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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 can be answered generally on Mondays and Tuesdays through Koh'hoh-ka (the Public Relations Section) at the Sakura City Hall. (Printed on recycled paper.)

ARE YOU PREPARED FOR A DISASTER?



Well-organized disaster prevention activities that meet local needs can play a great role to protect lives and properties when a disaster strikes. For effective life-saving and fire-fighting in an early stage, cooperation among citizens is indispensable. As its first step, please store emergency supplies and check safety measures for your household and neighborhood.

■ EARTHQUAKE PROOF YOUR HOME

Should an earthquake strike, staying indoors can be dangerous due to falling furniture and shattering glass. Also, if the doorways jammed shut, you might be trapped inside. Please make sure your home is structurally sound and remove the elements that would fall and hurt you. Check the following items to earthquake proof your home!

- Drawers and Bookshelves: Place against the wall and apply clamps to secure the furniture to the wall
- Cabinets: Apply door stoppers to keep doors closed
- Window glass: Install shatterproof window films
- TV sets: Do not place them on shelves, chest or any other higher places and secure to the floor with clamps
- Room lights: Secure to the ceiling or walls using chains and clamps

■ SAFETY TIPS:

WHAT TO DO DURING AN EARTHQUAKE

Please remember the following important tips about what you need to do during an earthquake:

When the first shock occurs:

- Take cover under a sturdy desk or table
- Turn off the stove and the gas at the main
- Secure an escape route by opening a door

When a large tremor subsides:

- Make sure there is no fire and if any, extinguish it
- Confirm family members safety
- Put on shoes or slippers

3 - 10 minutes after the quake:

- Secure the safety of the elderly and handicapped in the neighborhood
- Work with others to extinguish fires
- Gather correct information and notifications
- Do not be confused by misinformation
- Refrain from using telephones (see below!)

■ PREPARE AN EMERGENCY PACK & SECURE EMERGENCY STOCK

The following is an example list of items to be included in your emergency pack. Apart from that, we recommend you to stock water and food reserves for at least three days for each family member.

- First-aid kit (bandage, disinfectant, household medicine, etc.)
- Contacts for medical institutions, prescriptions, etc.
- Domestic utensils for daily life (glasses, powdered milk, paper diapers, sanitary protection, canes, etc.)
- Clothes, underwear, towel, Kleenex, etc.
- Valuables (cash, bank book, health insurance certificate, etc.)
- A portable radio (with dry-cell batteries)
- Flashlights and matches or lighters
- Rain gear

■ DISASTER EMERGENCY MESSAGE SERVICES

When a large-scale disaster such as an earthquake occurs, communication traffic to the disaster-stricken area increases extremely due to the people checking the safety of their loved ones, and it may be very difficult to get through for days. For such an event, message services shown below are available during times of a large disaster. **During the 'Disaster Prevention Week (9:00 August 30 - 17:00 September 5),' you can practice how to use the services.**



➤ DISASTER MESSAGE BOARDS

Select 'Disaster Messaging Board' on the top page of your mobile's Menu screen and post your safety status information as text so that it can be checked from mobile phones and PCs. You can also search for safety status information posted by people in the disaster-struck area by inputting their phone numbers. For detailed information, please visit each mobile company's website.

➤ DISASTER MESSAGE DIAL 171

Dial 171 and post your safety status information as a voice message so that the party you want to send message can check it. You can also check the safety status of people in the disaster-struck area by inputting their phone numbers. For more information, please visit the each mobile company's website.

ANNUAL RENEWAL OF NATIONAL HEALTH INSURANCE CERTIFICATE

~To be unified with elderly recipient certificate~



*The new certificate is green in color.

National Health Insurance Certificates are due to be renewed shortly. A new certificate valid for one year from October 1, 2012 will be issued in mid-September and delivered to the insured by registered mail. When it is delivered, please make sure your personal particulars such as name, address, etc. are correctly recorded. You are requested to return the old certificate as soon as possible to *Kenkoh Hoken-ka* (the Health Insurance Section) at the City Hall, city branch offices or Citizens Service Centers, or you can simply discard it after cutting it up.

