HAMURA NEWS

HAMURIN Hamura City Mascot

February 15th, 2024

Edited by: Hisho Kouhou Ka (Secretary & Public Information Section)
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Hamura City Official Website = https://www.city.hamura.tokyo.jp E-mail:s102000@city.hamura.tokyo.jp

３月５日（水）～１１日（火） は 羽村市防災週間

HAMURA CITY DISASTER PREVENTION WEEK

From March 5th(Wed) to March 11th(Tue)

We never know when or where a large-scale disaster such as the Noto Peninsula earthquake or the Great East Japan Earthquake happened to cause unprecedented damage.

In order to raise awareness of disaster prevention, the city will hold a Disaster Prevention Week, which will include lectures and exhibitions.

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

防災講演会 **<Disaster Prevention Lecture>**

Topic: My Experience of the Great East Japan Earthquake

~Lessons learned from the actions on the day of the earthquake and during the evacuation~

A person who lost his house in the tsunami caused by the Great East Japan Earthquake and moved to an evacuation shelter, rented housing, public housing for disaster relief, and served as a community association president for five years, will talk about his experiences in the disaster and the actions required in times of disaster, such as managing an evacuation center.

Let's think together about how we should prepare for a disaster.

Date and Time: March 8th (Sat) 10:30AM ~ Noon (doors open at 10AM)

Location: Primo Hall Yutorogi Small Hall

Lecturer: Mr. Ookouchi Yoshio (Iwaki Storyteller's Association)

Capacity: 252 (in order of application)

Application: Till March 3rd (Mon), please apply by phone, fax, e-mail or in person to Bosai Anzen Ka, Bosai. Kiki Kanri Kakari ☎ Ext. 217, FAX 042-554-2921 and ✉s106000@city.hamura.tokyo.jp

企画展 **<Special Exhibition>**

３・１１あの日を忘れない 東日本大震災

~ March 11th Japan Earthquake Disaster will Always Be Remembered ~

The photographs of areas affected by the Great East Japan Earthquake will be exhibited. The details are screen recorded images and the disaster prevention supplies will be on display.

Date and Time: March 5th (Wed) ~ 11th (Tue) 10AM~4PM

※ March 10th(Mon) will be closed, only the first day 1PM~4PM.

Location: Primo Hall Yutorogi Exhibition Room

Details:

[Exhibition] 展示

○ Exhibition of panels on the Great East Japan Earthquake.

○ Display of disaster prevention supplies such as furniture fall prevention devices and seismic breakers.

[Distribution] 配布

○ Distribution of disaster prevention maps and pamphlets.

[Broadcasting] 上映

○ Broadcasting of video documenting the tunami, showing the horror of collapsed buildings and falling furniture.

[Introduction] 紹介

○ Introduction of stockpiled supplies that each household should have in stock.

町内会・自治会に入りましょう！

<Let's join in Hamura Neighborhood/ Residents' Association (Chonaikai, Jichikai)!>

Watching over children going to/ leaving from school, crime prevention patrols and calling out to elderly households conducted by neighborhood/ residents' associations are effective in preventing damage, incidents and traffic accidents.

When you feel difficulties during daily lives, you can rely on the "power of the region". Why don't you join the neighborhood / residents' association to prepare for an emergency to children healthy, enrich your life and make friends?

Inquiries: Chiiki Shinko Ka, Chiiki Shinko Kakari ☎Ext. 203.

■ご利用ください！学習等供用施設、地域集会施設

<A place where everyone can use! Learning etc. Facility . Kaikan (Regional Meeting Facility)>

When you think to [get together with everyone], there are 23 Community Meeting Facilities nearby you to use.

- Large Hall / Cooking Room.
- Meeting room where desks and chairs can be used.

There are various sizes of rooms, please use the "Kaikan" not only for club activities but also for gatherings with friends. Please feel free to inquiry when you want to use it.

** Unable to use for accommodation or commercial purposes.

** It is managed and operated by Committee which is organized by Neighborhood associations and Residents' associations in each community.

** Regarding usage fee, please check city official webside.

Inquiries: Chiiki Shinko Ka, Chiiki Shinko Kakari ☎Ext. 203.

