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

SEIJIN-SHIKI, CELEBRATION CEREMONY FOR NEW ADULTS



“*Seijin-no-hi* (Coming-of-Age Day), which falls on Monday, January 9 of this coming year, is dedicated to the nation's young people who have reached the age of 20. It is the age when Japanese people are defined to attain legal maturity, and after that, they are eligible to vote. The Day is observed as a national holiday, and municipal governments celebrate it for their 20-year-old residents. It is meant to be an auspicious event to celebrate and encourage the people who are to realize that they become adults and make up their mind to live their life independently. Sakura City offers 30-minute

celebratory ceremonies **at the City Concert Hall on January 9; from 10:00** for the residents of Usui/Chiyoda Districts; **from 11:30** for Shizu District; and **from 13:30** for Sakura/Negoh/Wada/Yatomi Districts. Invitation cards are to be sent early December to the people born between April 2, 1991 and April 1, 1992. No food, beverages, or smoking are allowed at the event site. Cell-phone use is also prohibited. Although parking at the Aeon Shopping Mall Usui is available for 2.5 hours for free, you are encouraged to take public transportation as traffic jams are usually foreseen around the event site. If you need nursery service, please apply no later than Tuesday, December 20. Call *Jidoh-seishoh'nen-ka* (The Children & Youth Section), ☎484-6190 for more information.

THE 31st SAKURA ASAHI HEALTH MARATHON

The 31st Sakura Asahi Health Marathon, starting from and finishing at *Iwana Undoh Koh'en Rikujoh Kyohgi-joh* (Athletic Stadium at Iwana Sports Park), will take place on **Sunday, March 25, 2012**, rain or shine. Last year, more than 10,000 runners from all over Japan entered the race to attempt the 42.195 km full marathon, the 10 km race, or the 3 km race. Why don't you join the race through beautiful scenery around *Imba-numa* lake and feel the spring breeze?



< MAXIMUM NUMBER OF ENTRANTS > The full marathon and the 10 km race enrollment are limited to 5,000 people on a first-come-first-served basis.

< AGE LIMIT > Entrants for the full marathon must be 18 years of age or older and those for the 10km race must be 16 years of age or older on the race day. Parental consent is required for entry of anyone under 18 years old.

< ENTRY FEES > ★Full marathon: ¥4,000 ★10 km race: ¥2,500 for senior high school students and those who live, work, or study in Sakura; ¥3,500 for others ★3 km race: ¥1,000 for elementary school pupils; ¥1,500 for junior high school students; ¥2,000 for others (The 3km run by high school students and older adults falls into the 'FunRun' event, for which no awards will be bestowed) ★Please note that entry fees are non-refundable.

< HOW TO REGISTER & DEADLINE DATE > You can make an entry by mail-in registration or online registration. Entry deadline date is Friday, December 16, 2011, but only until the enrollment limit is reached. ★Once an entry has been accepted, event switch will not be allowed. ★ 'Guidelines for Participants and entry forms are available at *Shoh'gai-Sports-ka* in the Citizens' Gymnasium and city branch offices/facilities. Call *Shoh'gai-Sports-ka*, ☎485-2929, or access <http://www.runnet.jp/> for more information.

VOLUNTEER OPPORTUNITIES AVAILABLE at the 31st Asahi Health Marathon to support its operation on **Sunday, March 25, 2012, 9:00 to 15:30**. Applicants need to have access to the location allocated by the race organizers for each to oversee the marathon course. Please send a post card or fax with your name, address, age, and telephone number to Sakura Asahi Health Marathon Executive Committee (in Citizens' Gymnasium, Miyakohji-machi 3, 〒285 - 0016; fax: 486-1044) no later than Friday, December 9, call ☎485-2929 for further information.

FREE ATHLETICS WORKSHOP FOR KIDS will be offered at the Athletics stadium in *Iwana Undoh Koh'en* (Iwana Sports Park) on December 26 (Mon), 9:30 to 12:00 for elementary school pupils; 13:00 to 17:00 for junior high students. Participants will enjoy learning short-distance sprint, long jump, etc. The first 50 applicants will be accepted by calling Mr. Yoshihara c/o *Sakura-shi Rikujoh-Kyohgi Kyohkai* (Sakura City Athletic Association), ☎487-7103.

