



SHIROI BULLETIN

白井宣传

白井宣傳

홍보시로이

広報しろい

September 2013



こすもす *Cosmos*

DAILY SELF-PREPARATION HELPS IN TIMES OF NATURAL DISASTERS

(日頃の備えが災害時に自分を助けます)

September 1st is “Disaster Prevention Day”. No one can predict when and where a natural disaster such as an earthquake will occur, but we can keep the damage to a minimum with daily preparations and by learning from past disasters. Why not promote your daily awareness and review preventative measures?

When a large-scale Disaster occurs, it will be difficult to rely on the municipality or fire station for assistance due to disruption of telephone services, road damage, and lack of electricity or water. In such cases, daily collaboration through self-help, mutual help with neighbors, and with the local community is required.

Preparation at home

◆ In the recent earthquakes, many people suffered injury in their home. The main causes were from furniture or things falling down. In order to prevent injury, securely fix furniture, do not put items on furniture, and keep evacuation spaces free of objects that may fall.

To avoid broken pieces glass shattering from windows or cupboards, place a shatterproof film on glass.

◆ Don't place things near fireplaces or open flames

One of the greatest anxieties in the event of an earthquake is fire. When a fire occurs, not only your own house but also those in the neighborhood might suffer serious damage and may cause fatalities. Be careful to keep the kitchen fireplace clear of flammable items. Extinguish any fires calmly.

◆ Prepare food and water

It may not be possible to get food or water immediately after a large earthquake, so it is essential to prepare approximately seven days of food (emergency food for three days) and at least three liters of water per person per day at each home. A bathtub full of water may be helpful just in case.

◆ Prepare an emergency minimum kit, as well

Prepare an emergency kit in case you need to evacuate your home. Put emergency items in a knapsack, which gives you both hands free, and store it in a place that you can easily find. Occasionally discuss what you need among family members, and purchase required items.

◆ Disaster meeting among family members

A disaster will not necessarily occur when everyone is at home. In the event of a disaster, make sure that everyone knows how to get in touch with each other, have an agreed location for meeting, know how to get there, etc. in advance.

Preparation in the community

In order to minimize a disaster, it is important for the community to cooperate with disaster-proof activities, such as extinguishing any initial fires, or assisting with relief activities. Let's positively participate in local activities organised by the self disaster-proof organization, and through deeper interchange amongst members of the local community.

For inquiry contact: Shimin Anzen-ka or Civic Safety Section Tel. 492-1111 ext. 3323/5

SIMULTANEOUS TEST FOR NATIONWIDE BROADCAST OF THE ADMINISTRATIVE DISASTER RADIO DEVICE (J-ALERT) (防災行政無線を用いた全国一斉放送試験)

Test date: Wednesday, September 11

1st test: Approximately 11:00 a.m.

2nd test: Approximately 11:30 a.m.

Contents: "This is a trial broadcast" will be repeated three times, followed by "This is Bosai (disaster prevention) Shiroi"

This message will be broadcast at the maximum volume from outdoor loud speakers set up around Shiroi.

※ In the event of a real disaster occurring, or depending on weather conditions, the test broadcast may be suspended.

For inquiry contact: Shimin Anzen-ka or Civic Safety Section Tel. 491-1111 ext. 3323/5

INFORMATION FROM RADIATION MEASURES OFFICE (放射線対策室からお知らせ)

Accepting Decontamination Requests for Detached Houses etc.

According to "Shiroi city's implementation plan for decontamination", the city continues to accept requests for decontamination from detached houses which have not yet been treated.

Applicable persons are as follows

For detached houses or business offices: The property owner or lease holder

※ For a lease holder's application, the property owner's consent is necessary.

Collective houses: Consent from a management association's representative is necessary (if there is no association, from the property owner)

※ A resident may apply for an exclusive garden (if any) with a previous consent by the managing association.

