



SHIROI BULLETIN

白井宣传

白井宣傳

홍보시로이

広報しろい

July 2018



Ocean Day – July 17 *Umi no Hi*

The third Monday of July is Ocean Day. The purpose of the holiday is to give thanks to the ocean's bounty and to consider the importance of the ocean to Japan as an island nation.

The Citizen's Pool is now open from July 1st (Sun) until September 9th (Sun)

(市民プールオープン)

The Citizen's Pool starts its operation from July 1st.

Address: Shisiba 1701-1

Time: 9:00 am~ 5:00 pm (entrance closes at 4:00 pm)

Admission fee: shown on the table

※ Coupon tickets (6 times charge for 7 tickets) are available.

How to use: For Shiroi citizens: show a swimming pool card and purchase a ticket at the front desk.

※If Shiroi citizens don't have a card, it is available at the city office or each public center. (One for each family, Validity: unlimited)

Four kinds of pools ◆ Flowing pool 150meters, around 1 meter depth

◆ 25 meter pool 1.1~ 1.3 meter depth (6 courses including 2 courses for swimming)

◆ Kids pool 0~ 0.4 meter depth ◆ Adventure sliders 91 meters ・ 62 meters

Adventure sliders: for your safety * only for those who are 120 cm and taller, * Those who have high blood pressure disease, heart disease, and pregnant ladies cannot use. * Please take off your glasses or watch. Follow the staff's instructions.

Inquiries: City Swimming Pool Tel 492-3113

Admission Fee		
Classification		Fee (yen)
Shiroi citizens	Adult, high school, college students	450
	Primary ,junior high students	150
	Children (four years and over)	100
Non-Shiroi citizens	Adult, high school, college students	750
	Primary ,junior high students	300
	Children(four years and over)	150

LET'S TAKE PREVENTIVE SPECIFIC HEALTH CHECK-UP FOR LIVELIHOOD RELATED DISEASES (生活習慣病の予防のために特定健康診査を受診しましょう)

Shiroy city is conducting specific health check-ups for people who are aged forty years and over, and who have joined the National Health Insurance (herein after referred to as **NHI**). Livelihood related diseases such as high blood pressure and diabetes don't show particular symptoms at an early stage. The diseases might be getting worse by the time the symptoms appear. Why not receive health check-ups and know your health condition, and take advantage of prevention and improvement for livelihood related disease?

◆ Specific health check-ups

Specific check-ups are carried out for the purpose of detecting livelihood-related diseases. These check-ups are free of charge. For those who may have a high risk of disease, the city's health nurse or dietician will give those

Specific Health Check-ups schedule	
Date	Venue
Jun 20 (Wed)	Komin Center
Jun 21 (Thu), Sep 13 (Thu), 14 (Fri)	Fuji Center
Jun 22 (Fri), Sep 20 (Thu)	Sakuradai Center
Jun 24 (Sun)~27 (Wed), 29 (Fri), Jul 1 (Sun), 2 (Mon), 11 (Wed), Sep 3 (Mon), 12 (Wed), 16 (Sun), 18 (Tue), 21 (Fri), 29 (Sat), Oct.1 (Mon), 3 (Wed)	Hoken-Fukushi Center
Jul 3 (Tue)~ 6 (Fri), Sep 25 (Tue)~ 28 (Fri)	Nishi-shiroy Fukugo Center

people advice on livelihood improvement at the check-up place. People at risk of livelihood-related illnesses are recommended to positively participate.

As the city is sending a questionnaire sheet to corresponding people, please contact the *Hoken Nenkin-ka* directly, if you do not receive the questionnaire.

Date and Venue: See the schedule table shown above.

Reception: 8 a.m. - 11 a.m.

◆Applicable persons

: National health insured persons who are 40 years of age or over as of March 31, 2018.

※ A questionnaire sheet will be mailed to persons who joined the NHI as of April 27, 2018. For those who moved to Shiroy after April 28, 2018, or changed from other public health insurance policies, and who desire to take the check-up, please apply directly to *Hoken Nenkin-ka* or the Insurance and Pension Section.

For specific health check-ups for persons insured under other health insurance policies, please contact the corresponding health insurer.

◆Check-up details

- Basic items: interview (medicines being taken, smoking habits, etc.), body measurements (height, weight, BMI (body mass index), belly), examination, blood pressure, blood check (liver & kidney function, blood sugar, cholesterol levels) , urine analysis
- Detailed items: (the doctor will decide upon the necessity of certain tests) electrocardiogram, fundus of the eye examination and anemia (red blood cell count) check
- Things to bring: NHI certificate, questionnaire sheet, slippers (not necessary in Hoken-Fukushi center)

Inquiries: *Hoken Nenkin-ka* or the Insurance and Pension Section ext. 3175

Shiroi Ekimae Comprehensive Support Center is relocating.

(白井駅前地域包括支援センターが移転します。)

The Comprehensive Support Center is a counter where elderly aged 65 years old and over can receive consultation and support regarding issues of daily living.

The center, in-charge of Minamiyama and Ikenokami Elementary School districts, operates in Satsuki Village nursing home for the elderly. Starting July 3rd (Tuesday), it is relocating to Shiroi Ekimae Center. Due to the relocation, its operation will be changed as shown in the table below. Please consult us if you have any concerns.

