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City Residential Newsletter

千葉市生活情報誌

Chiba City ちば

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Monday to Friday from 9:00 – 19:30; Saturday from 9:00 – 16:30

ホームページ HP : <https://www.ccia-chiba.or.jp/>

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千葉市からのお知らせ CITY NEWS

新型コロナウイルス感染症関連情報

Information on COVID-19

Notice of preventative measures against COVID-19 in Chiba City

★Subsidized PCR test for expectant mothers
The city will subsidize the cost of PCR testing up to 20,000 yen for expectant mothers who are worried about infection.

Eligibility: 36th weeks of pregnancy with no symptoms. For more details, please search for

千葉市 出産前妊婦新型コロナウイルス検査

("Chiba City prenatal pregnant women PCR testing")

★Preventing infection

- ① Be careful of heat stroke and wear a mask when going out or talking with someone.
- ② Maintain social distancing (more than 1-2m)
- ③ Ventilate as much as possible, avoid crowds and close conversations.
- ④ Wash your hands and disinfect surfaces thoroughly
- ⑤ Refrain from going to places where there are no preventative measures against the spread of COVID-19.



★Rent payment assistance

If you have lost your job or your income has decreased, the city will provide a subsidy equal to your monthly rent.

For more details, please search for 千葉市 住居

確保給付金 "Chiba City rent payment assistance"

★People suspected to have the infection

帰国者・接触者相談センター/市民向け電話相談窓

☐ Coronavirus Consultation Center for Chiba

City residents ☎238-9966 9:00-19:00 (Available on Saturday, Sunday and holidays from 9:00-17:00)

秋の全国交通安全運動

National Traffic Safety Campaign in Fall

The national traffic safety campaign will be held from Monday, September 21 to Wednesday, September 30 for 10 days. Follow traffic rules to avoid causing an accident and to reduce your chances of being involved in one.

★Priority goals

- ① Ensure safe passage for children and elderly and teach people how to ride a bike correctly.
- ② Prevent elderly driver accidents.
- ③ Prevent pedestrian and cyclist accidents during dusk and at night.
- ④ The elimination of drunk driving

★Traffic Safety Fair ☆ Chiba

Date: Wednesday, September 30 13:00-16:00

Venue: Lifelong Learning Center

Content: Traffic Safety Workshop • Fashion show to present clothes made of reflective materials.

Capacity: First 130 people who arrive at the venue

Ask/Apply: 千葉県警察本部交通総務課

Chiba Prefectural Police ☎201-0110



さいがい お まえ
災害が起きる前に できること

What You Can Do Before a Disaster Happens

There is no guarantee that disasters such as earthquakes or heavy rain can be predicted. It is important to prepare in advance to minimize the damage.

Protect your own life

★Prevent furniture from toppling over and objects from falling. Fix furniture and large electrical appliances securely to walls or ceilings to prevent them from toppling over. Also, place furniture in consideration of the direction that it may fall. Put shatterproof film on glass cupboards and windows.

★Store food and water using a "rolling stock" method: Use and replenish rations regularly to prevent them from exceeding their expiration date. Be sure to buy things again after you consume. Don't forget to stockpile masks, flash lights, batteries and portable toilets.

★Install an earthquake-sensitive circuit breaker
Electric shorts are the cause of about 60% of fires in large earthquakes. Quake-sensitive circuit breakers stop electricity automatically and prevent fires when an earthquake occurs. For

more details, please search for ちばし かんしん **千葉市 感震ブレー**

カー "Chiba City quake-sensitive circuit breaker"

Contact: しょうぼうきやくまぼうか **消防局 予防課**

Fire Prevention Division ☎202-1613

★Register for Chiba City Safe and Secure Mail
Receive important information for crime and disaster prevention by email. Search for details, ちばし あんぜん あんしん **ちばし安全・安心メール** including registration procedures.

★Register for the disaster time assisted person support list

This is for those who need assistance physically, mentally or verbally when a disaster occurs. The city makes arrangements to help them.

Contact: こうれいふくしつか **高齢福祉課 Senior Citizen's Welfare Division** ☎245-5171

ぼうさいたいさくか **防災対策課 Disaster Prevention Division**
☎245-5113

さいがいじ あわ
災害時に 慌てないために

To Stay Cool When a Disaster Happens

When a major disaster occurs, public transportation may be disrupted, it may be hard to return home, and you may not be able to meet your family for some time. Please be conscious of

the following things and remain panic-free.

★Don't rush to move during a disaster!

① Don't go to a shelter if you are already in a safe place.

② Consider evacuating to the home of a relative or an acquaintance if it is safe.

③ Confirm your family's using the disaster emergency message board or SNS.

④ Check information on public transportation and traffic.

