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This is a free monthly English newsletter carrying excerpts from the Japanese newsletter published by the city of Sakura for its foreign residents. Inquiries in English can be answered generally on Mondays and Tuesdays through *Koh'hoh-ka* (Public Relations Section) at the Sakura City Hall. However, inquiries over the telephone or at the city facilities can be, in principle, answered in Japanese only. If you do not speak Japanese, please be accompanied by someone who speaks Japanese when you make inquiries. (Printed on recycled paper.)

SAKURA JIDAI MATSURI (Festival of Edo Period)

11:00 to 15:00, Saturday, November 14*

Sakura City Kankoh Kyohkai (Tourist Association), ☎486-6000

How about making a one-day trip to the *Edo* period? Come and join *Sakura Jidai Matsuri* festival that features the *Samurai* age! Sakura is an old castle town from the *Edo* period, where on November 14, a virtual town of samurai age will be lively recreated along *Shinmachi* street, the main venue of the festival. You will have a great time soaking up the atmosphere of the *Edo* period with a wide variety of attractions and events.

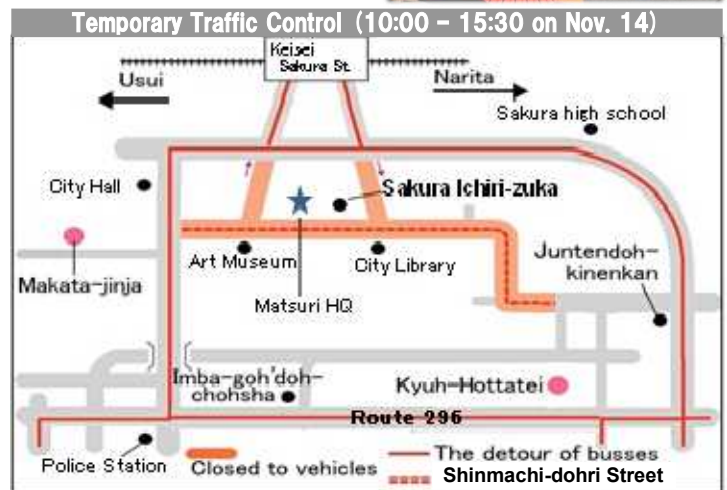
* Subject to postponement to the next day, Sunday, Nov. 15 in case of rain.

Major Events

● Performance of *Tatsumi-ryuh* martial arts, a school designated as intangible cultural heritage of Chiba prefecture ● Live performance of *Sakura-bayashi* (traditional festival music played by Japanese drums and flutes) ● Variety of traditional street performances such as comic chat, *Gama-no-abura-uri* (toad's oil sale), etc. ● Nodate or outdoor tea ceremonies ● Kimono dressing show ● Yuru-kyara, local mascot characters get together to celebrate *Kamuro-chan's* birthday ● Street Sohnan dancing on the street in front of Keisei Sakura stationand lots more!

Edo Experience for Children & Adults

● Experience of samurai policeman that arrest a criminal (for children) ● *Takajoh* or falconer Show and experience (falconer is a person who breeds and trains hawks for hunting) ● Experience of *Wakyu* (Japanese archery) ● Samurai armor costume dressing for free ● Let's transform into Ninja! (for children) ● Syuriken or Ninja stars Training



★Please refrain from coming by car since no parking space is available.



Kimono Rental & Dressing

Sakura Ichiri-zuka
(Non-profit organization)
☎483-3535 (10:00 - 16:00
on Wed, Thu, Sat & Sun)

Why not enjoy *Jidai Matsuri* wearing beautiful Kimono? At *Sakura Ichiri-zuka*, Kimono rental & dressing service is available for 2000 yen upon reservation. For reservation, please call Sakura Ichiri-zuka (phone number is shown to the left).

Protect your "My Number (Social security number)" from Thieves!

Dedicated line for inquiries on My Number notification: ☎311-1001 (8:30 - 17:15 on weekdays)

Starting late October, Notice of "My Number" will be sent to each resident through householders. Please make sure that you receive it without fail and keep your number confidential.

