

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 a free subscription by postal mail and/or email, please send your request via email or fax to the above email address/number. On Wednesdays in general, inquiries can be answered in English through *Kōhō-ka*, City Hall. On other days, questions can be answered only in Japanese at City Hall and/or other city facilities. Therefore, when making inquiries, please be accompanied by someone who speaks Japanese if you do not speak Japanese. (Printed on recycled paper.)



The 37th Sakura Asahi Kenkō Marathon* Let's Cheer for the Runners!

Sunday, March 25 (9:00 to 15:30, rain or shine)

(*Entry is already closed.)

Sakura Asahi Kenkō Marathon Secretariat, ☎485-2929

<http://sakuraasahi.jp/>

With full marathon and 10 km-run courses authorized by Japan Association of Athletics Federations (JAAF), the 37th Sakura Asahi Kenkō Marathon will have about 12,000 participants from all over Japan who will be running around Imbanuma Lake. Also, many volunteers will support the runners by handing out cups of water, and giving directions along the course. Why not cheer on and encourage the runners together?



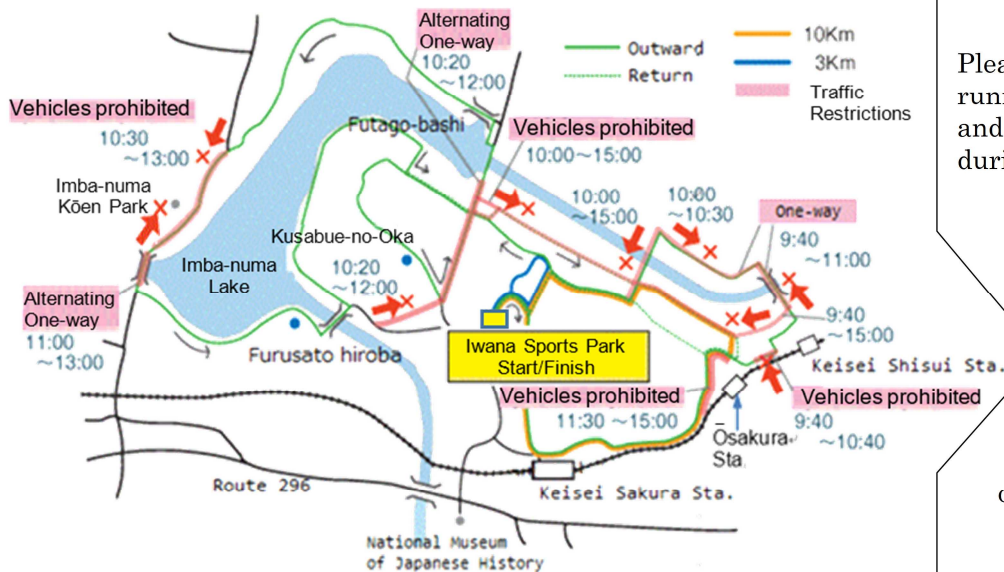
SCHEDULE ▶Opening announcement: 9:00 ▶Start of full marathon: 9:30

▶Start of the 3-km run: 9:50 ▶Start of the 10-km run: 10:30

TRAFFIC RESTRICTIONS

On the event day, access to parts of the roads around the courses will be closed or regulated. Thank you in advance for your understanding and cooperation.

Traffic Restrictions around the Marathon Courses



PLEASE DON'T COME BY CAR!

Please take the free shuttle buses running between Iwana Sports Park and Keisei/JR Sakura stations during the service times below:

- ▶To Iwana Sports Park: 6:30 to 9:00
- ▶To the north exit of Keisei/JR Sakura stations: 11:00 to 17:00

PARTIAL SUSPENSION OF CIRCULAR BUS SERVICES

On the event day, bus services on the Uchigō Circulation Route will be suspended 9:20 - 16:14

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

Please note: when filing, 'My Number' and identity verification are required!

Inquiries:

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

Residence tax: Shiminzei-ka, City Hall ☎484-6115

Sakura Asahi Kenkō Marathon Photo Contest

The All-Japan Association of Photographic Societies (Mr. Katayama, at their Chiba office) ☎090-3315-7553

Photo works of Asahi Kenkō Marathon are wanted!

