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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.)



60th anniversary of the municipal system of Sakura

## Rose Festival at Kusabue-no-Oka

TROUGH SUN, JUNE 8

☎ Sakura Kusabue-no-Oka, ☎485-7821  
http://kusabue.shiteikanri-sakura.jp/

In the Rose Garden at *Kusabue-no-Oka* Park, beautiful roses of 2,500 plantings in 1,050 varieties are now in full bloom. This year, the Garden has been honored by The Huntington Foundation for its continued effort to collect, preserve and introduce precious roses over years. Among its

collection, unique roses can be seen that cannot be found anywhere else. The best season is until mid-June. During the Rose Festival, various events are planned as follows:

- **Street Organ performance**
- **Sale:** ★Potted rose and variety of flowers ★Gardening goods
- **Exhibition:** ★Rose motif art prints by Toshiko Nishioka (at the Café Rose Terrace)
- **Workshop at Café Rose Terrace:**

**Every day during the Festival:** ★Rose motif toile painting

**Sun, June 1:** ★Rose motif accessory making  
(Hairpin ¥100, Coaster ¥200, Place mat ¥500)

**Sun, June 8:** ★Rose motif wood-burning  
★Rose motif art print (¥1,500)

- **Class for Growing Roses:**

**June 7 & 8:** ★Hanging basket  
★*Yose-ue* group planting of rose and variety of flowers (¥2,500~¥3,500)



Café Rose Terrace

Kusabue-no-Oka Open Hours: 9:00 to 18:00 daily  
Admission to the Park (including Rose Garden):  
Preschoolers Free  
Elementary & junior high school age: ¥100★  
★Free on June 15 (prefectural citizens' day)  
High school age and above: ¥410



## Chiba Prefectural Citizens' Day

SUNDAY, JUNE 15

☎ Imba regional promotion office, ☎483-1111

"Chiba Citizen's Day," established to celebrate people's love for Chiba prefecture and efforts in creating a rich and flourishing land, falls on Sunday this year. In celebration of the day, a number of facilities in Chiba prefecture are offering free or discounted entrance to their attractions or services. At Narita International Airport Terminal 2, **IMBA FUREAI FESTIVAL** is held in celebration of the day (11:00 – 15:00, subject to cancellation in case of bad weather), where various events are held such as stamp rally, photo sessions with regional mascot characters, and tasting of local delicacy. Please bring your ID card in order to enter the airport.

## Shohbu Matsuri (Iris Festival)

AT JOHSHI KOH'EN PARK

10:00 – 16:00, SAT & SUN, JUNE 7 & 8, RAIN OR SHINE

☎ Shohbu Matsuri Executive Committee, ☎484-6033



At Johshi Koh'en Park (Sakura Castle Park), irises in purple, pink, yellow, white and blue are in full bloom until mid-June. At the lower garden of the Park, you can enjoy the beautiful landscape covered with some 9,000 flowers of 50 species of irises in a natural setting. Next to the iris field, you can also enjoy hydrangeas and water lilies on the water surface of the pond. During Shohbu Matsuri, you can participate in "NODATE" or open-air tea ceremony and there will be a lot of stalls to sell local products and food. Public bus service is available from Keisei Sakura station and JR Sakura station (please get off at the "Rekishu Minzoku Hakubutukan" (National Museum of Japanese History) bus stop), and free parking lot is also available at Jiyuh Hiroba Square in the Park.

### POPULATION OF SAKURA CITY

As of the end of April 2014, the Japanese population of Sakura was 175,483 (86,647 males and 88,836 females) in 73,413 households. Registered foreign residents accounted for 2,168. The combined population of Sakura City was 177,651.



**To receive Child Allowance (“Jidoh Teate”),  
Please Submit THE CURRENT STATUS REPORT (“Genkyoh-Todoke”)  
No Later Than MON, JUNE 30  
☎ Jidoh-seishohnen-ka, ☎484-6140**

Under Japanese child allowance system, for parents/guardians raising children, allowance is provided until the fiscal-year end (March 31) after the child turns 15. In early June, the City sends *Genkyoh-Todoke* forms by postal mail to those who are currently receiving Child Allowance (*Jido Teate*). In order to continue receiving child allowance, please report your financial status, children’s ages, your pension plan participation status, etc.

