



HAMURIN Hamura City Mascot

Edited by: *Hisho Kouhou Ka* (Secretary & Public Information Section)
5-2-1 Midorigaoka, Hamura City, Tokyo 〒205-8601 ☎042-555-1111
Hamura City Official Website = <https://www.city.hamura.tokyo.jp> E-mail: s102000@city.hamura.tokyo.jp

HAMURA NEWS



June 1st, 2026

Published by: Hamura City

高齢の方に自動通話録音機を貸し出します

<Automatic Call Recorders loan program for the elderly residents>

Currently, there is a steady stream of victims of sophisticated fraud schemes, including wire transfer scams.

As a preventive measure before receiving a call from a fraudster, this device uses warning messages and recording functions to deter the perpetrator from continuing the call, thereby helping to prevent fraud before it occurs.

Eligibility: Households with elderly residents (aged 65 or older) living within the city.

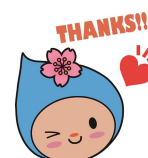
- ※ Limited to one unit per household. Even in two- or three-unit homes dwellings, the device is limited to the single telephone primarily used by the elderly resident.
- ※ Households already equipped with the "Automatic Call Recording (Warning) Device" operated separately by the Metropolitan Police Department are excluded.

Application: Please fill out the application form at the designated counter and submit it.

- ※ Please present identification showing the applicant's address, name, and date of birth at the time of application.
- ※ If applying through a representative, identification for both the applicant and the representative must be presented.

Loan Period: 3 years from the date of approval.

- ※ After the 3-year loan period expires, the device will be transferred to the user.



● Compatible Phones, etc.

- . Phones with number display function
- . Answering machines
- . Fax-enabled phones.
- ※ Electricity charges will apply when connected, and these are the responsibility of the user.
- ※ Residents are responsible for installing the automatic call recorder.
- ※ Please download application form from city official website.

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

固定資産税に関するお知らせ

< THE NOTIFICATION OF PROPERTY TAX >

Inquiries: Kazei Ka, Shisanzei Kakari ☎Ext.158.

■ Survey of Newly (or Expanded) Constructed Houses 新(増)築した家屋の調査

A survey is conducted on houses newly built or expanded during 2026. The purpose is to determine the assessed value of the house, which is the basis for calculating property tax and city planning tax. As soon as the completion of the house is confirmed, a postcard to schedule the house survey will be sent.

- ※ An addition to the garage, sunroom, etc. may also be subject to taxation.

■ On-site survey 現地調査

To ensure proper taxation, all areas of the city will be visited several times a year to check for new

construction or loss of houses, land use, etc.



<Please report and declare>

届け出・申告をしてください

Report of Demolished Property (Buildings)

If you demolished your house (in whole or in part) during 2026, please report it to the following office.

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

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

※ If the demolition is not reported, the house may be taxed as if it still exists in the next fiscal year or later.

Declaration of Residential Property, etc.

If you own land in the city and the following applies to you during 2026, please submit a [Declaration of Residential Property for Property Tax Purposes, etc.].

○Newly built a house and used the land as a residential land.

○When a house is demolished and the land is no longer used for residential purposes.

○When a business house is newly built on all or part of the residential land.

○When the use of the land is changed from a residence to commercial use.

○When you are remodeling your home.

Download the declaration forms

Various declaration forms can be downloaded from the city's official website.

改修工事を行った住宅に対する固定資産税の減額制度

<Property Tax Reductions for houses that have undergone renovation work>

- Energy-saving repair work for houses:
- Barrier-free renovation work for houses
- Seismic retrofitting of houses
- Large-scale repair work in condominiums

※ The deadline for all of the above is within 3 months from the date of completion of the renovation work.

※ To know more about the following tax reduction systems, please check city official website or inquiry.

<The 25th Art Exhibition in Hamura>

25th アート in はむら展

The modern art exhibition will exhibit Tama Areas 73 artists' work pieces.

Term: June 23rd (Tue) ~ July 5th (Sun) 10AM~5PM (closed Monday).

※ The last day is till 4PM.

Location: Yutorogi exhibition hall.



PROGRAMS

1) [Exciting Night of Viewing through Dialogue]

対話によるわくわく鑑賞ナイ

Participants will share their impressions of the artworks and view some of them through dialogue.

