



HAMURA NEWS

HAMURIN Hamura City Mascot

October 1st, 2024

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COMMUNITY

AUTUMN EVENTS



秋の催し

第55 回羽村市文化祭 特別企画

生涯学習文化講演会 世界に広がる学びのまちづくり

<The 55th Hamura City Cultural Festival Special Program

Lifelong Learning Cultural Lecture ~ [Creating a globally expanding learning city]>

A comparison of the state of lifelong learning in Hamura and the rest of world will be made. You will also hear from a former employee of the International Affairs Department of Espoo, a lifelong learning city in Finland, who is currently visiting Japan.

Date and Time: October 13th (Sun) 1:20PM ~ 2:50PM

Location: Primo Hall Yutorogi, Small Hall.

Capacity: First 240

Lecturer: Ms. Yukiko Sawano (Professor, University of the Sacred Heart).

NHK 主催展覧会関連文化講演会

<NHK Cultural Lecture Related to the Exhibition

~ The Modern Age of Haniwa and Clay Figures>

ハニワと土偶の近代

It was not until the modern era that haniwa and clay figurines began to appear in textbooks and attract attention, making them more familiar to the public.

This lecture is related to the exhibition "The Modern Age of Haniwa and Clay Figures," which will be held at the National Museum of Modern Art, Tokyo from October 1st (Tue) to December 22nd (Sun).

Date and Time: November 16th (Sat) 6:30PM ~ 8:10PM (doors open at 6PM)

Location: Primo Hall Yutorogi, Small Hall.

Capacity: 249 (in order of application, all seats unserved).

Lecturer: Mr. Hajime Nariai (Senior Researcher, The National Museum of Modern Art, Tokyo)

Co-sponsored by: Hamura City Board of Education and NHK.

Application & Inquiries: The tickets will be distributed. Please apply in person at Primo Hall Yutorog 9AM~8PM on Oct 8th(Tue) (Oct 15th (Tue) for those outside the city) (2 tickets per person) ☎042-570-0707 (closed on Mondays exclude Holidays)

※ Each visitor will receive an invitation ticket for the same exhibition on the same day.

The 55th Hamura City Cultural Festival

Term: October 13th (Sun) ~ November 4th (Mon. Holiday)

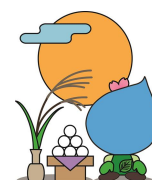
※ The details, please check Hamura News Ver. October 15th or official city website.

企画展

収蔵資料展 ~ 郷土博物館コレクション

<Special Exhibitions

~The Kyoudo Hakubutsukan (Local Museum) Collection>



Materials newly donated between FY 2018 and FY 2023 will be exhibited. You can see materials related to the history of Hamura, such as folk tools and sericulture materials.

Date and Time: October 5th (Sat) ~ December 1st (Sun), 9AM~5PM.

Location: Kyoudo Hakubutsukan (Local Museum) Special Exhibition Corner

Inquiries: Kyoudo Hakubutsukan ☎042-558-2561 (9AM ~ 5PM, close on Mondays)

<Concert by a genius pianist

~ Mr. Tsuyoshi Kakehashi Piano Recital>

梯剛之 ピアノ・リサイタル



Please enjoy a variety of familiar piano pieces.

Date and Time: December 15th (Sun), 2PM

Location: Primo Hall Yutorogi, Main Hall.

Ticket: General admission: JPY2,000 / High school students and younger: JPY500 (all seats reserved)

※ Pre-school children are not allowed to enter.

Programs: Chopin / Puppy Waltz, Farewell songs etc.

※ The program is subject to change.

Ticket sales : Starting from October 3rd (Thu) 9AM.

[Playguide]

○ Primo Hall Yutorogi (ticket counter only, 9AM ~ 8PM, close Mondays exclude holiday's)

○ Online: Using the 2D code on the Hamura News ver. Oct 1st. (Seats cannot be reserved.)

Inquiries: NPO Tama no Seishonen wo Sodateru Kai ☎ 090-5195-3030

青梅鉄道開通 130 周年

Ome Railroad 130th Anniversary

Inquiries: Kyoudo Hakubutsukan ☎042-558-2561 (close Mondays exclude holiday's)

記念展

< Commemorative Exhibition ~ The Ome Railway opening and Hamura>

This year marks the 130th anniversary of the opening of the Ome Railway (now JR Ome Line) Tachikawa ~ Ome in 1894.

To commemorate this anniversary, Ome Railroad materials collection will be exhibited.

Date and Time: October 5th (Sat) ~ December 1st (Sun) 9AM~5PM.

Location: Kyoudo Hakubutsukan Orientation Hall

記念講演会 ~ 青梅線の延伸と地域社会

<Commemorative Lecture ~ Ome Line Extension and Local Communities>

How did the Ome Railroad opening affect the development of the surrounding area? Please come and learn about the history of the Ome Line, which is indispensable to our daily lives.

Date and Time: November 17th (Sun), 2PM ~ 4PM.

