



HAMURIN Hamura City Mascot

HAMURA NEWS

November 1st, 2025

Edited by: *Hisho Kouhou Ka* (Secretary & Public Information Section)
5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111
Hamura City Official Website = <https://www.city.hamura.tokyo.jp>

Published by: Hamura City

E-mail: s102000@city.hamura.tokyo.jp

はむら市民と産業のまつり 2025

<Hamura Citizens and Industry Festival 2025>

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

Location: S&D Sports Park Fujimi.

For details on event information, stage schedule etc., please check the flyer distributed simultaneously with the Hamura News Ver. Nov 1st and the city official website.

Inquiries: Hamura Citizens and Industry Festival Executive Committee Office

(Sangyou Shinko Ka ☎ Ext. 666/Hamura Chamber of Commerce and Industry ☎ 042-555-6211).



The Shuttle Bus is available.

Once again, Toyota S&D Nishi-Tokyo, Inc. has cooperated with the "Hamura Citizens and Industry Festival". The details, please check the flyer.

■ Shuttle Bus Course

- East Exit of Hamura Station ⇄ Festival Location.
- East Exit of Ozaku Station ⇄ Festival Location.
- Festival location ⇄ Hino Motors Hamura Plant ⇄ Logispo Co., Ltd. /
Logispo Co., Ltd. ⇄ Hino Motors Hamura Plant ⇄ Festival location.

動物界のスター誕生！ ヒノトントン ZOO アイドル選抜模擬選挙

<Animal Kingdom Star is Born!>

~ Hinotonton ZOO Idol Selection Mock Election

Come vote and you might meet that famous character ? ...

Also, within the same booth, we will display The 28 works selected by the city from the "Bright Election Awareness Poster Contest" will be displayed, featuring entries submitted by elementary and junior high school students in the city. Please come see the children's wonderful works.

Date and Time: [Voting Days] Nov 1st (Sat) & 2nd (Sun), 10AM ~ 2PM each day

[Ballot Counting] Nov 2nd (Sun), 2PM ~

Location: Hamura Citizens and Industry Festival, Election Management Committee Booth.

Eligibility: Elementary and Junior High School Students

Inquiries: Election Management Committee Office, ☎ Ext. 682.



第30回 はむら保育展

<The 30th Hamura Childcare Fair>

The information useful for daily childcare will be exhibited, including introductions to city nurseries and certified childcare centers, as well as information on children's health and nutrition education.

In addition to the exhibition hall, 6 rooms will be set up: age-specific rooms, playroom, health room, and



nutritionist association corner. You can also enjoy the [Exciting Parent-Child Concert]!

Date and Time: November 22nd (Sat), 10AM ~ 4PM.

※ The exhibition will be held from November 19th (Wed). (Exhibition Room ... 10AM ~ 4PM).

Location: Primo Hall Yutrogi.

Co-hosted by: Hamura Childcare Exhibition Executive Committee, Hamura City.

Inquiries: The 30th Hamura Childcare Exhibition Executive Committee (Fujimi Daiichi Nursery School (Principal: Baba San)) ☎042-554-6709.



ひとりで悩まないで・・・まずは相談を！！

<Don't worry alone... Consult with us first!>



Are you worried about child rearing, nursing care, relationships with your spouse or other close people, etc.? The City provides a specialized contact counter to help you with your various concerns.

If you are worried about something, please do not think "I can't tell anyone" but consult with us first.



It may be abuse/violence...?

- ◎ If you feel your life is in danger, please call **110** police immediately!
- ◎ Worried... Please consult first!

[Psychological abuse/mental violence]: Threatening, ignoring, harassing, verbally abusing, yelling, showing verbal abuse and violence to family members (husband, wife, siblings, etc.)

[Physical abuse / violence]: Punching, kicking, hitting, pinching or tying to bed.

[Neglect (abandonment, neglect of care and caregiving or neglect)]: Not feeding the child, leaving the infant or toddler to go outside the home, not providing necessary care, neglect by a roommate outside the family or a third party who comes in and out of the home, abuse by a family member.

[Sexual abuse / violence]: Sexual pranks, forced sexual acts. Showing genitals or sexual intercourse.

[Economic abuse / financial violence]: Not giving money, using or restricting the person's savings or other assets against the person's will.

◆【子育て家庭の方は】

PERSONS OF CHILDREN and FAMILY

Hamura Kodomo Katei Center - Kodomo Katei Shien Kakari (Hoken Center 2F) ☎042-578-2882.

※ Responding to consultations regarding children (under 18 years old) and families.

Consultations details : ● If you have unresolved issues about child abuse.

- The lifestyle and discipline/ growth and development.
- And other subjects regarding your child.

The below organizations will also help you with problems.

- Tachikawa Child Guidance Center (Tachikawa Jidou Soudanjo) ☎042-523-1321.

Date: Monday ~Friday 9AM~5PM (exclude holidays and New Year).

- LINE Counseling for parents and children

Date: Monday ~ Friday 9AM~10:30PM, Sat, Sun, holidays and New Year's holiday 9AM~5PM.

