

Koh'hoh-ka (Public Relations Section), Sakura City Hall, ☎(043) 484-1111, Ext.2275 or
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This is a free monthly English newsletter carrying excerpts from the Japanese newsletter published by Sakura city for its foreign residents. For free subscription by postal mail and/or email, please send your request via email or fax to the above address/number. In principle, inquiries can be answered only in Japanese at the city hall and other city facilities. If you do not speak Japanese, please be accompanied by someone who speaks Japanese when you make inquiries.
(Printed on recycled paper.)



The 35th Sakura Asahi Kenko Marathon* *Let's Cheer Up the Runners!*

9:00 to 15:30, Sunday, March 27 (Rain or shine)

(*Entry is already closed.)

Sakura Asahi Kenko Marathon Secretariat, ☎485-2929
<http://sakuraasahi.jp/>

More than 10,000 runners from all over Japan will gather in Sakura to run around Imba-numa Lake. Mr. Koide Yoshio, a famous marathon coach and the chairman of the event, will visit the site together with other members of Sakura Athletes Club. Along the course, volunteers will support runners by handing out water cups and giving directions. Won't you watch the race and cheer the runners up? One of the good places to spectate the event is *Furusato Hiroba*, where you could enjoy beautiful lake view with the windmill.

SCHEDULE ▶Opening declaration: 9:00 ▶Start of Full marathon: 9:30
▶Start of 3 km run: 9:50 ▶Start of 10 km run: 10:30

PLEASE REFRAIN FROM COMING BY CAR!

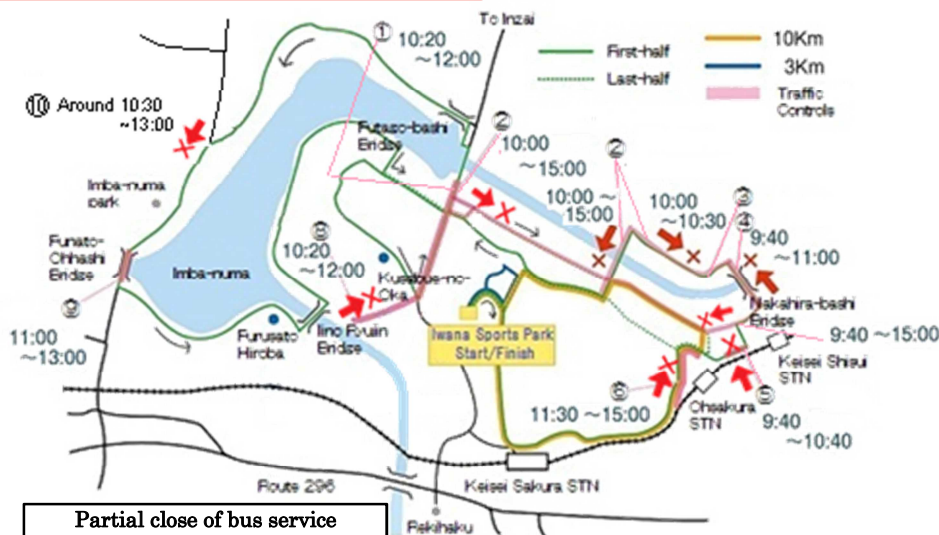
Please take free shuttle buses between Iwana Sports Park and Keisei Sakura or JR Sakura railway stations during the time frames below:

▶To Iwana Sports Park: 6:30 to 9:00 ▶To the stations: 11:00 to 17:00

ROADS WILL BE CLOSED

On the event day, parts of the roads will be closed or regulated as shown below. Thank you in advance for your understanding and cooperation.

Marathon Map and Road Closures



Partial close of bus service
The bus service of Uchigo District Loop Route will be suspended from 9:20 to 16:14 on the event day.

- ①⑨: Alternate one-side traffic control
③④⑩: One-way traffic control
②⑤⑥⑦⑧: Vehicles prohibited

Sakura Asahi Kenko Marathon Photo Contest

The All-Japan Association of Photographic Societies (Namiki, Chiba Office)
☎ 090-3107-7170

Original photo works are invited!
Conditions required are:

- ▶ Featuring the 35th Sakura Asahi Kenko Marathon
- ▶ Taken on the event day
- ▶ Without synthesis
- ▶ Original and unpublished
- ▶ Size: A4 to 10R (The long side must be under 36cm)
- ▶ Color or Monochrome
- ▶ Single work (No series work is accepted)
- ▶ Up to 5 entries per person
- ▶ Each photo must be put into a transparent bag if printed using an ink-jet printer

Entry fee: 1,500 yen (in the form of Yuhbin Kogawase postal money)

Application deadline:
must be received no later than
Wednesday, April 20

Please send your works to:
Sakura Asahi Kenko Marathon Photo Contest, Asahi Shimbun Chiba Station, 3-10-4 Chuo, Chuo-ku, Chiba, 〒260-0013



Subsidy for International Exchange Activities

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

Sakura International Exchange Foundation (SIEF) subsidizes half of the expenses (with an upper limit) for international exchange activities carried out by groups in the city.

