

● THE ROAD RACE TOKYO 2023 to be held

The event will be held on Sunday, December 3, utilizing the course used in the Tokyo 2020 Olympic Cycling Road Race. On the day of the event, large-scale traffic restrictions will be implemented. We apologize for any inconvenience this may cause and thank you for your understanding and cooperation.

Contact: Sports Promotion Division ☎: 042-338-6954, Fax: 042-371-3711

◎ Starting time: Women's 9:00~, Men's 9:10~

◎ Traffic restriction scheduled time

Restricted section [Shimada Rehabilitation Center ~ Tama Higashi Park], scheduled time <8:35 ~ 11:05>

Restricted section [Tama Higashi Park ~ Koremasa Police Station (Fuchu City)], scheduled time <8:50 ~ 11:20>

◎ Schedule of detours and cancellations of buses operating in the city

Detours and suspensions may occur on bus routes that include Tama Center Station, Nagayama Station, and the Hijirigaoka area.

Contact: Keio Bus Co., Ltd.=☎042-352-3713

Kanagawa Chuo Kotsu Co., Ltd. Tama Office = ☎☐042-678-6550

◎Please see the November 5, 2023 (Reiwa 5) issue of Tama Public Relations for driving courses within Tama City.



Keio Bus Home
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Kanagawa
Chuo Kotsu
Home Page

● A fire has broken out in the city

[Tobacco fires are occurring frequently in the city]

In 2020, 571 cigarette fires occurred within the jurisdiction of the Tokyo Fire Department (preliminary figures). This accounts for approximately 15% of all fire causes. There have been cases where a resident was smoking in bed when embers fell onto the comforter, igniting the fire, and a resident discarded a cigarette butt with embers in a garbage storage area on the premises, which ignited surrounding garbage.

[How to prevent cigarette fires]

① Never smoke in bed ② Do not work with a cigarette in your mouth ③ Do not walk around with a lit cigarette in your hand ④ Do not leave cigarette butts in an ashtray or trash can ⑤ Remove cigarette butts by soaking them in water ⑥ Do not throw away cigarettes or smoke in areas where there is no ashtray. ⑦ Please be careful about smoking in areas designated as smoking areas. We ask for your cooperation in preventing cigarette fires.

[A fire broke out in a garbage truck]

A fire broke out in a garbage truck at around 10:20 a.m. on September 20th. Fortunately, no one was injured, but if a fire breaks out during garbage collection, workers and bystanders may be injured, and vehicles may be destroyed. Additionally, if the garbage is transported to the Tama Incineration Plant and causes damage to the facilities, garbage collection will stop and this will have a serious impact on the lives of citizens.

Never put batteries such as lithium-ion batteries or mobile batteries, or spray cans into paid designated bags such as "non-burnable garbage"! *It will be collected free of charge as "hazardous garbage."

Inquiries ◎About fire prevention = Tama Fire Department Fire Prevention Division Fire Prevention Inspection Section ☎042-375-0119,

◎How to dispose of garbage = City Hall Resource Recycling Promotion Division ☎042-338-6836

● Let's work on energy saving in winter

Winter is the season when energy consumption increases, such as when heating water and using heating equipment. As energy consumption increases, so does the amount of carbon dioxide, which causes global warming. As a measure against the tight power supply and demand situation and rising electricity rates, there is a need to reduce energy consumption through individual energy-saving actions.

[Let's improve insulation performance!] Most of the heat from heating escapes through the windows. Make it difficult for heat to escape by using windows made of highly insulating materials such as double-glazed glass or resin sashes, and by hanging thick curtains.

[Stay warm with Warm Biz!] Before increasing the heating temperature, try warming your body by wearing thick socks or a cardigan. Light stretching also promotes blood circulation and increases metabolism.

●We will carry out nationwide J-Alert information transmission training using disaster prevention administrative radio

Around 11 a.m. on November 15th, a message will be broadcasted all at once from the disaster prevention administrative radio stations installed at 112 locations in the city.

Broadcast content: [Chime] + "This is a J-Alert test" x 3 times + "This is Disaster Prevention Tama" + [Chime]

●Autumn leaves special feature

It's almost time for autumn leaves to decorate the city. Tama City is rich in nature and has many spots to see autumn leaves. On the city's official website, we plan to announce the autumn foliage status of each spot in early November and early December.

The "Tama City Tourism and Community Development Exchange Council" has created a web map as part of the effort to create an environment where you can enjoy going out and walking around town comfortably. Please take advantage of the original autumn leaves web map that can be viewed from your smartphone or computer when sightseeing!



Check the autumn leaves situation



Autumn leaves WEB
Click here for the map

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

11/12(Sun) Nagayama Internal Medicine Clinic, Kotta 1426 KTA Bldg. 2F	☎042-338-2355
11/19 (Sun) Seiseki Sato Clinic, 1-7-5, Sekido, Keio Seiseki Sakuragaoka S.C C Bldg. 1F	☎042-337-2715
11/23 (Hol) Maehara Pediatrics, Sekido 4-72, Seiseki Sakuragaoka OPA 5F.	☎042-374-5028
11/26 (Sun) Tama Clinic, Suwa 5-10-1	☎042-375-7753
12/3 (Sun) Tama Nagayama Takada Clinic, Kaidori 3-6, Medical Mall Nagayama 3F	☎042-400-5145

- 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



INFORMATION ON MEDICAL INSTITUTIONS (24-HOURS)

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.

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	
			Nov	Dec
Monday classes	Parthenon Tama 3.4F Meeting room	9:45~11:45	13th·20th·27th	4th, 11th, 18th
	Nagayama Kominkan 5F Bellebs Hall	9:30~11:30	13th·27th	4th, 11th, 18th
Thursday classes	TIC Room (7F VITA Commune)	10:00~12:00	2nd·9th·16th·30th	7th, 14th
		19:00~21:00	2nd·9th·16th·30th	7th, 14th
Saturday classes	TIC Room (7F VITA Commune)	14:00~16:00	4th·11th·18th	2nd, 9th, 16th

△For reservations and inquiries regarding the above, please call the TIC Office Tel. 042-355-2118

Published on the 10th of every month by the Culture & Lifelong Learning Promotion Section, Living & Culture Dept. Tama City Hall: Tel. 042-338-6882.



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※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: Toshiaki Nagano, Translation: Midori Okita