For those who are between 70 and 74 years of age and insured under National Health Insurance, the new card is unified with elderly recipient certificate.

As a result of this unification, the **new certificate will expire on July 31**, instead of September 30. For further information, please call *Kenkoh Hoken-ka*, ☎484-6604.



CHILD ALLOWANCE 2012 (THROUGH MARCH 2013)

■ **To continue to receive child allowance, submission of a Current Status Report required no later than Thursday, September 13**

To continue to receive child allowance for June 2012 and thereafter, submission of *Genkyo-Todoke* (Current Status Report) is necessary this month. If you do not submit it within the prescribed time limit, child allowance for June and thereafter will not be paid anymore. The city sent the format again in mid-August to those who have not submitted *Genkyo-Todoke* yet. Please make sure you send the necessary documents shown below along with *Genkyo-Todoke* no later than September 13 (must arrive on this date at the latest).

- 1) A copy of health insurance certificate
(if you are covered by Employees' Pension Insurance or Mutual Aid Pension Plan)
- 2) Taxation certificate and Income certificate
(if you were not registered in Sakura City as of January 1, 2012)

■ **If you have not received child allowance so far, please apply to the City no later than Sunday, September 30**

If you do not apply within the prescribed time limit, child allowance for the period from October 2012 to March 2013 will not be paid. Please apply as soon as possible no later than September 30 (as indicated by the postmark on the envelope).

For further information, please call *Jidō Seisyōnen-ka* (Children and Youth Section), ☎484-6140.



FUKATSUKA (INACTIVATED) POLIO VACCINATION STARTS

Polio vaccination using inactivated vaccine starts. In late August, the City has sent out vaccination slips to those who are on the schedule list. Please read the cautions enclosed, make an appointment with a medical institution, and get your children vaccinated. Those who have already gotten vaccination twice using live vaccine, or four times using inactivated vaccine do not need an additional polio vaccination.

In case no vaccination slip is delivered for children between three-month old and seven-and-a-half-year old, please inquire at the Kenko Kanri Center, ☎485-6711.



OPENING OF A NEW DAYCARE CENTER

Ohjidai Gakudoh Hoiku-sho afterschool daycare center

Gakudoh Hoiku Daycare Centers are for elementary school pupils whose parents or guardians are not available after-school hours because of jobs, illnesses, etc. On Monday, October 1, a new daycare center, *Ohjidai Gakudoh Hoiku-sho* will open in Ohjidai Elementary School. At the same time, *Usui Roh'yoh-no-Yakata* will start to accept the fourth graders to expand its intake. For new enrollment in October, application is required no later than Saturday, September 15. Those who want to move from the current daycare center to *Ohjidai Gakudoh Hoiku* or *Usui Roh'yoh-no-yakata Gakudoh Hoiku* are also requested to apply for a transfer.

An appointment for an interview with the child enrolling the daycare center is necessary prior to submission of your application form. Also, please bring the following with you to the interview: 1) Health insurance certificate, 2) An application form filled in with necessary information, 3) Certificate of employment, 4) A route map between your home and the center, and 5) an interview card. Application form and others are inserted in the guidance leaflets which are available at each daycare center, public nursery schools, *Kosodate-shien-ka* (the Child Rearing Support Section) at the City Hall, Citizens Service Centers and branch offices. For details, please call *Usui Roh'yoh-no-yakata*, ☎487-6210 or *Kosodate-shien-ka*, ☎484-6415.

POPULATION OF SAKURA CITY

As of the end of July 2012, the Japanese population of Sakura was 176,139 (87,101 males and 89,038 females) in 72,043 households. Registered foreign residents accounted for 2,125. The combined population of Sakura City was 178,264.

