



# HAMURA NEWS



**HAMURIN** Hamura City Mascot

**December 15th , 2022**

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

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新型コロナワクチン接種

## VACCINATION OF COVID-19



■この冬、新型コロナ、インフルエンザ同時流行に備えて

**<In preparation for the simultaneous epidemic of the COVID-19 and Influenza in this WINTER!>**

There is concern about the spread of COVID-19 and Influenza this winter as well. It is important that everyone takes action to ensure safety during the Holidays Season.

Inquiries: Hoken Center ☎Ext. 626

[Please cooperate in the prevention of COVID-19] [新型コロナウイルス感染症予防にご協力ください]

1) Please thoroughly implement basic infection control measures.

Avoiding the "3Cs" (closed spaces, crowded places, close-contact), hand hygiene such as washing hands, ventilation, etc.

Especially in winter, ventilation tends to be neglected. Please open the window at regular intervals to ventilate in two directions.

2) Please have early COVID-19 vaccination with Omicron stain-compatible vaccine.

3) If you have contact with infected person, please have test as soon as possible.

4) Avoid staying restaurant for long time and loudly conversation, please wear mask when you have conversation with others.

5) Avoid going out when you have any symptoms.

[人が集まる場所や帰省する時は、自主検査を行いましょう]

[Please perform a self-inspection at places where people gather or when you go back hometown.]

1) "Tokyo PCR and other tests free project" 東京都PCR等検査無料化事業

It is carried out at registered medical institutions, pharmacies and private inspection institutions. For details, please check the website of the Tokyo Metropolitan Government Free PCR Test, etc. or contact the Call Center ☎03-6634-4612 (9AM~7PM, exclude Saturday, Sunday and Holidays)

2) If you want to test at your own expense, please check to the Ministry of Health, Labor and Welfare website, "List of testing institutions that provide self-testing".

[普段と異なる症状がある場合は、自主検査もしくは受診を！]

[If you have symptoms different from usual, please self-examine or see a doctor.]

1) If you are 65 years of age or older with underlying disease, obsess, or pregnant, please see your family doctor first. If you do not have family doctor ※1, please consult with the closest medical facility.

2) ※2 If you are at low risk of becoming seriously ill, ※3 please have a self-examination using an inspection kit. In addition, those who wish to receive support during medical treatment.

※4 Please register at the "Tokyo positive person registration center". If you feel that your symptoms are serious, please consider calling ※1 for a telephone consultation or seeing a doctor.

※1: For telephone consultations or if you do not have a family doctor, please consult with the Tokyo Metropolitan Fever Consultation Center

- . Dial for medical institutions (24 hours) ☎03-5320-4327, ☎03-5320-5971 and ☎03-5320-7030
- . Information on medical institutions and consultation on symptoms (24 hours) ☎03-5320-4592, ☎03-6258-5780, ☎03-5320-4551 and ☎03-5320-4411

※2: Those at high risk of severe illness: People are outpatients or hospitalized due to underlying diseases and are obese with a BMI of 30 or higher.

※3: Apply for test kits on the Tokyo Metropolitan Government Test Kit Direct Delivery Office Call Center ☎0570-020-205 (9AM~7PM, including Saturday, Sunday and Holidays).

※4: If you register at the Tokyo Metropolitan Positive Registration Center, you will be able to observe your health with MyHER-SYS, deliver food, Pulse oximeters and receive recuperation support at Metropolitan accommodation recuperation facilities. The residents of Tokyo who are not eligible for outbreak notification (those under 65 years old, do not require hospitalization, do not require therapeutic drugs / oxygen administration or not pregnant) but have received a positive suspected or diagnosis. Registration is by web application only. If you need details, please contact [Tokyo Metropolitan Positive Registration Center] ☎0570-080-197 (available 24 hours).

■コロナ、インフルエンザに備えて **<In preparation for the COVID-19 and Influenza!>**

COVID-19 vaccinations are available without reservation.

新型コロナウイルスワクチン接種が予約なしでできません

Till **December 18<sup>th</sup> (Sun)**, you can have COVID-19 vaccination against Omicron strain BA.4-5

manufactured by Pfizer Inc. without an appointment at S&D Sports Arena Hamura (Sports Center).

For more information, please check the city's official website.

Inquiries: Hamura City New Coronavirus (COVID-19) Call Center ☎0570-030207, 9AM~5PM (include Saturday, Sunday and Holidays, close Dec 24<sup>th</sup> (Sat), Year-End and New Year's holidays)  
 \*\*Phone Relay Services (via Sign Language and Interpreter operator), please try to call Kenko Ka (in Hoken Center)☎042-555-1111 Ext.628~630

平日夜間急患センターで発熱の診療を再開します

**<Weekday Night Urgent Care Center (Heijitsu Yakan Kyuukan Center) will resume treatment for FEVER.>**

- Medical care for fever will be provided using the COVID-19 and influenza integrated antigen test kits.
- Reservation is required, please make an appointment by phone before coming to hospital (it may be difficult to connect during busy hours).
- Please be sure to bring your insurance card.
- Antigen test will be processed in the car, so please come in by car. If you cannot come by your own car, please consult firstly.

Location: 5-1-2 Midorigaoka, Hamura

Day and Time: Monday, Thursday and Saturday 7PM~10PM (Reception: till 9:20PM)

Reservation reception ~ till 9:10PM

Phone Reception ~ till 9:45PM

Specialty and Phone: Internal Medicine ☎042-555-9999



熱が出た時のために、あらかじめ準備しておきましょう

Prepare in advance for a **FEVER!**

[Examples of groceries]

- Hydration items ~ sports drinks, oral rehydration solution, jelly drinks, etc.
- Foods that are easy to eat even when you are not feeling well, such as retort-packed porridge, packaged rice, udon noodles, etc.
- Retort pouch foods, canned foods, instant soups, etc. that can be eaten in between meals without cooking.

