

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.)

## ARE YOU PREPARED FOR A DISASTER?

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



There's no telling when the next disaster will occur, but we can mitigate its damage by understanding how to respond to disasters, and always being prepared. September 1 is National Disaster Preparedness Day. On this occasion, let's re-think our disaster preparedness at work, home and in our local communities.

### ➤ If a disaster occurs when you are in a metropolitan area...

**Please do not take immediate action to head home!** If public transportation stops, a large number of stranded commuters is expected to try getting home at about the same time. Traveling immediately after a disaster could lead to injuries from fire and/or falling objects, and might hinder rescue operations by crowding the streets.

- Secure your own safety first
- Stay in a safe place, such as your office or a large commercial facility
- Confirm your family's safety via Disaster Emergency Message Services below
- Gather information on traffic, and the damage incurred

\* For disaster preparedness tips at home, please refer to a recent years' September issue of Hello Sakura.

### ➤ Make it a habit to...

- At your workplace, keep a flashlight, gloves, drinking water, food and comfy shoes.
- Discuss & decide with your family how to get in touch with each other, and where to evacuate in times of disaster.
- Carry a portable radio and map with you.
- Be prepared to walk home by confirming the route(s) beforehand.

### Means to Get Disaster Information

In a disaster, please get accurate & timely information on evacuation and damages via means below:

- ① **City's wireless broadcasting**
  - ② **E-mail delivery service:** Please register yourself by sending a blank message to [sakura@emp.ikkr.jp](mailto:sakura@emp.ikkr.jp)
  - ③ **Toll-free telephone service** at: **0120-711-508**
  - ④ **City's weather information service**  
<http://sakuracity.bosai.info/pinpoint2/index.html>  
**City's official website**  
<http://www.city.sakura.lg.jp/0000004907.html>
  - ⑤ **Twitter:** @bousai\_sakura
  - ⑥ **Emergency FM radio** ⑦ **L-Alert** via TV/ Internet
- **Mobile apps for Android/iOS**
- ⑧ **TEPCO flashreport:**<http://teideninfo.tepcoco.jp/>
  - ⑨ **Routes to all the evacuation centers:**  
<http://www.hinanjyo.jp>

### Measures to assist people walking home

Chiba Prefecture and other eight municipalities\* have concluded agreements with chains of convenience stores, family restaurants and gas stations, to assist people who have to walk a long way home in a time of disaster. Such commercial facilities are called "disaster support stations," and display the yellow stickers shown on the right.



In a disaster, they will offer free use of toilets and tap water, give traffic information, etc. as much as possible. We recommend you check and find these facilities in advance.

\* Tokyo Metropolitan Government, Kanagawa Pref., Saitama Pref., Chiba City, Yokohama City, Kawasaki City, Sagami-hara City and Saitama City

### Safety Confirmation Services

In the event of a large-scale disaster, emergency message services will be made available for free as below. You can practice using them on the 1<sup>st</sup> and the 15<sup>th</sup> of every month. Please give them a try and get used to them beforehand! During a disaster, connection by cell phone email service is more likely to be successful than voice calls are, and email via the Internet probably will succeed before landline/cell phone calls.



#### Disaster Emergency Message Dial 171

- **Recording:** Dial 171 → 1 → The landline number of the person living in the disaster area → 1 → record a message → 9 to complete.
- **Playing back:** Dial 171 → 2 → the landline number of the person whose safety you want to confirm → 1 → check the message.
- This service is accessible by any type of telephone, but public payphones have a higher chance of connecting during a disaster. Telephone cards cannot be used during a power outage, so have 10-yen coins available when using a public phone.

#### Disaster Message Board Service

If you were living or staying in the disaster-stricken area when a large-scale disaster occurred, you would be able to leave your status information and a short message on the Disaster Message Board for mobile phones, which can be accessed by mobile phones with any service provider and PCs. For details, please refer to the website of your mobile phone service provider.

**CERTIFICATE ISSUANCE AT CONVENIENCE STORES**  
**Shimin-ka (Registration & Certification Services Section) ☎311-1001**



Sakura residents can obtain certificates at convenience stores using your “My Number Card,” everyday including weekends and national holidays (excluding December 29 - January 3), from **6:30 – 23:00**. For your information, the following are frequently asked relevant questions & answers:

**Q:** What kind of certificate can I obtain at a convenience store?

**A:** You can obtain a: Certificate of Residence (住民票); Seal Registration Certificate (印鑑証明書); Copy of Family Register (戸籍謄本); Supplementary Family Register (戸籍の附票); Taxation/Income Certificate (課税/所得証明書); and/or a Certificate of Tax Exemption (非課税証明書). However, any certificate related to one’s family register can be issued only when the domicile (本籍) is in Sakura City.