Location: Primo Hall Yutorogi Lecture Room 1

Capacity: 50 (in order of application)

Lecturer: Mr. Sadahiro Umeda (Ome Railroad Research Association)

Application: October 1st (Tue) ~ November 16th (Sat) 9AM~5PM, please via phone or in person at the to Kyoudo Hakubutsukan.

TOPIC

高齢者等を対象

インフルエンザと新型コロナウイルス感染症の定期予防接種

<For those who are the elderly, etc.

~ Routine Vaccination against Influenza and COVID-19 Infections>

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 627.



In addition to influenza vaccinations, COVID-19 vaccinations have become routine vaccinations (once a year) since FY2024. None of the vaccinations are mandatory, so please be sure to understand the advantages and disadvantages before receiving them if you wish to.

[Routine Influenza Vaccination]

Period: October 1st (Tue) ~ January 31st (Fri), 2025.

[Routine COVID-19 Vaccination]

Period: October 1st (Tue) ~ March 31st (Mon), 2025.

[General items]

Cost for each vaccine: JPY2,500

Eligibility: Hamura residents who meet one of the following conditions ① or ② on vaccination day:

① At age 65 or older.

② At age 60 to under 65 and has any heart, patients must obtain certain physician's disability (Physical Disability Certificate grade 1).

※ Those who fall under ② must have a physical disability certificate or a doctor's note.

※ Those who do not fall under either ① or ② are not eligible for regular vaccinations, but may receive them on a voluntary basis. In such cases, the full cost of the vaccination is to be borne by the applicant.

Locations: Cooperating medical institutions in 8 cities, towns and villages in the Nishitama area.

※ For more details, please check the city's official website or contact the Kenko Ka.

※ If you wish to receive vaccinations at a medical institution outside the Nishitama area or at the elderly facility due to unavoidable reasons, please consult with the Kenko Ka.

※ Group vaccinations will not be administered at the S&D Sports Arena Hamura (Sports Center).

Number of vaccination: One vaccination / per person only during the period.

※ People can receive the regular vaccination for COVID-19 once per person during the period, regardless of the number of times they have been vaccinated so far.

Reservation: Make an appointment directly with the medical institution.

Things to bring: Any ID to identify [address, name and birthday] (such as Health insurance card, My Number Card etc.) and vaccination fee.

※ There is no vaccination ticket. Pre-medical checkup sheets are available at each medical institution.

Exemption from Vaccination Fee: Welfare recipients and recipients of the Support Benefit for Japanese Remaining in China are exempted from the vaccination fee. Please make sure to submit the certificate to the medical institution when you receive the vaccination.

お知らせ

INFORMATION

講座・講演

<Papa-Mama Lecture Vol. 2 >

~ Mom's Body Refreshment Classes!

COURSE. LECTURE

パパママ講座第2弾

ママのからだスッキリ教室

Clear away your worries about "pelvic distortion," "weight and body shape," "stiff shoulders and back pain," and "Let's refresh your body and mind".

Date and Time: November 5th (Tue), 10AM ~ 11:30AM

Location: S&D Sports Arena Hamura Hall 3.

Eligibility: Mothers living in the city and raising children.

Capacity: 12 (in order of application)

※ Please wear comfortable clothes.

Details: Easy petit training (exercise practice), mini lecture on health

※ If you need to bring a child under 3 years old, please notify at the time of application.

Application/Inquiries: From October 2nd (Wed), please call or via the application form to Kenko Ka (in Hoken Center) ☎Ext. 626.



骨太教室 栄養編 <Bone Building Class ~ Nutrition>

■骨が喜ぶ! カルシウム&ビタミンD充実メニュー

[Bone Pleasers! Calcium and vitamin D enriched menu]

This class introduces tips on how to get plenty of calcium and vitamin D, which are easily deficient in the body.

Date & Time: October 29th (Tue) 10AM~12:30PM

Location: Hoken Center

Eligibility: People who are residing in Hamura City.

Capacity: 20 (in order of application) Fee: JPY300 (cooking class fee)

Things to bring: Writing utensils, apron, bandana and health notebook (if you have one)

※ For food hygiene reasons, please wear a mask during the cooking class.

Details: Health lecture, cooking practice and individual consultation (for those who wish)
Applications / Inquiries: From October 2nd (Wed), please call or e-mail Kenko Ka (in Hoken Center)
☎Ext. 624, ✉s305000@city.hamura.tokyo.jp
※ When applying by e-mail, please write your (1) name, (2) age, (3) daytime telephone number and (4) address in the text. .



骨太教室 運動編 <Bone Building Class ~ Exercise>

■ いつまでも自分の足で健康に！ ~丈夫な骨と筋肉づくり~

[Staying healthy on your own feet! ~ Building strong bones and muscles.]

To maintain bone density, it is important to maintain a desirable lifestyle. This class will introduce knowledge about bones and effective exercises to stimulate bones.

Date and Time: October 31st (Thu) (10AM ~ Noon)

Location: Primo Hall Yutorogi Reception Hall.

Eligibility: For those who live or work in the city.

Capacity: 50 (in order of application)

Things to bring: Writing utensils, comfortable clothes and shoes.