\*\* Prepare a week's of food.

[Examples of medicines, etc.]

- COVID-19 antigen test kit ~ Choose a kit that has been approved by the government.
- Antipyretic and Analgesic medicines ~ Please refer to the website of the Pharmacists Association of Japan.
- Thermometers ~ please check the battery level firstly.
- Daily necessities ~ Hand sanitizer, detergent, garbage bags, hygiene products, toilet paper, tissue paper, etc.



年末。年始のお知らせ

**< Change of Public Service Schedules during Year-End & New-Years Holiday for Public Facilities >**

Facilities	Closed Days	Notes
City Hall, Suidou Jimusho (Waterworks Office), Shouhi Seikatsu Center, Kyouiku Soudan-shitsu, Hoken Center, COVID-19 Vaccine Call Center, Heijitsu Yakan Kyuukan Center, Ikoi No Sato, Chiiki Houkatsu Shien Centers (Asahi, Ayumi and Akashia), Children Centers and Gakudou Clubs, Primo Hall Yutorogi, Primo Library Hamura (Library), Kyoudo Hakubutsukan, S&D Sports Arena Hamura (Sports Center), S&D Sports Park Fujimi (Fujimi Park) Club House, S&D Swimming Plaza Hamura (Swimming Center), Kyuudou Center, Community Center and Sangyou Fukushi Center	Dec 29 <sup>th</sup> (Thu) ~ Jan 3 <sup>rd</sup> (Tue)	* City Hall temporary reception : Procedures related to Family Register will be handled at the Guard's Room located by West Entrance (B1 Floor) * Heijitsu Yakan Kyuukan Center opens its nightly emergency room on January 2 <sup>nd</sup> (Mon). 3 <sup>rd</sup> (Tue). * S&D Sports Arena Hamura (Sports Center), will open Jan 4 <sup>th</sup> (Wed) 9AM~ to accept sports center, ground and tennis courts' January raffle, reservation fee, and so on processing. * S&D Swimming Plaza Hamura (Swimming Center) ~ Pool and Sauna open till Dec. 24 <sup>th</sup> (Sat) /Training Room opens till Dec. 28 <sup>th</sup> (Wed)
Hinotonton Zoo ☎042-579-4041	January 1 <sup>st</sup> (Sat, holiday)	Open every day except Jan. 1 <sup>st</sup> (Sun,Holiday).
Nousanbutsu Chokubaijo (Farmer's Market) ☎042-579-5467	Dec 31 <sup>st</sup> (Sat)~ Jan 5 <sup>th</sup> (Thu)	
Fresh Land Nishitama ☎042-570-2626	Dec 30 <sup>th</sup> (Fri) ~ Jan 1 <sup>st</sup> (Sun, holiday). 3 <sup>rd</sup> (Tue)	Bath facility will open from Jan. 2 <sup>nd</sup> (Mon) NOON Gym / meeting rooms will close: Dec 29 <sup>th</sup> (Thu) ~ Jan. 3 <sup>rd</sup> (Tue)
<Funeral Hall> Fujimi Saijou ☎042-555-6269	Jan 1 <sup>st</sup> (Sun). 2 <sup>nd</sup> (Mon) * Ceremony reservations will be accepted by phone.	Funeral service can be held until Dec. 31 <sup>st</sup> (Sat) Services will be available again from Jan. 3 <sup>rd</sup> (Tue)
<Funeral Hall> Mizuho Saijou ☎042-557-0064	Jan 1 <sup>st</sup> (Sun, holiday). 2 <sup>nd</sup> (Mon) * Ceremony reservations will be accepted by phone. (8:30AM ~ 8PM)	Funeral service can be held until Dec. 31 <sup>st</sup> (Sat) Services will be available again from Jan. 3 <sup>rd</sup> (Tue) Cremation will be offered until 12:30PM of Dec.31 <sup>st</sup> (Sat), resumes 9:30AM of Jan. 4 <sup>th</sup> (Wed)

\* 休日診療 \*

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

**DECEMBER 29<sup>th</sup> (Thu) ~ JANUARY 3<sup>rd</sup> (Tue)**

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

DATE	HOSPITAL				DENTAL CLINIC	
	9am~5pm		5pm~10pm		9am~5pm	
29 <sup>th</sup> (Thu)	Baba Kodomo Clinic	☎042-555-3788	Kurihara Iin (Mizuho-machi)	☎042-557-0100	Hirai Dental Partners	☎042-533-5157
30 <sup>th</sup> (Fri)	Yokota Clinic	☎042-554-8580	Takasawa Byouin (Mizuho-machi)	☎042-556-2311	Yano Shika Iin	☎042-555-3363
31 <sup>st</sup> (Sat)	Matsuda Iin	☎042-554-0358	Fussa-shi Hoken Center	☎042-552-0099	Watanabe Shika Iin	☎042-570-1688
January 1 <sup>st</sup> (Sun, holiday)	Matsubara Naika Iin	☎042-554-2427	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Honda Shika Iin	☎042-554-5902
2 <sup>nd</sup> (Mon)	Yanagida Iin	☎042-555-1800	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Masuda Shika Iin	☎042-551-8686
3 <sup>rd</sup> (Tue)	Yamaguchi Naika Clinic	☎042-570-7661	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Yano Shika Iin	☎042-555-3363

Please note that the above information is subject to change without notice.

