



HAMURA NEWS

HAMURIN Hamura City Mascot

November 1st, 2022

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フードドライブ（食品回収）にご協力をお願いします！

<THE FOOD DRIVE (food collection) will be started from NOVEMBER 1ST!>

◆ **What is Food Drive?** フードドライブとは

A food drive is an activity to collect surplus food at home by item and donate it to food banks, welfare facilities, groups etc. By donating foods also have the advantage of connecting needy families and welfare organizations.

<"Agreement on Transfer of Food Products"> 「食品の譲渡に関する合意書」

On October 4, the city signed an "Agreement on Transfer of Food Products" with Food Bank Hamura which is operating mainly in the city. Under this agreement, the city will provide Food Bank Hamura with food collected through food drives, thereby promoting food support for the needy and reducing food loss.

<There are 3 points for Food Drive to save people in need and the earth.>

※ Point 1 ~ Helping People in a Casual Way 気軽にできる人助け

A food drive is a type of charitable activity in which anyone can participate easily. Anyone can donate to a food drive as long as the food meets certain criteria, such as "Expiration date is more than a certain period". Donations of food items that have been over purchased or received that cannot be eaten will be delivered to those who in need.

This time, with the agreement with the city, a collection service location will be set up in the city.

▼ Food Bank Hamura
Address: 1-4-1 Fujimidaira, Hamura City
☎042-554-6367
(Tue, Wed, Fri, Sat & Sun 10AM~5PM)

※ Point 2 ~ Effective in Reducing Food Loss 食品ロス削減にも効果

Food drives are also effective in reducing food loss which is now a major problem. Regular and continuous food drive activities will help reduce food loss and waste as well as protect the environment. If you have any uneaten food items such as tea or snacks etc. why don't you donate to help people? Even it is just one item, food will not go to waste and will be delivered to those people in need. Your help will be highly appreciated.

<Acceptable food items> 受入れ可能な食品

○Rice (milled rice within 1 month) ○Canned and bottled foods ○Retort pouch foods
○Instant foods ○Snacks and drinks ○Seasonings and flours (breadcrumbs, etc.) ○Dried foods, etc.

** If there are large quantities, please contact in advance.

<Foods that cannot be accepted > 受入れできない食品

⊗ Foods with an expiration date of less than one month, food without a clearly marked expiration date (rice, salt, sugar, gum are acceptable)

⊗ Perishable food or food that cannot be stored at room temperature

⊗ Food that has been opened ⊗ Alcoholic beverages (cooking sake is acceptable),

⊗ Supplements and health foods, etc. ⊗ With product descriptions not in Japanese

▼ **Food drive window and Inquires** フードドライブの窓口、問合せ

2nd floor of Hamura City Hall Seikatsu Kangyou Ka ☎Ext. 204,
(Mon ~ Fri, 9AM to noon and 1PM to 5PM, excluding national holidays and year-end and New Year holidays)

※ Point 3 ~ Children's Cafeterias 子ども食堂も期待しています。

Children's cafeterias receive food donations from food banks and provide meals / place to stay for children who tend to be eating alone or families in need of financial support. Several organizations are active in the city currently. There is one called "Fujimi Children's Cafeteria" to let us visit and introduce its organization. Food material are donated through the food bank or shared at a discount from stores, etc. were covered by user fees and subsidies. The goodwill and cooperation of local residents are essential. In addition of reducing food loss and supporting the needy, the children's cafeteria also plays a role in building community ties!

- Fujimi Children's Cafeteria ふじみ子ども食堂 (Required reservation)
Address: 1-4-1 Fumimidaira, Hamura City ☎070-5517-6423
Lunch: Saturday 11:30AM~2PM / Dinner: Wednesday 4:30PM~7PM (once a month)

< **The nickname has been decided on December 1st!** > 愛称、12/1 決まりました！

Sports Center ~ S&D Sports Arena Hamura

Swimming Center ~ S&D Swimming Plaza

Fujimi Park ~ S&D Sports Park Fujimi

[Naming rights holder] ~ S&D Tama Group. S&D Tama Holdings Corporation.

