

Have your' my number card! ~ You can get certificates at convenience stores ~

(マイナンバーカードをつくってみよう! ~コンビニで証明書がとれます~)

Do you have your own my number card?

It is so convenient if you have your own my number card

●You can use it as an ID with picture

Impersonation is impossible because your picture is on the card. You can use it as an ID after returning your driver's license.

●You can use it for the issuance service at convenience store.

You can use it as an ID when you get your resident card or seal certificate with the multifunctional copy machine at a nearby convenience store.

●You can use it as an ID for the application that needs an on-line certificate such as an on-line e-Tax application. You can file your final tax return via p.c. at home.

●Following services will be available in the future; Purchase by points (scheduled to start in 2020) Use of my number card as health insurance card (scheduled to start in March 2021)

My number card is safe

- Suspension of use due to loss or theft is accepted 24 hours/365 days.
- A password is set on the my number card and input of an incorrect password a certain number of times will automatically lock the use of the card.
- The IC chip is automatically destroyed if somebody tries to read it fraudulently.
- No important private information is recorded on the chip.
- Private information can not be stolen if the my number card is seen by another person.

When You Reach The Age Of 20 Years, You Are Supposed To Participate In The "National Pension"

(20歳になったら国民年金の加入手続きを)

All people who live in Japan and who are more than 20 years old and less than 60 years old are supposed to join the National Pension Scheme and pay its premium (except members of Welfare Pension or Mutual Aid Association).

In the National Pension, there is an "old age basic pension" which can be given to persons from the age of 65 years old, "injury basic pension" which can be given to injured or ill persons, "survivor's basic pension" which is given to a spouse and/or children when a member dies, etc. Those pensions are the system that everyone pays a premium for, ensuring mutual help to maintain stable lives. The public pension system guarantees payment for a life, demonstrates the country's responsibility for its citizens, and provides stable management.

If you have not received the notice of joining the National Pension, please contact Funabashi Pension Office or Insurance & Pension Section.

Application to postpone or be exempt from premium payment

If you delay your participation or forget payment of the

Application method of my number card

●If you have received the application form for the issuance of a my number card which was sent with a notice card (paper card)

【Smartphone】

- ① Take a photo of your face with a smartphone.
- ② Read the QR code on the application form with a smartphone.
- ③ Register your mail address on the website for the application.
- ④ After receiving a URL on your registered WEB, register the photo of your face and provide other necessary information. Your application is then complete.

【Personal computer】

- ① Take a photo of your face with a camera.
- ② Register your mail address on the website for the application.
- ③ After receiving a URL on your registered WEB, register the photo of your face and provide other necessary information. Your application is then complete.

【Mail】

- ① Complete the application form, attach a photo of your face that was taken within the previous 6 months and mail it. Your application is then complete.

【ID photo machine】

- ① Choose 「Application for my number card」 from the touch panel.
- ② Put in the fee for the photograph and hold the QR code on the application over the bar code reader.
- ③ Follow the instructions on the screen to put in the necessary matters.
- ④ Take a photo of your face according to the instructions on the screen and send it with the application. Your application is then complete.

●If you lost an application form, it will be reissued at the city hall. Please visit the window of Citizen Section with your ID.

national pension premiums, you will not be able to receive the injury pension or survivor's basic pension.

If your income decreases or you become unemployed and you can't pay the premium, you can apply to postpone or be exempt from your premium payment. Japan Pension Service examines the application and decides whether you can have the whole amount or a partial amount "exempt", or if you can "postpone" the premium payment.

The examination is made for 25 months retroactive from the application date.

During an exemption or postponement period, the amount of the old age pension will be reduced.

You can pay the exemption or postponement premium within 10 years, but payments of the premium more than 2 years after the deadline will incur an additional charge.

Inquiries: Funabashi Pension Office, Japan Pension Agency: Tel. 047 (424) 8811 or; City Office Insurance & Pension Section: Tel 492-1111 ext. 3174



As of January 6 (Mon), the handling charge for large-sized garbage will be revised

1がつ6にち げつ うけつけぶん そだい しよりてすうりよう かいてい
(1月6日(月)受付分から粗大ごみ処理手数料が改定されます)



The charge for large-sized garbage will be about 1.5 times the current fee. The charges for each item of garbage are as listed in the table below.

