



HAMURA NEWS

HAMURIN Hamura City Mascot

Edited by: *Hisho Kouhou Ka* (Secretary & Public Information Section)
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Hamura City Official Website = <https://www.city.hamura.tokyo.jp>

June 1st, 2024

Published by: *Hamura City*

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

羽村市 × あきる野市 大島・子ども体験塾

<Hamura and Akiruno Cities ~ Oshima Children's Experience School>

Oshima Children's Experience School will be held jointly with Akiruno City.

Participants will enjoy learning the importance and joy of cooperation with each other through climbing mountain and swimming in the sea in Izu Oshima.

Program schedules:

- Preliminary activities: July 14th (Sun).
- On-site activities: Izu Oshima August 8th (Thu) ~ 11th (Sun), (3 nights / 4 days).
▼ Climbing Mt. Mihara, swimming in the sea, hometown experience and etc.
- Post-Program activities: August 25th (Sun).

※ Parents briefing will be held on July 10th (Wed).

Eligibility: The 5th graders of elementary school ~ Junior high school students of Hamura residents who can participate in all planned programs and be active as leaders of youth activities in their schools, communities and etc..

Capacity: 21 (Total 42 for Hamura and Akiruno cities. If the applicants are too many, the drawing will be held).

Fee: ¥12,000.-

- Please pay the fee at the parents' briefing session.
- Expenses for cancelled flights and extra nights due to bad weather, etc. are not covered by insurance may be charged separately.
- This project is supported by the Tama-Island wide-area cooperation activity subsidy.

Application: Till June 12th (Wed), please fill out the application form and send via mail or come to City Hall 2F, Kosodate Shien Ka, Jidou Seishounen Kakari, 〒205-8601 (need not address)

** Application forms are available at City Hall 2F Kosodate Shien Ka, Jidou Seishounen Kakari, elementary or junior high school and also can be downloaded from the city official website.

Inquiries: Kosodate Shien Ka, Jidou Seishounen Kakari ☎Ext. 263.



< Summer Vacation Tour to Waste Recycling Center > 夏休み処分場見学会

The annual summer vacation tour to waste recycling center will be held. Why don't you take a chance to see how your waste is processed?

Schedules:

Date and Time	Location	Meet and dismiss location
July 25th (Thu) 8:45AM ~ 5:25PM	Hachioji City Tobuki Clean Center, Futatsuzuka Disposal Site and Yatozawa Disposal Site	JR Chuo Line Hachioji Station South Exit
August 1st (Thu) 8:15AM ~ 6PM	Clean Plaza Fujimi, Futatsuzuka Disposal Site and Yatozawa Disposal Site	JR Chuo Line Mitaka Station North Exit
August 6th (Tue) 8:30AM ~ 5:40PM	Tachikawa Clean Center, Futatsuzuka Disposal Site and Yatozawa Disposal Site	Tachikawa North Exit Park

※ Detailed meeting place and time will be notified to the winners.

※ Transportation from the meeting place to each facility will be by large buses.

Eligibility: Residents, workers or schoolers in Tama regions.

Fee: JPY500 per person (for Lunch Fee) ※ Please pay this fee on the tour day.

Capacity: 30 for each day (It will be held drawing, if applicants are too many. The result will be notified).

Application: Must be arrived on July 1st (Mon) postmark date, please fill in post which may download from Junkan Kumiai official website or apply through [Natsuyasumi Shobunba Kengakukai (Summer Vacation Tour to Waste Recycling Center)] with the following information
[①Name (Furigana), ②Age, ③Postal code and Address, ④Phone number (daytime),
⑤City name of your work place or school (if you do not live in the Tama area) and
⑥Desired date of participation].

Send to: 〒190-0181 7642 Ooaza Ooguno, Hinode-Machi, Nishitama-gun.

Tokyo Tama Kouiki Shigen Junkan Kumiai [Natsuyasumi Shobunba Kengakukai] Kakari

Inquiries: Tokyo Tama Kouiki Shigen Junkan Kumiai ☎042-597-6152

※ You may be asked to cooperate in taking photos and conducting interviews on the day of the event.

令和6年度多摩・島しょ広域連携活動助成事業 子ども体験塾

<FY 2024 Tama-Tousho Areas Collaboration Activity Subsidy Program ~ Children's Experience Classes>



[What do YouTubers do?] YouTuber って何してる？

Experience planning, shooting, and editing videos as if you were a YouTuber! Let's also participate in the experiments of YouTuber Mr. Ichioka Genki!

Eligibility: Elementary and junior high school students residing and attending school in Hamura/Ome City or Mizuho Machi.