[Contact period / Naming Rights Fee] 3 years (¥3,000,000.-) from December 1st, 2022

[Inquiries]: Zaisei Ka ☎317

宝くじ文化公演 アニソンファンタジックコンサート

[Lottery Cultural Performance ~ Anime Song Fantasy Concert]

Anime song performers who carry the Japanese anime song world on their shoulders will perform!

Programs: Mazinger Z, Candy Candy, Mezase Pokemon and Master, etc.

Date and Time: February 5th (Sun) 4PM (Doors open: 3:30PM)

Location: Primo Hall Yutorogi Main Hall

Ticket price: General ~ pre-sale: ¥2,000/ At the door: ¥2,500/

High school student and younger ~ Pre-sale: ¥1,000/ At the door: ¥1,500

Ticket sale: Starting from November 3rd (Thu, holiday) 9AM~

Play guide

★Primo Hall Yutorogi ☎ 042-570-0707 (9AM ~ 8PM, exclude Holidays' Monday)

★Internet sales [Yutorogi Online Ticket]

** Internet sale is not available to choose seat.

[Inquiries]: Primo Hall Yutorogi (Lifelong Learning Promotion Section) ☎ 042-570-0707

Ticket Sale: Starting from November 3rd (Thursday, Holiday) 9AM~

令和 4年度 公共ホール音楽活性化支援事業

▼ **Facial Year 2022 Public Hall Music Revitalization Support Project**

~ **Quartet Spirits Saxophone Quartet Concert** カルテット、スピリタス サクソフォン四重奏コンサート

This is a highly entertaining performance with a wide repertoire ranging from classical to pop music with

friendly talk.

Date and Time: February 11th (Sun) 2PM (Doors open: 1:15PM)

Location: Primo Hall Yutorogi Main Hall Capacity: 824 (all seats reserved)

Ticket price: pre-sale: ¥1,000/ At the door: ¥1,500/ High school student and younger: ¥500

[All seats reserved] ** Child is age 3 or under can knee viewing by free.

Performers: Mr. Takamasa Matsubara (soprano), Mr. Shiro Hatae (alto), Mr. Hiroyuki Matsui (tenor),
and Mr. Ryota Higashi (baritone)

Co-sponsored: Hamura City Board of Education, Japan Foundation for Regional Art-Activities etc.

国立音楽大学連携 ～冬を楽しむ室内楽の調べ～

<Collaboration with Kunitachi College of Music>

～ The 1st Anniversary Concert ～ Chamber Music for Winter Fun

A special chamber music concert created through collaboration between Hamura City and Kunitachi University of Music.

Please enjoy performances by faculty members of Kunitachi College of Music.

Day and Time: February 12th (Sun) 2PM (doors open: 1:15PM)

Location: Primo Hall Yutorogi Main Hall

Capacity: 824 (All reserved seats)

Ticket price: General ¥1,000 / High school students and younger ¥500

** No admission for preschool children.

Performers: Mr. Tadayoshi Takeda (clarinet), Mr. Takashi Nagamine (violin), Ms. Emi Sawahata (soprano),
Ms. Chiaki Sawada (piano), Ms. Moiko Yoshizawa (violin), Ms. Chihiro Sakagami (viola)
and Mr. Hiroaki Sakata (cello)

Programs: String Quartet No. 4 in C major K.157 / Mozart, etc. *Programs are subject to change.



Play Guide

- ★ Primo Hall Yutorogi ☎ 042-570-0707 (9AM ~ 8PM, exclude Holidays' Monday)
- ★ Sports Center ☎ 042-555-0033 (9AM ~ 5PM, exclude Holidays' Monday)
- ★ Nishitama Newspaper ☎ 0120-61-3737 (Monday ~ Friday, 9AM ~ 5PM)
- ★ Internet sales [Yutorogi Online Ticket] and [Confetti]

Inquiries: Primo Hall Yutorogi (Lifelong Learning Promotion Section) ☎ 042-570-0707

女性・子ども・障害のある方・高齢の方へ ひとりで悩まないで まずは相談を！！

FOR WOMEN, CHILDREN, DISABILITY and ELDERLY ~

<You Can Find HELP, CONSULTATION & 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.
- Financial Exploitation –not allowing access to his/her own money, unauthorized use of his/her funds, 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.

If you come across with a case like...

