

Shiroyi Bulletin

March / 2020

●しろいし えいごのおしらせ

For Users of City Water Supply (市営水道をご利用の皆様へ)

● Water bill per month (Consumption tax excluded)



| Basic Rate | | |
|------------|--------------|------------|
| Diameter | Current Rate | New Rate |
| 13mm | 650 yen | 770 yen |
| 20mm | 890 yen | 1,055 yen |
| 25mm | 1,590 yen | 1,884 yen |
| 40mm | 6,350 yen | 7,525 yen |
| 50mm | 14,400 yen | 17,064 yen |
| 75mm | 33,100 yen | 39,224 yen |
| 100mm | 63,990 yen | 75,722 yen |

| Volume Meter Rate | | |
|-------------------|--------------|-----------|
| Volume | Current Rate | New Rate |
| 1~10m3 | 90 yen | 103.5 yen |
| 11~20m3 | 150 yen | 172.5 yen |
| 21~40m3 | 240 yen | 276 yen |
| 41~100m3 | 330 yen | 379.5 yen |
| 101~500m3 | 400 yen | |
| Over 501m3 | 400 yen | |

○ Remarks on new bills

Water bill is the total amount of basic rate and meter rate. The bill is calculated monthly but invoices are sent every 2 months.

● Example of the calculation of water bills (Ordinary household, model case)

【Diameter is 20mm, Consumption is 55m3 in 2 months】

The volume is divided by 2. Fraction is added to either one of the two months. In the case of 53m3, it is divided to 28m3 and 27m3.

① For the consumption of 28m3

Basic rate 1,055 yen = 1,055 yen

up to 10m3 103.5 yen x 10m3 = 1,035 yen

11~20m3 172.5 yen x 10m3 = 1,725 yen

21~40m3 276 yen x 8m3 = 2,208 yen

Total 28m3 6,023 yen x 1.1 (cons. tax) = 6,625.3 yen

Fractions less than a yen is truncated. 6,625 yen—①

11~20m3 172.5 yen x 10m3 = 1,725 yen

21~40m3 276 yen x 7m3 = 1,932 yen

Total 27m3 5,747 yen x 1.1 (cons. tax) = 6,321.7 yen

Fractions less than a yen is truncated. 6,321 yen—②

③ Water bill (2 months, 55m3)

① 6,625 yen + ② 6,321 yen = 12,946 yen

② For the consumption of 27m3

Basic rate 1,055 yen = 1,055 yen

up to 10m3 103.5 yen x 10m3 = 1,035 yen

*If sewerage is used, water and sewerage are invoiced together.

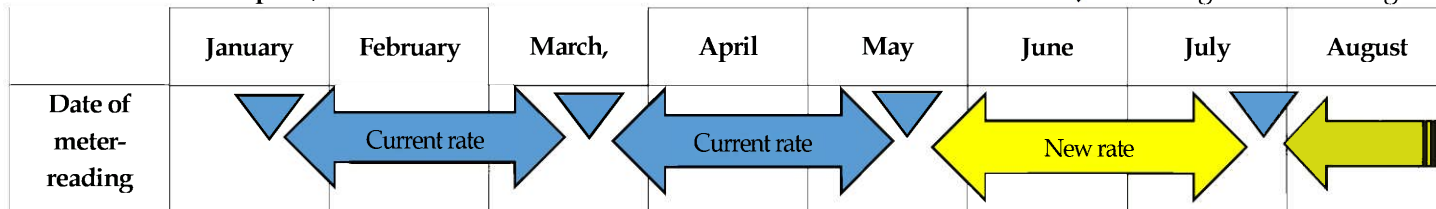
*There is no revision in the rate of sewerage.

● Timing to apply the new rate

For persons who are using the water supply system from before the revision date (April 1, 2020), the old rate will be applied till the meter-reading in July.

For persons who newly start to use the system, the new rate will be applied.

The date of revision April 1, 2020



The event of Sports Park (運動公園からのお知らせ)

◆ Ladies Doubles Tennis Open meet

Date: March 11 (Wed) 9:00am ~ 4:00 pm (in case of rain, cancelled)

Participants: first 24 women pairs 18 years and older

League match and tournament match

Entry charge: 3,000 yen per pair (including insurance)

Applications: by March 8 (Sun) call or at the Sports Park. When you cancel the entry, please advise by March 4 (Wed)

◆ Nordic Walking class

Date: March 15 (Sun) 10:00am ~ 12:00pm (held in the light rain, in case of heavy rain, held on March 22 (Sun))

Participants: those who are 18 years and older (event will be cancelled if participants are less than 3 persons)

Content: walking exercise using two poles by Nordic fitness association members. This is a life-long sport for all ages and physical abilities. A pole is available for free.

