

HELLO SAKURA

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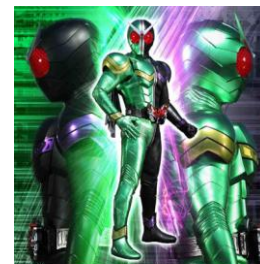
This is a free monthly English newsletter for foreign residents carrying excerpts from the Japanese newsletter published twice a month by the City of Sakura. Unless otherwise indicated, inquiries over the telephone or at the facilities are handled only in Japanese. If you do not speak Japanese, please 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.



KUSABUE-NO-OKA AUTUMN FAIR

It's full of fun & tasty foods

Let's enjoy the autumn season at *Kusabue-no-oka*. Many attractions and activities will be offered to entertain young and old from **Saturday, October 31 through Tuesday, November 3 (national holiday)**, 9:00-17:00 (no admittance after 16:00).



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★Events held daily during the fair: sweet potato digging (11:00, 14:00); sales of fresh vegetables from local farms, *mochi* (rice cakes), local dairy goods and grilled meat; pottery classes; animal petting zoo; rides on a mini steam locomotive; and a free gift of fertilizer.

★November 1 (Sun.): an attraction with kids' favorite hero, *Kamen Rider W* (10:00,13:00); experiencing firefighting activities (morning only); street performance (9:30, 12:00, 15:00); butter making (11:00); performance of *Wa-daiko* drumming (11:00,14:00); classes for hanging baskets, *kusabue* (grass whistle), and tole painting; a free gift of flower seedlings.

★November 2 (Mon.): class of glass painting.

★November 3 (Tue.): street performance (9:30, 12:00, 15:00); *kami-shibai* (a picture card storytelling, 10:30,13:30); *Wa-daiko* drumming (11:00,14:00); performance of play (13:00), and lots more. Additionally, do not fail to visit the Rose Garden, where autumn roses are at their best until mid-November. It is also the season of lovely rose hips.

Admission to *Kusabue-no-oka* is free for junior high school students and younger during the Autumn Fair; ¥400 for others. Call *Kusabue-no-oka*, ☎485-7821 for further information.



What is *Kusabue-no-oka* ?

Kusabue-no-oka (*'Kusabue'* literally means 'grass whistle', and 'oka' means 'hill')

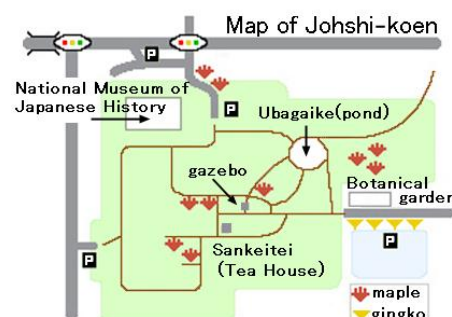
Park was established by the city of Sakura in 1979, aiming to foster in children a rich sense of humanity through farming experiences and contact with living creatures in a natural environment. In 2007, a rose garden with an impressive collection of precious wild roses was attached to the park. Visitors can enjoy seasonal events such as Autumn Fair, as well as rides on mini steam locomotive, animal petting zoo, harvesting vegetables, watching rare species of butterflies, classes for pottery or cloisonné enamel work, stay in a log cabin, and a lot more! Visiting an old farm house and *Yachoh-no-mori* (wild bird forest) would be a relaxing experience.

Also, auto-camping is possible at Imba-numa Sunset Hills where you would enjoy your outdoor dinner with an impressive sight of the sun setting into the Imba Marsh that spreads out below.

Visit its website (Sorry. Available only in Japanese): <http://www.kusabue.shiteikanri-sakura.jp/>

LET'S ENJOY THE BEAUTIFUL JAPANESE AUTUMN

Leaves begin to turn to beautiful autumn colors. In *Sakura Johshi Koh'en* (the Sakura Castle Park), maple trees and ginkgo trees change their colors and cover the ground with their red/golden leaves **from mid-November to early-December**. Other good locations where you can enjoy tinted autumn leaves are: *Kyuh-Hotta-tei* (the Old *Hotta* House), *Buke-yashiki* (the Old Samurai Houses), Kawamura Memorial Museum of Art, *Iwana Undoh-koh'en* (Iwana Sports Park), etc.



MONEY SUPPORT FOR DOMESTIC VIOLENCE (DV) VICTIMS

If you are unable to receive Supplementary Income Payment or Special Allowance for child-rearing due to DV and if you meet the following requirements, the City of Sakura will provide you an amount equivalent to these payments. Application is accepted through Friday, January 29, 2010.

