

## Conduct of a labour force survey

ろうどうりょくちょうさ じっし  
(労働力調査を実施します)

The Ministry of Internal Affairs and Communications and Chiba Prefecture will conduct a labour force survey to examine the employment status, etc., in order to provide basic materials such as economic policy and employment measures.

Investigators carrying "investigator ids" will visit the target districts to distribute and collect questionnaires.

**Target:** Some households in Minamiyama and Nishi-Shiroi

**Period:** From January to May

\* By law, the contents of the survey are not used for purposes other than statistics.

**Inquiries:** Statistics Division, Chiba Prefectural Government Tel. 043-223-2220

## Join the "National Pension" when you turn 20 years old

さい 20歳になったら くにんねんきん かにゆう  
(20歳になったら「国民年金」に加入します)

The national pension is a system in which all people between the ages of 20 and 60 years living in Japan become insured and pay insurance premiums, and support the lives of the people, such as the "Old age pension" received from the age of 65 years, "Disability pension" that you receive when you have a disability, and the "Bereaved family pension" that children receive when the insured person dies.

Those who have reached the age of 20 years will be notified of their subscription. If you have not received it, please contact us.

**Inquiries:** Insurance and Pension Division  
Tel. 047-401-3942

Japan Pension Organization Funabashi Pension  
Office Tel. 047-424-8811

## Exhibition of works by children who think about what "Peace" is

へいわ かんが こども さくひんてん  
(平和を考える子供たちの作品展)

The city will ask children to think about what "Peace" is and exhibit their pictures etc. to express peace.

### ● Exhibition of works

**Date:** February 12 (Fri) ~ 25 (Thu)

**Place:** Health and Welfare Center 1F Lobby

### ● Invitation of works

We are collecting works for the exhibition.

**Target:** Works that are made by children who were born between April 2, 2014 and April 1, 2015

\* Some of the kindergartens and nursery schools in the city will accept works for the exhibition.

**Works invited:** A5 sized paper (available at the General Affairs Section) used horizontally and "peace" is expressed there. It is free to draw with crayon, pencil and paint or to paste origami (paper-folding).

\* Please write on front the name who made the work.

**Inquiries:** Please contact General Affairs Section by January 29 (Fri), 2021 Tel. 047-401-5974

# “Chiba Prefecture’s Specific Minimum Wage” has been revised.

ちばけん とくていきさいていちんぎん かいせい  
(千葉県の特定最低賃金が改正されました)

Kind of Minimum Wage		Rate/Hour (after revision)
Chiba Prefecture Minimum wage		925 Yen
Chiba prefecture minimum wage (industry specifics)	Production of condiments	925 Yen
	Steel making	995 Yen
	Production of general-use machines	925 Yen
	Production of electrical parts and devices	954 Yen
	Production of meters and measuring instruments	925 Yen
	Retail of various goods	925 Yen
	Retail of new cars	925 Yen

For details, please contact Chiba Labor Bureau (Wage Section)

**Inquiries:** Chiba Labor Bureau (Wage Section) Tel. 043-221-2328

## Establishment of comprehensive support center for the child-rearing generation

こそだ せだいほうかつしえんせんたー かいせつ  
(子育て世代包括支援センターを開設します)

From January 2021, we will open the Comprehensive Support Center for the Child-Rearing Generation on the 3rd floor of the Health and Welfare Center. The three divisions of the Child Care Support Section, Health Section, and Childcare Section, which are in charge of work related to pregnancy, childbirth, and child rearing,

cooperate to provide information in response to consultations from counselors.

Please feel free to contact us by phone or at the counter.

**Inquiries:** Child Care Support Division  
Tel. 047-497-3487

## Pre ☆ Papa and Mom School (ふれ・ぱぱママスクール)

Would you like to learn about “child birth and child care with the help of all family members” with your family? There is a lecture by a midwife, and explanation of how to bathe or hold a baby. You can also experience bathing and maternity yoga if you wish.

**Date & time:** January 24 (Sun) 10:00 a.m. ~ 11:15 a.m. (Reception; 9:50 a.m. ~)

\* Persons who want experience will finish around 12:10 p.m..

**Place:** Health and Welfare Center 2F, medical examination room

**Target:** Expectant mothers (about 6-9 months of pregnancy) and their family. Ten (10 ) families (first come first served basis) \* Women who have given birth can also join.

