

A fund transfer is convenient for payment of the National Pension premium

(国民年金保険料の支払い)

You wouldn't forget to pay the premium of the National Pension if you pay by fund transfer, as it is automatically paid from your bank account. There is also a discount system for payments made in advance.

For more details please see Japan Pension Service website.

◆Early payment discount

Usually the payment should be done by the end of next month, but if you pay this month 50 yen per month will be discounted.

◆Payment in advance system

Additional discounts are available for early payments made in advance for 6 months, one year, or two years.

※If you receive partial exemption of the premium, payment is only by the end of next month.

◆How to apply

Fill in the "National Pension premium fund transfer application form" (available at the Pension office, financial institutions, City office Insurance, Pension Section), put the seal of the bank account, and submit it to Funabashi Pension Office or the bank window of your account that you do the payment by fund transfer.

※Make sure of the submission deadline, and if you mail it send it to arrive by the deadline.



Inquiries: Japan Pension Service Funabashi Pension Office
047-424-8811 ext. 3174

How to pay		Payment in advance period	Application submission deadline	Transfer date	Transfer discount	Cash payment discount
Ordinary payment		—	—	End of next month	0	0
Early payment		—	Anytime	End of this month	50 yen per month	—
Payment in advance	6 months	① April ~Sep. ② Oct. ~ Mar. next year	③ end of Feb, ④ end of Aug.	⑤ End of Apr. ⑥ End of Oct.	1,120 yen (①② total 2,240yen)	800 yen (①② total 1600 yen)
	1 year	Apr. ~Mar. next year	First 10 days of Feb.	End of Apr.	4,130 yen	3,500 yen
	2 years	Apr. ~Mar. the year after next	First 10 days of Feb.	End of Apr.	15,760 yen	14,520 yen

※ Discount of FY2019 premium

Non-combustible and bulky waste will not be accepted

(燃やさないごみ、粗大ごみの一時搬入を停止します)

~From Feb. 8 (Sat) to 16 (Sun)~

Inzai Clean Center will hold a periodic check-up and undertake repair work.

During this period, waste will be accepted as follows

8 (Sat) ~ 16 (Sun) collection ・ brought in

× : cannot be accepted ○ : can be accepted

Item	Collection	Brought in
Bulky waste	×	×
Non-combustible waste	○	×
Combustible waste	○	○
Recyclable waste	○	

Inquiries: Inzai Clean Center Tel 0476-46-2732

2020 Tokyo Paralympic torch relay runners wanted

(東京2020 パラリンピック聖火ランナー募集)



From August 13 (Thu) to 25 (Tue) this year, "Tokyo Paralympic torch relay" will be held, and in Chiba pref. a torch festival will be held, which includes lighting, collecting flame ceremony, and torch relay on August 19 (Thu).

On that day, the flame will be collected from all cities, towns and villages in Chiba pref., that is "Chiba pref. flame", and the torch relay will be held in Chiba pref. Please take this chance to become a torch relay runner.

Application period: by Feb. 15 (Sat) post mark on this day is valid. Route and outline: The route is by the Chiba city harmony plaza concerning gender equality and welfare facility and Chiba port arena where many para-sports meets will be held.

3 runners meeting each other for the first time will make one team and run for 200 meters per one team. Number of runners: 29 (self-nomination, other nomination is OK)

※Presenting partners of the Paralympic torch relay also want runners.

Applications: Prefecture website application form, or fill in the application form available at prefecture office 2nd floor information corner, at each district promotion office, city or town office and send it by specific record mail. ※ For application conditions see the website or application form.

Inquiries: Chiba pref. Environment life section Olympic, Paralympic promotion bureau 043-223-3488・3489

Acceptance Of Declaration For 2019 year Of City / Prefectural Taxes, And Final Returns for Income Tax

(「市民税・県民税の申告」と「所得税の確定申告」の受け付け)

The period of declaration of city/prefectural taxes and final returns for income tax is from February 17 (Mon) until March 17 (Mon). Shiroyi city will conduct the "Acceptance of Declaration", "Guidance of Self-Writing/Individual Consultation" and "Free Consultation by the Tax Accountant Society"



Distribution of the Declaration form at the city office and branch office will be from the last ten days of January.

For inquiries; Narita Tax Office Tel 0476-28-5151

City's Taxation Section Tel. 047-492-1111 ext. 3261~3

Those who need to declare

Citizens living in Shiroyi (on Jan. 1st, 2020) and corresponding to one of the following conditions during the year of 2019.

[City/Prefectural Tax]

- Those who received employment income only, but their employer has not reported the payment statement (a certificate of tax deducted) to the Shiroyi City Office.

- Those who don't need to make a declaration of income tax, but who would like to claim various deductions such as a life insurance premium, etc.

- Those who received a handicapped person's pension or survivor's pension, but received no other income.

- Those who had no income and were not anyone's dependent.

- Those who are dependent on a relative who is a tax payer living in another city.

- The spouse of those who had an income of 10 million yen and over, that had an income of 380,000 yen or less per year living at the same address.

※ People are still required to submit a city/prefectural resident tax declaration if they have an income.

[Income Tax]

◆Persons who have business income or real estate income:

Those who received the whole amount of their income in 2019, which exceeded their total income deductions for items such as basic deductions and dependent deductions, etc.

※Persons who are not required to submit an income tax declaration are still required to submit a city/prefectural resident tax declaration.

◆Persons who received an employment income:

- Those who received an employment income exceeding 20 million yen per year

- Those who received more than 200 thousand yen per year of private income other than employment income

- Those who received incomes from more than two different employers

- Those who had income tax withheld, want an income tax refund for medical bill deductions and/or housing loan deductions, etc.