APPLICATION FOR NURSERY SCHOOLS



Hoiku-en (nursery school) is the facility where children are taken care of, when their parents are not able to give their children enough care because of jobs, illnesses, etc. Parents who wish their children to enter nursery schools in Sakura (both public and private) from April 2012 must apply during the period **from Thursday, January 5 through Sunday, January 15 except Monday, January 9, from 9:00 to 17:00 on weekdays and until 16:00 on Saturdays and Sundays.** Applications to enter from February will also be accepted during the above application period. Please apply at the conference room on the 1st basement floor of the Social Welfare Center, City Hall with the children who are entering the school. Parents may also visit public nursery schools and apply upon appointments on **weekdays until Thursday, January 12, from 9:00 to 16:00.** 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 are requested to provide the necessary information on the registration form, the certificate of employment, etc., which are inserted in the guidance leaflet. Please 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 /Wada	Niji-iro Hoikuen Sakura	Shirogane 1-24-5	309-7526	End of maternity leave – before entering elementary school
	Sakura Hoikuen	Kaburagi-machi 198	484-1043	
	Sakura-higashi Hoikuen	Moto-machi 142-1	485-8600	6 months – before entering elementary school
Negoh /Yatomi	Mawatashi Hoikuen	Mawatashi 829	498-0065	End of maternity leave – before entering elementary school
	Negoh Hoikuen	Ohsaki-dai 4-3-2	484-4661	
Usui /Chiyoda	Usui Hoikuen	Usuida 2379	487-3006	End of maternity leave – before entering elementary school
	Sumire Hoikuen	Usui-dai 1201	487-8468	
	O'hisama Hoikuen	Ohji-dai 4-10-1	488-2177	
	Aoba Hoikuen	Usui-dai 1351-3	461-0460	6 months – before entering elementary school
	Daini Aoba Hoikuen	Someino 1-21	462-6539	
	Lakeside International Childcare	Obukai 1515-30	461-3112	
Shizu	Minami-Shizu Hoikuen	Naka-shizu 7-1-10	487-6245	6 months – before entering elementary school
	Mikuni Hoikuen	Shimo-shizu-hara 61	489-2002	
	Hikari-no-ko Hoikuen	Johza 1219-4	461-1372	
	Yukari Hello Kids	Johza 383-1	488-3130	End of maternity leave – before entering elementary school
	Shizu Hoikuen	Nishi-shizu 4-26-1	489-3004	
	Kita-Shizu Hoikuen	Ino 869-9	487-1785	
	Mammies Hand Sakura	Kami-shizu 1707-2	463-7351	

ANNUAL USE OF BICYCLE & MOTORCYCLE PARKING in FY2012



Applications for 1-year use of bicycle/motorcycle parking from April 1, 2012 through March 31, 2013 are being accepted from December 1. Application forms and guidance leaflets are available at the booths in the parking lots. Please fill out the application form and mail it to the address indicated on the leaflet, or bring it to the booth you intend to use during 6:30-10:30 & 16:00-20:00 on weekdays and 8:00-12:00 on Saturdays, Sundays, and national holidays. Please note that some of the parking areas become full quite early. Call the managing corporation (entrusted by the City) ☎03-3597-9851 for more information.

<NOTES> ★The city hall does not accept applications. ★You can 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 125 cc. ★Bicycles and motorcycles illegally parked in public spaces will be towed away, and towing and custody fees will be charged. ★Bicycles and motorcycles parked at city parking lots without permission will also be towed away. ★Yachiyo City also accepts applications of bicycle parking through Tuesday, January 10, 2012. Call Yachiyo City Hall, ☎047-483-1151 for further information.

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. It is advisable for you to make sure the facility is open before visiting.

12/28 (Wed) – 1/4(Wed) Community centers, City service centers, Millennium Center Sakura, City Museum of Art, City Concert Hall, City libraries, Seibu/Nambu Health & Welfare Centers, *Kosodate-shien Center* (the Child Rearing Support Center), Elderly Center, Children's centers, Youth Center, *Buke-yashiki*, *Juntendoh Kinenkan*, and *Kyu-Hotta-tei*, etc.

12/29 (Thu) – 1/3(Tue) City Hall, City branch offices, Health management centers (incl. Seibu and Nambu), Community general support centers, Public nursery schools, After-school daycare centers, Young Plaza, Consumer center, Usui information center, Tourist information center, Gender equality center, etc.

<NOTES> ★Notifications of birth, death, and marriage will be accepted during the holidays at the Guards' Room on the 1st floor of the main building of the City Hall ★On **December 25 (Sun)**, City Hall will be partly open for citizen's convenience ★Citizens' Gymnasium will be closed during: 12/27(Tue) – 1/4(Wed); Iwana Athletics Stadium and Tennis: 12/31(Sat) – 1/3(Tue) ★In case of water leakage at night or during the holidays, call *Sakura-shi Kan-kohji-kumiai* (Plumbers' Cooperative), ☎485-8660.