Lecturer: Mr. Fumio Sato (Physical Therapist, Hamura Sankei Hospital)

Application / Inquiries: Oct 2nd (Wed) ~ 30th (Wed), please call or via application form to Kenko Ka (in Hoken Center) ☎Ext. 626.



学童クラブ

CHILDREN CLUB

令和7年度学童クラブ入所申請書を10月1日(火)から配布

<YF2025 Children Club's application form will be distributed from October 1st (Tue)>

From April 2025, those who wish to join the children club (after school) will be able to apply during application term.

** If you are currently enrolled and wish to continue, you will need to apply again.

** Online application is available, please utilize it and need not to come city hall to apply.

Eligibility: The 1st ~ 3rd graders who live in the city or are enrolled in elementary school as of April 2025.

** Students who are currently enrolled in a facility and are using the additional allowance system due to a disability may be able to enter after the 4th grade. Please consult.

Locations to distribute application forms ~ From Oct 1st (Tue), City Hall 2F Kosodate Shien Ka, Jidou Seishounen Kakari, each Children Center, City's Nursery Schools and Kindergartens.
※ Application forms can be downloaded from the official city website.

Application term: Nov 1st (Fri) ~ 8th (Fri) 8:30AM~Noon, 1PM~5PM (Exclude Sundays and Holidays).

※ Application will also be accepted on Nov 2nd (Sat).

※ Application will be accepted until 7PM only on Nov 8th (Fri).

※ The schedule may change by occasions.

Application:

○ Online application ... Please apply by the application form from the city's official website "Regarding admission to the 7th year of Reiwa children club" and sending the necessary information with attached document.

※ It will be available from November 1st (Fri).

○ Apply at the counter...Please fill in application form with necessary documents and submit to city hall 2F Kosodate Shien Ka, Jidou Seishounen Kakari.

** For details, please check the official city website.

Inquiries: Kosodate Shien Ka, Jidou Seishounen Kakari ☎Ext. 264

支援

SUPPORTING

生活保護受給世帯などに 市指定収集袋を交付

< Distribution of Hamura City Waste Disposal Bags to Welfare (Seikatsuhogo) Recipient Households etc.>

Distribution of the free supply of Hamura City Waste Disposal Bag for the next program year (December 2024 ~ November 2025) will start as below list.

Date and Time: November 1st(Fri) ~ 29th(Fri), (Exclude Saturday, Sunday and Holidays),
9AM~Noon & 1PM~5PM

Location for Pickup: City Hall 1st Floor Multiple Purposes Room

Things to bring: Proof of eligibility (relevant handbook, certificate, welfare (seikatsuhogo) recipient certificate, etc.) and bag to bring home.

- ※ Should a household under eligibility condition as below list ④~⑥ are applied for the free bags, please present Resident Tax Exempt Certificate of all Family members. Also, if you did not live in Hamura City on January 1st, 2024, please obtain the above certificate for all members from previous residence.
- ※ A person receiving the supply by proxy will be required to present his/her ID driving license or health insurance card etc.



Eligibility and Numbers of Bags:

Eligibility	Burnable Waste Disposal Bag	Unburnable Waste Disposal Bag
① Welfare(Seikatsuhogo) recipient household	4 peoples or under household ~ Middle size 110 bags	4 peoples or under household ~ Middle size 30 bags
② Child-Rearing Allowance (Jidou Fuyou Teate) recipient household		
③ Special Child-Raising Allowance (Tokubetsu Jidou Fuyou Teate) recipient household		
④ Resident Tax exempt household with a Physical Disability Certificate holder (grade1~2)	5 peoples or over household ~ Big size 110 bags ※ 10 Big size bags can be exchanged to 20 Middle size.	5 people or over household ~ Big size 30 bags ※ 10 Big size bags can be exchanged to 20 Middle size.
⑤ Resident Tax exempt household with a holder of Health and Welfare Handbook (Ai-noTechou) (grade1~2)		
⑥ Resident Tax exempt household with a holder of Certificate with Mental Deficiency (Seishin Shougaisha Hoken Fukushi Techou) (grade1)		
⑦ Recipient of Old-age Welfare Pension (Rourei Fukushi Nenkin) ※ Those who was born after April 2nd, 1916 not eligible.	Small size 110 bags	Small size 30 bags

※ ① ~ ⑦ Eligibility, unable to apply more than once.

※ One year's bags will be handed in together, if you apply after acceptance period November 29th (Fri), it will be handed in monthly equivalent bags.

Inquiries: Seikatsu Kankyou Ka ☎Ext.204.



10月31日(木) 締切

定額減税補足給付金・物価高騰対応重点支援給付金（新たに住民税非課税等となる世帯分）

<Supplemental Fixed-rate Tax Reduction Benefit and Priority Support Benefit for Price Hikes> ~ For households newly exempted from residential taxation)

Deadline: October 31st (Thu).