Charge: 600 yen (including insurance)

◆ Ladies Doubles Tennis match

Doubles match of C and D class levels for ladies

Date: March 25 (Wed) 9:00am ~ 4:00 pm (in case of rain, cancelled)

Participants: first 24 women pairs 18 years and older

League match and tournament match

Entry charge: 3,000 yen per pair (including insurance)

Applications: by March 22 (Sun) call or at the Sports Park. When you cancel the entry, please advise by March 18 (Wed)

Inquiries: Shiroy Sports Park Management Office Tel 047-497-0222 (9:00am ~ 5:00 pm)

Shiroy Community Culture Center Planetarium

(白井文化センタープラネタリウム)



Further Than Stars

This is chapter II of 「Together with Stars」 produced by Sendai Astronomical Observatory with crowdfunding.

This work conveys the starry sky at the time of Great East Japan Earthquake and keeps it in people's mind. You, as well as all the people,

will feel the power of the starry sky and be encouraged.

Date & time: March 7 (Sat) and 11 (Wed) 4:10 p.m. ~ 4:55 p.m.

Capacity: Adult citizens, 86 persons

Fee: Free, Reservation is not necessary. From 3:40 p.m. on the day, numbered tickets will be distributed at the window on the 3rd floor of the library.

Starry Sky Recitation

Recitation by the recitation club 「Moegi」 will be held in the planetarium dome. Please enjoy storytelling in an atmosphere to fit the story. There is an explanation of the starry sky in the storytelling.

Place: Dome in Planetarium Hall Recitation: Moegi club

Date & time: March 6 (Fri) 1:30 p.m. ~ 2:50 p.m.

Capacity: Adult citizens, 86 persons

Entrance fee: Adults living in the city; 280 yen, Adults living out of the city; 350 yen

Tickets will be sold at the window from 1:00 p.m. on the day.

Reservations are not necessary.

Tel. 047-492-1125 (Planetarium Hall)

Chiba Lotte Marines Special invitation to attend the opening pennant races

(千葉ロッテマリーンズ 公式戦開幕記念 特別観戦のご案内)

Target: Persons living and/or working in the city

Schedule: You can apply for one of the following 4 schedules;

- April 7 (Tue) : Start of the game vs. Fukuoka Softbank
- April 8 (Wed) : Start of the game vs. Fukuoka Softbank
- April 14 (Tue) : Start of the game vs. Rakuten
- April 15 (Wed) : Start of the game vs. Rakuten

Place: ZOZO Marine Stadium (Mihama ward, Chiba city)

Contents: 50 pairs for each game; 100 persons (by lottery)

Seat: Infield, non-reserved seats

Applications: Please apply by URL or QR code between March 2 (Mon) 10:00 a.m. through March 15 (Sun) 10:00 p.m. * We will send a notice to the selected applicants (winners in lottery) by mail around late March. (We will announce the site as soon as the site in URL is decided.)

Inquiries: Marines Information Center Tel: 03-5682-6341

Prevention of Traffic Accidents

(交通事故防止について)



In 2019, the number of casualties by traffic accidents in Chiba prefecture was 172 and it was the worst in the nation.

Many traffic accidents occur at the time of crossing roads in the evening, at night and at dawn.

It is effective for pedestrians to wear light clothes and put on reflective materials for the prevention of traffic accidents.

Drivers should keep in mind that pedestrians have priority at pedestrian crossings and drive paying attention to them.

Let's keep the traffic rules and manners and eliminate miserable accidents.

Inquiries: Citizen's Activity Assist Section, Citizen's Safety Group (3615)

「Hometown Farm」 Users Wanted

(「ふるさと農園」利用者募集)

Contents: As advised below.

| Name of farm | Houme Hometown Farm | Oritate Hometown Farm |
|------------------------|---------------------------------------------------------------|----------------------------------------------------------------|
| Place | Mata 1144-5 | Oritate 591-1 |
| Period of use | April 1 ~ March 31, 2021 | |
| Number of lots offered | 5 lots (If there are more applications, we will hold a draw.) | 15 lots (If there are more applications, we will hold a draw.) |
| Area/lot | 30 square meters | 60 square meters |
| Fee | 13,500 yen /year | 21,000 yen /year |
| Application | Tsukushi Farm 〒270-1354 Inzai city Takenishi 1205-48 | Hiromi Uga 〒270-1404 Shiroy city Oritate 593 |



Applications: Please send a post card to the firm with your telephone number and the name of the farm that you want to use by March 18 (Wed) (Houme Hometown Farm) and by March 31 (Tue) (Orito Hometown Farm). You can apply anytime before the closing date.

*Those persons who currently use Orito Farm do not need to send an application.

