



HAMURA NEWS



RIN Hamura City Mascot

February 15th, 2022

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 = <https://www.city.hamura.tokyo.jp>

Published by: *Hamura City*

E-mail: s102000@city.hamura.tokyo.jp

新型コロナワクチン接種 その20

VACCINATION OF COVID-19

Part 20

追加接種（3回目の接種）をさらに前倒し

<The Booster (3rd time) Vaccination will be scheduled to Move Forward>

Regarding the booster vaccination will be scheduled to move forward, so the vaccination date and time from March will be increasing.

For those who had the 2nd vaccination from July to September, 2021, the "Vaccination Ticket with Pre-vaccination Screening Questionnaire" will be sent out in middle of February. Please check the future schedule details from city official website.

接種に来るときのお願い

Kindly have your cooperation when you come to vaccination

1) Please come at the reserved time.

You cannot enter even if you come early, you have to wait outside even in bad weather. Also, if you are late for the appointment time, you will not be able to vaccination.

2) If you lose, cancel or be late for your vaccination ticket, please contact in advance.

Please contact the Hamura City COVID-19 Call Center.

3) Please get enough food, sleep and water.

Getting well condition will help to prevent poor physical condition after vaccination.

4) Please take the medicine you take daily even on the vaccination day.

Basically, taking medicine does not prevent you from being vaccinated.

** Follow instructions from your doctor.

5～11歳の接種について

Vaccination for 5 to 11 years old children

The COVID-19 vaccination is being carried out for people aged 12 and over currently. But, it will also be for aged 5 to 11 years from March.

The vaccination tickets are preparing now, so please check the city official website for update information.

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

Phone Relay Services, please try to call Kenko Ka (in Hoken Center)☎042-555-1111 Ext.627~630

徹底しましょう！ ゼロ密を目指す、こまめな手洗い、正しいマスクの着用

<Aim for Zero Close Density, Wash hands diligently and Wear mask properly.>

Please be cooperated in preventing the spread of infection and still continue to process the countermeasures in preventing infection after vaccination.

The number of newly infected people is increasing nationwide currently and there Omicron strains is still fast spreading. The basic infection countermeasures are also effective for Omicron strains.

Even after vaccination, please cooperate in infection prevention by thoroughly implementing basic infection countermeasures such as "wearing mask", "washing hands", and "avoid 3' Cs", "ventilation" and refraining from going out or moving when you feel uncomfortable. The actions of each one will protect the important person and our daily lives.

Consultation Counter when you think it might be COVID-19

◆ If you want to know about COVID-19

COVID-19, Omicron Stains Call Center ~ you may consult about general consultation and omicron stains details. ☎0570-550-571 (Navi Dial) 9AM~10PM (including Saturdays, Sundays and Holidays)

◆ Free PCR Test

Tokyo Metropolitan Free PCR Tests office Call Center ~ you may consult test eligibility and location ☎03-4405-4958 9AM~7PM (including Saturdays, Sundays and Holidays)

◆ What should I do ~ FEVER

- 1) Call your home doctor
- 2) Go to medical facility. Test medical organization

If you do not have home doctor, please check details via Hamura Koho 2/15 version QR code.

- 3) Tokyo Metropolitan Fever Consultation Center

☎03-5320-4592 24hours (include Saturdays, Sundays and Holidays)

☎03-6258-5780 24hours (include Saturdays, Sundays and Holidays)

3月10日は東京都平和の日

< March 10th is Tokyo Metropolitan Peace Day >

羽村市・青梅市合同開催 東京の空襲資料展

Jointly held by Hamura City and Ome City ~ Air Raid Material Exhibition in Tokyo

Inquiries: Kikaku Seisaku Ka, ☎ Ext. 366



Terrorism and conflicts are still occurring in the world. Peaceful Japan also experienced tragic war in past on March 10th, 1945. There was an air raid in Tokyo that was said to have killed 100,000 people. More than 75 years have passed since the end of war, but only fewer opportunities to convey the misery of war and the importance of peace to young generation. Hamura and Ome two cities will be held in time for "Tokyo Peace Day" on March 10, so that people can have an opportunity to think about peace widely by learning about the damage caused by air raids in Tokyo.

Term: March 1st (Tue) ~ 11th (Fri)

- Saturdays and Sundays are excluded.
- On March 3rd (Thu) and 10th (Thu), Ome City will be held till PM8.