Shiroi Ekimae Comprehensive Support Center Operation Schedule

Term	Day and Time	Venue
Until June 29th (Friday)	Monday to Friday 8:30 AM – 5:15 PM	Satsuki Village nursing home for the elderly
From July 3rd (Tuesday)	Tuesday to Saturday 8:30 AM – 5:15 PM	Shiroi Ekimae Center

※ The operation days exclude year-end, New Year and public holidays.

For inquiries, contact: *Shiroi Ekimae Chiiki Hokatsu Shien Center* or Shiroi Ekimae Comprehensive Support Center at 047-492-8100.

Let's Prevent Food Poisoning! (食中毒を予防しましょう)

From rainy season to summer, during this warm and humid period, food poisoning is likely to happen because bacterial growth causing this to happen becomes active. Let's follow the "3 Principles of Food Poisoning Prevention" and prevent food poisoning.

【3 Principles of Food Poisoning Prevention】

1. Do not contaminate.

- Make sure to wash your hands before cooking or having meals
- Have separate cutting boards and kitchen knives for meat and fish, and vegetables

2. Prevent pathogens from multiplying.

- Keep food in the refrigerator or freezer as soon as you bring it home
- Keep your refrigerator below 10°C and freezer below -15°C, and avoid overfilling.

3. Sterilize.

• Heat meat and fish sufficiently. As an indication of heating, heat until the central part reaches 75°C for 1 minute or so.

For inquiries, contact: Kenko-ka or Health Section at 047-497-3494

EXEMPTION OF NATIONAL PENSION PREMIUM (国民年金 保険料 免除申請)

Everyone who reaches the age of 20 years, even if they are students, must be insured by the National pension. If the pension premium is not paid, if you are injured or die due to an accident, the disability pension or survivor's pension will not be paid. Please use the system of "Exemption of pension premium" and "Young people's (under 50 years old) delay of payment" if it's difficult to afford the premium. The approval period will be from July to June next year. Japan Pension Organization will check the application.

◆ Early consultation is recommended

You can apply for them retroactively for 2 years and one month.

★ Exemption of pension premium

For those who are in a difficult financial condition to pay the pension premium, and have forgotten to apply for the exemption, please contact Japan Pension Organization. Postponement of payment of premium for students: Students and their spouse who cannot afford to pay may be exempt from payment.

◆ Things necessary for the application:

Inkan (family seal), pension handbook, "employment insurance recipient qualified certification" or "employment insurance unemployed person certificate" for unemployed. "Income certificate of FY2017" is necessary for those who haven't reported Citizen tax and are not dependents.

Inquiries: Japan Pension Organization Funabashi Pension Office Tel 047-424-8811

Hoken Nenkin-ka or Insurance and Pension Section ext. 3174

The Health Check-up for the aged is also being conducted

(後期 高齢者健康診査 を同時 に実施しています)

Health Check-ups are being conducted for people whose age is over 75 years and who are citizens of Shiroy-city in order to take advantage of prevention and improvement of lifestyle related diseases. We hope every eligible person will take this health check-up so that they can keep themselves in better long term health. The registration form and the other related documents have been sent to people who have taken either this health check-up or the specific health check-ups. It is necessary for those who have not taken the health check-ups to apply for them directly from Kenko-ka. Inquiries: Kenkou-ka or Health Section ☎ 047-497-3495

◆Partial Subsidy for Body and Brain Medical Check-up Expenses

For Members of Public Medical Care Insurance (PMCI) for the Aged (persons aged over 75 years), partial subsidy expenses to be granted, as well

The city will subsidy partial expenses for a body check-up (once a year) and brain check-up (once every two years) for those who are aged forty years or over, and who have joined the NHI for more

than one year without any non-payment of the NHI tax. Anyone who desires these checks, is asked to apply to the Insurance & Pension Section in advance without fail. Those who have already taken the specified health check-ups, cannot receive a subsidy retrospectively. For more details, contact the Insurance & Pension Section.

Applications or inquiries contact: After making a hospital reservation, visit the city office directly to *Hoken Nenkin-ka* or the Insurance & Pension Section, bringing your seal or Inkan and health certificate one week prior to the check-up. Tel. 492-1111 ext. 3181

NOTICE FOR PREMIUM OF PUBLIC NURSING CARE INSURANCE (PNCI)

(介護保険料^{かいごほけんりょう}のお知らせ^し)

PNCI is a system that is made to secure the livelihood of people needing nursing care by helping those people financially. The revenue sources for PNCI include the premiums from insured persons, public expenses from the Nation, prefecture, and city, and the burden of users.

The payment for the nursing insurance premium

◆ The Primary Insured Person

You must start paying PNCI from the month that includes the day which is one day before your 65year-birthday. Insurance premiums are determined by income level, dependents and the family situation. The letter that the city will send you will tell you which class you belong to. (You can see the detail in the table 1 below.)

