



HAMURIN Hamura City Mascot

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

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HAMURA NEWS

July 1st, 2025

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COMMUNITY

夏だ！いろいろチャレンジしてみよう

<It's Summer!! Let us have challenges for activities.>



夏休み司書体験

■ Summer Vacation Librarian Experience

Would you like to experience a library job? You can experience the work of lending and returning at the counter.

Date and Time: July 23rd (Wed) 9AM~12:30PM.

Location: Primo Library Hamura

Eligibility: Hamura resident's the 5th and 6th grade elementary school students.

Capacity: 10 (in order of application, preference will be given to first-time participating 6th graders.)

Application & Inquiries: July 6th(Sun) ~ 13th(Sun) 10AM~5PM, please call or in person to Primo Library Hamura.

図書館 YA (ヤングアダルト) ボランティア募集

■ LIBRARY YA (Young Adult) Volunteer Recruitment

Experience creating an exhibit for the YA Corner of the library (planning the exhibit, making posters, etc.). Why don't you introduce your favorite books?

Date and Time: July 30th (Wed). 31st (Thu) 10AM~3PM.

Eligibility: Hamura City Resident's Junior High School and High School students

Capacity: 8 (if the applicant number is too many, the drawing will be held.)

Application: Starting from July 1st (Tue), via application form posted barcode in Hamura News ver. July 1st, please call or in person to Primo Library Hamura.

Inquires: Primo Library Hamura ☎042-554-2280 (10AM ~ 8PM, close Mondays exclude Holiday's)

戦争体験談講話会

■ Lecture on War Experiences (No application required)

Those who have experienced firsthand the tragedy of war and the preciousness of peace will talk about their lives and surroundings at that time.

Why don't you think about peace through real voices that cannot be conveyed in history textbooks? Anyone is welcome.

Date and Time: July 24th (Thu), 10:30AM ~ 11:30AM

Location: Primo Hall Yutorogi Lecture Room 1

Speaker: Mr. Kazushige Kimura (Ome City resident who was exposed to the atomic bomb in Hiroshima when he was 1 year and 9 months old. He is the president of the "Tamagawa-kai," an association of A-bomb survivors living in five municipalities, and also shares his experiences.

Inquiries: Somu Ka, Somu Kakari ☎ Ext. 333.

■ **Waterside Observation** 水辺観察会 羽村の水生生物を学ぼう

~**Knowing Water Creatures and Environment in Hamura.**

An environment counselor will guide the tour introducing creatures that live nearby water, studying about the water quality of the Tama River.

Date & Time: August 1st (Fri) 8:30AM~, (about 2 hours and 30 minutes).

※ It will be cancelled if it rains or heatstroke alert is issued or forecast on event day morning.

Meet & Dismiss: Ikoinosato Entrance

Eligibility: Hamura Elementary and Junior High school students

(the 3rd grader or younger must be accompanied by a guardian)

※ The 4th grade or older can also join with a guardian.

Capacity: about 15 (in order of application)

Things to bring: Water bottle, Hat, Towel, Writing Utensils, and Landing Net (if participator has one)

※ Clothes and shoes which you don't mind getting wet.

※ It is dangerous to wear beach sandal due to easy to slip.

Instructor: Mr. Kousuke Satta (Environment Counselor)

Application: July 2nd (Wed) 8:30AM ~ 18th (Fri) 5PM, please apply via application form barcode posted in Hamura News ver. July 1st.

Inquiries: Kankyou Seisaku Ka ☎Ext. 227.

多摩川フィッシングフェスティバル 2025

<**Tama River Fishing Festival 2025**>

You can also catch rainbow trout.

Date and Time: August 5th (Tue) 8:30AM ~ 1PM (light rain will be held).

Location: Kamanofuchi Park in Ome City, on the Tama River upstream of Ayumi Bridge.

※ Oyanagi parking lot in Kamanofuchi Park is available (parking fee required).

Eligibility: Elementary and junior high school students (accompanied by a parent or guardian)

Capacity: 50 pairs (if there are too many applications, the drawing will be held).

Fee: JPY2,000 per group (for educational materials, insurance, etc.)

※ Additional fishing fees: JPY350 for junior high school students and JPY700 for adults (elementary school students free)

Things to bring: Beverage, clothes for change, hat, towel, cooler box for fish to bring back home (ice, ice packs) etc.

※ No sandals and skirts allowed.

Supported by: Hamura City, Japan Fishing Promotion Organization.

Application: July 1st (Tue) ~ 15th (Tue), please apply via application form posted in Hamura News ver. July 1st.

※ If you do not receive a reply by July 23rd (Wed) after application, please inquiry.

Inquiries: Okutama Fishery Cooperative Association ☎ 0428-78-8393.



■ **Hamura City/Hino Motors Cooperative Children's Course** 羽村市・日野自動車株連携子ども講座

~ **Let's make it fly! PET Bottle Rocket!** とばしてみよう! ペットボトルロケット!

Let's learn how to make and fly a PET bottle rocket from the professional craftsmen of the Hino Motors Shinwa-kai. You can experience the fun of making things and the fascination of chemistry!

Date and Time: August 22nd (Fri) 1:30PM~4PM.

Location: Primo Hall Yutorogi Creation Room 1, S&D Sports Park Fujimi Multipurpose Square.