We will distribute a pamphlet to show the rules for disposal and ways to sort out garbage via resident's association,

Environment Section and branch offices of the city.

Immediately before the revision of the fee, the collection of garbage may be congested and delayed because it is also year-end. Telephones of the window may be very busy accepting applications. Please take out the garbage as soon as possible.

List of the handling charge of large-sized garbage

Category	Item	Remarks	Charge (yen)	
			Collection	Direct bring-in
Electrical appliances, Gas and Petroleum equipment	Antenna		520	220
	Video equipment (Video deck, etc.)		520	220
	Audio equipment. (radio cassette, amp, tuner, CD player, etc.)		520	220
	Humidifier		520	220
	Gas oven range		1,040	440
	Gas range	Up to 2kg?	520	220
		Over 3kg?	1,040	440
	Ventilation fan		520	220
	Air cleaner		520	220
	Instant water heater		520	220
	Lighting equipment	(Fluorescent lamps and electric bulbs are unburnable)	520	220
	Tableware dryer		520	220
	Stereo or karaoke set	Tabletop type	520	220
		Floor type	1,040	440
	Stove (including fan heater)	Regular type	520	220
		FF type	1,040	440
	Fan		520	220
	Cleaner		520	220
	Kitchenware (rice steamer, hot plate, oven, rice pounding machine etc.)		520	220
	Electric kotatsu	Long side is less than 1 m	520	220
		Long side is over 1 m	1,040	440
	Electric range		520	220
	Futon dryer		520	220
	Facsimile		520	220
	Printer	Desk top type	520	220
	Hot carpet	Less than 80 cm after folding	520	220
	Sewing machine	Desk top type	520	220
		Other than desk top type	2,080	880
	Word processor (including body and keyboard)		520	220
Furniture, Bedding and Fittings	Storm-shutter	Up to 2 pcs.	520	220
	Screen door	Up to 4 pcs.	520	220
	Clothes box (color box, tea box, etc.)	Made from plastic, up to 2 pcs.	520	220
		Not made from plastic	520	220
	Chair (chair, legless chair, bench, etc.)	For one person, up to 2 pcs.	520	220
		For more than 2 persons	1,040	440

The current tickets for the disposal of large-sized garbage may be used in the following cases;

1. Request of collection via the center for large-sized garbage
 - (1) The sale of 350-yen ticket will end on December 31 (Tue).
 - (2) The 350-yen ticket will not be refunded after January.
 - (3) The 350-yen ticket will be valid up until the end of January and will be invalid after that date.
2. When garbage is brought in directly to Inzai Clean Center
 - (1) If the collection of garbage is applied for by December 31 (Tue), a 350-yen ticket may be used.

	Curtain rail	Length is less than 1.8 m, up to 5 pcs.	520	220
	Grass mat	Up to 3 pcs.	520	220
	Kotatsu board		520	220
	Storage furniture (wardrobe, bookshelf, mirror stand, side board, cupboard, audio rack, shoe rack, TV table, etc.)	Long side is less than 1 m	520	220
		Long side is over 1 m and less than 1.5 m	1,560	660
		Long side is over 1.5 m	2,080	880
	Paper sliding door	Up to 2 pcs.	520	220
	Carpet etc.	Less than 80 cm after folding	520	220
	Blind	Up to 5 pcs.	520	220
	Sofa (without spring)	For one person	520	220
		For more than 2 persons	1,560	660
	Table (table, low dining table, wagon etc.)	Long side is less than 1 m	520	220
		Long side is over 1 m and less than 1.5 m	1,040	440
		Long side is over 1.5 m	1,560	660
	Door (door, gate, etc.)	Non metallic	520	220
		Metallic	1,040	440
	Futon	Up to 2 pcs	520	220
	Blind	Shorter than 1.8m, up to 2 pcs.	520	220
	Bed (without spring)	Baby bed, cot, etc.	520	220
		Single bed	1,560	660
		Double, semi-double bed, bunk bed, etc.	2,080	880
	Mattress (without spring)	Up to 2 pcs.	520	220
Hobby goods, Sports and Leisure goods, etc.	Guitar		520	220
	Cooler box		520	220
	Health equipment	Dangling machine, etc.	1,040	440
		Cycling machine, running machine, massage machine, etc.	2,080	880
	Golf club	Up to 1 set	520	220
	Golf bag		520	220
	Ski carrier	1 set	520	220
	Ski board (including stock)	1 set	520	220
	Tent	1 set	520	220
	Helmet		520	220
Others	One wheeled barrow for transportation		520	220
	Kennel	Long side is less than 1 m	1,040	440
		Long side is over 1 m	1,560	660
	Baby carriage (baby car)		520	220
	Timber, branch	Length is less than 1.8 m, diameter is less than 10 cm	520	220
	Umbrella stand		520	220
	Stepladder		520	220
	Playground equipment for children		520	220
	Work tools (hoes, shovel, broom, etc.)		520	220
	Bike	Number of wheels is less than 3 (unicycle is included)	520	220
		With auxiliary motor	1,040	440
	Water tank	Long side is less than 1 m	520	220
		Long side is over 1 m	1,040	440
	Suitcase		520	220

