

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, please send your request via email or fax to the above email address/fax number. In general, inquiries can be answered in English on Wednesdays, in Spanish on Thursdays and in Chinese on Fridays, through *Kōhō-ka*, City Hall. Except for these, 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 as needed.
(Printed on recycled paper.)

NIWA-no-WA Arts & Crafts Fair

June 2 - 3 (10:00 - 16:00)

Rain or shine, but will be canceled in case of very bad weather.

Niwa-no-Wa executive committee, ☎047-489-1460

An outdoor craft market *Niwa-no-Wa*, literally means “a circle in the garden,” will be held on June 2 & 3 at Sakura Jōshi Kōen (Sakura Castle Site Park) again this year. Along with more than 20 varieties of food/drink stalls, visitors will find works by 96 artists/art groups who are connected with Chiba Prefecture. Works include potteries, glassware, woodworks, and lots more. Why not join and find local creators while enjoying the lush greenery in the park?



At the same time, **Machi-no-Wa** (a circle in the town) will also be held along Shinmachi and other streets from JR/Keisei Sakura Stations to Jōshi Kōen, with which strolling in the town is going to be much fun. How about coming over to these events and hold hands with each other, to make happy circles consisting of creators and consumers?

Shōbu Matsuri (Iris Festival)

In Sakura Castle Site Park (Jōshi Kōen), on June 9 & 10, rain or shine

Sakura City Tourism Association, ☎486-6000

In early June each year, the iris garden in Sakura Castle Site Park is filled with elegant iris flowers in purple, yellow, white, and many other mixed colors. Visitors can enjoy the beautiful views with some 9,000 plants consisting of about 50 species of irises in a natural setting. In the Ubagaike Pond next to the iris garden, water lilies also bloom on the water surface. During *Shōbu Matsuri*, you can participate in “*Nodate*” (an open-air, paid tea ceremony) and enjoy shopping at stalls selling local products, drinks and food. A free parking area is available at *Jiyū Hiroba* next to the Park.



Kusabue-no-Oka Information

Sakura Kusabue-no-Oka, ☎485-7821; Open 9:00 - 17:00 (Entrance closes at 16:00)

- ★ **Potato digging:** June 15 (*Kenmin-no-Hi*), Saturdays and Sundays until mid-June. (11:00 & 14:00, acceptance from 10:00 & 13:00). ¥360/3 plants. Reservation is not required.
- ★ **Nordic walking:** June 6 & 15, and every 1st Wednesday & 3rd Friday (10:00-12:00)
- ★ **Pottery workshop:** Sundays and national holidays (13:00 & 14:30). Materials & firing fee: ¥800.

On June 15 (*Kenmin-no-Hi*), free admission will be offered to children up to junior high students!

! Kusabue-no-Oka Rose Garden

This year, the roses in the garden bloomed earlier than usual, and are already past their peak now. However, you can still enjoy concerts and workshops surrounded by the lush greenery in the beautiful garden!

- ★ **Free garden concerts**
 - Concert by Accordion Ensemble ‘Fūsha’: June 7 (11:00, 13:00, 14:00)
 - Suitō Aki piano concert: June 3 (11:30, 13:30)
- ★ **Tolepainting workshop (decorative painting on everyday items):** June 2 & 3 (10:00-12:00 & 13:00-15:00, Only until materials run out). Materials cost ¥300 - ¥800, depending on the item you choose.



SAKURA FIREWORKS SHOW 2018 (AUG. 4) TICKET SALES START on JUNE 1

Types of tickets are shown on the May issue of Hello Sakura, or

<https://www.city.sakura.lg.jp/sakura/hanabi/> (Japanese only). Tickets can be bought via:

- The ‘eplus’ site (<http://eplus.jp/sakurahanabi2018/>) upon your registration as an eplus member (free of charge)
- ‘FamiPorts’ at FamilyMart (For how to buy tickets via FamiPorts, please refer to <http://eplus.jp/sys/web/yo-gaku/yo-fm/index.html>.)

