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This newsletter is available at:

<http://www.ccia-chiba.or.jp/005003jyoho/index.html>

ちばし ちばし 千葉市からのお知らせ CITY NEWS

ひとり親 家庭などに支給
児童扶養手当を ご存じですか

Do you know about the Child Support Allowance provided to single-parent households? In Chiba City, single-parent households (mothers, fathers, etc.) may be granted a 'Child Support Allowance'. Eligible recipients must have either children under the age of 18, or children with permanent disabilities under the age of 20.

Eligible to apply:

- Applicants must be primary caretakers, parent or,
- legal guardian
- Non-Japanese, must be registered Chiba City residents

Other criteria:

- Applicants must be divorced, or
- Widowed, etc.

Not eligible for the allowance:

Households in which the single parent has remarried.

Household Income Restrictions: Households whose annual income for the 2015 fiscal year was above the allowance's maximum limit may receive reduced allowance payments. For more information about eligibility requirements, income restrictions, amount of Child Support Allowance,



The deadline to submit your household's Status Notification is Wed., August 31. Those who are currently receiving the Child Support Allowance, or have had their payments suspended, must submit their Status Notification by this deadline or they will no longer receive the Allowance.

Questions: **子ども家庭支援課** Child and Domestic Affairs Support Division ☎245-5179

母子・父子家庭の医療費助成

更新手続きは 8月31日までに

Medical Expense Support for Single-Parent Households

Renewal procedures must be completed by Wed., August 31. Chiba City offers financial assistance to single-parent households for medical expenses. Those who are currently receiving payments were mailed a renewal application form at the end of July. For more details, please contact the Child and Domestic Affairs Support Division directly. Single-parent households who wish to apply for the Medical Expense Support for the first time should enquire directly.

Ask/Apply: **子ども家庭支援課**

Child and Domestic Support Division ☎245-5179

届いていますか? 子ども医療費助成受給券
Has Your Child's New Medical Expense Support Voucher Arrived? If you have been receiving medical expense support, your certification materials expired at the end of July. Those who

have not received a renewal application, or have questions regarding age requirements, the amount paid by support recipients, etc., should direct their inquiries to the Children's Future Planning Division.

Questions: こども企画課
Children's Future Planning Division ☎245-5178

児童虐待を防ごう!

【もしかして】あなたが救う小さな手
Let's Prevent Child Abuse!

「It might be possible...」 Small Steps You Can Take Some people become so overwhelmed by the stress of parenthood that they abuse their own children. Some of these parents do not have the resources to resolve their issues in healthy ways. In order to protect children from abuse, awareness about the issue is critical. If you see a parent who is struggling with childcare, please gently ask them: "Are you okay?" If you think a child is being abused, please contact the Child Guidance Center. Your identity will remain anonymous.

Consult/Contact/Ask: 児童相談所
Child Guidance Center ☎277-8880

ご利用ください 就学支援制度

Please Use the Student Support System

Chiba City provides financial aid for students attending public elementary, or junior high school in the city whose households struggle with school supply and school lunch expenses.

Eligibility: one or more of the following must describe your household's finances in 2015 and/or 2016:

- Households whose social welfare was suspended or discontinued
- Individuals' who are/were exempt from business taxes or pay/paid a reduced amount
- Households exempt from the municipal tax

To learn more about eligibility requirements or how to apply, please contact the Academic Affairs Division.

Questions: 学事課 School Affairs Division
☎245-5928

資源物の排出ルールを守りましょう!

Let's Follow the Recycling Rules!

There have been many occurrences of people not separating glass bottles/cans/plastic bottles, and mixing non-recyclable items (such as spray cans) with recyclable materials. To use resources efficiently, correctly sorting our waste is critical. Please help us conserve natural resources.