- Those who retired in 2019, and had no year-end tax adjustment

◆Persons who made a donation to their hometown and require a donation deduction:

Persons who made a donation to their hometown from January 1 till December 31, 2019

※Those who made a donation to 6 groups or more, all donations, and when the person who received a one stop exception does the final income tax return of medical expenses, a mention of the donation subtraction is necessary because they do not become a target of the one stop exception.

※Things to bring for declaration

- My-number card, a notice card, or a document with My-number written and a driver's license (the copy needs to be attached)

- Inkan or Seal, • writing materials, • a calculator

- Document showing whole income for 2019 (salary payment

or certificate of tax deducted at source for pension, etc.)

- Your account numbers for your financial institution (bank or post office)

- ID, password for those who did e-TAX last year

- Copy of FY2018 declaration that shows the amount of deduction for those who made a declaration last year

- A document, etc. that shows a deducted amount, such as the following:

- Receipt of donation

- Certificate which shows deduction for premium on National Pension, or a copy of payment receipt

- Receipt which shows the amount paid such as National health insurance premium, nursing care premium, medical insurance premium for senior citizens

- Deduction certificate for a premium for life insurance or earthquake insurance

- Detailed statement of medical expenses deductions.

- A copy of physically handicapped book

- A document for spouse's income amount

※If a person doesn't have a physically handicapped note, if he/she is 65 years old or over, and has been approved as requiring necessary support care, he/she may be considered as a person who is a deducted person, and is encouraged to consult the Elderly Welfare Section. Tel 497-3473

A document necessary to declare the special deduction for housing loan for the first time

- A detailed statement of housing loan special deduction

- Document of house and land sales contract

- House and land registration certificate

※When it is a long-term excellent house or authorized low-carbon house, and when you do enlargement reconstruction work, please confirm it at the Narita tax office.

Pensioners do not need to make a declaration

Among pensioners, those who received a public pension income of less than 4 million yen per year, and received less than 200 thousand yen of other income, are not required to make a final declaration of income tax, but may submit an application for the final income tax return.

Persons who don't need to declare their income tax, who want to receive a deduction of life insurance premiums, etc. which are not listed on "the tax deduction certificate", are requested to declare the city/prefectural resident tax.

"e-Tax" makes it easy to make a declaration

Declaration made by PC at the city declaration consultation should be submitted online. You can make a declaration with ID, password registration and send it online.

※Besides the things to bring for the declaration, prepare your password that contains 8 to 50 figures with alphabet lower case letters and numbers.

"Medical expenses notice" can be used to declare a medical expenses deduction

The attachment of the detailed statement of the medical expenses subtraction is necessary in substitution for the presentation of the receipt(s). When you make a declaration, prepare a detailed statement of the medical expenses.

※You need to keep receipts of medical expenses for 5 years.

※If you attach a medical expenses notice sent from the insurer, you don't have to make the notice.

Medical expenses notice forms are different according to each insurer, and some notices may not be used for the declaration. Please confirm with the insurer.

When your actual payment is not the same amount as the one written on the notice, you need to correct the expenses on the declaration.

Inquiries: Medical expenses deduction City's Taxation Section ext. 3261~3 Medical expenses notice or Insurance and Pension Section ext. 3179

"Free Consultation" "Self-writing Guidance Class" to be held

The following is a schedule for consultation and guidance. Completed declaration documents will also be accepted. (Bring all necessary things for declaration) The tax accountant society will hold the free consultations.

Schedule for Free Consultation/Self-writing Guidance

Item	Schedule	Time (hours)	Place
① Before Application Period	Free Consulting by P.C. (Accountant Society)	Feb.10 (Mon), Feb.12 (Wed) 14 (Fri) 10:00am ~12:00pm 1:00~4:00 pm	Aeon mall Chiba NT 3rd floor hall (Inzai city)
② During Application period	Self-writing Guidance	Feb.17 (Mon) ~ Mar.17 (Mon) Weekdays Feb.22 (Sat), Feb.29 (Sat) 9:00~11:30am 1:00~3:30pm 9:00am ~12:00pm	City office east building meeting room 101

Notes;

- ① If you prepare documents by personal computer (PC) (Accountant Society), staff will assist. Income tax, special reconstruction income tax, personal consumption tax may be submitted (except the first year of housing loan special deduction, blue return, you have transfer income of land, building and stock)
 ※Distribution of declaration documents will not be available.
 ※For submission only, please bring it to the Tax Office or send it by mail.
- ② City staff will assist self-writing, and the final documents may be submitted.
 ※For both ① and ② as to 'Blue Return' declaration for income tax, transfer income, consumption tax, donation tax, etc, the city will only accept the form. For a consultation please contact Tax Office.

Depending on participant numbers, reception may close early.

[Notice from Narita Tax Office]

Writing a declaration form and submission

Narita Tax Office (Narita Zeimusho) will open a meeting place to write and submit 2019 taxes for income, special restoration, consumption of private business, local consumption, and donations. However, consultation of inheritance tax, payment of the state tax, and application and issue of paid tax certificates will not be conducted.

Narita tax office will not provide an open writing space.

Date: Week-days on February 17 (Mon) – March 16 (Mon), February 24 (Mon), and Mar. 1 (Sun). 9:00 am ~ 4:00 pm
 (Applications of declaration will be accepted until 5:00 p.m.)

Venue: Aeon Hall at 2nd floor Narita Aeon Mall

Persuasion to join Residents' Association

(自治会に加入しませんか)

Residents' association, neighborhood association, etc. (hereinafter called "residents' association, etc.") is an organization composed of residents with the aim of helping residents to cooperate with each other and make the town comfortable to live in. Cooperating with the city and other associations in the region, residents' associations, etc. help residents to clean roads and parks, prevent crime and disaster and promote communications among residents. Residents' association, etc. play a key role in the maintenance of the living environment of the region and promotion of friendship among residents.