**Amount of Allowance**

Age of Child	Income of Household	
	Within Income Limitation	Exceeding the Limitation
Under 3-year-old	15,000 yen	5,000 yen
Over 3-year-old until elementary school completion	(the first and second children) 10,000 yen	
	(the third and subsequent children)* 15,000 yen	
Junior high school age	10,000 yen	

**Allowance Payment Schedule**

Child Allowance is paid three times a year as shown below.

Month of payment	Month subject to payment
February	Oct, Nov, Dec, Jan
June	Feb, Mar, Apr, May
October	Jun, Jul, Aug, Sep

\*Payment schedule can differ depending on conditions.

\* Children up to 18 years of age are included in the count until March 31 after the child's 18<sup>th</sup> birthday. Children over 19 years of age are not included in the number of children.

**How to receive Child Allowance**

Please fill in the *Genkyoh-Todoke* form and submit it along with the following documents to *Jidoh-seishoh'nen-ka* (Children & Youth Section) in the City Hall by post or in person no later than June 30 (effective on the postmark date). If you fail to submit it, you will not be able to receive the allowance for June and after. Please make sure to meet the deadline! Documents required to submit along with *Genkyoh-Todoke* are:

- (1) (If you are a subscriber of employee’s or mutual pension insurance) A copy of health insurance certificate
- (2) (If you are not registered as a resident of Sakura City as of January 1, 2014)

A certificate of the annual income and amount of tax paid

If you became eligible by moving into the city or having a new child, make sure you apply to the City Hall as soon as possible.

- Notes:
- The allowance period only starts from the following month of your application, and will not be paid retroactively
  - City branch offices and other public facilities do not accept the application.

**PUBLIC HEALTH CHECKUPS & CANCER SCREENINGS (1)  
☎ Kenkoh-zohshin-ka (Health Promotion Section), ☎485-6711**



To help the residents enjoy long and healthy life, Sakura city has sent out Medical Interview Sheets and Health Checkup Slips to the following persons in late May. Various health checkups and cancer screenings are available starting this month. Please do not miss this opportunity to get checked.

- Citizens aged at 20 and 30 (female only), 40, 45, 50, 55, 60, 70 (both male and female) as of March 31, 2015
- Citizens who took the city’s health checkup in FY2013
- Citizens under National Health Insurance (including his/her dependent) of aged at 40 and above as of April 1, 2014
- Citizens eligible for the vouchers for Cancer Screening by the Japanese government
- Citizens aged at 19 (both male and female), 21 (male only), and 31 (male only) as of March 31, 2015 (This group is eligible only for Adult Dental Checkup.)

\* For those who took colorectal cancer screening in FY2013, a container for the mass screening is enclosed.

**Please be sure to bring your Medical Interview Sheet, Health Checkup Slip (*Kenshin-Jushin-Ken*), health insurance certificate, and checkup fee\*.** \* : Cash payment of checkup fee will be required at the venue.

**Eligibility for Free Checkups**

- ① Those who are aged 70 or above as of March 31, 2015
- ② Those who are covered by the medical insurance for Latter-Stage Elderly (Kohki-kohreisha) Healthcare System
- ③ Those who are on public assistance
- ④ Those who belong to households exempt from city taxes

\* **Hepatitis virus screening is free for those who are 40, 45, 50, 55, and 60** as of March 31, 2015.

**Please note:**

- If you would like to take the city’s checkup but joined the Sakura City National Health Insurance on and after April 2, 2014, or have not received the Health Checkup Slip yet, please contact us.
- If you took the city’s medical checkup, you cannot get subsidy for Ningen Dock. For details of Ningen Dock, please call: ☎ Kanri-han, 484-6604 or ☎ Kohreisha-Iryo-han, 484-6136
- If you are under category ③ or ④ of the “Eligibility for Free Checkups” shown to the left, prior application is required to get a free checkup. Please call the health center where you are taking the checkup at least 2 weeks before your preferred checkup/screening date.
- There is no parking lot at the elementary schools and Seibu Hoken Center. Also at the other sites, parking is limited. Please use public transportation whenever possible.

## PUBLIC HEALTH CHECKUPS & CANCER SCREENINGS (2)

Mass screenings/checkups: June 2, 2014 to February 24, 2015

Individual & Dental checks: June 1, 2014 to December 10, 2014 (prior reservation at each clinic required)

☎ Kenkoh Kanri Center 485-6712; Seibu Hoken Center 463-4181; Nambu Hoken Center 483-2812

**Please refer to Japanese Koh'hoh Sakura for details** On your Health Checkup Slip, recommended venue and date for a mass screening are shown. When you take a mass checkup, please choose the date indicated if possible to ease congestion. When you take checkup at an elementary school, gymnasium or the like, please be prepared to fight against the heat or cold. Please refer to the June 1st issue of Koh'hoh Sakura (official newsletter of the City printed in Japanese language) for detailed schedule of mass screenings. For individual examinations, the names of doctors and dentists are also listed there.

