



# HAMURA NEWS



Published by: Hamura City

January 1st, 2026

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](mailto:s102000@city.hamura.tokyo.jp)



❖ ❖ **!! NEW YEAR EVENTS !!** ❖ ❖ ~ the New Year events will be introduced.

ヒノトントンZOOのお正月

## <Hinotonton ZOO New Year

~ 2026 Zoo Park PR card designed by SANANOMORI Sana>

Inquiries: Hinotonton ZOO ☎042-579-4041

City will distribute Zoo Park 2026 PR cards designed by SANANOMORI san, an illustrator from Hamura City.

Distribution begins: Jan 2nd (Fri) 9AM~

Distribution location: Hinotonton ZOO Entrance

Number of distribution: First 500

郷土博物館のお正月

**KYODO HAKUBUTSUKAN ☎042-558-2561**

Open Hours: 9AM~5PM (Old Shimoda Residence is till 4PM)

Close: Year End / New Year's Holidays and exclude Holiday's Monday



■ お正月かざり

## < New Year Special Decoration Exhibition >

The exhibition will display Hagoita (a fether board), Hamayumi, Kites and other materials related to this year's zodiac sign "Horse" are given to children on their first New Year's Day. Please come and feel the atmosphere of the New Year at the local museum.

Date: Jan 4th (Sun) ~ 18th (Sun).

Location: Orientation Hall

■ まゆ玉かざり

## < Mayudama Kazari >

When silk cultivation was a thriving industry in Hamura, people used to make a new year's decoration out of pounded rice called "Mayudama Kazari", which will be recreated for displaying.

Date & Time: Jan 10th (Sat) ~ 18th (Sun).

Location: Orientation Hall / Old Shimoda Residence.



■ 企画展「むかしのくらし」

## < Exhibition "Old Days Livelihood" >

How did people cook rice and wash clothes in the days when there were no convenient electrical appliances? Let's take a look at the differences between life in the past and today through the tools that were used in the past.

Date: Jan 7th (Wed) ~ 25th (Sun).

Location: Gakushu Shitsu / Old Shimoda Residence.



活力市 だるま市

**< NEW YEAR MARKET ~ Vital Market & Daruma New Year Market >**

Why don't you buy a lucky Daruma doll at the beginning of the year to pray for [good health and longevity], [prosperous business] and [fulfillment of great wishes] for the year? Lucky daruma dolls of various colors and sizes will be on display. There will also be booths on the day.

だるまに名前を入れることができます！

**<You may put your names on your purchased Daruma Doll !>**

Inscription service is available for an additional fee. Please make a reservation at Shougyou Kyoudou Kumiai prior to the market day, or order at the site. It may take about a week if ordered at the site.

Date & Time: Jan 10th (Sat) & 11th (Sun), 9:30AM~3:30PM

Location: Hamura Nousanbutsu Chokubaijo (Farmer's Market).

Inquiries: Shougyou Kyoudou Kumiai ☎042-555-5421 /

Sangyou Shinkou Ka, Shoukou Kankou Kakari ☎Ext.667.

農産物直売所の初売り

**<Nousanbutsu Chokubaijo (Farmer's Market) First Sale>**

Farmer's Market starts First Sale for Fresh Vegetables and Flowers which are farmed by Hamura farmers.

Date and Time: Jan 5th (Mon) 9:30AM~

Inquiries and Location: Nousanbutsu Chokubaijo (Farmer's Market) ☎042-579-5467.  
(9:30AM~4PM)



伝承行事 どんど焼き

**< Dondo Yaki – New Year Bonfire >**

This is a traditional event in which New Year's decorations and other ornaments are burned around a mound made of straw, cedar leaves and bamboo to pray for good health and safety throughout the year.

Date and time: Jan 12th (Mon, Holiday), 8AM ~

(Fire from 8:30AM, if weather doesn't allow, it will be postponed to Jan 18th (Sun).)

Locations: Miyanoshita Sports Ground (Fussa side)

※ Please bring decoration ornaments to venue directly.

※ Please do not throw on any metal or vinyl products, dolls and stuffed animals to the bon fire.

※ Using public transportation or bicycles are recommended.

Inquiries: Seishounen Taisaku Nishi Chiku Iinkai Urano San ☎080-7881-9269.

※ The East District Committee (Higashi-chiku Iinkai) will not hold.



新春恒例 羽村市消防団出初式

**< The New Year's Ceremony of Hamura Fire Brigades >**

At the New Year's Ceremony, members show the results of their daily training, including the simultaneous discharge of water by fire trucks.

The members will march in procession to the music of the brass band of Hamura Daiichi Junior High School.

※ On the event day, sirens will be sounded at 8AM. Please be careful not to mistake this for fire.