Please Submit a GENKYŌ TODOKE (Current Status Report)

No later than June 29

to receive *Jidō Teate* (Child Allowance) in full

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



Under the Japanese child allowance system, every household raising a child in Japan is eligible for financial support from the government until the first March 31st after the child's 15th birthday. In order to receive the payment, recipients need to submit a *Genkyō-Todoke* (Current Status Report) each year. In early June, *Genkyō-Todoke* forms for this year will be sent to current recipients. Please send back the form and (if you are covered by an employee pension plan or mutual aid pension plan,) a copy of your health insurance card, using the enclosed return-addressed envelope. The envelope must be postmarked no later than June 29.

Please note: for later submission, the allowance cannot be paid for the month(s) before the submission.

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

Friday, June 15

June 15 is "Chiba Prefecture Citizen's Day" which was established in an effort to create a vibrant, cohesive community environment, and to celebrate residents' love for Chiba Prefecture. In celebration, public schools in Sakura City are off on this day, and many facilities in Chiba offer free or discounted entrance. For example, Kawamura Memorial DIC Museum of Art offers free admission to its garden on this day. A list of offerings/events in Hokusō area can be downloaded from:

<http://www.pref.chiba.lg.jp/kkbunka/kenminnohi/documents/7hokusou.pdf> (Japanese only)



FREE LEGAL CONSULTATIONS FOR FOREIGN RESIDENTS

13:00 to 16:00 (45 min/person), at Chiba International Center

Chiba International Center, ☎297-0245, email: kudo@ccb.or.jp
http://www.mcic.or.jp/e_index.html



Consultations by lawyers and legal specialists, regarding legal problems including divorce, accident, inheritance, etc. are available for free (Reservation required). Interpreters are available upon request if a reservation is made at least 10 days before the consultation.

| 2018 | | | | | | | 2019 | | |
|---------|---------|---------|---------|---------|---------|---------|----------|---------|---------|
| June | July* | Aug. | Sep.* | Oct. | Nov.* | Dec. | Jan.* | Feb. | Mar.* |
| 4 (Mon) | 7 (Sat) | 6 (Mon) | 3 (Mon) | 1 (Mon) | 5 (Mon) | 3 (Mon) | 12 (Sat) | 4 (Mon) | 4 (Mon) |

* On the days with a *mark, consultations with specialists in the fields of immigration, visa, and business starts can be provided additionally.

July and January sessions are "Comprehensive Consulting" where consultations regarding pension, insurance, labor problems can be provided along with the other issues by social and labor insurance specialists.

Tokutei Kenshin (specific health checkups) & Cancer Screenings (1/2)

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



To help its residents enjoy long, healthy lives, Sakura City has sent out Health Checkup Slips and Medical Interview Sheets to eligible people in late May. Certain medical checkups and cancer screenings are available starting this month. Please do not miss this opportunity to maintain your good health. Health Checkup Slips have been sent to:

- Residents covered by National Health Insurance (NHI) who are aged at least 40 years old
- Residents aged 40, 45, 50, 55, 60, 65, or 70 years as of March 31, 2019
- Male and female residents aged 19, 25 or 30 years, or females aged 20 or 35 years as of March 31, 2019
- Residents who took city's health checkups in FY 2017
- Residents eligible for the vouchers for Cancer Screening offered by the Japanese government

* Please note that due to utility works, there will be no checkup at:

- ① Nambu Hoken Center during June – July (except for July 30);
- ② Seibu Hoken Center during October – November

* Those who take *Tokutei Kenshin* are not eligible for the city subsidy for *Ningen Dock*.

Eligibility for **FREE** Checkups/Screenings

- ① Those who are aged 70 years or more as of March 31, 2019
- 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 aged under 70 years who belong to a household totally exempt from city taxes

For ③ & ④, an application for a free checkup is required at latest three weeks prior to the checkup date.

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

* Checkup fees must be paid by cash at the venue.