[Glass Bottles] Sort by color into containers:

- ★ Clear bottles → white container
 - ★ Brown bottles → brown container
 - ★ Other → black container
- ① Remove the caps
(Sort metallic caps with cans)
 - ② Wash with water before recycling
- * Bottles that contained any oil not used for cooking, medicine bottles, and pottery are non-combustible garbage

[Cans] Sort into the blue bin

- ★ After rinsing with water, crush aluminum cans to conserve space
- * Opened paint cans and cans used for anything other than food/drink are non-combustible garbage



[Plastic bottles] Sort into the special net bags

- ★ Remove caps and sort into either the collection bin or the combustible waste
- ★ Wash with water and crush
(You may dispose with the label still attached)
- * Bottles that contained oil or detergents must be sorted into combustible garbage

Questions: 収集業務課

Waste Collection Operations Division ☎245-5246

行って みましょう Events

三陽メディアフラワーミュージアムの催し
Sanyo Media Flower Museum Event

This event has been extended until Sunday, September 4 with closing time of 19:00. Until then there will be no museum entry fee, so please stop by!

- ★ Atrium Garden Tropical Paradise
Available until Sun., August 28
- ★ 'Green Curtain' Sample Exhibit
Available until Sun., September 11
- ★ 20th Anniversary Special Programs
20 Years of Memories ~ Photograph & Anecdote Exhibit ~
Available until Sun., September 4

Questions: 三陽メディアフラワーミュージアム

稲毛海浜公園内 Sanyo Media Flower Museum
(inside Inage Seaside Park) ☎277-8776

しょうがいがくしゅう えいがじょうえいかい
生涯学習センターの映画上映会

Movie Screening at the Lifelong Learning Center

- ① Thursday Masterpiece, 'The Desert Fox'
When: Thu., Aug. 18
- ② Special screening for children on summer break, 'Artic Tale' Fri., Aug. 26
- Both ① and ② at 10:00 and 14:00, shown twice
Numbered tickets distribute 30 minutes prior to the screening.
- Capacity: first 300 people per screening
- Questions: 生涯学習センター(中央区弁天3) Lifelong Learning Center (3 Benten Chuo-ku)
☎207-5823

パラ スポーツ フェスタ ちば

Para-Sports Fiesta Chiba

The event is held to provide participants a hands-on knowledge and experience on the competition contents towards the upcoming Rio Paralympics held in September and the Tokyo 2020 Paralympics held 4 years later. Please come and join!

When: Sat., Sept. 3 from 11:00-14:30 (Gates opens at 10:00)

Where: 千葉ポートアリーナ(中央区問屋町) Chiba Port Arena (Tonya-cho, Chuo-ku)
Please ask for more details.

Questions: スポーツ振興課 Sports Promotion Division ☎245-5966

公民館の講座

Events at the Public Centers

- ★ 'Koteshashi Daigaku',
Rakugo play in English
When: Sun., Sept. 4 from 14:00-15:00
Eligibility: elementary school students and above
Capacity: first 40 people
Applications: directly or by phone
Where: こてはし台公民館(横戸町861-4) Koteshashidai Public Center (861-4 Yokodocho) ☎250-7977
- ★ 'Todoroki Rakugo-kai' (Chiba University Rakugo Kenkyu-kai)
When: Sat., Aug. 20 from 13:30-16:00
Eligibility: elementary school students and above
Capacity: first 70 people
Applications: Come to the venue directly.
Where: 轟公民館(轟町1-12-3) Todoroki Public Center (1-12-3- Todoroki-cho)



☎251-7998

子育てママ おしゃべり タイム

Chitchat Time for Mothers

Child-rearing individuals may use the public centers with the child from 10:00-12:00. May come and go at your convenience. Please join!

★ Hanamigawa Ward: Thu., Aug. 25
Makuhari Public Center

Questions: 幕張公民館 Makuhari Public Center ☎273-7522

★ Inage Ward: Mon., Aug. 15
Konakadai Public Center
Fri., Aug. 26 Inage Public Center

Questions: 小中台公民館 Konakadai Public Center ☎251-6616

★ Wakaba Ward: Thu., Aug. 25
Mitsuwadai Public Center

Questions: 千城台公民館 Chishirodai Public Center ☎237-1400

毎月第2・4土曜日は

地方卸売市場・市民感謝デー

Citizens' Appreciation Day at the Local Wholesale Market every 2nd and 4th Saturday

Enjoy a meal or shopping for fresh fish and other food ingredients at the local wholesale market.

