広報とうかい 10/25 号

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- 2. 11月の健康相談
- 3. とうかい環境フェスタ 2022
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- 6. 「東海スマイルマラソン 2023 | 参加者募集!
- 7. みんなですこやかウオーキング
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- 15. 外国人の皆さんへ「WAGASHI づくり教室 |
- 16. 姉妹都市交流会館「謎解きチャレンジ!」
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Tokai Newsletter 25 Oct. 2022

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In order to prevent the infectious disease of the novel coronavirus from spreading, some or all the events may be canceled or postponed.

1. Weekend Medical Services in Nov.

Hours: 9:30 a.m. - 2:00 p.m., except noon - 1:00 p.m. (Hours are available for all locations.)

Thu. 3: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 6: Tokai Hospital, ph.029-282-2188

Sun. 13: Ibarakihigashi National Hospital, ph.029-282-1151

Sun. 20: Higashihara Clinic, ph.029-283-2301

Wed. 23: Tokai Hospital, ph.029-282-2188

Sun. 27: Ibarakihigashi National Hospital, ph.029-282-1151

Ibaraki Children Emergency Information Helpline, ph. #8000 or 050-5445-2856

Hours: open 24 hours a day, every day of the year (including emergency medical information)

Ibaraki Adult Emergency Information Helpline, ph. #7119 or 050-5445-2856

Hours: open 24 hours a day, every day of the year (including emergency medical information)

2. Health Checks and Consultations in Nov.

(1) Health Consultation for Mothers and Children

Date: Fri. 25 Nov.

Time: 9:00 a.m. - 11:00 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

(2) "Genki-up" Health Consultation for Adults

Date: Fri. 25 Nov.

Time: 9:00 a.m. - 11:00 a.m., 1:00 p.m. - 3:00 p.m.

Please make an appointment.

(3) Health Check for Babies

1) Infants (babies born in Jun. 2022)

Date: Wed. 9 Nov.

Time: 12:50 p.m. - 1:50 p.m.

2) Children - aged 1 year and 6 months old (babies born in Apr. 2021)

Date: Thu. 10 Nov.

Time: 12:50 p.m. - 1:50 p.m.

3) Children - aged 3 years old (babies born in May 2019)

Date: Wed. 16 Nov.

Time: 12:50 p.m. - 1:50 p.m.

(4) Baby Class for babies born in Aug. 2022

Date: Thu. 24 Nov.

Time: 1:00 p.m. - 1:20 p.m.

Inquiries: Tokai Health Center, ph. 029-282-2797

3. Tokai Environment Festa 2022

Date: Sat. 12 Nov.

Time: 11:00 a.m. – 3:00 p.m.

Place: Open space in front of Tokai Village Office

Contents: Candle-making, eco-car trial ride, stamp rally, environmental study presentations, candle photo contest awards ceremony, rock-paper-scissors championship, reuse market for kids' clothes and picture books, etc.

Inquiries: Environmental Policy Section, ph. 029-282-1711 ext. 1454

4. Daycare Center and Kodomoen Applications for 2023

Entrance Date: 1 Apr. 2023

Daycare Center:

Public; Hyakutsuka Daycare Center, Funaishikawa Daycare Center, Keyaki-no-mori Daycare

Center

Private; Tulip Daycare Center, Migiwa Daycare Center, Ozora Daycare Center, Sunflower

Kodomo-no-mori Daycare Center

Certified Kodomoen:

Public; Tokai Muramatsu-Syuku Kodomoen

Private; Sachinomi Kodomoen, Oaks Funaba Kodomoen

Small-scale Childcare Facility (Private): Kirara Tokai Nursery

Eligible People: Children who meet one of the following conditions, and have no family members residing in the household who can take care of them;

1. Parents/guardians work more than 64 hours a month.

- 2. The mother is about to give birth or has just recently given birth.
- 3. Parents/guardians are ill or have disabilities.
- 4. Parents/guardians have long-term nursing care obligations.
- 5. Parents/guardians are working in disaster recovery.
- 6. Parents/guardians are job-hunting or in the process of starting a business.
- 7. Parents/guardians are studying at any school or in job training.
- 8. Parents/guardians are abusive.

