

Kōhō-ka, (Public Relations Section), Sakura City Hall

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This is a free monthly English newsletter carrying excerpts from the Japanese newsletter *Kōhō Sakura* (こうほう佐倉) issued 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.)



NAGASHIMA Shigeo Memorial Iwana Baseball Stadium Reopens after Major Upgrade

Kōen Ryokuchi-ka (Parks and Greenery Section), ☎484-4267
Stadium website: <http://www.iwana.shiteikanri-sakura.jp/iwa/>

On June 4, NAGASHIMA Shigeo Memorial Iwana Baseball Stadium will reopen after a major upgrade. The new stadium is equipped with a scoreboard with a big monitor that can display moving images in full color in addition to the inning scores and players' names. All the lights has been converted to LED and with the six floodlights, night games can be enjoyed as before. The upgraded stand accommodates new seats for wheelchairs and increased number of multipurpose toilets. Citizens can use the stadium from September upon reservations, which can be made on and after July 1.



The spectator stand with capacity of 5,000 people



Kusabue-no-Oka Rose Garden Rose Festival

Until Sunday, June 4

Sakura Kusabue-no-Oka, ☎485-7821

In the Rose Garden at Kusabue-no-Oka Park, the vast area of its land is filled with beautiful rose flowers of 2,500 plants in 1,050 varieties. Among its collection, you can find unique old roses and wild roses. The best season is until early June. During the Rose Festival, you can enjoy various garden concerts and tole-painting workshops/sales.

★Free Garden Concerts

- Accordion concert by the members of Sakura Accordion Circle *Fūsha*: June 1 (Thu) 11:00, 13:00, 14:00
- Concert by Yuhnamī, a singer and songwriter from Sakura: June 3 (Sat) 13:30
- Piano concert by SUITO Aki: June 4 (Sun) 11:30, 13:30

★Tole painting workshop (Materials cost 300 to 800 yen)

June 1, 3 & 4 (10:00-12:00 & 13:00-15:00 until materials run out).



Kusabue-no-Oka Information

- ★Potato digging: 11:00 & 14:00 on Sat. & Sun. until mid-June. ¥360 / 3 plants.
- ★Everybody's Yoga Class: June 17 (14:00)
Reservation is not required. ¥500/person.
- ★Nordic walking: June 7 & 16 (10:00-12:00)
(1st Wed. & 3rd Fri. every month.)
Reservation required. Up to 15 people.
¥500/person.

On June 19 (Mon), the park will be temporarily closed.

Open Hours: 9:00 to 17:00 (Entrance closed at 16:00)

Admission to the Park and the Rose Garden:

Preschoolers	Free
Children at elementary & junior high school age:	¥100
★On June 15, free admission offered for children!★	
High school age and above:	¥410

Shōbu Matsuri (Iris Festival) Sakura Castle Site Park (Jōshi Koh'en) June 10 & 11, rain or shine

Merchants' association of Rekihaku Dohri Tamachi, ☎486-1101 (Answered on weekdays only)

In early June every year, the iris garden in the Sakura Castle Site Park is filled with elegant iris flowers in purple, yellow, white, and many other mixed colors. Visitors can enjoy the beautiful view with some 9,000 plants of about 50 species of irises in a natural setting. In the *Ubagaïke* pond next to the iris garden, water lilies will also bloom on the water surface. During *Shōbu Matsuri*, you can participate in "Nodate" or open-air tea ceremony and enjoy shopping at stalls of local products, drinks and food. Free parking lot is available at the *Jiyū Hiroba* next to the Park.





Labor Consultation Service for Foreign Workers at Chiba Bengoshi Kaikan (Chiba Bar Association Hall)

Thursday, June 22 (14:00 – 16:00)

For labor matters such as non-payment of salary or overtime money, firing, harassment, injuries during working hours, etc., free consultation for foreign workers will be offered by Chiba Bar Association. Also, staff from Chiba Labor Bureau will be present at the venue and could deal with the problem if necessary. If you have any work-related trouble, please make a reservation for this service. Interpretation services in English, Chinese, Tagalog, Spanish and Thai will be available. If you speak any other language, please be accompanied by someone who speaks Japanese. Also, please bring the employment contract, payment slips and the like if possible.

Reservation & Inquiries:

Chiba Bar Association

☎227-8431

Chiba Bar Association Hall
13-9, Chūō 4, Chūō-ku, Chiba City

★Even if you have not made a reservation, please call on the day to check if there is an opening!

