



**HAMURIN** Hamura City Mascot

# HAMURA NEWS

**September 1st, 2025**

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ごみ分別を多言語でAIが案内! 「はむらごみナビ」を使ってください

## <AI provides multilingual guidance on Trash Separation!

### ~ Please use [Hamura Trash Navigation]

You may use it from Hamura City official LINE.

Inquiries: Seikatsu Kankyou ☎Ext. 205.

[Main Features]

- ① Simply take a photo ~ To receive guidance on waste and resource separation methods and oversized trash disposal fees etc.
- ② Supports multiple language ~ 18 languages (English, Chinese, Spanish etc.).
- ③ You may search even unknow the exact name ~ Even if the name is not exact, AI will search via text (e.g., something to hang clothes on → hanger etc.).
- ④ Using location-based search functionality ~ you can find the nearest stores for trash bags, oversized trash disposal stickers or used small appliance collection boxes etc.
- ⑤ Trash Calendar ~ You can immediately check the collection calendar for your area.



## FILM SCORE PHILHARMONIC ORCHESTRA Concert [Tickets now on sale!]

~親から子に伝えたい名作サウンドトラック特集~

### ~A Special Selection of Masterpiece Soundtracks to Pass Down from Parents to Children~

Enjoy the beautiful soundtracks of famous anime and movies that everyone has heard at least once, performed live by a powerful full orchestra.

Date and Time: November 16th (Sun) 2PM ~ 4PM (Doors open at 1:30 PM)

Location: Primo Hall Yutrogi, Main Hall.

Capacity: 854 (all seats reserved).

※ Preschoolers are not permitted to enter.

Tickets: General admission JPY 2,000 / Parent-child pair JPY3,000.

※ Parent-child pair: One elementary or junior high school student and one guardian.

※ Age verification may be required on the day of the performance.

Performance: Film Score Philharmonic Orchestra.



### [Programs]:

#### Part 1: From Hollywood classics

ハリウッドの名作映画から

"Main Theme" from STAR WARS / "Symphonic Suite" from Aladdin /

"Harry's Wondrous World" from Harry Potter and the Philosopher's Stone, etc.

#### Part 2: From Japanese Anime Masterpieces

日本の名作アニメから

From the movie Pokémon: "Mewtwo Strikes Back", "The Beginning of the Strikes Back" /

Excerpts from the symphonic suite "Kiki's Delivery Service", etc.

Tickets: Yutrogi service counter or via Hamura News ver. Sep 1st 2D Code.

Inquiries: Primo Hall Yutrogi ☎042-570-0707, FAX 042-570-6422.

(9AM~5PM. Closed on Mondays except holiday's).

Date and Time: November 1st (Sat) & 2nd (Sun), 10AM ~ 4PM.

Location: S&D Sports Park Fujimi.

※ The event may be changed or cancelled due to weather etc.

Sponsor: Hamura Citizens and Industry Festival Executive Committee.



### [Performers and Staff Recruitment!]

出演者・スタッフ募集

#### ① Stage Performers

Why don't you perform dance, music, or other acts on stage at the event site ?

Eligibility: Individuals, groups, schools, nursery schools and kindergardens who volunteer to perform and are approved by the Hamura Citizens and Industry Festival Executive Committee.

※ If there are too many applications, the Executive Committee will make a decision.

#### ② Volunteer Staff

Only one day is also welcome!

Details: Guide and assist in the management of each event, etc.

Application for ① & ②:

September 1st (Mon) 9AM ~ 12th (Fri) 5PM, please apply via application form or submit with require details directly to Sangyou Shinkou Ka, on the City Hall West Branch.

※ Application forms are available at Sangyou Shinkou Ka or you can download from the 2D code posted on Hamura News Ver. Sep 1st.

### [Sponsorship Recruitment]

協賛募集

The sponsorship of companies, organizations, and individual business owners are recruited.

Application period: September 1st (Mon) ~ 30th (Tue).

Sponsorship fee: JPY5,000 / per unit.

Sponsorship benefits: Publication in flyers, the city's official website and list business names, etc. on sponsor signs inside the event site.

Sponsorship of goods, etc.: Sponsorship of goods (beverages, etc.) to be distributed to visitors, stage performers and management staff.

※ For the details, please inquiry to office.



### [Stalls Recruitment]

模擬店出店者募集

Types: ① Members of the Hamura Chamber of Commerce and Industry.

② Citizens' groups that are active in the city on a regular basis: The groups are active in the city at all times with members ~ 5 persons or over and consist 70% members who are residing or working in Hamura. (When they apply, the activity record and members name book will be required to submit).

Application Term: September 1st (Mon) ~ 12th (Fri) 5PM (deadline, must arrive).

Application Methods: Submit to directly.

※ Application and application forms differ for members of the eligibility ①②. Please check the guideline.

Submit to : ① .... Members of the Hamura Chamber of Commerce and Industry.

② .... City Hall Sangyou Shinkou Ka.

Stall guidelines & application form distribution: From Sep 1st (Mon) 9AM~, it will be available at the Hamura City Chamber of Commerce and Industry, Sangyou Shinkou Ka.

