



City Residential Newsletter

千葉市生活情報誌

Chiba City ・ ちば

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ちばし 千葉市からのお知らせ CITY NEWS

9月1日は防災の日

災害が起こる前にできること

September 1 was Disaster Prevention Day
Things you can do before a disaster comes:

It was reported that there is a high probability that earthquake with an intensity of lower 6 on the Japanese scale or stronger will occur in the next 30 years (2018 - 2050). Among the urban areas, Chiba City has the highest probability at 85%.

★Make sure your furniture won't tip over or fall down.

- ① Use metal fixtures to secure your furniture so it doesn't fall.
- ② Think about the direction or place your furniture may fall.
- ③ Put adhesive film on glass such as dishware shelves and windows so that if the glass breaks it doesn't get scattered everywhere.
- ④ Put heavy items down low.

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

★Install a tremor-sensing circuit breaker

About 60% of the fires that occurred following the Great East Japan Earthquake were caused by electricity. A tremor-sensing circuit breaker will prevent fires by automatically turning off the electricity when an earthquake occurs.

Questions: 消防局予防課 Fire Prevention Division, Fire Bureau ☎202-1613

★Have a rotating stock of emergency food (Top-up regularly)

To have a "rotating stock" means you buy foods with a long shelf life in bulk, and always replace whatever you eat. While using these foods, you can still be prepared for a natural disaster. You should stock up with water and foods enough for three days, if possible, enough for one week.

Questions: 防災対策課 Disaster

Prevention Division ☎245-5113

★Confirm which medical institutions offer medical care during disasters



You can search on the internet to confirm which hospitals offer medical care when a disaster occurs. Search for [千葉市 災害時診療可否情報](#) (Chiba City disaster medical care availability information)

Questions: 健康企画課 Health Planning Division ☎245-5210

★Help each other

Please help people in trouble when a large disaster such as an earthquake occurs. About 60% of people rescued from collapsed houses are saved with the help of friends or family. Please be in the habit of developing good relationships with the people in your community.

9月21日(金)~30日(日)は
秋の全国交通安全運動期間

こうつうじこ み まも
交通事故から身を守るために

Friday, September 21 - Sunday, September 30 is
the Autumn National Road Safety Period
To Protect Yourself from Traffic Accidents:

★Decrease the number of traffic accidents !

Main goals:

- Protect the safety of children and the elderly
- Prevent walking and bicycling accidents during dusk and the night.
- Wear seatbelts and install child seats correctly.
- Never drink and drive



★Main rules for riding a bicycle

- ① Ride in the roadway
- ② Ride on the left side of the road
- ③ If you ride on the sidewalk, stay close to the road and go slow
- ④ Use a light during dusk and the night
- ⑤ No dangerous riding

★Wear a helmet!

Please have you and your children wear helmets when riding a bicycle.

★Stop smartphone use!

It is extremely dangerous to use a smartphone while walking or riding. You can injure not only yourself, but the people around you.

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

き 気づいてください! からだ ところ げんかい
体と心の限界サイン

がつとおか げつ じち にち じきつよぼうしゅうかん
9月10日(月)~16日(日)は 自殺予防週間

Please Pay Attention to the Signs of Your Body and Minds' Limits

Monday, September 10 - Sunday, September 16 is
Suicide Prevention Week

Suicide occurs when someone is emotionally overwhelmed by too many problems. To prevent suicide, it's very important to talk to people who are struggling when you notice changes in their behavior. Please consult someone if you notice people around you who are struggling with mental health and everyday life.

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

しえいじゅうたく あ やにゅうきょしゃ
市営住宅の空き家入居者

Seeking Tenants for Available Municipal Housing

① General

Application Requirements: Must fulfill

requirements such as having a household income that meets tenant standards, and paying municipal/prefectural residential taxes.

② Limited Term (for households with children)

Application Requirements: In addition to the requirements in ①, you must be a household that has only parents under 45 years old and children in and under elementary school age.

Scheduled Move-in Day: After January 1, 2019

Lottery Date: Wednesday, October 31

Application Form: Forms will be distributed starting Tuesday, September 25 at the Chiba City Housing Supply Corporation, the Community Promotion Division of each Ward Office, and the Prefectural Housing Information Plaza (中央区 栄町1-16, 1-16 Sakae-cho, Chuo-ku). For more information please inquire directly.

