



HAMURA NEWS

HAMURIN Hamura City Mascot

October 1st, 2025

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



市公式 LINE アカウントから通報できます！ 道路・公園等の不具合など

<For Road, Park etc. problems, you can report issues via the City's official LINE account!>

Inquiries: Doboku Ka, Douro Kanri Kakari ☎Ext. 292, Kouen Kanri Kakari ☎Ext. 282.

Starting October 1st, you can report any issues you notice regarding roads, parks and green spaces managed by the city via the City's official LINE account.

For details on how to use the service, please visit the City's official website.

[When to report]

Potholes in roads, burnt-out streetlight bulbs, damaged playground equipment, illegal dumping on roads or parks, etc.

▼ Examples not eligible for reporting

Issues concerning roads not managed by the city or private property are not eligible for reporting.

[How to Report?]

- (1) Scan the 2D code posted on Hamura News ver. Oct 1st.
- (2) Select "Road/Park Report" from "Page 1" in the menu.
- (3) Choose the relevant option from the "Road/Park Report Menu".
- (4) Review the terms and conditions, then check "I Agree".
- (5) Answer questions by selecting options or entering text.
- (6) Take and attach photos of the affected area. Review details and submit.

自然環境学習ツアー 参加者・リーダー 募集

<Nature Education Tours ~ Participants and Leaders Recruitment>

Please join us to experience the nature of Hamura and Hokuto City with friends, and learn about the workings and mechanisms of nature.

Inquiries: Kankyou Seisaku Ka ☎Ext. 224.



Schedule and Details

Date and Time		Location	Details
Mar 26th (Thu), 2026	9AM~Noon	Around the Kyoudo Hakubutsukan (Folk Musum).	Classroom learning about the city's natural environment. Observation of the river terrace, a characteristic feature of Hamura City's natural environment.
Mar 27th (Fri), 2026	7:30AM~6PM	Hokuto City (KEEP Association) (Forests in the Kiyosato area, etc.)	Classroom learning forests about the functions/ mechanisms and the general natural environment. Fieldwork involving walks through the forest.

[Participants] 参加者

Eligibility: Elementary school 5th ~ Junior high school students residing in the city who can attend both days and are enthusiastic about environmental learning.

Capacity: 15 (drawing if oversubscribed).

Fee: JPY3,000 (please pay at the parent briefing session).

[Leader] リーダー

Eligibility: Residents, workers, or students within the city, High school student 1st grade~25 years old.
Must be able to participate both days, have the motivation to act as a leader who can organize group activities and support interactions between different age groups (must also attend the parent briefing session).

Capacity: 5 (selected through document screening or interview).

Fee: JPY3,000 (please pay at the parent briefing session).

[Application] 申込み

Oct 1st (Wed) ~ 17th (Fri) 5PM, please apply via the designated application form barcode posted in Hamura News ver. Oct 1st.

※ If you are not able to apply via Application forms, please inquiry to Kankyou Seisaku Ka.

[Parent Briefing Session] 保護者説明会

Date and Time: Nov 17th (Mon) 7PM ~ (Guardians only).

Location: City Hall 2F, Conference Room 202.

がん検診を受けましょう

GET SCREENED FOR CANCER!

Application. Inquiries: Kenko Ka (in Hoken Center)

〒205-0003 5-5-2 Midorigaoka Hamura, ☎042-555-1111

FAX 042-554-4767 ✉s305000@city.hamura.tokyo.jp



10月は乳がん月間

<October is for Breast Cancer Screening Month>

Breast cancer is the most common cancer among women. Early detection significantly improves the chances of cure. Please get screened every two years.

The city is offering breast cancer screenings until December 26th (Fri). Appointment slots are limited, so please schedule your screening early. Eligible individuals will receive a free coupon for breast cancer screening.

Eligibility: Those female who was born April 2nd, 1984 ~ April 1st, 1985.

Valid term: December 26th (Fri).

