

Public Relations Section, Sakura City Hall, ☎(043) 484-1111, Ext.2275 or

☎(043) 484-6103; Fax:(043) 486-8720; E-mail: koho@city.sakura.lg.jp; URL: http://www.city.sakura.lg.jp

This is a free monthly English newsletter carrying excerpts from the Japanese newsletter published by Sakura City for its 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.)

SAKURA JIDAI MATSURI (Festival of the Edo Period)

Saturday, November 12* (11:00–15:00)

* Subject to postponement to the next day in case of bad weather.

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

Want to make a one-day trip to the *Edo* period? Come and join *Sakura Jidai Matsuri* that features the *Samurai* age! On November 12, a virtual old street of the Edo period will be lively created in *Shinmachi* town, the central part of the castle town Sakura at the time. You will have a great time soaking up the atmosphere of the *Edo* period.

Major Events

- Demonstration of *Tatsumi-ryuh* martial arts designated as intangible cultural heritage of Chiba Prefecture
- Live performance of *Sakura-bayashi* (Sakura's traditional festival music played by Japanese drums and flutes) and *Tate* (*Samurai's* sword fighting show)
- Variety of traditional street performances such as comic chat, sales pitches, *Nankin Tamasudare*, etc.
- *Nodate* (outdoor tea ceremonies)
- local mascot characters *Yuru-kyara* get together to celebrate *Kamuro-chan's* birthday
- Kimono dressing show
- *Sohran* dancing on the street in front of *Keisei Sakura* station

.....and lots more!

Edo Experience for Children & Adults

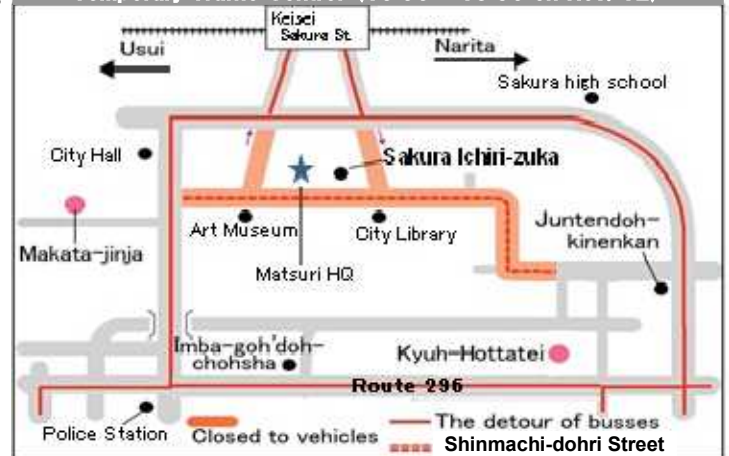


- Experience of Ninja training for children (¥1,000/hour)
- Demonstration and experience of a *Takajoh* (traditional falconer who breeds and trains hawks for hunting)
- Experience of *Wakyu* (Japanese archery)
- Samurai armor costume dressing
- Taste Edo food at Edo-style stalls,

.....and lots more!



Temporary Traffic Control (10:00 – 15:30 on Nov. 12)



★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)



Want to enjoy *Jidai Matsuri* wearing beautiful Kimono? At *Sakura Ichiri-zuka*, run by a non-profit organization for inheritance of Sakura's historical assets, Kimono rental & dressing service is available for 3,000 yen upon reservation. To make a reservation, please call *Sakura Ichiri-zuka* (phone number is shown to the left).

"Mayors of Peace"

The 6th Japanese Member Cities Meeting

November 7–8
Koho-ka (Public Relations Section), ☎484-6103

"Mayors of Peace" is an international peace organization founded in response to a call to promote the solidarity of cities toward the total abolition of Nuclear Weapons. As of October 2016, there are 7,146 member cities from 162 countries and regions, including 1,642 municipalities in Japan. On November 7 and 8, the 6th Meeting of Japanese Member Cities will be held in Sakura. On November 7, as a part of this meeting, a peace promotion event "Peace from Sakura" will be held at *Shimin Ongaku* Hall (City Concert Hall) to pray together for peace while enjoying concerts and listening to lectures. Also, an Atomic-bomb Exhibition will be held from November 3 through November 13 (open at 14:00 of the first day, 9:00-17:00 on the other days) at *Usui Kohminkan*, in the same building as the City Concert Hall. You will find drawings and photo panels as well as the belongings of the deceased brought from Hiroshima and Nagasaki. Renewing our determination to pursue peace, we hope this opportunity will deepen everyone's appreciation of the preciousness of peace.

Peace Promotion Event

"Peace from Sakura"

November 7


SIEF JAPANESE LANGUAGE CLASSES

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 learning materials. Call or send fax the number above, or email to info@sief.jp to apply.



