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## TO PARENTS/GUARDIANS OF CHILDREN WHO WILL BECOME NEW FIRST GRADERS

A notice on school admittance containing information such as the school to which the child enters and the date and time of entrance ceremony has been sent in late January to parents of children who will become first graders at municipal elementary or junior high school in April 2019. Those who haven't received the notice yet, please contact the section in-charge immediately. Also, those who will be entering national schools, private schools or metropolitan schools, please submit immediately the original written consent document for admission or the school admission permit together with the notice of admittance. Inquiries & application: School Support Section ☎042(338)6876

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## WOMEN'S RUNNING CLASS

▽Date/Time: Thursday, February 21 10:30am~12:00nn (Registration starts 10:15am)

▽Eligible: Ladies age 20 and above   ▽Capacity: Limited to 20 persons (Lottery held if the number of applicants exceeds the limit)   ▽Fee: 500 yen (To be collected on the day of event)

▽Instructor: Ms. Yumiko Tokuda (former Japanese record holder in 800m track & field and former player of Japanese national team for world's athletics)   ▽Things to bring: Towel and bottled water (Only drinking of water is allowed at the training ground), no wearing of spikes

▽Application: Until Monday, February 18 through [HP](https://ws.formzu.net/fgen/S47530382/) <https://ws.formzu.net/fgen/S47530382/>

The results of the lottery are notified only to the winners by phone or e-mail on Tues., Feb. 19 or later.

※If cancelled due to rain, participants will be advised by phone or e-mail until around 9am on the day.

※There might be news coverage of the event on the day.

▽Venue & organizer: Minami Toyogaoka Field ☎042(400)5487 (Closed on Thu. & Fri. 12nn~6pm)

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## NEWS FROM THE CONSUMERS' ADVISORY CENTER

### *Beware of fraudulent postcards billing!*

There have been endless consultations concerning billing scams such as "I received a postcard for final lawsuit notification from a certain public institution, but I do not know anything about it." "The subject title of the postcard which is quite vague or not specific says "Final notice on consumption rate lawsuit". And further mentioned that "the contracting company you are dealing with has filed a lawsuit against you for nonfulfillment of a contract".

Things like these are completely fake information, so there's no problem ignoring them. While you may become feel threatened and worried, someone will phone you introducing a lawyer whose main purpose is to deceive and tell you that settlement money is necessary.

If you know that you have no reasons to receive any postcard of that kind, ignore it; please do not ever respond to it. But still if you have doubts, please consult with the Consumers' Advisory Center.

▽Days of counseling: Monday to Friday and every 1st & 3rd Sat.   ※Closed on 1st & 3rd Thursdays, public holidays and New Year holidays   ▽Hours of counseling: 9:30am~12:00nn, 1:00~4:00pm

▽Inquiries: Consumers' Advisory Center (Bellebs Nagayama) ☎042(374)9595

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## BALANCING WORK AND PARENTING! HOME WORKING SEMINAR IN TAMA

Guidance on how to find the suitable work-at-home jobs shall be provided to first timers.

▽Date/Time: Friday, February 15 10:30am~12:00nn

▽Venue: Oshigoto Café & Hall Career Mam (5F, Cocolia Tama Center)

▽Capacity: Limited to 20 persons (In order of application)

▽Lecturer: Ms. Teruko Nakamura, Asst. Gen. Manager of Production Dept., Career Mam

▽Child care (Nursery): Limited to 3 children (must be 6 mos. & older preschool children; apply by

Tuesday, February 12; in order of application. Fee is 540 yen per child)   ▽Supported by Tama City

▽Application/inquiries/sponsored by: Career Mam ☎042(400)6975 (Weekdays 10:00am~5:00pm)

[HP](http://www.c-mam.co.jp/event/e/006033.php/) <http://www.c-mam.co.jp/event/e/006033.php/>

## THE 16<sup>TH</sup> TRAVEL THE WORLD COOKING CLASS: OCEANIAN CUISINE

▽Date/Time: Saturday, March 16 10:00am~2:00pm

▽Venue: Cooking training room, 5F, NIKOH SANGYO-NSP Kenko Fukushima Plaza (Gen. Welfare Center)

▽Eligible: Junior high school students and above      ▽Fee: 2,00yen (inclusive of materials)

▽Capacity: 12 persons (Lottery held if the number of applicants exceeds the limit)

▽Contents: Pie floater (a pea soup with meat pie), handmade granola, etc.

▽Teacher : Mr. Nobuo Kato, Chef

▽Application & inquiries: The postage-paid reply postcard must arrive by Monday, February 25 with your name, address, age (ex.: 40's), phone number and "Oceanian Cooking Application" written on the back of the reply-side. Also, write your name and address on the reply-side, then send by post to below address; or you may bring in person an unused postcard with your name and address (in that case, fill in also the prescribed application form available at the office): NIKOH SANGYO · NSP Kenko Fukushima Plaza, General Welfare Center Office, 3F 3-15-1 Minamino, Tama City 〒206-0032 ☎042-356-0303

## VITA MONTHLY CONCERT

*"Canta Fiore ~ A train journey of harmony- II~ Songs around the world and Japanese songs*

▽Date/Time: Friday, February 22 7:00pm (Hall opens 6:30pm)      ▽Venue: VITA Hall

▽Capacity: Limited to 250 persons (In order of arrival. Please come directly to the venue.)

▽For inquiries: Sekido Public Hall ☎042-374-9711

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

2/10 (Sun.)	Miyuki Clinic	1-8-3 Renkoji	☎042(372)4853
2/11 (Sun.)	Tama Nagayama Takada Clinic	3F Medical Mall Nagayama, 3-6 Kaidori	☎042(400)5145
2/17 (Sun.)	Shii no Ki Internal Med. Clinic	6-15-4 Ochiai	☎042(337)5711
2/24 (Sun.)	Karakida Eki-mae Clinic	Rm. 104 Plaza Karakida, 1-1-7 Karakida	☎042(376)3800
3/3 (Sun.)	Ouchi Internal Medicine Clinic	2F Tohtaru Bldg., 1-2-2 Higashiterakata	☎042(355)7001
3/10 (Sun.)	Suzuki Internal Med. & Gastroenterology Clinic	5-4-10 Nagayama	☎042(371)2760

*\*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.	2/4,18,25	3/4.11.18
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	2/4,18,25	3/4.11.18
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	2/7,14,21,28	3/7.14
"	(Thursday 19:00-21:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	2/7,14,21,28	3/7.14
"	(Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	2/2,16,23	3/2.9.16

▲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: Yumiko Sato