



HAMURA NEWS



Published by: Hamura City

January 1st, 2025

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

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



❖ ❖ **!! NEW YEAR EVENTS !!** ❖ ❖ ~ the New Year events will be introduced.

ヒノトントンZOOのお正月

<Hinotonton ZOO New Year

~ 2025 Zoo Park PR card designed by SANANOMORI Sana>

Inquiries: Hinotonton ZOO ☎042-579-4041

City will distribute Zoo Park 2025 PR cards designed by SANANOMORI san, an illustrator from Hamura City.

Distribution begins: Jan 2nd (Thu) 9AM~

Distribution location: Hinotonton ZOO Entrance

Number of distribution: First 500

郷土博物館のお正月

KYODO HAKUBUTSUKAN ☎042-558-2561

Open Hours: 9AM~5PM (Old Shimoda Residence is till 4PM)

Close: Year End / New Year's Holidays and exclude Holiday's Monday



■ お正月かざり

< New Year Special Decoration Exhibition >

The exhibition will display Hagoita (a fether board), Hamayumi, Kites and other materials related to this year's zodiac sign "Snake" are given to children on their first New Year's Day. Please come and feel the atmosphere of the New Year at the local museum.

Date: Jan 4th (Sat) ~ 9th (Thu).

Location: Orientation Hall



■ まゆ玉かざり

< Mayudama Kazari >

When silk cultivation was a thriving industry in Hamura, people used to make a new year's decoration out of pounded rice called "Mayudama Kazari", which will be recreated for displaying.

Date & Time: Jan 10th (Fri) ~ 19th (Sun).

Location: Orientation Hall / Old Shimoda Residence.

■ 企画展「むかしのくらし」

< Exhibition "Old Days Livelihood" >

How did people cook rice and wash clothes in the days when there were no convenient electrical

appliances? Let's take a look at the differences between life in the past and today through the tools that were used in the past.

Date: Jan 7th (Tue) ~ 26th (Sun).

Location: Gakushu Shitsu / Old Shimoda Residence.



活力市 だるま市

< NEW YEAR MARKET ~ Vital Market & Daruma New Year Market >

Daruma is a Japanese talisman doll of good luck which has a deep history. Why don't you buy a lucky Daruma doll at the beginning of the year to pray for [good health], [longevity], [prosperous business] and [fulfillment of great wishes] for the year? Lucky daruma dolls of various colors and sizes will be on display. There will also be booths on the day. Please come and visit the [Daruma Market], a traditional event that heralds the New Year.

ダルマに名前を入れることができます！

<You may put your names on your purchased Daruma Doll !>

Inscription service is available for an additional fee. Please make a reservation at Shougyou Kyoudou Kumiai prior to the market day, or order at the site. It may take about a week if ordered at the site.

Date & Time: Jan 11th (Sat) & 12th (Sun), 9:30AM~3:30PM

Location: Hamura Nousanbutsu Chokubaijo (Farmer's Market).

Inquiries: Shougyou Kyoudou Kumiai ☎042-555-5421 /

Sangyou Shinkou Ka, Shoukou Kankou Kakari ☎Ext.667.



伝承行事 どんど焼き

< Dondo Yaki – New Year Bonfire >

This is a traditional event in which New Year's decorations and other ornaments are burned around a mound made of straw, cedar leaves and bamboo to pray for good health and safety throughout the year. This event is hosted by the West District Committee (Nishi-chiku Iinkai).

※ The East District Committee (Higashi-chiku Iinkai) will not hold this event this year.

Date and time: Jan 13th (Mon, Holiday), 8AM ~ (fire from 8:30AM)

※If weather doesn't allow, it will be postponed to Jan 19th (Sun).

Locations: Miyanoshita Sports Ground (Fussa side)

※ Please bring decoration ornaments 1PM~5PM previous day or 6AM~8AM at the event day to venue.

※ Please do not throw on any metal or vinyl products, dolls and stuffed animals to the bon fire.

※ Using public transportation or bicycles are recommended.

Inquiries: Seishounen Taisaku Nishi Chiku Iinkai Urano San ☎090-3904-8528.



新春恒例 羽村市消防団出初式

< The New Year's Ceremony of Hamura Fire Brigades >

At the New Year's Ceremony, members show the results of their daily training, including the simultaneous discharge of water by fire trucks.

