

Get the Influenza vaccination as soon as possible

いんふるえんざの予防接種はお早めに
(インフルエンザの予防接種はお早めに)

Every year, about 10 million people get the flu, and an estimated 10,000 die directly or indirectly from the flu epidemic. The vaccine has been shown to prevent aggravation, so be sure to take it positively.

It takes about 2 weeks from receiving the vaccination to being immunized, and the effect is said to last for about 5 months. It is recommended to be vaccinated early this year when the new coronavirus infection is spreading.

[Influenza Vaccination Subsidy for the Elderly]

Period of implementation : Until Thursday, December 31 (excluding medical institutions' closed days)

* Vaccinations start sequentially from medical institutions that are ready for vaccines. The end time is also different, so please contact your medical institution.

Targets : Persons who falls under any of the following on the day of inoculation

- (1) 65 years old or older
- (2) A person between the ages of 60 and 65 who has a disability handbook level 1 with a disability due to a disability in the heart, kidney, respiratory function or immune function caused by human immunodeficiency virus.

Inoculation cost : Free

Number of inoculations : Once

Applications : Those who fall under (1) should bring the pre-examination slip mailed from the city and go directly to the medical institution.

Applicants who fall under (2) should bring their disability certificate to the Health Section.

Medical institutions that provide inoculation

Name of medical institution	Tel
Okuzawa Orthopaedic Clinic	491-8260
Seno Surgery Gastroenterology Clinic	492-0720
Ito Clinic	491-1888
Chiyoda Clinic	491-0221
New Town Clinic	491-8051
Kikuchi Clinic	492-2121
Morikawa Obstetrics and Gynecology Clinic	492-3511
Sakuradai Medical Clinic	491-6668
Nishishiroi Clinic	498-3333
Shiroyi Yui Internal Medicine	492-1115
Haru Dermatology and Hiuria Clinic	498-2002
Moriya Internal and Respiratory Medicine Clinic	498-6622
Sekikawa Orthopedics Clinic	498-5005
Toriumi Children's Clinic	498-7788
Tokuda Clinic	492-8981
Shiroyi Station Searashi Clinic	497-0072
Shida Internal Medicine and Gastroenterology Clinic	498-3715
Eins Clinic	468-8800
Shiroyi Seijinnkai Hospital	491-3111
Hokuso Shiroyi Hospital	492-1001
Chiba shiroyi Hospital	497-6800

* If you wish to be inoculated, please contact a medical institution directly.

Inquiries : Health Section Tel.047-497-3495

Vaccination of children changes

こ よぼうせつしゅ か
(子どもの予防接種が変わります)

- **Rotavirus infection added to regular vaccination for target diseases**

In order to prevent the aggravation of gastroenteritis caused by rotavirus, the City has decided to implement a rotavirus infection prevention vaccine for children born on or after August 1, 2020. The target person will be notified individually.

- **Relaxation of interval restrictions when inoculating different types of vaccines**

Some restrictions on the interval period for vaccination with different types of vaccines will be

relaxed. From live vaccines (BCG, MR, chickenpox, etc.) other than rotavirus, it is necessary to have an interval of 27 days or more, but there is no limit to the interval between other types of vaccines.

However, for vaccines that increase immunity by inoculating the same vaccine multiple times (hepatitis B, hibs, pneumococcal, Four-kind combined vaccine, Japanese encephalitis, etc.), it is still important to follow the default interval period.

Inquiries: Health Section Tel.047-497-3495

Labor Force Survey will be carried out

ろうどうりょくちょうさ じっし
(労働力調査を実施)

Statistics Bureau of Japan and Chiba Pref. will carry out a Labor Force Survey to investigate the states of employment and unemployment. The results will be utilized in the economic policy and employment countermeasures of the national government.

The complete unemployment rate announced at the end of every month is based on this survey.

Researchers with a “researcher identification card” will visit the survey areas and distribute and

collect forms of survey. Your response to the survey will be appreciated.

Target: Some households in Oyamaguchi

Period: from October to February, 2021 (1 month for preparation and 4 months for the survey)

* By law, the contents of the survey will not be used for any purposes other than statistics.

