

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 and Thursdays, 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.)

September 1st Disaster Preparedness National Day Special Edition

Natural disasters cannot be stopped by human power, but disaster damage can be reduced by daily preparation. It is important to prepare for disasters on a daily basis so that you can act calmly in the event of an emergency.

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



Self-help

Let's prepare on a daily basis to protect self/home. Proof check your home and stock up on daily necessities.



Mutual Assistance

Let's stretch the bonds with neighbors and the local community, cooperate and help each others. Try participating in activities of voluntary disaster prevention organizations and fire brigades.



Public Assistance

Let's keep aware of disaster prevention systems established by the government and rescue agencies that provide support in the event of disasters.

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
 - 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.tepco.co.jp/>
 - ⑨ **Routes to all the evacuation centers:**
<http://www.hinanjyo.jp>

SUPPORT STATIONS FOR 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, Sagamihara City and Saitama City

SAFETY CONFIRMATION SERVICES

● These free message services allow you to smoothly convey your whereabouts to family members and acquaintances when it is difficult to connect on the telephone in the event of a disaster.

● **Disaster Emergency Message Dial 171** You can record and confirm a message using a landline telephone number in the affected area. Just dial 171 and follow the guidance.
➤ **Recording a message:** Dial 171 → 1 → Landline number of the person living in the disaster area → Enter a message.
➤ **Playing back:** Dial 171 → 2 → Landline number of the person whose safety you want to confirm.
※ Please get used to this service beforehand by practicing on the 1st and 15th of every month.

● **Disaster Message Board on a Mobile Site** You can register the safety information in the stricken area and text messages of up to 100 characters. The registered information can be checked from other companies' mobile phones, smartphones & computers. Please check the website of your mobile phone company. ※ You can also get used to the service by practicing on the 1st and 15th of every month.

● **Safety Information Search on the J-anpi Site:** <http://anpi.jp> You can search for disaster message boards provided by each telecommunications company by entering "phone number" or "name".



PREPARING EMERGENCY ITEMS AT HOME



Example of an Emergency Kit:

- ✓ Drinking water, 3 bottles of 500 ml each per person.
- ✓ Food that can be eaten without cooking.
- ✓ Valuable items such as cash, savings passbook, Health Insurance card, etc.
- ✓ Oral emergency medicines and Band-Aids, disinfectants, etc.
- ✓ Information of medical institutions, medicines passbook, prescriptions, etc.
- ✓ Daily life items such as writing tools, eye-glasses, dentures, powdered milk, diapers, sanitary products, etc.
- ✓ Clothing, gloves, towels, tissue paper.
- ✓ Helmet, disaster prevention cushion or hood, etc.
- ✓ Portable radio, especially the one that can be manually charged. Mobile phone including charger.
- ✓ Flashlight, matches, lighter, batteries.
- ✓ Rain gear, sports shoes.



Example of stockpile items in case of evacuation at home

- ✓ Drinking water, 3 liters per person, per day. Three day stock.
- ✓ Food supplies, those that don't require cooking like ready-made pouch meals (retoruto). Enough supply for one week.
- ✓ Plan a supplies' rolling stock. Buy food items → consume some of them (confirm expiration dates) → Buy more and stock them.



PET EVACUATION PROCEDURES IN TIME OF DISASTER



In the event of a disaster, you can evacuate with your pet at the evacuation center. In the shelters, the owners themselves are responsible for looking after their pets at the designated place.

Daily preparation:

- Discipline and health management (vaccination)
- Securing of disaster prevention supplies for pets (food, drinks, toilet supplies, etc.)
- Owner identification.
- Confirmation of shelters and evacuation routes.

Countermeasures for evacuation:

- Use of cages and leashes (leads) at the shelters.
- Adhere to breeding manners and health management.
- Bring evacuation equipment and stockpile items for pets.
- Owner identification.

USEFUL INFORMATION



If disaster occurs when you are at your workplace or 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 trying to get 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. Please follow the next steps.

- Secure your own safety first.
- Stay in a safe place, such as your office or a large commercial facility.
- Confirm yours and your family safety via Disaster Emergency Message Services.
- Gather information on traffic and damages.

Make it a habit to ...

- Keep a flashlight, gloves, drinking water, food and comfortable shoes.
- Discuss and decide with your family how to get in touch with each-others and where to evacuate in times of disaster.
- Carry a portable radio and map with you.
- Confirm a walking route beforehand.

Sakura International Speech Contest

Sakura International Exchange Foundation
<http://www.sief.jp> ☎ 484-6326



- ◆ Date & Time: Oct. 20 (Sun) 10:00~16:00
- ◆ Place: Sakura Millenium Center
- ◆ Application Period: Aug 19 (Mon) ~ Sep 20 (Fri) until 16:00
- ◆ Free of charge
- ◆ Target: Students residing in Sakura City

To apply and for inquiries about the theme of the text and speech, please contact the Sakura International Exchange Foundation.

Basis for Jr. High School Students:

- ① English recitation (from memory), 15 students
- ② English speech, 10 students
- ◆ The time limit is 2~3 minutes for both categories.
- ◆ On a first-come, first-served basis.

Basis for Elementary School Students:

- ◆ English recitation and speech.
- ◆ 50 students.
- ◆ The time limit is 1 minute.
- ◆ On a first-come, first-served basis



Kusabue-no-Oka Autumn Events

Sakura Kusabue-no-Oka, ☎ 485-7821



The fruitful autumn awaits for you at *Kusabue-no-Oka*. Please come with family and friends and enjoy delicious foods while refreshing in cool breezes.

- **Sweet potato Digging:** ①11:00~ & ②14:00~ Sat., Sun. & National holidays, from mid-September till early November. ¥420/3 plants.
- ★ Prior application is not required.
- ★ Reception starts one hour before each session.
- ★ Admission fee is required.