⚠ Scam phone calls to trick people into sharing their individual numbers are reported recently, but authorities never ask your number over the phone.

In case you received such a scam call, please contact the following numbers:

- **Consultation:** Dedicated line for "My Number" consultation by Chiba Prefectural Police, ☎#9110
- **Reporting suspicious calls:** Consumer Center, ☎483-4999
- **Filing of damage report:** Sakura police office, ☎484-0110
- **Complaints about confidentiality breaches:**

Specific Personal Information Protection Commission, ☎ 03-6441-3452





The 35th Sakura Asahi Kenkoh Marathon

Sunday, March 27, 2016

Registration Opens on November 15

Shohgai-Sports-ka (the Lifelong Sports Section), ☎485-2929

Sakura Asahi Kenkoh Marathon attracts more than 10,000 runners from all over Japan every year. On **Sunday, March 27, 2016**, the 35th Sakura Asahi Kenkoh Marathon will be held rain or shine. Why not join the race and run

through the beautiful scenery around Imbanuma Lake with the spring breeze? Registration is to be accepted from **November 15 until the maximum entry is reached** on a first-come, first-served basis.

Please note that the limit is reached pretty soon every year!

MAXIMUM NUMBER OF ENTRIES

Full marathon: 6,500 entries / 10 km race: 5,000 entries

ENTRY FEE* & AGE LIMIT

* 200 yen is discounted from the below if the application is made via internet.

- Full marathon (Age 18 or over): ¥5,000
- 10 km race for Sakura citizens* (Age 16 or over): ¥3,000
* Including people who live, work, or study in Sakura
- 10 km race for others (Age 16 or over): ¥4,000
(High school students): ¥3,000
- 3 km race (Elementary school pupils): ¥1,200
(Junior high school students): ¥1,700
(Others) *: ¥2,200

*The 3km race by high school students and adults fall into the 'FunRun' event, for which no awards are bestowed.

HOW TO REGISTER

"Guidelines for Applicants" and entry fee payment slips will be available on and after Friday, November 13 at *Shoh'gai Sports-ka* (the Lifelong Sports Section) at the City Hall and its branch offices.

Registration can be made by either of the following ways:

1. Via the Internet: Apply through the RUNTES's website (<http://runnet.jp/>) and pay entry fee with credit card or at convenience stores.
2. Via post office: Wire the entry fee using the designated payment slip filled out with necessary information.

Please note that neither refund of the entry fee nor event switch is allowed once entry has been made.

Volunteers Wanted!

For the 35th Asahi Kenkoh Marathon to support its operation on **7:00-15:30, Sunday, March 27, 2016**

Applicants are requested to come on their own to the location allocated to each by the race organizers. Please send a post card or a fax that indicate:
your name, address, age and phone number to:

Sakura Asahi Kenkoh Marathon Executive Committee, City Hall, 97 Kairinji-machi
☎285 - 8501; fax: 484-1677
(Must be received no later than **Monday, November 30**)
Call ☎485-2929 for inquiries.



Enjoy an Autumn Day at Kusabue-no-Oka

Kusabue-no-oka ☎485-7821 (Open 9:00 to 16:30)

Want to have a perfect autumn day with your family? Come to Kusabue-no-Oka and join variety of its autumn events.

Hokusoh Wadaiko (Japanese drum) Festival

Sat & Sun, November 7 & 8

As many as 30 groups of *Wadaiko* drummers get together at Kusabue-no-Oka. You can enjoy the *Wadaiko* workshop for children and parents, Bamboo craft workshops and Drumming experience of Soroi-uchi (simultaneous striking by many players), as well as various food stalls!

- ★ *Wadaiko* drumming workshop (12:30 – 14:30, 1500 yen)
- ★ Bamboo drum making workshop (13:00 – 14:00, 500 yen)



- Making of Sweet Potato Cakes using Camping Pot

13:00 – 15:00, National Holiday, November 23

- Tree Cake Baking using Bamboo Poles

13:00 – 15:00, Sunday, November 22

500 yen /person for each of the above. Prior application is required. Up to 20 people each.