■ YouTuber 体験 (ワークショップ)

[YouTuber Experience (Workshop)]

Schedules:

Location	Date
S & D Tamagu Center Multiple Purpose Room (Ome City)	August 6th (Tue)
Mizuho View Park Sky Hall, Sky Hall Small Hall (Mizuho Machi)	August 7th (Wed)
Primo Hall Yutorogi Reception Hall (Hamura City)	August 8th (Thu)

[General items for all locations]

Time: ① 10AM ~ Noon (Registration: 9:30AM~)

② 2PM ~ 4PM (Registration: 1:30PM~)

Capacity: Each 24 (if the applicants are too many, the drawing will be held).

Lecturer: FULMA Co., Ltd.

■ サイエンスライブ (大ホール公演)

[Science Life (Main Hall Performance)]

Experience various experiments by using science in a fun quiz format!

Join experiments by Mr. Ichioka, Genki with punishment games on variety shows and cooperated with "Hajime Shacho", "Puddle Bond", "Tokai On Air", "QuizKnock", etc. on YouTube!

Date and Time: August 10th (Sat) 2PM ~ 3:10PM (Doors open at 1PM)

Location: Primo Hall Yutorogi Main Hall

Capacity: 835 (if the applicants are too many, the drawing will be held).

Lecturer: Mr. Ichioka, Genki (GENKI LABO)

[Application] 申込方法

Deadline: June 30th (Sun)

Application Method: Application form or in person at each ,municipality office Children's Experience Classes service counter (application forms are available at the counter)

※ Apply via service counter, Hamura City 9AM~8PM. Ome City and Mizuho Machi are till June 28th (Fri) 5PM. The details, please check city official website.

※ The results of the drawing will be notified by e-mail.

Send to & Inquiries: 〒205-0003 1-11-5 Midorigaoka, Hamura, Primo Hall Yutorogi (Lifelong Learning Promotion Section), Children's Experience School ☎042-570-0707.

羽村ゆとろぎ寄席 特別公演

<Hamura Yutorogi Yose Special Performance>

Date and Time: August 30th (Fri), 6:30PM (door opens: 6PM)

Location: Primo Hall Yutorogi, Main Hall

Capacity: 854 (all reserved seats) ※ Preschool children are not allow to admit.

Performers: Katsura Miyaji (Rakugo), Shofukutei Ukou (Rakugo), Sekisekitei Noboru (Rakugo), Nezutsuchi (Comic Storytelling) and Shojiro Kagami (Daikagura Acrobatics)

Tickets: General (Pre-sale) JPY2,500, (at the door) JPY3,000

High school students and younger JPY1,000

Tickets sale: From June 1st (Sat) ~

Play Guide: [Box office]○ Primo Hall Yutorogi (9AM~8PM, closes Monday exclude holiday's).

○ S&D Sports Arena Hamura (9AM~5PM closes Monday exclude holidays').

○ Nishitama Newspare Ticket Service(10AM~5PM closes Saturdays & Sundays).

[Internet Sales] ~ ○Yutorogi Online ticket

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



宝くじふるさとワクワク劇場 in 羽村

公開オーディション

<Lottery Hometown Exciting Theater in Hamura ~ Open Audition>

Inquiries: Primo Hall Yutorogi ☎ 042-570-0707 (9AM ~ 8PM, exclude Holiday's Monday).

We are looking for people who will perform with Yoshimoto Shinkigeki members in "Lottery Hometown Exciting Theater in Hamura" on September 1st (Sun).

Welcome people with no experience in plays or acting, please feel free to participate in the open audition. No age or gender is required.

Date and Time: August 3rd (Sat) from 2PM

Location: Primo Hall Yutorogi Lecture Room 1

Capacity: About 10 those who passed audition.

Application: From June 1st (Sat) 9AM to July 27th (Sat) 8PM, via the application form of the city's official website or in person at Yutorogi.

※ Applicants will be notified of the meeting time and other details at a later date.

The main event will be held in September!

本番は9月

Date and Time September 1st (Sun) 2PM.

Location: Yutorogi Main Hall

Performers: Yoshimoto Shinkigeki members Takeshi Sato, Toshiyuki Aono, Jyaiko and others.

<The 23rd Art Exhibition in Hamura>

23rd アート in はむら展

The modern art exhibition will be exhibit Tama Areas 66 artists' work pieces.

Date and Time: June 25 (Tue) ~ July 7th (Sun) 10AM~5PM (The last day is till 4PM).

※ July 1st (Mon) is closed

Location: Primo Hall Yutorogi

Planning & Management: Yutorogi Collaborative Project Management Citizens' Group

Inquiries: Primo Hall Yutorogi ☎042-570-0707

Advance registration required

要事前申込み

1) [Exciting Night of Viewing through Dialogue]

対話によるわくわく鑑賞ナイト

Participants will share their impressions of the artworks and view some of them through dialogue.