**Q:** Can certificates be obtained at convenience stores outside the city?

**A:** Yes, wherever there is a multi-function copy machine, and as long as you are a registered Sakura resident, this service is available.

**Q:** How can I get a certificate at a convenience store?

**A:** Please operate the multi-function copy machine by yourself. Choose Administration Services (行政サービス) on the touch-screen → put your “My Number Card” in place → drop coins into the slot → follow the instructions on the screen and enter the necessary information. The certificate you requested will be issued.

**Q:** I couldn’t get a certificate issued at a convenience store. Why not?

**A:** Your card has to be valid to get certificates issued. Please check the validity. Your “My Number Card” will become invalid if you fail to extend it at your local municipal office before its expiration date.

**Q:** Can I get a certificate at the counters in City Hall and other branch offices as before?

**A:** Yes, certificates also can be issued at City Hall, city branch offices, city service centers and by automatic document-issuing machines.

**HOUSING AND LAND SURVEY 2018**

Housing and Land Survey Call Center  
 ☎0570-78-3939 / ☎03-5539-5230  
 (8:00 - 21:00)

The Statistics Bureau, Ministry of Internal Affairs & Communications, is going to conduct its Housing and Land Survey, which is an important survey conducted once every 5 years to develop city plans to prevent disasters and improve citizens’ living conditions. From mid-September, researchers will visit about 3.7 million survey objects (households) nationwide. Please kindly answer the questions they ask.

**CHIBA PREFECTURE PERSON TRIP SURVEY**

Urban Planning Division, Chiba Prefecture  
 ☎223-3161

For Chiba Prefecture’s urban development helping to lead to greater comfort for its residents, a “Tokyo Metropolitan Area Person Trip Survey” will be conducted from September to December. The survey results will be used for future planning of road networks, measures to prevent commuters being stranded in times of disaster, etc. Questionnaires will be sent to householders chosen at random. Your kind cooperation is appreciated.

**ACCEPTING APPLICATIONS FOR SENIOR HIGH SCHOOL SCHOLARSHIPS**

**Kyōiku Sōmu-ka (General Educational Affairs Section) ☎484-6182**



The city grants scholarships to senior high school students who meet all the following conditions. The maximum amount of a scholarship per fiscal year is 80,000 yen.

1. Lives in Sakura City
2. Entered senior high school (not a correspondence school) within one year after the date of graduation from junior high school
3. Motivated to study and has earned a grade point average (GPA) of three or more on the five-level evaluation system during the third year of junior high school
4. Family income in the previous year was less than 1.3 times the maximum income eligibility for public assistance, and the student is deemed to likely have financial difficulties in attending senior high school this fiscal year
5. Have a recommendation letter from the principal of the junior high school that the student graduated from

Applications are accepted year-round, although the amount of monthly payments before application cannot be paid retroactively. (Also, please note that if High School Enrollment Support Funds are provided by Chiba Prefecture at the same time, the equivalent amount will be subtracted from the city scholarship.) Guidance leaflets and application forms can be obtained at *Kyōiku-sōmu-ka* at the City Hall, or by **downloading from the City’s website:** <http://www.city.sakura.lg.jp/0000002760.html> (Japanese only).

**2018 GUIDANCE ON HIGH SCHOOL PREPARATION for junior high students who are non-native Japanese speakers**

Guidance on high school preparation will be offered for junior high students (grade 1-3) who are non-native Japanese speakers, as well as for their parents. Prior application is recommended.

For details, please contact:

*Shūichi Shiratani*  
 Mobile: 080-3175-9539  
 Email: [siratani@iphone.ne.jp](mailto:siratani@iphone.ne.jp)

Date	Location	Time
Oct.14	<b>Chiba (Chiba University)</b>	13:30
Oct.14	<b>Matsudo (Shimin Kaikan)</b>	~
Oct.21	<b>Ichikawa (Gyohtoku Bunka Hall)</b>	16:30



# Kusabue-no-Oka Autumn Events

Sakura Kusabue-no-Oka, ☎ 485-7821



A lot of fun, and an autumn harvest, are waiting for you at *Kusabue-no-Oka*. Please come with family and friends, and enjoy delicious foods and refreshing cool breezes.

