



HAMURIN

Hamura City Mascot

HAMURA NEWS



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

July 1st, 2026

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PICK UP NEWS

家族みんなで大きなお風呂へ GO ! (市指定保養施設)

<Let's head to a big hot spring bath with the whole family! >

(City-Designated Recreational Facilities)

Enjoy a special summer vacation with hot springs and refreshing sweets at city-designated recreational facilities!

You can use lodging facilities, golf courses, and leisure facilities owned by Chateraise Holdings Co., Ltd. at discounted rates.

When using lodging facilities or golf courses, the city will cover an additional JPY2,000 per person (via the issuance of a voucher).

※ Services and rates vary by facility. Please contact each facility directly for details.

Eligibility: Hamura Residents, workers, and students.

※ Application is required. Please check the city's official website for a list of facilities, contact information, usage instructions, highlights, and recommendations.

Usage Limit: Up to two times per person per fiscal year for both lodging facilities and golf courses combined. ※ This program will end once the budget limit is reached.

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



<Let's visit our sister city, Hokuto City, this summer! 夏休みは姉妹都市「北杜市」に行こう！

~ Enjoy special rates at Hokuto City's hot springs and sports facilities! >

You can use the public hot spring and sports facilities in our sister city, Hokuto City, Yamanashi Prefecture, at the same special rates as Hokuto residents.

When using these facilities, you must present identification (such as a Driver's license or My Number Card) that verifies your residence in Hamura City. Please be sure to bring it with you.

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

Inquiries: Kikaku Seisaku Ka, ☎Ext. 315.

■ Waterside Observation

水辺観察会 羽村の水生生物を学ぼう

~Knowing Water Creatures and Environment in Hamura.

Watching creatures that live nearby water and studying about the water quality of the Tama River.

Date & Time: July 24th (Fri) 8:30AM~ 11AM.

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

Meet & Dismiss: Ikoinosato Entrance.

Capacity: about 15 (in order of application).

Eligibility: Hamura Elementary and Junior High school students

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

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

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

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

Instructor: Mr. Kousuke Satta (Environment Counselor)

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

Inquiries: Kankyō Seisaku Ka ☎Ext. 227.



<Tama River Fishing Festival 2026> 多摩川フィッシングフェスティバル 2026

You can also catch rainbow trout.

Date and Time: August 4th (Tue) 9AM ~ Noon (Reception: from 8:30AM~) ※ Light rain will be held.

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

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

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

Capacity: 30 pairs.

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

※ Same household, from the 2nd child ~ JPY1,000 (per child).

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

※ Junior High Schoolers' friends pair, please apply as the same with parent-child pair.

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

※ No sandals and skirts allowed.

Supported by: Hamura City, Ome City, Japan Fishing Promotion Organization etc.

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

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

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



夏休み親子最終処分場見学会とさかな園・つるつる温泉ツアー

<Summer Vacation Parent-Child Final Disposal Site Tour and Fish Farm . Tsurutsuru Hot Spring Tour>

Why not tour a waste intermediate treatment facility and final disposal site to learn about the waste treatment process and its history? You will discover how waste generated in Hamura City is disposed of. After learning about waste treatment, enjoy the scenic natural beauty of Hinode Town with activities such as catching fish by hand, barbecuing, and soaking in hot springs. You can also purchase souvenirs at the Otama Delicacies Hall.

Date & Time: August 14th (Fri), 9AM ~ 5PM.

Meeting/Dismissal: Meet at the main entrance of Hamura City Hall.

※ We will travel to the tour sites by bus.

Eligibility: Elementary school students residing in the city and their guardians.

Capacity: 40 (If applications exceed capacity, participants will be selected by drawing).

※ City will contact you regardless of whether you are selected or not.

Application: Till July 22nd (Wed) 5PM (must be received by this time). Please fill out the application form or a postcard with the following information: ① Full names furigana for all participants, ② Ages, ③ Postal code and address, ④ Phone number (daytime), and mail it to the address below.

Address: 〒205-8601 (No need to include location) Hamura City Seikatsu Kankyō Ka

Inquiries: Seikatsu Kankyō Ka ☎Ext. 204.

道路の舗装補修工事を行うため 車両の通り抜けができません

<Due to road paving repair work, vehicles will not be able to pass through.>

Construction Period: August 3rd (Mon) ~ September 11th (Fri).