The participation rate of residents, however, is 63.5 % as of April, 2019 and it is decreasing every year.

In recent years, there have been cases of people dying alone due to the decreasing birth rate and aging population. Big typhoons and heavy rains have done serious damage in Chiba prefecture. We are unable to cope with such problems individually or with family alone. The activities of residents' association, etc. have

become more important for taking measures to address such problems.

To cope with such problems, it will help you to keep relations with the region. You can help people and you can be helped by others. We especially recommend that you join a residents' association, etc. Then, you can get information from circulars issued by the city and other regions.

Residents' associations can make the town comfortable to live in with the cooperation of many people and we encourage your interest in the activities of the associations.

Please contact neighbors or Citizen's Activity Assistance Section to join a residents' association, etc.

Inquiries: Citizen's Activity Assistance Section Tel: 401-4078

Do you know the Adoption Program?

(アダプトプログラム制度をご存じでしょうか)

In the adoption program, public spaces (roads and parks, etc.) are likened to adopted children and citizens are foster parents. Parents take care of the beautification of their adopted public spaces, which are like their adopted children, and the city assists the activities of the adoptive parents, supplying necessary materials and public relations. The city also works on the enlightenment of citizens. Any accidents that happen during beautification activities are covered by the city's accident insurance policy.

The city introduced the adoption program in May, 2007. Two groups were newly registered in 2019 and 12 groups in total were registered as of the end of 2019.

In 2019, such activities as the cleaning of roads and parks, culling of grasses and planting flowers were carried out on 297 days in total and 1,180 people joined the activities.

Won't you join the program and think of the ideal form of running public facilities? Your cooperation in making the town comfortable to live in is appreciated.

Inquiries: Citizen's Activity Assistance Section Tel: 401-4078

Shiroi City Nashibo Coupon with premium for goods will be good till February 29 (Sat), 2020

(白井市なし坊プレミアム付商品券の利用期間は2月29日(土)までです)

The coupon will be good till February 29 (Sat), 2020 and be invalid thereafter. Please be sure to use it while it is valid.

Inquiries: Sangyo Shinko-ka or Industry Promotion Section Ext. 3241 ~ 3243. Secretariat, executive committee for the issuance of coupon with premium for goods (In the Chamber of Commerce) Tel: 047-492-0721

13th (Thu) to 19th (Wed) Campaspe City Friendship City Alliance Week

(13日(木)~19日(水) キャンパスビ市 友好都市提携週間)



To promote the charm of our sister city, Campaspe, February 13th to 19th is 'Friendship City Alliance Week'. We are holding a photo exhibit.

[Campaspe City Photo Exhibition]

Schedule: 13th (Thu) to 19th (Wed)

Place: First-floor lobby of the Health and Welfare Center

For inquiries, contact: Planning and Policy Section at 401-8607

【Let's see the starry sky of Campaspe City】

At the Planetarium, we will introduce the starry sky that we can see in Campaspe City during the friendship city alliance week.

Schedule: 15th (Sat) and 16th (Sun) 3:00 pm onwards (projection time: about 45 minutes) Place: Planetarium Hall

Entrance Fee: For Shiroi City residents, 280 yen for adults and 110 yen for high school students and below. For those who live outside the City, 350 yen for adults and 160 yen for high school students and below.

For inquiries, contact: Planetarium at 492 - 1125

Make sure to keep “copied receipts” for large amounts of medical expenses

(高額な医療費を負担した人は、必ず「領収書のコピー」を)

If you paid a large amount (where the monthly total amount exceeds a family's fixed limit) for the city's National Health Insurance, the city will make a refund for 'large medical expenses' upon your application. For the application procedure, a receipt (or copy) of medical expenses must be attached. Take care when applying for a tax declaration. Keep the copy of the receipt of medical expenses to receive a refund for 'large medical expenses'.

The city will notify a corresponding person as to the refund procedure two or three months after the medical consultation. For example: the city's notification will be sent at the end of January for a consultation in November; in February, for consultations at the end of December.

For inquiries contact

: Insurance and Pension Section Tel. 492-1111 ext. 3179

Occurrence of crimes, traffic, and fire accidents in Shiroy for the month of November

(犯罪、交通事故、火災発生状況)

	Occurrence	Number of Cases	Total for the year
Crimes	Total Number of Crimes	37	316
	Telephone fraud	2	17
	Amount of damage from telephone fraud	7,500,000 yen	41,840,000 yen
Traffic Accidents	Number of injuries	10	115
	Number of deaths	0	1
	Number of bicycle accidents	1	20

We will accept applications for the Distribution of Chiba prefecture Disaster Donation

We will distribute the donations from people in and out of the prefecture for the victims of the series of disasters in 2019 from typhoon No. 15 through heavy rain on October 25. The donations will be distributed according to rules decided by Chiba prefecture's Disaster Donation Distribution Committee. Eligible victims who want to receive the distributed donations are requested to apply.

Target: Households whose house of residence was damaged in 2019 by typhoon No. 15 and/or No.19 or the heavy rain on October 25. (The degree of damage will be confirmed by the descriptions on the 「Disaster Victim Certificate」.)

Damage	Amount of distribution
Total loss	300,000 yen
Partial destruction	150,000 yen
Inundation above floor level	30,000 yen
Small damage	10,000 yen

Distribution of application form: Please scroll down on the city's home page. It is also available at the windows of Welfare Section, Emergency Control Section, Tax Section and the centers of the city.