① Supplementary Flat-rate Tax Reduction Benefit 定額減税補足給付金

○ Eligibility

Those who are eligible for the flat-rate tax reduction and the flat-rate tax reduction amount is expected to exceed [Estimated income tax amount 2024 (2023 income tax)] or the [Individual inhabitant tax per capita income amount for FY2024] (the tax reduction cannot be fully reduced).

○ Payment amount

Calculate the amount of tax reduction that cannot be fully reduced by a fixed amount for both income tax and individual inhabitant tax per capita income, add up the two and round up to the nearest JPY10,000.

② Priority Support Benefit for Price Hikes Benefit 物価高騰対応重点支援給付金（新たに住民税非課税等となる世帯分）
~ (for households newly exempted from inhabitant tax, etc.)

○ Eligibility

Households that have a Hamura residence certificate as of June 3rd, 2024, were taxed at the resident tax rate for the FY2023 that are either exempt from the resident tax or will be taxed only at the per capita rate for the FY2024.

○ Payment amount

Subsidy Amount JPY100,000 (JPY50,000 per eligible child will be added as an additional).

◆ Submit to: Postmail or in person to City Hall 2F, Meeting Room 201

※ Regarding the necessary documents, please check Hamura News ver. August 1st or city official website, please inquiry.

※ Depending on requirements, it is possible to apply via on line. Please check city official website or enclose documents for details.

※ Those who can confirm their bank account in the city (have registered an account to receive public money, etc.), Notification of payment will be delivered and pay during end of August ~ early of September.

Send to: 〒 205-8601 Hamura City (address not required)

Hamura Shi Shakai Fukushi Ka, Somu Kakari

○ Deadline: October 31st (Thu)

※ Postmarked by mail, for services counter and online by 5PM.

※ After the deadline, the payment cannot be made.

Inquiries: ○ About Inhabitant tax..Kazei Ka, Shiminzei Kakari ☎Ext.162

○ About BenefitsHamura Priority Support Benefits Call Center ☎0570-092-924
(9AM~Noon, 1PM~5PM, exclude Saturday, Sunday and Holidays, till Oct 31st (Thu)).

病气やけがで障害が残ったら、障害基礎年金の相談を

< Public Pension System ~ Disability Basic Pension Consolation >

The pension system offers benefits for disability holders by the Disability Basic Pension Plan. Certain requirements must be met, such as having no arrears in pension premiums. If you were diagnosed as having a physical disability by a physician before reaching the age of 20, you may be eligible for the Disability Basic Pension benefit. The elder who is 60-64 years of age that has never received pension benefits in the past may also be eligible. Please inquire and seek consultation. Meanwhile, please have sickness name, first day of examination, medical institute's name and medical history available and note that the consultations are very time consuming.

※ [Disability Welfare Pension] ~ please inquiry Ome Pension Office ☎0428-30-3410.

Pension Consultation: (require appointment in advance)

Consultation Times: Monday ~ Wednesday, and Friday (Close on Holidays, Year End, New Year)

① 9AM ~ 10AM ② 10:30AM~11:30AM ③ 1PM ~ 2PM ④ 2:30PM~3:30PM

Inquiries: Shimin Ka, Kourei Iryou Nenkin Kakari, ☎Ext. 138

ペット

PET

狂犬病予防注射をわすれずに！

<Please do not FORGET Rabies Shot for Your Dog >

Dog Owners are 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..

◎ 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 JPY3,000.

※ Received rabies shot but not received a shot voucher ~ please register injection voucher at Kankyo Hozen Ka, fee JPY550.

● 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 JPY550, an inoculation fee will be charged.

** Please contact each animal hospital to get details.

Inquiries: Kankyou Hozen Ka ☎Ext.226.



健康

HEALTH

認知症サポート検診 **< Dementia Support Medical Checkup >**

In order to help early diagnosis and early response to dementia, a free medical checkup program will be offered. This is a voluntary checkup, but we hope you will find it useful to know yourself objectively and live a healthy life in the future.

Eligibility: For those who are 65 years of age or older residing in Hamura as of the date of the checkup, and not been diagnosed with dementia.

Term: December ~ February 2025.

Details: Questionnaire, cognitive function test, and explanation of the results at the check-up medical institution.

How to take the checkup:

- ① A guide to help you with memory loss, self-check using the “Dementia Awareness Checklist”.
- ② If the result is 20 points or more, call the medical institutions (Hamura Sankei Hospital, Hamura Mutual Clinic, Futaba Clinic, Matsubara Clinic of Internal Medicine) and apply for the checkup. 19 points or less, continue your life with an eye on dementia prevention.
- ③ Visit the medical institution where the checkup is your appointment date.
- ④ Receive an explanation of the results of the checkup.

☆ A checklist of things you can do by yourself to recognize dementia.

Checklists, etc. will be sent to those who are 75 years old (born between April 2nd, 1948 and April 1st, 1949) as of April 1st, 2024. The lists are also distributed at Korei Fukushima Kaigo Ka and Chiiki Houkatsu Shien Center.

※ After the checkup, the city or the Hamura City Chiiki Houkatsu Shien Center may contact you for various information.