Inquiries: Kencho-Tokei-ka or Statistics Section of Chiba pref. Tel. 043-223-2220

October 1st is the day of Census

がつ にち こくせいちょうさ ひ
(10月1日は国勢調査の日です)

~ **Please answer the questionnaires** ~

The deadline for the responses to the questionnaires in the census is October 7, if you answer by mail or internet. Please answer before the deadline for the response.

Please complete all sections of the questionnaire according to the instructions detailed in the census. Be sure to use a pencil and write clearly.

If you submitted the answer for the census

Before September 30 (Wed) and need to make a correction, please correct your answer(s) accordingly.

Please submit the answer for the census by mail or internet as much as possible to prevent the spread of corona virus.

Please rest assured that it is prohibited by law to use the results of the census for any other purposes than statistics.

Inquiries: Planning and Policy Section
Tel. 047-401-5998

Outdoor Incineration and Illegal Dumping are prohibited by law

やがいしょうきやく ふほうとうき ほうりつ きんし
(野外焼却・不法投棄は法律で禁止されています)

Outdoor incineration, such as incineration of waste in a drum or hole dug in a backyard is prohibited by law, with some exceptions.

Exceptions are incineration of grass etc. for agricultural business, and fire for warming people etc. Even with these exceptions, it is recommended you eliminate any trouble with neighbors.

Illegal dumping means to dump waste outside of the dumping area designated by law and it is prohibited.

The owner or administrator of the land must remove and dispose of the waste if the person(s) who dumped the wastes is not

found. Suitable management of your own land to prevent illegal dumping is recommended. Establishing walls and fencing will be effective for prevention.

◎ Violation will be punished by law

Person(s) who do outdoor incineration (without exemption) or illegal dumping will be punished by imprisonment for a term less than five (5) years and/or a fine of less than 10 million yen.

Inquiries: Environment Section

Tel. 047-401-5429

Recruiting members of Shiroi Family Support Center

ふぁみりー さぽーと セんたー かいいんぽしゅう
(しろいファミリー・サポート・センター 会員募集)

People who want help with child-rearing (user members) and people who can help (providing members) become members and carry out mutual assistance activities.

Target:

[User Members] Persons who live or work in the city and are raising children aged between 6 months and under 10 years old.

[Providing members] Persons who live in the city, are physically and mentally healthy, and have a volunteering spirit.

Assistance content:

- Transfer and custody of children to childcare facilities
- Custody of children when parents go out for shopping etc.
- If you need other support for children

Activity (use) time / usage fee:

1. Monday to Friday 6:00 a.m. to 10:00 p.m., ¥700 per person per hour
2. Saturdays, Sundays, National Holidays, Year-end and New Year Holidays, ¥900 per person per hour

How to become a member?

Both user members and providing members are required to participate in the membership briefing. Please apply in advance.

If you want to join, please prepare two face photos (3 cm long x 2.5 cm wide).

Admission briefings and basic training sessions:

Dates: Thursday, October 29, Friday, November 27, Thursday, December 17, Thursday, January 28, Thursday, February 25, Thursday, March 18

Hours: Admission Briefing 10:00 a.m. - 11:30 a.m.
Basic Workshop 1:00 p.m. - 4:00 p.m.

Location: Health and Welfare Center

* Applicants who wish to be a providing member are required to participate in the basic training session after completing the membership briefing session.

Inquiries: Shiroi Family Support Center

Tel: 047-491-8277

(Telephone reception: 9:00 a.m. to 4:30 p.m.)

Red Feather Community Chest Begins

あか はね きょうどうぼきん はじ
(赤い羽根共同募金が始まります)

From October 1st to March 31st next year, the Red Feather Community Chest Campaign will be held all over the country.

Approximately 70% of the donation amount will be used to enhance community welfare in Shiroy City, and 30% will be distributed over a wide area to disaster recovery support and facilities for the elderly and disabled.



Thank you for your cooperation in raising funds at residents' associations, workplaces, elementary and junior high schools, etc. It is also accepted at the counter of the Council of Social Welfare.

