



# SHIROI BULLETIN

白井宣传

白井宣傳

홍보시로이

広報しろい

April 2013



## TARGETING SMILING CHILDREN'S FACES (子供が笑顔で暮らせるまちを目指して)

Shiroi city has drawn up a “Shiroi Child Plan”, aimed at the fulfillment of raising children through services and a project promoting the promotion of child raising support. The plan includes the creation of a good situation for a comfortable childbirth in the city, with assistance to cope with the work-and-child rearing balance; to create a healthy parent/child environment; and to provide a consultation system, etc.

### In case of guardian's illness ~ A temporary nursery ~

The Shimizuguchi and Minamiyama Nursery Schools are available for temporary nursing, when a guardian doesn't fill an entrance criterion for a nursery school, and cannot take care of a child because of the guardian's sudden illness or injury.

The temporary nursing is available for the following cases:

- **Non-fixed nursing (within 14 days a month)**

In case of a few days' working weekly or attending school to get a certain license, etc.

- **Emergency nursing (within 14 days a month)**

In case of being admitted to hospital due to an acute illness, the family's hospitalization or care, and child birth, etc.

- **Private nursing (within 5 days a month)**

In case of private work or physical and mental fatigue by child care, etc.

**Children:** who live in Shiroi, between six months old and pre-school age, who are healthy, and being temporarily taken care of by a relative living in Shiroi

**Nursing time: Weekdays & Saturday:** 8:30 a.m. – 4:30 p.m.

※ On Saturdays, from April 2013, only Shimizuguchi Nursery School will be open. The time is the same as on weekdays until 4:30 p.m.

On Sundays, holidays, year-end and beginning of the year, and special event days the service will be closed.

Fee:

Age	Fee/hour	Meal
0 year old	500 yen	300 yen
1 – 2 years old	400 yen	
3 – preschool	300 yen	

Reservation time: Weekday 9:00 a.m. - 4:00 p.m.

※Those who apply for the first time are requested to have enough time for an interview.

In case of emergency such as acute illness, consultation by phone in advance

For inquiry contact: Shimizuguchi Hoikuen “Kids” Tel. 491-8082

Minamiyama Hoikuen “Kureyon” Tel. 491-1413

## LET'S TAKE A PHYSICAL CHECKUP – A CHECKUP IS THE FIRST STEP TO YOU FEELING REASSURED

(受けよう!住民検診～けんしん) は「あんしん」への第一歩～

The city accepts applications from citizens' and seniors' for a physical checkup from today, April 1. Why not take advantage of this opportunity for your own health management as well as your family.

The 2013 fiscal year's checkups for citizens and for seniors aged 75 and over will be conducted as per the table below.

Take the physical checkup this year, as it is a good opportunity for you and it's important for your family, especially for those who have moved into Shiroy city, who have retired from a company, and who may think that "cancer is nothing that concerns me, even it is dangerous", or "It is troublesome to deal with", etc.

**FY2013 Health Checkups for Citizens and Seniors (over 75 years)**

Item	Age/Sex	Examination	Fee	Date	Kind (Place)
Stomach cancer	Both sex, 40 yrs & above	Stomach X-ray	700 yen	May/Jun (both together)	Group(city office, each center)
Colon cancer		Stool blood test	300 yen		
Lung cancer Tuberculosis		Breast X-ray	Free	Jun/Jul, Sept/Oct (three checks together)	
Seniors over 75 years old	Both sex	Body, blood pressure, blood/urine test, interview			
Hepatitis virus	Both sex, 40 yrs & above, not tested before	Blood test			
Periodontal	Both sex, 40, 50, 60, 70 yrs	Interview, cell test	500 yen	Jul - Nov	Individual (city contract clinic)
Cervical cancer (every 2 years)	Women 20 yrs & above	Internal, cell test		Jul/Aug	Group (city office, each center)
Breast cancer (every 2 years)	Women, 30 – 39 yrs	Visual, palpation & ultrasonic wave test	1,000 yen	Jul - Jan	Individual (contract clinic)
	Women 40 yrs and above	Visual, palpation & mammography test		Jul/Aug	Group (city office, each center)
				Jul - Jan	Individual (contract clinic)

**Application Date:** Until April 14 (Sunday)

### Application Method:

o Complete an application form and post it into the collection box

※ The form and boxes are located in the Hoken Fukushima Center, Nishi-shiroy Fukugo Center, Fuji Center, Sakuradai Center, Shiroy Eki-mae Center, Komin Center and Shiroy Community Center.