Date & Time: June 29th(Sat) 6:30PM ~ 8PM

Eligibility: High school students and older

Capacity: 10 (in the application order)

こどものためのワークショップ ~ ペーパーアートワークでどうぶつをつくろう~

2) [Workshop for Children ~Let's make animals with paper artwork.]

Let's see what kind of animals you can make by "rolling," "tearing," and "folding" various kinds of paper.

Date and Time: July 6th (Sat), ①1:30PM~ ②3PM

※ It will take about one hour.

Eligibility: Preschoolers to elementary school students

(Children in 3rd grade and younger must be accompanied by a guardian.)

Instructor: Tatekawa Kana San (modern art artist)

Capacity: Each 10 (in the application order)

3) [Exciting Tour] わくわく鑑賞ツアー

Participants will tour around the museum while listening to the artist's commentary.

Date and Time: July 7th (Sun), 10AM ~ 11AM

Capacity: 15 (in the application order)

Application

From June 4th (Tue) 9AM~8PM, please call, in person or via application form via Hamura News ver. June 1st barcode to Primo Hall Yutorogi

No need to apply

申込み不要

4) [Artist Talk]

アーティストトーク

Explanation of works by exhibiting artists and exchange of opinions

Date and Time: June 29th (Sat), 2PM~4PM

Location: Yutorogi 1F Exhibition Room

※ Advance registration is not required. Please feel free to participate.



小学生芸術鑑賞教室 サポートボランティア募集

<Elementary School Students Art Exhibition Class Support Volunteer Recruitment>

During "The 23rd Art in Hamura Exhibition, there is one class for all 4th grade elementary school students in the city. The support volunteers for helping children to enjoy and safely watch are recruited.

Qualifications for application: Those who are interested in art and education, also can participate in the following schedules whichever is convenient (only one period is acceptable)

Date and Time: Activity time as follows ①8:30AM~10:30AM ②10AM~Noon ③1PM~3PM

Date	Time
June 26th (Wed)	②
June 27th (Thu)	① . ②
June 28th (Fri)	②
July 2nd (Tue)	② . ③
July 4th (Thu)	① . ②
July 5th (Fri)	②

Details: It is an activity that draws out impressions while appreciating the works with a group of children. No special knowledge is required.

Application and Inquiries: Till June 14th (Fri), please call or come to Gakkou Kyouiku Ka, Shido Kakari ☎Ext. 376.

COUNTERMEASURES OF WIND AND FLOOD DAMAGE

Typhoons and guerilla heavy rains can minimize damage by gathering accurate weather information and taking measures to deal with the expected situation. Prepare in advance based on the following points.

Inquiries: Bosai Anzen Ka, Bosai. Kiki Kanri Kakari ☎Ext. 207



<1. ADVANCE PREPARATION> 事前の備え

① Take measures inside and outside the house

家周りの危険箇所を確認しよう

Before it rains or winds become stronger, put away items in the house that might fly away in the wind. Make sure lock windows and storm doors securely and reinforce them if necessary.

② Prepare your belongings 持ち物の用意！

Let's prepare necessary items by putting them in an emergency carry bag. Please make sure that you can take out what you need and usually use. Check the expiration dates of stockpiles of food and other supplies frequently and keep a rolling stock ※.

※ Rolling stock...A method of always having a certain amount of food in stock by buying a little more food on a regular basis and buying more when you use it.

<Emergency Carry-Out Bag List > ★非常時の持ち物リスト★

- ☐ Food (including drinking water)
- ☐ Regular medicine and emergency medicine
- ☐ Cash (including coins), seals, bankbooks, etc.
- ☐ Clothing, towels, sleeping bags, etc.
- ☐ Flashlights, Radios and Batteries used for them
- ☐ Mobile phone, Smartphone and it's chargers, mobile batteries, etc.
- ☐ Powder Milk, Baby milk bottle, diapers, sanitary product and etc.
- ☐ Infection Prevention Goods.

③ Check in advance from usual 普段から確認しておこう

Please check "Disaster Prevention Map Hamura" whether your home corresponds to Flood or Landslide Disaster Caution areas. Also please use "Tokyo My Timeline" to decide beforehand what to do in preparation for evacuation. By deciding what kind of action to take when the situation arises, you can act without hassle in an emergency.

④ Collect weather and river information 気象、河川情報などの収集をしよう

It is important to collect information such as weather and river information as it will be a guide for deciding when to prepare and start evacuation.

<2. Take Actions within The Alert Level Accounted >

警戒レベルに応じた行動を

The alert level is a five-level representation of the risk of disaster and actions to be taken, so that you can make decision according to the situation when there is a risk of flood damage due to heavy rainfall or typhoons.