	Tire chain		520	220
	Child sheet		520	220
	Tin plate, corrugated tin plate	Long side is less than 1.8 m, up to 2 pcs.	520	220
	Pipe or pole	Long side is less than 1.8 m, diameter is less than 10 cm	520	220
	Plywood	Long side is less than 1.8 m	520	220
	Baby bathtub		520	220
	Health meter		520	220
	Hose reel	Including hose	520	220
	Poly tank	Volume is over 20 liters	520	220
	Clothes pole	Long side is less than 1.8 m, up to 5 pcs.	520	220
	Clothes rack	Without stone base	520	220
Other items Not described in the above	Weight is less than 15 kg		520	220
	Weight is over 15 kg and less than 25 kg		1,040	440
	Weight is over 25 kg and less than 35 kg		1,560	660
	Weight is over 35 kg and less than 45 kg		2,080	880
	Weight is over 45kg		2,600	1,100

Revision of Chiba Prefecture Specific Minimum Wage (千葉県の特定最低賃金が改正)

The minimum wage in Chiba Prefecture was revised to 923 yen on October 1, 2019, and the specific minimum wage for seven industries was revised on December 25, 2019 as shown in the table below.

Minimum Wage		Revised Time Amount
Chiba Prefecture Minimum Wage		923 yen
Chiba Prefecture Specific Minimum Wage	Seasonal Manufacturing Industry	923 yen
	The Steel Industry	923 yen
	General-Purpose Machine and Others	923 yen
	Electronic Parts, Devices, and Others	951 yen
	Meters, Measuring Instruments, and Others	923 yen
	Various Merchandise Retail Businesses	923 yen
	Automobile (New Cars) Retail Businesses	923 yen

For inquiries, contact: Chiba Labor Bureau at 043-221-2328

Labor Force Survey will be carried out (労働力調査)

Statistics Bureau of Japan and Chiba Pref. are going to carry out a Labor Force Survey to investigate the rates of employment and unemployment.

Statistics researchers with a “researcher identification card” will visit the survey areas, and distribute and collect forms. Your response to the survey will be highly appreciated.

Target: some households in Nishi-shiroyi

Period: from January to May 2020 (1 month for preparation and 4 months for the survey)

By law, the contents of the survey will not be used for any other purposes than statistics.

For inquiries, contact: Statistics Section of Chiba pref. Government
Tel 043-223-2220

Occurrences of crimes, traffic, and fire accidents in Shiroyi for the month of October

(犯罪、交通事故、火災発生状況)

	Occurrence	Number of Cases	Total
Crimes	Total Number of Crimes	18	279
	Telephone fraud	1	15
	Amount of damage from telephone fraud	970,000 yen	34,350,000yen
Traffic Accidents	Number of injuries	16	105
	Number of deaths	0	1
	Number of bicycle accidents	2	19
Fire Accidents	Fire	0	27
	Emergency	245	2351
	Rescue	2	28

Center Event (センターイベント)

