



HAMURA NEWS

March 15th, 2020

Published by: Hamura City

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

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

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

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

東京2020大会期間中の交通混雑緩和にご協力をお願いします。

<Please cooperate in Alleviating Traffic Congestion during the Tokyo 2020 Games>

During the Tokyo 2020 Games, more than 10 million peoples from all over the world and throughout Japan visit Tokyo. It is expected that railway and road congestion will occur around the time of competition. Please prepare for the traffic congestion during the tournament.

Term: Olympic - July 20th (Mon) ~ Aug 10th (Mon, Holiday)

Paralympic - Aug 25th (Tue) ~ Sep 6th (Sun)

Daily life:

- ★ Living Goods Stock
- ★ Delivery outside the tournament period
- ★ Staggered work ★ *Telework* ~ Working at home
- ★ Scheduled vacation acquisition
- ★ Avoid crowded routes and time



Traffic Solution for High Ways:

- ★ No entry area (around the venue) and tournament related vehicles. Installation of dedicated lanes, etc.
- ★ Adjustment of traffic volume on expressways. (Closing the entrance, etc.)

<Toll Measures for the Tokyo Metropolitan High Ways>

As shown in the below table, nightly price discounts and extra charges during the daytime will be implemented.

| | | |
|-------------|----------------------------|-------------------|
| | ① Nightly price discount | ② Extra Charge |
| Time Term | Midnight 0AM~4AM | 6AM~10PM |
| Price | 50% Discount | Plus ¥1000 fee |
| Eligibility | Vehicles equipped with ETC | Personal Vehicles |

Term: July 20th (Mon) ~ Aug 10th (Mon, Holiday) and Aug 25th (Tue) ~ Sep 6th (Sun)

- Vehicle owner with Disability handbook, Carpool Vehicles, Welfare-related vehicles and car equipped with ETC will be excluded the extra charge but required to apply till May 22nd (Fri) to Tokyo Metropolitan office.

Inquiries:

Tokyo Metropolitan Olympics and Paralympics Preparation Office Transportation Division ☎03-53207732

- About Traffic Solutions
Tokyo 2020 Organizing Committee ☎0570-09-2020
- About Metropolitan High Ways Fees
Tokyo Metropolitan Urban Development Bureau Street Planning Division ☎03-5388-3390
- About Tokyo 2020 Olympics and Paralympics
City Hall, Tokyo Olympics and Paralympics Preparation Office ☎Ext.345

2020はむらサポーター “スペシャルサポートメンバー” 募集！

2020 Hamura Supporters “Special Support Members” Wanted!

Welcome to participate volunteers’ related events of Tokyo 2020 Games and support various activities (such as PR goods giving away, support Boccia’s experience game and etc.).

Events schedules:

| Date | Details | Location |
|-------------------------------|------------------------|---------------------------------|
| ① May 17 th (Sun) | Health Fairs | Yotorogi |
| ② June 6 th (Sat) | Environment Festival | Yotorogi |
| ③ June 21 st (Sun) | Hamura Summer Festival | Around Hamura Station East Exit |

- All events are about 3 hours and all are volunteer without pay.
- Please check City official website or Flyers posted in public facilities.

Eligibility: Age is over Junior High School student, *Hamura* Residents, worker or students (* If applicant is not adult, require guardian’s permission)

Capacity: 5 for each event

How to apply: Please apply any expected event one week before events and fill the form, via call, fax ☎042-554-2921, email ✉: s109000@city.hamura.tokyo.jp or come to City Hall, Tokyo Olympics and Paralympics Preparation Office ☎Ext.344

** Application form is on the back side of flyer which are distributed in city public facilities or download from City official website

Inquiries: City Hall, Tokyo Olympics and Paralympics Preparation Office ☎Ext.344

はむら花と水のまつり 2020 中止のお知らせ

HAMURA FLOWERS & WATER FESTIVAL 2020 is cancelled

For Prevention to spread COVID-19 Infection, *Hamura* City decided to cancel *Hamura* Flowers & Water Festival 2020 which has *Sakura* Festival and *Tulip* Festival.

Also, March 30th (Mon) *Hamura* Zoo’s opening for free event and April 4th (Sat) *Hino* Vehicles Company’s *Sakura* Festival are cancelled.

Inquiries: *Hamura* Flowers and Water Festival 2020 Executive Committee
(*Hamura-shi* Kankou Kyoukai ☎042-555-9667 and
City Hall, *Sangyou Shinko Ka*, *Shoukou Kankou-Kakari*, ☎Ext.655)

市主催イベントなどは3月31日まで中止・延期

HAMURA CITY EVENTS and etc. will be cancelled or postponed till March 31st

Concerning about *Hamura* residents health for prevention to spread COVID-19 Infection, *Hamura* City decided to cancel or postpone all events and activities till March 31st. All *Hamura* Residents’ cooperation will highly appreciated.

