



HAMURA NEWS

HAMURIN Hamura City Mascot

June 15th, 2025

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

Published by: Hamura City

5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111

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

<BE CAREFUL FOR HEATSTROKE!> 熱中症に注意しましょう!

Heat stroke occurs when heat builds up inside the body in an environment with high temperatures, humidity and no wind. According to the Fire and Disaster Management Agency, a total of 97,578 people were transported to hospitals for emergency medical treatment due to heat stroke in 2024 (May to September), and more than 50% of them were aged 65 or older. Elderly people are said to be more susceptible to heat stroke even indoors, because their sensory and physical adjustment functions in respond to heat and dehydration are impaired. This summer is expected to be another hot one. We need to be careful of heat stroke.

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

[Symptoms of heat stroke] 熱中症の症状

Dizziness, Lightheadedness, Yawning, Profuse sweating, Muscle aches, Muscle cramps, etc.

※ As the disease progresses, symptoms such as headache, vomiting, fatigue, impaired judgment, poor concentration, and a feeling of collapse may also occur.

If you think you may be suffering from heat stroke.

- ① Move to a cooler place.
Move to a shaded or air-conditioned cool place.
 - ② Cool your body.
Use a cool towel to cool the neck, armpits, and base of the legs.
 - ③ Drink water and replenish salt intake.
Drink a sports drink or something similar to replenish water and salt at the same time.
- ※ If you vomit or are unable to drink on your own, consult a medical institution or call an ambulance immediately.



[Key Points to Prevent Heat Stroke] 熱中症予防のポイント

- ① Use air conditioners and other devices to adjust the temperature frequently.
- ② Drink water frequently even if you are not thirsty.
- ③ Use shading curtains and bamboo screens, and sprinkle water on the floor.
- ④ Wear a parasol or hat when going out.
- ⑤ Use the shade on sunny days and take frequent breaks.
- ⑥ Wear breathable clothes that absorb moisture and dry quickly.
- ⑦ Use coolants, ice, cold towels, etc. to cool the body.

[What is a Heat Stroke Special Alert?] 熱中症特別警戒アラートって?

Heat Stroke Special Alerts are issued when unprecedented and dangerous heat is predicted and there is a risk of serious health problems.

When a Heat Stroke Alert is issued

- Drink plenty of water and replenish salt intake.
- Stay in a cool environment and avoid going outside as much as possible.
- ※ Take heat stroke prevention actions one by one, and watch out for and remind to your family and others.





[Use of Cooling Shelters (Designated Heat Evacuation Facilities)]

When the 「Heat Stroke Special Alert」 is announced, twelve facilities in the city have been designated as cooling shelters where people can take a break . They can also be used as temporary resting places to avoid the heat when going out.

■ Cooling Shelters in the City

Location	Date and Time
City Hall Building	8:30AM~5PM (exclude Saturday, Sunday and Holidays)
Hoken Center (Health Center)	
Fukushi Center (Welfare Center)	
Suidou Jimusho (Waterworks Office)	
Primo Hall Yutorogi	9AM~10PM (exclude Mondays)
S&D Sports Arena Hamura	8:40AM~10PM (exclude Mondays)
S&D Swimming Plaza Hamura	
Sangyou Fukushi Center (Industrial Welfare Center)	9AM~9:30PM (exclude Mondays)
East Children Center	9AM~5PM (exclude Thursdays)
Central Children Center	9AM~5PM (exclude Fridays)
West Children Center	9AM~5PM (exclude Tuesdays)
Ikoi-no-Sato	9AM~4:30PM (exclude Sundays)

<If you are not sure whether to call an ambulance or not> 救急車を呼ぶか迷ったら

- Tokyo Fire Department Emergency Consultation Center #7119 (24 hours, 365 days).
- You can check the urgency of illness or injury and whether or not you need to see a doctor via the Internet. Please refer to Hamura News ver. June 15th barcode.



シリーズ環境を考える なるほど、そうだったのか

<The Series Thinking about the Environment>



第120回 みんなで地球温暖化を止めよう！

<The 120th session ~ Let's Stop Global Warming Together!>

Cool: Last summer was dangerously hot. More than 2,000 people have died of heat stroke in Japan.

Eco: It's hard! Eventually, We may not be able to go outside during the daytime in the summer.

Cool: According to the Japan Meteorological Agency, the average temperature in Japan 2024 is the highest since statistics began in 1898. The average global temperature has reached a record high of 15.1 degrees Celsius, more than 1.5 degrees higher than before the Industrial Revolution (1850 ~1900)!