Date & Time: Jan 11th (Sun), 10AM~ Noon

Location: Hamura Daiichi Junior High School ground (gymnasium in case of rain).

Inquiries: Bousai Anzen Ka, Bousai Kikikanri Kakari ☎Ext.207.

ゆとりぎでお正月を遊ぼう！& 邦楽サロンコンサート

## **Come to Enjoy the New Years at Yutorogi! & Traditional Japanese Music Salon Concert**

**Inquiries: Primo Hall Yutorogi ☎042-570-0707**

(Open Hours: 9AM~10PM, Close: End year/New Year's Holidays and exclude Holiday's Monday)

**Date: Jan 11th (Sun)**

### ❖ **Come to Enjoy the New Years at Yutorogi!** ゆとりぎでお正月を遊ぼう！

Time: 11AM~2PM.

Location: 1F Howaie, Communication Square (Kouryu Hiroba).

Details: Hatsu Gama (Hamura Sado Tea Ceremony Association), Kakizome (Hamura Calligraphy Federation), Hatsu Ike (Hamura Flower Arrangement Association), Koma (Top) Spinning with feathers, Charity Bazaar (Handicrafts and Pottery sales).

※ Hatsu Gama is JPY300 / per seat.

Co-operation: Hamura City Culture Association.



ゆとりぎ邦楽サロンコンサート

### ❖ **Traditional Japanese Music Salon Concert at Yutorogi**

Time: Noon to 1PM.

Location: 1F Howaie.

Details: Koto, Shakuhachi (Hamura Sankyoku Kai), Shigin / Shodougin, Nankin Tamasudare (Nankin Tamasudare Sen no Kai), Kappore (Hamura Kappore Sakura Kai).

Co-sponsored: Hamura City Cultural Association, Hamura City Board of Education and Hamura City Music Federation.

アール・ブリュット2025巡回展「既知との遭遇 自伝的ブリコラージュの世界へようこそ！」

### **<2025 Art Brut Touring Exhibition :**

**"Encounter with the Known: Welcome to the World of Autobiographical bricolage".>**

Art Brut is a term coined by French artists, referring to art created by individuals without formal art training, valued for its unique ideas and expressive methods. This exhibition showcases works by six Art Brut artists who have gained attention domestically and internationally in recent years.

Date and Time: Jan 15th (Thu) ~ 25th (Sun), 10AM ~ 5PM.

Location: Primo Hall Yutorogi Exhibition Room.

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

Co-hosted by: Tokyo Metropolitan Government, Tokyo Shibuya Park Gallery.

Cooperation: Hamura City

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



今年は全部ウマくいく！ 市長と疾走SP

### **<This year will be a total success! Mayor's Dash Special!>**

Mayor Hamura and TV Hamura reporters stroll through the city, introducing Hamura's charms in "New Year's Stroll Hamura".

This fifth installment is packed with activities sure to boost your luck! We look forward to your continued support of TV Hamura this year!

※ Program schedule is subject to change.

Inquiries: Hisho Kouhou Ka, Kouhou. City Promotion ☎ Ext. 505.

**<TV HAMURA AIR TIME>** テレビはむら放送時間

**[Cable TV (daily broadcast, updated on 1st and 15th)]**

TCN055ch 9AM ~ / 5PM ~ / 9PM

**[Terrestrial digital (Digital TV) broadcasting (every Saturday)]**

TCN Digital Terrestrial 10ch (101ch)

1:30PM ~ / 5PM ~ / 9PM ~

**[YouTube]** Available on Hamura City's official video channel



キャンプ体験イベント

**<Camp Experience Event>**

~ **Let's split wood, start a fire, and cook camp meals!** まき割り、火起こし、キャンプ飯づくりをしよう！

Experience simple camping activities rarely encountered in daily life, such as splitting wood, starting a fire, and cooking camp meals.

Date and Time: Jan 18th (Sun), 9AM ~ Noon.

※ Cancelled in case of severe weather.

Location: Sekishita Recreation Plaza.

Eligibility: Hamura Residents or workers (Elementary school 4th grade and below must be accompanied by a guardian)

Capacity: 20 (in application order).

Things to Bring: Long sleeves, long pants (clothes that can get dirty)

Lecturer: Mr.Kazuyoshi Tsuchiya (Association of Forest Producers).

Application: From Jan 5th (Mon) 8:30 AM to Jan 16th (Fri) 3PM. Please provide "Address, Name, Age (grade), Phone Number", via application form or in person to Kankyou Seisaku Ka ☎ Ext. 224.