※ Regarding stall guidelines, you may also download from the 2D code posted on the Hamura News ver. Sep 1st.

#### Inquiries:

The Hamura Citizens and Industry Festival Executive Committee office

○ Sangyou Shinkou Ka, Shoukou Kankou Kakari (City Hall West Branch 2F) ☎ 042-555-1111 Ext. 667,  
✉ s206000@city.hamura.tokyo.jp.

○ Hamura Chamber of Commerce and Industry ☎ 042-555-6211.

## <Introduction to Children's Hangouts places ②>

In March 2025, Hamura City formulated the Hamura City Children's Plan. In order to realize a child-centered society, here, we introduce cafeterias and hangouts where children can go alone with peace of mind.

Inquiries: Kodomo Seisaku Ka, ☎Ext. 261.

Specified Nonprofit Corporation

**Free Space Robinson** ☎ 090-9814-8752

### Elementary school students to 18 years old

[Tamagu] (S&D Tamagu Center, 374 Kamicho, Ome City)

Implementation Dates: Every Friday 10AM~4PM.

Fee: No charge.



### Junior high school students to 18 years old

[Sodahug] (321-4 Nakacho, Ome City)

Implementation Dates: Every Wednesday 10AM~2PM.

Fee: No charge.

※ The location is subject to change. Please check in advance.

## [NPO Free Space Robinson]

NPO 法人 フリースペースロビンソン

Free Space Robinson opens once a week to provide a safe place for children who are not attending school to take a step forward. Rather than focusing on what they can or cannot do, or whether they go to school or not, we place importance on respecting and watching over the children themselves.

They can come and go as they please during opening hours, and there are no set schedules or rules. Additionally, meals are free for children and also welcome to bring their own lunch boxes.

Children who have become truant due to some form of distress will gradually begin to seek interaction with others once they feel safe and can take a break.

Children who initially avoided others or spent time alone have through repeated experiences of [Sharing spaces and Eating lunch together], gradually begun to engage in conversation and interaction. Now, they often invite each other to play together, engage in lively conversations, and even occasionally clash with one another. As the sense of security that “it's okay to be yourself” grows, some children have begun to expand their learning environments to schools, adaptation guidance classrooms, free schools, and high schools. Please feel free to visit.

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



第37回 自殺防止！東京キャンペーン

## <THE 37th TOKYO SUICIDE PREVENTION CAMPAIGN>

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

In Tokyo Metropolitan, every year's March and September are Suicide Prevention Reinforcement Months. For relevant organizations' cooperations, the consultation hours will be extended.

※ All services are free. But, the communication fee will be costed except Free Dial.

※ Navi Dial #0570 is not eligible for free talking or all you can call plan.

Service Counter/ Consolation counters during Campaign Term [Facilities]	Telephone No.	Special Consolation Term
Toll Free Special Counseling (NPO Bifrenders Tokyo Suicide Prevention Center)	☎0120-58-9090 ☎03-5286-9090	Till Sep 5th (Fri) 8PM ~ Next day 2:30AM ** Monday: 10:30PM ~ / Tuesday: 5PM~
Yamabiko phone Support for Life	☎03-3842-5311	September's Tue, Wed, Fri, Sat, Sun

~ Listening Line (NPO Inochino Yamabiko Phone)		(exclude holiday, 3rd and 4th Sun) .... Noon ~ 8PM
Suicide Prevention Hotline "Japan Inochi-no Denwa" (Nationwide)	☎0120-783-556	Everyday 4PM ~ 9PM Sep 10th (Wed) ~ 16th (Tue) .... 8AM~ Next day 8AM
(Tokyo) "Inochi-no Denwa"	☎03-3264-4343	every day 24 hrs.
Tokyo Suicide Counseling Dial "Kokoro to Inochi no Hotline" [NPO Mental Care Association]	☎0570-087478	Sep 19th (Fri) ~ 23rd (Tue. Holiday) .... Everyday 24 hrs.
Suicide-Bereaved Family Listening Line [NPO Grief Care and Support Plaza]	☎03-3796-5453	Sep 2nd (Tue) ~ 6th (Sat) .... 11AM ~ 5PM
Suicide-Bereaved Family Counseling Dial [NPO Suicide-Bereaved Family General Support Center]	☎03-3261-4350	Sep 8th (Mon) ~ 10th (Wed) .... Noon ~ 6PM

※ Tokyo Consumer Affairs Center, counseling [Multiple Consumer Loans #110] 多重債務110 番  
☎03-3235-1155, September 1st (Mon) and 2nd (Tue) (9AM~5PM).

お知らせ

## INFORMATION

学び

骨太教室

### ■ Exercise 運動編

いつまでも自分の足で健康に！ ~丈夫な骨と筋肉づくり~

#### [Staying healthy on your own feet! ~ Building strong bones and muscles.]

To maintain bone density, it is important to maintain a desirable lifestyle. This class will introduce knowledge about bones and effective exercises to stimulate bones.