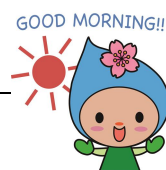
Eco: 1.5 degrees ...? I think it was an important number I heard somewhere.

Cool: Yes, [Paris Agreement ※], it was set a goal of limiting the temperature rise to 1.5 degrees Celsius above pre-industrial levels. In the subsequent discussions at COP24, the reduction targets of each country were also quantified, and each country must have been working on them...

Eco: The world, including Japan, is making various efforts, but global warming has not been stopped easily.
Cool: That's right. Japan has also set a goal to achieve net zero greenhouse gas emissions by 2050, and while actual emissions are decreasing, the rise in temperature is not stopping. We humans need to be more aware of climate change and actively work toward eco-friendly and sustainable ways of living.
Eco: That's true... There are still very few people around me who are conscious of global warming.
Cool: I recommend discussing climate change with friends to learn and act together. Start by making one friend like that. If try to do it [all by yourself] isn't fun and won't last.
Eco: Yes, that's right. What we can do may seem small, but I think I will encourage friends and neighbors to participate in energy and water conservation, and the use of eco-bags by saying, 'Let's do this together!'

※ It was decided by all member countries (196) at the 21st session of the Conference of the Parties (COP21) to the United Nations Framework Convention on Climate Change in 2015.

Inquiries: Kankyou Seisaku Ka, ☎Ext. 227.



ヒノトントン ZOO オリジナルカードゲームで遊ぼう！

<Hinotonton ZOO ~ Let's play an original card game!>

An original card game featuring 53 of the 65 kinds (as present of March 31st) of animals currently kept and exhibited at the Zoological Park is now available! The game is now on sale at the service center in the park.

Anyone can enjoy learning about animals through a game of rock-paper-scissors.

A special space has been set up in the zoo's study hall, where hands-on sessions are held every Sunday in June from noon!

Please collect cards filled with fascinating facts about the animals and observe them closely!

For more information, please check the Hinotonton ZOO website.

Inquiries: Hinotonton ZOO ☎042-579-4041

■ 令和6年度水道水の水質検査結果 ~ 羽村の水道水は安全です。

<FY2024 Water quality testing result for Tap water ~ Hamura tap water is safe.>

Inquiries: Waterworks Office ☎042-554-2269

City conducted the 51 statutory inspections required by the Waterworks Law and 49 inspections based on the water source and regional characteristics to test tap water.

The table listed in Hamura News ver. June 15th for the results of the statutory inspections conducted in FY2024. All items were within the standard values to confirm the safety of the tap water.

In addition, city voluntarily measured 52 items required for water quality control, including pesticides, dioxins (carcinogens), endocrine disrupting chemicals (8 substances), organic fluorine compounds (PFAS). It was confirmed that the results were below the national target values and guidelines.

Tap water was measured for radioactive substances once a month and was non-detectable. Water quality and radioactive materials testing will be conducted periodically as in the previous FY.

For more information on the results of the water quality inspection in FY 2024 and the inspection plan for FY 2025, please visit the city's official website.



< Subsidy for Purchase of Rainwater Ground Infiltration System >

A partial grant for fees for rainwater ground-infiltration system installed in your premises are being offered. Installing this system allows the rainwater to flow into the ground. Please apply subsidy before installing.

※ It is the responsibility of the owner to keep clean for the function of the infiltration facility not deteriorating.

[Hamura City is Diversion Type]

羽村市の下水道は分流式

The City's sewer is separated into sewage and rainwater. For this reason, rainwater cannot be drained into the sewer pipe. In addition, please flush the sewage discharged from the home into the sewage pipe.

市指定の事業者へ 漏水修理・増改築時の水回り工事

< Please contact the city –designated business operator

~ For Water Leak Repair. Renovation Work of Extension House.>

For the repair of water leaks in residential land (water pipe from the meter box to the building) and the water around the kitchen and bathroom, please ask the "Hamura City designated water supply equipment installation construction company".

※ For details such as the business name, please check the city official website.

お知らせ

環境

INFORMATION ENVIRONMENT

< Please Prune Trees Branches in Your Yard > 家の周りなどの草木の管理を

In summer months, grass and trees can overgrow. The visibility can be blocked to delay detection of crisis such as a fire, or acts of burglar breaking into a house. Please prune your branches and trim your bushes growing in your property in consideration of those passing by your property and for your own sake as well.

Inquiries: Kankyou Seisaku Ka, ☎Ext. 225.