If the property is located out of the decontamination area, applicants needs to monitor the situation themselves, at the height of one meter above the ground (0.5 meter for housing where children smaller than junior high school level or where a pregnant woman lives), and the value should exceed 0.23 micro-sievert/h. (the value needs to be mentioned in the application form).

※ Please contact Kankyo-ka for people living in the decontamination area.

Contents of decontamination

If the survey results indicate that a space has a radioactive value, the city will select the most effective activities from the following:

- Cleaning under rain gutters, and getting rid of mud
- Cleaning ditches and drain boxes, and getting rid of mud
- Pruning the branches of shrubs
- Getting rid of fallen leaves and mowing the grass
- Cleaning the walls

Application and inquiry: Kankyo-ka or Environment Section. Complete an application form "Application of decontamination for detached house" (available at Kankyo-ka, each community center, and city's home-page), and send the completed form to the city office by facsimile or e-mail

Tel. Kankyo-ka 492-1111, ext. 3287/8. E-mail: kankyou@city.shiroy.chiba.jp

LENDING MONITORING APPARATUS FOR SPACIAL RADIOACTIVE VOLUMES

(放射線量測定器の貸し出し)

The city is lending a monitoring apparatus to measure radio-active volume (γ -rays) in the neighborhood.

Applicants must show their ID card (driving license or health insurance certificate etc.).

Week days: Processed in the order of application if applications are greater than prior reservations

Week-end, holidays: Prior reservation is necessary. Apparatus for loan is available from a guard office at the basement of the city office

Lending date and time: Everyday, 9 a.m. – 4 p.m.

Application and inquiry: From one month prior to the previous day of use (week day only) Kankyo-ka or Environment Section Tel. 492-1111 ext. 3287/8

SHIROI SPECIAL RACE (「白井特別」競走)

Shiroi city has Japan's only horse-racing school, which is an attached organ by the Japan Racing Association. The city will hold a "Shiroi Special (Horse) Race" with the cooperation of Shiroi City Commerce and Industry Association and Shiroi Industrial Estate Committee in order to publicize the City and its special products to the public.

The city will display and sell its products on the day.

Date: September 15 (Sunday)

Venue: Nakayama Horse Race Track, Japan Racing Association (Funabashi City)

Name of the race: The ninth race, "Shiroi Special" on the fourth day of the fourth Nakayama Horse Race



NOTICING THE SIGNS OF CRITICAL SITUATIONS OF BODY AND MIND

~ Suicide Prevention Week from September 10th(Tue) ~

(気づいてください！体と心のサイン)

◆ The condition of suicide

The number of suicides in Japan has been around 30,000 people per year since 1998, and it was 27,858 in 2012. Every year there are 1,300 suicides in Chiba prefecture and an average of 10 in Shiroi city.

The rate of male suicide is twice that of female. The age of 55 ~64 years has the most number of suicides, and next is 30~44 years old. It is the number one or two cause of death for persons under 45 years old, for both males and females.

◆ Recognise the troubles and worries of people you care about

When you notice someone you care about acting differently, please talk to him or her, and ask questions such as "Are you sleeping well?", "Tell me something, because you look like you are in pain," or say "I'm worried that you look dispirited."

Then please listen to them carefully. Accept their conversation without denying, blaming, or thinking that they are a weak person. After listening to them, tell them "I think you've had a really hard time."

It will also be important to introduce them to the counselor's office. Advise them to see a specialist, psychotherapist or psychiatrist. If they don't want to see a specialist, please contact the city counselor's office. The most important thing is to not leave the person alone. Watch and stay with them.

◆ What is depression?

People sometimes suffer from depression without noticing it. It is closely related to the cause of suicide. If you have more than two symptoms from among the following ones, which continue for more than two weeks, please go to the mental clinic.

- Continuing deep, sad feelings
- Inability to enjoy activities or have interest in things you had previously enjoyed
- Inability to get over fatigue
- Lack of confidence or trust in yourself
- Difficulty in concentrating or deciding things
- Feeling guilty
- Feeling that there is no meaning in living
- Inability to sleep, or sleeping too long
- No interest in eating, or over-eating

Inquiry: counselor's office Chiba Inochino Denwa (Chiba Life-saving Call) Tel 043-227-3900 (24 hours)

City Health Section Tel 497-3494

◆ Why don't you join "Wakachiai no kai Hidamari"

This is a discussion group for those who have lost a loved one due to suicide, where you can talk openly.

