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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.

The 36th Sakura Asahi Kenko Marathon* Let's Cheer Up the Runners!

Sunday, March 26 (9:00 to 15:30, rain or shine)

(*Entry is already closed.)

Sakura Asahi Kenkoh Marathon Secretariat, ☎485-2929
http://sakuraasahi.jp/

With the full marathon race and the 10 km-run course being authorized by JAAF, the 36th Aakura Asahi Kenko Marathon will have about 13,000 runners to run around *Imbanuma* Lake from all over Japan. Also, many volunteers will support runners by handing out water cups and giving directions along the course. Won't you cheer and encourage the runners together with others?

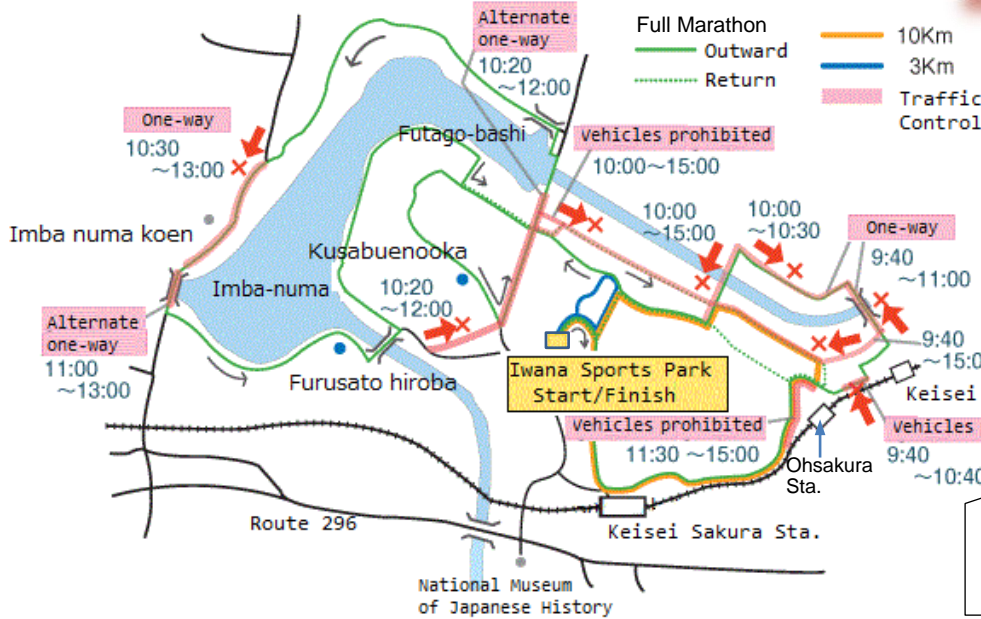


SCHEDULE ▶Opening declaration: 9:00 ▶Start of full marathon: 9:30
▶Start of 3 km run: 9:50 ▶Start of 10 km run: 10:30

TRAFFIC CONTROL
Around the courses, parts of the roads will be closed or regulated on the event day. Thank you in advance for your understanding and cooperation.



Traffic Control around Marathon Courses



PLEASE REFRAIN FROM COMING BY CAR!
Please take free shuttle buses running between Iwana Sports Park and Keisei Sakura station/ JR Sakura station during the operation times below:
▶To Iwana Sports Park: 6:30 to 9:00
▶To the stations: 11:00 to 17:00

Partial Cancellation of the Circulation Bus Services
From 9:20 to 16:14, the *Uchigo* District Circulation Bus Services will be cancelled on the event day.

Sakura Asahi Kenko Marathon Photo Contest

The All-Japan Association of Photographic Societies (Murakami, Chiba Office) ☎ 090-1799-0798



- Entries are being called for the contest!
- ▶Original and unreleased photo works featuring the event
- ▶Must be taken on the event day ▶No synthesis allowed
- ▶Color or Monochrome ▶Single work (Series works are not accepted)
- ▶Up to 5 entries per person ▶A4 to 10R in size (Up to 36cm on the long side)
- ▶Each photo must be put into a transparent bag if printed with an ink-jet printer

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

Application deadline: Must be received no later than **Tuesday, April 25**

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 ☎484-6326

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. Groups conducting at least one international exchange activity during FY2017 (April 1 to March 31, 2018) are eligible. Please obtain and submit an application form at SIEF (<http://www.sief.jp>) in the Rainbow Plaza, 198-2 *Kaburagimachi*. Application deadline is Friday, April 14.

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

From this year, an entry of 'My Number' and identity verification are required for the filing.

