

TOKYO 2020 TEST EVENT CYCLING ROAD RACE WILL BE HELD

※It's hot summer! Be careful of heat stroke while cheering the riders from all over the world who will run the cycling road race passing through our city.

▽Date/Time: Sunday, July 21 12:00~17:15 (Expected time to finish)

※Please note that there are traffic restrictions between 11:24~13:35 during that time riders will pass through Tama City.

▽Event: Men's Road Race

▽Place: Will start at Musashino no Mori Park (Tokyo)→ Goal: Fuji International Speedway (Shizuoka)

▽Course: Tokyo 2020 Olympic Games Men's Road Race course (excluding Mt. Fuji area route)

▽Participating teams: National team (Maximum of 24 teams)

▽Information and inquiries: READY STEADY TOKYO Cycling Race (Road) Management Office
☎03-5809-9861



NATIONAL PENSION VOLUNTARY ENROLLMENT SYSTEM FOR PEOPLE LIVING OVERSEAS OF JAPANESE NATIONALITY

Overseas residents will no longer be obligated to join the National Pension Plan, however, if they wish to join voluntarily, they may be able to increase the amount of pension in the future and receive a basic pension for the bereaved family or a disability pension if they die while living overseas or become disabled due to illness or injury.

※You cannot apply for an exemption, postponement of payment, or a special payment system for students while enrolled for voluntary coverage.

▽Eligible: Japanese nationals aged 20 to 65 years old living overseas and the last address in Japan is Tama City.

※Welfare pension insured persons and their dependent spouses are excluded.

▽Payment method: (1) Use the payment form sent to insured person's proxy in Japan; (2) Withdrawal from savings account in Japan

▽Things to bring: Pension book or individual number (*my number*), *inkan* (seal), identity verification documents such as driver's license, passport, etc.

※If you wish to make a direct debit, you will need to bring your passbook together with your personal seal which you used when you open a bank account.

▽Application: Insurance and Pension Section, 1F City Hall

※ If you do not have any contacts in Japan to do the formalities on your behalf, or if you have never had an address in Japan, please contact the following pension office.

▽Inquiries: Insurance and Pension Section, City Hall ☎ 042-338-6844, Fuchu Pension Office ☎ 042-361-1011

THE 1ST RELOCATION/MOVING CONSULTATION MEETING

▽Date/Time: Tuesday, July 30 1:00pm~4:00pm (Register by 3:30pm at the latest)

▽Venue: Gallery, Sekido Public Hall

▽Eligible: Those who are looking for a low-rent housing and large-sized housing to raise children ※Application in advance is required.

▽Contents: Introduction of private and public rental housing

▽In cooperation with the Tokyo Real Estate Transactions Association-Minamitama Branch, UR City Organization, Tokyo Housing Supply Corporation, All Japan Real Estate Federation-Tokyo Metropolitan Headquarters Tama Minami Branch, Tama City Council of Social Welfare

▽Application and inquiries: Until Monday, July 29 by phone or fax to the City Planning Section
☎042-338-6817 Fax 042-339-7754



FORMER TAMA SEISEKI MEMORIAL HALL: "INSECTS OBSERVATION FOR CHILDREN DURING SUMMER VACATION" – Let's get to know insects--

Why don't you join us in walking in the wooded area with a variety of insects and observe how they live? After observing, we will have a recreation where you can enjoy learning about insects and plants.

▽Date/Time: Sat., July 27 10am~around 12:30pm ※Also held when it drizzles, but if it rains only recreation.
 ▽Place of observation: Tokyo Met. Sakuragaoka Park ※Come directly to the Former Tama Seiseki Memorial Hall by 10am. ▽Eligible: Children below junior high school who are interested in nature
 ※Parents can also participate. Third graders and younger must be accompanied by their parents.
 ▽Capacity: Limited to 30 persons (in order of application) ▽Lecturer: Mr. Akinori Yoshitani (Entomologist)
 ▽Things to bring: Drinks, towel, pen, notebook and hat ※Wear long sleeves, pants and comfortable walking shoes
 ▽Application and inquiries: From Monday, July 8 to the Education Promotion Section ☎042-338-6883

SEKIDO PUBLIC HALL TRADITIONAL CULTURE CLASS ON SUMMER VACATION

Two instructors will introduce the charm and fun of traditional Japanese tools such as *furoshiki* and chopsticks through modern and original approaches.

▽Date/Time and contents:

① 7/28 (Sun.) Lesson on useful *furoshiki*, a traditional Japanese wrapping cloth

- Nice, fun and handy way of using *furoshiki* ●It's fantastic usages
- Lecturer : Mr. Isao Yokoyama (*Furoshiki Life Designer*)

② 8/18(Sun.) An eye-opening lesson on chopsticks manners. Do properly and beautifully!

- How to hold and use chopsticks properly ●Chopsticks manners and taboos ●Tips and hints on how to enjoy your meal (tips for eating gracefully) ●Enjoy life with chopsticks, etc.
- Lecturer: Ms. Tomoko Ogura (Food Business Consultant)

※Time common to both 10:00~11:45a.m.

▽Place: *Dai-kaigishitsu*, Sekido Public Hall ▽Eligible: Primary students and above who are living in Tama City (Parent-child, grandparent-grandchildren can participate together) ▽Capacity: 30 persons each (in order of application)

▽Fee: ①*Furoshiki* rental fee (two pieces=a set of big and small sizes)=500 yen ②=Free ※It is possible to bring your own if you have. ▽Things to bring: ② your own chopsticks

▽Application and inquiries: From Mon., July 8 to Sekido Public hall by phone or in person ☎042-374-9711



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

7/15(Holiday) Watanabe Clinic	5-8-1 Toyogaoka	☎042-371-3321
7/21(Sun.) Ouchi Internal Med. Clinic	2F Tohtaru Bldg., 1-2-2 Higashiterakata	☎042-355-7001
7/28(Sun.) Atago Clinic	Rm. 205, 4-53-1 Atago	☎042-374-7700
8/ 4(Sun.) Seiseki Sato Clinic	1F Annex-C Keio Seisekisakuragaoka SC, 1-7-5 Sekido	☎042-337-2715
8/12(Substitute holiday) Tama Garden Clinic	3F, Lions Plaza Tama Center, 1-35 Ochiai	☎042-357-3671

*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.) Tama City

※Projects entrusted by

★SCHEDULE OF JAPANESE CLASSES (TIC members can attend the classes for free) *No lessons in Aug.

*Tama Center Class (Monday 11:00-12:50)	Cocolia Hall, 7F, Cocolia Tama Ctr.	7/1,8,22	9/2,9,30
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	7/1,8,22	9/2,9,30
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	7/4,11,18	9/5,12,19
" (Thursday 19:00-21:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	7/4,11,18	9/5,12,19
" (Saturday 14:00-16:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	7/6,20,27	9/7,14,28

▲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