



# SHIROI BULLETIN

白井宣传

白井宣傳

홍보시로이

広報しろい

July 2016



七夕(たなばた) Tanabata

On July 7<sup>th</sup>, people write their wishes on a paper card and hang them on bamboo (*Sasa*) to make a wish.

## 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)

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

Specific Health Check-ups schedule	
Date	Venue
Jun 26 (Sun), 27 (Mon), 29 (Wed) Jul 4 (Mon), 10 (Sun), 11 (Mon), 12 (Tue) Sep 20, (Tue), 21 (Wed), 23 (Fri), 25 (Sun), 26 (Mon) Oct 1 (Sat), 3 (Mon)	Hoken-Fukushi Center
Jun 22 (Wed)	Komin Center
Jun 23 (Thu), Sep 15 (Thu), 16 (Fri)	Fuji Center
Jun 24 (Fri), Sep 14 (Wed)	Sakuradai Center
Jul 5 (Tue), 6 (Wed), 7 (Thu), 8 (Fri) Sep 27 (Tue), 28 (Wed), 29 (Thu), 30 (Fri)	Nishi-shiroyi Fukugo Center

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 below.

**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, 2017.

※ A questionnaire sheet will be mailed to persons who joined the NHI as of April 28, 2016. For those who moved to Shiroyi after April 29, 2016, 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, funduscopy (eye examination) and anemia (red blood cell count) check
- Things to bring: NHI certificate, questionnaire sheet, slippers (not necessary in Hoken-Fukushi center)

#### ◆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, are 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.

Members of PMCI aged over 75 years will get a partial subsidy, as well.

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) (介護保険料のお知らせ)

PNCI is a system to provide mutual support for everyone to ensure a life without anxiety, and to receive care or financial assistance in times of need. Revenue sources for PNCI include the premiums from insured persons, and the state, prefecture, cities' public expenses, and the users' burdens.

##### **Payment for the nursing insurance premium**

##### ◆The Primary Insured Person

The premium payment begins in the month following a person's 65<sup>th</sup> birthday and is paid to the city. The premium rate has several classes depending on the previous year's income and family situation. It will be decided on an individual basis.

##### **[Payment method]**

There are two types of payment method available. One is a subtraction from a pension, called the special payment, and the other is paid from a person's bank account, called the ordinary payment.

##### ◆Special payment from pension

For pensioners who receive an annual income (either one of the old-age (retirement), disabled or survivor's pensions) of 180,000 yen or over, the premium for the nursing insurance will be subtracted from each periodical pension.

※The premiums for the months of April and June are 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 paid will be calculated based on the amount already paid as a temporary payment, subtracted from the newly decided premium for 2016. The balance from this calculation is then divided by four, which will be paid for the remainder of FY2016.

### ◆Ordinary payment from your bank account

Persons corresponding to one of the following ①～④, are requested to pay by the statement of payment which the city will mail to you on Friday July 15.

- ① Persons who receive an annual pension of less than 180,000 yen from the old-age, retirement, disabled or survivor's pension
- ② During the FY2016, a person who reaches the age of 65 years (No. 1 insured)
- ③ A person who moved into the Shiroy city from another municipality
- ④ A person whose premium class has changed during the year

※In cases of the above ②～④, an ordinary payment is 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 40<sup>th</sup> birthday. Please contact your current medical institute insurer for more details.

### Early Consultation is Recommended

If, without any special reason, your care insurance premium falls into arrears, the insurance benefit will be restricted according to the period of arrears. In situations where there is a special reason for delaying payment, you may be entitled to a grace or divided payment upon application. Your early consultation is appreciated.

### Payment of One's Own Expenses

The care charge is 10 percent or 20 percent of the total medical expenses, depending on the situation for taxes imposed or income amount. The valid term is one year from August 1 to the end of July next year. An insured certificate will be mailed to the No. 1 insured aged 65 years and over who has been designated as requiring support- or nursing care-needed classes at the end of July from the city. When you need assistance, please show this certificate to the enterprises together with the PNCI certificate.

For more details contact: *Koreisha Fukushi-ka* or Senior Welfare Section Tel. 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ょう 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 Sunday, July 31, 2016.

