



**HAMURIN** Hamura City Mascot

# HAMURA NEWS

**September 1<sup>st</sup>, 2024**

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## COMMUNITY

### <Participate in Disaster Prevention Drill!>

防災訓練に参加しよう！

Date: September 29th(Sun), 9AM outbreak of a disaster

Inquiries: Bousai Ansen Ka, Bousai. Kiki Kanri Kakari ☎Ext. 214



### [EARTHQUAKE]



This year's Comprehensive Disaster Drill will be held at Musashino Elementary School as the main venue and 15 designated evacuation sites (elementary, junior high schools and welfare evacuation sites) throughout the city.

※ In case of inclement weather, the event will be cancelled. Notification will be sent at 7AM via the Disaster Prevention and Administration Radio and Hamura City E-mail Distribution Service.

Let's participate in disaster drills! For yourself in case of emergency, each citizen should think about how to act to "protect your own life by yourself" in the event of a disaster and acquire the prevention knowledge necessary in an emergency.

#### ▽ For everyone living in the community 地域に暮らすみんなのために

It is important that not only adults but also children participate in drills to enhance the disaster preparedness of the entire community. Let's further improve the community's disaster preparedness to participate together.

#### ▽ For the sake of your precious family 大切な家族のために

Assume various situations and participate in drills with your whole family.



#### ▽ The pet owner should protect the pet! ペットを守るのは飼い主です！

In the event of a disaster, the pet owners should protect their pets.

Make sure to label your pet's identity and prepare emergency supplies in preparation for a disaster. In addition, there are rules at evacuation centers where people are from all places living together. Please follow the instructions of the person in charge of the evacuation center and keep your pets in a cage or designated area, with the owner taking responsibility for their care.

### <Emergency Earthquake Early Warning will be broadcast by 9AM.> 午前9時までに緊急地震速報を流します

By 9AM, City will broadcast an Earthquake Early Warning (drill broadcast) using the Japan Alert System (J-Alert). Then, a siren will sound on the assumption that a major earthquake of seismic intensity 6 or higher has occurred.

At Musashino Elementary School, the main venue of this year's event as follow:~

- Electric power supply training from electric vehicles, etc.
- Disaster activity introduction and equipment display by the Japan Ground Self-Defense Force and others
- Fussa Fire Department will provide a ride on a ladder truck (2 people per group, first 20 groups), earthquake experience using a seismic simulation vehicle and a smoke experience house.
- Rescue drills by the Fussa Fire Department and Hamura City Fire Brigade
- Exhibits on gas, electricity, disaster message dial, etc.

- Emergency water supply drills using water trucks, etc.
- Road restoration drills by the Construction Disaster Prevention Cooperative Association and the Hamura City Community Development Department.
- Display of stockpiled supplies, disaster prevention goods, etc.



The training will be conducted as follows 訓練は次のように進めよう！

1) Personal safety. わが身の安全

When an earthquake occurs, perform a shakeout (※). Firstly, it is important to protect yourself by hiding under a sturdy table or desk. Practice various scenarios at work and family members' homes.

※ What is a Shakeout?

In the event of an earthquake

- ① Keep your posture low
- ② Protect your head and body
- ③ Stay still until the shaking stops

These 3 actions are simple but very important. They are considered basic safety actions that anyone, from children to adults, can take.

2) Fire control. 火の始末

Once you have secured your personal safety, turn off the electricity, close the gas valve, etc. and practice fire prevention.

3) Check the preparedness of home. わが家の備えをチェック

Check household stockpile for items such as masks, disinfectant, thermometers and other items necessary for evacuation in the event of an infectious disease outbreak. Also check "emergency personal effects" such as lights and other necessary items when power outage occurs.

★ List of emergency personal belongings ★

非常時の持ち物リスト

- Food (including drinking water, etc.)
- Medicine, first-aid supplies, etc.
- Cash (including small change), personal seal, bank book, etc.
- Clothing, towels, sleeping bag, etc.
- Flashlight and radio (with extra batteries)
- Cell phones and mobile batteries
- Powdered milk, baby bottles, diapers, sanitary items, etc.
- Infection prevention goods



4) Evacuation drills based on actual disaster scenarios. 実災害を想定した避難訓練

When an evacuation order is issued or a fire starts to spread in the neighborhood, families should confirm communication methods and evacuate to a temporary gathering place or designated evacuation site.