Date: 27 (Fri) 1:30 pm~

Place: Inba Godochosya (Inba Joint Office) (Sakura City)

Inquiry: Social Welfare Foundation Chiba Inochino Denwa Tel 043-222-4416 (Mon.~ Fri. 10:00am ~ 5:00pm)

SPORT PARK INFORMATION (運動公園からのお知らせ)

① Beginners' tennis event

Intensive tennis lesson of 6 classes for beginners and almost beginners.

Schedule: Wednesday course (Beginners, Almost beginners) Sep. 11, 18, 25, Oct. 2, 9, 16 (spare days: Oct. 23, Nov.6)

Friday course (Beginners, Almost beginners) Sep. 13, 20,27, Oct. 4, 11, 18 (spare days: Oct. 25, Nov. 15)

※ In case of bad weather, cancelled.

Time: Beginners 11:10 am ~ 12: 40 pm Almost beginners 9:30 ~ 11:00 am

Participants: first 8 persons who are 18 years and older, living in Shiroy

※ If applicants number less than 3, the event will be cancelled.

Charge: ¥ 6,000 (including insurance) ※ It will be collected on the first lesson day.

② One day ladies' match

Date: 25th (Wed) 9:00 am ~ 4:00 pm (in case of bad weather, cancelled)

Participants: first 16 pairs of women who are 18 years and older

※ If applicants number less than 6 pairs, the event will be cancelled.

Charge: ¥ 2,500 per pair (including insurance)

③ Pole walking class

Walking with a pole will improve your walking position and balance, and is an effective exercise method.

Date: 26th (Thu) 10:00am ~ 12:00 pm (In case of bad weather, cancelled)

Participants: first 30 persons

Charge: ¥ 1,500 (textbook, insurance, etc.)

※ The charge will be collected on the day, and it will cost ¥500 for a rental pole.

④ Why don't you watch "lacrosse league" by East Japan club teams?

Lacrosse is said to be the fastest combative sport on the earth. Please enjoy watching the speed of working women's league games.

Date: 28th (Sat) 10:00 am ~ 4:00 pm (In case of bad weather, cancelled)

Play ball: 10:00 am 2nd division play off 1st game 11:40 am ~ 2nd division play off 2nd game

1:20 pm~ 1st division play off 2nd round game

Entrance fee: free

⑤ Doubles tennis clinic

Tennis lesson by Ryo Iwami, a head coach of Yoshida Commemorative Tennis Lesson Center public corporation, for doubles game shot and positioning will be given, and then you will play a training match with his advice.

Date: Oct. 16th (Wed) 10:00 am ~ 4:00 pm (reception 9:30 ~ 9:50 am)

※ In case of bad weather, it will be held on Oct. 23rd (Wed).

Participants: first 32 women over 18 years old. ※ If applicants number less than 18, the event will be cancelled.

Charge: ¥ 2,000 (insurance, etc.)

Things to bring: lunch

Inquiry and application: ① by 8th (Sun) ② by 22nd (Sun) ③ by 23rd (holiday) ⑤ by Oct. 10th (Thu) Call or at Sport Park Tel 497-0222

HOW TO DEAL WITH HOMELESS (STRAY) CATS (飼い主のいない猫への取り組み)

Recently people have frequently advised the city “There are deserted cats. I feel perplexed.” Cats breed at an enormous rate. When a pet owner leaves them alone, they breed a lot. To stop the increase in numbers of homeless (stray) cats, your understanding and cooperation to the following measures is necessary.

◆ Owners shouldn’t abandon their pets

An owner is obliged to keep a pet for life. If you cannot keep a pet anymore, please consult Chiba-ken Dobutsu Aigo Center or Animal Protect Center. (Tel 0476-93-5711)

The “Animal Protection and Management Law” prescribes the following penalties.