Date and Time: October 9th (Thu) (10AM ~ Noon).

Location: Primo Hall Yutorogi Reception Hall.

Eligibility: People who are residing in Hamura City.

Capacity: 40 (in order of application)

Things to bring: Writing utensils, beverage, comfortable clothes and shoes.

Lecturer: Mr. Fumio Sato (Physical Therapist, Hamura Sankei Hospital)

Application: From September 2nd (Tue), please apply via application form.



### ■ Nutrition 栄養編

骨が喜ぶ！カルシウム&ビタミンD充実メニュー

#### [Bone Pleasers! ~ Calcium and vitamin D enriched menu]

This class introduces tips on how to get plenty of calcium and vitamin D, which are easily deficient in the body.

Date & Time: October 7th (Tue) 10AM~12:30PM

Location: Hoken Center

Eligibility: People who are residing in Hamura City.

Capacity: 20 (in order of application)

Fee: JPY300 (cooking class fee)

Things to bring: Apron, bandana, writing utensils, and health notebook (if you have one)

※ For food hygiene reasons, please wear a mask during the cooking class.

Details: Health lecture, cooking practice and individual consultation (for those who wish)

Application: From September 2nd (Tue), please apply via application form or call to Kenko Ka ☎Ext. 625.



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

令和7年度 じゅらく苑. お好み講座・ボランティア講座. 受講生追加募集

### <FY 2025 JURAKU-EN, "OKONOMI" Workshops and Volunteer Courses Additional Recruiting>

For people age 60 or over residing in city to use these courses to create a purpose in life, improve health and

make new friends. All courses are for beginners.

### ○ OKONOMI KOUZA CLASSES

Class Name	Date	Time	Capacity
Shogi	Every Friday (4 times/per month)	10AM ~ Noon	10

### ○ VOLUNTEER COURSES

Class Name	Date	Time	Capacity
Minyou (New folk dance)	Every Tuesday (4 times/per month)	1:30PM ~ 4:30PM	10
Igo (board game)	Every Friday (4 times/per month)	1PM ~ 4:30PM	10
Shigin (recitation of Chinese poem)	Every 1st and 3rd Thursday ※ Participation is possible at any time that is convenient.	1PM ~ 4:30PM	3

※ Volunteer courses are taught by volunteer instructors.

Term: October ~ March 2026 (6 months).

Location: Jurakuen. Community Center.

Fee: There is no charge for the course, but the cost of materials and others.

Application / Inquiries: During September 2nd (Tue) ~ 17th (Wed), please call or in person to Kourei  
Fukushi Kaigo Ka, Kourei Fukushima Kakari ☎Ext. 176.



今月の子育て研修動画

### <This Month's Child-Rearing Training Video>

9月のテーマ 災害時の親子の心と体を守るために

**September Theme: Protecting the Minds and Bodies of Parents and Children in Times of Disaster**

Broadcast Period: September 1st (Mon) ~ 30th (Tue) (Approx. 22 minutes).

Lecturer: Ms. Honami Yoshida (Professor, Health Innovation Research Department, Kanagawa Prefectural University of Health and Welfare).

Details: Earthquakes, floods, infectious disease outbreaks, tsunamis... As Japanese people who have experienced numerous disasters, we know that sudden disasters can have a significant impact on both adults and children. Children may react differently from adults, and there are concerns about long-term damage that may persist throughout their lives.

Before we encounter complex disasters in the future, we will learn about the changes in the mind and body during disasters and preventive measures based on lessons from the past.

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

Supported by: Meiji Yasuda Life Insurance Mutual Company.

Inquiries: Kodomo Seisaku ☎Ext. 261.

敬老金をお届けします

### < Complimentary Gift to Elderly Citizens from Hamura City >

The mayor will deliver the money to those who are 100 years old and Hamura City Social Welfare Committee members from each area will visit those who are 88 years old by September 15th (Monday, Holiday).

Eligibility: Those who reside in Hamura as of September 1st, and will reach the age of eligibility during the FY 2025 to receive the gift.

Eligibility and Gift Amount:

- 100 years old people (who was born Apr 2nd, 1925 to Apr 1st, 1926) ~ JPY50,000
- 88 years old people (who was born Apr 2nd, 1937 to Apr 1st, 1938) ~ JPY20,000

Inquiries: Kourei Fukushima Kaigo Ka, Kourei Fukushima Kakari ☎Ext. 178.



### <September is Hamura City Alzheimer's Month>

The city's efforts during Alzheimer's Awareness Month will be introduced, so that people can be interested in Alzheimer's disease / dementia and deepen their correct understanding.

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

1. **Lecture: [Living Better with Dementia]**

講演会「認知症とともによりよく生きる」

Date and Time: September 23rd (Tue. Holiday) 10AM ~ Noon.

Lecturer: Ms. Kumiko Nagata (Tokyo Center for Dementia Care Research and Training).

Location: Primo Hall Yutorogi Small Hall.

Capacity: 200 (in application order)

Application: Till September 22nd (Mon) Noon, please apply via application form or call to  
Kourei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari.