YEAR-END/NEW YEAR GARBAGE COLLECTION

The last day of this year's normal garbage collection will be December 28 (Wed). **Friday, December 30** will be an additional collection day for <burnable garbage>. Please make sure that garbage bags are left at the usual collection sites **by 8:30** on this day. The fee-based <Oversized garbage> collection is accepted until Wednesday, December 28, if appointments are made by Wednesday, December 21 through *Imba-Boheki-sya*, ☎483-5022 or *Igarashi-Shoh'kai*, ☎443-4676. *Shisui Recycling Culture Center*, ☎496-7511, also accepts (fee required) oversized and other garbage brought in by December 28 (by December 30 for burnable garbage only) this year. Normal garbage collection resumes on Wednesday, January 4, the day for <burnable garbage >. Call *Haikibutsu Taisaku-ka* (the Garbage Control Section), ☎484-6149 for more information.



MASS SCREENINGS FOR BREAST CANCER

Mass screenings for breast cancer are starting from December 1st. Women aged between 30 and 39 are to be checked by ultrasound scanning and for those who are above 40, mammography screening are to be conducted. No experience of childbirth, experience of late birth, early menstruation, and late menopause, among others, increase risks of breast cancer.



Periodical screening is strongly recommended not only to these risk groups but to all the women in the target age. **Reservation is required** for the mass screening, and application is accepted by any of the following methods: i) by visiting *Kenkoh Kanri Center*, *Seibu Hoken Center*, or *Nambu Hoken Center*, where you will be required to fill out the application form; ii) by sending a postcard or fax to *Kenkoh Kanri Center*, Ebara-dai 2-27, 285-0825 (fax 485-6714) with your name, address, date of birth, age, and telephone number.

<NOTES> ★ Those who took the mass screening in 2010 are not eligible this year. ★ As for the mass screening schedule, please refer to the June 1 issue of *Koho Sakura* or its website: http://www.city.sakura.lg.jp/web_koho/index.htm. Call *Kenkoh Kanri Center*, ☎485-6711 for further information.



FY2012 APPLICATION FOR AFTER-SCHOOL DAYCARE CENTERS



The registration for *gakudoh-hoikusho/jidoh-club* (after-school daycare center) for FY2012 will be accepted at the following daycare centers. Elementary school pupils (of grades 1-3 in principle) whose parents/guardians are not available after-school hours because of jobs, illnesses, etc., are eligible to stay at facilities shown below after school. Parents should receive an interview at the relevant center along with the children **between Friday, January 6 and Thursday, January 19**. Appointment for an interview is required prior to application to public centers.