GUIDANCE FOR JUNIOR HIGH STUDENTS FROM OVERSEAS FOR FUTURE ACADEMIC PROSPECTS



For junior high school students (grade 1-3) from overseas and their parents, guidance on courses after graduation of junior high school will be available as follows. Explanation and consultation about types of high schools, school expenses, and entrance examinations as well as presentation of personal experiences by high school students will be provided. A prior appointment is recommended, but a visit without notice is also possible. For Application, please send a fax with necessary information (names of students and parents, national origin, address, telephone number, the date the student came to Japan, name of the junior high school, the language need to be translated). Daycare service is available on prior application (please inform the age of children). Free of charge (guidance booklet:100 yen).

Date Time		Location	Application		Organized by / Contact
			Send fax to:	Deadline	
Sun., Sep.23	13:30 to 16:30	Funabashi Funabashi Chuo Kōminkan 2-2-5, Honmachi, Funabashi city (7 min. walk from JR Funabashi Station)	Nakae FAX: 047-466-2011	Sep. 15	School Guidance Committee of Bōsō Japanese Language Volunteer Network Shuichi Shiratani TEL&FAX: 043-424-4364 Mobile: 080-3175-9539
Sun., Sep.30		Inage-ku, Chiba Department of Education, Chiba University 1-33, Yayoi-cyo, Inage-ku, Chiba city (14 min. walk from JR Nishi-Chiba Station, 7 min. walk from Keisei-Midoridai Station)	Shiratani FAX: 043-424-4364	Sep. 22	
Sun., Oct. 07		Matsudo Matsudo Shimin Kaikan 1389 -1, Matsudo, Matsudo city (10 min. walk from JR Matsudo Station)	Mitsubishi FAX: 047-386-4762	Sep. 29	
Sun., Oct. 14		Ichikawa* Ichikawa Dai-Nana junior high school 1-1-48, Suehiro Ichikawa city (12 min. walk from Tokyo Metro Gyōtoku Station) *Please bring your slippers with you.	Miyazawa FAX: 047-338-9168	Oct. 6	



SHOUGAKUKIN (SCHOLARSHIP) FOR SENIOR HIGH STUDENTS



The City grants scholarship for senior high school students who meet all of the following conditions:

1) those who live in Sakura, 2) those who are recommended by a junior high school principal, 3) those who finished junior high school and entered senior high school in the following fiscal year or the year after, 4) those who had earned a grade point average of three or more on the five-level rating system at the time of graduation from junior high school and motivated to learn, and 5) those whose family income in the last year was less than 1.3 times of standard income for public assistance eligibility, and 6) who are deemed to have financial difficulties in attending senior high school. Successful applicants will be granted the scholarship up to ¥40,000 for the second half of this fiscal year. Application deadline is Friday, September 28. Application forms can be obtained at Kyoh'iku-sohmu-ka (General Educational Affairs Section) at the City Hall or by downloading from the City's website: <http://www.city.sakura.lg.jp/0000002760.html>. Call *Kyoh'iku-sohmu-ka*, ☎484-6182 for further information.

FREE LEGAL CONSULTATIONS

Consultations regarding visas and other legal problems will be provided to foreign residents in Chiba prefecture by lawyers and legal specialists. Please take an interpreter with you if you do not speak Japanese. In case you cannot arrange for an interpreter, please request one 10 days prior the consultation at latest. Matters discussed will be kept strictly confidential at all times. Application is required. Scheduled consultation sessions are as follows:



Time & Date		Location	Reservation
Monday, 13:00 to 16:00	September 3	Makuhari, Chiba <Chiba International Center> 14 th Fl, Marive East, World Business Garden (WBG), 2-6, Nakase, Mihama-ku, Chiba (5 min. walk from JR Kaihin-Makuhari Sta. South Exit)	Chiba International Center (In charge: Kudo) TEL: 043-297-0245 FAX: 043-297-2753 E-mail: kudo@ccb.or.jp
	October 1		
	November 5		
	December 3		



SAKURA-NO-AKI-MATSURI



15:00 – 22:00

Friday, October 12 to Sunday, October 14

Details will be announced in the next issue!

