

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

☎(043) 484-1111 or (043) 484-6103; Fax:(043) 486-8720; E-mail: koho@city.sakura.lg.jp; URL: http://www.city.sakura.lg.jp

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 these 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 as needed. (Printed on recycled paper.)

The 38th Sakura Asahi Kenkō Marathon* Let's Cheer for the Runners! Sunday, March 24 (9:00 to 15:30, rain or shine) (*Entry is already closed.)

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

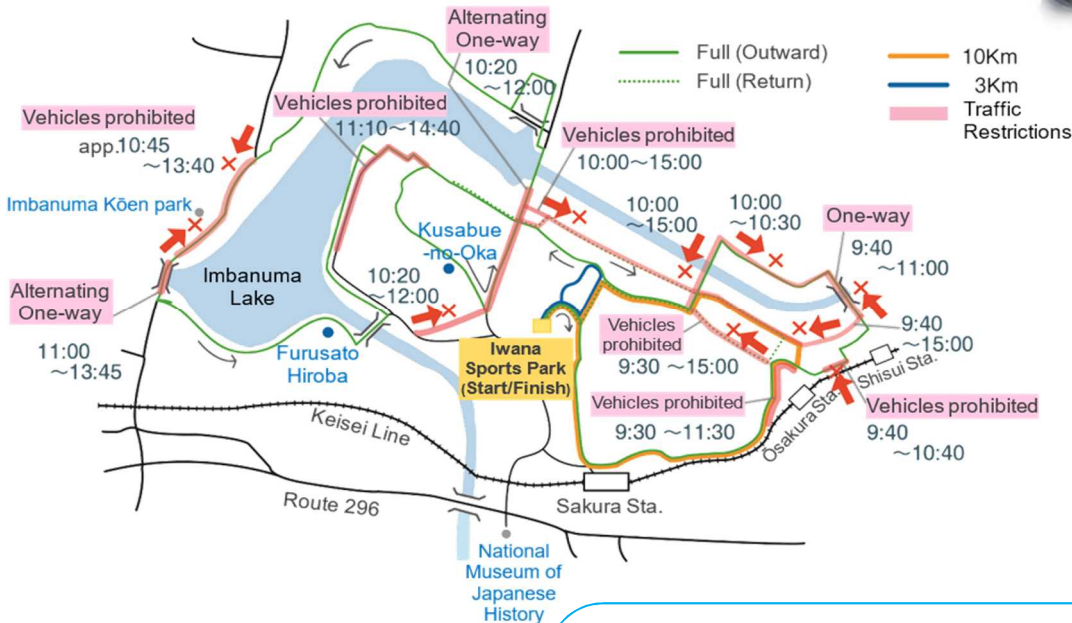
With full marathon and 10 km-run courses authorized by Japan Association of Athletics Federations (JAAF), the 38th Sakura Asahi Kenkō Marathon will have about 13,000 participants from all over Japan, who are going to run around Imbanuma Lake. Also, many volunteers will support the runners by handing 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 around the Marathon Courses

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.



PLEASE DO NOT COME BY CAR!

Since driving and parking are restricted around the courses, please take the **free shuttle buses** running between Iwana Sports Park ⇄ Keisei/JR Sakura Stations during the service times below:

- ▶To Iwana Sports Park: 6:30 to 9:00
- ▶To the Keisei/JR Sakura Stations (North Exit): 11:00 to 17:00

Have You Completed Your Tax Return Filing?
The Deadline is Friday, 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 the 38th Asahi Kenkō Marathon are wanted!

- ▶Original and previously-unreleased photo works featuring the event
- ▶Must be taken on March 24, 2019 ▶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 regardless of the number of works
(Please pay in the form of *Yūbin Kogawase* P. M. O.)

