HAMURA NEWS

HAMURIN Hamura City Mascot

October 1st, 2026

Edited by: Hisho Kouhou Ka (Secretary & Public Information Section) Published by: Hamura City
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COMMUNITY

チャイム放送時刻の変更



<Change in Chime Broadcast Time>

Starting October 1st (Thu), the broadcast time for the chime via the disaster prevention public radio system will be changed to 4:30PM.
This chime, which is broadcast daily, is primarily intended to verify the operation of the disaster prevention public radio system, but it is also broadcast to serve as a guide for children returning home.

▼ Chime Broadcast Times
○ October ~ March : 4:30PM.
○ April ~ September: 5:30PM.
※ Please note that the chime may not be broadcast if the scheduled time overlaps with an emergency announcement, such as a fire alert.

● **If You Cannot Hear the Broadcast**

Depending on the geographical conditions, weather, or the layout of buildings in your area, it may be difficult to hear broadcasts from the disaster prevention public radio system. In such cases, you can check the broadcast content using one of the methods listed below.

※ Excludes regularly scheduled broadcasts, such as the evening chime and safety announcements during school dismissal.

■ Disaster Prevention Public Radio System Toll-Free Number: 0120-554-994
When you call this number, you will hear the content of any disaster prevention public radio system broadcasts made within the past 24 hours. There is no charge for the call.

■ Email Notification Service
To register, please check 2D code listed in Hamura News ver. Oct 1st or the city's official website.

■ Official LINE Account
Please add the LINE account 2D code as a friend, or check the city's official website.

■ City Official Website
You can also check the content on the city's official website top page (within 24 hours).

● **Gather informations to prevent disaster!**

○ Tokyo Disaster Prevention App. ○ Yahoo! Disaster Prevention App.
○ NHK ONE News. Disaster Prevetion App. ○ Tokyo Stockpile Navigator.

Inquries: Bousai Anzen Ka, Bousai. Kiki Kanri Kakari ☎Ext. 214.



下水道使用料を改定します

<Revision of Sewerage Fees>

Inquiries: Waterworks Office ☎042-554-2269 FAX: 042-554-2573.

Revise April 1st, 2027 令和９年４月１日改定

The City revised sewerage fees in October, 2024. However, since then, costs related to wastewater

treatment have increased significantly. As a result, the sewerage operations account is projected to run a deficit starting in FY2026 and continuing thereafter.
To ensure the continued stability of the sewerage system into the future with limited financial resources, The city is revising the sewerage user fees. Your understanding and cooperation will be highly appreciated.

<Reasons for the Revision>

▼ Increase in maintenance and management costs related to wastewater treatment.
▼ Decrease in sewerage water consumption and fee revenue.

<Overview of the New Sewerage User Fees (Effective April 1st, 2027)>

■ Example of New Sewerage User Fee Calculation <For a 2-month water consumption of 40 m² (excluding consumption tax)>

	Before Revision	After Revision ( ) indicate the increase
Basic Fee	JPY880	JPY1,120 (+JPY240)
Volume-Based Fee	JPY0×16 m²+JPY84×24 m² =JPY2,016	JPY0×16m²+JPY102x24m² = JPY2,448(+JPY432)
Total	JPY2,896	JPY3,568 (+JPY672)

■ Effective Date of Revised Rates : Please check Hamura News ver. Oct 1st list for details.
※ For the billing period that includes the revision date (approximately 2 months from the previous meter reading date to the current meter reading date), the charges will be prorated based on the number of days as shown above.
※ When the actual bill is issued, water charges and consumption tax will be added to this amount.

環境

ENVIRONMENT



生活保護受給世帯などに市指定のごみ収集袋を交付

< Distribution of Hamura City Waste Disposal Bags to Welfare (Seikatsuhogo) Recipient Households etc.>

Distribution of the free supply of Hamura City Waste Disposal Bag for the next program FY 2026 year (December 2026 ~ November 2027) will start.
Reception: November 2nd (Mon) ~ 30th (Mon), 9AM~Noon & 1PM~5PM.
Location for Pickup: City Hall 1st Floor Multiple Purposes Room.
Things to bring: Proof of eligibility (relevant handbook, certificate, welfare (seikatsuhogo) recipient certificate, etc.) and bag to bring home.

※ Should a household under eligibility condition as below list ④~⑥ are applied for the free bags, please present Resident Tax Exempt Certificate of all Family members. Also, if you did not live in Hamura City on January 1st, 2026, please obtain the above certificate for all members from previous residence.
※ A person receiving the supply by proxy will be required to present [Things to bring] and his/her ID driving license or etc.
※ ① ~ ⑦ Eligibility, unable to apply more than once.
※ One year's bags will be handed in together, if you apply after acceptance period November 30th (Mon), it will be handed in monthly equivalent bags.

