

# HELLO SAKURA

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.)

## FIREFIGHTING ASSOCIATION

### Rescue team protecting the citizens' lives

Sakura City, Yachimata City,  
Shisui Town



The fire department is divided into departments such as the fire brigade, the rescue team and the emergency squad. Of these, the rescue teams are responsible for the rescue operations, featuring orange rescue clothing which is a color easy to identify even in dark places and through smoke. They are equipped with the adequate rescue tools necessary to save lives and made up of members trained in special rescue education. They are specialists in rescuing people who have been late to escape from a fire, trapped in a car due to a traffic accident, those in danger of drowning, etc. Rescue response to landslides and flooding has been increasing in recent years.

#### The following are some requests from the Firefighting Association:

- **Watch out for fires.** Install a residential fire alarm to quickly detect fires. If more than 10 years have passed since its installation, a fire may occur due to a dead battery or deterioration of electronic components. It is recommended to replace the battery and main unit if necessary as it may not detect a fire. The number of fires is increasing in the cities of Sakura, Yachimata and Shisui Town. From January to June 15 of this year, 73 fires have occurred which is almost the double of fires occurred on the same period of the previous year. About 60% of the causes of death in a house fire are due to delayed escape.
- **Let's prepare against landslides and flooding damage.** In the coming season, the risk of disasters will increase due to the effects of typhoons. Check the hazard map in advance for dangerous areas and evacuation sites. Also, inspect the surroundings of the building, clean the drains and gutters and prepare sandbags in advance if the land is low.

## Disaster Prevention – Special Edition

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

#### \* 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 **Toll-free telephone service** at: 0120-711-508
- ③ **E-mail delivery service:** Please register yourself by sending a blank message to [sakura@emp.ikkr.jp](mailto:sakura@emp.ikkr.jp)
- ④ **Routes to all the evacuation centers:**  
<http://www.hinanjyo.jp>
- ⑤ **Yahoo! Disaster Prevention Bulletin**  
<http://emg.yahoo.co.jp/>
- ⑥ **City's official website:**  
<http://www.city.sakura.lg.jp/>
- ⑦ **City's Twitter account:** @bousai\_sakura
- ⑧ **L-Alert** via TV/ Internet (NHK channels)
- ⑨ **Emergency FM radio** (Bay FM 78.0 MHz)
- ⑩ **TEPCO flashreport:**  
<http://teideninfo.tepcoco.jp/>

Kiki Kanri-ka  
(Crisis Management Section), ☎484-6131

#### \* SUPPORT STATIONS FOR PEOPLE WALKING HOME \*

Chiba Prefecture and other eight municipalities\* have concluded agreements with chains of convenience stores, family restaurants, gas stations, etc. to assist people returning home on foot in times of disaster. Such commercial facilities are called "Disaster Support Stations" and display yellow stickers shown on the right. In a disaster, they will offer free use of toilets, tap water, give traffic information, etc. as much as possible. We recommend you check and find these facilities in advance.



\* Tokyo Metropolitan Government, Kanagawa, Saitama & Chiba Prefectures; Chiba, Yokohama, Kawasaki, Sagami-hara and Saitama cities.

**\* 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 land line telephone number in the affected area. Just dial 171 and follow the guidance.

◆ **Recording a message:**

- Dial 171
- **Press 1** (If you don't have a pin number)  
Or **press 3** (If you have a pin number)
- If you pressed **3**, enter your 4 digits pin number.
- Number of the person living in the disaster area (Landline or mobile number)
- Enter a message (within 30 secs.)



◆ **Playing back:**

- Dial 171
- **Press 2** (If you don't have a pin number)  
Or **Press 4** (If you have a pin number)
- If you pressed **4**, enter your 4 digits pin number.
- Number of the person whose safety you want to confirm (Landline or mobile number)
- You will start listening to the recorded message.

※Please get used to this service beforehand by practicing on the 1<sup>st</sup> and 15<sup>th</sup> of every month.

**PREPARING EMERGENCY ITEMS AT HOME**

**\* EXAMPLE OF AN EMERGENCY KIT \***

- Drinking water.
- Food that can be eaten without cooking (at least a three-day stock).
- Helmet, disaster prevention cushion or hood.
- Clothing, underwear.
- Rain gear.
- Flashlight, matches, lighter, batteries.
- Portable radio, especially the one that can be manually charged.
- Mobile phone including charger.
- First aid supplies.     Cotton gloves (Gunte).
- Toiletries.             Towels.         Indoor shoes.
- Toothbrush and toothpaste.



**\* EXAMPLE OF STOCKPILE ITEMS \***



In case of evacuation at home, let's make sure to have the following items:

- Drinking water, 3 liters per person, per day. Please make sure to have a three-day stock.
- Food supplies, those that don't require cooking like ready-made pouch meals (retoruto). Enough supply for at least three days, preferably one week.
- Daily life items: Tissue and toilet papers, vinyl wrap, garbage bags, portable toilet, etc.
- Plan a supplies' rolling stock. Buy food items. → Consume those close to the expiration dates → Buy more and stock them.