Inquiries

: Houme Hometown Farm; Tsukushi Farm Tel. 080-4350-2233
Oritate Hometown Farm; Hiromi Uga Tel. 090-4007-1564 (The number may be disconnected during daytime.)
Industry Promotion Section: Ext. 3247

Hula dance, Free trial lesson (フラダンス無料体験会)



This is a new course. Target: Seniors. To be managed mostly by volunteers.

Date & time : March 19 (Thu) 10:00 a.m. ~

Place : Nishishiroi Complex Center

Number of applicants accepted: 10 persons

Fee: Free (Free entry)

Application: By telephone or mail

Inquiries: Ms. Sayuri Kawakami 070-4102-7018

asari.honu626@gmail.com

Shisuikai Spring Ink paintings exhibition

(師水会 春季 墨彩画展覧会)

Date: March 10 (Tue) ~ 19 (Thu)

Place: Nishi-shiroi Fukugo Center

Inquiries: Shisuikai Kameko 497-0442

Center Event (センターイベント)

B Nishishiroi Complex center (Closed on Monday) Tel. 492-1011 / Shiroy 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 / Shiroy City Development Support Center Tel. 401-3729 / Shiroy Community Center (Closed on Tuesday) Tel. 491-1505 / Shiroy Children's Hall (Closed on Tuesday) Tel. 491-0166 / Shiroy Handicapped Support Center (Closed on Saturday, Sunday) Tel. 401-0621 / Nishishiroi Community Plaza (Closed on Tuesday) Tel. 497-5771

<Nishi-shiroi Fukugo Center>

"With a light evening concert in Shiroy 2020"

Nine years have passed since the Higashi Nihon Big earthquake occurred. Listen to the piano and cello performance, Chorus club of Shiroy High School, the big earthquake literary work reading, with seeing the light to think of those who lost their lives and the importance of bonds of people.

Date: March 7 (Sat) 4:00~ 7:00 pm

Film show "The Yearling" (subtitled version)

Date: March 26 (Thu) 10:00am ~ 12:30 pm

Participants: first 20 persons (reservation not necessary)

Ink live painting

Enjoy the works of ink painting circle "Shisuikai" members live paintings.

Date: March 10 (Sat) 2:00~3:00pm

<Fuji Center>

Parent and child class "strawberry club"

Enjoy teatime after the panel theater. (childcare available)

Date: March 11 (Wed) 10:30 ~ 11:30 am

Participants: first 40 pairs of a child from 2months old to pre-school age and a parent.

Applications: from March 1st to 10th, call or at Fuji Center.

<Public Center>

Manpuku (feeling full) square

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

From 17 (Mon), meal tickets (500yen) are sold at the window of the Civic Center. (25 meals each time)

Date: ① Mar. 7 (Sat), ② Mar. 21 (Sat)

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

Menu: ① Sri Lankan curry rice, pudding ②

Beef curry, salad and etc.



Moving around cherry blossom viewing spots in Shiroy

«classroom lecture»



We visit cherry blossom viewing spots in a classroom with pictures and a film to prepare for the spring to come. Members of 「Shiroy Hometown Guide Club」 will guide you in the classroom. Why not actually visit the spots in spring!

Date & time: March 14 (Sat) From 10:00 a.m. to noon

Target: Ordinary citizen 20 persons (First come first served basis)

Fee: Free

Applications: Please call or visit the center by March 12 (Thu).

Dande de Go ~ First Hip-hop ~

Date & time: March 14 (Sat), 28 (Sat) 14:00 ~ 15:15

Content: Won't you start with easy steps and experience how enjoyable the dance is? Friends with disabilities, friends who are not good at exercise or communication are welcome.

Target: Elementary school students and junior high students who live in the city. 15 persons (First come first served basis)

Lecturer: Ms. Shizuyo Kyuma, beat lecturer

Things to bring: Clothes easy to move in, Slippers, Sweat towel, Drinks

Fee: Free

Applications: Please call or visit Public Center between March 2 (Mon) and 11 (Wed)



<Shiroy Community Center>

The 9th Community Center Fiesta

Date: March 14 (Sat) 9:30am ~ 3:00 pm

Opening ceremony 9:20 am ~ in front of the entrance

Program: The circles get together. Performance of their activities, fun events for children, sale of works

Vegetables, light meals. ※ Park in the 2nd parking lot.

