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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.

**YOUR COOPERATION WOULD BE APPRECIATED IN THE 15% POWER CUT**

Due to the Great Earthquake and the accident at Fukushima Daiichi Nuclear Plant, a severe power shortage is anticipated this summer. Accordingly, Japanese government requested companies and households in The Tokyo Electric Power Company (TEPCO)'s service area and other areas to reduce power consumption by 15%. While Sakura City has been making the utmost effort to save electricity, we definitely need your cooperation at home to comply this request. Furthermore, "Keikaku-Teiden" (rolling blackouts), which was conducted in March to avoid a sudden massive blackout, might be



implemented again this summer, in case the electric demand gets close to the maximum limit of supply. This can be averted only by our effort to maintain the 15% power cut. Please refer to the below saving tips and TEPCO's website (http://www.tepco.co.jp/setuden/index-j.html) for your reference. Call *Kankyoh-hozen-ka* ☎484-6148 for inquiries.

Power Saving Tips		Saving Effect
Air Conditioner	Adjust the pre-set temperature at 28 degrees Celsius	About 10% (If risen by 2°C)
	Shield the sun from the windows by curtains or blinds	About 10%
	Turn off as much as possible and reasonable (Be cautious of heat stroke and use fans, etc.)	About 50%
Lighting	Turn off during daytime and reduce use at night	About 5%
Refrigerator	Adjust the pre-set temperature to moderate, reduce door-open time, and refrain from overpacking	About 2%
TV	Set at the energy-saving mode and turn off when it's not necessary	About 2%
Standby energy	Turn off the main and unplug when not be used for a long time	About 2%

**The Summer Fireworks Show Cancelled**

Due to difficulties in ensuring securities for visitors, this year's Citizens' Fireworks Show has been cancelled. Call *Sakura-shi Kankoh Kyoh'kai* ☎486-6000 for inquiries.

**Get Prepared Against Disasters — Sakura Safety Guide**

For better preparation against disasters, the City has developed "Sakura Safety Guide" in English and copies are being distributed for free at community centers, city branch offices, and other public facilities in Sakura City. Please take a look at it to protect yourself and your family.

**SIEF SPEECH CONTEST**

The annual Speech Contest sponsored by Sakura International Exchange Foundation (SIEF) will be held at Millennium Center Sakura on **October 2nd (Sun), 9:30—17:00.**

The program consists of 3 parts as follows:

<Non-Japanese> 3 to 5 minutes' speech in Japanese language by non-Japanese who either live or work/study in Sakura City. The number of participants limited to 5.

<Elementary School Pupils> 1 minutes' or shorter speech /recitation in English by elementary school pupils who live in Sakura City. The number of participants limited to 50.

<Contest among Junior High School Students> 2 to 2.5 minutes' speeches/recitations in English by junior high school students who either live or study in Sakura City. The number of participants is limited to 15 for speeches and 25 for recitations. Application deadline is **July 15** for

elementary school pupils and **July 29** for non-Japanese / junior high school students. Topic is free for all three divisions. Please send a reply-paid postcard to SETI with necessary information.

Handouts with application details can be obtained at libraries, elementary / junior high schools, and other public facilities in Sakura City. Call SIEF, ☎484-6326 or visit its website,

<http://www.catv296.ne.jp/~s.koryukikin> for further information.



## AGRICULTURAL PEST CONTROL BY RADIO CONTROLLED HELICOPTER



Pesticide to control pests and disease for paddy rice will be sprayed over paddy fields in Sakura, approximately from 4:00 am to 10:00 am on ●Thursday, July 21 at Wada district, ●Friday, July 22 at Negoh and Yatomi districts, ●Saturday, July 23 at Usui, Shizu, and Chiyoda districts, and ●Sunday, July 24 at Sakura district. Schedules are subject to change in case of bad weather.

### <PRECAUTIONS>

1. Please refrain from entering or driving onto the districts subject to the pesticide application on the date of the application.
  2. Please refrain from leaving food or drinking water outside in the subjected and nearby districts.
  3. Those who need covers for vehicles or expect any projection hazard over their crops, please contact the Association shown below in advance.
  4. Please refrain from entering the paddies after the pesticide application for about 5 days.
- \* If you should accidentally be exposed to or inhale the pesticide, rinse it away through gargle or using soap immediately. Should any symptoms such as nausea appear, please refer to the Association below:

Call Sakura-shi *Shokubutu-boh'eki Kyoh'kai* (the Plant Protection Association), ☎485-6188 for further information.