光化学スモッグの発生に注意してください

< Be Aware of "Photochemical Smog Warning" >

Photochemical Smog is an air pollution derived from sunlight-induced chemical reaction of elements contained in vehicular emission and industrial fumes output into the atmosphere. It occurs during a hot season, on a day of sunny or hazy weather combined with minimum air current. Photochemical smog can cause eye and breathing problems, sore throats, and in severe cases, breathing difficulties. When the alert is issued, please do not go out as possible as you can.

▶ Tokyo Bureau of Environment provides Photochemical Smog Warning Online Information Center.

You can see the warning status and subscribe to the Photochemical Smog Warning Email Alert at this site.

In addition, PC or cell phones' e-mail service will be held. For details, please check Tokyo Metropolitan Environment Bureau official website.

Inquiries: Kankyou Seisaku Ka, ☎Ext.225.

<Hamura's living creatures discovery team!

羽村のいきもの見つけ隊！



~ Let's observe living things in the city!>

市内のいきものを観察しよう！

Date and Time: July 6th (Sun), 9AM ~ 11AM

※ In the event of inclement weather, the event will be held on July 13th (Sunday) 9AM~11AM (reception time: 8:45AM).

Location: Hanekami Green Park (Meet: Green Trim Parking lot).

※ If come by car, please park in Green Trim paking lot.

Capacity: 30 (in order of application)

Details: ○ Explanation by the instructor of the creatures found.

○ Observation using an application [Biome] for observing living creatures, etc.

※ Please download app. [Biome] 2D code posted in Hamura News ver. June 15 in advace.

Lecturer: Mr. Kosuke Satta (environment counselor)

Co-sponsored: Wing Park, Hamura City Parks Designated Manager.

Application: June 16th (Mon) 0AM ~ 28th(Fri) Noon, please fill out the application form via Hamura News ver. June 15th barcode.

Inquiries: Kankyou Seisaku Ka ☎Ext. 225.

健康

HEALTH

野菜、食べていますか？



<Are you eating vegetables?

~ Vegetable Intake Measuring Session will be held.>

You can measure your vegetable intake level by simply placing your palm on the sensor for about 30 seconds. Please come and experience it for yourself.

Date and Time: July 9th (Wed), 10AM ~ 11:30AM

Location: Hoken Center

Eligibility: Hamura residents

Details: Vegetable intake measurement, exhibition on dietary improvement

※ Nutritional counseling is also available.

Cooperation: Meiji Yasuda Co.

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

<Body Composition Measurement Session> 体組成測定会

Let's analyze your body by measuring muscle mass, body fat percentage, basal metabolic rate, etc. with a body composition analyzer. Public health nurses and specialists will explain the results. Nutritional counseling by a registered dietitian will also be provided.

Date and Time: July 14th (Mon) 9:30AM~11:30AM (about 15 minutes needed).



Location: Hoken Center

Capacity: 18 (in order of application)

※ For those who are with pacemakers or other medical devices cannot be measured.

※ Please bring your health handbook if you have one.

Application & Inquiries: June 16th (Mon) ~ July 11th (Fri), please apply via phone or email to Kenko Ka (in Hoken Center) ☎Ext. 625, ✉s305000@city.hamura.tokyo.jp

※ If applying by e-mail, please include your [name, telephone number, and age] in the e-mail.

介護

NURSING CARE

家族介護者リフレッシュの会

<Family Caregiver Refreshment Party>

This is a social gathering for those who are caring for family members with dementia or other conditions. Care support specialists will be there to support your thoughts and feelings. Please feel free to come.

Date and Time: July 11th (Fri), 10AM ~ Noon.

Location: S&D Sports Center Hamura, Conference Room 2.

Inquiries: Chiiki Houkatsu Shien Center Ayumi ☎Ext.042-570-1200.

相談

CONSULTATION

<Cemetery Consultation> 墓地に関する相談会

■ **Answers to your questions related to Fujimi Cemetery** 富士見霊園に関する疑問や悩みにお答えします

The city will hold a consultation for those who have difficulty coming to the office on weekdays and like to have their family members present to listen to the consultation and guidance together.

※ Only contents related to Fujimi Cemetery will be available.

Date and Time: July 12th(Sat) 9AM ~ 12:10PM (about 30 minutes per group).

Location: City Hall 2F, Seikatsu Kankyou Ka.

Eligibility: Hamura residents and users of Fujimi Cemetery.

Capacity: 5 groups (if there are too many applicants, a drawing will be held).

Application & Inquiries: From June 18th (Wed) 9AM ~ July 2nd (Wed) 5PM, via e-mail or call to Seikatsu Kankyou Ka ☎ Ext. 204, ✉s208000@city.hamura.tokyo.jp, please have [name, address, phone number, number of participants, consultation details (succession, reburial, graveside service, etc.) and for Fujimi Cemetery users, user name and plot number].