If you need any further information, please check *Hamura* City official website.

新型コロナウイルス感染症 相談や受診をしたいときは！

CONSOLATION for New type 2019 Novel Coronavirus (COVID-19) Infection!

The best way to prevent COVID-19 infection is to avoid being exposed to this virus. However, everyday preventive actions to help prevent the spread of respiratory viruses. If you have any of the following symptoms, please consult with the consultation center for people with potential exposure to COVID-19:

- You have had cold symptoms or a fever of 37.5 °C or over for four days or more (including when you need to continue to take an antipyretic)
- You have a strong feeling or weariness (fatigue) or shortness of breath (difficulty breathing)
- If you are a senior citizen or have an underlying diseases, and you have and the symptoms mentioned above for two days.

<Telephone Consolation (Call Center)>

- 1) *Nishitama Hokesho with* [Returnees. Contact Person Telephone Consolation Center]
Call ☎ 0428-22-6141 9AM~5PM (exclude Saturday, Sunday, and Holidays)
** You may call ☎ 03-5320-4509 for the other times of abovementioned time.
- 2) Tokyo Metropolitan Telephone Consolation ☎ 0570-550571 9AM~9PM Everyday
- 3) Ministry of Health, Labor and Welfare [COVID-19 Call Center ☎ 0120-565653 (Free Dial) 9AM~9PM everyday
- 4) Call centers for foreign tourists
Japan Visitor Hotline ☎ 050-3816-2787 services hours 24 hours a day, 365 days a year.
Languages available: English, Chinese, Korea and Japanese
- 5) Please access Ministry of Health, Labor and Welfare official website to search Medical institutions offering assistance in foreign languages when you need.

Inquiries: *Hoken Center* ☎Ext. 623

お知らせ

INFORMATIONS

固定資産課税明細書の送付

< Fixed Property Tax Statement will be mailed to Owners >

The 2020 Fixed Property Tax Statement (固定資産課税明細書) is scheduled to be sent to the applicable residents in the beginning of April. FY2020 Fixed Property Tax Notification (固定資産税納税通知書) will also be mailed to the applicable tax payers in early April.

*Tax Statement Notice will send out in early May.

Inquiries: City Hall, *Kazei-ka Shisanzei-kakari* at Ext. ☎157

国民健康保険 届け出・手続きを忘れずに

NATIONAL HEALTH INSURANCE (Kokumin Kenkou Hoken) Is Your Registration Up-To-Date?

If any of the following cases apply to you that concern your registered details for National Health Insurance, please report to Shimin-ka Hoken-kakari at city hall 1st floor within 14 days from the occurrence of the case.

We request that you meet this deadline, for it may result in a denial of insurance benefit for self-paid medical expense occurred prior to updating the registration details if delayed without an inevitable reason

for delay.

City Hall Hours: Monday ~ Friday, 8:30AM ~ 5PM(excludes holidays) and Weekends 8:30AM ~ 11:45AM / 1PM ~ 5PM

-- Your National Health Insurance Registration Detail need to be updated, If you

- move to or move out of Hamura City 羽村市へ転入・羽村市から転出
- subscribe to or withdraw from other health insurance ほかの健康保険に加入・やめたとき
- start/stop receiving Welfare Assistance 生活保護を受ける・受けなくなったとき
- have a new child 子どもが生まれたとき

* In case a death of an NHI policy holder, next of kin family member who acts on behalf of the family dealing with the death must report of the death. Please ask for details. 死亡したとき

- change home address/your name/name of the householder 住所・世帯主・氏名などが変わったとき
- change home address due to schooling 修学のため、別に住所を定めるとき
- lost or damaged your NHI card severely 保健証を紛失または破損して使えなくなったとき

* The head of household must report changes, however a family member can report on behalf of them. Please bring copies of head of household's official identification such as insurance card, driver's license, passport, individual number card (my number) or signed written letter of proxy from the head of household.

Time: ① Monday ~ Friday 8:30AM~5PM (exclude Holidays)

② Saturday and Sunday 8:30AM~11:45AM and 1PM~5PM

Location and Inquiries: City Hall, *Shimin-Ka Hoken-Kakari* ☎Ext.125

介護保険料特別徴収開始

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

For those who will be paying Long-Term Care Insurance Premiums by special collection from April, a Notification of Amount of Special Collection (Premium) Letter has been sent to these applicable citizens. Based on income of 2019, the payments will be made bi-monthly in even numbered months. (A letter will be issued in early of July regarding amount to be deducted.)