認知症に関する書籍の展示、貸出し

2. **Display and lend out books of Alzheimer's disease and dementia.**

Location: Primo Library Hamura.

Term: September 2nd (Tue) ~ 30th (Tue) (close Mondays except Holiday's).

Inquiries: Primo Library Hamura ☎ 042-554-2280.

3. **Hinotonton Zoo Orange Light Up**

ヒノトントンZOO オレンジライトアップ

The entrance of Hinotonton Zoo will be lit up in orange, the symbolic color of dementia support.

Date and Time: September 1st (Mon) ~ 30th (Tue) from sunset to 9PM.

4. **Support for organizations to run dementia cafes (year-round)**

認知症カフェを運営する団体に対する支援(通年)

The city provides subsidies to organizations that run dementia cafés. For details, please check the city's official website or inquiry.



令和7年国勢調査が始まります

### <The FY2025 Census is about to begin.>

The census is the most important statistical survey conducted once every five years, targeting all people and households living in Japan. Starting on September 20th (Sat), census takers will distribute survey documents to households in sequence. We ask for your cooperation in responding to and submitting the survey (if you are not home when the census taker visits, the survey documents will be placed in your mailbox or door post).

Inquiries: Somu Ka, Somu Kakari, ☎Ext. 348.

Survey date: October 1st (Wed).

Survey eligibility: All persons (**including foreigners**) and households residing in Japan as of October 1st.

Survey items:

**[Household member information]**

Gender, date of birth, employment status, place of work or school etc. 13 items.

**[Household-related items]**

Number of household members, type of residence, construction method of residence, etc. 4 items.

Response Deadline: October 8th (Wed) (If the survey form is not submitted by the deadline, it may be redistributed.)

Response Methods: Internet response, submission of the survey form by postmail, or to a survey officer.

★ The internet response method is recommended due to convenient and easy!

### <The assistance booth will be set up.>

回答支援ブースを設置します

Date and location: September 25th (Thu) and 26th (Fri), 9:30AM ~ 4PM, City Hall 1F, Meeting Room #101.

Inquiries: Tokyo Census Implementation Headquarters, Public Relations and External Affairs Division



※ Please be sure to bring the "Internet Response Request Form" distributed to your home.

**<Beware of fraudulent surveys posing as the census!>** 国勢調査を装った「かたり調査」にご注意!

- ◆ The census will never ask for money or request bank account PIN numbers, credit card numbers, or other such information. Additionally, there are no questions regarding income or related matters.
- ◆ Be cautious of suspicious visitors, phone calls, or emails claiming to be from the census. If you have any doubts, do not respond and contact the Hamura City Somu Ka immediately!



助成金

## SUBSIDY

羽村市家族介護慰労金

**< Hamura City Rewarding Family Members who Provide Elder Home Nursing Care >**

The city provides compensation payments to families caring for elderly person requiring severe care at home. With the aim of reducing the financial burden on families and enabling elderly person requiring severe care to continue living at home and improve their quality of life.

※ Elderly person requiring severe care: Elderly people who have been certified as requiring care level 4 or 5.

Eligibility: Those who meet all of the following criteria (1) ~ (4)

- (1) Those who have been caring for elderly person requiring severe care for the past one year while living with them in the same residence within the city, in an adjacent building on the same property, or in the caregiver's home outside the city.
- (2) Both the elderly person requiring severe care and the caregiver are members of a household that is exempt from resident tax.
- (3) The elderly person requiring severe care has not utilized long-term care insurance services for the past one year (excluding short-term stays totaling seven days or less).
- (4) The elderly person requiring severe care has not been hospitalized for more than 90 days in the past one year.

Grant Amount: (Annual) JPY100,000 / per family.

Application and Inquiries: The city will verify the care situation of the elderly person requiring severe care for the past year, so please first contact Kaigo Yobou. Chiiki Shien Kakari ☎EXT. 197.



【申請は9月30日まで】 定額減税補足給付金(不足額給付)

**<[Applications accepted until September 30th]**

**Fixed-rate tax reduction supplementary benefit (shortfall payment)>**

This benefit program is for those who had a shortfall in the amount of the fixed-rate tax reduction supplementary benefit (initial adjustment payment) implemented in fiscal year 2024.

Those who are eligible for this benefit should complete the application process by September 30th (Tue).

※ For details on how to apply, please refer to the Hamura News ver. July 1st, the city's official website, or inquiry.

Eligibility:

① Shortfall Payment I	Individuals for whom a shortfall arose between the amount that should have been paid and the initial adjustment payment amount after the FY2024 income tax amount and fixed-rate tax reduction amount were finalized.
② Shortfall Payment II	Individuals who were not eligible for the fixed-rate tax reduction as themselves or as dependents, and who also did not qualify as the head of household or household member of a low-income household.

Inquiries: Hamura City Fixed-Rate Tax Reduction Supplementary Payment Call Center (City Hall 2F, Meeting Room 201) ☎0570-092-926 (9AM ~ Noon, 1PM ~ 5PM. exclude Sat, Sun, and holidays), Fax ☎042-555-0323.

