

PCR tests for the elderly and people with basic diseases are available for 5000 yen!

(高齢者と基礎疾患を持つ人たちのPCR検査が5,000円で受けられます！)

In Shiroyi City, we have concluded a consignment contract with a medical institution in the city, and if a target person wishes, they can receive a polymerase chain reaction (PCR) test at a co-payment of 5,000 yen. The PCR test screens for COVID 19.

An appointment with a medical institution is required for the examination.

Type of inspection: PCR inspection (Excluding administrative inspection)

Target persons:

- (1) Elderly people aged 65 and over
- (2) People with basic diseases under 64 years of age

* If you have a basic disease, you need a doctor's certificate when you submit an application for the examination (located at the Health Division window, the medical institution, and the city website).

Number of times: Up to 1 time per person

Period: Until March 31, 2021

Inquires: Health Section Tel. 047-497-3495

Implementing medical institutions:

Medical Institutions	Telephone Number
Shiroyi Seijinkai Hospital (Direct access to the medical examination center)	047-491-7596 (9:00~17:00, excluding Sundays and National holidays)
Hokuso Shiroyi Hospital	047-492-1001 (during the medical treatment hours)
Chiba Shiroyi Hospital	047-497-6800 (9:00~17:00, excluding Tuesdays and Sundays)
Sakuradai Medical Clinic	047-491-6668 (9:00~17:00)
New Town Clinic	047-491-8051 (Monday, Wednesday to Saturday 15:30~17:00)

Hunting period begins

(狩猟期間が始まります)

Hunting period is from November 15 to February 15 of the following year.

When you are outdoors such as around Tega swamp, please wear conspicuous clothing and take other measures to avoid accidents.

Also, it is prohibited by law to hunt after sunset and before dawn.

Hunters are required to follow rules and hunt safely without accidents.

Inquiries: Nature Protection Section, Chiba prefecture Tel.043-223-2972

Announcement about the management of personnel administration etc. of the City

(市の人事行政の運営等の状況を公表します)

According to the “ordinance for the announcement about the management of personnel administration of Shiroy city”, we are pleased to let you know the

number, salary, work conditions, etc. of personnel who are working for the city. Please refer to the home page of the city for details.

1. Appointment and dismissal of personnel (as of April 1, 2020)

(1) Number of personnel by department

Sorting	Number of staff		Year-on-year change
	2019	2020	
General administration	298	300	2
Education	61	62	1
Public enterprise etc.	40	41	1
Total	399	403	4

(Remarks) Mayor, Deputy Mayor, Superintendent of Education, Part time staff, Temporary staff and staff working for FY 2020 only are excluded in the table.

(2) The number of general administrative staff by grade

Grade	1	2	3	4	5	6	7	8	Total
Sorting	Assistant secretary	Secretary	Chief Secretary	Assistant unit chief	Unit chief	Assistant manager of section	Manager of section	Manager of department	
	Assistant engineer	Engineer	Chief engineer				Principal engineer	Councilor	
Number of staff	35	36	54	24	51	15	29	10	254
Ratio (%)	13.8	14.2	21.3	9.4	20.1	5.9	11.4	3.9	100.0

(Remarks) The ratios are rounded to the second decimal and the total may not make 100 %.

2. Salary of staff

(1) Labor cost (Financial statements of the general account FY 2019)

Sorting	Population (March 31, 2020)	Expense	Balance	Labor cost (A)	Ratio of Labor cost	Ratio of Labor cost for FY 2018
FY 2019	63,336	19,746,229 thousand yen	801,626 thousand yen	2,866,190 thousand yen	14.5 %	15.2 %

Labor cost: The labor cost includes salary paid to general staff of the city, salary and remuneration paid to the mayor, city councillors etc., social insurance premiums borne by business owners, compensation for Public Service Accidents, etc.

(2) Breakdown of the salary of staff (Financial statements of the general account FY 2019)

Sorting	Number of staff (A)	Total salary expenses				Salary expenses per head (B/A)
		Salary	Staff allowance	Term-end/diligence allowance	Total (B)	
FY 2019	362	1,321,525 thousand yen	281,605 thousand yen	541,665 thousand yen	2,144,795 thousand yen	5,925 thousand yen

(Remark) Salary does not include severance payment. The number of staff is as of April 1, 2020.

