



# HAMURA NEWS

**HAMURIN** Hamura City Mascot

**November 1<sup>st</sup>, 2021**

Edited by: *Kouhou Kouchou-ka* (Public Information & Public Opinion Section) Published by: **Hamura City**  
5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111  
Hamura City Official Website = <https://www.city.hamura.tokyo.jp> E-mail: [s102000@city.hamura.tokyo.jp](mailto:s102000@city.hamura.tokyo.jp)

いつまでも自分らしく、住み慣れたまちで暮らす

## <LIVE IN A FAMILIAR TOWN AS YOURSELF>

### Home Medical Care/ Nursing Care Collaboration Projects =在宅医療・介護連携事業=

In Hamura City, one in four citizens is 65 years old or over. As the number of elderly people increases, there are many consultations such as "Continuous Medical Examinations and Treatments are required even after discharge from hospital but difficult to go hospital", "Can I use Medical Care and Nursing Care at home?" etc. At such times, people have the option of receiving medical care and nursing care at home.

"Home Medical Care / Nursing Care" is a system that allows professionals such as doctors, nurses and home helpers to come to home on regular basis and receive care services covering under medical and nursing insurance.

Inquiries: Korei Fukushi Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext.196

■ 羽村市介護の日講演会 - 無理をしない介護 -

### < Hamura City Nursing Day Lecture ~ Nursing without overdoing. >

November 11<sup>th</sup> is "Nursing Day" ~ knowing about when a family member needs long-term care, receive medical care at home and preparing for the final time with peace of mind.

Date and Time: November 11<sup>th</sup> (Thu) 2PM~4PM

Location: Yutorogi Small Hall

Eligibility: Hamura residents and workers

Apply and Inquiries: Till November 9<sup>th</sup> (Tue) 5PM, please call to Korei Fukushi Kaigo Ka, Kaigo Yobo.  
Chiiki Shien Kakari (8:30AM~5PM exclude Saturday, Sunday and Holidays)

## AUTUMN EVENTS

秋の市内いっせい美化運動 11月14日(日)

### \* Autumn Town Cleaning on November 14<sup>th</sup> (Sun) \*

Twice a year, we pick up trash and clean around our streets, parks, and public facilities.

Rules of Collection: Trash which is collected from public spaces is separated into burnable and non-burnable trash bags, then placed out for collection to the designated location till 9AM.

\*\* Please make sure to have countermeasures of COVID-19 infection spreading.

Inquiries: City Hall, Seikatsu Kankyou Ka ☎Ext.205



### \* Autumn Community Gardening on November 14<sup>th</sup> (Sun) \* 秋の花いっぱい運動 11月14日(日)

65,000 pansy seedlings will be planted at city-wide public spaces, creating the "Hana Ippai", or "full of flowers" scenery. There are about 90 groups such as schools, enterprises and streets communities to participate.

\*\* Decorated flowerbeds will be entered for the Hamura City. "Hana Ippai" Spring 2022 Competition.

Inquiries: Sangyoushinko Ka Nousei Kakari, ☎ Ext.663/ Hamura City Tourism Association ☎042-555-9667

チューリップ球根の植付けボランティア募集

### < Volunteers Wanted for Planting Tulip Bulbs >

Volunteers are wanted for planting tulip bulbs to prepare the tulip field for the festival.

Date & Time: November 15<sup>th</sup> (Mon) ~16<sup>th</sup> (Tue), 18<sup>th</sup> (Thu) ~21<sup>st</sup> (Sun) 9AM ~ Noon

\* Volunteers can participate even only one day.

Meeting Location: Odorikosou Park (located on the north side of Negarami-mae Paddy Field)

Things to Bring: Please be dressed suitable for yard works, gloves and long boots.

How to Apply: Call or Fax to and provide your name and phone number by **November 8<sup>th</sup> (Mon)**.

Inquiries: Hamura-shi Kankou Kyoukai (Hamura Tourism Association) ☎042-555-9667/Fax: 042-555-9673

\* You must call between 9AM ~ 5PM exclude of Tuesday, Wednesday, Weekend and Holidays.

チューリップオーナー募集中

### <Tulip Owners Wanted for Hamura Tulip Field >

Hamura Tulip Field is one of the largest scale tulip fields in Kantou region, and also an irreplaceable treasure of our city. Let's become a Tulip Owner and share the great joy of seeing your tulips blossom and entertain visitors during Hamura Flower & Water Festival, which attracts many tourists every spring!

Cultivation of tulip bulbs, planting and maintenance works will be taken care by local farmers and volunteers.

Of course, tulip owners can also join in planting and the digging out works!

\* Tulip bulbs owner's planting will be held on November 21<sup>st</sup> (Sun).

Sponsor Fee: Individual ¥500 per lot, Citizen Group or Company ¥10,000 per lot (owner can sponsor any desired number of lots) multiple ownership possible

\*Individual, citizen group or corporation can apply to ownerships as well.

