



# SHIROI BULLETIN

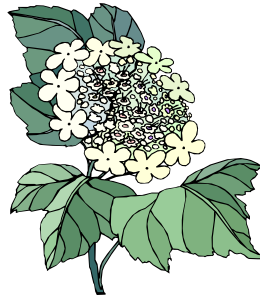
白井宣传

白井宣傳

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広報しろい

June, 2013



**ENJOY AN ACTIVE OLD AGE WITH PREVENTATIVE CARE** (元気な老後は予防から)

## **June 5<sup>th</sup> is Nursing Prevention Day**

Shiroyi city has designated “June 5<sup>th</sup> is a nursing prevention day” with the slogan “enjoy an active old age with preventative care”, which gives citizens an opportunity to know and think about the importance of preventing the need for nursing care. The city will hold various events in June as a “nursing prevention month”

### **Have you started your nursing prevention plan?**

Nursing prevention means not only preventing the need for nursing care in later years, but also to ensure that current happy conditions are maintained and circumstances improved.

Every one wishes to be able to think for themselves, and to behave by his/her own will for as long as possible. Being associated and engaging with various people and societies is considered as the best specific medicine to stop the acceleration of the symptoms of aging. Let's consider what we can do to live a vivid and full life for as long as possible and actively prevent the need for nursing care in old age.

Actively avoiding the need for nursing care is not something that should be started when one reaches old age. Everyone should consider it while they are young and healthy, by finding interests and concerns to remain active, and take any other action to prevent the acceleration of the symptoms of aging.

### **◆ Shiroyi city's current state of the aged**

The city's population is 62,386 persons as of the end March 2013, and the number of persons aged over 65 years old is 12,563. The aged ratio for the total population is 20.1% (called “the aged proportion”). Based on “the aged proportion”, Shiroyi is the fifty youngest city in Chiba prefecture.

The city's future aged proportion is expected to become 27.9% in 2020, and 30.6% in 2025.

One out of four persons aged 75 years or over is acknowledged as a nursing care recipient, and many are receiving nursing insurance services. After another twelve years, one out of approximately three persons is expected to be aged 65 years or over.

Why not reconsider your current lifestyle so as to live a more healthy life?

Nursing prevention classes will be available from July, and you are encouraged to participate in them positively.

For application and inquiry contact: Koreisha Fukushi-ka or The Aged Welfare Section

Tel. 497-3484, Fax. 492-3033, E-mail: [koureisha-fukusi@city.shiroyi.chiba.jp](mailto:koureisha-fukusi@city.shiroyi.chiba.jp)

## DO YOU KNOW ABOUT FOOD ALLERGIES? (食物アレルギーを知っていますか)

Food allergies are an allergic reaction that occurs when (or after) eating specific food items, which results in detrimental health symptoms.

The main symptoms are a nettle rash on the skin, irregular and/or irritating mucous membrane in the eyes or nose, digestive problems, including stomachaches or diarrhea, respiratory problems and unconsciousness, etc.

Allergic reactions sometimes occur suddenly and can include multiple symptoms that affect the skin, digestive organs or respiratory organs at the same time. When this occurs it is called “anaphylaxis”, and symptoms can include hypertension shock, which can become life-threatening. This dangerous state is called “Anaphylaxis Shock”.

Checking for allergy indicators to the following seven different processed foods, which are either more common or have more critical symptoms, is compulsory (“Indication obligated foodstuffs”). Checks are also recommended for the following 18 items (“indication recommended foodstuffs”).

The causes of food allergies, the type of allergy and the symptoms are different for everyone. For example, in cases of an egg allergy, a raw egg may not be good, but a well heated egg or chicken may be eatable. How to get rid of an allergy depends on a doctor’s diagnosis and varies upon food types, symptoms, individual conditions, etc.

### Processed Food’s Allergic Indication (Obligation or Recommendation)

Classification	Foodstuff
Indication obligated foodstuffs	Egg, milk, wheat, buckwheat noodle, peanut, prawn/shrimp, crab
Indication recommended foodstuffs	Abalone, cuttlefish, salmon roe, orange, kiwi fruit, beef, walnut, salmon, mackerel, soybean, chicken, matsutake mushroom, peach, yam, apple, gelatin, banana, pork

#### Make sure to confirm allergic food items before starting group living

When children start going to school, school lunch is waiting for them. Group lunches are well regarded for their delicious taste, safety, and for providing balanced nutrition to ensure that growing children develop a healthy mind and body. Before a group life starts, it is important to check for food allergies at home during the child’s first tasting of particular food. If you feel anxious with food allergies, consult your home doctor or teachers at the school, kindergarten, or nursery school.