Application deadline: Must be received no later than **Friday, April 19.**

Send your works to: 'Sakura Asahi Kenkō Marathon Photo Contest,'
Asahi Shimbun Chiba Branch, 3-10-4 Chūō, Chūō-ku, Chiba-shi 〒260-0013

For the Effective Use of Childcare Support Programs



To help families raising children from birth to school ages, there are various programs and subsidies by Japanese and local governments. In order not to miss out on possible benefits, please learn about them by referring to '佐倉子育て支援ガイドブック (Sakura childcare support guidbook)' (pp 57-58 of which are written in English) distributed by *Kosodate Shien-ka* (Child-rearing Support Section) in City Hall, or consult with any of the *Kosodate Sedai Hōkatsu Shien Centers* (comprehensive childcare support centers) 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
Shizu Hokubu Kosodate Sedai Hōkatsu Shien Center		☎463-6835	

What to do when you find out you are pregnant

- ◆ Report your pregnancy to the city. You will receive 'Boshi Kenkō Techō (Maternal and Child Health Handbook)*' to keep track of your child's development and vaccinations, and 'Boshi Kenkō Techō Bessatsu (Voucher booklet)' for pre- and post-natal checkups for both mother and child.

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

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

- ◆ If there is any concern about your pregnancy or your baby's development, get help from professionals at any of the *Kosodate Sedai Hōkatsu Shien Centers*.



What to do when your baby is born

- ◆ The child's father or mother should report the childbirth to *Shimin-ka* (City Hall Registration & Certification Services Section, ☎484-6121) or any of the city branch offices within 14 days of birth.
- ◆ At the same time, please apply for a 'Child Allowance' and 'Eligibility Certificate for Medical Expense Subsidy for Children' with *Jidō Seishōnen-ka* (Children & Youth Section, ☎484-6140). Also, if you have not received a 'Lump-sum Birth Allowance' from your health insurance provider, do not forget to apply for it. Please check with the sections in charge about necessary documents in advance.
- ◆ 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.
- ◆ If planning to stay in Japan more than 60 days after a childbirth, parents must apply for the child's Visa status with the Immigration Bureau within 30 days of birth.

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 FY 2019 (April 1, 2019 - March 31, 2020)
- ◆ How to apply: Obtain and submit an application form at SIEF (on the 2nd floor of Rainbow Plaza, 198-2 Kaburagimachi). **Primary deadline for application is April 15.** (After this date, please contact SIEF.)

Shared Office Space "Sakura Smart OfficePlace" Starts Accepting Applications

Industry/Tourism Promotion Section, ☎484-6145; email: sangyoshinko@city.sakura.lg.jp

In the SkyPlaza Mall near Yūkarigaoka Station, a city-owned facility named "Sakura Smart OfficePlace" consisting of rental offices and co-working spaces, will open on April 1, 2019. In the facility, Wifi internet access, a multi-purpose machine (with printer, copy & scanner functions), a meeting room, personal booths, lockers, etc. are available (pay-per-use for some of the equipment). Sakura City starts accepting applications from prospective tenants for the six rental offices on March 1, and from prospective users of co-working spaces (up to approx. 50 people) on March 15. Application deadline for the rental offices is March 15 (a selection will be carried out if necessary). For details, please visit <http://www.city.sakura.lg.jp/sakura/sop/#info> or contact the section in charge via email.



LIGHT VEHICLE TAXES



April 1 is the reference date for calculating light-vehicle taxes. To avoid paying unnecessary taxes, please make sure to file every change in the registered information about your light vehicle(s) by the end of this month!

- Motorcycles (125cc and under) & special light vehicles:
Shiminzei-ka, ☎484-6114
- 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 Film for Kids & Parents

The Boss Baby

ボス・ベイビー

Chūō Kōmin-kan ☎485-1801

Saturday, March 23

15:00 - 16:37 (Doors open at 14:30)

at Chūō Kōmin-kan

Basically for elementary school-aged children. Preschoolers must be accompanied by a guardian. Reservation is not required. Up to 300 people. First come, first served.





