

# HELLO SAKURA

Public Relations Section, Sakura City Hall, ☎(043) 484-1111, Ext.2275 or

☎(043) 484-6103; Fax:(043) 486-8720; E-mail: [koho@city.sakura.lg.jp](mailto:koho@city.sakura.lg.jp); URL: <http://www.city.sakura.lg.jp>

This is a free monthly English newsletter for foreign residents carrying excerpts from the Japanese newsletter published twice a month by the City of Sakura. Unless otherwise indicated, inquiries over the telephone or at the facilities are handled only in Japanese. If you do not speak Japanese, please have someone who speaks Japanese with you when you make inquiries. Inquiries in English may be made generally on Wednesdays through Koh'hoh-ka (the Public Relations Section) at Sakura City Hall.



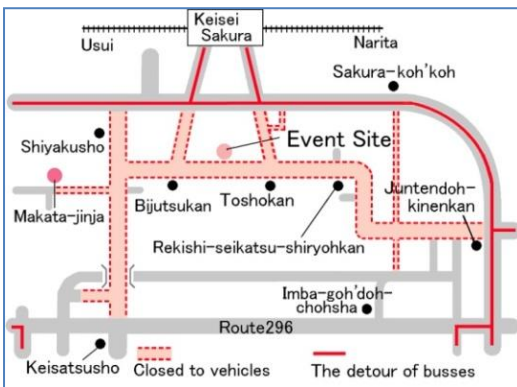
## SAKURA-NO-AKI-MATSURI

### SAKURA AUTUMN FESTIVAL

The Sakura Autumn Festival has a long history of almost 300 years and is the biggest cultural event of our city. This year, it will be held during the weekend from Friday, October 9 through Sunday, October 11, 15:00-22:00. *Mikoshi* (lavishly decorated portable shrines), and *dashi* (traditional festival floats), some of which are cultural assets dating back to the *Edo* era (the samurai period), are carried or pulled by residents clad in happi coats in a procession along the designated route of the old Sakura castle town. Many vendors will be setting up stalls selling food and drinks, souvenirs and local merchandise, games and so forth to entertain and cater for a large crowd of spectators during



the 3-day festivities. On Saturday, October 10 from 17:00, numbers of *mikoshis* from each town will get together at the main venue of the festival (parking lot adjacent to Noguchi-ya Super Market) and will make a procession one after another along Shinmachi-*doh'ri* (street) and the festivity reaches its climax. As usual, traffic jams are foreseen around the festival site, so you are requested to refrain from visiting the festival by car, bicycle, or motorcycle. Roads leading to the festival site and parade route will be closed to traffic from 15:00 to 22:00 during the 3 festive days. Call Sakura-shi *Kankoh-Kyoh'kai* (Tourism Association), ☎486-6000 for further information.



### SAKURA INTERNATIONAL FESTIVAL

Sakura International Exchange Foundation (SIEF) will offer an international friendship meeting for foreign and Japanese residents of Sakura on Sunday, October 18, 11:00-15:00, at Shizu Community Center. Foreign residents are especially requested to attend this social event to engage in friendly exchanges, casual talks, or to express your experiences living in a foreign country. You will enjoy *wa-daiko* drumming, tea ceremony, calligraphy, Halloween parade, fortune telling, and lots more. Food and drinks are sold there. Participation is free of charge except for bingo game (¥100). Call SIEF, ☎484-6326 for more information, or visit its website:



<http://www.city.sakura.lg.jp/koho/koryukik/>

### COSMOS FESTIVALS

**THE SAKURA COSMOS FESTIVAL** will be held from Thursday, October 8 through Monday, October 12, 9:00-16:00 at *the Sakura Furusato Hiroba* (The Tulip Field), where approximately 500,000 cosmos flowers will delight the eyes of visitors with various colors. Also you will enjoy 45-minute *yakata-bune* (roofed pleasure boat) rides around Imba Marsh (from Saturday through Monday only. ¥1,000/adult, ¥500/child), and sales of cut cosmos, local agricultural and horticultural products. Bicycle for rent is available at ¥500. Furusato Hiroba is 30 minutes on foot from Keisei Usui Station. Call Sakura-shi *Kankoh-kyohkai* (Tourism Association) at ☎486-6000 for more information.