Application and inquiry contact: Kenko-ka or Health Section Tel. 497-3495



## PARTIAL SUBSIDY FOR A BODY AND BRAIN MEDICAL CHECKUP

(人間ドック・脳ドック費用の一部を助成)

**Eligible persons:** Those who correspond to all of the following:

- Aged between 40 and 74 years old.
- The insured has been participating in their Health Insurance scheme for more than one continuous year. (When a person is not a member of their insurance policy on the day of the examination, he/she cannot claim a subsidy).
- No one among your family members is behind in their insurance payments.

**Subsidy:** One half of the examination expense (rounded off to less than 100 yen. The maximum subsidy is 20,000 yen for each claim)

**Limit of subsidy:** A body examination is subsidized for only once a year, and the specific health checkup is prohibited in the same year. Brain examinations are not allowed for two consecutive years.

**Application & inquiry:** After you have made a reservation for the examination in your hospital, visit the Hoken Nenkin-ka or Insurance & Pension Section directly, bringing your Health Insurance Certificate and Inkan or Seal one week prior to the examination.

Tel. 047-492-1111 ext. 3175, 3181



## WHEN YOU SHOULD ENCOUNTER A DISASTER WHILE ‘OUT’ (外出先で災害に遭ったら)

～Don’t move around unnecessarily, and behave calmly～

When a large scale disaster occurs while you are away from home, for example, if you are in the office, school or other place, returning home may be difficult due to the cessation of public transportation..

Moreover, when people return home they may disturb emergency rescue activities and/or injure themselves from resulting fires or falling objects from buildings along roads.

◆”Don’t start moving around unnecessarily when disaster occurs

- At first, secure your own safety.
- Remain in a safe place, such as your office or a gathering facility.
- Secure the safety of your family and home through the message board for disaster.
- Get information of traffic and damage conditions.

◆Things to know, on a daily basis, for disaster preparation

- Bring with you a portable radio and a map.
- Prepare a pair of comfortable sneakers, a flash light, a pair of gloves, drinking water, food, etc. in your office.
- Discuss in advance with your family about the way to secure your family’s safety and an agreed meeting place, etc.
- Make sure that you have a known route for returning home on foot or by bus.
- Make sure that you know the location of convenience stores or gas stations on your way back home.

Utilize convenience stores or gas stations when “returning home on foot” when disasters strike

Chiba prefecture and nine other prefectures or cities have concluded agreements of “support for returning pedestrians” with convenience stores and gas stations.

Take advantage of the opportunity for possible tap water, rest room facilities, and traffic information at convenience stores when returning home on foot during a disaster.

For inquiry contact: Shimin Anzen-ka or Civic Safety Section Tel. 492-1111 ext. 3326

## A RABIES SHOT (狂犬病の予防注射)

Dogs are required to get a rabies shot once a year. If a “weather alert” is announced in Inba District, the shot will be cancelled and will be given on an alternate day. Please contact Kankyo-ka (Environment Section) to check when the weather is bad. Places where the rabies shot will be given are shown as follows. (Shots may be given at any of these places)

[For registered dogs]

Things to bring : Notice post card for collective shot, a questionnaire and a towel

Charge : ¥ 3,350 (shot, certification delivery charge)

※ Fill in the questionnaire on the notice post card beforehand.

[ For non registered dogs ]

Things to bring : towel

Charge : ¥ 6,350 (shot, certification delivery charge, registration charge)

[ Please Note ]

If the dog meets one of ①~⑤ conditions, it cannot have the rabies shot.

- ① You moved to Shiroy city and have not changed the dog's registration.
- ② The dog has had another shot within the past month.
- ③ The dog has previously had a bad reaction after the shot.
- ④ The dog is in rut, pregnant, milking puppies, or under 91 days old.
- ⑤ You can not hold the dog when it gets the shot.

