



City Residential Newsletter

千葉市生活情報誌

Chiba City ちば

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千葉市からのお知らせ CITY NEWS

喫煙のリスクを考えよう! 禁煙ゼミ

A Primer on the Health Risks of Smoking

Smoking cigarettes is harmful to both smokers and non-smokers.

★The effects of smoking on your health
Tobacco contains many chemicals that are harmful to you and substances that cause cancer, heart disease, and vascular disease.

★Secondhand smoke

Passive smoking increases your risk of getting the same health conditions as smokers. Help protect your loved ones from secondhand smoke.

★Benefits of quitting smoking

Quitting smoking makes your sense of smell and taste better. Also, it reduces the risks of developing and dying from cancer and cardiac disease caused by smoking.

Questions: [健康支援課](#) Health Support Division
☎238-9926

あなたの禁煙を応援します!

Get Help to Quit Smoking!

Chiba City can help you to quit smoking in various ways.

★Support for quitting smoking

You can get personalized advice from your local health center. Please feel free to contact them.

Questions: [各区の保健福祉センター](#)
Health Division, Health and Welfare Center



Chuo ☎221-2582 Hanamigawa ☎275-6296
Inage ☎284-6494 Wakaba ☎233-8714
Midori ☎292-2630 Mihama ☎270-2221

架空請求のメールやはがきに注意しよう Beware of Fake Invoice, E-mails, or Postcards

You might get asked for immediate payment for toll videos by e-mail or postal mail. Messages may threaten legal action if you don't pay right away.

Spoof emails appear to be from well-known companies or public agencies, but don't show any billing details.

To prevent fraud, please do not reply to these messages or contact them.

Questions: [消費生活センター](#)
Consumer Affairs Center ☎207-3602



2019年度版ふれあいパスポートを配布 Distributing the 2019 Fureai Passport

18 facilities in Chiba City including the ZOZO Marine Stadium, Kotehashi heated swimming pool, and movie theaters are available at a discount or for free.

Available dates: Saturdays and designated days.

Note: Fureai passports have already been distributed to elementary and junior high school students in Chiba City. For students who live in the city but attend a school outside of the city, you can get a Fureai Passport at the Community Promotion Division of your ward office.

Questions: 企画課 Planning Division ☎245-5908

ちば市民便利帳 (2019・2020年度版) を 配布

The Chiba City Citizen Benri Book for 2019-2020

This is a guide book for Chiba City with useful information for city residents, such as operating hours for city offices and instructions for various city services. It will be available from Tuesday, May 21. Please check the website, 'Chiba Shimin Benri book ちば市民便利帳'.

Where: 1st floor at Chiba City Hall, ward offices, libraries, etc.

To order a copy by mail, please call the 'Chiba Benri book ちば市民便利帳' call center by Sunday June 2. ☎215-7872 (9:00 - 17:00)

Questions: 広報広聴課 Public Relations Division ☎245-5014

春の全国交通安全運動

Spring Traffic Safety Campaign

The slogan for spring traffic safety campaign is 'Don't run onto a road without first looking both ways for traffic.' Please avoid getting involved in an accident by following traffic manners and rules.

Main Goals of the Campaign

- ① Prevention of road traffic accident caused by elderly people and ensuring safe passage for children and the elderly
- ② Promotion of safe operation of bicycle
- ③ Ensure proper use of seatbelt and child seat
- ④ Eradication of drunk driving

Questions: 地域安全課 Community Safety Division ☎245-5148

ヘルシーカムカム 2019

Healthy 'Kamu Kamu' (Chewing) 2019

The period between June 4 and June 10 is dental health week. There will be an event where you become familiar and think about the connection between mouth hygiene and your health.

When: Sunday, May 26, 10:00 - 16:00

Where: Chiba Sogo Department Store 6F

Details: The event consists of intraoral cancer screening, dental check-up, dental consultation, measurement of oral health, measurement of halitosis, etc.

Questions: 健康支援課

Health Support Division ☎238-9926

行って みましよう Let's Go!

そうだ 公園 行こう

Let's Go to the Park!

It's May and time for having fun in the park. Here are our recommendations.

★中央区 千葉公園 Chiba Park (Chuo-ku)
Cherry blossoms in spring and Oga Lotus in summer are must-see flowers.

Boat rentals are available.

Directions: It is a 1 min walk from 千葉公園 Chiba Koen Station on Chiba Monorail

Questions: 中央・稲毛公園緑地事務所 Chuo/Inage Parks and Greenery Office ☎251-5103

★花見川区 花島公園 Hanashima Park (Hanamigawa-ku)

Enjoy playing in the water, exploring a lot of water plants and wild birdwatching

Directions: From JR幕張駅北口 Makuhari Station North Exit, take a bus bound for 花島公園

Hanashima Koen, and it is a 1 min walk from 花島公園 Hanashima koen bus stop.