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

Resident tax: Shiminzei-ka, ☎484-6115

How to Dispose of Oversized Garbage

Garbage Control Section, ☎484-6149

Being bothered by bulk garbage? Oversized garbage can be picked up at your home upon an appointment after your purchase of 'Oversized Garbage Disposal Voucher(s)'. The collection company will come to pick up the garbage when you complete the three steps:

- ① Make an appointment with a collection company assigned to your residential district
- ② Purchase the Oversized Garbage Disposal Voucher(s)
- ③ Attach the voucher to the garbage and put it on the designated site by 8:30AM on the appointed collection day

Please refer to the Garbage Collection Calendar for details.



SHISUI RECYCLE CENTER accepts oversized or bulk garbage

Shisui Recycle Center, ☎496-7511

Shisui Recycle Center also accepts extra trash or bulk garbage if you carry them in by yourself and submit a proof of your residency in *Sakura City* or *Shisui Machi*.

Collection fee is **350 yen/10kg of garbage** (Garbage disposal vouchers cannot be used), although a minimum fee of 350 yen is required even if the garbage weighs less than 10kg or is put in a City designated garbage bag.

Acceptance times are 8:30 – 11:30 & 13:00 – 16:30 on weekdays and every second Saturdays and Sundays.



Light-vehicle Tax



Please file
every change or scrapping
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 procedure for any change (e.g. change of owner, theft, scrapping of the vehicle) to avoid paying unnecessary taxes on the vehicle. Such procedures are necessary also in cases you move out of city or go abroad for a long period. Requirements and the office of administration 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

Free Yoga Class for the Middle Aged

Negoh Kohminkan, ☎486-3147

Negoh Kohminkan is accepting reservations for a free Yoga class for Sakura citizens aged at 40 years or over. Up to 20 people on a first-come, first-served basis. Please bring a drink and a Yoga mat or a bath towel to the class.

Tuesday, March 28 (10:00 - 11:00)

at Negoh Kohminkan

Instructor: Fukuda Miwako

(An instructor authorized by Indian government)

Free of charge



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 one day family outing at *Kusabue-no-Oka* to taste the flavor of early spring?

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 caregiver	Free

Let's make cardboard box castles together!

March 4 (10:00 - 15:00)*

*To be postponed till the next day in case of rain.



Kikaku Selsaku-ka ☎484-6748

Won't you enjoy building a castle with your family using cardboard boxes to represent one of the four castles once existed in Sakura, namely Sakura Castle, Moto-sakura Castle, Usui Castle and Iwaki Castle. This event is expected to deepen our awareness of Sakura in an enjoyable way! For participation, please make an application via the website: <http://www.sakura-recreation.com/recreation.html>

Festival of Small Train Engines for Kids

March 11 & 12

Free rides are offered 10:00-12:00 & 13:00-15:00 during the festival days! No reservation required. Children under 5 years of age must be accompanied by a guardian.



SOBA (buckwheat) Festival...March 11&12

Freshly made *Soba* noodle will be offered for free from 12:00 until materials run out. *Soba* seeds and related traditional tools are also exhibited.

■ Soba sweets making (13:00-)

200 yen, up to 10 people/session.
Reservation required.



What to do when you find out you are pregnant

Feature on Child Care

- ☑ Report your pregnancy to the City
Please obtain 'Boshi Techo (Maternal and Child Health Handbook)*' and 'Boshi Techo Bessatsu (the separate volume of Boshi Techo)' upon your report. The handbook is used for recording pre- and post-natal checkups for both mother and child, and keeping track of the vaccinations until the child reach their adulthood. The separate volume carries the coupons for the above health checkups.
* English and other 7 language versions are available upon request.
** From April 1 this year, reservation is needed for reporting pregnancy at *Nambu Hoken Center*.
- ☑ Seek out opportunities to learn about the life with a new-born baby and to meet and associate with other expectant mothers
Sakura City offers maternity classes for expectant mothers and fathers. Similar classes are offered also at some hospitals and clinics. Also recommended are Childcare Experience Sessions for expectant parents offered by some of the public nursery schools.
- ☑ Seek help by professionals stationed at the 'Kosodate Sedai Hohkatsu Shien Center (Comprehensive Support Centers for Families with Children)'
If there is any concern during your pregnancy or your child's infancy, call any of the below to contact the Centers.



Child-rearing Support Section, City Hall	☎484-6246	Kenkoh Kanri Center	☎485-6712
Seibu Hoken Center	☎463-4181	Nambu Hoken Center	☎483-2812

What to do when you have a baby

- ☑ Report the birth to the City within 14 days after the delivery
Please find the "Birth Reporting Form" in "Boshi Kenko Techo Bessatsu," fill it out, and send it to the City Hall.
- ☑ Schedule health checkups and vaccinations for the baby. A public health nurse or a midwife will visit your first baby at home, so please consult with her if you have any questions.
- ☑ Apply for financial and medical support for child rearing
 1. Medical Expense Subsidy for Children (Application must be made within one month after birth)
Out-of-pocket cost at a medical institute in *Chiba* Prefecture will be 200 yen* upon presentation of health insurance certificate and 'Eligibility certificate for Medical Expense Subsidy for Children.' Children up until junior high school age are eligible for this subsidy.
* 200 yen per one visit or one-day hospital stay
* No out-of-pocket cost if exempted from the income portion of city resident's tax
 2. Child allowance (paid until the child's graduation from junior high school)
 3. Lump-sum birth allowance (paid through health insurance to cover part of childbirth expenses)
 4. Medical Aid for Premature Infants



Spring Holiday Free Programs for Kids

Music Appreciation Lesson for Children Let's play Sanshin!