[ Others ]

If you cannot take your dog to have a rabies shot, have the shot at a veterinary hospital and then register or get the shot certification at Kankyo-ka (Environment Section).

Charge : registered dog ¥ 550 non-registered dog ¥ 3,550

Inquiry : Kankyo-ka(Environment Section) on the 4<sup>th</sup> floor ext. 3276・ 7

Rabies Shot Schedule

Date		Place
April 10 (Wed)	9:20 ~ 9:50 am	Enmeiji Temple (Hiratsuka)
	10:10 ~ 10:40 am	Yanagitsutsumi Park, Sakuradai 3chome community center (Sakuradai)
	11:00 ~ 11:30 am	Yatsukiyo Child park (Yata)
	1:00 ~ 2:00 pm	Fuji Center
April 11 (Thu)	9:10 ~ 9:50 am	Ikenokami dai2 Child park (Ikenokami)
	10:10 ~ 10:50 am	Minamiyama Park gateball yard (Minamiyama)
	11:10 ~ 11:50 am	City Office
	12:50 ~ 1:40 pm	Noguchidai Jido Park(Nanatsugidai)
	2:00 ~ 2:30 pm	Raigouji Temple (Oridate)
April 14 (Sun )	9:30 ~ 11:30 am	City Office
	1:00 ~ 1:40 pm	Daimatsu Jido Park (Daimatsu)
	2:00 ~ 2:30 pm	Fuji community Center(fuji)
April 16 (Tue)	9:10 ~ 9:50 am	Shiroy Community Center
	10:10 ~ 10:40 am	Shishiba community Center (Shishiba)
	11:00 ~ 11:30 am	Toyoichi Community Center(Toyoichi)
	1:00 ~ 1:30 pm	Nakakido Meeting Center(Ne) Tomizuka Park (Nishi-shiroy)
	1:50 ~ 2:20 pm	Sairin ji Temple (tomitsuka)
April 17 (Wed)	9:10 ~ 9:50 am	Shimizuguchi Jido Park (Shimizuguchi)
	10:10 ~ 10:50 am	Nakakido Park (Oyamaguchi)
	11:10 ~ 11:50 am	Tomiduka Park (Nishishiroi)
	12:50 ~ 1:10 pm	Naka Meeting Center (Naka)
	1:30 ~ 1:50 pm	Onauchi Inari Shrine (Nauchi)
	2:10 ~ 2:40 pm 1	Nauchi Awashima Shrine (Nauchi)

※ The reserve day is 20<sup>th</sup>(Sat) 9:30 ~ 11:30 am at City Office, 12:45~ 1:30 pm at Fuji Center, 1:45 ~ 2:30 pm at Shiroy Community Center

**PARENT AND CHILD CIRCLE****At each community child center ・ child room**

(親子自主サークル)

Why don't you join a parent and child circle at a child center? Participant's age, date and the opening schedule are as follows. If you find something of interest, please try and join.