B Nishishiroi Complex center (Closed on Monday) Tel. 492-1011 / Shiroy Ekimae Center (Closed on Monday) Tel. 497-1151 / Fuji Center (Closed on Monday) Tel. 446-1911 / Public Center (Closed on Sunday) Tel. 492-5266 / Sakuradai Center (Closed on Monday) Tel. 491-7111 / Welfare Center • Youth and Female Center (Closed on Sunday) Tel. 492-2022 / Silver Human Resources Center (Closed on Saturday, Sunday) Tel. 498-1717 / Social Welfare Council (Closed on Saturday, Sunday) Tel. 492-5713 / Volunteer Center (Closed on Saturday, Sunday) Tel. 492-5716 / Shiroy City Development Support Center Tel. 401-3729 / Shiroy Community Center (Closed on Tuesday) Tel. 491-1505 / Shiroy Children's Hall (Closed on Tuesday) Tel. 491-0166 / Shiroy Handicapped Support Center (Closed on Saturday, Sunday) Tel. 401-0621 / Nishishiroi Community Plaza (Closed on Tuesday) Tel. 497-5771

<Nishi-Shiroy Complex Center>**Deco roll sushi school on the last day of winter (setsubun)**

Won't you make a deco (decoration) roll sushi of a pretty demon that your children and grand children will be happy to see.

Date & time: January 31

10:00 a.m. ~ 13:00 p.m.

Target: Adult 16 persons (first come first served basis)

Participation fee: 1,000 yen (as cost of materials)

Things to bring: Apron, Mask, Triangle bandana, Dish cloth 3pcs. (including cloth to wipe knife), Tapper to bring sushi back, Pen.

Lecturer: Ms. Yasuko Kimura, deco sushi meister certified by Japan deco sushi association

Applications: Please call or visit Nishi-Shiroy Complex Center by January 21

<Shiroy Ekimae Center>**Storytelling**

Picture-story show and storytelling of picture books by storytelling circle 「Ohanashi Basket」.

Come and enjoy storytelling. We will also prepare presents.

Date & time

: January 11(Sat), February 8 (Sat), March 14 (Sat).

11:00 a.m. ~ 11:30 a.m.

Target: Anybody from baby to adult (Infants before entering kindergarten should be accompanied by guardian.)

Place: Ekimae Children's Hall, child room

Inquiries: Suda, 050-1206-1966

Picnic Room

Anybody from children to the elderly can join.

Date & time: January 15 (Wed)

10:30 a.m. ~ 2:00 p.m.

You can walk in anytime and enjoy playing or the exchange of information.

*The activities in the first half will be for infants. Eating and drinking is allowed. Cooking pots and an electric range are available.

Pocket for small children

Date & time: January 22 (Wed)

10:30 a.m. ~ 11:30 a.m.

Target: Infants (Over 1 year old) and their guardians, 15 pairs
Content: Making goods for scattering beans to drive out evil spirits.

Fee: 100 yen (cost of materials and candies).

Applications: Please call or visit the window of Ekimae Center by January 17 (Fri).

<Ekimae Children's Hall>**Volunteer Circle January ~ March 2020**

Cont. Circle	Date & time	Target	Place	Content	Rep. & Contact
Fureai Cafeteras Oasis	Jan. 24 (Fri) 11:00~13:00 Mar. 27 (Fri) 11:00~3:00	Infants ~ Adults	Ekimae Children's Hall, Elementary school student room	Community café run by volunteers Cake: 100 yen Drinks are prepared.	Rep: Irie (492) 2070
Baby's Wood Square, Growing up with wood	Jan. 28 (Tue) 10:30~12:00 Feb. 25 (Tue) 10:30~12:00 Mar. 31 (Tue) 10:30~12:00	Parents & Children before entering kindergarten who live in the city (free entry)	Ekimae Children's Hall, Elementary school student room	Touch and be familiar with toys made of wood	Rep: Tsuruoka (491) 8704
Hospital for Toys	Jan. 12 (Sun) 13:30~15:30 Feb. 9 (Sun) 13:30~15:30 Mar. 1 (Sun) 13:30~15:30	Infants ~ adults *Infants and elementary school students should be accompanied by guardian.	Ekimae Children's Hall, Child room	Free repair. Cost of parts to be paid.	Rep: Kon do 090 (8117) 5321

<Civic Center>**Manpuku (Feeling full) Square**

It is a restaurant where citizen chefs put all their skills into set menus.

From January 16 (Mon), meal tickets (500 yen) are sold at the window of the Civic Center (25 meals each time).

Date & time: ① Jan. 11 (Sat) ② Jan. 25 (Sat) 11:30 a.m. ~ 1:30 p.m.

Menu: ① Handmade Chinese dumplings, Homemade miso soup with pork and vegetables, etc.