**How to make reservations** Reservation can be made by any of the following methods: (1) Visit *Kenkoh Kanri Center*, *Seibu Hoken Center*, or *Nambu Hoken Center* (Please fill out the application form there) (2) Send a postcard to **Kenkoh-zoh'shin-ka** 〒285-0825, 2-27, Ebara-dai, Sakura-shi, with the following information: ① name of the screening test you want to undergo, ② your address, ③ name, ④ date of birth, ⑤ age, ⑥ telephone number. or (3) Send a fax to *Kenkoh-zoh'shin-ka*, at **485-6714** with the information above.

\* For breast cancer and osteoporosis screenings, please inform us of your first to third choices of the date and the choice between morning and afternoon.

\* Applications prior to the start date of acceptance are invalid.

**[Cervical cancer and breast cancer screening with child care service]** On the following days, child care service for preschoolers (aged at least six months) is available upon reservation. Please inform the child's name and the date of birth when making a reservation at Kenkoh Zohshin-ka at Kenkoh Kanri Center.

**Cervical cancer: Tue., Dec. 9, 2014** (reservation accepted from June 2, and can be made by phone)

**Breast cancer/ultrasound: Tue, Jan. 27, 2015** (reservation accepted from Oct. 1, but not by phone)

**Breast cancer/mammography: Mon, Feb. 9, 2015** (reservation accepted from Oct. 1, but not by phone)



TARGET OF SCREENINGS	ELIGIBILITY (as of March 31, 2015)		TYPE	FEE	RESERVATION	CONTENTS OF SCREENING, ETC.	
General Health Checkup (Tokutei Kenshin)	Men/Women insured by National Health Insurance or Latter-Stage Elderly Health Care System, or receiving public assistance (age 40 or above)		Mass	¥1,000	No need	Height, weight, abdominal measurement (only for age 40-74), blood pressure, medical interview, urinalysis, and blood tests (Electrocardiography, eyeground check, and anemia test for those who meet specific conditions)	
			Individual	¥2,000	Required		
Lung cancer	Men/Women (age 40 or above)		Mass	¥300	No need	Medical interview and chest X-ray	
			Individual	¥1,300	Required		
Stomach cancer	Men/Women (age 40 or above)		Mass	¥900	No need	Medical interview and stomach X-ray	
			Individual	¥3,000	Required		
Colon cancer	Men/Women (age 40 or above)		Mass	¥400	No need	Stool (feces) test (need to obtain the container for the test in advance, at any of the Health Centers. Distribution by postal mail is also available)	
			Individual	¥1,000	Required	Stool (feces) test (need to obtain the container for the test in advance, at the medical institution where you are undergoing the screening)	
Breast cancer for women	Mammo- graphy	age 40 or above*	Mass	¥1,000	Required (accepted from Oct.1)	Mammography and Ultrasound tests cannot be taken in the same year	Medical interview and X-ray
	Ultra- -sound	age 30-39*					Individual
		age 30 or above					
Cervical cancer for women	age 20 or above, and her age is an even number		Mass	¥1,000	No need	Medical interview and cytology of uterine cervix	
			Individual	¥2,000	Required		
Osteoporosis (bone density)	Men/Women of age 20,25, 30,35,40,45,50,55,60,65,or70		Mass	¥500	Required (accepted from Sep.1)	Medical interview and arm bone X-ray	
Hepatitis	Men/Women of (1) Age 40 (2) Age 41 and above (who have had no hepatitis screening before. Mass screening only) (Free for those who are 40,45, 50,55, & 60 years of age)		Mass	¥500	Required (accepted from June 2)	Medical interview and blood tests for hepatitis B virus antigen and hepatitis C antibody	
			Individual (persons of age 40 only)	Free	Required		
Dental check for adults	Men/Women of age 19 or above		Individual	¥300	Required	Medical interview and check for dental cavities and gum disease (Necessary treatment should be taken at a later date under medical insurance coverage)	

\*: Limited to those who did not have the breast cancer test in the same method last year.