[Eligibility and Numbers of Bags]:

Eligibility	Burnable Waste Disposal Bag	Unburnable Waste Disposal Bag
① Welfare(Seikatsuhogo) recipient household	4 peoples or under household ~ Middle size 110 bags	4 peoples or under household ~ Middle size 30 bags
② Child-Rearing Allowance (Jidou Fuyou Teate) recipient household		
③ Special Child-Raising Allowance (Tokubetsu Jidou Fuyou Teate) recipient household	5 peoples or over household ~ Big size 110 bags	5 people or over household ~ Big size 30 bags
④ Resident Tax exempt household with a Physical Disability Certificate holder (grade1~2)		

⑤ Resident Tax exempt household with a holder of Health and Welfare Handbook (Ai-no Techou) (grade1~2)	※ 10 Big size bags can be exchanged to 20 Middle size.	※ 10 Big size bags can be exchanged to 20 Middle size.
⑥ Resident Tax exempt household with a holder of Certificate with Mental Deficiency (Seishin Shougaisha Hoken Fukushi Techou) (grade1)		
⑦ Recipient of Elderly Welfare Pension (Rourei Fukushi Nenkin) ※ Those who was born after April 2nd, 1916 not eligible.	Small size 110 bags	Small size 30 bags

Inquiries: Seikatsu Kankyou Ka ☎Ext.204.

〈小型充電式電池等は「有害ごみ」で収集しています！〉

<Small rechargeable batteries and similar items are collected as [Hazardous Waste]!>

Small rechargeable batteries (nickel-cadmium, nickel-metal hydride, and lithium-ion batteries) are batteries that can be recharged and reused multiple times. They are used in electrical appliances, power tools, cell phones, computers, and other devices.

These batteries are marked with the recycling symbol, so please put out any batteries you no longer need on **[Hazardous Waste]** collection days.

※ There have been numerous fire accidents caused by improper disposal.

※ You can also have them collected at participating retailers (stores)!

■ Important Notes When Disposing of These Items

- Please dispose of them only after the batteries are completely drained.
- Insulate the metal terminals by covering them with vinyl tape or similar material.
- For small household appliances with removable small rechargeable batteries, please remove the batteries first and then dispose of the appliance as [Non-burnable waste].

Inquiries: Seikatsu Kankyou Ka ☎Ext.222.



がん検診を受けましょう

GET SCREENED FOR CANCER!

< The 3rd Term Screening for Stomach / Lung Cancer & Breast Cancer>

Inquiries: Kenko Ka (in Hoken Center) ☎625, FAX 042-554-4767.

Breast cancer is the most common cancer among women. More than 90,000 people are diagnosed with breast cancer every year. Early detection significantly improves the chances of cure. Please get screened every two years.

The city is offering breast cancer screenings on December 20th (Sun) same day with others screenings.

胃がん・肺がん検診

◆ **Stomach Cancer / Lung Cancer Screening**

Date & Time: December 15th (Tue), 16th (Wed), 20th (Sun) and 21st (Mon) 8AM~Noon.
Eligibility: Those who Hamura Residents are age 40 or over as of checkup date.
Fee: Each JPY500.
※ The screeing time will be stated on the examination ticket, unable to be specified.
Details: Stomach Cancer Screening (Digital abdominal X ray photography. Barium examination).
Lung Cancer Screening (Digital chest X ray photography).
※ In accordance with the lung cancer screening guidelines, sputum tests will no longer be conducted starting in FY2026.



乳がん検診

◆ **Breast Cancer screening**

Date & Time: December 20th (Sun) 8AM~4PM.

Eligibility: Hamura female residents who are age 40 or over and haven't had screening in FY 2025.
Fee: JPY1,600. Details: Breast X-ray examination (mammography).

◆ **Common items** 共通事項

Location: Hoken Center.

** You are **Not** eligible to take this exam if any of the following conditions apply:
Stomach Cancer ①~⑧ / Lung Cancer ①~⑤ / Breast Cancer ①~⑥



① Those who had the same cancer screening in this Fiscal Year.
② Pregnant, possibility of pregnancy or breast feeding.
③ Currently being treated or follow-up observation for stomach, lung or breast illness Individuals.
④ Those who have the same cancer screening opportunity provided by the employer.
⑤ Need assistance during inspection.
⑥ Those who have implanted devices such as pacemakers (Breast cancer screening is not possible; stomach cancer screening is not possible if it is located in the abdomen).
⑦ Those who have had colon polyps removed or allergy of Barium preparation.
⑧ Have had an open heart surgery, orthopedic surgery, myocardial infarction or stroke within the past year.

Capacity: 80 each day (drawing if oversubscribed).
※ Appointment times cannot be specified (the time is listed on your check up slip).
※ For those who coming in solely for a breast cancer screening will be scheduled for the afternoon.
※ The screening vouchers to those selected will be sent in mid-November. For those who are not selected will also be notifed.
※ If you are welfare recipient, please submit certificate, the cost will be free.
Application: Oct 1st (Thu) ~ 15th (Thu) (deadline), via application form or postmail with necessay informations to Kenko Ka.
[Send to]: 〒205-0003 5-5-2 Midorigaoka, "Gan Kenshin Tantou", Hamurashi Hoken Center.
[Require items]: ① Your desired screening date (1st, 2nd choice or any).
② Screening/ Exam you desire ③ Address ④ Name (furigana)
⑤ Date of birth/age ⑥ Contact (daytime phone number)
※ Even when applying as a family, each person must submit a separate application.
※ Please apply by postcard or sealed letter. A return postcard is not required.



はむりんピック 市民スポーツまつり

<Hamurinpic ~ Citizens' Sports Festival>



Date & Time: Oct 12th (Mon, holiday) 9:30AM ~ 2PM.
Locations: ○ S&D Sports Park Fujimi (※Cancelled in case of Rain.)
○ S&D Sports Arena Hamura
○ S&D Swimming Plaza Hamura
○ Hamura Kyudo (Archery) Hall
Inquires: Hamura Sports Association ☎042-555-1698, Fax:042-555-1699.

