

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.

SAKURA ASAHI *KENKOH* (HEALTH) MARATHON



The 30th 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 27, 9:00-15:30**, 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 lake).

STARTING TIME: Opening ceremony at 9:00; Full marathon at 9:30; 3 km run at 9:50; 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:

★Alternate one-way traffic control:

- ① 10:20–12:00 from a sharp bend near *Kusabue-no-oka* to *Futago-bashi* (Futago Bridge).
- ⑦ 11:00-13:00 at *Funato-Oh'hashi* (Funato Big Bridge).

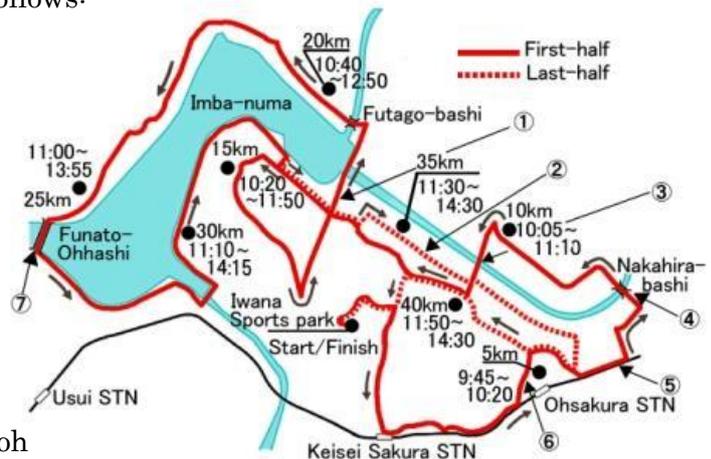
★Closed to vehicles in both directions:

- ② 9:40-15:00, ③ 10:00–15:00,
- ⑤ 9:40-10:40, ⑥ 11:30-15:00.

★Closed to vehicles in one direction:

- ④ 9:40-11:00 at *Nakahira-bashi* (Nakahira Bridge), traffics going in the direction towards Sakura Campus of Juntendoh University from Keisei Shisui Station will be closed.

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 of 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--- *Kazei-ka* (the Taxation 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.

CHANGES OF COLLECTION COMPANIES FOR OVERSIZED GARBAGE

There are changes of collection companies for oversized garbage from April. When you are going to dispose of oversized garbage, please be sure to check the following instructions to correctly understand the area you belong to and the right collection company which covers your area.

- Those who live in the districts of Sakura, Negoh, Wada, and Yatomi → Call *Imba Boh'eki-sha*, ☎483-5022.
- Those who live in the districts of Usui, Shizu, and Chiyoda → Call *Igarashi Shoh'kai*, ☎443-4676.

HOW TO DISPOSE OF OVERSIZED GARBAGE

- 1) Make an appointment with the collection company which operates in your district. Appointment reception hours and collection hours are from 8:30 to 17:00 except on Saturdays, Sundays, national holidays, and the year-end & New Year holidays.
- 2) Purchase an oversized garbage handling coupon at an outlet listed on the 'Garbage Collection Calendar', which is to be distributed as an inserted flyer into newspapers on March 28. If you have not received it, please get it at the reception desk of the main building of Sakura City Hall or at any of the city branch offices. English version of the 'Garbage Collection Calendar' will be sent to Hello Sakura subscribers around May. Also, you will be able to get it at *Haikibutsu-taisaku-ka* (the Garbage Control Section) in Sakura City Hall.
- 3) Attach the coupon to your oversized garbage, and put the item in front of your residence by 8:30 on the day of collection. You do not need to be present at the time of collection.

Call the Garbage Control Section, ☎484-6149 for further information.



SUBSIDY FOR INTERNATIONAL EXCHANGE ACTIVITIES

Financial support is available for groups in Sakura city which promote or encourage international exchange and/or cooperation activities between April, 2011 and March, 2012. The subsidy will be offered for half of the cost for activities 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 (the Sakura International Exchange Foundation) no later than Friday, April 8. Call SIEF, ☎484-6326 for further information.