Eligibility: Those who fulfill all the requirements described below:

- Registered on the Copy of Basic Resident Register or Foreign Register as of Feb.1, 2009.
- Currently living at an address in Sakura different from your registered address because of DV.
- Public organization can certify that you are a DV victim.
- You have not received these payments in another municipality.

Application for Special Allowance for child-rearing requires additional eligibility.

Call Jidoh-Seishoh'nen-ka (the Children & Youth Section), ☎484-6263 for further information.

Also, you can get information in English on these payments from our April 2009 issue:

http://www.city.sakura.lg.jp/english/hello_sakura/hellosakura233-0904.pdf, or from the website of Ministry of Health, Labor, and Welfare: http://www.mhlw.go.jp/kinkyu/juyou/kosodate/pdf/info_090316a.pdf.

FREE CONSULTATIONS FOR FOREIGNERS

— Don't suffer alone —

Foreign residents who have problems related to daily living, visas, etc. are welcome to call or visit the following facilities for free counseling. Matters discussed will be kept strictly confidential at all times. National holidays and the 'year-end through New Year holidays' are excluded from consultation days.



- Chiba International Center will offer free legal consultations for foreign residents on Mondays, November 9, December 14, 2009, and January 12, February 15, and March 1, 2010, 13:00-16:00, at Chiba International Center (3-minute-walk from JR Kaihin-Makuhari Station). Appointment is required by calling Chiba International Center, ☎297-0245. Interpreter is available upon prior request. Also, you can get various information from the English website of Chiba International Center: http://www.mcic.or.jp/e_index.htm.
- Chiba Prefecture Telephone Advisory Service for Foreign Residents: ☎297-2966.
 - ★ English/Japanese; Monday-Friday, 9:00-12:00 & 13:00- 16:00.
 - ★ Chinese; Tuesday, 9:00-12:00. ★ Spanish; Monday-Wednesday, 9:00-12:00 & 13:00- 16:00.http://www.pref.chiba.lg.jp/syozoku/b_kokusai_e/foreigner/telephone-e.html
- Sakura International Exchange Foundation offers free advisory services related to daily living at Rainbow Plaza Sakura, ☎484-6326, 10:00-12:00 & 13:00- 16:00.
 - ★ Spanish on Tuesdays, ★ English on Thursdays, ★ Chinese on Fridays.

RESPONSIBLE PET OWNERSHIP

◆ A little courtesy can keep your pet from being a big nuisance ◆



- Dogs are required to be kept on a leash when outside. It is important that the leash should be held by someone who can control the dog for the safety of others and the dog itself.
- Owners of dogs are responsible for cleaning up after their dogs.
- Do not feed dogs or cats if you don't intend to keep them.
- In accordance with the Rabies Prevention Law, all dog owners are required to register their dogs and have them vaccinated.
- Attach a name tag on your pet in order to inform who is the owner. Also, in Japan, all dogs are required to wear 'Dog license' and 'Vaccinated tag against rabies'.
- If you do not want another one, have your pet spayed or neutered.
- You are advised to keep your cats indoors to avoid causing nuisances to your neighbors and protect your cats from diseases and traffic accidents.
- In case you are not able to keep your pets any more, find a new owner. Never release them into the wild, which might cause big problems to other people and the natural environment.
- You are required to get a permission of your local public health center for keeping such animals as alligators (crocodiles), snakes, and monkeys. In case they escape from your custody, immediately inform it to the public health center or a police station.

Call *Dohbutsu Aigo Center* (Center for the Prevention of Cruelty to Animals), ☎0476-93-5711 for more information.

NOVEMBER - LAST OPPORTUNITY FOR PUBLIC HEALTH SCREENING

Mass examinations (general health checkup and checkups for cancers) will end in November. The last day for it is Friday, November 27 at *Kenkoh Kanri Center* (Health Management Center). Individual examination will be offered until Monday, November 30.

The schedule of examinations appears in the June 1 issue of *Koho Sakura*:

<http://www.city.sakura.lg.jp/koho/kohosi/kohopdf/20090601p/20090601p13.pdf>, or call *Kenkoh Kanri Center*, ☎485-6711 for further information.



NOTICE TO THOSE ELIGIBLE TO RECEIVE FREE UTERINE/BREAST CANCER CHECKUP

As an emergency economic measure by the Ministry of Health, Labor and Welfare, the Women's Cancer Checkup Promotion Program is to be implemented in FY2009 by local governments across Japan. The city of Sakura has sent free cancer checkup coupons at the end of October to Sakura residents who are eligible for this program.

Eligibility for a free uterine cancer checkup coupon: Those who are of the following ages between April 2, 2008 and April 1, 2009: 20, 25, 30, 35, or 40 years of age

Eligibility for a free breast cancer checkup coupon: Those who are of the following ages between April 2, 2008 and April 1, 2009: 40, 45, 50, 55, or 60 years of age.