Table 1 the yearly premium for the 1st insured person

Level	Income situation	Rate of insurance (After using public expenditure)	Price of insurance (After using public expenditure)
1	Recipient of the government welfare-payment, noncontributory old-age pension (municipal tax free), municipal tax is free for all the family members and the amount of the previous income from public pension and the previous income of the householder must be equal or less than 800,000yen	base amount×0.50 (base amount×0.45)	27,600yen (24,840yen)
2	All the family members and the amount of the previous income from public pension and the previous income of the householder must be between 800,000yen and 1,200,000yen.	base amount×0.60	33,120yen

3	All the family members and the amount of the previous income from public pension and the previous income of the householder must be over 1,200,000yen	base amount×0.65	35,880yen
4	Householder must be municipal tax free and have a member of the family who pays municipal tax but the amount of the previous income from public pension and the previous income of the householder is equal or less than 800,000yen	base amount×0.85	46,920yen
5 (base)	Householder must be municipal tax free and have a member of the family who pays municipal tax but the amount of the previous income from public pension and the previous income of the householder is over 800,000yen	base amount×1.00	55,200yen *monthly 4,600yen
6	Householder must pay municipal tax and the amount of the previous income is less than 1,200,000yen	base amount×1.20	66,240yen
7	Householder must pay municipal tax and the amount of the previous income is between 1,200,000yen and 2,000,000 yen	base amount×1.30	71,760yen
8	Householder must pay municipal tax and the amount of the previous income is between 2,000,000yen and 3,000,000 yen	base amount×1.50	82,800yen
9	Householder must pay municipal tax and the amount of the previous income is between 3,000,000yen and 4,000,000 yen	base amount×1.70	93,840yen
10	Householder must pay municipal tax and the amount of the previous income is between 4,000,000yen and 6,000,000 yen	base amount×1.80	99,360yen
11	Householder must pay municipal tax and the amount of the previous income is between 6,000,000yen and 8,000,000 yen	base amount×1.90	104,880yen

12	Householder must pay municipal tax and the amount of the previous income is over 8,000,000 yen	base amount×2.00	110,400yen
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* The price in the () in the box of the 1st rate is made after the burden reduction was made by the government expense which has been conducted as of 2015.

Payment method: There are 2 ways. 1. Automatic debit from a pension (special payment) 2. Using statement of payment (ordinary payment)

• The special payment

The nursing insurance premium will be drawn from your pension, if you have received pensions that include the old-age (retirement), disabled or survivor's payment, and if the yearly amount from any one of the pension payments is over 180,000 annually.

* The premiums for the months of April and June will be temporary payments, which are for the same amount as the premium for February of the previous year. For the months of August, October, December and the following February, the amount to be collected will be calculated based on the amount already paid as a temporary payment, and will be subtracted from the newly decided premium for 2017. The balance from this calculation is then divided into four, and will be collected.

• The ordinary payment

Payment with the statement of payment which is sent in the middle of July is necessary if you are; (1) a person who receives an annual pension of less than 180,000 yen from the old-age, retirement, disabled or survivor's pension (2) a person who has reached the age of 65 years, or is the Primary insured person during the time of the fiscal year (3) a person who moved into the Shiroy city from another municipality (4) a person whose premium class has been changed during the year ※If you are eligible for (2)-(4), an ordinary payment will be applied until the special payment method starts.

Places to pay: the city office, financial institutions, or convenience stores

◆The Secondary Insured Person

Care premiums until 64 years of age will be paid to the medical institute insurer starting from the month following a person's 40th birthday. Please contact your current medical institute insurer for more details.

Early consultation is recommended. If the premium is not paid on the due date, some restrictions will be made in the premiums in accordance with the period of delinquency.

However, there are some cases where the government provides a grace period or an installment payment plan depending on the situation. Applications are necessary. Therefore we recommend you

take an early consultation.

Out-of-pocket expenditure

Out-of-pocket expenses in the nursing care service is 10% or 20% which is in accordance with income or taxation situation in principle. The term of validity for the rate is one year, which starts from August 1st to July 31st (the following year) every year. The rate is determined by certification of needing long term care or support at the end of July. Eligible persons are over 65 years and the Primary Insured Persons. The determined rate will be sent by mail. It is necessary to show your certificate of nursing insurance when you use the long-term care service. Please ask for more details. For inquiries contact: Koreisha-fukushika Kaigo-hokenka, or Elderly Welfare Section ☎ 497-3473

NATIONAL HEALTH INSURANCE (NHI) & PUBLIC MEDICAL CARE INSURANCE FOR PERSONS AGED 75 YEARS AND OVER (PMCI)

こくみんけんこうほけん こうきこうれいしやいりよう
(国民健康保険 と後期高齢者医療)

◆New Insurance certificates to be mailed

Current in-use certificates for NHI and public medical care insurances (PMCI) for the aged (persons aged 75 years or older) will expire on Tuesday, July 31, 2018. The new insurance certificates to be used from Wednesday, August 1 will be mailed at the end of July by registered mail (except to some areas). When you receive the new certificates, please make sure of the address, name, birth date, etc. for family members as well. A certificate will be mailed for each member of the insured. If you find any details incorrect, please contact the Hoken Nenkin-ka or Insurance and Pension Section (I&PS). The old (invalid) certificate may be returned to either I&PS or each Center, or disposed of by cutting it into pieces after August 1 (Wed.)