Occurrences of crimes, traffic, and fire accidents in Shiroy for the month of December

(犯罪、交通事故、火災発生状況)

| | Occurrence | Number of Cases | Total |
|-------------------|---------------------------------------|-----------------|---------------|
| Crimes | Total Number of Crimes | 32 | 348 |
| | Telephone fraud | 0 | 17 |
| | Amount of damage from telephone fraud | 0 | 41,840,000yen |
| Traffic Accidents | Number of injuries | 11 | 126 |
| | Number of deaths | 1 | 2 |
| | Number of bicycle accidents | 6 | 26 |

Monthly Statistics for the Occurrence of Fire etc. (As of Dec. 31, '2019)

(月別火災等発生件数統計 令和元年12月31日現在)

Inzai City

| Fire | | First Aid | | Rescue | |
|--------------------|-------------------------|--------------------|-------------------------|--------------------|-------------------------|
| Number in December | Cumulative of this Year | Number in December | Cumulative of this Year | Number in December | Cumulative of this Year |
| 4 | 51 | 291 | 4,105 | 7 | 62 |

Shiroy City

| Fire | | First Aid | | Rescue | |
|--------------------|-------------------------|--------------------|-------------------------|--------------------|-------------------------|
| Number in December | Cumulative of this Year | Number in December | Cumulative of this Year | Number in December | Cumulative of this Year |
| 0 | 30 | 222 | 2,793 | 7 | 42 |

Hi, Consumer Affairs Center No. 246 (Feb. 15, '20 issue) Will it be really cheaper?

Contract of optical line (はい消費生活センターです)
No. 246 本当に安くなる!? 光回線の契約

Q: A man called me and introduced himself as a staff member of major telecom company. He said their telephone fee would be cheaper and I signed a contract as he advised. Actually, the fee is higher than before. Can I cancel the contract? (Male in 70s)

A: This case is of a contract with a so-called optical collaboration (hereinafter called optical collab) where a major telecom company wholesales their optical line service to a business operator(s) and the business operator offer the optical line to individuals adding their optional services, etc.

There is no cooling off system for optical line services but you can cancel the contract within 8 days from the day that you received the contract or from when the line was connected based on the initial stage contract cancellation system. Instead of a cooling off system, you need to pay a service fee, any instalment costs and handling charges in this case.

Even in cases where you cannot cancel the contract according to the initial stage contract cancellation system, you may be able to negotiate a cancellation if there was problem in the sales method.

Sales in optical collab is done by agents for a business operator. They stress merits only such as, "cheaper than your present contract" and there are so many cases of trouble such as, the fee was actually higher because unnecessary option(s) were added or you cannot contact the agent after signing the contract. There are cases that you have to pay additional fee to cancel the present contract. Before signing a new contract, please confirm the contents of the new contract in comparison with your present contract and how you can contact the agent. Whenever you have any doubts or troubles, please feel free to consult us.

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

Meeting to exchange opinions for healthy consumer's life (Full 90 minutes)

(健康な消費者生活のための意見交換会)

We will hold a panel discussion by well experienced persons in charge to reduce the information gap between consumers and those who offer goods and services.

The themes include an introduction to troubles, prevention from suffering damage, systems to watch the region, etc.

Applications are not necessary. First come first served basis on the day.

Date & time: March 27 (Fri) 13:30 ~ 15:00

Place: Shiroy city Health and welfare Center 3rd floor, Group activity room

Number of applicants accepted: 50 persons

Application: Applications in advance are not necessary.

Inquiries: Mr. Hiroshi Inoue, GM, Citizen's legal Dept., Chiba Certified Administrative Procedures Legal Specialist Association 080-117-4800

Shiroy Union Hospital (白井組合病院)

In Japan, National Health Insurance Act was enforced in 1938. It was voluntary to take out health insurance or not and the insurance was run by each insurance union. In Shiroy a health insurance union was established in 1943 but it was virtually closed from the beginning.

After World War II, in 1947 Genshiro Ishibashi, mayor of Shiroy village and Tadayoshi Kanno who to evacuated Tokyo reorganized the union and opened a clinic run directly by the village. Medical doctors took office for internal medicine and surgery departments. Chiba Medical College (now a department of Chiba University) recommended the doctors. The clinic started to diagnose in 1948 and became the core medical institution in the region.

The clinic expanded with the cooperation of towns and villages nearby and in 1949, Shiroy Union Hospital was established to succeed the clinic. It was the only hospital in Chiba prefecture managed by a single union and the second largest of its kind in Japan. In November of the same year, comprehensive health examinations were carried out with the cooperation of Chiba Medical College and medical records were made for all of the villagers. The advanced work was introduced on NHK and many people visited it for observation, we hear. In 1951, the second ward was constructed. The number of staff increased to 20 including 5 doctors and one pharmacist. The total number of beds was 46. The departments were internal medicine, pediatrics, surgery, obstetrics and gynecology, dermatology, urology and dental.

It was useful for the establishment of the hospital that Ishibashi had experience of establishing and managing a clinic before the war and Tadayoshi Kanno was a lecturer at the military hospital.

In 1954, Eiji village and part of Shiroy village merged and the operation of the insurance union deteriorated. At the same time, the management of health insurance by municipality became compulsory according to the revision of law. Under such circumstances, the management of health insurance was transferred to Shiroy village and the Shiroy Union Hospital became Shiroy Village National Health Hospital run by the village.