** Alert Level 4 ~ Be sure to evacuate with an Evacuation Order

Evacuation Information , etc. (Alert Level)			
Alert Level	Situation	Actions that Residents should take	Evacuation information, etc.
5	Disaster or Imminent	Danger of Life, Immediately ensure Safety!	Ensuring Emergency Safety
<Be sure to evacuate by Alert Level 4>			

4	High risk of Disaster	Evacuate everyone from dangerous place	Evacuation order
3	There is a risk of disaster.	Elderly people evacuate from a dangerous place	Evacuation of elderly people, etc.
2	Deteriorating weather conditions	Confirm your own evacuation behavior	Heavy rain / Flood warning
1	Maybe worsen weather conditions in the future	Raise your preparedness for disasters	Early warning information

※ Alert level 5 is not always able to issue information.

※ Alert level 3 is the timing for non-elderly people to forgo their usual actions, prepare for evacuation and voluntarily evacuate if they feel danger.

<3. What to do in case of disaster > 災害時の対応

■ Evacuation to an evacuation shelter will be done after being notified.

When an evacuation shelter is to be opened, prior notice will be given via the Disaster Prevention Administration Radio, Hamura City's e-mail distribution service and the city's official website. Please evacuate after that.

■ Evacuation method...In principle, evacuate on foot.

When evacuating to an evacuation shelter, please be aware of self-help (protect yourself by yourself) and bring what you deem necessary (food, bedding, etc.).

■ How to spend your time in an evacuation shelter

Please be considerate of each other. Be aware of mutual assistance (victims helping each other) by assisting the physically disabled and others.

お知らせ

INFORMATION

第44回 障害者スポーツ、レクリエーションのつどい

<The 44th Sports and Recreation Gathering for the Handicapped>

The handicapped sports will be introduced. Let's interact and deepen friendship through sports and recreation!

Date and Time: June 22nd (Sat) 10AM ~ 12:30PM

Location: S&D Sports Arena Hamura, the 1st Hall.

Things to bring: Indoor shoes, bag for outdoor shoes and beverage.

※ Please wear exercise clothes to participate.

[Programs] ○ Bread-eating contest ○ Red and White Ball tossing, etc.

※ The details, please check city official website.

Sponsor: Hamura City Council of Social Welfare and Hamura City

Inquiries: Shougai Fukushima Ka, Shougai Fukushima Kakari ☎Ext. 173



第43回 羽村市高齢者レクリエーションのつどい

<The 43rd Hamura City Recreation Gathering for the Elderly>

The Senior Citizens Recreation Gathering is held to promote health and friendship among senior citizens. If you are a member of a senior citizen club, please apply to the club. If you are not a member, please feel free to come directly to the venue on the day of the event.

Date and Time: June 27th (Thu), 1:30PM ~ 4:20PM

Location: S&D Sports Arena Hamura, the 1st Hall.

Eligibility: Those who are age 60 or older Hamura Residents.

Things to bring: Indoor shoes, bag for outdoor shoes and beverage.

※ Please wear exercise clothes to participate.

[Program] (Programs are subject to change)

○ Bread-eating contest ○ Ball tossing ○ Bin-knocking relay etc.

Inquiries: Korei Fukushima Kaiga Ka, Korei Fukushima Kakari ☎Ext. 177

< Your Little Supporting becomes Huge power ~

Courses in Nursing Care for Supporting Dementia Patients >

As we know, everyone will become dementia possibly. In order to live in familiar area even people have dementia, it is very important to have a little support in living area. Please have the correct knowledge, understand how to interact with them, and support the elderly and their families as much as you can. Participants will receive an orange ring, a mark of a supporter.

Date & Time: July 6th (Sat), 10AM ~ 11:30AM (Registration: 9:30AM ~)

Location: Primo Hall Yutorogi Lecture Room 2.

Eligibility: Hamura Resident, Worker and students age over 15 (exclude Junior High School students)

Capacity: 20 (in the application order)

Lecturer: Hamura City Chiiki Hokatsu Shien Center, Asahi Caravan Mate

Application & Inquiries: Till July 3rd (Wed) 5PM, please call, email or via application form to Korei
Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎ Ext. 456,
✉ s304200@city.hamura.tokyo.jp

※ While applying via email, please have [name, age, address and phone number] in text details.

■プロが撮影した家族写真をプレゼント

<Professionals take family photos and Give away photo for present>

Inquiries: Hisho Kouhou Ka, Kouhou. City Promotion ☎Ext. 339.



Recruitment of participants for Hamura Family Project "Family Photo Session".

A photo session by professional photographer will be held with the child-rearing family as a model. Take a wonderful family photo that will last a lifetime, photo data and photo panel will be presented to the participating families.

※ The photos taken will be used for public relations of the city, such as photo exhibitions and posting on the official website.

[Photo Session]

Date: July 21st (Sun), September 7th (Sat) or October 20th (Sun), either one day.

※ The photos schedule and others will be notified to participants.