HEALTH CHECKS FOR CHILDREN



Contacts: 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.

AGE OF CHILDREN	SEP 12	TIME	PLACE
Health consultation for children of 4 months, born in April 2012	Tue. 25	9:30–10:30	Kenkoh Kanri Center
		13:30–14:30	
	Fri. 21	9:30–10:30	Seibu Hoken Center
		13:30–14:30	
Fri. 07	13:30–14:30	Nambu Hoken Center	
	Thu. 06	9:30– 9:45	Kenkoh Kanri Center
Fri. 14	Seibu Hoken Center		
For 18-month-old children born in March 2011	Tue. 04	13:15–14:15	Kenkoh Kanri Center
	Wed. 26		Seibu Hoken Center
	Wed. 12		Nambu Hoken Center
For 3-year-old children born in March 2009	Wed. 05	13:15–14:15	Kenkoh Kanri Center
	Thu. 27		Seibu Hoken Center
	Tue. 11		Nambu Hoken Center
Dental check for children born in March or September 2010 or in September 2009 * On the days with * mark, Consultation on Speech Development is also available.	Fri. 07*	13:30–14:30	Kenkoh Kanri Center
	Thu. 13		
	Mon. 10*		Seibu Hoken Center
	Tue. 25		
	Thu. 20*		

FREE ANTENATAL CLASS

For expectant mothers and fathers to have a baby between October 2012 and March 2013, a free antenatal class, “Mom’s and Pop’s Class,” will be held as follows:

Time & Date: 9:00 to 12:15

Sat. September 29

Place: Kenkoh Kanri Center

It gives instruction on life with a newborn baby, baby bath practice, experience of pregnancy simulation to fathers, etc. Parents in their first pregnancy have priority. Application required. Please call the respective center to sign up.

SUKU-SUKU HATTATSU SOHDAN

Child development consultation for preschoolers (*Suku-suku Hattatsu Sohdan*) is available:

9:00 to 12:00, Thu. September 6

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.

TELEPHONE COUNSELING WITH PUBLIC HEALTH NURSE OR NUTRITIONIST

Available at each center, 8:30-17:15,

Monday through Friday.

Dental hygienist or speech therapist is also available at the Kenkoh Kanri Center.

PUBLIC HEALTH NURSE CONSULTATION FOR ALL AGES

13:30 to 15:30, Thu. Sep. 6: Kenkoh Kanri Center

9:30 to 11:30, Fri. Sep. 28: Seibu Hoken Center

9:30 to 11:30, Thu. Sep.13: Nambu Hoken Center

Consultation on health check results and how to live a healthier life, nutritional guidance, and health check including blood-pressure measurement can be provided. Application required.

HOLIDAY & NIGHTTIME EMERGENCY MEDICAL SERVICES

Always be sure to bring your health insurance certificate!



Holiday Nighttime Emergency – Physician & Dentist: 19:00-21:45 at Kenkoh Kanri Center ☎485-6711

Pediatrics – for children under 16 years Day & Night, at the Kenkoh Kanri Center

☎485-3355

For diseases in the acute & early stage.

Monday through Saturday, 19:00-6:00 (next morning)..

On Sundays, public holidays, and year-end/new year holidays (12/29-1/3): 9:00-16:45 & 19:00-6:00

Surgeon, Physician, ENT doctor & Dentist

Consultation with doctors will be available during the hours shown below at the doctor’s office who is on duty in a rotation system.

Call ☎484-2516 to learn the doctor on duty:

●Surgeon: 9:00-16:30, 19:00-21:45

●Physician, Dentist: 9:00-16:30

●ENT doctor: 19:00-21:45