The new insurance certificates to be used from Monday, 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 (Mon.)

### National Health Insurance (NHI) こくみんけんこうほけん 国民健康保険

### ◆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 FY2016 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 Sunday, July 31, 2016.

Persons who want to continue after Monday, 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)** (後期高齢者医療)

◆**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 FY2016 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 Sunday, July 31, 2016. ※ (this column is the same as the one in the previous page)

The person who has the approved certificate valid between August 1, 2015 and July 31, 2016, and whose family members are all resident tax exempted after August 1, 2016, 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. 3179/80/81

## **National Health Insurance (NHI) Tax and Premium for Public Medical Care Insurance (PMCI) for the Aged (those aged over 75 years)** (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 2016 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 FY2016]**

When a person becomes 75 years old during FY2016, 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 FY2016]**

When persons become 40 years old during FY2016, 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.

If suffering from disaster etc., a tax exemption may be granted. Please consult the city office for more details.  
Applications and inquiries contact: *Hoken Nenkin-ka* or Insurance & Pension Section Tel. 492-1111 ext. 3171/3

### Don't Forget Tax Payment (納付を忘れずに)

Monday, August 1 is the deadline for the following city taxes, etc.

- Real estate tax and city planning tax (2<sup>nd</sup> term)
- National health insurance tax (1<sup>st</sup> term)
- Public nursing care insurance premium (1<sup>st</sup> term)
- Public medical care insurance premium for the elderly above 75 years (1<sup>st</sup> term)

Let's pay the city taxes, etc. within the due date (If not paid, money in arrears will be imposed)

Automatic payment withdrawn from your bank account is a convenient system. City taxes etc. may also be paid at convenience stores, if it is within the due time (except public medical care insurance for the elderly)

For inquiries contact: *Shuzei-ka* or Tax collection Section Tel. 492-1111 ext. 3121/6

## SHIROI NASHI MARATHON MEET

### Shiroi City Priority Application Start (白井梨マラソン大会)

Let's run in the autumn breeze, enjoying the feeling of nature blessing.

Date: October 2<sup>nd</sup> (Sun)

Place: Undo Koen (Shiroi Athletic Park), start and finish

For the program, category, start time, fee, see the schedule.

Participants: first 1,000 runners who live, work and go to school in Shiroi

※ The total number of participants will be 3,000.

Prize: from the 1<sup>st</sup> place down to the 6<sup>th</sup> place in each category (from 1<sup>st</sup> to 3<sup>rd</sup> place for citizen category)

Application:

① Post with a return envelope stating your name, address, number of application forms, postage stamp ( ¥ 82 for one application form, ¥92 for 2~3 forms, and ¥ 140 for 4~6 forms) to 〒152-8532 1-31-9 Haramachi, Meguro Ward, Tokyo  
 Shiroi Nashi Marathon Meet pamphlet mailing center  
 Tel 03-3714-7924 (10:00am ~ 5:00pm except Sat. Sun. and national holidays)

② Fill in the application and payment form sent from the mailing center, and apply at Yucho Bank or post office from July 6 (Wed) up until 20 (Wed). (A payment charge of 130 yen will be necessary)

Applications from other runners will be accepted from July 26 (Tue) to 29 (Fri) on *runnet*.

URL <http://runnet.jp> First come first accepted. An entry charge will be necessary.

Inquiries: *Shogai Gakusyu-ka* (Life-long Study Section) ext. 3436

Shiroi Nashi Marathon Meet Schedule				
Event	Person		Start	Charge
2 km	Parent-child (elementary 1 <sup>st</sup> -3 <sup>rd</sup> )		9:30 am	¥ 2,000
	Elementary 4 <sup>th</sup> ~6 <sup>th</sup> grade boy			¥1,000
	Elementary 4 <sup>th</sup> ~6 <sup>th</sup> grade girl			
5 km	Men	39 years and younger	9:50 am	¥ 3,500
		40 years and older		
	Women	39 years and younger		
		40 years and older		
10km	Men	29 and under	10:35 am	¥ 3,500
		30s ~ 40s		
		50s and older		
	Women	29 and under		
		30~44 years		
		45 and older		
3 km	Junior high boy		10:45 am	¥ 1,000
	Junior high girl			