Eligibility: Families residing in Hamura city who are raising children up to 10 years old.

Capacity: 15 groups (If applicants are too many, drawing will be held. The drawing will be given priority to those who have not participated in the past).

Photographer: Tamairo Photo Store (Hamura city photo store)

Application: Till June 10th (Mon) 5PM, please apply from the application form after agreeing to the
"Handing of personal information" via city official website and check Hamura News version
June 1st's QR code.

[Information & Communication Session]

Date and Time: June 30th (Sun) 1:30PM~

Location: Primo Hall Yutorogi Basement Reception Hall

税金

TAX

市民税・都民税納税通知書を6月中旬に送付します

< Notification will be sent to Citizens Regarding Resident Tax Payment in Middle of June >

Residents Tax amount is calculated based on the income of the preceding calendar year at the municipality in which you reside as of January 1st. It is paid in 4 installments during the year in which notification was made, however if you have taxes deducted from your public pension, it will be deducted in 6 installments. Regular taxpayers and pension special taxpayers who are eligible for the flat-rate tax reduction will be reduced by the amount of the flat-rate tax reduction.

In addition, for those who receive the amount determination of special collection tax through the company notice, the payment will be deducted in 12 installments from the salary in June to May of the following year. If you are eligible for the flat-rate tax reduction, you will not be deducted in June, but the tax amount after the flat-rate tax reduction will be deducted in 11 installments from July paycheck to May paycheck the following year.

■ The eligible for the flat-rate tax deduction 定額減税の対象者

Individual inhabitant taxpayers with total income JPY18,050,000 or less for FY 2024.

■ Amount of tax reduction 定額減税額

JPY10,000 per taxpayer including spouse and each dependent (excluding foreign residents).

Inquiries: Kazei Ka, Shimin Zei Kakari, ☎Ext. 162



< The Notification of Property Tax > 固定資産税のお知らせ

● Real Estate Value Inspection

If you newly build a residence or expand the existing property, you need to have your real estate value (re)evaluated within the same year. Please contact and set up an appointment for Kaoku Chousa (Real Estate Value Inspection).

※ If you expand garage or sunroom, it will be also taxable.

● Report of Demolished Property

When you have all or part of your registered residential property demolished, please file as below:

○ A Lost Property Registration (Messhitsu Touki) for registered property.

○ [Property (house) demolition report] for unregistered property.

※ If you do not file, property tax will continue to be imposed towards the demolished (non-existing) property from next FY.

● Residential Land Property

When any of the following cases apply to your land property, please file a required report.

○ Built a new house on your land property and changed the use purpose from commercial to residential.

○ Had existing house demolished, and the use purpose of your land property is no longer residential.

○ Built a real estate for business within your (former) residential land property.

○ Changed your residential real estate to a property of commercial use.

○ When you are remodeling your home.

◆ Property Tax Reductions

Introducing the property tax reduction system. In these systems, the deadline for filing is within 3 months from the date when the repair work is completed. Please contact us for details such as required documents.

- Energy-saving repair work for houses
- Barrier-free renovation work for houses
- Seismic retrofitting of houses

To know more about the following tax reduction systems, please check city official website.

Inquiries: Kazei Ka, Shisanzei Kakari ☎Ext.158.

An annual checkup report of Specified Health Checkups (Tokutei Kenkou Shinsa) will help you preventing lifestyle-related diseases by undergoing and checkups ticket will be mailed out in late May.

Eligibility: For those who have Hamura residents registration and are applicable either ① or ②.

① National Health Insurance (NHI) Members age 40 ~ 74.

② Those who are enrolled in the Late-Elderly Medical Insurance System.

How to get a medical checkup: Please bring the Specific Health Checkups Ticket, Medical Insurance Card and Elderly Member Card to checkup in specified health checkups medical facilities during period.

Program Period: June 1st (Sat) ~ October 31st (Thu)

** If you do not have National Health Insurance on medical system for the Elderly on the day of checkup day, you will not be able to receive checkup.

For those who are members of Health Insurance Association, etc. 健康保険組合などに加入している方へ

Each medical insurer will inform you about the health checkup. Please contact them for the timing and medical institutions.

Specified Health Checkups 特定健康診査とは

This health check focuses on metabolic syndrome *.

* Metabolic syndrome: Visceral fat syndrome, there are too much fat accumulated around the internal organs of abdomen and two or more of hyperglycemia, hypertension and dyslipidemia overlap. If this condition continues, arteriosclerosis will progress and myocardial and cerebral infarction will be more likely to occur in the future.

Special Health Guidance 特定保健指導

If you are 74 years old or younger, as a result of a health checkup, your abdominal circumference and BMI (values calculated from height and weight) are above the standard values. Also, any of the blood pressure, lipid or blood glucose test values is above the standard. Public health nurses and registered dietitians will individually support improvement measures to prevent lifestyle-related diseases.