Date & Time: July 4th (Sat) 6:30PM ~ 8PM

Eligibility: High school students and older.

Capacity: 10 (in application order)

2) [Workshop ~ My Tree]

ワークショップ ~わたしの木~

Let us make very own, one-of-a-kind [My Tree]!

Date and Time: July 4th (Sat), ① 1PM~2PM / ② 2:30PM ~ 3:30PM

Eligibility: Preschoolers to adults.

(Children in 3rd grade and younger must be accompanied by a guardian.)

Capacity: Each 10 (in application order).
Instructor: Kazushi Asami San (Visual Artist).

Application & Inquiries: From June 17th (Wed), Please apply via application or in person to Primo Hall Yutorogi ☎042-570-0707.

お知らせ

INFORMATION

後期高齢者医療制度の被保険者の方へ

交通事故などに遭ったとき



<For those insured under the Late-Elderly Medical System

~ When they are involved in a traffic accident.>

Medical expenses for injuries sustained from a third party, such as in a traffic accident, are generally covered by the at-fault party (the other party) in proportion to their degree of fault. However, by filing a report, you can receive medical treatment covered by the Late-Stage Elderly Medical Care System. When receiving treatment, please inform the medical institution that your visit is related to the accident. In addition, if you are involved in an accident (including a single-vehicle accident), you must report it to the Late-Stage Elderly Medical Care office in your area within 30 days.

※ In the case of a traffic accident, an accident certificate is required, so please be sure to report it to the police.

Inquiries: Shimin Ka, Kourei Iryo. Nenkin Kakari ☎ Ext. 138 / Tokyo Metropolitan Wide-area Union of Health Care for the elderly ☎ 0570-086-519.

<Regarding Renewal of Eligibility Confirmation Certificates>

資格確認書の更新について

Starting August 1st, the issuance of Eligibility Confirmation Certificates will change depending on age.

- . Ages 85 and older: An [Eligibility Confirmation Certificate] will be issued.
- . Ages 84 and younger: A [Notice of Eligibility Information] will be issued only if the frequency of use of the My Number Health Insurance Card by June meets both of the following criteria. For those who do not meet these criteria, an [Eligibility Confirmation Certificate] will be issued as before.
- . Used 6 or more times within the past year
- . Used within the past approximately 3 months

If you are eligible to receive the [Notice of Eligibility Information] but require an Eligibility Confirmation Certificate, you must submit an application. Please complete the procedure at the counter or apply via the My Number Portal.

If applying at the counter, you must present identification documents. If applying through a representative, the representative must present their own identification documents.

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

市民税・都民税納税通知書を6月中旬に送付します

< Notification will be sent to Citizens Regarding Resident Tax Payment in Middle of June >

Residents Tax amount is calculated based on the income of the preceding calendar year at the municipality in which you reside as of January 1st.

It is paid in 4 installments during the year in which notification was made, however if you have taxes deducted from your public pension, it will be deducted in 6 installments.

For those who receive the amount determination of special collection tax through the company notice, the payment will be deducted in 12 installments from the salary in June to May of the following year.

Inquiries: Kazei Ka, Shimin Zei Kakari, ☎Ext. 162.



危険です！道路に出た枝などの障害物

<It is dangerous! Obstacles such as branches on the road.>

Hedges and tree branches extending on sidewalks and driveways obstruct traffic, merchandise and flowerpots places on the road not only obstruct passage but also can cause passers and bicycles to fall and get injured. If it causes an accident, the owner may be held liable for the accident.

Also, it is dangerous to put the garbage collected by the city on the road, please put it out on own premises.

Inquiries: City Road...Civil Engineering Division Road Management Section ☎Ext. 295 /

Metropolitan Road... Nishitama Construction Office Management Section Charge in Inspection

☎0428-22-7216.



健康

HEALTH

■ 特定健康診査を受けましょう

SPECIFIED HEALTH CHECKUPS

An annual checkup report of Specified Health Checkups (Tokutei Kenkou Shinsa) will help you preventing lifestyle-related diseases by undergoing and checkups ticket will be mailed out in late May to eligibility.

Program Period: June 1st (Mon) ~ October 31st (Sat).

Eligibility: For those who have Hamura residents registration and are applicable either ① or ②.