- ▶Original and previously-unreleased photo works featuring the event
- ▶Must be taken on the event day ▶No synthesis allowed ▶Color or Monochrome ▶Single works only (Series works are not accepted)
- ▶A4 to 10R in size (Up to 36cm on the long side) ▶Up to 5 entries per person
- ▶Photos printed with an ink-jet printer must be put into separate transparent bags

Entry fee: 1,500yen/person (in the form of Yubin Kogawase P. M. O.)

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

Please send your works to: Sakura Asahi Kenkō Marathon Photo Contest, Asahi Shimbun Chiba Branch, 3-10-4 Chūō, Chūō-ku, Chiba-shi ☎260-0013



Special Feature on Child Care

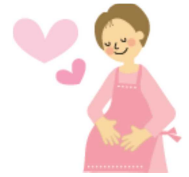
What to do when you find out you (or your partner) are pregnant

- ◆ Report your pregnancy to the city

Obtain 'Boshi Techō (Maternal and Child Health Handbook)*' and 'Boshi Techō Bessatsu (the separate volume of Boshi Techō)' when you report your pregnancy at any city health center**. This handbook is used for recording results of pre- and post-natal checkups for both mother and child, and keeping track of vaccinations until children reach adulthood. The separate volume carries vouchers for the health checkups.

* English and other 7 language versions are available upon request.

** At Nambu Hoken Center, reservation is needed for reporting a pregnancy.



- ◆ Seek out learning opportunities such as maternity classes offered by the city, some hospitals and nursery schools, to learn about life with a newborn baby and interact with other expectant mothers.
- ◆ If there is any concern during your pregnancy or your child's infancy, get help from professionals at the 'Kosodate Sedai Hōkatsu Shien Centers (Comprehensive Support Centers for Families with Children)' set up in the facilities below.

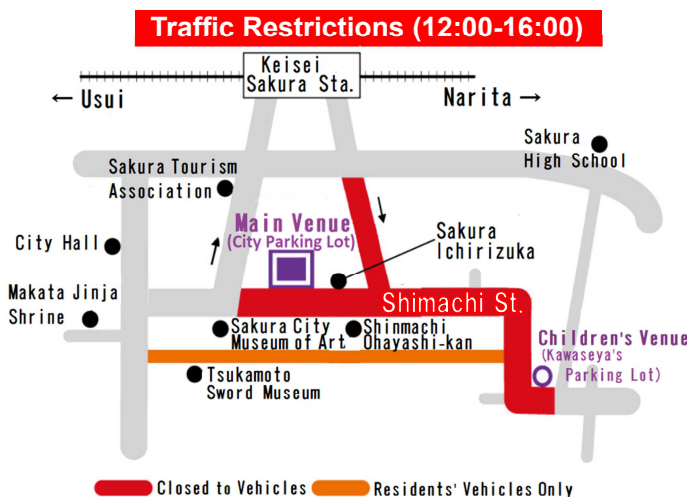
Child-rearing Support Section, City Hall	☎484-6246	Kenkō Kanri Center	☎485-6712
Seibu Hoken Center	☎463-4181	Nambu Hoken Center	☎483-2812

What to do when you have a baby

- ◆ A childbirth must be reported to Shimin-ka (Registration & Certification Services Section) of City Hall or any of the city branch offices within 14 days. Please make sure you apply for a 'Child Allowance' and 'Eligibility Certificate for Medical Expense Subsidy for Children' at the same time. Also, if you have not received a 'Lump-sum Birth Allowance' from your health insurance provider, do not forget to apply for it. Before you visit City Hall/city branch office, please check with Jidō Seishōnen-ka (Children & Youth Section) regarding necessary documents for these applications.
- ◆ Report the birth to one of the city health centers by post, using the 'Birth Reporting Form' inserted in 'Boshi Kenkō Techō Bessatsu' to receive health-check visits by a public health nurse.

SAKURA DASHI FLOAT FESTIVAL March 17 (Sat), 13:00-15:30

Sangyō Shinkō-ka (Industry/Tourism Promotion Section), ☎484-6146



On March 17, some of Sakura's time-honored streets (Yokomachi, Kamichō, Nakamachi and Mirokumachi Streets) will demonstrate their traditional *dashi* (festival floats) being pulled through Shimachi Street from the main venue to the children's venue, with dancers following after. Also, *Sakura bayashi* festival music will be played by the Sakura Ohayashi Preservation Society. Visitors can enjoy putting on *Katchū* (samurai armor costumes) and/or *Jimbaori* (decorative overcoat for generals in battle) and take memorial photos. Children will have chances of *dashi*-pulling and to play old Japanese games. Free of charge, and no application required.