When: Sat., Aug. 13 and Sat., Aug. 27 from 8:00-12:00 (Fish and shells are available until 10:30)

One-coin Wagon Sale (8:00-10:00)

Fish fillets, tuna chunks, etc. are being sold for 500 yen.

Questions: 地方卸売市場(美浜区高浜2) Local Wholesale Market (2 Takahama, Mihama-ku) ☎248-3200

第41回千葉の親子三代夏祭り

41st Chiba Three Generation Summer Festival

When: Sat., Aug. 20, Sun., Aug. 21

Where: around Chuo Park (1 Chuo, Chuo-ku)

Many shops, mikoshi (small shrine), and Taiko drums performances to enjoy. Also, a dance parade in which everyone is free to join, the 'Chiba Odori' will be held. Let's enjoy along with many other foreign participants.

Eve of the Festival: Sat., Aug. 20 from 11:00-20:00 at the park

Day of the Festival: Sun., Aug. 21 from



13:00-20:15 around the park vicinity

Questions: 千葉市を美しくする会 事務局 (市民自治推進課内) Chiba City Beautification Secretariat (inside the Citizen's Autonomy Promotion Division) ☎245-5138

健康・相談

Health & Consultations

海外旅行時には感染症にご注意を!

Avoid Infectious Diseases when Travelling

Abroad! When travelling abroad, please take the following precautions to avoid infectious diseases such as dysentery, typhoid, cholera, polio, rabies, malaria, MERS, dengue, zika fever, bird flu, etc.

★ **Prior to the departure:**

Check information on infectious diseases of the country of your destination via the homepage of the Quarantine Office, Ministry of Health, Labour and Welfare through this keyword: **FORTH**

★ **While abroad:**

Avoid consumption of raw or tap water, iced drinks, and raw foods. Stay away from animals. Use insect repellents.

★ **Upon arrival in Japan:**

Consult the Quarantine Office if suffering from fever, diarrhea, etc.

★ **After return to Japan:**

Promptly see a doctor and inform them about the details of your trip if exhibit any sickness after your return.

Questions: 感染症対策課 Infectious Disease Control Division ☎238-9974

食中毒に注意しましょう!

Avoid Food Poisoning! August is food poisoning prevention month.

In summer when the temperature is high, bacteria-related food poisoning occurs. Please take the following precautions.

★ Prevent bacteria and virus from contact with food

Some bacteria spread through hand, knife, food, etc., make sure to wash them properly and use disinfectants when necessary. Also, make sure to wash fishes, etc. before cooking them.

★ Avoid bacteria from spreading

Consume food right away, if possible. Make sure to follow the keeping instruction when storing food.



★ Eliminate bacteria and virus

Bacteria and virus can be eliminated by roasting or boiling. It is not advisable to eat meat, oyster, etc., raw. Cook them before eating.

Questions: 保健所食品安全課 Health Office's Food Safety Division ☎238-9935

今年の夏も「熱中症に注意！」

Avoid Heat Stroke This Summer!

Heatstroke occurs in places with high temperature and humidity regardless it is indoor or outdoor. To

prevent a serious case, it is important to discover and treat them early. Don't miss the early signs, and take daily precautions by drinking plenty of water.



When a heatstroke sign

appear, take the following action:

1. **Mild to mid:** dizzy, giddy, headache, nausea, woozy

★ Stay in cool place to cool down and drink water.

★ When condition continues, visit a doctor for check-up.

2. **Severe:** unable to drink unassisted, half-conscious, convulsions

★ Call ambulance right away.

Cautions:

• Use electric fan or air condition in days when temperature is high and humid.

• Notice people around you who might need assistance such as children, elderly people, sick people, etc.

Questions: 健康支援課

Health Support Division ☎238-9926

外国人のための無料法律相談

Free Legal Consultation for Foreigners

When: Mon., Aug. 15 from 13:00-16:00

Where: 千葉市国際交流プラザ 会議室(中央区中

央2) Chiba City International Communications Plaza, Meeting Room (2 Chuo, Chuo-ku)

Capacity: First 4 people

Reservations are required. Please consult when making a reservation if you would like an interpreter.

Apply/Ask: 千葉市国際交流協会 Chiba City International Association ☎202-3000