Construction Area: Hamura City, Hanekami 2&3 chome (from Ichchukitadori ~ Green Trim Park).

Traffic Restriction Hours: Monday ~ Friday, 9AM ~ 6PM.

※ Vehicles may pass on Saturdays, Sundays, public holidays, and days when work is suspended due to inclement weather. However, work may also be conducted on Saturdays depending on the progress.

※ Pedestrians and cyclists may pass safely.

Inquiries: Doboku Ka, Douro Kanri Kakari ☎Ext. 293.



<[Hamuran] (Ozaku Route) Detour> はむらん（小作コース）の迂回

Due to pavement repair work, some bus stops along a section of the Ozaku Route (from Ichchukitadori to Green Trim Park) will be unavailable. We ask for your understanding to ensure the safe operation of the [Hamuran] bus service.

Detour Period: August 3rd (Mon) ~ 11th (Fri) (All day).

Bus Stops That Will Be Unavailable: Mazaka (toward Ozaku Station), Sakura Nursery School Entrance, Ageba, Green Trim Park, West Children's Center Entrance.

※ During the detour period, all buses on the Ozaku Route will stop at bus stops along the route via the Ozaku Honmachi Community Hall (Hanekami 4 chome ~ Ozaku Sakashita).

Inquiries: Toshi Keikaku Ka, ☎Ext. 288.

※ Regarding both projects details, please check map posted in Hamura News ver. July 1st.

< Replacement of Water Usage Meters by Free > 水道メーターを無料で交換します

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

City approved contractors will distribute a work notification to applicable households prior to the work date. The contractors will be wearing an official armband, and carrying an identification issued by Hamura City.

The work will be conducted regardless of the house owner's presence. Thank you for your understanding.

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

※ **[Work Period and Districts]**: Please check list Hamura News ver. July 1st to get details.

Inquiries: Hamura City Waterworks Office (Suidou Jimusho) ☎042-554-2269, FAX 042-554-2573.

<Free for a portion of basic and metered water charges> 水道料金の基本料金と従量料金の一部を無償化

In order to protect the lives, health, and livelihood of citizens from the intense heat of summer this year, city will make the basic water charges for four months and the usage charges up to 5 m³ per month free of charge.

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

※ You can check the meter size on your meter reading statement.

Term: August 2026 ~ November 2026 (4 months).



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

Inquiries: Hamura City Waterworks Office (Suidou Jimusho) ☎042-554-2269, FAX 042-554-2573.

<Special Gala for Respect-For-Senior-Citizen> 敬老のつどい

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

Date: September 21st (Monday, Holiday). Location: Primo Hall Yutorogi Main Hall.

Time Schedule: 2 sessions.

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

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

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

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

Thing to bring: Information Postcard.

Application: Till **August 3rd (Mon)** (effective the same day postmark), via application form or postcard with necessary information to post mail or in person to city hall 1F Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari.

※ Please check the application form details via Hamura News July 1st version.

※ Applications cannot be made by phone.



Postcard Send to: 〒205-8601 (need not address) Hamura Shi,
Kourei Fukushi Kaigo Ka, Kourei Fukushi Kakari, [Keiro no Tsudoi] application.

※ The drawing results will be notified via "Information Postcard" after September 1st (Tue).

[Please Note]:

- No duplicate applications will be accepted.
- No one other than the applicant may enter (except for chaperones for wheelchair users, etc.).
- Since 1st session has greetings, so the front seats are provided for special guest.
- Limit number of parking lots. **[Hamura] community bus will not be available due to holiday.**
- No recording, videotaping, or photography is allowed.
- If you do not feel well on the event day, you may be not allowed to enter.

< 50th Wedding Anniversary Gift from Hamura City > 金婚式を迎えるご夫妻へ

On an occasion of Respect-for-Senior-Citizen Day, Hamura City will invite the couple celebrating their 50th Wedding Anniversary (Kinkon-shiki) to the [Keiro no Tsudoi]. Please come to city hall 1F Kourei Fukushi Ka service counter till August 3rd (Fri).

Eligibility: Those who married January 1st ~ December 31st 1976.

第1回 東京羽村スーパースプリントトライアスロン開催に伴う 交通規制

<Traffic Restrictions in Connection with the 1st Tokyo Hamura Super Sprint Triathlon>

Traffic restrictions will be in effect in connection with the 1st Tokyo Hamura Super Sprint Triathlon.