**Child care:** Not available

**Things to bring:** Mother-and- baby notebook, writing materials.

**Inquiries:** Health Section Tel. 047-497-3495

# How are you? I'm a Dental Hygienist

(お元気ですか 歯科衛生士です)

## “A mouth is the entrance to health”

\* Nasal breathing is a natural mask.

We wear masks more often now to prevent the infection of new corona virus and flu. It's suffocating under a mask and you may be breathing with your mouth.

Even with a mask, dry and cold air in winter may hurt your throat if it comes directly into your mouth. It dries your mouth and can also be the cause of tooth decay, periodontal disease and bad breath. If you do nasal breathing (with your mouth closed), it will make the intake of outside air warm and moist, and nasal mucosa will prevent bacteria and viruses from coming in. Nasal breathing is a natural mask itself.

\* Get accustomed to touching your tongue to your upper chin and strengthen the muscle around your mouth.

The point is to keep your tongue touched firmly on your upper chin when you are closing your mouth. Then, the muscles around your mouth will become tense and your face line will be clear. It also will strengthen the muscle to lift your tongue and will be helpful for the prevention of sleep apnea syndrome.

\* The health of your whole body starts your mouth.

For the maintenance of a healthy mind and body, it is very important to enjoy foods with your own teeth. Best wishes for a healthy new year with teeth brushing and a good habit of closing your mouth!

**Inquiries:** Health Section Tel. 047-497-3494

## Recommended recipe with plenty of vegetables

(やさいたっぷりおすすめレシピ)

### Crispy stir-fried komatsuna with rich ginger flavor

**Ingredients:** (For 4 people)

Komatsuna (a kind of rape plant): 1 bag, Ginger: 2 pcs), Carrot: 1/2 pc, Enoki mushrooms: 1 bag, Salad oil: 1 tablespoon, Noodle soup (double concentrated): 1 tablespoon, Soy sauce: 1 tablespoon, Bonito flakes: appropriate amount

#### Recipe:

1. Cut komatsuna into 2-3 cm pieces. Separate leaves and stems.
2. Cut ginger and carrot into fine strips. Cut enoki mushrooms into 3 cm pieces after cutting off the ferrule.
3. Pour salad oil in a skillet and stir-fry ginger lightly with medium heat till its flavor comes out.
4. Add carrot and enoki mushrooms. Continue stir-frying with middle heat. When enoki mushrooms became soft, add the stems of komatsuna and continue stir-frying for about a minute.
5. Add leaves and noodle soup to ④ and season it. Serve on a dish and sprinkle bonito flakes on top.



### A word from an adviser for the improvement of eating habits

This cuisine promotes appetites with the flavor of ginger and the crispy texture of komatsuna. The komatsuna becomes crispier if you put it in water before cutting. It has a rich flavor and tastes better because noodle soup is used as seasoning.

The taste will go through and be better as time passes. So, the dish is good for meal prep or for the lunch box.

For 1 person: 71 Kcal, Salt equivalent: 1.1g  
Volume of vegetables: 115g (350g is the target volume of vegetables per day)

Cooking time: 15 minutes

**Health nutritionist:**

**Adviser for the improvement of eating habits**

# Notice of Social Insurance Premium, etc.

しゃかいほけんりょうがく し  
(社会保険料額のお知らせ)

We will send you a "Notice of the amount of the social insurance premium etc. paid in 2020 that are related to your final tax return, etc." (post card)

This post card is the notice of total amount of social insurance premium, etc. paid to Shiroy city in 2020 and will be sent to you at the end of January 2021. The notice is for your filing of your final tax return.

On the notice, the following three (3) amounts that were paid by payment slip or bank transfer are written; ① National Health Insurance Tax ② Premium for the Latter Stage Elderly Medical

Insurance System ③ Long-term Care Insurance Premium.

To persons whose tax and premium are specially withdrawn from their pension, Japan Pension Service will send "withholding slip for pension etc." Please confirm the amount with the slip.

If you want to confirm the amount of payment early, please apply for the "confirmation of payment" at relevant windows. ID (driver's license etc.) is necessary to receive it.

**Inquiries:** For ① and ②; Insurance and Pension Section Tel. 047-401-3918, For ③; Elderly Welfare Section Tel. 047-497-3473

## Hi, Consumer Affairs Center! (はい、消費生活センターです)

A trader called me and said, "We'll buy anything." Is it true?