※ Guidance will be held on the opening day

Inquiry : Shiroi Child Center Tel 491-0166

Nishi-shiroi Child Center Tel 492-1011

Sakuradai Child Center Tel 491-7111

Shiroi Ekimae Child Center Tel 497-1151

Fuji Center Child Room Tel 446-1911

Komin Center Child Room Tel 492-5266

**Child Center circle schedule**

Child Center	Participants' birth day (age)	Date	Opening day
Shiroi	April 2 <sup>nd</sup> 2011~April 1 <sup>st</sup> 2012 (1 year old)	1 <sup>st</sup> , 3 <sup>rd</sup> , Wednesday 10:30 ~ 11:30 am	17 <sup>th</sup> (Wed)
	April 2 <sup>nd</sup> 2010~April 1 <sup>st</sup> 2011 (2 years old)	1 <sup>st</sup> , 3 <sup>rd</sup> , Friday 10:30 ~ 11:30 am	19 <sup>th</sup> (Fri)
	April 2 <sup>nd</sup> 2009~April 1 <sup>st</sup> 2010 (3 years old)	2 <sup>nd</sup> , 4 <sup>th</sup> Thursday 10:30 ~ 11:30 am	25 <sup>th</sup> (Thu)
Nishi-shiroi	April 2 <sup>nd</sup> 2012 ~ (0 year old)	Schedule will be decided at the joint guidance ※ Guidance 1030 am~	11 <sup>th</sup> (Thu)
	April 2 <sup>nd</sup> 2011~April 1 <sup>st</sup> 2012 (1 year old)		
	April 2 <sup>nd</sup> 2010~April 1 <sup>st</sup> 2011 (2 years old)		
Sakuradai	April 2 <sup>nd</sup> 2011~April 1 <sup>st</sup> 2012 (1 year old)	1 <sup>st</sup> , 3 <sup>rd</sup> , Wednesday 10:30 ~ 11:30 am	17 <sup>th</sup> (Wed)
	April 2 <sup>nd</sup> 2009~April 1 <sup>st</sup> 2011 (2 ~ 3 years old)	2 <sup>nd</sup> , 4 <sup>th</sup> Wednesday 10:30 ~ 11:30 am	10 <sup>th</sup> (Wed)
Shiroi Ekimae	April 2 <sup>nd</sup> 2012 ~ (0 year old)	Every Friday 10:30 ~ 12:00 pm	19 <sup>th</sup> (Fri)
	April 2 <sup>nd</sup> 2011~April 1 <sup>st</sup> 2012 (1 year old)	Every Thursday 10:30 ~ 12:00 pm	18 <sup>th</sup> (Thu)
	April 2 <sup>nd</sup> 2010~April 1 <sup>st</sup> 2011 (2 years old)	Every Tuesday 10:30 am ~ 12:00 pm	16 <sup>th</sup> (Tue)
Fuji (Child room)	April 2 <sup>nd</sup> 2012 ~ (0 year old)	Schedule will be decided at the joint guidance ※ Guidance 1030 am~	26 <sup>th</sup> (Fri)
	April 2 <sup>nd</sup> 2011~April 1 <sup>st</sup> 2012 (1 year old)		25 <sup>th</sup> (Thu)
	April 2 <sup>nd</sup> 2010~April 1 <sup>st</sup> 2011 (2 years old)		24 <sup>th</sup> (Wed)
	Different age child and parent (pre-nursery school age child Pumpkin)		23 <sup>rd</sup> (Tue)

**STOP OPEN AIR BURNING AND THROWING AWAY WASTE ILLEGALLY**

(ゴミの野外焼却、不法投棄は禁止されています)

Any waste from the home or office cannot be burnt in the open air or thrown away illegally. If you violate the law of "How to deal with waste", you will be sentenced to five years' or less imprisonment or may have to pay a penalty of up to ten million yen.

Waste from homes should be collected at the garbage collection station, waste from offices should be collected by a waste dealer.

Inquiry : For Open air burning Environment Section ext. 3272 ・ 3

For cases of waste being thrown away illegally Environment Section ext. 3274

# SHIROI COMMUNITY CULTURE CENTER



## Culture Hall

Tel 492-1121

Date	Hall	Program	Open	Charge	Information
6 (Sat)	Large	Shiroi Boys and Girls Chorus concert	2:00 pm	Free	Sakukrai 090-5980-6016
7 (Sun)	Large	Kamagaya Brass Band concert	1:30 pm	Free	Uchiyama 090-3820-3709
13 (Sat)	Large	MDC Dance performance	3:30 pm	Free	Mitsuki 047-446-8836
14 (Sun)	Large	Wacon Festival	2:30 pm	Advance sale ¥500 junior high and older 3yrs ~elementary school ¥ 300 On the day ¥ 500	Wacon Festival Office 090-2663-1515
		Piano concert	9:50 am 1:50 pm	Free	Morikawa 04-7174-9800
21(Sun)	Large	Shiroi City Entertainment Promotion Spring performance	10:00 am	Free	Kawakami 090-9003-4150
	Middle	Prelude piano concert	2:30 pm	Free	Motoya 090-9325-3441
27 (Sat)	Middle	Lecture by Prof. Ryutaro Kawakami “Learn about brain and prevent from dementia”	1:30 pm	Free	Volunteer Association 047-492-0080
28(Sun)	Large	Spring concert 2013	3:00 pm	Free	Kozeni 080-9152-5717

※ Program may change according to the sponsor.