Information on specific health guidance will be sent to those who are eligible from the business entrusted by the city.

Lifestyle-related disease aggravation prevention business 生活習慣病重症化予防事業

As a result of the specific medical examination, for those who have not received medical treatment at medical institution even they needed, the business operator entrusted by the city may prompt them to receive treatment.

Health-up Health Checkup ヘルスアップ健康診査

In order to get a better idea of people health condition, people can take health-up checkup with 7 additional tests.

※ If the medical checkup results are abnormal, please consult a doctor.

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



大腸がん検診

<Colorectal Cancer Screening>

Colorectal cancer begins to increase in age 40s people and is the leading cause of cancer death in women and the 2nd leading cause in men. With early detection and treatment, more than 95% of patients can be cured.

Eligibility: Hamura Residents who are 40 years old or older as the checkup date.

Term: June 1st (Sat) ~ October 31st (Thu)

Test method: Fecal occult blood reaction test (2-days stool collection method)

Medical Examination: After receiving a stool sample container from the cooperating medical institution in

the city, please collect stool samples for two days and submit to the medical institution (one-day stool sample cannot be used for the test).

Things to bring: Health insurance card, medical examination ticket (if you have one)

※ The medical institution will explain the results of the checkup to you.

※ If the result of the medical checkup is positive, the city will contact you to ascertain the status of your subsequent detailed examination.

※ For more information about medical institutions, please visit the official website of the city or contact the city office.

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

成人歯科健診を受けましょう (40～64歳)

< Adult Dental Checkup for age 40~64 >

Date: June 1st (Sat) ~ July 31st (Wed)

Eligibility: Hamura residents of age 40~64 and older as of June 1st, 2024.

Details: Medical examination including status of existing teeth and dentures, oral hygiene, periodontal disease, etc.

Application: Please make an appointment at a designated dental clinic listed on the Participating Dental Clinics List.

※ The check-up for 65 or older is in Sep. and Oct.

※ It not able to check for current dental treatment.

※ Once for per person yearly.

※ Please check Hamura City website for participating dental facilities.

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

肝炎ウィルス検診 ～早期発見・早期治療が肝心～

< Hepatitis Virus Screening ~ Early detection and treatment are essential.>

The hepatitis virus is a major cause of liver cancer. Infection may progress unnoticed. Get a checkup to save your life.

Date: June 1st (Sat) ~ October 31st (Thu)

Eligibility: Hamura residents who fall in one of the following categories:

① Those who turn(ed) age 40 in FY2024 (who was born Apr 2nd, 1984 ~ Apr 1st, 1985).

② Those who is age 41 or over and never have hepatitis virus screening before or who had a health check-up this year but the hepatic function rate was abnormal and wish to take screening.

※ Excludes those who have undergone or plan to undergo hepatitis virus screening conducted by employer or company etc.

Details: Hepatitis B / C test by blood test

Examination method: Please bring the screening with your health insurance card at one of the participating medical facilities.

** For the list of medical facilities, please check via city official website or inquiry to Kenko Ka.

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

30歳・35歳健康診査の受診

AGE 30, 35 HEALTH CHECKUPS

A checkup report of age 30 and 35 Health Checkups will help you gain knowledge of the current condition of your health, and will provide insight for maintaining your health in the future.

This medical examination program is carried out by medical insurance, and is free of charge.

Term: June 1st (Sat) ~ Oct 31st (Thu).

Eligibility: Those who are applicable all of the following ① to ③.

①Those who are residing in Hamura City.

②Become Age 30 or 35 (who was born April 2nd,1994 ~ April 1st, 1995 or April 2nd ,1989 ~

April 1st ,1990)

③Unable to have any others health checkup opportunity.

※ Pregnant woman (during pregnancy and for one year after delivery) is exclusion.

※ Checkup is once a year.

Checkup Method: Please bring Health Checkup coupon issued by Hoken Center to specified medical facilities.

Application: Must be arrived on Oct 21st (Mon), please send application form via postal to Hoken Center.

※ Application form is available to download from city official website.

Send to: 〒205-0003 5-5-2 Midorigaoka, Hamura City Hoken Center

※ Please refer to the city's official website for information on medical institutions and medical checkup details.

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



危険です！道路に出た枝などの障害物

<It is dangerous! Obstacles such as branches on the road.>

Hedges and tree branches extending on sidewalks and driveways obstruct traffic, such as hiding traffic signs and curved mirrors. Signs, merchandise and flowerpots places on the road not only obstruct passage but also can cause passers and bicycles to fall and get injured. If it causes an accident, the owner may be held liable for the accident.

It is dangerous to put the garbage collected by the city on the road, please put it out on own premises. Let us manage properly so that everyone can use the road safely and comfortably and the property such as individuals and businesses does not appear on the road.