“Violence is used right now” “A life is in danger now”

★ CALL POLICE ☎110 ★

◆女性の方は **FOR WOMEN**

Hamura City 1F Hisho Kouhou Ka, Shimin Soudan Kakari ☎Ext. 541

● 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)

● Consultations for Troubling Issues Typical to Women

Hamura City Hisho Kouhou Ka, Shimin Soudan Kakari ☎042-555-1111, Ext. 541

Date: The 1st, 3rd, and 5th Wednesdays of the month from 1:30PM ~ 4:30PM or

Fussa City Hisho Kouhou Ka, Kouhou Kouhou Kakari ☎042-551-1529

Date: The 2nd and 4th Wednesdays of the month from 9AM ~ 1PM

● Women's life consultation for Independence

Hamura City Hall 2F Kosodate Sodan Ka ☎Ext. 239



◆子育てと家庭は **MATTERS REGARDING CHILDREN and FAMILY (ABUSE, ETC)**

Hamura City Child & Family Support Center (Hamura-shi Kodomo Katei Shien Center) ☎042-578-2882

City Hall 2nd Floor, Kosodate Sodan Ka.

Details: If you have unresolved issues about child abuse/ the lifestyle and discipline/ growth and development, and other subjects regarding your child. (Consultations regarding children under the age of 18 years old will be handled).

The below organizations will also help you with problems.

● Tachikawa Child Guidance Center (Tachikawa Jidou Soudansho) ☎042-523-1321

Date: Monday ~Friday 9AM~5PM (except holidays, New Year)

● LINE Counseling ~ Kogokoro.OyagokoroSodan@Tokyo

Date: Monday ~ Friday 9AM~11PM (Reception till 10:30PM), Weekend, holidays and New Year's holiday (Dec. 29th ~ Jan. 3rd) 9AM~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 (available 24 hours/ 365 days) 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 consult.

Inquiries: Kodomo Katei Shien Center ☎042-578-2882 /

Tachikawa Child Guidance Center (Tachikawa Jidou Soudansho) ☎042-523-1321

*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

◆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. 1st version to get details.

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

11月12日~25日は「女性に対する暴力をなくす運動」期間

< NOVEMBER 12th ~ 25th 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: Somu Ka ☎Ext. 347

オミクロン株対応ワクチン 接種間隔が5か月→3か月に短縮

<OMICRON STRAIN-COMPATIBLE VACCINE ~ Vaccination Interval reduced from 5 → 3 months>

The "vaccination interval" between the previous one and the new vaccination has been established. Until now, a 5-months interval was required for the 3rd to 5th vaccination for those aged 12 and older. However, the interval has been shortened to 3 months in consideration of overseas trends and safety information.

** Vaccination ticket will be sent out the month before the vaccination month as usual.

Number of Vaccinations and Interval 接種回数と接種間隔

Age	Number of Vaccination	Vaccination Interval
12 years old and older	1-2 times	Leave 27 days between the 1 st and 2 nd times
	3-5 times	"NEW" Leave 3 months after the last vaccination

Medical Institutions for Individual Vaccination 個別接種対応医療機関

From November to January 2023, Omicron strain-compatible vaccinations will be available at the medical institutions in the city listed in Hamura News version Nov. 1st and city official website. In principle, patients who have medical history at each medical institution are eligible for the vaccination. Reservations can be made at Hamura COVID-19 Vaccine Call Center.

** Reservations cannot be made directly at medical institutions.

More Vaccine Types now available! ワクチンの種類が増えました

A new vaccine manufactured by Pfizer Inc. that is compatible with Omicron strain BA.4-5 has been approved. Hamura Sports Center and medical facilities in Hamura city will begin offering the BA.4-5 compatible vaccine in November. Both the BA.1-compatible and BA.4-5 compatible vaccines are expected to be more effective than the conventional vaccine against the Omicron strain currently at the main of the epidemic. So, please get one dose of either vaccine that can be given earlier.

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

** Telephone relay service (telephone calls through an operator who interprets in sign language, etc.) are not available, please call Kenko Ka ☎ Ext.628~630 (exclude Saturday, Sunday and Holidays)

お知らせ

講座・講演会

■講演会「精神障害や発達障害のある人を抱える家族～家族が孤立しないためにできること～」

INFORMATIONS LECTURES and SEMINARS

<Lecture "Families with persons having Mental or Developmental Disabilities ~

What Families Can Do to Avoid Isolation?>

The lecture will discuss what can be done to understand the situation of people with mental and developmental disabilities and their families, and to live in the community without being isolated.