② All yams (grated yam and rice, buckwheat noodle in yam soup, etc.)

<Welfare Center>**Kiyodo-no-mori Petit Marche**

Won't you enjoy a day chatting at a workshop run by entrepreneurs in the region?

Date & time: January 18 (Sat) 10:00 a.m. ~ 2:00 p.m.

Contents: ① Workshop; Experience of making accessories using Glass Perth. From 300 yen ~. ② Sales in Marche: baked cookies made from domestic flour, organic vegetables, natural yeast bread and stollen, and handmade glass accessories.



Cheerful and refreshing time 「Yoga & Stretch school」

Won't you experience yoga and stretches that are good for body troubles such as stiff shoulders and backache, body distortion and coldness.

Date & time: January 27, February 3, 10, 17, March 2, 9. (six times, all Mondays) 10:00 a.m. ~11:30 a.m.

Target: 12 persons living in the city and roughly over 60 years old of age (If applications exceed 12 persons, it will be decided by lottery.)

Instructor: Ms. Takako Tamauchi, yoga instructor

Things to bring: Bath towel, Sports towel, Drinks, Clothes that allow easy body movement, Sox.

Inquiries: Please call or visit the Welfare Center by January 15 (Wed)

<Shiroyi Community Center>

Making welcome board with tole paint (decorative painting)

Won't you draw a picture on lumber with acrylic paint?

We have prepared designs and even those who are not good at drawing pictures can enjoy it like coloring in.

Date and time: January 23 (Thu) 9:30 a.m. ~ 12:30 a.m.

Target: Adults who live or work in the city. 12 persons (first come first served basis)

Lecturer: HAL-san, Lecturer, Tole Paint.

Things to bring: Dust cloth, Clothes that may be stained.

Participation fee: 750 yen (as cost of materials)

Applications: From 9:00 a.m., January 4 (Sat). Please apply at the window of Shiroyi Community Center with the participation fee.

* Please contact us for child care.

<Shiroyi Children's Hall>

Child Rearing

Vegetable Stamp Play

Let's enjoy stamp play using various vegetables, parents and children together.

Date and time: January 17 (Fri) 10:30 a.m. ~ 11:30 a.m.

Target: Children before entering kindergarten and their guardians, 15 pairs (First come first served basis)

Things to bring: Hand towel, Vegetables to use as stamp, Clothes that may be stained.

Applications: From 9:00 a.m., December 15 (Sun). Please contact by phone or visit the window of Shiroyi Children's Hall.

Shiroyi Social Dance • Circle (白井社交ダンス・サークル)



Let's maintain health by moving our body to the rhythm. Beginners are welcome.

Date and time: January 12, 19 (Sun)

13:30 ~ 1 hour

Place: Shiroyi Ekimae Center 2F Recreation Hall

*Please bring: Slippers.

Inquiries: Nakamura tel.090-6952-4431

Hello, Consumer Affairs Consultation Center (消費生活センター)

Be careful! Year end and New year days telemarketing sales negative option

Q: I did not answer clearly to the telephone sales person's question "How about delicious crab?", and a few weeks later crab was sent to me. I don't believe I made a contract to buy crab. I'm worried if I'm in trouble. (women in 80s)

A: After the telemarketing sales, goods are sent for payment by cash on delivery, which often causes troubles. This doesn't only apply to sea products like crab but also to royal family photo books, health food, or cases of pretending to represent a volunteer

group that makes you buy things as a donation. When you talk on the phone and are not interested, say "No" clearly, for example "No thank you." or "I don't need it."

Even if you make a contract, 8 days of cooling-off period is possible after you receive an application form or contract form from the telemarketing sales.

When you are not sure if you did or did not order something, like this case, it is necessary to confirm the facts. In this case Consumer Affairs Consultation center can serve to mediate for the settlement. After confirming the facts we can talk to you about how to clear the contract.

The elderly living alone, elderly-couple families, and families with a person (or persons) with a disability often experience telemarketing sales that cause troubles. In some cases, there aren't any people around for them to talk with, or they don't notice that they have been deceived or they don't tell anyone when they have a trouble.

When you notice someone experiencing these troubles please contact Consumer Affairs Consultation center. If your neighbor seems different than usual, tell their family or local welfare officer, local general support center, then the Consumer Affairs Consultation center can help cooperating with each other.