National Health Insurance (NHI)

◆Renewal of NHI insured certificate combined with the aged health certificate

The aged certificate (for persons between 70 and 74 years old) and the insured certificate have been combined into one. The payment rate at the desk of medical institutes is 10 percent of the charge for persons born before April 1, 1944; 20 percent for persons born after April 2, 1944 and 30 percent for persons who earn a similar income amount to a current worker,※ These ratios are decided on the basis of information as of August 1 each year. Please ensure your ratio is correct as shown at the bottom on the right side of your new certificate.

※” Similar income amount to current worker” means a person who is aged between 70 years and 74 of NHI member, and whose taxable income for resident tax in FY2018 is over 1.45 million yen (including for members of the same family).

◆ There may be cases for a person whose rate is 30 percent being decreased to 10 or 20 percent upon application.

For those aged between 70 and 74 years, the payment rate has been determined as 30 percent of medical charges (including family members), which is the same as for current workers. If one of the following conditions corresponds, the ratio will be decreased to 10 or 20 percent upon application.

① Person is a NHI member, living alone, aged 70 years or over with an annual income of less than 3.83 million yen ② More than two NHI members, living together, aged 70 years or over, with a total annual income of less than 5.2 million yen ③ Person is a NHI member, aged 70 years or over, (not corresponding to ① above), and living with another person (moved from of PMCI for aged 75 years or over) with a total annual income of less than 5.2 million yen.

◆ For persons who have approved certificates for the applicable limited amount and receive a reduction in standard payment amount.

Approved certificate holders may receive a reduction in medical expenses at the desk of a medical institute up to the limited amount, depending on income, when the amount of medical expenses is high. The current approved certificate is valid until Tuesday, July 31, 2018. Persons who want to continue after Wednesday, August 1, are required to renew their certificates. Please visit I&PS for renewal, bringing your current approved certificate, Inkan (seal) and a health insurance certificate.

◆ Please don't forget application for 'joining or withdrawal' to/from NHI.

Within 14 days a procedure is necessary for joining a new enterprise's insurance or withdrawal from the current health insurance. When a nominated head of family or address changes, an application is also necessary. There are two choices upon retirement; one is to continue in the current health insurance system (voluntary continuation) and the other is to join the NHI system. For a voluntary continuation, you are requested to ask the current enterprise for more details.

Public Medical Care Insurance for persons Aged 75 years or over (PMCI)

◆ Payment ratios at the desk of medical institutes.

There are two ratios, 10 percent and 30 percent (30 percent is in cases where the income amount is the same as for current workers). These ratios are decided on August 1 every year, and are shown at the bottom on the right hand side of the certificate.

※ The same income as current workers is more than 1.45 million yen of taxable income for FY2018 resident tax (including family members)

◆ There may be cases of a person whose rate is 30 percent having the rate reduced to 10 percent.

Persons who have been identified as paying 30 percent of medical charges, can have the rate reduced to 10 percent (upon application), in the event of one of the following conditions: ① PMCI insured,

living alone with annual income of less than 3.83 million yen ② More than two PMCI members, living together with total annual income of less than 5.2 million yen ③ PMCI insured, living alone (not corresponding to ① above), but person aged between 70 and 74 years living in the family, and their total annual income is less than 5.2 million yen.

◆For persons who have approved certificates for the applicable limited amount and a reduction of the standard payment amount

Approved certificate holders may get a reduction in medical expenses at the desk of a medical institution up to the limited amount, depending on income, when the amount of medical expenses is high. The current approved certificate is valid until Tuesday, July 31, 2018. The person who has the approved certificate valid between August 1, 2017 and July 31, 2018, and whose family members are all resident tax exempted after August 1, 2018, there is no need to apply for a renewal. A renewed certificate will be mailed together with a new health certificate. If all family members are resident tax exempted, and desire a newly approved certificate, please visit Hoken Nenkin-ka or Insurance & Pension Section bringing your health certificate and Inkan or seal.

For inquiries contact: Hoken Nenkin-ka or Insurance & Pension Section Tel. 492-1111 ext. 3171~3

National Health Insurance (NHI) Tax and Premium for Public Medical Care Insurance (PMCI) for the Aged (those aged over 75 years)

こくみんけんこうほけんぜい こうきこうれいしゃ いりようほけんりょう
(国民健康保険税と後期高齢者 医療保険料)

The systems for the NHI and PMCI are in the “spirit of mutual cooperation” , with participants paying the tax and premium according to their income amount, and it is used for medical expenses.

◆Payment notices for NHI tax and PMCI premium to be mailed

[Ordinary Payment]

For those who pay by payment notice or automatic withdrawal from a bank account, notifications will be mailed by the middle of July. The dates of payment are divided into eight periods, at the end of each month from July 2018 until February, next year. Please pay by the due date to the financial institution without delay in order to maintain operational stability. Please confirm your account balance at the bank by the payment date to ensure payment can be withdrawn from the bank.

[Special Payment]

For those who receive a public pension of more than 180,000 yen annually, the premium will be subtracted from the pension. Special payment notices will be mailed by the end of July, so please

check and confirm the amount.

[Payment by both special payment and ordinary payment]

Notices of tax or premium payment will be mailed in mid-July for persons making special payments starting in October.