\* Tokyo Health & Medical Information Center "Himawari" Japanese ☎03-5272-0303 (24 Hours)  
 Foreign Language Service ☎03-5285-8181 (English) 9AM~8PM Daily,  
 Emergency Purpose Translation via hospital (for emergency only): ☎03-5285-8185 on weekdays 5PM  
 ~8PM, weekends and holidays 9AM ~ 8PM. Languages: English, Chinese, Korean, Thai, Spanish

年末（最終）. 年始（最初）の資源、ごみの収集



**RECYCLABLE WASTE COLLECTION DAYS by CATEGORY**

Please be notified that the waste collection schedule will be temporarily modified at the end of the year in some areas in the late December and during the New Year Holidays. Please refer to the below chart and confirm the last day that you are able to dispose of recyclables for 2021 **and** the START of collection for 2022.

We appreciate your cooperation very much.

Inquiries: Seikatsu Kankyou Ka, ☎Ext.205

#: Last Day for Collection for December 2022    ♪: First Day of Collection for January 2023

Area	L / F	Recyclables A	Recyclables B	Hard Plastics & Pet Bottles	Metals & Non-combustibles	Toxic waste
Kawasaki, Tamagawa, Seiryuu	#	Dec 28 <sup>th</sup> (Wed)	Dec 27 <sup>th</sup> (Tue)	Dec 23 <sup>rd</sup> (Fri)	---	Dec 16 <sup>th</sup> (Fri)
	♪	Jan 4 <sup>th</sup> (Wed)	Jan 10 <sup>th</sup> (Tue)	Jan 13 <sup>th</sup> (Fri)		Jan 20 <sup>th</sup> (Fri)
Hane Higashi	#	Dec 28 <sup>th</sup> (Wed)	Dec 23 <sup>rd</sup> (Fri)	Dec 20 <sup>th</sup> (Tue)	Dec 27 <sup>th</sup> (Tue)	---
	♪	Jan 4 <sup>th</sup> (Wed)	Jan 6 <sup>th</sup> (Fri)	Jan 10 <sup>th</sup> (Tue)	Jan 31 <sup>st</sup> (Tue)	
Hane Naka	#	Dec 27 <sup>th</sup> (Tue)	Dec 23 <sup>rd</sup> (Fri)	Dec 21 <sup>st</sup> (Wed)	Dec 28 <sup>th</sup> (Wed)	---
	♪	Jan 10 <sup>th</sup> (Tue)	Jan 6 <sup>th</sup> (Fri)	Jan 4 <sup>th</sup> (Wed)	Jan 25 <sup>th</sup> (Wed)	

Hanekami, Hane Nishi	#	Dec 28 <sup>th</sup> (Wed)	Dec 27 <sup>th</sup> (Tue)	Dec 23 <sup>rd</sup> (Fri)	Dec 16 <sup>th</sup> (Fri)	---
	♪	Jan 4 <sup>th</sup> (Wed)	Jan 10 <sup>th</sup> (Tue)	Jan 13 <sup>th</sup> (Fri)	Jan 20 <sup>th</sup> (Fri)	
Ozakudai	#	Dec 27 <sup>th</sup> (Tue)	Dec 23 <sup>rd</sup> (Fri)	Dec 21 <sup>st</sup> (Wed)	---	Dec 28 <sup>th</sup> (Wed)
	♪	Jan 10 <sup>th</sup> (Tue)	Jan 6 <sup>th</sup> (Fri)	Jan 4 <sup>th</sup> (Wed)		Jan 25 <sup>th</sup> (Wed)
Shinmeidai 1 & 2	#	Dec 23 <sup>rd</sup> (Fri)	Dec 28 <sup>th</sup> (Wed)	Dec 27 <sup>th</sup> (Tue)	---	Dec 20 <sup>th</sup> (Tue)
	♪	Jan 6 <sup>th</sup> (Fri)	Jan 4 <sup>th</sup> (Wed)	Jan 17 <sup>th</sup> (Tue)		Jan 24 <sup>th</sup> (Tue)
Shinmeidai 3 & 4	#	Dec 26 <sup>th</sup> (Mon)	Dec 28 <sup>th</sup> (Wed)	Dec 15 <sup>th</sup> (Thu)	Dec 22 <sup>nd</sup> (Thu)	---
	♪	Jan 9 <sup>th</sup> (Mon)	Jan 4 <sup>th</sup> (Wed)	Jan 5 <sup>th</sup> (Thu)	Jan 26 <sup>th</sup> (Thu)	
Futaba-chou, Midorigaoka 3, Hane Musashino, Gonokami Musashino, Kawasaki Musashino	#	Dec 28 <sup>th</sup> (Wed)	Dec 26 <sup>th</sup> (Mon)	Dec 22 <sup>nd</sup> (Thu)	---	Dec 15 <sup>th</sup> (Thu)
	♪	Jan 4 <sup>th</sup> (Wed)	Jan 9 <sup>th</sup> (Mon)	Jan 12 <sup>th</sup> (Thu)		Jan 19 <sup>th</sup> (Thu)
Fujimidaira	#	Dec 22 <sup>nd</sup> (Thu)	Dec 28 <sup>th</sup> (Wed)	Dec 19 <sup>th</sup> (Mon)	Dec 26 <sup>th</sup> (Mon)	---
	♪	Jan 5 <sup>th</sup> (Thu)	Jan 4 <sup>th</sup> (Wed)	Jan 9 <sup>th</sup> (Mon)	Jan 30 <sup>th</sup> (Mon)	
Gonokami	#	Dec 28 <sup>th</sup> (Wed)	Dec 22 <sup>nd</sup> (Thu)	Dec 19 <sup>th</sup> (Mon)	---	Dec 26 <sup>th</sup> (Mon)
	♪	Jan 4 <sup>th</sup> (Wed)	Jan 5 <sup>th</sup> (Thu)	Jan 9 <sup>th</sup> (Mon)		Jan 30 <sup>th</sup> (Mon)
Midorigaoka1, 2, 4 & 5	#	Dec 26 <sup>th</sup> (Mon)	Dec 22 <sup>nd</sup> (Thu)	Dec 28 <sup>th</sup> (Wed)	---	Dec 21 <sup>st</sup> (Wed)
	♪	Jan 9 <sup>th</sup> (Mon)	Jan 5 <sup>th</sup> (Thu)	Jan 11 <sup>th</sup> (Wed)	Jan 4 <sup>th</sup> (Wed)	Jan 18 <sup>th</sup> (Wed)
Sakae-chou	#	Dec 22 <sup>nd</sup> (Thu)	Dec 26 <sup>th</sup> (Mon)	Dec 28 <sup>th</sup> (Wed)	Dec 21 <sup>st</sup> (Wed)	---
	♪	Jan 5 <sup>th</sup> (Thu)	Jan 9 <sup>th</sup> (Mon)	Jan 11 <sup>th</sup> (Wed)	Jan 18 <sup>th</sup> (Wed)	

