



HAMURIN Hamura City Mascot

HAMURA NEWS

November 1st, 2024

Edited by: *Hisho Kouhou Ka* (Secretary & Public Information Section)

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Hamura City Official Website = <https://www.city.hamura.tokyo.jp> E-mail: s102000@city.hamura.tokyo.jp

はむら市民と産業のまつり2024

<Hamura Citizens and Industry Festival 2024>

Inquiries: Hamura Citizens and Industry Festival Executive Committee Office

(Sangyou Shinko Ka ☎ Ext. 667/Hamura Chamber of Commerce and Industry ☎ 042-555-6211)

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

Location: S&D Sports Park Fujimi.

※ Due to weather status, the event programs may be changed or cancelled.

For details on event information, stage schedule, parking lots etc., please check the "Hamura Citizens and Industry Festival 2024" flyer distributed simultaneously with the Hamura News Ver. Nov 1st and the official website.



The Shuttle Bus is available.

Once again, Toyota S&D Nishi-Tokyo, Inc. has cooperated with the "Hamura Citizens and Industry Festival". A shuttle bus will run from the East Exit of Hamura Station to Fujimi Park during the two days of the Festival. Please check the flyer to get details.

※ City appreciates many sponsors to support festival, please see the Hamura News ver. Nov 1st for the list.

はむらスポーツフェスティバル

<HAMURA SPORTS FESTIVAL>

Inquiries: S&D Sports Arena Hamura ☎042-555-0033, ✉s705005@city.hamura.tokyo.jp

Date and Time: December 7th (Sat), 9:45AM ~ 2PM

Location: S&D Sports Arena Hamura

Things to bring: Exercise clothes, Indoors sport shoes and Beverage with lid.

Details:

[Opening] 9:45AM ~ 10AM, Everyone dance! Fizzy Deaflympics.

ボッチャ体験【事前申込制】

[Boccia Experience ~ Advance Reservation Required]

Time: ① 10:20AM ~ 11:35AM ② 11:45AM ~ 1PM.

Capacity: 20 / each session (in order of application).

Lecturer: Ms. Ami Tounoshi was the member of Japan team (Hi No Tama Japan) of World Competition.



実演と体験! トランポリン【事前申込制】

[Demonstration and experience! Trampoline ~ Advance Reservation Required]

Time: (No hooded clothing allowed).

▼ Beginner Class ~ ① 10:15AM ~ 11:15AM ② 11:25AM ~ 12:25PM.

▼ Advance Class ~ ③ 2PM~3:30PM

Capacity: ①、② 10, ③ 15 / per session (in order of application).

※ People may participate on the event day, 3:40PM~5PM (Capacity: First 15).

Lecturer: Ms. Reina Satake ~ As a member of the Japan team, she contributed to Japan's first team competition gold medal at the 2019 World Championships in Tokyo. Active athlete.



トランポリン・ボッチャ体験の申込み

Application for Trampoline . Boccia Experience Classes:

Nov 2nd (Sat) ~ 20th (Wed), please apply via application form or call to S&D Sports Arena Hamura with [name (furigana), telephone number, age and preferred Exercise / time]. (Phone call is available 9AM~5PM, close Mondays but exclude Holiday's Monday).

当日参加できるスポーツ体験もいろいろ！

◆ Experience various sports at the event day!

Experience for Soccer, Indica, Kyudo, Kodokai Aikido Beginners Class, Hamusupo Folk Dance, Sports suggested by Sports Promotion Members, [Dance with Hamurin] and Information on World Athletics, Deaflympics, etc. will be held.

[Sports Lecture from Tokyo Metropolitan Government] ~ The health guideline after Physical Fitness Strength and body composition measurement, welcome to venue.

11月11日は介護の日

<November 11th is Nursing Care Day>

Expanding the scope and safety of life at home ~ [the choice of home-visit rehabilitation].

Inquiries: Korei Fukushima Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext. 196.

In Hamura City, one out of every four residents is 65 years old or older. We are receiving more and more inquiries from people asking if [they can receive medical care and nursing care at home]. In such cases, there is the option of [Home Medical Care and Home Nursing Care]. Under this system, medical insurance and long-term care insurance are used to have doctors, nurses, home helpers and other professionals come to the home on a regular basis to provide medical and long-term care services.



