

TAMA CITIZENS' CULTURAL FESTIVAL ~ take off to the new era, REIWA

The twenty-five cultural groups and circles in the city will be participating in the festival together with the Association of Tama City Cultural Circle. The twenty four days event will flourish the essence of citizens' culture especially on the Culture Day. We are expecting for your participation so with other many visitors.

▽Period: Oct. 18 (Fri.) ~ Nov. 10 (Sun.) ▽Contents: Please refer to the website for details:
<http://tamasibdr.web.fc2.com/> ▽Organized by: Tama City, Association of Tama City Cultural Circles
▽Supervised by Tama Citizens' Cultural Festival Comm. ▽Supported by: Tama City Cultural Foundation, Tama City Council of Social Welfare Promotion Council of Tama City
▽Inquiries: Office of the Association of Tama City Cultural Circles (Open Monday thru Friday
10am - 4pm except on 1st & 3rd Mondays) ☎042(355)2116

THINK ON WHAT WE CAN DO FOR WASTE REDUCTION AND RECYCLING RESOURCES

October is "Reducing Food Waste Month". Let us start making the reduction right from our home with daily awareness on food loss.

1. **Don't buy too much.** Check the household stock of ingredients in the fridge or pantry before shopping.
2. **Consume completely.** Understand correctly the limit for consumption (*shohi kigen*) and the limit for best taste (*shomi kigen*) of foods. Consume them before the expiry date.
3. **Eat everything.** Be careful about preparing too much food and storing excessive quantities

October is "3R Promotion Month" (Tama City is promoting 4R that includes "Refuse")

***REDUCE**=(Use things with care, reduce waste), Don't buy things you don't really need. Bring your own shopping bag. ***REUSE**= (Use products repeatedly) Choose a product that sells refills, give things away if you do not need them anymore. ***RECYCLE**= Separate waste and resources, use recycled products ***REFUSE**= Refuse unnecessary packaging, bring your own shopping bag and refuse plastic grocery bag

▽Inquiries: ECO Plaza Tama inside the Garbage Management Section ☎ 042(338) 6836

TO PARENTS WHO WANT THEIR CHILDREN TO ENTER DAYCARE CENTERS AND KINDERGARTENS

▽Inquiries: Childrearing Support Section ☎ 042(338)6850

For details such as about application method and time, please refer to Tama City official website, Childrearing Support Section 2F City Hall, Seiseki Sakuragaoka Station and Tama Center Station city office branches, Nagayama Public Hall, Public Health Center and the (Reiwa 2) Fiscal 2020 Guidance Information to Enter and Application Forms to be distributed at each local district childcare support center (a total of eight places).

●Day Care Facilities Orientation for New Comers for fiscal 2020 (Reiwa 2)

▽Date/Time: Sunday, October 20 2:00 p.m. ~ 4:30 p.m. (Registration starts 1:30pm)

▽Place: Nagayama Elementary School Gymnasium

▽Eligible: Those who want their child(ren) to enter a Licensed Daycare Centers, Authorized Center for Early Childhood Education and Care (ages 0-2 yrs.), In-house Childcare Facilities (Family day care providers or *Hoiku Mama*), Small-scale daycare facilities, Daycare facilities in the company, Tokyo Certified Daycare Center

※Come directly to the venue on the day. Parking is not available.

▽Contents: Explanation will be based on the contents of the (Reiwa2) 2020 Guidance Information to Enter Daycare

●Application for Admission to Childcare Centers for fiscal 2020 (Reiwa 2)

[Classification/ Date & Time/ Place]

*Concentrated period for application: Nov. 5 (Tue.) ~ 10 (Sun.) 9am ~ 5pm Dai-1&2 Meeting Rm., West Bldg., City Hall

*Application period over the counter: Nov.11 (Mon.) ~ 15 (Fri.) 8:30am ~ 5pm Childrearing Support Sec,2F City Hall

▽Facilities: Licensed DayCare Centers, Authorized Center for Early Childhood Education and Care, In-house Childcare Facilities, Small-scale daycare facilities, Daycare facilities in the company

※ Please cooperate by filing your application during the concentrated period as much as possible.