開催予告「はむら花と水のまつり２０２５」

<Event Notice ~ HAMURA FLOWER AND WATER FESTIVAL 2025>

Inquiries: Hamura Flower and Water Festival Executive Committee Office (Hamura City Tourism Association, 1-13-15 Hanehigashi) ☎042-555-9667 / Industry Promotion Division, Commerce and Industry Tourism Section ☎ Ext.667.

- **Early Term ~ Sakura Festival**
  Date and Time: March 22nd (Sat) ~ April 6th (Sun) 10AM~5PM
  Location: Sakura Dzutsumi Park, Water Park and Shinsui Park.
- **Late Term ~ Tulip Festival**
  Date and Time: April 5th (Sat) ~ 15th (Tue) 10AM~5PM
  Location: Paddy field in front of Negarami

こいのぼり飾りに協賛

<Please support the CARP STEAMER decoration!>

During the Hamura Flower and Water Festival 2025 "Late term Tulip Festival", you may see the swimming carp streamer drawn by children of nursery school and kindergarten in the blue sky.
For this foundation, kindly have the support from citizens, business / groups, nursery schools / kindergartens, etc.

Term: April 5th (Sat) ~ 15th (Tue) 10AM~5PM
Location: Paddy field in front of Negarami (tulip field)
Sponsorship: Individual ~ JPY1,000 / per unit
Business / groups ~ JPY5,000 / per unit
(** You may apply for as many units as you wish to.)

Application: Till March 7th (Fri), please submit to Hamura Flower and Water Festival Executive Committee Office (Hamura Tourist Information Office) directly.
Benefits: Names and groups will be posted at Tulip Festival Venue.

★使わなくなった「こいのぼり」集めています！

<We are collecting "carp streamers" that are no longer in use!>

If you are willing to donate your used carp streamers, please bring them to the Hamura Tourist Information Office.
Donated carp streamers will be flown in Negara-mae paddy field or Water Park during the festival.
※ The donated carp streamers will not be returned.
※ It may not be possible to display all of the carp streamers.
Hamura Tourist Information Office changes the close days:
Saturdays and Sundays and Holidays until the end of February, from March 1st (Sat) will be Tuesdays and Wednesdays.

お知らせ

INFORMATION

四季のウォークⅡ　社会科見学気分を味わう

<Four Seasons Walk II　A Social Studies Field Trip>

Imperial Palace ~ Tokyo Tower Tour　皇居～東京タワーめぐり

This is a 6 km walk from Wadakura Fountain Park in front of the Imperial Palace to Tokyo Tower, passing Kasumigaseki, National Diet Building, the Prime Minister's official residence, the U.S. Embassy, Atago Shrine, and Zojoji Temple.

Date and time: March 23rd (Sun), 9:30AM ~ Noon
(If rains, event will be cancelled / light rain will be proceeded).

Meet and Reistration: at "Wadakura Fountain Park" in front of the Imperial Palace (6-minute walk from Marunouchi North Exit of Tokyo Station) (Registration: from 9:15AM)

Eligibility: For those who can walk the course by themselves.
※ Children under elementary school age must be accompanied by a parent or guardian.

Capacity: 40 (in order of application)

Fee: Free (round-trip transportation expenses to be borne by participants).

Things to bring: Comfortable walking clothes, shoes, cell phone (if you have one), rain gear, beverage, and copy of insurance card, etc.

Application & Inquries: Feburary 16th (Sun) ~ March 18th (Tue), please call, fax or in person to S&D Sports Arena Hamura ☎042-555-0033, Fax 042-554-9974.

※ The reception time for phone and in person is 9AM ~ 5PM (close Monday, exclude holiday's Monday).

親子で体験！たねダンゴを作ってみよう

<Experience with your child! Let's make Seed Dango!>

Seed Dangos are made by mixing plant seeds, fertilizer, and soil. Because they contain the nutrients necessary for seeds to grow and plant directly in flower beds or planters.
Even small children can make them easily.

Date and time: March 8th (Sat) 10AM ~ Noon (Meet...9:45AM at the Central Children Center)
※ In case of stormy weather, the event will be cancelled.

Location: Inari Green (near 2-75 Hanehigashi)

Eligibility: Children of elementary school age and under and their parents/guardians.