- National Child Guidance Center National Dial: **189** (ICHIHAYAKU, 24 hours a day, 365 days a year).

※ Personal information and other confidential information will be kept confidential.

Anonymous consultation is also available.

※ Even if it is not abuse, the person who consults will not be held responsible in any way.

◆【高齢の方は】

THE ELDERLY

Kourei Fukushi Kaigo Ka (Hamura City Hall 1F) ☎Ext.198.

Consultations details: ● Elderly abuse, Procedures for applying for legal conservatorship.

- Nursing care services, welfare services.
- The related information for nursing care prevention.



※ The below support centers are available for consultations.

- Community General Support Center Asahi Branch ☎042-555-8815.
- Community General Support Center Ayumi Branch ☎042-570-1200.
- Community General Support Center Akashia Branch ☎042-578-5508.
- All Centers consultation date and time: Mon ~ Fri, 8:30AM ~ 5PM

(exclude Holidays, Year End & New Year Holidays).

** Each support center has covering areas, please check Hamura News ver. Nov 1st to get details.

【障害のある方は】

PEOPLE WITH DISABILITIES

- ◆ Shougai Fukushi Ka (Hamura City Hall 1F) ☎Ext.185.

Consultations details: ● Matters concerning abuse of persons with disabilities.

- Various consultations for persons with disabilities, the families and related persons.

【その他の相談は】

THE OTHERS CONSULTATION

- ◆ Hisho Kouhou Ka, Shimin Soudan Kakari (Hamura City Hall 1F) ☎Ext.541.

▼ General Consultation: After asking about the content of consultation, you may be guided to the relevant section of outside organization.

▼ Consultation for women and SOGI problems

Date and Time: The 1st, 3rd and 5th Wednesdays 1:30PM~4:30PM.

※ The 2nd and 4th Wednesday 9AM ~ 1PM, Fussa city are also available to consult.

- ◆ Kodomo Seisaku Ka (Hamura City Hall 2F) ☎Ext.239.

Consultations details: Women's counseling for independence.



こちらでも相談できます

<You can also consult here>

- ◆ Tokyo Women's Plaza

○ General consultation ☎ 03-5467-2455 / ☎03-5467-1721 (DV hotline).

Date and Time: 9AM ~ to 9PM daily (exclude year-end and New Year holidays).

○ Consultation for men ☎03-3400-5313

Telephone counseling: Mon, Wed and Thur 4PM ~ 8PM /

Sat 1PM ~ 5PM (exclude holidays, Year-end and New Year holidays).

Interview counseling : Required abovementioned phone number reservation.

- ◆ Tokyo Metropolitan Women's Consultation Center Tama Branch ☎042-522-4232.

Date and Time: Mon ~ Fri, 9AM~ 4PM (exclude holidays, Year-end and New Year holidays).

- ◆ Your Support ☎#8778 (Hanasou Nayami)

A support portal for women facing difficult issues such as domestic violence and sexual assault.

11月12 日~ 25 日は「女性に対する暴力をなくす運動」期間

<November 12th ~ 25th

is the Campaign to Eliminate Violence Against Women" period>

Violence against women," including spousal violence, sexual crimes, stalking, prostitution, trafficking in persons, and sexual harassment", is a serious violation of women's human rights and must not be tolerated.

It is also an important issue that must be overcome in order to form a gender-equal society. Let's eliminate violence against women and promote the creation of society where everyone can live in peace.

The city will display posters at public facilities and light up the Hinotonton ZOO with purple lights.

Inquiries: Soumu Ka ☎Ext. 347.



11月は児童虐待防止推進月間

<NOVEMBER is CHILD ABUSE PREVENTION MONTH>

~ Maybe only you noticed that sign.

Direct Line for Child Services ☎189

If you are aware of any incidents, or if you are dealing with problems regarding your child, please consult to Kodomo Katei Center or Children Consultation Center.

The city will light up the Hinotonton ZOO with symbol color orange lights (October 31st ~ November 13th).

Inquiries: Kodomo Katei Center, Kodomo Katei Shien Kakari ☎042-578-2882.



高齢の方への主な福祉施策

MAIN WELFARE MEASURES FOR ELDERLY PEOPLE

~ Living with peace of mind forever ~ ~いつまでも安心して暮らしていくために~

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

All require an application in advance and some programs may require a home visit.



