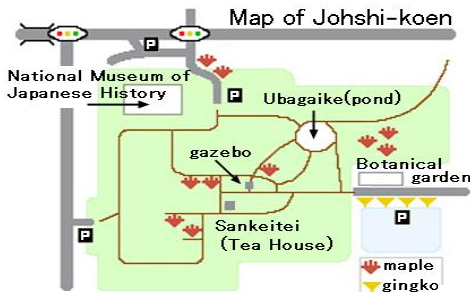


HELLO SAKURA

Public Relations Section, Sakura City Hall, ☎(043) 484-1111, Ext.2275 or

☎(043) 484-6103; Fax:(043) 486-8720; E-mail: koho@city.sakura.lg.jp; URL: <http://www.city.sakura.lg.jp>

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 Tuesdays and Fridays through *Koh'hoh-ka* (the Public Relations Section) at Sakura City Hall.



LET'S ENJOY THE AUTUMN SEASON IN SAKURA

It's full of autumn colors & harvests!

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. We hope the left autumn leaves map of *Johshi Koh'en* (Sakura Castle Park) helps you to capture the beauty of autumn in Sakura.

KUSABUE-NO-OKA AUTUMN FAIR

Many attractions and activities will be offered to entertain the young and the young at heart, from November 3 to November 6, 9:00-17:00 (no admittance after 16:00) at *Kusabue-no-oka*. Main events are as follows:

November 3 (National Holiday): ★Experience of a fire ladder truck and extinguishers; ★Digital kami-shibai (a picture card storytelling) performance by "Sakurakko"; ★Street performance by "TrickMaster"

November 5 (Sat): ★An attraction with kids' favorite hero, *Kamen Rider Fourze*.

November 5 & 6 (Sat & Sun): ★*Wadaiko* drumming performance; ★Demonstration of model trains running on a model railroad.

November 6 (Sun): ★Staging of a children's play by "*Kaze-no-ko*".

【Sales】 ★Fresh vegetables from local farms; ★*Kakimochi* (grilled rice cakes); ★*Kusabue-no-oka's* specialty Sweet Potato Croquettes; ★Rose pot plants, etc.

【Experience Workshops (Application required, materials fee charged.)】

★Traditional Japanese games; ★*Raku-yaki* (hand building) and Wheel-Thrown pottery classes; ★Glass Painting classes.

Additionally, do not fail to visit the Rose Garden, where autumn roses are at their best until early November. It is also the season of lovely rose hips. Admission to *Kusabue-no-oka* is ¥400 for elementary and junior high school students; ¥150 for younger children; and ¥400 for others. Call *Kusabue-no-oka*, ☎485-7821 or visit its website: <http://kusabue.shiteikanri-sakura.jp> for further information.



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AGRICULTURAL FORUM 2011: NEW AGRICULTURAL CHALLENGES

In cooperation with bodies concerned with agriculture, an Agricultural Forum will be held on **Friday, November 4**. Fresh vegetables, eggs, roasted meat, dairy products, rice-powder products and others will be sold at the event venue, *Oise Kohen* (Oise Park, next to the Sakura City Music Hall. 5 minutes' walk from Usui station) between 9:30 – 14:00.

PANEL DISCUSSION: "OUR EXPERIENCE TO START FARMING"

Four new farmers who began farming in Sakura recently will talk about their challenges.

LECTURE MEETING: "RECOVERY FROM THE EARTHQUAKE AND PROMOTION OF BONDS"

Ms. Kiyomi Sawayama of JA Aguri Sukagawa Iwase of Fukushima prefecture will give a lecture on the theme. 13:00 – 16:00 at Sakura City Music Hall. Free of charge (Also for non-residents of the City). Call *Nohsei-ka*, Agricultural Administration Section,

☎484-6142 for further information.



Japanese yams will be offered to the first 500 attendees!