### < Tips for waste disposal >

- Please be sure to take out waste **by 8AM**.
- Temporary collecting hours are different from regular routine collecting hours for plastics and combustibles.
- At Kawasaki, Tamagawa, Seiryuu Hane Higashi Hane Naka Hanekami, Hane Nishi Ozakudai Shinmeidai 1 & 2:  
Last collection day for **Combustibles** (燃やせるごみ) is December 30<sup>th</sup>(Fri) ~ Resumes Jan. 5<sup>th</sup> (Thu), 2023
- At Shinmeidai 3 & 4 Futaba-chou, Midorigaoka 3, Hane Musashino, Gonokami Musashino, Kawasaki Musashino  
Fujimidaira Gonokami Midorigaoka1, 2, 4 & 5 Sakae-chou:  
Last collection day for **Combustibles** (燃やせるごみ) is December 30<sup>th</sup> (Fri) ~ Resumes Jan. 6<sup>th</sup> (Fri), 2023
- Last collection day for **Plastic Containers**(プラ): December 29<sup>th</sup>(Thu). \*No cans and bottles collected on this day.
- Please make sure to take out Spray Can, Gas Pump for Cassette Stove and Disposable Lighter in **Toxic waste day**. Since if you take out for wrong day, it might cause fire disaster to mix with others waste.  
\*Some areas might have irregular January schedule to collect Metals & No-combustible, Toxic Waste, Hard Plastics and Pet Bottles, Please make sure Waste Calendars firstly to take out waste.
- The calendar of waste disposal is till March, 2023. The following calendar starts from April, 2023 will be distributed with Mar 15<sup>th</sup>, 2023 version "Kouho Hamura".



そのほかの資源・ごみなどの回収

### DETAILS FOR OTHER CATEGORIES OF YEAR END TRASH COLLECTION

ペットボトル、白色トレイ、紙パック 拠点回収

#### ■ Spot-Collection : How to dispose of Pet Bottles, White Trays, and Paper Packs >

December 27<sup>th</sup> (Mon) will be the last day to dispose of this trash before the New Year. The spot-collection container will be closed and locked on December 28<sup>th</sup> (Tue), and will be re-opened on January 4<sup>th</sup> (Tue), after 8AM.

### < How to Dispose of Oversized Trash > 粗大ごみ

#### ■ Home Collection by appointment 自宅回収

Simply call Sodaigomi Uketsuke Center and make a pick-up appointment ☎042-570-7733.

End of 2022 ~ requests are accepted until 5PM on December 28<sup>th</sup> (Wed).

\*Collection request received on 28<sup>th</sup> will be scheduled after the New Year holidays.

Beginning of 2023 ~ requests are accepted from Jan 4<sup>th</sup> (Wed)

\*Collection request received on Jan 4<sup>th</sup> will be scheduled after Jan 5<sup>th</sup> (Thu).

#### ■ Carry-in Collection 持ち込み

Recycle Center's final service day of 2022 will be December 28<sup>th</sup> (Wed), open until 4PM.

You may bring the items directly to the Recycle Center. December is a very busy time for oversized trash collection and recycling. Please plan ahead.

The Center will reopen at 9AM, January 4<sup>th</sup> (Wed), 2023.

\*Recycle Center will open January Sunday only Jan 8<sup>th</sup> (Sun).

\*Oversized trash sticker is not required for carry-in collection, however, the handling fee will be charged at Recycle Center Please refer to the manual Page 36~39 which was distributed.

#### ■ Excreta Collection し尿汲取り

[End of Year]

The last day for Excreta Collection before New Year is Dec 27<sup>th</sup> (Tue) / Reception is till Dec 28<sup>th</sup> (Wed).

\* If you wish to have this service on the 27<sup>th</sup> (Tue), please make an appointment till 26<sup>th</sup> (Mon) 3:30PM to Excreta Collection Center (☎042-570-7733).

\*Any appointment made later than December 26<sup>th</sup> (Mon) 3:30PM, it will be served in January, 2023.

[The Beginning of Year]

\*The Excreta Collection will start Jan 6<sup>th</sup> (Fri) / Acceptance of appointment resumes Jan 4<sup>th</sup> (Wed).

\*Excreta Collection will be cost fee which is based on area or purpose difference.

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

※ そのほかの お知らせ

### < Temporary Schedule for the Entire Hamura City >

#### < Primo Library Hamura – Change of Lending Period > 本の貸し出す

The book lending period will be postponed during the Year-End & New-Year Holidays from December 16<sup>th</sup> (Fri).

\*Magazines for holiday lending will be available from January 4<sup>th</sup> (Wed).

