



## **Election of Mayor and By-Election of Municipal Assembly Members On January 18 (Sunday)**

The election will be officially announced on January 11 and the voting will take place on January 18.

## **Celebrating 45th Anniversary of Abiko City**

### **Various Cooperated Events and Ceremonies Scheduled year round**

Abiko was organized as a city on July 1, 1970 and will reach its 45th anniversary this year.

We plan to proceed various commemorative events cooperated with citizens all through this year.

On July 1, we will hold a commemoration ceremony and commend people and groups who have contributed in certain areas for the development of Abiko City.

Contact: For detailed events refer Secretarial Section at ext.206

## **Coming- Of-Age Ceremony 2015**

Date: January 11 (Sun)

Morning: reception: 10:00 –10:30am      ceremony: 10:30 – 11:30am

For new adults who live in Abiko and Hakusan junior high school areas

Afternoon: reception: 1:00 – 1:30pm      ceremony: 1:30 – 2:30pm

For new adults who live in Kujike, Kohokudai, Kohoku, Fusa junior high school areas

Place: Fureai Hall at Keyaki Plaza in the south of Abiko Station

Eligibility: New adults who were born from April 2, 1994 to April 1, 1995

Sponsored by: Abiko City, Abiko Board of Education

Contact: Life-long Learning Section, Board of Education, phone: 7185-1602

## **Issuance of Local Number Plates for Motor Cycles and Small Special Vehicles**

As one of commemorative events of the 45th anniversary, we will start to issue local number plates on January 7 (Wed). You can apply not only for new number plates, but also can change the current number plate to a new one.

Time: 9:00 a.m. to 5:00 p.m. on week days

Place: Taxation Section (on the 1st floor at City Hall), and Administrative Service Centers

Requirements: (1) Replacement: current number plate, certificate of number plate issuance, ID document (Driving license, etc.), seal (*inkan*)

(2) New registration: Certificate of sales (certificate of transfer and certificate of deregistration), ID document (Driving license, etc.), seal (*inkan*)

Fee: free

Remarks: In case of a proxy's application, a letter of proxy written by the principal is required.

When you change number plates, such a case may occur that you need procedures to change compulsory automobile liability insurance. Please inquire the details at your insurance company.

Contact: Taxation section at ext.403



## Abiko city edition's "Health Care Movie" distributed online

We have produced a movie useful for improving your health, comprising of 9 contents in total. You can keep your health condition by practicing exercise repeatedly. The movies are distributed on the internet's movie site "You tube".

You can also lend a DVD at Health Care Center and each city library.  
Contact: Health Promotion Section at 7185-1126



## Medical Checkup in Group for Breast Cancer

Eligible people can have a medical checkup on either one of the following qualified days without reservation during reception hours unless the applicants reach the quota.

Place: Health Care Center

Eligible women	Examination method	Date	Reception time	Fee
Women born Apr 1, 1975 to Mar 31, 1985	Inquiries & Ultrasonic exam	Jan 21 (Wed)	14:00 – 14:15	¥800
Women born before Mar 31, 1975	Inquiries & Mammography exam	Jan 23 (Fri) Feb 4 (Wed)		¥700

## EVENTS

- ◆ **New Year Gathering** January 10(Sat) 13:30 –  
Namiki Main building of Abiko North Community Center Contact: 7157-4517  
Contents: Popular variety shows of Edo period Fee: Free
- ◆ **Kohokudai New Year Festival** January 11(Sun) 11:30 – 15:00  
Kohokudai Community Center Contact: 7187-1122  
Contents: Japanese traditional dance, music, etc.

## Advisory Service- January 2015

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Jan. 8,15,20,22,27 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Jan 16(Fri) 10:00 – 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Living Advice	Week days 8:30 – 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.393
Child matters in general	Week days 8:30 – 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days 8:30 – 17:00	Social Welfare Sec.	Social Welfare Sec. Ext. 394