**OBUKAI COSMOS FESTIVAL:** You can also enjoy the Obukai Cosmos Festival held on Saturday, October 17 from 9:00 to 15:00 at the field along Kami-taguri-*gawa* (river), which is underneath the athletic field of Sakura-nishi Senior High School. To be postponed till the next fine day in the event of heavy rain. Call Mr. Nemoto, ☎487-2032 for further information.

## NEW INFLUENZA A (H1N1) PREVENTION TIPS

We have now entered into a full-scale pandemic period of new influenza A (H1N1), also called 'swine flu'. While most of the infected people have exhibited only a mild case, certain people with chronic disease are at higher risk of developing serious conditions. We hope you will take every precaution reading the following tips.

### SYMPTOMS

- Sudden fever higher than 38°C.
- Cough, runny nose, and sore throat.
- Muscular pain and fatigue.
- Diarrhea and vomiting.

### PREVENTIVE MEASURES

Take these everyday steps to protect your health.

- Hand wash & gargle.
- Stay home unless necessary.
- In order to make yourself resistant to viruses, get plenty of rest and good nutrition, as well as leading a well-regulated healthy life.
- Follow the cough manners indicated below.
- People with chronic disease must take special everyday precaution.



### People who need extra attention

- People with chronic respiratory disease.
- People with chronic heart disease.
- People with metabolic disease such as diabetes.
- People with renal dysfunction.
- People with immunity deficiency disease resulting from internal use of steroid.
- Pregnant women, little children, and elderly people.

### WHAT TO DO IF YOU GET FLU-LIKE SYMPTOMS

Call your home doctor first of all and obey the doctor's advice. When you go to see the doctor, wear a facemask and avoid using public transportation in order to prevent infection to other people.



If you do not know where to consult, call **New Influenza Consultation Service:** available every day, 6:00-22:00

Tel: 043-223-4411, Fax: 043-221-5950

Consultation is available only in Japanese.

### IF YOU ARE A PATIENT UNDER TREATMENT

- Please follow the cough manners.
- Wash your hands very frequently.
- Take medicine as directed.
- Get adequate hydration and good sleep.



Viruses can remain infectious even if the fever is gone. So, stay home at least 48 hours after fever is gone. It is preferable that you stay home for 7 days from the next day symptoms such as fever, coughing, and sore throat started.

### COUGH MANNERS

Please follow proper manners when coughing or sneezing in order to avoid infecting other people:

1. Stay as far away as possible from other people. Droplets expelled by coughing and sneezing travel through the air about 2 meters from the infected person.
2. Wear a facemask if you are coughing. Put your used mask in a waste basket.
3. If you do not have a mask, cover your mouth and nose with a tissue, and face away from anyone nearby. Immediately throw away used tissues in a waste basket.
4. After blowing your nose or covering your mouth to sneeze or cough, immediately wash your hands.



**Good manners will help keep illness from spreading.**

**Thank you !!**

**DISASTER PREPAREDNESS DRILL CANCELLED:** The Disaster Preparedness Drill scheduled for Sunday, October 18 was cancelled due to the rapid spread of new influenza.

## INFLUENZA VACCINATION FOR SENIOR CITIZENS

Senior citizens of Sakura are eligible to receive influenza vaccination at a reduced cost of ¥1,000. Please note that this vaccination is not for the new influenza A (H1N1), but for seasonal influenza.

**ELIGIBLE:** Sakura residents who are registered as Sakura citizens and

- 1) 65 years old or above. The city sent them vaccination slips at the end of September. Fill in the slip and bring it to a designated medical institution.
- 2) 60 to 64 years old, and possess a First Degree Identification Booklet for the Physically Handicapped due to heart, kidney, or respiratory failure. To receive the vaccination, application is required to *Kenkoh Kanri Center* (Health Management Center).



**VACCINATION PERIOD:** From Thursday, October 1 to Thursday, December 31.

**SHOTS REQUIRED:** Once per vaccination period.

Call *Kenkoh Kanri Center* for further information, ☎ 485-6711.