Services	Eligibility	Details
Diaper Service	- Those who are age 65 or over needed diapers all the times at home (long-term care level 3 or more) - Those who are Support level 1, 2 and recognized as incontinent due to illness etc.(exclude Living Support Act recipient)	Benefits for diapers designated by the city (up to JPY4,000 per month). ※10% of the cost of benefits is borne by you.
Bedridden Elderly Bedding Dry Services	- Living alone at home and having difficulty drying bedding people aged 65 or over. - Households with bedridden individuals aged 65 or older living at home.	Dry up to 5 sheets once a month.
Elderly Independence Support Housing Renovation Benefit	- Equipment Renovation: Those who are at home age 65 or older with certified long-term care and needed renovation. - Preventive Benefits: Those who do have certified for long-term care.	○Equipment Repair: Bathtub replacement (up to JPY379,000) Sink/Wash Basin (up to JPY156,000) ○Preventive benefits: Installation of handrails, elimination of steps on the floor, etc. (up to JPY200,000) ※ 10 to 30% of cost of benefits is borne by own. ※ Please consult before renovation.
Elderly emergency notification system	Those who live alone age 65 or over and need constant attention due to physical chronic illness (heart disease, circulatory system)	Install and lend emergency notification system equipment. ※ Some costs will be borne depending on income.
Elderly housing fire reporting system	Those who are age 65 or over and live alone Households with only elderly people who need constant attention and consideration for disaster prevention due to chronic physical illness, etc.	Installation and rental of residential fire reporting equipment, etc. ※ Some costs will be borne depending on income.
Prowling elderly search services	Those who are age 65 or over and caring for people with wandering due to dementia at home.	○ GPS system ~ Using the GPS location search system, convey wandering elderly location to the caregiver for early detection. ※ 10% of the cost of benefits will be borne by you. ○ Anshin Watch Sticker ~ A label sticker with 2D code printed is attached to the clothes or bag of the wandering elderly. When the finder reads the 2D code to notify the caregiver, leading to prompt return home. ※ Free up to 40 Watching Stickers.

Subsidies for water and sewerage usage fees (※)	- Single-person households aged 70 or over or in a household with only elderly people. - Residents Tax is exempt in the year which all household members are subsidized. - Not receiving Living Support Act subsidy. - No delinquency in water and sewerage usage fees.	Subsidize basic water and sewage charges (minimum diameter (13mm) for one faucet)
Welfare Telephone Services	- Single-person households aged 65 or over, with only elderly people and no telephone. - Single-person households with aged 70 or over and apply the following 1) and 2). - No relatives live in Hamura City. - Annual income tax is JPY42,000 or less and require regular safety confirmation.	Subsidize basic usage and call charge (up to JPY600 per month) ※ Lend a phone to household without a phone.

※ **Water and Sewerage Usage Fees Subsidy**

The city waives a portion of the base and metered charges for water bills during the four summer months. This also applies to recipients of the "Water and Sewerage Usage Fee Subsidy" from Kourei Fukushi Kaigo Ka and Shougai Fukushi Ka. For the waiver period (payments made in November and March), the subsidy amount covers only the sewerage usage fee equivalent.

2025 年度多摩・島しょ広域連携活動助成事業



<2025 Tama and Islands Regional Collaboration Grant Program>

~ Children's Experience Workshop [Children's International Music Festival] 「子ども国際交流音楽祭」

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

Enjoy performances by a choir composed of West Tama's elementary and junior high school students, welcome performances by young musicians from West Tama, exchange performances with Viennese musicians, and the Vienna Philharmonic Orchestra performances.

Date and Time: February 11th, 2026 (Wed. holiday) 3PM~5PM.

Location: Primo Hall Yutrogi, Main Hall (All seats reserved).

Capacity: 660 (Preschoolers not allowed to admit).

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

<<Ticket Distribution (Free Admission)>>

[Parent-Child Priority Reservation]

Eligibility: Elementary school students ~ 18-year-olds residing in Hamura City, Okutama Town, Hinohara Village, Akishima City, and their accompanying guardians (up to 3 tickets per group).

Application: Nov 15th (Sat) ~ 28th (Fri), via QR code posted on Hamura News ver. Nov 1st (first 175).

Ticket Exchange: Dec 5th (Fri) ~ 21st (Sun), please come to Yutrogi to exchange your tickets.

[General Distribution]

Application: Dec 5th (Fri) 9AM ~ 8PM, please come to Yutrogi (or your respective municipality) to get.
(up to 2 tickets per group)

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

お知らせ

学び

中学生交通安全教室

INFORMATIONS LECTURE



<Junior High School Traffic Safety Class>

A realistic, participatory traffic safety class featuring activities like a stuntman reenactment of a traffic

accident (Scared Straight) will be conducted. The general public is welcome to observe. Please come directly to the venue.

Date and Time: November 10th (Mon) , 1:35 PM ~ (approx. 1 hour 30 minutes).

Registration: From 1 PM ~.

Location: Hamura 3rd Junior High School Grounds (Gymnasium in case of rain, limited number of people available).

Things to Bring: Indoor shoes (if it rains).

東京都自転車安全学習アプリ「輪トレ」を利用してください

<Please use the Tokyo Metropolitan Government's bicycle safety learning app

[Wheel-in Training].>

This free app, created by the Tokyo Metropolitan Government, allows you to learn bicycle rules easily, etiquette on your smartphone and experience simulated bicycle riding.

For details, please check the Tokyo Metropolitan Government's webpage.

Inquiries: Bousai Anzen Ka, Bouhan. Koutsuu Anzen Kakari ☎Ext. 216.



一日生活講座 無駄なし栄養術～食材を丸ごと活かす健康生活～

<Healthy Living Seminar>

Waste-Free Nutrition Techniques ~ Maximizing Whole Ingredients for a Healthy Lifestyle

Discover how to prevent nutrient loss by utilizing whole ingredients, reduce food waste, and consider environmentally conscious healthy living.