The city introduced the “allergen food combination table (obligatory items only)” of the menu prepared in school lunch kitchens on its homepage in May. For foodstuffs other than the “indication obligated foodstuffs” listed above, the food ingredient table is available for viewing in the city’s School Education Section or School Lunch Joint Kitchen. Sakuradai Elementary and Junior High School, however, are preparing school lunches individually at each school, so ask the dietician at each school about the details of ingredients that may cause an allergic reaction.

For inquiry contact: Gakko Kyoiku-ka or School Education Section, Tel. 492-1111 ext.3422 Gakko Kyushoku Kyodo Chori-jo or School Lunch Joint Kitchen Tel. 492-1081. Sakuradai Elementary School. Tel. 492-7010. Sakuradai Junior High School, Tel. 492-7020

## PARTIAL SUBSIDY FOR IMPROVEMENT EXPENSES OF HOUSING, ETC.

(住宅などの改修費用の一部補助金を支給)

The city is granting a partial subsidy for expenses when a house, etc. has been renovated.

In order to receive the subsidy, there are some conditions. A necessary application to the city is required prior to requesting a construction order from a building contractor. Details of various subsidies are as follows.

For application and inquiry contact: Kenchiku Sido-ka or Construction and Advisory Section, Tel. 492-1111 ext. 3321-3

◆ **Partial subsidy for housing renovation expenses**

When an occupied house has been renovated by a Shiroy-based contractor (either a company whose head office is located in the city, or an individual entrepreneur who is based in the city), a partial subsidy of the expense will be given to the client.

The subsidy is 10% of expenses that are more than 200,000 yen of the target work. The maximum subsidy is 100,000 yen.

Please ask to Shiroy city Shoko-kai or Commerce & Industry for contractors. Tel. 492-0721

◆ **Partial subsidy for expenses relating to asbestos' analysis/investigation and removal works**

Asbestos spray works may have been implemented on buildings made in either steel-framed or reinforced concrete built between 1955 and 1988.

Following are analysis/investigation and removal work expenses that qualify for the subsidy, and the maximum subsidy available.

**[Analysis/investigation]** To check if a building has been sprayed with asbestos. Maximum subsidy amount is 250,000 yen.

**[Removal works]** To remove asbestos from a building that is confirmed as having been sprayed with asbestos. Maximum subsidy amount is 1.2 million yen

◆ **Partial subsidy for expenses of earthquake-resistant checks and improvement works**

Detached or collective housing that were built before May 1981

For detached housing: resistant check: 70,000 yen, resistant improvement work: 500,000 yen

For collective housing: resistant check: one million yen

## **JUNE IS ENVIRONMENT PROMOTION MONTH** (6月は環境月間です)

### **~Let's start caring for the environment, with the vision and idea reflected in our daily life ~**

Please take this opportunity to think about the environment and how it is deeply related to our daily life. We can all start to do something to take care of the environment, such as reducing home waste, recycling, protecting plants and animals, careful driving manners and so on, and make our actions a part of our daily life.

#### **Reduce waste by means of "3R"**

3R means "Reduce", "Reuse", and "Recycle". Let's start 3R.

◆ **Reduce**

- Only buy necessary things
- Bring "my own bag", and do not use the shop's plastic bags.
- Try to buy articles with simple wrapping
- Buy just the right amount of food

◆ **Reuse**

- Choose returnable containers if repeated use is possible
- Unused clothes should be made over or taken to a flea market
- Repair broken home appliances and reuse them for a long term

◆ **Recycle**

- Separate waste materials. Recycle plastic bottles and containers of cup ramen.
- Separate paper boxes for recycling; do not put them into burnable waste.
- Cooperate with the city and shop recycling collection.
- Buy recycled articles



Inquiry : Kankyo-ka(Environment Section) ext. 3274 • 5

### **Collection of waste oil**

If waste oil is thrown away from homes, it will pollute river water and/or soil. Please bring waste oil to one of the City collecting stations.

