

## ● IF YOU NEED TO FILE A TAX RETURN, PLEASE DO SO AS SOON AS POSSIBLE

~The filing period is from Friday, February 16 to Friday, March 15~

### ★ Filing of tax returns...

You can submit your documents such as income tax and gift tax returns using your smartphone or computer. Prepare your tax return from the "Final Tax Return Preparation" page on the National Tax Agency's website and submit it online. If you do not know how to prepare a tax return, you can also avail the service of the tax return preparation center. To use the service, you will need an "admission ticket". (Place: Hino Tax Office (6-36-2 Manganji, Hino City)

**[Date/Time]** February 16 ~ March 15 Weekdays 8:30 a.m. to 4:00 p.m., (The office is open on Feb. 25)

**[Inquiries]** Hino Tax Office Tel. 042-585-5661 (Interactive voice response)

### ★ Resident tax (Municipal and metropolitan resident's taxes) returns...

Those who have completed the year-end adjustments at work, those who have filed their income tax returns, and those who only have public pension income and do not use special deductions for resident tax do not need to file a return. For those who have submitted a resident tax return in 2023, City Hall sent out the documents to you on February 2<sup>nd</sup>. If you need to file a return for the first time this year, please contact the Taxation Section. We accept tax returns by mail or you can bring them at City Hall. (Accepted on 2/16~3/15 weekdays 9 a.m. ~ 4 p.m., also on 2/18 (Sunday) and 2/23 (public holiday))

**[Inquiries]** Taxation Section, City Hall Tel. 042-338-6821

## ● HAVE YOU ALREADY APPLIED FOR 018 SUPPORT? ~ For children under 18 yrs. old ~

An amount of 5,000 yen per month (maximum 60,000 yen per year) will be provided to each child below 18 years of age residing in Tokyo. There are no restrictions on nationality or parental income.

Eligible: Children born between April 2, 2005 and March 1, 2023 who have or had an address in Tokyo during 2023. (Including those who were born in 2023, moved in/out of Tokyo).

Application period: For March lump-sum payment = Thu., Feb. 15; For April lump-sum payment = Fri., Feb. 16~Fri., March 15 [For details about after March 16 (Sat.) will be announced separately]

**[Inquiries]** Tokyo Metropolitan Government 018 Support Benefits Call Center Tel. 0570-082-018

\*For details on how to apply, please visit the Tokyo 018 Support portal site <https://018support.metro.tokyo.lg.jp/>

## ● TAMA CITY KOMINKAN (PUBLIC HALL) WILL HOLD AN EVENT TO CELEBRATE ITS 50<sup>TH</sup> ANNIVERSARY

The Tama City *Kominkan* is celebrating its 50<sup>th</sup> anniversary this year, and will hold various events to commemorate the 50<sup>th</sup> anniversary.

★ TAMA *Eiga* Forum Special Screening "Remembering Every Night" (A sneak preview). Tama Newtown was the film shooting location.

**Date/Venue:** Feb. 17 (Sat.) 1:30 p.m.~ 3:26 (Hall opens 1:10 p.m.) Bellebs Hall, Nagayama *Kominkan*

**Capacity:** 198 persons **Admission fee:** General public = 1,500 yen (in advance)/ 1,800 yen (on the day); Persons with disabilities and their attendants/ Supporting members/Jr. high students & below= 1,000 yen each (Available for purchase only online except for the general public). There will be a panel discussion with the director and other members after the screening. **Application:** TAMA *Eiga* Forum Organizing Comm. (<https://www.tamaeiga.org/>), or directly to Nagayama *Kominkan* and Tama Volunteers & Citizens Activities Ctr.

**[Inquiries]** TAMA *Eiga* Forum Organizing Comm. inside Nagayama *Kominkan* Tel. 080-5450-7204, Nagayama *Kominkan* Tel. 042-337-6661

★ Special Lecture by Ms. Hiroko Ida "Extreme weather and climate change in recent years ~ What have Japanese TV broadcasters been telling us about the issue of climate change?~"

**Date/Venue:** March 9 (Sat.) 2 p.m.~4 p.m. VITA Hall, Sekido *Kominkan* **Capacity:** 200 persons (Lottery held, if many applicants) **Lecturer:** Ms. Hiroko Ida (Weather forecaster/newscaster) **Application:** Feb. 7 (Wed.) 9 a.m.~Feb. 25 (Sun.) to Sekido *Kominkan* through the online procedures on the official website.

**[Inquiries]** Sekido *Kominkan* Tel. 042-374-9711

★ DigiLog Athletic Meet ~ Games and Sports Competition~ Compete in team games while interacting with multiple generations. There are also games to participate on the day of the event.

**Date/Venue:** March 10 (Sun.) 2 p.m. (Reception begins 1 p.m.~) VITA Hall and *Shimin* Lobby, Sekido Kominkan **Capacity:** 32 persons (first-come first-served) Digital games, board games, exercise games.  
**Application:** Feb. 13 (Tue.) 9 a.m. ~ March 6 (Wed.) 5 p.m. to Sekido Kominkan by phone or through the online procedure on the official website Tel. 042-374-9711 **Inquiries** Sekido Kominkan / Nagayama Kominkan Tel. 042-337-6661

## ●CORONAVIRUS VACCINE “INOCULATION STARTED AUTUMN 2023” (Fee will be charged from April 2024)

Free vaccination is available until March 31, 2024.