The members will march in procession to the music of the brass band of Hamura Daiichi Junior High School.

※ On the event day, sirens will be sounded at 8AM. Please be careful not to mistake this for fire.

Date & Time: Jan 12th (Sun), 10AM~ Noon

Location: Hamura Daiichi Junior High School ground (gymnasium in case of rain)

Inquiries: Bousai Anzen Ka, Bousai Kikikanri Kakari ☎Ext.207.

農産物直売所の初売り

<Nousanbutsu Chokubaijo (Farmer's Market) First Sale>

Farmer's Market starts First Sale for Fresh Vegetables and Flowers which are farmed by Hamura farmers.

Date and Time: Jan 6th (Mon) 9:30AM~

Inquiries and Location: Nousanbutsu Chokubaijo (Farmer's Market) ☎042-579-5467.



ゆとろぎのお正月

NEW YEAR at YUTOROGI

Inquiries: Primo Hall Yutorogi ☎042-570-0707

(Open Hours: 9AM~10PM, Close: End year/New Year's Holidays and exclude Holiday's Monday)

ゆとろぎでお正月を遊ぼう！

❖ Come to Enjoy the New Years at Yutorogi!

Date & Time: Jan 12th (Sun), 11AM~2PM.

Location: 1F Howaie, Communication Square (Kouryu Hiroba)

Details: Hatsu Gama (Hamura Sado Tea Ceremony Association), Kakizome (Hamura Calligraphy Federation), Hatsu Ike (Hamura Flower Arrangement Association), Koma (Top) Spinning with feathers, Charity Pottery Sales (Pottery Liaison Committee)

※ Hatsu Gama is JPY300 / per seat

Co-operation: Hamura City Culture Association



邦楽サロンコンサート

❖Traditional Japanese Music Salon Concert

Date & Time: Jan 12th (Sun) Noon to 1PM.

Location: 1F Howaie.

Details: Koto, Shakuhachi (Hamura Sankyoku Kai), Shigin / Shodougin, Nankin Tamasudare (Nankin Tamasudare Sen no Kai), Kappore (Hamura Kappore Sakura Kai).

Co-sponsored: Hamura City Cultural Association, Hamura City Board of Education and Hamura City Music Federation.

テレビはむら放送時間

<TV HAMURA AIR TIME>

Cable TV (daily broadcast, updated on 1st and 15th)

TCN055ch 9AM ~ / 5PM ~ / 9PM

[Terrestrial digital (Digital TV) broadcasting (every Saturday)]

TCN Digital Terrestrial 10ch (101ch)

1:30PM ~ / 5PM ~ / 9PM ~

[YouTube] Available on Hamura City's official video channel



税金

TAX

令和7年度住民税の税制改正など

<Resident Tax revision for FY2025, etc.>

The following are the major revisions to the individual inhabitant tax (city. metropolitan inhabitant tax) that will be applied from FY2025.

[Expansion of the housing loan deduction]

住宅ローン控除の拡充

- ① The maximum borrowing amount will be increased for households raising children, etc. (households raising children with dependents under 18 years old or young married couples where one of the spouses is 39 years old or younger) who move in during the FY 2024.



● Before revision (occupied in 2024 and 2025) 改正前（令和6年・7年入居）

Newly built, purchase and resale housing	Certified housing (certified excellent long-term, certified low-carbon)	ZEH level energy - saving housing	Energy-saving standard compliant housing
Borrowing Limit	JPY 45 million	JPY 35 million	JPY30 million

● After revision (occupied in 2024) 改正後（令和6年入居）

Newly built, purchase and resale housing	Certified housing (certified excellent long-term, certified low-carbon)	ZEH level energy - saving housing	Energy-saving standard compliant housing
Borrowing Limit	Child-rearing households	JPY 50 million	JPY 45 million
	The others	JPY 45 million	JPY 35 million

※ The amount that cannot be fully deducted from income tax will be deducted from individual inhabitant tax within the same deduction limit as before revision.

- ② For those who moved in during 2024, the floor area requirement for newly built houses will be relaxed to 40 m² only for total income is JPY 10 million or less.

※ For details, please refer to the city's official website "Tax Reform Effective from the Inhabitant Tax in 2025" or contact the city office.

Inquiries: Kazei Ka, Shiminzei Kakari ☎Ext. 162.