Capacity: 10 pairs (in order of application)

Things to bring: Beverage and hat.

※Wear clothes you don't mind getting dirty, comfortable shoes, and please come on foot.

Details: Making seed dango/walking along the promenade in Inari Green.

Co-sponsored: by Hamura City and Inari Green Space Association.

Application & Inquiries: From February 17th (Mon) 9AM ~ March 7th(Fri) 5PM, via application form with your [address, name, age (school grade) and phone number], please call or in person to Kankyou Seisaku Ka ☎ Ext.227.

認知症サポーターステップアップ講座

<Dementia Supporter Step-up Course>

This course is designed to meet the needs of those who want to learn more about dementia, how to interact with people with dementia, and are interested in volunteering for dementia support activities.

Date and time: March 12th (Wed) 10AM ~ 12:30PM

Location: Primo Hall Yutorogi Reception Hall.

Eligibity: For those who aged 15 and over who have attended the Dementia Supporter Training Course and live, work, or study in the Hamura.

Capacity: 20 (in order of application)

Details: Lecture to further deepen basic knowledge and understanding of dementia / Thinking about the feelings of people with dementia and their caregivers / Practical dementia care / About Team Orange, dementia support volunteers

Lecturers: Mr. Yuuki Suzuki (Kokoro no Hiroba Ltd.) and Mr. Takamitsu Sato (Group Home Tokiwa Gi-no-Sato).

Application & Inquiries: By March 7th (Fri), via application form, please call, e-mail, or in person to Kourei Fukushi Kaigo Yobou Ka, Chiiki Shien Kakari ☎ Ext. 456, ✉s304200@city.hamura.tokyo.jp.

助成

SUBSIDY

大気汚染医療費助成制度

<Medical Subsidies of People Who Have a Condition Resulting From Air Pollution>

医療券（気管支ぜん息）の更新. 変更手続きを忘れずに

~ Remember to Renew or Revise Medical Subsidies of Bronchial Asthma, etc.

The Tokyo Metropolitan Government supports the policy for medical subsidies of people who lives in Tokyo Metropolitan over one year (if age under 3 only required living 6 months in) and age under 18 have a condition resulting from air pollution.

In order to continue to receive the subsidy after the expiration of the validity period, you will need to renew your certificate. If you have a peach color medical certificate, you must renew it before the expiration. If you do not renew by the expiration date, you will be disqualified and cannot be recertified. When you change your name, address, or health insurance, you are required to change them even not during the time of renewal.

※ The required documents will be sent by the Tokyo Metropolitan Government approximately 2 months before the expiration date.

※ The upper limit for self-pay burden at the medical facility is JPY6,000 per month even you have coupon.

※ For details, please check the official website of Tokyo Bureau of Social Welfare and Public Health.

Procedures and submit: Kenko Ka (in Hoken Center) ☎Ext. 627.

Inquiries: Tokyo Bureau of Social Welfare and Public Health ☎03-5320-4491.

シリーズ環境を考える

Series Thinking about the Environment

第１１７回身の回りの緑を増やそう！

<The 117th　Let's increase greenery around us!>

Cool: It's been cold lately, but the plum blossoms are starting to bloom.

Eco：Even though it is cold season, some trees are still green without dropping their leaves.　It is amazing that trees can continue to live for decades without being affected by cold and heat!

Cool: Yes, plants are the shelter and food for all living things on the earth, and they are indispensable for life. The plants and trees in our yards, along our streets, the flowers in the small flower beds by the road, and the plants / trees in the parks are all very important. Do you know what else is amazing about plants?

Eco：Plants absorb CO2 and give off oxygen! I learned at school that plants are important for preventing global warming.

Cool: That's right. Greenery absorbs harmful substances in the air and makes the air clean. It also softens the direct sunlight and hot outside air in summer, so we can reduce the use of air conditioning, which is good for the earth and us.

Eco：Green curtains are a typical example!

Cool: Yes, it is important not only to maintain forests and fields, but also to increase greenery in our daily lives as a measure against global warming. Increasing greenery helps to conserve biodiversity, and

it is also absorbs rainwater and improves the water environment. In urban areas, it helps improve the heat island effect.

Eco：What is the heat island effect?