S&D Sports Park Fujimi（Fujimi Park) (Clubhouse ☎ 042-507-7626)

◆ **OUTDOOR VENUES** (※Cancelled in case of rain.)
Please participate program and collect stamps.

Program	Details
Rugby Experience ~ Pass Target.	Pass a rugby ball to a mascot Red Dolphin! Goods are on sale.
New! Rugby Experience: Passing, Tries	Come experience the fun of the unpredictable rugby ball through passing or scoring tries!
Foot Baseball Experience	No equipment needed! Come try foot baseball!
Field Golf Experience	Try Field Golf, a new sport that originated in Hamura City!
Flying Disc Experience: Accuracy	Compete to see who has the most precise disc control!
Flying Disc Experience: Throw & Catch	Let's try throwing and catching a flying disc!
Food Booth at the Food Truck	Enjoy Grape, Curry Rice, Bake sweetpotator etc. delicious treats.

Smile Workshop Booth	Handmade cookies and pies for sale.
Boccia Experience (Smile Workshop)	Enjoy the same rules regardless of disability or ages.
Beginners Tennis & Soft Tennis Session	Everyone can enjoy trying out tennis or soft tennis.
Basketball Experience: Free Throws	Try basketball free throws, see how many you can make in 30 seconds.
Tennis Experience class for Beginner	Come to the court and try out "Street Tennis" ~ anyone can start playing right away!
Soft Tennis Experience class	Everyone from children to adults can enjoy trying out soft tennis.
New! SS Triathlon Event PR Booth	Photos exhibition from the SS Triathlon held in Hamura City, as well as a bike ride experience.
New! Kendo Trial Session	Basic strikes to the men, kote, and do using a bamboo sword. ○ 9:30AM ~ Noon.
Drone Flying Experience	Drone flying experience and time trial.
New! Experience Para-Sports	Touching various tools, experience and enjoy in Para-Sports.
Hamusupo Dance class	Try out a wide range of programs, including dance and fitness classes.
Hamurin Dance & Greeting	Come dance and have fun with Hamurin. ●10:30AM~ ●Noon~ ●1:45PM~.
New! Wing Dance Company Performance	The Wing Dance Company dance performance, the team from Japan Airlines High School Ishikawa that has appeared on TV. ●11:40AM ~ 12:10PM.
Let's All Dance the Soran!	Hamura Elementary school students will all dance the Soran together. ●12:30PM ~ 12:45PM.
New! Simple Walking Exercise	Learning how to walk without falling and improve posture. ●1:30PM ~ 1:45PM.
Soccer Experience Class	Walking soccer experience, penalty kick practice, and soccer target practice
Hamura Health Fair	For details, please check below page No.6.
Potluck Picnic	Why not make the most of the park and enjoy some [chill out] time on a regular basis?



◆ **INDOOR VENUES** (※Carry out even rain.)

S&D Sports Arena Hamura (Sports Center) ☎042-555-0033, Fax 042-554-9974



Program	Details	Location
New! Esquite Tennis Experience	A sport born as a peace symbol in Hiroshima shortly after the atomic bombing. There also will be a panel exhibition and video screenings.	Hall 2
Introduction to Iaido, Iaido Demonstration	Iaido performance and demonstration of Japanese sword cutting techniques! ●10:30AM ~ Noon	Hall 2
Judo Practise Experience	You may observe a practice session of judo that originated in Japan. ●9:30 AM ~ 11:30 AM	Hall 3
Beginner's Studio Programs (Elementary Schoolers or older, capacity: 20)	Aerobics : ●9:30AM ~ 10AM Step : ●10:30AM ~ 11AM Circuit Training : ●11:30AM ~ Noon	Training Room
New! Festival Aerobics (Junior High Schoolers or older, Capacity: 50)	A special program incorporates elements from Beginner Aerobics to Aerobics 1. ●1PM ~ 2PM.	Training Room
Social Education Organizations Poster Display	Introduction corner for registered social education organizations in the city.	



S&D Swimming Plaza Hamura (Swimming Center)

(☎ 042-579-3210, FAX 042-579-3212)

Program	Details
Parent-Child Swimming Lessons (Capacity: 10 pairs)	Swimming lessons parents and children (age 3 ~ 6) can enjoy together. ● 10AM ~ 10:50AM
Kokoro Refreshing Yoga (Junior High Schoolers or older, Capacity: 30)	Refresh your mind and body while working up a sweat with yoga! ● 11AM ~ Noon.
Ballet de Stretch (Junior High Schoolers or older, Capacity: 30)	Enjoy simple ballet that anyone can do! ● 1PM ~ 2PM.

Sports Day Special Event 2 Hours of Free Pool Use for Children	Enjoy 2 hours of free pool! (Ages 3 ~ Junior high school students)
Food truck booth	Enjoy okonomiyaki and Thailand dishes!

Hamura Kyudo (Archery) Hall ☎・FAX 042-555-9255

Program	Details
Kyudo Trial Session (Long-Range Target, Quarter-Size Target)	Experience the joy of kyudo as you draw your bow and aim arrows at two different types of targets.

※ All events with capacity are all as first-come, first-served basis on the event day.



はむら健康フェア **[HAMURA HEALTH FAIR]**

Date & Time: October 12th (Mon. Holiday) 9:30AM~2PM.
Location: S&D Sports Park Fujimi. (※ Cancelled in case of rain).
Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 624.

Participants who visit each station while taking measurements and answering quiz will receive a participation prize! (First 120 people).