## 'SUPPLEMENTARY INCOME PAYMENTS' & 'SPECIAL ALLOWANCE FOR CHILD-REARING'

The deadline for submitting the application forms for above payments is Monday, November 2. Call *Shoh'koh-kankoh-ka* (the Commerce, Industry & Tourism Section), ☎483-3901 for more information.

## HEALTH CHECKS BEFORE ENTERING ELEMENTARY SCHOOL

Children born between April 2, 2003 and April 1, 2004 are required to go through the health checks before entering elementary school in April 2010. The health check schedules are as indicated below. Sakura City will send a notice of health check to each householder of relevant children's family. Please call *Shidoh-ka* (the School Guidance Section), ☎484-6193 in case you do not receive the notice, and for further information.



NAME of SCHOOLS	DATES	Ino	Oct.15	Mano-dai	Nov.11	Minami-Shizu	Oct.29
Shizu	Nov.19	Odake	Oct.20	Ohji-dai	Nov.19	San'noh	Nov.5
Yatomi	Oct.15	Nishi-Shizu	Nov.18	Aosuge	Oct.22	Someino	Nov.10
In'nan	Oct.29	Uchigoh	Nov.5	Negoh	Nov.25	Kami-Shizu	Oct.30
Terazaki	Oct.28	Usui	Nov.13	Wada	Nov.19	Chiyoda	Oct.21
Shimo-Shizu	Oct.30	Sakura-higashi	Nov.11	Sakura	Nov.24	Shirogane	Oct.22

## ENROLLMENT FOR KINDERGARTEN

Parents who wish their children to enter *yoh'chien* (kindergarten) in April 2010 must apply in coming November.



**PUBLIC KINDERGARTENS** accept ① children of 4 years old (those born between April 2, 2005 and April 1, 2006) for 2-year education, and ② children of 5 years old (those born between April 2, 2004 and April 1, 2005) for 1-year education. Application and registration will be accepted at the same time from Wednesday, November 4 through Tuesday, November 10 except Saturday and Sunday. Please bring your family seal and *juh'min-hyoh* (certificate of residence) or *gaikokujin-tohroku-gempyoh kisai-jikoh shohmeisho* (certificate of confirmation of foreign resident registration) containing information on the relationships of all family members to the householder. These certificates are available at *Shimin-ka* (the Citizens Section), City Hall.

**EXTENDED-HOUR CARE:** Public kindergartens offer extended-hour care service for current kindergartners. For more information, make an inquiry to relevant kindergarten.

PUBLIC KINDERGARTENS	ADDRESSES	☎
Sakura Yoh'chien	Kaburagi-machi 934	486-1533
Wada Yoh'chien	Naoya 59-6	498-1509
Yatomi Yoh'chien	Iwatomichi-machi 145	498-0603

**PRIVATE KINDERGARTENS** will accept applications of ① 3-year old children (those born between April 2, 2006 and April 1, 2007), ② 4-year old children (those born between April 2, 2005 and April 1, 2006), and ③ 5-year old children (those born between April 2, 2004 and April 1, 2005). Guidelines and application forms will be distributed from Thursday, October 15, at the respective kindergartens. Submit a fully-completed application form to the kindergarten on/after Monday, November 2. Call the respective kindergartens for further information.

PRIVATE KINDERGARTENS	ADDRESSES	☎	PRIVATE KINDERGARTENS	ADDRESSES	☎
Shizu Yoh'chien	Ino 1362	487-6717	Sakura Yoh'chien	Nishi-Shizu 2-23-19	487-1747
Odake Yoh'chien	Odake 795-1	487-1784	Shizu Wakaba Yoh'chien	Kami-Shizu 874	487-1787
Usui Yoh'chien	Usuida 2435	487-5462	Sakura Johnan Yoh'chien	Kaburagi-machi 1-5	484-0551
Usui Tampopo Yoh'chien	Ohji-dai 1-10-7	461-5105	Sennari Yoh'chien	Sennari 3-11-15	485-3755
Jikoh Yoh'chien	Motomachi 54	484-2444	Sakura Kurumi Yoh'chien	Ishikawa 551-1	485-8425

## SUBSIDY FOR PARENTS HAVING CHILDREN AT KINDERGARTENS

The city provides financial aid to parents/guardians of children at kindergartens according to their income and the number of kindergartners in the family. Application will be distributed through kindergartens around July next year. Call *Gakumu-ka* (the School Affairs Section), ☎484-6186 for more information.