Eligibility: Elementary school students 2nd~6th graders (accompanied by guardians).

Capacity: 20 (in order of application)

Application: From July 3rd(Thu) (applicant outside of Hamura city July 10th (Thu)) 9M~, please apply via application form or in person to Primo Hall Yutorogi.

Inquiries: Primo Hall Yutorogi ☎042-570-0707 (9AM~5PM, closed on Mondays except holiday's).

こども体験学習会 まゆから糸をひこう！

■ Experienced Session ~ Let's Pull Thread from Cocoons!

Using three types of old aged tools, participants will pull silk from the cocoon of a real silkworm and make cotton.



Date & Time: August 10th (Sun), morning session: 10AM ~ 11:30AM / afternoon session: 1:30PM ~ 3PM.

Location: Kyoudo Hakubutsukan, Orientation Hall.

Eligibility: Junior high school students or under.

※ Children under the 2nd grade elementary school age must be accompanied by guardian.

Capacity: Each 20 (in order of application)

Things to bring: Towel, apron or clothes you don't mind getting dirty.

Application: July 2nd (Wed) (applicant outside of Hamura city July 9th(Wed)), please call or in person to Kyoudo Hakubutsukan.

※ Temporary Closed July 15th (Tue).

Inquiries: Kyoudo Hakubutsukan ☎042-558-2561 (9AM~5PM, close Mondays exclude Holiday's).

認知症キッズサポーター養成講座

■ Kids Supporter Training Course for Dementia

Dementia is a condition in which memory and the ability to make decisions gradually weaken due to brain disease. Let's warmly watch over people with dementia and think about what you can help.

Date and Time: August 5th (Tue) 10AM ~ 11AM.

Location: Primo Hall Yutorogi Lecture Room 1.

Eligibility: Elementary school students (4th ~ 6th grades) and their guardians residing in the city

Capacity: 20 pairs (in order of application)

Application: July 3rd (Thu) ~ August 1st (Fri), please apply via application form, call or in person to Kourei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari ☎ Ext. 197.

国民健康保険

HEALTH INSURANCE <NATIONAL HEALTH INSURANCE>

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 126



納税通知書を送付します < National Health Insurance Notification >

National Health Insurance (Kokumin Kenkou Hoken) Notification for FY2025 will be mailed to the applicable households in the middle of July. Regarding the tax rate, etc., please check the 「Notice of National Health Insurance Tax for FY2025」 enclosed with your tax notice or the city official website.

限度額適用認定証等の申請

<Application of Certificate for Patient-Borne Expense Ceiling Amount, etc. >

National Health Insurance certificate for Patient-Borne Expense Ceiling Amount will be valid until July 31st (Thu).

For new certificate effective August 1st (Fri), renewal procedures will start from July 22nd (Tue). Please process if you need to (It will be not renewal automatically).

※ When another household applies, the power of attorney is required.

■ 国民健康保険限度額適用認定証とは

Certificate for Patient-Borne Expense Ceiling Amount

By presenting a Certificate for Patient-Borne Expense Ceiling Amount at a medical facility, You do not have to pay a portion of medical charge that exceeds the self-pay ceiling set by the National Health Insurance Regulation and need to apply in advance. You may receive certificates which take effect from the month of registration.

※It may not be issued if the premium payment is in arrears.

Eligibility:

- Those who are younger than 70 years old.
- Those who are age 70 ~ 74 Resident Tax-Exemption.
- Those who are age 70 ~ 74 paying 30% medical co-payment and resident tax income standard from JPY1.45 million to JPY6.9 million.

Require Documents:

- Identification Certificate (such as Driving License), documents shown my number (My Number Card etc.). Power of Attorney (if another household applies, it is required.)
- ※ The post mail is acceptable for application. Please download application form from city official website.
- ※ If you use My Number insurance Card, need not issue Certificate for Patient-borne expense ceiling amount.



70~74 歳の方へ 高齢受給者証の更新

< For age 70 ~ 74, Renewal Term of National Health Insurance Elderly Member Card >

The current National Health Insurance Elderly Member Card will be expired on July 31st(Thu). The new card will be mailed to the eligible holders during July.

▼ New Card valid period: August 1st (Fri) ~ Sep 30th (Tue) (2 months).

▼ After October 1st ~

The issuance of the National Health Insurance Elderly Member Card will end on September 30th (Tue). From October 1st (Wed) onward, please see your doctor with your My Number Insurance Card or a certificate of eligibility with your share of the cost.

- ※ Those who will turn 75 years old by July 31st will receive the card until the day before they turn 75 years old.
- ※ For those who will turn 70 years old, the card that can be used from the birth month's following month (the month of birth for those whose birthday is on the 1st) will be sent by the last day of the month of birth (the last day of the previous month for those whose birthday is on the 1st).

医療費適正化事業

<Medical Expense Optimization Project>

In addition to sending health guidance information to those who are eligible, we may also encourage participation by telephone. Please read the information carefully and participate proactively.

※ Notices, phone calls, and health guidance are provided by a company contracted by the city.

▼ 重複・頻回受診者等指導事業(国保の方対象)

[Health Guidance for Patients with Duplicate or Frequent Medical Consultations (National Health Insurance Patients Only)]

Eligibility: Health guidance will be provided to those who have frequent visits to multiple medical facilities for the same illness, or have been prescribed the same medication more than once in the same month.