Date and Time: November 30th (Sun), 10AM ~ Noon.

Location: Primo Hall Yutrogi Lecture Room 2.

Eligibility: Residents, students, or workers within the city.

Capacity: 20 (drawing if oversubscribed).

Lecturer: Ms. Junko Watanabe (Representative, Tama Tachikawa Regional Activity Nutritionists Association, Registered Dietitian).

※ It is not cooking seminar.

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

Organizer: Tokyo Metropolitan Consumer Affairs Center.

Application/Inquiries: Till November 25th (Tue) 5PM, via the application, email, phone, fax, or in person at the Consumer Affairs Center, ☎Ext. 640, ✉s107000@city.hamura.tokyo.jp FAX042-555-5535.



<Gatekeeper Workshop>

ゲートキーパー講座

~Protecting Children's Smiles~

～子どもの笑顔を守るために～

Children are at a developmental stage where they cannot seek advice or solve problems on their own. Even if they seem cheerful, they may be struggling with worries or difficulties. To protect children's smiles, let's consider how we adults can actively pay attention to children, listen to them, and catch their SOS signals.

Date and Time: December 6th (Sat), 2PM ~ 4PM.

Location: Primo Hall Yutrogi Lecture Room 1.

Capacity: 60 (in application order).

Details: The Current State of Children Today / Listening to Children's Voices / Recognizing SOS Signals & How to Draw Them Out.

Lecturer: Ms. Masae Katou (Professor, Department of Health and Welfare, Faculty of Health Sciences, Kyorin University)

Application & Inquiries: Nov 4th (Tue) (Nov 11th (Tue) for non-city residents) ~ Dec 5th (Fri) 5PM. Please apply via application form or call to Kenko Ka (in Hoken Center) ☎Ext. 625.

<Consumer Life Lecture Bus Tour Experience> 消費生活講座 バス見学体験ツアー

Cook Do で発見！食の安全とものづくりの秘密



Discover with 「Cook Do」! Food Safety and the Secrets of Manufacturing

■ Cook, Eat, Learn and Understand!

Experience the journey products take to reach store shelves through a factory tour of Ajinomoto Co., Inc., cooking experiences, and tastings.

Date and Time: December 12th (Fri), 10AM ~ approx. 5:45 PM

Location: Ajinomoto Co., Inc. Kawasaki Factory (3-4 Suzuki Cho, Kawasaki Ku, Kawasaki City, Kanagawa Prefecture)

※ Meet /Dismissal: Hamura City Hall Annex Consumer Affairs Center.

Eligibility: Residents, students, or workers within the city (High school age and above)

Capacity: 18 (drawing if oversubscribed)

※ For those who are with allergies to 「wheat, soybeans, apples, sesame seeds, or pork」 should carefully consider their participation.

※ Please wear masks during the cooking experience.

Application/Inquiries: Till December 5th (Fri) 5PM, please apply via application form, email, phone, fax, or in person to Consumer Affairs Center ☎Ext.640, ✉s107000@city.hamura.tokyo.jp FAX042-555-5535.



農ウオークに参加して、おいしい収穫してみませんか？

<Let's try a happy harvents! ~ Participate Agricultural Walk>

The Agricultural Walk is an experience tour that allows you to walk around the city's farmlands, listen to farmers talk about agriculture, harvesting and even taste some products.

Date and Time: Nov 28th (Fri) 9AM ~ 1PM (It will be cancelled due to light rain).

Meet at: S&D Sports Arena Hamura.

Eligibility: Those who live or work in Hamura. (up to 4 people per application).

Capacity: 30 (drawing if oversubscribed).

Fee: JPY1,000 / per person (please pay on the day).

Things to bring: Gloves, beverage and shoes can be dirty.

Application: Please submit by Nov 14th (Fri) 5PM, via application form posted in Hamura News ver. Nov 1st.

Inquiries: Sangyou Shinko Ka, Nousei Kakari ☎Ext. 663.

東京 2025 デフリンピックのキャラバンカー がやってきます！

<The Tokyo 2025 Deaflympics Caravan Car is coming!>

The Deaflympics combines "Deaf" (meaning "unable to hear") and "Olympics," forming the international "Olympics for the deaf and hard of hearing". The International Committee of Sports for the Deaf (ICSD) hosts it every four years. The Tokyo 2025 Deaflympics marks the 100th anniversary of this historic event and will be held in Japan for the first time.

The Tokyo 2025 Deaflympics Caravan Car, currently touring all of Japan, is coming to Hamura City!

Let's support the Deaflympics spreading across the world. Hamurin will be there to cheer too!

Date and Time: November 11th (Tue), Noon ~ 12:30 PM (planned).

Location: In front of the City Hall Main Entrance (In case of rain: City Hall 1F Lobby).

Details: Deaflympics PR / Greetings from the Mayor and Hamura City Association of the Deaf /Support Song (Sign Language Cheer).

Organizer: Tokyo Federation of the Deaf.