- ♦ Application deadline is Friday, April 15 ♦ Eligible groups: Groups that plans to conduct at least one international exchange activity during FY2016 (April 1, 2016 to March 31, 2017)
- ♦ Please obtain and submit an application form at SIEF (Rainbow Plaza, 198-2 Kaburagimachi)



Have You Completed Tax Return Filing? The Deadline is Tuesday, March 15.

Inquiries on Income tax: Narita Tax Office, ☎0476-28-5151

Resident tax: Shiminzei-ka, ☎484-6115



NATIONAL FIRE PREVENTION CAMPAIGN

March 1 to 7

There is always the danger of fire, so can't be too relaxed!

Sakurashi Yachimatashi Shisuimachi
Firefighting Association, ☎481-1217

Last year, a total of 77 fires occurred in Sakura, Yachimata and Shisui area. The leading cause of these fires remained to be arson and suspected arson. We tend to think that arsons happen only late at night or early in the morning, but in many cases they occur in the daytime. To prevent arson fires, please be sure not to leave flammable items outside your house.

**In case of fire, or to call an ambulance,
simply dial ☎119 (no prefix)**

◆ Seven tips to save your life from residential fire:

- Never smoke in bed
- Keep flammable things away from the stove
- Never leave cooking fire unattended. Turn off the cooking stove whenever you leave the kitchen even for short time
- Install a fire alarm in your house for immediate escape
- Use nightwear, bedclothes and curtains made of fireproof clothes
- Install a fire extinguisher for an early stage extinguishment
- Work out a cooperative system with your neighbors

◆ Residential fire alarms are mandatory

Having a fire alarm dramatically increases your chances of surviving a fire. In order to ensure its proper operation when needed, replacement is recommended every 10 years. Fire Alarm Installation Seals are available at fire stations to be put on your front porch to show the installation of a fire alarm (one seal per household).



LIGHT-VEHICLE TAX



**Please file
every change or cancellation
of your light vehicle!**

Light-vehicle tax is levied on a person who owns a kei-jidohsha including mopeds under 50cc, small bikes under 600cc, small-sized special vehicles and other light vehicles as of April 1 each year. Please make sure to complete the procedures for any change (e.g. change of owner, theft, scrapping of the vehicle) to avoid paying unnecessary taxes on the vehicle. The procedures are necessary also in cases you move out of city or go abroad for a long period. Requirements and the office of application differ depending on the category of the vehicle. For details, please call the following offices:

- Motorbikes (125cc and under)
& small-sized special vehicles:
Shiminzei-ka, ☎484-6223
- Motorbikes over 125cc:
Chiba Unyu Shikyoku, ☎050-5540-2022
- Light vehicles with 3- or 4-wheels:
Chiba Office of Kei-jidohsha Kensa Kyohkai,
☎050-3816-3114

TAX PAYMENT CONSULTATION

Shuhzei-ka (Tax Collection Section)
☎484-6118

If a disaster, unemployment, business discontinuation, illness, theft, etc. makes it difficult for you to pay tax within the due period, please consult us as soon as possible

THINGS TO REMEMBER WHEN A LARGE-SCALE DISASTER OCCURS

Stay calm and do not go home recklessly!

Bohsai Boh' han-ka (Crime Prevention & Disaster Management Section), ☎484-6131

When a large scale disaster occurs, public transportation might be shut down and make it difficult for you to go home. Immediate running out of a building may result in fire or injuries from falling objects, and too many people moving at once could cause heavy congestion that hampers rescue operations. In order to prepare for a large disaster and prevent secondary damages, please keep the followings in mind.

- Immediately after the attack, ensure your safety first, then stay at a safe place such as work place and large-scale commercial facilities
- Confirm the safety of your family members using Disaster Emergency Message Services
- Collect traffic and damage information
- Always carry a portable radio and a map
- Keep sneakers, flash light, gloves, drinking water and emergency food at your work place
- Confirm in advance how to contact your family and where to meet in case of a disaster

Disaster Emergency Message Services

When a large-scale disaster occurs, communication traffic to the disaster-stricken area extremely increases and make phone calls very difficult to get through for days. During the time of a large disaster, emergency message services are available as shown below. Please check how to use these services on the trial days offered on the 1st and 15th of every month.

