

HELLO SAKURA

NO.286

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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.)



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.

➤ **Tips for home disaster prevention**

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 and Cupboards: 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

➤ **Check the nearest evacuation center**

All the elementary schools, junior high schools, and high schools in the City is designated as citizens' evacuation centers. Please confirm the route to your nearest evacuation center and signs/dangerous places on the way to it.

➤ **Prepare An Emergency Pack & Secure Emergency Stocks**

The following is an example list of items to be included in your emergency pack and stock:

- First-aid kit (bandage, disinfectant, household medicine, etc.)
- List of contacts for medical institutions, prescriptions, etc.
- Drugs you are currently taking
- 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.)
- Portable radio (with dry-cell batteries)
- Flashlights and matches or lighters
- Rain gear
- Cell phone and wind-up charger
- Water and food (can be eaten without cooking) reserves for at least three days for each family member

Test Broadcast of J-Alert the Nationwide Instant Warning System

➤ **Emergency Broadcast Test at around 10:00 & 10:30 on Wednesday, Sep. 11**



Using J-Alert, voice warnings (three times) and a chime sound will resonate for testing the system. The test will be done twice.

➤ **What is the J-Alert?**

J-Alert is a nationwide emergency alert system for cities to warn residents instantly of imminent tsunamis, earthquakes or other disasters. In a time of emergency, municipalities receive information sent by the Meteorological Agency and Cabinet Secretariat via satellite, before they automatically broadcast through their wireless broadcasting systems. The system was developed in the hope that early warnings would speed up evacuation times and help coordinate emergency response.

Disaster Emergency Message Services For Mobile

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. These services can be used by users of NTT, NTT docomo, Softbank, au, willcom, and EMOBILE without additional fees.



➤ **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.

SHOUGAKUKIN (SCHOLARSHIP) FOR SENIOR HIGH STUDENTS

Kyoh'iku-sohmu-ka, ☎484-6182 for further information

The City grants scholarship for senior high school students. **Application deadline is Monday, September 30.** Eligible applicants are those who meet all of the following conditions with a recommendation letter from the principal of the junior high school he/she graduated:

1. Living in Sakura City
2. Finished junior high school and entered senior high school in the year or the next year of the graduation from junior high school
3. Had earned a grade point average of three or more on the five-grade evaluation system at the time of graduation from junior high school and is motivated to learn
4. Family income in the previous year was less than 1.3 times of standard income for public assistance eligibility and having financial difficulties in attending senior high school



Successful applicants are granted the scholarship up to ¥40,000 for the second half of the fiscal year. (Application can be accepted also in April for the same amount for the first half of the fiscal year). 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>.

~FOR JUNIOR HIGH STUDENTS FROM OVERSEAS~ GUIDANCE ON PREPERATION FOR HIGH SCHOOL EDUCATION



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 accepted. To apply, 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). Child-care service is available on prior application (please inform the age of children). Free of charge, except for ¥100 for a guidance booklet.

Date Time	Location	Application		Organized by / Contact
		Send fax to:	Deadline	
Sun., Oct.06	Funabashi Funabashi Chuo Kōminkan 2-2-5, Honmachi, Funabashi city (7 min. walk from JR Funabashi Station)	Nakae FAX: 047-466-2011	Sep. 29	School Guidance Committee of Bōsō Japanese Language Volunteer Network Shuichi Shiratani TEL&FAX: 424-4364 or Mobile: 080-3175-9539
National Holiday, Sep.23	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. 16	
Sun., Oct. 13	Matsudo Matsudo Shimin Kaikan 1389 -1, Matsudo, Matsudo city (10 min. walk from JR Matsudo Station)	Mitsuhashi FAX: 047-386-4762	Oct. 06	
Sun., Sep. 22	Ichikawa Gyotoku Cultural Hall I&I 1-1-48, Suehiro Ichikawa city (8 min. walk from Tokyo Metro Gyōtoku Station)	Miyazawa FAX: 047-338-9168	Sep. 15	

FREE LEGAL CONSULTATIONS



Consultations (45min./person) on visas and other legal problems is provided to foreign residents in Chiba prefecture by lawyers and legal specialists.

Interpreters available on 10 days prior request. Matters discussed will be kept strictly confidential at all times. Application is required.