Inquiries: Kenko Ka ☎Ext. 625.

胃がん・肺がん・乳がん検診（3期）

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

☆ December 14th (Sun) can have 3 screenings (Stomach / Lung & Breast Cancer Screening) together.

◆ **Stomach Cancer / Lung Cancer Screening** 胃がん・肺がん検診

Date and Time: Dec 14th (Sun) ~ 17th (Wed) 8AM~Noon.

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

Location: Hoken Center.

Eligibility: Those who Hamura Residents are age 40 or over as of checkup date.
(Sputum test is over age 50).

Fee: Stomach Cancer / Lung Cancer Screening ~ Each JPY500.

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

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

☆[Sputum examination] is provided only for people with the following ① and ② 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.

※ If you wish to undergo a sputum test, please be sure to indicate the conditions when applying.
Sputum testing alone is not permitted. Containers will not be sent to those who do not meet the conditions.



◆ **Breast Cancer screening** 乳がん検診

Date and Time: Dec 14th (Sun) 8AM~4PM.

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

Eligibility: Hamura female residents who are age 40 or over and haven't had screening in FY 2024.
Fee: JPY1,600. Details: Breast X-ray examination (mammography).

◆ **Common items** 共通事項

** 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 implanted devices such as pacemakers (Breast cancer screening is not possible; stomach cancer screening is not possible if it is located in the abdomen).
- 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 each day (drawing if oversubscribed).

※ The screening vouchers to those selected will be sent in mid-November. For those who are not selected will also be notified.

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

※ If you have FY2025 free breast screening coupon, please submit then.

Application: Oct 1st (Wed) ~ 15th (Wed) postmark deadline, via electrical application or fill in necessary information and postmail to Kenko Ka.

[Send to]: "Gan Kenshin Tantou", Hamurashi Hoken Center.

[Require items]: ① Your desired screening date (first and second choices)

② Screening/ Exam you desire ③ Address ④ Name (furigana)

⑤ Date of birth/age ⑥ Contact (daytime phone number)

⑦ If you wish to have sputum examination:

Number of cigarette per day x smoking years

※Even when applying as a family, each person must submit a separate application.

※Please apply by postcard or sealed letter. A return postcard is not required.

Inquiries: Kenko Ka ☎Ext. 626.

高齢者の方等を対象 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>

The elderly people are more likely to develop severe illness when infected with influenza or the COVID-19, increasing the risk of hospitalization and life-threatening complications.

Neither vaccination is mandatory. Please understand the advantages and disadvantages thoroughly and receive the vaccination only if you wish to do so.

[Routine Influenza Vaccination]

Cost for each vaccine: JPY2,500.

Period: October 1st (Wed) ~ January 31st (Sat), 2026.

[Routine COVID-19 Vaccination]

Cost for each vaccine: JPY6,500.

Period: October 1st (Wed) ~ March 31st (Tue), 2026.

[Common items]

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 who have a disability in cardiac, renal, or respiratory function that severely limits their ability to perform daily living activities, and with a disability in immune function due to human immunodeficiency virus that makes daily living nearly impossible (equivalent 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 inquiry.

※ 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.

Number of doses: Only one dose per person during the period.

Reservation: Make an appointment directly with the medical institution.

Things to bring: Documents confirming health insurance eligibility, 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.

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

お知らせ

学び

羽村市 × 杏林大学公開講演会 子供の虐待防止講演会

INFORMATION LECTURE



<Hamura City × Kyorin University Public Lecture Series: Child Abuse Prevention Lecture>

Building Safe and Nurturing Relationships with Children

~ Introducing the Parenting Program "CARE" ~

The parenting program "CARE (Child-Adult Relationship Enhancement)" enables caregivers and parent-child support professionals to learn how to foster children's autonomy and build better relationships between adults and children.

It also introduces trauma-informed support※, a growing approach in Japan.