Method of application: Please submit the completed application form and necessary documents at the window of Welfare Section or mail them to the Section.

Documents to submit: Application for the Distribution of Chiba

prefecture Disaster Donations 2019, Disaster Victim Certificate (Persons who have applied for the city's solatium (compensation payment) do not need to submit.), Copy of ID *, Copy of document to confirm the bank account to transfer money *.

*If the original is presented at the window, you don't need to submit a copy.

Deadline: February 28 (Fri), 2020

Payment: Transfer of the distributed money to the account of the household that applied.

Inquiries: Welfare Section Ext. 5301~5302

Monthly Statistics for the Occurrence of Fire etc. (As of Nov. 30, '2019)

(月別火災等発生件数統計 (平成31年11月30日現在))

Inzai City

Fire		First Aid		Rescue	
Number in November	Cumulative for this year	Number in November	Cumulative for this year	Number in November	Cumulative for this year
2	47	336	3,814	1	54

Shiroy City

Fire		First Aid		Rescue	
Number in November	Cumulative for this year	Number in November	Cumulative for this year	Number in November	Cumulative for this year
3	30	218	2,569	4	32

Shiroy city present event Matsuda Kanon piano recital

~ a highly anticipated star that opened a flower in Russia ~

First Japanese pianist that made a debut from Germany Grammophon.

Please enjoy the performance of the pianist attracting attention most now.

Program: Chopin 24 prelude No. 28 Chopin Fantasy F minor No. 49 Gounod/Liszt "Faust" waltz Rachmaninoff Op.16 Moments Musicaux

※Program may be changed.

Date: March 20 (national holiday), 2020 Start 2:00pm (Open 1:30 pm)

Place: Shiroy Culture Center Large hall (nashi-bo hall)

Participants: 798 persons (include wheelchair seat) (No entry for pre-school children)

Performer: Kanon Matsuda Charge : 2,500 yen all reserved

Tickets are sold from January 21st (Tue) 10:00am ~ at Shiroy Culture Hall window

(Telephone reservation January 28th (Tue) 10:00am ~)

Main presenter/inquiries: Shiroy Culture Hall 047-492-1121



Center Event (センターイベント)

☞ Nishishiroi Complex center (Closed on Monday) Tel. 492-1011 / Shiroyi Ekimae Center (Closed on Monday) Tel. 497-1151 / Fuji Center (Closed on Monday) Tel. 446-1911 / Public Center (Closed on Sunday) Tel. 492-5266 / Sakuradai Center (Closed on Monday) Tel. 491-7111 / Welfare Center • Youth and Female Center (Closed on Sunday) Tel. 492-2022 / Silver Human Resources Center (Closed on Saturday, Sunday) Tel. 498-1717 / Social Welfare Council (Closed on Saturday, Sunday) Tel. 492-5713 / Volunteer Center (Closed on Saturday, Sunday) Tel. 492-5716 / Shiroyi City Development Support Center Tel. 401-3729 / Shiroyi Community Center (Closed on Tuesday) Tel. 491-1505 / Shiroyi Children's Hall (Closed on Tuesday) Tel. 491-0166 / Shiroyi Handicapped Support Center (Closed on Saturday, Sunday) Tel. 401-0621 / Nishishiroi Community Plaza (Closed on Tuesday) Tel. 497-5771

<Public Center>

Manpuku (feeling full) square

Manpuku is a restaurant where citizen chefs put all of their skills into set menus.

From Feb. 15 (Wed), meal tickets (500yen) are sold at the window of the Civic Center. (25 meals each time)

Date: ①Feb. 8 (Sat), ② Feb. 22 (Sat)

Open 11:30 am (closed 1:30 pm)

Menu: ① simmered hamburger, root crop boiled with Oden flavor ② seafood kakiage don (tempura on rice) white radish boiled to amber color

<Ekimae Center>

Picnic room

Move your body and play games. Please drop in to play, make friends and exchange information.

Date: Feb. 5 (Wed) 10:30 am ~ 2:00pm

Participants: from children to seniors

Activities for children in the first half, free time for latter half

You can drink and eat. Pot and microwave are available

Ekimae salon Furatto

Enjoy ukulele music

Date: 12 (Wed) 11:00am ~ 1:30 pm

After the event you can use it as a salon, with coffee and sweets being sold.

Ehiroyi Ekimae Center Festival

ONE TEAM everyone in the community liven up

Date: March 7 (Sat) ~ 8 (Sun) 9:30 am ~ 3:30 pm

Contents: Full of fun events such as stalls, exhibitions, sales, and performance by the circles and groups that do activities in the city. On both days, a lottery will be held from 3:00 pm

※There is no parking lot. Please come by the public transport.

<Fuji Center>

café "Milk"

Enjoy playing with children and parents

Date: Feb. 7 (Fri) 11:00am ~ 1:00pm Place: kids room

Participants: babies and parents, community people (free participation) Free drink, cake 100 yen available

Badminton Tournament (Mixed Individual Match) Co-sponsored by Shiroyi City and Inzai City

(白井市・印西市共催バドミントン大会)

Date: March 8 (Sun)

Place: Inzai City Matsuyamashita Park General Gymnasium (Open: 9:00 a.m.)

Competition Events: Men and Women Mixed Doubles; Grade 1 (Advanced), Grade 2

(Intermediate), Grade 3 (Beginner), Members Entry Qualifications: Open for Grade 1 through

Grade 3 (Player must be junior high school students or older who can work as an umpire.)

Grade to join may change after observation by the secretary of the match.



Only those players who are registered with Shiroyi City Badminton Association or Inzai City Badminton Association can play in the "Members" (Application as a pair or single).

