

Happy New Year. Thank you for your continued support this year.

●File your tax return early! ~The tax return period is from Monday, February 17th to Monday, March 17th~

★Please use the tax return preparation venue.

We will set up a venue where you can prepare tax returns for income tax, special income tax for reconstruction, gift tax, consumption tax for individual business owners, and local consumption tax.

◇Date and time: February 17th to March 17th (excluding Saturdays, Sundays, and holidays. Open on March 2nd (Sunday)), 8:30am (consultations from 9am) to 4pm (submissions by 5pm) ◇Venue: Hino Tax Office (6-36-2 Manganji, Hino City)

◇Other: A numbered ticket is required. You can get one in advance from the National Tax Agency's official LINE account, and they will also be distributed at the venue on the day (registration may close early depending on distribution status) *There is no parking during the opening period

◇Inquiries: Hino Tax Office ☎042-585-5661

★You can submit it via e-Tax.

You can create income tax and other tax returns on the National Tax Agency website using your smartphone or computer, and submit them online using your My Number card.



◀Click here
for the corner
for preparing
tax returns,
etc.

*Please note that tax return forms will not be distributed at city halls or branch offices.

●January is the month for payment of child support allowance. The allowance for November and December 2024 will be transferred to the designated account.

◇Transfer date: Friday, January 10th. If the transfer has not been made by the end of January, please contact us. You will need to notify us if your pension has been finalized or you have moved. If there are any changes, please be sure to contact us at the number below.

◇Inquiries: Children and Youth Policy Division, ☎042-338-6851, FAX042-372-7988, ID:1003455

●"New Year's Party" Sponsored by: Tama City International Communication Center

◇This is an event to introduce Japanese culture, customs, and New Year's games to foreigners. Experience calligraphy and tea ceremony. There will also be fun games such as the Japanese New Year's spinning top game, Fukuwarai, and Sugoroku. We look forward to seeing you!

◇Date and time: Tuesday, February 11th (National Holiday) 2pm-4pm ◇Venue: Parthenon Tama, Meeting Room 1

◇Participation: Please apply by email or phone to Tama International Center.

◇Inquiries: Tama International Center ☎042-355-2118 email: tic@kdn.biglobe.ne.jp

●Let's think about disaster prevention!

It has been exactly one year since the Noto Peninsula earthquake. Why not take this opportunity to think again about disaster prevention?

★Tama City Disaster Prevention Lecture ~Can't wait any longer! Are you prepared for a major earthquake?~

◇Date and time: Saturday, January 25th, 10:00 am - 12:20 pm ◇Venue: Nagayama Community Center Bell Hall (online streaming available)

◇Contents: Part 1 = Improving local disaster prevention capabilities during periods of earthquake activity / Part 2 = Using disaster information for disaster prevention in times of heavy rain

◇Lecturer: Noboru Yamazaki (Professor Emeritus, Kokushikan University)

◇Target audience: People who want to start preparing for a major earthquake, people who don't know where to start with disaster prevention, people who want to further deepen their disaster prevention knowledge

◇Participants: Venue = 150 people, Online = 100 people (both on a first-come, first-served basis, with priority given to city residents and students)

◇How to apply: Online application on the official website or by phone to the Disaster Prevention and Safety Division ☎042-338-6802

★Portable toilets and disaster prevention handbooks will be distributed to every household!

A set of a handbook summarizing earthquake countermeasures and a portable toilet, which drew attention following the Noto Peninsula earthquake, will be distributed to every household.

◇Items distributed: 3 portable toilets (for testing) / 1 copy of the Tama City Disaster Prevention Handbook

◇Distribution period: Tuesday, January 7th to Friday, February 28th ◇Inquiries: Disaster Prevention and Safety Division ☎042-338-6802

● Nursing care and medical care – Living where you want –

Learn about the services and costs involved when you need nursing care.