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

10月は乳がん月間 乳がん検診実施中

<October is for Breast Cancer Screening Month>

It is said that there are 90,000 women got breast cancer every year, but it is a cancer that has high chance of being cured if detected early. For detecting early, let us have breast cancer screening every two years.

Date: Till December 28th (Sat).

[Breast Cancer screening coupon for free]

Eligibility: Those female who was born April 2nd, 1983 ~ April 1st, 1984.

Valid term: December 28th(Sat)

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



胃がん・肺がん・乳がん検診（3期）

< The 3rd Term Screening for Stomach / Lung Cancer & Breast Cancer >

☆ December 15th (Sun) can have 3 screenings (Stomach / Lung & Breast Cancer Screening) together.

Date & Time: ○ Stomach Cancer / Lung Cancer Screening

Dec 11th(Wed) ~ 13th(Fri) and 15th(Sun) 8AM~Noon

○ Breast Cancer screening: Dec 15th(Sun) 8AM~4PM

※ The screening time will be stated on the examination ticket, unable to be specified.

Location: Hoken Center

Eligibility:

- ◆ Stomach Cancer / Lung Cancer Screening ~ Those who Hamura Residents are age 40 or over and did not have check during this fiscal year. (Sputum test is over age 50).
- ◆ Breast Cancer screening ~ Hamura female residents who are age 40 or over and haven't had screening in FY 2023 (exclude those who already been examined at others individual medical institutions in this Fiscal Year).

**** You are not eligible to take this exam if any of the following conditions apply:**

Stomach Cancer ①~⑧ / Lung Cancer ①~⑤ / Breast Cancer ①~⑥

- ① Those who had the same cancer screening in this Fiscal Year.
- ② Pregnant, possibility of pregnancy or breast feeding.
- ③ Currently being treated for stomach, lung or breast illness.
- ④ Those who have the same cancer screening opportunity provided by the employer.
- ⑤ Need assistance during inspection.
- ⑥ Those who have implant such as breast augmentation, shunts, etc.
- ⑦ Those who have had colon polyps removed or allergy of Barium preparation.
- ⑧ Have had an open heart surgery, orthopedic surgery, myocardial infarction or stroke within the past year.

Capacity: 80 people each day (If there are too many applicants, the drawing will be held).

※ Applicants will receive notification of results, and winners will get a coupon sent in the mail by Middle of November.

Fee: Stomach Cancer / Lung Cancer Screening ~ JPY500, Breast Cancer screening ~ JPY1,600.

※ If you are welfare recipient, please submit certificate, the cost will be free.

※ If you have free breast screening coupon, please submit then.

Details: Stomach Cancer Screening: Digital abdominal X ray photography and Barium examination.

Lung Cancer Screening: Digital chest X ray photography and Sputum Examination.

Breast Cancer Screening: Visual & palpation checking and Mammography Examination.

◆ [Sputum examination] is provided only for people with the following conditions:

- ① Those who are age 50 or over as to examination date
- ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 600 or more.

Application: Oct 1st (Tue) ~ 15th (Tue) postmark deadline.

- ① Fill in necessary information and mail to Kenko Ka or via electrical application.

[Send to]: 〒205-0003 "Gan Kenshin Tantou"

Hamurashi Hoken Center

5-5-2 Midorigaoka, Hamura City

[Require items]: ○Your desired screening date (first and second choices)

○Screening/Exam you desire ○address ○name (furigana)

○Date of birth/age ○contact (daytime phone number)

※ If you wish to have sputum examination: Number of cigarette per day x smoking years

Please Note:

- Only Dec 15th (Sun) is available to have 3 screenings together.
- If the family member also request to take examination, it is needed to apply by each other.
- It is not available to ONLY take Sputum examination, but if you wish to take it, please fill in all required conditions

Inquiries: Kenko Ka (Hoken Center) ☎Ext. 625.



はむりんピック 市民スポーツまつり

<Hamurapic ~ Citizens' Sports Festival>

Let's enjoy sports together!

Date & Time: Oct 14th (Mon, holiday) 9:30AM ~ 3PM

※ If it rains, the event will be cancelled.

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



Inquires: S&D Sports Arena Hamura ☎042-555-0033

Hamura Sports Association ☎042-555-1698

Program Details (Corner numbers correspond to the Hamura News ver. Oct 1st's Map)

★ indicates projects requires to apply in advance, please inquiry for details.