PUTTING ON SAMURAI ARMOR COSTUME

Visitors to *Buke-yashiki* on **November 26 (Sat)** will be offered an opportunity to put on a samurai armor costume for free. Costumes are available for both male and female, adults and children, who are 140cm tall or above. The costumes will be offered from 10:00 to 16:00 at *Kyuh-Tajima-ke-juhtaku* (the former residence of the Tajima samurai family). Registration is required on-site 30 minutes before each dressing session on a first-come, first-served basis. Admission to *Buke-yashiki* is necessary: ¥210 for adult; ¥100 for college/high school students; free for younger children. Call Culture Section, ☎484-6192 for further information.



“RADIATION DECONTAMINATION PLAN OF SAKURA CITY”

~For children who bear our future~



Sakura City has formulated the “Radiation Decontamination Plan of Sakura City” on September 15, 2011. For lowering radiation levels in the children’s life range as soon as possible, target level of additional radiation from the nuclear accident has been set under 1 millisievert/year, which means less than 0.223 microsievert/hour. The City will rigorously implement necessary measures to meet this target.

●As of September 14, the average radiation level at **kindergartens, nursery/ elementary schools, and other schools** was 0.151 microsievert/hour (0.307 microsievert/hour at the maximum). Although there were locations where radiation levels slightly exceeded the City’s target level of 0.223 microsievert/hour, they fall under category of “areas with relatively low radiation levels” according to the basic national policy.

●It is estimated that cancer risk increases by roughly 0.5% for large groups of people when exposed to 100 millisieverts of radiation. The radiation level in Sakura is far below than this figure; nevertheless, the City still plans to implement necessary measures for locations with radiation level of 0.223 microsievert/hour or more, giving **due consideration to impact on children**, who are at higher risk than adults. Please note that the City conducts decontamination in order of priority, but it not necessarily means there is an urgent necessity against hazardous condition.

For more details, please call *Kankyo-hozen-ka* (the Environmental Preservation Section), ☎484-6150.

“NATIONAL FIRE PREVENTION CAMPAIGN 2011” NOVEMBER 9-15

IN CASE OF FIRE, AMBULANCE, OR RESCUE, SIMPLY DIAL ☎119 (NO PREFIX)!

An annual campaign for fire prevention is conducted this month. The following are some of the tips to save you and your loved one’s life from residential fire.

TO PREVENT YOUR PROPERTY FROM GOING UP IN FLAMES

- ◆ Never leave cooking unattended. Be sure to turn off the heat whenever you leave the kitchen. Be sure there is no flammable object around stove.
- ◆ Avoid overloading outlets. In particular, the use of ‘octopus’ outlet that accommodates several plugs is discouraged. Vacuum up dust regularly.
- ◆ Make sure cigarettes are put out properly.
- ◆ Clean up around your house. Remove flammables from around your house.
- ◆ Work out a cooperative system with your neighbors.



FIRE ALARMS/SMOKE ALARMS INSTALLATION IS REQUIRED

Installation of a fire alarm is required at every house by law since June 2008. To households that has already installed a fire alarm, the Fire Fighters' Union is handing out certification seals to be posted at the house entrance, for the purpose of fire prevention promotion. Only one seal is to be given to one household upon responding to a survey, at *Shoh'boh-honbu* (Fire Headquarters), Fire Departments close to your house, and Fire Stations. Call *Shoh'boh-honbu*, ☎481-1217 for further information.



NOVEMBER: PREVENTION OF ANIMAL HAZARD MONTH

Being a pet owner is an enormous responsibility. Please be sure that you are ready to take it when you own a pet. The following is some tips on being a responsible pet owner.

- Dogs have to be kept on a leash outdoors. It is important that the leash is held by someone who can control the dog for the safety of others and the dog itself.
- Do not let your dog eliminate in public places. Teach your dogs to control their elimination.
- In accordance with the Rabies Prevention Law, all dog owners are required to register their dogs and have them vaccinated against rabies every year.
- Attach a name tag on your pet in order to inform who the owner is. In Japan, it’s also the owner’s obligation to post ‘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.
- Do not feed dogs or cats if you don’t intend to keep them.
- 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 *Kankyoh-hozen-ka* (the Environmental Preservation Section), ☎484-6148, for more information.