Contractors: Data Horizon Corporation, Benefit One Inc.

▼ 糖尿病性腎症重症化予防事業(国保・後期高齢者医療加入の方対象)

[Diabetic Nephropathy Severe Disease Prevention Project (for National Health Insurance and

Late-Elderly Medical Insurance Subscribers)]

Eligibility: For those who are undergoing treatment for diabetes and meeting certain requirements.

※ Notices, phone call recommendations and health guidance will be provided by a contractor contracted by the city.

Contractors: Data Horizon Corporation.

後期高齢者医療保険 国民年金

<LATE-ELDERLY MEDICAL INSURANCE. PENSION>

Inquiries: Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 138/
Premium payment... Nouzei Ka, ☎Ext.169.



資格確認書の送付

<The Eligibility Confirmation Letter will be sent>

A "Mauve-color eligibility confirmation letter" valid for one year from August 1st will be sent by registered mail (hand delivery) to all the Late-Elderly Medical Insurance subscribers after the middle of July.

※ If you are not at home, you will receive an "Absence Notice". Please receive it by the deadline.

医療費の負担割合

<Percentage of Medical Expenses to be borne by the patient>

The portion (10-30%) of medical expenses to be paid at hospitals, etc. and the criteria of determination, please refer to the "Structure of the Late-Elderly Medical System" enclosed with your eligibility approval letter.

※Those who have been determined as 30% and are considered to be ineligible due to the standard income amount will receive a notice in late June. Please follow the procedure as your contribution rate may be lowered.

保険料額決定通知書を送付

<Notice of Premium Amount Determination>

The determination amount notice of late-elderly medical insurance premiums for the elderly determined based on the 2024 income amount will be sent to those enrolled in the late-elderly medical system for the elderly (insured persons) in the middle of July. For details on payment methods, etc., please check the information document in the notice.

保険料の軽減

<Premium Reduction>。

Premiums may be reduced based on income. For the reduction, you need to declare your income such as by filing tax return. For details, please check the information document of the decision notice.

[年間保険料額の算出方法]

[Method of calculating annual premiums]

The insurance premium rate is reviewed every two years and is uniform in Tokyo.

Premium rates for FY 2024 and 2025

Equal premium amount JPY47,300 per person insured	+	Income premium amount Income amount to be assessed x 9.67% (※)
= Annual premium amount Rounded down to the nearest JPY100 (Maximum amount JPY800,000) (※)		

※ The income tax rate for FY2025: Due to the termination of the drastic easing of the tax burden, it will be 9.67% for all taxpayers and the maximum levy amount will be JPY800,000 for all taxpayers.

※ For details, please inquiry to Shimin Ka, Kourei Iryou. Nenkin Kakari.

国民健康保険加入の方へ ジェネリック医薬品差額通知書を送付します

<For National Health Insurance enrollees ~

Notification of Medication Cost Difference of Generic drugs>

This notice describes how much your copayment will be reduced if you switch from brand-name drugs to generic drugs.

Eligibility: Those who received prescriptions for brand-name drugs using the National Health Insurance between March and August 2025.

※ Notices will be sent six times from June to November in total. No procedures are required.

If you have any concerns or questions about the use of generic drugs, please consult your doctor or pharmacist.

Inquiries about the notice: Shimin Ka, Hoken Kakari ☎Ext. 129.

国民年金保険料の免除・納付猶予

<Exemption and Deferment of National Pension Insurance Premiums>

The National Pension Plan provides for the exemption or deferment of premium payments for those whose income is below a certain level.

One year (from July 2025) pension exemption and deferment's application will be started on July 1st (Tue).

Applications can be made retroactively up to two years and one month prior to the time of exemption application. For details, please inquiry.

[Application Requirements (for over the counter)]

Pension booklet and basic pension number notification.

※ Japan Pension Service will examine your application based on your previous year income. If your income is undeclared, please declare it in advance.

※ If you have left a job, you may need to submit an Employment Insurance Employee Release Form or other documents.

電子申請もできます

[Applying can be processed by Electronic Application]

Electronic application (My number card) is also available via smartphone or computer.

For more information, please inquiry to the Pension Office ☎0428-30-3410.



介護保険

<LONG-TERM CARE INSURANCE (Kaigo Hoken)>

Inquiries:

Long-term Care Insurance and Insurance Fee ~Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.143

Nursing Care Needs Certificate ... Kourei Fukushi Kaigo Ka, Kaigo Nintei Kakari ☎Ext.146,

Premium payment... Nouzei Ka, ☎Ext.179.

保険料額決定通知書を送付

< Long-Term Care Insurance (Kaigo Hoken) Notification >

In early July, a notice of FY2025 determination of the amount of long-term care insurance premiums and payment will be sent to those aged 65 or older (Category 1 insured persons).

◆ **Age 65 or older (Class 1 policy holder)** 65歳以上の方（第1号被保険者）の保険料

Your previous year's aggregate income is categorized into one of the 16 levels of premium coverage.

※ For details, please check from the determination notice or city official website.