If you are experiencing trouble, contact Consumer Affairs Consultation center as soon as possible. A special qualified counselor will help you.

Inquiries: Consumer Affairs Consultation Center ext. 3202 (Mon. ~Fri. 10:00am ~ 4:00 pm) City office 2nd floor

Vegetable rich recipe recommendation (Ishikawa) (野菜たっぷりおすすめレシピ)

Steamed chicken breast and vegetable

Ingredients

for 2

persons:

chicken

(breast) 140

g, koji salt

3 small

spoons,

cabbage 3

leaves,

bell pepper

(capsicum)

(red) a half, onion a quarter, water 50 ml

How to make

- ① Cut the chicken breast into thin diagonal strips, coat it with 2 small spoons of koji salt for 30 minutes.
- ② Cut cabbage roughly, bell pepper into 3cm long 1cm wide pieces, and slice onion
- ③ Spread ② on the frying pan and put ① on it.
- ④ Add water on ③, place the lid on the pan and steam for 5 minutes with a middle flame. Then add koji salt to season and taste.

[A word from the staff for promotion of improved eating habits]

The dish is easily cooked with one frying pan. Koji salt makes the chicken breast soft, and the vegetables mild with a sweet and savory flavor. The dish also provides vitamin (vitamin B etc.) by having koji, which improves your body's metabolism.

Ponzu is also good to add if you like.

For one person 142 kcal / Salt 1.2g / Vegetable amount 160 g (350g per day is the target for eating vegetables)

Cooking time 10 minutes (except soaking time)

Health Section dietitian staff of eating habits improvement promotion



LECTURE FOR EXPECTANT PARENTS AND BABIES- New Dads and Moms school

またにてい ベビーむけこうぎ
(マタニティ&ベビー向け講座)

Pre ☆ Dads and Moms school

Would you like to learn about childbirth and child care through fun experiences? You will be able to experience the real feelings of having a baby.

Date, program, and things to bring are as follows

Place: Hoken-Fukushi center or Health and Welfare Center

Participants: expectant mothers (about 6-9 months of pregnancy) and their family members 18 couples can join, first-come-first-served basis * women who have given birth can also join.

Child care is available (You need to apply for this a week before the lecture.)

Date	Contents	Things to bring
Jan. 19 (Sun) 10:00am~12:15pm (reception time 9:45am)	A lecture about family support in childbirth, experience of pregnancy and fetus, bathing, carrying a baby, and maternity yoga.	Mother-and baby notebook, Writing materials
Jan.23 (Thu) 10:00am ~12:15 pm (reception time 9:45am)	"My baby is crying! What should I do?" This lecture will tell you about how to spend time with your baby after childbirth, food for mothers and babies, and how to take care of baby teeth. There is also time for interacting with other new mothers and babies and eating "shokuiku-bento" with others.	Mother-and-baby notebook Writing materials, 500 yen per person for the "shokuiku-bento"

Applications and inquiries: Health Section Tel 047-497-3495 or you can use "Chiba online application service" in Shiroy-city to apply.

※Application a week before the lecture is necessary for the Chiba online application service.

Baby Circle "IPPO IPPO"

All parents and babies can join the Baby Circle IPPO IPPO to enjoy conversations with other parents and babies.

We will introduce some plays. Would you like to have a wider circle of mom friends? * free of charge

Date: 23rd (Thu) 10:00 ~ 11:30 am (reception time 9:45 am ~) Place: Hoken-Fukushi center or Health and Welfare Center

Participants: babies to the age of around 6 months, and their parents. No need for advance reservation

For inquiries contact: Health Section Tel 047-497-3495



5 nursery schools joint program "Let's Play Together" (みんなで遊ぼう)

Date: Jan, 9 (Thu) 10:30 ~ 11:30 am Place: Nishi-shiroy Fukugo Center

Let's enjoy exercise, handicraft, and playing together with 5 nursery schools' staff. Reservation is not necessary.

Please come on the day.

Inquiries: Shimizuguchi Nursery School Child care support center smile Nakamura Tel 491-8201

Health Consultation Health Section Tel 497-3494

Date	Reception time	Place
10 (Fri)	11:00 am ~ 12:30 pm	Fuji Center
27 (Mon)	10:00 ~ 11:30 am	Health and Welfare Center

Citizens of all ages are welcome. Public health nurses and nurses will give health consultations. Health checkups such as blood pressure checks are also available. * Telephone consultations are also available.