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

3月下旬に介護保険給付費通知を送付します

< Notice of Grants for Nursing Care Service Fees Under Long-Term Care Insurance >

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

This is a list of the nursing care grant benefits provided during the term of August through December, 2019 showing the self-pay burden that is charged, and lists details of service provider who offered the service and when the service was provided. Please confirm receipts issued by the service provider or Declaration of Services Rendered issued by your care manager. The document is not a bill. No payment actions are necessary in response to the notification.

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

春の全国交通安全運動

< 2020 Spring Traffic Safety Campaign >

- Spring Traffic Safety Campaign Slogan
"Aiming for the world's best traffic safety city ~ Tokyo~"

Time: April 6th (Mon) ~ 15th (Wed)

Campaign Details:

- ① Make sure safety of Children Pedestrians
- ② Encourage safe driving of elderly drivers.
- ③ Promotion of safe use of bicycle
- ④ Prevention traffic accident of bicycle.

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

2019 特殊詐欺被害状況

< 2019 Special Fraud Damage Situation >

There were many special fraud damage cases happened in nearby cities and areas 2019 as below

| City or Area | No. of case | Damage Amount |
|--------------|-------------|---------------|
| Hamura City | 13 | ¥13,870,000.- |
| Fussa City | 12 | ¥13,410,000.- |
| Akiruno City | 10 | ¥17,260,000.- |
| Mizuho Cho | 3 | ¥3,080,000.- |

What is special fraud? Such as OreOre Fraud, Fictitious charges Fraud, Bank Savings Fraud, Refund Fraud, Loan Deposit Fraud and etc.

- Special Fraud tricks
The typical trick way ~ the culprit is impersonating a police officer or government, city official and call you as below cheating conversation.
** "We know someone is fraud to use your bank account."
** "Your cash card is needed to renewal, official will go to pick up for you."
** "Please let me know your password to help you to process"
** "You have refund issue and need to process."
- Beware of Apoden Robbery
Please do not tell anyone about your cash, bank cash card, bank statement and etc. storage status. Robbery criminals is targeting it.
- Prevention of Fraud
Always set your answering machine. Automatic call recorder, install a phone with annoying prevention function, do not answer the phone is effective way to prevent. If the phone conversation is about "money" or "finance", please remember these steps to protect yourself ~ ①Feels suspicious ②Calling back ③Call police!

~ If you are Hamura Resident age over 65 years old, automatic call recorder is available to rend by free. Welcome to set up if still do not have one.

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

今後のイベントの実施について

Regarding Events Implementation

Since prevention of Corona Virus Spreading, all events might be postponed or cancelled. Please check city hall official website to get further information. Your cooperation will be highly appreciated.

にじいろ フリーマーケット

< "Rainbow" Flea Market in Hamura >

Please sell your household items or clothing in decent condition at this thrift shop event. You can contribute to the recycling effort, and also you may be fortunate and find something that you were looking for!

Date: April 19th (Sun), 10AM ~ 1PM (If the weather is bad, event will be cancelled.)

Place: Sangyou Fukushi Center

Eligibility: Hamura residents 20 years old or older with valid license

You can apply as a group or an individual, and must have a vehicle driver's license.

**This event aims to provide local residents a 'trading opportunity of reusable goods.' (Applications by professional dealers for commercial purposes will not be accepted.)

Available Booths: 25 Areas

Booth size: 2.5x6m Fee: ¥500

Application Term: From March 16th (Mon), 9AM ~30th (Mon) 5PM

On the official site of the Hamura City Website, in Japanese, make access to: 羽村市公式サイト 生活環境課 にじいろフリーマーケット.(Hamura City Official Website: *Seikatsu Kankyo Ka* → Nijihiro Flea Market)

Please read the guidelines and instructions carefully.

Permitted Merchandise: Goods from home or clothing that are in serviceable condition.

Items can be brought by automobile, bicycle, or suitcase.

Inquiries: *Seikatsu Kankyou Ka*, ☎ Ext. 205

所得税の確定申告、納付期限の延長

INCOME TAX RETURN - *SHOTOKUZEI no KAKUTEI SHINKOKU* postponed deadline till April 16th (Thu)

Since Prevention of Corona Virus Spreading, National Taxation Bureau decides to postponed deadline one month from March 16th (Tue) to April 16th (Thu).