◆ Tax payer

[National Health Insurance]

Tax payers are the head of the family on their resident's card. Tax is calculated by family based on each person's income and the number of family members. If a head of family is a member of another insurance provider (enterprise's social insurance, etc.), the family head remains responsible for payment. [Public medical care insurance for the elderly] For tax payers who are members of PMCI for the elderly, which is different from the NHI, each insured is the tax payer.

◆ Calculation of NHI tax and PMCI premium

[For persons who become 75 years old during FY 2018]

When a person becomes 75 years old during FY2018, they will be transferred to PMCI system automatically, and their PMCI premium is calculated in advance before their birth month so as to avoid duplicating the NHI tax. The notice of payment will be mailed after the person becomes 75 years old.

[For persons who become 40 years old during FY2018]

When persons become 40 years old during FY2018, their Nursing care insurance membership (No. 2 insured) starts, and their NHI tax for the nursing care insurance commences. Corresponding persons will be notified. After reaching 40 years old, the tax is added and a notice will be mailed.

Persons Moving into Shiroi on/after January 2

For such persons Shiroi city will notify persons via a change notice, after making inquiries at their previous municipal offices. In mid-July a notice of payment stating the calculation of family amounts per capita and equality in case of NHI, and for PMCI, a notice for per capita amount only will be mailed from the city.

◆ Early consultation is recommended for late tax payments

Persons who can't pay tax or premiums within the due time for some reason, are requested to contact the city office for consultation about divided payments, etc.

For inquiries: Hoken Nenkin-ka or Insurance & Pension Section Tel. 492-1111 ext. 3171~3

Telephone advisory will be given to those who haven't taken the specific health check-ups in FY 2017 and the first half of 2018. This advisory was consigned to the private corporation.

Period: until the end of August

Time: 9:00am ~ 8:00 pm (including on Sat. Sun. and national holidays)

Telephone number: 047-000-0000

Consigned private corporation: Fuji Soft Service Bureau Co.

Notice: The advisory will be given to ask whether you take the health check-ups or not, or a reason for not taking the check-ups, and will never ask you to pay money.

Inquiries: Hoken Nenkin-ka or Insurance & Pension Section ext. 3175

National Weightlifting Championship Mikiko Ando won a gold medal!

(ウエイトリフティング全日本選手権 輝く金メダル! 安藤美希子選手)

Record

Snatch: 95 kg

Clean & Jerk: 127 kg (new Japanese record)

Total: 222 kg (new Japanese record)

New Japanese Record, 5th consecutive victory and in her weightlifting career, 7th win in the national championship

Ms. Ando, an ambassador of Shiroy City and belongs to Curious Co., Ltd., won the championship at the “National Women’s Weightlifting Championship” held at Ishikawa Sports Center in Kanazawa City on May 26th (Saturday). She won the championship with a big difference from the second place.

She succeeded 95 kilograms snatch and 127 kilograms clean and jerk to which she is good at. The additional kilogram to her clean and jerk made her set a new Japanese record. The sum of both is 222 kilograms, up by 3 kilograms, to which she set a new Japanese record as well.

Weight lifting, which looks like a simple sport, is said to be a harsh one physically and mentally. When concentration and speed penetrate through the whole body at the best timing, a good record is made.

Her training in Korea has helped her develop into the athlete that she is now. She aims to participate in the 2020 Olympics so let’s cheer for her.

Recruitment of Participants for Ms. Ando’s Supporters’ Association

The City Sports Association and 10 groups in the City have been founded to support Ms. Ando. Would you like to join us?

For inquiries, contact: City Sports Association (*Shogai Gakushu-ka* or Lifelong Learning Section) at ext. 3855

LECTURE FOR MATERNITIES AND BABIES (マタニティ&ベビー向け講座)

Expectant Fathers and Mothers School (プレ☆パパママスクール)

Would you like to learn about childbirth and child rearing together? With fun learning about childcare, it will help you prepare for the coming of your baby.

Date and time, contents, things to bring as shown in the table below.

Place: Health and Welfare Center

Target: expectant mothers (in about 6-9 months of pregnancy) and their families

18 families (on a first-come, first-served basis)

※Women who already have given birth can also join.

Childcare: Available (application is required a week in advance of each lecture)

TIME	CONTENTS	THINGS TO BRING
July 8th (Sun) 10:00 AM -12:15 PM (reception starts at 9:45 AM)	A lecture on the family support in regards to childbirth, pregnancy, simulated fetal movement experience, bathing, carrying a baby experience and pregnancy yoga.	a mother-and-baby notebook, writing materials
July 12th (Thurs) 10:00 AM -12:15 PM (reception starts at 9:45 AM)	“What should I do when my baby is crying?”A lecture on how to spend time with your baby after giving birth, meals for mothers and babies, and teeth of mothers and babies. There is also a talking session with experienced mothers and their babies, and interactive time while eating shokuiku-bento.	a mother-and-baby notebook, writing materials, 500 yen per person for shoiku-bento

For applications and inquiries, contact: Kenko-ka or Health Section at 047-497-3495, or apply through “Chiba online application service” of Shiroy (2018 Lecture for Maternities and Babies application form - 平成 30 年度マタニティ&ベビー向け講座申し込み).

※Please submit your application online a week before the lecture.

Baby Salon“IPPO IPPO” (ベビーサロン「いっぽいっぽ」)

It is a place where parents who are raising children and their children can participate and enjoy having a conversation. Plays or games for parents and children to enjoy are available.