Questions: 花見川公園緑地事務所 Hanamigawa Parks and Greenery Office ☎286-8740

★稲毛区 園生の森公園 Sonno Forest Park (Inage-ku)

Enjoy nature in the city. There are some rare flowers in this park.

Directions: It is a 10 min walk from スポーツセンター駅 Sports Center Station on Chiba Monorail.

Questions: 中央・稲毛公園緑地事務所 Chuo/Inage Parks and Greenery Office ☎251-5103

★若葉区 泉自然公園 Izumi Nature Park (Wakaba-ku)

Obstacle courses, barbecues and camping are available in this park.

Directions:

From JR 千葉駅東口 Chiba Station East Exit, take a bus bound for 中野操車場 Nakano Soshajyo or 成東駅 Naruto Station, and get off at 泉自然公園 Izumi Nature Park. It is a 10 min walk from there.

Questions: 若葉公園緑地事務所 Wakaba Parks and Greenery Office ☎228-0080



★^{みどりく}緑区 ^{しょうわ もり}昭和の森 Showa no Mori (Midori-ku)

There is a view point of the Pacific Ocean and a-109m-slide.

Camping is also available.

Directions: From JR ^{とけえきみなみぐち}土気駅南口

Toke Station South Exit,

take a bus bound for

ブランニューモール Brand-New-Mall

and get off at ^{しょうわ もりにし}昭和の森西 Showa no Mori West. It is a 5 min walk from the bus stop.

Questions: ^{みどりこうえんりよくちじむしょ}緑公園緑地事務所

Midori Parks and Greenery Office ☎294-2884

★^{みはまく いなげかいひんこうえん}美浜区 稲毛海浜公園 Inage Kaihin Park

You may be able to see Mt. Fuji and Tokyo Sky Tree while enjoying the beach in clear weather.

Directions: From JR ^{いなげかいがんえき}稲毛海岸駅 Inage Kaigan Station, take a bus bound for ^{かいひんこうつうかいひんこうえん}海浜交通海浜公園

入口 Kaihin Kotsu Kaihin Koen Iriguchi and get

off at ^{かいひんこうえんいりぐち}海浜公園入口 Kaihin Koen Iriguchi. It is a 5 min walk from the bus stop.

Questions: ^{みはまこうえんりよくちじむしょ}美浜公園緑地事務所

Mihama Parks and Greenery Office ☎279-8440

シッティングバレーボール
チャレンジマッチ 2019

Sitting Volleyball Challenge Match 2019

Sitting volleyball is a sport in which 6-person teams play with some part of their torso connected to the floor at all times.

It uses a smaller court and shorter net than volleyball. Since the opposing team is so close, spectators can enjoy rapid-fire gameplay.

This sport will be played at Makuhari Messe for the Tokyo 2020 Paralympics, but an international women's sitting volleyball tournament will be hosted first time in Chiba City. Admission is free. Come and support the athletes!

When: Thursday, May 23 - Sunday, May 26

First match: 10:30 - 11:30

Second match: 14:00 - 15:00

Where: ^{ちば}千葉ポートアリーナ ^{ちゅうおうくどんやちよう}(中央区問屋町 1) Chiba Port Arena (1 Tonya-cho, Chuo-ku)

Participating Countries: Italy, Canada, China, and Japan

Search

(Sitting Volleyball Challenge Match).

Questions: ^{こうざいにほんしょうがしよきょうかい}(公財)日本障がい者スポーツ協会 Japanese Para-Sports Association

☎03-5939-7021

Parasports Tournament Support Event: Go! Together! ~Create a future where everyone



can live together~

A support event will be held in addition to the Sitting Volleyball Challenge Match.

When: Sat., May 25/Sun., May 26, 10:00 - 15:30

Where: ^{ちば}千葉ポートスクエア ^{ちゅうおうくどんやちよう}(中央区問屋町 1)

Chiba Port Square (1 Tonya-cho, Chuo-ku)

Details: Try parasports, hear the athletes' stories, etc.

Questions: ^{ちゅうおうけい}オリンピック・パラリンピック調整課 Olympic and Paralympic Coordination Division

☎245-5296

^{ちほうおろしうりしじょう しみんかんしゃ}地方卸売市場 市民感謝デー

Citizen Appreciation Day at the Local Wholesale Market

When: Saturday, May 25, 8:00 - 12:00 (Sale of fish and seafood, etc.

is until 10:30.)

Details: Enjoy eating and purchasing fresh seafood, and other foods.

Warning: Please do not bring your pets.