Locations: Hamura City - City Hall 1F Hall

Ome City - City Hall Entrance Hall

[Online Material Exhibition] オンライン資料展

Starting from **March 1st (Tue)**, some of the air raid-related materials stored in Folk Museum will be released on City's official Website.

[Please Join the Silent Prayer] 黙とうにご協力ください

Tokyo metropolitan Government designated March 10th as the annual Tokyo Peace Memorial Day, in commitment of never allowing the recurring war. Every year on this day, the simultaneous silent prayer is held nationwide to dedicate our prayers to the repose of all war victims and to the world peace. Please join the one minute of silent prayer from any place where you are.

Silent Prayer: March 10th (Thu) at 2PM. (for 1 minute)

< The series of Thinking about Environment ~ The 81st Solar Cooker >

Cool: Eco-chan, do you know a solar cooker that can cook without using electricity or gas?

Eco: Solar? Is the panel on the roof of house?

Cool: That turns sunlight into electricity and solar cookers collect sunlight and use it for heat.

The way of using sunlight is completely different.

Eco: It is kind of difficult.

Cool: If you search for "handmade solar cooker" via internet, you will find many easy ways to make it.

Aluminum foil, prepare an aluminum-coated gas table mat, a black can to collect the sun's rays etc.

Eco: What kind of food can you cook with the handmade solar cooker?

Cool: You can cook rice, boil boiled eggs, make roasted sweet potatoes and hot dogs.

Eco: It looks fun! Let's try it.

Cool: You can see various solar cookers at the annual solar cooker national convention. There is also an exhibit at the world championships and you can see why it has become popular in developing countries. So it will be an opportunity to look at the world.

Eco: Is there any place to see the solar cooker in Hamura City?

Cool: The environmental festival or industrial festival is held, various cookers will be exhibited. Handmade solar cooker lecture class is also held, you may try it.

Eco: Great! I can try to cook hotdog by solar cooker.

Cool: Since it collects the sunlight and cooks, you have to protect your eyes from seeing the light directly and be careful if there is anything burning around the cooker. So, please challenge it with an adult.

Inquiries: Kankyo Hozen Ka ☎Ext. 226



お知らせ

INFORMATION

発表のひろば「いきいき展」

<Announcement of "IKI IKI Exhibition">

Students of the "IKI IKI Lecture / Volunteer Lecture" held exhibition to show the results of year at the Elderly Home Service Center Ikoinosato.

◆ Exhibition

Date and Time: March 2nd (Wed) ~ 6th (Sun) 10AM~4PM (6th (Sun) is till noon)

Details: Watercolor painting, Ink painting, Cloisonné ware, Picture letters, Photographs, Haiku, Calligraphy, Flower arrangement and Ceramic art.

Location: Yutorogi Exhibition Room, 1F Howaie and B1 Lobby

◆ Stage Performance

Date and Time: March 3rd (Thu) 1PM~3:15PM

Details: Flail Prevention Exercise, Recreation dance, Folk dance exercises etc.

Location: Yutorogi Small Hall

Inquiries: Korei Fukushi Kaigo Ka, Korei Fukushi Kakari ☎ Ext. 176



健康

HEALTH

カラダ塾 血圧管理で腎機能を守る！プチ塩レシピ

<Body Health Class ~ Protect kidney function by managing blood pressure! Petite Salt recipe>

"Body Health Class" to learn about exercise and diet to create a healthy body. High blood pressure causes great damage to the kidneys which have many small blood vessels. Introductions of Blood pressure control, salt reduction and a petit salt recipe.

Date and Time: March 16th (Wed) 10AM~12:15PM

Location: Hoken Center

Eligibility: Hamura City residents

Capacity: 20 (in order of application)

Things to Bring: Triangular bandage, apron, writing utensils, wearing mask and health notebook (if you have)

Details: Health course, cooking demonstration by registered dietitian, mini cooking training, tasting and individual consultation.

** The schedule might be changed due to infection status.

How to apply and Inquiries: Starting from Feb 16th (Wed), please call Kenko Ka (in Hoken Center) ☎Ext. 625

新型コロナウイルス感染症に負けない! ~健康づくり推進員が1週間万歩計チャレンジを行いました~

<Don't lose to COVID-19!