Tokutei Kenshin (specific health checkups) & Cancer Screenings (2/2)

Collective screenings/checkups are available: June 5, 2018 – February 28, 2019

City-Supported Individual health checkups & Dental checkups: June 1 to Dec. 10, 2018 (a prior reservation at each clinic is required)

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

| KIND OF SCREENING | | ELIGIBLE PEOPLE (as of March 31, 2019) | TYPE | FEE | RESER-VATION | SCOPE OF SCREENING, ETC. | |
|--|--|--|--------------------------|--|-----------------------------|--|---|
| Tokutei Kenshin (specific health checkups) | Men/Women aged 40 and over who are: ◆insured by NHI ◆covered by Latter-Stage Elderly Health Care System ◆receiving public assistance and have no social insurance | | Collective | ¥1,000 | Not needed | 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). Electrocardiography, eyeground check and anemia test will be added as needed. | |
| | | | Individual | ¥2,000 | Required | | |
| Lung cancer | Men/Women aged 40 and over | | Collective | ¥300 | Not needed | Medical interview and chest X-ray | |
| | | | Individual | ¥1,300 | Required | | |
| Stomach cancer | Men/Women aged 40 and over | | Collective | ¥900 | Not needed | 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 | | Collective | ¥400 | Not needed | Stool test (A container for the test must be obtained in advance, which is available at any of the health centers. Stools sent by postal mail can also be accepted.) | |
| | | | Individual | ¥1,000 | Required | | |
| Hepatitis | Men/Women* (1) Aged 40 (2) Aged 41 and over (Eligible only for a collective screening) who have not had a hepatitis screening before | | Individual for (1) | Free | Required | Medical interview and blood tests for Hepatitis B virus antigen and Hepatitis C antibody *Not eligible if one has undergone any treatment, or is currently under medical follow-up, for Hepatitis B or C. | |
| | | | Collective for (1) & (2) | | Not needed | | |
| Breast cancer | Mammography | Women aged 40 and over who did not get a mammogram in the previous fiscal year | Individual | ¥2,000 | Required | Medical interview and X-ray | *Mammography and ultrasound tests cannot be taken in the same fiscal year |
| | | Ultra-sound | Women aged 30-39 | Collective (only who didn't take a collective ultra-sound in the previous fiscal year) | ¥1,000 | | |
| | Women aged 30 and over | | Individual | ¥2,000 | Required | | |
| Cervical cancer | aged 20 and over who did not take this screening conducted by the city in the previous fiscal year | | Collective | ¥1,000 | Not needed | 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 | | Collective | ¥500 | Required (Accepted June 1~) | Medical interview and arm bone X-ray | |
| Dental checkup for adults | Men/Women aged 19 and over | | Individual | ¥300 | Required | Medical interview and checkup for dental cavities and gum disease (Necessary treatment should be taken at a later date under medical insurance coverage) | |

Please refer to the Japanese version of “Kōhō Sakura” for details. On your Health Checkup Slip, please find your recommended venue and date for a collective checkup/screening, and choose it if you can, 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 details on the collective screening schedule, please refer to the June 1st issue of “Kōhō Sakura (こうほう佐倉),” the city’s official newsletter, written in Japanese.

Please make reservation(s) for Breast cancer/Osteoporosis collective screenings by any of the following ways:

- Visit any city’s health center and fill out the application form
 - Send a postcard or fax to Kenkō Zōshin-ka, 2-27, Ebaradai, Sakura, 〒285-0825, (Fax: 485-6714) with the following information: ① your first - third choices of date & place with your preference of morning or 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)
 - Input and send the required information via the website: <http://www.city.sakura.lg.jp/0000012866.html>
- Please note that applications prior to the application start dates (**June 1** for osteoporosis screening & **October 1** for Breast cancer screening) will be invalid.

Childcare services are available for cervical cancer and breast cancer collective screenings Childcare services for preschoolers (must be aged at least six months old) are available at the screenings listed below. The service timeframes are 9:00-10:00, 10:00-11:00, 13:00-14:00 & 14:00-15:00. Please call Kenkō Zōshin-ka for a reservation.

➤ **Cervical cancer: December 21, 2018** (Childcare reservations can be made from November 1)

➤ **Ultra-sound breast cancer screening for 30’s: December 12, 2018 and February 1, 2019**

(A collective breast cancer screening can be reserved only on and after October 1. So, please make a childcare reservation after you are notified of your assigned screening date.)