Max. 64 pairs (first come first served basis)

Entrance Fee: Members of Shiroyi City Badminton Association and Inzai City Badminton Association, Junior high and senior high school students; 1,000 yen/person. Others; 1,500 yen/person

Applications and Inquiries: Applications for pairs and application for "Members" by individual will be accepted subject to a final decision by the organizer.

Please write the following information on the application by post card or fax; competition event, name, address and telephone number (Students are requested to write the name of school). Please send the application to the following address. It must arrive by February 29 (Sat.) Mr. Sato 〒 270-1435 2-1-11-1, Shimizuguchi, Shiroyi City Fax: 492-9303 * You can also apply from the home page of Shiroyi City Badminton

Nagomi 「Family Event」 Throwing dried soy beans

(なごみ 「親子で遊ぼう」 豆まき)



Children and parents are enjoying various plays together on the third Tuesday every month. There are flannelgraph, storytelling and pastimes. Let's play together and make friends. Date & time: February 18 (Tue) 10:30 a.m. ~ 11:30 a.m. Place: Nishishiroi Complex Center

Inquiries: Shishida Tel: 047-491-6939

Hi, Consumer Affairs Center! No. 245 (Jan. 15, '20 issue)

(はい消費生活センターです No. 245)

～台風などの災害に便乗した悪徳商法にご注意！～

Q: A repair agent visited us and offered to inspect the roof free of charge. He said, "You can utilize fire insurance and repair the roof and gutter without out-of-pocket costs. We will apply for it for you to cover the damage by the typhoon of the last year." I signed a document called "contract to support application." After scrutinizing the contract, I found that the agent takes 50 % of the insurance money. Can I cancel the contract? (Female in 80s)



A: Troubles with agents that recommend 「Repair of house utilizing insurance etc.」 after typhoon etc. have not reduced. Many of them approach you kindly saying, "I am doing construction work nearby and happened to find that your roof tile is broken. I can check it for you free of charge." They hand you a document saying, "I can do all of the complicated application process for you." The document is actually a kind of so-called 「Contract to support application of fire insurance」 where the agent takes 30-50 % of insurance money as remuneration. Some agents demand a penalty if you order the repair work from another contractor. There are many cases of claims about the repair work of the agent such as, 「Poor finish」 or 「Additional work was necessary and the total cost was expensive.」

To increase insurance money, some agents also apply to include damage that has no relation with a disaster such as damage by aging. If a false claim is detected by the insurance company, you, the insurer is liable for the damage of the insurance company and the agent is not liable.

It is not difficult to complete the application form for the insurance money. If you contact the insurance company, they will send you an application form. You need to get an estimation from more than two reliable contractors. Asking for an estimation does not mean that you have to place an order.

Even in the case that you have inadvertently signed a contract with a malicious agent who visited you as mentioned above, an eight (8) day cooling off period applies for door-to-door sales.

Please don't worry by yourself, and consult the Consumer Affairs Center as soon as possible. Please contact us if the 8 days cooling off has expired. Consultants with qualifications will kindly help you solve the problem.

Inquires: Consumer Affairs Center Ext. 3202 (Monday ~ Friday, 10:00 a.m. ~ 4:00 p.m. City Hall 2nd floor)

Subsidy for Thyroid Echocardiography

(甲状腺エコー検査費用の一部助成)

In order to reduce anxiety about citizen's health with regard to the initial radiation exposure of Fukushima Daiichi Nuclear Power Plant accident, Shiroy City will subsidize a part of the payment for thyroid echocardiography

[Target]
People who were born between April 2, 1992 and April 1, 2011, and a registered Shiroy citizen on the day of the accident and examination.

[Subsidy Amount]

Half the amount of the examination expense (maximum of 3,000 yen); for households receiving livelihood protection the full amount (up to 6,000 yen)

Subsidy frequency: once a year

The application deadline for both subsidies will be within one year from the date you paid the expenses.

For applications and inquiries, contact: Health Section at 497-3494

Periodic Pneumococcal Vaccination of the Elderly ~ The vaccination period for 2019 is until March 31 ~

(高齢者肺炎球菌の定期予防接種
平成31年度接種対象の期限は3月31日までです)

Pneumonia is the third leading cause of death in Japan. A quarter to one-third of pneumonia among adults is considered to be caused by Streptococcus pneumoniae.



This pneumococcus is bacteria mainly contained in the secretions of the respiratory tract and can be infected through saliva and the like, which can cause heavy complications such as bronchitis, pneumonia, and sepsis.

In the city, we regularly perform pneumococcal vaccinations. It is given once per person at a target age.

Those who did not get vaccinated at your target age and those who got the elderly pneumococcal vaccine (Pneumovax) in the past are not eligible, so be careful.

Target

① People who are 65 years old, 70 years old, 75 years old, 80 years old, 85 years old, 90 years old, 95 years old, and 100 years old in FY2019 (until March 31st, 2020)

② Persons who are over 60 years old and under 65 years old, and who have heart, kidney or respiratory problems, or possess the Physically Handicapped Personal Handbook 1 due to impairment of immune functions by the human immunodeficiency virus

Deadline: March 31, 2019

For details, please check the City website or contact Health Section.

For inquiries, contact: Health Section at 497-3495

Let's have a 『Family Doctor』

(『かかりつけ医』を持ちましょう)



● Definition of family doctor by Japan Medical Association

The doctor lives near your home and you can consult comfortably about everything relating to your health with the reliable doctor. If necessary, the doctor introduces you to institution(s) specialized in the disease you may suffer from.

● So many merits of having a family doctor!

① You can take necessary measures at an early stage of disease because you know the

daily condition of your health.