Questions: ^{ちほうおろしうりしじょう みはまくたかはま}地方卸売市場(美浜区高浜2) Local Wholesale Market (2 Takahama, Mihama-ku) ☎248-3200



^{けんこう そうだん}**健康・相談**

Health and Consultations

^{たじゅうさいむしゃとくべつそうだん}多重債務者特別相談

Special Consultations for People with Multiple Debts

A lawyer will provide counseling for people who are struggling after borrowing money from many lenders. Phone consultations not available.

When: Thursday, May 23, 13:00 - 16:00 (30 minutes per person)

Eligibility: People who are borrowing money from many lenders (You may come with family members.)

Capacity: First 6 people

Where/Apply: ^{しょうひせいかつ}消費生活センター ^{ちゅうおうくどんやちよう}(中央区弁天1) Consumer Affairs Center (Benten 1, Chuo-ku) ☎207-3000

^{じよせい}女性のための ^{けんこうそうだん}健康相談

Health Consultations for Women

Consultations are available for those with physical and emotional problems or concerns due to female hormones.

★ Consultation with a female physician (gynecology)

When: Wednesday, May 29, 13:15 - 15:20

You must make a reservation by phone.

Where: 市保健所(美浜区 幸 町 1)

Health Center (Saiwai-cho 1, Mihama-ku)

★ Phone consultations with a public health nurse

Weekdays 9:00 - 12:00/13:00 - 16:00

(closed 12:00 - 13:00)

Reserve/Consult/Ask: 健康支援課

Health Support Division ☎238-1220

じんけんそうだん
人権相談

Human Rights Consultations

You can consult with a human rights volunteer about problems such as discrimination, harassment, and bullying, etc.

They can help if your human rights cannot be protected.



Regular Human Rights Consultation

When: Weekdays 8:30 - 17:15

① Consult in person: call the Human Rights Protection Division, Chiba District Legal Affairs Bureau (☎302-1319) and make an appointment.

② Phone consultations: call the National Human Rights Consultation Hotline ☎0570-003-110

Special Human Rights Consultation

When/Where:

① Every Tuesday: 10:00 - 15:00 at Chuo Community Center 2F (2-1 Chibaminato, Chuo-ku)

② Tuesday, June 4, 10:00 - 15:00 at Inage Ward Office

No reservation needed for both ① and ②.

Questions: 千葉地方法務局人権擁護課

Human Rights Protection Division, Chiba District Legal Affairs Bureau ☎302-1319

エイズなどの性感染症の検査と相談

Testing and Consultations for STDs such as AIDS

★Testing

Tuesday, May 28, 14:00 - 15:00

Please make an appointment by calling the Infectious Disease Control Division.

★In-person and Phone Consultations

① Every Tuesday 10:00 - 12:00/13:00 - 16:00

② Wednesday, May 22, 14:00 - 16:00

You can meet and consult with a specialist counselor. A reservation (must apply by phone) is required. You can also consult over the phone. You may get **tested** and **consult** anonymously.

Where: Both testing and consultations are at the Health Center (Saiwai-cho 1, Mihama-ku)

Apply/Consult/Ask: 感染症対策課

Infectious Disease Control Division ☎238-9974

アイフェスタ in ちば

Eye Fest in Chiba

There is an event for people with visual impairment. You are welcome to try various assistive devices, and ask questions. Please come directly to the venue.

Where: ハーモニープラザ(中央区千葉寺町1208)
Harmony Plaza (Chibadera-cho 1208, Chuo-ku)

When : Sunday, May 19, 10:00 - 15:00

Questions : 障害者自立支援課

Disability Self-Reliance Support Division

☎245-5549

外国人のための法律相談

Free Legal Consultations for Foreigners

When: Monday, June 17, 17:00 - 20:00

Where: 千葉市国際交流プラザ 会議室(中央区千葉港2-1) Chiba City International Exchange Plaza Conference Room (2-1 Chibaminato,

Chuo-ku) Consultation is free.

Capacity: First 4 people to apply.

Those who desire interpretation services should request them when making a reservation.



Apply/Ask: 千葉市国際交流協会 Chiba City International Association ☎245-5750

【編集後記 Editor's Note】

CCIA staff member "J" from South Korea

One that surprised me when I moved to Japan was that when children are waiting at the bus stop for the bus to take them to kindergarten, their mothers will stand there and chat. They will continue to stand and chat even after they have put the bus with their children leaves. In cases when they chat for a very long time, they would still be chatting when the morning-time child care ended and their children came home. Hot weather or cold weather, they chat for a long time while standing. In South Korea, mothers are different in that they will usually go to someone's house and chat while drinking tea. Many people are busy in the morning so it's probably difficult to host guests at your house, but I think it might be nice if mothers in Japan sometimes sat to drink tea while they rest and chat.