

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. 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.



YEAR-END / NEW YEAR GARBAGE COLLECTION



The City of Sakura will collect garbage as usual through Monday, December 28. Apart from the normal schedule, additional collection will be made for 'burnable' garbage on Wednesday, December 30. Please make sure that garbage bags are left at the usual collection sites by 8:30 on relevant days. Oversized garbage that requires a fee will be accepted for collection until Monday, December 28, if appointments are made by Monday, December 21. There will be no garbage collection from Thursday, December 31 through Sunday, January 3. Normal garbage collection will resume on Monday, January 4. Call *Haikibutsu Taisaku-ka* (the Garbage Control Section), ☎484-6149 for more information. **NOTE:** The year-end/ New Year is the peak period when people bring garbage to the *Shisui Recycle Bunka Center* by themselves. If you plan to bring your garbage to the Center by yourself, you are recommended to call the Center, ☎496-7511, in advance to know the waiting time and how it is crowded.

HOLIDAY CLOSINGS OF CITY FACILITIES

City offices and facilities will be closed for the year-end and New Year's holidays during the following periods. **12/29 (Tue.) – 1/3 (Sun.)** City Hall, city branch offices, Health Management Centers (incl. Seibu and Nambu), Young Plaza, *Kosodate-shien Center* (the Child Rearing Support Center), Consumer Center, Iwana Athletics Stadium, and the Tourist Information Center. **Notifications concerning *koseki* (family registration) such as notifications of birth, death, and marriage will be accepted through out the year at the Guards' Room on the 1st floor of the main building of the City Hall.**

12/28 (Mon) – 1/4 (Mon.) Most other facilities including community centers, Millennium Center Sakura, City Museum of Art, City Concert Hall and city libraries. City libraries will be closed on Tuesday, January 5 as well. **It is advisable for you to make sure the facility is open before visiting.**

For water leakage, call *Sakura-shi Kan-kohji Kyohdoh-kumiai* (Plumbers' Cooperative), ☎485-8660.

SAKURA ASAHI HEALTH MARATHON

The 29th Sakura Asahi Health Marathon, starting from and finishing at *Iwana Undoh Koh'en Rikujoh Kyoh'gijoh* (Athletic Stadium at Iwana Sports Park), will take place on Sunday, March 28, 2010, rain or shine. Last year runners numbering about 10,000 from all over Japan entered the race to attempt the 42.195 km full marathon, the 10 km race, or the 3 km race.



ENTRY FEES FOR THE FULL MARATHON are: ¥2,500 for senior high school students; and ¥3,500 for others.

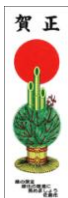
FOR THE 10 KM RACE, entry fees are: ¥2,500 for those who live, work, or study in Sakura and senior high school students; and ¥3,500 for others.

FOR PEOPLE ATTEMPTING THE 3 KM RACE, entry fees are: ¥1,000 for elementary school pupils; ¥1,500 for junior high school/senior high school students; and ¥2,000 for those who are 18 years of age or above.

The first 5,000 applicants are accepted for the full marathon and the 10 km race, respectively. The application deadline date is Sunday, January 31, 2010. Once an application has been accepted, no refund will be given and event switch will not be allowed.

'Guidelines for Applicants' and application forms are available at *Shoh'gai Sports-ka* (the Lifelong Sports Section) in the Citizens' Gymnasium, city branch offices, and some local government offices of the neighboring municipalities. Call *Shoh'gai Sports-ka*, ☎485-2929, or access <http://www.runnet.jp> for more information.

KADOMATSU (NEW YEAR'S PINE DECORATION) CARD



Kadomatsu cards will be distributed free of charge as the substitute for real *kadomatsu*. They are available at the City Hall, city branch offices, and several municipal facilities from Monday, December 10 till Monday, December 28 (till 26th or 27th of December at some facilities). *Kadomatsu*, literally meaning "gate pine", is a traditional Japanese decoration of the New Year, placed in pairs in front of houses to welcome ancestral spirits or god of harvest. They are placed from January 1 until January 7 and are considered to show temporary stay of the god. Call *Koh'en Ryokuchi-ka* (the Park Maintenance Section), ☎484-4267 for more information.