In 1968, the hospital was reorganized to Shiroy Town National Health Insurance Clinic after demolition of the old ward. Health Center was installed in 1976 and Welfare Center was installed in 1983 in the premises. Such facilities were merged to Health and Welfare Center in 2001 when the town became a city, and the clinic was closed. The old health center became Central Public Hall and the welfare center became Shiroy Children's Hall. In 2009, Shiroy Community Center was constructed using the site where the central public hall and the clinic were located.

There are few traces of the hospital remaining but the stone monument stands in front of the Shiroy Children's Hall to honor Genshiro Ishibashi who contributed greatly to the establishment of the hospital.

Inquiries: Lifetime Learning Section Tel. 492-1123

FY2020 welfare tax use ticket will be issued

(福祉タクシー利用券)

City issues "Welfare tax use ticket" to subsidize a part of taxi charge for persons with disabilities and seniors who need support to participate in events or to go to the hospital. Please apply for the 2020 tickets at the section in charge. You need to apply every year.

Eligible persons: Those who meet one of following requirements

- ① Those who have the certificate of physical disability grade 1, 2 (visual, lower limb, trunk disable grade 3 and up)
- ② Those who have rehabilitation certificate A ~A-2
- ③ Those who have the health and welfare certificate of persons with a mental disorder grade 1
- ④ Nursing care level 2~5

※Be careful that applications are different according to the requirement.

Subsidy amount: a half of the charge one time (limit 1,000 yen)

Numbers of tickets: 3 tickets per month, with a maximum of 36 tickets. (15 tickets per month and a maximum of 180 tickets for those who undergo dialysis of kidney functional disorder.)

Things to bring: Certificate of physical disability, rehabilitation certificate, health and welfare certificate of persons with a mental disorder, nursing care insurance card.

Inquiries and applications: Fill in the form (available at Disabled Welfare Section, Senior Welfare Section, city website), and bring it to Disabled Welfare Section (Tel 497-3483) (person who meets ① ② ③), Senior Welfare Section (Tel 497-3484) (person who meets ④).

Measles and rubella vaccine, 2nd periodic vaccination

(麻疹・風しんワクチン第2期の定期予防接種)

Deadline: Until March 31 (Tue)

Target for the 2nd MR vaccination

: Persons born between April 2, 2013 and April 1, 2014

Inquiries: Health Section Tel. 497-3495

Please apply promptly for the subsidy for the rubella vaccination

(風しん予防接種費用助成金の請求はお早めに)

Rubella virus has been rampant from two years ago, centering around adults.

If a female without immunity is pregnant and infected with the virus, her embryo may have 「congenital rubella syndrome」 which can result in hearing loss, heart disease, cataract, etc for the child. In the past year, 4 newborns were diagnosed with congenital rubella syndrome.

As a measure to prevent the disease, the city subsidizes part of the rubella vaccination cost for people who were diagnosed as low antibody titer.

Target vaccination: Injection of rubella vaccine or mix of rubella and MR (measles rubella) vaccines between September 20 (Thu), 2018 and March 31 (Tue), 2020.

Deadline for applications: Until March 31 (Tue)

Target: Citizens who falls under ① or ② below, and the result of their antibody test was negative or reserved or they had an EIA value of less than 8.0.

- ① Females who want to be pregnant and their spouses (including common-law marriage)
- ② Spouses of pregnant females (including common-law marriage)

*If the antibody test was carried out by other methods than EIA, the values should be less than equivalent of 8.0 in IEA method.

Amount of subsidy: Half of the vaccination cost (Upper limit is 3,000 yen for rubella vaccine, 5,000 yen for the mix of rubella and MR vaccine, rounded down to 10 yen)

*Applications are accepted one time only per person

Inquiries: Health Section Tel. 497-3495

Please take the followings and apply at the window of Health Section;

1. Documents to show the result of the antibody test for rubella,
2. Original receipt with the name of the person to take the test and the name of vaccine,
3. Seal (inkan)
4. Account number to transfer the subsidy.

Have you finished the Rubella antibody examination and vaccination?

(風しんの抗体検査及び予防接種)

To prevent the spread of infection of Rubella, men of the generation that have a low rubella antibody possession rate can have an antibody examination and vaccination for free by using a coupon ticket.

Eligible for the coupon ticket

- ① Men born from April 2nd, 1972 to April 1st, 1979.

Coupon tickets were sent in April 2019. If you lost the ticket, contact the City for reissue.

- ② Men born from April 2nd, 1962 to April 1st, 1972

A coupon ticket for FY 2020 will be sent. If you receive the ticket, please take the examination and vaccination as early as you can.

※Men who meet ① and don't have a Shiroy city coupon ticket due to moving in recently, please contact the City for issuing. The period of validity of the coupon ticket has been extended to March 2021. The coupon tickets printed with validity until March 2020 can be used until the end of March 2021.