※ Trauma-informed support...Possessing accurate knowledge about trauma (emotional wounds), considering various behaviors as potentially influenced by trauma, and providing care without causing further harm.

Date and Time: November 10th (Mon), 2PM ~ 4PM.

Location: Hamura City Fukushi Center, Main Conference Room.

Capacity: 70 (in application order).

Lecturer: Ms. Tami Yanagida (Clinical Psychology Department, Faculty of Health Sciences, Kyorin University).

Application & Inquiries: Oct 3rd (Fri) ~ Nov 7th(Fri), via the application form QR code posted on Hamura News ver. Oct 1st, email, call, fax or in person with [Name, Phone Number, and Affiliation (if applicable)] to Kodome Katei Center, Kodomo Katei Shien Kakari (Hoken Center 2F), ☎Ext. 671.

✉kosodate-soudan@city.hamura.tokyo.jp, Fax 042-578-2882.

<Papa-Mama Lecture Vol. 2 >

パパママ講座第2弾

~ Mom's Body Refreshment Classes!

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 refresh your body and mind.

Date and Time: November 5th (Wed), 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)

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 (Thu), please call or via the application form to Kenko Ka (in Hoken Center) ☎Ext. 624.

※ Fax inquiries: Fax 042-554-4767



介護予防

NURSING CARE PREVENTION

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

This is a free health screening program. Use it to objectively understand your current condition and help ensure your future health and well-being.



How to Receive the Checkup?

- ① Perform a self-check ~ Using the [Self-Checklist for Recognizing Dementia] found in the [Memory Loss Support Guide]. You can obtain the checklist at Kourei Fukushi Kaigo Ka, Hamura 3 Chiiki Houkatsu Shien Center, or by postmail.
- ② If your checklist score is 20 points or higher ~ The screening voucher will be provided. Please contact the inquiry number or visit Kourei Fukushi Kaigo Ka.
- ③ Visit the doctor and receive an explanation of the results ~ After applying yourself to a designated medical institution, undergo the screening and receive an explanation of your results.

Eligibility: Hamura Residents aged 65 or older as of the screening date who have not been diagnosed with dementia.

Implementation Period: November ~ February 2026

Details: Medical interview, cognitive function test, explanation of results.

※ An orange envelope will be mailed to residents aged 74 (as of September 1st, 2025). The envelope contains the “Memory Loss Support Guide” and the examination ticket.

※ After the screening, the City or Hamura Chiiki Houkatsu Shien Center may contact you for follow-up guidance.

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



みんなで続ける 介護予防体操説明会

<Information session for Nursing Care Prevention Exercises continuing for everyone.>

~ Let's Gather “A Place To Go” ~集まろう 通いの場

Community gathering places are activities where local residents voluntarily organize meetings at nearby locations or facilities to expand networks for health promotion and care prevention.

The city supports the creation of community gathering places that offer care prevention exercises. Why not create a community gathering place where the elderly can meet within your neighborhood?

Date and time: Oct 31st (Fri), 10AM~11:30AM.

Location: Ikoi no Sato 2F Meeting Room.

Eligibility: People who are concerned about lack of exercise and are interested in preventing nursing care

Capacity: 10 (in order of application)

Things to bring: Indoor shoes, emergency contact information, beverage, writing utensils and exercise clothes.

Details: What is “frail”? / Practical exercises using a chair / 3-month support menu for continuing exercises

Application & Inquiries: Till Oct 30th (Thu), via application form, please call or in person to Kourei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari ☎Ext. 196.



はむりんピック 市民スポーツまつり

<Hamurinpic ~ Citizens' Sports Festival>

Enjoy sports together! Hamura Health Fair Held at the same time.

Date & Time: Oct 13th (Mon, holiday) 9:30AM ~ 2PM

Locations: OS&D Sports Park Fujimi

※ If it rains, the event will be cancelled.

OS&D Sports Arena Hamura

OS&D Swimming Plaza Hamura

○Hamura Kyudo (Archery) Hall



Inquires: Hamura Sports Association ☎042-555-1698, Fax:042-555-1699.