税金

**TAX**

令和8年度の 個人住民税の主な税制改正

**<INDIVIDUAL RESIDENT TAX REVISION FOR FY2026>**

Inquiries: Kazei Ka, Shiminzei Kakari ☎ Ext. 162.

※ The reforms apply to the FY 2026 individual resident tax based on income earned from January 1st to December 31st, 2025.



給与所得控除の見直し

**1. Revision of Salary Income Deduction**

Regarding the salary income deduction applicable to salaried workers, starting with the FY2026 individual resident tax, for those with salary income of 1.9 million yen or less.

Salary Income Amount	Before Revision Salary Income Deduction Amount	After Revision Salary Income Deduction Amount
Up to JPY1,625,000	JPY550,000	JPY650,000
Over JPY1,625,000 to JPY1,800,000	Salary Income × 40% - JPY100,000	
Over JPY1,800,000 to JPY1,900,000	Salary Income × 30% + JPY 80,000	

※ This revision applies only to those earning JPY1.9 million or less. There is no revision for those in the category exceeding JPY1.9 million.

各種扶養控除等に係る所得要件の引上げ

**2. Increase in Income Requirements for Various Dependent Deductions**

Starting with the FY2026 individual resident tax, the eligibility income requirement amount for various dependent deductions will be raised by JPY100,000.

Income Requirements	Before Revision	After Revision
Total income amount of spouse and dependents living under the same household	JPY480,000	JPY580,000
Total income amount of children living under the same household with a single parent	JPY480,000	JPY580,000
Total income amount of relatives eligible for miscellaneous loss deduction	JPY480,000	JPY580,000
Total income amount of working students	JPY750,000	JPY850,000
Minimum Guaranteed Amount Counted as Necessary Expenses in the Special Provision for Home Workers	JPY550,000	JPY650,000

大学生年代の子等に関する特別控除（特定親族特別控除）の創設

### 3. Establishment of a Special Deduction for College Age children (Specific Relative Special Deduction)

Starting with the FY2026 individual resident tax, a new deduction system will be introduced. Under this system, even if the taxpayer has relatives aged 19 ~ 23 whose total income exceeds JPY580,000, the amount of deduction the taxpayer can receive will be gradually reduced based on the total income of said relatives.

Total Income of Dependents	[Ref] Converted to Salary Income	Taxpayer's Special Deduction for Specific Relatives
Over JPY580,000 to JPY950,000	JPY1,230,000 ~ JPY1,600,000	JPY450,000
Over JPY950,000 to JPY1,000,000	JPY1,600,001 ~ JPY1,650,000	JPY410,000
Over JPY1,000,000 to JPY1,050,000	JPY1,650,001 ~ JPY1,700,000	JPY310,000
Over JPY1,050,000 to JPY1,100,000	JPY1,700,001 ~ JPY1,750,000	JPY210,000
Over JPY1,100,000 to JPY1,150,000	JPY1,750,001 ~ JPY1,800,000	JPY110,000
Over JPY1,150,000 to JPY1,200,000	JPY1,800,001 ~ JPY1,850,000	JPY60,000
Over JPY1,200,000 to JPY1,230,000	JPY1,850,001 ~ JPY1,880,000	JPY30,000

子育て世帯等に対する住宅ローン控除の拡充の延長

### 4. Extension of Expanded Mortgage Interest Deduction for Child-Rearing Households

A measure was implemented to increase the maximum loan amount for the mortgage interest deduction when child-rearing households or similar households construct certified housing and move in during FY2024. This measure has been extended to also apply to households moving in during FY2025.

#### ■ Applicable Households

- Households with dependent relatives under 19 years of age.
- Households where either spouse is under 40 years of age.



#### ■ [Mortgage Interest Deduction Borrowing Limits]

Housing Category	Non-child-rearing households	Child rearing households
Certified Long-Term Quality Housing / Certified Low-Carbon Housing	JPY45 million	JPY50 million
ZEH-Level Energy-Efficient Housing	JPY35 million	JPY45 million
Energy-Efficient Standard-Compliant Housing	JPY30 million	JPY40 million

※ For details on eligibility conditions, etc., please refer to the Ministry of Land, Infrastructure, Transport and Tourism website.

固定資産税に関する届け出・申告をわすれずに

< Please do not forget! Property Tax – necessary status reports and tax deductions >

● Report of Demolished Property 取壊し家屋（建物）の届け出

Submit to & Inquiries: Kazei Ka, Shisanzei Kakari at ☎Ext.157.

When you have all or part of your registered residential property demolished in FY2025, please file a Lost Property Registration (Messhitsu Touki) without delay.

- Registered houses: Register the loss of the house at the Nishitama Branch Office of the Tokyo Legal Affairs Bureau.
- Unregistered houses: Submit a "Declaration of House Demolition" to the Kazei Ka, Shisanzei Kakari.
- ※ If the demolition is not filed, the house may be taxed as if it still existed after the 2026 fiscal year.