Unable to use Book Box term:

- Main library and Ozakudai branch : Dec 28<sup>th</sup> (Wed) close hour ~ Jan 4<sup>th</sup> (Wed) open hour
- The others Dec 28<sup>th</sup> (Wed) afternoon ~ Jan 4<sup>th</sup> (Wed) morning hours

Inquiries: Primo Library Hamura (Library) ☎042-554-2280

コミュニティバス「はむらん」年末・年始の運行

#### < Community Bus "Hamuran" will be running during New Year Holidays >

The Hamuran buses Higashi Course will operate on the holiday schedule for the dates of December 30<sup>th</sup> (Fri) ~ January 3<sup>rd</sup> (Tue) but not going to Fussa Hospital.

- If you need to go to Fussa Hospital, please take Hamura Central Course.

Inquiries: Toshi Keikaku-Ka ☎Ext.288

■高齢の方に自動通話録音機を貸します

### <Lending Automatic Call Recorders to the Elderly>

There is no end to the number of victims of special frauds including bank transfer scams.

By using an automatic all recorder, people can expect to prevent damage by having the perpetrator abandon the call with a warning message and recording function.

Eligibility: Households in the Hamura City with 65 years of age or older.

- Only one phone that is mainly used by the elderly even in multi-family dwellings.
- Households with an automatic call recorder (warning device) installed by the Metropolitan Police Department are excluded.

How to Apply: Fill an application form and submit it to City Hall 2F Bosai Anzen Ka.

Things to bring: Documents showing the applicant's address, name and date of birth (if applying by proxy, ID cards of the applicant and proxy, etc.)

Lending period: 3 years from the date of lending decision.

### ●対応電話機等 **Compatible Telephones, etc.**

Telephone sets with a number display function, an answering machine function and a fax machine can be connected.

- ※ Electricity charges are the responsibility of the user.
- ※ Installation must be done by the user.
- ※ The number of rental units is limited. Please inquire for details.

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



干支記念入園券販売

### < 2023 Oriental Zodiac New Year Memorial Tickets >

2023 Memorial Tickets will be sold from our first opening day of the New Year, **January 2<sup>nd</sup> (Mon), 9AM~**.

The beautiful work of art printed on the ticket is drawn by a Hamura resident, Mr. Tsunenobu Namiki, a renowned lacquer artist. This ticket will be Mr. Namiki's the last design Zodiac New Year Memorial Ticket.

Sold at: Hamura Zoo Front Entrance

Ticket number: 2,000 tickets

Price: ¥400 (expires on December 31<sup>th</sup> (Sun), 2024)

Inquiries: Dokoku Ka, Kouen Kanri Kakari ☎Ext.284

お知らせ

## INFORMATION

■ 災害時に備えて 避難行動要支援者制度

### <Hamura City's Evacuation Plan to Support Those Requiring Evacuation Assistance (避難行動要支援者制度) >

#### ▼Evacuation Action Supporter System 避難行動要支援者制度とは

Hamura City prepares a list of elderly people and people with disabilities who especially need evacuation support (evacuation action supporters) in advance. It is useful system for safety confirmation and evacuation guidance during disaster.

#### ▼Registration of evacuation action supporter list 避難行動要支援者名簿の活用

The eligible people to be registered in the list is determined in advance in city's regional disaster prevention plan. The list information will be distributed to the related parties to necessary range when disaster occurs. If the consent of people is obtained, it will be distributed before disaster occurs and will be used for disaster prevention activities such as daily monitoring, safety confirmation and evacuation drills.

#### ▼"List of Citizens Requiring Evacuation Assistance" 名簿の登録対象となる方

- Eligibility ▪

Hamura City Residents who are not long term hospital / nursing home dwellers that fulfill following criteria:

1. Households comprised of age 75 or older
2. Certified as Long-term Care Level 3 or higher
3. Physical Disability Certificate (身体障害者手帳) Level 1 or 2
4. Intellectual Disability Certificate (愛の手帳) Level 1 or 2
5. Health and Welfare Handbook for Mentally Disabled (精神障害者保健福祉手帳) Level 1 or 2
6. Those needing special assistance in time of evacuation with incurable diseases.
7. Those certified by the mayor as needing evacuation assistance during evacuation.

\*If you are not applicable ①～⑥ to above and wish to be included in the list, please inquiry to Bosai Anzen Ka.

▼Personal Information ~ The required information for registry is as follows.

Name, Date of Birth, gender, address, point of contact (phone number), and a reason for needing assistance which was provided at time of registry.

▼The Various Agencies which will handle the Information

Neighborhood Association, Civil Voluntary Disaster Management Organization, Commissioned Welfare Volunteers, Fire Brigades, Hamura City Social Welfare Organizations and Traffic Safety Organizations, Fussa Police Department and Fire Department

\*Please note that personal information may be disclosed within the specifications of the Disaster Control Plan, even if there was no consent provided in times of emergency.

▼New Applicable Citizens

Those who are going to be registered from now will receive "List of Citizens Requiring Evacuation Assistance" (避難行動要支援者名簿) ひなんこうどうようしえんしゃめいぼ notice packet around End of December.

This notice, which includes information about the Basic Act on Disaster Control Measures, confirmation regarding the information that is kept, and the consent form is sent so that information can be offered to various agencies to be prepared for when an emergency occurs. This consent form should be signed and returned.

Inquiries: Bousai Anzen Ka, Bousai. Kiki Kanri Kakari Ext. ☎217

健康

■ 体組成測定会

### <Body Composition Measurement Session>

A body composition analyzer measures muscle mass, body fat percentage, basal metabolic rate, etc., and public health nurses will explain the results on the spot. The diet and exercise according to the results will be also introduced.

Date and Time: January 26<sup>th</sup> (Thu) 1:15PM ~ 3:10PM (about 10 ~ 15 minutes)

Location: Hoken Center

Capacity: 18 (if the applicant number is over, the drawing will be held)

How to apply and Inquires: Dec 16<sup>th</sup> (Fri) ~ 28<sup>th</sup> (Wed), please call or email to Kenko Ka (in Hoken Center)  
☎Ext.626, ✉s305000@city.hamura.tokyo.jp

\*\* When you apply via email, please have [Body composition measurement application] in subject and include your name, phone number and date of birth in email.