5) Participate in Voluntary Disaster Prevention Organization Drills. 自主防災組織の訓練に参加

Voluntary disaster prevention organizations in each neighborhood association will hold drills for first aid, initial fire extinguishing and setting up an evacuation shelter. They also conduct drills on how to respond to people in need of assistance in the disaster.

By participating in and repeating these drills every year, you will learn how to act, improve preparedness, help each other with your family and neighbors and raise your awareness of disaster prevention.

6) You may not be able to return home from an outing. 外出先から帰れないことも

To prevent confusion during a disaster, do not start moving unnecessarily, just stay at your workplace or outside for a certain period of time. Even after safety is ensured, it is possible that you may have to return home on foot due to transportation disruption, so be sure to check the route to return home on foot. Also, discuss with your family how to use the Disaster Message Dial (171) or the Disaster Message Board on your cell phone, and how to contact your family and relatives.

### Prepare for earthquakes while sleeping

就寝中の地震に備えて

- Fix or rearrange furniture to prevent it from being trapped.
- Check wall clocks, picture frames and other items to see if they are in danger of falling.
- Cover yourself with a futon or pillow to protect yourself.
- Prepare slippers or shoes to avoid stepping on shards of glass.
- Close the curtains while sleeping to prevent glass from shattering.



### Let's utilize off-site lectures!

出前講座を活用しましょう

City staff or employees of public offices, etc., will visit study groups hosted by citizens as lecturers and give lectures on topics that you want to know or ask about.

羽村市生涯学習まちづくり出前講座

### **<Hamura City Lifelong Learning Community Development off-site Lectures>**

- "Earthquake: Be Prepared and You Need Not to Worry"
- "Wind and Flood Disasters: Heavy Rain, Flooding and Landslide Disasters"  
Date and time: Within 2 hours between 9AM ~ 9PM (exclude year-end and New Year holidays)  
Application: Primo Hall Yutorogi (Lifelong Learning Promotion Section) ☎042-570-0707
- "First Aid ~ Useful in case of Emergencies"
- "Let's experience a disaster drill in community."  
Available dates and times: Within 2 hours 9:30AM ~ Noon (exclude Year-end and New Year Holidays).  
Application: Hamura Branch Office, Fussa Fire Station, Tokyo Fire Department ☎ 042-554-0119.

### **<Collecting Informations via the Internet>**

インターネットを活用した情報収集

- ▽ Tokyo Stockpiling Navi 東京備蓄ナビ  
By simply answering three questions, a list of stockpiled items and required quantities tailored to the household is displayed.
  - ▽ Tokyo Disaster Prevention App 東京都防災アプリ  
This is the Tokyo Metropolitan Government's official disaster prevention application that is useful in times of emergency. It is mounted contents that are useful in disaster.
  - ▽ NHK News Disaster Prevention NHKニュース防災  
This is an official application of NHK News that you may check news and weather forecasts you are interested in, as well as the latest disaster and disaster prevention information.
  - ▽ Yahoo Disaster Prevention Bulletin Yahoo 防災速報  
Emergency information from the city (such as alerts and information on the opening of evacuation centers) is delivered when a disaster occurs or a threat of a disaster occurring. If you have a smartphone, please use it.
- ※ Please check Hamura News ver. Sep 1st to get QR codes to get the abovementioned applications.

はむら市民と産業のまつり2024

### **<Hamura Citizens and Industry Festival 2024 >**

Date and Time: November 2nd(Sat) & 3rd(Sun), 10AM ~ 4PM.

Location: S&D Sports Park Fujimi (Fujimi Park)

※ The event may be changed or cancelled due to weather or other reasons.

Sponsor: Hamura Citizens and Industry Festival Executive Committee.



### **[Performers and Staff Recruitment!]**

出演者・スタ・スタッフ募集

#### ① Stage Performers

The dancers, musicians, and other performers to join us on the track stage are recruited at the event site.

Eligibility: Individuals, groups, schools, nursery schools and kindergartens who volunteer to perform

and are approved by the Hamura Citizens and Industry Festival Executive Committee.

※ If there are too many applications, the Executive Committee will make a decision.

② Volunteer Staff

Only one day is also welcome!

Eligibility: Volunteers who are willing to cooperate in the operation of the festival.

Details: Guide and clean up the site, assist in the management of each event, etc.

Application for ① & ②:

During Sep 2nd(Mon) 9AM ~ 13th(Fri) 5PM, please fill out require details via application form or submit it directly to Sangyou Shinkou Ka, on the 2nd floor of the West Branch Office of City Hall.