KAKUTEI-SHINKOKU (FILING YOUR TAXES FOR 2010)

- Consultation and submission of tax return forms (any kind of taxes) are available at the Aeon Hall on the 2nd floor of Aeon Mall Narita (24 Wing-Tsuchiya, Narita) through Tuesday, March 15, 9:00-17:00 (except Saturdays and Sundays). Please note that the Narita Tax Office now only accepts submission of the forms.
- Consultation and submission of tax return forms (income and resident taxes) are available at the Conference Room on the 3rd floor of the Social Welfare Center in Sakura's City Hall through Tuesday, March 15, 9:00-15:00 (except Saturdays and Sundays. On Sunday, March 13, however, consultation and submission of resident tax return are available.). You may claim tax refunds by declaring deductions for costly medical expenses, housing loans, etc. If you would like to have a consultation, but you do not quite understand Japanese, please come with someone who can interpret for you. City branch offices only accept submission of the forms.



For further information on income tax, call the Narita Tax Office, ☎0476-28-5151. And for further information on resident tax, call the City Tax Section at Sakura City Hall, ☎484-6115. We recommend you to access: <http://www.nta.go.jp/tetsuzuki/shinkoku/shotoku/tebiki2010/pdf/43.pdf> "2010 INCOME TAX GUIDE FOR FOREIGNERS" written in English (the homepage of the National Taxation Office) for further information on filing of tax returns.

PURPLE DIAL 0120-941-826

Calls accepted through March 27 (Sun)



We are here to protect you if you are suffering from domestic and sexual violence.

Many people are suffering from domestic and sexual violence. You are not alone. The Purple Dial will listen to you and support you by giving right information.

Counseling is available free of charge, both for the call and the counseling service, between 9 a.m. and 9 p.m. When you dial the above number, you will hear a recorded voice in Japanese. Then press 4, if you are a foreign language speaker. Counseling is provided in English, Tagalog, Thai, Chinese, Korean, and Spanish. Your information will be kept strictly confidential. Counseling is available for everyone, regardless of visa status. Callers not wanting to be known by name are also accepted. Counseling from friends and family of victims are accepted as well.

ANIMATED MOVIE FOR FAMILIES AT CITY CONCERT HALL

'Despicable Me' by Universal Studio will be shown on Tuesday, March 29, from 10:10 (Doors open at 9:40.) until 12:00 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.



“NATIONAL FIRE PREVENTION CAMPAIGN 2011” – MARCH 1-7

Make sure the stoves, cigarettes, and other heat producing appliances are turned off before leaving a room or going to sleep.

In 2010, 100 fires occurred within the jurisdiction of Sakura Fire Station (Sakura, Yachimata, and Shisui-machi). 62 of the fires were building fires and roughly 70 % 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.

HOUSEHOLD FIRE SAFETY TIPS

◆ To save your life and the life of your loved ones 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.

◆ **Beware of malicious business fraud demanding exorbitant fee for installing fire alarms.** Fire stations never visit you at home to sell or check up fire alarms or fire extinguishers.

Call *Shoh'boh-honbu* (Fire Headquarters), ☎481-1217 for further information.

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

TOTAL FIRE BAN IN SAKURA CITY PARKS

You can enjoy barbecue only at *Kusabue-no-oka* & *Imba-numa Sunset Hills*

In Sakura city parks, the use of products causing fire, such as fireworks, bonfire and barbecue, has been prohibited except in Sakura *Joh'shi Koh'en* (Castle Park), *Joh'za Soh'goh Koh'en*, and *Nana-ido Koh'en*. Now, it is totally banned for the safety of park visitors and neighborhood residents, and for the protection of historic sites. This is also to respond to complaints about smoke and smell which annoyed neighborhood residents. You can, however, enjoy barbecue at *Kusabue-no-oka* (☎485-7821) and *Imba-numa Sunset Hills* (☎484-1011).



Call *Koh'en-ryokuchi-ka* (the Parks and Greenery Section), ☎484-6165 for further information.

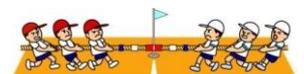
BE CAREFUL WHEN DISPOSING OF SPRAY CANS & GAS CARTRIDGES !