- After March 17th (Tue), please process Income Tax Return in *Ome Tax Office (Ome Zeimusho)*. City Hall is processing till March 16th (Mon).
- After March 17th (Tue), please process Residents Tax Return (Residents Tax or Tokyo Metropolitan Tax) in City Hall 1F *Kazei-Ka Shiminzei-Kakari*.

Inquiries: *Kazei-ka Shiminzei-kakari* Ext.162 in city hall



ハロー赤ちゃんクラス

< Childbirth Preparation Class for Parents >**Date & Time:** April 18th (Sat), ①10AM ~ Noon, ②2PM ~ 4PM please choose **Place:** *Hoken Center***Eligibility:** Expectant mothers residing in *Hamura City* (family member can also participate)**Capacity:** First 14 pairs **Class Detail:** How to bathe a baby, change diapers, make formula and etc.**Things to bring:** *Boshi Kenkou Techou* (Maternal and Child Health Handbook), Father's Handbook, and writing utensils**Hours of Operation:** Weekdays, excluding holidays from 8:30AM ~ 5PM. Call or visit *Hoken Center* in advance to reserve (choose the time ① or ②). *Hoken Center* 042-555-1111 ☎Ext.693

~ご利用ください~

ファミリー・サポート・センター!

< Family Support Center >

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

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

Support Members and Service Users Welcome!

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

Eligibility: Beneficiary Member... parents of child(ren) at age 6 months up to 6th grade, (as of April 1, 2020)

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

Fees: Mon ~ Sat 9AM~5PM... ¥700/hour, Other time frame...¥850/hour, Sunday & Holiday... ¥850/hour**Application(in advance):** Call or visit Family Support Center ☎042-554-0304 within *Shakai Fukushi Kyougikai*.*In case of a sudden need of temporary childcare service, please consult *Kodomo Katei Shien Center* ☎042-578-2882.**Sports Center ☎042-555-0033**

歩いて帳配布

< The Aruite chou Handout > Anyone can start a daily walk to stay healthy. We are giving out charts called "Aruite Chou"for recording the number of steps you make. It can be obtained at the Sports Center and Swimming Center from March 17th (Tue) for free.

Eligibility: *Hamura* Residents or workers**Inquiries:** Sports Center ☎042-555-0033

「四季ウォーク“II” 皇居の桜を満喫！」を中止します

<Seasonal Walking Event “II” ~ Enjoy the cherry blossoms of the Imperial Palace> is Cancelled

Since Prevention of Corona Virus Spreading, the activity of <Seasonal Walking Event “II” ~ Enjoy the cherry blossoms of the Imperial Palace March 28th (Sat)> is cancelled.

We appreciate your cooperation for this issue.

Hoken Center

2020年度 羽村市健康カレンダー

<2020 Fiscal Year Hamura City Health Calendar>

2020 Fiscal Year Hamura City Health Calendar has distributed with March 15th version *Hamura Kouho*. You may check detailed schedule, information for every health test, children immunizations and whole year's health activities.

Inquiries: Hoken Center ☎Ext.623

図書館

MAIN LIBRARY ☎042-554-2280 (Close Monday)

図書館メールマガジンをご利用ください

Please use Library Mail-Magazine system

Library Mail-Magazine system is services to get new information, update data, events and etc. through smart phone, personal computer. Please go to library website user menu to register.

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

郷土博物館

KYODOU HAKUBUTSUKAN



企画展「こいのぼりと五月人形展」

< Boy's Day Dolls and Koinobori >

“Tango no Sekku” on May 5th is an annual event of old tradition that celebrates boys' healthy growth. “Shoki” of the Plague-queller, Zhong Kui (traditional Chinese deity said to prevent plagues and ward off evil beings). *Koinobori* (Carp Banners) and *Gogatsu Ningyou* (*Samurai* Armor or boy doll) are traditionally displayed for this event. Come and see the “Shoki” decorations and “Gogatsu Ningyous” at the Museum and “Koinobori” at the Old *Shimoda* Residence.

Place: *Kyoudo Hakubutsukan Kikaku* Exhibit Corner, Orientation Hall and Old *Shimoda* Residence

Term: April 1st (Wed) ~ May 10th (Sun) 9AM ~ 5PM at *Kyoudo Hakubutsukan*

(Old *Shimoda* Residence till 4PM)

Koinobori: from April 21st (Tue), (Old *Shimoda* Residence)

Museum Hours: Tuesday ~ Sunday, 9AM ~ 5PM (the Old *Shimoda* Residence closes at 4PM)

Admission: Free

Inquiries: *Kyoudo Hakubutsukan* (Hamura Museum) ☎042-558-2561 *Will not be open on Mondays.