※ On 27 (Mon), children's height and weight can be measured, and nutrition consultation by a dietitian is also available.

Children Health Check Health Section Tel 497-3495

Date	Place	Reception time	Person under the Category
Consultation for 4 month-old child care			
17 (Fri)	Health Center	9:30~10:00 am	Children born in August 2019 will receive notification
28 (Tue)		1:15 ~ 1:45 pm	
Class for baby meals			
8 (Wed)	Health Center	9:30 ~ 10:00 am	Children born in March 2019 will receive notification
Health Check-up for 1 year and 6 months old children			
14 (Tue)	Health Center	1:15~1:45 pm	Children born in June 2018 will receive notification
24 (Fri)			
Dental check-up for 2-year-old children			
15 (Wed)	Health Center	1:15 ~ 1:45 pm	Children born in July 2017 will receive notification
Health check-up for 3 year-old children			
10 (Fri)	Health Center	1:15~1:45 pm	Children born in July 2016 will receive notification.
21 (Tue)			
Health Center is on the 2 nd floor in Health and Welfare Center. If you don't receive notification, please contact the Health Center			

Health Center is on the 2nd floor in Health and Welfare Center. If you don't receive notification, please contact the Health Center

SHIROI COMMUNITY CULTURE CENTER

Closed on Mondays, Year-end and New Year's days

(Open on national holidays except when they are on a Monday)

Culture Hall Tel 492-1121

Date	Hall	Hall	Open	Charge	Information
12 (Sun)	Coming of Age Day ceremony	Nashi-bo	10:30 am	Free	Life-long Study Section 047-492-1111
18 (Sat)	Piano concert	Kaori	2:30 pm	Free	Kadota Satomi piano class 047-779-0372
19 (Sun)	Shiroi city The New Year parade of fire brigades	Nashi-bo	10:00am	Free	Crisis Management Section 047-492-1111
25 (Sat)	The 26th Yasuo Takajo concert 2020	Nashi-bo	1:30 pm	Reserved 1st floor 3,500 yen Non-reserved 2nd floor 2,500 yen	Takajo general Planning 047-492-8566
26 (Sun)	JANOSUKA ENSEMBLE	Nashi-bo	2:00 pm	All reserved 6,000 yen	MIN-ON information center 03-3226-9999
	Citizen opinion exchange	Kaori	10:00am	Free	Planning and Policy Section 047-492-1111

Library Tel 492-1122

[Open hours] Tue 9:30am ~ 7:00 pm / Wed. ~ Sun. national holidays 9:30am ~ 5:00 pm

Item	Date	Program	Participants	Place
Story telling event	8, 15, 22, 29 (Wed.) 3:30 pm	Picture book reading	Children who can listen to the story alone	Story telling room
Parent and child story telling	22 (Wed.) 11:00am~	Kids song, picture book reading	Pre-school age children and parents in Shiroi	

※Closed until Jan. 4 (Sat) for year end and New Year's Days. Closed on 30 (Thu) for classifying

Library exhibition corner (Dec.~ Jan.)

“Prepare for a disaster”

After Typhoon NO.15 in September that caused damage in Chiba pref., in October the heavy rain from Typhoon NO. 19 and 21 resulted in the collapse of many rivers in Kanto Koshinetsu and Tohoku, causing extensive damage. Humans cannot stop a typhoon or earthquake, but by everyday preparation we can reduce the damage from these natural disasters.

Let's prepare for disasters that we don't know when they will occur by learning from history, from the mechanics of disasters, knowledge of preventative measures, and with consideration of "What we can do ourselves".

※Exhibition will be held in the exhibition corner near the counter on the season or current event topics.