令和6年度 羽村市介護の日講演会

<FY2024 Hamura City Nursing Care Day Lecture>

Knowing about home medical care ~ Home medical care basic

When you need medical or nursing care, where and how would you like to spend your time?

This lecture will cover basic questions such as "What kind of condition requires home medical care"?

Date and Time: November 19th (Tue), 2PM~3:30PM (Registration: 1:45PM ~)

Location: Primo Hall Yutorogi Reception Hall

Eligibility: Those who live or work in the city

Capacity: 50 (in order of application)

Lecturer: Ms. Kazue Fuda (Assistant Professor, Department of Health and Welfare, Faculty of Health Sciences, Kyorin University).

Application/Inquiries: From November 1st (Fri) ~ 18th(Mon), please apply via application form, call or in person to Korei Fukushima Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎Ext. 196.


高齢の方への主な福祉施策

MAIN WELFARE MEASURES FOR ELDERLY PEOPLE

~ Living with peace of mind forever ~ ~いつまでも安心して暮らしていくために~

City carries out the following services for elderly people. All require an application in advance and survey may be required depending on the services. For further information, please inquiry.

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

Services	Eligibility	Details
Diaper Service	<ul style="list-style-type: none"> Those who are age 65 or over needed diapers all the times at home (long-term care level 3 or more) Those who are Support level 1, 2 and recognized as incontinent due to illness etc.(exclude Living Support Act recipient) 	Benefits for diapers designated by the city (up to JPY4,000 per month, *10% of the cost of benefits is borne by you. 
Bedridden Elderly Bedding Dry Services	<ul style="list-style-type: none"> Living alone at home and having difficulty drying bedding people aged 65 or over. Households with only elderly people / with bedridden people aged 65 or over at home 	Dry up to 5 sheets once a month.
Elderly Independence Support Housing Renovation Benefit	<ul style="list-style-type: none"> Equipment Renovation: Those who are at home age 65 or older with certified long-term care and needed renovation. Preventive Benefits: Those who do have certified for long-term care 	○Equipment Repair: Bathtub replacement (up to JPY379,000) Sink/Wash Basin (up to JPY156,000) ○Preventive benefits: Installation of handrails, elimination of steps on the floor, etc. (up to JPY200,000) *10 to 30% of cost of benefits is borne by own. *Please consult before renovation.
Elderly emergency notification system	<ul style="list-style-type: none"> Those who live alone age 65 or over and need constant attention due to physical chronic illness (heart disease, circulatory system) 	Install and lend emergency notification system equipment *Some costs will be borne depending on income.
Elderly housing fire reporting system	<ul style="list-style-type: none"> Those who are age 65 or over and live alone Households with only elderly people who need constant attention and consideration for disaster prevention due to chronic physical illness, etc. 	Installation and rental of residential fire reporting equipment, etc. *Some costs will be borne depending on income.
Prowling elderly search services	<ul style="list-style-type: none"> Those who are age 65 or over and caring for people with wandering due to dementia at home. 	○Using the GPS location search system, convey wandering elderly location to the caregiver for early detection. *10% of the cost of benefits will be borne by you. ○Anshin Watch Sticker ~ A label sticker with 2D code printed is attached to the clothes or bag of the wandering elderly. When the finder reads the 2D code to notify the caregiver, leading to prompt return home. *Free up to 40 Watching Stickers.
Subsidies for water and sewerage usage fees	<ul style="list-style-type: none"> Single-person households aged 70 or over or in a household with only elderly people who are applied to the following 1) ~ 3). 1) Residents Tax is exempt in the year which all household members are subsidized. 2) Not receiving Living Support Act subsidy. 3) No delinquency in water and sewerage usage fees. 	Subsidize basic water and sewage charges (minimum diameter (13mm) for one faucet)
Welfare Telephone Services	<ul style="list-style-type: none"> Single-person households aged 65 or over, with only elderly people and no telephone. Single-person households with aged 70 or over and apply the following 1) and 2). 1) No relatives live in Hamura City. 2) Annual income tax is JPY42,000 or less and require regular safety confirmation. 	<ul style="list-style-type: none"> Subsidize basic usage and call charge (up to JPY600 per month) ※ Lend a phone to household without a phone.