② If necessary, the doctor introduces you to specialists that you really need.

③ You feel free to consult about everything and at anytime about your health and you will not skip or postpone a medical check or take wrong measures. So you can prevent ailments from being severe.

When you really need it, you can consult your family doctor easily. We recommend that you have a family doctor near your home or work place. **Inquiries:** Health Section Tel: 497-3494

Let's use Generic Drugs

(ジェネリック医薬品を利用しましょう)

Generic drugs are drugs which are produced after the patent for the original drug has expired. Generic drugs are as effective and safe as the drugs produced before the expiration of patent and are certified by the Ministry of Health, Labor and Welfare.

Generic drugs need lower development costs and the price is reasonable. Use of generic drugs reduces your medical costs and your burden as well.

There are some cases where no generic drug is available or your burden does not reduce after switching to a generic drug. Please consult a doctor or pharmacist when you get a prescription.

Inquiries: Insurance and Pension Section Tel: 047-401-3942

Japan Red Cross Narita Hospital 「Meeting Square 2020」

(成田赤十字病院「ふれあい広場」2020)

We hold this meeting to say thank you for the daily cooperation of the people in the region as well as to make known the function of the hospital through this meeting with people.

Please come to the meeting with your friends.

Day and time: February 22 (Sat), 2020 10:00 a.m. ~ 3:00 p.m.

Place: Japan Red Cross Narita Hospital

Fee: Free

Target: Elementary school students

Contents: Job experience, Exploration in the hospital, Emergency cooking during disasters, Artificial legs, Trial of automated external defibrillator (AED), Health consultations, Stamp rally (with souvenir), etc.

Inquiries: Japan Red Cross Narita Hospital Management Section
Tel: 0476-22-2311

Vegetable rich recipe recommendation

(Ishikawa) (野菜たっぷりおすすめレシピ)

Koya-tofu (freeze-dried tofu) vegetable kimchi fry

Ingredients for 2 persons: koya-tofu one piece, potato starch 2

large spoons, white radish 10cm, carrot one quarter, cabbage one leaf, enoki mushroom half of pack, kimchi 70g, cooking oil one large spoon, miso 2 small spoons, sake one large spoon



Method

- ① Soften koya-tofu by soaking it in lukewarm water and cut it in half lengthwise, then slice sideways. Coat it with potato starch.
- ② Cut white radish and carrot 5cm long and 1cm wide. Cut enoki mushroom in half and cut cabbage into big pieces.
- ③ Put cooking oil in a heated frying pan, and fry ① until both sides are browned. Then add ② till they become soft, reduce heat to a small flame, and add seasoning.
- ④ Put the lid on the pan for 5 minutes and steam.
- ⑤ Add kimchi, turn the flame to high and fry quickly.

[A word from the nutritionist]

This is a main dish of vegetables and mushrooms rich in fiber. White radish is sweet and good in the cold season, kimchi's umami and heat make for a delicious synergy.

For one person 208 kcal / Salt 1.6g / Vegetable, mushroom

amount 185 g

(350g per day is the target to eat vegetables)

Cooking time 15 minutes

How are you? City Public Nurse (お元気ですか 保健師です)

【How to discipline children without corporal punishment】

In cases where a child is the victim, more often than not corporal punishment that is violence is used to “discipline” the child, which results in serious consequences. We need to take measures urgently for that. Traditionally, corporal punishment of children was allowed in Japan but it can escalate. So, the national government and specialized institutions urge, based on scientific evidence, that we make a society without corporal punishment.

It has been proven that corporal punishment causes serious problems in the development of the brain of children. There are cases where the prefrontal area of the brain shrinks, affecting the control of emotions and behavior of children, or causing mood disorders which are a kind of depression.

Corporal punishment gives children pain and fear, which suppresses the behavior of children. But children do not understand the most important part of the discipline, i.e. “which behavior is wrong and how it should be corrected.”

Thinking this way, we know that there’s no merit in corporal punishment for children or parents.

At the same time, we hear questions “If so, how should we train children?”, “Children should not be pampered.” The confusion of parents who raise children is quite understandable.

We’d like to introduce good ways to discipline children.

○Use easy words for children to understand and give specific explanations. (Simply to say, “Be a good child.” is vague and not

Inzai maki no Tokkome (印西牧の捕込)

In Edo era, there was a government ranch in Chiba pref. for keeping the military horses. The horses were in pasture, but once a year they were gathered and selected. For that occasion, “Tokkome” was made to capture the horses.

In the north-west of Chiba pref. Koganemaki was formed. There were five ranches in Koganemaki, and each ranch had “Tokkome”. Tokkome of Naka no maki, which stretched from Shiroi city Fuji area to Kamagaya city, and to Matsudo city still remain in Kamagaya city, that is national designated historic spot. On the other hand Inzaimaki, which stretched from Shiroi city Toyoichi, Sakuradai to Inzai city, its Tokkome was recorded that it was in Toyoichi.

Prefecture designated cultural asset “Koganemaki no makisi document” has drawings of Inzai maki no Tokkome.

According to the drawings, three square zones of 29~36 meters length and breadth are located in a J shape. The corner is Tokkome, the north side is Wakegakome, the west side is Tamekome. The center part painted black may be

enough. A good example is to say, “Walk on the footpath and don’t run because it is dangerous.”)

○Accept children’s feelings. (Everybody as well as children feel easy hearing words to comfort them.)

○Praise the good behavior that children have done or try to do (“You did well.”, “You tried your best.”)

You may be embarrassed when children do not hear you.

Parents are busy with business, housework, nursing, etc. and often become intolerant. At those times, the following will help you.