NOVEMBER - LAST OPPORTUNITY FOR SPECIFIC HEALTH CHECKUP, DENTAL CHECKUP & EXAMINATION FOR LUNG/STOMACH/COLON CANCERS



The city of Sakura offers various health checkups and examinations to help residents enjoy long and healthy life. When you plan to undergo the specific health checkup, dental checkup, or examinations for lung/stomach/colon cancers, please note that the last day for mass checkup/examinations is Tuesday, November 29 at Shizu Community Center; and for individual checkup/examinations, Wednesday, November 30.

<Eligible people>

- The insured (including his/her dependant) of Sakura City National Health Insurance as of the checkup day, and at the age of 40-74 as of March 31, 2012
- The insured of *Chiba-ken Kohki-kohreisha Iryoh Koh'iki-rengoh* (the Chiba prefectural federation which manages the medical system for senior citizens aged 75 or older) as of the checkup day
- Those who are on welfare and 40 years of age or above

We sent a Health Checkup Slip enclosed in an orange envelope to above persons. If you are eligible but have not received the Slip, please call *Kenkoh-hoken-ka*, ☎484-1783 as soon as possible.

SPECIFIC HEALTH CHECKUP (TOKUTEI KENKO SHINSA) is focused on metabolic syndrome, a combination of medical disorders that increase the risk of developing diabetes, cardiovascular disease and brain infraction. Checkup fee is 1,000 yen for mass screening and 2,000 yen for individual examination, except for the following people who are eligible for a free checkup;

- Those who are aged 70 or above (as of March 31, 2012)
- The insured of *Chiba-ken Kohki-kohreisha Iryoh Koh'iki-rengoh*
- Those who are on welfare and 40 years of age or above
- Those who belong to households exempt from city taxes*

* Prior application to *Kenkoh-zoh'shin-ka*, ☎485-6711 is required.

Be sure to bring your health insurance certificate, 'the Health Checkup Slip,' and checkup fee. For further information, please call *Kenkoh-hoken-ka*, ☎484-1783.

SPECIFIC HEALTH CHECKUP (MASS SCREENING) FOR THE SOCIAL INSURANCE HOLDERS is scheduled on **November 17 (Thu), from 9:00 to 11:30 at Shizu Community Center**. Checkup fee depends on the health insurance union you belong. Please refer to the Health Checkup Slip we sent to you and bring it to the venue along with your insurance certificate on the checkup day. Should you have not been delivered the slip yet, please apply for one at your work. No application required for this checkup, but you are kindly requested to call *Todoroki Health Clinic*, the operator of the mass screening, for its smooth implementation, at ☎080-3529-5106 (Monday through Friday, 9:00 - 11:30 & 13:30 - 16:30).

ISSUANCE OF THE "CERTIFICATE OF THE ELIGIBILITY FOR TAX DEDUCTIONS FOR DISABLED PEOPLE"

Elderly people aged 65 years or older with mental or physical disabilities, the severity of which meets the criteria for mental disability certification or for issuance of a *Shintai-shogai-sha Techo* (Identification Booklet for the Physically Challenged) may apply for a *Shogai-sha Kojo Taisho-sha Nintei-sho* (Certificate of the Eligibility for Tax Deductions for Disabled People) to become eligible for deductions of income, municipal, and prefectural taxes for disabled people, even if they are not the holders of the booklet themselves.

Eligibility: Those who aged 65 years or older, are certified for Care Level 1 to 5 in long-term care insurance, and fall under either of the following categories are eligible for the issuance of a "Certificate of the Eligibility for Tax Deductions for Disabled People."