※ The benefit call center will be open until September 30th (Tue).



令和8年4月に小学校に入学するお子さんの健康診断を行います

### < Medical Checkup for FY2026 April First Grader Students >

Households with child(ren) entering an elementary school in April 2026 will receive a notification of Pre-entrance Child Medical Check-up in middle of September. Please make sure to take checkup.

If you are expecting the notification but it is not delivered yet, or check to other than the designated school, please contact Gakkou Kyouiku Ka, Gakumu Kakari.

#### ■ School Entrance Health Check Dates

Elementary School Name	Date
Hamura Higashi	November 14th (Fri)
Hamura Nishi	November 5th (Wed)
Fujimi	October 23rd (Thu)
Sakae	November 28th (Fri)
Shourin	October 29th (Wed)
Ozakudai	October 31st (Fri)
Musashino	November 6th (Thu)

Time: Reception 1:15PM ~ 1:30PM.

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

## HEALTH

### <Adult's Dental Checkup for Age 65 or over>

65歳以上の方へ 成人歯科健診を受けましょう

Oral health is important for overall health! Prevent problems with adult dental checkups.

Date: September 1st (Mon) ~ October 31st (Fri).

Eligibility: Hamura residents of age 65 and older as of June 1st present.

Details: Medical interview, assessment of existing teeth and dentures, oral hygiene status, periodontal disease status, etc.

Application: Please make an appointment at a designated dental clinic listed on the Participating Dental Clinics List.

※ Those undergoing dental treatment are not eligible for checkup.

※ Once a year dental checkup.

※ Regarding Cooperative Medical Institutions, please check City official website or inquiry.

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



はむら Enjoy ウォーキング

### <Hamura Enjoy Walking>

Perfect for those who want to start walking or develop an exercise habit! Learn the correct walking technique, then enjoy walking together while taking in the sights of the city.

Location: Hoken Center.

Eligibility: Residents of the city who can attend all sessions.

Capacity: 20 (in application order).

Instructors: Physical Therapists from the Hachioji Branch of the Tokyo Physical Therapy Association, Hamura Registered Dietitians, Hamura Public Health Nurses.

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

#### ● Hamura Enjoy Walking Schedules

Session	Date	Details
Session 1	Oct 5th (Sun)	Walking functions, choosing the right shoes, basic walking techniques.
Session 2	Oct 26th (Sun)	Relationship between exercise and diet, nutritional balance,



		basal metabolism, etc.
Session 3	Nov 16th (Sun)	Body shape and posture (flexibility and muscle strength required for ideal posture)

※ Body composition measurement, blood pressure measurement, and health checks before the lecture will be conducted every time.

Time: Every session 9AM ~ Noon.

Application & Inquiries: From September 3rd (Wed) ~, please apply via call or Email to Kenko Ka (in Hoken Center) ☎ Ext. 626, ✉ s305000@city.hamura.tokyo.jp

健康管理術

## HEALTH CARE MANAGEMENT TECHNIQUES

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



健康管理術「カルシウム いろいろたべて骨を元気に！」

### <Health Management Tips: "Eat Various Foods Rich in Calcium to Keep Your Bones Healthy!">

#### ■ Calcium Intake is Trending Downward カルシウムは不足傾向

Calcium is an essential nutrient for maintaining bone health and is found in four food groups: milk and dairy products, soy products, green vegetables, and seaweed. small fish.

According to the results of the FY 2023 National Health and Nutrition Survey, calcium intake is about 20 ~ 30% below the recommended daily allowance for all age groups. In particular, men tend to be deficient because their required intake is higher than women.

#### ■ Dairy Products Are a Rich Source of Calcium 乳製品は、カルシウムの宝庫

Dairy products are rich in calcium and have high absorption rates. Make it a habit to consume them daily. On the other hand, dairy products are high in fat and saturated fatty acids, which can increase the risk of obesity and cardiovascular disease. According to the Dietary Balance Guide, the recommended daily intake of dairy products for adults is one cup of milk or two servings of yogurt. If consuming two or more types, reduce half portion size accordingly.

To ensure adequate calcium intake while limiting fat, refer to the recommended intake guidelines mentioned above and consider using low-fat dairy products.



#### ■ Get calcium from a variety of foods カルシウムはいろいろな食品から

It is important to get calcium from a variety of sources, including soy products, green vegetables, seaweed, and small fish.

You can increase your calcium intake with small changes, such as adding plenty of tofu and green vegetables to miso soup or eating small fish as a snack.

### [Examples of foods high in calcium]

- Soy products...Firm tofu, Deep-fried tofu, etc.
- Green vegetables...Komatsuna, Mizuna, etc.
- Seaweed and small fish...Whitebait, Sakura Shrimp, Hijiki, Konbu, etc.

The Kenko Ka offers dietary consultations with registered dietitians.

Recipes from various themed [Health cooking classes] are also available.



