



SHIROI BULLETIN

白井宣传

広報しろい

白井宣傳

홍보시로이

July 2014



あさがお *morning glory*

PROTECTION FROM “HEATSTROKE” IS IMPORTANT (「熱中症」は予防が大切)

In the current season, citizens must be aware of heatstroke at night as well as during the daytime.

Infants, the aged, chronic disease patients and persons in bad health are especially prone to heatstroke.

In order to live healthy this summer, let's begin to take measures against the symptoms of heatstroke.

◆What is a “heatstroke symptom”?

Human beings are homoiothermal animals, adjusting their body temperature in a narrow range between 36 and 37 degrees centigrade in order to sustain life.

In circumstances of high temperature and high humidity, a human being lowers its body temperature by widening blood vessels or sweating. However, a malfunction of the body's natural temperature adjustment may cause an imbalance of body moisture; which is a heatstroke symptom.

◆Prevention of heatstroke is important to “supply water” and “avoid heat”

Serious heatstroke symptoms can be life-threatening and lead to death.

Preventive measures or first aid, however, can prevent heatstroke. Let's take good care of our health when there is a sudden hot day.

- Drink some water continuously
- Use an air conditioner or fan as needed, without being stubbornly patient
- Wear cool clothes, use a parasol or a hat when going out
- The aged should drink some water continuously even if they don't feel thirsty. When the room temperature exceeds 28 degree centigrade, wear half sleeve clothes and use an air conditioner or fan.

◆Consider the possibility of heatstroke, when the following symptoms occur:

Slight degree: Dizziness, feeling dizzy while standing up, muscle pain, or non-stop sweating

Middle degree: Headache, nausea, feeling of boredom

Severe degree: Unconsciousness, convulsion, high body temperature, wrong response when calling out, unable to walk straight

◆When getting heatstroke

Symptoms of heatstroke change as time elapses, so it is important to watch the patient's condition carefully even if he/she has a slight degree of symptoms. The patient should not be left alone.

If a patient's condition gets worse, call an ambulance immediately.

[Slight degree]

- Give the patient some water or sport drink
- Move him/her to a cool place
- Loosen their clothes and cool down their neck and armpits

[Middle/Severe degree]

- Immediately consult a doctor at hospital
- If the patient becomes unconscious, or can't walk by themselves, call an ambulance

For inquiries contact: Kenko-zukuri or Health Promotion Section Tel. 497-3494

DON'T FORGET PAYMENT OF TAXES (納付を忘れずに)

Thursday, July 31 is the due date for the following city taxes, etc.

- Real estate tax and city planning tax (second term)
- National health insurance tax (first term)
- Nursing care insurance premium (first term)
- Medical care insurance premium for persons over 75 years of age (first term)

Please pay these taxes, etc. by the due date (Delayed payments will become additional arrears)

Automatic payment for taxes from one's bank account is convenient. Convenience stores will accept your city taxes payment if they are paid within the term (except medical care insurance for persons over 75 years of age).

For inquiries contact: Shuzei-ka or Tax collection Section

Tel. 492-1111 ext. 3121/5

“COME ON, TWO-DAY BOYS & GIRLS’ STAYING IN A TEMPLE”—PARTICIPANTS ARE INVITED BY YOUTH CONSULTATION COUNCIL FOR TEMPLE LODGING EXPERIENCE

(「二日坊主よっ寺っしゃい」参加者募集～青少年相談員連絡協議会 お寺で宿泊体験～)

Participants will stay over-night in a temple with friends, get up early in the morning for sitting in Zen meditation, transcribe a sutra concentrating in a quiet circumstance, etc. There is also an interchange with youth consultants.

During this summer vacation, why not enjoy time in a temple and make a good memory with friends?

Date: Saturday, August 23 ~ Sunday, 24.

※Meeting at 2 p.m. Dismiss at 11:00 a.m. on the following day.