■ **Let's experience sweet potato harvesting!** 11:00 & 14:00, Sat., Sun. & national holidays from mid-September till early November. ¥390/3 plants. Prior application is not required. Reception starts one hour before each session.



■ **Won't you take a crack at peanuts digging?** 11:00 & 14:00, Sat., Sun. & the national holiday during early October ¥300/5 plants. Prior application is not required. Reception starts one hour before each session.

Kusabue-no-Oka		
Open hours: 9:00-17:00		
★Temporary closure is scheduled on September 3★		
Admission	Preschool children	Free
	Children of elementary school & junior high school ages	100 yen
	Adults and High school students	410 yen
	Handicapped persons & One caregiver	Free

## Kusanone Music Festival September 2 (Sun) 10:00 - 19:30

42 musicians/groups having connections to Sakura will get together in *Kusabue-no-Oka*. Free for children; for others, ¥2,000 (for an advance ticket, ¥2,500 for or a same-day ticket) including admission to *Kusabue-no-Oka*.



## Satoyama Bio-Observation Tour for Kids

October 13 (9:30 - 11:30)

Seikatsu Kankyō-ka, ☎ 484-4278

*Satoyama* is a Japanese term for border zones between mountain foothills and flatlands which have been moderately developed for centuries through agricultural and forestry use. Azeta-yatsu, Sakura is a typical example of *satoyama* and a natural habitat for a number of animal and plant species. How about having your child join in, to enjoy a *satoyama* walk while observing birds, insects, fish and various plants? Spots for 30 middle school students and/or younger children are available. If needed, a drawing will be held. (A 3<sup>rd</sup>-grade elementary school child or younger must be accompanied by a guardian.) For further information, please contact the section in charge.



Apply **no later than 12:00 on September 28** by sending an email (with name, age, school, grade, address & tel number) to: [seikatsukankyo@city.sakura.lg.jp](mailto:seikatsukankyo@city.sakura.lg.jp).

## Classes to make exercise a habit to prevent metabolic/locomotive syndromes

Kenkō Zōshin-ka: ☎485-6712

The city offers a two-day exercise session for residents aged 40-74 years who can attend the class for two days, and having any of the following symptoms:

- Having or likely to get metabolic syndrome.
- Having relatively high level blood pressure, neutral fat, or LDL cholesterol according to the data by either this year's or last year's medical checkup.

**Date:** October 16 & 30

**Time:** 13:15 - 16:00

**Place:** Shizu Community Center

**Free of charge.**

Up to 25 people. Application required. Please apply by calling Kenkō Zōshin-ka **no later than October 4.**

## Kyū-Hotta-Tei, Buke-Yashiki & Juntendō Memorial

### SPECIAL OPENINGS

SEPTEMBER 17 (National Holiday)

Bunka-ka (Culture Section), ☎484-6192

On *Keirō-no-hi* (Respect for the Aged Day), *Kyū-Hotta-Tei* (the former residence of feudal lord *Hotta*), *Juntendō Memorial* and *Buke-Yashiki* (Samurai houses) will have special openings of parts of their facilities which are not ordinarily open to the public. Visitors to *Buke-Yashiki* will be offered opportunities to put on samurai armor costume *Katchū* (9:00- 12:00/13:00-15:00).



	<i>Kyū-Hotta-Tei</i>	<i>Buke-Yashiki</i>	<i>Juntendo</i>
Admission (free for preschoolers):			
Elementary pupils & students	¥160	¥100	¥ 50
Adults	¥320	¥210	¥100
Open hours (Admission until)	9:30 - 16:30 (16:00)	9:00 - 17:00 (16:30)	9:00 - 17:00 (16:30)

## Three Facilities & Castle Town

### Guided Walking Tour

September 20

Syakai Kyōiku-ka ☎484-6189

Would you like to join a walking tour with a volunteer guide? The tour will start at 9:30 from Millennium Center Sakura, visit the three facilities to the left, and end at about 15:15 at *Kyū-Hotta-Tei*. Participants will walk through the former castle town for 6 km in total. Application required. Up to first 20 people (first come, first served).

**Fee:** ¥370 (for facilities' admission)

**How to apply:** Call the section in charge and pay the participation fee, in person, by September 14.

### POPULATION OF SAKURA CITY

As of the end of July, the population of Sakura City was 176,027 (86,822 males and 89,205 females) in 77,162 households. The total includes 3,118 registered non-Japanese residents.