Disaster Emergency Message Dial 171 (to leave/check a voice message)

Dial 171 and you can leave a voice message. You can also check the voice messages sent by people in the disaster area by inputting their phone numbers. This service is available on regular telephones (analog line), public pay phones, cell phones, PHSs, and smartphones.

Disaster Emergency Message Board (to leave/check a text message. For cell phones, PHSs, and smartphones)

Select "Disaster Message Board" on the top page of your mobile's Menu screen and post your safety status information in text so that it can be checked from mobile phones. You can also search for safety status text messages left by people in the disaster area by inputting their phone numbers.





Kusabue-no-Oka Information



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

Spring is just around the corner now! Won't you have a day at Kusabue-no-Oka with the first taste of spring?

■ Goat Feeding Experience: March 5, 12, 26

(100 yen, 10:00-12:00 & 13:00-15:00)

■ Yomogimochi (mugwort rice cake) Pounding: March 6

(500 yen, 10:00-12:00, up to 20 people. Reservation required)

■ Soba (Japanese buckwheat) Festival: March 12-13

Freshly made Soba noodle offered for free!

■ Petting Zoo Festival: March 19-20

(300 yen, 10:00-12:00 & 13:00-16:00)

You can enjoy a thrilling Raptor's Show for free!

■ Pony riding & petting zoo: Every Sunday and National holiday

■ Natural Materials Crafts Room: Every Saturday, Sunday & National Holiday in March



Kusabue-no-Oka Open Hours:

9:00-16:30 (November 1- March 19)

9:00-18:00 (March 20 - October 31)

Kindergarten children and younger :	Free
Elementary school & Junior high school children:	100 yen
High school students and above	410 yen
Adult with physical disability certificate & one carer	Free

PLEASE CONFIRM YOUR RECEIPT OF "MY NUMBER" NOTIFICATION

(Receipt after March 31 will be subject to charges!)

"My Number" Desk, ☎ 311-1001



"My Number" notification card that failed to be delivered and returned to the city hall will be kept only until March 31. After April, fees are charged to receive a notification card. If you have not received it yet, please visit the city hall and receive it without fail, by presenting your ID at the "My Number" desk on the 6th fl., main bldg.

Oversized or Bulk Garbage can be accepted at SHISUI RECYCLE CENTER

Shisui Recycle Center ☎496-7511

Being bothered by extra trash or bulky garbage? You can carry them in by yourself to Shisui Recycle Center upon submission of a proof of your residency in Sakura City or Shisui Machi.

Charge: 350 yen/10kg of garbage (Garbage disposal vouchers cannot be used.)

Minimum charge of 350 yen is required even if the garbage weighs less than 10kg or is put in a City designated garbage bag.

Time of Acceptance: 8:30 – 11:30 & 13:00 – 16:30 on weekdays

Garbage can be accepted also on **Saturdays** and **Sundays** in the right table during the above time frame. No more reservation for weekend bring-in is necessary after April!

Weekend Acceptance Schedule

Apr. 9, 10	May 14, 15	Jun. 11, 12	Jul. 9, 10
Aug. 13, 14	Sep. 10, 11	Oct. 8, 9	Nov. 12, 13
Dec. 10, 11	Jan. 14, 15	Feb. 11, 12	Mar. 11, 12

NAMBU CHIIKI HOHKATSU SHIEN CENTER (COMMUNITY SUPPORT CENTER) RELOCATES

Nambu Chiki Hohkatsu Shien Center ☎483-5520
Kohreisha Fukusi-ka (Senior Citizens Welfare Section) ☎484-6138

The center currently located at 106, Classe Sakura, 4-2-1 Ohsakidai, will relocate into 1st Fl., bldg. B of Nambu Fukushima Center, 1587 Ohshinozuka. Operation at the new location starts in April.

Spring Holiday Free Programs for Kids

Music Appreciation Lesson for Kids LET'S SING & PLAY RHYTHMS!

Instructors:

Sugishima Rie (Soprano Soloist)

Nishida Rie (Piano Accompanist)

Negoh Kohmin-kan ☎486-3147

Friday, March 25

10:00 – 11:30 at Negoh kohminkan

Enjoy popular numbers like

Sound of Music and Wings to Fly

For elementary & junior high school students

Up to 40 people

(No reservation required, first come, first served)

Animation Screening for Kids & Parents

● **Kimba the White Lion**

● **WINNIE THE POOH**

& TIGGER TOO

Double
feature

Chuh'oh Kohmin-kan ☎485-1801

Friday, March 25

10:00 – 11:40 (Doors open at 9:30)

at Chuh'oh Kohminkan

For elementary school kids,
preschoolers and their guardians

Up to 300 people








(No reservation required, first come, first served)

POPULATION OF SAKURA CITY

As of the end of January, the population of Sakura is 176,995 (87,266 males and 89,729 females) with 75,248 households. 2,440 registered foreign residents are included in the above.