**Congratulations!**

**Mikiko Ando, coming from Shiroi city, will represent Japan for weight lifting athlete at the Rio de Janeiro Olympic Games**

しろいししゅつしんあんどう み き こ (白井市出身安藤美希子さん) りおでじャネイロごりん五輪、ウェイトリフティングにほんだいひょうせんしゅ けつてい日本代表選手に決定)

Mikiko Ando (a member of Ichigo Group Holdings) comes from Shiroi city, graduating from Shiroi-dai 1 Elementary School, and Shiroi Junior High School. She began weight lifting at senior high school, hoping to become a PE teacher. In 2014 she won 5<sup>th</sup> place at the Asian Meet, and in 2016 May, won the national championship tournament for three consecutive seasons, which was the 5<sup>th</sup> championship as well. She has now been chosen as a representative of weight lifting (women 58 kg class) for the 2016 Rio de Janeiro Olympic Games.

Congratulations to Ms. Ando!

**Mikiko Ando's hopes: "I hope to win a prize with my best record"**

At the press conference held in Tokyo on May 28<sup>th</sup>, she told of her hopes for the Olympic Games. "I am very happy that I can join the Olympic Games for the first time. Olympic Games is the meet that only a few athletes in the world can join in, so I will do all my best at each try and make all efforts for a good memorable performance. And I hope to win the prize with my best record."

**Ms. Ando gave a message to Shiroi citizens;**

**"I will do my best at the Olympics, so I will be glad if you support me." Let's give her a big cheer.**



## EXEMPTION OF NATIONAL PENSION PREMIUM

こくみんねんきんほけんりょうめんじょしんせい  
(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 30 years old) delay of payment" if it's difficult to afford the premium. You can apply for them retroactively for 2 years and one month.

### ★ Exemption of pension premium

For those whose income including of their spouse and the head of a household is under the limit income, the pension premium will be exempted totally or partially (three quarters, half, one quarter) after making an application. The approval period will be from July to June next year.

### ★ Postponement of payment of premium

For those whose income including of their spouse is under the limit of income, the pension premium will be exempt after making an application. This system will be expanded for those under 50 years old from July 2016. (Until June for those under 30 years old). The approval period will be from July to June next year.

### ★ Postponement of payment of premium for students

Students and their spouse who cannot afford to pay may be exempt from payment.



Eligibility: Students at university (graduate university), college, high school, technical school, vocational school (more than one year curriculums). Approval period is from April to March next year.

★**Things necessary for the application:** Inkan (family seal), pension handbook, “employment insurance recipient qualified certification” or “employment insurance unemployed person certificate” for unemployed, or student ID card copy.

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

Hoken Nenkin-ka or Insurance and Pension Section ext. 3174・5

## Cervical Cancer • Breast Cancer (Individual check-up) (子宮頸がん、乳がん個別検診)

Individual or collective check-ups for cervical and breast cancer are available every two years. Individual check-ups are available from today until January 31<sup>st</sup> (Tue), 2017 at the following clinics. ※When you use a free coupon sent from the city, do the check -ups by Dec.31<sup>st</sup> (Sat), 2016. Those who have applied or who had the check-up two years ago will receive a questionnaire. Please contact *Kenko-ka* (Health Section) if you have not received a questionnaire or to apply for the first time.

[Designated clinics]

Cervical cancer check-up: Shiroy Seijinkai Hospital, Morikawa Obstetrics and Gynecology Clinic

Breast cancer check-up (for women aged in their 30s, ultrasonic check-up): Shiroy Seijinkai Hospital, Morikawa Obstetrics and Gynecology Clinic, Hokuso Shiroy Hospital, Toho Kamagaya Hospital (Kamagaya City)

Breast cancer check-up (for women aged in their 40s and older, mammography check-up): Shiroy Seijinkai Hospital, Toho Kamagaya Hospital (Kamagaya City) ※ Closed days are different for each facility.

Inquiries: Kenko-ka (Health Section) Tel 497-3495

## The Citizen's Pool is now open until September 11<sup>th</sup> (Sun) (市民プールオープン)

The Citizen's Pool starts its operation from July 1<sup>st</sup>. It has a huge water slide, running pool, 25 meters long swimming pool and kids' pool. A book of tickets, which allows you to enjoy the pool seven times by paying a fee for six times use, is also available.

