



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: https:// 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 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.

LET'S BE CAREFUL ABOUT HEAT STROKES

A heat stroke occurs when the body's thermoregulatory system does not function properly and heat is trapped inside the body, such as in a hot environment. This happens especially in July after the rainy season as it is hot and humid and the body is not yet used to the heat. The number of emergency transportation and casualties due to heat stroke is increasing year by year, so let's get the right knowledge to prevent this condition. Please give particular attention to those days when:

- ☼ The temperature is above the 28°C
- ☼ Humidity is 70% or more.
- ☼ The time when it starts getting hot.
- ☼ When suddenly it gets hot.
- ☼ The day after a sweltering night.
- ☼ It's a windless day.

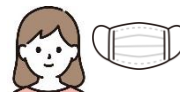
➤ Sakura Suzumidokoro (cool rooms) have been set up in 17 public facilities around the city. Please view the city's homepage for details. ➔

➤ Regarding the use of mask, the city provides useful information on how to decide its proper use. ➔



5 POINTS TO CONSIDER TO PREVENT A HEAT STROKE:

1 HAVING A GOOD BALANCE BETWEEN HEAT STROKE AND CORONAVIRUS MEASURES.



Wearing a mask makes it difficult for heat to escape through the skin and before you know it, you may be dehydrated and have difficulty regulating your body temperature. Depending on your physical condition, remove the mask if you can maintain a sufficient distance (2m or more) from people outdoors.

2 DO NOT JUDGE BY YOUR PHYSICAL SENSATION TO ESTIMATE THE TEMPERATURE.

Check indoor conditions with a thermo-hygrometer, not the temperature setting of the air conditioner. As a guide, use an air conditioner or fan with a room temperature of 28°C or less and humidity of 70% or less.

3 TAKE PRECAUTIONS WHEN GOING OUTDOORS.

Avoid hot days and hot hours and carry out your activities within moderate limits. When outside, wear cool, well-ventilated clothing and a parasol or hat to avoid the heat.

4 DRINK PLENTY OF FLUIDS BEFORE YOU FEEL THIRSTY.

Even if you don't feel thirsty, rehydrate frequently with 1.2 ~ 1.5L daily as a guide. Please consult with your doctor if you have heart or kidney diseases.

5 TAKE CARE OF YOUR HEALTH ON A DAILY BASIS.

Let's keep in mind a well-balanced diet and physical fitness.

IF YOU SUSPECT OF HAVING A HEAT STROKE:

SEVERITY	SYMPTOMS	APPROACH
Mild	Dizziness, lightheadedness, muscle aches, profuse sweating.	Loosen your clothes. Go to a cool area and apply cold packs to the back of your neck, armpits, feet soles, etc. Rehydrate and increase intake of salt.
Moderate	Headache, nausea, dullness, collapse feeling.	If the symptoms do not improve, please consult with your doctor.
Severe	Unconsciousness, convulsion, high body temperature.	People nearby must call an ambulance immediately.

THE CHILDREN AND THE ELDERLY NEED SPECIAL ATTENTION

About 40% of heat strokes occur indoors. In households with small children and the elderly who have chronic illnesses or disabilities, use air conditioner appropriately. Please adjust it so that the wind doesn't hit directly.

- ◆ To prevent heat stroke, the Ministry of Environment provides information on the Heat Index (WBGT) which indicates the susceptibility to heat stroke.
- ◆ When the risk of heat stroke is predicted to be extremely high, a warning alert is announced by prefecture. In Sakura City, this information is posted on the official Twitter "Like! Sakura City".



Inquiries:

- Heat stroke issues: Kenkō Suishin-ka (Health Promotion Section) ☎ 312-8228
- Heat stroke warning alert: Seikatsu Kankyō-ka (Living Environment Section) ☎ 484-4278



AUGUST EVENTS IN SAKURA CITY



Summer Festival in Someino



Schedule: August 13(Sat) and 14(Sun) from 10:00 ~ 20:00
Location: Nanaido Park, 4-2 Someino, Sakura City.
Sponsored by: Someino Innovation Farm
 (e-mail) k.takei.sif@gmail.com

Someino Farmers Market, which started as a food project in August 2020, will celebrate its second anniversary. In order to propose new ways to use Nanaido Park and enrich our daily lives, the Someino Summer Festival will be held at this venue, the base of the organization's activities.

Summer festivals convey an atmosphere of fair and stalls, but Someino Summer Festival is different from conventional festivals as it utilizes the park with the themes of "experience" and "learning". On the night of the festival, we will focus on [Reuniting with friends] and [Interaction with the community] to create a space where you can enjoy your meals and drinks.