Inquiries: Health Section Tel 497-3495

March is suicide-prevention measures strengthening month

(3月は自殺対策強化月間です)



If you feel in pain or find it difficult to solve problems by yourself, why don't you talk to someone?

Please tell your story to your family, friends, consultation desk or medical institution.

In the homepage of Ministry of Health, Labor and Welfare, there is the information

available of the consultation by SNS, Line.

[Main consultation window]

| Name | Telephone number | Notes |
|-------------------------------|--------------------------|----------------------------------------------|
| Yorisoi (snuggle up) hot line | 0120-279-338 (free call) | 24 hours foreign language available |

[Search of the consultation desk]

| SNS consultation | Search Ministry of Health, Labor, and Welfare SNS | Yorisoi chat ※Consultation by Line or chat |
|--------------------------------------------------------------------------|---------------------------------------------------|-----------------------------------------------|
| Support Information search site (Ministry of Health, Labor, and Welfare) | Input the keyword to search the consultation desk | |

Inquiries: Health Section Tel 497-3494

LECTURES FOR EXPECTANT AND NEW PARENTS AND THEIR BABIES

またにいてー & ベビー向けこうぎ
(マタニティ & ベビー向け講座)

New Dads and Moms School

Would you like to learn about childbirth and child care? You will be able to feel what it's really like to become a parent.

Date, contents, things to bring: as per the table below

Place: Health and Welfare Center

Target persons: expectant mothers (about 6-9 months of pregnancy) and their family

(18 couples, first-come-first-served basis) * Women who have given birth can also join.

Child care is available (You need apply for this a week before the lecture.)

Applications and Inquiries: Health Section ☎ 047-497-3495 or "Chiba online application service" for Shiroyi city. The title is Lecture for Expectant Parents and Babies for 2020, the Japanese title is 平成31年度マタニティ&ベビー向け講座申し込み. You need to apply a week before for online applications.

| Time | Contents | Things to bring |
|----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|
| March 8 (Sun) 10:00am - 12:15 pm (reception time 9:45am) | A lecture about the importance of family support in childbirth, experience of pregnancy, and the fetus, bathing, carrying a baby, and maternity Yoga | a mother-and baby notebook, writing materials |
| March 11 (Wed) 10:00am - 12:15pm (reception time 9:45am) | "My baby is crying! What should I do?" This lecture will tell you about how to spend time with your baby after childbirth, food for mothers and babies, and how to take care of your baby's teeth. There is also time for interacting with other babies and mothers eating "shokuiku-bento" | a mother-and baby notebook, writing materials, 500 yen per person for the lunch box |

Baby Salon "IPPO IPPO"

All parents and babies can join to enjoy conversations with other parents here.

We will introduce some play activities which you can play with your babies.

Would you like to have a wider circle of mom friends? Why not?

Time: March 11 (Wed) 10:00am - 11:30am
(reception time 9:45am)

Place: Health and Welfare Center

Target persons: new born babies to the age of around 6 months and their parents

* free of charge, no need for reservation

For inquiries: Health Section ☎047-497-3495

Inquiries: Kenko-ka or Health Section 497-3494

How are you! Mikasa, City public nurse

おげんき ほけんし みかさ
(お元気ですか! 保健師・三笠です)

For the Mental Health of yourself and people around you (measures for the prevention of suicide)

In March, people feel more stress due to the changes of social status and environments in life such as removal, personnel change, advancement to the next stage of education, etc.

It is said that every person has stress and worry, and some people may have a personal crisis and think of committing suicide. Won't you think of it as a familiar problem and not turn a blind eye to it as matter of other people? In 2018, 20,031 people committed suicide in Japan. In Shiroyi city, about 10 people commit suicide each year.

The government designated a week in September as suicide prevention week and March as a month to strengthen the

measures for the prevention of suicide because suicide increases after summer vacation and at the time when life changes occur due to start of working, etc. Last year, the city made a plan to reduce the rate of suicide and is carrying out comprehensive measures for that.

Here, we would like to introduce measures that you and people close to you can practice. First of all, it's important to have balanced meals and make a suitable life rhythm. It is helpful to have time for relaxation and light exercise. It also will help you to share your complaints and concerns and consult with people close to you.

What you can do for the people close to you are to 「Notice, Listen to, Connect and Watch over」 and you can help reduce the risk of suicide. Some people are unable to complain or consult in a timely manner about their mental health problems. You may notice signs of people close to you such as, "Can't sleep well", "No appetite", "Don't speak as much as before". It will help a lot to notice the unordinary signs of people close to you, to share their pains, consult with experts for them and watch over them saying, "I will listen to you anytime."