You can also download free copies of card from the City homepage <http://www.city.sakura.lg.jp>

BICYCLE & MOTORCYCLE PARKING APPLICATIONS NOW BEING ACCEPTED



The applications for bicycle and motorcycle parking from April 1, 2010 through March 31, 2011 are now being accepted. People who live, study, or work at a distance of over 500 meters from the nearest railway stations have priority use of 'the long-term parking' for bicycles and motorcycles up to 50 cc. From the next year, some of the parking lots will have space for 125 cc motorcycles, as well as 50 cc. Application forms and guidance leaflets are available at the booths in the parking lots. To apply, fill out the application form and bring it to the booth during the following hours: on weekdays, 6:30-10:30 & 16:00-20:00; and on Saturdays, Sundays, and national holidays, 8:00-12:00 only.

PLEASE NOTE THAT THE CITY HALL DOES NOT ACCEPT APPLICATIONS. You may also use the lot for short-term parking with a fee of ¥100/day for a bicycle, and ¥210/day for a motorcycle up to 50cc. ★Bicycles and motorcycles illegally parked at stations or along pathways will be towed away, and owners will be charged ¥2,000/bicycle, and ¥4,000/motorcycle as towing and custody fees. When redeeming the vehicle, owners must present within 2 months their personal identification, personal seal, key, custody notice, etc.

Call the managing corporation (entrusted by the City), ☎ 03-3597-9851 or 03-3591-7165 for further information.

The City of Yachiyo accepts applications of bicycle parking through January 14, 2010. Call Yachiyo City Hall, ☎047-483-1151 for further information.

APPLICATION FOR NURSERY SCHOOLS

Hoiku-en (nursery school) is the facility where children are taken care of, when their parents are not able to take care of the children because both of them are working or sick. Parents who wish their children to enter nursery schools in Sakura (both public and private) from April 2010 must apply during the period from Tuesday, January 5 through Friday, January 15 except Monday, January 11. The application for children wishing to enter nursery schools from February will also be accepted during the above application period. The hours for applications are from 9:00 to 17:00 on weekdays, and until 16:00 on Saturday and Sunday. The applications will be accepted at the conference room on the 1st floor of the 2nd Building, City Hall. Parents may also visit public nursery schools and apply upon appointments on weekdays until Tuesday, January 12. Guidance leaflets are available at *Kosodate-shien-ka* (the Child Rearing Support Section) in the City Hall, city branch offices, and public nursery schools. Prior to application, the applicants for public nursery schools are asked to provide the necessary information in the registration form, the certificate of employment, etc., which are inserted in the guidance leaflet. Please come in with your children, and bring your *boshi-techoh* (mother/child health book) and the health insurance certificate when making the application. For more information, call *Kosodate-shien-ka*, ☎484-6245 or the nursery schools listed below.

Private nurseries are shown in shaded letters.

AREAS	NAMES OF NURSERIES	ADDRESSES	TEL. NO.	AGES
Sakura	Sakura Hoikuen	Kaburagi-machi 198	484-1043	6 months – before entering elementary school
	Sakura-higashi Hoikuen	Moto-machi 142-1	485-8600	
	Niji-iro Hoikuen Sakura	Shirogane 1-24-5	309-7526	End of maternity leave – before entering elementary school
Negoh Yatomi	Negoh Hoikuen	Ohsaki-dai 4-3-2	484-4661	6 months – before entering elementary school
	Mawatashi Hoikuen	Mawatashi 829	498-0065	
Usui Chiyoda	Aoba Hoikuen	Usui-dai 1351-3	461-0460	6 months – before entering elementary school
	Daini Aoba Hoikuen	Someino 1-21	462-6539	
	Usui Hoikuen	Usuida 2379	487-3006	End of maternity leave – before entering elementary school
	Sumire Hoikuen	Usui-dai 1201	487-8468	
	Ohji-dai Hoikuen (Scheduled to open in April, 2010)	Ohji-dai 4-10-1	484-6245 (City Hall)	
Shizu	Shizu Hoikuen	Nishi-shizu 4-26-1	489-3004	6 months – before entering elementary school
	Kita-shizu Hoikuen	Ino 869-9	487-1785	
	Mammies Hand Sakura	Kami-shizu 1707-2	463-7351	
	Minami-shizu Hoikuen	Naka-shizu 7-1-10	487-6245	
	Mikuni Hoikuen	Shimo-shizu-hara 61	489-2002	
	Hikari-no-ko Hoikuen	Jyohza 1219-4	461-1372	
	Hello Kids	Jyohza 383-1	488-3130	