Athletic Stadium

☆ Grip Strength Measurement
Measure your grip strength, which correlates with overall muscle strength. A physical therapist will conduct the measurement.

☆ Vegetable Intake Measurement
Simply hold your palm over the sensor to easily estimate your vegetable intake.

☆ Vascular Age Measurement
Simply hold your finger over the sensor to measure your vascular age based on the stiffness of your blood vessels.

☆ Drug Abuse Prevention & Blood Donation Promotion PR
An exhibition on drug abuse prevention and blood donation will be held.
※ No blood donation available.

☆ Frailty Prevention Corner
A standing-up test conducted by a certified health exercise instructor. The individual consultations will be offered and provided information on frailty prevention and related programs.

☆ Health Information Corner
Learn about health topics ~ such as blood vessels, blood pressure, and cancer screenings in an easy-to-understand way.

☆ Nutrition Corner
A registered dietitian will host an exhibit on vegetables and calcium, conduct quizzes, and offer nutrition consultations. A recipe booklet recommended by health promotion officers will be distributed.



Around clubhouse Entrance/Exit

☆ Tuberculosis screening (Digital Chest Photography)
Time: 10AM ~ 1PM
(Registration closes at 12:30PM, but will close as the participants reaches capacity.)
Eligibility: Residents with 18 years old or above. Capacity: First 100.

Clubhouse

☆ Body Composition Measurement
The muscle mass, body fat percentage, basal metabolic rate, and more using a body composition analyzer will be measured. A public health nurse or physical therapist will explain your results. Individual consultations are also available.
Eligibility: Age 6 and up
※ Some measurements cannot be performed for those aged 17 and under.
※ Individuals with medical electrical devices such as pacemakers cannot be measured.

☆ Bone Density Measurement
※ Registration is closed. Only those with a valid examination voucher can be measured.

高齢者の方等を対象　　インフルエンザと新型コロナウイルス感染症の定期予防接種

<For those who are the elderly, etc.
~ Routine Vaccination against Influenza and COVID-19 Infections>



Neither vaccination is mandatory. Please understand the advantages and disadvantages thoroughly and receive the vaccination only if you wish to do so.
Inquiries: Kenko Ka (in Hoken Center) ☎Ext. 622, FAX042-554-4767.

[Routine Influenza Vaccination]
Cost for each vaccine: JPY2,500.　　Period: October 1st (Thu) ~ January 31st (Sun), 2027.
[Routine COVID-19 Vaccination]
Cost for each vaccine: JPY7,500.　　Period: October 1st (Thu) ~ March 31st (Wed), 2027.

[Common items]
Eligibility: Hamura residents who meet one of the following conditions ① or ② on vaccination day:
① At age 65 or older.
② At age 60 to under 65 who have a disability in cardiac, renal, or respiratory that severely limits their ability to perform daily living activities, and with a disability in immune function due to human immunodeficiency virus that makes daily living nearly impossible (equivalent Physical Disability Certificate grade 1).
※ Those who fall under ② must have a physical disability certificate or a doctor's note.
※ Those who do not fall under either ① or ② are not eligible for regular vaccination, the full cost of the vaccination is to be borne by the applicant.
Locations: Cooperating medical institutions in 8 cities, towns and villages in the Nishitama area.
※ For more details, please check the city's official website or inquiry.
※ If you wish to receive vaccinations at a medical institution outside the Nishitama area or at the elderly facility due to unavoidable reasons, please consult with the Kenko Ka.
Number of doses: Only one dose per person during the period.
Reservation: Make an appointment directly with the medical institution.
Things to bring: Documents confirming health insurance eligibility, vaccination fee.
※ There is no vaccination ticket. Pre-medical checkup sheets are available at each medical institution.
Exemption from Vaccination Fee: Welfare recipients and recipients of the Support Benefit for Japanese Remaining in China are exempted from the vaccination fee.
Please make sure to submit the certificate to the medical institution.

お知らせ

INFORMATION



暮らし

LIVING

油・断・快適！下水道　　～下水道に油を流さないで～

<Oil, No, Comfort! Sewer ~　Please don't pour oil down the sewer.>
Oil from the kitchen can clog sewer pipes and cause foul odors. Wipe up oil stains on pots and dishes before washing them. We appreciate your cooperation.
Inquiries: Waterworks Office ☎042-554-2269 / Tokyo Metropolitan Government Sewerage Bureau, Basin Sewerage Division, Engineering Department, Planning Section ☎042-527-4828.

もし病気やけがで障害が残ったら、障害基礎年金のご相談を

< Public Pension System ~ Disability Basic Pension Consolation >
When illness or injury results in a disability that limits daily life or work, and certain requirements are met, such as the disability conditions and insurance premium payments status. The Japan Pension Service will review the claim and provide a disability pension.
If it occurred while you were enrolled in the Employees' Pension, you can claim the [Employees Disability Pension].
If the date of your first medical examination for that illness or injury (initial examination date) occurred while you were enrolled in the National Pension (including periods before age 20 or after age 60 ~ 65

when you were not enrolled), you can claim the [Basic Disability Pension].
[Reception] ~ Ome Pension Office ☎0428-30-3410.

● **Pension Consultation**: The city offers pension counseling services provided by pension counselors with specialized knowledge. (require appointment in advance)

Consultation Times: Monday ~ Wednesday, and Friday.
① 9AM ~ 10AM ② 10:30AM~11:30AM ③ 1PM ~ 2PM ④ 2:30PM~3:30PM.