◇Capacity: 40 people (first come, first served) Childcare: Up to 4 children (preschool children aged 1 year and over, first come, first served by applications by 5pm on Wednesday 1/29)

◇Lecturer: Junko Fuchino (Ai Clinic Home Helpline, nurse, care manager)

◇Organizer: Tama Women's Conference I ◇ID: 1016257

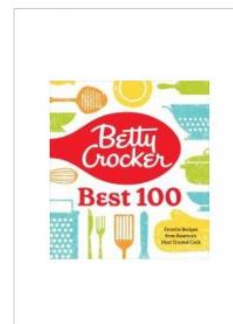
◇Applications and inquiries: Apply online on the official website or by phone from 9am on Monday 6th January to 5pm on Friday 7th February, TAMA Women's Center ☎042-355-2110 Fax: 042-339-0491

● We will introduce foreign books for adults!

『Betty Crocker best 100

-favorite recipes from America's most trusted cook-』

Publisher: Houghton Mifflin Harcourt



This is a recipe book that has been read in America for 100 years. It features a total of 100 recipes, from dinner menus to how to bake bread and make sweets. All of the recipes are designed to teach you the basics of cooking, so even children and beginners can make them easily. You can choose a menu from the photos and check out gluten-free recipes, so be sure to give it a read.

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

1/12 (Sun) Miyuki Clinic, 1-8-3, Renkoji ☎042-372-4853

1/13 (Holi) Takahashi Internal Medicine and Neurology Clinic, 2-66-1, Sekido ☎042-400-1058

1/19 (Sun) Seiseki Sato Clinic, 1-7-5, Sekido, Keio seiseki sakuragaoka SC C Building 1F ☎042-337-2715

1/26 (Sun) Tama Kazemachi Internal Medicine Clinic, 2-2, Suwa, Brilia Tama New Town B-100 ☎042-338-6611

2/2 (Sun) Suzuki Internal Medicine and 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)

(Health Center = Kenko Center)

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



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

EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(Health Center) ☎042-376-8009

(9:00-15:30: Sundays and public holidays)

*Note: Please call in advance.

INFORMATION ON MEDICAL INSTITUTIONS (24-HOURS)

MEDICAL INFORMATION IN FOREIGN LANGUAGES

(Tokyo Metropolitan Health and Medical Info Center)

9:00-20:00 ☎03-5285-8181

☆**Counseling for Foreign Residents** Every 1st and 3rd Thursday of the month (13:30-16:30) TIC Rm. (7F VITA) *By appointment only

☆**Japanese Class Schedule** (Classes are free for TIC members) *Commissioned by Tama City

	Venue	Time	Dates	
			Sept.	Oct.
Monday classes	Parthenon Tama 3 and 4F Meeting room Nagayama Community Center, 5th floor, Bell Hall	9:45~11:45	6th, 20th, 27th	3rd, 10th, 17th
	Nagayama Kominkan 5F Bellebs Hall	9:30~11:30	6th, 20th, 27th	3rd, 10th, 17th
Thursday classes	TIC Room (7F VITA Commune)	10:00~12:00	9th, 16th, 23th	6th, 13th, 20th
		19:00~21:00	9th, 16th, 23th	6th, 13th, 20th
Saturday classes	TIC Room (7F VITA Commune)	14:00~16:00	11th, 18th, 25th	1st, 8th, 15th

*If you are unable to attend the class in person for special reasons, we can discuss online participation. Please contact the TIC office.

☆**Japanese Chat Salon** Saturday, January 18th, 10:30-12:00 TIC Activity Room, no reservation required, open participation, free

△ For reservations and inquiries, please contact ☎042-355-2118. TIC Secretariat



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

TIC Secretariat: 7F, VITA Commune, 4-72 Sekido, Tama City 206-0011 ☎042-355-2118 Fax 042-355-2104

E-mail: tic@kdn.biglobe.ne.jp URL: <https://www.tic-tama.jp>

Office hours: Mon-Fri. 10 a.m. - 5 p.m. Closed Sundays, every 1st & 3rd Monday of the mo., 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 and Korean, and easy Japanese); please contact the TIC Secretariat if you would like a copy.

Editing: Chieko Ukita, Translation: Midori Okita