- A fine of less than 1,000,000 yen may be imposed for abandoning or abusing animals.
- Less than 2 years imprisonment may be sentenced or a fine of less than 2,000,000 yen may be imposed for hurting or killing animals.

When you find cases of animal abuse, please consult Chiba-ken Inba Kenko Center or Chiba pref. Health Center

(Tel 043-483-1137)

◆ How to decrease the number of homeless (stray) cats

The best way to stop the increase in number of homeless (stray) cats is through their sterilization or castration.

Your understanding and cooperation with local community cat activities to decrease the number of stray cats will be appreciated

In the city, some community groups are conducting a movement for sterilization and castration to reduce the number of such neglected cats.

Local community cat activities

60 stray cats are sterilized and castrated every year, mainly by animal protection groups, which stops the increase of stray cats. They also keep watch to ensure that no more cats are abandoned in the area.

Inquiry: City Kankyo-ka (Environment Section) ext. 3276 ・ 7



SHIROI COMMUNITY CULTURE CENTER

Culture Hall

Tel 492-1121

| Date | Hall | Program | Open | Charge | Information |
|-----------|--------|--|----------|--------|----------------------------|
| 7(Sat) | Middle | Shiroi Citizen’s College Open Lecture | 2:30 pm | Free | Shogai Gakusyu-ka 492-1111 |
| 8 (Sun) | Middle | “Health and Congratulations” meet | 2:00 pm | ¥ 995 | Hasui 080-1360-9881 |
| 14 (Sat) | Large | Chiba pref. Police Department Music Band concert | 2:00 pm | Free | Culture center 492-1121 |
| 28 (Sat) | Middle | Yamato Buzan-ryu Shigin meet | 10:00 am | Free | Kawamura 0476-46-7107 |
| 29 (Sun) | Large | Kamagaya Philharmonic Orchestra Concert | 2:00 pm | Free | Kato 080-5455-4822 |
| | Middle | Ensemble Dolce concert | 2:00 pm | Free | Sato 492-3130 |

※ Program may be changed according to the sponsor.

Local Exhibitions Hall

Tel 492-1124

| Program | Content | Time | Charge |
|--|--|---|---------------------------------|
| Exhibition “Articles for everyday use ~ changing and unchanging” | Introduction of things changing and unchanging according to our lifestyle changes | until Oct.6 (Sun) Tue. ~ Sun. 9:00 am ~ 5:00 pm | Free |
| Gallery talk | Lecture on the exhibition | 25 (Sun) 10:30 ~ 11:15 am | Free |
| Lecture | Listen to the voice of articles for everyday use~ What do the articles for everyday use say? Instructor: Kohei Shibasaki (Chiba pref. Bosono-mura) | 29 (Sun) 2:00 ~ 3:30 pm | Free (reservation necessary) |
| “History of Shiroy” regular exhibition | From ancient to modern times-history of Shiroy. | Tue. ~Sun. 9:00am ~5:00 pm | Free |

Library


Tel 492-1122

| Item | Program | Date | Participant | Place |
|--|----------------------------------|----------------------------------|---|----------------------------------|
| Story telling | Picture book reading | 4, 11, 18, 25 (Wed) 11:30 am~ | Children who can listen to the story alone | Story telling room |
| Child and parent story telling | Child song, picture book reading | 25 (Wed) 11:00 am~ | Pre-school age children and parents in Shiroy | |
| Story telling by “Moegi” reading group | Literary book reading for adults | 6 (Fri) 1:30 pm~ | Adults | Study room (On the 2nd floor) |