ひとりで悩まないで・・・まずは相談を！！

<Don't worry alone... Consult with us first!>



Are you worried about child rearing, nursing care, relationships with your spouse or other close people, etc.? The City provides a specialized contact counter to help you with your various concerns. If you are worried about something, please do not think "I can't tell anyone" but consult with us first.

It may be abuse/violence...?

[Psychological abuse/mental violence]: Threatening, ignoring, harassing, verbally abusing, yelling, showing verbal abuse and violence to family members (husband, wife, siblings, etc.)

[Physical abuse / violence]: Punching, kicking, hitting, pinching or tying to bed.

[Neglect (abandonment, neglect of care and caregiving or neglect)]: Not feeding the child, leaving the infant or toddler to go outside the home, not providing necessary care, neglect by a roommate outside the family or a third party who comes in and out of the home, abuse by a family member.

[Sexual abuse / violence]: Sexual pranks, forced sexual acts. Showing genitals or sexual intercourse.

[Economic abuse / financial violence]: Not giving money, using or restricting the person's savings or other assets against the person's will.



- ◎ If you feel your life is in danger, please call **110** police immediately!
- ◎ Worried... Please consult first!

◆【子育て家庭の方は】

PERSONS OF CHILDREN and FAMILY

Hamura City Child & Family Support Center (Hamura-shi Kodomo Katei Shien Center) ☎042-578-2882.
(City Hall 2nd Floor, Kosodate Sodan Ka).

※ Responding to consultations regarding children (under 18 years old) and families.

Details: ● If you have unresolved issues about child abuse.

- The lifestyle and discipline/ growth and development.
- And other subjects regarding your child.

The below organizations will also help you with problems.

- Tachikawa Child Guidance Center (Tachikawa Jidou Soudanjo) ☎042-523-1321
Date: Monday ~Friday 9AM~5PM (exclude holidays and New Year)
- LINE Counseling for parents and children ~
Date: Monday ~ Friday 9AM~10:30PM, Weekend, holidays and New Year's holiday (Dec 29th ~ Jan 3rd) 9AM~5PM
- National Child Guidance Center National Dial: **189** (ICHIHAYAKU, 24 hours a day, 365 days a year).
※ Personal information and other confidential information will be kept confidential.
Anonymous consultation is also available.
※ Even if it is not abuse, the person who consults will not be held responsible in any way.

◆【高齢の方は】

THE ELDERLY

Kourei Fukushi Kaigo Ka (Hamura City Hall 1F) ☎Ext.198.

Consultations details: ● Elderly abuse, Procedures for applying for legal conservatorship.
● Nursing care services, welfare services.
● The related information for nursing care prevention.

※ The below support centers are available for consultations.

- Community General Support Center Asahi Branch ☎042-555-8815
- Community General Support Center Ayumi Branch ☎042-570-1200
- Community General Support Center Akashia Branch ☎042-578-5508
- All Centers consultation date and time: Mon ~ Fri, 8:30AM ~ 5PM

(exclude Holidays, Year End & New Year Holidays)

** Each support center has covering areas, please check Hamura News ver. Nov 1st to get details.



【障害のある方は】

PEOPLE WITH DISABILITIES

◆ Shougai Fukushi Ka (Hamura City Hall 1F) ☎Ext.185.

Details: ○ Matters concerning abuse of persons with disabilities.

○ Various consultations for persons with disabilities, the families and related persons.

【その他の相談は】

THE OTHERS CONSULTATION

◆ Hisho Kouhou Ka, Shimin Soudan Kakari (Hamura City Hall 1F) ☎Ext.541.

▼ General Consultation: After asking about the content of consultation, you may be guided to the relevant section of outside organization.

▼ Consultation for women and SOGI problems

Date and Time: The 1st, 3rd and 5th Wednesdays 1:30PM~4:30PM.

※ The 2nd and 4th Wednesday 9AM ~ 1PM, Fussa city are also available to consult.



◆ Kosodate Soudan Ka, Kodomo Katei Shien Center Kakari (2F City Hall) ☎Ext.239.

○ Women's counseling for independence.

こちらでも相談できます

<You can also consult here>

◆ Tokyo Women's Plaza

○ General consultation ☎ 03-5467-2455 / ☎03-5467-1721 (DV hotline)

Date and Time: 9AM ~ to 9PM daily (exclude year-end and New Year holidays)

○ Consultation for men ☎03-3400-5313

Telephone counseling: Mon, Wed and Thur 5PM ~ 8PM /

Sat 2PM ~ 5PM (exclude holidays, Year-end and New Year holidays).