- **Peanuts digging:** ①11:00~ & ②14:00~ Sat., Sun. & National holidays, from late Sep. till mid-October
- ★ Fee: ¥350/5 plants.
- ★ Prior application is not required.
- ★ Reception starts one hour before each session.
- ★ Admission fee is required.



- **Rice Harvesting Experience:** Sep. 7 (Sat.), 10:00 ~
- ★ It will go ahead under slight rain. In case of severe, stormy weather, it will be postponed until next day.
- ★ Reception at the Piloti training building.
- ★ 70 people accepted, from 4 years and above..
- ★ Fee: ¥700
- ★ Admission fee is required.



Kusabue-no-Oka		
Open hours: 9:00-17:00		
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

Kyū-Hotta-Tei

Yoga

The former residence of Feudal Lord Hotta

Sakura City Hall, Bunka-ka, (Culture Section)
〒285-8501 ☎ 484-6192



Moon Viewing Garden concert

October 5 (Sat), 8:30~9:45

Spend a relaxing time on the beautiful Japanese gardens of the former residence of Feudal Lord Hotta.

- » **Instructor:** Kitahara Yuri
- » **Fee:** 1,000 Yen (Includes admission to Kyū-Hotta-Tei)
- » **Capacity:** 30 people (First-come, first-served basis)
- » **Please bring:** Yoga mat or large towel, leisure sheet, easy-to-move clothes, towel, drink. (Locker rooms available.)
- » **Application required.**
- » **Phone or send email to:** bunka@city.sakura.lg.jp and provide name, address and phone number.

September 13 (Fri) ① 18:00~19:00 ② 19:30~20:30

Musician: Aono Junko

Enjoy listening the beautiful sounds of “Youkin”, a Chinese percussion instrument. The concerts are free of charge but an admission fee to the venue is required: ¥320 for adults and ¥160 for students.

How to apply: Send a reply postcard (Ōfuku Hagaki) or by Chiba electronic application service. Include your address, name of participants (up to 2), desired time and telephone number to the above address.

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

SPECIAL OPENINGS

SEPTEMBER 16 (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 “Katchū”, a samurai armor costume (10:00- 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)

2019 GUIDANCE ON HIGH SCHOOL PREPARATION






Guidance on High School preparation will be offered for Jr. High School students (Grade 1-3) who are non-native Japanese speakers as well as for their parents. Prior application is recommended. For details, please contact:

Mr. Shiratani
Mobile: 080-3175-9539

Date	Location	Time
Oct 13	Chiba (Chiba University)	
Oct. 13	Matsudo (Shimin Kaikan)	13:30 ~
Oct. 19	Ichikawa (Gyotoku Bunka Hall)	16:30


HEALTH INFORMATION – September 2019




Kenkō Kanri Center ☎485-6711		Seibu Hoken Center ☎463-4181		Nambu Hoken Center ☎483-2812	
Health Information for Mothers & Children					
Health Checkups		Sept. 2019	Center	Reception	
4-month checkup for children born in April 2019 	Tue. 03	Kenkō KC	9:30 – 10:30		
	Tue. 17	Seibu HC	& 13:30 – 14:30		
	Thu. 05	Nambu HC	13:30 – 14:30		
8-month checkup for children born in December 2018 (“ <i>Mogu-Mogu Class</i> ”)	Tue. 24	Kenkō KC	13:30 – 13:45		
	Wed. 18	Seibu HC	9:30 – 9:45		
18-month checkup for children born in March 2018	Thu. 12	Kenkō KC	13:15 – 14:15		
	Thu. 26	Seibu HC			
	Thu. 19	Nambu HC			
3-year checkup for children born in March 2016	Wed. 11	Kenkō KC	13:15 – 14:15		
	Fri. 27	Seibu HC			
	Fri. 20	Nambu HC			
Dental Checkup for children born in March or September 2017, or in September 2016  * On the days with a * mark, consultation on Speech Development is also available.	Tue. 10*	Kenkō KC	13:15 – 14:15		
	Wed. 25				
	Mon. 02*	Seibu HC			
	Mon. 30				
Mon. 09*	Nambu HC				
Child Development Consultation for pre-schoolers (“ <i>Suku-Suku Hattatsu Sohdan</i> ”)	Thur. 19	Kenkō KC Application required	9:00 – 12:00		
Maternity Class for expectant fathers & mothers of babies due from Nov. '19 – Jan. '20 	Sat. 21	Kenkō KC Application required	9:00 – 12:00		
Health Consultation for Adults					
Consultation with public health nurse Application required 	Wed. 18	Kenkō KC	9:30 – 11:30		
	Fri. 06	Seibu HC			
	Mon. 30	Nambu HC			
Mental health consultation with psychiatrist  * There'll be no therapeutic treatment, and this service can't be used continuously.	Wed. 25	Seibu 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)
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

MR VACCINATIONS (MEASLES & RUBELLA)



Measles is a highly contagious viral illness that causes a skin rash and fever, often causing complications such as pneumonia, brain inflammation and pregnancy problems. It cannot be prevented by hand washing or a mask alone. Rubella can be transmitted through coughs and sneezes, 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. ◆Inoculation period is from April 1, 2019 to March 31, 2020.

First vaccination	One-year-old children (As soon as possible after turning one year old)
Second vaccination	Six-year-old children (Nursery/Kindergarten) (Born April 2, 2013 - April 1, 2014)

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

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

As of the end of July, the population of Sakura City was 175,367 ※ (+12) (86,470 males and 88,897 females) in 77,973 households. The total includes 3,510 registered non-Japanese residents.