Inquiries: City Road...Civil Engineering Division Road Management Section ☎Ext. 295 /

Metropolitan Road... Nishitama Construction Office Management Section Charge in Inspection
☎0428-22-7216

6 月が浸水対策強化月間

<June is the month for Strengthening Flooding Measures>

Bureau of Sewerage Tokyo Metropolitan Government has designated June as the month for strengthening flood control measures and asks for preparations for flooding.

If the gutter of the road is blocked, rainwater will not flow into the rainwater pipe. Water will accumulate on the road, increasing the risk of flooding. Please do not put anything in the gutter or on top of it.

Inquiries: Bureau of Sewerage Tokyo Metropolitan Government Regional Sewer office ☎042-527-4828.

人権・身の上相談を利用してください

< Free Public Counseling for Human Rights and Personal Affairs (Jinken/Minoue) >

There are civil rights commissioners recommended by the Minister of Justice are accepting consultation on Humuan Rights. Consultation is free and confidential. Please consult with us if you have any problems with unjustified persecution, bullying or human rights issue.

Date: The 3rd Thursday of every month 1:30PM~4:30PM

Location: City Hall 1F Citizen Consultation Room

Capacity: 3 / per day (in the application order)

Application & Inquiries: Please call in advance to Hisho Kouhou Ka, Shimin Soudan Kakari, ☎Ext. 541

情報アラカルト

後期高齢者医療

被保険者の方へ交通事故などにあったとき

<For insured persons, when traffic accident is happened, etc.>

MISCELLANEOUS INFORMATION ELDERLY MEDICAL SYSTEM

If you have been injured by a third party in a traffic accident, you can receive medical treatment under the Elderly Medical System by submitting a report to the medical institution.

In that case, please inform the medical institution that you will have medical examination due to accident and promptly report to City Hall Shimin Ka, Korei Iryo service counter (including self-damage accident). Necessary documents (damage report, etc.) will be informed after investigating about the accident situation.

※ In the case of traffic accident, accident certificate is required, so be sure to report it to police firstly.

Inquiries: Shimin Ka, Korei Iryo. Nenkin Kakari ☎ Ext. 138.

S&D SWIMMING PLAZA HAMURA (SWIMMING CENTER)

<Water Walking Class> 水中ウォーキング講習会



Date and Time: June 22nd (Sat) 10AM~10:50AM

Location: S&D Swimming Plaza Hamura (Swimming Center) Eligibility: Age 16 or over

Capacity: First 30

Fee: Hamura residents or workers JPY500 / those who are residing outside of Hamura City JPY750.

Things to bring: Swimsuit, Swimming Cap and Towel.

Applicatin: On event day 9AM~9:50AM, please come directly.

Inquiries: S&D Swimming Plaza Hamura ☎042-579-3210

子育て

CHILDREN

< The 1 Year-Old and Parent Get-Together Group > 1歳児教室「1歳ちゃん♪ 集まれ〜!」

The tips will be offered on brush teeth, how to stop breast feeding, meal of 1 year old etc.

Date: June 25th (Tue), from 9:30AM ~ 11:30AM Location: Hoken Center

Eligibility: Becoming to one year old in June and guardian.

Capacity: 15 groups (in order of application)

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

Application & Inquiries: Starting from June 3rd (Mon) 9AM~, please call or come directly to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 696.

< Chatting Place for Parents > おしゃべり場

Please feel free to join and share some thoughts and tips for child rearing.

Date & Location: June 11th (Tue) 10:30AM ~ 11AM , East Children Center

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

6月は、児童手当・児童育成手当の支給月

<Child Allowance and Child Support Allowance Recipients in June>

June is the month in which payment of February ~ May is made by bank transfer to those applicable citizens' designated bank accounts. Date of payment is scheduled for the June 14th (Fri).

Inquiries Kosodate Sodan Ka, Teate. Josei Kakari ☎Ext. 237

児童手当・児童育成手当の現況届を忘れずに

<Do not forget to submit the Current Status Report for Child Allowance / Child-Rearing Allowance!>

Accepting Period and Time: Must be arrived within June 3rd (Mon) ~ 28th (Fri), 8:30AM~11:30AM, 1PM~4:30PM (exclude Saturday and Sunday).

※ The submission by post mail is also acceptable.

Submit to: City Hall West Building 2F Kosodate Sodan Ka, Teate. Josei Kakari

[Child Allowance] 児童手当

<To those who need to submit Current Status Report>

- (1) Those who are in divorce proceedings and living separately from their spouses.
- (2) Those who are receiving benefits in different municipality from the address on their resident registration due to spousal violence, etc.
- (3) Those who do not have family register for the children who are eligible for the subsidy.
- (4) Those who are requested to submit the application by the city.