◆ **Age 40 to 64 (Class 2 policy holder)** 40～64の方（第2号被保険者）の保険料

The amount and payment method vary depending on the medical insurance you have, but you are

required to pay the medical insurance portion and the long-term care insurance portion together.

介護保険の認定を受けた方へ 新しい介護保険負担割合証の送付

<New Long-Term Care Insurance Copayment Ratio Cards to be sent to those who are certified Long-Term Care Insurance>

The “Long-Term Care Insurance Copayment Ratio Certificate” with the ratio (10-30%) will be sent to those who have been certified as need support or Nursing care in mid-July. The current certificate will expire on July 31st (Thu). After August 1st (Fri), please present the new card.

※ Please destroy your current Copayment Ratio Card by yourself or bring it to City Hall 1F Korei Fukushi Kaigo Ka.

事前に申請を 介護保険利用者負担額の軽減制度

<Please apply in advance, System for User free of Long-Term Care Insurance deduction.>

Eligibility: Resident tax-exempt households that meet all of the following conditions~

- Annual income must be less than JPY1.5 million for a single person household, plus JPY500,000 for each additional member of the household.
- The amount of savings and other assets must be less than JPY3.5 million for a single household, plus JPY1.0 million for each additional member of the household.
- The applicant must have no assets other than those used for daily living.
- The applicant must not be supported by relatives who have the ability to bear the burden.
- The applicant must not be in arrears with long-term care insurance premiums.

Eligible Services: ○ In-home care (preventive) services and facility care services, etc.

※ Only services provided by the service provider who has offered the reduction will be covered.

介護保険施設を利用する方は 介護保険負担限度額認定の手続き

< Those who use long-term care insurance facilities



~ Procedures for Long Term Care Ceiling Amount Certification>

In principle, all living and meal expenses at long-term care insurance facilities are paid out-of-pocket. However, for those with low incomes, a maximum co-payment amount is set, and expenses exceeding this amount are paid by long-term care insurance to the facility (application is required).

Term of validity: August 1st (Fri) (or the first day of application month or the date of transfer) to the end of July in following year.

Eligibility: Those who meet both (1) and (2) below

- (1) All members of the household are exempt from Residential Taxation. If there is a spouse in a separate household who must also be exempt from Residential Taxation.
- (2) The total amount of assets such as deposits and savings of the applicant and spouse (regardless of living together or separately) must be less than the following ① to ④
 - ① Welfare recipients and the Elderly welfare pension recipients ~ Single person: JPY10.0 million or less, married couple: JPY 20.0 million or less
 - ② The sum of taxable pension income + total income other than pension + non-taxable pension income is less than JPY809,000 ~ Single: less than JPY6.5 million, married couple: less than JPY16.5 million.
 - ③ The sum of taxable pension income + total income other than pension + non-taxable pension income exceeds JPY809,000 but under JPY1.2 million ~ Single person: JPY5.5 million or less, married couple: JPY15.5 million or less.
 - ④ The sum of taxable pension income + total income other than pension + non-taxable pension income exceeds JPY1.2 million ~ Single: JPY5.0 million yen or less, married couple: JPY15.0 million or less.

※ [Spouse] includes the case of common-law marriage.

※ Please check the city's official website or contact the city office for details on required documents.

引き続き負担限度額認定を利用する方は更新の手続きを

<Renewal of continuing to use the Ceiling Amount Certification>

If you already have a "Certificate of Long-Term Care Insurance Ceiling Amount", a renewal procedure information will be sent in June. Please check the information.

お知らせ

INFORMATION



<WATER SUPPLY> 水道

水道料金の基本料金と従量料金の一部を無償化

~ Free for a portion of basic and metered water charges

In order to protect the lives, health, and livelihood of citizens from the intense heat of summer this year, city will make the basic water charges for four months and the usage charges up to 5 m³ per month free of charge, so that residents do not have to hold back on using air conditioning and other resources.

Eligibility: Mainly for general household use, Small-diameter (13mm, 20mm, 25mm).

The applicable period: 4 months of this summer (applicable from the meter readings after August).

Water charges eligible for free of charge for 4 months (basic charge + metered charge [up to 5m³ per month])			
Meter Diameter	Basic Charge	Metered Charge (20 m ³)	Total (4 months . exclude tax)
13mm	JPY2,480	JPY600	JPY3,080
20mm	JPY3,320	JPY600	JPY3,920
25mm	JPY4,120	JPY600	JPY4,720

Meter Diameter	Basic Charge	Metered Charge (20 m ³)	Total (4 months . exclude tax)
13mm	JPY2,480	JPY600	JPY3,080
20mm	JPY3,320	JPY600	JPY3,920
25mm	JPY4,120	JPY600	JPY4,720

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

Inquiries: Hamura City Waterworks Office (Suidou Jimusho) ☎042-554-2269.

水道メーターを無料で交換します。

< Replacement of Water Usage Meters by Free >

Water Usage Meters with the expiring guarantee period (8 years) will be replaced with new meters.

Work Period and Districts: Please check Hamura News ver. July 1st to get details.

The devices that are subject to replacement have an indication on the reverse side of cover lid as 37/11 or 38/○ (○ is number 1,3, or 6~8) . City approved contractors will distribute a work notification to applicable households prior to the work date.