Apply: Please mail your application form and the necessary documents to 「〒260-0026 中央区 千葉港2-1 千葉市住宅供給公社」(Chiba City Housing Supply Corporation, 2-1 Chibaminato, Chuo-ku 〒260-0026) by Wednesday, October 10. Duplicate applications will be invalid.

Questions: 千葉市住宅供給公社 Chiba City Housing Supply Corporation ☎245-7513

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

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

Early Tuberculosis Detection

Monday (National Holiday), September 24 -
Sunday, September 30 is Tuberculosis Prevention Week.

Tuberculosis is not an illness of the past. Many people nowadays are still getting infected. Last year in Chiba City, 118 people were diagnosed with tuberculosis. You can prevent it from spreading to people around you by finding and treating it early. Tuberculosis can be treated without hospitalization.

★What is tuberculosis?

Tuberculosis is an illness that occurs when someone comes into contact with tuberculosis bacteria in the air from an infected person's cough or sneeze.

★Go to the hospital if these symptoms appear

- ① Coughing/phlegm continue for more than two weeks
- ② Fatigue and dizziness continue for a long time
- ③ No appetite
- ④ A fever continues for a long time
- ⑤ Sudden loss of body weight

★To prevent tuberculosis

- ① Get enough sleep

- ② Exercise
- ③ Don't smoke cigarettes
- ④ Eat a balanced diet

★ **Get a periodic health exam so you can detect it early**

Please get a health examination once a year through your company, etc. that includes a chest x-ray.

Questions: 感染症対策課 Infectious Disease Prevention Section ☎238-9974

い
行っ て みましょ う
Let's Go!

JAZZ STREET

BAY SIDE JAZZ 2018 CHIBA

"Jazz Street" will be hosted on Sat., Sept. 29. Seventy professional musicians and 400 amateurs will perform at 22 different locations throughout Chuo Ward. Take this chance to enjoy some jazz.

★ **For Beginners ♪ How to enjoy Jazz Street**

There are many different ways to enjoy Jazz Street, such as seeing the performances of instruments in which you have an interest, or going to a restaurant that you want to try and enjoying the live music while eating. Please come to venues and listen to the live music. You can enjoy lively music right in front of you. The atmosphere changes with the voices and instruments, so visit several venues to enjoy different styles!



★ **Free Venues**

- ① レクサス千葉中央(新町) Lexus Chiba Chuo (Shinmachi), 13:00 - 13:40/15:00 - 15:40
- ② そごう千葉店9階 Sogo Chiba 9F, 12:00 - 12:40/14:00 - 14:40
- ③ そごう千葉店 正面入口前広場 Sogo Chiba main entrance, 11:00 - 19:45
- ④ 中央公園特設ステージ Chuo Park special stage, 11:00 - 11:45/12:00 - 20:00
- ⑤ 葎川公園 Yoshikawa Park, 11:00 - 17:00
- ⑥ 葎川公園リバーサイド1 Yoshikawa Park Riverside 1, 11:00 - 17:00

Questions: 市文化振興財団 Chiba City Foundation of Cultural Promotion ☎221-2411

かいせいあんちやしつこうかい ちゃ しんてい
海星庵茶室公開と お茶の進呈
Public Exhibitions of Tea House 'Kaiseian' and Free Sampling of Green Tea

Tour the tea house and try some green tea for free.

When: Sunday, September 16 and September 30 from 11:00 - 14:00

Where: Tea house 'Kaiseian' (in Inage Seaside Park)

Capacity: First 100 people each day

Questions: Inage Memorial Hall ☎277-4534

Closed on Mondays (if Monday is holiday, then closed on next day)

ちばうじ ほくと けん
ちーバル×千葉氏×北斗の拳
'CHIBAR' X Chiba Clan X Hokuto-no-Ken (Fist of the North Star)

The restaurants which participate in this event 'CHIBAR' (promote people to eat in the restaurants in 6 divided areas of Chuo ward) will serve special menu related to Chiba clan. The special gift, collaborated coaster of Chiba clan and Hokuto-no-Ken (Fist of the North Star), will be given on a first-come-first-served bases.