Co-hosted by: Hamura City Association of the Deaf, Hamura Sign Language Circle, Hamura Sign Language Circle Evening Group, Hamura City Registered Sign Language Interpreters Association.

Inquiries: Shougai Fukushima Ka, Shougai Fukushima Kakari ☎Ext. 172.



[Tokyo 2025 Deaflympics]

Period: November 15th (Sat) ~ November 26th (Wed).

Location: Komazawa Olympic Park General Sports Ground (Athletics) etc. 19 other venues.

Number of Sports: 21

Participating Countries: 70 ~ 80 Countries. Regions.

Number of Athletes: Approximately 3,000.

The Tokyo 2025 Deaflympics are free to watch for everyone, no advance registration required! For competition schedules, crowd levels at venues during the event, and other information, please scan the QR code posted on Hamura News ver. Nov 1st.

パパママ講座第3回 「家族であそぼう！」

<The 3rd Papa Mama Lecture "Let's Play as a Family"!>

Date and Time: December 6th (Sat) 10AM ~ 11AM.

Location: Hoken Center 2F Health Guidance Room.

Eligibility: Parents and children with preschool age living in the city.
(siblings not of the eligibility age are welcome to come).

Capacity: 8 families (in application order).

Details: ① Practical activities the whole family can enjoy together.

② Sharing parenting concerns and childcare information

③ Introduction to the idea of gender equality.

Instructor: Childcare worker affiliated with the city's male childcare workers' association "Hop no Kai".

Application/ Inquiries: November 4th (Tue) ~ 21st (Fri), please apply via application form, call or in person to the Kodomo Katei Center, Kodomo Katei Shien Kakari (Hoken Center 2F)

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



健康

HEALTH

家族介護者リフレッシュの会

<Family Caregiver Refresh Meeting>

A gathering for those caring for loved ones with dementia or similar conditions. Share your daily thoughts and uncertainties. Care support professionals will be there to listen to your concerns.

Date and Time: November 21st (Fri), 10AM ~ Noon.

Location: Gonogami Kaikan.

Capacity: 10

Application & Inquiries: Community General Support Center Akashia Branch ☎042-578-5508.



知っておきたい唾液パワー！口腔ケアで若返り

<Discover the Power of Saliva!

~ Rejuvenate Through Oral Care~

Saliva contains numerous components to help to maintain oral health. Why not learn about its versatile power ?

※ A brief consultation for the elderly will also be held simultaneously.

Date and Time: November 27th (Thu), 10AM ~ Noon (Doors open at 9:45AM).

Location: Primo Hall Yutrogi Lecture Room 1.

Eligibility: Residents aged 65 and over.

Capacity: 50 (in order of application).

Lecturer: Hozumi Monjiyama San (Dental Hygienist, Nishi-Tokyo Dental Clinic/ Nishi-Tokyo Oral Care

Station)

Application & Inquiries: Oct 31st (Fri) ~ Nov 26th (Wed), via the application form, call or in person to Kourei
Fukushi Kaigo Ka, Kaigo Yobo. Chiiki Shien Kakari ☎196.



カラダ塾

クリスマスにもぴったり！ ゆるっと減塩メニュー

<Body Workshop>

~ Perfect for Christmas! Easy Low-Salt Recipes.

The delicious recipes will be introduced that help you cut back on salt while enjoying year-end events.

Date and Time: December 10th (Wed), 10AM ~ 12:30 PM.

Location: Hoken Center.

Eligibility: City residents.

Capacity: 20 (in the order of application).

Fee: JPY300 (cooking class fee).

Things to bring: Writing utensils, apron, bandana, and health handbook (if you have one).

※ For food safety reasons, please wear a mask during the cooking session.

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

Application & Inquiries: From Nov 4th (Tue), via email, or call to Kenko Ka, (in Hoken Center) ☎Ext. 625,
✉s305000@city.hamura.tokyo.jp

※ When applying by email, please include [①Name ②Age ③Daytime contact phone number ④Address] in the text.



11 月は子宮頸がん月間予防啓発月間

<November is the Prevention Month of Cervical Cancer>

~Cervical cancer screening is underway.



Cervical cancer is a cancer that starts increasing from the age of 20 and peaks in their 40s. Make it as a habit to get screened every two years from a young age.

Eligibility: Women aged 20 or older residing in the city who did not undergo cervical cancer screening last fiscal year.

※ Application deadlines vary by medical institution. Please check the city's official website for details.

◆ Coupons for free cervical cancer screening will be sent.

Eligibility: Women born between April 2nd, 2004 and April 1st, 2005.

Expiration date: February 28th (Sat), 2026.

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

杏林大学共催運動健康増進プログラム「体力測定と運動講座」

< Exercise Promotion with Kyourin Univesity

~ "Physical Fitness Measurement and Exercise Session" >

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

Date and Time: Dec 13th (Sat) [65~79 years old]: 10AM ~ Noon.

[20~64 years old]: 1PM ~ 2:30PM.

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

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

Eligibility: Hamura Resident age is from 20 to 79 as of April 1st, 2025.