花粉症

HEY FEVER or POLLLEN ALLERGY

Pollen is one of the most common triggers of seasonal allergies. Many people know pollen allergy as “hay fever” (seasonal allergic rhinitis).

The investigation of Tokyo Metropolitan 2016, half of Tokyo Metropolitan residents have pollen allergy. Compare with 1983~1987 data, allergy children (age 0~14) was 2.4% but increased 40.3% in 2016. Each spring, summer and fall, plants release tiny pollen grains to fertilize other plants of the same species. Most of the pollens that cause allergic reactions come from trees, weeds and grasses. These plants make small, light and dry pollen grains that travel by the wind.

<When is term of pollen allergy?>

In Tokyo Metropolitan, pollen spreading starts from February, Cedar pollen is less in April but Japanese Cypress is going on till May.

<What are the symptoms of pollen allergy?>

- Runny nose and mucus production
- Sneezing
- Itchy nose, eyes, ears and mouth
- Stuffy nose (nasal congestion)
- Red and watery eyes
- Swelling around the eyes

<How can I prevent an allergic reaction to pollen?>

- Do not catch cold to weaken your mucous membrane!
- Having good-balanced meals.
- Having good regular daily life! ~ Well-balanced meals, Sleep early and Wake up early.
- Wear Mask, glasses to decrease attached pollen counts.

Inquiries: Hoken Center ☎Ext.627

プレミアムコンサート～未来へのハーモニー～ 羽村公演

Premium Concert ~ Homonym to Future ~ Hamura Concert

Enjoy classic music from children to adults! There is “Music Instruments experience corner” before concert, you may have fun to touch and play String Instruments but needs numbered ticket.

Date: May 12th (Tue) 7PM (schedule end to 8:10 PM)

- No break time

Location: Yotorogi Main Hall

Performers: Conductor ~ Mr. Toshiaki Umeda

Symphony Orchestra group ~ Tokyo Metropolitan Symphony Orchestra

★ Free admission (require to apply at advance, all seats reserved)

Capacity: 850 (if applicants number is over, it will be held on raffle)

Sponsors: Tokyo Metropolitan, Tokyo Metropolitan Foundation for History and Culture Arts Council Tokyo

Co-Supporter: Hamura City Board of Education

How to Apply: Till April 10th (Fri), please apply through "WEB form" or "Ofuku Hagaki" ~ roundtrip postcard.

** "Ofuku Hagaki" ~ Please note representative name with *furigana*, address, telephone number, accompany persons number (limit 3 persons including representative), all names of participants (with *furigana*)

** Send to address : 〒103-0014 *Kyoei Building 1F, 2-13-9 Hashikakigara-Cho, Nihonbashi, Chuo-Ku, Tokyo*
Office of Premium Concert at *Hamura*

** "WEB Form": [URL] <https://www.tmso.or.jp/j/activities/premium/>

Note:

- Not allow to admission under 4 years old children.
- Childcare is available with fee (above one year old ¥2000 per child)
- Schedules of performers or programs might be changed for unpredictable reasons.

Application Term: March 9th (Mon), 2020 ~ April 10th (Fri)

Inquiries: Office of Premium Concert at *Hamura* ☎ 03-3669-8551 (10AM~6PM weekday during application term)

3月後半休日診療

◆ **MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS** ◆

| Date | Hospital / Clinic | | | | Dental Clinic | |
|-----------------------------------|----------------------------|---------------|---------------------------------------|---------------|----------------------------|---------------|
| | 9am~5pm | | 5pm~10pm | | 9am~5pm | |
| 15 th (Sun) | <i>Matsubara Naika Iin</i> | ☎042-554-2427 | <i>Kumagawa Byouin (Fussa-shi)</i> | ☎042-553-3001 | <i>Yano Shika Iin</i> | ☎042-555-3363 |
| 20 th (Fri) Holiday | <i>Matsuda Iin</i> | ☎042-554-0358 | <i>Takasawa Byouin (Mizuho-machi)</i> | ☎042-556-2311 | <i>Moriya Shika Iin</i> | ☎042-555-9872 |
| 22 nd (Sun) | <i>Shinmeidai Clinic</i> | ☎042-554-7370 | <i>Hikari Clinic (Fussa-shi)</i> | ☎042-530-0221 | <i>Watanabe Shika Iin</i> | ☎042-570-1688 |
| 29 th (Sun) | <i>Nishitama Byouin</i> | ☎042-554-0838 | <i>Heijitsu Yakan Kyuukan Center</i> | ☎042-555-9999 | <i>Honda Dental Clinic</i> | ☎042-554-4184 |

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

Inquiries: *Hoken Center* ☎Ext.623