次の申告は2月2日（月）まで

**The following reports will be till February 2nd (Mon)**

住宅用地などの申告

### ● Residential Land Property status report

When any of the following cases ①～④ apply occurring to your land property, please file a required report.

- ① Changed the use purpose of your land property from commercial to residential.
- ② Purpose of your land property is no longer residential.
- ③ Built a real estate for business, expanded housing structure within your (former) residential land property.
- ④ Changed your residential real estate to a property of commercial use.

建替え中住宅用地の特例の申告

### ● Special Measures for Real Estate Demolition, Rebuilding in Progress report

If you demolish a residence before evaluation date (January 1st), and are rebuilding on the same lot till end of March, you may be eligible for special tax reduction for residential property. Certain conditions apply.

※ Please inquire for details.

固定資産税（家屋）の減額措置

### ● Property Tax Reductions

Please apply property tax reductions qualify Barrier-Free Renovation, Seismic Retrofitting, Energy-Saving Renovation etc. within 3 months after finishing remodeling.

※ Please inquire for details.



令和7年分所得税の確定申告 税理士による無料申告相談

### <2025 Income Tax Returns ~ Free tax consultations by certified public tax accountants.>

Tax accountants of the Tokyo Certified Public Tax Accountants' Association Ome branch will provide free tax consultation and prepare your tax return via computer.

※ **Please apply online in advance, unable to accept by phone.**

Date and Time: Feb 2nd (Mon) ~ 6th (Fri), 9AM~4PM (30 minutes / per session)

Location: City Hall 4F Main Meeting Room.

- ※ Please refer 2D code posted in Hamura News ver. Jan 1st for information of things to bring.
- ※ For information on tax return, please refer to January 15th version of Hamura News.
- ※ Consultation on income from transfer of land, buildings and stocks are not available.

Application: Jan 9th (Fri) 9AM ~ Feb 3rd (Tue) 3:30PM via 2D code [Free tax consultations by certified public tax accountants reservation website] posted in Hamura News ver. Jan 1st.

### Inquiries: **Appointment methods and Free tax filing consultations**

Ome Tax Office: ☎ 0428-22-3185

(Follow the automated voice prompts and select “2” .)

※ If you only need to submit tax returns etc. please post mail them directly.

[Send to] Tokyo Regional Taxation Bureau, Operations Center Musashi-Fuchu Branch.  
〒183-8510 4-2 Honmachi, Fuchu City, Tokyo



注意！確定申告用紙は原則、送付されません

**[Caution] In principle, tax return forms will not be sent.**

In principle, the Ome Tax Office will not send a tax return form for FY2025 tax year, even if you filed a tax return for the previous year.

Please use e-Tax (electronic tax filing) or come to the City Hall or Ome Tax Office to pick up tax return form.

※ You can also download the form from the National Tax Agency website.

Distribution: City Hall, 1st floor Civic Hall, from Jan 19th (Mon).

Inquiries: Ome Tax Office, the 1st Individual Taxation Department ☎0428-22-3185  
(please select "2" according to the automatic voice).



フレッシュランド西多摩よつ葉の湯が2月1日（日）リニューアルオープンします

**<Freshland Nishitama Yotsuba no Yu will reopen on Feb 1st (Sun).>**

Inquiries: Nishitama Sanitation Association ☎042-554-2409, FAX 042-554-2426

Featuring natural hot springs (alkaline simple hot springs) and a Finland sauna, the outdoor lawn area now includes a BBQ space and large play equipment for children to enjoy. It has been reborn as a more comfortable and relaxing space.

We look forward to welcoming visitors of all ages, from children to seniors!

☆ On opening day, the official mascots of Hamura City, Ome City, Fussa City, and Mizuho Town will be there to cheerfully greet everyone!



内風呂・露天風呂「陽の湯」「月の湯」

**[Indoor Baths & Open-Air Baths: "Sun Bath" & "Moon Bath"]**

Natural hot spring water drawn from approximately 1,800 meters underground. Known as a "beauty-enhancing bath", this alkaline simple hot spring water leaves skin feeling silky smooth and soft. Baths alternate weekly between men and women.

**[Sauna]** サウナ

Newly added Finland sauna and cold plunge pool, incorporating authentic style. Soft steam generated by the auto-löyly gently envelops your body.

**[Private Bath]** 貸切風呂

A heated private bath available to anyone. Enjoy a relaxing soak in a private bathing room (same gender groups reservations required). Available daily on a rotating basis for men and women.