OUTDOOR EVENTS

※Cancelled in case of rain.

※ In case of cancellation, city will notify you via the city's official website, email distribution service, official LINE account, and the disaster prevention administrative radio system.

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

(4-11 Midorigaoka, Hamura; Clubhouse ☎/Fax: 042-507-7626)



Corner	Details
Rugby Experience ~ Pass Target.	Pass a rugby ball to a mascot dolphin!
Foot Baseball Experience	Foot Baseball Demonstration and Hands-On Experience.
Basketball Experience	Challenge a basketball free throw.
Tokyo Metropolitan Hamura Special Needs School	A sport competing for accuracy in disc control
Field Golf and Mölkky Experience	Try your hand at field golf, a new sport originated in Hamura!
Throw. Catch Experience	Try throwing the flying disc into the disc golf hole.
Kitchen Car ~ Food Booth	Enjoy crepes, curry rice, roasted sweet potatoes, and more.
Soft Tennis and Tennis	First-timers can learn the fun of soft tennis and tennis!
Smile Workshop Booth	Handmade cookies and pies for sale ○ 11AM ~ 2PM
Boccia Experience (Smile Workshop)	Enjoy the same rules regardless of disability.
Cricket Experience	A sport originating in England, also called the precursor to baseball.
Tokyo 2025 Deaflympics PR (Tokyo Metropolitan)	Get Tokyo 2025 Deaflympics Event PR Goods!
Hamspo Program ~ Dance Experience ~	Experience dance and wellness. Let's have [Shuwa Shuwa ☆Deaflympics] dances!
Hamurin Dance & Greeting	Have fun dancing the Hamurin Dance with Hamurin. ○10:30AM ~ ○12:30PM ~ ○1:45PM ~
Walking Soccer Experience	Everyone from kids to seniors can play! Soccer played by walking, not running.
Hamura Health Fair	A corner full of fun information to help you stay healthy!
Potluck Picnic (Project to create places to gather in cooperation with the community)	Let's play on the lawn!
【Pre-registration Event】 Group Soran Dance / Elementary & Junior High School Running Class / Hamu RUN Race/ Slow Jogging Workshop.	

INDOOR EVENT

※ Carry out even raining.

Location: S&D Sports Arena Hamura (Sports Center)

(1-29-5 Hanekami, Hamura City ☎042-555-0033, Fax 042-554-9974)



Corner	Details
Introduction to Iaido, Iaido Demonstration	Iaido performance and demonstration of Japanese sword cutting techniques! ○10:30AM ~ Noon
Kendo Experience	Demonstration and experience of basic strikes using bamboo swords (men, kote, do).
Judo Experience	Demonstration and experience of etiquette, ukemi (falling techniques) and randori (sparring) in both ground and standing techniques of judo. ○9:30 AM - 11:00 AM
Aikido Class for Beginners	Experience Aikido through large, natural movements that flow with the energy. ○11:30 AM - 2:00 PM (Elementary school students or above).
Festival Aerobics	Beginner Aerobics - A special program incorporating Aerobics Level 1 content. Special Program ○ 1:00 PM - 2:00 PM (Junior high school students or above).

Tokyo 2025 Deaflympics Panel Exhibition	Learn about the Deaflympics coming to Tokyo in 2025!
Social Education Organizations Poster Display	Introduction corner for registered social education organizations in the city.
[Advance Registration Required] Beginners Welcome ♪ HIPHOP Dance Experience Class	

S&D Swimming Plaza Hamura (Swimming Center)
(319-3 Gonokami, Hamura ☎ 042-579-3210 FAX 042-579-3212)