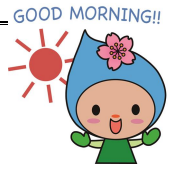
Cool: It is a condition in which the concrete and asphalt of buildings store the heat of the sun and the temperature does not drop even at night. For improving it, people are trying to plant greens in roof.

Eco：So increasing soil and greenery, rather than concrete, is a way to help combat global warming?

Cool: It is important for everyone to be aware of what they can do and do it little by little, such as planting flowers in planters on their own balconies. Facing greenery is good for stress reduction and mental health.

Eco：I will do my best to increase greenery by starting from familiar places!

Inquiries: Kankyou Seisaku Ka ☎ Ext.227.



【公園通信はむらじかん】

<Park News Letter HAMURAJIKAN>

Welcome and play in POTLUCK

The "Potluck Project" aims to create a place for people of all ages and from all walks of life to enjoy themselves and bring what they want to do and what they can do to the park.

This time, we will hold a talk (lecture) and workshop. Anyone is free to participate, so please come and have fun!

Date and time: March 2nd (Sun) 11AM ~ 4PM.

Location: S&D Sports Park Fujimi.

Details: <Talk Theme> DIY tools and bases for enjoying outdoor activies.
<Workshop> Making a sakosh etc.

Inquiries: Doboku Ka, Kouen Kanri Kakari ☎ Ext.283.

第２回開催 ひとときマルシェｉｎ富士見公園

<The 2nd"Hitotoki Marche in Fujimi Park>

Twenty-two stores will be lined up, including kitchen cars, workshops, and stores for dogs. Massage service will be available to heal your tired feet.

Purchasers of the kitchen car will be able to catch sweets (Limited to children of elementary school age and younger. The event will end when all the sweets are gone).

Date and time: February 22nd (Sat), 10AM ~ 4PM

Location: In front of S&D Sports Park Fujimi Clubhouse.

Inquiries: Wing Park (Fujimi Park Clubhouse) ☎042-555-4342.

情報アラカルト

MISCELLANEOUS INFORMATION

PRIMO LIBRARY HAMURA ☎042-554-2280

■蔵書点検（休館日） **< Library book check date > (Close)**

Close term: February 25th (Tue) ~ March 6th(Thu)

** During the close term, Ozakudai Brach will be also closed.

Please check details in Hamura News Jan 15th version or Hamura Library official website.

■読書手帳 表彰を行います

<The Reading Notebook will be commendation>

Those who are using the "Reading Notebook" and "Yomucho" of Hamura City Library and reading a lot of books according to the reading week will be commended.
Application period: March 8th (Sat) ~ 23rd (Sun).
Eligibility books: Material borrowed from Hamura City Library, school library or books at home (excluding magazines, manga and audiovisual materials) with stickers attached to "Reading Notebook" and "Yomucho"

Standard number of books:

Classification	Standard number of books
Elementary School students or younger	500 books
Junior High or High School students	500 books (including record of books read before Junior High School) or 200 books (record of books since becoming a Junior High School).
General	1,000 books (Maximun award is 5 times)

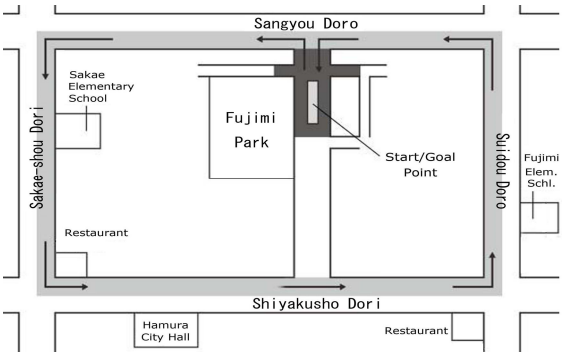
Award Day and Time: April 19th (Sat) 10AM ~ (about 30 minutes)

S&D Sports Arena Hamura ☎042-555-0033

第４３回　羽村市駅伝大会に伴う交通規制

<Traffic Regulation associated with the 43rd Hamura Ekiden Race>

Traffic will be restricted due to the relay race. We apologize for any inconvenience caused to the neighbors and store and your cooperation will be highly appreciated.
Traffic restriction date and time: March 9th (Sun)
○ Road Closure Areas: 9AM~Noon
○ Traffic rules (Slow Speed Areas): 8AM~1PM
Inquiries: Hamura Sports Association ☎ 042-555-1698.