Interview counseling : Required reservation.

◆ Tokyo Metropolitan Women's Consultation Center Tama Branch ☎042-522-4232.

Date and Time: Mon ~ Fri, 9AM~ 4PM (exclude holidays, Year-end and New Year holidays).

◆ Women's Human Right Hotline ☎ 0570-070-810

Date and Time: Mon ~ Fri, 8:30AM ~ 5:15PM.

Violence given by their husbands or partners, sexual harassment in working place, stalking etc. related women's human right consultations direct call line.



11月12 日~ 25 日は「女性に対する暴力をなくす運動」期間

<November 12th ~ 25th is the Campaign to Eliminate Violence Against Women" period>

Violence against women," including spousal violence, sexual crimes, stalking, prostitution, trafficking in persons, and sexual harassment, is a serious violation of women's human rights and must not be tolerated.

It is also an important issue that must be overcome in order to form a gender-equal society. Let's eliminate violence against women and promote the creation of society where everyone can live in peace.

The city will display posters at public facilities and light up the Hinotonton ZOO with purple lights.

Inquiries: Soumu Ka ☎Ext. 347.

11月1月は児童虐待防止推進月間

<NOVEMBER is CHILD ABUSE PREVENTION MONTH>

Direct Line for Child Services ☎189

If you are aware of any incidents, or if you are dealing with problems regarding your child, please consult to Kodomo Katei Shien Center or Children Consultation Center. Take an interest in local children and protect them with living in smile lives.

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

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

生理用品を無償で配布します

<The Sanitary Products will be distributed by free>

In order to reduce the financial burden on women due to the effects, city will distribute Sanitary Product by free.

Distribution Date and Time: November 22nd (Fri) ~ 25th (Mon)

Distribution number: First 180 (one pack / per person)

Location	Time
City Hall 1F Meeting Room 101	9AM~5PM
※ November 23rd (Sat) City Hall 1F, Shimin Sodan Shitsu	9AM~Noon
Primo Hall Yutorogi	9AM~8PM

※ How to Receive: Please check city official website to get details.

Inquiries: Soumu Ka ☎Ext. 347.



お知らせ

INFORMATIONS

令和6年度羽村市スポーツリーダー養成講習会

FISCAL YEAR 2024 TRAINING CLASSES for SPORTS LEADERS

This workshop is designed to improve the leaders qualifications of local sports activity groups.

◆ Hamura City Sports Leaders Training Schedules:

Date and Time	Class Details
Dec 7th (Sat) 1:30PM~4PM	. Role of Sports Leaders and Sports Promotion in Hamura City . Sports and Mental Health
Jan 11th (Sat), 2025 1:15PM~5PM	. Sports Accident, Corporal Punishment and Harassment. . Warming up and cooling down teaching methods and points.
Jan 26th (Sun), 2025 1:15PM~5PM	. Basic of Sports Nutrition . Learning CPR (cardiopulmonary resuscitation) and AED usage

※ Everyone may participate not only instructor. After completing all 6 sessions, you can become a certified Hamura City Sports Leader.

Location: S&D Sports Arena Hamura the 3rd Hall, Conference Room.

Eligibility: 20 years old or older

Application & Inquiries: Nov 2nd (Sat) ~ 22nd (Fri), please fill form with necessary information in application form and submit via Fax, Email and in person to S&D Sports Arena Hamura ☎042-555-0033 (9AM~5PM, exclude Holiday's Monday),
Fax:042-554-9974, ✉s705005@city.hamura.tokyo.jp

※ You may download application form from city official website.

障害の理解を深めるための講演会 共に考える薬物依存とその影響

<Lecture to deepen understandings of disabilities, let's think together about drug addiction and effects.>

~Support for drug addiction recovery and how to deal with over-the-counter medications

Participants will hear about the process of recovery from drug addiction and support in the community. People will also learn about the proper use of over-the-counter drugs and deepen their correct knowledge and understanding of addiction.

Date & Time: November 29th (Fri), 2PM~4PM

Location: Primo Hall Yutorogi Reception Hall.

Eligibility: Those who live or work in the city and related organizations.

