

September 2025

Reiwa 7



HELLO SAKURA



NO.430

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 **Mondays**, 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.



80 YEARS AFTER THE WAR, A BEACON OF PEACE FOR THE FUTURE!



To ensure that the tragedies of war are never forgotten and to realize lasting world peace which we all desire, the city is carrying out various peace-related initiatives based on the "Sakura City Ordinance on the Fundamentals of Peace Administration".

As we mark the milestone of 80 years since the end of the war, why not take this opportunity to reflect once again on what happened 80 years ago and what we can do now to pass on the peace we have today to future generations?

Inquiries: Kōhō-ka (Public Relations Section) ☎484-6103



Peace Ordinance

In 1995, the 50th year since the end of the war, the city enacted the "Sakura City Ordinance on the Fundamentals of Peace Administration", including the "Peace City Declaration" with the aim of maintaining and enhancing the peaceful and safe lives of its citizens.

Article 2 of the ordinance states: "Sakura City shall strive for the realization of lasting peace, which is the fundamental principle of the Constitution of Japan. At the same time, it shall declare itself a City of Peace so that its citizens can maintain their basic human rights and live fulfilling lives in a peaceful and safe environment. Based on this spirit, the city shall promote peace administration".

In accordance with this ordinance, the city is actively engaged in peace-related projects.

Peace City Declaration

~Upholding the Three Non-Nuclear Principles and Aiming for the Abolition of Nuclear Weapons~

"Sakura is a city of history and culture, blessed with abundant nature. In this favorable environment, it is the common wish of Sakura residents to lead peaceful, healthy lives filled with comfort and serenity.

The people of Sakura fervently desire a world free of tragic conflicts and wars. In addition to promoting disarmament, we must make our utmost efforts to uphold the Three Non-Nuclear Principles and strive for the complete prohibition and abolition of nuclear weapons, which pose a grave threat to humanity and the planet. On this 50th anniversary of the end of the war, the citizens of Sakura offer their heartfelt condolences to the victims of the war, and as members of the international community, declare Sakura a 'City of Peace' with a commitment to international cooperation and the realization of lasting world peace".

A WISH FOR PEACE TO BE PASSED ON TO THE FUTURE.

This year marks a significant milestone - 80 years since the end of the war. As the generation with direct experience of the war continues to diminish, it becomes increasingly important to pass on the horrors of war and the preciousness of peace to future generations. Looking around the world today, there are still regions plagued by conflict, reminding us once again of the importance and fragility of peace.

In Sakura City, we continue to engage in activities that preserve the memory of war and express our hopes for peace. These include sending peace delegations, holding commemorative talks at elementary schools, organizing panel displays and collaborating with citizen groups to host lectures. Through these efforts, we aim to create opportunities for children to connect with the thoughts and experiences of those who continue to share these messages, encouraging them to reflect on peace for themselves. We believe this is the first step toward passing on these memories and building a peaceful future.

The peace we enjoy today was built upon countless sacrifices. It is essential that each of us deeply understands its meaning and remains committed to protecting it. To ensure that the hope for peace takes firm root in the hearts of the next generation, we will continue to work together with our citizens to promote various initiatives, striving toward lasting world peace.



Nishita Sango
Sakura City Mayor

ARE YOU PREPARED FOR FLOODS AND HEAVY RAIN?

Don't panic when the time comes! Everyday preparedness is your strength in an emergency.

In recent years, wind and flood damage caused by typhoons and torrential rains has been occurring frequently across the country. To prepare for such disasters, daily preparedness is essential. Please take this opportunity to review disaster prevention measures at home and in the workplace, make any necessary improvements and strive to maintain everyday readiness so that you can act calmly when the time comes.

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

MEANS TO GET ACCURATE INFORMATION

In the event of a disaster, accurate information about it, the extent of damage and evacuation is essential. To prepare for disasters, confirm how to obtain information, make efforts to gather it and ensure it can be shared with your family and community.

