

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 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.)



Due to the spread of the novel coronavirus, various events mentioned in this issue may be canceled or postponed. For inquiries, please contact the departments in charge

## The 39<sup>th</sup> Sakura Asahi Kenkō Marathon

Sunday, March 29 (9:00 to 15:30, rain or shine) ※ Entry is already closed

### Let's cheer for the Runners!

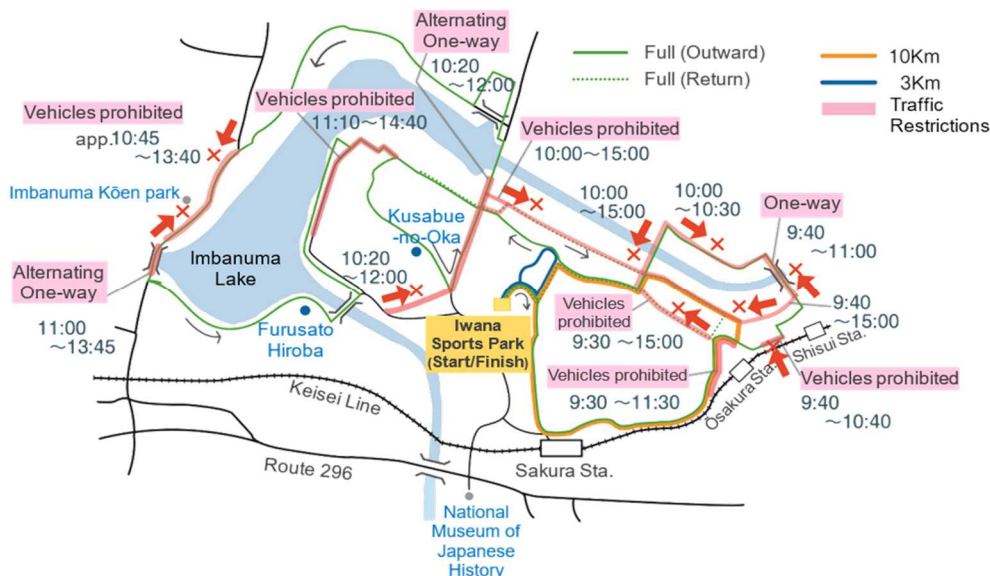
Sakura Asahi Kenkō Marathon Secretariat, ☎485-2929 <http://sakuraasahi.jp/>

With full marathon and 10 km-run courses authorized by Japan Association of Athletics Federations (JAAF), the 39<sup>th</sup> Sakura Asahi Kenkō Marathon will have about 13,000 participants from all over Japan, starting at Iwana Sports Park and running around the beautiful scenery of Inbanuma Lake. Also, many volunteers will support the participants 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.



In honor of Mr. Koide's achievements, the name of the Iwana Athletics Stadium was changed to "Koide Yoshio Commemorative Athletics Stadium" to convey his contribution to the city for future generations.



### PLEASE REFRAIN FROM COMING BY CAR!

Since driving and parking are restricted around the courses, please take the advantage of riding **free shuttle buses** which will run 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

## Sakura Asahi Kenkō Marathon / Yoshio Koide Memorial Photo Contest

**Photo works of the 39<sup>th</sup> Asahi Kenkō Marathon are wanted!**

- ▶ Original and previously-unreleased photo works featuring the event ▶ Must be taken on March 29, 2020
- ▶ Composition processing is not allowed ▶ Color or Monochrome ▶ Single works only (Series works are not accepted) ▶ A4 to 10R in size ▶ Up to 5 entries per person ▶ Photos printed with an ink-jet printer must be put one by one into transparent bags

**Entry fee:** 1,500yen/person regardless of the number of works (Free for High School students) (Please pay in the form of *Yūbin teigaku Kokawase* – Fixed amount postal money order)

**Application deadline:** Must be received no later than **Friday, April 17.**

**Send your works to:** 'Sakura Asahi Kenkō Marathon Photo Contest,'

Asahi Shimbun Chiba Branch, 3-10-4 Chūō, Chūō-ku, Chiba-shi 〒260-0013

The All-Japan Association of Photographic Societies (Mr. Yada, at their Chiba office)

☎ 090-7214-5216



# Pneumonia associated with the novel Coronavirus

Consultation counters: Chiba Prefecture: ☎223-2640 & 223-2989  
Ministry of Health, Labor and Welfare: ☎(03) 3595-2285



