

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.

TRAFFIC INFORMATION ON SAKURA ASAHI *KENKOH* (HEALTH) MARATHON

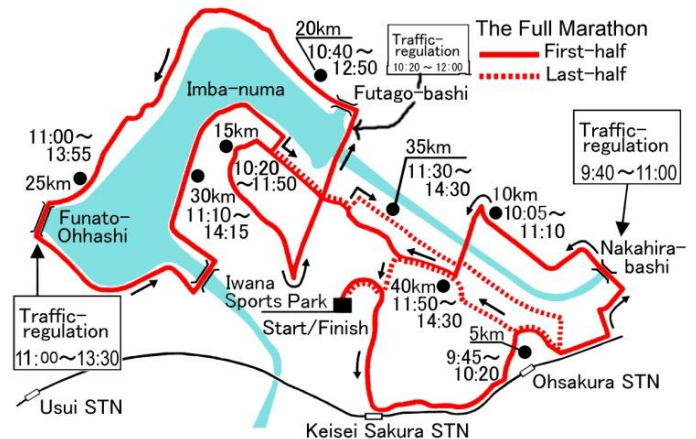


The 29th Sakura Asahi *Kenkoh* Marathon, starting from and finishing at *Iwana Undoh Koh'en Rikujoh Kyoh'gijoh* (Athletic Stadium at Iwana Sports Park), will take place on **Sunday, March 28**, 9:30-15:30, rain or shine. Runners numbering about 10,000 from all over Japan enter the race to attempt the 42.195 km full marathon, the 3 km race, or the 10 km race around *Imba-numa* (Imba Marsh).

START TIME: Opening ceremony at 9:00; Full marathon at 9:30; 3 km run by junior and senior high school students at 9:50; 3 km run by runners above 18 years of age and elementary school pupils at 9:55; 10 km run at 10:40.

SPECIAL TRAFFIC REGULATIONS: For the safety of road users, parts of the route will be closed or regulated to traffic on the day of the Marathon as follows:

- At *Nakahira-bashi* (Nakahira Bridge), traffics going in the direction towards Sakura Campus of Juntendoh University from Keisei Shisui Station will be closed from 9:40 to 11:00.
- From a sharp bend near *Kusabue-no-oka* to *Futago-bashi*, one-way traffic will be alternately provided from 10:20 to 12:00.
- At *Funato-Oh'hashi* (Funato Big Bridge), one-way traffic will be alternately provided from 11:00 to 13:30.



FREE SHUTTLE BUSES are available for runners and supporters between north exit of Keisei Sakura/JR Sakura stations and Iwana Sports Park during the hours 6:30-9:00 & 11:00-17:00. Please refrain from using your vehicle in the vicinity of the course on the race day. For the success of the event, organizers request the cooperation and understanding of the public and residents along the route as some inconvenience may be inevitable. Call Sakura Asahi *Kenkoh* Marathon, ☎485-2929 for more information.



LIGHT-VEHICLE TAX



Light-vehicle tax is levied on a person who owns a motorbike (*gendohki-tsuki jitensha*), a light-vehicle, a motorcycle, etc. as of April 1 each year. Be sure to complete the procedures for change of owner or scrapping of the vehicle. For example, if you sell, give away, throw away, or do not use the vehicle any more, you must notify it to the office where your vehicle is registered. Otherwise, notice of tax payment will be continuously sent to you. Also it is necessary to complete the procedures in case you move out of Sakura or move abroad for a long period.

Requirements and the office of application differ depending on the vehicle category. Please call the following offices for further information: ●Motorbikes/motorcycles(125cc and under) & special light vehicles--- *Shimin-zei-ka* (the Civil Tax Section), ☎484-6223, ●Motorcycles over 125cc--- *Chiba Riku-un Shikyoku* (Chiba Road Transport Bureau), ☎050-5540-2022, ●Light vehicles with 3-wheels or 4-wheels--- *Kei-jidoh'sha Kensa Kyoh'kai* (Light Vehicle Inspection Association), ☎245-0163.

DON'T TOLERATE ILLEGAL DUMPING! – It's an environmental crime!

On January 27, about 150 citizens, together with Governor Morita of Chiba Prefecture, Mayor Warabi of Sakura City, and Ken Noguchi, a Japanese alpinist and environmental activist, engaged in removing waste dumped illegally at *Mawatashi* district in Sakura. After an hour-and-a-half cleanup activity, approximately 7.5 tons of waste was collected!



Illegal dumping is disposing of waste in any public or private location that is not authorized or designated as a disposal site. It is commonly found in uninhabited or otherwise deserted areas, and abandoned garbage encourages more dumping. In 2007, Chiba Prefecture was ranked the 3rd worst prefecture for illegal dumping. Also here, in Sakura, illegal dumping is a major problem that raises significant concerns with regard to safety and quality of life: serious health risks, fires, environmental risks such as contamination of soil and water. In addition, it poses a large financial burden on local government. Now, the city government of Sakura and 16 local watchmen work and patrol in close cooperation with each other to prevent illegal dumping.