こそだて 掲示板

CHILDREN AND PARENTS　Board of Directors

○If no otherwise stated, City Hall is open from 8:30AM to 5PM (exclude close day).
○Please the 2D code for each facility from Hamura News.
○If no application is indicated, in person to the venue on the event day. If there is no cost listed means free.

FOR ADULTS

WEST CHILDREN CENTER ☎042-554-7578

児童館でベビーマッサージ

<Baby Massage at Children Center>

Gentle hands massage the baby's whole body to enjoy skinship contact between parent and child. You can participate with your clothes on.
Date and Time: March 17th (Mon) 10:30AM ~ 11:30AM.
Location: West Children Center
Eligibility: Infants from 2 ~ 6 months and their parents/guardians.
Capacity: 5 pairs (in order of application)
Things to bring: Bath towel
Application: From Feb 17th (Mon), please call or in person to the West Children Center ☎042-554-7578.

お子さんの発達に関する相談

<Consultation for children development>

① General consultation

Date: Monday ~ Friday (exclude Holidays)

Eligibility: Children under 18 years old

② Consultation on language

Date: March 5th (Wed) and 28th (Fri).

Location: Health Center (Hoken Center).

Inquiries: Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎ Ext. 694.

子育てママのフリータイム

<Free Time for Mothers Raising Children>

Parents raising children will be able to take care of their children in the Yutorogi Nursery Room while using the library and Yutorogi.

Date and time: February 28th (Fri) and March 12th (Wed), 10AM ~ Noon.

Eligibility: Parents of children from 1 year and 6 months to preschooler.

Capacity: 4 (in order of application)

Fee: JPY 500 per child per time

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

おやこ de 鉄アップ！

<"Oyako de Tetsu (IRON)-Up!">

Inquiries: Kosodate Soudan Ka, Boshi Hoken. Soudan Kakari (in Hoken Center) ☎ Ext. 692.

When iron is deficient in the body, symptoms such as tiredness, lethargy, and dizziness may occur. Children are also prone to iron deficiency, as the amount of iron they receive from their mothers in their bellies decreases in the first six months of life.

Although there is a fixed amount of iron that the body needs each day, mothers report a 40% deficiency and children report a 10-20% deficiency.

Parents and children can eat together! Foods rich in iron.

Tofu, natto (fermented soybeans), eggs, lean meat, fish, green vegetables (komatsuna, spinach, etc.)

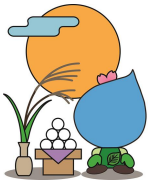
[One point]

○ Vitamin C helps iron absorption (e.g., stir-fried meat and vegetables).

○ Iron contained in animal foods is said to have a high absorption rate in the body (animal foods: eggs, meat, fish, etc.).

FOR CHILDREN

Central Children Center ☎042-554-4552



昼間の月観測会・ファミリー天体観測会

< Day-time Moon Observation . Astronomical Observation >

There are explains about the small robot SORA-Q that went to the moon!

Date: March 5th (Wed)

Time:

● Daytime Moon Observation ... 4PM ~ 4:30PM

● Astronomical Observations ... 7PM ~ 8PM

Children to 18 years old (junior high school students and younger should come with an adult)

Capacity: First 46 (including adults)
※ If you are late, you will not be able to participate.

工作ひろば「くるくるボックスフラワー」
<Craft Workshop "Kuru Kuru Box Flower">
Participants will create a work of art by winding long, thin paper and combining the parts.
Date and Time: March 1st (Sat), 1:30PM ~ 2:30PM
Eligibility: Elementary school students ~ 18 years old residing in Hamura.
Capacity: 12 (in order of application)
Things to bring: A bag to bring your work back, water bottle (water or tea), and a handkerchief.
Application: From February 16th (Sun), please call or in person tp Central Children Center (9AM ~ 4:30PM).