THOSE WHO HAVE ALREADY RECEIVED UTERINE CANCER CHECKUP ARRANGED BY SAKURA CITY

If your cancer checkup date was on or after June 1, 2009 and before you received the free coupons, you can apply for reimbursement for the amount paid at the medical institution.

Call *Kenkoh-Zoh'shin-ka* (the Health Promotion Section), ☎485-6711 for further information.

NOVEL INFLUENZA A (H1N1) VACCINATION



Vaccination of novel influenza A (H1N1), also called 'swine flu', is available from mid-November at medical institutions in Sakura. Pregnant women and people with chronic disease* or suppressed immune system will be given priority over



others in receiving vaccination, because they are at higher risk of developing serious conditions, and the amount of vaccine produced is not enough. Vaccination will be given only to those who want it. So, ask your doctor you usually consult with whether you can receive it.

COST: ¥3,600 for the 1st vaccination, and ¥2,550 for the 2nd vaccination. The 2nd vaccination, however, would cost ¥3,600 in case you had it at a different medical institution from the 1st vaccination. Free for citizens on welfare and for households of city tax free.

Chronic disease * includes ● chronic respiratory disease, ● chronic heart disease, ● chronic renal disease, ● chronic hepatic disease, ● neurological disease, ● blood disease, ● diabetes, ● chronic disease occurring in children.

Above information is as of October 20, 2009. Other people will have the opportunity of vaccination in order of priority decided by the national government. Details will be given as soon as a decision is made. Call *Kenkoh-Zoh'shin-ka* (the Health Promotion Section), ☎485-6711 for further information.

FREE CONSULTATIONS ON ORTHOPEDIC PROBLEMS

If you are concerned about your child's orthopedic disorders such as hip dislocation, bow-legs, awkward walk, etc., please consult specialists at *Imba Hokenjo* (the Health Care Center) on the 3rd Wednesday of each month from 15:00 (the reception is between 14:30-15:00).

Appointment is required by calling *Imba Hokenjo*, ☎483-1134.

CHANGE OF TIME IN BROADCASTING MESSAGE MELODY

The City has played it at 17:00 every day from last March. But from November 1, the City broadcasts the melody at 16:30 to encourage children to go home before it gets dark in wintertime. This also serves as an emergency broadcasting test. Call *Koh'tsu-boh'sai-ka* (the Transportation & Disaster Preparedness Section), 484-6131 for further information.



THE POPULATION OF SAKURA CITY

As of the end of September 2009, the Japanese population of Sakura was 175,946 (86,848 male and 89,098 female) in 69,804 households. Registered foreign residents accounted for 1,994. The combined population of Sakura City was 177,940.

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	Nov. '09	TIMES	PLACES
Health consultation for children of 4 months born in June, 2009	24	9:30—10:30	Kenkoh Kanri Center
		13:30—14:30	
	6	9:30—10:30	Seibu Hoken Center
		13:30—14:30	
	13	13:30—14:30	Nambu Hoken Center
	<i>Mogu-mogu</i> (munching) Class for 8-month-old children born in February, 2009	25	9:30—9:45
18		Seibu Hoken Center	
For 18-month-old children born in April, 2008	12	13:30—14:30	Kenkoh Kanri Center
	26		Seibu Hoken Center
	19		Nambu Hoken Center
For 3-year-old children born in May, 2006	10	13:30—14:30	Kenkoh Kanri Center
	30		Seibu Hoken Center
	17		Nambu Hoken Center
Dental check for children born in May or November, 2007 or in November, 2006	6	13:30—14:30	Kenkoh Kanri Center
	20		
	4		Seibu Hoken Center
	13		
	27		

HEALTH CONSULTATIONS

Health Consultations with public health nurse, nutritionist, or dental hygienist will be offered at:

- Kenkoh Kanri Center on Nov. 13, 13:30—15:30, ● Nambu Hoken Center on Nov. 25, 9:30—11:30, and
- Seibu Hoken Center on Nov. 26, 9:30—11:30.

An appointment is required by calling the respective centers.

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

FREE ANTENATAL CLASSES

Free antenatal classes will be held at Seibu Hoken Center in January and February 2010 for expectant

LESSON	DATES	TIMES
1 st	Jan. 22	9:00-15:00
2 nd	Feb. 7	9:00-14:30

mothers to have the first babies between March and May 2010. The program will include maternity exercises, instructions on how to raise a healthy child, preparation of nutritious baby food, etc. To attend, application is required by calling Seibu Hoken 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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