



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.)



A New Beginning in the Municipal Administration
Sakura City Mayor, Mr. Sango Nishita
"Hopes for a future where an attractive town can be developed"

Born in Sakura City, October 15, 1964

Graduated at:

Sakura Usui Elementary School

Sakura Usui Jr. High School

Narita Kita-Koukou (High School)

Takushoku University - Faculty of Politics and Economics.

1991 ~ March 2003 - Sakura City Council Member, 1st. Election, 3 terms.

April 2003~2019 -Chiba Prefectural Assembly Member, 1stElection, 4 terms

Profile

Inauguration Greetings

Thanks to the citizens' support, I will be in charge of the Municipal Administration from April 27th this year. It has been my willingness to contribute to Sakura City, my hometown, since I was elected a City Council Member in 1991 and now, elected to the Mayoral Election, took office as the 7th Mayor of the city. Many local governments, including Sakura City, are working towards the creation of policies to solve social problems such as increases in social security costs, population decline, aging of urban infrastructure such as roads and water pipes as well as methods for securing financial resources. It is desirable to build an optimal self-governing method. As the leader of this Administration, it will be my task to promote a one-heart bond among citizens, congress and staff members to create an "ALL-SAKURA" through dialogue. In order to promote the development of an attractive town, we will strive for a fair, highly transparent municipal administration to the citizens' eyes. I would like to express that it is my determination to work on those changes described above with energy and cheerfulness. Thank you in advance. **Sango Nishita, Sakura City Mayor**

Shōbu Matsuri (Iris Festival)

In Sakura Castle Site Park (Jōshi Kōen), on June 8(Sat) & 9(Sun),
 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. From 10:00 to 16:00, 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)

- ★**Notice of temporary closing:** The park will be closed all day on June 17 (Mon) due to maintenance works.
- ★**Potato digging:** Held on Saturdays and Sundays until mid-June. (From 11:00~ & 14:00~, acceptance from 10:00 & 13:00). ¥390/3 plants. Reservation is not required.
- ★**Koinobori donations:** Please donate those carps you don't use at home anymore.
- ★**Pottery workshop:** Sundays and national holidays (13:00 & 14:30). Materials & firing fee: ¥800.
- ★**Free garden concerts**
 - Concert by Accordion Ensemble 'Fūsha': June 1 (Sat) (11:00, 13:00, 14:00)
 - Suitō Aki piano concert: June 2 (Sun) (11:30, 13:30)
- ★**Tolepainting workshop (decorative painting on everyday items):**
 June 1 (Sat) & 2 (Sun) 10:00-12:00 & 13:00-15:00, only until materials run out.

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



SAKURA FIREWORKS SHOW 2019 (AUG.3) - TICKET SALES START on JUNE 1 Types of tickets are shown on the May issue of Hello Sakura and <https://www.city.sakura.lg.jp/sakura/hanabi/> (Japanese only). Tickets can be bought via: The 'eplus' site (<http://festival.eplus.jp/events/36>) upon your registration. As an eplus member, free of charge.



CHIBA LOTTE MARINES - An official competition will be held at ZOZO Marine Stadium. Application acceptance period: June 17 (Mon) ~ June 23 (Sun) until 22:00 hours. Applications can be done through the website <http://www.cnplayguide.com/marines/sakura/> or the QR code on the left. On June 28 (Fri) the lottery for winning participants will be held; they will receive a notification on the same day. Inquiries please call the Marines Information Center, ☎ 03-5682-634

**Please Submit a GENKYŌ TODOKE (Current Status Report)
No later than June 28
to receive Jidō Teate (Child Allowance) in full**



Jidou Seishounen-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:

① *Genkyō-Todoke* (Current Status Report) for each year. *Genkyō-Todoke* forms for this year will be sent in early June to current recipients. ② Copy of your health insurance card (if you are covered by an employee pension plan or mutual aid pension plan) Please send back the forms using the enclosed return-addressed envelope. The envelope must be postmarked no later than June 28.

