

"Nationwide Information Notification Drill" utilizing the Disaster Protection City Radio (防災行政無線を用いた「全国一斉情報伝達訓練」を行います)

"J-Alert", an immediate alert notification system throughout the country when an earthquake or military attack occurs, will notify the city of emergency information. Our city will immediately let you know the information by the disaster protection city radio. In order to confirm the system works correctly, the nationwide broadcasting drill will be held according to the schedule below. On the day, the following information will be announced by the disaster protection city radio etc. set at various locations in the city.

(Information to be announced)

Sound of chime

[Koreha, J arato no tesuto desu.]

"This is J-Alert test (repeated 3 times)"

[Kochiraha bosaishiroi desu.]

"This is Disaster Protection Shiroi"

Sound of Chime

(Schedule of the drill)

May 15 (Wed), 2019 around 11:00 a.m. (1st time) August 28 (Wed), 2019 around 11:00 a.m. (2nd time)

December 4 (Wed), 2019 around 11:00 a.m. (3rd time) February 19 (Wed), 2020 around 11:00 a.m. (4th time) *The test may be cancelled due to weather conditions or actual disasters.



Your kind understanding and co-operation will be appreciated.

<u>Inquiries</u>: Kiki-Kanri-ka or Crisis Management Section
Tel. 047-401-4650

Free Employment Agency (無料職業紹介所)

The city of Shiroi runs a free employment agency for the city and its neighboring cities.

We accept and refer employment opportunities to applicants seeking permanent and part-time jobs. Please do not hesitate to make use of the service.

Employment consultations and an introduction at the free employment

agency is considered a job seeking activity required for the unemployed under the employment insurance of the government.

Date and time: Monday – Friday 9:00 a.m. – 5:00 p.m. (information desk: 9:00 a.m. – 12:00 p.m., 1:00 p.m. – 4:00 p.m.)

Place: 2F Shiroi City Hall, Main Building

Covered Cities: Shiroi City, Inzai City,

Kashiwa City, Kamagaya City, Funabashi City, Yachiyo City and Abiko City

For inquiries, contact:

Muryo Shokugyo Shokai-sho or Free employment Agency in Shiroi city hall. ext. 3203

*We also accept job offers from companies, so please contact us.

Implementation of Comprehensive Survey of Living Conditions (国民生活基礎調査を実施します)



Ministry of Health, Labor and Welfare will implement a comprehensive survey of living conditions nationwide. The purpose of the survey is to research basic topics of living conditions such as health, medical care, welfare, pension, and income and to obtain data which is required for the planning and management of the health, labor and welfare administration of the country.

From around the middle of April, staff in

charge of statistics will visit households in the target area to distribute and collect questionnaires.

The staff will carry ID as an authorized surveyor.

Your understanding of the objective of the survey and kind cooperation is appreciated. By law, the results of the survey may be used only for the statistical purposes and no other purposes.

Area to be surveyed: Parts of Kiyodo

Record date for the survey:

About Household, Health and Welfare; June 6th About Income and Saving; July 7th

For inquiries, contact:

Imba Kenko Fukushi Center Kikaku-ka or Planning Section, Imba Health and Welfare Center Tel. 043-483-1133

Would you like to utilize subsidies for house renovation expenses etc.?

(建物の改修などに関する各種補助金を活用しませんか)



The city is granting various subsidies for the improvement and repair of houses. Certain conditions must be met in order to be

conditions must be met in order to be qualified for the subsidy. Applications must meet the conditions and be filed before

placing an order for construction.

<u>For inquiries</u>, contact: KenchikuTakuchi-Ka or Building Land and Building Guidance Section (ext. 3714/5)

Partial assistance for the expenses to remove concrete block fencing

Target and Maximum Amount: 1/2 of the expenses for the total or partial removal of a dangerous concrete block fence facing a road. Maximum is 100,000 yen

② Partial assistance for house renovation expenses

Target and Maximum Amount: Ten (10) % of the expenses for the house renovation that costs over 200,000 yen and an order for the work is placed with a contractor from Shiroi city. Maximum is 100,000 yen.

- *For inquiries about construction contractors in the city, please contact the chamber of commerce (Tel. 492-0721).
- * As for 2019, applications will be accepted from May 10 (Mon).
- * Assistance will be provided on a first come, first served basis and applications will close as soon as the budget runs out.
- * In the same fiscal year, a subsidy will be paid only once for the same house renovation.

③ Partial assistance for seismic diagnosis of houses and repair work cost.

We will subsidize a part of the cost for seismic diagnosis and repair work of detached houses and condominiums constructed before May 1981.