(3) Average salary of staff per month and average age of staff (as of April 1, 2020)

General administrative staff		Skilled labor staff	
Average salary / month	Average age	Average salary / month	Average age
392,585 thousand yen	40.2 years old	327,984 thousand yen	57.0 years old

3. Remuneration etc. of special position (as of April 1, 2020)

Sorting		Salary/remuneration per month	Term-end allowance	
Salary	Mayor	747,000 yen *	Ending June	2.075 months
	Deputy Mayor	655,500 yen*	Ending December	2.225 months
	Superintendent of education	637,000 yen*	Total	4.30 months
Remuneration	City council chair	390,000 yen	Ending June	2.10 months
	Vice-chairman	320,000 yen	Ending December	2.30 months
	City council	300,000 yen	Total	4.40 months

* Amount after measures to reduce the amount.

Inquires : General Affairs Division Tel.047-401-5976

Early application for bike parking (fixed-term) in front of train stations for the next year

(来年度の「市宮駅前駐輪場」定期利用申請の先行受付開始)

We will accept applications for the fixed-term use of bike parking places in front of Shiroy and Nishi-Shiroy stations from December 1 (Tue) to 14 (Mon).

During this period, on line applications are available and acceptance posts will be provided at each station and centers in front of the stations.

Current fixed-term users also need to apply for the next year.



If applications exceed the maximum number, it will be decided by draws for each parking place. If spaces are left, they are offered to any applicants after December 15 (Tue) (first come first served basis).

Please confirm details on the city's home page etc.

Period of use: April 1, 2021 ~ March 31, 2022

Charge: As per the following table

Category		Residents in the city		Residents out of the city	
		Bike	Motor bike	Bike	Motor bike
Term use (one year)	Adult	4,000 yen	6,000 yen	8,000 yen	12,000 yen
	Under senior high student	2,000 yen	3,000 yen	4,000 yen	6,000 yen
Temporary (up to 24 hrs.)		100 yen	200 yen	100 yen	200 yen

* Base date is April 1, 2021 (Senior high students to graduate at the end of March are deemed an adult).

Inquiries: City Planning Section Tel. 047-401-4695

GARBAGE COLLECTION SCHEDULE for the year-end and beginning of the new year

ねんまつねんし しゅうしゅうし
(年末年始のごみ収集のお知らせ)

During the year-end and beginning of new year, garbage will be collected according to the table below. Please separate garbage as requested and bring it to the collection point by 8:30 a.m. on the scheduled day.

Garbage will not be collected from December 31 through January 3. Please don't bring garbage during this period.

* During the year-end and new year days, the collection may be delayed because a huge volume of garbage may be brought to the collection point(s).

◎ Garbage collection schedule (year-end and new year)

● Combustible waste

Day of collection		Last collection day in December	First collection day in January
Every week	Monday, Thursday	Dec. 28 (Mon)	Jan. 4 (Mon)
	Tuesday, Friday	Dec. 29 (Tue)	Jan. 5 (Tue)

● Non-combustible waste

Day of collection		Last collection day in December	First collection day in January
First (1) and third (3) in every month	Monday	Dec. 21	Jan. 4
	Tuesday	Dec. 15	Jan. 5
	Wednesday	Dec. 16	Jan. 6
	Thursday	Dec. 17	Jan. 7
	Friday	Dec. 18	Jan. 15

● Recyclable materials

Day of collection		Last collection day in December	First collection day in January
Every week	Monday	Dec. 28	Jan. 4
	Tuesday	Dec. 29	Jan. 5
	Wednesday	Dec. 30	Jan. 6
	Thursday	Dec. 24	Jan. 7
	Friday	Dec. 25	Jan. 8

● Application for the collection of bulky waste

An application is necessary to request the collection of large garbage. Please apply to the Bulky Waste Collection Center (Tel. 047-491-4753). There will be a lot of applications in December and January, and the center will be closed from December 29 (Tue) to January 3 (Sun). So, please make an early application.

- Last day to accept applications at the year-end: December 28 (Mon)

- First day to accept applications in the beginning of the year: January 4 (Mon)

• Time: 8:30 a.m. ~ 5:00 p.m. Every day, except Saturday, Sunday and national holidays.