注意！確定申告用紙は、原則、送付されません

[Caution] In principle, tax return forms will not be sent.

In principle, the Ome Tax Office will not send a tax return form for FY2024 tax year, even if you filed a tax return for the previous year.

Please use e-Tax (electronic tax filing) or come to the City Hall or Ome Tax Office to pick up tax return form.

※ You can also download the form from the National Tax Agency website.

Distribution: City Hall, 1st floor Civic Hall, from Jan 20th (Mon).

Inquiries: Ome Tax Office, the 1st Individual Taxation Department ☎0428-22-3185 (please select "2" according to the automatic voice).



にせ税理士にご注意！

<Beware of fake certified tax accountants!>

It is not only prohibited by law for a non-qualified tax accountant to provide tax consultation, prepare tax documents, or act as a tax agent, but the client (taxpayer) may also suffer unforeseen damage due to lack of professional knowledge or other reasons. A certified tax accountant carries a certified tax accountant certificate with wearing certified tax accountant badge.

Please be careful of "Fake certified tax accountants" and "Fake certified tax accountant corporations".

Inquiries: Tokyo Certified Public Tax Accountants Association ☎03-3356-4461.

<2024 Income Tax Returns ~ Free tax consultations by certified public tax accountants.>

Tax accountants of the Tokyo Certified Public Tax Accountants' Association Ome branch will provide free tax consultation and prepare your tax return via computer.

※ Please apply online in advance.

Date & Time: Feb 3rd (Mon) ~ 7th (Fri), 9AM~4PM (30 minutes / per session)

※ Reservations can not be made 3PM ~ 4PM on each day as this is only for same day reservation.

Location: City Hall 4F Main Meeting Room.

※ Please refer to the city official website for information of things to bring.

※ For information on tax return, please refer to January 15th version of Hamura News.

※ Consultation on income from transfer of land, buildings and stocks are not available.

Advance Reservation: Jan 10th (Fri) 9AM ~ Feb 4th (Tue) 3:30PM

※ For details, please check the website "Free Consultation with a Certified Public Tax Accountant (Ome)".

※ Please note that reservation is not available by phone.



※ If you only need to submit tax returns etc. please post mail them directly.

[Send to] Tokyo Regional Taxation Bureau, Operations Center Musashi-Fuchu Branch.

〒183-8510 4-2 Honmachi, Fuchu City, Tokyo

今年のみ、オンライン予約のサポートを行います。

[Online reservation assistance will be available only for this year.]

Date & Time: Jan 14th (Tue) ~ 17th (Fri) 9AM~4:30PM (Exclude Noon ~ 1PM).

Location: City Hall 1F, Multi-purpose room.

※ Please bring your smart phone.

※ Please come prepared with multiple potential dates for tax return free consultation.

※ Mail address is required, please also bring memo.

■ **[Inquiries about free tax return consultation]** 無料申告相談に対する問合せ

Ome Tax Office ☎0428-22-3185 (follow the automated voice recording and press "2")

■ **[Reservation Support Inquiries]** 予約サポートに対する問合せ

Hamura City Kazei Ka, Shimizei Kakari ☎Ext. 165.



固定資産税に関する届け出・申告をわすれずに

< Please do not forget! Property Tax – necessary status reports and tax deductions >

● **Report of Demolished Property** 取壊し家屋（建物）の届け出

When you have all or part of your registered residential property demolished in FY2024, please file a Lost Property Registration (Messhitsu Touki) without delay.

○ Registered houses: Register the loss of the house at the Nishitama Branch Office of the Tokyo Legal Affairs Bureau.

○ Unregistered houses: Submit a "Declaration of House Demolition" to the Kazei Ka, Shisanzei Kakari.

※ If the demolition is not filed, the house may be taxed as if it still existed after the 2025 fiscal year.

次の申告は1月31日（金）まで

The following reports will be till January 31st (Fri)

住宅用地などの申告

● **Residential Land Property status report**

When any of the following cases apply occurring in 2024 to your land property, please file a required report.

- ① Changed the use purpose of your land property from commercial to residential
- ② Purpose of your land property is no longer residential
- ③ Built a real estate for business, expanded housing structure within your (former) residential land property
- ④ Changed your residential real estate to a property of commercial use.