※ Application forms are available at Sangyou Shinkou Ka or you can download from the city's official website.

**[Sponsorship is now being recruited.]**

協賛をお願いします。

In order to make the festival even more successful, the sponsorship of companies, organizations, and individual business owners are recruited.

☆ Application period: September 2nd(Mon) ~ 30th(Mon).

☆ Sponsorship fee: JPY5,000 / per unit.

☆ Sponsorship benefits: Publication in flyers and on the city's official website.

☆ Sponsorship of goods, etc.

Sponsorship of goods (beverages, etc.) to be distributed to visitors, stage performers and management staff.



**[Stalls Recruitment!]**

模擬店出店者募集

Eligibility: ① Members of the Hamura Chamber of Commerce and Industry.

② Citizens' groups that are active in the city on a regular basis: The groups are active in the city at all times with members ~ 5 persons or over and consist 70% members who are residing or working in Hamura. (When they apply, the activity record and members name book will be required to submit).

Application Term: September 2nd(Mon) ~ 13th(Fri) 5PM (deadline, must arrive).

Application Methods: Application and application forms differ for members of the eligibility. Please check the guidelines for opening a stall, fill out the requirements on the application form and submit.

① Members of the Hamura Chamber of Commerce and Industry: Directly to Hamura Chamber of Commerce and Industry.

② Citizen's groups: Directly to Sangyou Shinkou Ka.

※ In accordance with the guidance of the public health center, food and beverage sellers are required to fill in the address and name of the facility where they will prepare their food and beverages. In addition, stalls cannot be opened with items for which permission cannot be obtained from the health department.

Stall guidelines & application form distribution: From September 2nd(Mon) 9AM~, it will be available at the Hamura City Chamber of Commerce and Industry, Sangyou Shinkou Ka. You may also download from the official website of City Hall and the Hamura City Chamber of Commerce and Industry.

Application & Inquiries:

○ The Hamura Citizens and Industry Festival Executive Committee office (Sangyou Shinkou Ka, Shoukou Kankou Kakari (City Hall West Branch 2F) ☎Ext. 667, ✉s206000@city.hamura.tokyo.jp

○ Hamura Chamber of Commerce and Industry ☎042-555-6211.

**TOPIC**

**<Assistance for "Earthquake Resistance Diagnosis" and "Earthquake Retrofitting" expense for wooden houses>**

木造住宅の「耐震診断」「耐震改修」経費を補助しています

Inquiries: Kenchiku Ka (Architecture), Kenchiku Kakari ☎ Ext.253

In order to prepare for earthquakes in Tokyo area that will not know when it will occur, city will subsidize some

costs required for "Earthquake Resistance Diagnosis" and "Earthquake Resistance Retrofitting" of wooden houses in order to prevent disaster.

Eligibility: 1) Residents who own houses.

2) Those who have fully paid city taxes, etc.

Subsidized Housing:

Among wooden houses in city, detached wooden houses less 2 stories build by the conventional construction method (frame construction method) before May 31st, 1981.

- Please inquiry for other conditions.

Subsidy Amount:

- Seismic Diagnosis ~ 1/2 of costs (JPY50,000 limit)
- Seismic Retrofitting ~ 1/2 of costs (JPY500,000 limit)



■ 認知症を知ろう！9月は認知症月間

### < Knowing Alzheimer! September is World Alzheimer's Month >

Inquiries: Korei Fukushima Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext. 456.

The city's efforts during Alzheimer's Awareness Month will be introduced, so that people can be interested in Alzheimer's disease / dementia and deepen their correct understanding.

#### 1. Hamura City Alzheimer's Month Movie

羽村市認知症月間映画上映会

Date and Time: Sep 7th(Sat) 2PM~4PM.

Location: Primo Hall Yutorogi Small Hall.

Capacity: 100 (in application order)

Application: Please call, email or in person via application form to [s304200@city.hamura.tokyo.jp](mailto:s304200@city.hamura.tokyo.jp).

※When applying via email, please have "Application for Hamura City Alzheimer Month Movie" in subject title with [address (if you work, workplace name), name and contact phone number] in the text.

#### 2. Books Exhibition

書籍の展示

Display and lend out books of Alzheimer's disease and dementia.

Term: September 3rd(Tue) ~ 29th(Sun)

Location: Primo Library Hamura

#### 3. Hinotonton Zoo Orange Light Up

ヒノトントンZOO オレンジライトアップ

The entrance of Hinotonton Zoo will be lit up in orange, the symbolic color of dementia support.