Inquiries: Council of Social Welfare Tel. 047-492-5713

Satoyama Hiroba in Hiratsuka

さとやま ひらつか
(里山ひろば in 平塚)

Date: Saturday, October 10, from 10:00 a.m. to 3:00 p.m. (also held in rainy weather)

Location: Former Hiratsuka School Classroom and Schoolyard (960 Hiratsuka, Shiroy)

Contents: Photo exhibition of the scenery around Hiratsuka and activities of Shiroy environmental cram school, sale of local products and handmade goods (bamboo charcoal, bamboo work, dried noodles, flour, boiled chestnut astringent skincare,

etc.). Also, there will be games and simple bamboo crafts that can be enjoyed by the family,

*You can also take a walk around the area (with a map).

Participation fee: free

Inquiries: Shiroy Environmental Cram School
Tel.047-404-3298 (Monday, Wednesday, Saturday from 10:00 a.m. to 3:00 p.m.)

Has your dog been vaccinated against rabies?

きょうけんびょうよぼうちゅうしゃ せつしゅ す
(狂犬病予防注射の接種は済んでいますか?)

Dog owners must have their dogs vaccinated against rabies once a year between April 1st and June 30th.

Those who could not be vaccinated within this period due to COVID-19 should be vaccinated by Thursday, December 31st, 2020.

In May, rabies patients were confirmed in



Japan for the first time in 14 years, and when rabies develops, the fatality rate for humans and animals is almost 100%.

Be sure to inoculate your dog(s) at a nearby veterinary hospital and complete the procedure at the Environment Division window.

Inquiries: Environment Section
Tel. 047-401-5409

Recommended recipe with plenty of vegetables

(やさいたっぷりおすすめレシピ)

Japanese-style pilaf of burdock and mushrooms

ごぼう わふう びらふ
(牛蒡ときのこの和風ピラフ)



Ingredients: (for 2 persons):

1 cup of rice, 1 cup and 2 tablespoons of water, 1/2 burdock, 10 green beans, 1/4 pack of shimeji mushrooms, 1 teaspoon of soy sauce, a pinch of salt, a little pepper, 10gr. butter, a little green onion if you like

Preparation:

1. Wash the rice, open it in a colander, and leave it for a while.
2. Cut the burdock into 2 cm long pieces and the green beans into small pieces with a length of 5 mm. Divide the shimeji mushrooms into bunches and cut them into pieces that are easy to eat.
3. Put 1 & 2, water, soy sauce, salt, pepper and butter in a rice cooker and cook.

4. Serve in a bowl and sprinkle with chopped green onions if you like.

Nutritional value per person:

358 Kilocalories

Salt equivalent 0.7gr. Amount of vegetables 100gr.

Cooking time 10 minutes (excluding rice cooker cooking time)

[A word from a nutritionist]

This is a staple food that can be eaten deliciously with the flavor of burdock and the richness of butter soy sauce. Dietary fiber contained in burdock and mushrooms can be expected to have the effect of suppressing the rise in blood sugar and cholesterol levels and the effect of preventing constipation. Be careful not to eat too much and enjoy the taste of autumn.

Won't you join a comprehensive regional sports club?

A comprehensive regional sports club has its base of activity in facilities in the region (School, public hall etc.) and is managed independently by the region, where everyone, from children to aged persons, can enjoy sports at various levels, together and light hearted.

Each club has various kinds of sports to play and members can enjoy as many sports as he or she likes. The fee of any club is ¥500 a month and you

そうごうがたちいきす ぽーつくらぶ にゆうかい
(総合型地域スポーツクラブに入会しませんか?)

can play as many sports as you like without any additional fees. The fees for members under junior high-school age and seniors over 65 years old are discounted.

* You are required to pay an entrance fee and insurance premium as additional fees (Members are requested to join a sports safety insurance.).