Festival planned contents (No. of shops per day)

- | | | |
|-------------------------------------|--------------------------------|------------------------|
| ① Someino Farmers Market (20 shops) | ② Food trucks (15 cars) | ③ Workshops (15 shops) |
| ④ Handmade goods (15 shops) | ⑤ Stage events (10 groups/day) | ⑥ BBQ/Sauna/Camp |
- ※ Please take measures against heatstroke and coronavirus infection.
 ※ There is no parking lot, so please use public transportation to arrive at the venue.



Visit the three cultural assets in Sakura City!

Bukei-ya-Shiki (Old Samurai Residence)

Kyū-Hotta-Tei (Former Lord Hotta Residence)

Sakura Juntendo Kinenkan (Juntendo Memorial Hall)

Inquiries: Bunka-ka ☎ 484-6192

During the summer vacation: July 21 (Thur) ~ August 31 (Wed), elementary and Jr. High School students have free pass to any of these three facilities. Come and visit us and collect ideas for homework and for a memorable summer!



Let's play with Hachiroku! Exhibit of 8620 type steam locomotive

Dates & Time: August 7 (Sun) 9:00 ~ 16:00
 August 28 (Sun) 9:00 ~ 16:00
Place: Takasaki-gawa Minami Kōen (Omotechō 2-chōme)
Contents: Locomotive exhibition explanation, etc.
 ◆ Free of charge. ◆ Application not required.
 ◆ Please arrive by public transportation.
Inquiries: Sakura City Steam Locomotive Preservation Society, (Horie san)
 ☎ 486-7796

It's summer! Let's go swimming!



Municipal pools open until August 31, (Wed)

Time: 9:00 ~ 12:00 & 13:00 ~ 16:00
Fare: 480 Yen for High School students and above, 150 Yen for elementary & Jr. High school students. Infants free of charge. Locker usage fee is 50 Yen.

※ Please check the rules of each pool facility in advance.

- ◆ Iwana Sports Park ☎ 484-1943 (50m pool ▪ Infants' pool)
- ◆ Jōza Sōgō Park ☎ 461-2611 (25m pool ▪ Infants' & Toddlers' pools ▪ Mini-slider)

※ The pool at Negō Jr. High School will not open this year.
 General Information: Iwana Athletics Stadium ☎ 483-0131

Road Art Workshop

Using chalk, let's join efforts and draw a big sea on the road!

Date & Time: August 22 (Mon) 10:00 ~ 12:00
Place: The parking lot in front of the Chūo Kominkan (Central Public Hall). ※In case of rainy weather at the 1st floor lobby of Chūo Kominkan.
Fee: 500 Yen ※ Application required.
Number of applicants: 12 pairs (If the number of applicants exceeds, a lottery will be drawn).
Things to bring: Clothes and shoes that can be soiled.
 Workshop by Hisamoto Aya, Atelier Tierra Azul, Children's modeling class.
 For reservations or inquiries, please call the Chūo Kominkan ☎ 485-1801 or through the QR Code →

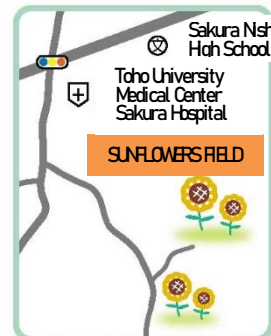


Sakura Seibu Shizen Kōen

Park & Green Space Division
☎ 484-6165

Sunflowers field

From August 10 to early September, sunflowers bloom in two fields in the Azeta area of Sakura Seibu Shizen Kōen (Tentative name). This year, the fifth year of cultivation, the members of the Azeta Satoyama Cooperation Association are growing large-flowered sunflowers and red sunflowers. Please come and enjoy the blooms that will grow in one hectare! ※The blooming time may shift depending on the weather.



Professional Baseball Eastern League Official Game:

SEPTEMBER 24TH
Match starts at 1:00

CHIBA LOTTE MARINES VS YOMIURI GIANTS

Let's watch the play of professional baseball players at Nagashima Shigeo Memorial Iwana Stadium!



The professional baseball Eastern League official match will be held on September 24th for the first time in three years. A lottery will be held for visitors to win gifts such as Marines goods. Let's support the dynamic appearance of the players who will lead the future Chiba Lotte Marines!