APPLICATION FOR AFTER-SCHOOL DAYCARE CENTERS

The registration for *gakudoh-hoikusho/jidoh-club* (after-school daycare center) from April 2010 will be accepted at the following daycare centers. Elementary school pupils, whose parents/guardians are not able to take care of the children because of jobs, illnesses, etc., are eligible to stay at these facilities after school. Grades 1-3 pupils will be given priority in admission. Parent should make an appointment to have an interview in company with their children at the relevant center between Thursday, January 7 and Tuesday, January 19. Guidance leaflets are available at each center, public nursery schools, and *Kosodate-shien-ka* (the Child Rearing Support Section) at the City Hall. Prior to application, the applicants for public centers

are asked to provide the necessary information on the registration form, the certificate of employment, etc., which are inserted in the guidance leaflets. As for private centers, they require their own specified documents. Please get the information directly from them. In either case, you must present the health insurance certificate. Children who are attending this year and wish to attend consecutively also need to reapply. For more information, call *Kosodate-shien-ka*, ☎484-6415, or the daycare centers listed below.

	NAMES of AFTER-SCHOOL DAYCARE CENTERS	ADDRESSES	GRADES OF PUPILS ELIGIBLE	INFORMATION	APPLICATIONS ARE ACCEPTED BETWEEN
PUBLIC	Shizu Jidoh Center Gakudoh-hoikusho	Kami-shizu 1764-6	1 - 3	488-0326	9:00-16:00 except Monday & national holiday
	Kita-shizu Jidoh Center Gakudoh-hoikusho	Ino 794-1	1 - 6	487-6782	
	Nambu Jidoh Center Gakudoh-hoikusho	Ohshinozuka 1587	1 - 6	483-2800	
	Usui Roh'yoh-no-yakata Gakudoh-hoikusho	Ohji-dai 6-25-1	1 - 3	487-6210	
	Sakura Roh'yoh-no-yakata Gakudoh-hoikusho	Miroku-machi 229-2	3 - 6	486-7090	
	Sakura Gakudoh-hoikusho	Sakura Elementary School	1 - 3	486-7090	14:00-16:00 except Sunday & national holiday
	Sakura-higashi Gakudoh-hoikusho	Sen'nari 3-4-3	1 - 6	485-9015	
	Uchigoh Gakudoh-hoikusho	Uchigoh Elementary School	1 - 6	483-2043	
	Shirogane-shoh Jidoh Club	Shirogane Elementary School	1 - 3	483-2200	
	Negoh Gakudoh-hoikusho	Adjacent to Negoh Elementary School	2 - 6	484-8394	
	Daini-Negoh Gakudoh-hoikusho	Negoh Elementary School	1	484-8018	
	San-noh Gakudoh-hoikusho	San-noh Elementary School	1 - 6	483-2776	
	Ohsaki-dai Gakudoh-hoikusho	Negoh Hoikuen	3 - 6	484-5199	
	Terazaki Gakudoh-hoikusho	Terazaki Elementary School	1, 2	486-1106	
	Yatomi Gakudoh-hoikusho	Yatomi Vomminity Center	1 - 6	498-1321	
	Innan Gakudoh-hoikusho	Innan Elementary School	1 - 6	486-1537	
	Chiyoda Gakudoh-hoikusho	Chiyoda Elementary School	1 - 6	463-7381	
	Odake Gakudoh-hoikusho	Odake Elementary School	1 - 6	461-3221	
	Nishi-shizu-shoh Jidoh Club	Nishi-shizu Elementary School	1 - 3	462-8336	
	Nishi-shizu Gakudoh-hoikusho	Shizu Nursery School	1 - 3	489-1408	
Shimo-shizu Gakudoh-hoikusho	Shimo-shizu Elementary School	1 - 6	463-2301		
Minami-shizu Gakudoh-hoikusho	Minami-shizu Elementary School	1 - 6	462-1206		
Ino Gakudoh-hoikusho	Ino Elementary School	1 - 3	463-8028		
PRIVATE	Aoba Jidoh Room	Usui-dai 1351-3 (Aoba Hoikuen)	1 - 3	461-0460	13:00 - 17:00 except Sun. & national holiday
	Daini Aoba Jidoh Room	Someino 1-21 (Daini-Aoba Hoikuen)	1 - 3	462-6539	
	Sumire Niko-niko Home	Usui-dai 1253-3	1 - 6	487-8468	
	Hikari-no-ko Jidoh Center	Jyohza 1148-1	1 - 6	462-2654	14:00 - 17:00 except Sat. Sun. & national holiday
	Yukari Yuh'to pia	Aosuge 1023-6	1 - 6	460-6700	10:00-17:00 except Sun & national holiday