建替え中住宅用地の特例の申告

● Special Measures for Real Estate Demolition, Rebuilding in Progress report

If you demolish a residence before evaluation date (January 1st), and are rebuilding on the same lot till end of March, you may be eligible for special tax reduction for residential property. Certain conditions apply.

※ Please inquire for details.



固定資産税（家屋）の減額措置

● Property Tax Reductions

Please apply property tax reductions qualify Barrier-Free Renovation, Seismic Retrofitting, Energy-Saving Renovation etc. within 3 months after finishing remodeling.

※ Please inquire for details.

Submit to & Inquiries: Kazei Ka, Shisanzei Kakari at ☎Ext.158.

お知らせ

INFORMATIONS

講演会・講座

LECTURES AND COURSES

集まろう通いの場 みんなで続ける介護予防体操 説明会

<Let's Gather "A Place To Go" >

~ Information session for Nursing Care Prevention Exercises continuing for everyone.

The city supports the creation of "places to go" to engage in exercises for preventing nursing care. Why don't you create a "place to go" in your community where the elderly can get together? Let's prevent the decline of physical fitness through simple muscle training that everyone can easily continue! Rehabilitation specialists will introduce Hamura City's preventing frailty exercise via YouTube.

※ "A Place To Go" is a place where local residents take the initiative and get together at a familiar place or facility to do exercises for preventing nursing care.

Date and time: Jan 24th(Fri), 2PM~3:30PM

Location: Primo Hall Yutorogi, Lecture Room 1.

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

※ Exercises will be done using chairs for those who do not have confidence in physical strength.

Capacity: 10 (in order of application)

Things to bring: Towel, beverage and writing utensils.

※ Please wear clothes and shoes which are able for exercise.

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

Application & Inquiries: From Jan 6th(Mon), please call or via application form to Kourei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari ☎Ext. 197.



今月の子育て研修動画

<Parenting Training Video of this Month>

~ January Theme "Understanding Eating Disorders" 1月のテーマ [摂食障害を知る]

Distribution period: January 1st (Wed) ~ 31st (Fri) (Total viewing time: 56 min. for 3 videos).

Lecturer: Ms. Mari Suzuki (President, Japan Eating Disorders Association)



Details: There is a lot of information about eating disorders in the media. However, many people believe that bulimia nervosa is caused by dieting, by weak will, or prejudices and misconceptions such as due to mother's way of raising children is the cause of the disorder. Recovery from eating disorders requires the understanding and support of society.

This lecture will explain the physical, psychological and social problems and responses to bulimia nervosa which has recently been increasing among men as well.

Co-sponsored: Meiji Yasuda Foundation for Mental Health and Hamura City.

Supported by: Meiji Yasuda Life Insurance Company.

Inquiries: Kosodate Shien Ka, Jidou Seishounen Kakari ☎Ext. 261.

杏林大学共催 運動健康増進プログラム 「体力測定会と運動講座」

< Co-organized by Kyorin University

Exercise Promotion ~ [Physical Fitness Measurement and Exercise Session] >

Execute physical fitness measurements, explain results and advise helpful exercises.

Date and Time: Feb 1st (Sat) ① [Morning Course] 10AM~Noon (65~79 years old)

② [Afternoon Course] 1PM~2:30PM (20~64 years old)

※ Courses are not selectable, as the details vary according to age.

Eligibility: ① Hamura Resident age is from 20 to 79 as of April 1st, 2024.

② Physical Fitness Check needs to be apart 6 months from previous checking.

③ No limit exercise from doctor order.

Location: S&D Sports Arena Hamura, 2F conference room and 3rd Hall.

Capacity: 12 people for each course (in order of application)

Things to Bring: Beverage, towel and writing utensils

※ Please wear exercise clothes.

※ Need not indoor exercise shoes.

Details: [General Items] Measurements of Blood Pressure, Grip Strength, Body Composition, Long sitting forward bending and Raise upper body.

[20-64 years old] Standing long jump, repeated horizontal jump etc.

[65-79 years old] Open eye one leg stand, 10m obstacle walk and 6-minute walk.

Lecturers: Kyorin University ~ Mr. Hiroyuki Ishii, Mr. Keita Aihara and Ms. Mina Kusuda.

Application: During Jan 7th (Tue) ~ 29th (Wed), please call to S&D Sports Arena Hamura ☎042-555-0033 (9AM~5PM, close Mondays, Jan 13th (Mon, Holiday) will be open).