PLACE	DAY	TIME	LEVEL
Shizu Community Center	Thursday <i>*For Thursday classes, babysitting is available upon request</i>	10:30 – 12:00	Beginner to Intermediate
		13:15 – 14:45	Introductory to Intermediate
		15:00 – 16:30	Introductory to Intermediate
Millennium Center Sakura	Friday	19:00 – 20:30	Introductory to Intermediate
Chuh'oh Kohminkan	Sunday	9:20 – 10:40	Beginner
		9:20 – 10:30	Introductory
		10:40 – 12:00	Intermediate

Japanese Salon for Free Conversation

Alternate Saturdays
at
Rainbow Plaza Sakura
Enjoy and practice Japanese conversation for daily life and work!



Free Yoga Lessons

November 15, 22, 29 & December 6, 13, 20
(Six times in total, 10:00-11:00)

Shohgai Sports-ka (Lifelong Sports Section)
☎484-6742

The city offers yoga lessons six times for free as follows.

Date & Time: 10:00-11:00 on every Tuesday
from November 15 through December 20
Instructor: Ms. Miwa Sekine
Place: Shizu Kohminkan (# 310 meeting room)
Capacity: 20 people (First come, first served)
Eligibility: Living or working in Sakura City

Acceptance starts at 10:00 on November 8 (Tue)!

Class for Making Exercise a Habit

December 12 & 26 (Mondays)

Kenkoh Kanri Center, ☎485-6712

A two-day lesson for making exercise your habit is offered for free. Application required. Please apply only if you can attend all the sessions on both days.

Time & Date: December 12 & 26 (13:15-16:00)

Place: Nambu Hoken Center

Eligibility: ① Aged 40-74 years who lives in Sakura City
② Have or likely to have metabolic syndrome or
③ Have high level blood pressure, natural fat, LDL cholesterol or blood sugar

Please call to apply **no later than December 5.**



Application Accepted for the Allotment Gardens

Nohsei-ka (Agricultural Administration Section), ☎484-6141

Application for the FY2017 use (April 1, 2017 through March 31, 2018) of the allotment gardens is accepted until November 30. To apply, please send a post card to the City Hall with your name, address, age, phone number and the firm area and the lot numbers (one can apply for up to 2 lots) of your choice. Nearly 400 lots are available for 10,000 yen/30m² lot/year or 30,000 yen/100m² lot/year in the three areas.

Obukai (close to *Someino* and *Ohjidai* areas, 30m² × 140 lots)

Iinodai Fureai Nohen Farm (close to *Sakura Kusabue-no-Oka*, 30m² × 73 lots & 100m² × 12 lots)

Ohshinozuka (close to *Negoh Junior-high School* and *Sannoh Danchi* residential town, 30m² × 174 lots)



National Fire Prevention Campaign

November 9-15



7 Tips to save your life from fire

1. Never smoke in bed
2. Keep heaters away from flammable items
3. Never leave cooking fires unattended
4. Install fire/smoke alarms to give you time to escape
5. Use fireproof clothes, bedclothes, and curtains
6. Install a fire extinguisher to contain the fire before it become large
7. 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
Chiba Pref. Animal Welfare Center, ☎0476-93-5711



November is Animal-caused Damage Prevention Enhancement Month

- In accordance with the Rabies Prevention Law, all dog owners are required to register their dogs and have them vaccinated.
- You are requested to keep your cats indoors to avoid causing nuisances to your neighbors and to protect your pets against 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!

THE TIME OF MELODY BROADCASTING CHANGES

Kiki Kanri-shitsu (Crisis Management Room) ☎484-6131

From November 1 through March 31, the time of the melody broadcasting will be at 16:30 instead of 17:00. The earlier alarm aims to encourage children to go home before it gets dark during wintertime.





The 36th Sakura Asahi Kenkoh Marathon

Sunday, March 26, 2017

Registration Opens on November 15

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

Sakura Asahi Kenkoh Marathon attracts more than 10,000 runners from all over Japan every year. On **Sunday, March 26, 2017**, its 36th event will be held rain or shine. The course runs through the beautiful scenery around *Imbanuma Lake* in the spring breeze!

Registration is to be accepted from **November 15** on a first-come, first-served basis.

Please note that the limit might be reached pretty soon.

MAXIMUM NUMBER OF ENTRIES

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

ENTRY FEE* & AGE LIMIT

- 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 11 at the City Hall (*Shohgai Sports-ka*) and its branch offices.