NOVEL INFLUENZA A (H1N1) VACCINATION SCHEDULE



Vaccination of novel influenza A (H1N1), also called 'swine flu', is available from mid-November at medical institutions in Sakura in order of priority specified by the national government. The groups of people who are most vulnerable to serious illness from H1N1 will

be offered the vaccine first. Vaccination is not compulsory. If you are in one of the priority at-risk groups for the vaccination, please contact your doctor you usually consult. Expectant mothers will be able to get a thimerosal*-free vaccine at obstetrician. *Thimerosal is a mercury-containing preservative.

SCHEDULE OF H1N1 FLU SHOT:

- From mid-November: For pregnant women and people with underlying medical conditions such as chronic lung disease, heart disease, kidney disease, liver disease, neurological disease, diabetes, and immunosuppression (a suppressed immune system).
- From mid-December: For children aged 1 year to 9 years (3rd graders).
- From the beginning of January 2010: For parents/caregivers of babies under a year old; Elementary schoolchildren from grade 4 - 6.
- From mid-January 2010: Junior high school students, senior high school students, and the elderly.

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 have it at a different medical institution from the 1st vaccination. Free for citizens on welfare and for households of city tax free.

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



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	DECEMBER '09	TIMES	PLACES
Health consultation for children of 4 months born in July, 2009	14	9:30—10:30	Kenkoh Kanri Center
	7	13:30—14:30	Seibu Hoken Center
	8	13:30—14:30	Nambu Hoken Center
<i>Mogu-mogu</i> (munching) Class for 8-month-old children born in March, 2009	15	9:30—9:45	Kenkoh Kanri Center
	22		Seibu Hoken Center
	8		Nambu Hoken Center
For 18-month-old children born in May, 2008	10	13:30—14:30	Kenkoh Kanri Center
	16		Seibu Hoken Center
For 3-year-old children born in June, 2006	11	13:30—14:30	Kenkoh Kanri Center
	17		Seibu Hoken Center
Dental check for children born in June & December, 2007 & in December, 2006	7	13:30—14:30	Kenkoh Kanri Center
	18		
	3	13:30—14:30	Seibu Hoken Center
	21		
	14		

HEALTH CONSULTATIONS

PLACES	DECEMBER '09	TIMES	APPOINTMENT
Kenkoh Kanri Center	18	13:30—15:30	Kenkoh Kanri Center
Seibu Hoken Center	15	9:30—11:30	Seibu Hoken Center
Nambu Hoken Center	9	9:30—11:30	Nambu Hoken Center

Consultation with public health nurse, nutritionist, or dental hygienist is available on these days.

An appointment is required by calling the respective centers.

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

FREE ANTENATAL CLASSES

Free antenatal classes will be held at Seibu Hoken Center in January and February 2010 for expectant mothers to have the first babies between March & May, 2010. The program will include instructions on how to raise a healthy child, preparation of nutritious baby food, a lecture by a dentist, etc. There is a limit of 35 people in a class. To attend, application is needed by calling Seibu Hoken Center.

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

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.

POPULATION OF SAKURA CITY

As of the end of October 2009, the Japanese population of Sakura was 175,940 (86,852 male and 89,088 female) in 69,835 households. Registered foreign residents accounted for 1,997. The combined population of Sakura City was 177,937.

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