How to Apply: Please contact to Hamura-shi Kankou Kyoukai (Hamura Tourism Association) ☎042-555-9667 (Hanehigashi 1-13-15, Hamura Shi (November exclude Tue, Wed and holidays 9AM~5PM))

女性・子ども・障害のある方・高齢の方へ

### FOR WOMEN, CHILDREN, DISABILITY and ELDERLY ~



### <You Can Find HELP & PROTECTION AGAINST ABUSE / VIOLENCE>

If you are suffering from any kind of abuse by another person, or concerned that a person whom you know might be a victim of abuse/violence, please do not hesitate to contact these public bodies for help and advice. Children, women, people with disability, and the elderly are most vulnerable to become victims of this sort.

#### EXAMPLES OF VARIOUS ABUSE and VIOLENCE

- Emotional Abuse – yelling, ignoring, emotional harassment, verbal harassment, etc.
- Physical Abuse – hitting, kicking, slapping, inappropriate confinement for a prolonged period of time, etc.
- Neglect – not providing meals and other proper care, leaving baby at home unattended, family members denying the presence of abuse to the victim inflicted by neighbors or other acquaintances
- Sexual Abuse – demanding/forcing to engage in sexual activity, etc.
- Financial Exploitation –not allowing access to his/her own money, unauthorized use of his/her funds, etc.

**If you come across with a case like...**  
**“Violence is used right now” “A life is in danger now”**  
**★ CALL POLICE ☎110 ★**

11月12日 ~ 25日 は「女性に対する暴力をなくす運動」期間

### < NOVEMBER 12<sup>th</sup> ~ 25<sup>th</sup> is the campaign to ELIMINATE ABUSE TO WOMEN >

The government is taking measures to protect women against abuse and to ensure their human rights. During this term, efforts are made to educate the public through providing information which addresses matters of abuse, and how it affects women.

Violence given by their husbands, sexual offenses, crimes related to prostitution, human trafficking, sexual harassment, stalking, DV are all considered abusive acts toward women. It is a severe violation of rights, and a great hindrance which must be overcome to make the realization of equality. Create a society free of violence toward women.

Inquiries: Kikaku Seisaku Ka ☎Ext. 313

## **CONSULTATION** そうだん



### ◆女性の方は **FOR WOMEN**

Hamura City Kouhou Koucho Ka Shimin Soudan Kakari ☎Ext. 541  
Date: Monday ~ Friday 8:30AM~5PM (Except Holidays and New Year)

#### ● Consultations for Troubling Issues Typical to Women

Hamura City Kouhou Koucho Ka, Shimin Soudan Kakari ☎042-555-1111, Ext. 541  
Date: The 1<sup>st</sup>, 3<sup>rd</sup>, and 5<sup>th</sup> Wednesdays of the month from 1:30PM ~ 4:30PM or  
Fussa City Hisho Kouhou Ka, Kouhou Koucho Kakari ☎042-551-1529  
Date: The 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of the month from 9AM ~ 1PM

#### ● You may also to Consulate

Tokyo Metropolitan Bureau of Social Welfare and Public Health Tama Area office ☎042-522-4232  
Date: Monday ~ Friday 9AM~4PM (Except Holidays and New Year)

#### ● Women's life consultation for Independence

Hamura City Hall 2F Kosodate Shien Ka Shien Kakari ☎Ext. 239  
Date: Monday ~ Friday 8:30AM~5PM (Except Holidays and New Year)

### ◆子育てと家庭に関することは・ **MATTERS REGARDING CHILDREN and FAMILY (ABUSE, ETC)**

Hamura City Child & Family Support Center (Hamura-shi Kodomo Katei Shien Center) ☎042-578-2882  
City Hall 2<sup>nd</sup> Floor, Child Care Support Section. Mon~Fri (except holidays, New Year) 8:30AM~5PM

\*\* Consultations regarding children under the age of 18 years old will be handled.

Details: If you have unresolved issues about child abuse, the lifestyle and discipline, growth and development, and other subjects regarding your child.

The below organizations will also help you with problems.

- Tachikawa Child Guidance Center (Tachikawa Jidou Soudansho) ☎042-523-1321  
Date: Monday ~Friday (except holidays, New Year) 9AM~5PM
- LINE Counseling ~ Kogokoro.OyagokoroSodan@Tokyo  
Date: Monday ~ Friday 9AM~11PM (Reception till 10:30PM), Weekend and holidays 9AM~5PM
- Direct Line for Child Services ☎189 Open 24 hours, all year

\*Information providers' privacy, as well as the details of an informed case, will be strictly kept confidential.

\*If the case is not related to Abuse after confirming, the person who notifies will not need to take any responsibility.

### ◆障害のある方は… **ABUSE AGAINST PEOPLE WITH DISABILITIES**

Hamura City 1F Welfare for the Disabled Section (Hamura-shi Shougai Fukushi Ka) ☎Ext.185  
Date: Monday ~ Friday (except holidays, New Year) 8:30AM~5PM

### ◆高齢の方は… **ELDER ABUSE**

Hamura City Hall 1F Koureifukushi Kaigo Ka ☎Ext.198  
Date: Monday ~ Friday (except holidays, New Year) 8:30AM~5PM

Consultations details: • Elderly abuse, Procedures for applying for legal conservatorship  
• Nursing care services, welfare services  
• Efforts to maintain physical functions of the elderly

※A Senior Care Manager, City Nurse, and social welfare counselor will work together to assist the elder.