Spring Break Events & Activities at Kusabue-no-Oka



Sakura Kusabue-no-Oka ☎485-7821, <http://www.city.sakura.lg.jp/sakura/kusabue/>

Have fun at Kusabue-no-Oka during the spring break 2019! On March 23 & 24, special events are held.

★Outdoor & Survival Skills Camp for Kids

...March 23 (12:30) - 24 (12:00)

For children of elementary school age and older. Participants must be accompanied by a guardian. Participation fee is 1,500 yen/person (required also for guardians). Up to 10 families. Applications will be accepted from 9:00 on March 15 (first-come, first-served). Please bring a tent, a sleeping bag, tableware, cotton work gloves, a utility knife, rice (1 cup/person) and a camping mat (if you have one).



★Experience Slacklining...March 23 & 24

All-weather-type slacklines are available. Why not give it a try?



★Market Stalls...March 23 & 24

A variety of tasty street foods will be waiting for you!

★Raptor Show...March 23 (11:00- & 14:00-)

More than 10 species of raptors, including owls, falcons and eagles, show up in the lawn field in front of the gymnasium.



Kusabue-no-Oka open hours: 9:00-17:00
(Close on Mondays until March 18)

Entrance Fees

Children under elementary school age	Free
Children of elementary - junior high school age	100 yen
Adults (High school age & older)	410 yen
Adult with physical disability certificate & one caregiver	Free

Things to Remember when a Large-Scale Disaster Occurs

Stay calm and do not go home recklessly!

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

When a large-scale disaster occurs, public transportation might be shut down and make it difficult for you to go home. Immediate running out of a building may result in fire or injuries from falling objects, and too many people moving at once could cause heavy congestion that hampers rescue operations. In order to prepare for a large disaster and prevent secondary damages, please keep the followings in mind.



- Immediately after the attack, ensure your safety first, then stay at a safe place such as work place or large-scale commercial facilities
- Confirm the safety of your family members using Disaster Emergency Message Services
- Collect traffic and damage information
- Always carry a portable radio and a map
- Keep sneakers, a flash light, gloves, drinking water and emergency food at your work place
- Confirm in advance how to contact your family and where to meet in case of a disaster

Disaster Emergency Message Services

At the time of disaster, communication traffic to the disaster-stricken area extremely increases and make phone calls very difficult to get through for days. During the time of a large disaster, emergency message services will become available as shown below. Please check how to use these services on the trial days offered on the 1st and 15th of every month.



Disaster Emergency Message Dial 171 (to leave/check a voice message)

Dial 171 and you can leave a voice message. You can also check the voice messages sent by people in the disaster area by inputting their phone numbers. This service is available on regular telephones (analog line), public pay phones, cell phones, PHSs, and smartphones.

Disaster Emergency Message Board (to leave/check a text message. For cell phones, PHSs, and smartphones)

Select "Disaster Message Board" on the top page of the Menu screen and post your safety status information in text so that it can be checked from mobile phones. You can also search for safety status text messages left by people in the disaster area by inputting their phone numbers.



Spring Fire Prevention Campaign (March 1-7)

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!

POPULATION OF SAKURA CITY

As of the end of January, the population of Sakura City was 175,670 (86,648 males and 89,022 females) in 77,397 households. The total includes 3,261 registered non-Japanese residents.