**Yotsuba no Yu**

Hours:

○ Bathing Facilities...10AM ~ 10PM (Last admission: 9PM / Private baths require reservations).

○ Gymnasium & Meeting Facilities...9AM ~ 10PM (Reservation required).

○ Outdoor Facilities...9AM ~ 10PM

BBQ Space (Reservation required) / Operating Period: April to early November: 10AM ~ 9PM).

Close: Mondays (or the following day if Monday is a holiday), Year-end/New Year holidays (Dec 31st ~ Jan 2nd)

※ Feb 2nd will be opened.

**Price List** 料金表

○Hot Spring Facilities

Category		3 Hours	Extension Fee
Sun Bath & Moon Bath	Adult	JPY600	JPY150
	Elementary School Student	JPY300	None
	Toodlers	Free	
Private Bath (1 hour)		Additional JPY1,000 to above fee	

- ※ Prices apply to residents, workers, or students within the city (town).
- ※ Toddlers are preschool-aged children; adults are junior high school students and older.
- ※ Extension fees apply after 3 hours. On the day of extension, use is possible without time restrictions.
- ※ For usage fees for gymnasium / meeting facilities, etc., please check the Freshland Nishitama Yotsuba no Yu website.

プレオープンイベントを行います！

### **Pre-Opening Event**

From Jan 27th (Tue) ~ 29th (Thu) 3 days, enjoy a free bathing experience (reservation required).  
(3 times per day, 40 people per session, in application order). You can choose your time slot.

Reservations: From Jan 13th (Tue) 9AM, please apply via 2D code posted in Hamura News ver. Jan 1st.

Time Slots: ① 10AM ~ Noon ② 12:30PM ~ 2:30PM ③ 3PM ~ 5PM.

お知らせ

## **INFORMATIONS**



入学通知書の送付

### **<School Admission Notices will be sent>**

City will send [School Admission Notices] to families with children entering municipal elementary or junior high schools in April. Please contact us if you have not received the notice by late January, or if you plan to move out, relocate by the end of March, or if your child will be entering a private school.

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

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



ヤングケアラー講演会

### **<Young Carers Lecture>**

「大人になったヤングケアラーと考える～今あなたにできること～」

～ [Thinking about Young Carers Who Have Become Adults ~ What You Can Do Now].

Young carers are children and young people who bear an excessive burden of family caregiving, support, and emotional care—responsibilities typically should be handled by adults.

What do young carers say? They grew up in environments where they couldn't care for themselves and have now become adults. Following a screening of the documentary video [Young Carers Who Have Grown Up] ~The Voices We Truly Wanted to Hear~, there will be a discussion with the speakers and an exchange of opinions among participants.

Date and Time: Feb 5th (Thu), 2PM ~ 4PM.

Location: Primo Hall Yutrogi Small Hall.

Capacity: 70 (in application order).

Lecturer: Ms. Mieko Akutsu (Representative Director, NPO UPTREE) etc.

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

Application & Inquiries: From Jan 5th (Mon) to Feb 4th (Wed), via the application form, email, fax, phone, or in person at the Kodomo Katei Center, Kodomo Katei Shien Kakari (in Hoken Center)

☎Ext. 671 TEL/FAX: 042-578-2882, ✉ kosodate-soudan@city.hamura.tokyo.jp

※When applying by email, please include 「Young Carers Lecture」 in the subject line and your "Name, Phone Number, and affiliation" in the text.



## <Parenting Training Video of this Month>

「ヤングケアラーについて知ろう」

### ~ Learn About Young Carers

Broadcasting Term: Jan 1st (Thu) ~ 31st (Sat) (about 34 minutes).

Lecturer: Ms. Kumiko Morita (Professor, Faculty of Social Welfare, Rissho University).

Only about 30% of the public have heard of "Young Carers", those who provide care for family members with illnesses or disabilities, and understand what it entails.

Because young carer issues are often sensitive family matters that remain hidden. Advancing support requires raising awareness among adults around young carers and increasing the number of people who can recognize them.

One pillar of the national young carer support measures launched in April 2022 is "Raising Social Awareness."

This video aims to educate local residents about who young carers are, their actual circumstances, the challenges they face, and what kind of support is needed. It does this through a lecture and the voices of those directly involved.

Co-hosted: (Public Interest Incorporated Foundation) Meiji Yasuda Mental Health Foundation, Hamura City

Supported by: Meiji Yasuda Life Insurance Company

Inquiries: Kodomo Seisaku Ka Kodomo Seisaku Kakari ☎Ext. 261.



一日生活教室「カカオ豆から作るチョコレート」

## <One-Day Workshop: [Making Chocolate from Cocoa Beans]>

Through the experience of making chocolate from raw cocoa beans and tasting it, participants will learn about the background of chocolate making, such as how the chocolate they usually eat is produced, and the origins of cocoa beans.

