

## ● Do you know about 'Phase Free'? - Coping with disasters with familiar items!

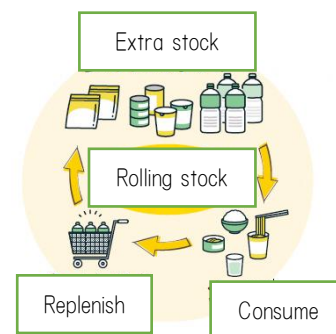
There are many everyday items that can be useful during disasters. The concept of using familiar items in time of a disaster is called 'Phase Free', which has the advantage of being able to use things you are accustomed to during disasters without the need for special preparations. For example...

- Electricity Black-out: Camping gear can be used indoors as well. Many lanterns are bright enough to serve as lighting. A mobile battery can also be used as a substitute for the outlet of electricity for using small appliances, not just for charging handy phones.
- Electricity and City-gas cut off: If you have a portable gas stove, you can eat warm meals even if the gas or LH stove cannot be used.
- Emergency measures until you can safely get to a hospital: With a hand towel, you can easily provide first aid for injuries by tying it around your neck.

★ Can regular meals become Emergency supplies? - Let's practice Rolling stock - Rolling stock is a method of stockpiling that is useful in emergencies. It involves purchasing an extra amount of food stuffs regularly and replenishing them as they decrease. This way, you can always have a certain amount of food available. By consuming items that are close to their expiration date first, you can also become more aware of approaching expiry.

\* Use rolling stock method for your car's gasoline: After a disaster occurs, it may become difficult to refuel your car. Just like with food supplies, use the concept of rolling stock and refuel when your gasoline level goes below half.

◇ Contact: Disaster Prevention and Safety Division ☎042-338-6802 ID:1018306



## ● The medical certificates of the Child Medical Expense Subsidy System will be updated.

This is a system that issues the medical certificates for children (up to 18 years old before March 31 of the following year) in Tama City, subsidizing the personal portion of medical expenses covered by the medical insurance. The medical certificate currently held is valid until September 30 (Tuesday). New medical certificates will be mailed to those who are eligible after September 22 (Monday).

\* For those who need to complete the renewal process: To receive the new medical certificate, the current-status report (sent to you in late July) must be submitted.

◇ Contact: Children and Youth Policy Division ☎042-338-6851 ID:1013813

## ● A health checkup for children entering elementary school in Reiwa 8 (2026) fiscal year

The checkup will be provided at each elementary school in October and November. Detailed information will be mailed to the eligible individuals around early October. Contact: School Support Division ☎042-338-6879

## ● The 26th Nagayama Festival 2025 will be held! on September 20 (Saturday) and 21 (Sunday)

This year marks the 26th Nagayama Festival. Many civic groups will participate, offering stage events, exhibitions, hands-on experience event corners, and food stalls! There are programs full of fun for everyone from small children to the elderly. Why don't you join us? You might even come across "NAGADON" (Local mascot at Nagayama)!

◇ Venue & Event: Grenard Nagayama = Stage performances of music, dance, and more; hands-on exhibitions like crafts / Humax Pavilion Nagayama = Music performances / Nagayama Community Center, Nagayama Library = Music performances, dance, and ballet presentations, hands-on exhibitions, distribution of books for recycle.

◇ Date & Time: September 20 (Saturday) and 21 (Sunday) from 11:00 AM to 8:00 PM

◇ Contact: Nagayama Festival Executive Committee Office at Nagayama Community Center ☎042-337-6661 ID:1012640

## ● Participants Invited to the Foreigners' Japanese Speech Contest!

This Japanese speech contest by foreigners will be held as a part of the Tama City Cultural Festival. Foreign people living in Tama City and vicinity areas! Would you please participate in this event?

◇ Date and Time: October 26 (Sunday) at 1 PM ◇ Venue: Sekido Community Center, Citizen Lobby

◇ Application deadline: Please send a Japanese speech manuscript (around 1,000 characters) by October 6 (Monday).

◇ Contact: Tama City International Center 042-355-2118 ◇ Application Email to be sent: tic@kdn.biglobe.ne.jp or click here

◇ Notes: The themes are free, such as "Life in Japan," "Dreams for the Future," "My Country," etc. (Please refrain from writing about political or religious matters.) The winners will receive wonderful prizes, and all participants will receive participation gifts.