Capacity: A few places are available at each of the daycare centers.

*Availability will differ depending on the age of infant or toddler and the institution.

Application: Submit the application form (available at Childcare Support Section or can be downloaded from Childcare Support portal website "Nobi-nobi Kosodate Cho") and documentary proof of why care at home is not possible (e.g. certificates of employment or medical certificates) to Childcare Support Section on the 4th floor of Tokai Village Office between Fri. 11 and Fri. 25 Nov. from 8:30 a.m. to 5:15 p.m. (except weekends and public holidays). From 8:30 a.m. to 7:00 p.m. only on Thu. 17 Nov.

*Please read the application guidelines for details.

Inquiries: Childcare Support Section, ph.029-282-1711 ext.1185

5. Tokai Village After-school Children's Club Application for 2023

(1) After-school Children's Club at each school

Open: After school until 7:00 p.m. Mon. through Fri. (except public holidays and New Year holidays). Special hours will be from 7:30 a.m. to 7:00 p.m. during extended and school holidays.

Place: Tokai Village After-school Children's Club (Ishigami, Funaishikawa, Nakamaru, Shirakata and Terunuma) *The club is located next to each elementary school.

Eligible People: Children satisfying the following conditions:

- -Children who will be in 1st to 6th grade of Tokai Village elementary school on 1 Apr. 2023.
- -Children who have working/sick parents, or have parents with nursing care obligations, and have nobody at home who can take care of them after school.

Capacity: Around 15 children for Ishigami and Nakamaru, around 25 children for Funaishikawa and Shirakata, around 10 children for Terunuma

*Children with higher necessities for childcare will be given priority.

Childcare Fee: 5,000 yen per person per month (August only 10,000 yen)

*An extra fee will be added for snacks and lunch as necessary.

Other: Explanatory meeting will be held on Wed. 2 Nov. from 6:00 p.m. at TelWel Tokai Children's Club Office. For details, see Tokai Village After-school Children's Club website at http://toukai-5gakudou.jp/.

Application: Submit the application form with necessary documents to the After-school Children's Club that you want to use by 6:00 p.m. on Wed. 30 Nov. Application forms are available at each After-school Children's Club or Childcare Support Section on the 4th floor of Tokai Village Office, or can be downloaded from Childcare Support portal website "Nobinobi Kosodate Cho" until Fri. 11 Nov.

Inquiries: TelWel East Japan Corporation, ph. 029-287-1003 Childcare Support Section, ph. 029-282-1711 ext. 1183

(2) Muramatsu After-school Children's Club

Muramatsu After-school Children's Club is a public club privately operated by NPO Muramatsu After-school Children's Club Parents Association.

Open: After school until 7:00 p.m. Mon. through Fri. (except public holidays, obon and New Year holidays). Special hours will be from 7:30 a.m. to 7:00 p.m. during extended and school holidays.

Place: Muramatsu After-school Children's Club located next to Muramatsu elementary school **Eligible People**: Children satisfying the following conditions;

- -Children who will be in 1st to 6th grade of Muramatsu elementary school on 1 Apr. 2023.
- -Children who have working/sick parents, or have parents with nursing care obligations, and have nobody at home who can take care of them after school.

*You can't use this club only during an extended vacation.

Capacity: Around 15 children

Childcare Fee: 5,000 yen per person per month (August only 10,000 yen)

*An extra fee will be added for snacks, lunch and NPO membership.

Other: Explanatory meeting will be held on Sat. 10 Dec. from 6:00 p.m. at Muramatsu Afterschool Children's Club.

Inquiries: Muramatsu After-school Children's Club, ph. 029-283-0983

Childcare Support Section, ph. 029-282-1711 ext. 1183

6. Tokai Village Smile Marathon 2023

Date: Mon. 9 Jan. 2023 (Canceled only in case of heavy rain)

Time:

Registration; 8:30 a.m.

Opening ceremony; 9:15 a.m. Marathon; 10:00 a.m. – 1:30 p.m.