Capacity: 70 (in order of application)



Lecturer: Mr. Toshitaka Yamada (Certified Psychologist)

Application & Inquiries: November 1st (Fri) ~ 28th (Thu), please call, fax, e-mail or in person to Shougai Fukushi Ka, Shougaisha Shien Kakari ☎Ext. 188, Fax: 042-555-7323 and ✉s301100@city.hamura.tokyo.jp

※ If you apply via email, please have [name, phone number, mail address] in text.

パパママ講座「家族であそぼう！」

<Papa Mama Lecture "Let's Play as a Family"!>

This is a lecture for parents raising children, with an active male childcare worker as the instructor. This time, we will practice play activities that the whole family can do together (0 ~ 5 years old) and exchange information (mainly 0-2 years old) children parents.

Date & Time: December 14th (Sat) 10AM ~ 11AM

Location: Study Room on the 2nd floor of the Central Children Center

Eligibility: Parents and children with preschool age living in the city
(siblings not of the eligibility age are welcome to come).

Capacity: 8 pairs (in order of application)

Application/Inquiries: November 5th (Tue) ~ 25th (Mon), please apply via application form, call, fax, e-mail or in person to the Child Family Support Center ☎. FAX 042-578-2882,
✉kosodate-soudan@city.hamura.tokyo.jp

※ Please wear comfortable and easy to move clothes.

※ If applying by e-mail, please include [the names of all participants, the phone number of the representative and the age of the child] in the text of the e-mail.

イベント

EVENTS

楽しい収穫、してみませんか？ 農ウオーク

<Let's try a happy harvests! ~ Agricultural Walk>

The Agricultural Walk is an experience tour of "Delicious Hamura Agricultural Products" that allows you to walk around the city's farmlands, listen to farmers talk about agriculture, harvesting and even taste some products. Visitors can take home the harvested products and also can experience planting tulip bulbs.

Date and Time: Nov 27th (Wed) 9AM ~ Noon (It will be cancelled due to light rain).

Meet at: S&D Sports Arena Hamura.

Eligibility: Those who live or work in Hamura. (up to 4 people per application).

Capacity: 30 (if the applicants are too many, the drawing will be held).

Fee: JPY500 / per person (please pay on the day).

Things to bring: Gloves, beverage and clothes can be dirty.

Application & Inquiries: Please submit by Nov 13th (Wed) 5PM, via application form to Sangyou Shinko Ka, Nousei Kakari ☎Ext. 663.



2024年度多摩・島しょ広域連携活動助成事業

<FY2024 Tama. Islands Wide-Area Cooperation Activity Subsidy Project>

子ども体験塾「子ども国際交流音楽祭」

~ Children's Experience School "Children's International Exchange Music Festival".

Enjoy a welcome performance by a choir composed mainly of elementary and junior high school students from Nishitama. Young musicians from Nishitama exchange performances with musicians from Vienna and performances by members of the Vienna Philharmonic Orchestra.

Date and Time: February 11th (Tue, holiday), 2025, 5PM ~ 7PM.

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

Capacity: 660 (no admission for preschool children)



Ticket Distribution

[Parents and children priority reservations]

Eligibility: Elementary school students to 18 years old residing in Hamura City, Akishima City, Okutama Town and Hinohara Village with accompanying guardians (up to 3 tickets per pair).

Application: Nov 15th (Fri) ~ 28th (Thu), please apply 2D code via Hamura News ver. Nov 1st. (first 214).

Ticket exchange: Nov 29th (Fri) ~ Dec 15th (Sun), please come to Yutorogi (or each municipality) to pick up your tickets

[General distribution]

Application: From Nov 29th (Fri) 9AM~8PM, please come to Yutorogi or each municipality (max. of 2 tickets per pair).

Organized by: Children's International Exchange Music Festival Executive Committee.

Inquiries: Primo Hall Yutorogi ☎ 042-570-0707 (exclude Holiday's Mondays, close Year-end and New Year holidays)

2025 都民芸術フェスティバル

<2025 Arts Festival for Tokyo Citizen>

第55回 都民寄席 羽村公演 ~ The 55th Tokyo Citizens' Yose Hamura Performance

※ Ticket will be given by drawing, with priority to Hamura residents!

Date and Time: February 24th (Mon. Holiday), 2025 1PM

Location: Primo Hall Yutorogi, Main Hall (All seats reserved).