Tree Climbing Workshop – Sun, November 22

① 10:00 – 12:00 and ② 13:30 – 15:30,
(to be postponed to

November 23 in case of bad weather)

Using ropes and fall protection gears, anyone can learn how to safely climb trees! Participation fee is 2000 yen /child and 3000 yen /adult. Up to five people/session. Prior application is required.

Admission fee:

- ☆ Elementary & junior high students -----¥100
- ☆ Younger children -----Free
- ☆ Others -----¥410

SIEF JAPANESE LANGUAGE CLASSES & CONSULTATION

Sakura International Exchange Foundation (SIEF), ☎/Fax: 484-6326, <http://www.sief.jp>

Having difficulties in daily life due to language barriers? Join the practical Japanese classes for foreign residents offered by SIEF! All classes are conducted free of charge, except ¥1,000/term for the textbooks and materials. To apply, please call or send fax to the number above, or email to info@sief.jp.



PLACE	DAY	TIME	LEVEL
Shizu Community Center	Thursday (Baby sitters available only for the afternoon classes)	10:30 – 12:00	Intermediate
		13:00 – 14:30	Beginner to Intermediate (Practical daily Japanese)
		15:00 – 16:30	Introductory to Intermediate (Basics of Japanese)
Millennium Center Sakura	Friday	19:00 – 20:30	Introductory to Intermediate
Rainbow Plaza Sakura	Saturday (Every two weeks)	10:00 – 12:00	Japanese Salon ~ Free conversation
Rainbow Plaza Sakura	Sunday	9:20 – 10:40	Intermediate
		10:40 – 12:00	Beginner to Intermediate
Chuh'oh Kohminkan		9:20 – 10:40	Introductory to
		10:40 – 12:00	Beginner

Free Consultation for Foreign Residents

If you have any problems in your daily life, please contact SIEF for its counseling services in **English, Spanish, or Chinese**, available on
Tuesday & Thursday
 10:00 – 12:00
 & 13:00 – 16:00

**Please make a reservation for a face-to-face consultation.*

Have you applied for the temporary benefits?

Temporary Special Benefit for Households with Children

Jidoh Seishohnen-ka, ☎311-1115

Application deadline is **Tuesday, December 1.**



Please make sure that your application is made before the deadline. Otherwise, you cannot receive the benefits!

Temporary Welfare Benefits

Benefit Program: Health, Labour and Welfare Ministry
 ☎0570-037-192 (9:00 – 18:00)
 Application Procedure: Shakai Fukushi-ka
 ☎484-6021 (8:30 – 17:15)

Application deadline is **Tuesday, December 15.**



National Fire Prevention Campaign November 9-15

Seven tips to save your life from residential fire

- Never smoke in bed
- Keep heaters away from flammable items
- Never leave cooking fires unattended
- Install fire/smoke alarms to give you time to escape
- Use fireproof clothes, bedclothes, and curtains
- Install a fire extinguisher to contain fires before they become large
- Establish a well-organized system for emergency cooperation with your neighbors

In case of Fire or to call for Ambulance, please dial **☎119 with no prefix!**

Let's Be Responsible Pet Owners!

Imba Health and Welfare Center, ☎483-1137
 Animal Welfare Center Chiba, ☎0476-93-5711



November is Animal Safety and Prevention Month

- In accordance with the Rabies Prevention Law, all dog owners are required to register their dogs and have them vaccinated.
- You are advised to keep your cats indoors to avoid causing nuisances to your neighbors and to protect your cats from diseases and traffic accidents.
- 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.
- Contact Animal Welfare Center to learn more!

Special Openings of Kyuh-Hotta-Tei & Buke-Yashiki November 3 (National Holiday)

Bunka-ka (Culture Section), ☎484-6192

On November 3, or *Bunka-no-hi* (Culture Day), there are special openings at *Kyuh-Hotta-Tei* (former residence of feudal lord Hotta) and *Buke-Yashiki* (old samurai houses) to show certain parts of their facilities which are not ordinarily open to the public.