For more details, search: <https://chibar.net/>

When: Monday (Holiday), September 17, and every Wednesday between September 26 to October 31

Questions: 都市アイデンティティ推進課 City Identity Promotion Office ☎245-5660

まつり
ファミサポ祭
Family Support Festival

This is an exchange meeting open to everybody. Fun activities such as craft workshop, concert, and playtime with childcare professionals.

When: Sunday, September 30, 10:00 - 12:00

Where: 子ども交流館アリーナ Children Communication Arena

Questions: ちばしファミリー・サポート・センター - Chiba City Family Support Center ☎201-6571

こうざ
プレパパママ講座
Pre-parenting Class for Future Parents

This class is for future parents.

When: Sunday, October 28, November 11, and December 2, 9:30 - 12:00

Where: 中央コミュニティセンター Chuo Community Center

Eligibility: Couples who will soon become parents

Capacity: First 18 couples to apply (Phone reservation required.)

Ask/Apply: 幼保支援課 Early Childhood Education and Care Support Division ☎245-5105

こうみんかん こうざ
公民館の講座
Classes at Public Centers

★Men's Cooking Class for Beginners
When: Sunday, September 30, 10:00 - 13:00
Eligibility: Men who are 20 years old and up
Capacity: First 16 applicants (Reservation required.)

Cost: 600 yen

Where/Apply: 中央区川戸公民館

Chuo Ward, Kawado Public Center ☎265-9256

★Fall Seasonal Mushroom Cooking Class

When: Saturday, October 13, 10:00 - 13:00

Eligibility: Adults who are 20 years old and up

Capacity: First 20 applicants (Reservation required.)

Cost: 800 yen

Where/Apply: 花見川区幕張本郷公民館

Hanamigawa Ward, Makuharihongo Public Center ☎271-6301

★Soba Noodle Making Class

When: Sunday, October 14, 10:00 - 13:00

Eligibility: Adults who are 20 years old and up

Capacity: First 15 applicants (Phone reservation required.)

Cost: 1,500 yen

Apply/Ask: 稲毛区山王公民館 Inage Ward,

Sannou Public Center ☎421-1121

★Let's Make Delicious Soba Noodle

When: Friday, September 28, 9:30 - 13:00

Eligibility: Adults who are 20 years old and up

Capacity: First 8 applicants (Reservation required.)

Cost: 1,500 yen

Apply/Ask: 若葉区千城台公民館 Wakaba Ward,

Chishirodai Public Center ☎237-1400

健康・相談

Health & Consultations

こころの健康センターの相談

Consultation at the Mental and Emotional Health Center

①Adolescence Health and Welfare Consultation

Mon., Oct. 1, Fri., Oct. 5, 10:00 - 12:00

Thur., Oct. 11, 15:00 - 17:00

②Mental Health and Welfare Consultation

Wed., Oct. 3, 10:00 - 12:00

③Elderly Mental Health and Welfare

Consultation

Thur., Oct. 18, 14:00 - 16:00

④Alcohol and Drug Addiction Consultation

Fri., Oct. 26, 14:00 - 16:00

Contents: Consultation with professionals

Eligibility: Individuals who struggle with problems and their family

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

外国人のための法律相談

Legal Consultation for Foreigners

When: Saturday, November 17, 13:00 - 16:00

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 applicants.

Reservation required.

Those who desire translation service should request when making a reservation.

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



出張外国人相談

On-site Consultation Service for Foreign Resident

You can consult with a native Chinese staff at Mihama Ward office. Please use this opportunity to consult about your problems in everyday life.

*Contents of the consultation will be kept confidential.

*Consultation in a private room is available.

When:

①Tuesday, September 18, 2018

②Tuesday, September 25, 2018

③Tuesday, October 2, 2018

④Tuesday, October 9, 2018

From 9:00 - 12:00 for all of the above dates.

Where: 美浜区役所 1階 Mihama Ward Office 1F

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

編集後記 Editor's Note

This summer has been extremely hot, hasn't it? I've been using AC every day. Since the beginning of September, it has cooled down a bit, yet the hot days seem to continue. Even on a hot day, I participate in daily volunteer activity. We, including myself, should be cautious about getting heat stroke, and please do your best at work and school! ('N' from 'THANKS' members)