※The health insurance card should be the recipient's, not the spouse or child.

※You may be required to submit other documents depending on the situation.

※There is no reception of documents at each branch office.

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

FREE LEGAL CONSULTATIONS FOR FOREIGN RESIDENTS 13:00 to 16:00 (45 min/person),



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



2019							2020		
June	July	Aug.	Sep.	Oct.	Nov.	Dec.	Jan.	Feb.	Mar.
3 (Mon)	1 (Mon) *20(Sat)	5 (Mon)	*2 (Mon)	7 (Mon) 26 (Sat)	*11(Mon)	2 (Mon)	*11 (Sat)	3 (Mon)	*2 (Mon) 23(Mon)

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



**Tokutei Kenshin (specific health checkups) & Cancer Screenings (Part 1)
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, 2020 Male and female residents aged 19, 25 or 30 years, or females aged 20 or 35 years as of March 31, 2020 (Reiwa 2nd year)
- Residents who took city's health checkups in FY 2018.
- Residents eligible for the vouchers for Cancer Screening offered by the Japanese government

※Please note that due to utility works, there will be combined (multiple) checkups at Seibu Hoken Center on June 10th and June 24th

※Those who take a specific medical checkup (*Tokutei Kenshin*) are not eligible for the city subsidy for the complete medical checkup (*Ningen Dock*).

※For those who had the group screening for colon cancer in 2018, there will be enclosed a specific container for this checkup. If the consultation ticket does not reach you at the beginning of June and you want to apply for this checkup, please contact the Health Management Center.

※The specific medical checkup and cancer screening can be carried out in one day. Among multiple screenings that can be carried out in one day are: chest radiography, stomach cancer and colon cancer. From this year, the hepatitis virus examination can be carried out on the same day.

Eligibility for FREE Checkups/Screenings

◆ Those who are aged 70 years or more as of March 31, 2020. Please contact the Health Management Center for more details regarding expense exemptions.

**«Important» Please make sure to bring your Health Checkup Slip (Kenshin-Jushin-Ken), Medical Interview Sheet, Health Insurance Certificate and checkup fees* .
(*The fees must be paid by cash at the venue.)**

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

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

Seibu Hoken Center ☎463-4181 / Nanbu Hoken Center ☎483-2812

Reception hours: AM 8:30 to PM 5:15

KIND OF SCREENING	ELIGIBLE PEOPLE (as of March 31, 2020)	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, ophthalmic 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) * Endoscopy 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	Stool test (A container for the test must be obtained, in advance, at the medical institution where you are undergoing the screening.)		
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		
		Collective for (1) & (2)		¥500 (Free for people aged 40, 45, 50, 55, 60 or 65)	Not needed	*Not eligible if one has undergone any treatment, or is currently under medical follow-up, for Hepatitis B or C.	
Breast cancer	Mammo-graphy	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 3~)	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 3** 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 20 (Fri) 2019** (Childcare reservations can be made from November 1)

➤ **Ultra-sound breast cancer screening for 30's: December 11(Wed) 2019 and January 31(Fri) 2020**

➤ Please make a childcare reservation after you are notified of your assigned screening date.



Chiba Festa 2019

Date: June 16 (Sun) Time: 9:30 ~ 17:00 Place: Makuhari Messe, Exhibition Hall No. 3 **Free Entrance!**

Chiba-ken Kankyo Seikatsu-bu, Kenmin Seikatsu/Bunka-ka
(Department of Environment & Citizens Living) ☎ 043-223-2408

Experience the charm of Chiba while visiting the booths, enjoying an exciting program with lots of events and eating a wide variety of delicious food – *all day long!* Some of the events will include: ◆Chiba Prefecture Music concert. ◆Chiba-Kun dance contest. ◆Mobara Awa-dance performance & Tanabata decorations. ◆Kishi Ryu Sentai Soldiers –character show. ◆Talk shows by various presenters. ◆Stage performances including dances, chorus and calligraphy demonstrations by some of Chiba's High Schools' students.

