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〒260-0013 千葉市中央区中央 2-5-1 千葉中央ツインビル 2号館 8階
Chiba Chuo Twin Building 2nd Tower 8F
2-5-1 Chuo, Chuo-ku, Chiba City
TEL: 043-202-3000 FAX: 043-202-3111
Monday to Friday from 9:00 – 20:00; Saturday from 9:00 – 17:00
ホームページ HP: <http://www.ccia-chiba.or.jp/>
フェイスブック FB: <http://www.facebook.com/ccia1994>

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This newsletter is available at:

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

ちばしからのお知らせ CITY NEWS

みんなで災害に備えよう

Let's Be Prepared for Disasters

Disasters such as earthquake and heavy rain may occur anytime. Early preparation is crucial to minimize damages.

What can we do to minimize damage?

★ **Make sure to stock extra foods or 'rolling stock'**

Rolling stock refers to the stockpile of durable food items bought in extra amount, replacing after consumption as an economical way of preserving food for disaster. Storing at least 3-days-worth or 5-days-worth at best of drinking supplies and food, is recommended.

★ **Make sure that furniture and fixtures are securely fixed to avoid from falling.**

- Use metal fittings to secure furniture.
- Think wisely of the positioning of furniture.
- Don't place objects on top of furniture.
- When storing items, place heavy ones at the bottom to stabilize it.
- Place safety film on glass cabinets and windows to prevent glass from shattering.



Questions: 防災対策課 Disaster Prevention Division ☎245-5113

災害時に慌てないために

For Your Preparedness at During Disasters

★ **Don't be reckless**

During disasters, train operation may stop, people get stranded, and communication lines break down.

- Ensure yours and confirm your family's safety.
- Verify traffic information.

★ **Habits that may ensure safe in returning home on foot.**

- Know your route back home on foot and the disaster support stations. Convenience stores and gasoline stations showing this mark can be of help by providing water and toilets during disasters.
- Bring portable radio and map with you.



- Bring portable radio and map with you.

- Keep water, food supply, and comfortable shoes at work.

★ **Emergency Messaging Services, Saigaiyo Dengon Dial**

'Saigaiyo Dengon Dial' is a messaging service where you can confirm safety of your love ones. Other messaging services are also available in the internet.

Questions: 危機管理課 Crisis Management Division ☎245-5151

臨時福祉給付金などを支給します

Temporary Welfare Benefits and Other Subsidies

① Temporary Welfare Benefit

Subsidy Grant: 3,000 yen/person

Eligibility: Those who correspond to all the requirements stated below.

- Resident of Chiba City as of Jan. 1, 2016
- Exempt from municipal inhabitant tax (per capita) for fiscal year 2016
- Not receiving any public assistance

② Temporary Welfare Benefits for Pensioner, Etc. (For People with Disability, and Survivor's Pensioners)

Subsidy Grant: 30,000 yen/person

Eligibility: Those who correspond to all the requirements stated below.

- Beneficiary of Temporary Welfare Benefit
- Receiving Disability Basic Pension, or Survivor's Basic Pension

Application Procedure: Application form will be sent to possible applicants through mail around mid of September. Fill-out the form with required information and send back using the enclosed envelope. Submission can also be done directly at the ward office. Even without the form, you may confirm your eligibility by consulting the call center.

Application period: Thu., Sept. 15 – Fri., Dec. 16

Questions: しりんじふくしきょうふきん 市臨時福祉給付金コールセンター
Temporary Welfare Benefits Call Center
☎244-5566 Open on weekdays from 8:30-17:30.
Also open on weekends and holidays starting Saturday, September 17.

がつとお か くと にち きん しきつよぼうしゅうかん
9月10日(土)～16日(金)は自殺予防週間

き からだ こころ げんかい
気づいてください！ 体と心の限界サイン
Saturday, September 10 – Friday, September 16 is
Suicide Prevention Week. Notice the Signs!

Mental and Physical Limitations

There are 23,000 cases of suicide nationwide in which 189 cases are from Chiba City. Suicide is a very serious social problem. It is said that many suicide cases are results of weak mind brought by different anxieties. In order to prevent suicide, it is very important to be vigilant. If you are suffering from anxiety, or notice someone who might, please consult the following:



★ Mental Anguish/Distress

① Phone consultation

- Chiba City Kokoro no Denwa ☎204-1583
When: Weekdays from 10:00-12:00, and 13:00-17:00

- Chiba Inochi no Denwa ☎227-3900 (All-year-round)

② In-person consultation ☎216-3618

- Kokoro to Inochi Consultation Room
When: Monday and Friday from 18:00-21:00 (Irregular opening hours on Tue., Sept. 13 - Thur., Sept. 16)

Where: ちゅうおうくしんまち だい あすま 中央区新町18-12第8東ビル 501
ごうしつ 号室 Room 501, No. 8 Azuma Bldg.
18-12 Shinmachi, Chuo-ku.
Reservation required.