\*\* If you have a health book, please bring it with you.

\*\* The measuring instrument is disinfected with alcohol for each person.

\*\* Measurement is not possible for people with medical electrical equipment such as pacemakers.

\*\* Drawing result will be noticed on Jan 6<sup>th</sup> (Fri) by phone or email. If you cannot be contacted by Jan 11<sup>th</sup> (Wed), your drawing will be canceled and move up from the other applicant.



## HEALTH



### <For New Students, Pre-Enrollment Support will be provided>

For parents of children living in Hamura city who will enter elementary and junior high school in April, 2023 and have difficulty in spending educational expenses due to financial reasons. School support expenses will be provided but required to apply.

▼ Eligibility: Parents of new elementary school students (currently preschoolers)

Things to bring: Please bring seal and designated bank account documents.

\*\* If you are renting a house, please bring proof of rent payment.

How to apply: Till December 28<sup>th</sup> (Wed), please mail or come to City Hall 3<sup>rd</sup> FL., School Education Division, Academic Affairs Section (Gakko Kyoiku Ka, Gakumu Kakari)

Payment Date: Middle of March, 2023

\*\* If you need school support expense, please apply every year after 2023.

The application form will be distributed to all children through school in every April.

中学校新入学（現在小学6年生）の保護者の方

◇ **Parents of new junior high school students** (currently the 6<sup>th</sup> grade elementary school students)

If the 6<sup>th</sup> grade elementary student is already certified and received school support expense in 2022, the applying procedure is unnecessary.

\*\* If the student does not apply this fiscal year, please feel free to go to city hall 3F School Education Division, Academic Affairs Section (Gakko Kyoiku Ka, Gakumu Kakari)

If you are certified by examination, you may be paid the school support expense from the month of applying, so please apply as possible as you can.

\*\* If there is any economic change for unemployment, divorce etc., please consult individually.

Inquiries: School Education Division, Academic Affairs Section (Gakko Kyoiku Ka, Gakumu Kakari) ☎Ext.358

■小中学生のいる家庭への物価高騰対策給付金支給

### <Benefits for Families with Elementary and Junior High School Students to cope with Soaring Prices>

City will provide a benefit to reduce the burden of school expenses on families with Elementary and Junior High School students who are affected by price hikes.

Eligibility: Those who are taking care of ※eligible students

※Eligibility Students: Those who fall under any of the following categories during the benefit available period

- 1) Enrolled in an elementary or junior high school in the city.
- 2) Having Hamura City Residence Certificate but not enrolled in an elementary or junior high school in Hamura city.

Benefit Amount: ¥20,000.-/ per student

How to Apply: Within Dec 15<sup>th</sup> (Thu) ~ Jan 31<sup>st</sup> (Tue), Please mail or come to City hall 3F Gakko Kyoiku Ka, Gakumu Kakari with required documents as below.

○ Application Form ~ please make sure have your seal

○ A copy of the bankbook or other documents showing the payee's bank account.

※The application form will be sent out to eligibility around Dec 24<sup>th</sup> (Wed).

Inquiries: School Education Division, Academic Affairs Section (Gakko Kyoiku Ka, Gakumu Kakari) ☎Ext.358

もぐもぐ教室 ～離乳食生後7ヶ月以降講座～

### < Baby Food Class for 7 months old and older >

When a baby gets better at swallowing weaning food, it's time to try solid food. Let's learn some easy recipes!

Date & Time: January 25<sup>th</sup> (Wed), 10AM~11:15AM      Location: Hoken Center

Eligibility: Babies born between February 16<sup>th</sup> ~ July 15<sup>th</sup>, 2022 & parents

Capacity: 10 (in the application order)

Details: ○Tips for mid to later stage of baby food

○Cooking demonstration & tasting for parents

○Lecture & discussion about baby food and parenting

Application and Inquiries: Please call to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center)

☎Ext.696

親子であそぼ！ わんわん広場

### < Wan Wan (Bow Wow) Hiroba >

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

Date	Location
January 11 <sup>th</sup> (Wed)	West Children Center

Eligibility: 8 month old toddlers and parents



こぐまひろば

### <KOGUMA HIROBA (CUB SPACE) at Children Centers>

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

Date	Location
January 10 <sup>th</sup> (Tue)	East Children Center
January 12 <sup>th</sup> (Thu)	Central Children Center

Eligibility: Parents and Children 9 months ~ below 2 years old. Sessions are free.

### Children Centers General Items and Inquiries:

- Time: 10AM~ about 30 minutes
- Capacity: First 10 groups
- Central Children Center ☎042-554-4552, East Children Center ☎042-554-7751, West Children Center ☎042-554-7578

■高校生等医療費助成制度（マル青）が始まります

### <The Medical Expense Subsidy System for High School Students (Maru-Ao) will begin!>

Starting in April, high school students etc. will receive subsidies for the portion of their medical expenses that are covered by insurance. An application form for the Maru Ao medical card (and current status report) will be sent to the eligibility in December. Please fill out the form and submit it.

Eligibility: Those who reside in Hamura City and are of the age equivalent to high school students (from the first April 1<sup>st</sup> after reaching 15 years old to the first March 31<sup>st</sup> after reaching 18 years old).

\*\* It is not required to enroll in high school.

\*\* There is an income requirement for the guardian.

NOT Eligibility: There are not qualified as below.

- Those who are not covered by any medical insurance such as NHI or other Health Insurance.
- Receiving public assistance (Seikatsu Hougou).
- Those who are enrolled in a child welfare institution etc.