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	Jan 17,24, 31 (Sat)	Pregnant women of 20 weeks or over, and their families
Child care advice	Jan 9(Fri), 21 (Wed)	<i>Nikoniko Hiroba</i> , (Child rearing Support Center) First 10
4-month old consultation	Jan 19(Mon), 20 (Tue)	Those born in Aug 2014
Health Checkup for 18 month-old infants	Jan 15,22 (Thu)	Those born in Apr 26-Jun 18, 2013
Dental Checkup for 2 year and 8 month-old children	Jan 29 (Thu)	Those born in April 2012
Health Checkup for 3-year-old children	Jan 8 (Thu)	Children born in May 27-Jun 14 2011
Health Checkup for 5-year-old children	Jan 29 (Thu)	Children born in December 2009
Baby Food Class for 4 to 6 month-old babies	Jan 30 (Fri)	First 30 applicants. Reservation required
Baby Food Class for 8 to 9 month -old babies	Jan 16 (Fri)	Babies born in April 2014 First 20 applicants

----- Health Care -----

### 1. Sudden Illness at Night

Call Fire Station at **7184-0119**. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury..  
In an imminent case **Call 119** for an ambulance.

Hospitals will close on Sundays, Holidays, Year-End and New Year Holidays.(also applicable to 3.)

### 2. Child's sudden illness – Telephone consultation

Call #8000 or 043-242-9939      Hours: 19:00-22:00

A nurse or doctor will advise you about the care to be taken for you infant/child.

### 3. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00 -11:30

(2) Internal Medicine and Pediatrician: 9:00 - 11:30    and    13:00 - 16:30

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Edited and translated by Abiko International Relations Association (AIRA)		
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# Abiko

February 1, 2015

Excerpts of the Newsletter issued by Abiko City

### Prepare for the Filing of Income Tax Returns, as early as possible!

The filing of income tax returns for fiscal 2014 will be started soon. Certificates of income and withholding tax, certificates for income deduction, and vouchers for payment, etc. are required for your tax return. Please get prepared ahead of time!

Filing period: February 16 (Mon) - March 16 (Mon)

Place: Kashiwa Tax Office (parking unavailable)

\*Tax return form and leaflet are also available at Abiko City Office and administrative service centers.

\*Municipal and prefectural taxes can be filed, and filled-out final returns can be accepted at Abby-Hall (Ito Yokado Abiko South 3F, parking with charge) from Feb. 16 to Mar.16 (open on weekdays, Feb. 22 (Sun) and Mar. 1(Sun)), and also at the following places in the city:

Fusaminami Kinrin Center (Feb. 9 and 10), Kohoku Community Center (Feb. 12 and 13).

\*NOT accepted at Araki Kinrin center for this year.

For more information, contact Kashiwa Tax Office at 04-7146-2321 for the filing of income tax returns, and Abiko City Office Taxation Section, ext.357 for municipal and prefectural taxes.

### "Ueno-Tokyo Line" Will Be Opened: Direct Access Available to Shinagawa

JR Joban line and Narita line will be extended southward to Tokyo and Shinagawa, and it will enhance convenience of transportation. The service will be starting from March 14. For the morning commuting hours of Tokyo Station, between 8 a.m. to 9 a.m., five of up-trains starting from Toride or Narita will be running directly to Shinagawa station via Ueno and Tokyo. In the daytime, some trains departing from the direction of Tsuchiura and also departing from and arriving at Toride station will be departing from and arriving at Shinagawa station. In addition, between 4 p.m. and 6 p.m., three of down-trains will be running directly from Shinagawa into Narita line.

#### <Morning Commuting Hours>

#### <Evening and Night>

Departing from	Arriving in Tokyo	Arriving in Shinagawa
Narita 6:31	8:02 (7:58)	8:12 (8:10)
Toride 7:18 (7:17)	8:08 (8:06)	8:18 (8:15)
Toride 7:35 (7:34)	8:26 (8:22)	8:36 (8:31)
Narita 7:00	8:32 (8:33)	8:42
Toride 7:57	8:49 (8:45)	9:01 (8:53)

Departing from	Arriving in Tokyo	Arriving in Narita
Shinagawa 16:47	16:56	18:31
Shinagawa 17:46 (17:47)	17:56	19:27
Shinagawa 18:26	18:36 (18:35)	20:17

For more information, contact Planning Section at 7185-1426. Figures in parenthesis: holidays' times

## **Mayor Hoshino Starts Third Term**

An Abiko city mayoral election was held on January 18, upon the expiration of the term. The incumbent mayor Junichiro Hoshino was re-elected to another four-year term.