Sale of tickets will start on August 15 (Mon) until September 23 (Fri), from 8:30 ~ 17:00 ※ Prices in () are for elementary school students.

Type of seat	Tickets bought in advance	Tickets bought on the event's day
Special infield	1,500 Yen (1,000)	2,000 Yen (1,500)
Lawn - infield	1,000 Yen (500)	1,200 Yen (700)
Lawn - outfield	500 Yen	700 Yen

※ Heartful discount – disability discount available: same-day tickets will sell at 50% of the price.

※ Wheelchair seats available (at the infield stand).

◆ How to apply:

On the internet, please visit the Chiba Lotte Marines homepage: <https://m-ticket.marines.co.jp/calendar/M22E>

Window sales: ■ Sakura City Hall, Shōgai Supōtsu-ka (Lifelong Sports Section) ■ Sakura Shōkō Kaigi-sho (Sakura Chamber of Commerce) ■ Sakura-shi Kankō Kyōkai (Sakura City Tourism Association).

◆ **Access:** Parking space is not available so please take advantage of the free shuttle buses leaving from Keisei Sakura Station. **Inquiries:** Sakura Eastern League Executive Committee ☎ 090-9705-2365



Please submit your current status report (*Genkyō-Todoke*) to receive the Special Child Rearing Allowance (*Jidō Fuyō Teate*) & Medical Expense Subsidies for Single-Parent Families

Kodomo Katei-ka (Child & Family Support Section) ☎ 484-6140

Genkyō Todoke (the current status report) for receiving *Jidō Fuyō Teate* (special child-rearing allowances) is being accepted from **August 1 (Mon) ~ August 31 (Wed)** (except weekends and national holidays).

If you received the notice after the end of June, it is also necessary to submit the enclosed green document (Partial Suspension Exemption Reason Notification Form) and other papers if you have received them.

(Please note that failure to submit the report may result in termination of the allowance payments.)

For those who have not been certified, a new certification request is required.

The report submission must be done in person at the City Hall. ※An interview will be carried out to confirm the current situation. However, if you are qualified only for the Medical Expense Subsidies for Single-Parent Families, you can submit the report by post.

Sakura International Speech Contest

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

Date & Time: Oct. 23 (Sun) / 10:00~16:00

Place: Sakura Millennium Center

Application period: August 22 (Mon) ~ September 16 (Fri)

Target: Students residing in Sakura City

◆ Free of charge.

◆ To apply, please access the SIEF website. Application guidelines are detailed on the homepage.

◆ The participants are free to decide on English recitation and speech themes.

Kindergarten ~ Elementary School Students:

○ The time limit is 1 minute. 25 students.

Jr. High School, High School Students and adults (No age limit):

○ The time limit is 2~3 minutes. 25 members

Sakura City Museum of Art

Sakura City Shinmachi 210 ☎ 285-0023

☎ (485) 7851 ✉ muse@city.sakura.lg.jp

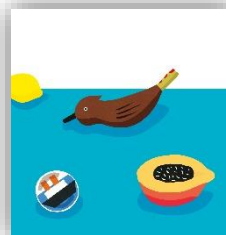
OPENING HOURS: 10:00 ~ 18:00 (Last admission is until 17:30)

Closed on Mondays but will open if it is a public holiday and the next day will be closed.



Admission Fees

- ¥800 - General
- ¥600 - University & HS students
- ¥400 - Jr. High & Elementary school students
- Discount on advanced sales and group fee of 20+ people
- Preschoolers free of charge.



“Kuchibue no kikoeru” 1985
(I can hear whistling)


Anzai Mizumaru (1942-2014)

Illustrator, born in Tokyo.

Graduated from Nihon University College of Art. While playing an active part in advertising, magazine covers and illustrations, book design, etc., he had also written many books: novels, essays, manga, etc. and is still very popular.

As a Chiba-related artist, this exhibition presents a wide range of Anzai's work, from childhood to his later years as well as illustrated works drawn for his solo exhibitions with over 500 original drawings and related materials.