The contractors will be wearing an official armband, and carrying an identification issued by Hamura City. The work will be conducted regardless of the house owner's presence. Thank you for your understanding.

※ Please test-run the water after the work is done until you see normal water condition.

Inquiries: Hamura City Waterworks Office (Suidou Jimusho) ☎042-554-2269.

イベント

EVENT

第27回 活力市 ~あさがお・ほおずき市~

< The 27th Summer Market for Asagao (Morning Glory) & Houzuki (Chinese Lantern Plant) >

Why not enjoy the summer breeze by placing a pot of large-flowered morning glories or bright red hozukis in your garden? There will also be stalls selling Japanese traditional snacks, rice cakes, shaved ice, and more.

Date & Time: July 5th (Sat) & 6th (Sun), 9:30AM ~ 3:30PM.

Location: Agricultural products market.

Inquiries: Sangyo Shinko Ka, Shoukou Kankou Kakari ☎Ext.667.

<THE ROAD RACE TOKYO TAMA 2025 Traffic Restriction>

Inquiries: S&D Sports Arena Hamura ☎042-555-0033 (Close Mondays exclude Holiday's)

The course of the Tokyo Metropolitan Bicycle Road Race will be held on city streets, and traffic restriction will be enforced. Vehicles and pedestrians will not be allowed to cross during the traffic control. We apologize for any inconvenience this may cause to nearby residents and stores, and ask for your understanding and cooperation. For more information, please check THE ROAD RACE TOKYO TAMA 2025 website.

Traffic restriction date and time: July 13th (Sun), 7:55AM ~ 9:50AM.

City Course: Okutama Kaido (Fussa City) →

Turn right at the traffic light after passing the Hamura Weir entrance →

Go up Terasaka and turn left on Shin Okutama Kaido → Shin Okutama Kaido (Ome City)



Part of the Central Children's Center parking lots will be unavailable.

Part of the parking lot of the Central Children's Center will be unavailable before and after the event period to be used as a storage area for road race-related supplies. Your understanding and cooperation will be appreciated.

[Hamuran] will be partially closed.

Due to traffic restrictions associated with the road race, some [Hamuran] services will also be stopped. We ask for your understanding and cooperation.

Stopped Courses: Hamura-Nishi Course 1 and 2, Ozaku Course 1 and 2.

※ The Hamura-Nishi Course and Ozaku Course will operate as usual from the 3rd service.

For details, please check the city's official website or inquiry.

Inquiries: City Planning Section ☎ Ext. 288.



令和7年度 ペアレント・トレーニング

<FY 2025 Parent Training Course>

This is a series of courses for parents to learn how to effectively interact with their children who have developmental concerns. If you find yourself constantly having problems such as [warning children], [frustrated when children talk back], please join us. There will be role-plays and group work, allowing participants to interact with each other and deepen their learning.

[Schedules]

	Date	Topics
1st	Sep 12th (Fri)	Let's take a closer look at the child's "behavior".
2nd	Oct 3rd (Fri)	Make praise as a habit & Special time
3rd	Nov 7th (Fri)	Be a good communicator and a good organizer
4th	Nov 28th (Fri)	Waiting for praise (a good attention-getter)
5th	Dec 19th (Fri)	Summary of the course Completion ceremony

Follow-up	Mar 6th (Fri), 2026	Review of the course <<Extra: Roundtable Discussion with Tokyo Parent Mentors>>
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※ The details, please check city official website or inquiry.

Hours: all days 10AM ~ Noon

Location: Primo Hall Yutorogi Lecture Room 3.

Eligibility: Those who meet all of the following criteria (1) to (3)

- (1) Parents with children in nursery school senior class ~ 2nd grade of elementary school who are concerned about their children's development and feel difficulty in raising them.
- (2) Those who are willing to participate in an interview (about 30 minutes, schedule to be adjusted upon consultation) and cooperated to fill out a questionnaire.
- (3) Those who are able to attend all sessions (if you can not attend all, please consult).

※ Participation is for parents only. No medical consultation or diagnosis of developmental problems is required.

Capacity: 8 (in order of application).

Application & Inquiries: July 1st (Tue) ~ 31st (Thu), please apply via application form using the 2D code of Hamura News ver. July 1st, or call to Kodomo Katei Center Boshi Hoken. Sodan Kakari ☎Ext.694.

第40回青少年健全育成ポスターコンクール作品募集

<The 40th HEALTHY DEVELOPMENT of ADOLESCENT YOUTH & CHILDREN Poster Contest>

Eligibility: Hamura City Elementary and Junior High School students.

Themes: Please choose one of the following three options

- ① "A Town Where Children Can Live Happily".
- ② "Let's Nurture Hamura's Future Together".
- ③ "Let's cherish ourselves and friends".

Applying Method: Till September 1st (Mon) (exclude Sat, Sun and Holiday), please use drawing paper cut in four (542mm x 382mm) or cut in eight (382mm x 271mm). On the back of work ~ please fill in [school name, grade, class, name (furigana), address and phone number] and submit to schools or city hall 2F Kodomo Seisaku Ka directly.

Announcement: If you win a prize, the [school name, grade and name] will be announced on Hamura News or city official website.

Awards: The best and good works will be exhibited on Nov 8th (Sat) "Youth Healthy Development Day".