Documents required are: Health insurance certificate, registration form with the necessary information, certificate of employment, etc., which are inserted in the guidance leaflets. Guidance leaflets of public centers are available at each daycare center, public nursery schools, *Kosodate-shien-ka* (the Child Rearing Support Section) at the City Hall, and city branch offices. As for private centers, they require their own specified documents. Please get the information directly from them. 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 (Gakudoh-Hoikusho, G/H)	ADDRESSES	GRADES OF PUPILS	INFORMATION	APPLICATIONS ARE ACCEPTED BETWEEN		
PUBLIC	Shizu Jidoh Center G/H	Kami-shizu 1764-6	1-3	488-0326	9:00-16:00 except Mondays & national holidays		
	Kita-shizu Jidoh Center G/H	Ino 794-1	1-6	487-6782			
	Nambu Jidoh Center G/H	Oh-shinozuka 1587	1-6	483-2800			
	Usui Roh'yoh-no-yakata G/H	Ohji-dai 6-25-1	1-3	487-6210			
	Sakura Roh'yoh-no-yakata G/H	Miroku-machi 229-2	1-6	(Sakura Roh'yoh-no-Yakata) 486-7090			
	Sakura G/H	Sakura Elementary School	1-3				
	Wada G/H	Wada Community Center	1-6	486-7090			
	Sakura-higashi G/H	Sen'nari 3-4-3	1-6	485-9015	14:00-16:00 except Sundays & national holidays		
	Uchigoh G/H	Uchigoh Elementary School	1-6	483-2043			
	Shirogane-shoh Jidoh Club	Shirogane Elementary School	1-3	483-2200			
	Ohsaki-dai G/H	Adjacent to Negoh Hoikuen	1-6	484-5199			
	Terasaki G/H	Terasaki Elementary School	1-2	486-1106			
	Negoh G/H	Adjacent to Negoh Elementary School	2-6	484-8394			
	Dai-ni- Nego G/H	Negoh Elementary School	1	484-8018			
	San-noh G/H	San-noh Elementary School	1-6	483-2776			
	Yatomi G/H	Yatomi Community Center	1-6	498-1321			
	In'nan G/H	In'nan Elementary School	1-6	486-1537			
	Chiyoda G/H	Chiyoda Elementary School	1-6	463-7381			
	Odake G/H	Odake Elementary School	1-6	461-3221			
	Ino G/H	Ino Elementary School	1-3	463-8028			
	Nishi-Shizu-shoh Jidoh Club	Nishi-Shizu Elementary School	1-3	462-8336			
	Nishi-Shizu G/H	Shizu Nursery School	1-3	489-1408			
	Shimo-Shizu G/H	Shimo-Shizu Elementary School	1-6	463-2301			
	Minami-Shizu G/H	Minami-Shizu Elementary School	1-6	462-1206			
	PRIVATE	Aoba Jidoh Room	Usui-dai 1351-3 (Aoba Hoikuen)	1-3		461-0460	9:00-17:00 except Sun. & national holidays
		Daini Aoba Jidoh Room	Someino 1-21 (Daini-Aoba Hoikuen)	1-3		462-6539	
Sumire Niko-niko Home		Usui-dai 1253-3 (Sumire Hoikuen)	1-6	487-8468	13:00-17:00 except Sat. Sun. & national holidays		
Hikari-no-ko Jidoh Center		Johza 1148-1	1-6	462-2654	15:00-18:00 except Sat. Sun. & national holidays		
Yukari Yuh'to pia		Aosuge 1023-6	1-6	460-6700	10:00-18:00 except Sun & national holidays		



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 '11	TIME	PLACE
Health consultation for children of 4 months born in July, 2011	5 (Mon)	9:30-10:30	Kenkoh Kanri Center
		13:30-14:30	
	7 (Wed)	9:30-10:30	Seibu Hoken Center
		13:30-14:30	
<i>Mogu-mogu</i> (munching) Class for children of 8 months born in March, 2011	12 (Mon)	9:30-9:45	Kenkoh Kanri Center
	15 (Thu)		Seibu Hoken Center
	16 (Fri)		Nambu Hoken Center
For 18-month-old children born in June, 2010	6 (Tue)	13:15-14:15	Kenkoh Kanri Center
	21 (Wed)		Seibu Hoken Center
For 3-year-old children born in June, 2008	9 (Fri)	13:15-14:15	Kenkoh Kanri Center
	22 (Thu)		Seibu Hoken Center
Dental check for children born in June or December, 2009, or in December, 2008	2 (Fri)	13:30-14:30	Kenkoh Kanri Center
	20 (Tue)		
	14 (Wed)		Seibu Hoken Center
	19 (Mon)		
8 (Thu)	Nambu Hoken Center		

HEALTH CONSULTATIONS

- **Child development consultation for preschoolers (*Suku-suku Hattatsu Sohdan*)** is available on **Thursday, December 15**, 9:00-12:00 at Kenkoh Kanri Center. If you feel distressed about your child's developmental/behavioral disorders, such as attention deficit disorder, do not suffer alone. Application required.
- **Consultation with public health nurse for all ages** is available on **Thursday, December 8**, 13:30-15:30, at Kenkoh Kanri Center, **Tuesday, December 20**, 9:30-11:30, at Seibu Hoken Center, and **Tuesday, December 13**, 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.

FREE ANTENATAL CLASSES

Free antenatal classes will be held at Seibu Hoken Center in December for expectant mothers and fathers to have the first babies between March and May 2012. The program will include instructions on how to raise a healthy child, oral care for a child, preparation of nutritious baby food, baby bath practice, pregnancy experience simulation for fathers, etc. Attendance at only one session is allowed and expectant fathers' attendance is recommended especially for the second session. There is a limit of 35 people in a class. Application required.

LESSON	DATES	TIMES
1 st	Dec. 01 (Thu)	9:00-15:00
2 nd	Dec. 18 (Sun)	9:00-12:30

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 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 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 22:00 (reception is available until 21:45). Call ☎485-6711 for further information.

THE POPULATION OF SAKURA CITY

As of the end of October 2011, the Japanese population of Sakura was 176,090 (87,084 male and 89,006 female) in 71,368 households. Registered foreign residents accounted for 2,051. The combined population of Sakura City was 178,141.