Date and Time: November 22nd (Tue) 2PM~4PM

Location: Primo Hall Yutorogi Kouzashitsu 1

Eligibility: Hamura Residents, workers and people from related organizations including family associations in the Tama Area.

Capacity: 35 people (in application order)

Thing to bring: Writing utensils.

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

How to apply and Inquiries: During Nov 2nd (Wed) ~ 21st (Mon), please send [your name, address, telephone number and email address] by phone, fax, email or come to Shougai Fukushi Ka,

おうちでできる オンラインフレイル予防体操 ～初めてでも安心、サポートばっちり！～

<Online Frail Prevention Exercises at Home> ~ You may get supports even be beginner!

People can participate in exercises for preventing frailty from home using smartphone or computer. At the beginning, an instructor will meet with you and provide face-to-face support on how to use the equipment and computer via online, so even beginner will feel comfortable.

Eligibility: Hamura residents 65 years old or older who meet the following conditions (1), (2) and (3).

- (1) Able to exercise safely alone.
- (2) Have a terminal with a microphone and camera (PC, tablet, smartphone, etc.) to send and receive emails.
- (3) People are willing to have their own image and the background of their home projected during the class.

Capacity: 10 (in application order)

Schedules:

Number	Date and Time	Location	Class Format
1	January 5 th (Thu)	Yutorogi	Meet at Yutorogi
2	January 12 th (Thu)		
3	January 19 th (Thu)	Participants' Home Online	Online
4	January 26 th (Thu)		
5	February 2 nd (Thu)		
6	February 8 th (Wed)		
7	February 16 th (Thu)		
8	February 22 nd (Wed)	Yutorogi	Meet at Yutorogi



** Participants are responsible for communication and other expenses.

** For more information on what to bring, please check the city official website or inquiries to office.

How to apply and Inquiries: Within Nov 1st (Tue) ~ Dec 23rd (Fri), please call, email or come to Kourei Fukushi Kaigo Ka, kaigo Yobou, Chiiki Shien Kakari ☎Ext. 197, Email: s304200@city.hamura.tokyo.jp

※ When applying by email, please write "Application for Online Exercise at Home" in the subject line and your address, name, age, contact phone number in the content.

※ In principle, participants are required to prepare their own online terminals and communication environment, such as smartphones and tablets.

■はむら家族プロジェクト「愛情はむらまつり」

<Hamura Family Project "Love Hamura Festival"

~ See, Hear and Play! Feel the charm of Hamura for 2 days!

Welcome and discover the new charms of Hamura while playing with parents and children! There will also be gifts for visitors. You can even meet **HAMURIN!**

** Gift ~ Hamura City original "KIDS IN CAR" sticker (Ends as soon as it runs out).

Date and Time: November 19th (Sat) and 20th (Sun) 9:30AM~3:30PM

Location: Hinotonton Zoo (Hamura Zoo)

** Admission fee will be charged as usual.

Inquiries: Hisho Koukou Ka, Koukou. City Promotion Kakari ☎Ext. 336

Details:

- . [#Love Hamura Photo Exhibition]
Photos of families enjoying child-rearing taken by professional photographers and photojournalistic photos posted on Instagram with [#Love Hamura] will be exhibited.
 - . [Hamura Attraction Discovery Talk Event]
Let us listen to what people who know Hamura to talk about the city's charms to make your life in Hamura more enjoyable!
 - . [Have fun in playing!]
People can play on a variety of playground equipment that is not usually available.
Support by Nitto Sangyo Corporation (playground equipment manufacturer) and Tokyo Girl Scout #196
- ※There are other events for parents and children. For more information, please check the City's official website.