We apologize for any inconvenience this may cause to nearby residents and businesses and appreciate your understanding and cooperation.

For more details, please check the Tokyo Hamura SS Triathlon website and the **map** posted in Hamura News ver. July 1st.

※ Please do not park on the streets near the course.

Date & Time: August 30th (Sun), 8:45AM ~ 10:30AM (tentative).

Inquiries: Tokyo Hamura SS Triathlon Executive Committee (KFC Triathlon Club) ☎090-6932-7659,
✉info@kfctriathlon.com

お知らせ

INFORMATION

国民健康保険

NATIONAL HEALTH INSURANCE

<National Health Insurance Notification> 国民健康保険税 納税通知書を送付します

National Health Insurance (Kokumin Kenkou Hoken) Notification for FY2026 will be mailed to the applicable households in the middle of July. Regarding the tax rate, etc., please check the 「Notice of National Health Insurance Tax for FY2026」 enclosed with your tax notice or the city official website.

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 128.



<For Those Who Have a Certificate of Eligibility: Application of Certificate for NHI Patient Borne Expense Ceiling Amount, etc. >

National Health Insurance certificate for Patient-Borne Expense Ceiling Amount will be valid until July 31st (Fri). It will be not renewal automatically, please apply and process if you need to.

Renewal procedures starts: July 21st (Tue).

Require Documents:

- Identification Certificate (such as Driving License), National Health Insurance Eligibility Certificate, My Number, Power of Attorney (if another household applies, it is required.)
- ※ The post mail is acceptable for application. Please download application form from city official website.
- ※ If you are behind on your insurance premiums, you may not be issued the certificate.
- ※ If you use My Number insurance Card, need not issue Patient-borne expense ceiling amount Certificate.

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 127.



70～74 歳の方へ資格情報の お知らせ・資格確認書の一斉更新

<For Individuals Aged 70～74 : Notice Regarding Eligibility Information and Renewal of Eligibility Confirmation Certificate>

The expiration date for current Notice of Eligibility Information or Eligibility Confirmation Certificate is July 31st (Fri). The new Notice of Eligibility Information or Eligibility Confirmation Certificate to eligible individuals will be sent during July.

Eligibility: Those using the My Number Health Insurance Card ~ [Notice of Eligibility Information]
/ Those not using the My Number Health Insurance Card ~ [Certificate of Eligibility]

■ Validity Period of the New Notice of Eligibility Information or Certificate of Eligibility:

August 1st (Sat) ~ July 31st (Sat), 2027.

- ※ For those who will turn 75 within the validity period: Valid until the day before their 75th birthday.
- ※ For those who are about to turn 70: City will send [Notice of Eligibility Information] or [Eligibility Confirmation Certificate] ~ which can be used starting the month following their birth month (or during their birth month for those born on the 1st), by the last day of their birth month (or the last day of the previous month for those born on the 1st).

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 125.

医療費適正化事業

<Medical Expense Optimization Project>

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

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

▼糖尿病性腎症重症化予防事業(国保・後期高齢者医療加入の方対象)

[Diabetic Nephropathy Severe Disease Prevention Project (for National Health Insurance and Late-Elderly Medical Insurance Subscribers)]

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

Contractors: Data Horizon Corporation.

▼ 重複・頻回受診者等指導事業(国保加入の方対象)

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

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

Contractors: Data Horizon Corporation, Benefit One Inc.

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 126.

<Notices of the Difference in Generic Drug Costs> ジェネリック医薬品差額通知書の送付

This notice explains the extent to which your out-of-pocket costs will be reduced if you switch from a brand-name drug to a generic drug.

Eligibility: Individuals who received prescriptions for brand-name drugs through the NHI program between March and August.

※ A total of six notices will be sent between June and November. No action is required on your part. If you have any concerns or questions for using generic drugs, please consult your doctor /pharmacist.

Contractor: Data Horizon Co., Ltd.

Inquiries: Shimin Ka, Hoken Kakari ☎Ext. 126.



後期高齢者医療保険

<LATE-ELDERLY MEDICAL INSURANCE>

資格確認書の更新と保険料額決定通知書の送付

<Eligibility Confirmation Certificate Renewal and Issuance Insurance Premium Notification>

■ The Late-Stage Elderly Medical Care Program~ Notice Regarding Eligibility Confirmation Certificate and Eligibility Information

Starting in mid-July, city will mail notices regarding eligibility information or eligibility confirmation Certificate (light blue) valid from August 1st through July 31st, 2027.