Notes:

- The prize-winning works will be used as a poster for the healthy development of youth.
- The copyright of the prize-winning works belongs to Hamura City.
- During exhibition period Nov 5th (Wed) ~ 11th (Tue), the winner will be exhibited.

Inquiries: Kodomo Seisaku Ka ☎Ext. 261.

介護予防

CARE PREVENTION

みんなで続ける介護予防体操説明会 ~集まろう 通いの場



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

~ Let's Gather "A Place To Go"

The city supports the creation of "A Place to go" to engage in care prevention exercises. Why don't you create "A place to go" in your community where the elderly can get together?

※ "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: July 31st (Thu), 9:30AM~11AM.

Location: Primo Hall Yutorogi, Lecture Room 1.

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: Towel, beverage, writing utensils and copy of emergency contact information.

※ 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: July 1st (Tue) ~ 30th (Wed) via application form, please call or in person to Kourei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari ☎Ext. 196.

健康

胃がん・肺がん・乳がん検診（第2期）



HEALTH



< The 2nd Term for Free Screening for Stomach/Lung / Breast Cancer >

Stomach, lung, and breast cancer screenings are available on the same day September 13th (Sat).

[Stomach / Lung cancer screening]

Date and Time: Sep 10th (Wed) ~ 13th (Sat) 8AM ~ Noon

※ Unable to designate time, the screening time will be shown in ticket.

Eligibility: Hamura residents age 40 years or older (Sputum examination must be over age 50)

Fee: Each screening JPY500

Examination Details: Stomach cancer screening (digital X-ray of stomach, barium test),
Lung cancer screening (digital X-ray of chest, sputum examination)

※ Stomach Camera screening is not available.

※ If you wish to have a sputum examination, please be sure to fill in the conditions. You cannot take a sputum test only. If you do not meet the conditions, the container will not be sent.

<Sputum examination is provided only for people with the following conditions :>

Those who meet both (1) and (2) below

- ① Age is over 50 till as to examination date.
- ② Smoker who has smoked (number of cigarettes per day) x (total smoking years) = 600 or more.

[Breast Cancer screening]

Date and Time: Sep 13th (Sat) 8AM~4PM

※ Unable to designate time (the screening time will be shown in ticket).

Eligibility: Women age 40 years old or older and registered as a resident in Hamura as of the examination date and have not been examined in the previous year.

Fee: JPY 1,600

Examination Detail: Mammography

Common Item: Location ~ Hoken Center

◆ You are not eligible to take this exam if any of the following conditions apply:

Screening for Stomach: ①~⑧ / Lung Cancer: ①~⑤ and Breast Cancer: ①~⑥

- ① Those who have already undergone the same screening in the current year.
- ② Pregnant, possibly pregnant, or breast-feeding.
- ③ Those who are currently undergoing treatment or follow-up for a disease in the examined area.
- ④ Those who have the same cancer screening opportunity provided by the employer.



- ⑤ Those who need assistance during inspections.
- ⑥ Those who have a pacemaker or other artificial device inserted (breast cancer screening is not allowed; stomach cancer screening is not allowed on the abdomen).
- ⑦ Those who with a history of intestinal obstruction or allergy to barium products.
- ⑧ Those who have undergone abdominal surgery, orthopedic surgery, myocardial infarction, cerebral infarction, or other diseases within the past year.

Capacity: 80 people per day/ per examination (If applicants exceed capacity, drawing will be held).

※ The applicants will be notified of result of drawing or receive screening ticket in middle August.

※ If you are receiving public assistance, please submit a certificate of receipt on the examination day.
The examination will be free of charge.

※ If you have a coupon for free FY2025 breast cancer screening , please submit on examination date.

Application Period: July 1st (Tue) ~ 15th (Tue) (must be arrived), electric application or postmail must be filled in necessary information to Kenko Ka.

Send to: 〒205-0003 5-5-2 Midorigaoka, Hamura Hoken Center "Gan Kenshin Tantou"

Require items: ① Your desired screening date (1st choice, 2nd choice or any)

② Screening/Exam you desire.

③ Address

④ Name (furigana)

⑤ Date of birth or age

⑥ Contact (daytime phone number)

⑦ Wish to have sputum examination: please fill number to cigarette per day x years

Note: ※ Each individual must apply separately even if they are in the same household.

※ Please apply by postcard or sealed envelope. You do not need to send a return postcard.

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

暑い夏がやってきた！親水公園オープン！

<Hot summer is right here ! Water Park is open!>

Let's play a lot and blow off the summer heat.

Open Term: Every day during July 11th(Fri) ~ August 31st (Sun).

Open hours: 9AM ~ 3PM

※ Park may be closed due to bad weather or management status.

Inquiries: Civil Engineering Section, Park Management Division ☎Ext.283.

粗大ごみ処理券（シール）が変わります

<Bulky waste disposal tickets (stickers) will be changed.>

Starting July 1st, new stickers will be available for the revised fee for processing bulky waste for home collection.

After July 1st, the old stickers can be used in combination with the new stickers as long as the amount of the revised fee is met.

If the old sticker you have does not meet the amount of the post-amendment fee, please bring the difference between the old sticker and the post-amendment fee to exchange it for the new sticker.

※ The deadline for exchange is March 31st, 2026.