### **Message from Mayor Junichiro Hoshino:**

I take huge responsibility of the mission imposed on me with utmost seriousness.

In the four years ahead, I keep enhancing support to families with small children so that they can raise a family at ease. In addition, I will be advancing efforts such as flood control measures, recovery from the Great East Japan Earthquake, and radioactivity countermeasure to provide secure and safe environment to citizens.

Besides, I will also be advancing efforts toward enhancing the comfortable living environment and settlement in the city, such as removing anxieties of elderly, improving the medical care system, reinforcing support for disabled people, and improving convenience in using public transportation facilities.

## **Vaccination: Make Sure Your Children Are Immunized**

Please check "immunization record" on your maternity health record book.

### 1. Measles-rubella vaccine (MR)

Target: First term for children aged one year old, second term for children born from Apr.2, 2008 to Apr.1, 2009

Period of free inoculation: First term from one year (under the age of two), second until Mar.31, 2015

Inoculation number of times: One dose for each term

### 2. Diphtheria-Tetanus vaccine (DT)

Target: Children aged 11 to 12 years (under the age of 13),

Inoculation number of times: One

### 3. Varicella Immunization

Target: Children aged one to two years old (under the age of three)

Inoculation number of times, standard inoculation interval: First term (one dose) for children aged one to one year and two months old (under one year and three months old), booster inoculation (one dose) is to be given three months or more after the first inoculation (normally, six to 12 months later)

\*There are transitional measures for children aged three and four (under the age of five).

For more information, contact Health Care Center at 7185-1126.

## **Day Care Program for Elementary School Children "Gakudo Hoiku" during the Spring School Holidays**

If you would like to utilize day care program for elementary school children during the spring school holidays, please be sure to apply for admission by Monday, February 16. Certificate of employment or other document certifying inability of raising at home will be required to be attached by the deadline for the application. Childcare fee is 8,000 yen per month.

For application and inquiry, contact Child-rearing Support Section at ext.449.

**<Events in Town>**

**Let's Go Bird-Watching!**

Date: February 21 (Saturday), 9:30a.m. - noon, cancellation in the event of stormy weather.

Place (Meeting point): JR Higashiabiko station, the south exit

Contents of event: Observation of wild birds in Yatsu (hill-bottom) in Okahotto and Ichibu.

Free of charge, first 25 applicants.

Please bring binoculars (if any), shoes and clothes that are easy to walk in.

For application or inquiry, contact Teganuma Section at ext.465.

**Sports Festa - Enjoy Sports and Blow the Cold Away!**

Let's get physical activities with your friends or with your family!

Date: February 28 (Saturday), Participation fee: 20 yen, reservation unnecessary

Venue	Time	Sport events
Namiki Elementary School	0:45 p.m. - 3:30 p.m.	Balloon Volleyball, Table Tennis, Taijiquan, Strikeout, Basketball (free throw), etc.
Abiko Daisan Elementary School	10:00 a.m. - 2:30 p.m.	Mini volleyball, Short Tennis, Speedball, Table Tennis, Baggo, Soft Dodge ball, Tee Ball, Ground Golf, etc.
Fusaminami Elementary School	10:00 a.m. - 2:00 p.m.	Short Tennis, Petanque, Baggo, Soft Dodge ball, Strikeout, Soccer, Ground Golf, Pole Walking, etc.

For more information, contact Culture and Sports Section, Board of Education at 7185-1604.

**Advisory Service-February 2015**

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Feb. 5 (Thu),12(Thu), 17(Tue), 19 (Thu) and 24(Tue) 9:30 - 15:30, Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Feb. 20 (Fri) 10:00 - 15:00, Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child matters in general	Week days except Sat/Sun/public holidays, 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except Sat/Sun/public holidays, 8:30 - 17:00	Social Welfare Sec.	Social Welfare Sec. Ext. 394