## HUMANITARIAN RETURN ASSISTANCE

### FOR MIGRANTS/THIRD COUNTRY NATIONALS AFFECTED BY THE GREAT TOHOKU EARTHQUAKE

International Organization for Migration (IOM) will provide humanitarian return assistance for the migrants / third country-nationals directly affected by the recent earthquake, the tsunami, or the radiation threat, to respond to the urgent humanitarian needs for their return. Please note that IOM will put priorities to the most vulnerable cases so that the limited resources can reach to the neediest cases in a timely manner, and cannot guarantee to assist all the submitted cases.

#### ● How to apply:

Please fill in the application form in close consultation with the Embassy/Consulate-General or any other helping agency and ask the agency to submit it to the IOM Office via fax at **03-3595-2497**. Together with the application form, please attach copies of all available ID documents of the applicant (such as passport, alien registration card, driving license, etc.) as much as possible.

#### ● Contacts: From 11:00 to 16:00 from Monday to Friday

- For general inquiries in Japanese and English:

Ms. Naoko HASHIMOTO, Programme Manager, IOM Tokyo  
(email) [nhashimoto@iom.int](mailto:nhashimoto@iom.int) (phone) 080-3468-1687

- For case-specific queries in Chinese, Korean, Tagalog, Portuguese, and Thai (Please fill in and submit your application form BEFORE contacting the phone numbers below);

(email) [iomtokyo-earthquake@iom.int](mailto:iomtokyo-earthquake@iom.int)  
(phone) 03-3595-0106 or 03-3595-2487

## FREE TELEPHONE CONSULTATION FOR VICTIMS OF EARTHQUAKE

### Lawyers offer free consultation for foreign residents over telephone

Dates and Times: Trough Sep 30 (extended from original schedule)

Monday to Friday, 10:00 am to 12:00 am (noon)

Telephone Number: 03-3591-2291 (Please call again if lines are busy)

Languages Available: Japanese, English, Mandarin, Korean, Portuguese, Tagalog, Spanish, Indonesian, Romanian, Thai, Burmese, Hindi, Bengali, Russian, Polish, etc.

Call ☎03-5979-2880 (Ms. Suzuki Masako, Tokyo Public Law Office) for more information.

## FINANCIAL ASSISTANCES FOR SINGLE-PARENT FAMILIES

Child-rearing allowance (*jidoh-fuyoh-te'ate*) and Single-parent family medical expense subsidy (*hitori-oya katei-toh iryoh-hi josei*) are available for single-parent families which are raising children until the first March 31 after the child's 18<sup>th</sup> birthday. Income restrictions apply. Items required for application will be announced after an interview with city staff. Income in 2010 will be reviewed for the low-income criteria for applications on July 1, 2011 and after. If you have not applied for the assistances last year, please feel free to inquire at *Jidoh seishoh'nen-ka* (the Children and Youth Section),



☎484-6140.

## VACCINATIONS INFORMATION

The following routine vaccinations are newly available now. For a reservation, please call either of the following health centers: Kenkoh Kanri Center ☎485-6711, Seibu Hoken Center ☎463-4181, or Nambu Hoken Center ☎483-2812.



### PHASE 4 MEASLES-RUBELLA (MR) VACCINATION

Phase 4 MR routine vaccinations are generally planned for the 3<sup>rd</sup> grade high school students. However, for the 2<sup>nd</sup> grade high school students who are expected to go overseas for a school trip or a study tour, etc., the city of Sakura sends notes of invitation and preliminary medical examination lists ahead of schedule. Eligible students are born between April 2, 1994 and April 1, 1995. When getting a vaccination, please present “*Boshi Techoh*” (the maternity health record book, if you have one) and the documents on the planned trip issued by the school.

### VACCINATION AGAINST JAPANESE ENCEPHALITIS (JE)

Children born between June 1, 1995 and April 1, 2007 now can get vaccinations against JE for free before their 20<sup>th</sup> birthday. Those who were not eligible for the routine vaccination in the past, namely children aged from 7.5 and under 9 and from 13 and under 20 years old are now eligible for getting the missed vaccinations. When getting a vaccination, please present “*Boshi Techoh*” with you.



### MUNICIPAL SWIMMING POOLS

Sakura City offers a good way to beat the summer heat and get into shape without spending a lot of money.