1. Rank A or above in independence degree of daily living for the disabled elderly
2. Rank II or above in independence degree of daily living for the demented elderly

How to apply for issuance: Fill out an application form and submit it to *Kaigo-Hoken-ka* (Long-term Care Insurance Section). Application form can be obtained at the Section in the City Hall or city branch offices, or you can download it from the City's website; <http://www.city.sakura.lg.jp/>. Call *Kaigo-Hoken-ka*, at ☎484-1771 for further information.

THE 13TH JIDAI MATSURI (FESTIVAL OF THE AGES)

~Sakura's 400th years anniversary celebration~

Placing the Shin-machi street as the main venue of the festival, a virtual town in Edo era will be recreated on **Saturday, November 26**, from 13:00-18:00. You will enjoy such performances as :Karate performance; *Tate*, theatrical sword fights; Famous arrest scenes performed by professional actors on the street; Japanese-traditional street performances such as *Saru-mawashi*,(monkey shows) ; introduction of child's play in Edo era; and lots more. Street So-run (Soran Bushi Dance on the street) an event using candles are also planned along the station street of Keisei Sakura station. Call *Sangyo-Shinko-ka* (Industrial Promotion Section), ☎484-6146 for 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	NOVEMBER '11	TIMES	PLACES
Health consultation for children of 4 months born in June, 2011	25	9:30-10:30	Kenkoh Kanri Center
		13:30-14:30	
	4	9:30-10:30	Seibu Hoken Center
13:30-14:30			
<i>Mogu-mogu</i> (munching) Class for children of 8 months born in February, 2011	29	13:30-14:30	Nambu Hoken Center
	21	9:30-9:45	Kenkoh Kanri Center
1	Seibu Hoken Center		
For 18-month-old children born in May, 2010	8	13:15-14:15	Kenkoh Kanri Center
	11		Seibu Hoken Center
	17		Nambu Hoken Center
For 3-year-old children born in March, 2008	15	13:15-14:15	Kenkoh Kanri Center
	10		Seibu Hoken Center
	16		Nambu Hoken Center
Dental check for children born in May or November, 2009 or in November, 2008	2	13:30-14:30	Kenkoh Kanri Center
	18		
	9		Seibu Hoken Center
	28		
	24		

FREE ANTENATAL CLASSES

The second session of the free antenatal classes will be held at **Kenkoh Kanri Center** on **November 13** for expectant mothers to have the **first baby between January and March 2012**. The program will include instructions on life with a newborn baby, baby bath practice, pregnancy experience simulation for fathers, etc. Attendance at only one session is allowed and attendance by expectant fathers is recommended especially for the second session. There is a limit of 35 people in a class. Also, please note that the antenatal classes in December, which are for parents expecting their **first baby between March and May 2012**, will be held on **December 1 and 18** at **Seibu Hoken Center**. Application required.

HEALTH CONSULTATIONS

Child development consultation for preschoolers (*Suku-suku Hattatsu Sohdan*) is available on **Thursday, November 17**, 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 ●**November 1**, 13:30-15:30, at Kenkoh Kanri Center, on ●**November 24**, 9:30-11:30, at Seibu Hoken Center, and on ●**November 16**, 9:30-11:30, at Nambu Hoken Center. Public health nurse will help you to develop a healthier lifestyle. Application required.

Telephone counseling with public health nurse or nutritionist is available at each center, 8:30-17:00, Monday - Friday. Dental hygienist or speech therapist are also available at 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 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, and year-end/New year holidays (12/29-1/3) 9:00-17:00 & 19:00-6:00 (next morning). Call ☎485-3355 for details.

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

Consultation with doctors 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.

●**Surgeon**: 9:00-16:30, 19:00-21:45 ●**Physician, dentist**: 9:00-16:30 ●**ENT doctor**: 19:00-21:45

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 21:45.

THE POPULATION OF SAKURA CITY

As of the end of September 2011, the Japanese population of Sakura was 176,118 (87,077 male and 89,041 female) in 71,377 households. Registered foreign residents accounted for 2,067. The combined population of Sakura City was 178,185.

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