※ For the Eligibility Confirmation Certificate only, if you are not home at the time of delivery, a [Notice of Absence] will be left. Please be sure to pick it up by the deadline.

[Aged 85 and older, and aged 84 and younger who do not use the My Number Health Insurance Card] ... An Eligibility Confirmation Certificate will be issued.

[Aged 84 and younger who use the My Number Health Insurance Card] ... A Notice of Eligibility Information will be issued only if the frequency of use of the My Number Health Insurance Card meets both of the following criteria. For those who do not meet these criteria, the traditional Eligibility Confirmation Certificate will be issued.

- Used the card 6 or more times within the past year.
- Used the card within the past approximately 3 months.

If you are eligible to receive the Eligibility Information Notice but require a Certificate of Eligibility, please apply in person at a service counter or via the My Number Portal.

■ Percentage of Medical Expenses to be borne by the patient 医療費の負担割合

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

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

■ Notice of Premium Amount Determination 保険料額決定通知書を送付

The determination amount notice of late-elderly medical insurance premiums for the elderly determined based on the 2025 income amount will be sent to those enrolled in the late-elderly medical system for the elderly (insured persons) in the middle of July. For details, please check the information document in the notice.

※ Regarding calculation way details, please check Hamura News ver. July 1st.

■ Premium Reduction 保険料の軽減

Premiums may be reduced based on income. For the reduction, you need to declare your income such

as by filing tax return. For details, please check the information document of the decision notice.

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

Tokyo Metropolitan Association for Medical Care for the Elderly ☎0570-086-519.

国民年金保険料の免除・納付猶予

<Exemption and Deferment of National Pension Insurance Premiums>

The National Pension Plan provides for the exemption or deferment of premium payments for those whose income is below a certain level. As a special provision, individuals who have left their jobs may be eligible for a premium exemption. deferment's application plication. For details, please inquiry.

The pension exemption and deferment's (July 2026 ~ June 2027) application will be started on July 1st (Wed). Applications can be made retroactively up to two years and one month prior to the time of exemption application

[Application Requirements] : Pension booklet and basic pension number notification.

※ Please declare your income in advance.

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

Electronic application (My number card) is also available. For more information, please check Pension office website or inquiry.

Inquiries: Shimin Ka, Kourei Iryou. Nenkin Kakari ☎Ext. 140/ Ome Pension Office ☎0428-30-3410.

介護保険

<NURSING CARE INSURANCE (Kaigo Hoken)>

介護保険保険料額決定通知書. 納付書の送付



< Nursing Care Insurance Premiums Determination and Payment Notification >

In early July, a notice of FY2026 determination of the amount of Nursing care insurance premiums and payment will be sent to those aged 65 or older (Category 1 insured persons).

◆ **Age 65 or older's Premium** 65歳以上の方の保険料

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

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

◆ **Age 40 to 64 older's Premium** 40~64の方の保険料

The amount and payment method vary depending on the medical insurance you have, but you are required to pay the medical insurance portion and the long-term care insurance portion together.

Inquiries: Kourei Fukushima Kaigo Ka, Kaigo Hoken Kakari ☎Ext.149.

<New Nursing Care Insurance Copayment Ratio Cards to be sent to those who are certified Nursing Care Insurance>

介護保険の認定を受けた方へ 新しい介護保険負担割合証の送付

The "Nursing Care Insurance Copayment Ratio Certificate" with the ratio (10-30%) will be sent to those who have been certified as need support or Nursing care in mid-July. The current certificate will expire on July 31st (Fri). Please destroy your current Copayment Ratio Card by yourself or bring it to City Hall 1F Kourei Fukushima Kaigo Ka.

Inquiries: Kourei Fukushima Kaigo Ka, Kaigo Hoken Kakari ☎Ext.144.



介護保険利用者負担額の軽減制度の申請

<Please apply System for User free of Nursing Care Insurance deduction.>

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

- Annual income must be less than JPY1.5 million for a single person household, plus JPY500,000 for each additional member of the household.
- The amount of savings and other assets must be less than JPY3.5 million for a single household, plus JPY1.0 million for each additional member of the household.
- The applicant must have no assets other than those used for daily living.

- The applicant must not be supported by relatives who have the ability to bear the burden.
- The applicant must not be in arrears with Nursing care insurance premiums.