※ Result of application: The result of the drawing and consultation time will be notified by e-mail or phone within July 3rd (Thu) ~ 4th (Fri).

コミュニティセンターを休館

<Community Center Closed>

Due to a malfunction of the air conditioning system, the Community Center will be closed. We apologize for the inconvenience and ask for your understanding.



※ The community restaurant “Rarugo” will be opened.

Closed period: June 16th (Mon) ~ September 30th (Tue).

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

Inquiries: Chiiki Shinkou Ka, Shimin Katsudou Kakari (Citizen Activity Center) ☎ Ext. 632.

税の証明書を申請する場合委任状の取り扱いが変わります

<when applying for a tax certificate, the handling of a letter of attorney will be changed.>

Currently, a letter of attorney is not required when a tax certificate is applied for by a member of the same household other than the applicant.

However, in order to prevent fraudulent applications by impersonators and to protect personal information, starting November 4th (Tue), a letter of attorney will be required even if the certificate is issued by a member of the same household.

We appreciate your understanding and cooperation.

※ A letter of attorney is still not required for residential house certificates.

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

情報アラカルト

MISCELLANEOUS INFORMATION

Primo Library Hamura ☎042-554-2280



ハーブ鑑賞会

< Herb Appreciation Meeting >

Lavender and various other herbs are at their best now. Visitors can walk through the herb garden which is normally inaccessible, and view the herbs up close. Please stop by.

Date & Time: July 5th (Sat), 10AM ~ 2PM (It will be cancelled due to rains).

Location: Primo Library Hamura Roof.

※ Fresh herb tea will be served.

※ Lavender flower ears will be given away (until they are gone).

※ Free bottle sachet making class will be held (first 30 people).

[Exhibition of books about herbs] ハーブに関する本の展示

Term: June 18th (Wed) ~ July 13th (Sun).

Location: 1F Exhibition Corner.

こそだて 掲示板

CHILDREN AND PARENTS Board of Directors

FOR PARENTS

■ パパママ講座 第1弾

<Papa & Mama Lecture Vol.1>

親子で健康! はなまるクッキング

~ Health with Parents and Children! Hanamaru Cooking

Parents and children will learn about health and nutrition while cooking together. This time, we are planning a talk about the salt content in food, a health quiz, and a cooking class (Easy cooking Gapao Rice that even kids can eat!). Perfect for summer vacation research projects!

Date and Time: July 26th (Sat) 10AM~12:30PM.

Location: Hoken Center.

Eligibility: Elementary school students 1st ~ 4th grade residing in the city and their guardians



(1 pair / per child and guardian).

Capacity: 8 pairs (in order of application).

Fee: JPY600 per pair (for cooking practice fee).

Details: Health quiz for parents & children and cooking practice.

Things to bring: Apron, bandana, handkerchief, writing utensils and mask (to be worn during the cooking).

Application & Inquiries: From June 16th (Mon), please apply via application form or call to Kenko Ka (in Hoken Center) ☎ Ext. 625.

■ お子さんの発達に関する相談

<Regarding to Children Development Consultation>

① こどもの発達に関する総合相談

◆ Consultation for Developmental Concerns of Your Child

Date: Monday ~ Friday (exclude Holidays). Eligibility: Under Age 18.

② ことばの相談

◆ Speaking Consultation ~ "Speech therapist"

June Dates: July 2nd (Wed) and 18th (Fri). Location: Hoken Center.

Inquires: Children and Family Center, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎ Ext. 694.



ひとり親家庭の就職・転職を応援します！母子・父子自立支援プログラム策定事業

< Single Parent Families Can Receive Independence Support ~

Single Mother/ Single Farther Independence Support Program Formulating Project>

Please contact city, such as "I want to become a full time employee and earn more income", "I can't find a job as I want", and "I want to get a qualification and change jobs".

In cooperation with the Public Employment Security Office (Hello Work), city support employment and job changes so that people can find a proper job.

Eligibility: Those who are receiving Child-Rearing allowance.

※ If you want to find a job before divorce, you may also consult.

Inquiries: Kodomo Seisaku Ka ☎ Ext. 239.



ゆとりぎ3 階の保育室を親子プレイルームとして開放しています

<The nursery on the 3rd floor of Yutorogi is open as a playroom for parents and children.>

Please use it as a playroom and a place for parents and children. Picture books and toys in the room are available for use.

Time: 9AM~5PM.

※ Some days the room may not be open due to general use.

Eligibility: Preschoolers and their parents/guardians

Capacity: 10 pairs (on the day, Yutorogi 1st Floor in the order of receipt).