Target and Maximum Amount:

For detached houses; 70,000 yen for seismic diagnosis and 500,000 yen for repair work. Regarding condominiums, please contact us for details.

To make our town safer and more secure (安全で安心な街づくりを自指して)

* Another mobile police box has been placed at the Shiroi Division of Inzai Police Station. (The division office is located in the Shiroi City Hall)

*You can receive the lecture necessary for the renewal of your driver's license at Shiroi Division of Inzai Police Station. (Lecture for the renewal of driver's license)

You can do the following at the Shiroi Division of the Inzai Police Station;

- Application for the renewal of driver's license
- To receive the lecture for the renewal of driver's license and pick up the renewed license

Qualification: Persons who are categorized as a superior driver or persons who are categorized as a normal driver and live in the area covered by Inzai Police Station. The qualification will also be stated in the notice of the renewal sent by post card.

<u>For details</u>, contact: Inzai Police Station Kotsu-ka or Traffic Section Tel. 0476-42-0110

Revision of the period of tax reduction or exemption of National Health Insurance tax for ex dependents

(旧被扶養者の国民健康保険税の軽減期間の見直し)

The period of reduction or exemption of National Health Insurance tax for those who are over 65 years old, who were once dependent as a company employee etc. and switched to latter-stage elderly medical insurance system, and who have bought National Health Insurance has been revised. The period was stipulated "for the time being" but from April 2019, as for the per capita levy and per household levy, the period became "2 years after joining the National Health Insurance".

The per income levy is unchanged and reduced or exempted for the time being,

<u>For more details contact</u> *Hoken Nenkin-ka* or Insurance and Pension Section ext. 3171

Participants for International Goodwill Mini Soccer Tournament

(国際親善ミニサッカー大会参加者募集)

We will hold "International Goodwill Mini Soccer Tournament" through the planning and operation of the International Friendship Association of Shiroi (IFAS) in order to interact and deepen friendship with foreigners living in the city and its neighboring areas.

Would you like to make international exchanges on a natural turf pitch with foreigners from Brazil, Peru and the like?

Date and Time: May 19th (Sun), 8:30am – 3:30pm (Canceled only in case of heavy rain) **Place:** Shiroi Athletic Park

Target: Individuals or teams of 6 or more; there will be 12 teams in total (We will do a lottery if there is a large number of applicants.)

Game Format: 6-person system with a pitch of 40 x 30 meters **Entrance Fee:** 2,000 yen per person, 12,000 yen per team

Application: Complete the application form and send it to IFAS by April 30th (national holiday).

<u>For inquiries, contact:</u> International Friendship Association of Shiroi (IFAS) at 497-3040 and *Kikaku Seisaku-ka* or Planning and Policy Section at 401-8607

SAMRIZE LIVE 2019 (竜馬四重奏)

Remember Fukushima ~ Restoration Support Charity

Enjoy the harmony of Japanese and western musical instruments. Violin, Tsugaru samisen, Japanese transverse bamboo flute and Drum

Date and start time: June 8 (Sat) 14:00 hours (The venue will be open at 13:15 hours)

Place: Matsudo Morino Hall 21 (Big Hall)

Charge: Adults; ¥3,500, ¥4,000 (ticket sold on the day) All the seats are reserved. Elementary and junior high school students; ¥2,000

Preschool children are advised not to attend.

For inquiries, please contact: Ms. Nishihogi, Newtown

Tomonokai Tel. and fax. 047-491-8120

How are you?

From Public health nurse (Kurihara)

"Stop smoking – Aren't you giving up?" (禁煙…あきらめていませんか)

Whenever you stop smoking, it is never too late!

When I asked a man "Do you smoke?", he answered "I understand I had better stop smoking. But I've smoked since I was young, so isn't it too late to stop smoking now?"

Actually, there is no "too late" to stop smoking. Whatever your age when you stop smoking, you can still recover from the physical damage of smoking.

Several days after you stop smoking, you will be able to feel the change in your everyday life such as improvements in your skin condition and getting rid of bad breath. Several months after you stop smoking, your cough will improve and your immunity to bacterial infections is reduced. If you continue to stop smoking for 2~4 years, the risk of the heart diseases such as angina or myocardial infarction will decrease by one third.

When you start to think about stopping smoking it is a good time for you to stop smoking and get healthy! Don't give up the chance of stopping smoking and let's try no more smoking.

Benefits of giving up smoking

If you stop smoking, your family will be happy and those who succeed in stopping smoking experience improved confidence in themselves in the achievement of stopping smoking. Some people say that they are not irritated because of a lack of nicotine in their body, and are no longer stressed by being blamed for their smoky smell or smoke blowing, and "family relations improve".