■ 電力、ガス、食品等価格高騰緊急支援給付金

<Emergency subsidy project for measures against electricity, gas and food costs raising>

Eligibility: As of September 30th, 2022, Hamura registered residents household is applicable to ① or ②

- ① Residence Tax Exempt households for year 2022 (all households are recorded in the Basic Residence Register of Hamura City and exempt from Residence Tax for Fiscal 2022 year)
- ② Households with sudden changes in financial status (Income for any month during January, 2022 ~ December, 2022 has decreased to the level equivalent to exempt residence tax household)

※※ Both ① and ② exclude households consisting only of dependent relatives who are subject to residence tax.

Payment Amount: ¥50,000 / per household

How to Apply:

Eligibility ① Household ~ Confirmation will be sent middle of November, please confirm details and return.

** Household that have moved in Hamura city on or after Jan 2nd, 2022, please apply the whole household's Residence tax exempt certificate from previous municipality and apply.

Eligibility ② Household ~ Please download application form from city official website and fill in to submit.

Application Deadline: Till January 31st (Tue), 2023.

Submit to & Inquiries: Emergency Support Benefits for Hamura City Residence Tax Exempt Household affected by soaring prices Call Center (application counter) ☎0570-092921

Time: 9AM~Noon, 1PM~5PM (exclude Saturday, Sunday, Holidays and New Year Holidays)

■ 令和5年度 羽村市立小中学校新1年生保護者説明会日程

< Briefing Regarding the Enrollment in Municipal Schools for April, 2023 >

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 2023.

Name of School	Date and time	Telephone Number	Name of School	Date and time	Telephone Number
Hamura Higashi Elementary School	January 17 th (Tue), 2023 2PM~	☎042-554-5663	Ozakudai Elementary School	February 3 rd (Fri), 2023 2PM~	☎042-554-1431
Hamura Nishi Elementary School	February 7 th (Tue), 2023 2PM~	☎042-554-2034	Musashino Elementary School	January 31 st (Tue), 2023 2PM~	☎042-555-6904
Fujimi Elementary School	February 14 th (Tue), 2023 2PM~	☎042-554-6449	Hamura Dai Ichi Junior High School	January 14 th (Sat), 2023 10:50AM~	☎042-554-2012
Sakae Elementary School	January 30 th (Mon), 2023 2PM~	☎042-554-2024	Hamura Dai Ni Junior High School	January 14 th (Sat), 2023 10AM~	☎042-554-2041
Shourin Elementary School	February 6 th (Mon), 2023 2PM~	☎042-554-7800	Hamura Dai San Junior High School	February 3 rd (Fri), 2023 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.

* 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

AUTUMN EVENTS

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 17th (Thu). 18th (Fri). 20th (Sun). 21st (Mon) and 22nd (Tue) 9AM ~ Noon

* Volunteers can participate even only one day. If it is rain, the schedule will be cancelled.

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, long boots and beverages.

How to Apply: Call or Fax to and provide your name and phone number by **November 10th (Thu)**.

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

令和 5 年春に咲くチューリップのオーナー

<Reiwa Year 5th Spring, 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.

* Tulip bulbs owner's planting will be held on **November 20th (Sun)**.

* If the weather is bad in November 20th for cancellation, it will be on November 23rd (Wed. Holiday).

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 Kyokai (Hamura Tourism Association) ☎042-555-9667 (Hanehigashi 1-13-15, Hamura) Fax042-555-9673 ** Close Tuesday and Wednesday.

健康

HEALTH



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 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.226

漏水調査にご協力を

< Water Leakage Inspection >

Hamura City will be sending water works contractors to each household to run a water leakage inspection.

*Inspection fee will be not charged any fee.

*City-contracted inspection officers carry their ID. If a suspicious inspector visits your home, please ask to show the ID.

Inspection Term: November 1st (Tue) 2022 to Feb. 28th (Tue), 2023.

Areas: Eastward areas of Ome Line's

Inspection Contractor: Rikuchi Leakage Inspection Company.

Inquiries: Hamura City Water Works Office ☎042-554-2269

情報アラカルト

子育て

妊産婦オンライン相談（要予約）

MISCELLANEOUS INFORMATION CHILDREN



<Pregnant woman Online Consultation (reservation required)>

Please feel free to use online consultation with midwife and Public health nurse.