Date and Time: Feb 8th (Sun), 10AM ~ Noon.

Location: Community Center, Cooking Training Room.

Eligibility: Parents and children (elementary school age and above) residing or working within the city.

Capacity: 20 (up to 3 per family, drawing if oversubscribed).

Fee: JPY500/ per person (material fees)

※ The workshop uses milk and crackers. If you have allergies to [milk or wheat], please inform us at the time of application.

※ Please wear a mask during making chocolate class.

Lecturer: Ms. Tomoko Fukushima (NPO APLA)

Application: By Jan 28th (Wed) 5PM, via 2D code posted in Hamura News ver. Jan 1st, email, or phone to the Consumer Affairs Center, ☎Ext. 640, FAX: 042-555-5535, ✉s107000@city.hamura.tokyo.jp、



健康

## HEALTH

50歳～64歳の方必見 带状疱疹予防接種【任意接種】費用助成3月31日終了

### <For those are Ages 50-64 ~

#### Shingles Vaccination [Voluntary Vaccination] Cost Assistance ends March 31st.>

Missing this opportunity means full out-of-pocket cost. Note: Those planning vaccination who wish to receive the "inactivated vaccine" must complete both doses by March 31st (Tue).

Vaccination Period: March 31st (Tue).

Eligibility: Individuals aged 50 to 64 with a registered residence in the city who have never received a



shingles vaccination (including those paid for entirely out-of-pocket) and wish to be vaccinated.  
Location: Participating medical institutions within the city (direct appointment required).

※ Please check the city's official website or inquire directly for participating medical institutions.

Subsidy Amount: The following amount per dose will be subsidized based on vaccine type:

○ Live Vaccine...JPY4,000

○ Inactivated Vaccine...JPY10,000 (subsidy applies to up to 2 doses of inactivated vaccine and 2 doses of must be vaccinated at least two months apart).

※ Please pay the medical institution the total cost minus the subsidy amount.

※ Vaccination costs and available vaccine types vary by medical institution.

※ Vaccinations at non-participating institutions or after the designated period are fully self-funded.

Things to Bring: Vaccination fee, medication record book (if you have one).

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

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



健康管理術「みんなに知ってほしい飲酒のこと」

### <Health Management Techniques>

#### ~ What Everyone Should Know About Drinking Alcohol.

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

The New Year season brings more time with family and friends, increasing opportunities for drinking. However, inappropriate drinking habits can affect not only your health but also various other aspects of your life. Understand the risks of alcohol and strive for mindful drinking that prioritizes your health.

アルコールの代謝と体への影響

#### ○ Alcohol Metabolism and Its Effects on the Body

After drinking, most of the alcohol in beverages circulates throughout the body via the bloodstream and is broken down in the liver. Substances called enzymes are involved in breaking down alcohol. However, if an individual has a genetic predisposition to weaker enzyme activity, even small amounts of alcohol can cause physical discomfort. The effects of alcohol vary significantly between individuals due to differences in age, gender, and constitution, and are also influenced by one's physical condition at the time of drinking. Furthermore, women during menopause or after menopause are said to have heightened sensitivity to alcohol due to hormonal changes.



飲酒による健康リスク

#### ○ Health Risks Associated with Alcohol Consumption

According to the Ministry of Health, Labour and Welfare, the daily pure alcohol intake that increases the risk of lifestyle-related diseases is 40g or more for men and 20g or more for women. This increases the risk of hypertension, cancer, myocardial infarction, stroke, and other conditions. It is also known that even small amounts of alcohol carry health risks.

[Alcohol Consumption Equivalent to Approximately 20g of Pure Alcohol] 【純アルコール量 20g 程度の飲酒量】

Alcoholic Beverages	Alcohol Content	Pure Alcohol Equivalent (20g)
Beer	5%	500ml
Sake	15%	180ml
Shochu	25%	Approx. 110ml
Whiskey	43%	60ml
Wine	14%	Approx. 180ml
Canned Chu-Hi	5%	500ml

※Reference: Alcohol Health and Medical Association

お酒との付き合い方を見直してみましょう

## ○ Let's rethink how we handle alcohol

- ・ Understand your own drinking habits.
- ・ Decide on a limit beforehand and stick to it.
- ・ Eat before or during drinking.
- ・ Drink water or non-alcoholic beverages between alcoholic drinks.
- ・ Set aside days each week without drinking (avoid consecutive drinking days)



■ 後期高齢者医療制度の被保険者へ 医療費等通知書を送付します。

## < TO LATE-ELDERLY MEDICAL INSURANCE SYSTEM MEMBERS

### Notice of MEDICAL EXPENSE ~ Kouki Koureisha Iryou Hoken Iryouhi Tsuuchi>

The [Medical expenses notification] will be send in late of January, 2026 to describes the medical treatment date etc., please check details.