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

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

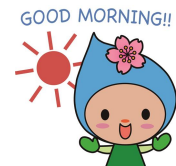
Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.149.

引き続き負担限度額認定を利用する方は更新の手続きを

<Renewal of continuing to use the Ceiling Amount Certification>

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

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.149.



介護保険施設を利用する方は 介護保険負担限度額認定の手続き

< Those who use Nursing care insurance facilities

~ Procedures for Nursing Care Ceiling Amount Certification>

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

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

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

- (1) All members of the household are exempt from Residential Taxation. (If there is a spouse in a separate household who must also be exempt from Residential Taxation.)
- (2) The total amount of assets such as deposits and savings of the applicant and spouse (regardless of living together or separately) must be less than the following ① ~ ④.
 - ① Welfare recipients and the Elderly welfare pension recipients ~ Single person: JPY10.0 million or less, married couple: JPY 20.0 million or less
 - ② The sum of taxable pension income + total income other than pension + non-taxable pension income is less than JPY826,500 ~ Single: less than JPY6.5 million, married couple: less than JPY16.5 million.
 - ③ The sum of taxable pension income + total income other than pension + non-taxable pension income exceeds JPY826,500 but under JPY1.2 million ~ Single person: JPY5.5 million or less, married couple: JPY15.5 million or less.
 - ④ The sum of taxable pension income + total income other than pension + non-taxable pension income exceeds JPY1.2 million ~ Single: JPY5.0 million yen or less, married couple: JPY15.0 million or less.

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

※ The certificate is required to apply, please check the city's official website or contact the city office for details on required documents.

Inquiries: Kourei Fukushi Kaigo Ka, Kaigo Hoken Kakari ☎Ext.149.



<Tokyo Silver Pass Renewal Procedures> 東京都シルバーパス更新手続きを

Starting in mid-June, holders of the Silver Pass will receive a notice from the Tokyo Bus Association regarding the Silver Pass renewal process.

If you wish to renew your pass, please be sure to read the notice and complete the necessary procedures. As part of this renewal, the Tokyo Metropolitan Government Silver Pass will transition from a magnetic stripe card to an IC card (PASMO).

If you wish to renew your JPY1,000. pass, you will need to confirm your resident tax status and other details in addition to paying the required fee. Starting in August, those who have completed all procedures, including payment via the payment slip, will receive their new pass or a notification of

successful registration in due course.

Inquiries: Tokyo Bus Association, Silver Pass Special Phone Number ☎ 03-5308-6950
(Till end of September 9AM~5PM).

第41回青少年健全育成ポスターコンクール作品

<The 41st HEALTHY DEVELOPMENT of ADOLESCENT YOUTH & CHILDREN Poster Contest>

Eligibility: Hamura City Elementary and Junior High School students.

Themes: "Compassion"

Applying Method: Till September 1st (Tue), please use drawing paper cut in four (542mm x 382mm).

On the back of work ~ please fill in [school name, grade, class, name (furigana),
address and phone number], submit to schools or city hall 2F Kodomo Seisaku Ka.

- ※ If you win a prize, the [school name, grade and name] will be announced on Hamura News or city official website. The copyright of the prize-winning works belongs to Hamura City.
- ※ The best and good works will be exhibited on Nov 7th (Sat) "Youth Healthy Development Day".
- ※ The prize-winning works will be used as a poster for the healthy development of youth. During exhibition period Nov 4th (Wed) ~ 10th (Tue), the winner will be exhibited in Primo Hall Yutorogi.

Inquiries: Kodomo Seisaku Ka ☎Ext. 261.



<Parent Training Course> ペアレント・トレーニング

This is a series of courses for parents to learn how to effectively interact with their children who have developmental concerns. There will be role-plays and group work, allowing participants to interact with each other and deepen their learning.

Location: Primo Hall Yutorogi Lecture Room 3.

Eligibility: Parents with children in nursery school senior class ~ 2nd grade of elementary school who are concerned about their children's development and feel difficulty in raising them.

- ※ Those who are willing to participate in an interview (about 30 minutes, schedule to be adjusted upon consultation) and cooperated to fill out a questionnaire.
- ※ Those who are able to attend all sessions (if you can not, please consult).
- ※ Participation is for parents only. No medical consultation or diagnosis of developmental problems is required.

Capacity: 8 (in order of application).