On December 23 last year, two fires occurred on collection trucks when they were collecting landfill garbage. The cause of the fires was probably butane gas cartridges, spray cans, or gas lighters in garbage bags, which are volatile because of the aerosol pressure they contain and can explode when submitted to heat or extreme pressure in a garbage collection vehicle. To prevent explosions and fires on the collection truck, please be sure to use up aerosol sprays and gas cylinders completely, and pierce a hole in them before disposing them. (Pierce a hole outdoors away from any flames.) Empty cans can be disposed of as “CANS” in a city-designated <red> garbage bag. Call *Haikibutsu-taisaku-ka* (the Waste Management Section), ☎484-4202 for more information.



TUG-OF-WAR TOURNAMENT

The 24th Tug-of-War Tournament will be held on Sunday, March 13, 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 or less/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 4. Call *Jidoh-seishoh'nen-ka* (the Children & Youth Section), ☎484-6190 for application and further 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	MARCH 2011	TIMES	PLACES
Health consultation for children of 4 months born in October, 2010	8	9:30—10:30	Kenkoh Kanri Center
		13:30—14:30	
	4	9:30—10:30	Seibu Hoken Center
13:30—14:30			
	15	13:30—14:30	Nambu Hoken Center
<i>Mogu-mogu</i> (munching) Class for 8-month-old children born in June, 2010	11	9:30—9:45	Kenkoh Kanri Center
	18	9:30—9:45	Seibu Hoken Center
For 18-month-old children born in August, 2009	16	13:15—14:15	Kenkoh Kanri Center
	9	13:15—14:15	Seibu Hoken Center
	2	13:15—14:15	Nambu Hoken Center
For 3-year-old children born in September, 2007	17	13:15—14:15	Kenkoh Kanri Center
	10	13:15—14:15	Seibu Hoken Center
	3	13:15—14:15	Nambu Hoken Center
Dental check for children born in March or September, 2008, or in March, 2009	4	13:30—14:30	Kenkoh Kanri Center
	22		
	7	13:30—14:30	Seibu Hoken Center
	14		
	11	13:30—14:30	Nambu Hoken Center

HEALTH CONSULTATIONS

★ **CHILD DEVELOPMENT CONSULTATION FOR PRESCHOOLERS (*SUKU-SUKU HATTATSU SOHDAN*)** is available on Thursday, March 3, 9:00-12:00 at Kenkoh Kanri Center. If you feel distressed about your child's developmental or behavioral disorders, such as attention deficit disorder, do not suffer alone. Application required.

★ **CONSULTATION WITH PUBLIC HEALTH NURSE FOR ALL AGES** is available on ●March 11, 9:30-11:30, at Seibu Hoken Center. Appointment is required. Public health nurse will help you to develop a healthier lifestyle. Application required.

★ **TELEPHONE COUNSELING WITH PUBLIC HEALTH NURSE OR NUTRITIONIST** is available at any of the centers, 8:30-17:00, Monday - Friday. If you need a consultation with dental hygienist or speech therapist, call Kenkoh Kanri Center.

HOLIDAY & NIGHTTIME EMERGENCY MEDICAL SERVICES

Always be sure to bring your health insurance certificate !

★ **HOLIDAY & NIGHTTIME CLINIC FOR CHILDREN'S DISEASES IN ACUTE & EARLY STAGE (Pediatrics)**

For children under 15 years old or younger. Open year-round for treatment at Kenkoh Kanri Center from Monday through Saturday, 19:00-6:00 (next morning). On Sundays, public holidays, and year-end/New year holidays (12/29-1/3) 9:00-17:00 (reception is available until 16:45) & 19:00-6:00 (next morning). Call ☎485-3355 for further information.

★ **DAYTIME TREATMENT ON SUNDAYS, PUBLIC HOLIDAYS, & YEAR-END/NEW YEAR HOLIDAYS**

Consultation with doctors (surgeon, physician, and dentist) will be available 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, & YEAR-END/NEW YEAR HOLIDAYS**

Internal medicine & dental treatment are available at Kenkoh Kanri Center, between 19:00 and 22:00 (reception is available until 21:45). Consultation with surgeons and ENT doctors will be available at the doctor's office who is on duty in a rotation system. Call ☎485-6711 to learn the doctor on duty.

POPULATION OF SAKURA CITY

As of the end of January 2011, the Japanese population of Sakura was 176,078 (86,959 male and 89,119 female) in 70,781 households. Registered foreign residents accounted for 2,033. The combined population of Sakura City was 178,111.

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