It is important not to do it alone but to ask for cooperation and assistance from other people in helping a person close to you. Please refer to 「Main windows for consultation」 during the month to enhance the measures for the prevention of suicide. Won't you start to do something, little by little, for the mental health of people around you?

Vegetable rich recipe recommend (Ishikawa)

野菜たっぷりおすすめレシピ

Salad chirashi sushi

Ingredients for 4

persons: cooked rice

600g, one third of a

carrot, white radish 4

cm, leaves of white

radish, shiitake

mushroom 4 pieces,

green bean 4, aburaage

1, sushi vinegar 4 large

spoons, tomato 1, lettuce

Yakinori, salad oil,

[A] 4 eggs, water 4 large spoons, sugar 2 small spoons, salt

How to make

- ① Cut white radish and carrot the same size, white radish leaves 5 mm. Slice shiitake mushroom, green bean diagonally. Put all vegetable on the plate and wrap with plastic wrap and heat in the microwave 600w for 2 minutes.
- ② Grill aburaage and cut it in rectangles.
- ③ Heat oil in the frying pan, and put A to spread thin. When the surface gets dried, stop the fire and place the lid on. Wait for 2 minutes.
- ④ Put ③ on a plate and let it cool down, then cut it in four equal portions and thinly slice it
- ⑤ Put the rice, ① ② and sushi vinegar in the bowl and mix.
- ⑥ Put the lettuce on a plate and then put ⑤ on it, and put ④ on it. Tear the yakinori and put it. Lastly cut a tomato in 8 pieces and arrange them as a decoration.

[A word from the staff for promotion of improved eating habits]

This is very simple chirashi sushi, just vegetable cut and heated in the microwave, that is mixed with vinegar rice. You can have enough vegetables and feel full. Grilled aburaage can give a good accent, with a savory smell that makes it delicious with a light taste. The dish is visually colorful with vegetables and eggs, so it looks delicious. It is good for special event days such as girls' festival.

For one person 418 kcal / Salt 1.2g / Vegetable, mushroom amount 120 g (350g per day is the target for vegetable consumption) / Cooking time: 20 minutes



Children Health Check Health Section Tel 497-3495

| Date | Place | Reception time | Person under the Category |
|----------------------------------------------------------------------------------------------------------------------------------------------------|---------------|-----------------|------------------------------------------------------------|
| Consultation for 4 month-old child care | | | |
| 10 (Tue) | Health Center | 9:30~10:00 am | Children born in October 2019 will receive notification |
| 24 (Tue) | | 1:15 ~ 1:45 pm | |
| Class for baby meals | | | |
| 4(Wed) | Health Center | 9:30 ~ 10:00 am | Children born in May 2019 will receive notification |
| Health Check-up for 1 year and 6 months old children | | | |
| 6 (Fri) | Health Center | 1:15~1:45 pm | Children born in August 2018 will receive notification |
| 17 (Tue) | | | |
| Dental check-up for 2-year-old children | | | |
| 18 (Wed) | Health Center | 1:15 ~ 1:45 pm | Children born in September 2017 will receive notification |
| Health check-up for 3 year-old children | | | |
| 3 (Tue) | Health Center | 1:15~1:45 pm | Children born in September 2016 will receive notification. |
| 13 (Fri) | | | |
| Health Center is on the 2 nd 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 |
|----------|------------------|---------------------------|
| 6 (Fri) | 11:00 ~ 12:30 pm | Fuji Center |
| 16 (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 16 (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

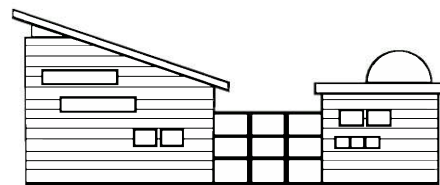
Tel 492-1121

| Date | Hall | Hall | Open | Charge | Information |
|----------|-----------------------------------------------------------------------|----------|---------|------------------------|----------------------------------------------|
| 8 (Sun) | HIP HOP dance performance | Nashi-bo | 1:30 pm | Free | HIP HOP circle beat Ito 047-497-0630 |
| 10(Tue) | Expert's opinion on curios | Kaori | 9:00 am | Free | Futaba Shokai 0120-96-1065 (weekdays only) |
| 11 (Wed) | Expert's opinion on curios | Kaori | 9:00 am | Free | Futaba Shokai 0120-96-1065 (weekdays only) |
| 14 (Sat) | Family concert | Kaori | 2:00pm | Free | Sato 047-492-3130 |
| 15 (Sun) | Piano concert | Kaori | 3:00 pm | Free | Iwata 090-9372-0831 |
| 20 (Fri) | Matsuda Kanon Piano recital | Nashi-bo | 2:00pm | 2,500 yen all reserved | Shiroi Culture Center 047-492-1121 |
| 21 (Sat) | Shiroi High School chorus club concert | Kaori | 1:30 pm | Free | Shiroi High School 047-491-1511 |
| 22 (Sun) | DO-UP!!!Vol.12 | Nashi-bo | 4:00 pm | Free | Sunrise aki33.ovni@gmail.com |
| 24 (Tue) | Health lecture "How to die a peaceful death" | Kaori | 10:00am | Free | Yoshida 090-5444-2604 |
| 25 (Wed) | Nanatsugidai Junior High School brass band concert | Nashi-bo | 1:30 pm | Free | Nanatsugidai Junior High School 047-491-1275 |
| 28 (Sat) | The 28 th Shiroi High School brass band concert | Nashi-bo | 4:00 pm | Free | Shiroi High School 047-491-1511 |
| | The 18 th Shiroi boys and girls chorus concert | Kaori | 2:00 pm | Free | Uchiyama 090-5443-5255 |
| 29 (Sun) | Spring concert (support for the victims of 2019 Chiba pref. disaster) | Nashi-bo | 1:30 pm | Free | Fujii 047-457-9675 |

