16th (Wed), 11AM ~

< Story Telling for Elementary School Students>

Date & Time: Jan 19th (Sat), 11AM~ Eligibility: Elementary Students

< Story Telling for Preschoolers >

Picture books will be read, hand gesture activities will be enjoyed!

Date & Time: Feb 9th (Sat), 11AM~

< Mini Story Telling at Kawasaki Branch Library>

Date & Time: Jan 23rd (Wed), 3PM~



休日診療日

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
Jan.20 th (Sun)	Yamakawa Iin	☎042-554-3111	Fussa-shi Hoken Center	☎042-552-0099	Inagaki Shika	☎042-555-6018
Jan.27 th (Sun)	Izumi Clinic	☎042-555-8018	Fussa-shi Hoken Center	☎042-552-0099	Inoue Shika Iin	☎042-554-7735

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