Corner	Details
Parent-Child Swimming Lessons	Swimming lessons parents and children can enjoy together. ○ 10AM ~ 11AM (Children age 3 ~ 6 and their guardians, 10 pairs)
Sports Day Special Event 2 Hours of Free Pool Use for Children	Enjoy 2 hours of free pool! (Ages 3 ~ Junior high school students)
Food truck booth	Enjoy okonomiyaki and more!
[Advance Registration Required] Kokoro Refreshing Yoga / Ballet Stretch	

Hamura Kyudo (Archery) Hall
(4-2-8 Ozakudai, Hamura City ☎ FAX 042-555-9255)

Corner	Details
Enjoyable Kyudo Experience	Kyudo Experience: Training Body and Mind Through a Series of Movements (For Elementary school students 5th Grade or above)

※ All events with capacity are all as first-come, first-served basis on the event day.

はむら健康フェア

[HAMURA HEALTH FAIR]

Date and Time: October 13th (Mon. Holiday) 9:30AM~2PM.

Location: S&D Sports Park Fujimi

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 624, Fax 042-554-4767.



Athletic Stadium

☆Grip Strength Measurement

Measure your grip strength, which correlates with overall muscle strength. A physical therapist will conduct the measurement.

☆Vegetable Intake Measurement

Simply hold your palm over the sensor to easily estimate your vegetable intake.

☆Drug Abuse Prevention & Blood Donation Promotion PR

Exhibits presented in cooperation with the Tokyo Red Cross Blood Center Tachikawa Office and the Tokyo Metropolitan Drug Abuse Prevention Promotion Fussa, Hamura, Mizuho District Council.

※ No blood donation available.

☆Health Promotion Officer Activities Introduction

Features introductions to Health Promotion Officer activities, breakfast-related exhibits, sticker surveys, and more.

☆Nutrition Corner

The exhibits on lifestyle disease prevention and vegetable intake will be introduced, along with health-related information. The recipes recommended by Health Promotion Officers will be distributed. Nutrition consultations with a registered dietitian will also be available.

Around clubhouse Entrance/Exit

☆ Tuberculosis screening (Digital Chest Photography)

Time: 10AM ~ 1PM

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

Eligibility: Residents with 18 years old or above.

Capacity: First 100 Fee: Free of charge

Clubhouse

☆Body Composition Measurement

The muscle mass, body fat percentage, basal metabolic rate, and more using a body composition analyzer will be measured. A public health nurse or physical therapist will explain your results. Individual consultations are also available.

Eligibility: Age 6 and up

※Some measurements cannot be performed for those aged 17 and under.

※Individuals with medical electrical devices such as pacemakers cannot be measured.

☆Bone Density Measurement

※Registration is closed. Only those with a valid examination voucher can be measured.



環境

ENVIRONMENT

生活保護受給世帯などに市指定のごみ収集袋を交付

< 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 FY 2025 year (December 2025 ~ November 2026) will start as below list.

Date and Time: November 4th (Tue) ~ 28th(Fri), 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.

[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 Resident Tax exempt household with a holder of Health and Welfare Handbook (Ai-no Techou) (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.
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

※ 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, 2025, please obtain the above certificate for all members from previous residence.

※ A person receiving the supply by proxy will be required to present [Things to bring] and his/her ID driving license or etc.

※ 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 28th (Fri), it will be handed in monthly equivalent bags.

Inquiries: Seikatsu Kankyou Ka ☎Ext.205.

< 生ごみの水切りをしましょう! >

<Drain your food waste! >

A: About 30~40% of burnable waste is food waste, and roughly 80% of food waste is water. Draining it significantly reduces waste volume!

B: You can also turn waste into compost! The city holds “Food Waste Composting Workshops” twice a year, teaching households how to compost food waste at home.

Drainage STEP ~ ① Don't get it wet ② Dry it ③ Squeeze it.

[Draining has the following benefits]

○ Reduces total waste volume, allowing smaller trash bags.

○ Slows food waste decay and suppresses odor.

○ Improves collection truck fuel efficiency and reduces CO₂ during incineration.

Inquiries: Seikatsu Kankyou Ka, ☎Ext.204.