# HEALTH INFORMATION



Kenkō Kanri Center ☎485-6711		Seibu Hoken Center ☎463-4181		Nambu Hoken Center ☎483-2812	
<b>Health Information for Mothers &amp; Children</b>					
Health Checkups		Sept. 2018	Center	Reception	
<b>4-month checkup</b> for children born in April 2018		Tue. 04	Kenkō KC	9:30 – 10:30	
		Tue. 18	Seibu HC	& 13:30 – 14:30	
		Fri. 07	Nambu HC	13:30 – 14:30	
<b>8-month checkup</b> for children born in December 2017 (“Mogu-Mogu Class”)		Tue. 25	Kenkō KC	13:30 – 13:45	
		Wed. 05	Seibu HC	9:30 – 9:45	
<b>18-month checkup</b> for children born in March 2017		Wed. 12	Kenkō KC	13:15 – 14:15	
		Thur. 27	Seibu HC		
		Thur. 13	Nambu HC		
<b>3-year checkup</b> for children born in March 2015		Tue. 11	Kenkō KC	13:15 – 14:15	
		Fri. 28	Seibu HC		
		Fri. 14	Nambu HC		
<b>Dental Checkup</b> for children born in March or September 2016, or in September 2015  * On the days with a * mark, consultation on <b>Speech Development</b> is also available.		Wed. 19*	Kenkō KC	13:15 – 14:15	
		Wed. 26			
		Mon. 03*	Seibu HC		
		Fri. 21			
Thur. 06*	Nambu HC				
<b>Child Development Consultation</b> for pre-schoolers (“Suku-Suku Hattatsu Sohdan”)		Thur. 20	Kenkō KC <b>Application required</b>	9:00 – 12:00	
<b>Maternity Class for expectant fathers &amp; mothers of babies due from Nov. '18 – Jan. '19</b> (Application accepted by September 19.)  <b>expectant mothers of babies due from Dec '18 – Feb. '19</b> (Application accepted by October 5.)		Sat. 22	Kenkō KC <b>Application required</b>	9:00 – 12:00	
		Oct. 10 (Wed.)	Seibu HC <b>Application required</b>	9:00 – 14:30	
<b>Health Consultation for Adults</b>					
<b>Consultation with public health nurse</b>  <b>Application required</b>		Thur. 06	Kenkō KC	9:30 – 11:30	
		Wed. 26	Seibu HC		
		Mon. 10	Nambu HC		
<b>Mental health consultation with psychiatrist</b>  * There'll be no therapeutic treatment, and this service can't be used continuously.		Thur. 20	Nambu HC <b>Application required</b>	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)  
On Sundays & holidays, open 9:00 – 16:45 & 19:00 - 5:45

**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

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

**Children & Youth Section (Daytime):**  
☎484-6263  
(Night-time, Weekends & Holidays):  
☎484-1111

**Chiba Child Abuse Hotline (24 hours):**  
☎252-1152

**Sakura Police Station: ☎484-0110**

## THE INCIDENCE OF COLON CANCER IS INCREASING!

### RECOMMENDATION FOR A COLON CANCER SCREENING

Today, one in two Japanese will develop cancer, and one in three Japanese will die from it. Since cancers in an early stage show no noticeable symptoms, it is very important to get cancer screenings regularly, even if you don't notice any symptoms. In FY 2017, colon cancer was detected in 34 residents in Sakura City. The screening method is quite simple – taking tiny stool samples for two days, and getting them examined. Getting a yearly screening is highly recommended.

Any Sakura residents aged 40 years old and over are eligible for a city-subsidized screening (until December 10 for an individual screening, out-of-pocket expense is ¥1,000; until December 5 for a collective screening, ¥400). If you don't have the coupon for colon cancer screening, please apply for one at a city health center. Containers for test samples are available at city health centers for a collective screening. For an individual screening, please obtain one at each medical institution.

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

### MR (MEASLES & RUBELLA) VACCINATIONS

Measles is a highly contagious viral illness that causes a skin rash and fever, and sometimes fatal complications such as pneumonia, brain inflammation and pregnancy problems. Rubella can also cause potentially devastating effects on a developing fetus. It's important that everyone is immunized against measles and rubella, so as not to pass infections to others. For effective immunization, MR combined vaccine is recommended to be administered twice during one's childhood. Children below are eligible for free vaccinations, by using vaccination slips issued by the city.



First vaccination	One-year-old children (As soon as possible after turning one year old)
Second vaccination	Six-year-old children (born April 2, 2012 - April 1, 2013)