Please Submit GENKYŌ TODOKE (Current Status Report)

No later than June 30

to fully receive your Child Allowance (“Jidō Teate”)

Jidō Seishōnen-ka (Children & Youth Section), ☎484-6140



Under Japanese child allowance system, every household raising a child in Japan is eligible for financial support by the government until the first March 31st after the child's 15th birthday. In order to receive the payment, recipients need to submit *Genkyō-Todoke* (Current Status Report) every year. In early June, *Genkyō-Todoke* forms for this year will be sent to the existing recipients. Please send back (i) the form, (ii) a copy of health insurance card (if you are covered by employees' pension plan or mutual aid pension plan) and (iii) tax certificate and income certificate (if you are not registered as a resident of Sakura City as of January 1, 2017) in the enclosed return-addressed envelope. The form must be postmarked no later than June 30.

Volunteer Interpreter Guide Training Course at Millennium Center Sakura

A three-day course on July 13, 20 & 27 (10:30 – 16:00) for free

Chiba International Center, ☎297-0245, <http://www.mcic.or.jp>

Kōhō-ka (Public Relations Section), ☎484-6103



As one of the preparation efforts for the 2020 Tokyo Olympics and Paralympics, a training course for volunteer interpreter guides will be offered for free at the Millennium Center Sakura in July. The course contents include: mental attitude as an interpreter, intercultural communication, unique characteristics and attractiveness of Chiba Prefecture, and role playing in English. Participants must be 18 years of age at youngest and willing to register as a Language Volunteer of Chiba International Center (CIC) to support foreign tourists, and have conversational-level English proficiency. Limited to 35 people (A drawing will be held if necessary). Please apply via the website of CIC. or (using a downloaded application form,) via email, fax or post no later than June 19.

Tokutei Kenshin (specific health checkups) & CANCER SCREENINGS (1)

Kenkō Zōshin-ka (Health Promotion Section), ☎485-6711



To help the citizens enjoy a long and healthy life, Sakura City has sent out Health Checkup Slips and Medical Interview Sheets to the eligible people in late May. Kinds of medical checkups and

cancer screenings are available starting this month. Please do not miss this opportunity.

Health Checkup Slips have been sent to:

- Citizens covered by National Health Insurance (NHI) and aged 40 years and upward
- Citizens aged 40, 45, 50, 55, 60, 65, or 70 years (both male and female) as of March 31, 2018
- Citizens who took the city's health checkup in FY2016
- Citizens eligible for the vouchers for Cancer Screening offered by the Japanese government
- Male and female citizens aged 19, 25 or 30 years, or female citizens aged 20 or 35 years as of March 31, 2018

* Those who took *Tokutei Kenshin* cannot get the city subsidy for *Ningen Dock*. For details of *Ningen Dock*, please call *Kenkō Hoken-ka* at ☎484-6604 (NHI) or ☎484-6136 (Latter-Stage Elderly).

Eligibility for **FREE** Checkups

- ① Those who are aged 70 years and upward as of March 31, 2018
- ② Those who are covered by the medical insurance for Latter-Stage Elderly (*Kōki-kōreisha*) Healthcare System
- ③ Those who are on public assistance^(*)
- ④ Those who belong to households exempt from city taxes^(*)

(*) In cases ③ and ④, application is required three weeks prior to the checkup date at latest for a free checkup.

Please make sure to bring your Health Checkup Slip (*Kenshin-Jushin-Ken*), Medical Interview Sheet, health insurance certificate and checkup fee*.

*: Checkup fee must be paid by cash at the venue.

Tokutei Kenshin (specific health checkups) & CANCER SCREENINGS (2)

Available period of Mass screenings/checkups: June 2, 2017 to February 28, 2018

Individual health checkups & Dental checks: June 1 to December 10, 2017 (prior reservation is required at each clinic)