Community General Support Center Asahi Branch ☎042-555-8815

Community General Support Center Ayumi Branch ☎042-570-1200

Community General Support Center Akashia Branch ☎042-578-5508

\*\* Each support center has covering areas, please check Hamura News Nov. 1<sup>st</sup> version to get details.

\*\* All Branches Day and Time: Monday ~ Friday (except holidays, New Year) 8:30AM~5PM

11月は児童虐待防止推進月間

### <NOVEMBER is CHILD ABUSE PREVENTION MONTH>

Direct Line for Child Services ☎189 may help to protect children future.

Child abuse is a serious problem which must be addressed by the society as a whole. If you are aware of any incidents, or if you are dealing with problems regarding your child, please

Inquiries: Kodomo Katei Shien Center ☎042-578-2882 / Tachikawa Child Guidance Center (Tachikawa Jidou Soudansho) ☎042-523-1321

11月12日(金)～18日(木)は 「女性の人権ホットライン」強化週間

### WOMEN'S HUMAN RIGHTS LEGAL HOTLINE November 12<sup>th</sup> (Fri)~18<sup>th</sup> (Thu)

This is a telephone counseling service established for women's affairs. A Commissioner for the Protection of Fundamental Human Rights or Legal Affairs Bureau Personnel will hear a client's case detail and provide professional advice over phone counseling. \*service available in Japanese only ☎0570-070-810

Date & Time: November 12<sup>th</sup> (Fri) ~ 18<sup>th</sup> (Thu), 8:30AM ~ 7PM (10AM ~ 5PM on weekend)

\*\*It is also available 8:30AM~5:15PM (Mon. ~Fri.) even not between abovementioned terms.

Inquiries: Tokyo Legal Affairs Bureau Civil Liberties Department Division No.2 ☎0570-011-000/  
☎03-5363-3067

新型コロナワクチン 12歳以上予約受付中!

### <COVID-19 Vaccination is accepting reservation for 12 Years Old or above!>

For those who wish to have COVID-19 vaccination, please make reservation as below term:

- For the 1<sup>st</sup> Vaccination ~ till November 7<sup>th</sup> (Sun) or after December
- For the 2<sup>nd</sup> Vaccination ~ November 9<sup>th</sup> (Tue) ~ 27<sup>th</sup> (Sat)

Make sure to take each countermeasure to reduce the risk of infection as much as possible!

- ① Please always wear mask!
- ② Wash your hands!
- ③ Ventilation ~ Please ventilate 5~10 minutes every 1~2 hours or open the window 5~10 cm all the time.
- ④ Disinfection ~ Please wipe and disinfection frequently touched places
- ⑤ Avoid three Cs ~ Avoid to Closed Spaces, Crowded Places and Close-contact settings

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

\*\* For hearing impaired person, please Fax ☎042-554-4767

\*\* Phone Relay Services Kenko Ka (in Hoken Center)☎042-555-1111 Ext.627~630

◆Even you finished vaccination, please still keep mind for prevent countermeasures and well control health management. By the way, when you come to consulate, please wear mask.

お知らせ

## INFORMATION

ながらスマホはやめましょう

### < Stop Using Smartphones while doing others >

It is very dangerous to operate a smartphone or look at the screen while walking. Just stop and use it in a safe place.

Operating or talking on smartphone or car navigation device while driving a car is a dangerous act that leads to serious traffic accident without being aware of the dangers around you. Since December of 2019, smartphone have been severely punished while driving. In addition, the use of smartphones while driving a bicycle is also prohibited.

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

気づこう、かかわろう こどものSOS~ヤングケアラーの問題から考える~

### <Let's be aware and get involved Children's SOS

**~ Thinking about the problems of Young Care >**

Young care are children under age 18 who routinely perform household chores, family care, nursery care and emotional support that adults are responsible for. According to the 2021 national fact survey, there is one of 17 junior high school students is applicable.

Children who have no choice but to take care are less likely to notice their suffering and be affected for a long time in their subsequent lives. We need to think together about what adults living in the community can do for their children?

Date and Time: November 30<sup>th</sup> (Tue) 2PM~4PM

Location: Yutorogi Small Hall

Eligibility: Medical personnel such as child-rearing support, nursery care, welfare and citizens who concern about it.

Capacity: 116 (in order of application)

Lecturer: Ms. Masae Kato (Kyorin University Professor, Department of Health and Welfare)

How to Apply and Inquiries: Nov 4<sup>th</sup> (Thu) ~ 29<sup>th</sup> (Mon), please call, fax or come to Children and Family Support Center ☎/ Fax 042-578-2882

令和4年4月に新1年生になるお子さんの保護者

**< Briefing Regarding the Enrollment in Municipal Schools for April, 2022 >**

This is a briefing held in the aim to prepare you for the specifics involved for entering a municipal school in Hamura City. Parents should attend if your child is scheduled to attend these schools starting in April 2022.