※ Accepting application to Tokyo Certified Daycare Center anytime.

● **Inviting Enrollees for Private Kindergartens for Fiscal 2020 (ages 3-5 years)**

▽Distribution of admission pamphlet and application forms begins on Tuesday, October 15

▽Application accepted from Friday, November 1

※Admission pamphlet, forms and applications are distributed and accepted at each respective kindergarten. For details, please ask each kindergarten and the Authorized Center for Early Childhood Education and Care.

HAVE YOU RECEIVED YOUR NEW NATIONAL HEALTH INSURANCE CARD?

A new insurance card that can be used from October was sent to the head of household by simple registered mail in September. If you haven't received it yet, please contact us.

▽Inquiries: Insurance & Pension Section ☎ 042(338)6824

DO NOT POUR OIL INTO THE DRAIN

Fats and oils disposed in the kitchen drain are causing foul odors and clogging of sewer pipes. To avoid these, wipe off the excess oil on pots, pans and dishes before washing. By doing so it helps to make the environment clean that leads to a good water environment of the river and the sea.

▽Inquiries: Drainage & Sewage Headquarter, Tokyo Metropolitan Sewerage Bureau ☎042(527)4828

TOKYO METROPOLITAN MINIMUM WAGE REVISED

The Tokyo Metropolitan Minimum Wage (minimum wage by region) has been revised to 1,013 yen per hour starting October 1st. It applies to all workers working in Tokyo.

▽Inquiries: Wage Section Labor Standard Dept., Tokyo Labor Bureau ☎03(3512)1614

One-Stop Free Consultation Desk "Tokyo Work Style Reform Promotion Center" ☎ 0120(232)865

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

| | | | |
|----------------|--|---|---------------|
| 10/13(Sun.) | Aragaki Internal Med. & Gen. Surgery Clinic | 3F Shintoshi Ctr. Bldg., 1-24-1 Tsurumaki | ☎042-373-0514 |
| 10/14 (Hol.) | Saito Internal Med. & Respiratory Clinic | Rm. 202, 4-2-6 Nagayama | ☎042-373-2522 |
| 10/20 (Sun.) | Maehara Pediatrics Clinic | 5F OPA, 4-72 Sekido | ☎042-374-5028 |
| 10/22(Hol.) | Sasabe Clinic | 1 & 2F Confohto Seiseki, 4-9-2 Sekido | ☎042-375-7313 |
| 10/27(Sun.) | Miyuki Clinic | 1-8-3 Renkoji | ☎042-372-4853 |
| 11/3(Hol) | Yahano Internal Med. & Gastrointestinal Clinic | 6F Sakuragaoka Tomizawa Bld., 1-11-9 Sekido | ☎042-356-3761 |
| 11/4(Hol.) | Abe Tama Center Internal Med. Clinic | 2F Tama Medical Bldg., 1-22-2 Tsurumaki | ☎042-373-7755 |
| 11/10(Sun.) | Suzuki Internal Med. & Gastrointestinal Clinic | 5-4-10 Nagayama | ☎042-371-2760 |

*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 Ctr. Tel. #7119 (Mobile, PHS, push phone); ☎042-521-2323 (dial phone)

Tokyo Medical 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. 10/7.21.28 11/11.18.25

*Nagayama Class (Monday 10:00-12:00) Rm. 302 Higashi Nagayama Fukugo Shisetsu, etc. 10/7.21.28 11/11.18.25

*Sakuragaoka Class (Thursday 10:00-12:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 10/3.10.17.31 11/7.14.28

" (Thursday 19:00-21:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 10/3.10.17.31 11/7.14.28

" (Saturday 14:00-16:00) TIC Rm., 7F, VITA Commune (OPA Bldg.) 10/5.12.26 11/9.16.30

▲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: Sachiko Mori