① National Health Insurance (NHI) Members age 40 ~ 74 (include becoming age 40 within fiscal year).

② Those who are enrolled in the Late-Elderly Medical Insurance System.

Things to Bring: Medical examination voucher, proof of health insurance eligibility (My Number health insurance card, eligibility certificate, etc.), the Late-Elderly Medical Insurance (if you have one).

※ For details such as the names of medical institutions, please refer to the enclosed “List of Designated Medical Institutions.”

※ If you do not have National Health Insurance on medical system for the Elderly on the day of checkup day, you will not be able to receive checkup even you have checkup voucher.

健康保険組合などに加入している方へ

▼ **For those who are members of Health Insurance Association, etc.**

Each medical insurer will inform you about the health checkup. Please contact them for the timing and medical institutions.



▼ **Specified Health Checkups** 特定健康診査とは

This health check focuses on metabolic syndrome is conducted by medical insurers such as the National Health Insurance or health insurance association.

Metabolic syndrome (Visceral fat syndrome), there are too much fat accumulated around the internal organs of abdomen and two or more of hyperglycemia, hypertension and dyslipidemia overlap. If this condition continues, arteriosclerosis will progress and myocardial and cerebral infraction will be more likely to occur in the future.

▼ **Special Health Guidance** 特定保健指導

If you are 74 years old or younger, as a result of a health checkup, your abdominal circumference and BMI (values calculated from height and weight) are above the standard values. Also, any of the blood pressure, lipid or blood glucose test values is above the standard.

Public health nurses and registered dietitians will individually support improvement measures to prevent lifestyle-related diseases. Information on specific health guidance will be sent to those who are eligible from the business entrusted by the city.

▼ **Lifestyle-related disease aggravation prevention business** 生活習慣病重症化予防事業

As a result of the specific medical examination, for those who have not received medical treatment at

medical institution even they needed, the business operator entrusted by the city may prompt them to receive treatment.



▼ Health-up Health Checkup ヘルスアップ健康診査

In order to get a better idea of people health condition, people can take health-up checkup with 7 additional tests.

★ Even if you have no symptoms, be sure to consult a doctor if your health checkup results show abnormal values. Also, even if your results fall within the normal range, check to see if they are approaching abnormal levels compared to previous checkups. For consultations regarding your health checkup results or lifestyle habits, please use the Kenko Ka "Health Consultation Service."

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

< Adult Dental Checkup > 成人歯科健診を受けましょう

Term: June 1st (Mon) ~ July 31st (Fri).

Eligibility: Hamura residents of age 20~64 (This includes those who will turn 20 during the fiscal year).

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

Check-up method: Please make an appointment at a designated dental clinic listed on the Participating Dental Clinics List.

- ※ The check-up for 65 or older is in Sep. and Oct.
- ※ It not able to check for current dental treatment.
- ※ Once for per person yearly.
- ※ Please check Hamura City website for participating dental facilities.

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

<Colorectal Cancer Screening> 大腸がん検診



Term: June 1st (Mon) ~ October 31st (Sat).

Eligibility: Hamura Residents who are 40 years old or older during fiscal year.

Test method: Fecal occult blood reaction test (2-days stool collection method)

Medical Examination: After receiving a stool sample container from the cooperating medical institution in the city, please collect stool samples for two days and submit to medical institution (one-day stool sample cannot be used for the test).

Things to bring: Something that shows eligibility for health insurance (e.g., My Number Card). Medical examination card (if you have one).

- ※ The medical institution will explain the results of the checkup to you. If the result of the medical checkup is positive, the city will contact you.
- ※ You may receive this service once during the specified period.
- ※ For more information about medical institutions, please visit the official website of the city or inquiry.

Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 624.

<Health Checkups for Ages 30 and 35> 30歳・35歳健康診査

Taking care of your health from a young age helps prevent lifestyle-related diseases in the future.

Term: June 1st (Mon) ~ October 31st (Sat).

Eligibility: Hamura Residents who meet all of the following criteria.

- . Those who will turn 30 or 35 in this FY.
- . For those who do not have the opportunity to undergo a health checkup with similar checkup.

- ※ Pregnant women and new mothers (during pregnancy and for one year after childbirth) are not eligible.
- ※ You may undergo the examination once during the designated period.
- ※ For details on participating medical institutions and examination items, please visit the city's official website.