City wireless broadcasting "Bōsai Sakura": Radio speakers are installed in schools, parks, etc. in the city. →



← **E-mail delivery service:**
You can register (free of charge) by sending a blank message to: sakura@emp.ikkr.jp

Yahoo! Disaster Prevention bulletin →
<https://emg.yahoo.co.jp/>



← **Evacuation shelters guide across the country.** <https://www.hinanjyo.jp>

CONVENIENT SERVICES DURING DISASTERS

☘ **Support stations for people walking back home.**
Chiba Prefecture and other eight municipalities have signed agreements with convenience stores, restaurants, gas stations, etc. to support people in the event of a disaster. Eligible stores will display this sticker → and will provide tap water, toilet facilities and other amenities to the extent possible.



☘ **Disaster message board.**

By using the internet connection function of a mobile phone or other device, you can register and check safety information in text.

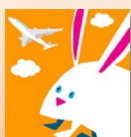
☘ **Disaster message service.**

As phone lines are expected to be congested due to a large number of phone calls to the affected areas, please make use of the Disaster Message Service. Trial use is available on the 1st and 15th of each month and during Disaster Prevention Week (August 30th to September 5th). For details, please visit the website of your mobile phone company.

☘ **Disaster message dial (171).**

You can record safety information to a phone number and check the audio from anywhere in the country.

Kōhō Sakura is now available on the free app "Catalog Pocket" and can be translated into 10 languages! →



▲ iOS

▲ Android

ITEMS TO PREPARE WHEN EVACUATING

● Example of an emergency kit:

- ☐ Food that can be eaten without cooking (at least a three-day stock)
- ☐ Drinking water
- ☐ Helmet
- ☐ Clothing, underwear
- ☐ work gloves (gunte)
- ☐ Toiletries
- ☐ Rain gear
- ☐ Flashlight
- ☐ Towels
- ☐ Portable radio
- ☐ Indoor shoes
- ☐ First aid supplies
- ☐ Toothbrush and toothpaste
- ☐ Mobile phone including charger.

※ Please take your valuables (bankbook, cash, health insurance card, etc.) with you.

● Example of stockpile items in preparation for evacuation at home:

- ☐ 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 necessities (Tissue, toilet paper, vinyl wrap, garbage bags, portable toilet, etc.).

● Stockpiling efficiently with rolling stock:

Stocking up on a little more of everyday items and long-lasting foods, and then buying more only as you use them, you can continue to stockpile supplies without any difficulty. This will allow you to live for the time being in the event of a disaster.

LET'S CHECK AROUND THE HOUSE

■ **Windows' glass.** Reinforce any loose or wobbly window frames.

■ **Exterior wall/fence.** Check for cracks and damage and repair if necessary.

■ **Roof.** Check for peeling or misalignment of roof tiles or galvanized iron. Don't forget to secure the antenna.

■ **Balcony.** Do not store anything that may be blown away by strong winds. If the wind starts to blow, bring the items inside the house.

■ **Outdoor installations.** Securely fasten propane gas tanks and make sure they are not blown away by the wind.

PARTICIPATE IN A DISASTER DRILL!

◆ **2025 Sakura City Disaster Prevention Training.**

Date and time: October 5 (Sun) 9:00~12:30

Location: Sakura City Shimoshizu Elementary School.

Contents (planned): Evacuation shelter opening and operation training. Disaster prevention fair.

Please find more detailed information regarding disaster prevention on Kōhō Sakura, September 1st issue (in Japanese).

STARTING OCTOBER: SUNDAY COUNTER SERVICE WILL BE LIMITED TO THE CITIZENS' AFFAIRS SECTION ONLY.

**Inquiries: Shimin-ka
(Citizens' Affairs Section) ☎ 484-6122**

From October 12 (Sunday) and on the 2nd and 4th Sundays, the following departments and reception hours for the Sunday counter service will be changed. We appreciate your understanding and cooperation.

Before change Sections open on Sundays:	After change Section open on Sundays.
<ul style="list-style-type: none"> ♦Citizens' Affairs ♦Health Insurance ♦Citizen's Tax ♦Property Tax ♦Delinquent Tax Management ♦Shizu Branch Office(*) 	<ul style="list-style-type: none"> ♦Citizens' Affairs (only)
Reception hours: 8:45 ~ 12:15	Reception hours: 9:00 ~ 12:00

(*) The Shizu Branch Office will no longer be open on Sundays.

SERVICES HANDLED BY THE SUNDAY COUNTER SERVICE FROM OCTOBER ONWARD.