Name of School	Date and time	Telephone Number	Name of School	Date and time	Telephone Number
Hamura Higashi Elementary School	January 21 <sup>st</sup> (Fri), 2022 2PM~	☎042-554-5663	Ozakudai Elementary School	February 3 <sup>rd</sup> (Thu), 2022 2PM~	☎042-554-1431
Hamura Nishi Elementary School	February 1 <sup>st</sup> (Tue), 2022 2PM~	☎042-554-2034	Musashino Elementary School	February 1 <sup>st</sup> (Tue), 2022 2PM~	☎042-555-6904
Fujimi Elementary School	February 8 <sup>th</sup> (Tue), 2022 2PM~	☎042-554-6449	Hamura Dai Ichi Junior High School	January 15 <sup>th</sup> (Sat), 2022 10:50AM~	☎042-554-2012
Sakae Elementary School	January 27 <sup>th</sup> (Thu), 2022 2PM~	☎042-554-2024	Hamura Dai Ni Junior High School	January 15 <sup>th</sup> (Sat), 2022 10AM~	☎042-554-2041
Shourin Elementary School	February 22 <sup>nd</sup> (Tue),2022 2PM~	☎042-554-7800	Hamura Dai San Junior High School	December 11 <sup>th</sup> (Sat),2021 2PM~	☎042-555-5131

- \* Schools are assigned according to district of residence. A notice will be sent in January from the city to your residence showing the school to which your child will attend.
- \* Since COVID-19 countermeasures, schedules are subject to change under circumstances.
- \* If you could not attend briefing as scheduled above, you can also seek briefings from the school to which you will attend. Please inquire at each elementary or junior high school.

Inquiries: Gakkou Kyouiku Ka, Gakumu Kakari ☎Ext. 358



狂犬病予防注射をわすれずに！

**<Please do not FORGET Rabies Shot for Your Dog >**

Rabies Shots is continuous last year's special procedure to postpone till End of December. Dog Owners are required by law to make dog registration and receive rabies vaccination for pet dogs. Owners must register their dog(s) to their resident municipality and ensure that their dog(s) receive rabies shots (annually) within April to June (the first year of acquiring a dog within 30 days or 90 days after birth). When you

receive the notification, please take rabies shot directly at the following Animal Hospital with a consignment contract with the city till the end of December.

◎ Procedures to follow:

If you have a dog, be sure to register to city and get rabies shot.

\*Register dog at City Hall 2F Kankyo Hozen Ka, register fee ¥3,000

\*Received rabies shot but not received a shot voucher ~ please register injection voucher at Kankyo Hozen Ka, fee ¥550

● Shot Animals Hospital:

Animal Hospital	Address	Phone Number
Seki Animal Hospital	1-5-19 Shinmeidai, Hamura	042-579-3816
Hamura Ozaku Animal Hospital	K2 BLD. 1F, 1-28-7 Ozakudai, Hamura	042-554-1100
Hamura Central Animal Hospital	1-5-22 Midorigaoka, Hamura	042-578-3138
Hachi Animal Hospital	1-33-20-1 Shinmeidai, Hamura	042-578-8513

\*\* In addition to vaccination fee ¥550, an inoculation fee will be charged. Please contact each animal hospital to get details.

Inquiries: Kankyou Hozen Ka ☎Ext.225

国民年金保険料を納めている方へ

**For People who paid National Pension Insurance Premiums ~**

**CERTIFICATE OF TAX DEDUCTION FOR SOCIAL 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」 will be issued by Japan Pension Service (日本年金機構) as a form of postcard, and was 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 30<sup>th</sup>, 2021. In addition to this certificate, you will also need a proof of premium payments made after September for applying for the social insurance tax deduction. Please make sure to keep the certificate and payment records together. Please inquire at the Nenkin Jimusho regarding how claims are made for tax deduction of pension premiums payed in advance for 2 years. (There is a social insurance office in Ōme.)

\*If you have paid the National Pension Insurance Premiums of your family members', you (the person who actually paid) can apply for the tax deduction of total paid premium amount including those of the family members'.

Inquiries: Nenkin Subscriber Inquiry Dial ☎0570-003-004 (Telephone Relay Services ☎03-6630-2525)/ Ōme Pension Services Office (Nenkin Jimusho) ☎0428-30-3410

11月都営住宅入居者募集

**< TOKYO METROPOLITAN PUBLIC HOUSING "Toei Juutaku" Application November >**

(Toei Juutaku housings are managed by the Tokyo Metropolitan government in purpose of providing affordable housings for low-income earners.)

Availabilities for this application period are for the following household types;

★ family unit (general) ★ family unit (young parent) ★ house that deceased of illness in living areas  
Brochure with application form (in Japanese) is available during November 1<sup>st</sup> (Mon) ~ 10<sup>th</sup> (Wed).

Locations for Brochure Handout: Toshikeikaku Ka (city hall 2<sup>nd</sup> Fl.), City Hall 1<sup>st</sup> FL Reception and B1 Security Room (Saturday, Sunday and Holidays is only at B1 Security Room)

Application: The completed application form must reach Shibuya Post office by mail before **November 15<sup>th</sup> (Mon).**

\*Tenants will be selected by 9:30AM ~ 11AM drawing on Dec 21<sup>st</sup> (Tue) held at the TMG Office Building No.2.

