
FISCAL YEAR 2019 TAMA CITY JOINT FLOOD CONTROL DRILL

A drill will be conducted in preparation for the possible flood damages at this time of a year. Please participate to be prepared for the disaster. A siren sound will be heard during the drill.

▽**Date/Time:** Sun., May 26 9:15am~11:45am (Held even if it rains, but will be cancelled in case of stormy weather)

▽**Place:** Along the riverbed of Tama River (Ichinomiya Park)

▽**Participating institutions/organ:** Tama City, Tama Fire Station, Tama City Fire Dept., voluntary disaster prevention organizations and other related organizations.

▽**For inquiries:** Disaster Prevention & Safety Section ☎042(338)6802

TAMA CITY INTERNATIONAL CENTER'S ORIENTATION FOR VOLUNTEERS

Tama City International Center is in need of volunteers to take part in supporting a variety of activities of the organization such as providing assistance to foreigners by teaching Japanese language, networking or gathering event with foreigners, introducing foreign cultures, etc. An orientation will be held for everyone to know and understand these activities. Please come and join us.

▽**Date/Time:** Sunday, May 26 1:30pm~3:00pm ▽**Place:** Sekido Public Hall *Daikaigishitsu* (VITA)

▽**Capacity:** Limited to 50 persons (in order of application)

▽**For application & inquiries:** May 7 (Tue.)~23 (Thu.) by phone or e-mail (tic@kdn.biglobe.ne.jp) put "TIC Volunteers Guidance" in the subject line with your name and telephone number.

Tama City International Center (TIC) ☎042(355)2118

MEASURING THE PHYSICAL STRENGTH OF EVERYONE

The physical fitness measurement is being done in a simple way and it will help you understand the condition of your health.

▽**Date/Time:** Sunday, May 19 9:30am~1:30pm (Last registration is 12:50nn)

▽**Place:** *Dai-1 Sports Hall, Sogo Taiikukan* (Gymnasium) ※*Come directly to the place on the day.*

▽**Eligible:** Primary students and above who are in good health ▽**Contents:** grasping power, sit-ups, seated forward bend, standing long jump, side-to-side jump, 20m shuttle run, walking 10m with obstacles, one-leg standing with open eyes, 6 mins. walking ※*The test items vary according to age.*

※*The health status assessment is for age 20 and above.* ▽**Things to bring:** Indoor shoes, towel and drinks

※*Wear workout clothes* ▽**Inquiries:** *Sogo Taiikukan*(Gymnasium) ☎042(374)2313

LECTURE ON INT'L. UNDERSTANDING: FASCINATING MUSIC ~FOCUSING ON CHOPIN~

The 19th century is an interesting period in the history of classical music. In this lecture, salon music and western culture focusing on Chopin will be introduced.

▽**Date/Time:** Sunday, June 2 2:00pm~4:00pm ▽**Place:** Sekido Public Hall's *Daikaigishitsu* (VITA)

▽**Eligible:** Junior high school students & above ▽**Limited** to 60 persons (in order of application)

▽**Fee:** 300 yen (TIC member = 100 yen) ▽**Lecturer:** Mrs. Yuka Ozawa (Musicologist and university lecturer)

▽**Application & inquiries:** May 7 (Tue.)~31(Fri.) by phone, fax or e-mail (put "Lecture on International Understanding" in the subject line with your name and telephone number.

Tama City International Center ☎042(355)2118 Fax 042(355)2104

WORKSHOP ON HOW TO USE CARDBOARD COMPOSTING

The process on how to make the cardboard compost for kitchen waste and how to use it easily will be explained. The workshop is for those who will use the cardboard compost for the first time while the follow-up one is for those who have already been doing the composting.

▽**Contents/Date/Time:** For beginners= Thu., May 30 10~11:30am Follow-up = Thu., Aug. 29

2:00pm~3:30pm ▽**Place:** Consumers' Life Center *Kozashitsu* (Bellebs Nagayama) ▽**Capacity:** Approx.

20 persons each (in order of application) ▽**Cosponsored** by *Danbo Kurabu* ※*You can buy the cardboard compost on the day of event.*



▽**Application & inquiries:** Apply from Tuesday, May 7 with your name, address and telephone number to Garbage Control Section (inside the Eco Plaza Tama) ☎042(338)6836

What's JAZZ! AN INVITATION TO JAZZ MUSIC vol. 53 ~MODERN JAZZ~

▽**Date:** Fri., June 7 ▽**Time:** Daytime slot= 3:00pm Evening slot= 7:00pm (Hall opens 30 mins. before)
▽**Venue:** Sekido Kominkan's VITA Hall ▽**Capacity:** Limited to 230 persons each slot
▽**Adm. fee:** 1,000 yen/slot (*Will clear the hall for the next slot) ※*Tickets sold in advance at Tama Volunteers & Citizens Activities Support Center (VITA) from Wednesday, May 8 10:00am to Thursday, June 6. Tickets on the day are sold at the venue: 2:00 pm for afternoon slot and 6:00pm for the evening slot*
▽**Performers:** Maria Eva (vocal), Shigeo Nukita (sax), Masahiro Kanayama (piano), Swingy Okuda (drums)
▽**Selections:** Moanin', St. Thomas, etc. ▽**Organized by** What's JAZZ Exec. Comm., Sekido Public Hall
▽**For inquiries:** Sekido Public Hall ☎042(374)9711