10月1日は「食品ロス削減月間」 10月30日は「食品ロス削減の日」

<October is [Food Loss Reduction Month] and October 30th is [Food Loss Reduction Day]>

Japan's annual food loss in FY2023 was approximately 4.64 million tons. Of this, about 2.33 million tons originated from households. Small actions to reduce food loss, when undertaken by each individual, can lead to significant reductions.

[Food Loss Reduction Measures You Can Start Today]

Shopping Tips

① Check pantry food materials before shopping ~ Use notes or photos as shopping references.

② Buy only what you need ~ Avoid bulk purchases, buy only what you need and finish it.

③ Plan ahead and shop smart ~ Take items from the front of shelves for immediate use

Home Tips

① Store properly ~ Follow storage instructions on food packaging.

Prepare vegetables by freezing, blanching, etc., then store

② Use ingredients efficiently ~ Use remaining ingredients first, repurpose leftovers from overcooked meals.

③ Cook only what you can finish ~ considering your physical condition, health, and family schedules.

Inquiries: Seikatsu Kankyou, ☎Ext. 205.



学童クラブ

CHILDREN CLUB

10月1日（水）から 令和8年度学童クラブ入所申請書を配布

<YF2026 Children Club's application form will be distributed from October 1st (Wed)>

From April 2026, 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 residing in city or are enrolled in elementary school as of April 2026.

※ 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 (Wed), City Hall 2F Kosodate Shien Ka, Gakudou Club. Jidoukan Kakari, each Children Center, City's Nursery Schools and Kindergartens.

※ Application forms can be downloaded from the official city website.

Application term: Nov 1st (Sat) ~ 7th (Fri) 8:30AM~Noon, 1PM~5PM (Exclude Sundays and Holidays).

※ Application will be accepted until 7PM only on Nov 7th (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 8th year of Reiwa Gakudou Club” and sending the necessary information with attached document. (available from Nov 1st (Sat)).

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

※ For details, please check the official city website.

Inquiries: Kosodate Shien Ka, Gakudou Club. Jidoukan Kakari ☎Ext. 264.



税金

TAX

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

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.

※ For houses newly built or expanded before 2024, taxation may be retroactively applied to past fiscal years. Please inquire for details.

Inquiries: Kazei Ka, Shisanzei Kakari ☎Ext. 157.

情報アラカルト

MISCELLANEOUS INFORMATION CHILDREN

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 >

The toothbrushing, weaning, and meals starting at age one will be discussed.

Date: October 28th (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 Oct 1st (Wed) 9AM~, via application form, call or in person to Kodomo Katei Center, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 693, Fax 042-554-4767.



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 >

Child Allowance (August and September) and Child Development Allowance (June ~ September) will be deposited into your designated account on October 14th (Tue).

For recipients required to submit current status who did not submit it by the deadline, or whose documents or other issues remain unresolved, payment may be delayed until November or later.

Inquiries: Kodomo Seisaku Ka, ☎Ext. 236.

コンビニ交付サービスを停止します

<Convenience Store Issuance Service Suspension Notice>

Due to system migration work, the Convenience Store Issuance Service will be suspended during the following period. We appreciate your understanding and cooperation.

Term: November 4th (Tue) ~ 17th (Mon).

Suspended Certificates/Services:

All operations (Resident Certificate, Seal Registration Certificates, Taxable/Non-Taxable Certificates, Family Register (Complete/Individual) Certificates, Registered Domicile Usage Registration).

Inquiries: Shimin Ka Uketsuke Kakari, ☎Ext. 121

犬を飼っている方へ 狂犬病予防注射をわすれずに!

<Please do not FORGET Rabies Shot for Your Dog >

Rabies vaccinations must be administered annually between April and June, and you must obtain a vaccination certificate.



City has sent 「Rabies Vaccination Certificate Application Form (Reminder)」 to owners who have not yet completed this year's vaccination.

Please have your pet vaccinated promptly upon receiving this notice.