Date and Time: September 2nd(Mon) ~ 30th(Mon) from sunset to 9PM



お知らせ

## INFORMATION

子ども国際交流音楽祭」合唱団・参加者・歓迎演奏出演者募集

### <[Children's International Exchange Music Festival] Chorus Group, Participants and Performers for Welcome Performance Recruitment>

City is recruiting a choir group to perform at the "Children's International Exchange Music Festival", which will be held at Primo Hall Yutorogi on February 11th(Tue, Holiday),2025 and a group to welcome the performers from Vienna.

[Choirs]

Eligibility: The 5th grade elementary school students ~ 18 years old residing in Hamura and are able to participate in the rehearsals and the performance.

Capacity: About 50 students from Hamura City, Hinohara Village, Okutama Town, Akishima City, etc.

Practice dates: Sundays during October 13th(Sun) ~ January 26th(Sun), 2025.

※ Time: 2PM ~ 5PM each time (about 8 times)

Application: Till September 27th(Fri), please fill out the application form (available at Primo Hall Yutorogi) or the 2D code on Hamura News ver. Sep 1st, and submit to Primo Hall Yutorogi.

[Welcome performance]

Eligibility: Students or graduates of music colleges, etc., up to about 30 years old, who live, work, or come

from the Nishitama area.

※ Please apply as an ensemble as much as possible.

※ There will be a judgement by the Music Director.

Application & Inquiries: It must be made directly to Primo Hall Yutorogi by September 29th(Sun),  
☎042-570-0707 (9AM~8PM. Closed on Mondays except Holiday's)



敬老金をお届けします

### < Complimentary Gift to Elderly Citizens from Hamura City >

The Hamura City will honor the elderly who have devoted many years of service to society and present them with a respectful old-age gift in celebration of their longevity.

The mayor will deliver the money to those who are 100 years old and Hamura City Social Welfare Committee members from each area will visit those who are 88 years old by September 16th(Monday, Holiday).

Those who reside in Hamura as of September 1st, 2024 and will reach the age of eligibility during the fiscal year 2024 to receive the gift.

Eligibility and Gift Amount:

- 100 years old people (who was born Apr 2nd, 1924 to Apr 1st, 1925) ~ JPY50,000
- 88 years old people (who was born Apr 2nd, 1936 to Apr 1st, 1937) ~ JPY20,000

Inquiries: Kourei Fukushima Kaigo Ka, Kourei Fukushima Kakari ☎Ext. 178.

令和6年度 じゅらく苑. お好み講座・ボランティア講座. 受講生追加募集

### <FY 2024 JURAKU-EN, "OKONOMI" Workshops and Volunteer Courses Additional Recruiting>

For people aged 60 or over residing in city to use these courses to create a purpose in life, improve health and make new friends.

#### ○ OKONOMI KOUZA CLASSES

Class Name	Date	Time	Capacity
Minyou (folk dance)	Every Tuesday (4 times/per month)	1:30PM ~ 4:30PM	5
Igo (board game)	Every Friday (4 times/per month)	10AM ~ Noon	10
Shougi (board game)	Every Friday (4 times/per month)	1PM ~ 4:30PM	10

#### ○ VOLUNTEER COURSES

Class Name	Date	Time	Capacity
Paper Cutout Art	Every 2nd and 4th Wednesday ※ Only Dec, 2nd & 3rd Wednesday	9:30AM ~ 11:30AM	3
Shigin (recitation of Chinese poem)	Every 1st and 3rd Thursday	1PM ~ 4:30PM	5

\*\*\* Volunteer courses are taught by volunteer instructors and all courses are for beginners.

Term: October ~ March 2025 (6 months)

Eligibility: For those who are aged 60 or older residing in Hamura.

※ There is no charge for the course, but the cost of materials and others.

Location: Jurakuen Community Center

Application / Inquiries: During September 2nd(Mon) ~ 17th(Tue), please call or come in person to Korei Fukushima Kaigo Ka, Korei Fukushima Kakari ☎Ext. 176.



## EDUCATION

令和7年4月に小学校に入学するお子さんの健康診断

### < Medical Checkup for April, 2025's First Grader Students >

Households with child(ren) entering an elementary school in April 2025 will receive a notification of Pre-entrance Child Medical Check-up in middle of September.