Place: Kasamatsu Sports Park

Eligible people and distances:

1) Grades 1, 2 and 3 of elementary school students who live or study in Tokai Village; Gender-segregated, 0.8 km

- 2) Grades 4, 5 and 6 of elementary school students who live or study in Tokai Village; Gender-segregated, 2 km
- 3) Junior high school students who live or study in Tokai Village; gender-segregated, 3 km
- 4) High school students and adults who live, work or study in Tokai Village; Both genders, 5 km
- 5) Family pair (A child in 1,2 or 3 grade of elementary school and a parent or a grandparent); 0.4 km *At least one entrant must live, work or study in Tokai Village.

Cost: 1) - 4); 500 yen per person, 5); 600 yen per pair (including insurance, number tag and participation award)

Other: Capacity unlimited. Category 5) is not a competitive race. Participation fees cannot be refunded after application.

Application: Fill out an application form and apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sun. 30 Oct. to Sat. 26 Nov. (except Mon).

Inquiries: Tokai Gymnasium, ph. 029-283-0673

7. Healthy Walking Group

One-hour walk along the Ibaraki Health Road "Masaki Icho to Hanamizuki no Namiki Tori" course.

Date: Fri. 4 Nov. (Canceled in case of rain)

Time: 9:30 a.m. (Registration starts at 9:00 a.m.)

Meeting place: Masaki Community Center

Other: No reservation is required. Wear a mask. Bring a drink, a towel, and wear comfortable

clothes. Please try carpooling due to the limited space in the parking lot.

Inquiries: Tokai Health Center, ph. 029-282-2797

8. Fish Cooking Class

Let's learn how to cook a whole fish!

Date: Sat. 3 Dec.

Time: 10:00 a.m. – 1:00 p.m. (Registration starts at 9:45 a.m.)

Place: Ishigami Community Center

Eligible people: Elementary school students and guardians who live in Tokai Village

Capacity: 6 pairs (One guardian per student)

*Brothers and sisters in elementary school are accepted in one group.

*A lottery will be held if applicants exceed the capacity.

Cost: 300 yen per person

Application: Apply from the following website from Fri. 28 Oct. to Fri. 11 Nov.:

https://s-kantan.jp/vill-tokai-ibaraki-

u/offer/offerDetail initDisplay.action?tempSeq=30637&accessFrom=

Inquiries: Tokai Health Center, ph. 029-282-2797

9. Folktale Story-telling at the Library

Date: Sat. 29 Oct.

Time: 2:00 p.m. – 3:00 p.m. (Registration starts at 1:45 p.m.)

Place: Tokai Library **Capacity**: 30 people

Inquires: Tokai Library, ph. 029-282-3435 *No reservation required.

10. New Sports Experience Day

New Sports Experience Day will be held every month featuring various unique sports.

Date: Sun. 13 Nov.

Time: 10:00 a.m.- 11:30 a.m. **Place**: Tokai Gymnasium

Cost: Free

Contents: Indoor Hockey, Disgetter

Other: Bring indoor shoes, a drink and a towel, and wear comfortable clothes.

Application and Inquiries: Apply to Tokai Gymnasium by Wed. 9 Nov., ph. 029-283-0673.

11. Let's Find Stars in Autumn!

Participants will enjoy binocular observation with some experts.

Date: Sun. 27 Nov.

Time: 6:00 p.m.- 8:00 p.m.

Place: Masaki Community Center

Capacity: 20 people

Cost: 500 yen per person or family group

Application: Email your name/s, number of participants, school name and grade (for students), phone number, and program name to Lifelong Learning Section

(maruhaku@vill.tokai.ibaraki.jp) between Tue. 1 and Thu. 17 Nov.

Inquiries: Lifelong Learning Section, ph. 029-287-0851

12. Junior Hockey Class

Dates: 4 Sundays – 20, 27 Nov. and 4, 18 Dec.

Time: 1:00 p.m. - 3:00 p.m. **Place**: Tokai High School

Eligible people: Children between 1st and 6th grade of elementary school who either live in

or around Tokai Village.

Capacity: 20 people (Minimum number is 5.)

Others: Tools will be lent out by organizers. Guardians can participate only in the first class. **Application and Inquiries**: Apply to Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from

Fri. 28 Oct. to Tue. 15 Nov. (except Mon.). Tokai Gymnasium, ph. 029-283-0673

13. Basic Physical Training Course

Date: Sun. 27 Nov.