Would you like to expand your circle of parent friends?

※Reservation in advance is unnecessary. Entrance fee is free.

Date and Time: July 12th (Thurs) 10:00 AM – 11:30 AM (reception starts at 9:45 AM)

Place: Health and Welfare Center

Target: newborn babies up to 6-months old and their families

For inquiries, contact: *Kenko-ka* or Health Section at 497-3495

Shiroi Nashi Marathon (白井梨マラソン大会)

City Priority Application has started (市内優先申込みスタート).

Would you like to run while enjoying the nature of Shiroi?

Date: September 24th (a substitute holiday)

Venue: Shiroi Athletic Park (Undo Koen) – start and goal

Events, category, start time, and entrance fees are as shown in the table below.

EVENT	CATEGORY		START	ENTRANCE FEE
2 kilometers	Parent-child pair (1st -3rd grade elementary school students)		9:30 AM	¥2,000
	4th – 6th grade ES students (boys)			¥1,000
	4th – 6th grade ES students (girls)			
5 kilometers	Men	39 years of age or under	9:50 AM	¥3,500
		40 years of age or over		
	Women	39 years of age or under		
		40 years of age or over		
10 kilometers	Men	29 years of age or under	10:35 AM	
		between 30 and 49 years of age		
		50 years of age or over		
	Women	29 years of age or under		
		Between 30 and 44 years of age		
		45 years of age or over		
3 kilometers	Junior high school students (boys)		10:45 AM	¥1,000
	Junior high school students (girls)			

Target: 1,000 persons who live, work or study in the City (on a first-come, first-served basis)

※ The total number of participants including the city participants is 3,000.

Application:

- ① A return envelope with your name, address, and the desired number of application forms.
(For more than 7 copies, please use a square no. 2 envelope.) With enclosed stamps (92 yen for 1 to 3 copies of the form, 140 yen for 4 to 6 copies, 205 yen for 7 to 9 copies, 250 yen for 10 to 20 copies) and sent by mail.

〒 152 - 8532

Shiroi Nashi Marathon pamphlet mailing center

1-31-9 Haramachi, Meguro Ward, Tokyo

- ② After filling in the necessary information on the application form, please pay the entrance fee using the payment form that you received. The payment period is from June 25th (Mon) to July 9th (Mon). Payment can be done either through the post office or Japan Post Bank.
(There is 130 yen service charge for transfers.)

Application for general participants is from July 15 (Sun) to 24 (Tue) through *runnet* (<http://runnet.jp>) on a first-come, first-serve basis. An entrance fee will be charged separately.

For inquiries, contact: *Shogai Gakushu-ka* or Lifelong Learning Section at ext. 3854

Mobile Police Box is now open (移動交番を開設)

The operation schedule of the mobile police box in July is as follows.

Date and time:

- Shiroi Athletic Park
July 5th (Thurs), 13th (Fri), and 24th (Tue) from 10:00 AM - noon
- Ministop Shiroi Kawarako Store
July 8th (Sun) from 3:00 PM – 4:00 PM
- Lawson Chiba Shiroi Store
July 9th (Mon) and 31st (Tue) from 2:00 PM - 3:30 PM

* The schedule may be subject to change due to incidents, accidents, and weather conditions.

For inquiries, contact: *Inzai Keisatsusho Chiika-ka* or Inzai Police Station - Regional Division at 047-642-0110.

Occurrences of crimes, traffic, and fire accidents in Shiroi for the month of April

	Occurrence	Number of Cases	Total (2018)
Crimes	Total Number of Crimes	48	134
	Telephone fraud	0	1
	Amount of damage from telephone fraud	¥0	¥2,500,000
Traffic Accidents	Number of injuries	19	61
	Number of deaths	0	1
	Number of bicycle accidents	5	15
Fire Accidents	Fire	2	16
	Emergency	224	904
	Rescue	6	16

“The World’s Largest Landlocked Country”

The Ambassador of the Republic of Kazakhstan’s Lecture

(「世界最大の内陸国」カザフスタン共和国大使講演会)

In order to broaden citizens’ international horizon and increase their interests in various cultures, we are going to hold an ambassador lecture organized by the International Friendship Association of Shiroy.

The Republic of Kazakhstan, a country with a vast land, is located in the central part of the Eurasian Continent and Central Asia. H.E. Mr. Yerlan Baudarbek-Kozhatayev, Ambassador Extraordinary and Plenipotentiary of the Republic of Kazakhstan to Japan is going to give a lecture on his country’s culture and history, and relationship with Japan in Japanese.

Date and time: July 28th (Saturday) from 2:00 PM – 4:00 PM (Doors open at 1:30 PM.)

Place: Culture Hall Kaori Hall

Target: 150 persons (on a first-come, first-served basis)

Entrance Fee: Free

◆ Overview of the country

Kazakhstan is next to Russia and China. Russian empire dominated the country until the 1820s. It was established as the Republic of Kazakhstan in 1991. The population is 18.2 million (2017 UN Population Fund). The area is approximately 2,725,000 square kilometers, which is about 7.2 times that of Japan. The country is blessed with energy resources and minerals, and Japanese companies are participating in its development.