■ School Entrance Health Check Dates



Elementary School Name	Date
Hamura Higashi	Nov 27th (Wed)
Hamura Nishi	Oct 31st (Thu)
Fujimi	Oct 24th (Thu)
Sakae	Oct 25th (Fri)
Shourin	Nov 20th (Wed)
Ozakudai	Nov 1st (Fri)
Musashino	Nov 7th (Thu)

Time: Reception 1:15PM~1:30PM

※ If you are a parent expecting the notification but it is not delivered to you, or if you plan to enter your child to a medical check other than the designated school, please contact Gakkou Kyouiku Ka, Gakumu Kakari.

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

福祉

## WELFARE

ご存じですか？ヘルプカードとヘルプマーク

### <Do you know about Help Cards and Help Marks?>

#### ● Help Card

A help card is carried by a person who needs assistance due to disability, etc., and contains information on what he/she needs help with. If you are in need of assistance, please follow the instructions on the card.

To whom the cards are distributed

People with physical disability certificate (身体障害者手帳), Intellectual Disability Certificate (愛の手帳), Mental Disability Health and Welfare Certificate (精神障害者保健福祉手帳) or incurable disease, etc.

#### ● Help Mark

This mark is worn by people whose need for assistance or consideration is not apparent from their appearance. If you see a person wearing the Help Mark, please act considerately by offering your seat on the train.

<Distribution eligibility>

People with artificial legs or joints, internal disabilities, incurable diseases or in the first trimester of pregnancy, etc.

#### ● Distribution of Cards and Marks

Cards and marks are distributed at the City Hall 1F Shougai Fukushima Ka service counter to eligible people.

※ Distribution of help marks at City Hall will be discontinued as soon as all gone. It is also distributed at Toei Subway, Yurikamome and Tama Monorail stations (with some exceptions). Please check with the place where they are distributed firstly.

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



家族介護慰労金を支給します

### < Rewarding Family Members who Provide Elder Home Nursing Care >

Home nursing care providers for elders who are certified as level 4 and 5 will be eligible to receive a one-time sum. Please claim if you are applicable.

Eligibility:

- Have been caring for level 4 and 5 elder for at least one year counting from standard date set for evaluation, while residing on adjacent or same property as your elder. Or in a caregiver's home outside the city for the past one year from the base date of the grant.
- Previous year's income counting from term of rewarding year's standard date set for evaluation of all household members is tax exempt.
- Have not utilized the day care system (short stay term for total of 7 days or less total is not counted) in the past year counting from standard date set for evaluation.
- The elderly receiving nursing care has not been hospitalized for more than 90 days.

Amount yearly: JPY100,000 per family.



※ After receiving an inquiry, staff members will visit the home, etc., and if the applicant meets the requirements, the payment will be made.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎456.

健康

## HEALTH

成人歯科健康診査 < **Adult's Dental Checkup** >

Date: September 1st(Sun) ~ October 31st(Thu).

Eligibility: Hamura residents of age 65 and older as of June 1st present.

※ Once a year dental checkup.

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

※ Those who are under dental treatment or who have checkups provided by an employer are not eligible.

※ Bring your Health Insurance Card ※ Please check Hamura City website or call related medical facilities.

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



環境

## ENVIRONMENT

粗大ごみの受入れを一時休止 < **Oversize Trash Services will be stop temporarily** >

Due to facility repair, recycling center will stop service for accepting oversized trash. Your cooperation will be highly appreciated.

Term: September 9th(Mon) ~ 17th(Tue).

\*\* If you need to dispose of oversized trash during moving, please contact us in advance.

Inquiries: Recycling Center ☎042-578-1211

10月1日から粗大ごみなどの処理手数料を改定します

< **Fees for Oversized waste and other items will be revised on October 1st** >

Fees for oversized waste (home collection and direct drop-off at recycling centers), human waste, and sewage (septic tank sludge) will be revised. For details, please check the city's official website and the Hamura News ver. July 1st.

Inquiries: Seikatsu Kankyou ☎Ext. 205



## TOPIC

■該当する場合は申請を 児童手当制度拡充

< **Expansion of the Child Allowance System ~ Apply for the Child Allowance if applicable!** >

The expansion of the child allowance system will be applied from October. In accordance with this expansion, applications from eligible households will be accepted from September 2nd(Mon).

Eligible households and Application methods

① Households that do not currently have a child who has yet to complete junior high school but have a child in high school age

⇒The application guide will be sent out in late August. If your household is eligible, please apply for the subsidy (postmail is acceptable).