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



新型コロナウイルス感染症の流行に備えましょう

<Be Prepared for an Epidemic of COVID-19>

The number of people infected with COVID-19 usually tends to increase during the winter.

To prevent infection, basic infection control measures such as ventilation, hand washing and hand sanitizing are effective. If you are meeting with elderly people or gathering with a large group of people when you go back hometown, please take precautions to prevent infection.

and keep yourself in good physical condition.

Basic infection control measures

① Ventilation

When it is cold, people always close doors/windows, but it is a good to open them from time to time to let the air circulate.

② Hand washing and fingers sanitizing



Wash your hands and disinfect your fingers with running water and soap after going out.

③ Cough Etiquette

When coughing or sneezing, wear a mask or cover your mouth and nose with a tissue or handkerchief. In medical institutions and facilities for the elderly, it is important to prevent infection among those who are at high risk of becoming seriously ill.



※ Reference: Ministry of Health, Labour and Welfare website "Winter Infection Control Measures".

[Routine COVID-19 Vaccinations in progress]

Vaccination is reported to be effective in preventing the onset of the disease and the severity of the disease if it does occur. Vaccination is not mandatory. Please be sure to understand the effects and side reactions of the vaccine before receiving.

Term: Till March 31st (Mon), 2025.

Vaccination fee : JPY2,500.

Eligibility: For those who have a certificate of residence in the city on vaccine day and meet the following conditions ① or ②

① 65 years of age or older

② Those who are between 60 and 65 years old and have certain disabilities (equivalent to Level 1 of the Disabilities Handbook).

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

※ 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.

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

※ For more information, please check the official website of the city or inquiry to Kenko Ka.

Number of vaccination: One vaccination per person during the period

※ Regardless of the number of times you have been vaccinated, you can receive one vaccination per person during the period.

Reservation method: Make a reservation directly at the medical institution.

Exemption of vaccination fee: Recipients of welfare benefits and recipients of support benefits for Japanese nationals who remain in China are exempted from paying the vaccination fee.
When making an appointment, please be sure to submit the certificate of entitlement to the medical institution.

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



学校

SCHOOL

< Notification of School Designation and Entrance Date > 入学期日および学校指定通知の送付

Notification of School Designation and Entrance Date will be mailed to the households of children who are newly entering to an elementary or a junior high school from April 2025.

Eligibility:

○Elementary school: Children born between April 2nd, 2018 and April 1st, 2019.

○Junior High School: Children born between April 2nd, 2012 and April 1st, 2013.

◆ If you don't receive the notification by late January, or if you are the status as following, please contact.

- Home address will change due to moving before the end of March.
- Your child will be admitted to a private school.
- Foreign resident whose child is planning to enter to a Hamura City municipal school.
- Home address is within the Yokota Air Base.

◆ You can request to change the designation of school if you have any of the following reasons.

- The family has a definite plan to move out of the current school district to another.
- Your child is graduating from an elementary school located outside of the school district of the current residence, and wishes to continue on to a junior high school within the current school's district.

※ If you request to change, please inquiry for details.

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

情報アラカルト

MISCELLANEOUS INFORMATION

子育て

CHILDREN



1歳児教室「1歳ちゃん♪ 集まれ～！」

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

Date and Time: Jan 28th (Tue), from 9:30AM ~ 11:30AM.

Location: Hoken Center

Eligibility: The children who will turn 1 year old in January and their parents residing in Hamura.

** Admission are not allowed for Siblings of participating child.

Capacity: 15 groups (in order of application).

Things to Bring: Bath Towel and beverage.

Application & Inquiries: From Jan 6th (Mon) 9AM~, please apply via applicatin form, call or in person to Kosodate Sodan Ka, Boshi Hoken. Sodan Kakari (in Hoken Center), ☎Ext. 696.

プリモホールゆとろぎ

PRIMO HALL YUTOROGI ☎042-570-0707

大人の学び直し講座 ～ ぐらしに役立つ中学数学の面白さ

<Lecture for adults to Restudy>

~ Interesting junior high school mathematics useful for daily life.

The lecture will explain why the product of a minus and a minus is a plus, and where junior high school mathematics is used and useful in our daily lives.

Date: February 16th (Sun) 1:30PM ~ 3:30PM.