Capacity: 854 (if the applicants are too many, the drawing will be held).

Admission Fee: Free

Performers: Mr. Sanyutei Koyuza, Mr. Kokontei Bungiku, Mr. Yanagiya Kofune etc.

Commentary: Mr. Nakagawa Katsura.

Application: Nov 1st (Fri) 10AM ~ Dec 5th (Thu) 11:59PM, please apply via Tomin Yose application form (the 2D code on Hamura News Nov 1st ver. or URL).

▼ URL: https://tomin-fes.com/ticketform_yose

※ Each applicant is limited to two (2) persons.

※ Winners will be notified by sending the admission tickets.

Co-sponsored: Tokyo Metropolitan Government, Tokyo Metropolitan Foundation for History and Culture, Tomin Yose Executive Committee

Inquiries: ○ Tomin Yose Executive Committee ☎ 03-3833-8622 (10AM~6PM)

○ Primo Hall Yutorogi ☎ 042-570-0707 (9AM~5PM close Mondays except holiday's)



11 月は子宮頸がん月間予防啓発月間

<November is the Prevention Month of Cervical Cancer>

~Cervical cancer screening is underway.

Hamura City is conducting cervical cancer screening until February 28th (Fri), 2025. Please have screening every 2 years.

◆ Coupons for free cervical cancer screening will be sent.

Eligibility: Women born between April 2nd, 2003 and April 1st, 2004.

Expiration date: February 28th (Fri), 2025.

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



SCHOOL

令和7年度 羽村市立小中学校新1年生保護者説明会日程

< Briefing Regarding the Enrollment in Municipal Schools for FY 2025 >

This is a briefing held in the aim to prepare you for the specifics involved for entering a municipal school in

Hamura City. Parents should attend if your child is scheduled to attend these schools starting in April 2025.
Date and Time as below schedule list.

※ Schools are assigned according to district of residence. [The Notification of Attend School Date and Assigned School] will be sent in January from the city.

※ If you could not attend briefing as scheduled above, you can also seek briefings from the school to which you will attend. Please inquire at each elementary or junior high school.

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

Name of School	Date and time	Telephone Number	Name of School	Date and time	Telephone Number
Hamura Higashi Elementary School	February 5th (Wed), 2025 2PM~	☎042-554-5663	Ozakudai Elementary School	February 6th (Thu), 2025 2PM~	☎042-554-1431
Hamura Nishi Elementary School	February 4th (Tue), 2025 2PM~	☎042-554-2034	Musashino Elementary School	January 28th (Tue), 2025 2PM~	☎042-555-6904
Fujimi Elementary School	January 30th (Thu), 2025 2:30PM~	☎042-554-6449	Hamura Dai Ichi Junior High School	January 11th (Sat), 2025 10:50AM~	☎042-554-2012
Sakae Elementary School	January 30th (Thu), 2025 2PM~	☎042-554-2024	Hamura Dai Ni Junior High School	December 14th (Sat), 2024 10AM~	☎042-554-2041
Shourin Elementary School	February 10th (Mon), 2025 2PM~	☎042-554-7800	Hamura Dai San Junior High School	January 31st (Fri), 2025 2PM~	☎042-555-5131

情報アラカルト

子育て

1歳児教室「1歳ちゃん♪ 集まれ〜!」

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

Date and Time: Nov 26th (Tue), 9:30AM ~ 11:30AM.

Location: Hoken Center

Eligibility: Children will be one year old as November and with their guardians.

Capacity: 15 pairs (in order of application).

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

Application & Inquiries: From Nov 1st (Fri) 9AM~, please apply via application form, call or in person to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 696.



2024 年版 暮らしのガイドブックを配布します

<Hamura City Guidebook for Daily Life 2024 Edition>

The Hamura City Guidebook for Daily Life 2024 has been edited, containing useful information on daily life, the local community and living.

An affiliate of Scinex Corporation, which has concluded an agreement with the city, will distribute the guidebook to each household.

Distribution Term: Nov 1st (Fri) ~ 30th (Sat)

※ If you have not received guidebook after the distribution period, please inquire.

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



全国瞬時警報システム（Jアラート）の試験放送

<Test Broadcast of the Japan Alert System (J-Alert)>

J-Alert is a system that provides residents with instantaneous information directly from the government on situations that cannot be dealt with in a timely manner, such as earthquake early warnings, weather warnings, and ballistic missile information. A nationwide test of this system will be conducted.