Corner		Details
①	Rugby Experience ~ Pass Target.	Pass a rugby ball to a mascot dolphin!
②	Smile Kobo booth	Sales of cookies and pies by Smile Kobo (11AM~2PM)
③	Dissemination of information on World Athletics, Deaflympics, etc.	Let's learn about the World Athletics and Deaflympics to be held in Tokyo 2025! Boccia experience is also available!
④	Tokyo Metropolitan Government Sponsored Para Sports Experience Program	Experience cycling (tandem), shooting, VR wheelchair basketball etc. There will also be interaction with guest athletes and competition equipment display.
⑤	New Sports Experience Corner	Try your hand at field golf, a new sport originated in Hamura! You can also try moluk and pole walking.
⑥	Flying disc competition experience	Experience disc golf with a flying disc in the goal!
⑦	Gymnastics experience, etc.	Mat exercise experiences and demonstrations.
⑧	Tennis experience for beginners	First-timers can learn the fun of tennis!
⑨	Basketball experience	Let's try free throws of basketball!
⑩	Let's play and dance with Hamurin.	Let's enjoy dancing and playing old games with Hamura City's official character, Hamurin! ○ 1st time: 10:30AM~ ○ 2nd time: 2PM ~
⑪	Kitchen cars ~ Food Court	Crepes, curry, etc. can be enjoyed. ○ 11AM~2:30PM
⑫	Stamp rally, Quiz rally and Step count best challenge.	Answer sheets will be distributed and collected at the ⑫ Desk. (Please check location at Hamura News ver. Oct 1st).
⑬	Running Class for Elementary and Junior High School Students ★	Coached by an athlete who competed in the World Championships in Athletics.
⑭	Hamu Run Race ★	Junior high school students and older will run 2,000 m (2 laps around the running course), Parents and children will run 200 m (1 lap around the track). ○ Junior HS or over: 10:30AM~ ○ Partents with preschoolers: 1PM~
⑮	Soran dance with all elementary school students. ★	Elementary school students will dance the Soran together. ○ From noon
⑯	Running Class for Adults ★	Running class with the winner of the All-Japan Women's Business Ekiden Road Relay Race!
⑰	Soccer school for elementary school students ★	Elementary school students soccer school inviting coaches who teach professional players of Tokyo Verdy.
⑱	Hamura Health Fair	A corner full of fun and useful information for health promotion!
⑲	Potluck picnic	Bring a play activity that adults and children can enjoy together!
⑳	Health Promotion from the Park	Health promotion using wooden benches and tables in the park.

同時開催 はむら健康フェア

Events Held at the same time

[HAMURA HEALTH FAIR]

Location: Athletic field and Clubhouse

Time: 10AM ~ 3PM ※ If it rains, the event will be cancelled.

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



Athletic Field

☆ Grip Strength Measurement Corner

Let's measure your grip strength, which is correlated with muscles throughout the body.

Health counseling by a physical therapist will also be available.

☆ Veggie Check Corner

You can check if you are deficient in vegetables by simply holding up your palm.

☆ Vascular Age Measurement Corner

Place your fingertip on the sensor for 18 seconds to know the estimated age and the elasticity of blood vessels.

Eligibility : For those who are 18 years old or older.

☆ Drug abuse prevention PR corner and blood donation promotion PR corner

☆ Nutrition Corner

Around clubhouse Entrance/Exit

☆ Tuberculosis screening (Digital Chest Photography)

Time: 10AM ~ 1PM

(Registration closes at 12:30PM, but will close as the number of participants reaches capacity.)

Eligibility: Residents with 18 years old or older Capacity: First 100 Fee: Free of charge

Clubhouse

☆ Bite-size tasting corner

Recipes for healthy bones recommended by health promotion staff will be introduced.

○ Broccoli pancakes (25 servings)

○ Fried komatsuna with fish and nuts (100 servings)

Time: 10AM (until all servings are gone).

☆ Body Composition Measurement Corner

You can find out your muscle mass, body fat percentage, basal metabolic rate, etc.

Public health nurses and physical therapists will explain the results.

Eligibility: For those who are 6 years old and older

※ Some items cannot be determined for persons 17 years old and younger.

※ Measurements cannot be taken if you are wearing a pacemaker or other medical electrical device.

☆ Introduction of Hamura City Health Promotion Worker Activities



家屋調査にご協力を **<Please cooperate with House Survey>**

A survey is conducted on newly constructed or expanded houses (including storage sheds, garages, sunrooms, etc.) in the city.

This survey is conducted to directly examine the materials used in the house, floor space, etc., and to determine the assessed value of the house, which is the basis for calculating property and city planning taxes.

*We will visit the house after taking measures against infection.

*For houses newly built or expanded before 2023, taxation may be retroactively applied to past fiscal years. Please inquire for details.

Inquiries: Property Tax Section, Taxation Division ☎Ext. 158.

西多摩衛生組合

NISHITAMA SANITATION ASSOCIATION

親子で煙突のぼりにチャレンジ！ **<Parents and children challenge to climb up the chimney!>**

Why don't you climb up the stairs inside the 50 meters high chimney of the cleaning plant and look over the cityscape from the chimney?

Date and Time October 26th (Sat)

○ 1st meeting: 1:30PM

○ 2nd meeting: 2:30PM ※ About 1 hour, if it rains, the tour will be postponed to Oct 27th (Sun).

Meeting Location: Environment Center Administration Building

Eligibility: The 3rd~ 6th graders and their parents/guardians

(Elementary school students alone are not allowed to participate.)

Capacity: 5 pairs for each meeting. (in order of application, parents and children are paired principally.)

※ For details, please refer to the website of the association.

Application / Inquiries: Oct 1st (Tue) ~ 18th (Fri), please call Nishitama Sanitation Association, Somu Ka, Somu Kakari ☎042-554-2409 (9AM~5PM exclude Saturdays, Sundays and holidays).