※ Households that are currently receiving child allowance (including special benefit) with a child in high school age do not need to apply as the Kosodate Soudan Ka will take care of the procedures.

② Households that are currently ineligible for the Child Allowance due to income over the maximum amount

⇒The application information will be sent out in late August. If you are eligible, please apply for the Child Allowance (postmail is acceptable).

③ Households that are currently receiving child allowance (including special benefit) and have 3 or more children together with older siblings in college age (if "Yes" for both "equivalent to care" and "living



expense burden")

⇒Please submit the "Confirmation Form for Equivalent to care and Living Expenses Burden" (postmail is acceptable).

※ Please download the form from the official website of the city or use the form distributed at Kosodate Sodan Ka.

※ For details, please check the official website of the city.

Inquiries: Kosodate Sodan Ka, Teate. Josei Kakari ☎ Ext.235.



国立音楽大学連携コンサート「輝けるバロックの饗宴」

### <Kunitachi College of Music Collaboration Concert 「A Brilliant Baroque Feast」 >

Inquiries: Primo Hall Yutorogi ☎042-570-0707

Please enjoy baroque masterpieces performed by Kunitachi College of Music faculty members and others along with dance.

Date and time: January 25th(Sat), 2025 2PM (Doors open at 1:30PM)

Location: Primo Hall Yutorogi Main Hall

Capacity: 854 (All seats reserved)

Ticket: JPY1,000 for adults / JPY500 for high school students and younger

※ No admission for preschool children

Performers: Nagashima san (soprano), Onishi san (violin), Tsubota san (viola da gamba), Kikuchi san (flauto traverso), Hamanaka san (baroque dance) etc.

Programs: J.S. Bach (arr: Gounod) / Ave Maria, J.S. Bach / Aria on G line, G. Caccini / "Amarillo"

※ Performers and program are subject to change.

Ticket sales: Sunday, September 1st(Sun), 9AM

[Playguide]

○ Yutorogi: ☎042-570-0707 (9AM ~ 8PM close on Mondays except Holiday's)

○ S&D Sports Arena Hamura: ☎042-555-0033 (9AM ~ 5PM, close on Mondays except Holiday's)

○ Nishitama Newspaper: ☎0120-61-3737 (10AM ~ 5PM Monday through Friday)

○ Internet sales: Yutorogi Internet Ticket Site



情報アラカルト

子育て

10月1日は、乳、子、青医療証の更新日です

## MISCELLANEOUS INFORMATION CHILDREN

### <October 1st is the date of renewal of Medical Certificate for infants, children and youths.>

The medical expense subsidy system for infants (Marunyu)乳, children of compulsory education (Maruko)子, and high school students (Maruao)青 will be renewed on October 1st every year. The new medical card will be a green color after renewal. Those who are eligible will be mailed a new card in late September.

Those who have not certified as "Maruao" due to income limitation and are expected to meet the criteria for certification in 2024 should apply for the certification during September.

What are "Marunyu", "Maruko" and "Maruao" ?

- The subsidy covers the co-payment of medical expenses covered by insurance.
- The "Maruao" has an income limit.
- It is required to report while changing address, health insurance or name. Please bring your medical care certificate and health insurance to Kosodate Sodan Ka for procedures.

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



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

It will offer tips on how to stop breast feeding or about safety, and the child can play with other children.

Date: September 24th(Tue), from 9:30AM ~ 11:30AM Location: Hoken Center

Eligibility: Hamura City Residents who have a child at one year old as September can attend with their child.

Capacity: 15 pairs (in application order).

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

Application & Inquiries: Starting from September 2nd(Mon) 9AM~, via application form, please call or come directly to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 696.

**<Children's Center Chatting Space>** 児童館 おしゃべり場

Let's talk about what you are feeling in your daily child-rearing.

Date: September 4th(Wed), 10:30AM ~ 11AM

Location: West Children Center

Eligibility: People who are raising preschool children

※ For details, please visit the official website.

Inquiries: West Children Center ☎ 042-554-7578 / Child Family Support Center ☎ 042-578-2882

交通安全

**TRAFFIC SAFETY**

■交通安全講習会 **<Traffic Safety Seminar>**

Date and Time: September 11th(Wed), 7PM~8PM (schedule ending) \*\* Open reception: 6:30PM ~

Location: Primo Hall Yutorogi, Main Hall.

※ Parking space is limited, please come on foot or by bicycle as possible as you can.