Location: Lecture Room 1

Capacity: 50 (in order of application)

Fee: JPY500

Lecturer: Mr. Koyama (Professor, Faculty of Science and Technology, Toyo University)

Application: From January 4th (Sat) (January 11th (Sat) for those outside the city), please apply via application form or in person to Yutorogi (9AM~ 8PM).

国立音楽大学 2024 年度

<Kunitachi College of Music 2024>

~ Management Practice Completion Concert マネージメント実習修了演奏会

Kunitachi College of Music students will create a concert for the artists who will lead the music world in the future. This is a different kind of concert in which performers in shadow move in a variety of colors.

Date: February 15th (Sat) 3:30PM (Concert will end at 5:10PM)

Location: Small Hall

Capacity: First 220

Programs: Moonlight (C. Debussy) /Gymnopedie No.1 (E. Satie) /Suite No.1 Prelude for Unaccompanied Cello (J.S. Bach) /Winter View from Tsugaru Kaikyo (Ms. Sayuri Ishikawa) etc.

※ The program is subject to change.

Planning/Production: Kunitachi College of Music.



1 月 15 日 ~ 21 日は「防災とボランティア週間」

<January 15th ~ 21st is [Disaster Prevention and Volunteer Week]>

Established in response to the Great Hanshin-Awaji Earthquake that occurred on January 17, 1995.

The purpose of "Disaster Prevention and Volunteer Week" is a week to promote awareness of volunteer and

voluntary disaster prevention activities in times of disaster and to enhance disaster preparedness. In the event of a large-scale earthquake, the cooperation of the local community is indispensable. So, let's all raise our awareness of disaster prevention and improve our disaster preparedness.

Inquiries: Fussa Fire Station Prevention Division ☎042-552-0119.



西多摩市民講座

<Nishitama Citizens' Lecture>

~ Developing Rocket Engines ロケットエンジンを開発すること

Space development is full of romance. This is a chance to hear about the cutting edge of space development.

Date and Time: Jan 16th, 3:30PM ~ 4:30PM

Location: Primo Hall Yutorogi, Small Hall.

Capacity: 252 (in order of application)

Lecturer: Mr. Mihara Rei (Manager, Rocket Development and Promotion Department, IHI Corporation)

Application & Inquiries: Till Jan 15th (Wed), please call or fax your [name, phone number and e-mail address] to Ome Corporation Association Office ☎0428-24-8863, FAX 0428-24-8984.

eLTAX 電子納税が便利です

<eLTAX electronic tax payment is very convenient!>

eLTAX electronic tax payment is very convenient. In addition to payment by internet banking, direct payment, credit card payment are also available.

For details, please check the eLTAX website.

Inquiries: Hachioji Metropolitan Taxation Office ☎042-644-1111.



救急車の出場がひっ迫しています！

<Ambulance availability is strained!>

With the increased demand for emergency medical services during the winter, ambulance dispatch is expected to be overcrowded. Please take care of your physical condition and use the ambulance in a timely and appropriate manner.

★ If you are not sure whether to call an ambulance or not,

Tokyo Fire Department Emergency Consultation Center # 7119

Please use the Guide to Emergency Medical Services, Tokyo version.

If you feel that the situation is highly urgent, please call 119 without hesitation.

Inquiries: Fussa Fire Station Prevention Division ☎042-552-0119.

保険

INSURANCE

■ 後期高齢者医療制度の被保険者に 医療費等通知書を送付します。

<NOTIFICATION TO LATE-ELDERLY MEDICAL INSURANCE SYSTEM

Notice of MEMBERS for MEDICAL EXPENSE ~ Kouki Koureisha Iryou Hoken Iryouhi Tsuuchi>

The [Medical expenses notification] will be send in late of January to describes the medical treatment date etc., please check details.

Eligibility: As of Nov 29th, 2024, those who is qualified as an insured person for Tokyo Metropolitan late elderly medical insurance and medical record with expenses during Sep, 2023~ Aug, 2024.

- ※ Those who lost eligibility due to death by December 13th are not eligible. The notification will include the treatment date and time, medical institution, medical expense (100%) and copayment amount etc. Regarding medical details, please inquiry to medical institution directly.

[Note]

By attaching this notice of medical expenses, etc. to your final tax return, you can omit the description on the "Detailed statement of medical expenses deduction" for medical treatment.