POSSIBLE PENALTIES: Violators will face a maximum of 5 years imprisonment or a fine of up to 10 million yen for an individual, and a hundred million yen for a corporation.

We simply will not tolerate illegal dumping and landfill. It is important for the community to help us protect the beautiful nature and living environment. If you spot any illegal dumping, you can report it by calling *Haikibutsu-taisaku-ka* (the Waste Management Section), ☎484-4202.

SUBSIDY FOR INTERNATIONAL EXCHANGE ACTIVITIES

Financial support is available for groups in Sakura city who promote or encourage international exchange and/or cooperation activities between April 2010 and March 2011. The subsidy will be offered for half of the activity cost or less (there is an upper limit) and will not be granted if the purpose of the activity is religious, political, or commercial. Send or bring the application form to SIEF (Sakura International Exchange Foundation) no later than Friday, April 9. Call SIEF, ☎484-6326 for further information.



KAKUTEI-SHINKOKU (FILING YOUR TAXES FOR 2009)

◆Consultation and submission of tax return forms (both income and resident taxes) are available at the Conference Room on the 3rd floor, Social Welfare Center, Sakura City Hall through Monday, March 15, 9:00-15:00 (except Saturdays and Sundays. On Sunday, March 14, however, consultation and submission of resident tax return are available.). You may also claim a tax refund by declaring deductions for costly medical expenses, housing loan, etc. If you would like to have consultation and you do not quite understand Japanese, please come with someone who interprets your cases. City branch offices accept only submission of the forms. If you mail the form, please send it to: *Sakura Shiyakusho Shiminzei-ka* (or The City Tax Section at Sakura City Hall), ☎285-8501, 97 Kairinji-machi, Sakura-shi.

◆Consultation and submission of tax return forms (any kind of taxes, e.g. inheritance tax) are also available at the Aeon Mall, on the 2nd floor, Aeon Mall Narita (24 Wing-Tsuchiya, Narita) through Monday, March 15, 9:00-17:00 (except Saturdays and Sundays). Please note that the Narita Tax Office now only accepts submission of the forms. If you mail the form, please send it to: *Narita Zeimusho, Kojin-kazei-bumon* (or The Individual Taxation Section at the Narita Tax Office), ☎286-8501, 1-15 Karabe, Narita-shi.

For further information on resident tax, call the City Tax Section at the Sakura City Hall, ☎484-6115; and call the Narita Tax Office, ☎0476-28-5151 for further information on income tax. We recommend you to access: http://www.nta.go.jp/tetsuzuki/shinkoku/shotoku/tebiki2009/pdf/01_44.pdf for further information on filing of tax return written in English (the homepage of National Taxation Office).

TUG-OF-WAR TOURNAMENT

Tug-of-war tournament will be held on Monday, March 22 (national holiday), 9:00-14:10, at Sakura Citizens' Gymnasium. Categories: ●Elementary school pupils of 4th graders and above; 10 pupils or less/team ●Junior high school students; 7 students/team. In addition, 3 or less substitute players are allowed to join the team. Participation is free of charge. Application deadline date is Friday, March 12. Call *Jidoh-seishoh'nen-ka* (the Children & Youth Section), ☎484-6190 for application and further information.



“NATIONAL FIRE PREVENTION CAMPAIGN 2010” — MARCH 1-7 FIRE STARTS WHEN YOU STOP PAYING ATTENTION !

In 2009, 92 fires occurred within the jurisdiction of Sakura Fire Station (Sakura, Yachimata, and Shisui-machi). 60 of the fires were building fires and roughly half of the building fires were residential house fires. The most frequent cause of building fires was arson or suspected arson. Fires from cooking stove and fires caused by careless handling of cigarette were the next.



◆ To save your life and your loved one's from residential fire:

- Never leave cooking unattended. If you leave the kitchen for even a short period of time, turn off the cooking stove. Keep anything that can catch fire, such as oven mitts, food packaging, and towels, away from the stovetop.
- Keep electrical outlets dust free. Never overload a socket. In particular, the use of 'octopus' outlets, outlet extensions that accommodate several plugs, is strongly discouraged.
- Keep space heaters away from anything that can burn. Be sure to turn off the heaters whenever you leave home.
- Make sure your cigarette is put out every time. Cigarette needs to be completely stubbed out in an ashtray. Soak cigarette butts and ashes in water before throwing them away.
- Clean up around your house and don't store combustible materials around it. A clean property is less at risk for arson.
- Have a talk with your family about how to extinguish a fire in its initial stages and how to escape from home. Work out a cooperative system with your neighbors

◆ **Install fire alarms/smoke alarms which will give you time to cope or escape.** From June 1, 2008, all residential buildings in Sakura are required by law to install fire alarm(s). Having a smoke alarm dramatically increases your chances of surviving a fire. Since the primary job of smoke alarms is to awaken sleeping persons and warn them of urgent danger, install an alarm in each sleeping room. In a house where the bedrooms are upstairs, an additional alarm should be near the top of the stairs which lead to the bedroom area.