Date and Time: November 20th (Wed) 11AM.

On the day of the test, the city's Disaster Prevention and Administration Radio will broadcast a preliminary announcement, followed by a chime※ and "This is a test." will be broadcasted. Please make sure it is training.

※ Chime: A sound to announce the start of the test broadcast, not the actual siren sound.

Inquiries: Bousai Anzen Ka, Bousai Kiki Kanri Kakari ☎Ext. 217.

愛の献血にご協力を

<Love Blood Donation>

Date and Time: November 15th (Fri) 10AM~Noon, 1:15PM~4PM

Location: The front of the City Hall Main Entrance.

Eligibility: People are aged 16 ~ 69

(for those aged 65 and over, have donated blood in the past aged 60 ~ 64).

Details: Blood donation of 400 ml and 200 ml.

※ Persons taking gastrointestinal drugs, vitamin supplements and blood pressure medication may donate blood (in some cases, blood donation may not be possible due to medical interviews, etc.).

※ Blood donation by 200 ml may be terminated when the required volume is secured.

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



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

水中ウォーキング講習会 <Water Walking Class>

Date and Time: November 23rd (Sat) 10AM~10:50AM

Eligibility: Age 16 or over (even those with joint problems or have trouble swimming).

Capacity: First 30

Fee: Hamura residents or worker JPY500, outside of Hamura City JPY750

(Included admission and insurance fee)

Things to bring: Swimsuit, Swimming Cap and Towel.

Application: November 23rd (Sat) 9AM~9:50AM, please come to pool reception desk directly.

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

PRIMO LIBRARY HAMURA ☎042-554-2280

< Close Day > November 15th (Fri).

羽村フィルハーモニー管弦楽団

<Hamura Philharmonic Orchestra>

~ 2024 Autumn Concert 2024 オータムコンサート

Date and Time: November 24th (Sun) 2PM (Doors open at 1PM)

Location: Primo Hall Yutorogi Main Hall

Conductor: Mr. Masaki Asano

Programs: Anderson: "Sledding", "Plink-Plank-Plank", "Waltzing Cat", Rodgers: "The Sound of Music" and Schumann: Symphony No. 3 "The Rhine".

※ Parking is limited. Please use public transportation.

Inquiries: Hamura Philharmonic Orchestra (Contact: Kanda) ☎ 090-3165-8831



にせ都税メール・電話に注意してください！

<Beware of fake Tokyo Metropolitan Tax emails and phone calls!>

There have been cases of people attempting to fraudulently obtain personal information or defraud money by pretending to be Tokyo Metropolitan Tax Office employees. If you feel suspicious, do not respond immediately, but contact us as below.

If you are the victim of such an attempt, please contact the police immediately.

Inquiries: Tokyo Metropolitan Government Bureau of Taxation, Consultation and



「キッズダンス教室」11 月生募集

<[Kids Dance Class] for November>

Date: November 6th (Wed) ~ 27th (Wed) (every Wednesday)

(1) Elementary school students 1st ~ 3rd grade...4:30PM~5:30PM

(2) 4th ~ 6th grade students...5:40PM ~ 6:40PM

Eligibility: Dance Beginners

Location: S&D Sports Park Fujimi.

Capacity: 15 / each session (in order of application).

Fee: JPY3,300 (for all 4 sessions)

Lecturer: Ms. Sakura

Application & Inquiries: Please apply via phone or in person at S&D Sports Park Fujimi Clubhouse (Wing Park, the designated park manager) ☎ 042-555-4342.

※ Participation is possible even from the middle of the course (no refund on a daily basis).

※ Free trial is available up to 1 time per person.



令和6年11月都営住宅入居者募集

< TOKYO METROPOLITAN PUBLIC HOUSING "Toei Juutaku" Application November, 2024>

[Household types]: Availabilities for this application period are for the following;

- ① family unit (general) ② young couples / parents raising child (regular use housing)
- ③ house that deceased of illness in living areas.

[Eligibility]: There are applicant eligibility qualifications regarding income level etc.

For details, please refer to the application brochure.

[Application]: By November 18th (Mon).

◆ By Post mail ~ The application form must reach Shibuya Post office by mail .

◆ By Online ~ Please apply via Metropolitan government public housing website.