Inquires: Bousai Anzen Ka, Bouhan. Koutsu Anzen Kakari ☎Ext. 216.

**PRIMO LIBRARY HAMURA ☎042-554-2280**

■ 休館日のお知らせ **Close Day** September 17th(Tue).



■ 読書手帳の表彰 **<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: September 6th(Fri) ~ 29th(Sun).

Standard number of books: 500 books for Elementary School students or younger,  
500 books for Junior High and High School students,  
1,000 books for General (up to 5 times for award).

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

Award Day and Time: November 3rd(Sun) 10AM~ (about 30 minutes).



S & D スポーツアリーナ羽村

**S&D SPORTS ARENA HAMURA ☎042-555-0033**

第67回フィールドゴルフ大会、初心者講習会 参加者募集

**<The 67th Field Golf Tournament and Beginners' Seminar. Welcome Participants !>**

This is a field golf tournament devised and promoted by the Hamura Sports Promotion Committee.

A beginners' seminar will be held with the tournament.

Date and Time: October 19th(Sat) 9:30AM ~ Noon (Registration: 8:45AM ~ 9AM; canceled in case of rain).

Location: S&D Sports Park Fujimi Ground Eligibility: For those who are residing or working in Hamura.

Capacity: No limit for tournament / 10 for beginners' course (in order of application)

Fee: JPY200 for the tournament, JPY100 for the beginners' workshop (please pay on the event day).

Things to Bring: Clothes and shoes suitable for exercise, drink, clubs, and ball.

※ Clubs and balls will be lent out at the beginners' workshop.

Sponsor: Hamura Sports Promotion Committee

Application: September 3rd(Tue) ~ October 8th(Tue), please apply by phone, in person, or via application form with [address (or workplace), name (furigana). phone number. group name (if you belong any)] to S&D Sports Arena Hamura.

※ No same-day participation is allowed.

※ Applications by phone or in person are accepted from 9AM ~ 5PM, exclude close day (Mondays).

## S&D SWIMMING PLAZA HAMURA ☎042-579-3210

### <Water Walking Class> 水中ウォーキング講習会

Introduces various walking ways with the properties of water. The physical fitness improving and fat burning can be expected.

Date and Time: September 28th(Sat) 10AM~10:50AM

Eligibility: Age 16 or over Capacity: First 30

Fee: Hamura residents or worker JPY500, outside of Hamura City JPY750 (admission & insurance fee)

Things to bring: Swimsuit, Swimming Cap and Towel.

Application: At the same day 9AM~9:50AM, please come to swimming center reception desk directly.

## KYOULDOU HAKUBUTSUKAN ☎ 042-558-2561

### 季節かざり「お月見かざり」 < The Seasonal Decoration ~ Moon-Viewing Decoration >



Why not feel the coming of autumn with "Moon Decorations", which are imbued with the sentiment of celebrating the year's harvest?

Date & Time: Sept 14th(Sat) ~ 22nd(Sun) 9AM~5PM (Old Shimoda Residence is till 4PM).

Location: Orientation Hall and Old Shimoda Residence.

## <THE 35th TOKYO SUICIDE PREVENTION CAMPAIGN> 第35回 自殺防止！東京キャンペーン

In Tokyo Metropolitan, every year's March and September are Suicide Prevention Reinforcement Months.

\*\* All services are free. But, the communication fee will be costed except Free Dial.

\*\* Navi Dial #0570 is not eligible for free talking or all you can call plan.

### ◇ Consolation counters during Campaign Term

Service Counter/ Facility	Telephone No.	Special Consolation Term
Toll Free Special Counseling (NPO Bifreunders Tokyo Suicide Prevention Center)	☎0120-58-9090 ☎03-5286-9090	Till Sep 5th(Thu) 8PM ~ Next day 2:30AM ** Monday: 10:30PM ~ / Tuesday: 5PM~
Yamabiko Support for Life ~ Listening Line (NPO Inochino Yamabiko Phone)	☎03-3842-5311	September's Tue, Wed, Fri, Sat, Sun and Holidays (exclude 4th Sun) Noon~8PM
Suicide Prevention Hotline "Japan Inochi-no Denwa" (Nationwide)	☎0120-783-556	Everyday 4PM~9PM Sep 10th(Tue) ~ 16th(Mon) 8AM~ Next day 8AM
(Tokyo) "Inochi-no Denwa"	☎03-3264-4343	every day 24 hrs.
Tokyo Suicide Prevention Campaign "Kokoro to Inochi no Hotline" [NPO Mental Care Association]	☎0570-087478	Sep 10th(Tue) ~ 14th(Sat) Everyday 24 hrs.
Suicide-Bereaved Family Listening Line [NPO Grief Care and Support Plaza]	☎03-3796-5453	Sep 10th(Tue) ~ 13th(Fri) 11AM~5PM
Suicide-Bereaved Family Counseling Dial [NPO Suicide-Bereaved Family General Support Center]	☎03-3261-4350	Sep 9th(Mon) ~ 11th(Wed) Noon ~ 5PM