Summer Classes for Children ~ Let's learn about aerospace development ~

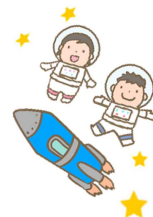
Chūō Kōminkan ☎485-1801

Inviting instructors from **JAXA***, aerospace-related classes below will be offered for children aged at around 5th grade and older. The capacity of each class is 20 participants, aiming to facilitate good communications among children. Applications for only one-class, as well as full/partial participation, will be accepted on a first-come, first-served basis. Please apply by making a phone call.

1. **How can I become an astronaut?** : July 31 (10:00 – 11:30) at Chūō Kōminkan
2. **How rockets fly?** (Rocket making workshop): August 2 (10:00 – 11:30) at Chūō Kōminkan
3. **Roles of various satellites:** August 3 (10:00 – 11:30) at Chūō Kōminkan
4. **Using astrometric telescopes, how stars look?** **: August 18 (19:00 – 20:30) at Wada Furusato-kan
5. **Bus tour to explore JAXA:** August 24 (Details will be informed to prospective participants later.)

* JAXA: Japan Aerospace Exploration Agency

** In case of rain, to be postponed to August 25. Guardians and other family members can participate in this class together.



HEALTH INFORMATION



| HEALTH INFORMATION FOR MOTHERS & CHILDREN | | | | * Holiday & Night-time ** Emergency Medical Services | |
|---|---|--|--|---|--|
| Health Checkups | June 2018 | Center | Reception | | |
| 4-month checkup for children born in January 2018 | Fri. 08 | Kenkō KC | 9:30 – 10:30, | Sundays & Holidays Night-time Treatment 19:00 - 21:45 Dentistry & Internal Medicine at Kenkō KC ☎239-2020 | |
| | Wed. 27 | Seibu HC | 13:30 – 14:30 | | |
| | Mon. 25 | Nambu HC | 13:30 – 14:30 | | |
| 8-month checkup for children born in September 2017 (“Mogu-Mogu Class”) | Wed. 06 | Kenkō KC | 13:30 – 13:45 | | |
| | Tue. 19 | Seibu HC | 9:30 – 9:45 | | |
| | Mon. 25 | Nambu HC | | | |
| 18-month checkup for children born in December 2016 | Wed. 13 | Kenkō KC | 13:15 – 14:15 | 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 | |
| | Thur. 21 | Seibu HC | | | |
| 3-year checkup for children born in December 2014 | Thur. 14 | Kenkō KC | 13:15 – 14:15 | | |
| | Fri. 22 | Seibu HC | | | |
| Dental Checkup for children born in June or December 2015, or in June 2016 * On the days with a * mark, consultation on Speech Development is also available. | Tue. 12* | Kenkō KC | 13:15 – 14:15 | | To Find an On-Duty Doctor 8:30-22:00 on Sundays & Holidays ☎484-2516 Recorded audio guidance on contacting: (daytime) • a surgeon • a dentist • a doctor in internal medicine (night-time) • a surgeon *Treatment is provided at each doctor's office |
| | Tue. 26 | Kenkō KC | | | |
| | Mon. 04* | Seibu HC | | | |
| | Mon. 11 | Seibu HC | | | |
| Child Development Consultation for preschoolers (“Suku-Suku Hattatsu Sōdan”) | Thur. 21 | Kenkō KC Reservation required | 9:00 – 12:00 | | |
| | Maternity Class for expectant mothers (up to first 25 mothers/couples) of babies due in Aug. - Oct. 2018 | Thur. 07 | Seibu HC Reservation required | 9:00 – 14:30 | |
| HEALTH CONSULTATIONS FOR ADULTS | | | | Child Abuse Consultation/Reporting Night-time Consultation on Children's Acute Diseases: ☎ #8000 (19:00 – 6:00, 365 days) | |
| | Mental Health Consultation with Counselor | Tue. 19 | Kenkō KC Reservation required | | 13:50 – 16:00 (40 min./person) |

| 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 City was 176,112 (86,832 males and 89,280 females) in 76,976 households.
The total includes 3,058 registered non-Japanese residents.