※Please bring the accepted bulky waste to the designated place on the collection day.

Inquiries: Environment Section (Group to make clean town) Tel. 047-401-5429
Inzai Clean Center Tel. 0476-46-2732



Year-end adjustments for

1. National Health Insurance Tax

2. Premium for the Later Stage Elderly Medical Insurance System

3. Long-term Care Insurance Premium

(①国民健康保険税②後期高齢者医療保険料③介護保険料の年末調整)

The city will issue at any time a “confirmation of payment (where the amount of NHI Tax and insurance premiums paid between January and December of the year are written)” at the windows of sections of the city. An ID (driver's license etc.) is necessary for the issuance.

Around the end of January, 2021, we will send you a “Notice of the amount paid in the year (post card)”

and “withholding slip for public pension etc. (only persons whose taxes are specially withdrawn from their public pension) “. The documents are necessary for filing a tax return.

Inquiries: ① & ②; Insurance and Pension Section
Tel. 047-401-3918

③; Elderly Welfare Section Tel. 047-497-3473

Recommended recipe with plenty of vegetables

(やさいたっぷりおすすめレシピ)

Bacon and cabbage with starchy vegetable sauce

Ingredients: (for 4 people)

Half cabbage (450g), radish 200g, red paprika, 1/2, onion 1/2, komatsuna 50g, bacon 60g (4), 2 cups of water, 1 teaspoon of Chinese Ajinomoto, a little salt and pepper, 1 teaspoon of olive oil, 2 tablespoons of potato starch, 1/2 tablespoon of soy sauce

Preparation:

1. Cut cabbage into 4 equal parts and cut other vegetables into 1 cm squares. Cut the bacon into 8 pieces.
2. Put bacon in cabbage, put it on a heat-resistant plate, wrap it, and heat it at 600W for 4 to 5 minutes.
3. Put water and Chinese Ajinomoto in a pan and simmer. Add cut vegetables and simmer.
4. Adjust the taste with salt and pepper, add potato starch dissolved in water to thicken it.
5. Sprinkle starchy vegetable sauce on the bacon and cabbage



[A word from a nutritionist]

The sweetness of the vegetables and the saltiness of the bacon are delicious. With this one dish, you can consume two-thirds of the target amount of vegetables a day. The vitamins contained in cabbage protect the mucous membranes of the stomach and duodenum and improve immune

functions. Be careful not to eat too much and drink too much during the New Year holidays, and why not add a side dish full of vegetables that is kind to your body?

For one person: 136kcal

Salt equivalent: 1.2g

Amount of vegetables: 220g (350g is the target amount of vegetables per day)

Cooking time: 20 minutes



Won't you take photos with Christmas in the background?

(クリスマスの背景で写真撮影を)

We have prepared Christmas photo spots in the children's room. Please feel free to enjoy taking photos there.

Date & time: Tuesday, December 15 ~ Friday, 18 10:00 a.m. ~ 11:30 a.m.

Place: Shiroy Ekimae Center

Target: Children before entering elementary school (first come first served basis)

We accept applications (secondary applications) for new admissions to nursery schools for February and March 2021.

(保育所などの 2021年2月～3月の新規入所の 2次申込を受け付けます (令和3年2～3月の新規入所))

Requirements for admission:

- Parents working (more than 4 hours a day and 16 days or more per month)
- Pregnancy, childbirth (2 months before and after the month of delivery)
- Parents' diseases and disabilities
- Nursing or care of relatives living together or hospitalized for a long time
- Disaster recovery (for example, in the event of a fire or other disaster)
- Others (job hunting, school attendance, etc.)

Registration period: From Tuesday, Dec. 1st to Monday, Dec. 28th, 2020

Inquiries: Fill out the required items on the prescribed application form (It is available at the childcare section, city homepage, and each daycare center), attach the necessary documents, etc. and go directly to the childcare section TEL 047-497-3488.

* The second applicant will be adjusted after the adjustment of the first applicant. (The first application is closed from October 1st to November 30th.)

How are you? I'm a Physical Therapist

(お元気ですか 理学療法士です)

Effects of physical exercise and the importance of muscle

Are you doing physical exercise on a regular basis? Now, the decrease of physical exercise in people's daily life is a concern because people are staying home to avoid infection of the new corona virus. It is generally understood that exercise is good for health but why is it necessary to do physical exercise?