Local Exhibitions Hall Tel 492-1124

Program	Content	Time	Charge
“History of Shiroi” Regular exhibition	From ancient to modern times-history of Shiroi	Tue.~ Sun. 9:00am ~ 5:00pm	Free
Repaired old writings	Introduction of rules in Kiyoto village in Edo era		


Planetarium Tel.492-1125

Item	Program	Date	Charge
Kids show (introduction of the season constellation)	Do you know? Space quiz (45 min)	Sun. 11:30 am ~	Shiroi residents Adults 280 yen High school students and younger 100 yen Non Shiroi residents Adults 340 yen High school students and younger 160 yen Sold from 30 minutes before the show
Regular show (introduction of the season constellation)	Coming and Going Stars ~ 2020 Astronomy calendar (45 min)	Until 26 (Sun) Sat., Sun., 1:30 ~3:00 pm	
Starry sky classic hour (for adults)	Enjoy starry sky with classical music CD concert (45 min)	11 (Sat) 11:00am	Shiroi residents adults 280 yen Non Shiroi residents adults 340 yen tickets are sold from 10:30 am
Planetarium for pregnant women with library (for adults)	Picture book reading and story telling about the birth of stars (by CD) Target: Pregnant women, and guardian and family members with infants.(60 min)	31 (Tue) 11:00am	Adults 200 yen High school students and younger free Tickets are sold from 10:30 am
Star watching in the day time	Observe the surface of the Sun (in case of bad weather, cancelled)	18 (Sat) 11:30 am ~ 1:30 pm	Free
Star watching event	After the lecture of stars in the dome, go out to observe Saturn, Uranus, Neptune, and Orion etc. (in case of bad weather, only the lecture will be given) (75 min)	18 (Sat) 5:30 pm	Adults 200 yen High school students and younger free

How are you? City public health nurse (Hirai) おげんき ほうけんし ひらい (お元気ですか保健師です(平井))

「Avoid poor physical conditions in new year days」

Happy new year!

During new year days, we visit remote old homes, are awake till late, eat too much, and before we know We think we are relaxing but it may be a burden on your body and weaken your physical condition, for both adults and children alike.

I would like to introduce ways for maintaining a good physical condition.

- ① Go to bed and get up at the same time as usual. If you sleep till noon to recover from the everyday lack of sleep, you weaken your physical condition and will be more tired.
- ② Have gorgeous dishes, alcoholic drinks, sweets and oranges till the second day of the new year. Over-eating and

drinking is a burden on your stomach and may cause the breakdown of your physical condition. On the third day of the new year, be sure to return to your usual habits of eating and drinking, to make the condition of your stomach better and return it to its normal condition.

- ③ Move your body in the daytime, with activities such as making the first visit to a shrine and taking a walk.
- ④ Take preventative measures to avoid infectious diseases. In winter, infectious diseases prevail. Please wash your hands and mouth, wear a mask, drink enough water and prevent infections.

Have nice new year days keeping these points in mind!

Akane Hirai, City public health nurse

Japanese Class for Foreign Residents

がいこくじん にほんごきょうしつ
(外国人のための日本語教室)

Participants: Foreign residents or those working in Shiroi City
Lesson fee: ¥1,000 (Not including texts)

Instructor: International Friendship Association of Shiroi

《Daytime Class》



Time and Date: Every Friday from 10:00am till noon

Place : 1st and 3rd Friday - Shiroi Ekimae Center

(1-2-2 Horigome, Shiroi-City) /

2nd, 4th and 5th Friday - Nishishiroi Fukugo Center

(1-2-1 Shimizuguchi, Shiroi-City)

Inquiries and applications: Mr. Yoshida Tel. 047-491-0791

《Nighttime Class》

Time and Date: Every Wednesday from 7:20pm till 8:50pm

Place: Nishishiroi Fukugo Center

(1-2-1 Shimizuguchi, Shiroi-City)

Inquiries and applications: Mr. Soda Tel. 047-442-2380



Shiroi City Advisory Service for Foreign Residents

しろいしがいこくじんそうだんまどぐち
(白井市外国人相談窓口)

Shiroi City operates an advisory service to help foreign residents living within Shiroi City solve questions and obtain information related to daily life, city administration, facilities etc.

Reservation by telephone is necessary.

(Phone: 401-8607)

Language: English (Other languages could be available)

Date and Time: Will be decided when you reserve by telephone.



Helpline for Foreigners (よりそいホットライン)

Yoriso Hotline (Helpline for Foreigners) is open 24 hours a day to find ways to solve various issues of foreigners living in Japan, such as life, health, status of residence and work.

Supported languages: English, Chinese, Korean, Vietnamese, Tagalog, Portuguese, Nepali, Indonesian, Thai, Spanish

Toll-free number: 0120-279-338

*Please call this toll-free number and press 2 after the guidance in Japanese.

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