※ For those who participated the previous checking (Aug 23rd) and had limit exercise from doctor order are not allowed to enroll.

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

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

[65-79 years old] Open eye one leg stand etc.

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

Lecturers: Kyourin University, Faculty of Health Sciences ~ Mr. Hiroyuki Ishii, Mr. Keita Aihara and Ms. Mina Kusuda.

Application: Nov 4th (Tue) ~ Dec 3rd (Wed), please call to S&D Sports Arena Hamura ☎042-555-0033.

Inquiries: Kenko Ka (in Hoken Ceter) ☎Ext.624, FAX042-554-4767.

SCHOOL



令和8年度 羽村市立小中学校新1年生保護者説明会日程

< Briefing Regarding the Enrollment in Municipal Schools for FY 2025 >

For parents whose child is scheduled to attend these schools in Hamura City starting in April 2026. This is a briefing held in the aim to prepare you for the specifics involved for entering a municipal school.

[The Notification of Attend School Date and Assigned School] will be sent in January from the city.

※ If you could not attend briefing as scheduled above, you can also seek briefings from the school to which you will attend. Please inquire at each elementary or junior high school.

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

Name of School	Date and time (Reception time)	Telephone Number	Name of School	Date and time	Telephone Number
Hamura Higashi Elementary School	Feb 4th (Wed), 2PM~ (Reception 1:45PM)	☎042-554-5663	Ozakudai Elementary School	Feb 5th (Thu), 2PM~ (Reception 1:40PM)	☎042-554-1431
Hamura Nishi Elementary School	Feb 3th (Tue), 2PM~ (Reception 1:40PM)	☎042-554-2034	Musashino Elementary School	Feb 3th (Tue), 2PM~ (Reception 1:40PM)	☎042-555-6904
Fujimi Elementary School	Jan 29th (Thu), 1:45PM~ (Reception 1:25PM)	☎042-554-6449	Hamura Dai Ichi (1st) Junior High School	Jan 17th (Sat), 10:30AM~ (Reception 10AM)	☎042-554-2012
Sakae Elementary School	Jan 29th (Thu), 2PM~ (Reception 1:45PM)	☎042-554-2024	Hamura Dai Ni (2nd) Junior High School	Dec 13th (Sat), 10AM~ (Reception 9:30AM)	☎042-554-2041
Shourin Elementary School	Feb 20th (Fri), 2PM~ (Reception 1:45PM)	☎042-554-7800	Hamura Dai San (3rd) Junior High School	Jan 17th (Sat), 2PM~ (Reception 1:30PM)	☎042-555-5131



リチウムイオン電池による 火災防止強化キャンペーン

<Lithium-Ion Battery Fire Prevention Campaign>

The Ministry of the Environment has designated the four-month period from September to December as the "Lithium-Ion Battery Fire Prevention Campaign" period, with November specifically designated as "Lithium-Ion Battery Fire Prevention Month."

Incidents such as fires in garbage collection vehicles and processing facilities, believed to be caused by lithium-ion batteries, occurred 8,543 times nationwide in FY 2023, posing a serious issue.

Please make caution when disposing or handling lithium-ion batteries and products containing them.

Disposal Methods for Lithium-Ion Batteries, etc.

① Items with a recycling mark

- Take them to a collection partner store affiliated with the Japan Battery Recycling Center (JBRC).

※ There are three collection partner stores in Hamura. Please check the city's official website for details.

- Request collection from the manufacturer or the store where you purchased the item.

② Items without a recycling mark

- Contact the manufacturer or the store where you purchased the item.

※ For items not covered by ① or ②, or items that cannot be collected by collection partner stores, etc., please contact the Seikatsu Kankyou Ka.

Recycling Mark: Please check the details posted in Hamura News ver. Nov 1st.

Inquiries: Seikatsu Kankyou Ka, ☎Ext. 205.



生理用品を無償で配布します

<The Sanitary Products will be distributed by free>

Distribution Date and Time: November 21nd (Fri) ~ 24th (Mon) (exclude city hall / facility close day).

Distribution number: First 250 (one pack / per person)

Location	Time
City Hall 1F Meeting Room 101	9AM~5PM
※ November 22nd (Sat) City Hall 1F, Shimin Sodan Shitsu	9AM~Noon
Primo Hall Yutorogi	9AM~8PM

※ **How to Receive:** Please check city official website to get details.

Inquiries: Soumu Ka, Soumu Kakari ☎Ext. 347.

11月9日(日)~15日(土)は 令和7年秋の火災予防運動

<FY2025 Autumn Fire Prevention Campaign: November 9th (Sun) ~ 15th (Sat)>

○ Fire Prevention Campaign

Date and Time: Nov 9th (Sun), 10AM ~ 3PM.

Location: Hinotonton Zoo.

○ Hamura Citizens and Industry Festival 2025

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

Location: S&D Sports Park Fujimi.



Information about the Fire Prevention Campaign is available on the Fussa Fire Department website.

Inquiries: Fussa Fire Department, Prevention Division, Fire Prevention Inspection Section ☎042-552-0119.