- ◆Issuance of copies/extracts of residence certificates and family registers (koseki).
- ◆Issuance of seal registration certificates and other certificates.
- ◆Registration of moving in/moving out and address changes.
- ◆Notification of changes to the family register (koseki).
- ◆Renewal of My Number Cards and reissuance of PIN codes.
- ◆National Pension services.

SPECIAL NOTES:

※On October 11(Sat) and October 13(Mon, National holiday), due to family register system maintenance, issuance of documents related to the family register, (including copies of family register attachments) will not be possible.

Additionally, only pick-up of previously processed family register documents will be available.

※On December 28 (Sun), services will be closed for system maintenance.

※On 2026 February 8 and February 22, March 8 and March 22 (All Sundays), My Number Card services will not be available.

DEMENTIA AWARENESS MONTH (WORLD ALZHEIMER'S MONTH)

September 21 is "World Alzheimer's Day and September is Dementia Awareness Month. Dementia can also occur at a younger age, before the age of 65, known as "younger-onset dementia". In Sakura City, we are working to raise awareness and understanding of dementia so that people with this condition can continue to live in the community as valued members of society.

Centered around World Alzheimer's Day, various activities are carried out nationwide. In Sakura City, special awareness corners will be set up in city facilities. The windmill in Sakura Furusato Square will be lit up in orange, the symbolic color of dementia support. If you have any concerns about dementia or memory loss, please feel free to consult us.

◆**Forgetfulness consultation.** Individual consultations with specialists are held once a month. Inquiries and application at Kōreisha Fukushi-ka (Senior Citizens Welfare Section) ☎484-6343.



◆**Chiiki Hōkatsu Shien Center (Community Comprehensive Support Center)**

♦Health, welfare and nursing care professionals will respond to your inquiries regarding nursing care, daily life and other matters.

◆**Chiba Dementia Consultation Call Center** ☎238-7731. On Mondays, Tuesdays, Thursdays and Saturdays. (10:00~16:00)

◆**Chiba Prefecture Early-Onset Dementia Consultation Center** ☎226-2601. On Mondays, Wednesdays and Fridays (9:00 ~ 15:00)



←Windmill light-up period:
September 19 (Fri) ~ 21 (Sun)
From sunset to 20:00

Inquiries: Kōreisha Fukushi-ka
(Senior Citizens Welfare Section)
☎484-6343.

ONCE EVERY 5 YEARS THE CENSUS, A STATISTICAL SURVEY IN WHICH EVERYBODY PARTICIPATES, IS ABOUT TO BEGIN!

A national census is conducted every five years across the country. This is Japan's most important statistical survey, covering all people and households living in the country.

As in the previous survey, we will conduct an online survey targeting all households. The online survey can be completed 24 hours a day during the survey period from a PC, tablet or smartphone.

Please take the advantage of the easy and convenient online response option.

Survey date and target:

As of October 1, 2025, all individuals (including foreigners) and households who normally reside in Japan are eligible to participate. ※Sakura City covers approximately 169,000 people and about 81,000 households.



Distribution of investigation documents: September 20 (Sat) ~ 30 (Tue)

Response period:

●Internet: September 20 (Sat) ~ October 8 (Wed)

●Survey form (paper): October 1 (Wed) ~ 8 (Wed)

※If you are submitting by mail, please put it in the "mail submission envelope" and post it by October 8 (Wed). No postage required.

※Census takers carry an official ID to prove their identity. If you have any concerns, please contact the census headquarters.

Inquiries: Sakura City 2025 Population Census
Implementation Headquarters Secretariat.
Sakura City Information Systems Section
☎050-5799-8627

ELDERLY PEOPLE: BE ESPECIALLY CAREFUL OF HEATSTROKE

As we age, our sensitivity to heat and dehydration, as well as our body's ability to regulate temperature, tend to decline. This makes older adults more prone to heatstroke and more likely to suffer severe symptoms compared to other age groups, so extra caution is necessary. In fact, many cases of heatstroke occur indoors and even at night. According to data from Tokyo's 23 wards, approximately 80% of heatstroke-related deaths in the summer of 2024 were among people aged 65 or older. Among indoor deaths, about 60% were not using air conditioning at the time.