※ Regarding the [Basic Disability Pension] consultation, please make sure to confirm in advance the name of the illness or injury for which you are applying, the date of your first medical visit, the name of the medical facility, and your medical history to date.
※ Depending on the nature of your inquiry, city may refer you to the Ome Pension Office.
※ For more details, please check the city's official website or inquiry.
Inquiries: Shimin Ka, Kourei Iryou. Nenkin Kakari, ☎Ext. 138.



10 月は「食品ロス削減月間」 10 月 30 日は「食品ロス削減の日」

<October is [Food Loss Reduction Month] and October 30th is [Food Loss Reduction Day]>

Food waste refers to food that is thrown away even though it is still edible, and reducing it offers significant benefits, such as lowering the environmental impact and improving economic efficiency. In FY2025, Japan's annual food waste amounted to approximately 4.61 million metric tons, and the resulting economic loss is estimated to be around 4 trillion yen per year.

《Food Waste Reduction Measures You Can Start Today》

○ **Measures When Shopping**
Check pantry food materials before shopping, plan ahead. Take items from the front of shelves for immediate use. Buy only what you need.

○ **Measures At Home**
Store properly ~ Follow storage instructions on food packaging.
Cook only what you can finish, use ingredients efficiently, repurpose leftovers from overcooked meals.

○ **Measures When Dining Out**
Choose restaurants that actively work to reduce food waste, such as those that allow you to take home leftovers. Order only what you can eat, such as by opting for half-portions. Make a conscious effort to enjoy and finish your meal.

○ **Measures at Banquets**
Midway through the banquet, when conversation is peak, don't forget to keep eating. It is important for the organizer to ask everyone to finish all the food before 10 minutes of banquet.

Inquiries: Seikatsu Kankyou, ☎Ext. 204.



<October is Breast Cancer Awareness Month> 10 月は乳がん月間
~Breast Cancer Screenings Now Available. ~乳がん検診実施中~

Breast cancer is the most common cancer among women. More than 90,000 women are diagnosed with breast cancer every year. Early detection significantly increases the chances of cure. We strongly encourage you to get screened once every two years.
The city is offering breast cancer screenings through December 28th (Mon). Since appointment slots at medical facilities are limited, please schedule your screening as soon as possible.
Inquiries: Kenko Ka (in Hoken Center), ☎Ext. 626.

<Please cooperate with House Survey> 家屋調査にご協力を

A survey is conducted on newly constructed or expanded houses (including storage sheds, garages, sunrooms, etc.) in the city. This survey is conducted to directly examine the materials used in the house, floor space, etc., and to determine the assessed value of the house, which is the basis for calculating property and city planning taxes.

※ For houses newly built or expanded before 2025, taxation may be retroactively applied to past fiscal years. Please inquire for details.

Inquiries: Kazei Ka, Shisanzei Kakari ☎Ext. 157.



募集

RECRUITING

羽村市×杏林大学公開講演会　　子供の虐待防止講演会

<Hamura City × Kyorin University Public Lecture Series: Child Abuse Prevention Lecture>

Fostering a Mindset of Self Care and the Ability to Protect Oneself

~ From 20 Years of Practice with [Stories of Life,] a Sex Education Program for Young Children.

Feeling that "I am a valuable person" and developing the ability to protect one's own body and mind form the foundation for a child's healthy development. Sex education begins in early childhood by teaching children the "importance of life," the concept that "my body belongs to me", and the importance of "respecting both myself and others". While introducing practical examples of "Stories of Life", a sex education program for young children, The importance of starting sex education in early childhood will be discussed.

Date & Time: October 28th (Wed), 2PM ~ 4PM.

Location: Primo Hall Yutorogi, small Hall.　　Capacity: 252 (in application order).

Lecturer: Ms. Yuko Sasaki (Professor, Department of Nursing, School of Health Sciences, Kyorin Uni.)

Application: Oct 1st(Thu) ~ 27th(Tue),via the application form, email, call,fax or in person to Kodome Katei Center, Kodomo Katei Shien Kakari (Hoken Center 2F), ☎Ext. 673.



【先着 50 名】　羽村市もの忘れ検診

<[First 50 Applicants] Hamura City Memory Screening>

To facilitate the early detection of and response to dementia, city if offering a free screening program. Why not take this opportunity to learn about your current condition and use it as a starting point for memory-preservation activities?

Eligibility: Residents aged 65 or older as of the screening date who have not been diagnosed with dementia (excluding residents of care facilities).

Period: November 2nd (Mon)　~ February 27th (Sat), 2027.

※ Only Futaba Clinic will start from October 1st (Thu).

Medical Facilities: Hamura SanKei Hospital, Hamura Sougo Shinryousho (Clinic) and Matsubara Internal Medicine Clinic.

Details: Medical interview, cognitive function test and explanation of results.

※ Please note that you are responsible for covering the costs of transportation to the medical facility and any follow-up diagnostic tests required after the screening.

Application: Starting from Oct 1st (Thu), via application form, call, or in person to City Hall 1F Kourei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari ☎Ext. 195.

※ A screening ticket will be mailed to you at a later date.

※ Limited first 50 for all medical facilites combined.

※ After the screening, the Hamura City Community Comprehensive Support Center may contact you to provide various information.