Time: 10:30 a.m. - noon **Place**: Tokai Gymnasium

Eligible people: Junior high school students or older

Capacity: 10 people (Minimum number is 5.)

Instructor: Mr. Yuto Sakai **Cost**: 600 yen per person

Application and Inquiries: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m. from Sat. 29 Oct. to Wed. 23 Nov. (except Mon.) Tokai Gymnasium, ph. 029-283-0673

14. Hiking Tour to Mitakesan

Date: Sat. 26 Nov.

Time: Meeting at Fureaino-mori Park at 5:20 a.m.

Departure time: 5:30 a.m.

Place: Mitakesan in Ome City, Tokyo

Eligible people: Anyone who lives or works in Tokai Village (including family living together)

or belongs to SC Smile Tokai and is 18 years old or above.

Capacity: 20 people

Contents: There are 2 courses,

1) Nabewariyama via Mitakesan course

2) Hinodeyama course

Cost: 9,000 yen for Smile Tokai members, 11,000 yen per person who lives together with a

Smile Tokai member, 13,000 yen for non-members

Application: Apply with the fee at Tokai Gymnasium between 8:30 a.m. and 5:15 p.m., from

Sat. 5 Nov. to Wed. 23 Nov. (except Mon.)

Inquiries: SC Smile Tokai at Tokai Gymnasium, ph.029-283-1001

15. "WAGASHI Making Class" at Sister City Hall

Wagashi are traditional Japanese sweets made from plant-based ingredients. Let's have fun shaping the nerikiri dough into 2 types of kawaii wagashi motifs!

Date: Sun. 27 Nov. **Time**: 10:00 a.m. - noon

Place: Tokai-mura Sister City Hall

Eligible people: Foreigners who live or work in Tokai Village

Capacity: 10 people

Cost: Free

Other: Parents and children are welcome to participate as long as the child is at least 5 years old. Bring an apron and towel. You will take home the finished wagashi.

Application: Email your name, phone number and program name to Tokai-mura Sister City Hall (tokai.sch@net1.jway.ne.jp) by Fri. 18 Nov.

Inquiries: Tokai-mura Sister City Hall, ph. 029-282-0535 (except Sun.),

For details, see Tokai Sister City Hall Facebook at https://www.facebook.com/tokai.sch/.

16. Nazotoki Quiz at Sister City Hall

Come and try a mystery-solving quiz and get a small present!

Date: Sat. 12 to Sat. 26 Nov. (except Sun.)

Time: 10:00 a.m.- 4:00 p.m.

Place: Tokai-mura Sister City Hall (west of Tokai Village Office)

Inquiries: Tokai-mura Sister City Hall, ph. 029-282-0535 (except Sun.)

For details, see Tokai Sister City Hall Facebook at https://www.facebook.com/tokai.sch/.

17. Traveling on the Mito Line with Foreigners Living in Tokai

Enjoy the view from the train and a short walk to Kasama Ishikiri mountain range. A pottery experience is also planned after lunch.

Date: Sun. 20 Nov.

Time: 9:15 a.m. – 6:30 p.m.

Meeting Place: In front of Tokai station ticket gate (2nd floor)

Eligible people: Anyone who works or lives in or near Tokai Village

Capacity: 10 people

Cost: 1,000 yen for members, 2,000 yen for non-members

Other: A lottery will be held if applicants exceed the capacity. Please wear a mask.

Application: Apply by phone or e-mail with your name, address, age, and phone number to

Tokai-mura International Association by Mon. 7 Nov.

Inquiries: The Tokai-mura International Association (TIA) Secretariat, ph. 029-279-1814 (9:00

a.m.- 5:00 p.m.), e-mail: tia2020@net1.jway.ne.jp

18. Tokai I-MO no Matsuri (Festival)

The festival offers food and events related to sweet potatoes, a local specialty.

Date: Wed. 23 Nov. (Canceled only in case of heavy rain)

Time: 9:30 a.m. - 3:00 p.m. **Place**: Tokai Culture Center

Inquiries: Tokai I-MO no Matsuri Administration Committee, ph. 029-287-0855 For details, see Tokai Tourist Association website at http://www.tokai-kanko.com/.