~ Health promotion staffs had challenge of pedometer for walking.>

Due to COVID-19 disaster, refraining from going out and the closure of facilities has decreased activity. Therefore, the health promotion staff walked (an easy aerobic exercise) with a pedometer for a week to measure the number of steps

● The average number of steps is 6,552/ per day.

** What did staff notice after taking the pedometer challenge for a walk?

A. By attaching a pedometer, I became aware that I had to walk.

B. I found out that I walk on work days but not on holidays at all.

C. I was measuring the number to steps with my smartphone, but I left it in bag without counting steps. I realize that I had to walk attach a pedometer.

~ Daily physical activity and health desirable "8000 steps / 20 minutes"

Research results have been announced that clarified the number of steps per day and fast walking (medium-intensity activity time) required to achieve healthy longevity.

For example, if you walk 4000 steps or more /per day and walk fast 5 minutes or more, you may be able to prevent depression. In order to maintain good health, it is desirable that the average number is about 8000 steps a day, fast walk (medium intensity activity) is included for about 20 minutes.

Steps number	Medium Intensity Activity Time	Preventable illness
2000 steps	0 minute	Bedridden
4000 steps	5 minutes	Depression
5000 steps	7.5 minutes	Care required, dementia, heart disease and stroke
7000 steps	15 minutes	Cancer, arteriosclerosis, osteoporosis and fracture
7500 steps	17.5 minutes	Muscle loss and weakness
8000 steps	20 minutes	Hypertension, diabetes, metabolic syndrome (75 years old and over)
9000 steps	25 minutes	Hypertension (prehypertension) and Hyperglycemia
10000 steps	30 minutes	Metabolic syndrome (under 75 years old)
12000 steps	40 minutes	Obesity
More than 12000 steps (Over 40 minutes of medium intensity activity), can be harmful to health.		

** From the website of the Tokyo Metropolitan Institute of Health and Longevity Medical Center Health promotion members are selected from neighborhood associations, resident's associations and various organizations for the purpose of promoting and enlightening citizens' health promotion.

Inquiries: Kenko Ka (inside of Hoken Center) ☎Ext. 626

大気汚染医療費助成制度の医療券（気管支ぜん息）の更新を忘れずに

< Remember to Renew Medical Subsidies of People Who Have a Condition Resulting From Air Pollution >

The Tokyo Metropolitan Government supports the policy for medical subsidies of people who lives in Tokyo Metropolitan over one year and age under 18 have a condition resulting from air pollution.

Patients with respiratory disorders who meet the certification standards are subsidized for medical fees

exceeding applicable co-payment rate.

Those who were born before April 1st, 1997 with certification who have a coupon issued will be affected by this revision. The upper limit for self-pay burden at the medical facility is ¥6,000. Those who are subject to this policy revision is required to use along with the coupon, documentation log for patient-borne expense ceiling amount when going in to treatment at the medical facilities. This documentation log will be issued by the Hoken Center (Health Center) along with your coupon. There is no co-payment rate for patients under 18 years of age.

A coupon issued by the government under the policy nearing expiration will only be valid if you file for extension for it at least one month before the expiration date. Please go to the Hoken Center for extension procedures.

*Those who were born before April 1st, 1997 should be reminded that you cannot reinstate your status as a recipient after you have lost your certification by failure to make renewal procedures.

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

About Policy ~ Tokyo Bureau of Social Welfare and Public Health ☎03-5320-4491

子育て応援ニュース

RAISING CHILD(REN) SUPPORT NEWS



もぐもぐ教室～離乳食生後7か月以降講座

<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: March 23rd (Wed), 10AM~11:15AM Location: Hoken Center

Eligibility: Babies born between Apr 16th ~ Sep 15th, 2021 & parents

Capacity: 10 (in order of application)

Thing to bring: Writing Utensils.

Details: Tips for mid to later stage of baby food / cooking demonstration / Consolation about baby food and parenting

Application and Inquiries: Please call in advance to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari
☎Ext. 696 (exclude Saturday, Sunday and Holidays 9AM~5PM)

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!

Eligibility: Parents and Children from 9 months to younger than 2 years old. Sessions are free.

Capacity: First 10 groups

Date and Location:

Date	Location	Time
March 3 rd (Thu)	Central Children Center	10AM~ (about 20 minutes)
March 9 th (Wed)	West Children Center	
March 15 th (Tue)	East Children Center	

あそびのポケット

ASOBI NO POCKET (at each Children's Center)

Game creator/instructor will play with children with fun games using hands and bodies. Please feel free to participate.