[Effects of stopping smoking]

Just after

There is no worry that smoke is polluting the people around you 20 minutes after

Your blood pressure and pulse get down to normal, hand and feet temperature rises

8 hours after

The blood concentration of carbon monoxide falls, blood concentration of oxygen rises

24 hours after

The possibility of heart attack decreases

Several days after

The sense of taste and smell improves, walking gets easier

2 weeks ~3 months after

The circulatory function, heart and blood vessels, improves

1~9 months after

Your cough gets better, you recover stamina, the self-cleansing power of your respiratory tract recovers and it becomes harder to get infections

1 year after

Your lung function improves

for those who have light/middle level chronic obstructive lung disease

2~4 years after

The risk of coronary heart disease decreases by 35% compared to continued smoking. The risk of the cerebral infarction noticably decreases.

5~9 years after

The risk of lung cancer noticably decreases compared to continued smoking

10~15 years after

Your risk of getting diseases becomes close to the level of nonsmoking people (quoted from: e-health net, the Ministry of Health, Labor and Welfare)

Health Consultation *Kenko-ka* (Health Section) Tel 497-3494

| Date | Reception time | Place |
|----------|---------------------|---------------------------|
| 10 (Fri) | 11:00 am ~ 12:30 pm | Fuji Center |
| 20 (Mon) | 10:00 ~ 11:30 am | Health and Welfare Center |

Citizens of all ages are welcome. Public health nurses and nurses will give health consultations. Health checkups such as blood pressure checks are also available. * Telephone consultations are also available. * On 19 (Mon), children's height and weight can be measured, and nutrition consultation by a dietitian is also available.

Children Health Check Kenko-ka (Health Section) Tel 497-3495

| Date | Place | Reception time | Person under the Category |
|-----------------|---------------------------------------|----------------------------|---|
| Co | nsultation for 4 month | -old child care | |
| 14 (Tue) | Health Center | 9:30~10:00 am | Children born in December 2018 will receive notification |
| 24 (Fri) | | 1:15 ~ 1:45 pm | |
| Cla | ss for baby meals | <u> </u> | |
| 8 (Wed) | Health Center | 9:45 ~ 10:00 am | Children born in July 2018 will receive notification |
| Hea | alth Check-up for 1 yea | r and 6 months old child | lren |
| 10 (Fri) | Health Center | 1:15~1:45 pm | Children born in October 2017 will receive notification |
| 21 (Tue) | | | |
| De | ental check-up for 2-ye | ar-old children | |
| 15 (Wed) | Health Center | 1:15 ~ 1:45 pm | Children born in November 2016 will receive notification |
| Hea | olth check-up for 3 year | r-old children | |
| 7 (Tue) | Health Center | 1:15~1:45 pm | Children born in November 2015 will receive notification. |
| 17 (Fri) | | | |
| Health Center | is on the 2 nd floor in He | ealth and Welfare Center. | ' |
| If you don't re | eceive notification, pleas | se contact the Health Cent | er |

SHIROI COMMUNITY CULTURE CENTER

Closed on Mondays, Year-end and New Year's days

(Open on national holidays except when they are on a Monday)

Culture Hall Tel 492-1121

| Date | Hall | | Open | Charge | Information |
|----------|----------|---------------------------------|---------|-------------|---------------------------|
| 10 (Sat) | Kaori | Citizen open lecture | 1:30 pm | Free | Shiroi Seijinkai Hospital |
| | | How to have a relationship with | | | 491-3111 |
| | | children ~Think about Applied | | | |
| | | Behavior Analysis study and | | | |
| | | Development disorder~ | | | |
| 12 (Sun) | Nashi-bo | Sunday mini concert | 2:00 pm | | Hanagasaki 492-3073 |
| 18 (Sat) | Kaori | Piano concert | 1:30 pm | | Shinoda 090-8027-1893 |
| 19 (Sun) | Kaori | Piano concert | 1:30 pm | | Kumada 090-2758-4036 |
| | | | | | |
| 25 (Sat) | Nashi-bo | Humming wave The 20th concert | 2:00pm | | Kimura 492-0376 |
| | | | | | |
| | Kaori | Traveling satchel shop | 10:00am | | Kanndaya bag factory |
| | | | | | 0120-310-111 |
| 30 (Thu) | Kaori | Prevention of nursing lecture | 2:00 pm | Free | Senior Welfare Section |
| | | | | reservation | 497-3484 |
| | | | | necessary | |

^{*} Programs may be cancelled or postponed according to the sponsors.