[Determination Date]

Tenants will be selected by 9:30AM ~ 11AM drawing on Dec 24th (Tue) held at the TMG Office Building No.2.

[Brochure Handout]:

Term: November 1st (Fri) ~ 12th (Tue).

Locations: Kenchiku (Architecture) Ka (city hall 2nd FL), City Hall 1st FL Reception and B1 Security Room, 8:30AM~5PM (Saturday, Sunday and Holidays is only at B1 Security Room).

Inquiries: Tokyoto Juutaku Kyoukyuu Kousha Toei Jyuutaku Boshuu Center (JKK Tokyo Application Center) Nov 1st (Fri) ~ 18th (Fri) ☎0570-010-810 / Other times ☎03-3498-8894 *weekdays only.



国民年金保険料は全額が社会保険料控除の対象です

For People who paid National Pension Insurance Premiums ~

CERTIFICATE OF TAX DEDUCTION FOR SOCIAL INSURANCE PREMIUMS

Certificate Of Tax Deduction For Social Insurance Premiums (National Pension Insurance Premiums)

「社会保険料(国民年金保険料)控除証明書」 will be issued by Japan Pension Service (日本年金機構), and will be mailed in **early November** to the National Pension Insurance Premium payers. National Pension Insurance Premium is tax deductible under a category of social insurance when necessary documents are submitted at the time of Year-end Adjustment or Final Return.

Please inquire at the Nenkin Jimusho regarding how claims are made for tax deduction of pension premiums paid. This certificate certified National Pension Insurance Premiums amount paid by Sep 30th, 2024.

To receive a deduction for social insurance premiums on your year-end adjustment or tax return, the receipts for payments made on or after October 1st will be required.

※ During Oct 1st~ Dec 31st, if you are the first time to pay National Pension Insurance Premiums, the certfcate will be send at the early of Feburary.

Inquiries: Nenkin Subscriber Inquiry Dial ☎0570-003-004/

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

はむら家族プロジェクト「愛情はむらまつり」 **Hamura Family Project [Love Hamura Festival]**

～From Hinotonton ZOO to Hamura's recommended spots

Parents and children are invited to play and have fun at a different Hinotonton ZOO.

There will also be visitor-participation projects and gift!

Date and Time: November 16th (Sat) and 17th (Sun) 9:30AM~3:30PM

Location: Hinototon ZOO

※ Admission fee is required.

※ For more information, please check the city's official website.

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



#愛情はむら写真展

[# Affection Hamura Photo Exhibition]

Photos of families enjoying child-rearing taken by professional photographers and photogenic photos posted on Instagram with "#Affection Hamura" will be exhibited.

Animal Quiz Rally

Answer the quiz questions given by Hamurin hidden in the park and get prizes!

Let's play on the playground equipment

There is a large collection of playground equipment that is not usually found in the park!

Let's have a lot of fun with energy!

PUBLIC CONSULTATIONS Schedule of November

Category	Date	Time	Contact
General Consultation for Foreign Residents ①*	①appointment 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	21st (Thu)	1:30pm ~ 4:30pm	

*①=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.



11月の休日診療 ◆ **November, MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS** ◆

Date	Hospital / Clinic				Dental Clinic	
November	9am~5pm		5pm~10pm		9am~5pm	
3rd (Sun)	Yanagida Iin	☎042-555-1800	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Yano Shika Iin	☎042-555-3363
4th (Mon. Holiday)	Hamura Skin, Plastic Surgery and Internal Medicine Clinics	☎042-578-8785	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Watanabe Shika Iin	☎042-570-1688
10th (Sun)	Wakakusa Iin	☎042-579-0311	Hikari Clinic (Fussa-shi)	☎042-530-0221	Honda Shika Iin	☎042-554-5902
17th (Sun)	Ozaku Ekimae Clinic	☎042-578-0161	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Ikoma Shika Hamura Shinryoujo	☎042-555-3139
23rd (Sat, Holiday)	Izumi Clinic	☎042-555-8018	Mizuho Byouin (Mizuho-machi)	☎042-556-2311	Asahi Kouen Douri Shika Iin	☎042-555-7904
24th (Sun)	Ozaki Clinic	☎042-554-0188	Hikari Clinic (Fussa-shi)	☎042-530-0221	Hamura Tulip Shika	☎042-578-8284