※ 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 | Twin stars (45 min) | Wed.~Sun. 11:30 am |  Shiroy residents Adults ¥ 210 Children ¥ 100 Non Shiroy residents Adults ¥ 310 Children ¥150 |
| Regular show | Ginga Tetsudo no Yoru (Milky Railway Night) By Seiji Fujishiro works (45 min) | Wed. ~ Sun. 1:30pm | |
| | Tonight's constellation and star story September stars (45min) | Sat. Sun. 1:30 pm | |
| | Habitable zone (45 min) | Sat. Sun. 3:00 pm | |
| Maternity concert + α | Picture book reading and the story of star's birth with Music and Doctor talk for expectant mothers | 4 (Wed) 1:30 ~ 3:20 pm (There are two breaking times) | Free for expectant mothers in Shiroy |
| Platinum hour (for seniors) | Habitable zone story with listening to '50s ~ 90s' music (40 min) | 5 (Thu) 11:30am ~ 12:10 pm | Shiroy residents Adults ¥ 210 Non Shiroy residents Adults ¥ 310 |
| Astronomy Lecture for adults | Small stars in the Solar systems “Why is Pluto not a planet?” | 12 (Thu) 11:00am ~ 12:00 pm Reservation necessary by the day before | |
| Star watching in the day time | Observe the surface of the Sun (in case of bad weather, cancelled) | 14 (Sat) 11:30 am ~ 1:30 pm | Free |
| Star watching event | After the lecture of stars in the dome, go out to observe the moon, Venus, etc. (in case of bad weather, only the lecture will be given) | 14 (Sat) 6:30 ~ 7:45 pm | Adults ¥ 200 Children free |
| Hiyoko planetarium | Star story for children who are visiting the planetarium for the first time. | 25(Wed), 27 (Fri), 28 (Sat) 11:30 am ~ 12:00 pm | Adults ¥ 200 Children free |

Health Check

Tel 497-3494

| Date | Time | Place |
|----------|--------------------|----------------------------|
| 6 (Fri) | 11:00am ~ 12:30 pm | Fuji Center |
| 11 (Wed) | 10:00 ~ 11:30 am | Nishi-shiroi Fukugo Center |
| 24 (Tue) | | 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 ・ Vaccinations

| Date | Place | Time | Person under the Category |
|---|---------------|-----------------|--|
| Consultation for 4 month-old child care | | | |
| 10 (Tue) | Health Center | 9:30~10:00 am | Children born in April 2013 |
| 20 (Fri) | | 1:15 ~ 1:45 pm | |
| Consultation for child care on meals (chewing lesson class) | | | |
| 25 (Wed) | Health Center | 9:45 ~ 10:00 am | Children born in November 2012 will receive notification |
| Consultation for 1 year and 6 months old child care | | | |
| 17 (Tue) | Health Center | 1:15~1:45 pm | Children born in February 2012 will receive notification |
| 27 (Fri) | | | |
| Dental check-up for 2-year-old children | | | |
| 18 (Wed) | Health Center | 1:15 ~ 1:45 pm | Children born in March 2011 will receive notification |
| Consultation for 3 year-old child care | | | |
| 3 (Tue) | Health Center | 1:15~1:45 pm | Children born in March 2010 will receive notification |
| 6 (Fri) | | | |
| 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 (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 (for textbook)

Instructor: International Friendship Association of Shiroy

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



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)

Language: English (Other languages could be available)

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

千葉県外国人テレホン相談 Chiba Advisory Service
TEL:043-297-2966

English : Mon-Fri 9:00-12:00, 13:00-16:00

日本語:月～金、9:00～12:00, 13:00～16:00

Español: Lunes-miércoles, 9:00-12:00, 13:00-16:00

中 文: 毎星期二, 9:00-12:00



がいこくじんのための無料法律相談

Free Legal Consultation for Foreign Residents

Free. Reservation required. Interpreters available on 10 days prior request.

Reservation: Chiba International Center TEL: 043 (297) 0245

◆場所 Place

Chiba International Center

14th Fl. Marive East,

World Business Garden (WBG)

2-6, Nakase, Mihama-ku, Chiba

JR Keiyo Line Kaihin-Makuhari Station, Marive East

5min. walk from Kaihin Makuhari Sta. South Exit



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