○Think of your (parents) health condition or the situation you are in (and say in your mind, “I am tired but I can’t take it out on children.”)

○Look for ways that calm you down and practice them as much as possible. (Deep breathing, Counting from 1 to 10, Getting fresh air, Washing your hands, Drinking soft drinks, Listening to your favorite music, etc.)

Nobody can raise children well from the beginning. If you cannot solve the problem in rearing children after trying various ways, don’t try to solve it alone and please feel free to come to us.

Children Consultation Section. Tel: 047-497-3477

Yukana Ihara, City Public Nurse

“Goshorannba” - observing place.

In the latter part of Edo era, wild horse captures were held in February of the old calendar. Beaters from villages around the ranch drove the horses into tokkome and captured them with a rope to select them. Young horses were kept in Haraikome where they were branded. The shape of the brand was different according to the ranch. The brand for Inzaimaki was a gourd. Three-year-old horses were kept in Tamekome and used for military horses or sold off as farming horses.

The scene of Inzaimaki wild horses being captured was drawn in the city designated culture asset “Inzai makiba no sinkeizu”, and Inzaimaki no Tokkome is also drawn in the picture. The left one is Tokkome, the right one is Wakegakome. You can see the hut on Tokkome. Inzaimaki no Tokkome was lost in the reclamation of Toyoichi area in the first of Meiji era, but the land name “Tokkome tuki” still remains.

Inquiry: Lifelong Study Section 492-1123

Children Health Check Health Section Tel 497-3495

Date	Place	Reception time	Person under the Category
Consultation for 4 month-old child care			
18 (Tue)	Health Center	9:30~10:00 am	Children born in September 2019 will receive notification
28 (Fri)		1:15 ~ 1:45 pm	
Class for baby meals			
5 (Wed)	Health Center	9:30 ~ 10:00 am	Children born in April 2019 will receive notification
Health Check-up for 1 year and 6 months old children			
7 (Fri)	Health Center	1:15~1:45 pm	Children born in July 2018 will receive notification
25 (Tue)			
Dental check-up for 2-year-old children			
19 (Wed)	Health Center	1:15 ~ 1:45 pm	Children born in August 2017 will receive notification
Health check-up for 3 year-old children			
4 (Tue)	Health Center	1:15~1:45 pm	Children born in August 2016 will receive notification.
14 (Fri)			

Health Center is on the 2nd floor in Health and Welfare Center.

If you don’t receive notification, please contact the Health Center

Health Consultation Health Section Tel 497-3494

Date	Reception time	Place
1 (Fri)	11:00 ~ 12:30 pm	Fuji Center
25 (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 available too. * Telephone consultations are also available.

※ On 17 (Mon), children’s height and weight can be measured, and nutrition consultation by a dietitian is available as well.

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	Hall	Open	Charge	Information
8 (Sat)	AEON rhythmic gymnastics Chiba Newtown school performance	Nashi-bo	11:10am	Free	Tanaka 047-647-5114
9 (Sun)	AEON rhythmic gymnastics Kamagaya school performance	Nashi-bo	10:15am	Free	Miyamoto 047-446-8088
	PTNA Piano step	Kaori	10:40am	Free	PTNA ChibaShiroi play with the sound station Abe 090-6039-1714
11(Tue)	Theater play Abandoned life "Mike"	Nashi-bo	1:30 pm	1,000 yen	Tanaka 080-6815-3890
13(Thu)	Consumers lecture	Kaori	2:00pm	Free (apply in advance)	Industry Promotion Section 047-492-1111
15 (Sat)	The 33 rd Shiroi city Social Welfare meet	Kaori	1:30 pm	Free	Shiroi city social welfare council 047-492-5713
16(Sun)	Andante concert	Nashi-bo	1:00 pm	Free	Nakamae 047-406-5615
18(Tue)	Practice pep talk Tears, laughter, moving words	Kaori	2:00pm	Free	Shiroi city Chamber of commerce 047-492-0721
23(Sun)	Culture Hall present theater play "Smoke gets in your eyes"	Nashi-bo	4:30pm	Adults 2,000 yen Elementary, junior and senior high school students 1,500 yen No entry for pre- school age children	Culture Hall 047-492-1121

Library Tel 492-1122 ※ open hours 9:30 am~ 7:00 pm on Tue 9:30 am~ 5:00 pm Wed.~ Sun. and national holidays

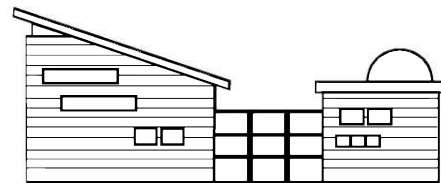
Program	Date	Program	Participant	Place
Story telling event	5, 12, 19, 26 (Wed) 3:30 pm~	Picture book reading	Children who can listen to the story alone	Story telling room
Child and parent story telling	26 (Wed) 11:00 am~	Child song, picture book reading	Pre-school age children and parents in Shiroi	

※ Closed on 27th (Thu) for book classifying**Library exhibition corner (Feb. ~ Mar.)**

"Japanese style life"

From July 24th the Tokyo Olympics will be held. How much do we know about Japan as Japanese people? Why don't we take another look at Japanese life and take forgotten wa life (Japanese lifestyle) in?

※Exhibition will be held in the library on the season or current events topics.