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 to the movement of people and flow of money in Kiyoto Village | | |
| "Wa hon making Workshop | Making of old Japanese style books Collaboration with a citizen curator | 7 (Sat), 1:00~4:00pm 10 persons 2 nd floor study room | 300 yen (material) |
| Local history lecture The 2 nd time A doctor in Kiyoto village | Actual doctor in Kiyoto village in Edo era, following his life | 14 (Sat) 1:30 ~ 2:30 pm 30 persons 2 nd floor study room | Free |



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

| | Date | Program | Participant | Place |
|--------------------------------|---------------------------------|---------------------------------------|-------------------------------------------------|--------------------|
| Story telling event | 4, 11, 18, 25 (Wed) 3:30 pm~ | Picture book reading | Children who can listen to the story alone | Story telling room |
| Child and parent story telling | 25 (Wed) 11:00 am~ | Children's song, picture book reading | Pre-school aged children and parents in Shiroyi | |

※ Closed on 26th (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? Why don't we take another look at Japanese life and take forgotten wa life (Japanese style life) in?

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

Planetarium

| Item | Program | Date | Charge |
|-----------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Kids show (introduction of the season constellation) | The lost Tricera boy (45 min) | Sun. , 20 (Fri) 11:30 am ~ Wed.~Sun. in the spring holidays | Shiroyi citizen adults 280 yen High school students and younger 110 yen |
| Regular show (introduction of the season constellation) | Songs of the sky (45 min) | Sun., 20 (Fri) 1:30 Wed.~Sun. in the spring holidays | Non Shiroyi citizens adults 350 yen High school students and younger 160 yen |
| | Constellation museum Charioteer (45 min) | Sun. 20 (Fri) 3:30 pm Wed.~Sun.in the spring holidays | Tickets are sold 30 minutes before the show |
| Platinum hour (for seniors) | With good familiar music "ISS story" (45 mi) | 5 (Thu), 7 (Sat) 11:00am | |
| Story reading under starry sky (for adults) | By the volunteer group Moegi, Reading under starry sky Starry sky explanation as well (80 min) | 6 (Fri) 1:30 pm | |
| Special show | "Far beyond stars" made by Sendai astronomical observatory Chapter 2 of "With the starry sky" | 7 (Sat), 11 (Wed) 4:10 pm | Free numbering tickets Will be delivered 30 minutes before the show |
| 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, adults | 19 (Thu) 11:00 am | Adults 200 yen Children free Tickets will be sold from 10:30 am |
| Hiyoko planetarium | Star story telling for children who watch the planetarium for the first time | 18 (Thu), 20 (Sat) 11:30 am | Adults 200 yen Children free Tickets will be sold from 11:00 am |
| Star watching in the day time | Observe the surface of the Sun (in case of bad weather, cancelled) | 7 (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 etc. (in case of bad weather, only the lecture will be given) (75 min) | 7(Sat) 6:30 pm | Adults 200 yen High school students and younger free Reception from 6:10 pm |

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 Shiroi City

Lesson fee: 1,000 yen (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 (1-2-2

Horigome, Shiroi-City) /

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

(1-2-1 Shimizuguchi, Shiroi-City)

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

(1-2-1 Shimizuguchi, Shiroi-City)

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

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.

Shiroi City Advisory Service for Foreign Residents

しろいしがいこくじんそうだんまどぐち
(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: 401-8607)

Language: English (Other languages could be available)

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



Published by Shiroi City,
Kikaku-Seisaku-ka (Policy and Planning Section)
1123 Fuku, Shiroi-shi, Chiba-ken, 270-1492 Japan
Phone: 047-492-1111 Fax: 047-491-3510

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

e-mail: kikaku-seisaku@city.shiroi.chiba.jp