[ Collecting stations ]

Shiroy Community Center, Nishi-shiroy Fukugo Center, Shiroy Ekimae Center, Fuji Center, Komin Center, Sakuradai Center, Fukushima Center, Shimizuguchi Nursery School, Minamiyama Nursery School, Sakuradai Nursery School

◆ How to take out waste oil

- Please strain the oil.
- Put the oil in an exclusive container available from the collecting station.
- Take the container of oil to the collecting station.
- Animal oil and machine oil cannot be collected.

Inquiry : Kankyo-ka (Environment Section) ext. 3274 ・ 5

## DETECTION OF RADIOACTIVE SUBSTANCE FOR FOOD

(食品などの放射性物質検査ができます)

Shiroi city will conduct monitoring of radioactive substances for food at your home, by utilizing monitoring instruments borrowed from the Consumer Service Agency.

As this monitoring service is a full reservation system, an advanced application to the Shoko Shinko-ka (Commerce & Industry Promotion Section) is necessary, and the requested food items need to be brought directly to the monitoring desk by 3:00pm the day before the reserved day. (When the city office is closed on that day, two days before).

In order to make accurate analyses, food items should be over 500g, cut into tiny pieces and put into plastic bags. For beverages, place more than 1 liter of the beverage in a plastic bottle.

Results will be available at the Shoko Shinko-ka, or sent to you by post one day (in case the city office is closed, two days) after the detection test.

※ If you need to be informed by post, please bring a self-addressed envelope with 80 yen post stamp on it.

Eligible person : City resident or enterpriser in the city

Inspection items : food items and beverages consumed in the city (except soil)

Inspection fee : free of charge

Application and inquiry : Shoko Shinko-ka ( Commerce& Industry Promotion Section) ext. 3421 ・ 2

## ~ CHALLENGE YOURSELF!~ BOSO ADVENTURE (房総アドベンチャー)



Shiroi City will conduct “BOSO Adventure”, which involves participants creating their own schedules and plans for travelling and camping, and then carrying them out according to their plans. The purpose of Boso Adventure is to improve individual's human nature by requiring them to look for their own theme, learn, think, make decisions, and take action. Once an individual has made their own plan, they have the experience of solving problems that have been identified, working with other people, caring for others, and creating individual strength.

Participants will work together to make a plan of their route, deciding what to eat and what to do, and camping at the designated places, and finally getting to the destination in five nights and six days. During this period, participants sleep in tents and cook by themselves. Participants move either by public transportation or on foot.

Schedule : July 27 (Sat) ~ August 1(Thu) (five nights, six days)

※ Meeting in advance : From July 6 (Sat) to 7 (Sun), one night and two days' training in order to learn the necessary skills for this program.

Participants : 24 students between 5<sup>th</sup> grade of elementary school and high school who live or study in the city.

( in case of excess applicants, participants will be decided by drawing lots)

Things to bring : Sleeping bag (or blanket made of towel), tableware, rainwear, extra clothes

Cost : ¥ 9,000 for elementary school students, ¥ 13,000 for junior high school students and over

※ The costs above may change.

Application and inquiry : By return post card stating name, address, school name, school year, sex, birthday, parent name, and phone number. Send to Shogai Gakushu-ka (Lifelong Study Section) c/o Boso Adventure.

Deadline is by June 7 (Fri) Ext. 3433

### Accompanying Volunteers for Boso Adventure Wanted (随伴ボランティア募集)

Volunteers are required to accompany the groups of 3 or 4 members, look out for their safety, and give them advice and instruction on all days of the event. Meeting and training required for the event will be held in advance, and a transportation allowance, meal and correspondent expenses will be provided.

Participant : ① 3 ~ 4 persons who are interested in bringing up young people and giving instruction in the workshop.

② 6 persons who are going to become teachers. (senior high school graduate and older)

※ If applicants exceed the number required, participants will be chosen on the criteria for selection.