**Iwana Undoh Koh'en** (Sports Park) has a 50-meter competition swimming pool and a wading pool for toddlers.

At **Jyohza Sohghoh Koh'en**, there is a 25-meter competition swimming pool, a toddlers' wading pool, and a children's pool with a mini slide.

**DAYS & HOURS** Friday, July 15 - Wednesday, August 31; 9:00 - 12:00

and 13:00 - 16:00. The visitors are shifted at 12:00.

**FEES** ¥310 for senior high school students and above; ¥100 for junior high school & elementary school students; free for preschoolers; lockers are available for ¥50.

**ONE-POINT ADVICE GIVEN BY INSTRUCTORS** Swimming instructors will be willing to give you one-point advice in the mornings of Monday, Wednesday, and Friday. Please feel free to ask them to improve your swimming skill.

**NOTES** As the above two pools locate outdoors, they might be closed without notice in case of bad weather, or low water temperature. Please call the facilities for possible schedule changes.

Iwana Undoh Koh'en, ☎484-1943 ; Jyohza Sohghoh Koh'en, ☎461-2611.

### NEGOH JUNIOR HIGH SCHOOL INDOOR SWIMMING POOL

The swimming pool of Negoh Junior High School is open to elementary school pupils and above, who live, work, or study in Sakura.

**DAYS & HOURS** Saturday, July 16 - Wednesday, August 31; 13:00 - 15:00, 15:30 - 17:30, and 18:00 - 20:00. Visitors will be shifted every session. Closed on July 19(Tue), 20(Wed), August 1(Mon), and 15(Mon).

**FEES** Free of charge.

### RULES & NOTES

- Elementary school pupils always need to be accompanied by guardians, and during nighttime hours (18:00 - 20:00), the same applies for junior high school students also.
- In case there are too many visitors, the admittance might be restricted.
- Be sure to wear a swimming cap. Inner tubes and beach balls are not allowed in the school pool.
- Parking is limited. On-street parking is strictly prohibited. Users are encouraged to come by bicycle or on foot.



Call Negoh Junior High School, ☎483-0139 for possible schedule changes.

**KIDS' SWIMMING CLASS** Elementary school pupils are accepted to this class scheduled to be held at Negoh Junior High School on August 4(Thu), and 5(Fri), 13:00 - 14:00. Ten pupils for each class. Free of charge. Call *Shakai-kyoh'iku-ka* (the Social Education Section), ☎484-6189 for application and information.

### THE POPULATION OF SAKURA CITY

As of the end of May 2011, the Japanese population of Sakura was 176,138 (87,025 male and 89,113 female) in 71,223 households. Registered foreign residents accounted for 2,039. The combined population of Sakura City was 178,177.

## 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	JULY '11	TIMES	PLACES
Health consultation for children of 4 months born in February, 2011	1	9:30—10:30	Kenkoh Kanri Center
		13:30—14:30	
	8	9:30—10:30	Seibu Hoken Center
		13:30—14:30	
	12	13:30—14:30	Nambu Hoken Center
<i>Mogu-mogu</i> (munching) Class for children of 8 months born in October, 2010	4	9:30—9:45	Kenkoh Kanri Center
	19	9:30—9:45	Seibu Hoken Center
For 18-month-old children born in January, 2010	5	13:15—14:15	Kenkoh Kanri Center
	15	13:15—14:15	Seibu Hoken Center
	20	13:15—14:15	Nambu Hoken Center
For 3-year-old children born in January, 2008	22	13:15—14:15	Kenkoh Kanri Center
	28	13:15—14:15	Seibu Hoken Center
	21	13:15—14:15	Nambu Hoken Center
Dental check for children born in January or July, 2009 or in July, 2008	8	13:30—14:30	Kenkoh Kanri Center
	12		
	14	13:30—14:30	Seibu Hoken Center
	25		
	27	13:30—14:30	Nambu Hoken Center

### ANTENATAL CLASS FOR EXPECTED PARENTS

**On July 24 (Sun), 9:00-13:00, at Seibu Hoken Center,** an antenatal class will be held to provide expectant parents with knowledge about basic baby care as well as an experience bathing a baby. Class size limited to 25 parents, application required.

### HEALTH CONSULTATIONS

**Child development consultation for preschoolers (*Suku-suku Hattatsu Sohdan*)** is available on Thursday, July 7, 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 Tuesday, July 26, 9:30-11:30, at Seibu 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 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 aged 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.