WHO homepage

Ministry  
of  
Health  
Labor &  
Welfare



The Ministry of Health, Labor and Welfare has reported that several cases of domestic outbreaks of infectious diseases related to the new coronavirus have been confirmed. Please follow the usual "cough etiquette" routine which includes a thorough hand washing and mask protection. (The Ministry QRC shows the correct way of washing hands as well as coughing manners). If you are returning or entering Japan from Wuhan City, have come in contact with these people, if you have symptoms such as coughing or fever, please wear a mask and consult a medical institution immediately. The WHO homepage provides information on coronavirus infections by countries, prefectures and municipalities allowing the right information so you don't get confused by hoaxes.

## 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 guidebook)' (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.

## Sakura City Hall Cafeteria - Open !

From February 3, you can enjoy dining in a relaxed atmosphere at the Cafeteria on the basement of the City Hall, Main Building. The menu includes set meals, noodles, *donburi* (Bowl of rice with a meat/vegetable topping) and more! Please come by all means!

- ◆ Opening hours: 11:30 ~ 15:00 ◆ Closed on Saturdays, Sundays and Holidays.

Sakura City Hall, Personnel Section (Jinji-ka) ☎ 484-6104

※Menu examples



### 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 Films for Kids & Parents

Chūō Kōmin-kan ☎485-1801

**Saturday, March 28**

- ① "The Kindly Lion" (10:00~)
- ② "Gon, The Little Fox" (11:00~)  
(Doors open at 09:30)  
**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 2020!

## ★ Hina Dolls Display - until March 3 (Tue)

Every year on March 3, Japan celebrates the Doll Festival (Hina Matsuri), the dolls representing the Emperor, Empress and attendants, dressed in traditional court attires. You can enjoy now the beautifully decorated display until March 3 at the Former Masuda House.

## ★Mini-steam locomotive - March 14 (Sat) & 15 (Sun)

① 10:00 until noon and ② 13:00 ~ 15:00 (Fee 320 Yen)

Parents and children can enjoy riding the mini-steam locomotive, which runs 1.1 km on rails across Kusabue-no-Oka!



## ★Amasake offering - March 1 (Sun) from 11:00

Come and taste this sweet traditional Japanese drink at the lawn in front of the training center's lobby.



Kusabue-no-Oka open hours: 9:00-17:00  
(Close on Mondays until March 19)

### 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

## Sakura City, a town colored with Cherry blossoms!

This spring, Sakura City has partnered with Keisei Electric Railway to run the sightseeing campaign:

"Sakura City, a town colored with cherry blossoms"

The campaign image will be of Ms. Rinko Murata, a popular model graduated from Sakura High School. During this campaign, some institutions and places will take their name from the character 桜 which means "Sakura":

- ✿ The City Hall will be: Sakura (桜) City Hall
- ✿ Jōshi Kōen will be: Sakura (桜) Jōshi Kōen
- ✿ Keisei Sakura Station will be: Keisei Sakura (桜) Stn.
- ✿ Some city stores will offer a limited time menu related to cherry blossoms.

The campaign period will start March 20 until April 12. Please come and enjoy the sakura of Sakura!



## Enjoy Cherry Blossoms viewing at night! At the National Museum of Japanese History and Folklore

March 25(Wed) ~ April 5 (Sun) 18:00 ~ 20:00

City Hall, Industrial Promotion Section ☎484-6146

To commemorate the 30<sup>th</sup> Anniversary of the museum's opening, the cherry blossom viewing night show, which started in 2013, will be held again this year due to its popularity.

During this event, the cherry blossoms' trees besides the museum's exhibition wing will be lit up. The illuminated cherry blossoms appear floating in the shadows and create a fantastic scenery!

Between the cherry blossoms and the entrance hall, there is a huge glass door of 3.95m width and 13.5 in height, showing a different view and expression by watching from indoors that will delight the eyes of those visiting. Don't miss this wonderful night show which is held once a year! ✖Free of charge



## 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

Firefighting Headquarters Prevention Section (Shōbō Honbu Yobō-ka kō)  
☎481-1217



In case of a fire, or to call for an ambulance, please dial ☎119, with no prefix!





