

●OCTOBER IS “FOOD LOSS REDUCTION MONTH”

Let us reduce “food loss” at home through daily efforts

On Monday, October 16th is World Food Day, a day designated by the United Nations to think about global food issues. In Japan, about 5.23 million tons of foods that can still be eaten are being thrown away each year.

◎Be considerate of “food loss” in our daily lives. Be careful not to buy too much! Check the food stock in the refrigerator and cabinet, and buy only what you really need •When buying, pick up from the items displayed in front: Be sure to understand the difference between expiration and consumption dates and buy those displayed in front line. •Prepare only what you can eat: Consider your physical health condition and family schedule, and try to avoid wasting food. •Eat everything: Don't be picky, try to eat everything that has been served. If you can't finish everything, try making it into a different dish.

◎October is 3R (reduce, reuse, recycle) promotion month

Let's try to reduce waste through the 3Rs for the realization of a recycling-oriented society, including effective use of resources and reduction of environmental burdens.

- Reduce Use things carefully and reduce waste.
- Reuse Buy long-lasting products and use them repeatedly.
- Recycle Reuse garbage as a resource.

Tama City is promoting the 4Rs by adding "Refuse" to the 3Rs. Refuse: Avoid producing waste.

Inquiries Resource Recycling Promotion Section Tel. 042-338-6836 Fax 042-356-3919

●ACCEPTING APPLICATIONS FOR APRIL 2024 THOSE WHO WISH TO ENROLL IN DAYCARE CENTER/KINDERGARTEN

◎Application for admission to nursery schools, etc. for fiscal year 2024 (Reiwa 6)

- **Application:** By post or internet = Must be postmarked by Oct. 18 (Wed.) ~ Nov. 8 (Wed.)
At the counter = Oct. 30 (Mon.) ~ Nov. 8 (Wed.) 9am ~ 5pm (In principle, please use mail or internet procedures)
- **Eligible facilities :** Licensed daycare center, certified nursery school, home-based daycare center, small-scale daycare center, in-house daycare center
- **NOTE :** Applications for certified daycare centers are accepted at any time at the facilities. Briefing sessions for admission to child daycare centers, etc., are scheduled to be held at each local parenting support center. For details, please contact each center.

◎Application for admission to private kindergarten for fiscal year 2024 (Reiwa 6)

- **Start of distribution of application forms for enrollment in kindergarten:** Oct. 15 (Sun.)
- **Application acceptance and processing start date:** Nov. 1 (Wed.)
- **Note:** Admission information and application forms will be distributed and accepted at each kindergarten



For details, please refer to the “Reiwa 6 (2024) Admission Handbook for Daycare/Kindergarten, etc.” which can be found on the official website of Tama City and is available at the Parenting Support Section on the second floor of city hall (moved to the 4th floor from Oct. 10th), Seisekisakuragaoka Station and Tama Center Station city office branches, Nagayama Kominkan, Health Center and a total of ten local parenting support centers **Inquiries** Parenting Support Section Tel. 042-338-6850

●TAMA CENTER WAKU-WAKU PROJECT” LET’S GO TO THE BOOK PARK



The renovation of Tama Chuo Park will be partially completed on Sat., Oct. 21st., and the *Ouike-mae* terrace (in front of the pond) and the BOOK Park will open. A pleasant place for relaxation and recreation will be created, which will be combined with the adjacent central library.

Inquiries Parks & Greenery Sec. Tel. 042-338-6953

TAMA CITY INTERNATIONAL CENTER'S FOREIGN LANGUAGE CLASSES

(ADDITIONAL PARTICIPANTS ARE WANTED)

• **Classes:** English, Chinese, Hangul, Thai, Spanish

• **Period:** Nov. 2023 ~ Feb. 2024 • **Place:** TIC Room (VITA) • **Target:** High school students & above

• **Note:** Please refer to TIC website for details about days, time, how to apply, etc.