9月20日 ~ 26日は動物愛護週間

### <Animal Protection Week September 20th ~ 26th>

#### ~ Please keep loving animals and taking responsibility to rear them.

The owners of pets are responsible for caring animals' entire lives, understanding their habits and caring for them with love. Killing, injuring, abusing or abandoning animals are punishable by law.

#### ● Sterility and Castration Surgery 不妊・去勢手術

~ If you do not wish to breed your pet or are unable to properly care for it after breeding, consider having

it spayed or neutered. Spaying or neutering can calm your pet's temperament and prevent reproductive system diseases.

- Identity Display

身元の表示

~ Dogs must have identification tags (or microchips), and cats and other animals must have name tags. Dog owners are required to register their dogs and have them vaccinated against rabies once a year.

- Cats Breeding Indoor

猫の飼育は屋内で

In consideration of current traffic and housing, it is desirable to keep cat indoor in urban areas to avoid neighborhood troubles.

- Follow the rules for dog walking

犬の散歩はルールを守って

Using leash when you walk with dog and hold it short. It is the owner's responsibility to flush dog's pee immediately, and take dog droppings back to home and dispose properly.

- Preparing for disasters

災害に備えて

In the event of a disaster, it is the owner's responsibility to protect their pets. Train your pets to get used to their cages on a daily basis so that they can accompany you to evacuation shelters. If it is difficult to evacuate with your pets, consider measures such as leaving them at a pet hotel or a safe friend's house in advance. Also, prepare disaster supplies for your pets (at least 5 days' food and water) on a daily basis.

Inquiries: Kankyo Seisaku Ka ☎Ext.226.

どうぶつ愛護フェスティバル ~人もどうぶつも守る防災術~

**<Animal Protection Festival>**

~ **Disaster prevention techniques to protect both people and animals.**

- Indoor event

Date and Time: September 23rd (Tue, Holiday) Noon ~ 3:30PM

Location: Tokyo National Museum (Heiseikan).

- Outdoor Event

Date and Time: November 15th (Sat) 10AM ~ 4PM

Location: Ueno Onshi Park (around Shinobazu Pond).

Inquiries: Environmental Health and Sanitation Section, Bureau of Public Health and Medical Care, Tokyo Metropolitan Government ☎03-5320-4412.



情報アラカルト

子育て

## MISCELLANEOUS INFORMATION CHILDREN

**< The 1 Year-Old and Parent Get-Together Group >** 1歳児教室「1歳ちゃん♪ 生まれ〜!」

It will offer tips on how to stop breast feeding or about safety, and the child can play with other children.

Date: September 30th (Tue), 9:30AM ~ 11:30AM

Location: Hoken Center

Eligibility: Hamura City Residents who have a child at one year old as September can attend with their child.

Capacity: 15 pairs (in application order).

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

Application & Inquiries: Starting from September 1st (Mon) 9AM~, via application form, please call or in person to Kodoma Katei Center, Boshi Hoken. Sodan Kakari ☎Ext. 693.



はじめての園選び 基本ガイドBOOK 公開中

**<First-Time Preschool Selection Guidebook Now Available>**

For parents wondering, "Should I choose a kindergarten or a nursery school ?", city has created the "First-Time Preschool Selection Guidebook".

Kindergartens, nursery schools, certified childcare facilities, and other types of preschools offer a variety of programs and services. This guidebook compiles information to help you select the best preschool for your child from among the many options available, as the preschool environment plays a crucial role in a child's early development.

Please make use of the guidebook to help you make the best choice for your child and family.

Inquiries: Kosodate Shien Ka Hoiku. Youchien Kakari ☎Ext. 234.



**< Oversize Trash Services will be stop temporarily>** 粗大ごみの受入れを一時休止

Due to facility repair, recycling center will stop service for accepting oversized trash. Your cooperation will be highly appreciated.

Term: September 15th (Mon. Holiday) ~ 23rd (Tue. Holiday).

※ If you need to dispose of oversized trash during moving, please contact us till September 12th (Fri) to consulat.

Inquiries: Recycling Center ☎042-578-1211.

**< BLOOD DONATION NEEDED! >** 愛の献血にご協力を！

Date & Time: September 30th (Tue) 10AM ~ Noon / 1:15PM ~ 4PM

Location: Ozaku Station, The East Entrance's front square.

Eligibility: Age 16~69 (Those over age 65/older who had donation experiences at age 60~64 are ineligible)

Details: for 400ml or 200ml blood (Taking medicine for stomach ache, vitamins, or drugs to lower blood pressure will not affect the ability to donate)

※ When the required amount is secured, 200ml donation will be stopped.

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

**<Donate blood at the Tachikawa Blood Donation Center!>** 立川献血ルームでも献血を！

Location & Inquiries: Tachikawa Blood Donation Center (3-6-29 Shibasaki-cho, Tachikawa City, Areare 2nd and 3rd floors) ☎ 042-527-1140.

※ Please inquire for details regarding holidays and other information.

**<Traffic Safety Seminar>** 交通安全講習会

Date and Time: September 10th (Wed), 7PM~8PM (schedule)

\*\* Open reception: 6:30PM ~

Location: Primo Hall Yutorogi, Main Hall.