Application and inquiry : By June 14(Fri), send a post card or e-mail, noting your name, address, phone number, age, sex, whether you have experience of bringing up young people and giving instruction for outdoor activities

To Shogai Gakusyu-ka (Lifelong Study Section) c/o Boso Adventure ext. 3433

e-mail: [shougai-gakushuu@city.shiroi.chiba.jp](mailto:shougai-gakushuu@city.shiroi.chiba.jp)

## SHIROI COMMUNITY CULTURE CENTER

### Culture Hall

Tel 492-1121

Date	Hall	Program	Open	Charge	Information
2 (Sun)	Large	Takeda old martial arts and Okinawa Sanshin	1:00 pm	free	Nariai 497-3449
8 (Sun)	Middle	Kiyoshi Hasegawa concert	2:00 pm	¥4,000(non-reserved)	Soma 080-6514-7669
9 (Sat)	Middle	Shiroi Citizen College lecture	2:00 pm	Free	Life-long Study Section 492-1111
16 (Sun)	Large	Charity Kazuo Osugi music festival \$ Karaoke meet	9:30am Karaoke 5:30 pm	¥ 2,000(non-reverved)	Osugi 090-2209-4131
	Middle	IFAS Lecture by Ambassador of El Salvador	2:00pm	Free	Planning and Policy Section 492-1111
22(Sat)	Middle	Cultural Asset lecture	1:30 pm	Free	Culture Section 492-1123
23 (Sun)	Large	Women's Chorus Call Arinomi concert	2:00 pm	¥ 800 (non-reserved)	Takagi 492-2342
	Middle	Petit concert for adults	1:00 pm	Free	Morikawa 04-7174-9800
25 (Tue)	Large	Takashi Nanjo and Super Brothers	1:00 pm 5:30 pm	¥ 2,900 (all reserved)	M I Planning 03-6383-4451
30 (Sun)	Middle	Little concert	2:00 pm	Free	Kanetsugi 491-0972

※ Program may be changed 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

### Library

Tel 492-1122

Item	Date	Program	Participant	Place
Story telling event	5, 12, 26 (Wed) 3:30 pm~	Picture book reading	Children who can listen to the story alone	Story telling room 
Child and parent story telling	26 (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 "Roy and Our Rocket" "Look for the Shooting Star" (45 min)	Sun. 11:00 am	Shiroi residents Adults ¥ 210 Children ¥ 100
Regular show (lecture)	Tonight stars and Constellation story June stars (45 min)	Sat. Sun. 1:30 pm	Non Shiroi residents Adults ¥ 310 Children ¥150
	Amazing Solar System Watched by Space Probe Moon (45 min)	Sat. Sun. 3:00 pm	
Platinum Hour ( for seniors)	Astronomy lecture and introduction of stars with music of '50's ~'90's "The Path of the Sun" (40 min)	6 (Thu) 11:30 am ~12:10 pm	Shiroi residents Adults ¥ 210 Non Shiroi residents Adults ¥ 310
Maternity concert + α	Picture book reading and the story of star birth Talk by a doctor for expecting mothers	11 (Tue) 1:30 ~ 3: 20 pm	Free for Expecting mothers in Shiroi Others same as regular show charge
Star watching event in the day time	Observe the surface of the Sun ( in case of bad weather, cancelled)	15(Sat) 11:30 am~1:30pm	Free
Star watching event	After the lecture of stars in the dome, go out to observe the Moon, Saturn, and etc. (in case of bad weather, only the lecture will be given)	15(Sat) 7:30 ~ 8:45 pm	Adults ¥ 200 Children free

## Health Check

Tel 497-3495

Date	Time	Place
7 (Fri)	11:00am ~ 12:30 pm	Fuji Center
19 (Wed)	10:00 ~ 11:30 am	Nishi-shiroi Fukugo Center
24 (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.

## Children Health Check • Vaccination

Date	Place	Time	Person under the Category
Consultation for 4 month-old child care			
14 (Fri)	Health Center	9:30~10:00 am	Children born in January 2013
25 (Tue)		1:15 ~ 1:45 pm	
Consultation for child care on meals (chewing lesson class)			
21 (Fri)	Health Center	9:45 ~ 10:00 am	Children born in August 2012 will receive notification
Consultation for 1 year and 6 months old child care			
18 (Tue)	Health Center	1:15~1:45 pm	Children born in November 2011will receive notification
28 (Fri)			
Dental check-up for 2-year-old children			
19 (Wed)	Health Center	1:15 ~ 1:45 pm	Children born in December 2010 will receive notification
Consultation for 3 year-old child care			
4 (Tue)	Health Center	1:15~1:45 pm	Children born in December 2009 will receive notification
7 (Fri )			
The schedule above is for collective vaccinations. Please inquire about individual vaccinations. If you don't receive notification, please contact the Health Center			

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## Published by Shiroi City

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