- ※ Since medical treatment after September 2024 is not covered, if you need to file a tax return, please prepare a separate "medical expenses deduction statement" based on your receipts and attach it. (in this case, the medical expense receipts must be kept for 5 years from the tax filing due date).
- ※ Those who have registered the use of insurance card for My Number Card can view their medical expense information on Myna Portal. For details, please refer to Myna Portal.

Inquiries: Tokyo Kōkikourei Iryō Kōiki Rengō ☎0570-086-519/
Shimin Ka Kōrei Iryō · Nenkin Kakari, ☎Ext. 138.

青少年応援プロジェクト@羽村 夢チャレンジセミナー

**<YOUTH SUPPORT PROJECT @ HAMURA ~ Dream Challenge Seminar>
~ The lecturer is... a Choreographer.**

This year's Seminar will be led by KABA. Chan San, who will talk about her upbringing and the profession of [Choreographer].

We invite those who are interested in the world of dance and choreography, or would like to work in a related field, to attend this seminar.

Date & time: Feb 9th (Sun) 1:30PM~3PM

Location: Primo Hall Yutorogi Reception Hall.

Eligibility: Elementary ~ High school students residing in Hamura.

Capacity: 100 (in order of application).

Details: Part 1: Lecture

Part 2: Experience and information exchange

Lecturer: KABA. Chan San (TV personality/choreographer)

Co-sponsored: Hamura City, Tokyo Metropolitan Government

Application & Inquiries: Till Jan 31st (Fri) 5PM, fill out the "Application Form" distributed at elementary, junior high schools and public facilities in the city and fax, email, postmail or in person to city hall 2F Kosodate Shien Ka, Jidou Seishounen Kakari ☎Ext. 264.

Send to: 〒205-8601 (need not address) Kosodate Shien Ka, Jidou Seishounen Kakari

Fax: 042-554-2921, ✉s304050@city.hamura.tokyo.jp



1月の相談日

PUBLIC CONSULTATIONS

Schedule of JANUARY

Category	Date	Time	Contact
General Consultation for Foreign Residents ① *	Require appointment	Require appointment	Spanish and English interpretation services are available by appointment for Foreign Residents Consultation only. ◆Shimin Soudan-shitsu city hall ext.541
Public Administration and Human Rights	16th (Thu)	1:30pm ~ 4:30pm	

*①=appointment required. *For English and Spanish 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 phone.

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
Jan 1st (Wed, Holiday)	Yamaguchi Naika Clinic	☎042-570- 7661	Kobayashi Byouin (Iruma-shi)	☎04-2934- 5121	Uno Shika Iin	☎042-555- 8241
2nd (Thu)	Futaba Clinic	☎042-570- 1588	Heijitsu Yakan Kyuukan Center	☎042-555- 9999	Okikura Shika	☎042-555- 4331
3rd (Fri)	Yanagida Iin	☎042-555- 1800	Hikari Clinic (Fussa-shi)	☎042-530- 0221	Kusaka Shika	☎042-555- 7793
5th (Sun)	Wakakusa Iin	☎042-579- 0311	Heijitsu Yakan Kyuukan Center	☎042-555- 9999	Hamura Shika Iin	☎042-570- 4618
12th (Sun)	Ozaki Clinic	☎042-554- 0188	Hikari Clinic (Fussa-shi)	☎042-530- 0221	Moriya Shika Iin	☎042-555- 9872
13th (Mon, Holiday)	Yamakawa Iin	☎042-554- 3111	Kobayashi Byouin (Iruma-shi)	☎04-2934- 5121	Hamura Station Dental Clinic	☎042-570- 5621
19th (Sun)	Ozaku Ekimae Clinic	☎042-578- 0161	Kumagawa Byouin (Fussa-shi)	☎042-553- 3001	DenTrust	☎042-555- 7064
26 (Sun)	Izumi Clinic	☎042-555- 8018	Hikari Clinic (Fussa-shi)	☎042-530- 0221	Heizou Shika Iin	☎042-554- 0066

※ Please note that the Kobayashi Byouin will request to pay deposit JPY10,000 firstly and settle medical bill during regular hours later.

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



The English Hamura News of January 15th version will be postponed.
Sorry to cause you inconvenience and your understandings will be highly appreciated.