There are two major reasons. One is the prevention of lifestyle diseases. It is good for health that the intake of energy from food and the consumption of energy by exercise are balanced. If you do not exercise enough, the intake of energy exceeds consumption and unused energy is stocked in the body as fat. Unnecessary accumulation of fat is the cause of obesity and obesity can cause diabetes, high blood pressure, dyslipidemia, etc., increasing the risks of lifestyle diseases.

The second reason is the maintenance of muscle strength and physical function. The functions of a

person are lost at a surprisingly fast speed if they are not used. For example, when someone walks, the quadriceps of the thigh, anterior tibial muscle, triceps surae and many other muscles are used. Muscles of the hips, back, arms and trunk are also used. That is, you can walk using all the muscles of your body. If you don't walk, many muscles will decrease and your balance and cardiopulmonary functions will deteriorate. It will produce serious effects on your daily life. Every day walking is necessary to avoid such consequences.

Bone mass reaches its peak at 20 years of age and decreases according to increases of age. However, you can increase muscle at any age if you train yourself. Let's maintain and increase muscle by routine physical exercise.

SHIROI COMMUNITY CULTURE CENTER: December 2020

ぶんかセンター がつよてい
文化センター12月予定

Culture Hall (文化会館) Schedule / December 2020

Day	Name of the Event	Hall	Time	Admission	Inquiries
Sat., 12th	Yoshimoto Music Academy 'Grade Test'	Kaori	13:30	Free	047-492-2230 Yoshimoto

Museum of Hometown History (郷土資料館) きょうどしりょうかん Tel. 047-492-1124

Program	Contents	Date	Admission
Permanent Exhibition "History of Shiroy"	Introduction of Shiroy from primitive and ancient era to modern time. Ukiyo-e related to "raw food" is being released for a limited time.	Tue. ~ Sun. 9:00~17:00	Free
Repaired old documents exhibition	Introduction of the incident that occurred in Kiyoto village in the Edo period.		

Library (図書館) としょかん Tel. 047-492-1122

Tuesday 9:30 a.m. to 7:00 p.m. Wednesday – Sundays and public holidays 9:30 a.m. to 5:00 p.m.
Library Exhibition Corner (December to January) "The 250th Anniversary of Beethoven's Birth" Featuring Beethoven, the greatest musician in music history. Beethoven was born in Bonn, Germany in December 1770. Also known as the 'Saint of music', it is synonymous with classical music. How much do you know about his background and personality? Learn more about Beethoven and become familiar with classical music.
* In the exhibition corner near the library counter, books are exhibited with themes decided according to the season and current affairs.

Planetarium (プラネタリウム) ふらねたりうむ Tel.047-492-1125

ITEMS	CONTENTS	Date	ADMISSION
Kids show: Roy Hour	Children's Christmas Hour 2020 (Full-length commentary, about 45 minutes)	Saturday and Sunday Wednesday, 23 rd ~ 25 th 11:30	Shiroy citizen adults: ¥280 High school students and younger: ¥110 Non Shiroy citizens adults: ¥350 High school students and younger: ¥160 Tickets are sold 30 minutes before the show. (Capacity 30 people each time)
	Live commentary of the seasonal constellations and 'Our space travel' (about 45 minutes)	Saturday, 26 th , Sunday, 27 th 11:30	
Projection for the general public (Introducing the topics of seasonal constellations and astronomy. Full-length commentary about 45 minutes)	Star of Bethlehem	Saturday and Sunday Wednesday, 23 rd ~ Friday, 25 th 15:00	
	This evening's starry sky walk	Saturday, 26 th and Sunday, 27 th 15:00	
Star viewing meeting	After the starry sky commentary at the dome, you can see Mars, Jupiter, Saturn, etc. in the actual starry sky.(about 60 min.) Target: Elementary school students and above Only the explanation in the dome (about 45 minutes) will be held in case of rain and cloudy weather.	Saturday, 19 th 17:30	Adults: ¥200 Free for high-school students and younger Telephone reservation required. Reservations will be accepted from 9:00 a.m., Sunday, 1st. (Capacity: 30 people)

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 for 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.**

Tel. 047-492-1111 (ext.3355)

Language: English (Other languages
could be available)

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

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