## ● Introduction of Library Materials – Foreign Language Newspapers

Tama City Library subscribes and holds foreign language newspapers. The storage period varies by library, ranging from 2 to 6 months, and anyone can view them in the library, including back issues. Please feel free to ask the staff at the library counter.

'The New York Times', 'THE JAPAN TIMES': Sekido Library, Hijirigaoka Library, Nagayama Library

'The Japan News': Central Library, Karakida Library

'People's Daily', 'Chosun Ilbo': Central Library

### ROTA of on-duty doctors on holidays 9:00-17:00 Tama City Doctors Association: <http://www.tama-med.or.jp/toban/>

9/14(Sun) Seiseki Kodomo Clinic ☎042-400-5032  
Ichinomiya 4-20-23 Pamos Seiseki 1st Floor

9/15(Mon•Respect for the Aged day)  
Takahashi Internal Medicine and Neurology Clinic  
Sekido 2-66-1 ☎042-400-1508

9/21(Sun) Tama Center Clinic Mirai ☎042-316-8570  
Ochiai 1-38 Maghreb Parking Building 1st Floor

9/23(Tue•Autumn Equinox Day) Kodomo Clinic Shimizu  
Tsurumaki 1-24-1 Shintosh Center Bldg. 3rd Fl. ☎042-373-0512

9/28(Sun) Abe Tama center Clinic of Internal Medicine  
☎042-373-7755 Tsurumaki 1-22-2 Tama Medical Bldg. 2nd Fl.

10/5(Sun) Maehara Pediatric Clinic ☎042-374-5028  
Sekido4-72 VITA Mall Seiseki 5th Floor

10/12(Mon) Tama Seiseki Gastrointestinal Endoscopy  
Clinic ☎042-400-6580 Sekido 1-1-5 The Square 2F

●Emergency cases only. ●Be sure to bring your health insurance card and infant healthcare card. (if applicable) ●Please visit during clinic hours without fail.  
※Always please make a phone call in advance.  
※This ROTA list is subject to change

### Night clinic (in Health Center) for Children=Pediatric

Please visit here first if your child has an emergency.  
(19:00~21:45) In principle 15 and younger ☎042-375-0909

### Emergency Dental Treatment on holidays (in Health Center)

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

**Note** Be sure to call in advance



### Information on Medical Institutions (24 hours service)

Fire Dept. Emergency Consultation Service ☎ #7119 (mobile phones, PHS, push-button phones) ☎042-521-2323 (dial-up phone)

Tokyo Metropolitan Medical Health info service "Himawari"  
☎03-5272-0303

Medical Information in Foreign Languages (Tokyo Metropolitan Health and Medical Info Center)  
9:00~20:00 ☎03-5285-81

### ★Daily life Counselling for Foreign Residents Every 1st & 3rd Thursday of the month (13:30-16:30) TIC Room (VITA 7th floor) \* By appointment only

### ★Japanese class schedule (Fee: Free for TIC member)



Commissioned by Tama city

Class	Venue	Time	Date	
			September	October
Monday classes	Parthenon Tama 3 & 4F, Meeting Rooms	9:45~11:45	1st•8th•22nd•29th	6th•20th•27th
	Nagayama Kominkan 5F, Bellevue Hall	9:30~11:30	1st•8th•29th	6th•20th•27th
Thursday classes	TIC Room (VITA Commune 7F)	10:00~12:00	11th•18th•25th	9th•16th•23rd
		19:00~21:00	11th•18th•25th	9th•16th•23rd
Saturday classes	TIC Room (VITA Commune 7F)	14:00~16:00	6th•20th•27th	4th•18th•25th

※Those unable to attend the classroom for special reasons may be allowed to participate online. Please consult with the TIC office.

**Chatting Salon in Japanese** September 13 (Sat) and October 11 (Sat) 13:30-15:00, TIC Activity Room, Reservation not required.

Free participation, No Fee

△ For this salon, telephone reservation and inquiry can be made at ☎ 042-355-2118 TIC Office.

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※ If you have any comments or requests regarding articles in Hand in Hand in Tama, please send them to the above address. This news-letter is available in four languages (Japanese, English, Chinese and Korean); Please contact TIC office when you would like to have the extra copy(s).  
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