Month	Sep.	Oct.	Nov.	Dec.
Date	Mon. 2	Mon. 7	Mon. 11	Mon. 2

Chiba International Center

14th Fl, Marive East, World Business Garden (WBG),
2-6, Nakase, Mihama-ku, Chiba
(5 min. walk from JR Kaihin-Makuhari Sta. South Exit)

Tel: 043-297-0245, FAX: 043-297-2753,

E-mail: kudo@ccb.or.jp

NEW SATURDAY CLASS OPENS! SAKURA JAPANESE SALON

Let's enjoy communicating in Japanese! Sakura Japanese Salon, a new Japanese class, opens on September 14. All levels are welcome. Won't you join and enjoy talking about your country and Japan?

Time: 10:00 to 11:30

Schedule: Every other Saturday
(Sep. 14 to Mar. 22, 14 sessions in total)

Place: Rainbow Plaza Sakura
(in front of Chuo Koh'minkan)

Fee: 500 yen for one semester (14 sessions)

To apply, call Sakura International Exchange Foundation (S.I.E.F.) in Rainbow Plaza Sakura, ☎484-6326, or send e-mail to info@sief.jp.

For further information, please visit: <http://www.sief.jp>

A NEW DAYCARE CENTER OPENS! **Sakura Keiai Hoiku-en Daycare Center**

Kosodate-shien-ka, ☎484-6245.

On October 1, *Sakura Keiai Hoiku-en*, a new licensed daycare center will open in the Chiba Keiai Junior College Sakura campus. Applications for October enrollment are accepted from:

Monday, September 2 to Friday, September 13.

Center Name: Sakura Keiai Hoiku-en daycare center
Location: 1-9, San'noh, Sakura
Service Period: After maternity leave before school age
Capacity: 60 infants
Open Hours: 7:00 to 20:00 (weekdays)
7:00 to 18:00 (Saturdays)



Re-employment Seminar for Mothers Caring for Young Children & Employment Support Counseling

Tuesday, September 10

Shizu Community Center

Sangyo-Shinkoh'ka, ☎484-6145

Application required. Reservation for child-care service accepted until September 3.

Re-employment Seminar: 10:00 to 12:30

- How to make a good use of daycare centers
- About job training and qualification
- Making of a career plan

Counseling (45 min/person): 13:00 to 16:15

For men and women who are looking for a job.



Come and feel the first touch of autumn at Kusabue-no-Oka Hills!

Harvesting the fruits of the earth

Every weekends and holidays from early September to early November.

- Sweet potato digging: 330 yen*/3 stocks
- Peanut digging: 250 yen*/5 stocks

Watercolor painting Class (participants wanted!)

10:00 to 12:00, The first and third Wednesday of every month
Monthly Fee: ¥3,800 (including the admission fee)

Kusabue-no-Oka information

☎485-7821

Open: 9:00 to 17:00

(No admission allowed after 16:00)

Admission fee:

¥300 for junior high & elementary school students

¥150 for preschool children

¥400 for others

*: Not included in the admission fee

Special Opening of Kyu-Hotta-Tei & Buke-Yashiki

Monday, September 16 (National Holiday)

☎Bunka-ka (Culture Section), 484-6192

Kyu-Hotta-Tei (former residence of feudal lord *Hotta*) and *Buke-Yashiki* (old samurai houses) plan special openings of certain parts of their facilities which are not ordinarily open to the public on September 16, *Keiro-no-hi* (the Respect-for-Senior-Citizens Day).

At *Kyu-Hotta-Tei*, the gatekeeper's lodge, the study-room wing, and the 2nd floor of the living room wing can be viewed in addition to regular exhibition. Also at *Buke-Yashiki*, visitors will be allowed to enter *Kyu-Kawara-ke Juh'taku* (former residence of *Kawara* family), on this day. Open hours and the admission fees are as below:



Admission	<i>Kyu-Hotta-Tei</i> *	<i>Buke-Yashiki</i>
Students/Children	¥150 (¥100)	¥100 (¥70)
Others	¥310 (¥210)	¥210 (¥140)
Open hours (Admission until)	10:00 - 16:30 (16:00)	9:00 - 17:00 (16:30)

* At *Kyu-Hotta-Tei*, volunteer guides present to answer your questions on the exhibits and also to introduce the highlights



Employment Support Counseling for the Youth

(for those up to around 40 years of age)

~Reservation required~

Chiba Hokusou Area Youth Support Station dispatches counselors to Sakura Millennium Center to hold consultation sessions for those who are concerned about their employment.