Exchange counter and Inquiries: City Hall 2F, Seikatsu Kankyou Ka ☎Ext. 204.

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: July 22nd(Tue), from 9:30AM ~ 11:30AM Location: Hoken Center

Eligibility: Residents who will become one year old up to July with guardian.

※ Admission are not allowed for Siblings of participating child.

Capacity: 15 pairs (in the application order).

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

Application & Inquiries: Starting from July 1st (Tue) 9AM~, please apply via applicat form, call or in person to Kodomo Katei Center, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 693.

特別児童扶養手当を支給しています。

<Special Child-Rearing Allowance >

Special Child-Rearing Allowance (Tokubetsu Jidou Fuyou Teate) is provided to parents or guardians who are raising a child with physical/mental disability. The allowance is provided until the child turns age 20. Application and eligibility certification are required to receive the benefit of this allowance program.

Eligibility: Parents or caregivers who live in Hamura and support a child under 20 years old with one of the following disabilities ①physical disability certificate grade 1~3 ,
② mental disability certificate grade 1~3, or
③ considered to be at a level illness equal to above ① or ②.

Allowance Amount: Disability Level 1 JPY56,800 / Disability Level 2 JPY37,830

Income Limitations: The payment will not be made in any of the following cases.

- 1) When the income of the parents, caregivers or their support obligations exceeds the income standard.
- 2) When the child is not under the care of the parents or caregivers (e.g., in an institution).
- 3) When the child is receiving a public pension on the basis of disability.

※ The application procedures vary depending on category and payment restrictions, please inquiry for details.

Inquiries: Kodomo Seisaku Ka, ☎Ext. 235.

PRIMO LIBRARY HAMURA ☎042-554-2280

☆館内整理日

The date of Organize (Close Date) : July 15th (Tue).



Books for children to read during summer vacation will be on display.

■ みどりのまど夏号 <Midori No Mado Summer Edition>

Midori No Mado Summer Edition will be issued, which is a pamphlet introducing books for elementary school students. There are many fun books recommended for summer.

※ People may borrow or reserve up to 2 books at a time which are introduced.

■ 夏休み課題図書 <Summer Vacation Task Books>

The issue books of "The 71st National Youth Reading Impressions Competition" will be exhibited. You may make a request to borrow.

Term: July 16th (Wed) ~ August 31st (Sun).

Location: Primo Library Hamura / Ozaku Branch children exhibition corner.

** Midori No Mado Summer Edition ~ Up to 2 books can be reserved , lent out per person.



図書館で、新聞の一部が切り取られるケースが頻発しています

<Frequent Cases of Newspaper Being Cut Out in Library >

Library materials such as newspapers and magazines are valuable common property of citizens. Please do not cut out, write on, or damage library materials.

Please use library materials with care. If there are articles or other materials you need, you may use the photocopy service. Thank you for your understanding and cooperation.

※ If you find any damage to materials, please inform the library staff as soon as possible.

Inquiries: Primo Library Hamura ☎042-554-2280

S & D スイミングプラザ羽村

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

短期水泳教室案内

<Short Term Swimming Class>

Elementary school students must be picked up after 5PM and Junior high school students after 7PM by a parent or guardian 16 years of age or older.

Term: August 1st (Fri) ~ 14th (Thu).

Application & Inquiries: July 13th (Sun) ~ 27th (Sun) 9AM~8:50PM, please in person to S&D Swimming Plaza Hamura directly.

※ For details, please check city official website.



プリモホールゆとりぎ

PRIMO HALL YUTOROGI ☎042-570-0707

第10回 HAMURA メリーリボン 演劇祭

<The 10th Hamura Merry Ribbon Theatre Festival>

Merry Ribbon is to present a time and space where people can meet and strengthen their bonds through theater, and be merry and cheerful. It is a diverse and unique theater festival featuring school drama clubs and adult theater groups from the Nishitama area. Please come and join us where audience and creators share the space and weave new stories together!

Date: July 19th (Sat) and 20th (Sun) 11:50AM~5PM.

Location: Primo Hall Yutorogi Small Hall.

Capacity: First 252.

Date	Groups
July 19th(Sat)	Theatre Company Comet, Recitation Theatre Group Hibiki, Shouwa High School Drama Club, Itsukaichi High School Drama Club etc.
July 20th (Sun)	Theatre Company Gin no suzu 2, Fussa High School Drama Club, Ome Sogo High School Drama Club, Hamura High School Drama Club, Theatre Company Yoshi Yoshi etc.

※ The details, please check city official website.

社会福祉協議会

SHAKAI FUKUSHI KYOUGIKAI (Council of Social Welfare)

2025夏! 体験ボランティア

<2025 Summer! Experience Volunteer Activities>

Why don't you challenge experience volunteer activities during summer vacation ?

Term: July 21st (Mon. Holiday) ~ September 5th (Fri).

※ Period and capacity depend on the location of the activity.

Eligibility: Those who are the 4th grade elementary school students or older and live, work, or study in Tokyo metropolitan.

※ Age requirement depends on the program.

※ Those who do not have volunteer insurance will be required to pay an insurance fee JPY350.

Details: Volunteer activities at facilities in the city or in the community.

Briefing Session: July 19th (Sat) 1PM ~ 2PM

Location: Main conference room at Fukushima Center.