※Bring your valuable items such as cash, savings passbook, health insurance card, etc.

**ITEMS AGAINST INFECTIOUS DISEASES**

- Mask.             Wet tissues
- Hand sanitizer and disinfectant
- Thermometer.



**\* PET EVACUATION PROCEDURES \***



In the event of a disaster, you can evacuate with your pet at the evacuation center. It is important to be prepared for that on a daily basis.

In the shelters, the owners themselves are responsible

for looking after their pets at the designated place. ※ Evacuation of dangerous animals at the shelters is not accepted.

**Daily preparation:**

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

**During evacuation:**

- ❖Use of cages (preferably those strong against rain and winds).
- ❖If you don't have a cage, please keep your pet on a leash.
- ❖Take measures against barking as well as stools disposal and drainage. Adhere to health management measures.

**\* « MY TIMELINE » EVACUATION PLAN \***

“My Timeline” is a schedule sheet that records in advance preparations and actions for typhoons, heavy rains, flooding, etc. By deciding in advance “When”, “Who” and “What to do” according to the family structure and living environment, you can expect to calmly take evacuation actions when the danger of a disaster approaches.

**LET'S CREATE “MY TIMELINE”**

- ① Let's check the risks of floods and landslides in the area where you live indicated on the hazard map (Page 2).
- ② Let's check the meaning of evacuation information based on the method of collecting heavy rain information, river water level and the alert level. (Page 3).
- ③ While creating “My Timeline”, make an evacuation plan imagining the time for preparation and work involved.

Please access the city homepage through the QR Code to view the hazard maps and for downloading “My Timeline” schedule sheet.



# Tokyo 2020 Olympics Sakura Athletes, congratulations!!!



## MEGU UYAMA, TRAMPOLINE GYMNAST

Born January 14, 1996 with residence in Inzai City.  
Affiliated to Ten Forty Sports Club in  
Usuida, Sakura City.

Athlete Megu Uyama, who participated in the Tokyo  
2020 Olympics, won the high rank 5<sup>th</sup> place in the  
Trampoline Gymnastics discipline.

She has been instructed since elementary school at  
the Ten Forty Sports Club, headquartered in Sakura  
City.

The success of Uyama athlete has impressed and  
energized Sakura City.



## DAISUKE FUKUSHIMA SHOW JUMPING RIDER

Born September 20, 1977 with residence in  
Sakura City.  
Affiliated to STAR HORSES, Sakura City

Athlete Daisuke Fukushima won the 6<sup>th</sup> place in the  
individual show jumping final. Mr. Fukushima  
jumped over all obstacles without mistakes, ran  
within the stipulated time and took the lead  
alongside the other five players without any  
deduction points. Even in the decisive battle that  
can be called the jump-off, he ran without any  
deductions and finished 6<sup>th</sup> in the time difference.

**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 and successful applicants are granted a  
scholarship of up to 80,000 Yen in a fiscal year. The  
students should meet all the following conditions:

1. Live in Sakura City.
2. Enter Senior High School in the year of  
graduation from Jr. High School or in the following  
year.
3. Motivated to learn and have earned a grade point  
average (GPA of 3.0 or more on the 5 grade  
evaluation system during the third year of Jr. High  
School.
4. Family income in the previous year was less than  
1.3 times the maximum income eligibility level for  
public assistance and deemed to have financial  
difficulties in attending Senior High School in this  
fiscal year.
5. Have a recommendation letter from the principal  
of the Jr. High School from which the students  
graduated.

**Reception deadline is Tuesday, December 28<sup>th</sup>**

Guidance leaflets and application forms can be  
obtained at the City Hall, Kyōiku Sōmu-ka or by  
downloading from the city's website:  
<http://www.city.sakura.lg.jp/0000002760.html> Fill in  
the required items and submit to the indicated  
section. \*Applicable documents are required.

## Sakura International Speech Contest

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

**Date & Time:** Oct. 24 (Sun) 10:00~16:00

**Place:** Sakura Millennium Center

**Application period:** Aug 23 (Mon) ~ Sep 17  
(Fri) until 16:00

**Target:** Students residing in Sakura City

- ◆ Free of charge.
- ◆ To apply, please access the SIEF website.  
Application guidelines are detailed in the  
homepage.
- ◆ The students are free to decide on English  
recitation and speech themes.

**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:**

- ① English recitation and speech, 25 students.
- ◆ The time limit is 1 minute.
- ◆ On a first-come, first-served basis.