Things to Bring: The examination voucher issued by Kenko Ka and proof of health insurance eligibility (e.g., My Number Health Insurance Card).

Application: Till October 19th (Mon) (must be received by the deadline), fill out the application form and submit it by postmail or via the online application form.

※ The application form can be downloaded from the city's official website.

Send to: 〒205-0003 5-5-2 Midorigaoka, Hamura City, Hamura Hoken Center

Inquiries: Kenko Ka (in Hoken Center), ☎Ext.624.

< Hepatitis Virus Screening > 肝炎ウイルス検診

~ Early Detection and Treatment Are Key. ~

Hepatitis viruses are one of the leading causes of liver cancer.

Date: June 1st (Mon) ~ October 31st (Sat).

Eligibility: Hamura residents who fall in one of the following categories:

- ① Those who turn(ed) age 40 in FY2026 (who was born Apr 2nd, 1986 ~ Apr 1st, 1987).
 - ② Those who is age 41 or over and never have hepatitis virus screening before.
- ※ Excludes those who have undergone or plan to undergo hepatitis virus screening conducted by employer or company etc.
 - ※ Even those who had hepatitis virus screening before but a health check-up this year and the hepatic function rate was abnormal may take screening.

Check-up Details: Hepatitis B / C test by blood test

Check-up method: Make an appointment at the medical institution during the checkup period.

※ You may have once check-up during period.

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



S & D スイミングプラザ羽村 プール一般利用中止

<S&D Swimming Plaza Hamura ~ Swimming pool will be closed for general use>

Due to elementary school swimming lessons, the pool will be closed to the general public.

Unavailable Date & Hours

Open ~ 11AM	Open ~ 1PM
June 5th (Fri). 12th (Fri). 17th(Wed). 23rd (Tue). 24th (Wed). 26th (Fri).	June 10th (Wed). 11th (Thu). 16th(Tue). 19th (Fri).
July 1st (Wed).	July 8th (Wed). 15th (Wed).

Inquiries: S&D Swimming Plaza Hamura ☎042-579-3210 /

Swimming instruction ... School Education Section Guidance Division ☎Ext. 376.



夏休み処分場見学会

<Summer Vacation Tour to Waste Recycling Center >

The annual summer vacation tour to waste recycling center will be held. Why don't you take a chance to see how your waste is processed ?

Eligibility: Children in grades 4th ~ Junior High Schooler students living in the Tama area and their guardians.

Date and Time	Location	Meet . Dismiss
1 July 28th (Tue) 9AM ~ 5:55PM	Tachikawa City Clean Center, Futatsuzuka Disposal Site and Yatozawa Disposal Site	JR Tachikawa St. around North Exit.

2	July 30th (Thu) 8:15AM ~ 6:15PM	Ryusen-en Clean Port, Futatsuzuka Disposal Site and Yatozawa Disposal Site	Seibu Line Higashi Murayama St. around East Exit.
3	August 4th (Tue) 8:30AM ~ 6:10PM	Clean Plaza Fujimi, Futatsuzuka Disposal Site and Yatozawa Disposal Site	JR Mikata St. around North Exit.

※ Detailed meeting locations and times will be provided to selected participants.

※ Transportation from the meeting locations to each facility will be provided by large buses.

Fee: JPY1,000 per person (for Lunch Fee).

Capacity: 36 for each day (Drawing if oversubscribed. The result will be notified).

Application: Till July 6th (Mon) 5PM (must be arrived) , via the application form of Junkan Kumiai official website or sending a postcard with ① Desired date of participation ② all participants' [Name (Furigana), ③ Age, ④ Postal code, Address ⑤ Phone number (daytime).and note [Wish to participate Natsuyasumi Shobunjou Kengakukai].

Send to: Tokyo Tama Kouiki Shigen Junkan Kumiai [Natsuyasumi Shobunba Kengakukai] Kakari
〒190-0181 7642 Oaza Okuno, Hinode-machi, Nishitama-gun, Tokyo

※ Appreciate the cooperations of event day's photos, video and interview, the details might be posted at "Tama Echo News" or the webside of Junkan Kumiai.

※ For details, please check the website of the Junkan Kumiai (Recycling Association) or inquiry.