Inquiries: Primo Hall Yutorogi ☎ 042-570-0707.

FOR CHILDREN

Central Children Center ☎042-554-4552

< Daytime Moon Observation, Stargaze Event > 昼間の月観測会、天体観測会

Date: July 7th (Mon).

Time: ○ Daytime Moon Observation ... 4PM~

○ Family Stargaze Event 8PM~

※ If it rains or cloudy, the planetarium will provide a “Starry sky commentary for tonight”.

※ Late participation is not allowed.

Eligibility: Preschoolers ~ 18 years old.

Capacity: First 46 (including aults).

East Children Center ☎042-570-7751

■ 工作ひろば 「ボールシュートゲームを作って遊ぼう！」

<Craft Square “Let's Make Ball Shoot Game and Play!”>

Date and Time: June 28th (Sat) 1:30PM ~ 2:30PM.

Eligibility: Elementary school students ~ 18 years old.

Capacity: 12 (in order of application).

Things to bring: Indoor shoes, beverage (water or tea), hand towel and bag to take home.

Application: June 16th (Mon) ~ 27th (Fri) 9AM~5PM, by phone or in person to East Children Center.



■ **Handmade Toy Class** 手作りおもちゃ教室

「おでこ風ぐるま」「くるくるフライヤー」などの中から好きなものを作ります。

<[Odeko Kazagurum], [Kuru Kuru Flyer], etc. You can make your favorite one from them.>

Date and Time: July 12th (Sat) ① 10AM ~ Noon ② 1PM ~ 3PM

Eligibility: Under Elementary School Student (Preschoolers should come with an adult).

Capacity: First 20 / each session.

The events to be held at the same day!

○ Pitching Machine Game : No limit of participants and free to join.

○ Toy Hospital : Broken toys can be repaired or consulted.

Primo Library Hamura ☎042-554-2280

< Story Telling for Children > 図書館おはなし会

Ozakudai branch Mini Story Telling => June 25th (Wed) 3:30PM~

Main Library * Preschoolers => July 12th (Sat), 11AM~

* Baby => July 16th (Wed), 11AM~

* Elementary school students => July 19th (Sat), 11AM~



Primo Hall Yutorogi ☎042-570-0707

< Movies for Children > こども映画上映会

Date & Time: July 6th (Sun), 10:30AM ~ 11:30AM

Location: Small Hall

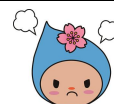
Capacity: First 252

Programs: Tom and Jerry / Chibimaruko Chan etc.

Supported by: Hamura Eiga Club.



ご注意ください！あなたも遭うかも？こんなトラブル



Please be careful! You might get into this trouble? Troubles like this

~Inspection and sales of water heaters. 給湯器などの点検商法

The number of cases of [inspection sales] in which companies come to customers with the pretext of inspecting water heaters, etc., and make them sign contracts for products by making them feel insecure by telling them that they are in danger [if they don't replace them quickly] is rapidly increasing in Hamura City.

~The following are examples of actual consultations received by the Consumer Affairs Center.

I received a phone call offering a [Free inspection of water heater]. During the inspection, the company explained that the piping was damaged and needed repair work, and signed a contract. When I consulted with my family, they told me that the manufacturer had already done the work several years ago and that it was not necessary. I want to take a cooling-off action for the construction contract.

[The Consumer Affairs Center responded] 消費生活センターの対応

The Consumer Affairs Center contacted the contractor and told the consultant how to write and send out a cooling-off notice. The consultant told the contractor that he had replaced the piping for the water heater several years ago, so no need for installation work. The consultant felt uneasy about the contractor coming into his house for inspection, so asked the contractor not to visit him again, and the contract was cancelled.

[Advice for preventing problems] トラブル防止のアドバイス

- If a door-to-door salesman comes to your house, do not open the door. There have been cases where people have broken into homes posing as vendors and become victims of burglary. Do not invite unknown vendors into your home by using the interphone.
- Do not sign a contract on the spot, please consult with a family member or someone you trust.
Even if you are rushed into signing a contract, ask a family member or trusted business person to confirm the contract before making a decision.
Even if you end up signing a contract, in the case of door-to-door sales, a cooling-off period is possible within 8 days of receipt of the written contract.

[Check seasonal home appliances as soon as possible] 季節家電の点検は早めに

Take care of and inspect air conditioners, fans, and other appliances right away, if you feel any abnormality, please consult with store or maker.

Consumer troubles are happening all around us. If you encounter trouble or feel uneasy, please consult with the Consumer Affairs Center as soon as possible!

Inquiries: Hamura City Consumer Affairs Center ☎Ext. 641