

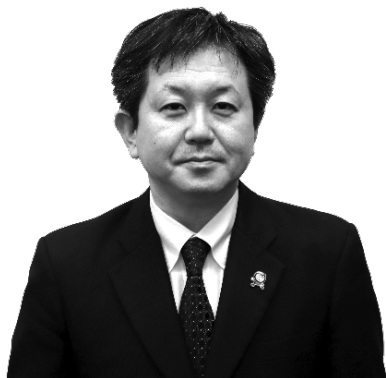
I will assist Mr. Kasai, the mayor with all of my energy!

(ぜんりょく しちやう ほさ (全力で市長を補佐します!))

~ Inaugural Greetings as Deputy Mayor ~

(ふくしちやうしゅうにん (～副市長 就任のあいさつ～))

Deputy Mayor: Takahashi Toshihiro (たかはしとしひろふくしちやう (高橋 俊浩 副市長))



Hello, my name is Takahashi Toshihiro. I was appointed as deputy mayor of the city as of April 1.

I am beyond honored to be the assistant to Mayor Kasai. I will do my best and keep that in mind.

The city is currently taking various measures to prevent the spread of new corona virus in cooperation with the national government. Still, we are not sure

when we can overcome this situation. Last year, the city also suffered seriously from heavy rain by typhoon. It is one of the most important themes for the city to strengthen the system of crisis control. I will do the best for the safety and security of citizens and for the realization of 「Active city full of excitement and green」 as is the future image of the city in the comprehensive plan. I will do everything to meet the expectation of citizens making the most of my experiences as an official of Chiba prefecture.

I appreciate your continued support and look forward to working with you. Thank you.

Prevent the spread of the new coronavirus (COVID-19) infection

(しんがたころなういるすかんせんかくだいぼうし (新型コロナウイルス 感染 拡大 防止のために))

In order to prevent the spread of the new coronavirus (COVID-19) infection, all the City Centers and the Shiroyi Citizens' Community Development Support Center are temporarily closed from Wednesday, April 1 to mid-May.

However, the counters of the City Hall and branch office operations are normally operating from 8:30am to 5:15pm.

We will inform you of the resumption date as soon

as it is decided. In addition, the period may be extended or shortened depending on the spread of the new coronavirus infection.

We are sorry for the inconvenience and appreciate your kind understanding of the situation.

Contact information:

Lifelong Learning Section Tel. 401-8942

(In some cases, please contact each center directly)



Free Employment Agency むりようしよくぎょうしやうかいじよ (無料職業紹介所)

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

We introduce employment opportunities to applicants seeking permanent and part-time jobs.

Employment consultations and getting an introduction to jobs at the free employment agency is considered a job seeking activity required for the unemployed under the employment insurance of the government.

*We also accept job offers from companies.

Date & time: Monday ~ Friday (Reception and consultation; 9:00 am ~ noon, 1:00 pm ~ 4:00 pm)

Place: Shiroy City Hall, Main building 2F

Target cities: Shiroy City, Inzai City, Kashiwa City, Kamagaya City, Funabashi City, Yachiyo City, Abiko City

Inquiries: Muryo Shokugyo Shokai-sho or Free Employment Agency Ext. 3203

Support programs for business owners and workers affected by the new Coronavirus infection

しんがたころなういるすかんせんしやうえいきやううじぎやうしや
(新型コロナウイルス感染症の影響を受ける事業者・
ろうどうしやたいしえん
労働者に対する支援)

The Ministry of Health, Labor and Welfare and the Ministry of Economy, Trade and Industry have established a website that summarizes support measures for business owners and workers affected by the new coronavirus infection.

In addition to posting information about the measures taken so far, we will be posting future measures here at any time, so please check if you need assistance.

Contact: Industry Promotion Section Ext.3241

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

たてものかいしやうかんするかくしゅほじょきんかつやう
(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 etc. In order to be qualified for the subsidy, it is necessary for applicants to satisfy certain conditions and file applications before placing orders for the work in question.

Please contact us directly for details.

Inquiries: Housing and Land Section, Housing Group
Ext. 3714/5

① **Partial assistance for house renovation expenses**

Part of the expenses will be subsidized for the renovation of an applicant's own house if the work is placed with an order from contractor(s) in the city (a corporation or individual business having their head office in the city).

Target and Maximum amount: Ten (10) % of the expenses that exceed ¥200,000 in total. Maximum; ¥100,000.

*For inquiries about contractors in the city, please contact the chamber of commerce. Tel. 492-0721

*As for 2020, applications will be accepted from May 13.

*Applications will be accepted on a first come first served basis and closed as soon as the budget runs out.

*In the same fiscal year, the subsidy will be paid only once for the same house renovation.

② **Partial assistance for expenses related to the investigation by analysis and removal of asbestos.**

"Asbestos as a spraying material" was produced from around 1955 to 1989. If you find any part of materials where "Asbestos as a spraying material" might be used, we suggest that you check it as soon as possible.

Target for Investigation by analysis and Maximum amount: Expenses for the investigation by analysis of the house and/or building where asbestos might be used.

Maximum: ¥250,000.

Target for Removal: Removal of asbestos from the house

②

or building where the use of asbestos has been confirmed as the result of investigation by analysis. Please contact us for the maximum amount of subsidy.