Inquiries: Kenkō Zōshin-ka (Health Promotion Section), ☎485-6711

TARGET OF SCREENINGS		ELIGIBILITY (as of March 31, 2018)	TYPE	FEE	RESER-VATION	SCOPE OF SCREENING, ETC.	
Tokutei Kenshin (specific health checkups)		Men/Women aged 40 and over who are insured by NHI or Latter-Stage Elderly Health Care System, or who are receiving public assistance	Mass	¥1,000	No need	Height, weight, abdominal measurement (only for people aged 40-74), blood pressure, medical interview & examination, urinalysis (sugar & protein), blood tests (liver function, lipid metabolism, sugar metabolism & kidney function) (only for those who meet specific conditions: electrocardiography, eyeground check and anemia test will be added.)	
			Individual	¥2,000	Required		
Lung cancer		Men/Women aged 40 and over	Mass	¥300	No need	Medical interview and chest X-ray	
			Individual	¥1,300	Required		
Stomach cancer		Men/Women aged 40 and over	Mass	¥900	No need	Medical interview and stomach X-ray (barium contrast) * Endoscopic test is allowed in an individual screening if barium can't be used due to allergy, etc.	
			Individual	¥3,000	Required		
Colon cancer		Men/Women aged 40 and over	Mass	¥400	No need	Stool test (A container for the test must be obtained in advance, at any of the Health Center. Distribution by postal mail is also available.)	
			Individual	¥1,000	Required		
Hepatitis		Men/Women* (1) Aged 40 (2) Aged 41 and over (Mass screening only) who have had no hepatitis screening before	(1) Individual (aged 40 only)	Free	Required	Medical interview and blood tests for Hepatitis B virus antigen and Hepatitis C antibody *Not eligible if experienced any treatment or currently under medical follow-up for Hepatitis B or C.	
			(1), (2) Mass				
Breast cancer	Mammo-graphy	Women aged 40 and over who did not take mammograms in the last fiscal year	Individual	¥2,000	Required	Medical interview and X-ray	*Mammography and ultrasound tests cannot be taken in the same fiscal year
			Mass (Only who didn't take a mass ultra-sound screening in the last fiscal year)	¥1,000	Required (Accepted Oct.2~)		
	Ultra-sound	aged 30-39 aged 30 and over	Individual	¥2,000	Required	Medical interview and ultra-sound	
Cervical cancer		aged 20 and over who did not take this screening by the city in the last fiscal year	Mass	¥1,000	No need	Medical interview and cervical cytology	
			Individual	¥2,000	Required		
Osteoporosis (bone density)		Women aged 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, or 70	Mass	¥500	Required (Accepted June 1~)	Medical interview and arm bone X-ray	
Dental check for adults		Men/Women aged 19 and over	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)	

Please refer to Japanese “Kōhō Sakura” for details On your Health Checkup Slip, please find your recommended venue and date for a mass screening. When you take a mass checkup, please choose this date if possible to ease congestion. For a checkup at an elementary school, gymnasium or the like, please be prepared against heat or cold, and refrain from coming by car. For the detail of the mass screening schedule, please refer to the June 1st issue of “Kōhō Sakura (こうほう佐倉),” the official newsletter of the city in Japanese language.

Reservation required for Breast cancer/Osteoporosis mass screening For reservation, chose one method from:
 ● Visiting Kenkō Kanri Center, Seibu Hoken Center, or Nambu Hoken Center and fill out the application form.
 ● Sending a postcard or fax to Kenkō Zōshin-ka, 2-27, Ebaradai, Sakura, 〒285-0825, (Fax: 485-6714) with the following information: ① your first to third choices of date & place with your preference between morning and afternoon, ② your address, ③ name, ④ date of birth, ⑤ age, ⑥ daytime telephone number,* ⑦ individual code on your Checkup Slip (if available)
 ● Inputting and sending the required information from the website: <http://www.city.sakura.lg.jp/0000012866.html>
 * Applications prior to the application start date (shown on the list below) are invalid.

Childcare service for cervical cancer and breast cancer screening Childcare service for preschoolers (must be aged six months at youngest) is available at the sites of screenings below. The service timeframes are 9:00-10:00, 10:00-11:00, 13:00-14:00 & 14:00-15:00. Reservation required. Please call Kenkō Zōshin-ka for a reservation.

➤ Cervical cancer: Fri., January 26, 2018 (Childcare reservation can be made from Wed., November 1)

➤ Ultra-sound breast cancer screening for 30's: Thu., December 7, 2017 and Fri., February 2, 2018




(Mass breast cancer screening can be reserved on and after Mon., October 2.

Childcare reservation can be made after you received the notification of the screening date.)