※ Parking space is limited, please come on foot or by bicycle as possible as you can.

Inquires: Bousai Anzen Ka, Bouhan. Koutsu Anzen Kakari ☎Ext. 216.



9月が高齢者悪質商法被害防止共同キャンペーン月間

**<September is Joint Campaign Month for Preventing Fraudulent Business Practices Targeting the Elderly>**

In cooperation with the [Joint Campaign for Preventing Fraudulent Business Practices Targeting the Elderly] conducted by the Tokyo Metropolitan Government every September, the city is also calling on citizens to be vigilant and consult with the Consumer Affairs Center.

It is also important for family members, neighbors, and others around you to keep an eye out. If you have any concerns, please feel free to consult as soon as possible.

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

Inquiries: Consumer Affairs Center ☎Ext. 641, FAX 042-555-5535.

後期高齢者保険

**LATE ELDERLY INSURANCE**

自己負担割合「2割」の方へ 外来医療の負担軽減措置が終了します

**<For those with a 20% copayment rate: Measures to reduce the burden of outpatient medical care will end.>**

Measures to reduce the burden of outpatient medical care for those with a 20% copayment rate under the



Elderly Medical Care System will end for medical treatment provided through September 30th. For those with a 20% copayment rate, the monthly upper limit for outpatient medical care provided on or after October 1st will be JPY18,000.

※For more details, please refer to the official website of the Tokyo Metropolitan Government's Late Elderly's Medical Care Regional Consortium or the booklet enclosed with the eligibility confirmation letter sent in late July.

Inquiries: Shimin Ka, Kourei Iryo Nenkin Kakari ☎Ext. 138.

## PRIMO LIBRARY HAMURA ☎042-554-2280

### ■ <Storytelling session for toddlers>

幼児向けおはなし会

Date and Time: September 13th (Sat) 11AM~



### ■ <The Reading Notebook will be commendation> 読書手帳の表彰

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.

If you have reached the standard number of books, please come to main library's counter. Staff will contact you at the award ceremony at a later date.

Application period: September 5th (Fri) ~ 28th (Sun).

Eligibility books: Material borrowed from Primo Library Hamura, school library or books at home (excluding magazines, manga and audiovisual materials) with stickers attached to "Reading Notebook" and "Yomucho".

### ● Award Criteria 表彰基準

Classification	Award number of books
Elementary School students or younger	500 books
Junior High and High School students	500 books (including books read before Junior high school) Or, a record of 200 books read since entering Junior high school.
General	1,000 books for (up to 5 times for award).

Award Day and Time: November 3rd (Mon. Holiday) 10AM~ (about 30 minutes).

### ■ 大人のためのお話会 ~ほっとするひとときを一緒に~

#### <Storytelling adults ~Let's enjoy a relaxing moment together~>

Heartwarming picture books and stories that expand your imagination await you.

Date and Time: September 19th (Fri) 11AM ~ (approximately 1 hour).

Location: Primo Hall Yutrogi Lecture Room 1

Details: Reading of "Riding the Bus" and others.

Performers: Library Volunteers, Storytelling Hoton.

### ■ 休館日のお知らせ **Close Day** September 16th (Tue).



### ■ <Paper theater for both adults and children> 大人も子どもたのしめる紙芝居

Date and Time: October 4th (Sat), 1:30 PM ~ 3:30 PM.

Location: Primo Hall Yutrogi Lecture Room 1

Details: Paper theater "Sonezaki Shinjou" and "Tonma no Ookami" and others.

Performers: Eichi and Paper Theater Mokuren (Hamura City Library Volunteers).

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

### <Water Walking Class> 水中ウォーキング講習会

Introduces various walking ways with the properties of water. The physical fitness improving and fat burning can be expected.

Date and Time: September 27th (Sat) 10AM~10:50AM

Eligibility: Age 16 or over.

Capacity: First 30.

Fee: Hamura residents or worker JPY500 (outside of Hamura City JPY750).

Application: At the same day 9AM~9:50AM, please come to swimming center reception desk directly.

弓道場

**KYUDO ASSOCIATION ☎042-555-9255**

2025 年度秋季弓道教室

### <2025 Autumn Kyudo Class>

Why not experience the appeal of kyudo ? This class is for beginners.

Date and Time: October 4th (Sat) ~ 25th (Sat), every Wednesday and Saturday, 7PM ~ 9PM (7 sessions).

Eligibility: Junior high school students and older (Junior high school students must be accompanied by guardian) ※ Priority will be given to residents and employees within the city.

Capacity: 12 (If applicants are to many, the drawing will be held.) Fee: JPY3,500 (including insurance).

Things to bring: Exercise clothes (no buttons on the top), socks or tabi (traditional Japanese footwear).

Details: Basic posture, handling of archery equipment, entering and exiting the range, and shooting practice.