◆ Biography of the Ambassador

Ambassador Yerlan Baudarbek-Kozhatayev was born in 1967. He is fluent in Kazakh, Russian, Japanese and English. He graduated from Kazakh State University. He has been the Ambassador Extraordinary and Plenipotentiary of the Republic of Kazakhstan to Japan since May 2016.

For inquiries, contact: *Kikaku Seisaku-ka* or Planning and Policy Section at ext. 3354/5, or Mr. Yoshii of International Friendship Association of Shiroy at 070-6985-4230.

“Cool Yourself A Little” Prevent Heat Stroke (「ちょっとひと涼み」で熱中症予防)

The City has set up a “Cool Down Spot” in the lobbies of the city hall and its local branch for a fixed period until September 30th (Sunday). After walking for a long time and when we are tired, we are more susceptible to heat stroke. So let's give ourselves a break.

◆ Heat Stroke

This happens when the balance of water and salt (sodium) in the body collapses and when the body becomes unable to adjust to a high-temperature environment. It is important to know preventive measures and first aid as it may result in death unless appropriate measures are taken.

◆ How to prevent heat stroke

It is important to have a frequent intake of water and avoid the heat.

- When the room temperature exceeds 28 degrees, use an air conditioner or a fan.
- Wear cool clothes and use an umbrella or a hat when going out.

◆ Common symptoms of heat stroke

Mild - dizziness, muscle pain, and excessive sweating

Moderate – headache, nausea and body feels heavy (fatigue)

Severe – fainting, convulsion, and trouble walking straight

◆ Things to do when you experience any symptoms of heat stroke

- Drink fluids such as sports drinks
- Move to a cooler place
- Loosen clothes to cool your body (neck, armpits, etc.)
- If symptoms persist, call an ambulance.

※ The degree of heat stroke changes as time passes by. Be mindful of the condition even if it is a mild heat stroke, and request an ambulance if the symptoms persist or get worse.

For inquiries, contact: *Kenko-ka* or Health Section at ext. 047-497-3494

Individual screening for prostate, cervical, and breast cancers

(前立腺がん・子宮頸がん・乳がん個別検診)

Starting this month, the following medical screenings are available.

- Prostate cancer screening (men aged 50 and over on an even number)
- Cervical cancer screening (women over 20 years old)
- Individual medical screening for breast cancer screening (women over 30 years old)

For prostate cancer screening, an individual checkup will be conducted at the designated medical institution in the city. In addition, screening for cervical cancer and breast cancer (women aged over 40 years old) can select between a group and individual examination. Each checkup is a medical checkup done once every two years. We cannot accept those who had the test last year. Should you wish to take the test, kindly apply to *Kenko-ka* or Health Section. Medical questionnaires will be sent to those who applied in advance and those who took the tests two years ago. The screening will be conducted until Thursday, January 31, 2019. Please contact us regarding designated medical institutions.

For inquiries, contact: *Kenko-ka* or Health Section at 047-497-3495

SHIROI COMMUNITY CULTURE CENTER

Culture Hall

Tel 492-1121

Date	Hall		Open	Charge	Information
8 (Sun)	Nashi-bo	SINCS Early summer concert 2018	2:00 pm	¥ 2,000 (non-reserved)	Hirata 080-4727-8718
	Kaori	Little concert	1:40 pm	Free	Kanetsugu 491-0972
14 (Sat)	Nashi-bo	The 6 th Chiba pref. Police Music Band concert	2:00 pm		Culture hall 492-1121
15 (Sun)	Kaori	Touching Japanese traditional culture and art in Shiroy	2:00 pm		Ebihara 090-6305-1205
22 (Sun)	Nashi-bo	The 23 rd concert Chiba Newtown Philharmonic Orchestra	2:00 pm	¥ 800 (on the day) ¥ 700 (advance sale) (non-reserved)	Sato Shiroy Music Association 047-492-3130
	Kaori	Visiting satchel museum	10:00 am	Free	Kanda-ya Bag factory 0120-310-111
28 (Sat)	Kaori	The ambassador of the Republic of Kazakhstan lecture	2:00pm		Planning and Policy Section 492-1111
29 (Sun)	Nashi-bo	Dance studio Duke performance	2:30 pm		Dance studio Duke Tamauchi 090-46056948
	Kaori	Piano concert	1:00 pm		Abe 492-4714

※ Programs may be cancelled or postponed according to the sponsors.

※ Closed on Mondays, year end and New Years Days. Open on national holidays, when the national holiday is on Monday, closed

Local Exhibitions Hall

Tel 492-1124

Program	Content	Time	Charge
"History of Shiroy" regular exhibition	From ancient to modern times-history of Shiroy	Tue. ~ Sun. 9:00am ~ 5:00 pm	Free
Exhibition Animals in the life~ Familiar partners	Introduction of animals that have a relationship with our life and Shiroy	Tue. ~ Sun. 9:00am ~ 5:00 pm From July 21(Sat)~ Oct. 7 (Sun)	

※ Closed from 10 (Tue) to 20 (Fri) for changing the display

Library

Tel 492-1122

※ open 9:30 am~ 7:00 pm on Tue ~ Sat. 9:30 am~ 5:00 pm on Sun.