Registration can be made by either of the following ways:

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

⚠ **Refund of the entry fee and event switch are not possible once the entry fee has been paid.**



Wadaiko Festival at Kusabue-no-Oka

Sat & Sun, November 5 - 6

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

Wadaiko is Japanese traditional drums famous for its powerful and intense sound. More than 20 groups of *Wadaiko* drummers get together at *Kusabue-no-Oka* during this two-day festival. You can enjoy their performance in the open air

for free everywhere in the park. During the festival, a variety of drum-related events are offered such as:

- ★ Full-fledged *Wadaiko* Drumming Class (12:40-14:40; ¥1,500/psn with a gift of drumsticks; limited to 30 participants each day; advance reservation required)
- ★ Workshop for making and striking a bamboo drum (11:20-12:20; ¥600 yen/psn with a gift of drumsticks; limited to 30 participants each day; advance reservation required)
- ★ Experience of *Soroiuchi* drumming (simultaneous striking by many players; 15:20-15:50; free of charge; limited to 20 participants each day; On-site application)

From November 1 through March 19, the park closes at 16:30.

Admission fee (separate from the above participation fees):

Elementary & junior high student	-----¥100
Younger	-----Free
Others	-----¥410



POPULATION OF SAKURA CITY

As of the end of September, the population of Sakura City is 176,836 (87,146 males and 89,690 females) in 75,871 households. 2,601 registered foreign residents are included in the above.



World Diabetes Day

Kenkoh Zohshin-ka, ☎485-6712

World Diabetes Day (WDD), created in 1991 by International Diabetes Federation (IDF) in response to growing concerns about the escalating health threat posed by diabetes, is celebrated annually on November 14. According to IDF, 415 million adults were living with diabetes in 2015 and this number is rapidly growing with one in two adults with diabetes undiagnosed. In Japan, 15.5% of males and 9.8% of females were found to be “strongly suspicious to have diabetes” in 2014 survey. Taking this opportunity, please visit <http://www.idf.org/> and learn more!

HEALTH INFORMATION



Kenkoh Kanri Center ☎485-6711		Seibu Hoken Center ☎463-4181		Nambu Hoken Center ☎483-2812	
Health Information for Mothers& Children					Holiday & Nighttime Emergency Medical Services
Health Check-ups		Nov. 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 June 2016 		Mon. 14	Kenkoh KC	9:30—10:30	
		Fri. 04	Seibu HC	& 13:30—14:30	
		Fri. 18	Nambu HC	13:30—14:30	
Children of 8 months , born in Feb. 2016 ("Mogu-Mogu Class")		Tue. 22	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): above hours and 9:00–16:45 in addition
		Fri. 11	Seibu HC	9:30—9:45	
Children of 18 months , born in May 2015		Tue. 08	Kenkoh KC	13:15—14:15	
		Wed. 16	Seibu HC		
		Fri. 25	Nambu HC		
Children of 3 years of age, born in May 2013		Wed. 09	Kenkoh KC	13:15—14:15	
		Thu. 17	Seibu HC		
		Thu. 24	Nambu HC		
Dental Check for children born in November 2013, or in May or November 2014 * On the days with * mark, consultation on Speech Development is also available.		Tue. 15*	Kenkoh KC	13:15—14:15	
		Tue. 29			
		Mon. 07*	Seibu HC		
		Mon. 21			
Child Development Consultation for preschoolers ("Suku-Suku Hattatsu Sohda") 		Thu. 10*	Nambu HC		
		Thu. 17	Kenkoh KC <div>Application required</div>	9:00—12:00	
Mom's and Dad's Class for expectant parents due in February or March 2017 		Sun. 13	Seibu HC <div>Application required</div>	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
Health Consultation for Adults					
					Child Abuse Consultation/Reporting
Mental Health Consultation by psychiatrist (Can be reserved on/after Nov. 1) 		Wed. 30	Seibu HC <div>Application required</div>	13:50—16:00 (40 min./person)	Children & Youth Section (Daytime): ☎484-6263 (Nighttime, Weekends & Holidays: ☎484-1111) Chiba Child Abuse Hotline (24 hours): ☎252-1152 Sakura Police Station: ☎484-0110
Consultation by public health nurse <div>Application required</div>		Mon. 28	Kenkoh KC	13:30—15:30	
		Thu. 10	Seibu HC	9:30—11:30	
		Mon. 07	Nambu HC		



Thyroid Ultrasound Scanning for Children

Michibata, Sakura Executive Committee, ☎/Fax: 461-4761

Thyroid Ultrasound Scanning will be provided for children and the youth from 5 to 23 years old for ¥1,500 (or free if the child is evacuating from Fukushima). Advance application required (limited to 25 persons for each session, on a first-come, first-served basis).

Date & Time: November 27 (①10:00, ②13:30)
Place: Niji-no-machi Center Sakura, Seikatsu Club (Ohjidai 6-3-9)

Jidoh Seishohnen-ka (Children & Youth Section), ☎484-6140

When your child receives a medical treatment covered by health insurance, out-of-pocket expense will be no more than 200 yen if you present the Certificate at the medical institution. This subsidy program covers children until the age of 3rd grade of junior high school, and can be used for both outpatient and inpatient treatment (out-of-pocket expense will be ¥200 for one visit or one-day hospitalization, and drug dispensing will be free). Please apply for the certificate when you report the child's birth.