\*There are applicant eligibility qualifications regarding income level, period of resident registration history, etc. For details, please refer to the application brochure.

Inquiries: Tokyo Juutaku Kyoukyuu Kousha Toei Jyuutaku Boshuu Center (JKK Tokyo Application Center)  
Nov. 1<sup>st</sup> (Mon) ~ 15<sup>th</sup> (Mon) ☎0570-010-810 / other times ☎03-3498-8894 \*weekdays only.

「紅葉の谷戸沢処分場自然観察会」参加者募集

**<Autumn Red Leaves Nature View Tour to Yatozawa Landfill Site>**

Date & Time: December 2<sup>nd</sup> (Thu)

Eligibility: Residents and Commuters of Tama Area ※ Preschoolers are not allowed to participate.

Capacity: 20 people (There will be a name drawing if applicants exceed capacity.)

Fee: ¥500/ per person (including lunch fee, please pay on tour day)

How to apply: Please send postcard addressed to: (deadline: November 15<sup>th</sup> (Mon)) or via Junkan Kumiai official website to get details.

Inquiries: Tokyo Tama Kouiki Shigen Junkan Kumiai (東京たま広域資源循環組合) ☎042-597-6152

HIV 検査を受けてみませんか

**< Please have Free HIV Test at Public Health Center >**

Test Date & Time: December 7<sup>th</sup> (Tue) 2PM~4PM Reservation: Not required

Test Result: Please come to the center again on December 14<sup>th</sup> (Tue), 2PM~4PM

\* Appear in person only

▶Nishitama Hokenjo is open to public for consultations about sexually transmitted diseases at any time.

Location: 2<sup>nd</sup> Floor of Nishitama Hokenjo located at 1-167-15 Higashi Ōme, Ōme City (Public Health Center)

Capacity: First 10 people of application order

Test details: HIV antibody test and Syphilis antibody test.

▶ Those who wish can be also tested for Chlamydia and Gonococcal Infection as well.

▶ In order to obtain accurate results, in principle, please wait at least 60 days after infection.

▶ The inspection is anonymous and free of charge

Apply and Inquiries: Nishitama Hokenjo Hokentaisaku Ka, Kansensho Taisaku Kakari ☎0428-22-6141

11月9日(火)~15日(月)は 秋の火災予防運動

**< Autumn Fire Prevention Awareness Campaign ~ November 9<sup>th</sup> (Tue) to 15<sup>th</sup> (Mon) >**

~ The 2021 year Slogan of Tokyo Fire Department, "Please check again, Use fire carefully and Keep safe." Be Careful to use fire and watch out for it one by one! The campaign for fire prevention is carried out to raise awareness of how to deal with a fire when it occurs, aiming to keep disaster at minimum and to save many precious lives and also valuable assets. The Fussa Fire Station is holding fire demonstration and emergency procedures experience booth at the following event:

- Due to countermeasures of COVID-19, the events will be stopped but the prevention of fire disaster flyers will be distributed.

Inquiries: Fussa Fire Department Prevention (Yobo) Ka ☎042-552-0119

「みんなでいっしょに自然の電気」キャンペーン参加者募集中

**<Recruiting Participants for the "Using Natural Electricity Together" Campaign!>**

In Tokyo, there are conducting a campaign to make good use of Natural Electricity generated by SOLAR POWER and WIND POWER. Please register firstly and check official website to get details.

Term: Till January 31<sup>st</sup> (Mon), 2022.

Eligibility: House, shops, etc.

Inquiries:

How to participate.....Campaign Office ☎0120-267-100 / ☎0570-058-100

About the Business...Tokyo Metropolitan Environment Bureau, Next Generation Energy Promotion Section  
☎03-5388-3402

手芸講習会「寅の置物づくり（福虎と開運金俵）」

**< Handicraft Class "Tora" 2022 Oriental Zodiac Animal Decoration**

**~ Fukutora and Good Luck Gold Bales >**

Let's make decoration of "Tora" (Oriental Zodiac Animal of year 2022) together.

Date & Time: November 18<sup>th</sup> (Thu) 9:30AM~3PM Place: Silver Center Studying Room

Capacity: 8 people (if applicants are exceeded, name drawing will be held)

Fee: ¥1,900 (Material fee) Things to Bring: Sewing tools, Lunch and Beverage

Application: Till November 9<sup>th</sup> (Tue), please call Silver Center ☎042-554-5131

フレッシュランド西多摩

**FRESHLAND NISHITAMA ☎042-570-2626**

生ごみは燃やさず、堆肥にして土の栄養に！

**< Swill Garbage is not burned, but used to Compose for Soil Nutrition! >**

The compost of wooden and cardboard boxes and the way to make compost from food waste done at home will be exhibited.

Term: November 9<sup>th</sup>(Tue) ~ 21<sup>st</sup> (Sun)

Sponsor: Garage Composting Megumi Net

Inquiries: FRESHLAND NISHITAMA ☎042-570-2626

**LIBRARY ☎042-554-2280**

**< STORY TELLING for BABY >** 赤ちゃん向おはなし会

Picture Book: "Papapapantsu" etc.