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

Date and Time: Midwife consultation November 17th (Thu) ①9:30AM~ ②10:30AM~ ③11:30AM~
Public Health Nurse Consultation: Mon ~ Fri 9AM~4PM

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

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 22nd (Tue), from 9:30AM ~ 11AM Location: Hoken (Health) Center

Capacity: 8 (in order of application) Priority for applicants of the 1st 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 4th (Fri) 9AM~, please call or come directly to Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎Ext. 695

「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 9 th (Wed) ①10AM ②11AM	1 (in order of application)	West Children Center

ことばの相談（言語聴覚士）

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

Date	Capacity	Location
November 11 th (Fri). 21 st (Mon) 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.

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

郷土博物館

KYODO HAKUBUTSUKAN ☎042-558-2561

はじめてみませんか、バードウォッチング

< Bird Watching for Beginners >

This is a Bird Watch Association around Hamura Weir and Asamadake. Let us look for winter birds such as

Kashiradake, Japanese Grosbeak and Shrike.

Date and Time: December 7th (Wed) 9AM~11AM (it will be held even light rain).

Meeting Place: Hamura Weir Tamagawa Brothers Statue at 9AM

Routes: Around Hamura Weir (Hamura Weir~Sekishita Bridge~Kyoudo Hakubutsukan~Asamadake ~ Kyoudo Hakubutsukan)

Fee: ¥200 (included insurance fee) * Free for Junior High School Students and younger.

Things to bring: Beverage, Rain gear and Binoculars * need not to carry lunch

** Please wear comfortable walking shoes.

** In case of cancellation, it will be posted on the website of Wild Bird Association of Japan, Okutama Branch.

シルバー人材センター

SILVER CENTER ☎042-554-5131

< Handicraft Class "Rabbit" 2023 Oriental Zodiac Animal Decoration > 手芸講習会「卯の置物づくり」

Let's make decoration of "Rabbit" (Oriental Zodiac Animal of year 2023) together.

Date & Time: November 17th (Thu) 10AM~3PM Location: Silver Center

Capacity: 10 people (if applicants are exceed, name drawing will be held)

Fee: ¥1,900 (Material fee)

Things to Bring: Sewing tools (if you have), Lunch and Beverage

How to apply and Inquiries: Till November 8th (Tue), please call Silver Center ☎042-554-5131



フレッシュランド西多摩

FRESHLAND NISHITAMA ☎042-570-2626

◆ 生ごみコンポスト展～菌ちゃんによっていかされる?～

< Food Waste Composting Exhibition ~ Are you being taken in by fungus? >

The exhibition will show how to compost food scraps from households and return them to the soil.

Period: November 8th (Tue) ~ 20th (Sun) Megumi Net Hamura for Composting Food Waste

◆ **< Handmade Udon Class >** 手打ちうどん教室

This is a hand-making experience of Udon class which anyone can do easily.

Date and Time: December 13th (Tue) ① 10AM~Noon ② 2PM~4PM

Location: Freshland Nishitama Fureaikan (Assembly Facility)

Capacity: Each 30 people (in order of application)

Fee: ¥200 (material fee, free of charge for elementary school students and younger)

How to apply and Inquiries: November 15th (Tue) ~ December 9th (Fri), please come to the front desk of Freshland Nishitama ☎042-570-2626

PRIMO LIBRARY ☎042-554-2280

< Picture Story shows that both adults and children can enjoy! > 大人も子どもたのしめる紙芝居

Surprisingly, adults can also enjoy picture story shows, how about joining us with your children?

Date and Time: November 26th (Sun) 2PM~4PM

Location: Yutorogi Lecture Room 2

Details: Picture Story shows "Umakata Donto Tanuki no botton", "Nezumikyo", etc.

Performers: Ei-chan and Kamishibai Mokuren (Library Volunteers)

PRIMO HALL YUTOROGI ☎ 042-570-0707

高橋多佳子&高橋薫子ニューイヤーコンサート

< Ms. Takako Takahashi & Ms. Nobuko Takahashi New Year Concert >

This is a New Year's Concert featuring Ms. Takako Takahashi, a piano virtuoso who won the 5th prize at the



12th International Chopin Piano Competition in 1990, and Ms. Nobuko Takahashi who has won many awards and given many performances since her debut as Zerlina in "Don Giovanni" performed by Fujiwara Opera Company.