Points to prevent heatstroke:

- ❶ Don't hesitate to turn on the air conditioner every day.
- ❷ Stay hydrated and replenish salt regularly. (Drink a glass of water every hour. Replenish water and salt before and after bathing and right after waking up).
- ❸ Refrain from unnecessary outings.
- ❹ When you go out, take frequent breaks in cool places, such as public facilities or supermarkets.

PLEASE USE [SAKURA SUZUMI DOKORO] Sakura Cooling Places!

These facilities are open to the public throughout the city. They are fully air conditioned, equipped with seating and rest areas and are available free of charge for anyone to use. Please feel free to stop by while you are out or taking a walk. ※These facilities are intended for temporary use to escape the heat. Please refrain from staying for extended periods.
Inquiries: Kenkō Suishin-ka (Health Promotion Section) ☎312-8228



ARE YOU AWARE OF CHEMICAL SENSITIVITY?

The development of chemical products has made our lives more convenient. However, substances that are convenient for some -such as fragrances- can cause physical problems for others, triggering what is called "chemical sensitivity". These individuals, often called "allergic" to chemicals, react adversely to certain substances even at low concentrations.

Chemical sensitivity is a condition where exposure to other people's perfumes, disinfectants, antibacterial agents, etc., causes physical symptoms. While it varies by individual, it can cause severe distress and the mechanisms of its onset and symptoms are not fully understood. Therefore, many sufferers find it difficult to get others to understand their condition.

Contact information for consultation:

NPO Chemical Sensitivity Support Center

☎045-663-8545 (consultation line)

Reception hours: Monday ~ Friday (excluding holidays)
10:00 ~ 12:30 and 13:30 ~ 16:00

Inquiries: Kenkō Suishin-ka (Health Promotion Section)
☎485-6713

■Main symptoms of chemical sensitivity.

Headache, dizziness, nausea, vomiting, cough, throat pain, palpitations, muscle pain, joint pain, fatigue, etc.

■Possible causes of chemical sensitivity.

- ◆Fragrances in fabric softeners, laundry detergents, perfumes, air fresheners, etc.
- ◆Volatile organic compounds released from new construction materials, furniture and household products.

■Someone near you might have it.

First, it's important to understand that there are people with chemical sensitivity. When going out to places where people gather, please refrain as much as possible from using fragrances. Also, be cautious with things like aerosol sprays as they can spread into the surrounding air.

Your understanding and cooperation in consideration of people around you is greatly appreciated.

ABOUT THE CERVICAL CANCER VACCINE

Cervical cancer has a relatively high incidence among younger age groups. Females equivalent to the age group from 6th grade in elementary school to the 1st year of high school (born between April 2, 2009 ~ April 1, 2014) can receive the vaccine at public expense.

Additionally, as a transitional measure, females born between April 2, 1997 ~ April 1, 2009 and who received at least one dose during the period from April 1, 2022 to March 31, 2025 can also receive the vaccine at public expense.

▶ Three vaccinations are required (two vaccinations if the first is given before the child turns 15 years-old) and it takes approximately six months to complete.

▶ The free vaccination period for first-year high school students and those eligible for the transitional measures is until March 31, 2026, so to be able to receive three vaccinations at public expense, the first vaccination must be completed by the end of this month.

For details, please see the city's website →

Inquiries: Kenkō Suishin-ka (Health Promotion Section) ☎312-7688



SUICIDE PREVENTION WEEK

SEPTEMBER 10 (Tue) ~ 16 (Mon, Nat. Holiday)

According to statistics from the National Police Agency, the number of suicides in Japan in 2024 was 20,320 and precious lives are lost every year, in Sakura City as well.

During Suicide Prevention Week, the city will light up the Dutch windmill at Sakura Furusato Square in blue, a color believed to have a calming effect, from sunset to 20:00.

Don't worry about it alone! Please check the consultation information on the city's website and contact us →



Mental health consultations (Application required)

- ▶ Sep. 18 (Thur) – Psychiatrist consultation.
 - ▶ Sep. 30 (Tue) – Counselor consultation.
- Each session from 13:50 ~ 16:00 (30 minutes each person).

Place: Seibu Hoken Center
(Seibu Health Center).

Inquiries: Kenkō Suishin-ka (Health Promotion Section) ☎312-8228