Access to the venue: ●About a 5-minute walk from Kaihin Makuhari St.on the JR Keiyo Line. ●A 17-minute bus ride from Makuhari Hongo St. (JR Sobu & Keisei Lines) to Makuhari Messe Chuo.

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 from 5th grade and older, aiming to facilitate good communications among them. Applications for only one-class, as well as full or partial participation, will be accepted on a first-come, first-served basis. **Please apply by making a phone call.**

- How do rockets fly?** July 30 Tue (PM 14:00 – 16:00) at Chūō Kōminkan (25 participants)
- How can I become an astronaut?** August 2 Fri (10:00 – 11:30) at Chūō Kōminkan (30 participants)
- Roles of various kinds of satellites:** August 3 (10:00 – 11:30) at Chūō Kōminkan (50 participants)
- How do stars look?** **August 17 Sat (19:00 – 20:30) at Wada Furusato-kan (20 participants)
- Bus tour to explore JAXA:** August 23 Fri (8:00 – 17:00) (30 participants) Children from 4th grade and older can participate in this tour but need to be accompanied by parents or guardians. ※Details will be informed to prospective participants later. * **JAXA:** Japan Aerospace Exploration Agency ** In case of rain, to be postponed to August 24. Guardians and other family members can observe this class together.



HEALTH INFORMATION



HEALTH INFORMATION FOR MOTHERS & CHILDREN

Health Checkups	June 2019	Center	Reception
4-month checkup for children born in January 2019	Thu. 06	Kenkō KC	9:30 – 10:30
	Tue. 18	Seibu HC	13:30 – 14:30
	Mon. 24	Nambu HC	13:30 – 14:30
8-month checkup for children born in September 2018 ("Mogu-Mogu Class")	Fri. 14	Kenkō KC	13:30 – 13:45
	Wed. 05	Seibu HC	9:30 – 9:45
	Mon. 24	Nambu HC	
18-month checkup for children born in December 2017	Wed. 12	Kenkō KC	13:15 – 14:15
	Thu. 27	Seibu HC	
3-year checkup for children born in December 2015	Thu. 13	Kenkō KC	13:15 – 14:15
	Fri. 28	Seibu HC	
Dental Checkup for children born in June and December 2016 or June 2017 * On the days with a * mark, consultation on Speech Development is also available.	Tue. 11*	Kenkō KC	
	Tue. 25		
	Mon. 03*	Seibu HC	
	Mon. 17		
Child Development Consultation for preschoolers ("Suku-Suku Hattatsu Sōdan")	Mon. 10*	Nambu HC	9:00 – 12:00
	Thur. 20	Kenkō KC Reservation required	
Maternity Class for expectant mothers (up to first 25 mothers/couples) of babies due in Aug. - Oct. 2019	Wed. 19	Kenkō KC Reservation required	9:00 – 14:30

☀ 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 contacting:

(daytime) • a surgeon • a dentist
• a doctor in internal medicine

(night-time) • a surgeon

*Treatment is provided
at each doctor's office

HEALTH CONSULTATIONS FOR ADULTS

Mental Health Consultation with Counselor	Wed. 26	Kenkō KC Reservation required	13:30 – 15:30
	Fri. 07	Seibu HC	9:30 – 11:30

Child Abuse Consultation/Reporting

Night-time Consultation on Children's Acute Diseases:

☎ #8000 (19:00 – 6:00, 365 days)

POPULATION OF SAKURA CITY ※ () Increase/decrease from previous month.

As of the end of May, the population of Sakura City was 175,509 ※ (+33) (86,564 males and 88,945 females) in 77,815 households. The total includes 3,418 registered non-Japanese residents.