Date and Time: November 17<sup>th</sup> (Wed) 11AM~

大人のためのおはなし会 ~ほっとするひとときをご一緒に~

**< STORY TELLING for ADULTS ~ Together with a Relaxing Time >**

A library volunteer, "Ohanashi Hotton" which is a volunteer group created for adults, will hold a story telling event. Picture books that immerse you in heart and stories that expand the world of imagination.

Date and Time: November 10<sup>th</sup> (Wed) 2PM~ (about one hour)

Location: Yutorogi Basement Reception Hall

Capacity: First 50

Details: Story-telling "Raidentame Emon-Raiden's first Ring"

**< Library Close Date: November 16<sup>th</sup> (Tue) >** 休館日

**YUTOROGI ☎ 042-570-0707**

杏林大学学生連携企画「脳トレ体験！～予防しよう！自身の認知症～」

**<Kyorin University Students Collaboration Project ~ Brain Training Experience "Let's prevent Dementia">**

Date and Time: December 11<sup>th</sup> (Sat) 1:30PM~3:30PM

Location: 2F Kouzashitsu 1

Capacity: 30 (in order of application)

Fee: ¥500

Thing to Bring: Writing Utensils

Lecturers: Mr. Taguchi, Yoshiko (CEO of Carea Co., Ltd.) /

Ms. Yamaki, Yumiko (Brain Trainer of Carea Co., Ltd.)

Planning and Management: Kyorin University Tourism Exchange Culture Department. Yasuyaki Furumoto Seminar

Apply: Starting from Nov 2<sup>nd</sup> (Tue), please call, via electricity application or come to Yutorogi (9AM~8PM)

高橋多佳子ピアノリサイタル

**<Ms. Takako Takahashi Piano Recital>**



Date and Time: January 8<sup>th</sup> (Sat), 2022 2PM (opens: 1PM)

Location: Yutorogi Main Hall (all reserved seats, not allow preschoolers) \*\* Admission ticket is required.

Programs: [Chopin] Waltz No.1 E major, Op.18 "Grande Valse Dance" etc.

Sponsored: Ome Sato Foundation

Co-Sponsored: Hamura City Board of Education, Ome City Board of Education.

How to apply: Starting from Nov 7<sup>th</sup> (Sun) 9AM~, tickets will be distributed via internet applying or Yutorogi office counter (2 tickets for per person).

Phone applying from Nov 7<sup>th</sup> (Sun) 1PM~ Ome Sato Foundation ☎090-5195-3030

\*\* Internet and phone applying are not available seat designation

Profile: Graduated from Toho Gakuen College, 5<sup>th</sup> prize at the 12<sup>th</sup> Chopin International Piano Competition.  
Known as "Master of Chopin Playing"

テレ朝出前講座「ニュースの裏側と楽しく学べる話し方・伝え方」

**<TV Asahi Course ~ "How to Talk and Communicate happily behind the NEWS?">**

Date and Time: December 12<sup>th</sup> (Sun) 1:30PM~3:30PM

Location: 2F Kouzashitsu 1      Capacity: 30 (in order of application)

Thing to Bring: Writing Utensils

Lecturer: Ms. Miki Tanabe (TV Asahi employee, former free announcer)

Apply: Starting from Nov 2<sup>nd</sup> (Tue) via call, electronic application service or come to Yutorogi (9AM~8PM)

### SPORTS CETER ☎042-555-0033

はじめようスポーツ 「障害者スポーツのススメ」 ボッチャを体験してみませんか

**< Experience 'Boccia', the Sport for the Physically Challenged >**

The Sports Center will host an event introducing "Boccia". Boccia is a sport using a ball which can be played by everyone, regardless of physical limits. It is a competitive sport in the Olympics.



Date	Time	Contents	Capacity
① Nov 28 <sup>rd</sup> (Sun)	9:30AM~11AM	Experience Class	First 15 of application order (Each class)
② Dec 11 <sup>th</sup> (Sat)			

Eligibility: Hamura city Residents and workers

Things to Bring: Exercise wears, beverage, indoor shoes, mask and health management checklist.

\*\* Please fill in "Health Checklist" one week in advance to participate game and bring with you at game day.

Sponsors: Hamura City Sports Habits Promotion Business Executive Committee

Apply by: Till Nov 19<sup>th</sup> (Fri), please come or call directly to Sports Center (9AM~5PM)

Inquiries: Sports Center ☎042-555-0033

\*\* "Hamura Health Checklist" can be distributed at Sports Center or download from city official website.

郷土博物館

### KYODO HAKUBUTSUKAN ☎042-558-2561

歴史講座「歴史散歩 はむら神社めぐり」

**<History Course "History Walking ~ Hamura Shrine Tour">**

Walking around the shrines in the city and explaining the history and cultural assets of each shrine.

Date and Time: November 28<sup>th</sup> (Sun) 1:30PM~4PM

Eligibility: Hamura Residents and workers are in the 4<sup>th</sup> grade elementary school or above.