Date and Time: January 14th (Sat), 2023. 2PM (opening: 1PM)

Location: Primo Hall Yutorogi Main Hall (all reserved seat)

Fee: Free (ticket required)

Programs: Chopin / Four Mazurkas, Op. 24, Mozart/ What is Love like from "The Marriage of Figaro", etc.

** The programs are subject to change.

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

How to apply: From November 5th (Sat), 9AM~8PM, please come to Primo Yutorogi or via the Internet.

** Two tickets per person are limited to one person.

** Not available to choose seat via the internet.

Inquiries: Ome Sato Foundation ☎090-5195-3030 / Primo Hall Yutogogi

SWIMMING CENTER ☎042-579-3210

水中ウォーキング講習会

<Water Walking Class>

Date and Time: November 26th (Sat) 10AM~10:50AM

Eligibility: Age 16 or over

Capacity: First 30

Fee: Hamura residents or worker ¥410, outside of Hamura City ¥610

(Included admission and insurance fee)

Things to bring: Swimsuit, Swimming Cap and Towel.

How to Apply: Nov 26th (Sat) 9:30AM~9:50AM, please come to swimming center reception desk directly.

令和4年11月都営住宅入居者募集

< TOKYO METROPOLITAN PUBLIC HOUSING "Toei Juutaku" Application November, 2022 >

(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 1st (Tue) ~ 10th (Thu).

Locations for Brochure Handout: Toshikeikaku Ka (city hall 2nd Fl.), City Hall 1st 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 16th (Wed).

*Tenants will be selected by 9:30AM ~ 11AM drawing on Dec 22nd (Thu) 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: Tokyoto Juutaku Kyoukyuu Kousha Toei Jyuutaku Boshuu Center (JKK Tokyo Application Center)
Nov. 1st (Tue) ~ 16th (Wed) ☎0570-010-810 / other times ☎03-3498-8894 *weekdays only.

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 6th (Tue) 2PM~4PM Reservation: Not required

Test Result: Please come to the center again on December 13th (Tue), 2PM~4PM * Appear in person only

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

Location: Nishitama Hokenjo

Capacity: 10 people (require reservation, anonymous and free of charge)

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.

国民年金保険料は全額が社会保険料控除の対象です

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 30th, 2022. 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/

Ōme Pension Services Office (Nenkin Jimusho) ☎0428-30-3410

PayPay キャンペーン[第2弾] QRコード決済で 30%戻ってくる! ~羽村のお店でお得に買い物~

PayPay Campaign [Part 2]

30% back when you use QR code payment ~ Save money at stores in Hamura!

The Hamura Chamber of Commerce and Industry will hold a campaign to save money shopping in the city using cashless payment. The period and details have been upgraded from last year! Please use PayPay during the period.

○ Campaign Details キャンペーン内容

If you use the QR code payment application "PayPay" to pay at participating small and medium-sized businesses in the city during the campaign period, 30% of the payment amount will be given as points at a later date. The maximum amount of points awarded per transaction is 3,000 points (1 point = 1 yen), and the maximum amount of points awarded during the period is 12,000 points (last year, the maximum was 10,000 points). Anyone can participate in the campaign by using "PayPay".

○ Period: November 1st (Tue) to December 31st (Sat)

○ For those who want to know how to use "PayPay" 「PayPay」の使い方を知りたい方

You can consult with a SoftBank store in the city about how to install the application, charge money, and make payments. This service is also available for those who do not use SoftBank smartphones. For details, contact a SoftBank store.

Softbank Hamura: ☎042-569-8161

Softbank Ozaku: ☎042-570-7747

Inquiries: Hamura Chamber of Commerce and Industry ☎042-555-6211

11月15日までの休日診療 ◆**Till NOV 15th, MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS**◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
3rd (Thu. Holiday)	Hamura Sougo Shinryoujo	☎042-554-5420	Arai Clinic (Mizuho-machi)	☎042-557-0018	Ozawa Shika Clinic	☎042-579-1500
6 th (Sun)	Ozaku Ekimae Clinic	☎042-578-0161	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Honda Shika Iin	☎042-554-5902
13 th (Sun)	Wakakusa Iin	☎042-579-0311	Hikari Clinic (Fussa-shi)	☎042-530-0221	Ikoma Shika Hamura Shinryoujo	☎042-555-3139