EAST CHILDREN CENTER ☎042-570-7751

わくわくスポーツ「ラダーゲッターを楽しもう！」
<Exciting Sports "Let's Enjoy Ladder Getter!>
Date and Time: March 12th (Wed), 3PM ~ 4PM.
Location: 2nd FL gymnasium (basketball court side).
Eligibility: Elementary and junior high school students
Capacity: First 20
Things to bring: Water bottle (water or tea) and towel.
Instruction: Hamura City Sports Promoter

PRIMO LIBRARY HAMURA ☎042-554-2280

< Story Telling at Main Library> おはなし会
○ For Preschoolers ~ March 8th (Sat) 11AM~
○ For Elementary School Students ~ March 15th (Sat) 11AM~

< Mini Story Telling at Ozaku Library>
Date and Time: Feburary 20th (Thu) 3:30PM~

ゆとろぎ **PRIMO HALL YUTOROGI ☎042-570-0707**

< Movie Screening for Children > 子ども映画会
Date & Time: March 9th (Sun) 10:30AM~11:30AM
Location: Small Hall
Capacity: First 252
Program: 3 titles scheduled
Supported by: Hamura 16mm Eizou Kenkyuukai

闇バイトは犯罪です
<Shady Job is a crime>

What is a "Shady Job" ? An ilegal part-time job in which one receives a large reward for being involved in a crime.
[Shady jobs] are advertised on the Internet and social networking sites. If you are lured into applying by sweet words such as "you can get a high income in a short time," you will be used as a pawn in organized

crime, such as a receiver or a pay-out in a scam or a robbery, and become a criminal.
Even if you want to quit halfway through the application process, they will use the personal information in your application and threaten to go to your house or harm your family. So, you will not be able to quit until you are arrested.
[Key words for shady jobs] ~ Beware of words such as “high Pay",“instant cash,” “high pay of instant money",“side job", "hand carry", “just receive documents", “behavior check and on-site investigation" and so on! There is no such thing as a part-time job where you can make a lot of money with ease.
※ If you are asked to install an anonymous application when you apply, it may be a shady job! Do not ruin your future by taking the easy way out!
For more information, please check the special website of the Tokyo Metropolitan Government Bureau of Citizenship, Culture and Sports for prevention of special fraud.
Inquiries: Bousai Anzen Ka, Bouhan. Koutsou Anzen Kakari ☎ Ext. 216.

■はい！こちら消費生活センター

This is Consumer Affairs Center

霊感商法・開運商法にご注意！˜ 無料の占いだったはずが～

<Beware of psychic and fortune-telling sales methods!>

~ It was supposed to be a free fortune-telling.

The psychic and fortune-telling business practices that incite anxiety by telling people that “a fortune will befall them", "disaster will happen", by suggesting that "their luck will improve", or "money will increase" to induce people to pray for expensive prayers or to buy goods such as jars.
Recently, there have been many consultations for fortune-telling websites throught the Internet.

[Case]

I learned about a free fortune-telling site from an Internet advertisement and accessed it with a light heart. I was only free at the beginning, but soon after I accessed the site I was charged a fee and let me believe that "I will be a huge rich person". The fortune-telling fees ranged from JPY20,000 ~ JPY100,000 yen per session, but after repeated exchanges, I had transferred about JPY5 million in electronic money. I request to refund.

[Answer]

The consultant assisted the client in having the fortune teller to submit a background report, and after sending the document, negotiated with the other party for a refund. After repeated negotiations, a portion of the money was finally refunded.

[Advice on how to prevent problems]

Even fortune-telling sites that claim to be "free" do not guarantee that everything is free. You may be charged each time you visit the site, for example, you may need to pay points for the second and subsequent times to receive individual advice.

▼ Some fortune tellers and appraisers will tell you that [it would be a waste to stop now because you are almost ready to receive a large sum of money], or [you will be unhappy if you don't take the appraisal until the end].
▼ If you enter your name, address, date of birth, and other personal information, you may receive a series of unsolicited e-mails.

○ **Be calm and cautious!**
The contents of your correspondence will serve as evidence in case you get into trouble. When you leave a fortune-telling site, you may not be able to check your previous correspondence, so keep a screenshot.

If you encounter consumer trouble or feel uneasy, please consult with the Consumer Affairs Center as soon as possible.
Inquiries: Consumer Affairs Center ☎Ext. 641.