Inquiries Tama City International Center (TIC) Tel. 042-355-2118 E-mail: tic@kdn.biglobe.ne.jp

● A LECTURE BY SUSAN SOUTHARD, THE AUTHOR OF "NAGASAKI"

PASSING DOWN "NAGASAKI" TO THE NEXT GENERATION

• **Date/Time:** Oct. 29, Sun. 2 p.m. ~ 4 p.m. • **Venue:** Conference Room-1, Parthenon Tama • **Target:** Primary student & above • **Capacity:** 90 people (First-come, first-served basis) • **Fee:** High school student & below: Free / TIC member = 200yen / Gen. public = 300 yen • **Contents:** A lecture in Japanese about how the Nagasaki *hibakusha* (atomic bomb survivors) lived their lives after the nuclear war

Application/Inquiries Oct. 10 (Tue.) ~ 27 (Fri.) by phone or e-mail (write your name, address and tel. no.)
Tama City International Center Tel. 042-355-2118 E-mail: tic@kdn.biglobe.ne.jp

● LET'S VISIT THE TAMA FURUSATO MUSEUM ※Free admission

• **Hours open:** 9 a.m. ~ 4:30 p.m. • **Days closed:** Every 2nd Monday of the mo. (If it is a national holiday, the following weekday)
• **Access:** If you're coming by bus, use Tama City mini-bus = Get-off Kaidori Kita Koen-dori bus stop / 1-min walk; or, Keio Bus = Get-off Kaidori-kita Center bus stop / 4-min. walk *Paid parking available (can accommodate 51 cars)

Inquiries Tama Furusato Shiryo-kan Tel. 042-400-5591, Education Promotion Section Tel. 042-338-6883

ROTA OF ON-DUTY DOCTORS ON HOLIDAYS 9:00-17:00 TAMA CITY DOCTORS ASSOC.: <http://www.tama-med.or.jp/toban/>

10/15 (Sun.) Saito Internal Medicine & Pulmonology
Rm. 202, 4-2-6 Nagayama Tel. 042-373-2522
10/22 (Sun.) Fusegawa Clinic 1329 Ochikawa Tel. 042-373-5858
10/29 (Sun.) Tama Center Clinic Mirai
1F Maghreb Parking, 1-38 Ochiai Tel. 042-316-8570
11/3 (Hol.) Tsurumaki Yagi Clinic
5-4-1 Tsurumaki Tel. 042-319-3449
11/5 (Sun.) Takei Pediatrics
2-69-3 Sekido Tel. 042-357-3030

11/12 (Sun.) Nagayama Internal Medicine Clinic
2F KTA Bldg., 1426 Kotta Tel. 042-338-2355
11/19 (Sun.) Seiseki Sato Clinic Tel. 042-337-2715
1F Keio Seisekisakuragaoka SC C-Bldg., 1-7-5 Sekido

● **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)

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



EMERGENCY DENTAL TREATMENT ON HOLIDAYS

(9:00-15:30 Sundays & public holidays) ☎042-376-8009

Note: Please call in advance.

INFORMATION ON MEDICAL INSTITUTIONS (24/7)

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

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 & 3rd Thursday of the month (13:30-16:30) TIC Rm. *By appointment only

Japanese Class Schedule (Classes are free for TIC members)



Commissioned by Tama City

	Venue	Time	Dates	
			October	November
Monday classes	Parthenon Tama 4F, Meeting rooms 3 & 4	9:45-11:45	2 nd / 16 th / 23 rd	13 th / 27 th
	Nagayama Kominkan 5F, Bellebs Hall	9:30-11:30	2 nd / 16 th / 23 rd	13 th / 27 th
Thursday classes	TIC Room (7F VITA Commune)	10:00-12:00	5 th / 12 th / 19 th	2 nd / 9 th / 16 th / 30 th
		19:00-21:00	5 th / 12 th / 19 th	2 nd / 9 th / 16 th / 30 th
Saturday classes	TIC Room (7F VITA Commune)	14:00-16:00	7 th / 21 st / 28 th	4 th / 11 th / 18 th

△For reservations and inquiries regarding the above, please call the TIC office: 042-355-2118

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