## 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 ~5:00 pm	Free
Small exhibition “Know the legend of Shiroi drawn illustration”	Introduction of legend of Shiroi drawn illustration	April 17 <sup>th</sup> (Wed) ~ May 12 <sup>th</sup> (Sun)	Free

## Library

Tel 492-1122

Item	Date	Program	Participant	Place
Story telling event	3, 10, 17 (Wed) 3:30 pm~	Picture book reading	Children who can listen to the story alone	Story telling room
Child and parent story telling	24 (Wed) 11:00 am~	Child song, picture book reading	Pre-school age children and parents in Shiroi	

※ 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	Our space trip “Darts’ Travel” (45 min) Until 7(Sun) “Roy and our rocket” (45min) from 14(Sun)	Spring holidays Wed. 11:00 am from 14 (Sun) Sun. 11:00 am	Shiroi residents Adults ¥ 210 Children ¥ 100 Non Shiroi residents Adults ¥ 310 Children ¥150
Regular show	Tonight stars and Constellation story (45 min)	Sat. Sun. Spring holidays Wed. ~ Sun. 1:30 pm	
	Amazing Solar System Watched by Space Probe (45 min) Planet until 14(Sun) Moon from 20 (Sat)	Sat. Sun. Spring holidays Wed. ~ Sun. 3:00 pm	
Starry sky relaxation hour (for adults)	Relaxation time with stars and music (45 min) Aquamarine collection	10(Wed) , 12(Fri) 12:30 pm 13(Sat) 4:15 pm	Shiroi residents Adults ¥ 210 Non Shiroi residents Adults ¥ 310
Astronomy lecture For adults	Small stars in the Solar System Stars that went across the earth and hit against the earth (reservation necessary by the day before )	11 (Thu) 11:00 am~ 12:00 pm	¥ 200 30 persons
Star watching event in the day time	Observe the surface of the Sun ( in case of bad weather, cancelled)	13(Sat) 11:30 am~1:00pm	Free
Star watching event	After the lecture of stars in the dome, go out to observe Moon, Jupiter, and etc. (in case of bad weather, only lecture will be given)	13(Sat) 6:30 ~ 7:45 pm	Adults ¥ 200 Children free
Hiyoko planetarium	Star story for children who watch planetarium for the first time	24 (Wed), 26(Fri), 27(Sat) 11:30 am ~12:00pm	¥ 200 adults Children free

**Children Health Check • Vaccination**

Date	Place	Time	Person under the Category
Consultation for 4 month-old child care			
12 (Fri)	Health Center	9:30~10:00 am	Children born in November 2012
23 (Tue)		1:15 ~ 1:45 pm	
Consultation for child care on meals (chewing lesson class)			
24 (Wed)	Health Center	9:45 ~ 10:00 am	Children born in June 2012 will receive notification
Consultation for 1 year and 6 months old child care			
16 (Tue)	Health Center	1:15~1:45 pm	Children born in September 2011 will receive notification
26 (Fri)			
Dental check-up for 2-year-old children			
17 (Wed)	Health Center	1:15 ~ 1:45 pm	Children born in October 2010 will receive notification
Consultation for 3 year-old child care			
5 (Fri)	Health Center	1:15~1:45 pm	Children born in October 2009 will receive notification
9 (Tue )			
The schedule above is for collective vaccinations. Please inquire about individual vaccinations. If you don't receive notification, please contact the Health Center			

## Health Check Tel 497-3495

Date	Time	Place
5 (Fri)	11:00am ~ 12:30 pm	Fuji Center
17 (Wed)	10:00 ~ 11:30 am	Nishi-shiroi Fukugo Center
22 (Mon)		Health and Welfare 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.



### Shiroi City Advisory Service for Foreign Residents

(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: 492-1111 extension 3354 • 3355)**

Language: English (Other languages could be available)

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



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

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

Place: Shiroi Ekimae Center

Participants: Foreign residents or those working in Shiroi City

Lesson fee: ¥1,000 (for textbook)

Instructor: International Friendship Association of Shiroi

Inquiry and application: Mr. Yoshida Phone 491-0791 (Mon.~Fri. 7:00pm~9:00pm)

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**Published by Shiroi City**

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