Inquiries : Lifelong Learning Section

Tel. 047-401-8953

Name of club (Abbreviation)	Sakuradai Sports Club (SSC)	Sports Community Minami (SC Minami)	On Sports Club (ONSC)	Shiroi Sportsvillage (SSV)
Number of members (March 2019)	116	251	283	81

School District	Sakuradai Junior High.	Minamiyama Junior High.	Oyamaguchi and Nanatsugidai Junior High.	Shiroi Junior High.
Sports Played	Soft Volleyball Walking, Stretch Ground Golf Table Tennis Tennis Short Tennis	Table Tennis Stretch, Muscle Training Badminton Tai Chi Kids Volleyball Walking, Stretch Aikido Kids Sports Blowgun Tennis	Muscle Training, Stretch Bound Tennis Walking, Stretch Tennis Table Tennis Badminton Model Airplane Soft Ball Soft Volleyball Tai Chi Ground Golf	Ground Golf Muscle Training, Stretch Soft Tennis Badminton Tennis Model Airplane (Flight/Manufacturing Study Group) Table Tennis

Participants Wanted. でんとうぶんかそうきょくきょうしつさんかしゃぼしゅう (伝統文化箏曲教室参加者募集) Traditional culture Koto (Japanese harp) class.

Won't you experience Japanese traditional culture? You can also play "Shamisen" (a kind of Japanese harp).

Date & Time: Sundays from October 4th (Sun) through November 1st (Sun) 9:00 a.m. ~ 12:30 hours.

Place: Shiroi Ekimae Center or Shiroi

Community Culture Center (Kaori hall)
Target: Kindergarten children ~ Senior high-school students

Fee: Free

Applications and Inquiries:

Akagi Shizuka Tel/Fax 047-491-3828,
E-mail. pleasure178514@ezweb.ne.jp

SHIROI COMMUNITY CULTURE CENTER: October 2020

しろいしぶんか がつよてい
(白井市文化センター10月予定)

Library としょかん (図書館) Tel. 047-492-1122

Opening Dates and Times:

Tuesday 9:30 a.m. ~ 7:00 p.m.

Wednesday ~ Sunday and public holidays 9:30 a.m. ~ 5:00 p.m.

* The library will be closed on 29th (Thu) to put the library in order.

Exhibition Corner (October ~ November)

"Collection of works that were visualized"

We will collect the original books that were made into movies and dramas. DVDs held in the library will also be introduced.

During the week called "Reading Week" (October 27 ~ November 9), we will exhibit books that the library staff selected as recommendable books.

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 Shiroi”	Introduction of Shiroi from primitive and ancient eras to modern times	Tuesday~ Sunday 9:00~17:00	Free
Repaired old documents exhibition	Introduction of the incident that occurred in Kiyoto in the Edo period		

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

Activity	Contents	Date	Admission
Kids show Roy Hour	Seasonal constellations and “Roy and everyone’s Universe, Shimashima Star and Donut Star” (Full-length commentary, about 45 minutes)	Saturday and Sunday 11:30	Shiroi citizen Adults ¥280 High school students and younger ¥110 Non Shiroi citizen Adults ¥350 High school students and younger ¥160 Tickets are sold 30 minutes before the show. (Max 30 people each time)
Projection for the general public (Introducing the topics of seasonal constellations and astronomy)	This evening’s starry walk (Full-length commentary about 45 minutes)	Saturday and Sunday 15:00	
Platinum Hour (for seniors)	A relaxation planetarium where you can enjoy both jazz and the starry sky (this time, explanation of the radio telescope) (about 45 minutes)	Oct. 1 (Thu) 11:00	
Astronomical classroom for adults who want to know a little about astronomy (4th time)	The theme is “Let’s enjoy the planet” (Five times series). The story this time is about Uranus and Neptune.	Oct. 8 (Thu) 11:00~12:00	Shiroi citizen ¥280 Non Shiroi citizen ¥350 (Reservation is necessary at least one day in advance (Max 30 people)
Star viewing meeting	After the starry sky commentary at the dome, you can see Jupiter, Saturn, etc. in the actual starry sky (about 60 minutes). Target: Elementary school students and above. In the case of rain and/or cloudy weather there will only be an explanation in the dome (about 45 minutes).	Oct. 10 (Sat) 18:30	Adults ¥200 Free for senior high-school students and younger (Reservations will be accepted from 9:00 a.m., September 1 (Tue). (Max 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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