## Have You Completed Your Tax Return Filing? The Deadline is: Monday, March 16.

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

# HEALTH INFORMATION – MARCH 2020



Health Information for Mothers & Children				Holiday & Night-time Emergency Medical Services	
HEALTH CHECKUPS		MAR. 2020	PLACE	RECEPTION	<b>Sundays &amp; Holidays Night-time Treatment</b> Dentistry & Internal Medicine at Kenkō KC ☎239-2020 19:00 ~ 21:45
<b>4-month checkup</b> for children born in October 2019		Tue. 10	Kenkō KC	9:30 — 10:30	
		Mon. 23	Seibu HC	&13:30 — 14:30	
		Wed. 04	Nambu HC	13:30 — 14:30	
<b>8-month checkup</b> for children born in June 2019 (“Mogu-Mogu Class”)		Tue. 17	Kenkō KC	13:30 — 13:45	
		Wed. 11	Seibu HC	9:30 — 9:45	
<b>18-month checkup</b> for children born in September 2018		Thur. 19	Kenkō KC	13:15 — 14:15	
		Thur. 12	Seibu HC		
		Thur. 05	Nambu HC		
<b>3-year checkup</b> for children born in September 2016		Wed. 18	Kenkō KC	13:15 — 14:15	
		Fri. 13	Seibu HC		
		Fri. 06	Nambu HC		
<b>Dental Checkup</b> for children born in March or September 2017, or in March 2018. (On the days with a *mark, consultation on <b>Speech Development</b> is also available.)		Tue. 03* Tue. 24	Kenkō KC	 13:15 — 14:15	
		Mon. 02* Mon. 16	Seibu HC		
		Mon. 09*	Nambu HC		
<b>Child Development Consultation</b> for pre-schoolers (“Suku-Suku Hattatsu Sohdan”)		Thur. 19	Kenkō KC Application required	9:00 — 12:00	<b>Night-time Consultation on children’s acute illnesses:</b> ☎#8000 (19:00 – 6:00, 365 days) <b>on acute illnesses (for anyone):</b> ☎#7009 (18:00 – 23:00, 365 days; 9:00 – 23:00 on Sunday & Holidays)
 <b>Maternity Class for expectant fathers &amp; mothers</b> of babies due from May. ~ July 2020		Sun. 15	Seibu HC	9:00 — 12:00	
<b>Health Consultation for Adults</b>					<b>To Find an On-Duty Doctor (*)</b> 8:30~22:00 (Sundays & Holidays) ☎484-2516 Recorded audio guidance on contacting: (daytime) • a surgeon • a dentist • a doctor of internal medicine (night-time)• a surgeon (*) <b>Treatment is provided at each doctor’s office</b>
 <b>Consultation with public health nurse</b>		Mon. 23	Kenkō KC	13:30 — 15:30	<b>Child Abuse Consultation/Reporting</b> Children & Youth Section, City Hall (Daytime): ☎484-6263 Chiba Pref. Hotline (24 Hours): ☎252-1152 Sakura Police Station: ☎484-0110
		Mon. 02	Nambu HC	9:30 — 11:30	
Kenkō Kanri Center ☎485-6711		Seibu Hoken Center ☎463-4181		Nambu Hoken Center ☎483-2812	

## Have you gotten the vaccinations for which you are eligible this fiscal year?

Routine immunization and subsidy system expire on March 31. 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**

Eligible people can get immunized at a lower cost of ¥3,000, should be residents in Sakura City, have never gotten a pneumococcal vaccination before and 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 2020 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, 2013 ~ April 1, 2014 are eligible, until March 31. Please note that after the deadline, vaccination **will not** be free of charge.

### **Subsidy (covering part of the cost) for mumps vaccinations**

Parents of children aged 12 months to less than 36 months-old who got mumps vaccinations in this fiscal year (April 1, 2019~March 31, 2020) are eligible for this subsidy of ¥3,000. Upon application, the subsidy will be paid afterwards into the applicant’s bank account. To receive the subsidy, applications must be made no later than March 31 (postmark deadline) 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 on or between April 1, 2019 ~ March 31, 2020, 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). Please note that it takes 1-2 weeks to get the result of a rubella antibody test. Consult with your doctor about vaccination depending on the result of the antibody test.



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

As of the end of January, the population of Sakura City was 174,924 ※ (-121) (86,264 males and 88,660 females) in 78,053 households. The total includes 3,713 registered non-Japanese residents.