Item	Date	Program	Participant	Place
Story telling event	4, 11, 18, 25 (Wed) 3:30 pm~	Picture book reading	Children who can listen to the story alone	Story telling room
Child and parent story telling	25 (Wed) 11:00 am~	Child song, picture book reading	Pre-school age children and parents in Shiroy	
Story reading week in the summer holidays	27 (Fri) Arinomi Ohanasi-kai 28 (Sat) Ohanashi Basket 29 (Sun) Ohanashi calendar 11:00am ~ (30~40 min)	Story telling by volunteers (different stories by each group)	Children ~Adults	

※ Closed on 26 (Thu) for arranging books in order.

Planetarium

Tel 492-1125

Item	Program	Date	Charge
Kids show	Aim! Mars master (45 min)	Sun. 11:30 am until 15(Sun)	Shiroy residents Adults ¥ 280 High school students and younger ¥ 100 Non Shiroy residents Adults ¥340 High school students and younger ¥160 Sold from 30 minutes before the show
	Roy and our space Go to Mars! (45min)	From 21 (Sat) during summer holidays Wed.~ Sun. 11:30 am	
Regular show	Mars coming close to the earth (45min)	Sat. Sun, during summer holidays Wed.~ Sun. 1:30 pm, 3:00 pm	
	Astronomy museum The Scorpion	Sat. Sun, 3:00 pm	
Platinum hour for seniors	"Meteor stream" story with listening good old music	5 (Thu), 7 (Sat) 11:30am ~ 12:15pm	Shiroy residents Adults ¥ 280 Non Shiroy residents Adults ¥340
Astronomy lecture	"Go to Mars!" lecturer : Ichiro Ishigami Participants : elementary 4 th grade ~ adults	7 (Sat) 4:30~ 6:00 pm (Reservation by the previous day necessary)	First 86 persons Adults ¥200 Free for high school students and younger
Astronomy lecture for adults (6 times in all)	"Red star, Blue star, and you are a white star" the 3 rd time: "Mars now"	19 (Thu) 11:00am ~ 12:00pm (Reservation by the previous day necessary)	Shiroy residents Adults ¥ 280 Non Shiroy residents Adults ¥340

Planetarium for expectant mothers with the library (for adults)	Picture book reading and the story of the star birth CD concert Participants: expectant mothers, parents with babies and family, adults	20 (Fri) 11:30 am~ 12:30 pm	Adults ¥200 Free for high school students and younger
Starry sky live concert	Enjoy starry sky listening to live performance. Star story will be told as well. Performer: yumi ♪ maki (80 min)	22 (Sun) ① 11:00am ② 1:30 pm	Adults ¥500 Free for high school students and younger Sold from 1 hour before the show
Special Mars watching event	After the lecture of stars in the dome, go out to observe the surface of Mars with telescope. Mars and the earth coming very close this year.	28 (Sat), 31 (Tue) 8:00 ~ 9:00 pm	First 50 persons Adults ¥200 Free for high school students and younger
Kids star picture exhibition	Works by nursery school, kindergarten children will be exhibited in the gallery	21 (Sat)~ Sep.2 (Sun)	Free

Health Check *Kenko-ka* (Health Section) Tel 497-3494

Date	Reception time	Place
6 (Fri)	11:00 am ~ 12:30 pm	Fuji Center
23 (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 available too. * Telephone consultations are also available.

※ On 19 (Mon), children's height and weight can be measured, and nutrition consultation by a dietitian is available as well.

Children Health Check *Kenko-ka* (Health Section) Tel 497-3495

Date	Place	Reception time	Person under the Category
Consultation for 4 month-old child care			
10 (Tue)	Health Center	9:30~10:00 am	Children born in February 2018 will receive notification
20 (Fri)		1:15 ~ 1:45 pm	
Class for baby meals			
4 (Wed)	Health Center	9:45 ~ 10:00 am	Children born in September 2017 will receive notification
Health Check-up for 1 year and 6 months old children			
6 (Fri)	Health Center	1:15~1:45 pm	Children born in December 2016 will receive notification
17 (Tue)			
Dental check-up for 2-year-old children			
18 (Wed)	Health Center	1:15 ~ 1:45 pm	Children born in January 2016 will receive notification



Health check-up for 3 year-old children			
3 (Tue)	Health Center	1:15~1:45 pm	Children born in January 2015 will receive notification.
13 (Fri)			
Health Center is on the 2 nd floor in Health and Welfare Center. If you don't receive notification, please contact the Health Center			

Japanese Class for Foreign Residents (外国人のための日本語教室)

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

Place: Shiroy Ekimae Center

Participants: Foreign residents or those working in Shiroy City

Lesson fee: ¥1,000

Instructor: International Friendship Association of Shiroy

Inquiry and application: Mr. Yoshida Tel. 047-491-0791

Shiroy City Advisory Service for Foreign Residents (白井市外国人相談窓口)

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

Reservation by telephone is necessary. (Phone: 492-1111 extension 3354)

Language: English (Other languages could be available)

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

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1123 Fuku, Shiroy-shi, Chiba-ken, 270-1492 Japan

Phone: 047-492-1111 x3354

Fax: 047-491-3510

<http://city.shiroy.chiba.jp/>

e-mail:kikaku-seisaku@city.shiroy.chiba.jp