★Plan how you confirm your family's safety

① Discuss with your family how you will stay in touch in the event of an emergency

② Try using the disaster emergency message board in advance to make sure you know how to

use it. For more details, search for ちばし あんひ **千葉市 安否**

かくにん 確認 "Chiba City confirmation of the safety"

★Prepare to go home safely on foot

① Take a portable radio, a map and a cellphone charger around with you

② Establish escape routes within the home and on the street by bus and on foot. Confirm the nearest disaster support station for stranded people.

③ At your work place, prepare a pair of comfortable sneakers, a flashlight, gloves, water and food.

Contact: ぼうさいたいさくか **防災対策課 Disaster Prevention Division**
☎245-5113



しゅうがくえんじょせいど
就学援助制度

Subsidy System for Students

The city subsidizes expenses such as school supplies, school lunch fees, and more.

Eligibility: Children attending city-run elementary schools, Junior high schools, or special-needs schools, and any of the following:

① Those who are exempt from municipal taxes

② Those who are on welfare but have not yet received it this year.

③ Those who are eligible for a waived or reduced national health insurance premium or the national pension insurance premium, or who pay a small amount.

④ Those who receive child support allowances

⑤ Those who need financial assistance for a special reason

Apply: Consult with the school where the children attend, fill in the application form and submit it

to the school. For more details, search for ちばし **千葉市**

しゅうがくえんじょ **就学援助** "Chiba City financial support for students".

Contact: Elementary • Junior high school or

行ってみましょう

しんがた えいきょう もよお
新型コロナウイルスの影響で 催し

へんこう ちゅうし えんき ばあい
(イベント)が 変更・中止・延期になる場合があります

**Due to COVID-19, Events and Consultations
Might be Cancelled or Postponed.**

For up to date information, please search for
ちばし
千葉市 コロナ “Chiba City Novel Coronavirus
Events”

ちばし 千葉市スペシャルデー Chiba City Special Day

You can watch the baseball game between Chiba Lotte Marines and Rakuten for free at ZOZO marine stadium.

Date: November 1 13:00 Kick Off

Venue: ZOZO Marine Stadium

Content: Reserved infield seats
200 Chiba City residents

How to apply: Apply from here

<http://www.cnplayguide.com/marines/chiba2020/>
by 22:00 on Wednesday, September 23

Contact: かんこう きかくか
観光 MICE 企画課 Tourism MICE
Planning Division ☎245-5897

はまべ かんさつ 浜辺のいきものを観察しよう Observation of Sea Life

Would you like to observe animals that you do not see often in daily life at Inage Kaihin Park?

Date: Saturday, September 19 10:00-12:00

Cancelled in case of rain or strong wind

Capacity: First 20 people

What to bring: Rain boots, hat, clothes that can be wet

みはまこうえんりよくちじむしょ
Apply/Ask: 美浜公園緑地事務所 Mihama park and
greenery office ☎279-8440

If you would like to participate in this event,
please call the number above to book.

こそだ 子育てママのおしゃべりタイム Chit-Chat Time for Mothers

Expecting mothers or those raising children are free to join with your children at public centers. Hours: 10:00-12:00. Proceed directly to the venue, no registration required. The number of participants may be limited.

★Hanamigawa-ku Wednesday, September 23 at Makuhari Public Center

Contact: Makuhari Public center ☎273-7522



★Inage-ku Friday, September 18 at Midorigaoka Public Center

Contact: Konakadai Public Center ☎251-6616

★Wakaba-ku, Thursday, September 24 at Mitsuwadai Public Center

Contact: Chishirodai Public Center ☎237-1400

★Mihama-ku, Thursday, September 17 at Takahama Public Center

Contact: Inahama Pubic Center ☎247-8555

けんこう そうだん 健康・相談

がつ せいあつげっかん けんしん う
9月はがん征圧月間 がん検診を受けましょう!

September is fight against cancer month. **Time to Take a Cancer Screening!**

In 2019, around 300,000 people took screenings. Medical examination period is until Sunday, February 28 in 2021. Please consider having this examination as soon as possible.

Contact: けんこうしえんか
健康支援課 Health Support Division
☎238-9930

がつにしゅうよつか もく にち すい けっかくよぼうしゅうかん
9月24日(木)~30日(水)は 結核予防週間

けっかく そうきはっけん たいせつ
結核は早期発見が大切です

**Prevent Tuberculosis Week is from Thursday,
September 24 to Wednesday, September 30
Important to Detect Tuberculosis Early**

Tuberculosis is still around and if treated early, most cases do not require hospitalization. In addition, passing it to those around you is avoidable.

★What is Tuberculosis?

Tuberculosis can be spread through the air from one person to another. People nearby may breathe in the bacteria and become infected.

★To prevent Tuberculosis

Maintain good healthy to boost your immune system.