HEALTH INFORMATION




HEALTH INFORMATION FOR MOTHERS & CHILDREN			
Health Check-ups	Jun. 2017	Center	Reception
Children of 4 months , born in January 2017 	Fri. 16	Kenkō KC	9:30—10:30,
	Fri. 09	Seibu HC	13:30—14:30
	Mon. 19	Nambu HC	13:30—14:30
Children of 8 months , born in September 2016 ("Mogu-Mogu Class")	Tue. 13	Kenkō KC	13:30—13:45
	Fri. 23	Seibu HC	9:30—9:45
	Mon. 19	Nambu HC	
Children of 18 months , born in December 2015	Thu. 08	Kenkō KC	13:15—14:15
	Wed. 21	Seibu HC	
Children of 3 years of age born in December 2013	Wed. 07	Kenkō KC	13:15—14:15
	Thu. 22	Seibu HC	
Dental Check for children born in June 2015, or in June or December 2014  * On the days with * mark, consultation on Speech Development is also available.	Tue. 06*	Kenkō KC	13:15—14:15
	Tue. 20		
	Mon. 12*	Seibu HC	
	Mon. 26		
Wed. 14*	Nambu HC		
Child Development Consultation for preschoolers ("Suku-Suku Hattatsu Sōdan")	Thu. 15	Kenkō KC Reservation required	9:00—12:00
Maternity Class for expectant mothers <i>due in Sep. or Oct. 2017</i> 	Thu. 29	Seibu HC Reservation required	9:00—14:30

Holiday & Nighttime Emergency Medical Services

**Sunday & Holiday
Nighttime Treatment**
19:00 - 21:45
Dentistry & Internal Medicine
at Kenkō KC ☎239-2020

**Emergency Pediatric
Internal Medicine** 
☎485-3355
for children under age 16
Every night 19:00 - 5:45
(until next morning)
& 9:00 - 16:45 on Sunday & holiday


To Find On-Duty Doctor
8:30-22:00 on Sunday & Holiday ☎484-2516 
Recorded audio guidance on:
• Daytime treatment of
Internal Medicine, Surgery, Dentistry
• Nighttime treatment of Surgery
* Treatment is provided at
each doctor's office

**Nighttime Consultation on
Children's Acute Diseases:**
☎ #8000 (19:00 - 6:00, 365days)

Child Abuse Consultation/Reporting

Children & Youth Section (Daytime):
☎484-6263
(Nighttime, Weekend & Holiday):
☎484-1111
Chiba Child Abuse Hotline (24 hours):
☎252-1152
Sakura Police Station: ☎484-0110

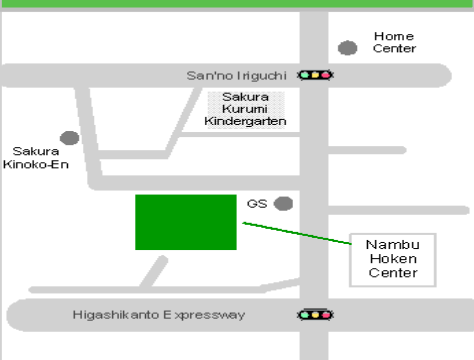
HEALTH CONSULTATION FOR ADULTS

Mental Health Consultation  Reservation required by counselor (Reservation start date) by psychiatrist (Reservation start date)	June 29 (June 1)	Kenkō KC	13:50—16:00 (40 minutes /person)
	July 05 (June 15)	Seibu HC	
Consultation by public health nurse	June Thu. 15	Seibu HC Reservation required	9:30—11:30

Kenkō Kanri Center
☎485-6711

Seibu Hoken Center
☎463-4181

Nambu Hoken Center
☎483-2812



**POPULATION OF
SAKURA CITY**
As of the end of April,
the population of
Sakura is 176,599
(87,029 males and
89,570 females) in
76,300 households.
2,737 registered foreign
residents are included
in the above.

CHIBA PREFECTURE CITIZENS' DAY (Kemmin-no-Hi)

Thursday, June 15
June 15 is "Chiba Prefecture Citizen's Day," established in an effort to create a rich and flourishing land and to celebrate people's love for Chiba Prefecture. For celebration, public schools in Chiba Prefecture are off on this day, and many facilities offer free or discounted entrance as well as a lot of fun events. For example, *Kyū-Hotta-tei*, *Samurai Houses*, *Juntendō Memorial* and the garden of *Kawamura Memorial DIC Museum of Art* offer free admission on this day. An event list by area can be downloaded from: <https://www.pref.chiba.lg.jp/kkbunka/kenminnohi/> (Japanese only). 