Eligibility: 2years old ~ preschool children with parent Capacity: First 10 groups

Date and Location:

Date	Location	Time
March 2 nd (Wed)	West Children Center	10AM~ (about 20 minutes)
March 8 th (Tue)	East Children Center	
March 10 th (Thu)	Central Children Center	

Inquiries: Central Children Center ☎042-554-4552

West Children Center ☎042-554-7578



市のごみ袋（燃やせるごみ袋）に広告を掲載しませんか

ADVERTISE YOUR BUSINESS on HAMURA CITY-DESIGNATED WASTE BAG

Design of Hamura City-designated Burnable Waste Bags (blue plastic) will incorporate a section for business advertisement. It can be a great medium to effectively promote your business to local residents.

Listing Period: Starting from July 2022 for 1 year (may be subject to change by number of distribution)

Special Offer (optional): Free banner advertisement on Hamura City Official Website for 3 months.

Application: Please submit to Seikatsu Kankyou-Ka via post mail, email or come to directly with the draft data and completed contract form before March 31st (Thu).

If using format other than illustrator, ai-File, JPEG, TIFF, PDF, please make an inquiry. Post mail to 〒205-8601 (location is not required) / ☎s208000@city.hamura.tokyo.jp

* Please download application form from City official website.

Listing Fee: Differs depending on the design size and quantity. Advertisement for packaging only cannot be placed. On individual bags - ¥70,000 ~ ¥180,000 / On wrapping of bulk-sale package - ¥40,000~¥45,000

Please contact Seikatsu Kankyou Ka ☎Ext.222./ s208000@city.hamura.tokyo.jp

Inquiries: Seikatsu Kankyou Ka ☎Ext.222

LIBRARY ☎042-554-2280

■読書手帳の表彰を行います <The Reading Notebook will be commendation>

Those who are using the "Reading Notebook" and "Yomucho" of Hamura City Library and reading a lot of books according to the reading week will be commended.

If you have reached the standard number of books, please come to main library's counter. Staff will contact you at the award ceremony at a later date.

Application period: March 1st (Tue) ~ 27th (Sun).

Eligibility books: Material borrowed from Hamura City Library, school library or books at home (excluding magazines, manga and audiovisual materials) with stickers attached to "Reading Notebook" and "Yomucho"

Award Day and Time: April 23rd (Saturday) 10AM ~ (about 30 minutes)

Standard number of books:

Classification	Standard number of books	Revised Point
Elementary School students or younger	500 books	None
Junior High or High School students	500 books (or 200 books)	Including books read before Junior High School or 200 books read after Junior High School
General	1,000 books	Limit 5 times rewards

第20回たま工業交流展

< The 20TH Cross-Industrial Fair "Tama Kougyou Kouryuu-Ten" >

SM Enterprises from various fields in the Tama area will exhibit their unique technologies and products. Please take this opportunity to increase orders for your company and collect information for discovering partner companies.

Date & Time: March 3rd (Thu), 4th (Fri) 10AM ~ 4PM

Location: Tokyo Metropolitan Tama Vocational Ability Development Center

Exhibit Fields: Machinery/ Metal/ Electrical equipment, Information-related/ Software development, environment-related, school-related/ cooperating organizations, etc.

** "Tama Robot Programming Workshop" will be held on March 5th (Sat) via online (ZOOM).
Inquiries: Tama Kogyo Koryu Ten Jikkoiinkai (Tachikawa Chamber of Commerce) ☎042-527-2700

スポーツセンター

SPORTS CENTER ☎042-555-0033

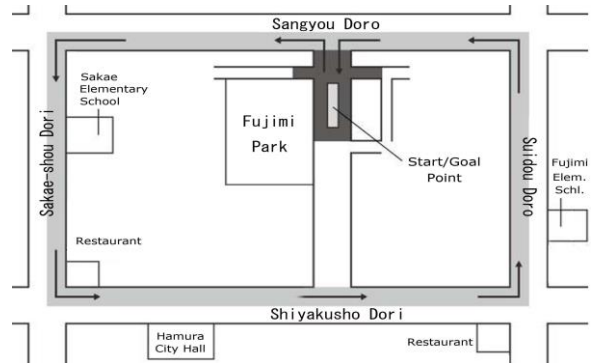
■駅伝大会に伴う交通規制

<Traffic Regulation associated with Hamura Ekiden Race>

Traffic will be restricted due to the relay race. We apologize for any inconvenience caused to the neighbors and store and your cooperation will be highly appreciated.