	<i>Kyuh-Hotta-Tei</i> *	<i>Buke-Yashiki</i>
Open hours (Admission until)	9:30 – 16:30 (16:00)	10:00 – 17:00 (16:30)

POPULATION OF SAKURA CITY

As of the end of September, the population of Sakura City is 177,112 (87,336 males and 89,776 females) in 75,157 households. 2,320 registered foreign residents are included in the above.

HEALTH INFORMATION



Health Information for Mothers & Children				Holiday & Nighttime Emergency Medical Services	
Health Check-ups	Nov. 2015	Center	Reception		
Children of 4 months , born in June 2015 	Wed. 04	Kenkoh KC	9:30—10:30 & 13:30—14:30	Nighttime on Sunday & Holiday 19:00 - 21:45 Dentistry & Internal Medicine at Kenkoh KC ☎239-2020	
	Fri. 27	Seibu HC			
Children of 8 months , born in Feb. 2015 ("Mogu-Mogu Class")	Fri. 13	Nambu HC	13:30—14:30		
	Fri. 20	Kenkoh KC	13:30—13:45		
Children of 18 months , born in May 2014	Fri. 06	Seibu HC	9:30—9:45		Pediatric Emergency 365 Days 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
	Tue. 10	Kenkoh KC	13:15—14:15		
	Wed. 18	Seibu HC			
Children of 3 years of age, born in May 2012	Thu. 26	Nambu HC	13:15—14:15		
	Wed. 11	Kenkoh KC			
	Thu. 19	Seibu HC			
Dental Check for children born in May or November 2013, or in November 2012 * On the days with * mark, consultation on Speech Development is also available.	Wed. 25	Nambu HC	13:15—14:15	To Find On-Duty Doctor Recorded audio guidance 8:30-22:00 on Sunday & Holiday ☎484-2516 ●Daytime treatment of Internal Medicine, Surgery, Dentistry ●Nighttime treatment of Surgery * Treatment is provided at each doctor's office 	
	Fri. 13*	Kenkoh KC			
	Tue. 17				
	Thu. 12*	Seibu HC			
Child Development Consultation for preschoolers ("Suku-Suku Hattatsu Sohdan")	Mon. 16	Nambu HC	9:00—12:00		
	Thu. 05*				
Mom's and Dad's Class for expectant parents due in February or March 2016 	Thu. 19	Kenkoh KC Application required	9:00—12:00		
	Sun. 22	Seibu HC Application required	9:00—12:00		

Health Consultation for Adults

Mental Health Consultation by psychiatrist 	Wed. 25	Kenkoh KC Reservation required	13:50—16:00 (40 min./person)
	Mon. 16	Kenkoh KC	13:30—15:30
Consultation by public health nurse 	Thu. 05	Seibu HC	9:30—11:30
	Mon. 30	Nambu HC	

Child Abuse Consultation/Reporting

Children & Youth Section (Daytime):
☎484-6263
(Night time, Weekends & Holidays):
☎484-1111)

Chiba Child Abuse Hotline:
☎252-1152

Sakura Police Station: ☎484-0110

Have you already undertaken FY2015 health checkups?

The last days of FY2015 health checkups offered by the National Health Insurance are:
Wednesday, Dec. 9 and Thursday, Dec. 10
 (mass and individual checks respectively).
 Also, part of the mass screening against breast cancer has reached its capacity now.
 Please do not miss this opportunity!
 Contact: *Kenkoh Zohshinka*, ☎485-6711

Have a Balanced Diet for Your Health!

In order to prevent lifestyle-related diseases, well-balanced diet and enough vegetable is very important for your health. The ideal amount of vegetable intake is about 350g a day, but we often fail to achieve this goal. Therefore, it will be a great help if you add one vegetable dish to your everyday meals. Also, besides staple food, main dish and side dish, having dairy products and some fruits at least once a day is highly desired. For healthy recipes, contact *Kenkoh Zohshinka*, ☎485-6712.

Kenkoh Kanri Center ☎485-6711



Seibu Hoken Center ☎463-4181



Nambu Hoken Center ☎483-2812