情報アラカルト

MISCELLANEOUS INFORMATION



子育て

CHILDREN

1歳児教室「1歳ちゃん♪ 集まれ〜!」

< The 1 Year-Old and Parent Get-Together Group >

Date: October 22nd(Tue), 9:30AM ~ 11:30AM

Location: Hoken Center

Eligibility: Hamura City Residents who have a child at age 1 year old as October can attend with their child. (Siblings are not allowed to participate).

Capacity: 15 pairs (in application order).

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

Application and Inquiries: Starting from October 1st (Tue) 9AM~, via application form, call or come to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center)☎Ext. 696.

児童手当・児童育成手当を支給します

< Child Allowance and Child Support Allowance for Childrearing Households >

Payment for Child Allowance and Child Support Allowance (June ~ September) for Childrearing Households will be made by bank transfer to those applicable citizens' who completed procedures in appropriate time to their designated bank accounts.

Date of payment: October 11th (Fri).

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



油・断・快適! 下水道 ~ 下水道に油を流さないで~

<Oil, No, Comfort! Sewer ~ Please don't pour oil down the sewer.>

Oil from the kitchen can clog sewer pipes and cause foul odors. Wipe up oil stains on pots and dishes before washing them. We appreciate your cooperation.

Inquiries: Waterworks Office ☎042-554-2269 / Tokyo Metropolitan Government Sewerage Bureau, Basin Sewerage Division, Engineering Department, Planning Section ☎042-527-4828.

PRIMO HALL YUTOROGI ☎042-570-0707

ニューイヤーコンサート 高橋多佳子&椿三重奏団

<New Year's Concert Ms.Takako Takahashi & Tsubaki Trio>

Date and Time: January 11th (Sat), 2025 2PM

Location: Primo Hall Yutorogi Main Hall

Programs: Brahms/Hungarian Dances No. 6 etc.

Co-organized: Ome Sato Foundation, Hamura City Board of Education, Ome City Board of Education and NPO Tama Youth Development Association

Application: The ticket is required. From October 3rd (Thu) 9AM ~, please come to Yutorogi or by using the 2D code of Hamura News ver. Oct 1st.

※ Per person up to 2 ticket.

※ Seats cannot be reserved via the Internet (2D code).

Inquiries: Ome Sato Foundation ☎ 090-5195-3030

S&D SPORTS ARENA HAMURA

☎042-555-0033

■ Aerobics Carnival エアロビクスカーニバル

Come have fun and work up a sweat with Halloween aerobics!

Date: October 26th (Sat)

Schedules:



Program	Time	Capacity
Beginner Aerobics	9:45AM - 10:45AM	First 60
Aerobics 1	11AM - Noon	First 50
Aerobics 3	2PM - 3:10PM	First 50

Location: Training Room Studio

Eligibility: For Junior High School Students and older

Fee: Hamura Residents. WorkersJPY200 (Junior high school student JPY90)

Those who live outside the city...JPY300 (Junior high school student JPY130)

Things to bring: Wearing clothes for exercise, indoor sports shoes, individual use tickets or coupons, towel, beverage (water bottle or something with lids), etc.

*It is Halloween time. You are welcome to wear Halloween goods and costumes if you are able to exercise.

Application: Please come to sports center 2F training room directly within each program's reception time.

Inquiries: NPO Hamura Athletic Association ☎042-555-1698

トレーニングルーム 10月からスタジオプログラムを変更します！

<Training Room ~ Studio program will be changed from October!>

Various programs are offered on a first-come, first-served basis on the day of the event.

Fee: Hamura residents JPY200 (Junior high school students JPY90) /

Outside of the city JPY300 (Junior high school students JPY130).

※ Studio programs are open to Junior high school students and older but after 7PM, student must be accompanied with 16 years old or over person.

Things to bring: Individual use tickets or coupon tickets, clothes suitable for exercise, indoor athletic shoes, drink, towel, etc.

※ For details, please check the official city website or the Hamura Sports Association website.

Inquiries: NPO Hamura Sports Association ☎042-555-1698



「令和6年度紅葉の谷戸沢処分場自然観察会」参加者募集

< FY 2024 The Yatozawa Landfill Site ~ Red Leaves Nature Tour >

Date and time: November 28th (Thu) 8:30AM~5:15PM.

Tour facilities: Nishitama Sanitation Cooperative Environmental Center, Futatsuzuka Disposal Site (car window tour), Yatozawa Landfill Site (walking tour)

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

Eligibility: Tama areas residents, workers and students.

Capacity: 40 (if the applicants are too many, drawing will be held and result will be notified).

Fee: JPY500 (lunch) ※ Please pay at the event day.

Application & Inquiries: Till November 1st (Fri), Please fill in necessary information via 2D code in Hamura News ver. Oct 1st or postcard to Tokyo Tama Kouiki Shigen Junkan Kumiai ☎042-597-6152

Required items: please write down "Red Leaves Yatozawa Landfill Site Nature Tour Request" with all participators ① Name(furigana) ② Age ③ Postal Number, Address ④ phone number (daytime) ⑤ Workplace. School's city and street name (for residing off from Tama areas).