Traffic restriction date and time: March 13th (Sun) 8AM~1PM
(Vehicle closed area: 9AM~Noon)

** Please do not park on the street around the course.



福生消防少年団 団員募

<Fussa Firefighting Boy Scouts Recruitment>

- Activities: Firefighting work, fire prevention, initial fire extinguishing training and first aid training will be carried once or twice a month. Also, the boys may participate in local festival parades through drum.
- Eligibility: Hamura, Fussa, Mizuho Cho residents who are 3rd grade elementary school or over.
- Recruitment period : Till March 31st (Thu)

Inquiries: Fussa Fire Station Disaster Prevention and Safety Section ☎042-552-0119



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

Central Children Center ☎042-554-4552 (Close Every Friday)

屋間の月観測会・ファミリー天体観測会

< Day-time Moon Observation >

Date & Time: March 9th (Wed), 4PM ~ 4:30PM

< Astronomical Observation with Family >

Date & Time: March 9th (Wed), 7PM ~ 8PM

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

~ For both Observation Events ~

Eligibility: Elementary School Students ~ High School Students

Capacity: 20 (including guardians and in order or application),

** If it rains, event will be changed to "Tonight's Starry Sky Commentary" in planetarium.

How to Apply: Feb 16th (Wed) ~ March 8th (Tue), please call or come to Central Children Center ☎042-554-4552 directly.

West Children Center ☎042-554-7578 (Close Every Tuesday)

< Handmade Toy Class ~ Pop the ball with air! > 手作りおもちゃ教室「空気でつぼう」

Date & Time: March 12th (Sat), ①10AM~11AM ②1PM~3PM

Eligibility: Under Elementary School children (It is fine to participate both ① & ②)

Capacity: First 10 for each class

図書館おはなし会

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

< Story Telling >

- For Preschoolers ~ March 12th (Sat) 11AM~

- For Elementary School Students ~ February 19th (Sat) 11AM~
- Ozakudai Branch mini story telling ~ February 24th (Thu) 3PM~

ゆとろぎ

YUTOROGI ☎042-570-0707 (Close Every Monday)

< Movie Screening for Children > 子ども映画会

Date & Time: March 13th (Sun) 10:30AM~11:30AM Admission: Free

Program: 3 titles scheduled no reservation required

Capacity: First 252

Location: Yutorogi Small Hall

Supported by: Hamura 16mm Eizou Kenkyuukai



■引っ越しの際は水道の使用開始、中止の連絡をお願いします。

<If you have moved, please contact to start or stop using the water supply.>

Please note that if you move in or out without contacting water supply office, the water bills will be continue charged to your previous residence. Even if you do not use water, the basic charge will be happened.

※ The methods of start / stop of use water

- ① Please call or come to water office directly
- ② Apply via electronic application (form on the internet)
** For details, please check city official website.
- ③ Application for start or use (mail or fax) by "Notice of start of water use" in the new house.

Inquiries: Water Supply Office ☎042-554-2269 Fax☎042-554-2573

Office counter and telephone services hours 8:30AM~5PM

(Exclude Saturday, Sunday, Holidays and New Year's holidays)

■身に覚えのない「代引きの荷物」にご用心

<Beware of "Cash payment on Delivery Luggage">

This is Hamura City Consumer Affairs Center, we received serval consulations about unfamiliar packages arrived by cash payment on delivery in this year.

● **Case** 事例

A cash payment on delivery package from an internet sale order company was received at home. My family paid for it and received the package. But when I opened it and checked the contents, it was a product that I had no idea what I ordered. I'd like a refund, what should I do?

● **Answer** 回答

Contact he sender of the package, explain what you do not order and request a return or refund.

● **Advice** アドバイス

If you do not know or hardly judge to receive package which is to your family, please do not receive it immediately (do not pay anything), just talk to the delivery company (driver) about such situation and have memo of delivery ticket number, senders and contact information. Then, ask driver to bring back package. Even among family members, be sure to tell your family when you ask for order by cash payment on delivery and set rules on a daily basis, such as "Do not receive packages for which I do not know who ordered them without paying."

If you have any concerns about this issue, please contact and consulate to Consumer Affairs Center.

Inquiries: Hamura City Consumer Affairs Center ☎Ext. 641