スロトレ体操体験会　～みんなで集まる通いの場～

<Slow Training Exercise Trial Session ~ A Community Gathering Place for Everyone.>

Rehabilitation specialists from Hamura Sikei Hospital will introduce exercises that are easy to start and maintain. Why not create a [Community Gathering Place] where you take the lead?

Date & Time: October 30th (Fri), 10AM ~ 11:30AM.　　Location: Primo Hall Yutorogi Reception Hall.

Eligibility: Those concerned about a lack of exercise or interested in preventive care for aging.

Capacity: 10 (in application order).

Details: What is frailty? / Practical exercises using a chair / 3-month support for continuing exercises.

Things to Bring: Towel, drink, writing utensils and comfortable clothing.

Application & Inquiries: October 5th (Mon) ~ 28th (Wed), via application form or call Kourei Fukushi Kaigo Ka, Kaigo Yobou. Chiiki Shien Kakari ☎Ext. 456.

※ [Community Gathering Place]: A venue for voluntary activities aimed at promoting the health of older adults. Hamura City provides comprehensive support, from the launch to the ongoing operation of these [Community Gathering Places].

人生 100 年時代を「噛む力」で健康に

<Staying Healthy in the Era of 100-Year Lifespans Through "Chewing Power">

~Check Your Chewing Ability by Chewing Gum~　　~ガムを噛んで咀嚼力をチェック~

Delicious daily meals and enjoyable conversations begin with oral health. Even if you think, "I'm still fine," the decline of your oral health may have already begun without you realizing it.
Why not take a peek inside your mouth with this simple test ~ all you have to do is chew the gum?
Date & Time: November 6th (Fri), 9:30AM ~ 11:30AM (Doors open at 9:20AM).
Location: Primo Hall Yutorogi 2F, Lecture Room 1.
Eligibility: City residents aged 65 and older.
Capacity: 45 (in application order).
Instructor: Ms. Hozumi Mojiyama (Dental Hygienist, Nishi-Tokyo Dental Clinic / Nishi-Tokyo Oral Care Station).
Application & Inquiries: October 5th (Mon) ~ 30th (Fri), via application form, call or in person at the Kourei Fukushi Kaigo Yobou. Chiiki Shien Kakari ☎Ext. 196.



子ども

CHILDREN

令和９年度学童クラブ入所申請書を配布

<FY2027 Children Club's application form will be distributed.>

Staring from October 1st (Thu), FY 2027 Children Club's application form will be distributed. Those who wish to join the children club (after school) from FY 2027 April will be able to apply during application term.
※ If you are currently enrolled and wish to continue, you will need to apply again.
Eligibility: The 1st ~ 3rd graders residing in city or are enrolled in elementary school as of April 2027.
※ Students who are currently enrolled in a facility and are using the additional allowance system due to a disability may be able to enter after the 4th grade. Please consult.
Distributing Locations ~ City Hall 2F Kosodate Shien Ka,Gakudou Club. Jidoukan Kakari, each Children Center, City's Nursery Schools and Kindergartens.
※ Application forms can be downloaded from the official city website.
※ Online application is available.
Application term: [1st term] Nov 1st (Sun) ~ 15th (Sun).
[2nd term] Nov 16th (Mon) ~ Jan 15th (Fri), 2027.
[3rd term] Jan 16th (Sat) ~ Mar 15th (Mon), 2027.
※ On November 13th (Fri), applications will be accepted until 7PM.
※ On November 14th (Sat), applications will not be accepted from 11:45AM ~ 1PM.
※ Times are subject to change.
※ The 1st term applicators will be prioritized for review and selection.
Application:
○ Online application … Via the application form from the city's official website with the necessary information, attached document and send out.
※ Please complete your submission by 11:59PM on the final submission date.
○ Apply at the counter…Please check the city' s official website and submit the required documents directly to city hall 2F Kosodate Shien Ka, Gakudou Club. Jidoukan Kakari.
※ The details, please check city's official website or inquiry.
Inquiries: Kosodate Shien Ka, Gakudou Club. Jidoukan Kakari ☎Ext. 264.



情報アラカルト

MISCELLANEOUS　INFORMATION

子育て

CHILDREN

児童手当・児童育成手当を支給します

< Child Allowance and Child Support Allowance for Childrearing Households >

Child Allowance (August and September) and Child Development Allowance (June ~ September) will be deposited into your designated account on Middle October.
For recipients required to submit current status who did not submit it by the deadline, or whose documents or other issues remain unresolved, payment may be delayed until November or later.
※ The details, please check city's official website or inquiry.

Inquiries: Kodomo Seisaku Ka, ☎Ext. 236.

産婦健康診査・1か月児健康診査

<Postpartum Health Checkups and 1-Month-Old Infant Health Checkups>

Starting October 1st (Thu), postpartum health checkups and 1-month-old infant health checkups will be available using the Tokyo Metropolitan Government's universal checkup voucher, and the costs will be covered by public funds. The checkup voucher is distributed when the Maternal and Child Health Hand book is issued. Please have checkup in Tokyo Designated Medical Institutions.

Eligiblity: Postpartum Health Checkups ~ Two visits per mother (1st: approx. 2 weeks postpartum; 2nd: approx. 1 month postpartum) / 1-Month-Old Infant Health Checkup: One visit between 28 and 41 days after birth.

※ Both programs apply to checkups received on or after October 1st, 2026.

※ There is upper limit on public funding.

※ The checkup voucher cannot be used outside Tokyo. If you return to your hometown for the birth, there is a system in place where you can apply for a subsidy after paying the costs out of pocket.

