
MESSAGES FROM THE ADMINISTRATIVE RADIO SYSTEM FOR DISASTER PREVENTION CAN BE HEARD ON THE TELEPHONE

“ANSWER-BACK” AUTOMATED INTERACTIVE VOICE RESPONSE ☎042-338-6910

When indoor, you can listen to the messages over the phone if you have difficulties to hear the emergency announcements. ※Except during the regular broadcasting of sunset chime.

▽For inquiries: Disaster Prevention & Safety Section ☎042-338-6802

REPUBLIC OF ICELAND PHOTO EXHIBITION

Tama City is the first municipality in Japan to be registered as host town to the Republic of Iceland. The Host Town Initiative is a government program towards the 2020 Tokyo Olympic and Paralympic Games, which aims to promote human, economic and cultural exchanges between participating countries and regional governments all over Japan. Please take this opportunity to think about the Republic of Iceland.

▽Date/Time: Feb. 11 (Holiday)~ 18 (Tue.), March 5 (Thu.)~12 (Thu.)

▽Venue: Yu Sakuragaoka Gallery

▽Sponsored by: Sakuragaoka Community Center Management Council

▽Supported by: Embassy of Iceland in Japan, Tama City

▽For inquiries: Yu Sakuragaoka ☎042-338-7121



COMMEMORATE THE DECISION TO HOST THE ICELANDIC OLYMPIC TEAM PRELIMINARY TRAINING CAMP LET'S PREPARE ICELANDIC CUISINE!

Please make yourself familiar with the Republic of Iceland through cooking.

▽Date/Time: Sat., March 21 10am~2pm ▽Place: Chori Jishu-shitsu, 5F, Nikoh Sangyo-NSP Kenko Fukushi Plaza ▽Eligible: Primarily junior high school students & above ▽Limited to 12 persons (Lottery held if the number of applicants exceeds the limit) ▽Fee: 2,500 yen (incl. expenses for ingredients)

▽Menu: Fiskibollur (white *surimi* fish balls), Kjötsúpa (national food of Iceland; stewed lamb and vegetable soup) and Pönnukökur (Icelandic for pancake) which is a crepe-like pancakes.

▽Teacher: Mr. Nobuo Kato, Chef

▽Application & inquiries: The postage-paid reply postcard must arrive by Tue., Feb. 25 with your name, address, age (ex: 50's), tel. numbers and “Application for Icelandic Cuisine”. Also, write your complete address and name 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, you have to fill in a prescribed application form available at the office) ☎042-356-0303: NIKOH SANGYO-NSP Kenko Fukushi Plaza, General Welfare Center Office, 3F, 3-15-1Minamino〒206-0032 (Note: Application will be invalid if not completely filled in. One postage-paid reply postcard per applicant; or one unused postcard is necessary)

TO PARENTS 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 had been sent in late January to parents of children who will become first graders at municipal elementary and junior high schools in April 2020. Those who haven't received the notice yet, please contact below as soon as possible. Also those who will be entering national schools, private schools or metropolitan schools, please submit the original written consent document for admission or the school admission permit together with the notice of admittance immediately.

▽Inquiries & submission: School Support Section ☎042-338-6876

EVACUATING WITH PETS IN TIMES OF DISASTER

Evacuation shelters in Tama City allow people to evacuate together with their pets. Please check your evacuation shelter and routes and let your pets to become acquainted with the carrier bag. At the evacuation shelter, please take considerations to those who are not good at animals and those who are allergic to them. Please follow the instructions of each evacuation shelter.

▽Inquiries: Community & Life Affairs Section ☎042-338-6803

RUNNING CLASS

▽Date/Time: Thu., Feb. 20 10:30am ~ 12:00nn

▽Eligible: Those aged 20 & older ※Will be cancelled, if it rains.

▽Capacity: Limited to 20 persons (Lotter held, if the number of applicants exceed the limit)

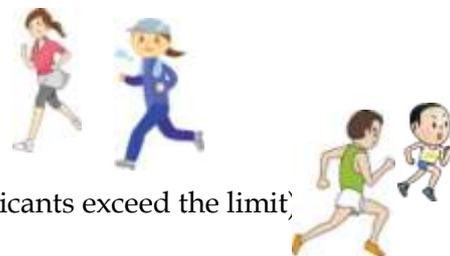
▽Fee: 500 yen (To be collected on the day of event)

▽Instructor: Ms. Yumiko Tokuda, a former Japanese record holder in 800m track & field event and former player of Japanese national team for world's athletics

▽Things to bring: Towel and drinks ※Wear comfortable workout clothes (No wearing of spikes)

▽Application: Until Mon., February 17 [HP]<https://ws.formzu.net/fgen/S70330890/>

▽Inquiries/Place/Organizer: Minami Toyogaoka Field ☎042-400-5487 (Closed on Thu. & Fri. 12nn ~ 6pm)



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

2/11(Tue/Hol.) Aragaki Internal Med. & Surgical Clinic 3F, Shintoshi Ctr. Bldg., 1-24-1 Tsurumaki ☎042-373-0514

2/16 (Sun.) Maehara Pediatrics 5F, OPA, 4-72 Sekido ☎042-374-5028

2/23 (Sun/Hol) Tamura Clinic 2 3F, Lions Plaza Tama Ctr., 1-35 Ochiai ☎042-357-3671

2/24 (Mon./Substitute Hol.) Karakida Children's Clinic 2F, Karakida Ctr. Bldg., 1-53-9 Karakida ☎042-355-8505

3/1 (Sun.) Watanabe Clinic 5-8-1 Toyogaoka ☎042-371-3321

3/8 (Sun.) Karakida Eki-mae Clinic Rm. 104, Plaza Karakida, 1-1-7 Karakida ☎042-376-3800

**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. 2/3.10.17 3/2.9.16

*Nagayama Class (Monday 10:00-12:00) Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc. 2/3.10.17 3/2.9.16

*Sakuragaoka Class (Thursday 10:00-12:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 2/6.13.20 3/5.12.19

" (Thursday 19:00-21:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 2/6.13.20 3/5.12.19

" (Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 2/1.15.29 3/7.14.21

▲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