- Telephone Counseling for Problems with Multiple Consumer Loans #110 多重債務110 番

☎03-3235-1155 (Tokyo Consumer Affairs Center)

Date and Time: September 2nd(Mon) and 3rd(Tue) (9AM~5PM).

9月20日(金)~26日(木)は動物愛護週間

## <Animal Protection Week September 20th(Fri)~ 26th(Thu)>

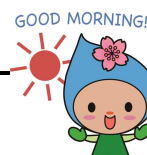
Please keep loving animals and taking responsibility to rear them.



The owners of pets are responsible for caring animals' entire lives, understanding their habits and caring for them with love. Killing, injuring, abusing or abandoning animals are punishable by law.

- Sterility and Castration Surgery 不妊・去勢手術  
~ If you do cannot breed pets properly, please perform infertility/castration surgery. It is also can help to prevent genital diseases.
- Identity Display 身元の表示  
~ Animals get lost and cannot return to their owners. Dogs, Cats and other animals should be tagged for ease of detection. Dog owners are required to register once a lifetime and receive one rabies vaccination each year.
- Cats Breeding Indoor 猫の飼育は屋内で  
In consideration of current traffic and housing, it is desirable to keep cat indoor in urban areas to avoid neighborhood troubles.
- Follow the rules for dog walking 犬の散歩はルールを守って  
Using lead when you walk with dog. It is the owner's responsibility to flush dog's pee immediately, and take dog droppings back to home.

Inquiries: Kankyo Seisaku Ka ☎Ext.226



**<Animal Protection Festival>** どうぶつ愛護フェスティバル

~Children and Adults think together, We with Animals ~

- Indoor event ~ Symposium etc.

Date: September 23rd(Mon, Holiday) 1PM ~ 4PM

Location: National Museum of Nature and Science (Japanese Pavilion in the Ueno Main Building)

- Outdoor Event ~Talk Event etc.

Date: September 21st(Sat) 10AM ~ 5PM

Location: Komazawa Olympic Park (Central Square)

Inquiries: Environmental Health and Sanitation Section, Bureau of Public Health and Medical Care, Tokyo Metropolitan Government ☎03-5320-4412

行政・人権相談日

**PUBLIC CONSULTATIONS**

**Schedule of September**

Category	Date	Time	Contact
Public Administration and Human Rights	Sep 19th(Thu)	1:30pm ~ 4:30pm	Shimin Soudan-shitsu city hall ☎Ext.541

\*㊤=appointment required. .

◆ Consultations are by appointment only. Please do not call the Shimin Soudan-Shitsu for consultation over the telephone.

9月休日診療

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

Date	Hospital / Clinic				Dental Clinic	
September	9am~5pm		5pm~10pm		9am~5pm	
1st (Sun)	Ozaku Ekimae Clinic	☎042-578-0161	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Hamura Tulip Shika	☎042-578-8284
8th (Sun)	Sakae-chou Shinryoujo	☎042-555-8233	Hikari Clinic (Fussa-shi)	☎042-530-0221	Takada Shika Iin	☎042-555-5903
15th (Sun)	Ozaki Clinic	☎042-554-0188	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Hanenaka Shika Clinic	☎042-554-2202
16th (Mon, Holiday)	Hamura Skin, Plastic Surgery and Intenal Medicine Clinics	☎042-578-8785	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Hamura Shika Iin	☎042-570-4618
22nd (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Hamura Station Dental Clinic	☎042-570-5621
23rd (Mon, Holiday)	Hamura Sougo Shinryoujo	☎042-554-5420	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	DenTrust	☎042-555-7064
29th (Sun)	Wakakusa Iin	☎042-579-0311	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Hirai Dental Partners	☎042-533-5157

\*Tokyo Health & Medical Information Center "Himawari" ☎03-5285-8181 (English) 9AM~8PM Dail