Inquiries: Kankyou Seisaku Ka ☎Ext.226.

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

第17回 国立音楽大学ブラスオルケスター演奏会

<The 17th Kunitachi College of Music Brass Orchestra Concert>

Date and Time: December 13th (Sat), 2PM ~ 4PM.

Location: Main Hall.

Capacity: 854 (All seats reserved)

Conductor: Mr. Shiro Ide.

Application: Oct 4th (Sat) 9AM ~, via the Ome Sato Foundation Ticket Sales Site or in person at Yutorogi to make reservation (one person up to 2 tickets).

Inquiries: Ome Sato Foundation (Public Interest Incorporated Foundation) ☎ 090-5195-3030/
Primo Hall Yutorogi ☎042-570-0707.



社会福祉協議会

SOCIAL WELFARE COUNCIL ☎042-554-0304

<The 37th Community Welfare Festival> 第37回 ふれあい福祉まつり

■ Gather and Spread ~ Smiles Across Our Community

This event deepens understanding and interest in welfare through citizen exchanges and presentations by volunteer groups and welfare organizations. We look forward to your visit.

Date and Time: October 19th (Sun), 10AM ~ 3PM (Held even light rain).

Location: Fukushi Center.

Details: Food stalls, stage performances, volunteer experience corner, small goods sales, etc.

Organizer: The 37th Fureai Welfare Festival Executive Committee.

Inquiries: Social Welfare Council ☎ 042-554-0304, Fax042-555-7445.

※ Please use public transportation to attend.



図書館

PRIMO LIBRARY HAMURA ☎042-554-2280

<Closed for Collection Inventory> 蔵書点検のため休館します

The library will be closed during the following period for collection inventory (including a comprehensive check of materials) and library system updates. The Ozakudai Branch will also be closed.

Period: Oct 16th (Thu) ~ 31st (Fri).

※ Please return books to the Main Library, Ozakudai Branch, or any book drop boxes located throughout the city.

※ Return audiovisual materials (CDs, DVDs etc.) and items borrowed from other libraries directly to the counter starting Nov 1st (Sat).

※ Magazines available for loan during the closure will be available starting Nov 1st (Sat).

※ Requests received before the inventory check may experience delays in material preparation.

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 (Wed) ~ March 31st (Tue), 2026.

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.

S&D SPORTS ARENA HAMURA ☎042-555-0033

■ Aerobics Carnival エアロビクスカーニバル

Let's move our bodies to follow the music and have fun! Since it's Halloween season, costumes within your comfort level are also very welcome.

Date: October 25th (Sat).

Schedules:

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

Location: Training Room Studio

Eligibility: For Junior High School Students or above.

Application: Please come to 2F training room directly 30 minutes before each program begins.

Inquiries: NPO Hamura Athletic Association ☎042-555-1698, Fax 042-555-1699.

レッツチャレンジ! はじめてのステップエクササイズ♪

<Let's Challenge! First-Time Step Exercise♪>

■ Step up and down to follow the music~

Date and Time: Nov 1st (Sat) ~ 29th (Sat), every Saturday, 11AM ~ Noon (Total 5 sessions).

Location: 2F Training Room Studio.

Eligibility: Junior High school students or above.

Capacity: 20 (in application order).

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

Non Hamura Residents ...JPY300 (Junior high school student JPY130).

Details: Step Exercise, Dumbbell Training and Strength Training.

Application: Oct 4th (Sat) ~ 30th (Thu), 9AM ~ 4:30PM, via application form, call, or in person at the NPO Hamura City Sports Association, S&D Sports Arena Hamura 2F, ☎042-555-1698.

「令和 7 年度紅葉の谷戸沢処分場自然観察会」 参加者募集

< FY 2025 The Yatozawa Landfill Site ~ Red Leaves Nature Tour >

Date and time: November 27th (Thu) 8:20AM~5:10PM

(Meet near the North Exit of JR Nambu Line's Nishifu Station)

Tour facilities: Clean Center Tamagawa, 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.