[Schedules]

	Date	Topics
1st	Sep 3rd (Thu)	Let's take a closer look at the child's "behavior".
2nd	Sep 17th (Thu)	Make praise as a habit & Special time
3rd	Oct 8th (Thu)	Be a good communicator and a good organizer
4th	Oct 29th (Thu)	Waiting for praise (a good attention-getter)
5th	Nov 19th (Thu)	Summary of the course Completion ceremony
Follow-up	Feb 25th(Thu), 2027	Review of the course & Extra: Roundtable Discussion with Tokyo Parent Mentors.

Hours: all days 10AM ~ Noon

Application & Inquiries: Please apply via application form or call to Kodomo Katei Center Boshi Hoken.
Sodan Kakari ☎Ext.694.

コミュニティセンター休館期間中の施設予約受付および使用料

<Facility Reservations and Usage Fees During the Community Center Closure Period>

Reservations for facilities in October and November ~ to be held July 21st (Tue) through September 22nd (Tue, holiday), can be made in person at City Hall 2F Chiiki Shinko Ka service counter through the

reservation system on the city's official website.

Please pay the usage fees between September 23rd (Wed. Holiday) and the date of use at the Community Center counter or via cashless payment.

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

Inquiries: Chiiki Shinko Ka, Shimin Katsudou Center Kakari ☎Ext. 632.

1歳児教室「1歳ちゃん」 集まれ～！」

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

Date: July 21st (Tue), from 9:30AM ~ 11:30AM. Location: Hoken Center.

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

Capacity: 15 pairs (in the application order).

Details: Brushing teeth, managing screen time (TV and smartphones), weaning, meals, playtime etc.

Application: Starting from July 1st (Wed) 9AM~, please apply via application form, call or in person to Kodomo Katei Center, Boshi Hoken. Sodan Kakari ☎Ext. 696.



胃がん・肺がん・乳がん検診（第2期）

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

Breast cancer screening is available on the same day.

■ Stomach / Lung cancer screening 胃がん健診・肺がん健診

Date and Time: September 9th (Wed) ~ 12th (Sat) 8AM ~ Noon.

Eligibility: Hamura residents age 40 years or older. Fee: Each screening JPY500.

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

※ In accordance with the cancer screening guidelines, sputum tests will no longer be conducted starting in FY2026.

■ Breast Cancer screening 乳がん検診

Date and Time: September 12th (Sat) 8AM~4PM. Fee: JPY 1,600.

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

Examination Detail: Breast X-ray (Mammography).

Common Items: Location ~ Hoken Center

Not eligible to take this exam if any of the following conditions apply:

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

- ① Those who have already undergone the same screening in the current year.
- ② Pregnant, possibly pregnant, or breast-feeding.
- ③ Those who are currently undergoing treatment or follow-up for a disease in the examined area.
- ④ Those who have the same cancer screening opportunity provided by the employer.
- ⑤ Those who need assistance during inspections.
- ⑥ Those who have a pacemaker or other artificial device inserted (breast cancer screening is not allowed; stomach cancer screening is not allowed on the abdomen).
- ⑦ Those who with a history of intestinal obstruction or allergy to barium products.
- ⑧ Those who have undergone abdominal surgery, orthopedic surgery, myocardial infarction, cerebral infarction, or other diseases within the past year.

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

※ No specific appointment times available (the time is listed on the screening ticket).

- ※ The applicants will be notified of result of drawing or receive screening ticket in late August.
 - ※ If you are receiving public assistance, please submit a certificate of receipt on the examination day.
- The examination will be free of charge.

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

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

- Require items: ① Your desired screening date (1st choice, 2nd choice or any)
 ② Screening/Exam you desire. ③ Address ④ Name (furigana)
 ⑤ Date of birth or age ⑥ Contact (daytime phone number)

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

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

情報アラカルト

MISCELLANEOUS INFORMATION



プリモホールゆとろぎ

PRIMO HALL YUTOROGI ☎042-570-0707

第11回 HAMURA メリーリボン 演劇祭

<The 11th Hamura Merry Ribbon Theatre Festival>

Theater groups from the Nishi-Tama region will present a diverse and unique lineup of plays.

Date & Time: July 18th (Sat), 11:50AM ~ 3:55PM, July 19th (Sun), 11:50AM ~ 4:10PM

Location: Primo Hall Yutoroji Small Hall.

Capacity: First 252.

Co-organized by: the HAMURA Merry Ribbon Theater Festival Executive Committee and the Hamura City Board of Education.