National Fire Prevention Campaign (March 1-7)

The number of fire accidents due to open fire is increasing! In 2017, a total of 99 fires occurred in Sakura City, Yachimata City and Shisui Machi, with the main cause being bonfires. Whenever having a bonfire, please make sure to be prepared to extinguish the fire, never leave the fire unattended, and completely put out the fire afterward.

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. Use fireproof clothing, bedclothes and curtains
5. Install fire/smoke alarms to give you warning/time to escape
6. Install a fire extinguisher to contain the fire before it gets out of control
7. Establish a well-planned system for emergency cooperation with your neighbors



In case of a fire, or to call for an ambulance, please dial ☎119, with no prefix!

How to Dispose of Oversized Garbage

Garbage Control Section, ☎484-6149

Having trouble with bulk garbage? Oversized garbage can be picked up at a convenient spot near your home upon request after you purchase 'Oversized Garbage Disposal Voucher(s)'. A request can be made by following the three steps below:

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

For details, please refer to the Garbage Collection Calendar to be distributed in April.



SHISUI RECYCLE CENTER accepts oversized or bulk garbage

Shisui Recycle Center, ☎496-7511

Shisui Recycle Center also accepts extra trash or bulk garbage that you carry in by yourself, if you 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 and/or is put in a city-designated garbage bag. A reservation is not necessary. The center accepts garbage 8:30 – 11:30 and 13:00 – 16:30 on weekdays, second Saturdays and second Sundays every month.

**Please
Be
Careful!**



Since last April, there were 6 fire accidents at the time of garbage collection, due to remnants in spray cans, butane gas cartridges and cigarette lighters. Such fire accidents cause delays in garbage collection, and can be very dangerous if they occur in a residential area. Please carefully observe the rules for disposal of garbage to prevent such accidents.



LIGHT-VEHICLE TAX

Please make sure to file every change in the registered information of your light vehicle(s)!



Light-vehicle tax is levied on every person who owns a *kei-jidōsha* (軽自動車) including mopeds under 50cc, motorcycles, small-sized special vehicles and other light vehicles as of April 1st each year. Please make sure to complete the procedures for every change (e.g., change of owner, theft, scrapping of the vehicle) to avoid paying unnecessary taxes on the vehicle. Also, when you move out of Sakura or go abroad for a long period, you must report this fact for correct tax collection. Requirements and the office to be reported to differ depending on the vehicle category. Please call the following offices for further information:

- Motorcycles (125cc and under) & special light vehicles: Shiminzei-ka, ☎484-6223
- Motorcycles over 125cc: Chiba Unyu Shikyoku, ☎050-5540-2022
- Light vehicles with 3 or 4 wheels: Chiba Office of *Kei-jidōsha Kensa Kyōkai*, ☎050-3816-3114

Animated Feature Showing for Kids & Parents

SMURFS: THE LOST VILLAGE

スマーフ:
スマーフェットと秘密の大冒険
Chūō Kōmin-kan ☎485-1801

Tuesday, March 27

**10:00 – 11:30 (Doors open at 9:30)
at Chūō Kōmin-kan**

For elementary school-aged children
& preschoolers with their guardians

Up to 300 people
No reservation required.
First come, first served.

SIEF Subsidizes International Exchange Activities

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 Sakura City.

◆ Eligible groups: Groups conducting at least one international exchange activity during fiscal 2018 (April 1, 2018 to March 31, 2019)

◆ How to apply: Obtain and submit an application form at SIEF in the Rainbow Plaza, 198-2 Kaburagimachi.

Application deadline is April 16.

(Afterward, contacting SIEF is recommended.)

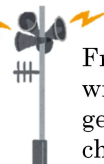
TEST OF THE J-ALERT SYSTEM

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

On **March 14 (at around 11:00 AM)**, a test broadcast will be conducted through the city's 111 loudspeakers to verify the city's ability to receive and quickly relay information about various threats, such as tsunami and/or a foreign missile launch.

MELODY BROADCAST TIME CHANGES

Kiki Kanri-shitsu, ☎484-6131



From April 1, the time of the melody broadcast will be at 17:00 instead of 16:30, as the days get longer. This broadcast is to encourage children to go home before it gets dark.