Negoh Kohmin-kan ☎486-3147

Tuesday, March 28

14:00 – 16:00 at *Negoh kohminkan*

Player: **Ishimine Takenori**

♪ *Sanshin* is an Okinawan musical instrument literally means "three strings."

♪ Children are invited to appreciate, sing along and learn how to play *Sanshin*.

For elementary school-aged children & younger children accompanied by guardians

Up to 80 people

Animation Screening for Kids & Parents

THE SECRET LIFE OF

PeTs

Chuh'oh Kohmin-kan ☎485-1801

Wednesday, March 29

10:00 – 11:31 (Doors open at 9:30)

at *Chuh'oh Kohminkan*

For elementary school-aged children & preschoolers with 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 176,617 (87,029 males and 89,588 females) with 75,924 households. 2,629 registered foreign residents are included in the above.

HEALTH INFORMATION



Health Information for Mothers & Children				Holiday & Nighttime Emergency Medical Services Sunday & Holiday Nighttime Treatment 19:00 - 21:45 Dentistry & Internal Medicine at Kenkoh KC ☎239-2020
Health Check-ups	Mar. 2017	Center	Reception	
Children of 4 months , born in October 2016 	Fri. 24	Kenkoh KC	9:30—10:30 & 13:30—14:30	
	Fri. 03	Seibu HC		
	Fri. 17	Nambu HC	13:30—14:30	
Children of 8 months , born in June 2016 ("Mogu-Mogu Class")	Tue. 21	Kenkoh KC	13:30—13:45	
	Fri. 10	Seibu HC	9:30—9:45	
Children of 18 months , born in September 2015	Wed. 08	Kenkoh KC	13:15—14:15	
	Wed. 15	Seibu HC		
	Wed. 22	Nambu HC		
Children of 3 years of age, born in September 2013	Tue. 07	Kenkoh KC	13:15—14:15	
	Thu. 16	Seibu HC		
	Thu. 23	Nambu HC		
Dental Check for children born in March or September 2014, or in March 2015 * On the days with * mark, consultation on Speech Development is also available.	Thu. 02*	Kenkoh KC	13:15—14:15	
	Tue. 14			
	Mon. 06*	Seibu HC		
	Mon. 13			
Thu. 09*	Nambu HC			
Child Development Consultation for preschoolers ("Suku-Suku Hattatsu Sohdan")	Thu. 16	Kenkoh KC Application required	9:00—12:00	
Mom's and Dad's Class for expectant parents due in June or July 2017 	Sat. 11	Kenkoh KC Application required	9:00—12:00	
Health Consultation for Adults				Child Abuse Consultation/Reporting Children & Youth Section (Daytime): ☎484-6263 (Nighttime, Weekends & Holidays): ☎484-1111 Chiba Child Abuse Hotline (24 hours): ☎252-1152
Mental Health Consultation by psychiatrist (Reservation accepted from Mar.1) 	Tue. 28	Kenkoh KC Application required	13:50—16:00 (40 min./person)	
Consultation by public health nurse 	Thu. 02	Seibu HC	13:30—15:30	

Deadline of Vaccination Subsidies Approaches

Kenkoh Zohshin-ka, ☎485-6711

The eligibility for vaccination subsidies listed below will expire after 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. (Out-of-pocket expense is 3,000 yen)

[The second shot of Measles-Rubella (MR)] Children born between April 2, 2010 and April 1, 2011 (Free)

[Mumps (voluntary)] Children aged at 1 or 2 years as of March 31, 2017 (3,000 yen is subsidized upon request)

Application Deadline for Ningen Dock & Brain Dock Subsidies

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

For human Docks and Brain Docks taken in FY2016 by citizens aged at 20 years or over who are covered by NHI or Medical Insurance for the Latter-Stage Elderly, half of the cost (with a limit of 10,000 yen) will be subsidized upon request. Please check the eligibility below and make application no later than March 31.

[Ningen Dock] Persons who did not take FY2016 *Tokutei Kenshin*
[Brain Dock] Persons who are going to take/took brain dock using both MRI and MRA after (or at the same time) taking *Tokutei Kenshin* or subsidized *Ningen Dock* in FY2016.

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