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

Admission fee: shown on the table

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

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

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

Validity : unlimited

Inquiries: City Swimming Pool Tel 492-3113

## For those who took refuge in Shiroy city from the cities in Kumamoto pref., having a certificate of residence in Kumamoto pref. after Kumamoto Earthquake in 2016

(熊本地震で本市へ避難されている皆さんへ)

Please notify the city where you have a certificate of residence of the following information:

- Name (if a foreigner's nickname is registered, both the name and nickname) and date of birth
- Residential address of where you are registered
- Address of where you take refuge and phone number

※ If you take refuge with your family, please also provide information about family members.

The address of your original residence is available on the city website.

Inquiries: *Shimin Anzen-ka* or Citizen Safety Section ext. 3323 ・5



## SHIROI COMMUNITY CULTURE CENTER

### Culture Hall

Tel 492-1121

Date	Hall	Program	Open	Charge	Information
2 (Sat)	Nashi-bo	Mariko Shinpo charity concert	2:00 pm	¥ 2,000 adults ¥1,000 students Non-reserved	Mariko Shinpo charity concert committee 492-3384
9 (Sat)	Nashi-bo	The 4 <sup>th</sup> Chiba pref. Police Department Music band concert	2:00 pm	Free	Culture Center 492-1121
10 (Sun)	Kaori	Piano concert	1:00 pm	Free	Kanayama 090-2648-9123
23(Sat)	Kaori	Lecture on newspaper clipping	9:45 am	First 70 persons	N.I.S 0120-0843-94
31(Sun)	Nashi-bo	Dance studio Duke performance	2:30 pm	Free	Dance studio Duke Fukaya 090-1661-8045
	Kaori	Piano concert	1:30 pm	Free	Abe 492-4714

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

### Local Exhibitions Hall

Tel 492-1124

Program	Content	Time	Charge
“History of Shiroy” regular exhibition	From ancient to modern times-history of Shiroy Introduction of works of Ogawa Gaboku, a calligrapher related to Buddhism	Tue. ~ Sun. 9:00am ~ 5:00 pm	Free
Exhibition of repaired old writings	Exhibition of “land survey record” which have been restored.	Tue. ~ Sun. 9:00am ~ 5:00 pm Until July 3 (Sun)	
Small exhibition “Diseases and folk remedies on the woodblocks owned by Yuasa Family”	Introduction of history on medical treatment done from Edo era to Taisho era, studying handbills and folk remedies at that time	Tue. ~Sun. 9:00am ~5:00 pm Until July 3 (Sun)	
“Shiroy Scenes in Ukiyoe - Kawakami family collection”	Introduction of folk tales and signs of the times from Ukiyoe in “Makishi- Kawakami family collection”, designated as Shiroy cultural assets	Tue. ~ Sun. 9:00am ~5:00pm From 16 (Sat) to Sep. 11 (Sun)	

※ Closed from 5 (Tue) to 15 (Fri) for changing display

### Library

Tel 492-1122

Item	Date	Program	Participant	Place
Story telling event	6, 13, 20, 27 (Wed) 3:30 pm	Picture book reading	Children who can listen to the story alone	Story telling room
Child and parent story telling	27 (Wed) 11:00 am~	Child song, picture book reading	Pre-school age children and parents in Shiroy	
Story reading week in summer	21 (Thu) Story calendar 22 (Fri) Arinomi story	Story telling and reading by volunteers	Children ~ adults (first come first)	

holidays	telling 23 (Sat) Story basket 11:00am~(30~40min)	(each group has different program)	accepted)	
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※ open 9:30 am~ 7:00 pm on Tue ~ Sat. 9:30 am~ 5:00 pm on Sun.