**Question:** A trader called and wanted to visit me. He said, "I'll buy used goods that you don't need anymore." I had unused tableware and asked him to buy it. Can I trust him?

**Answer:** There are cases of troubles with door-to-door purchase service such as, "The price was lower than the original offer." or "They forcefully bought precious metals after searching in my house."

Decline the visit if you feel anxious. If you could not contact the trader, don't open the door and

reject them firmly when they visit you. If they don't leave, call the police. Door-to-door purchasers have an obligation to issue a purchase contract and a cooling-off applies for 8 days. Don't make a deal with a trader who does not issue a contract.

You may find unnecessary goods after housecleaning. But it is dangerous to let an unfamiliar trader come into your house. Be careful!

If you have any doubt, please feel free to consult with us.

**Inquiries:** Consumer Affairs Center (every Monday ~ Friday 10:00 a.m. ~4:00 p.m.)

**Place:** City Hall, Main building 2F

## Women's Tennis Doubles Match

れでいーすだぶるすてにすまっち くじょしれん きゅうれべる  
(レディースダブルステニスマッチ《女子連C/D級 レベル》)

We play doubles hands-on games.

**Date & time:** January 27 (Wed), 2021

Around 9:00 a.m. ~ 4:00 p.m.  
(Rainout)

**Eligibility:** 24 pairs of women over 18 years old (first come first served basis)



**Match format:** League and tournament matches

**Fee:** 3,000 yen per pair (including insurance)

**Application:** By phone or at the Sports Park counter by January 24 (Sun), 2021. Tel. 047-497-0222

\* If you want to cancel an application, please let us know by January 17 (Sun).

## Library としょかん (図書館) Tel. 047-492-1122

Tuesday 9:30 a.m. to 7:00 p.m. Wednesdays - Sundays and public holidays 9:30 a.m. to 5:00 p.m.

\*The museum will be closed on Thursday 28th January due to the day of the exhibition.

\* "Ohanashi-kai" and "Parent-Child Ohanashi-kai" will be canceled for the time being.

### 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 'Saint of music', he 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.

## Culture Hall ぶんかかいかん (文化会館) Tel.047-492-1124

Date	Name of the Event	Hall	Time	Admission	Inquiries
Sun. 24 <sup>th</sup>	<b>The 27th Yasuo Takajo 40th Anniversary of the Singer's Life</b> New Year Social Distance Concert 2020	Nashibo	Part1: 13:30 Part2: 17:30	S seat:¥3,500 A seat (non-reserved seat) ¥2,500	Yasuo Takajo Office. Tel: 047-492-8566
Sat. 30 <sup>th</sup>	<b>Wind Quintet and Friends "The Wind Ensemble"</b> <b>Be able to listen even at 0 years old!</b> Concert made by everyone -A gift for everyone who couldn't listen to the performance in 2020-	Kaori	14:00	Free	Arinomi Office Co. Ltd. Tel.: 090-9306-2356

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

Program	Contents	Date	Admission
Permanent Exhibition "History of Shiroy"	Introduction of Shiroy from primitive and ancient era to modern times	Tue. ~ Sun. 9:00~17:00	Free
Repaired old documents exhibition	Introduction of the incident that occurred in Kiyoto village in the Edo period		

## Planetarium ぶらねたりうむかん (プラネタリウム館) Tel. 047-492-1122

ITEMS	CONTENTS	DAY & TIME	ADMISSION
<b>Kids show: Roy Hour</b>	Live commentary of the seasonal constellations and 'Our space travel' (about 45 minutes)	Saturday and Sunday 11:30 16th (Sat) is closed	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)
<b>Projection for the general public</b>	Space Astronomical Calendar 2021 (Introducing the topics of seasonal constellations and astronomy. Full-length commentary about 45 minutes)	Saturday and Sunday 15:00	
<b>Starry Sky Classic Hour</b>	CD concert enjoying the starry sky with classic classics (About 45 minutes)	Thursday, 14 <sup>th</sup> and Saturday, 16 <sup>th</sup> 11:00	
<b>Star viewing meeting</b>	After the starry sky commentary at the dome, you can see the Moon, Mars, 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, 16 <sup>th</sup> 17:30	Adults: ¥200 Free for high-school students and younger. Telephone reservation required. Reservations will be accepted from 9:00 a.m., Tuesday, 5 <sup>th</sup> . (Capacity: 30 people)