HEALTH INFORMATION

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

Health Information for Mothers & Children			
Health Checkups	Mar. 2019	Place	Reception
4-month checkup for children born in October 2018 	Mon. 04	Kenkō KC	9:30 – 10:30
	Wed. 06	Seibu HC	& 13:30 – 14:30
	Fri. 22	Nambu HC	13:30 – 14:30
8-month checkup for children born in June 2018 (“ <i>Mogu-Mogu Class</i> ”)	Wed. 13	Kenkō KC	13:30 – 13:45
	Mon. 25	Seibu HC	9:30 – 9:45
18-month checkup for children born in September 2017	Wed. 20	Kenkō KC	13:15 – 14:15
	Mon. 11	Seibu HC	
	Thur. 07	Nambu HC	
3-year checkup for children born in September 2015	Tue. 19	Kenkō KC	13:15 – 14:15
	Tue. 12	Seibu HC	
	Fri. 08	Nambu HC	
Dental Checkup for children born in March or September 2016, or in March 2017 (On the days with a * mark, consultation on Speech Development is also available.) 	Tue. 05*	Kenkō KC	13:15 – 14:15
	Fri. 15		
	Mon. 04*	Seibu HC	
	Mon. 18		
Thur. 14*	Nambu HC		
Child Development Consultation for pre-schoolers (“ <i>Suku-Suku Hattatsu Sohdan</i> ”)	Thur. 14	Kenkō KC Application required	9:00 – 12:00
Childbirth and Parenting Class for expectant mothers, expectant fathers & mothers of babies due from June – Aug. ‘19 	April 10	Seibu HC Application required	Class Time: 9:00 – 14:30
	April 13	Kenkō KC	Class Time: 9:00 – 12:00
Health Consultation for Adults Application required			
Consultation with public health nurse 	Mon. 25	Kenkō KC	13:30 – 15:30
	Mon. 18	Nambu HC	9:30 – 11:30
Mental health consultation with psychiatrist 	Thur. 28	Nambu HC	13:50 – 16:00 (40 min./person)
* There's no therapeutic treatment, and this service can't be used continuously.		* Reservation can be made on and after Mar. 01.	


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 of internal medicine
 (night-time) • a surgeon
 *Treatment is provided at each doctor's office



Night-time Consultation on children's acute illnesses:
 ☎#8000 (19:00 – 6:00, 365 days)
 on acute illnesses (for anyone):
 ☎#7009 (18:00 – 23:00, 365 days; 9:00 – 23:00 on Sunday & Holidays)

Child Abuse Consultation/Reporting
 Children & Youth Section, City Hall
 (Daytime): ☎484-6263
 Chiba Pref. Hotline (24 Hours): ☎252-1152
 Sakura Police Station: ☎484-0110

FY 2018 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. Registered non-Japanese residents are eligible as well. For more detailed information, please call *Kenkō Zōshin-ka*, ☎485-6711.

Pneumococcal vaccinations for senior residents

Since October 2018, pneumococcal vaccinations for senior residents has been included in the list of routine vaccinations. Eligible people who can get immunized at a lower cost of ¥3,000 are residents in Sakura City who have never gotten a pneumococcal vaccination before; and who have reached/will reach 65, 70, 75, 80, 85, 90, 95 or 100 years old during the fiscal year ending on March 31. Please make a reservation at a medical institution before your visit. (People who are eligible in FY 2019 will receive a vaccination slip in late March.)

Phase 2 measles-rubella (MR) vaccinations for preschoolers

Children of Sakura residents born on or between April 2, 2012 - April 1, 2013 are eligible, until March 31.

Subsidy (covering part of the cost) for mumps vaccinations

Parents of 12-35 months-old children who got mumps vaccinations in this fiscal year are eligible for this subsidy of ¥3,000. The subsidy will be paid afterward, upon application, into the applicant's bank account. To receive the subsidy, applications must be made no later than March 31 (postmark deadline) or March 29 if applying at a city's health center. Since mumps vaccination is not included in the routine vaccinations and implemented on a voluntary basis, please consult with your primary care doctor if you are interested.

Rubella or MR vaccination subsidies (covering part of the costs) for adults

If you got rubella or MR vaccination after having a negative antibody-test result that was taken after December 25, 2018, part of the cost will be reimbursed. The subsidy amounts are ¥3,000 for a rubella vaccination or ¥5,000 for an MR vaccination. The application deadline is March 31 (postmark deadline) or else March 29 if applying at a city health center. Please note that it takes 1-2 weeks to get the result of a rubella antibody test.

