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## BULKY GARBAGE COLLECTION DURING THE “GOLDEN WEEK” VACATION

You cannot apply to have your bulky garbage collected on Saturday, April 27~Monday, May 6. If you wish to have it collected on Monday/holiday, April 29 ~ Tuesday, May 7, please make your application by 3:00pm Friday, April 26 through the *Sodai Gomi Senyo Dial*.

Also, in order to bring the bulky garbage directly to the waste incineration plant on Sunday, April 28 ~ Friday/holiday, May 3 & 6, please file your application by 5:00pm, April 26.

※Be sure to dispose the bulky garbage until 8:00am on the scheduled day of collection.

▽Inquiries: *Sodai Gomi Senyo Dial* ☎042-375-9713, Garbage Control Section (inside the ECO Plaza Tama)☎042-338-6836

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## APPLICATION FOR SCHOOL ENROLLMENT SUBSIDY FOR FY 2019

Those guardians registered as residents of Tama City wishing to apply for a school enrollment subsidy of their children who are enrolled in public elementary and junior high school, compulsory education schools in other cities or currently attending the junior high department of metropolitan secondary education school should inquire by Friday, April 19. The application form for the subsidy will be sent to you.

▽Inquiries: School Affairs Support Section ☎042-338-6875

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## PRENATAL AND POSTNATAL PERIOD EXEMPTED FROM PAYING NATIONAL PENSION PREMIUM

**A system to exempt from paying National Pension and Insurance premiums during prenatal and postnatal period begins from April 2019.**

▽Eligible: Those category 1 insured persons of National Pension who gave birth on Feb. 2019 and later.

※However, this doesn't apply to the members of Welfare Pension and their dependent spouses. You need to contact your employer as there is similar system like this one.

▽Application: Insurance & Pension Section, 1F Tama City Hall ☎042-338-6844

▽Inquiries: Fuchu Pension Office ☎042-361-1011, Tama City Hall's Insurance & Pension Section

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## ANNOUNCEMENT FROM THE TAMA FIRE DEPARTMENT

### ARE YOU SAFE? CHECK THE CAUSES OF HOUSE FIRES

The deaths caused by house fires are increasing suddenly this year. Let us prevent it by re-inspecting our home by ourselves; do checks  the following items.

**【Cigarette】** The leading cause of death every year.

- Never smoke in bed.
- Beware of drinking alcohol→ smoke→take a nap
- Do not pile cigarette butts in the ashtray.
- Soak cigarette butts in the water before disposing.
- Smoke in a safe place and avoid dropping any source of fire.

**【Portable cooking stove】**The primary cause of house fires. Be careful of clothing not to catch on fire !

- Never leave the kitchen when cooking.
- Do not put any flammable items around the stove.

**【Electrical cords】** Fire danger exists close to us!

- Unplug electrical appliances when not in use.
- Clean the plugs and outlets regularly.
- Avoid overloading power strips.
- Be careful not to bend the cords or be pinned under the appliances.
- Do not use bundled cords.
- Use fire-resistant apron and arm cover.
- Adjust the flame to confine to the bottom surface of the pot.
- Use the cooking stoves with fire safety systems.

**Be prepared in case of fire! Have fire alarm in your home!** A residential fire alarm system detects fire early and it will help to protect your life as well as your family. So, be sure to install it.

▽Inquiries: Prevention Section, Tama Fire Department ☎042-375-0119

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## VITA MONTHLY CONCERT

♪♪Ensemble Sonorite ~Shigeru Miyazaki ~ Chorus and Album ♪♪

▽Date/Time: Friday, April 26 7:00pm (Hall opens 6:30pm) ▽Venue: Sekido Public Hall VITA Hall

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

▽Performers: Shigeru Miyazaki (piano and arrangement), Naho Yube (MC/whistle), Ensemble Sonorite  
 ▽Selections: "Rurou no tame =nomadic tribes" "Lullaby of Jocelyn" "An die Musik" "Haru e no akugare =  
 Sehnsucht nach dem Frühling" "Chiisana ki no mi" "Kuchi nashi" "Inochi no uta=There is Life" "Ie e okaeri", etc.  
 ▽Inquiries: Sekido Public Hall ☎042(374)971

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

4/14(Sun.) Takeshima Internal Med. Clinic	3-11-3 Ochiai	☎042-338-5665
4/21(Sun.) Tama Clinic	5-10-1 Suwa	☎042-375-7753
4/28(Sun.) Nishida Kodomo Clinic (Pediatrics)	1F Flora Nagayama, 1-2-14 Nagayama	☎042-376-1001
•Ai Clinic	1431-3 Kaidori	☎042-375-9581
4/29 (Mon./Hol.) •Takei Shonika (Pediatrics)	2-69-3 Sekido	☎042-357-3030
•Miyuki Clinic	1-8-3 Renkoji	☎042-372-4853
4/30 (Tue./Hol.)		
•Karakida Kodomo Clinic (Pediatrics)	2F Karakida Center Bldg. 1-53-9 Karakida	☎042-355-8505
•Yamazen Internal Med. Clinic	1F Seisekisakuragaoka Garden House, 4-40-3 Ichinomiya	☎042-372-5588
5/1 (Wed./Hol.)		
•Kodomo Clinic Shimizu (Pediatrics)	3F Shintoshi Ctr. Bldg., 1-24-1 Tsurumaki	☎042-373-0512
•Ai Clinic Nakazawa	1F Yuimahru A-Bldg., 2-5-3 Nakazawa	☎042-311-2820
5/2(Thu./Hol.) •Tama Garden Clinic	3F Lions Plaza Tama Center, 1-35 Ochiai	☎042-357-3671
•Ohtsuka Clinic	2F Uchida Bldg., 2000-12 Wada	☎042-311-1234
5/3(Fri./Hol.)		
•Tama City Night Clinic for Children	4-19-5 Sekido	☎042-375-0909
•Kaitori-Uchida Clinic	1F Nohburu Kaidori, 1-52-1 Kaidori	☎042-389-3646
5/4(Sat./Hol.) •Tama City Night Clinic for Children	4-19-5 Sekido	☎042-375-0909
•Tama Nagayama Takada Clinic	3F Medical Mall Nagayama, 3-6 Kaidori	☎042-400-5145
5/5(Sun.) •Tama City Night Clinic for Children	4-19-5 Sekido	☎042-375-0909
•Tamura Clinic	5F Tama Center Peperi Bldg., 1-32-1 Ochiai	☎042-356-0677
5/6 (Mon./substitute holiday)		
•Tama City Night Clinic for Children	4-19-5 Sekido	☎042-375-0909
•Tama Center Clinic Mirai	1F Maghreb Parking Bldg., 1-38 Ochiai	☎042-316-8570

\*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.	4/8.15.22	5/13.20.27
*Nagayama Class (Monday 10:00-12:00)	Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc.	4/8.15.22	5/13.20.27
*Sakuragaoka Class (Thursday 10:00-12:00)	TIC Rm., 7F, VITA Commune (OPA Bldg.)	4/11.18.25	5/9.16.23
"	(Thursday 19:00-21:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	4/11.18.25	5/9.16.23
"	(Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.)	4/6.13.20	5/11.18.25

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

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

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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: Kumiko Murata