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 Repaired old writings quick report | Introduction of the old documents that show the relationship of Kiyoto Village and the load. | From 8 (Wed) Tue. ~ Sun. 9:00am ~ 5:00 pm | | |

Library Tel 492-1122

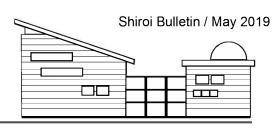
% open hours under trial 9:30 am~ 7:00 pm on Tue /9:30 am~ 5:00 pm Wed.~ Sun. and national holidays

| Program | Date | Program | Participant | Place |
|--------------------------------|---------------------------------|-------------------------------------|---|--------------------|
| Story telling event | 8, 15, 22, 29 (Wed) 3:30 pm~ | Picture book reading | Children who can listen to the story alone | Story telling room |
| Child and parent story telling | 22 (Wed) 11:00 am~ | Child song, picture book reading | Pre-school age children and parents in Shiroi | |

Library exhibition corner (April ~May)

"Thank you Heisei era"

On April 30th the Heisei era will finish. What kind of times were the Heisei times? There were big events from the 20th century to the 21st century. Through the events over 30years, from 1989 to 2019, the exhibition will look back on the Heisei era. *Exhibition will be held in the library on the season or current events topics.



| Planetarium Tel 492-1125 | | | | | |
|---|---|--|---|--|--|
| Item | Program | Date | Charge | | |
| Kids show (live explanation of stars) | Do you know? Constellation quiz, spring (45 min) | Sun. May 2, 3, 4 11:30am May 5 different program | Shiroi residents Adults ¥ 280 High school students and younger ¥ 100 | | |
| Regular show | Present, past, future, Part 2 ~ the 50 th anniversary of landing on the moon, the 25 th anniversary of Shiroi Planetarium open (45 min) | Sat. Sun. May 2, 3 1:30 pm May 5 different program | Non Shiroi residents Adults ¥340 High school students and younger ¥160 Sold from 30 minutes before the show | | |
| | Constellation museum the Southern Cross (45 min) | Sat. Sun. May 2, 3, 3:00pm | | | |
| Platinum hour (for seniors) | Astronomy story with familiar music "Star catalogue" (45min) | 9 (Thu), 11 (Sat) 11:00~11:45am | | | |
| Kids event "Let's go to the starry sky zoo" | Participating planetarium with "Yuharu"- the unit of key board and clarinet (50 min) | 5 (Sun) 11:00 am 1:30 pm | Adults ¥ 500 High school students and younger ¥ 200 Sold from an hour before the show | | |
| Hiyoko planetarium | Star story telling for children who watch the planetarium for the first time | 25 (Sat), 29 (Wed) 11:30 am~ 12:00pm | Adults ¥200 Free for high school students and younger Sold from 11:00am | | |
| Planetarium for expectant mothers with the library (for adults) | Picture book reading and CD concert with the story of star birth Participants: expectant mothers and families with a baby | 31 (Fri) 11:00am ~ 12:00pm | Adults ¥200 Free for high school students and younger Sold from 10:30am | | |
| Star watching in the day time | Observe the surface of the Sun (in case of bad weather, cancelled) | 11 (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 and planets. (in case of bad weather, only the lecture will be given) | 11 (Sat) 7:30 ~ 8:45 pm Reception from 6:10 pm | Adults ¥ 200 Free for high school students and younger reception from 7:10 pm | | |

[※] Spring holiday show is March 27 (Wed) ~ April 7 (Sun) Wed.~ Sun.

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

Participants: Foreign residents or those working in Shiroi City

Lesson fee: ¥1,000 (Not including texts)

Instructor: International Friendship Association of Shiroi





≪Daytime Class≫

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

Place: 1st and 3rd Friday - Shiroi Ekimae Center /

2nd, 4th and 5th Friday - Nishishiroi Fukugo Center

Inquiries and applications: Mr. Yoshida Tel. 047-491-0791

≪Nighttime Class≫

Time and Date: Every Wednesday from 7:20pm till 8:50pm

Place: Nishishiroi Fukugo Center

<u>Inquiries and applications</u>: Mr. Soda Tel. 047-442-2380



Shiroi City Advisory Service for Foreign Residents(百并市外国人和談談首)



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: 401-8607 extension 3354)

Language: English (Other languages could be available)

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

Holiday of May - 5/3 Kenpo Kinenbi (Constitution Memorial Day)

In memory of the enforcement of post-war new pacifism constitution on May 3,

1947, this day is designated as Constitution Memorial Day.



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