Fee: JPY500 (lunch, collect at the event day).

Capacity: 40 (drawing if oversubscribed and result will be notified).

Application & Inquiries: Till October 31st (Fri) 5PM (must be arrived), via Tokyo Tama Kouiki Shigen Junkan Kumiai website's [Yatozawa Landfill Site Nature Tour] application form or postcard with [Yatozawa Landfill Site Nature Tour wish to participate] and all participants 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) to mail.

Send to and Inquiries: Tokyo Tama Kouiki Shigen Junkan Kumiai [Yatozawa Landfill Site Nature Tour]



病気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 >

When illness or injury results in a disability that limits daily life or work, and certain requirements are met, such as the disability conditions and insurance premium payments status. The Japan Pension Service will review the claim and provide a disability pension.

If the date of your first medical examination for that illness or injury (initial examination date) occurred while you were enrolled in the National Pension (including periods before age 20 or after age 60 ~ 64 when you were not enrolled), you can claim the [Basic Disability Pension].

If it occurred while you were enrolled in the Employees' Pension, you can claim the [Employees Disability Pension].

When consulting about the Basic Disability Pension, please come prepared with the illness or injury name for the claim, the initial medical examination date, the medical institution name, and your medical history up to the present.

※ [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.



東京都最低賃金改正のお知らせ

<Notice of Tokyo Metropolitan Minimum Wage Revision>

The Tokyo Metropolitan minimum wage will be revised to JPY1,226 per hour effective October 3rd.

This applies to all workers employed within Tokyo.

Inquiries: Tokyo Labor Bureau, Labor Standards Department, Wage Division ☎ 03-3512-1614 (direct)
/ Tokyo Work Style Reform Promotion Support Center ☎ 0120-232-865.

PayPayキャンペーンin羽村 はむらのお店を応援しよう！ ~2次販売~

<PayPay Campaign in Hamura Support Hamura Businesses!> ~Second Sale~

The Hamura City Chamber of Commerce and Industry is conducting a second sale of digital gift certificates with a 20% premium.

Period: October 1st (Thu) ~ December 15th (Mon).

Eligibility: Ages 18 and over.

Purchase: First-come, first-served.

Details: For every JPY5,000 voucher purchased, you receive 1,000 points, allowing you to use JPY6,000 worth. Purchase up to 10 vouchers!

※ Those who have already purchased premium digital gift vouchers can also buy during the second sale. However, when paying at stores, you cannot combine three or more different voucher types for a single transaction. For details, please check the PayPay official app or contact the call center.

PayPay Call Center: ☎0120-925-510, till Dec 15th (Mon), (9AM ~ 7PM, include Sat, Sun, and holidays).



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? Participants will receive an original eco-bag!

Date and Time: November 1st (Sat).

○ 1st meeting: 1:30PM

○ 2nd meeting: 3PM ※ About 1 hour, if it rains, the tour will be postponed to Nov 2nd (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 (Wed) ~ 17th (Fri), please call Nishitama Sanitation Association, Somu Ka, Somu Kakari ☎042-554-2409 (9AM~5PM exclude Sat, Sun and holidays).

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	16th (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	
5th (Sun)	Yamakawa Iin	☎042-554-3111	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Hamura Station Dental Clinic	☎042-570-5621
12th (Sun)	Baba Kodomo Clinic	☎042-555-3788	Hikari Clinic (Fussa-shi)	☎042-530-0221	Hirai Dental Partners	☎042-533-5157
13th (Mon, Holiday)	Hamura Skin, Plastic Surgery and Internal Medicine Clinics	☎042-578-8785	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	DenTrust	☎042-555-7064
19th (Sun)	Ozaku Ekimae Clinic	☎042-578-0161	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Heizou Shika Iin	☎042-554-0066
26th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Honda Shika Iin	☎042-554-5902

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

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