WALKING THROUGH THE FRESH GREENERY OF TAMA HILLS

▽**Date/Time:** Monday, May 27 9:30am~2:30pm ▽**Meeting place:** Greenade Hiroba
▽**Capacity:** Limited to 35 persons (In order of application) ▽**Walking route:** Greenade Hiroba~ Tama Yokoyama no michi~Meiji Univ. Kurokawa Farm (tour)~Nozuta Park (Lunch)~Ipponsugi Park~ Tama Center (Walk ends here. Walking distance 12km. with up and down hills. For intermediate level)
▽**Things to bring:** Drinks, lunch, picnic mat, rain gear (no umbrella) ▽**Organized by:** Renkoji and Hijiri-gaoka Districts ▽**Notes:** *Wear comfortable clothes and a pair of shoes you used to wear. Use of walking poles is not allowed. Will be cancelled if it rains.* ▽**Application:** Health Promotion Section ☎042(376)9111

ROTA OF DOCTORS ON HOLIDAYS 9:00am-5:00pm TAMA CITY DOCTORS ASSO. <http://www.tama-med.or.jp/toban>

5/12(Sun.) Fusegawa Clinic	1329 Ochikawa	☎042-373-5858
5/19(Sun.) Sasabe Clinic	1 & 2F Confohto Seiseki, 4-9-2 Sekido	☎042-375-7313
5/26(Sun.) Yahano Internal Medicine & Gastroenterology Clinic	6F Sakuragaoka Tomizawa Bldg., 1-11-9 Sekido	☎042-356-3761
6/ 2(Sun.) Maehara Pediatrics	5F Seisekisakuragaoka OPA, 4-72 Sekido	☎042-374-5028
6/ 9 (Sun.) Nakamura Internal Medicine Clinic	5-10-7 Suwa	☎042-375-7757
6/16(Sun.) Saito Internal & Respiratory Medicine	Rm. 202, 4-2-6 Nagayama	☎042-373-2522

**Limited to emergency cases only. *Please phone the clinic before visiting and make sure to visit during clinic hours. *Bring along your health insurance card and the infant healthcare card (if applicable) to the clinic. *There might be changes of clinics on the list.*

NIGHT CLINIC FOR CHILDREN (Pediatrics)

(Health Center = Kenko Senta) 19:00-21:45
Children are to first consult here for emergency illness
☎ 042-375-0909



MEDICAL INSTITUTIONS INFORMATION (24-HOURS)

Emergency Tel. Center (Tama Fire Dept.) ☎042-375-9999
Fire Department Emergency Consultation Center
Tel. #7119 (Mobile, PHS, push phone); ☎042-521-2323 (dial phone)
Tokyo Met. Med. Health Info Service (Himawari) ☎ 03-5272-0303

EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Center) Dental care 9:00-15:30 ☎ 042-376-8009
(Sun., public holidays, year-end and New Year holidays)
*Appointment is necessary. Be sure to call first in advance.

MEDICAL INFORMATION IN FOREIGN LANGUAGES

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

★COUNSELING FOR FOREIGNERS *By appointment basis only!

Every 1st & 3rd Thursdays 13:30-16:30 TIC Room, 7F, VITA Commune (OPA Bldg.)

※Projects entrusted by
Tama City

★SCHEDULE OF JAPANESE CLASSES (TIC members can attend the classes for free)

*Tama Center Class (Monday 11:00-12:50)	Cocolia Hall, 7F, Cocolia Tama Ctr.	5/13.20.27	6/3,10,17
*Nagayama Class (Monday 10:00-12:00) Rm.	302 <i>Higashi Nagayama Fukugo Shisetsu, etc.</i>	5/13.20.27	6/3,10,17
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	5/9.16.23	6/6,13,20
" (Thursday 19:00-21:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	5/9.16.23	6/6,13,20
" (Saturday 14:00-16:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	5/11.18.25	6/8,15,22

▲For above inquiries and reservations, please call TIC Secretariat ☎042-355-2118

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Open from Monday to Saturday 10:00-17:00 (Closed on Sun., 1st & 3rd Mon., New Year holidays and other special holidays)

※If you have any opinions concerning HAND in HAND in TAMA, or if you want a copy of this newsletter which is available in four languages (Japanese, English, Chinese and Hangul), please contact the above. Editing: Tsutomu Mogami