### **Scope of Subsidy** [助成の範囲]

Outpatient: The amount obtained by deducting ¥200 per outpatient visit from the co-payment for insured medical treatment / Hospitalization: Co-payment portion of insurance medical treatment.

\*\* There is no copayment for dispensing medicine and home-visit nursing care.

- \*\* The standard copayment for meals and medical care of hospitalization, not covered by health insurance, differential bed charges, medical checkups, vaccinations, etc. are not eligibility.
- \*\* Please present your insurance card and Maru Ao (blue) medical card when you visit medical institution.

Inquiries: Kododate Sodan Ka, Teate. Josei Kakari ☎Ext. 237

■羽村市家庭教育セミナー

**<Hamura Family Education Seminar>**

[How to Raise Children's Sense of Self-Affirmation?] 「子どもの自己肯定感を引き上げる方法」

When parents consciously change the words they use, their children's hearts and minds will become more positive. A noted educator explains the magic of child-rearing.

Date and Time: January 22<sup>nd</sup> (Sun) 1:30PM~3:30PM (Door opens: 1PM)

Location: Primo Hall Yutorogi Small Hall

Eligibility: Parents of Elementary and Junior High School students and those who are involved in child-rearing or watching over children in the city. (\* The children are not allowed to participate.)

Capacity: 252 people (in application order)

Details: How to deal with different types of children, how to link self-affirmation to academic achievement, Points to keep in mind when talking with adolescents, etc.

Lecturer: Mr. Katsunori Ishida (President, Education Design Labo, a general incorporated association).

Co-sponsored: Hamura City Board of Education, Hamura Elementary and Junior High School PTA Association.

How to Apply: Starting from December 20<sup>th</sup> (Tue) 9AM~8PM, please call, via electronic applying or come to Primo Hall Yutorogi (Lifelong Learning Promotion Section) ☎042-570-0707



情報アラカルト

**MISCELLANEOUS INFORMATION**

**S&D SWIMMING PLAZA HAMURA (Swimming Center) ☎042-579-3210**

アクアビクス (水中エアロビクス)

**< Aquabics (Water Aerobics) >**

If you can swim it is fine!! Why don't you enjoy moving your body in the water?

Date and Time: January 5<sup>th</sup> (Thu) ~ March 30<sup>th</sup> (Thu), every Thursday from 3PM~3:50PM

\*\* Exclude February 23<sup>rd</sup> (Thu)

Location: S&D Swimming Plaza Hamura (Swimming Center)

Eligibility: Those who are age 16 or over      Capacity: First 35

Fee: Those who live or work in the city ¥410/ outside the city: ¥610  
(both include insurance and entrance fees)

Things to bring: Swimsuits, swimming caps, towels etc.

How to Apply: On the event day 2:30PM~2:50PM, please come to S&D Swimming Plaza Hamura (Swimming Center) pool reception directly.

E-Tax での確定申告がますます便利になります。

**<E-Tax Return is getting more conveniences!>**

Starting from the early of January, the services is expanded to connect with Myna portal system and prevent COVID-19 spreading, please apply Tax Return through smartphone (E-Tax ~ electronic filling) which allows

you to file from home.

Smartphones play an active role in filling tax returns on E-Tax system!

How to apply:

- My number card method ~ Not only using smartphone but also you can use Personal computer to process e-Tax filing.
- ID. Password method ~ You may get ID and password from Tax Office to file.

Inquiries: E-Tax Filing Corner Help Desk ☎0570-01-5901



プリモホールゆとろぎ

**PRIMO HALL YUTOROGI** ☎042-579-3210

武蔵野美術大学芸術文化学科 協同企画 展覧会

**<Musashino Art University Department of Arts and Culture Co-organized Exhibition>**

Hamura Yutorogi Arts Project 2022 ~

{I (Ai) ~ me, you and Hamura exchanged glances ~}

Schedule:

Content	Date and Time	Location	Capacity
Exhibition	Dec 17 <sup>th</sup> (Sat) ~ 25 <sup>th</sup> (Sun) 10AM ~ 5PM	Exhibition Room	Those who are interested in art.
Appreciation Program	Dec 18 <sup>th</sup> (Sun) ①11AM~11:40AM ② 3PM~3:40PM	Exhibition Room	20 (in application order)
Modeling Workshop	Dec 18 <sup>th</sup> (Sun) 1PM~2PM	Creative Room 2 (Sousaku Shitsu)	10 (in application order) Eligibility **

\*\* Workshop Eligibility: Elementary and Junior High School students who are living in or enrolling school in Hamura City. (The 1<sup>st</sup> and 2<sup>nd</sup> graders must be accompanied by a guardian.)

How to Apply: 9AM~8PM, please call, via electronic application or come to Yutorogi counter directly.

こどものページ **EVENT INFORMATION for CHILDREN & PARENTS**

**CENTRAL CHILDREN CENTER** ☎042-554-4552 (Closed on Friday)

屋間の観測会. ファミリー天体観測会

**< Day-time Moon Observation >**

Date & Time: Jan 4<sup>th</sup> (Wed), 4PM ~ 4:30PM

**< Astronomical Observation with Family >**

Date & Time: Jan 4<sup>th</sup> (Wed), 6PM ~ 7PM

\*Junior High School students or younger children must be accompanied by an adult.

~ For both Observation Events ^

Eligibility: Preschoolers ~ 18 years old

Capacity: 20 (in application order including guardians)

- If it rains, place will be changed to Planetarium and have lecture topic "Tonight's starry sky commentary"

How to apply: Within Dec 17<sup>th</sup> (Sat) ~ 28<sup>th</sup> (Wed) 9AM~4:30PM, please come or call to Center

Inquiries: Central Children Center ☎042-554-4552

■手作りおもちゃ教室「レーシングカー」

**< Handmade Toy Class ~ Racing Car >**

Date and Time: January 14<sup>th</sup> (Sat) 10AM~Noon / 1PM~3PM

Eligibility: Elementary School Students or under

Capacity: First 20

### < Toy Hospital > おもちゃ病院

Welcome to repair and consultate about toys at the same day and time with Toy class.