Date	Time	Place
Sep. 10	13:00 to 17:00	Millennium Center Sakura
Oct. 08		
Nov. 12		
Dec. 10		

☎0476-37-6844, <http://hokusou-saposute.jpn.org/>

Youth Support Counseling at Young Plaza

(☎484-6431)

Up to three persons.
Please call and make an appointment beforehand.

**16:00 - 18:00,
Friday, September 13**

POPULATION OF SAKURA CITY



As of the end of July 2013, the Japanese population of Sakura was 175,588 (86,830 males and 88,758 females) in 72,607 households. Registered foreign residents accounted for 2,076. The combined population of Sakura City was 177,664.

HEALTH INFORMATION

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.



HEALTH CHECKS FOR CHILDREN

CHILDREN'S AGE	SEP. 2013	ACCEPTANCE TIME	PLACE
Health consultation for children of 4 months, born in April 2013 	Fri. 20	9:30 - 10:30	Kenkoh Kanri Center
		13:30 - 14:30	
	Fri. 06	9:30 - 10:30	Seibu Hoken Center
		13:30 - 14:30	
	Tue. 24	13:30 - 14:30	Nambu Hoken Center
<i>Mogu-mogu</i> (munching) Class for children of 8 months, born in December 2012	Tue. 17	9:30 - 9:45	Kenkoh Kanri Center
	Fri. 13		Seibu Hoken Center
For 18-month children born in March 2012	Tue. 10	13:15 - 14:15	Kenkoh Kanri Center
	Wed. 18		Seibu Hoken Center
	Thu. 26		Nambu Hoken Center
For 3-year children born in March 2010	Wed. 11	13:15 - 14:15	Kenkoh Kanri Center
	Thu. 19		Seibu Hoken Center
	Wed. 25		Nambu Hoken Center
Dental check for children born in September 2010 or in March or September 2011 * On the days with * mark, Consultation on Speech Development is also available. 	Tue. 03*	13:30 - 14:30	Kenkoh Kanri Center
	Fri. 27		
	Thu. 05*		Seibu Hoken Center
	Mon. 09		
	Thu. 12*		

FREE ANTENATAL CLASSES

-Prior reservation required-

For expectant mothers and fathers to have a baby in December 2013 and January 2014, free antenatal classes, "Mom's Class" and "Mom's & Dad's Class," will be held as shown below.

CLASS	TIME	DATE	PLACE
Mom's*	9:15-14:20	Wed., Sep. 4	Seibu Hoken Center
		Tue., Oct. 8	Kenkoh Kanri Center
Mom's & Dad's*	9:15-12:15	Sun., Sep. 8	Seibu Hoken Center
		Sat., Oct. 26	Kenkoh Kanri Center

- **Mom's class** gives instructions on how to lead a healthy life during pregnancy, including nutrition and oral hygiene education.
- **Mom's and Dad's Class** 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 and book at the respective center.

SUKU-SUKU HATTATSU SOHDAN

-Application required-

Child development consultation for preschoolers:

9:00 to 12:00, Thu. Sep. 19
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.

OTHER INFORMATION

FREE MENTAL HEALTH CONSULTATION

13:50 - 16:00, Tue., Sep. 24, at Kenkoh Kanri Center (by psychiatrist)

For those who are suffering from mental problems such as anxiety, relationship stress, etc.

40 minutes service per person by advance reservation only.

A medical interview is conducted over the phone when making reservation. Please note that the service is limited to consultation and no counseling, treatment, nor medication can be provided.

PUBLIC HEALTH NURS CONSULTATION

For all ages - Application required

13:30 to 15:30, Mon. Sep. 02 at Kenkoh Kanri Center
9:30 to 11:30, Fri. Sep. 20 at Seibu Hoken Center

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

HOLIDAY & NIGHTTIME EMERGENCY MEDICAL SERVICES

Nighttime on Sunday & Holiday (19:00 - 21:45, Physician & Dentist) ☎485-6711 at Kenkoh Kanri Center

365 days a year Pediatric Emergency for children under 16 of age

☎485-3355 at Kenkoh Kanri Center

Monday through Saturday: 19:00 - 6:00 (next morning)
Sundays & public holidays: 9:00 - 16:45 & 19:00 - 6:00

To Find On-Duty Doctor - Call ☎484-2516

Daytime on Sunday & Holiday

(9:00 - 22:00, answered by an automated voice)

Information on Surgeon, Physician, and Dentist during daytime, and on ENT and Dentist during nighttime.

* Medical care is provided at each doctor's office.