The notification will include the treatment date and time, medical institution, medical expense (100%) and copayment amount etc. Regarding medical details, please inquiry to medical institution directly.

Eligibility: As of Nov 28th, 2025, those who is qualified as an insured person for Tokyo Metropolitan late elderly medical insurance and medical record with expenses during Sep, 2024~ Aug, 2025.

※ Those who lost eligibility dut to death by December 12th are not eligible.

### [Note]

By attaching this notice of medical expenses, etc. to your final tax return, you can omit the description on the "Detailed statement of medical expenses deduction" for medical treatment.

※ Since medical treatment after September 2025 is not covered, if you need to file a tax return, please prepare a separate "medical expenses deduction statement" based on your receipts and attach it. (in this case, the medical expense receipts must be kept for 5 years from the tax filing due date).

※ Those who have registered the use of insurance card for My Number Card can view their medical expense information on Myna Portal. Typically, on Feb 9th each year, information for the reporting year from January to December can be obtained in bulk. (This does not include fees for treatments such as acupuncture, moxibustion, anma, massage, etc.)

※ For details, please refer to Myna Portal.

Inquiries: Tokyoto Koukikoureisha Iryou Kouiki Rengou ☎0570-086-519/  
Shimin Ka, Kourei Iryou ・ Nenkin Kakari, ☎Ext. 138.

第 36 回 羽村市献血キャンペーン

### <The 36th Hamura City Blood Donation Campaign>

Date and Time: Jan 15th (Thu), 10AM ~ Noon, 1:15PM ~ 4PM

Location: Gonogami Hall (Hamura Station East Exit).

Eligibility: Ages 16~69 (Those aged 65 and over must have donated blood between ages 60~64).

Donation Types: 400ml & 200ml.

※ No parking available.

Organizer: Hamura City Blood Donation Promotion Council.

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





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

The toothbrushing, weaning, and meals starting at age one will be discussed.

Date and Time: Jan 27th (Tue), from 9:30AM ~ 11:30AM.

Location: Hoken Center

Eligibility: The children who will turn 1 year old in January and their parents residing in Hamura.

Capacity: 15 groups (in order of application).

Things to Bring: Maternal and Child Health Handbook, Bath Towel and beverage.

Application & Inquiries: From Jan 5th (Mon) 9AM~, please apply via application form, call or in person to Kodomo Katei Center, Boshi Hoken. Sodan Kakari (in Hoken Center), ☎Ext. 693.

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

アクアビクス (水中エアロビクス)

#### ■Aqua Aerobics (Water Aerobics)

Moving your body in buoyant water reduces strain on your legs and hips, allowing you to exercise safely.

Date and Time: Jan 8th (Thu) ~ March 26th (Thu), every Thursday, 3PM ~ 3:50PM.

Eligibility: Ages 16 and up.

Capacity: First 35.

Fee: City residents/workers/students: JPY500 (Non-residents: JPY750)

※ Includes insurance and admission fee

Application: Please apply directly at the pool reception desk from 1:50PM ~ 2:50PM on the day.

### PRIMO HALL YUTOROGI ☎042-570-0707

■ARK BRASS コンサート with 松井秀太郎

#### <ARK BRASS Concert with Shutaro Matsui

開催記念ブラスクリニック

##### ~ Commemorative Brass Clinic>

ARK BRASS members will conduct a clinic (performance instruction)! A chance to receive guidance from Japan's top-level performers!

The concert next day will feature collaborative performances between clinic participants and ARK BRASS members!

※Clinic participants will receive complimentary admission to the concert the next day.

Date: Feb 28th (Sat), 9:30AM ~ 4PM.

(Basic Class Clinic) 10AM ~ Noon.

(Advanced Class Clinic) 1PM ~ 3PM

※ A joint practice session is scheduled from 3:10PM ~ 4PM after each class clinic.

Eligibility: Elementary to high school students with brass band experience who can bring their own instruments on the day (except percussion class).

※ For members of city elementary school or junior high school brass band, instrument arrangements will be coordinated by the Yutorogi.

Capacity: Approximately 10~20 per class (drawing if oversubscribed).

Instructional Instruments: ① Trumpet (Cornet) ② French Horn ③ Tuba ④ Trombone ⑤ Percussion

Application: By Jan 31st (Sat), please apply via application form or in person at Primo Hall Yutorogi.