Application & Inquiries: July 1st (Tue) ~ 18th (Fri) 9AM~5PM (exclude Saturdays and Sundays), please call or in person to the Social Welfare Council ☎042-554-0304.

※ The application will be accepted until 7PM on July 3rd (Thu) and 4th (Fri).

飲酒運転させないTOKYOキャンペーン

<TOKYO Campaign against Drunk Driving>

■ July 1st (Tue) ~ 7th (Mon)

Summer is a time when opportunities for drinking increase and there is concern about traffic accidents caused by drunk driving. The Tokyo Metropolitan Police Department will take action to eradicate drunk driving.

Let's reconfirm it!

- ・ Do not drive a vehicle after drinking.
- ・ Do not provide a vehicle to a person who has been drinking.
- ・ Do not encourage a person driving a vehicle to drink.
- ・ Do not ride in a vehicle that is being driven by a person who has been drinking.
- ・ Do not fall asleep on the street after drinking too much.
- ・ If you see someone falling asleep on the street, call 110 immediately!



The Road Traffic Law was revised in November 2024, and penalties for drunken driving of bicycles were established.

Inquiries: Fussa Police Station ☎042-551-0110.

東京都シルバーパス更新手続きを

<Tokyo Silver Pass Renewal Procedures>

Current Silver Pass users will receive a "Silver Pass Renewal Procedures" from the Tokyo Bus Association between June and August. If you wish to renew your Silver Pass, please be sure to follow the procedures.

■ Using the JPY1,000 Pass

If you wish to renew your JPY1,000 Pass, you will need to confirm your resident tax status as well as pay your contribution.

Those who have completed all the procedures will receive new passes one after another from the Tokyo Bus Association in mid-August or later.

Inquiries: Tokyo Bus Association, Silver Pass Special Phone Number ☎ 03-5308-6950 (9AM~5PM, exclude Saturdays, Sundays and national holidays).



金婚式を迎えるご夫妻へ

< 50th Wedding Anniversary Gift from Hamura City >

On an occasion of Respect-for-Senior-Citizen Day 2025, Hamura City will invite the couple celebrating their 50th Wedding Anniversary (Kinkon-shiki) to the [Keiro no Tsudoi ~ the 1st performance]. Please come to Kourei Fukushima service counter till August 1st (Fri).

Eligibility: Those who married January 1st ~ December 31st 1975.

Inquiries: Kourei Fukushima Kaigo Ka, Kourei Fukushima Kakari ☎Ext. 177.

敬老のつどい

<Special Gala for Respect-For-Senior-Citizen>

We honor the elderly who have contributed to society for many years and hold a "Special Gala for Respect-For-Senior-Citizen" to celebrate their longevity.

Inquiries: Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari, ☎Ext.177.

[Note] Reserved seats, please apply in advance. The pick-up shuttle bus is not available.

Date: September 15th (Monday, Holiday)

Location: Primo Hall Yutorogi Main Hall.

Time Schedule: The gala is divided into 2 sessions.

1) 1st Session (Ceremony/ Performance song show): 11AM~12:40PM (Doors open: 10:30AM)

2) 2nd Session (Greetings/ Performance song show): 2PM~ 3:20PM (Doors open: 1:30PM)

Eligibility: Those who are 75, or are turning 75 in FY 2025 living in Hamura.

Capacity: About 720 for each session (if the applicants are too many, drawing will be held).

Fee: Free

Application: Please apply from city official website application form or postcard with necessary information and submit to service counter.

※ Please check the details via Hamura News July 15th version.

※ Applications cannot be made by phone.

Postcard Send to: 〒205-8601 (need not address)

Hamura Shi, Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari

[Keiro no Tsudoi] application.



Deadline: **August 1st (Fri)** (effective the same day postmark).

※ The drawing results will be announced via "Information Postcard" with session and seat number.

※ Information postcards will be sent out after September 1st (Mon).

Thing to bring: Please bring an information postcard on the day of the event.

[Please Note]:

- Please note that each person may apply only once. No duplicate applications will be accepted.
- You can specify your 1st and 2nd choice of performance times.
- No one other than the applicant may enter (except for chaperones for wheelchair users, etc.).
- Please use the community bus "Hamuran" to get to the venue since limit number of parking lots.
- No recording, videotaping, or photography is allowed.
- If you do not feel well on the event day, you may be not allowed to enter.

7月の休日診療

◆ **MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS** ◆

Date	Hospital / Clinic				Dental Clinic	
July	9am~5pm		5pm~10pm		9am~5pm	
6th (Sun)	Futaba Clinic	☎042-570-1588	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Yano Shika Iin	☎042-555-3363
13th(Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Hikari Clinic (Fussa-shi)	☎042-530-0221	Watanabe Shika Iin	☎042-570-1688
20th (Sun)	Matsuda Iin	☎042-554-0358	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Honda Shika Iin	☎042-554-5902
21st (Mon. Holiday)	Yanagida Iin	☎042-555-1800	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Asahi Kouen Douri Shika Iin	☎042-555-7904
27th (Sun)	Matsubara Naika Iin	☎042-554-2427	Hikari Clinic (Fussa-shi)	☎042-530-0221	Ikoma Shika Hamura Shinryoujo	☎042-555-3139

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