Sponsor: Toy Hospital Nejimawashi

## EAST CHILDREN CENTER ☎042-570-7751

### < Christmas Week > 『クリスマス週間』

Let's make Christmas Crafts! Choose and make Christmas related crafts and decorations.

Date: December 18<sup>th</sup> (Sun) ~ 25<sup>th</sup> (Sun)

Eligibility: Preschoolers ~ High School Students

Time and Details:

<Santa Clause is coming suddenly!!!>

- Preschoolers ~ Santa Clause coming suddenly, Mini Present etc.
- Elementary School Students or over ~ Craftwork (Let us make pumping Santa Clause), Lottery (participation reward, gift), Game "What is inside of the box?" etc.



スポーツの日「ラインナップをしよう！」

### < Sports Day of Reinkub >

Reinkub is a sport that originated in Sweden. It is a game that various people can enjoy together by throwing a wooden stick to hit the target.

Date & Time: January 11<sup>th</sup> (Wed) 3PM~ 4PM

Location: 2F Gymnasium (Taiikushitsu)

Eligibility: Elementary ~ Junior High School Student

Capacity: First 15

Things to bring: Beverages (water or tea)

図書館おはなし会

## PRIMO LIBRARY ☎042-554-2280

Enjoy to listen Story Telling with friends or family!

< **Story Telling for Elementary School Students** > Date & Time: Dec 17<sup>th</sup> (Sat), 11AM~

< **Story Telling for Preschoolers** > Date & Time: Jan 14<sup>th</sup> (Sat), 11AM~

### ▶ “Midori No Mado” Winter Version みどりのまど冬号

The “Midori No Mado” pamphlet introduced new books for elementary students are issued twice a year from Library. Welcome Elementary students to borrow these new books to enjoy reading. This pamphlet is distributed in library.

- Date: Starting from December 16<sup>th</sup> (Fri)
- The new books listed in “Midori No Mado” are allowed to borrow two for each person

## PRIMO HALL YUTOROGI ☎042-570-0707 (Closed on Mondays)

### < Movie Screening for Children > 子ども映画会

Date & Time: Jan 8<sup>th</sup> (Sun) 10:30AM~11:30AM Location: Kozashitsu 1

Capacity: First 75 peoples

Program: 3 titles

Supported by: Hamura 16mm Eizou Kenkyuukai

■女と男、ともに織りなすフォーラム in はむら

### <Women and Men, together weaving forum in Hamura>

多様な性について考える ～誰もがいきいきと輝ける社会を目指して～

～ Learning about Diverse Sexuality: Toward a society where everyone can shine with vitality.



Gender diversity is gradually gaining social recognition, but it is said that there are many situations in which people with disabilities face various difficulties due to discrimination and prejudice.

Makoto Kikuchi San, a Hamura resident and professional boxer (the 8<sup>th</sup> OPBF Oriental Pacific Women's Bantamweight Champion), has come out as an LGBTQ person in 2021. Let us think and feel Kikuchi San's experiences and feelings and think about what everyone can do to live in their own way.

Date and Time: January 14<sup>th</sup> (Sat) 10:30AM~Noon (Door opens: 10AM)

Location: Primo Hall Yutorogi Reception Hall

Capacity: 80 people (If the applicant number is over, the drawing will be held)

Lecturer: Makoto Kikuchi San (Professional boxer, Yamaki Boxing Gym)

How to Apply and Inquires: Till January 10<sup>th</sup> (Tue) 5PM, please call, fax or email with [address, name, phone number, age and whether you need to have temporary childcare] to Somu Ka, Somu Kakari ☎Ext.347, Fax: 042-554-2921, ✉s103000@city.hamura.tokyo.jp

\*\* [**Temporary Childcare**] ~

Eligibility: Children from 1 year and 6 months to preschoolers.

Capacity: 8 (if the number of children exceeds the limit, a drawing will be held)

Application: Till Jan 6<sup>th</sup> (Fri) 5PM

※ By phone, 8:30AM~5PM, exclude Saturday, Sunday, Holidays and Year-end and New Year Holidays.

■屋根工事の訪問販売に注意！

Beware of Door-to-Door Roofing Sales!

There has been increased cases in which contractors have visited homes unexpectedly, stirred up concerns about shifting roofing tiles and offered expensive contracts.

[Case]

A contractor suddenly visited my home and said, "We are doing roofing work in your neighborhood and saw that your roof tiles have shifted. We would like to inspect your roof for free." I refused but he persisted and I had no choice to agree. He climbed up on the roof with a ladder, when he came down after a while, he said "It's in a terrible state. If you do not work now, it will become terrible situation. He recommended that I sign a contract for the work. I do not know how the inspection went and wondered if the work was really necessary.

[Advice]

- Beware of businesses that rush you into a contract by stirring up anxiety.  
Roofs are difficult to inspect by yourself and hardly to determine if work is really necessary. Do not sign a contract right away. Please consult with family members or others close to you and obtain estimates from multiple companies.
- Even you sign a contract through door-to-door sales, you can take a cooling-off action.  
If you have signed a contract with a vendor who suddenly visits you, you have 8 days from the date of contact is handed to you to take a cooling-off period based on the Act on Specified Commercial Transactions Law.

If you have any problems with the vendor (e.g. if there is anything suspicious about the solicitation or contract), or if you have any questions about the cooling-off period, please contact the Consumer Affairs Center.

Inquiries: Consumer Affairs Center ☎Ext.641