③ **Dispatch of apartment management adviser**

We dispatch an "Apartment management adviser" with the cooperation of the Apartment Management Adviser Association of the prefecture and can help you solve any complicated problems in the management of a condominium. Please consult us for the management of your condo.

Fee: Free *Maximum is two times a year for the management association of a condo.

④ **Partial assistance for the cost of seismic diagnosis of houses and repair work**

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

Target and Maximum amount: For detached houses; ¥70,000 for seismic diagnosis and ¥500,000 for repair work. Regarding condominiums, please contact us for details.

⑤ **Partial assistance for expenses to remove dangerous concrete block fencing etc.**

We promote residents to take measures to remove dangerous concrete block fences etc. that may be destroyed by a big earthquake in the future. We will subsidize a part of the expenses for the removal of dangerous concrete block fences etc.

Target and Maximum amount: Half of the expenses for the total or partial removal of a dangerous concrete block fence etc. that are facing a road (Maximum is ¥20,000 per meter). Maximum is ¥100,000.

*Please consult us before application.

Recommended recipe: Chinese salad with steamed chicken and plenty of vegetables

(野菜たっぷりおすすめレシピ：蒸し鶏の中華風サラダ)



INGREDIENTS (for 4 persons)

160g chicken breast meat, 2 cucumbers, 1 tomato,
a little salt, 1 tbsp sake,
[Seasoning] 1/2 long leeks, 2 tbsp grated ginger, 2 tbsp white
sesame seeds, 2 tbsp vinegar, 1 tsp sesame oil,
1 teaspoon Tianmenjiang sauce, 2 teaspoons sugar, 1+1/3
tbsp soy sauce

PREPARATION

1. Sprinkle salt and sake on the chicken breast meat and make holes with a fork. Wrap and heat in the microwave for about 2 minutes. Cool down the chicken meat and cut into shreds.
2. Shred the cucumbers and thinly slice the tomatoes.
3. Put 1 and 2 in a bowl and add the well-mixed seasonings.

【A word from the dietary improvement promotion member】

By cooking the chicken meat in the microwave, you can save the trouble of boiling it and cook it easily. By using

Tianmenjiang sauce for seasoning, it is easy for children to eat. When the noodle sauce is changed to Toubanjiang (Chinese chili paste), and the pungent ingredient is added, the appetite improves. In addition, by using these spices, even if soy sauce is reduced, it becomes delicious, leading to a



reduction in salt.

120kcal per serving, Salt equivalent: 1.1g,
Vegetable quantity: 114g (350g is the target amount of vegetable intake per day) Cooking time: 10 minutes
(Nutritionist, Health Section, Dietary improvement promotion member)

How are you! I'm a public health nurse. Challenge to quit smoking for you and your important people!

(あなたと大事な人のために禁煙にチャレンジ!)

In the health survey conducted in November and December 2019, 20.9% of men and 5.5% of women answered that they are currently smoking, of which 26.4% of men and 42.9% of women said they want to quit smoking.

Here are some tips that seem to be able to challenge a person intending to give up smoking from now on.

●First of all, feel free to use non-smoking outpatient if you still don't.

A non-smoking challenge that will not hurt if you fail. Let's start with a free feeling. Nicotine withdrawal symptoms peak for two to three days after smoking.

1. In order to get over your smoking habit, change your behavior patterns before and after smoking (do not go to the place where you can smoke after meals, refrain from drinking, etc.),
2. Don't go to places where you want to put away your tools or smoke them.
3. It is recommended to take compensatory actions such as chewing sugarless gum and brushing your teeth.

If I start smoking and I have to stay healthy. If you feel that way, it may be a symptom of a disease called nicotine addiction. If nicotine withdrawal symptoms do not allow you to continue smoking cessation, try using smoking cessation.

●Smoking relieves stress!?

Do you think smoking relieves stress? Measures to prevent second-hand smoke have been strengthened since April of this year, and the indoor facilities used by two or more people addresses second-hand smoking in principle. There is also the stress caused by smoking, such as not knowing where to smoke, or even if you smoke, because you have a bad face and your eyes are concerned.

In addition, it is said that the refreshing feeling after smoking, the sensation of getting out of the state of the nicotine cut (called withdrawal symptoms), is mistaken as stress relief.

●If you don't like gaining weight

In addition, I hear the words "I'm worried about gaining weight" as a reason to hesitate to quit smoking. After smoking, blood flow improves and nutrients are absorbed better, so there may be cases where your weight increases even if you eat the same meals.

This is evidence that the body has returned to its original healthy state. Still, if you are concerned, you can also record your weight every day, or increase the amount of activity you do – e.g. you can walk more, etc.

Smoking cessation protects the health of yourself and your loved ones. Why don't you take this opportunity to take on the challenge?

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 (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 /

2nd, 4th and 5th Friday – Nishishiroy 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: Nishishiroy Fukugo Center

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



Shiroy City Advisory Service for Foreign Residents (しroy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)



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: 401-5998)

Language: English (Other languages could be available)

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

Holidays of May - 5/3 Constitution Day, (けんぽうきねんび 憲法記念日), 5/4 Green Day, (みどりのひ みのりの日), 5/5 Children's Day, (こどものひ 子どもの日) 5/6 Transfer holiday, (ふりかえきゅうじつ 振替休日)

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