POPULATION OF SAKURA CITY

As of the end of January, the population of Sakura City was 176,234 (86,842 males and 89,392 females) in 76,621 households. The total includes 2,992 registered non-Japanese residents.



THE VACCINATION DEADLINE IS APPROACHING!

Have you gotten the vaccinations for which you are eligible this fiscal year? If your answer is “No, not yet,” please hurry. On and after April 1, people currently eligible for the below subsidized vaccinations will have to pay full price. For more information, please call Kenkō Zōshin-ka, ☎485-6711.

Pneumococcal vaccinations for senior citizens

Sakura citizens aged 65, 70, 75, 80, 85, 90, 95 or 100 as of March 31, 2018, who have never gotten a pneumococcal vaccination before, are eligible. Until March 31 is the final opportunity for senior citizens of the aforementioned ages to receive it for only 3,000 yen (this will not be repeated). If you are interested, please do not miss this chance.

Phase 2 Measles-Rubella (MR) vaccinations for preschoolers

Children of Sakura citizens (including registered non-Japanese residents) born on or between April 2, 2011 - April 1, 2012 are eligible. Their eligibility ends on March 31.

Subsidy (covering part of the cost) for Mumps and/or Hepatitis B vaccinations

The amount of this subsidy is ¥3,000, which will be paid into one's bank account later upon application. Application must be made no later than March 31 (postmark deadline; or March 30 if applying at a city's health center). Eligible vaccinations are: Hepatitis B for 12-23 months-old children born on or after April 1, 2016, and/or Mumps for 12-35 months-old children.



Health Information for Mothers & Children

Health Checkups	Mar. 2018	Center	Reception
4-month checkup for children born in October 2017	Fri. 16	Kenkō KC	9:30—10:30 & 13:30—14:30
	Fri. 23	Seibu HC	
	Fri. 09	Nambu HC	13:30—14:30
8-month checkup for children born in June 2017 (“Mogu-Mogu Class”)	Thur. 22	Kenkō KC	13:30—13:45
	Tue. 13	Seibu HC	9:30—9:45
18-month checkup for children born in September 2016	Tue. 06	Kenkō KC	13:15—14:15
	Wed. 14	Seibu HC	
	Thur. 01	Nambu HC	
3-year checkup for children born in September 2014	Wed. 07	Kenkō KC	13:15—14:15
	Thur. 15	Seibu HC	
	Fri. 02	Nambu HC	
Dental Checkup for children born in March or September 2015, or in March 2016	Thur. 08*	Kenkō KC	13:15—14:15
	Tue. 20		
	Mon. 05*	Seibu HC	
	Mon. 19		
Mon. 12*	Nambu HC		
Child Development Consultation for pre-schoolers (“Suku-Suku Hattatsu Sohdan”)	Thur. 15	Kenkō KC Application required	9:00—12:00
Maternity Class for expectant fathers & mothers of babies due in June or July 2018	Sun. 04	Seibu HC Application required	9:00—12:00

Health Consultation for Adults

Consultation with public health nurse	Tue. 13	Kenkō KC Application required	13:30—15:30
Mental health consultation with psychiatrist	Thur. 08	Nambu HC Application required	13:50—16:00 (40 min./person)

Holiday & Night-time Emergency Medical Services

Sundays & Holidays

Night-time Treatment

19:00 - 21:45

Dentistry & Internal Medicine
at Kenkō KC ☎239-2020

Emergency Pediatric

Internal Medicine at Kenkō KC

☎485-3355

for children aged 15 or younger
Every night 19:00 - 5:45
(until the next morning)
& 9:00 - 16:45 on Sundays & holidays



To Find an On-Duty Doctor

8:30-22:00 on Sundays & Holidays
☎484-2516

Recorded audio guidance on:
• Daytime treatment in the areas of
Internal Medicine, Surgery, Dentistry
• Night-time treatment in the area of
Surgery* Treatment is provided
at each doctor's office



Night-time Consultation on Children's Acute Diseases:

☎ #8000 (19:00 - 6:00, 365 days)

Child Abuse Consultation

Children & Youth Section (Daytime):

☎484-6263

(Night-time, Weekends & Holidays:
☎484-1111)

Chiba Child Abuse Hotline (24 hours):

☎252-1152

Kenkō Kanri Center

☎485-6711



Seibu Hoken Center

☎463-4181



Nambu Hoken Center

☎483-2812