## THE POPULATION OF SAKURA CITY

As of the end of August 2009, the Japanese population of Sakura was 175,967 (86,875 male and 89,092 female) in 69,755 households. Registered foreign residents accounted for 1,974. The combined population of Sakura City was 177,941.

## HEALTH CHECKS FOR CHILDREN

*Kenkoh Kanri Center* (Health Management Center) ☎485-6711; *Seibu Hoken Center* (Seibu Health & Welfare Center) ☎463-4181; *Nambu Hoken Center* (Nambu Health & Welfare Center) ☎483-2812

AGES OF CHILDREN	Oct. '09	TIMES	PLACES
Health consultation for children of 4 months born in May, 2009	27	9:30—10:30	Kenkoh Kanri Center
		13:30—14:30	
	9	9:30—10:30	Seibu Hoken Center
		13:30—14:30	
	7	13:30—14:30	Nambu Hoken Center
	<i>Mogu-mogu</i> (munching) Class for 8-month-old children born in January, 2009	29	9:30—9:45
30		Seibu Hoken Center	
7		Nambu Hoken Center	
For 18-month-old children born in March, 2008	15	13:30—14:30	Kenkoh Kanri Center
	28		Seibu Hoken Center
For 3-year-old children born in April, 2006	20	13:30—14:30	Kenkoh Kanri Center
	22		Seibu Hoken Center
Dental check for children born in October, 2006, or in April or October, 2007	9	13:30—14:30	Kenkoh Kanri Center
	21		
	8	13:30—14:30	Seibu Hoken Center
	23		
	19	13:30—14:30	Nambu Hoken Center

### HEALTH CONSULTATIONS

Health Consultations with public health nurse will be offered at:

●Seibu Hoken Center on Oct.13, 9:30—11:30, ●Kenkoh Kanri Center on Oct. 19, 13:30-15:30, and ● Nambu Hoken Center on Oct. 29, 9:30—11:30.

An appointment is required by calling each center.

Telephone counseling is also available at any of the centers, Monday—Friday, between 8:30—17:00.

### FREE ANTENATAL CLASSES

LESSON	DATES	TIMES
1 <sup>st</sup>	Oct.23	9:00-15:00
2 <sup>nd</sup>	Nov. 8	9:00-14:30

Free antenatal classes will be held at Kenkoh Kanri Center in October & November for expectant mothers to have the first babies between January and March 2010. The program will include maternity exercises, instructions on how to raise a healthy child, preparation of nutritious baby food, etc. There is a limit of 35 people in a class. To attend,

application is required by calling Kenkoh Kanri Center.

### EMERGENCY MEDICAL SERVICES

**Always be sure to bring your health insurance certificate !**

**Daytime treatment on Sundays & public holidays :** Consultation by a **physician, a surgeon or a dentist** will be available between 9:00 and 17:00 (reception is open until 16:30) at the doctor's office who is on duty in a rotation system. Call ☎484-2516 to learn the doctor on duty.

**Nighttime treatment on Sundays & public holidays :** **Internal medicine & dental treatment** are available at Kenkoh Kanri Center, between 19:00 and 22:00 (reception is open until 21:45). **Treatment by a surgeon or an ENT doctor** (otolaryngologist) will be done at the doctor's office who is on duty in a rotation system, between 19:00 and 22:00 (reception is open until 21:45). However, obstetrics & gynecology treatment will not be offered any more as there are few patients. Call ☎485-6711 to learn the doctor on duty.

**Pediatrics :** For children under 16 years of age. **Open year-round** for treatment at Kenkoh Kanri Center from Monday through Saturday, 19:00-6:00 (next morning). On Sundays & public holidays, 9:00-17:00 & 19:00-6:00 (next morning). Call ☎485-3355 for further information.

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