国民年金保険料は 全額が社会保険料控除の対象です

<National Pension Insurance Premiums are fully deductible>

Certificate Of Tax Deduction For Social Insurance Premiums (National Pension Insurance Premiums)

「社会保険料(国民年金保険料)控除証明書」 will be issued by Japan Pension Service (日本年金機構), and will be mailed in **early November** to the National Pension Insurance Premium payers. National Pension Insurance Premium is tax deductible under a category of social insurance when necessary documents are submitted at the time of Year-end Adjustment or Final Return. Please inquire at the Nenkin Jimusho regarding how claims are made for tax deduction of pension premiums paid.

※ If you have paid national pension insurance premiums for your family, the person who paid them can claim the deduction.

This certificate certified National Pension Insurance Premiums amount paid by Sep 30th, 2025.

To receive a deduction for social insurance premiums on your year-end adjustment or tax return, the receipts for payments made on or after October 1st will be required.

※ During Oct 1st~ Dec 31st, if you are the first time to pay National Pension Insurance Premiums, the certificate will be send at the early of February.

Inquiries: Nenkin Subscriber Inquiry Dial ☎0570-003-004

情報アラカルト

子育て

1歳児教室「1歳ちゃん♪ 集まれ〜!」

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

**MISCELLANEOUS INFORMATION
CHILDREN**



Date and Time: Nov 25th (Tue), 9:30AM ~ 11:30AM.

Location: Hoken Center

Eligibility: Children will be one year old as November and with their guardians.

Capacity: 15 pairs (in order of application).

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

Application & Inquiries: From Nov 4th (Tue) 9AM~, please apply via application form, call or in person to
Kodomo Katei Center, Boshi Hoken. Sodan Kakari (in Hoken Center) ☎Ext. 693.

愛の献血にご協力を

<Love Blood Donation>

Date and Time: November 14th (Fri) 10AM~Noon, 1:15PM~4PM.

Location: The front of the City Hall Main Entrance.

Eligibility: People are aged 16 ~ 69 (for those aged 65 and over, have donated blood in the past aged 60 ~ 64).

Details: Blood donation of 400 ml and 200 ml.

※ You may not be able to donate blood.

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



全国瞬時警報システム（J アラート）の試験放送

<Test Broadcast of the Japan Alert System (J-Alert)>

J-Alert is a system that provides residents with instantaneous information directly from the government on situations that cannot be dealt with in a timely manner, such as earthquake early warnings, weather warnings, and ballistic missile information. A nationwide test of this system will be conducted.

Date and Time: November 12th (Wed) 11AM.

On the day of the test, the city's Disaster Prevention and Administration Radio will broadcast a preliminary announcement, followed by a chime※ and "This is a test." will be broadcasted. Please make sure it is training.

※ Chime: A sound to announce the start of the test broadcast, not the actual siren sound.

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

プリモホールゆとりぎ

PRIMO HALL YUTOROGI ☎042-570-0707

国立音楽大学連携コンサート

「音楽の花束」

<Kunitachi College of Music Collaboration Concert ~ [Bouquet of Music]>

Date and Time: January 31st (Sat), 2026, 2PM ~ (Doors Open...1:30 PM)

Location: Main Hall.

Capacity: 854 (All Seats Reserved).

Ticket Sale: General JPY1,500, High School Students and Under JPY500.

Programs: Delibes, from <<Lakmé>>, Flower Duet "To the Dome Where Jasmine Blooms" etc.
(subject to change).

Planning & Production: Kunitachi College of Music.

Application & Inquiries: November 3rd (Mon. holiday) 9AM~, via the QR code posted on Hamaura News ver.
Nov 1st or in person to Yutorogi.



PRIMO LIBRARY HAMURA ☎042-554-2280

< Close Day > November 18th (Tue).

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

水中ウォーキング講習会

<Water Walking Class>

Date and Time: November 22nd (Sat) 10AM~10:50AM

Eligibility: Age 16 or over.

Capacity: First 30.

Fee: Hamura residents or worker JPY500, outside of Hamura City JPY750

Application: November 22nd (Sat) 9AM~9:50AM, please come to pool reception desk directly.



羽村山口軽便鉄道廃線探検

<Exploring the Abandoned Hamura-Yamaguchi Light Railway Line>

This tour covers the abandoned tracks of the Hamura-Yamaguchi Light Railway, which played a major role in Tokyo's water supply projects from the Taisho to Showa eras.

Date and Time: Nov 29th (Sat) & Dec 20th (Sun), 7:30AM ~ 5:30PM each day

(Walking distance: approx. 15km).

※ In case of rain: Rescheduled to Dec 13th (Sat) & 27 (Sun).

Capacity: Each day 15 (drawing if oversubscribed).

Fee: JPY1,000 (includes insurance, postage, materials, etc.)

Sponsored by: Musashimurayama Tourism and Community Development Association.

※ Lunch and transportation fees (bus/train, etc.) will be costed by own.

Applications/ Inquiries: Till Nov 16th (Sun) 5PM, please call to the Tourism Association ☎042-555-9667.