Inquiries: Tokyo Tama Kouiki Shigen Junkan Kumiai ☎042-597-6152.

情報アラカルト
子育て

MISCELLANEOUS INFORMATION CHILDREN



6月は、児童手当・児童育成手当の支給月

<Child Allowance and Child Support Allowance Recipients in June>

June is the month in which payment of February ~ May is made by bank transfer to those applicable citizens' designated bank accounts. Date of payment is scheduled for the June 12th (Fri).

Inquiries: Kodomo Seisaku Ka ☎Ext. 236.

6月は児童育成手当・児童手当の現況届の提出月です

<June is the month to submit the Current Status Report for Child Allowance / Child-Rearing Allowance!>

City will send out the response forms in late May. Please be sure to submit them.

Accepting Period and Time: June 1st (Mon) ~ 30th (Tue), 9AM~11:30AM, 1PM~4PM.

[Child-Rearing Allowance] 児童育成手当

This applies to all recipients of the Child-Rearing Allowance.

[Child Allowance] 児童手当

In general, there is no need to submit a status report. City will send application forms only to those who are required to submit one.

Submit to & Inquiries: City Hall West Building 2F, Kodomo Seisaku Ka, Kodomo Seisaku Kakari, ☎Ext. 236.

KYODOU HAKUBUTSUKAN

☎042-558-2561

< Seasonal Exhibition ~ Tanabata Decoration > 季節かざり「七夕かざり」

A large Tanabata decoration will be displayed. Why not hang your wish strips and homemade decorations on the large Tanabata display?

Term: June 20th (Sat) ~ July 12th (Sun) 9AM~5PM. ** Old Shimoda Residence is till 4PM.

Locations: Orientation Hall and the Old Shimoda Residence.

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

PRIMO HALL YUTOROGI

☎042-570-0707

令和9年二十歳のつどい スタッフを募集！

<FY 2027 The recruitment of "Gathering of 20-Years-Old" event staff!>

We are looking for staff to help plan event for the "Gathering of 20-Years-Old".

Please join with your friends and make the event more exciting.

Eligibility: Those who are born between April 2nd, 2006 and April 1st, 2007.

Application: Till July 15th (Wed), via application form or in person to Primo Hall Yutorogi).



<Freshland Nishitama> フレッシュランド西多摩

• Class Schedule

- ① Tai Chi Class ~ Every Tuesday, 2PM ~ 2:50PM.
- ② Hula Dance Class ~ Every Wednesday, 1PM ~ 1:50PM.
- ③ Yoga Class ~ Every Thursday, 2PM ~ 2:50PM (excluding National holidays).
- ④ Boxing Exercise ~ June 12th (Fri) and 26th (Fri), 2PM ~ 2:50PM.

Location: Gymnasium Hall

Fee: JPY500/ per session (※Payment is due on the day of the class; cash only.)

Capacity: 50/ per session (Walk-ins are welcome if space is available.)

Application: Please call in advance or register directly at the "Yotsuba no Yu" front desk ☎042-570-2626.



• SDGs Dice-Making Workshop SDGs サイコロ作り

In celebration of World Environment Day in June, we will be making dice featuring the 17 SDG goals.

Date: June 13th (Sat) and June 14th (Sun). 10AM~ 9PM.

Location: Bathhouse Hall.

Inquiries: Yotsuba no Yu ☎042-570-2626.

<June 7th (Sun) ~ 13th (Sat) is Dangerous Goods Safety Week> 6月7日(日)~ 13日(土) 危険物安全週間

[The keypoints to safe handling of hazardous materials.]

- Do not use near fire.
- Ventilate the area where refilling is performed.
- Do not store in direct sunlight.
- Dispose of the product properly according to the rules and instructions of the local government.

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

6月の相談

PUBLIC CONSULTATIONS Schedule of MAY

Category	Date	Time	Contact
Public Administration and Human Rights	18th (Thu)	1:30pm ~ 4:30pm	Shimin Soudan-Shitsu City Hall Ext.541
Consultation for Families with Children (General Support for Child Rearing Families)	Monday ~ Friday	8:30am ~ 5pm	Boshi Hoken. Soudan Kakari at city hall ☎042-555-1111, Ext. 692, 694 or Kodomo Katei Shien Kakari (in Hoken Center) ☎042-578-2882