\*\* Elementary school students must be accompanied by a guardian.

Capacity: 15 (in order of application)

Things to bring: Beverage and rain gear

\*\* Light rain will be carried out, please come in comfortable shoes and clothes.

Meeting Place: JR Hamura Station

Course (schedule): JR Hamura Station → Gonokami Shrine → Shotoku Shrine → Inari Shrine → Sui Shrine → Kyoudo Hakubutsukan (break time) → Hamura Shrine → Kyoudo Hakubutsukan (dismiss)

\*\* Course is subject to change.

How to apply: November 4<sup>th</sup> (Thu) ~ 27<sup>th</sup> (Sat) 9AM~5PM, please call or come to Kyoudo Hakubutsukan

**<Hello Work Tour>** 利用してください、出張ハローワーク

The consultation will be provided by Hello Work Ome Staff who will also make appointments with companies and create Recommendation Letter.

Date and Time: November 10<sup>th</sup> (Wed). 24<sup>th</sup> (Wed) 1:30PM~3:30PM  
(It will be held on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday monthly)

Location: Sangyo Fukushi Center 2F Seminar Room

Inquiries: Sangyo Kikaku Ka, ☎Ext. 667

### CONSULTATIONS

法テラス 無料法律相談

**FREE LEGAL CONSULTATION by Hou-Terasu Law Office and Bar Association**

Hou-Terasu Law Office and Tokyo San Bengoshi-Kai Bar Association will give consultations for legal advice.

This consultation is free of charge, about 30 minutes for each client. Capacity: 5 (application order)

Date & Time: November 20<sup>th</sup>, (Sat) 9:30AM ~ 12:40PM Place: City Hall 1<sup>st</sup> Floor Shimin Soudan-Shitsu

Application & Inquiries: Call or visit the City Hall Kouhou Kouchou Ka, Shimin Soudan Kakari ☎Ext.541 in advance, Closed on Saturday, Sunday, and Holidays.



子育て

### CHILDREN

**< Free Dental Checkup for Expectant Mothers >** 妊婦歯科検診

Eligibility: Expectant Mothers living in Hamura Date: All Year Round Fee: Free

Things to Bring: Boshi Kenkou Techou (Maternal and Child Health Handbook) and Health Insurance Card

How & Where: Make an appointment at designated Dental Clinic located in Hamura City.

\* If currently having your teeth treated, you are not eligible for this checkup.

\* If treatment is needed, the charge will be by your own.

Inquiries: Kosodate Sodan. Boshi Hoken.Sodan Kakari (in Hoken Center) ☎Ext.692

**<Pregnant woman Online Consultation (reservation required)>** 妊産婦オンライン相談 (要予約)

Please feel free to use online consultation with midwife.

Eligibility: Pregnant woman or raising children mother living in Hamura City (generally within one year after giving birth)

Date and Time: November 30<sup>th</sup> (Tue) 1:30PM~3:30PM

Inquiries: Kosodate Sodan Ka, Boshi Hoken.Sodan Kakari (in Hoken Center) ☎Ext. 692

「ちょこっと広場」を利用してください

**< "Chokotto Hiroba" Consultation Services- Require Reservation >**

The Child Rearing Consultation Service offered by Clinical Psychologists assigned from Hamura City Child And Family Support Center (Kodomo Katei Shien Center), "Chokotto Hiroba" are offered to city citizens.

Please feel free to visit to talk about your child's psychological development, parent's mental stress and etc.

In addition to the general consultation, they provide more detailed consultation about the various matters related to the growth by addressing the specific needs of your child.

こころの相談 (臨床心理士)

◆ Consultation for Emotional Wellbeing of Your Child ~ "Kokoro No Soudan"

Date and Time	Capacity	Location
November 26 <sup>th</sup> (Fri) 10AM	1 (in order of application)	West Children Center

◆ Consultation for speech and hearing Concerns (speech therapist) of Your Child

Date	Capacity	Location
November 12 <sup>th</sup> (Fri) ① 9:30AM ② 10:45AM ③ 1:15PM ④ 2:30PM	One for each time (in order of application)	Hoken Center

\*\* City official website is posted the whole year schedule.

To make a reservation, please call the Kosodate Soudan Ka, Soudan Kakari at the below # (Hoken Center).

Inquiries: Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎Ext. 694

1歳児教室「1歳ちゃん♪ 集まれ〜!」

< The 1 Year-Old and Parent Get-Together Group >

The "Happy" Kosodate Chiiki Houkatsu Center (Regional Family Support Center) will hold a get-together for fun class geared toward 1 year old kids and their parents. They will offer tips on how to stop breast feeding or about safety, and the child can play with other children.

Date: November 30<sup>th</sup> (Tue), from 9:30AM ~ 11AM Location: Hoken (Health) Center

Capacity: First 8 (in order of application) Priority for applicants of the 1<sup>st</sup> time to participate

\*\* Admission are not allowed for Siblings of participating child.