HEALTH INFORMATION



Health Information for Mothers& Children				🌟 Holiday & Nighttime 🌙 Emergency Medical Services	
Health Check-ups	Mar. 2016	Center	Reception	Nighttime on Sunday & Holiday Dentistry & Internal Medicine 19:00 - 21:45 ☎239-2020 at Kenkoh KC	
Children of 4 months , born in October 2015 	Tue. 01	Kenkoh KC	9:30—10:30		
	Thu. 10	Seibu HC	& 13:30—14:30		
	Tue. 15	Nambu HC	13:30—14:30		
Children of 8 months , born in June 2015 ("Mogu-Mogu Class")	Fri. 18	Kenkoh KC	13:30—13:45	Emergency Pediatric Internal Medicine 365 Days at Kenkoh KC ☎485-3355  for children under age 16 Every Night: 19:00 - 5:45 (next morning) Sunday & holiday (incl. Dec. 29-Jan. 3): 9:00—16:45 in addition	
	Wed. 02	Seibu HC	9:30—9:45		
Children of 18 months , born in September 2014	Tue. 08	Kenkoh KC	13:15—14:15		
	Wed. 16	Seibu HC			
	Thu. 24	Nambu HC			
Children of 3 years of age, born in September 2012	Wed. 09	Kenkoh KC	13:15—14:15		
	Thu. 17	Seibu HC			
	Wed. 23	Nambu HC			
Dental Check for children born in March or September 2013, or in March 2014  * On the days with * mark, consultation on Speech Development is also available.	Thu. 03*	Kenkoh KC	13:15—14:15		
	Tue. 15				
	Mon. 07*	Seibu HC			
	Mon. 14				
	Thu. 10*	Nambu HC			
Child Development Consultation for preschoolers ("Suku-Suku Hattatsu Sohdan")	Thu. 03	Kenkoh KC Application required	9:00—12:00	To Find On-Duty Doctor Recorded audio guidance 8:30-22:00 on Sundays & Holidays ☎484-2516 •Daytime treatment of Internal Medicine, Surgery, Dentistry •Nighttime treatment of Surgery * Treatment is provided at each doctor's office 	
Mom's and Dad's Class for expectant parents due in June or July 2016 	Sat. 12	Kenkoh KC Application required	9:00—12:00		
Health Consultation for Adults				Child Abuse Consultation/Reporting	
Mental Health Consultation by psychiatrist (Can be reserved on/after Mar. 1) 	Tue. 22	Kenkoh KC Reservation required	13:50—16:00 (40 min./person)	Children & Youth Section (Daytime): ☎484-6263 (Nighttime, Weekends & Holidays): ☎484-1111	
Consultation by public health nurse 	Wed. 09	Seibu HC	9:30—11:30	Chiba Child Abuse Hotline (24 hours): ☎252-1152	

Application Deadlines for Following Subsidies are March 31!

Vaccinations

Kenkoh Zohshin-ka. ☎485-6711

The eligibility for vaccination subsidies listed below will expires as of March 31. If you are currently eligible, please avail yourself of this opportunity without fail!

[Pneumococcal for the elderly] Persons who have not taken this vaccine before and are aged at 65, 70, 75, 80, 85, 90, 95, 100 as of March 31 this year. (Private expense is 3,000 yen)

[Second dose of Measles-Rubella (MR)] Those who were born between April 2, 2009 and April 1, 2010 (Free)

[Mumps (vaccination is voluntary)] Children between 12 and 36 months (3,000 yen is paid upon request)

Ningen Dock & Brain Dock

Kenkoh Hoken-ka. ☎ 484-6604 (National Health Insurance)
 ☎ 484-6136 (Medical insurance for the elderly)

For human Docks and Brain Docks taken by citizens aged at 20 years or over who are insured by National Health Insurance or Insurance for the Latter-Stage Elderly Healthcare System, half of the cost (with a limit of 10,000 yen) is paid upon request. Please check the eligibility below and make application no later than March 31.

[Ningen Dock] Persons who did not take Tokutei Kenshin and took Ningen Dock within this fiscal year (April 1, 2015 to March 31, 2016)

[Brain Dock] Persons who took brain dock using both MRI and MRA within a period from January 1 to March 31, 2016.

Kenkoh Kanri Center ☎485-6711	Seibu Hoken Center ☎463-4181	Nambu Hoken Center ☎483-2812