Inquiries: Kodomo Katei Center, Boshi Hoken. Sodan Kakari ☎Ext. 697.



1歳児教室「1歳ちゃん♪　集まれ～！」

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

Date & Time: October 27th (Tue), 9:30AM ~ 11:30AM. Location: Hoken Center.

Eligibility: Those who have a child at age 1 year old as August ~ October can attend with their child.

Capacity: 15 pairs (in application order).

Details: The toothbrushing, the way for using TV or smartphone, weaning, meals, playing way etc. will be discussed.

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

Application & Inquiries: Starting from Oct 1st (Thu) 9AM~, via application form, call or in person to Kodomo Katei Center, Boshi Hoken.Sodan Kakari (in Hoken Center)☎Ext. 696.

パパママ講座第２弾

<Papa-Mama Lecture Vol. 2 >

~ Mom's Body Refreshment Classes! ママのからだスッキリ教室

The Health Exercise Program to clear away your worries about "pelvic distortion," "weight and body shape," "stiff shouldersand back pain," and refresh your body and mind.

Date and Time: November 12th(Thu), 10AM~11:30AM.

Location: S&D Sports Arena Hamura Hall 3.

Eligibility: Mothers living in the city and raising children. Capacity: 12 (in order of application).

Details: Easy petit training (exercise practice), mini lecture on health.

Things to bring: Writing utensils and easy to move clothes.

Application/Inquiries: From October 1st (Thu) ~, via the application form or call to Kenko Ka (in Hoken Center) ☎Ext. 624.

※ If you need to bring a child under 3 years old, please notify at the time of application.



S&D SPORTS ARENA HAMURA ☎042-555-0033

<Aerobics Carnival> エアロビクスカーニバル

Date: October 31st (Sat).

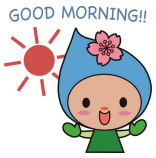
Program	Time	Capacity
Beginner Aerobics	9:45AM - 10:45AM	60
Aerobics 1	11AM - Noon	50
Aerobics 2	2PM – 3:10PM	50

Location: S&D Sports Aarena Hamura, Training Room Studio.

Eligibility: For Junior High School Students or above.

Fee: Hamura Resident JPY200 (Junior High Schooler JPY90)/

Not Hamura Resident JPY300 (Junior High Schooler JPY130).
Things to bring: Personal ticket or coupon ticket, exercise clothes, indoor shoes, drink with lid, towel etc.
Application: Please come to 2F training room directly 30 minutes before each program begins.
Inquiries: NPO Hamura Athletic Association ☎042-555-1698.



<Tour of the Fussa, Hamura, and Mizuho Areas> 福生・羽村・瑞穂地域を巡るツアー

① [An Adult Field Trip! Rediscover the Charm of a Local West Tama Journey!] (Bus Tour)

Date & Time: October 17th (Sat), 9:30AM ~ 3:30PM.
Capacity: 30 (drawing if oversubscribed). Fee: JPY3,000.
Application: via the application form by October 10th (Sat).
Inquiries: Fussa City Tourist Information Center "Kurumiru Fussa," ☎042-530-2341 (10AM~6PM, exclude Mondays and Thursdays).

② [Tamagawa Josui Walk & "Gourmet Select Market" Lunch at the Fukushima-ya Cafeteria]

Date & Time: October 24th (Sat), 9AM~1:15PM. Fee: JPY2,000.
Capacity: 20 (drawing, if oversubscribed).

③ [A Small-Town Tour: Walking Through "CLANNAD" Settings ~ Hamura and Mizuho Ver.]

Date & Time: November 7th (Sat), 9AM ~ 1:30PM. Fee: JPY2,000.
Capacity: 20 (drawing, if oversubscribed).

[Common Information for Tours ② and ③]

Application: Apply via the application form by October 14th (Wed) 5PM.

<Hamura, Fussa, and Akishima Joint Town Walk> 羽村・福生・昭島合同町あるき

Let's walk toward the Hamura Weir! The Lush Tamagawa Josui (approx. 10 km).
Date & Time: October 27th (Tue), 8:30AM ~ 3PM.
Capacity: 20 (drawing, if oversubscribed) Fee: JY2,300.
Application: By October 15th (Thu), via phone or in person at the Tourism Association
Inquiries: Tourism Association ☎042-555-9667 (9AM ~ 5PM, except Tuesdays and Wednesdays).

社会福祉協議会 **SOCIAL WELFARE COUNCIL ☎042-554-0304**



第３８ 回 ふれあい福祉まつり

<The 38th Community Welfare Festival>

■ Gather and Spread ~ Smiles Across Our Community

This event deepens understanding and interest in welfare through citizen exchanges and presentations by volunteer groups and welfare organizations. We look forward to your visit.
Date & Time: October 18th (Sun), 10AM ~ 3PM (Held even light rain).
Location: Fukushi Center.
Details: Food stalls, stage performances, volunteer experience corner, small goods sales, etc.
Organizer: The 38th Fureai Welfare Festival Executive Committee.
Inquiries: Social Welfare Council ☎ 042-554-0304, Fax042-555-7445.

西多摩衛生組合 **NISHITAMA SANITATION ASSOCIATION**

親子で煙突のぼりにチャレンジ！

<Parents and children challenge to climb up the chimney!>

Why don't you look over the cityscape from the 50 meters high chimney?
Date & Time: October 24th (Sat), ① 1PM ~, ② 2PM ~, and ③ 3PM ~.
(If it rains, the tour will be postponed to October 25th (Sun)).