■杏林大学公開講演会「ストレスと上手に付き合うために」

**<Kyorin University Public Lecture: "Managing Stress Effectively">**

In our daily lives, we experience various stresses such as busyness and interpersonal relationships. This lecture will explain the effects of stress on the mind and body, and introduce relaxation methods to mitigate these effects.

Date and Time: March 8th (Sun), 1:30PM ~ 3:30PM.

Location: Lecture Room 1

Capacity: 60 (in application order)

Lecturer: Ms. Ikuko Watanabe (Lecturer, Faculty of Health Sciences, Kyorin University)

Sponsors: Kyorin University and Hamura City Board of Education.

Application: Jan 7th (Wed) (for residents outside the city, Jan 14th (Wed) 9AM ~ 8PM via the application form or in person at Primo Hall Yutrogi.

プリモライブラリーはむら

**PRIMO LIBRARY HAMURA ☎042-554-2280**

読書マラソン大会」開催中！

■ [Reading Marathon Event] Now On!

Anyone with a library card can participate. Participants who achieve the target score of 30 points (including magazines, CDs, DVDs, etc.) within the period will receive a commemorative bookmark. You can check your loan count and ranking via the library search terminals or your My Page on the library website. Why not enjoy the Reading Marathon and discover many new books?

Period: Until March 15th (Sun).

※ For details on participation methods, please check the library website or announcements inside the library.



■ 休館日 Notice of Closure (Inventory Day) Jan 15th (Thu)

**<Beware of Falls!>** 転倒事故に注意！

As temperatures drop, limbs become less responsive, increasing the risk of falls.

To prevent accidents, be mindful during daily activities:

- Hold onto nearby handrails or walls when standing up.
- Sit on a chair when changing clothes or putting on socks.
- Be conscious of lifting your feet and toes when walking.

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



にせ税理士にご注意！

**<Beware of fake certified tax accountants!>**

It is not only prohibited by law for a non-qualified tax accountant to provide tax consultation, prepare tax documents, or act as a tax agent, but the client (taxpayer) may also suffer unforeseen damage due to lack of professional knowledge or other reasons. A certified tax accountant carries a certified tax accountant certificate with wearing certified tax accountant badge.

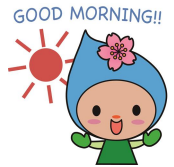
Please be careful of "Fake certified tax accountants" and "Fake certified tax accountant corporations".

Inquiries: Tokyo Certified Public Tax Accountants Association ☎03-3356-4461.

Category	Date	Time	Contact
General Consultation for Foreign Residents ㉠*	Require appointment	Require appointment	Spanish and English interpretation services are available by appointment for Foreign Residents Consultation only. ◆Shimin Soudan-shitsu city hall ext.541
Public Administration and Human Rights	15th (Thu)	1:30pm ~ 4:30pm	

\*㉠=appointment required. \*For English and Spanish 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 phone.



## ◆ MEDICAL FACILITIES open on SUNDAYS &amp; HOLIDAYS ◆

Date	Hospital				Dental Clinic	
	9am~5pm		5pm~10pm		9am~5pm	
Jan 1st (Thu, Holiday)	Sakae-chou Shinryoujo	☎042-555-8233	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Hamura Shika Iin	☎042-570-4618
2nd (Fri)	Hamura Sougo Shinryoujo	☎042-554-5420	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Hamura Station Dental Clinic	☎042-570-5621
3rd (Sat)	Matsubara Naika Iin	☎042-554-2427	Hikari Clinic (Fussa-shi)	☎042-530-0221	Hirai Dental Partners	☎042-533-5157
4th (Sun)	Futaba Clinic	☎042-570-1588	Heijitsu Yakan Kyuukan Center	☎042-555-9999	Uno Shika Iin	☎042-555-8241
11th (Sun)	Ozaki Clinic	☎042-554-0188	Hikari Clinic (Fussa-shi)	☎042-530-0221	Okikura Shika	☎042-555-4331
12th (Mon)	Yanagida Iin	☎042-555-1800	Kobayashi Byouin (Iruma-shi)	☎04-2934-5121	Ozawa Shika Clinic	☎042-579-1500
18th (Sun)	Matsuda Iin	☎042-554-0358	Kumagawa Byouin (Fussa-shi)	☎042-553-3001	Katou Shika Clinic	☎042-554-8887
25th (Sun)	Baba Kodomo Clinic	☎042-555-3788	Hikari Clinic (Fussa-shi)	☎042-530-0221	Kusaka Shika	☎042-555-7793

※ Please note that the Kobayashi Byouin will request to pay deposit JPY10,000 firstly and settle medical bill during regular hours later.

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



Kindly noted that the coming English Hamura News of January 15th version will be postponed. Sorry to cause you inconvenience and your understandings will be highly appreciated.