Place: Choraku-ji temple (Ne, Shiroy city)

Applicable person: 20 elementary school students from 4th grade ~ junior high students living in Shiroy city (decided by drawing lots if applications exceed 20 persons)

Things to bring: spare clothes, toiletries, blanket made of toweling, a cup, a flashlight, a set of calligraphy, insect repellent, and a copy of health insurance certificate

※ Bathing, and bringing a cell phone, a computer game and candy/cookies are not allowed

Fee: 1,500 yen (insurance, food and others)

Applications and inquiries: On a reply-paid postcard fill in your name, address, sex, date of birth, name of school, grade, any necessary special considerations such as allergies, and send it by Friday, July 18 (deadline) to Secretariat, Shiroy city Seishonen Soudan-in Renraku Kyogikai or City Youth Consultation Liaison Council (in Shogai Gakushu-ka or Life-long Study Section)

Tel. 492-1111 ext. 3433

REDISCOVERY OF JAPANESE CULTURE “YUKATA WEARING” (日本文化再発見「浴衣の着付け」)

Why don't you learn how to wear Yukata kimono or summer dress by yourself when going out for a fireworks display or summer festival?

Date: Thursday, 17th from 10:30 a.m. – 12:30 p.m.

Person: Adult women 10 persons (by the order of applicant)

Lecturer: Ms. Kazuko Ikehata, kimono teaching

Things to bring: Yukata, hadagi or underwear, half width sash, obiita, waist-cord 2 pieces, datejime sash

For inquiries and applications: By Monday, 14th. Komin Center

Tel. 492-5266 or apply to its desk directly



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 31st (Sat), 2015 at the following clinics. Those who have applied or who had the check-up two years ago will receive a questionnaire. Please contact Kenk-ka (Health Section) if you have not received a questionnaire or are applying for the first time.

[Designated clinics]

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

Breast cancer check-up (for 30s' ultrasonic check-up) Shiroi Seijinkai Hospital, Morikawa Obstetrics and Gynecology Clinic.

Hokuso Shiroi Hospital, Toho Kamagaya Hospital (Kamagaya City)

Breast cancer check-up (for 40s' and older mammography check-up) Shiroi Seijinkai Hospital, Toho Kamagaya Hospital (Kamagaya City)

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

CIVIC SWIMMING POOL TO OPEN (市民プールオープン)

The swimming facilities are equipped with exciting and adventurous pools with slides, running water competitions, and kids etc. ※ A discount coupon book is on sale: pay for 6 visits and get 7 coupons.

The Civic Swimming Pool will remain open until September 15th (holiday).

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

Admission fee: shown on the table below.

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 at each public center.(One for each family,

Validity : unlimited)

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



Shiroi Sport Park Information (白井運動公園からのお知らせ)

◆ Doubles tennis clinic

Ryo Iwami, a head coach at Yoshida Memorial Tennis Training Center, will give a lesson on doubles tennis shots and positioning, followed by a practice match for participants in the afternoon.

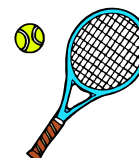
Date : 16 (Wed) 10:00 am ~ 4:00 pm (reception from 9:30 ~9:50 am, in case of rain, cancelled)

Participants: first 32 ladies of 18 years and older ※ If applicants are less than 18, the event will be cancelled.

Things to bring : lunch, drink

Charge : ¥ 2,500 (insurance and etc.)

Inquiries and applications : Call or in person at Shiroi Sport Park Tel 497-0222



◆ Summer holidays "Catch a Beetle" experience

Date : July 25 (Fri), August 1 (Fri), 8(Fri) 9:00 ~11:00 am

Participants: 10 elementary school 6th graders and younger for each day (If applicants exceed the number, chosen by draw) ※ Pre-school age children need to be accompanied by a parent.

Things to bring : an insect net, insect cage, drink, hat

Free of charge

Inquiries and applications: Send a return post card, with your name (how to read), address, age, school grade, telephone number, the day you wish to join, parent's name for children under school age, no later than July 15(Tue).

To 〒270-1416 Shiroi city Shishiba 1728-1

Shiroi Sport Park "Catch a beetle" Tel 497-0222

※ Results will be notified by July 19 (Sat).

SHIROI COMMUNITY CULTURE CENTER



Culture Hall Tel 492-1121

Date	Hall	Program	Open	Charge	Information
5 (Sat)	Large	Chiba prefecture Police Department Music band concert	2:00 pm	Free	Culture Center 492-1121
13 (Sun)	Large	Ballet & Dance contest	10:30 am Ballet 1:30 pm Dance	Free	Hagiwara 090-6565-3658
26 (Sat)	Middle	Piano and violin concert	1:30 pm	Free	Sato 492-3130
27 (Sun)	Middle	Piano concert	1:30 pm	Free	Abe 492-4714

※ Program may change according to the sponsor.