Meeting Location: Environment Center Administration Building.
Eligibility: The 3rd~ 6th graders and their parents/guardians
Capacity: 3 pairs/ each meeting, (in order of application).
Application: Oct 5th (Mon) ~ 16th (Fri), please call Nishitama Sanitation Association (9AM~5PM, exclude Satrudays, Sundays and holidays) ☎042-554-2409.



東京都最低賃金改正のお知らせ

<Notice of Tokyo Metropolitan Minimum Wage Revision>

The Tokyo Metropolitan minimum wage will be revised to JPY1,280 per hour effective October 1st, 2026. This applies to all workers employed within Tokyo.

Inquiries: Tokyo Labor Bureau, Labor Standards Department, Wage Division ☎ 03-3512-1614 (direct) / Tokyo Work Style Reform Promotion Support Center ☎ 0120-232-865.

東京都シルバーパスの新規購入　～10月からICカード（PASMO）になります～

<Purchasing a New Tokyo Silver Pass
~ Starting in October, it will be an IC card (PASMO)~>

Residents of Tokyo aged 70 or older can purchase the [Tokyo Silver Pas], which allows them to ride private buses in Tokyo and Toei Transportation services. To purchase the pass, please prepare the required documents and visit an issuing office, such as a nearby bus office or a Toei Subway commuter pass sales office.

※ For details on required documents, purchase fees, and other information, please contact the Tokyo Bus Association's Silver Pass Hotline or check the Tokyo Metropolitan Silver Pass website.

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



「令和８年度紅葉の谷戸沢処分場自然観察会」

< FY 2026 The Yatozawa Landfill Site ~ Red Leaves Nature Tour>

The nature observation event where participants can experience the revitalized satoyama natural environment firsthand will be held.

Date and time: November 26th (Thu) 8:45AM~5PM.
Tour facilities: Hachioji City Tobuki Clean Center, Futatsuzuka Disposal Site and Yatozawa Landfill Site.
Meet & dismiss: JR Hachioji Station South Exit.

※ Detailed meeting place and time will be informed to the winners. The transportation to each facility will be by large bus.

Eligibility: Tama areas residents, workders and students.
Fee: JPY1,500 (lunch, collect at the event day).
Capacity: 40 (drawing if oversubscribed).
Application: Till October 30th (Fri) 5PM (must be arrived), via Tokyo Tama Kouiki Shigen Junkan Kumiai website's application form or postcard with required informations.
Required items: Noted [Yatozawa Landfill Site Nature Tour wish to participate] and all participators
①Name(furigana) ②Age ③Postal Number, Address ④phone number (daytime)
⑤ Workplalce. School's city and street name.
Send to & Inquiries: Tokyo Tama Kouiki Shigen Junkan Kumiai [Yatozawa Landfill Site Nature Tour]
〒190-0181　7642 Oaza Guno, Hinode-Machi, Nishitama-Gun. ☎042-597-6152.

※ Please note that on the event day, we may ask for your cooperation with photography and interviews for media coverage. The content may be published on Junkan Kumiai's website and other platforms.

ヒノトントン ZOO　NEWS

HINOTONTON ZOO NEWS

10 月 24 日は国際テナガザルの日　**<October 24th is International Gibbon Day>**

It was established in 2015 to raise public awareness about the current status and conservation of gibbons, which are threatened with extinction.

In the wild, their population is declining due to deforestation and poaching. At Hinotonton Zoo, we care for 2 white-handed gibbons: a female named "Okayu" and a male named "Cha".　If you're lucky, you might even catch a glimpse of them moving about using their long limbs…? Be sure to watch closely to see how they use their limbs!

[Notice Regarding Special Operating Days]



October 19th (Mon) is a special operating day: "Hamuzu Monday"

Park Hours: 10AM ~ 3PM (Last admission: 2:30PM).

※ The "AOBAZUKU" gift shop will be closed.

※ There are no changes for admission fees.

[October Zoo Closures]

October 5th (Mon) and October 26th (Mon)

Inquiries: Hinotonoton ZOO ☎042-579-4041.

PUBLIC CONSULTATIONS Schedule

Category	Date	Time	Contact
General Consultation for Foreign Residents Ⓐ*	Ⓐappointment 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	October　15th (Thu) November 19th (Thu)	1:30pm ~ 4:30pm	

*Ⓐ=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.



１０月休日診療

◆ MEDICAL FACILITIES open on SUNDAYS & HOLIDAYS ◆　October

Date	Hospital / Clinic				Dental Clinic	
October	9am~5pm		5pm~10pm		9am~5pm	
4th (Sun)	Ozaku Ekimae Clinic	☎042-578-0161	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Hamura Tulip Shika	☎042-578-8284
11th (Sun)	Matsubara Naika Iin	☎042-554-2427	Hikari Clinic (Fussa-shi)	☎042-530-0221	Asahi Kouen Douri Shika Iin	☎042-555-7904
12th (Mon, Holiday)	Futaba Clinic	☎042-570-1588	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Takada Shika Iin	☎042-555-5903
18th (Sun)	Yanagida Iin	☎042-555-1800	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Hanenaka Shika Clinic	☎042-554-2202
25th (Sun)	Yamaguchi Naika Clinic	☎042-570-7661	Hikari Clinic (Fussa-shi)	☎042-530-0221	Hamura Shika Iin	☎042-570-4618

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

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