<Study Areas and Open Spaces> 学習の場・フリースペース開放

During summer vacation, Creative Rooms 1 and 2 will be open as study areas.

Depending on availability, they can also be used as open spaces for chatting or playing games.

Term: Late July ~ the end of August, 9AM ~ 5PM.

※ Please check the city's official website for availability.

<Bring-Your-Own Board Game Club> 持ち寄りボードゲ部

Why not bring your own board games and play indoors where it's cool place? Let's spend a fun time together while getting to know other participants.

Date & Time: July 25th (Sat), 1:30PM ~ 4PM (You may leave early).

Location: Primo Hall Yutogari, Creative Room 1.

Eligibility: Elementary and Junior High School students (Younger siblings and parents of elementary and Junior High School students are also welcome to participate)

*Children in 3rd grade or younger must be accompanied by a parent or guardian.

Capacity: Approximately 15 (in application order).

Application: From July 3rd (Fri), via the application form on the city's official website or in person at Primo Hall Yutorogi.

PRIMO LIBRARY HAMURA ☎042-554-2280

館内整理日 The date of Organize (Close Date) : July 15th (Wed).



<Ambulance services are under heavy strain!> 救急車の出場が ひっ迫しています！

Every year from July through August, the number of ambulance calls increases significantly. Please take care of your health and use ambulances only when necessary and appropriate.

If you are unsure whether to call an ambulance, please contact the “Tokyo Fire Department Emergency Consultation Center #7119” or use the “Tokyo Emergency Care Guide,” which has been

enhanced this year with AI to improve usability.

If you believe the situation is urgent, please do not hesitate to call 119.

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

<Yotsuba no Yu Summer Festival & Flea Market> よつ葉の湯 サマーフェスタ&フリーマーケット

This event will feature food and beverage stalls from restaurants in the participating municipalities (Hamura City, Ome City, Fussa City, and Mizuho Town), as well as a flea market selling household goods, clothing, and more.

Dates: July 18th(Sat)~20th(Mon, Holiday). Inquiries: Yotsuba no Yu ☎042-570-2626.FAX042-570-2288

7月 は “ 社会を明るくする運動 ” 強調月間・再犯防止啓発月間です

<July is “Brightening Society Campaign” Month

~ raising awareness about recidivism prevention.>

Inquiries: Shakai Fukushi Ka, Somu Kakari

The [Brighten Society Campaign ~ The Power of the Community to Prevent Crime and Delinquency and Support Rehabilitation] is a nationwide campaign now in 76th year. It aims to deepen understanding of crime and delinquency prevention and the rehabilitation of those who have committed such acts, and to build a safe, secure, and bright society where no new victims or offenders are created by joining forces from our respective positions.

Rehabilitation requires the warmth and compassion of the local community. By watching over and supporting those in rehabilitation, we can make the communities where we live safer and more secure.

Public Awareness Campaign at Train Stations (Hamura Station and Ozaku Station)

Date & Time: July 1st (Wed), 4:20PM ~ 4:50PM.

Details: Distribution of awareness-raising materials, etc.

“Brighten Society Campaign” Hamura City Event

Date & Time: Thursday, July 23rd (Thu), 2PM ~ 4:30PM.

Location: Primo Hall Yutorogi, Small Hall.

Details: Screening of the film [I Want to See Your Smile] ※ No reservation required; free admission



7月の休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆

Date	Hospital / Clinic				Dental Clinic	
July	9am~5pm		5pm~10pm		9am~5pm	
5th (Sun)	Sakae-chou Shinryoujo	☎042-555-8233	Heijitsu Yakan Kyuukan Center	☎042-555-9999	DenTrust	☎042-555-7064
12th(Sun)	Hamura Skin, Plastic Surgery and Intenal Medicine Clinics	☎042-578-8785	Hikari Clinic (Fussa-shi)	☎042-530-0221	Heizou Shika Iin	☎042-554-0066
19th (Sun)	Wakakusa Iin	☎042-579-0311	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Honda Shika Iin	☎042-554-5902
20th (Mon. Holiday)	Baba Kodomo Clinic	☎042-555-3788	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Masuda Shika Iin	☎042-551-8686
26th (Sun)	Nishitama Byouin	☎042-554-0838	Hikari Clinic (Fussa-shi)	☎042-530-0221	Minagawa Sougou Shika Clinic	☎042-555-8219

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