## Planetarium

Tel 492-1125

Item	Program	Date	Charge
Kids show	Sport festival in the night sky (45 min)	Until 17 (Sun) Sunday 11:30 am	Shiroi residents Adults ¥ 210 Children ¥ 100 Non Shiroi residents Adults ¥310 children ¥160 Tickets will be sold 30 minutes before the show starts
	Roi and your universe Let's look for being in the universe. (45 min)	From 21 (Thu) during summer holidays Wed. ~ Sun. 11:30 am	
Regular show	Stars of Rio ☆~ stars in the southern sky~ (45 min)	Sat. and Sun. during summer holidays Wed. ~ Sun 1:30 pm	
	Starry sky walk "Constellations in spring and summer" (45 min)	Until 17 (Sun) Sat. Sun. 3:00pm	
	How wide is the universe? (45 min)	From 21 (Thu). during summer holidays Wed. ~ Sun 3:00 pm	
Starry sky live concert (for adults)	Glass harp performance (rubbing the edge of glasses with water in them) Enjoy beautiful sound and starry sky performers : Chrystal Harmony	3(Sun) 1:30 ~ 2:50 pm	¥ 700 Advance sale ¥ 600
Platinum hour (for seniors)	Story of "Milky way" with good old music	7 (Thu) , 9 (Sat) 11:30 am ~ 12:10 pm	Shiroi residents adults ¥ 210 Non Shiroi residents Adults ¥310
Astronomy lecture for adults (the 3 <sup>rd</sup> time)	Theme "Planet" (6 times in all) This time "Red planet confront. Which one will win?"	14 (Thu) 11:00am ~12:00pm Reserve by the day before	First 50 persons Shiroi residents adults ¥ 210 Non Shiroi residents Adults ¥310
Planetarium for expectant mothers with the library (for adults)	Picture book reading and CD concert on the theme of star birth. Participants : expectant mothers, mothers who have babies up to 6 months and family, adults	15 (Fri) 11:30 am ~12:30 pm	Adults ¥ 200 Children free
Parent and child starry sky live concert	Enjoy the concert for children and parents. Easy star story will be told as well.. Performer : yumi ♪maki ♪ (50 min)	24 (Sun) ① 11:00 am ② 1:30 pm	¥ 300 each Tickets will be sold from an hour before the show
Star watching event	After the lecture of stars in the dome, go out to observe ,star festival stars, Mars, Saturn, and so on. (in case of bad weather, only the lecture will be given)	30 (Sat) 7:30 ~ 8:45 pm	Adults ¥ 200 Children free
Children star drawings exhibition	Drawings by kindergarten, nursery school, and free participating children are displayed at the gallery	1 (Fri) ~ Aug. 31 (Wed)	Free

※Summer holiday program will be available on Wed. ~ Sun. from July 21 (Thu) to August 31(Wed)

## Health Check

Tel 497-3495

Date	Time	Place
1 (Fri)	11:00 am ~ 12:30 pm	Fuji Center
7 (Thu)	10:00 ~ 11:30 am	Health and Welfare Center
13 (Wed)		Nishi-shiroi Fukugo Center

Citizens of all ages are welcome. Consultations are for general health checks such as blood pressure and urine testing.

\* Telephone consultations are also available.

## Children Health Check • Vaccination

Date	Place	Time	Person under the Category
Consultation for 4 month-old child care			
15 (Fri)	Health Center	9:30~10:00 am	Children born in February 2016 will receive notification
26 (Tue)		1:15 ~ 1:45 pm	
Consultation for 9 months-old child care on meals			
13 (Wed)	Health Center	9:45 ~ 10:00 am	Children born in September 2015 will receive notification
Consultation for 1 year and 6 months old child care			
5 (Tue)	Health Center	1:15~1:45 pm	Children born in December 2014 will receive notification
22 (Fri)			
Dental check-up for 2-year-old children			
20 (Wed)	Health Center	1:15 ~ 1:45 pm	Children born in January 2014 will receive notification
Consultation for 3 year-old child care			
8 (Fri)	Health Center	1:15~1:45 pm	Children born in January 2013 will receive notification.
19 (Tue)			
The schedule above is for collective vaccinations. Please inquire about individual vaccinations. If you don't receive notification, please contact the Health Center			



### Japanese Class for Foreign Residents

がいにくじん にほんごきょうしつ  
(外国人のための日本語教室)

Time 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

しroy い がいにくじんそうだんまどぐち  
(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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Published by Shiroy City, Kikaku-Seisaku-ka (Policy and Planning Section)

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