# HEALTH INFORMATION – SEPTEMBER 2021

Health Information for Mothers & Children				Holiday & Night-time Emergency Medical Services 				
HEALTH CHECKUPS	SEPT. 2021	PLACE	RECEPTION					
<b>4-month checkup</b> for children born in April 2021 ※An appointed time will be indicated 	Tue. 07	Kenkō KC	9:30 – 11:00 &13:30 – 14:15	<b>Sundays &amp; Holidays Night-time Treatment (19:00~21:45)</b> Internal Medicine and Dentist services at Kenkō KC <b>☎239-2020</b>				
	Wed. 15	Seibu HC	9:30 – 11:00 &13:30 – 15:00					
	Fri. 10	Nambu HC	13:30 – 15:00					
<b>8-month checkup</b> for children born in December 2020 (“Mogu-Mogu Class”) ※ Application required.	Wed. 08	Kenkō KC	13:15 – 14:45					
	Wed. 22	Seibu HC	9:15 – 11:15					
	Fri. 10	Nambu HC						
<b>18-month checkup</b> for children born in March 2020 ※An appointed time will be indicated	Thur. 02	Kenkō KC	13:10 – 14:40		<b>Emergency Pediatric Internal Medicine</b> for children aged 15 or younger at Kenkō KC ☎485-3355 Every night 19:00 ~ AM 5:45 On Sundays & holidays, open 9:00 ~ 16:45 & 19:00~AM 5:45			
	Tue. 28	Seibu HC						
	Thur. 16	Nambu HC						
<b>3-year checkup</b> for children born in March 2018 ※An appointed time will be indicated	Fri. 03	Kenkō KC	13:10 – 14:40					
	Wed. 29	Seibu HC						
	Fri. 17	Nambu HC						
<b>Dental Checkup</b> for children born in September 2018, March or Sept. 2019 ※On the days with a (*)mark, consultation on <b>Speech Development</b> is also available. ※An appointed time will be indicated.	Wed. 01* Thur. 09	Kenkō KC	 13:15 – 14:15	<b>Night-time Consultation on children’s acute illnesses:</b> <b>☎#8000</b> (19:00 – 6:00 AM, 365 days) <b>on acute illnesses (for anyone):</b> <b>☎#7009</b> (18:00 – 6:00 AM, 365 days; 9:00 – 6:00 AM on Sunday & Holidays)				
	Mon. 13* Mon. 27	Seibu HC						
	Mon. 06*	Nambu HC						
<b>Child Development Consultation</b> for pre-schoolers (“Suku-Suku Hattatsu Sohdan”)	Thur. 16	Kenkō KC Application required	9:00 – 12:00			<b>To Find an On-Duty Doctor (*)</b> 8:30~22:00 (Sundays & Holidays) <b>☎484-2516</b> 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>Maternity Class for expectant mothers and fathers</b> of babies due from Nov. 2021 ~ Jan. 2022 	Sun. 05	Seibu HC Application required	9:00 – 12:00/ 13:00 – 16:00					
<b>Health Consultation for Adults</b> <b>Consultation with public health nurse</b> Application required 	Tue. 07	Seibu HC	9:30 – 11:30		<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			
	Wed. 22	Nambu HC						
	<b>Kenkō Kanri Center</b> <b>☎485-6712</b>						<b>Seibu Hoken Center</b> <b>☎463-4181</b>	
<b>Kenkō Kanri Center</b> <b>☎485-6712</b>		<b>Seibu Hoken Center</b> <b>☎463-4181</b>					<b>Nambu Hoken Center</b> <b>☎483-2812</b>	

## DISTRIBUTION OF ELDERLY SAFETY KIT

The local Welfare Officer and Children’s Committee will deliver an emergency medical information kit to those who will turn 75 years old (those born until March 31, 1947).

◆ An information sheet, which includes contact information, medical history, family doctor and medication information is to be placed in a container and kept in the refrigerator to assist in medical and first aid activities in case of an emergency. The kit includes a container, paper, a sticker for the front door to let people know that the kit exists, a magnetic sticker for the refrigerator door and a notebook to underlay the persons’ lifestyle and be able to provide the adequate care.

※ If you are **under** 75 years old and need this service, please contact us:

**Kōreisha Fukushi-ka (Seniors Welfare Sec.) ☎484-6243**  
**Shakai Fukushi-ka (Social Welfare Sec.) ☎484-6135**

## CONSIDERATION IN THE USE OF FRAGRANCES

In recent years, fragrances have been used in a variety of items around us and this trend is increasing year by year. Some people, though, find it unpleasant even if the smell is comfortable. Others may feel dizzy, sick or get a headache due to the substances contained in such fragrances. The components are often passively inhaled into the body and may be unavoidable in public places. In addition, inhalation of very small amounts of scent components may cause health hazards such as allergic symptoms and inducing breathing problems. The number of health hazards caused by fragrances has been increasing and is now regarded as one of the new pollutions. Regarding the use of fragrances, please always keep in mind the consideration for those around you.



### Inquiries:

**Kenkō Suishin-ka (Health Promotion Sec.) ☎485-6711**

**POPULATION OF SAKURA CITY AS OF THE END OF JULY, 2021** ※ ( ) Increase/Decrease from previous month.  
 The population was 172,754 ※ (-) 105. The total includes 85,082 males and 87,672 females in 78,665 households.  
 The number of births totaled 81. Registered non-Japanese residents: 3,735.