Things to Bring: Boshi Kenkou Techou (Maternal Handbook), Bath Towel and Beverage

Application and Inquiries: Starting from November 5<sup>th</sup> (Fri) 9AM~, please call or come directly to Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari, ☎Ext. 695

子育て・コミュニケーションスキル等のセミナーについて

< Seminars on Child-Rearing and Communication Skills >

A Seminar on Child-Rearing, Communication Skills, etc. in collaboration with Hamura City and Meiji Yasuda Life Mental Health Foundation on "Hamura City, Tokyo official Video Channel" Youtube will be delivered. One session is about 15~40 minutes.

Schedules and Details:

	Date	Details
①	Nov 15 <sup>th</sup> (Mon) ~ 26 <sup>th</sup> (Fri)	"To enjoy child-rearing ~ both children and myself can be loved."
②	Nov 29 <sup>th</sup> (Mon) ~ Dec 10 <sup>th</sup> (Fri)	"Assertion ~ Communication of mutual respect for each other."
③	Dec 13 <sup>th</sup> (Mon) ~ 24 <sup>th</sup> (fri)	"Anger Management ~ Tips for Happiness ~ "

Lecturers: ① Ms. Naomi Shiozaki (Professor, Department of Psychology, Faculty of Human and Social Studies, Japan Women's University)

② Ms. Masayo Sonoda (Professor, Soka University)

③ Ms. Keiko Takayama (Representative of NPO Ejison Club, Clinical Psychologist)

\*\* Internet connection fee is borne by the viewer. Wi-Fi environment is recommended using.

Inquiries: Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎Ext. 692

<Due Two Kanae & Yukari Piano Duo Concert> DueTwo かなえ&ゆかり ピアノデュオコンサート

Please enjoy the exciting performance of the piano duo by Ms. Kanae Kiuchi and Ms. Yukari Oshima. The Original song composed by Duet for this concert in the image of Hamura City at the world's first performance will be delivered.

Date and Time: February 19<sup>th</sup> (Sat) 2:30PM (opens: 1:30PM~)

Location: Yutorogi Main Hall

Capacity: 824 people (all reserved seats) \*\* Preschoolers are not allowed to admission.

Ticket Fee: General ¥1,500, Senior ¥1,200 (as the concert day is 70 years old)

High school students or under ¥500

Programs: Monty / Csárdás (Arrangement: Duet), Piasora / Libertango (Arrangement: Duet), Ravel / Bolero, Ms. Kanae Kiuchi / Hamura City (Arrangement: Duet) and others.



\*\* Programs songs are subject to change due to circumstances.

Ticket Selling: November 2<sup>nd</sup> (Tue) 9AM~

[Sales Counter]

- Yutorogi (9AM~8PM, close Monday),
- Sports Center (9AM~5PM, close Monday)
- Nishitama Newspaper Ticket Services ☎0120-61-3737 (Monday~Friday 10AM~5PM)

[Internet Sales]: Yutorogi Online Ticket (seat designation is not available)

Inquiries: Yutorogi ☎042-570-0707

## HAMURA ZOO    ☎042-579-4041

### <Autumn of Appetite>    食欲の秋

Humboldt Penguins perform "Moulting" to replace old and new feathers during the summer. At that time, the appetite decreases but the penguins have finished molting cleanly. Then, they increase their appetite to store fat in bodies for passing winter. It is called "Autumn of Appetite!"

There are 24 penguins eating fish all at once is a sight to behold. Welcome to see!

- November Close Days    11月の休園日  
 Nov 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> all Mondays.

11月の相談日

### PUBLIC CONSULTATIONS Schedule of November

Category	Date	Time	Contact
General Consultation for Foreign Residents (A)*	Appointment required	9AM~4PM	Spanish and English interpretation service is available by appointment for Foreign Residents Consultation only. <i>Shimin Soudan-shitsu</i> city hall ext.541
Public Administration and Human Rights	18 <sup>th</sup> (Thu)	1:30pm ~ 4:30pm	

\*A=appointment required. \*For English and Spanish translation services, please make an appointment in advance

11月の休日診療

### ◆NOVEMBER MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3rd (Wed. Holiday)	Baba Kodomo Clinic	☎042-555-3788	Takasawa Byouin (Mizuho-machi)	☎042-556-2311	Moriya Shika Iin	☎042-555-9872
7 <sup>th</sup> (Sun)	Yokota Clinic	☎042-554-8580	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Yano Shika Iin	☎042-555-3363
14 <sup>th</sup> (Sun)	Sakae-chou Shinryoujo	☎042-555-8233	Hikari Clinic (Fussa-shi)	☎042-530-0221	Watanabe Shika Iin	☎042-570-1688
21 <sup>st</sup> (Sun)	Yamakawa Iin	☎042-554-3111	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Honda Dental Clinic	☎042-554-4184
23 <sup>rd</sup> (Tue, Holiday)	Ozaki Clinic	☎042-554-0188	Takamizu Iin (Mizuho-machi)	☎042-557-0028	Asahi Kouen Douri Shika Iin	☎042-555-7904
28 <sup>th</sup> (Sun)	Izumi Clinic	☎042-555-8018	Hikari Clinic (Fussa-shi)	☎042-530-0221	Ikoma Shika Hamura Shinryoujo	☎042-555-3139