The notification will be sent out to eligibility in late May. Please check, if you fall under any of the following categories.

[Child-Rearing Allowance] 児童育成手当

If the beneficiary is continuously accepting, please submit the current status report. If you do not submit the status report, you will not be able to receive the allowance after June.

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

<June 2nd ~ 8th is Dangerous Goods Safety Week > 6月2日～8日は危険物安全週間

[The key to safe handling of hazardous materials.]

- . Do not use near fire.
- . Ventilate the area where refilling is performed.
- . Do not store in direct sunlight.
- . Dispose of the product in a proper manner according to the rules and instructions of the local government.

Inquiries: Fussa Fire Department ☎042-552-0119

羽村フィルハーモニー管弦楽団 第32回定期演奏会

<Hamura Philharmonic Orchestra ~ The 32nd Periodic Concert>

Date and Time: June 30th (Sun) 2PM, (Doors open at 1PM)

Location: Primo Hall Yutorogi, Main Hall

Capacity: 800 (All seats unreserved, reservations not required and admission free)

Conductor: Mr. Takeshi Kuze Violin solo: Mr. Keita Fukushima

Programs: (Mozart) Overture to "Cosi fan tutte" / (Mendelssohn) Violin Concerto / (Schumann) Symphony No. 1 "Spring"

Inquiries: Hamura Philharmonic Orchestra Kanda ☎080-5037-4032



STEM分野の魅力発見「オフィスツアー」参加者募集

<Call for Participants in "Office Tour" to Discover the Appeal of STEM Fields>

The Tokyo Metropolitan Government will conduct an office tour for female Junior high and High school students to promote women's activities in STEM fields.

※ STEM...The generic term for science, technology, engineering, and mathematics.

	Date	Location	Number of People
①	July 23rd (Tue)	Fast Retailing Inc. (Koto-ku)	40
②	July 25th (Thu)	Cyber Agent, Inc. (Koto-ku)	40
③	July 30th (Tue)	Mercari Inc. (Minato-ku)	50

※ If there are too many applicants, the drawing will be held.

Application & Inquiries: Till June 25th (Tue) 5PM, please contact the Tokyo Metropolitan Government Bureau of Citizens, Culture and Sports ☎03-5388-3189 (9AM~5PM exclude Saturdays and Sundays).



野生動物に餌をあげないで！

<Do not feed wild animals!>



Wild animals, such as pigeons and crows, survive by searching for food on their own.

If you feed wild animals, they will become accustomed to being fed effortlessly and unable to search for food in the wild. If feeding them causes their numbers too many, they can disrupt the ecosystem and cause problems with people.

Wild animals are not pets. Wild animals are happiest when left in their natural state.

○ Do not feed pigeons!

Especially in the case of pigeons, if you feed them, they will reproduce excessively and increase in number to an unimaginable degree. If the number of pigeons increases too much, they will cause damage to the living environment through their cries and feces.

So, please do not feed pigeons.

Inquiries: Kankyou Seisaku Ka ☎Ext. 224

市内でホタルを見よう！ ホタル観察会

<Let's watch fireflies in the city! Firefly Watching Event>

Hamura city is in cooperation with the Hamura Firefly Study Group to preserve the environment in which fireflies can live at a firefly farm near Aso Shrine.

You can listen to an explanation of firefly ecology and watch the fantastic sight of fireflies flying around the water's edge.

Date and Time: June 22nd (Sat) 7:30PM ~

Meet: In front of the entrance of "Ikoi-no-Sato

※ No prior application is required.

※ Since parking lot number is limit, please come on foot or by bicycle.

※ Not allowed to catch fireflies.

Explainer: Hamura Firefly Research Association

Inquiries: Kankyou Seisaku Ka ☎Ext. 225

6月の休日診療

◆ LOCAL MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
2nd (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Minagawa Sougou Shika Clinic	☎042-555-8219
9th (Sun)	Matsuda Iin	☎042-554-0358	Hikari Clinic (Fussa-shi)	☎042-530-0221	Moriya Shika Iin	☎042-555-9872
16th (Sun)	Baba Kodomo Clinic	☎042-555-3788	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Yano Shika Iin	☎042-555-3363
23rd (Sun)	Hamura Skin, Plastic Surgery and Intenal Medicine Clinics	☎042-578-8785	Hikari Clinic (Fussa-shi)	☎042-530-0221	Asahi Kouen Douri Shika Iin	☎042-555-7904
30th (Sun)	Sakae-chou Shinryoujo	☎042-555-8233	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Honda Shika Iin	☎042-554-5902

※Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Daily, where you can obtain information by phone about medical institutions that can provide language assistance and explanation about the Health System of Japan. Translation service is available via website: <https://www.himawari.metro.tokyo.jp> online at the Medical Information Website of the Tokyo Metropolitan Government.