★ Physical Health

At Ward Office's Health Division
Chuo ☎221-2582 Hanamigawa ☎275-6296
Inage ☎284-6494 Wakaba ☎233-8714
Midori ☎292-2630 Mihama ☎270-2221

★ Work and Labor

Labor Consultation Room ☎300-8282
(Weekdays from 9:00-16:00, Saturday and Sunday from 9:00-15:00)

★ Debt

Consumer Affairs Center ☎207-3000
(Weekdays and Saturdays from 9:00-16:30)

- ★ **Business Management and Project Funds**
Chiba City Foundation for the Promotion of Industry ☎201-9505
(Weekdays from 9:00-17:00)

★ School Life

- Educational Consultation Dial 24 ☎0120-101-830 (24 hours, 365 days)
- Education Center ☎255-3702
(Weekdays from 9:00-17:00)

Please use the easy mental health check application the 'Kokoro no Taionkei', via computer or smartphones, or access via this keyword:

ちばし こころのたいおんけい
千葉市 こころの体温計

Questions: ちいきふくしか 地域福祉課 Regional Welfare Division
☎245-5218

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行って みましょう

Events

ちば ねんあきごう はいふちゅう
千葉あそび(2016年秋号)を配布中
Chiba Asobi, Autumn 2016 Edition is Now Available

New edition introduces the following:

- Soba flower viewing and soba tasting
- Airplane observation cruise
- Drone maneuvering experience

Distribute at: Tourist Information Center (JR Chiba Station, Kaihin Makuhari Station), each ward's Community Promotion Division, libraries, public centers, seven-eleven branches, Chiba City International Communication Plaza

Questions: 観光プロモーション課
Tourism Promotion Division ☎245-5066

公民館の講座

Public Center Workshops

★ Cooking Workshop for

Men: Fun Bread-making

When: Sat., Oct. 8, Sat., Oct. 15, from 9:30-13:00

Eligibility: Men (cooking beginners)

Capacity: First 16 people

Cost: 2,000 yen (expenses for ingredients)

Where/Apply: 中央区 生

浜公民館 (Oihama Public

Center, Chuo-ku) 生実町

67-1 (67-1 Oyumi-cho) ☎

263-0268 Call or come in person

★ Beginners' Bread-making Workshop

When: Wed., Oct. 5 from 10:30-13:30

Eligibility: At least 20 years old

Capacity: First 20 people

Cost: 500 yen

Where/Apply: 花見川区 幕張本郷公民館

(Makuhari Hongo Public Center,

Hanamigawa-ku) 幕張本郷2-19-33 (2-19-33

Makuhari Hongo) ☎271-6301 Call or come in person

★ Invigorating Child-Rearing for 2-3 Year Olds

「Exercise, Books, Health」

When: Tuesdays from Sept. 27-Oct. 11 from 10:00-12:00

Eligibility: 2-3 year old child with caretaker

Capacity: First 15 pairs

Where/Apply: 稲毛区 稲毛公民館 (Inage

Public Center, Inage-ku) 稲毛1-10-17 (1-10-17

Inage) ☎243-7425 Call or come in person

★ Making Seasonal Japanese Sweets Workshop:

「The Taste of the Real Deal」

When: Wed., Sept. 28, Wed., Oct. 5 from 9:30-12:00

Eligibility: At least 20 years old

Capacity: First 16 people

Cost: 1,000 yen (expenses for ingredients)

Where/Apply: 若葉区 若松公民館

(Wakamatsu Public Center, Wakaba-ku)



若松町2117-2 (2117-2 Wakamatsu-cho)

☎231-7991 Call or come in person (until Tue., Sept.9)

★ Introduction to Autumn Floriculture

When: Thu., Sep 29, Thu., Oct. 27, Thu., Nov. 24 from 10:00-11:30

Eligibility: At least 20 years old

Capacity: First 10 people

Cost: 300 yen

Where/Apply: 緑区 椎名公民館 (Shiina Public

Center, Midori-ku) 富岡町290-1 (290-1

Tomioka-cho) ☎292-0210 Call or come in person

★ Exercise Workshop for Infants and Mothers

When: Wed., Sept. 14, Wed., Sept. 21, Wed., Sept. 28 from 10:00-12:00

Eligibility: Infants and mothers

Capacity: First 20 pairs

Where/Apply: 美浜区 稲浜公民館 (Inahama

Public Center, Mihama-ku) 稲毛海岸3-4-1

(3-4-1 Inage Kaigan) ☎247-8555 Call or come in person

海星庵茶室公開と お茶の進呈

Kaiseian Tea Room Open House with Tea Gift

Check out the tea room and drink tea.