◆ **Please note that in case of Fire, Ambulance, or Rescue, simply dial ☎119 (no prefix).**



ADVANCE TICKETS FOR DIGGING UP TULIPS



In April, the annual Tulip Festival will be held at Furusato Hiroba beside Imba Marsh. You can now get advance tickets for digging up tulips at a discount price of ¥400 per 6 tulips, while the tickets sold during the festival cost ¥500. Advance tickets are available at Sakura-shi *Kankoh Kyohkai* (Tourism Association), JR Sakura Tourist Information Center, or Furusato Hiroba. Call Sakura-shi *Kankoh Kyohkai*, ☎486-6000 for more information.

ANIMATED MOVIES FOR FAMILIES AT CITY CONCERT HALL

'Monsters vs. Aliens' by DreamWorks will be shown on Thursday, March 25, 10:00-12:00 and 'Bolt' by Disney, 14:00-16:00, at the City Concert Hall. Admittance is on a first-come-first-served basis. Free of charge. No food or drink is allowed. Call Chuh'oh Koh'minkan, ☎485-1801 for more information.

SAKURA HEALTH FESTIVAL

KENKOH SAKURA21 MATSURI, a health-related annual event, will be held at *Kenkoh Kanri Center* (Health Management Center) on **Saturday, March 20**, 9:30-14:00. The theme of this year's festival is "Let's aim to stay as healthy as possible during the next 10 years, giving our full attention to our body and lifestyle". Visitors can try dishes



made with vegetables and enjoy various events. The following events need prior applications by calling or visiting Kenkoh Kanri Center, ☎485-6711, no later than Friday, March 12: ★Baby Massage: For 15 pairs of babies and parents from 10:00 to 11:00. Midwives will teach how to give a soothing massage to babies of 4 - 8 months. Massage is a great way to bond with your baby, and also a calming way to help him/her relax, improve sleep patterns and help digestion. ★Yoga Class: For 20 adults from 10:30 to 11:00. ★Kids Yoga Class: For 15 pairs of children (around 3-5 years of age) and parents, from 11:30 to 12:00. ★Osteoporosis (bone density test) and body composition measurement: Numbered tickets will be given to (1) the first 180 applicants for the morning tests starting from 9:30, and (2) the first 90 applicants for the afternoon tests starting from 12:30.

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	MARCH '10	TIMES	PLACES
Health consultation for children of 4 months born in October, 2009	12	9:30—10:30	Kenkoh Kanri Center
		13:30—14:30	
	8	9:30—10:30	Seibu Hoken Center
		13:30—14:30	
	3	13:30—14:30	Nambu Hoken Center
<i>Mogu-mogu</i> (munching) Class for 8-month-old children born in June, 2009	23	9:30—9:45	Kenkoh Kanri Center
	17	9:30—9:45	Seibu Hoken Center
For 18-month-old children born in August, 2008	16	13:30—14:30	Kenkoh Kanri Center
	4	13:30—14:30	Seibu Hoken Center
	9	13:30—14:30	Nambu Hoken Center
For 3-year-old children born in September, 2006	26	13:30—14:30	Kenkoh Kanri Center
	1	13:30—14:30	Seibu Hoken Center
	10	13:30—14:30	Nambu Hoken Center
Dental check for children born in March or September, 2007, or in March, 2008	2	13:30—14:30	Kenkoh Kanri Center
	15		
	5	13:30—14:30	Seibu Hoken Center
	19		
	12	13:30—14:30	Nambu Hoken Center

HEALTH CONSULTATIONS

Consultation with public health nurse, dental hygienist, or nutritionist is available on Thursday, March 18, at Seibu Hoken Center. An appointment is necessary.

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

FREE ANTENATAL CLASSES

Free antenatal class will be held at Nambu Hoken Center for expectant mothers to have the first babies between May and July. 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 schedule an appointment, please call Nambu Hoken Center.

LESSONS	DATES	TIMES
1st	Mar. 5	9:00-15:00
2nd	Mar. 14	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). Call ☎485-6711 to learn the doctor on duty.

Pediatrics : For children of 15 years of age or under. 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.

THE POPULATION OF SAKURA CITY

As of the end of January 2010, the Japanese population of Sakura was 175,919 (86,846 male and 89,073 female) in 69,904 households. Registered foreign residents accounted for 2,010. The combined population of Sakura City was 177,929.

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