Local Exhibitions Hall Tel 492-1124

Program	Content	Time	Charge
Exhibition of the 20 th anniversary of opening "History Documents"	Important documents for the research of city cultural assets will be displayed	Tue. ~ Sun. 9:00am ~5:00pm July 26(Sat) ~ October 5 (sun)	Free
Gallery talk	Explanation of the 20 th anniversary exhibition	31 (Thu) 1030 ~ 11:15 am	Free
"History of Shiroi" regular exhibition	From ancient to modern times-history of Shiroi (until July 16 th)	Tue. ~Sun. 9:00am ~5:00 pm	Free

Library Tel 492-1122

Item	Date	Program	Participant	Place
Story telling event	2, 9, 16, 23, 30 (Wed) 3:30 pm	Picture book reading	Children who can listen to the story alone	Story telling room
Child and parent story telling	23 (Wed) 11:00 am~	Child song, picture book reading	Pre-school age children and parents in Shiroy	
The 20 th anniversary of opening Summer holiday story week	24 (Thu) Arinomi group 25 (Fri) Story Calendar 26 (Sat) Story Basket 11:00 am ~ (30 ~40 min)	Story telling by volunteer group members	From children to adults	

※ 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 hour	Roy and our rocket Let's go to Mars! (45 min)	Until 13(Sun) Sun. 11:30 am	Shiroy residents Adults ¥ 210 Children ¥ 100 Non Shiroy residents Adults ¥310 Children ¥ 160
	Yomoyama School astronomy club Earth, Moon, Sun and familiar stars (45 min)	From 19(Sat) Wed. ~ Sun. 11:30 am	
Regular show	Tonight's stars and star story, July stars (45 min)	Sat. and Sun. Wed.~ Sun. 1:30 pm	
	Space Museum to discover a vast expanse of space	Sat. and Sun. 3:00pm	
	Stars a kind of interested in (45 min)	From 19 (Sat) Wed. ~ Sun	
Platinum hour (for seniors)	The story of "star festival" (40 min) with '50s ~ '90s music	3 (Thu), 5(Sat) 11:30am ~ 12:10 pm	Shiroy residents ¥210 Non Shiroy residents ¥320
Starry sky live concert (for adults)	Enjoy a live performance of a 4-member electric guitar band under a starry sky, performer : Suzuki Hendricks	13 (Sun) 1:30 ~ 2:50 pm	¥ 700 (¥ 600 advance sale now on sale)
Star watching in the day time	Observe the surface of the Sun (in case of bad weather, cancelled)	19 (Sat) 11:30 am~1:30 pm	Free
Star watching event	After the lecture of stars in the dome, go out to observe the star festival, Mars, Saturn and etc. (in case of bad weather, only the lecture will be given)	19 (Sat) 7:30 ~ 8:45 pm	Adults ¥ 200 Children free
Child and parent starry night live concert	Enjoy music and star story Performer: yumi ♪maki	27 (Sun), ① 11:00am ② 1:30 tickets will be sold one hour before the show for the first 86 persons	On the day only ¥ 300 (same for children who occupy a seat)

※ Summer show will be from July 19 (Sat) until August 31(Sun), Wed. ~ Sun.

Health Check Tel 497-3495

Date	Time	Place
2 (Wed)	10:00 ~ 11:30 am	Health and Welfare Center
4 (Fri)	11:00 ~ 12:30 am	Fuji Center
16 (Wed)	10:00 ~ 11:30 am	Nishi-shiroy 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 ・ Vaccinations

Date	Place	Time	Person under the Category
Consultation for 4 month-old child care			
8 (Tue)	Health Center	9:30~10:00 am	Children born in February 2014 will receive notification
25 (Fri)		1:15 ~ 1:45 pm	
Consultation for 9 months-old child care on meals			
30 (Wed)	Health Center	9:45 ~ 10:00 am	Children born in September 2013 will receive notification
Consultation for 1 year and 6 months old child care			
18 (Fri)	Health Center	1:15~1:45 pm	Children born in December 2012 will receive notification
22 (Tue)			
Dental check-up for 2-year-old children			
16 (Wed)	Health Center	1:15 ~ 1:45 pm	Children born in January 2012 will receive notification
Consultation for 3 year-old child care			
1 (Tue)	Health Center	1:15~1:45 pm	Children born in January 2011 will receive notification.
4 (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

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. (Tel. 492-1111 ext. 3354/3355)

Language: English (Other languages could be available)

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

Published by Shiroy City

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

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