**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	Introduction of movement of people and flow of money in Kiyoto Village		
Local history lecture The 1 st time stars in the life presented with the planetarium	Woodblock from Edo to Meiji era was found in an old family home in Shiroi, which shows the seven days and uppermost star in the Big dipper at that time. Introduction and reproduction of the stars that people watched.	15 (Sat) 11:00am~ 12:00 pm 80 persons (reception from 1 Sat) Place: Planetarium	280 yen Shiroi residents 350 yen non-Shiroi residents

Planetarium Tel.492-1125

Item	Program	Date	Charge
Kids show (introduction of the season constellation)	Do you know? Space quiz (45 min)	Sun. 11:30 am ~	Shiroi residents Adults 280 yen High school students and younger 100 yen Non Shiroi residents Adults 340 yen High school students and younger 160 yen Sold from 30 minutes before the show
Regular show (introduction of the season constellation)	Songs of the sky (45 min)	Sat., Sun., 1:30	
	Constellation museum Charioteer (45 min)	Sat., Sun. 3:30 pm	
Lecture of Local Exhibitions Hall +astronomy Stars in the life	Co-presented by Local Exhibitions Hall. Curator's talk on "seven days uppermost star in the Big dipper star chart, and look for the uppermost star of the Big Dipper in the planetarium (60 min)	15 (Sat) 11:00 Reservation necessary at Local Exhibitions Hall	
Hiyoko planetarium	For the children who watch planetarium for the first time (30 min)	26 (Wed), 29 (Sat) 11:30 am	Adults 200 yen High school students and younger free; tickets are sold from 11:00 am
Star watching in the day time	Observe the surface of the Sun (in case of bad weather, cancelled)	8 (Sat) 11:30am ~ 1:30 pm	Free
Star watching event	After the lecture of stars in the dome, go out to observe the moon, Venus, Uranus, Neptune, and Orion exc. (in case of bad weather, only the lecture will be given) (75 min)	8 (Sat) 5:30 pm	Adults 200 yen High school students and younger free

Discovered! Working People in Shiroy 83 (発見! 白井の仕事人83)

~ Get full enjoying unforgettable flavours ~
Hand-made Ramen Iwama



This time we introduce 「Hand-made Ramen Iwama」 which is located in Shishiba along the Kioroshi highway. The restaurant has been familiar for years among people in this area as 「Iwama Ramen」. When we visited the restaurant for an interview, it was a regular holiday but Mr. Kazuaki Naganuma, the owner of the restaurant, willingly accepted our , suspending preparations for the next day.

About forty-five years have passed since his father, Mitsuo Naganuma, opened the restaurant in Shiroy, the home town of his wife. Mr. Kazuaki Naganuma was an infant then. The restaurant was named after the maiden name of Mitsuo's wife. "The national road 464 was not open at the time and the Kioroshi highway was the main road to connect east and west of the area. So there were many guests coming in to the shop.", Mr. Naganuma said. He worked for a manufacturer that handled soup for noodles and ramen and utilized the knowledge obtained there for cooking his own ramen.

Popular on the menu is vegetable ramen with miso soup. Large servings of hand-made noodles in home-made miso soup

with well stir-fried vegetables and meats on top best suits clients who want to eat all and enjoy the taste.

Mr. Naganuma, the master, wishes that guests feel full after eating. So the volume of dishes is generally large. He hand-makes dumplings from skin to ingredients and cooks roasted pork from block meat. "It is hard work and takes time but it makes it worthwhile for guests to come to this restaurant", said Mr. Naganuma. I felt his strong desire to satisfy guests.

He regrets that he once attempted to serve the taste in fashion at the time. It betrayed the expectations of clients who are repeat customers or who were once repeat customers in their childhood and come with their family to enjoy familiar flavors or flavors from memory. I felt how difficult it is to run a shop with such a long history.

Regarding the future, Mr. Naganuma said, "I wish to continue serving ramen at this location. I will not repeat the same work aimlessly but be sure in preparation and keeping the same tastes." I asked him for his ideas for a new menu. He answered to my impolite question with a bitter smile, "We used to have more menus like katsudon (cutlet on bowl rice) but reduced the menus gradually to the size of today. We are always thinking of something new but it's difficult to reach the level to offer to customers."

When asked about the notice of recruitment, he replied, "New staff will be greatly welcome." Won't you work for a well-known local restaurant with a history of more than 40 years?

Inquiries: Hand-made Ramen Iwama Tel: 047-491-6165
Industry Promotion Section Ext. 3241

Japanese Class for Foreign Residents

がいこくじん にほんごきょうしつ
(外国人のための日本語教室)

Participants: Foreign residents or those working in Shiroy City
Lesson fee: 1,000 yen (Not including texts)
Instructor: International Friendship Association of Shiroy

《Daytime Class》



Time and Date: Every Friday from 10:00am till noon
Place : 1st and 3rd Friday - Shiroy Ekimae Center
(1-2-2 Horigome, Shiroy-City) /
2nd, 4th and 5th Friday - Nishishiroy Fukugo Center
(1-2-1 Shimizuguchi, Shiroy-City)

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

《Nighttime Class》

Time and Date: Every Wednesday from 7:20pm till 8:50pm
Place: Nishishiroy Fukugo Center
(1-2-1 Shimizuguchi, Shiroy-City)

Inquiries and applications: Mr. Soda Tel. 047-442-2380



Shiroy City Advisory Service for Foreign Residents

しーろいしーがいこくじんそうだんまどぐち
(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.

(Phone: 401-8607)

Language: English (Other languages could be available)

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



Helpline for Foreigners (よりそいホットライン)

Yorisoi Hotline (Helpline for Foreigners) is open 24 hours a day to find ways to solve various issues of foreigners living in Japan, such as life, health, status of residence and work.

Supported languages: English, Chinese, Korean, Vietnamese, Tagalog, Portuguese, Nepali, Indonesian, Thai, Spanish
Toll-free number: 0120-279-338

*Please call this toll-free number and press 2 after the guidance in Japanese.

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