Free of charge

When: Sun., Sept. 11, Sun., Sept. 18, Sun., Sept. 25 from 11:00-14:00

Where: 稲毛記念館 (稲毛海浜公園内)

Inage Museum (Inside Inage Seaside Park)

Capacity: First 100 people (per day)

Questions: 稲毛記念館 Inage Museum ☎277-4534

Closed on Mondays (in case of holiday, closed the following day)

青少年の日 フェスタ

Youth Day Fest

When: Sat., Sept. 17 from 10:00-16:00

Where: 生涯学習センター (中央区弁天3)

Lifelong Learning Center (3 Benten, Chuo-ku)

Details: Balloon art, Science Classroom, Chorus, Dance Performance, Ride a Police Motorcycle, and more! For more details please inquire directly.

Questions: 健全育成課 Healthy Child Development Division ☎245-5973

動物愛護 フェスティバル 2016 in ちば

2016 Chiba Animal Care Festival

When: Sun., Sept. 18 from 12:00-16:00

Where: 千葉ポートタワー・ポートパーク

(中央区中央港1) Chiba Port Tower, Port Park (1 Chuoko, Chuo-ku)

Details: Best Pet Photo Competition exhibition and award ceremony, experience walking with a guide dog, dog/cat adoption event (cannot bring pet home on that day), Consultation Corner, and more!

Questions: 動物保護指導センター Animal Protection and Guidance Center ☎258-7817



毎月第2・4土曜日は地方卸売市場・市民感謝デー The 2nd and 4th Saturday of every month is the Local Wholesale Market and Citizens' Appreciation Day

Enjoy eating and buying food stuffs like fresh fish. Definitely try to make it!

When: Sat., Sept. 10, Sat. Sept. 24 from 8:00-12:00 (Items like fish and shellfish are available until 10:30)

生さんま 1,200 匹 無料配布 Free distribution of 1200 raw sanma (Pacific saury)

Sat., Sept. 24 from 9:00

One numbered ticket per person, receive up to three fish for free.

Numbered tickets will be handed out at the fisheries building (水産棟) starting at 8:00.

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

健康・相談

Health & Consultations

9月はがん征圧月間 がん検診を受けましょう!

September is Beat Cancer Month. Let's get a cancer screening!

Screenings for all types of cancer are being implemented within Chiba City. In 2015, 317,004 people were screened and cancer was discovered in 572 of them. When you go to your cancer screening, it is requires that you bring your cancer screening voucher. People who applied in April 2011, have been screened before, or are at least 65 years old should have received their seal this May. People who would like to be screened for the first time, please ask.

Medical institutions will become very crowded starting in December, so please get screened as soon as possible.

The screening period ends Tuesday, February 28, 2017.

You can also search online using the keywords:

千葉市 がん検診 (Chiba City Cancer Screening)

Questions: 健康支援課 Health Support Division ☎238-9930

こころの健康センターの催し

Events at the Mental and Emotional Health Center

① Consultation

- Alcohol and Drug (harmful substances such as stimulants) Addiction Consultation

When: Mon., Sept. 12, Wed., Sept. 28 from 14:00-16:00

- Elderly Mental Health and Welfare Consultation

When: Thu., Sept. 15 from 14:00-16:00

(For both of these events you will be able to speak with a specialist)

② Alcohol Meeting:

When: Fri., Sept. 23 from 14:00-15:30 Group Session

Treatment for Alcohol Addiction & Meeting

Eligibility: People who struggle with alcohol or their family members

Both ① and ② require a reservation.

Reservation/Questions: こころの健康センター Mental and Emotional Health Center ☎204-1582

外国人のための 無料法律相談

Free Legal Consultations for Foreigners

When: Mon., Sept. 26 from 17:00-20:00

Where: 千葉市国際交流プラザ会議室 (中央区中央

2) Chiba City International Exchange Plaza Conference Room (2 Chuo, Chuo-ku)

Capacity: First 4 people

A reservation is required.

Those who desire

translation services should request them when making a reservation.

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