① Get adequate sleep

② Exercise regularly

③ Don't smoke

④ Eat a balanced diet

★To detect Tuberculosis early, take a periodic health checkup

Get a chest x-ray at a company health checkup once a year. For those over 65, a medical examination for tuberculosis and lung cancer is free. (Medical checkup voucher sticker was sent to you in May). Infected infants are more likely than adults to get worse. Please remember to have your children vaccinated against BCG at age 4 months. For more details, please search for



“Chiba City tuberculosis prevention week”.

Contact: ^{かんせんしょうたいさくか}感染症対策課 Infectious Disease Control

Division ☎238-9974

^{ひとり なや そうだん}
一人で悩まず相談を

Don't Struggle Alone

Are you struggling alone, or know someone who is? You will feel better if you talk about your issues with someone. You might even find a solution to them. Feel free to consult in person, via phone, LINE, etc.

★^{いのち そうだんしつ} **こころと命の相談室 Heart and Life Counselling Room (Talk in person, 50 minutes each time)**

When: Monday, Friday (except holidays) 18:00-

21:00 Saturday (twice a month) 10:00-13:00

Sunday (once a month) 10:00-13:00

Where: ^{ちゅうおうくしんまち だい あすま こうしつ} 中央区新町18-12 第8東ビル 501号室 Room

501, Dai 8 Azuma Building, 18-12 Shinmachi, Chuo-ku

Apply: Weekdays 9:30-16:30 ☎216-3618

★^{こころ そうだん} **心のケア相談 Mental Health Care**

Consultations (consultation via phone or LINE)

When: Mon-Fri 17:00-21:00

Sat, Sun, holidays 13:00-17:00

Consult: ☎0570-010-400

LINE: Search for ちばしこころ 心のケア相談 (“Chiba city mental health care consultations”)

★^{ちばし こころ でんわ} **千葉市こころの電話 Chiba City Kokoro Hotline**

(they will listen to your concerns) ☎204-1583

When: Weekdays, 10:00-12:00/13:00-17:00

Contact: ^{せいしんほけんふくしか} 精神保健福祉課 Mental Health and

Welfare Division ☎238-9980

^{せいしょうねん なや ごとそうだん}
青少年の悩み事相談

Trouble Consultations for Youth

Date: Monday-Friday, 9:00-17:00

Details: You may consult about the problems that youth may have such as juvenile delinquency, bullying, truancy, etc.

Consultation Locations:

① ^{せいしょうねん ちゅうおう} 青少年サポートセンター (中央コミュニティーセンター内) Youth Support Center (inside Chuo Community Center) ☎382-7830

② ^{ひがしぶんしつ ちしろだいしん} 東分室(千城台市民センター内) East Branch (in Chishirodai Citizen Center) ☎237-5411

③ ^{にしぶんしつ しきょういっかいかなん} 西分室(市教育会館内) West Branch (in City's



Education Center) ☎277-0007

④ ^{みなみぶんしつ かまとり} 南分室(鎌取コミュニティーセンター等複合施設内) South Branch (in Kamatori Community

Center) ☎293-5811

⑤ ^{きたぶんしつ はなみがわしん} 北分室(花見川市民センター等複合施設内) North Branch (in Hanamigawa Citizen Center)

☎259-1110

^{がいこくじん ろうどうそうだん ほうりつそうだん}
外国人のための労働相談・法律相談

Legal and Labor Consultations for Foreigners

① Labor consultations with a labor and social security attorney

Sat., October 10 13:00-16:00

② Legal consultations with a lawyer

Mon., October 19 13:00-16:00

Where: ^{ちばしこくさいこうりゅう} 千葉市国際交流プラザ (中央区千葉港2-1)

Chiba City International Exchange Plaza (2-1 Chibaminato, Chuo-ku)

Capacity: First 4 people to apply (for ① and ② each)

The consultation is free. Those who desire interpretation services should request them when making a reservation.

Apply/Contact: ^{ちばしこくさいこうりゅうきょうかい} 千葉市国際交流協会 Chiba City International Association ☎245-5750



[Editor's Note] “S” from THANKS

Do you prefer *tsubu-an* (course red bean paste) or *koshi-an* (pureed red bean paste)?

It will soon be *o-higan*. *O-higan* makes you think of *ohagi*. It's one of my favourite dishes along with *botamochi*, eaten in spring. That is why I am, of course, particular about the quality of the glutinous rice used to make it, but the taste also changes depending on whether *tsubu-an* or *koshi-an* is used to enfold it. Statistically, it seems that *koshi-an* is more popular in east Japan. This is because azuki beans from Hokkaido have soft skins and are easy to strain, whereas beans in Okayama Prefecture in the west of Japan don't lose their shape even when boiled; it is said that each regional difference might be from the way they use the beans. However, I still prefer *koshi-an*. The taste changes slightly based on the texture of the paste and how much grain is left over. It's fun to find which one you enjoy. It could be considered a part of Japan's food culture.

Daifuku, monaka, dorayaki, taiyaki, anman, zenzai, oshiruko, which bean paste will you choose?