Those who wish to receive vaccination that started in autumn 2023 (one dose per person) or the first (1<sup>st</sup> and 2<sup>nd</sup>) dose, please make an appointment as soon as possible. Please note that the first vaccination requires a certain period of time to complete the second vaccination

**Inquiries** Coronavirus Vaccination Call Center Tel. 042-313-7003 (9 a.m.~5 p.m. excl. Sundays & holidays)

## ●INFORMATION FROM TAMA CITY LIBRARY ~Picture books in English~

Here we will introduce to you a picture book loved all over the world.

“Frog and Toad together” Written and illustrated by Arnold Lobel Harper Collins Publications 1971

This is the second book in the “Frog and Toad are Friends” series featuring two frogs. This series is also used in elementary schools textbooks, and each book contains five stories, all of which are easy to read.

This book contains stories about flowers, cookies, courage, drama, and most importantly, friendship. So, how about reading books about everyday life with your best friends?

<b>ROTA OF ON-DUTY DOCTORS ON HOLIDAYS 9:00-17:00</b>		TAMA CITY DOCTORS ASSOC.: <a href="http://www.tama-med.or.jp/toban/">http://www.tama-med.or.jp/toban/</a>
2/11(Hol.)Fusegawa Clinic 1329 Ochikawa ☎042-373-5858	3/10(Sun.)Tama Seiseki Gastrointestinal Endoscopy Clinic	2F The Square, 1-1-5 Sekido ☎042-400-6580
2/12(Hol.) Tsurumaki-Yagi Clinic ☎042-319-3449	5-4-1 Tsurumaki	3/17(Sun.) Ouike Internal Med. Clinic ☎042-355-7001
2/18(Sun.) Sasabe Clinic ☎042-375-7313	1 & 2F <i>Confohto</i> Seiseki, 4-9-2 Sekido	3/20 (Hol.) Kodomo Clinic Shimizu (Pediatrics)
2/23(Hol.) Maehara Pediatric Clinic ☎042-374-5028	5F Seiseki Sakuragaoka OPA, 4-72 Sekido	3F <i>Shintoshi</i> Center Bldg., 1-24-1 Tsurumaki
2/25 (Sun.) Nagayama Internal Medicine Clinic	2F KTA Bldg., 1426 Kotta ☎042-338-2355	☎042-373-0512
3/3(Sun.) Suzuki Internal Med. & Gastroenterology	5-4-10 Nagayama ☎042-371-2760	●Emergency cases only. ●Be sure to bring your health insurance card and infant healthcare card (if applicable) ●Please visit during clinic hours
		※Always call in advance ※This list is subject to change

### **NIGHT CLINIC FOR CHILDREN (Pediatrics)**

Please visit this clinic first if your child has an emergency.  
(19:00-21:45) ☎042-375-0909



### **EMERGENCY DENTAL TREATMENT ON HOLIDAYS**

(9:00-15:30 Sundays & public holidays) ☎042-376-8009

Note: Please call in advance.

### **INFORMATION ON MEDICAL INSTITUTIONS (24/7)**

Emergency Call Center (Tama Fire Dept.) ☎042-375-9999  
Fire Dept. Emergency Consultation Service ☎ # 7119 (mobiles, PHS, push-button phones) ☎042-521-2323 (dial-up phones)  
Tokyo Met. Med. Health Info Service “Himawari” ☎03-5272-0303

### **MEDICAL INFORMATION IN FOREIGN LANGUAGES**

(Tokyo Metropolitan Health and Medical Info Center)  
9:00-20:00 ☎03-5285-8181

**Counseling for Foreign Residents** Every 1<sup>st</sup> & 3<sup>rd</sup> Thursday of the month (13:30-16:30) TIC Rm. By appointment only

**Japanese Class Schedule** (Classes are free for TIC members)



Commissioned by Tama City

	Venue	Time	Dates	
			February	March
Monday classes	Parthenon Tama 4F, Meeting rooms 3 & 4	9:45-11:45	5 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup>
	Nagayama Kominkan 5F, Bellebs Hall	9:30-11:30	5 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup>	4 <sup>th</sup> , 11 <sup>th</sup> , 18 <sup>th</sup>
Thursday classes	TIC Room (7F VITA Commune)	10:00-12:00	8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>	7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>
		19:00-21:00	8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup>	7 <sup>th</sup> , 14 <sup>th</sup> , 21 <sup>st</sup>
Saturday classes	TIC Room (7F VITA Commune)	14:00-16:00	3 <sup>rd</sup> , 17 <sup>th</sup> , 24 <sup>th</sup>	2 <sup>nd</sup> , 9 <sup>th</sup> , 23 <sup>rd</sup>

※If you have difficulties to attend the classes in person, please contact us to be able to participate in online learning.

△For reservations and inquiries regarding the above, please call the TIC office: 042-355-2118

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### Prepared & edited by TAMA CITY INTERNATIONAL CENTER (TIC)

TIC Secretariat, 7F, VITA Commune, 4-72 Sekido, Tama 206-0011 Tel. 042-355-2118 FAX 042-355-2104

E-mail: [tic@kdn.biglobe.ne.jp](mailto:tic@kdn.biglobe.ne.jp) URL: <https://www.tic-tama.jp/>

Office hours: Mon.-Fri. 10 a.m. – 5 p.m. Closed Sundays, every 1<sup>st</sup> & 3<sup>rd</sup> Monday of the month, national holidays, year-end and new-year holidays and extra holidays.

If you have any comments or requests regarding Hand in Hand in TAMA, please send them to the above address. This newsletter is available in four languages (Japanese, English Chinese, Korean and easy Japanese); please contact the TIC office if you would like a copy. Editing: Chieko Ukita