※ Hours: 9AM ~ 5PM, exclude Tuesdays and Wednesdays.



令和7年11月都営住宅入居者募集

< TOKYO METROPOLITAN PUBLIC HOUSING "Toei Juutaku" Application November, 2025>

[Household types]:① family unit (general)

② young couples / parents raising child (regular use housing)

③ house that deceased of illness in living areas.

※ There are applicant eligibility qualifications regarding income level etc.

For details, please refer to the application brochure.

[Application]: By November 18th (Tue).

◆ By Post mail ~ The application form must reach Shibuya Post office by mail .

◆ By Online ~ Please apply via Metropolitan government public housing website.

[Determination Date]

Drawing on Dec 24th (Wed), 9:30AM ~ 11AM, held at the TMG Office Building No.2, 1F Hall.

[Brochure Handout]:

Term: November 4th (Tue) ~ 12th (Wed).

Locations: Kenchiku (Architecture) Ka (city hall 2nd FL), City Hall 1st FL Reception and B1 Security Room, 8:30AM~5PM (Saturday, Sunday and Holidays is only at B1 Security Room).

Inquiries: Tokyoto Juutaku Kyoukyuu Kousha Toei Jyuutaku Boshuu Center (JKK Tokyo Application Center) [Nov 4th (Tue) ~ 18th (Tue)] ☎0570-010-810 / [Other times] ☎03-3498-8894 *weekdays only.

椿三重奏団 ニューイヤーコンサート

<Tsubaki Trio New Year Concert>

Date and Time: January 10th (Sat), 2026, 2PM ~ 4PM.

Location: Primo Hall Yutrogi Main Hall.

Capacity: 854 (All Unreserved Seats)

Programs: E. Elgar / Salut d'Amour, F. Kreisler / Liebesleid, F. Liszt / Liebestraum, F. Schubert / Ave Maria, and others.

Performers: Ms. Takako Takahashi (Piano), Ms. Eriko Iso (Violin) and Ms. Hitomi Niikura (Cello).

Co-sponsored by: Ome Sato Foundation (Public Interest Incorporated Foundation), Hamura City Board of Education.

Application: Nov 4th (Tue) 9AM~, via the application form or in person at Primo Hall Yutrogi.

※ Preschoolers are not permitted. Maximum of 2 tickets per person.

Inquiries: Ome Sato Foundation (Public Interest Incorporated Foundation) ☎ 090-5195-3030.



Hamura Family Project [Love Hamura Festival]

はむら家族プロジェクト「愛情はむらまつり」

~From Hinotonton ZOO to Hamura's recommended spots

Parents and children are invited to play and have fun at a different Hinotonton ZOO.

There will also be visitor-participation projects and gift!

Date and Time: November 15th (Sat) and 16th (Sun) 9:30AM~3:30PM.

Location: Hinototon ZOO

※ Admission fee is required.

※ For more information, please check the city's official website.

Inquiries: Hisho Kouhou Ka, Kouhou. City Promotion Kakari ☎Ext. 339.



#愛情はむら写真展

[# Affection Hamura Photo Exhibition]

Photos of families enjoying child-rearing taken by professional photographers and photogenic photos posted on Instagram with "#Affection Hamura" will be exhibited.

Animal Quiz Rally

Answer the quiz questions given by Hamurin hidden in the park and get prizes!

Let's play on the playground equipment

There is a large collection of playground equipment that is not usually found in the park!

Marche

There will be lots of handmade products saled and food truck stalls etc.

PUBLIC CONSULTATIONS Schedule of November

Category	Date	Time	Contact
General Consultation for Foreign Residents ①*	①appointment required		* Spanish and English interpretation service are available by appointment for Foreign Residents Consultation Shimin Soudan-Shitsu city hall ext.541
Public Administration and Human Rights	December 18th (Thu)	1:30pm ~ 4:30pm	

*①=appointment required. *For translation services, please make an appointment in advance.

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



11月の休日診療

◆ November, MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
November	9am~5pm		5pm~10pm		9am~5pm	
2nd (Sun)	Yamakawa Iin	☎042-554-3111	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Masuda Shika Iin	☎042-551-8686
3rd (Mon. Holiday)	Sakae-chou Shinryoujo	☎042-555-8233	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Minagawa Sougou Shika Clinic	☎042-555-8219
9th (Sun)	Futaba Clinic	☎042-570-1588	Hikari Clinic (Fussa-shi)	☎042-530-0221	Asahi Kouen Douri Shika Iin	☎042-555-7904
16th (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Yano Shika Iin	☎042-555-3363
23rd (Sun)	Yanagida Iin	☎042-555-1800	Hikari Clinic (Fussa-shi)	☎042-530-0221	Takada Shika Iin	☎042-555-5903
24th (Mon. Holiday)	Ozaku Ekimae Clinic	☎042-578-0161	Hikari Clinic (Fussa-shi)	☎042-530-0221	Honda Dental Clinic	☎042-554-4184
30th (Sun)	Matsubara Naika Iin	☎042-554-2427	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Moriya Shika Iin	☎042-555-9872