Application: Sep 3rd(Wed) ~ 28th(Sun), please send your [address, name, gender, age, and phone number] via email to the Hamura City Kyudo Association ✉secretariat@kyudo-hamura.sakura.ne.jp



内川聖一野球教室 in プリモパークむさしの

### <Mr. Seiichi Uchikawa Baseball Class at Primo Park Musashino>

The 5th and 6th graders from teams affiliated with the Hamura City Youth Baseball Association will receive instruction. Anyone is welcome to observe.

Date and Time: September 15th (Mon. Holiday), 10AM ~ 11:30AM.

Location: Primo Park Musashino (Musashino Park) Softball Field.

※In case of rain, the event will be held at Shourin Elementary School Gymnasium.

Inquiries: Hamura City Park Designated Manager Wing Park ☎042-555-4342.

第28回はむら桜づつみジュニア駅伝大会

### < The 28th Hamura Sakura-Zutsumi Junior Road Race Ekiden Race >

Date: October 26th (Sun) (The competitors' reception ..... 7:30AM ~ 8AM)



Start Time	Group Classification
9AM	3rd .4th grade boys group
9:30AM	3rd .4th grade girls group
10:10AM	5th. 6th grade boys group
10:50AM	5th. 6th grade girls group



Location: Miyanoshita Sports Park ~ Sakura-Zutsumi.

Eligibility: Hamura residents 3rd ~ 6th Grade elementary school students.

Team Composition	Regular player 4 , Substitute player 1 and Coach 1 (guardian)
Distance	3rd .4th grade students : 1 block 1.15 km x 4 blocks
	5th .6th grade students : 1 block 1.7 km x 4 blocks

Application: Sep 2nd(Tue)~28th(Sun), Please submit the [Application Form] to the Sports Association (S&D Sports Arena Hamura 2F) or apply via 2D code posted in Hamura News ver. Sep 1st.

※ Please download [application form] from Hamura City Track and Field Club official website.

Co-Sponsored: Tokyo Metropolitan Gov. , Tokyo Metropolitan Athletic Association, Hamura City, Hamura Education Board and NPO Hamura Taiiku Kyoukai (Athletic Association).

Main organizer: Hamura City Track and Field Club.

Inquiries: Hamura City Rikugyou Kyogi Club ☎042-555-2946 (6 ~ 8PM).

# **<[Children's International Exchange Music Festival] Chorus Group, Participants and Performers for Welcome Performance Recruitment>**

City is recruiting a choir group to perform at the [Children's International Exchange Music Festival], which will be held at Primo Hall Yutorogi on Feb 12th (Wed, Holiday), 2026 and a group to welcome the performers from Vienna.

## **[Choirs]**

Practice dates: Sundays during October 12th (Sun) ~ February 1st (Sun), 2026.

※ Time: 2PM ~ 5PM each time (total 10 times).

Location: Primo Hall Yutogogi.

Eligibility: The 4th grade elementary school students ~ 18 years old residing in Hamura and are able to participate in the rehearsals and the performance.

Capacity: About 50 (in application order).

Lecturer: Mr. Takehiko Okabe (Music Director, Children's International Music Festival).

## **[Welcome performance]**

Eligibility: Students or graduates of music colleges, etc., up to about 30 years old, who live, work, or come from the Nishitama area.

※ Please apply as an ensemble as much as possible.

※ There will be a judgement by the Music Director.

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

Sponsor: Children's International Music Festival Executive Committee (Hamura City, Okutama Town, Hinohara Village, Akishima City).

Application: Till September 26th (Fri), please apply via applicaiton form or in person to Primo Hall Yutorogi ☎042-570-0707 (9AM ~ 8PM. Closed on Mondays except Holiday's).



行政・人権相談日

## **PUBLIC CONSULTATIONS**

## **Schedule of September**

Category	Date	Time	Contact
Public Administration and Human Rights	October 16th (Thu)	1:30pm ~ 4:30pm	Shimin Soudan-shitsu City hall ☎Ext.541



\***(A)**=appointment required. .

◆ Consultations are by appointment only. Please do not call the Shimin Soudan-Shitsu for consultation over the telephone.

9月休日診療

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

Date	Hospital / Clinic				Dental Clinic	
September	9am~5pm		5pm~10pm		9am~5pm	
7th (Sun)	Hamura Sougo Shinryoujo	☎042-554-5420	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Katou Shika Clinic	☎042-554-8887
14th (Sun)	Matsuda Iin	☎042-554-0358	Hikari Clinic (Fussa-shi)	☎042-530-0221	Hamura Tulip Shika	☎042-578-8284
15th (Mon. Holiday)	Yamaguchi Naika Clinic	☎042-570-7661	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Kusaka Shika	☎042-555-7793
21st (Sun)	Futaba Clinic	☎042-570-1588	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Takada Shika Iin	☎042-555-5903
23rd (Tue. Holiday)	Yanagida Iin	☎042-555-1800	Mizuho Byouin (Mizuho-machi)	☎042-556-2311	Hanenaka Shika Clinic	☎042-554-2202
28th (Sun)	Matsubara Naika Iin	☎042-554-2427	Hikari Clinic (Fussa-shi)	☎042-530-0221	Hamura Shika Iin	☎042-570-4618

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