# MUNICIPAL HOUSES AVAILABLE

☎ Kenchiku-Juh' taku-ka (Construction Guidance Section), ☎484-6168

Monthly rent is to be determined every year based on the tenants' income and the conditions of individual housing. Application forms are accepted from **June 2** through **June 13**. Information leaflets are available at the City Hall, City branch offices and City Service Centers. For eligibility and other details, please call the number above.



Location	411-40, Ohja-machi Horinouchi- <b>juutaku</b>	13-3, Fujisawa-machi Fujisawa- <b>juutaku</b>	232, Ohja-machi Ohja- <b>juutaku</b>
Type	General	Elderly	General
Number of Houses Available	1	1	3
Floor Plan	3DK	2DK	3DK

## HEALTH INFORMATION



HEALTH INFORMATION FOR MOTHERS & CHILDREN				Holiday & Nighttime Emergency Medical Services				
Child Health Consultation for	Jun. 2014	Center	Reception					
Children of <b>4 months</b> , born in January 2014	Tue. 03	Kenkoh KC	9:30-10:30	<b>Nighttime on Sunday &amp; Holiday (including Dec. 29 – Jan. 3) 19:00 - 21:45, Physician &amp; Dentist at Kenkoh Kanri Center ☎239-2020</b>				
	Fri. 13	Seibu HC	13:30 – 14:30					
	Tue. 17	Nambu HC	13:30 – 14:30					
Children of <b>8 months</b> , born in Sept. 2013 (“ <i>Mogu-Mogu Class</i> ”)	Fri. 06	Kenkoh KC	9:30 – 9:45					
	Wed. 25	Seibu HC						
	Tue. 17	Nambu HC						
Children of <b>18 month</b> , born in December 2012	Tue. 10	Kenkoh KC	13:15 – 14:15					
	Wed. 18	Seibu HC						
Children of <b>3 years</b> of age born in December 2010	Wed. 11	Kenkoh KC	13:15 – 14:15					
	Thu. 19	Seibu HC						
<b>Dental Check</b> for children born in June or December 2011 or in June 2012  * On the days with * mark, consultation on <b>Speech Development</b> is also available.	Thu. 05*	Kenkoh KC	13:15 – 14:15	<b>365 Days a Year Pediatric Emergency</b> at Kenkoh KC ☎485-3355 for children under age 16 Monday through Saturday: 19:00 - 5:45 (next morning) Sunday & holiday: 9:00 - 16:45 & 19:00 - 5:45				
	Fri. 20							
	Mon. 16*	Seibu HC						
	Mon. 23							
<b>Child Development Consultation for preschoolers</b> (“ <i>Suku-Suku Hattatsu Sodan</i> ”) * Application required	Thu. 05	Kenkoh KC	9:00 – 12:00			<b>To Find On-Duty Doctor</b> Recorded audio guidance available 8:30-22:00 on Sunday & Holiday ☎484-2516 ●Daytime treatment: Medicine, Surgery, Dentistry ●Nighttime treatment: Surgery, ENT (ear, nose & throat) * Treatment is provided at each doctor's office		
	Thu. 12*	Nambu HC						
<b>Maternity Class (Mom's Class)</b> For expect mothers (due date in September or October 2014) * Application required	Thu. 26	Seibu HC	9:00 – 14:30	<b>TEMPORARY CHILD CARE FOR CHILDREN AFTER ILLNESS</b> Prior registration required. ☎484-6139, Kosodate Shien-ka				
	<b>HEALTH INFORMATION FOR ADULTS</b>							
<b>Consultation by Public Health Nurse</b> * Application required	Wed. 04	Kenkoh KC	13:30 – 15:30					<b>Tom-no-Heya</b> ☎310-7010 Hakusui-en 1011, Iwana
	Fri. 27	Nambu HC	9:30 – 11:30					<b>Koala Kids</b> ☎462-2622 3-1-1 Miya-no-dai
<b>Mental Health Consultation</b> (40 minutes/person) by counselor by psychiatrist * Application required & accepted from ( )	Wed. 25 (June 2)*	Kenkoh KC	13:50 – 16:00			<b>Smile</b> ☎462-8860 Toho University Sakura Medical Center, 564-1, Shimo-shizu		
	July 16 (June 16)*	Seibu HC	12:50 – 15:00					

**Kenkoh Kanri Center**  
☎485-6712

**Seibu Hoken Center**  
☎463-4181

**Nambu Hoken Center**  
☎483-2812