HEALTH INFORMATION – AUGUST 2022

 Mothers & Children checkups				Holiday & Night-time Emergency Medical Services 
HEALTH CHECKUPS	DATE	PLACE	RECEPTION	
4-month checkup for children born in March 2022 ※ An appointed time will be indicated 	17 (Wed)	Kenkō KC	9:30 ~ 11:00 &13:30 ~14:15	Sundays & Holidays Night-time Treatment (19:00 ~ 21:45) Internal Medicine and Dentist Services at Kenkō KC ☎239-2020 Emergency Pediatric Internal Medicine for children aged 15 or younger: Kenkō KC ☎485-3355 Every night 19:00 ~ AM 5:45 On Sundays & holidays, open 9:00 ~ 16:45 & 19:00~AM 5:45 Night-time Consultation on children's acute illnesses: ☎#8000 (19:00 – 6:00, 365 days) on acute illnesses (for anyone): ☎#7009 (18:00 – 6:00, 365 days; 9:00 – 6:00 on Sunday & Holidays) To Find an On-Duty Doctor (*) 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 (*) Treatment is provided at each doctor's office Child Abuse Consultation/Reporting Child & Family Support Section, City Hall (Daytime): ☎484-6263 Chiba Pref. Hotline (24 Hours): ☎252-1152 Sakura Police Station: ☎484-0110
	18 (Thur)	Seibu HC	9:30 ~ 11:00 &13:30 ~ 15:00	
	01 (Mon)	Nambu HC	13:30 ~ 15:00	
8-month checkup (“Mogu-Mogu Class”) for children born in November 2021 ※ Application required	19 (Fri)	Kenkō KC	13:15 ~ 15:15	
	10 (Wed)	Seibu HC	9:15 ~ 11:45	
	01 (Mon)	Nambu HC	9:15 ~ 11:15	
18-month checkup for children born in February 2021 ※ An appointed time will be indicated	23 (Tue)	Kenkō KC	13:10 ~ 14:40	
	04 (Thur)	Seibu HC		
3-year checkup for children born in February 2019 ※ An appointed time will be indicated.	24 (Wed)	Kenkō KC	13:10 ~ 14:40	
	05 (Fri)	Seibu HC		
Dental Checkup for children born in August 2019, February or August 2020. ※On the days with a *mark, consultation on Speech Development is also available. ※An appointed time will be indicated.	03*(Wed)	Kenkō KC	 13:15 ~ 14:15	
	30 (Tue)	Kenkō KC		
	22*(Mon) 29 (Mon)	Seibu HC		
08*(Mon) Nambu HC				
	Child Development Consultation for pre-schoolers (“Suku-Suku Hattatsu Sohdan”) ※ Application required			
	18 (Thur)	Kenkō KC	9:00 ~ 12:00	
Maternity Class for expectant mothers and fathers of babies due from October to Dec. 2022 ※ Application required				
	13 (Sat)	Kenkō KC	9:00 ~ 12:15	
Health Consultation for Adults Consultation with public health nurse ※ Application required	 10 (Wed)	Kenkō KC	9:30 – 11:30	
	26 (Fri)	Nambu HC		

Kenkō Kanri Center
☎485-6712

Seibu Hoken Center
☎463-4181

Nambu Hoken Center
☎483-2812



Subsidized Mouth Cancer Screening



Kenkō Suishin-ka (Health Promotion Division) ☎ 312-8228

Reservation required

Acceptance of applications for city-subsidized mouth cancer screening starts on September 1, 2022 at your local dentist's clinic and for Sakura City residents. Collective screenings at Happy Chewing Fair have been cancelled to prevent the coronavirus infection spread. To apply for individual screenings, you can do it in either of the following ways: ① Through the website (QR above), ② By phone, please call the Health Promotion Division. ③ At the window of Kenkō Kanri Center. A consultation ticket and questionnaire will be sent to your home. Please make a reservation at any of the cooperating dental clinics. ※The mouth cancer screening is not included in the examination ticket set that is delivered in an orange envelope. For this particular screening application is required.

Eligibility: Residents aged 40 years or older (as of March 31, 2023). ※Those who are currently being treated for oral cancer or under observation do not apply.

Period available: From September 1, 2022 (Thursday) until February 10, 2023 (Friday).

Place: Cooperating dental clinics in Sakura City (42 in total)

Up to: 330 applicants on a first-come, first-served basis.

Consultation fee*: 400 yen (+ additional 300 yen if a cytological diagnosis is needed) *Free for citizens who are ① Aged 70 years or older ② Chiba Prefecture medical insured senior

③ Belonging to a household that is receiving social welfare or exempt from the city tax.

Is there any internal inflammation that does not heal after more than 2 weeks?
 It is recommended that you check your mouth regularly, especially if you have persistent mouth ulcers, if you smoke, drink alcohol, have dentures or dentures that do not fit. Oral cancer can occur on all mucosa, including the tongue, between the tongue and the gums and the inside of the cheek. If detected early, people with mouth cancer have a very high cure rate so please take this important screening by all means!