Send to: Tokyo Tama Kouiki Shigen Junkan Kumiai

〒190-0181 7642. Oaza Okuna, Hinode-Cho, Nishitama-Gun

※ For details, please check Kumiai official website.

< Kids Dance Class> キッズダンス教室

Date: Oct 2nd (Wed) ~ 23rd (Wed) every Wednesday

① 1st ~ 3rd grade elementary school students 4:30PM~5:30PM

② 4th ~ 6th grade elementary school students 5:40PM~6:40PM

Eligibility: The beginner of dance.

Location: S&D Sports Park Fujimi Meeting Room

Capacity: Each session 15 (in the application order)

Fee (all 4 sessions): JPY3,300 Instructor: Sakura San

Application & Inquiries: Please call or in person to S&D Sports Park Fujimi Club House ☎042-555-4342

※ Free Trial ~ Once for per person

第27回はむら桜づつみジュニア駅伝大会

< The 27th Hamura Sakura-Zutsumi Junior Road Race Ekiden Race >

Date: October 27th (Sun) (The competitors' reception 7:30AM~8:30AM)



Start Time	Group Classification
9AM	3rd .4th grade boys group
9:30AM	3rd .4th grade girls group
10:10AM	5th. 6th grade boys group
10:50AM	5th. 6th grade girls group



Location: Miyanoshita Sports Park ~ Sakura-Zutsumi.

Eligibility: Hamura residents 3rd ~ 6th Grade elementary school students.

Team Composition	Regular player 4 , Substitute player 1 and Coach 1 (guardian)
Distance	3rd .4th grade students : 1 block 1.15 km x 4 blocks
	5th .6th grade students : 1 block 1.7 km x 4 blocks

Co-Sponsored: Tokyo Metropolitan Gov. , Tokyo Metropolitan Athletic Association, Hamura City, Hamura Education Board and NPO Hamura Taiiku Kyoukai (Athletic Association).

Application: Till October 6th (Sun), please email or submit application list (by gender) to Taiiku Kyoukai of Hamura City (2F S&D Sports Arena Hamura).

※ Please download application list form from Hamura City Athletics Club official website.

Inquiries: Hamura City Rikugyou Kyogi Club ☎042-554-2763 (6~8PM), ✉nishitama_ac@yahoo.co.jp.

図書館

PRIMO LIBRARY ☎042-554-2280

小学生のみでの利用は午後4時30分まで

< Library Hours for Elementary School Children will be till 4:30PM >

Term: October 1st (Tue) ~ March 30th (Sun), 2025.

During this term, the elementary school child will be able to use library facilities until 4:30PM. They must be accompanied by an adult, so please take appropriate measures to ensure compliance.

< Closed date for Cleaning > 10月の館内整理日(休館日)

Date: October 15th (Tue).



子育て講座 ノーバディーズ・パーフェクト

<Parenting Course Nobody's Perfect>

~No one is a perfect parent. 完璧な親なんていない

Come enjoy chatting and sharing your worries with fellow parenting friends.

Date and Time: Nov 7th (Thu) ~ Dec 12th (Thu) every Thursday (all 6 sessions) 9:30AM~11:30AM

Location: Azuma Kaikan

Eligibility: For those who are raising children from 6 months to preschool age and are able to attend all 6 sessions

Capacity: 6 (in the application order, childcare provided).

Application/Inquire: From Oct 3th (Thu), 9AM~5PM (exclude Saturdays, Sundays, and holidays), please call Tamamizu Nursery School ☎042-554-2003.

PUBLIC CONSULTATIONS Schedule of October

Category	Date	Time	Contact
General Consultation for Foreign Residents ㊤*	㊤appointment required		* Spanish and English interpretation service are available by appointment for Foreign Residents Consultation Shimin Soudan-Shitsu city hall ext.541
Public Administration and Human Rights	17th (Thu)	1:30pm ~ 4:30pm	

*㊤=appointment required. *For translation services, please make an appointment in advance.

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



10月休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆ October

Date	Hospital / Clinic				Dental Clinic	
October	9am~5pm		5pm~10pm		9am~5pm	
6th (Sun)	Yamakawa Iin	☎042-554-3111	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Heizou Shika Iin	☎042-554-0066
13th (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Hikari Clinic (Fussa-shi)	☎042-530-0221	Honda Shika Iin	☎042-554-5902
14th (Mon, Holiday)	Baba Kodomo Clinic	☎042-555-3788	Mizuho Byouin (Mizuho-machi)	☎042-556-2311	Masuda Shika Iin	☎042-551-8686
20th (Sun)	Matsuda Iin	☎042-554-0358	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Minagawa Sougou Shika Clinic	☎042-555-8219
27th (Sun)	Futaba Clinic	☎042-570-1588	Hikari Clinic (Fussa-shi)	☎042-530-0221	Moriya Shika Iin	☎042-555-9872

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

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