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Feb. 7, 14, and 21 (Sat)	Expecting women of 20 weeks or over, and their family
Child-Care	Feb. 13 and 20 (Fri) First 10 applicants	Child-rearing Support Center "Niko-Niko Hiroba"
	Feb.18 (Wed)	Health Care Center
Health Checkup for 18-month-old infants	Feb.19 (Thu)	Infants born from Jun. 19 to Jul. 11, 2013
Dental Checkup for 2 year and 8 month-old children	Feb. 3 (Tue)	Children born in May 2012
	Feb.26(Thu)	Children born in Jun. 2012
Health Checkup for 3-year-old children	Feb. 5 and 12 (Thu)	Children born from Jun. 15 to Aug. 7, 2011
Health Checkup for 5-year-old children	Feb. 3 (Tue)	Children born in Jan. 2010
	Feb.26(Thu)	Children born in Feb. 2010
Baby Food Class for 4 to 6 month-old babies	Feb. 27 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Feb. 5 (Thu) and 20(Fri)	Children born in May 2014 First 20 applicants. Reservation required by phone.

----- **Health Care** -----

1. **Sudden Illness at Night or on Call Fire Station at 7184-0119.** They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury.

In an imminent case **Call 119** for an ambulance.

Hospitals will close on Sundays, Holidays, Year-End and New Year Holidays.(also applicable to 3.)

1. **Child's sudden illness - Telephone consultation**

Call #8000 or 043-242-9939 Hours: 19:00-22:00

A nurse or doctor will advise you about the care to be taken for you infant/child.

2. **Getting sick or toothache on Holidays** (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00 - 11:30

(2) Internal Medicine and Pediatrician: 9:00 - 11:30 and 13:00 - 16:30

***News Letter Abiko***

No.244 February 1, 2015

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Excerpts of the Newsletter issued by Abiko City

## **Readiness for disaster prevention and damage lessening**

Four years are passing since the Great East Japan Earthquake on March 11, 2011. Please be reminded of sudden occurrence of natural disasters such as heavy earthquakes, typhoons, and floods. Abiko city has implemented preventive measures to minimize possible damages in the event of disasters by concluding agreements with the following private and municipal organizations.

1. Agreements on mutual aid with several municipalities
2. Agreements with 2 private companies on supply of necessities including temporal usage of parking lots
3. Agreements with 2 companies on emergency information service systems
4. Agreements with 8 welfare facilities on temporal use and management

## **The city's disaster prevention measures involve the following particulars.**

1. Wells secured at 4 elementary schools to supply water for emergencies
2. An emergency storehouse at the Observatory Memorial Park, furnished with foods, toilets, rice cookers, generators, blankets, etc.

## **When you are far from your home in an earthquake on a massive scale,**

1. First of all secure your own safety and stay at the nearby safe place.
2. Make sure about safety of your family through the emergency message service.
3. Try to get newest information on traffic and damage information.

## **Get ready for a sudden disaster**

Prepare for a sudden disaster by carrying a radio and map when you go out, and keep your sneaker, flashlight, gloves, bottled water, foods, etc. at your working place, etc. Usually make sure among your family about the way to check mutual safety, meeting place, and the route for going home in an emergency case.

- When an announcement on disaster related news through the Community Public Address System is unclear, you can clarify it by free phone service at **0120-031676**.

Inquiry: City Hall, Public Safety Section Ext. 217



### **Tax return due soon!**

Dates: Income tax return may be filed from February 16 to March 16

Inquiry on Income tax return : Kashiwa Zeimu-sho (Tax Office) at 04-7146-2321

Inquiry on Municipal tax : Kazei-ka (Taxation Section) at 04-7185-1111 (ext. 357)

### **Banner Advertisement Wanted**

Publication dates: April 1 to March 31, 2016 (1 month each, 12 months at most)

Fee: 20,000 yen per month

Banner standard: 50 pixels (length) × 130 pixels (width) 4 KB or less in size.

No animation is accepted.

Please bring or send your application (available on the city's website) to  
Abikoshi, Hisho Kouhou-ka 270-1192, by March 16 Tel: 7185-1269

### **12<sup>th</sup> Cherry Blossom Viewing at Abiko Golf Course**

Date: March 30 10:00 to 16:00 (canceled in case of rain)

Location: Abiko Golf Course, holes no. 13 and 16, and surrounding area

Fee: 100 yen (to be used for nurturing views in Abiko)

Parking lot: Gohon-matsu Undo Hiroba (at the event entrance)

You cannot enter from the club house. No food or drink, no smoking, no pets.

Unfortunately you can't play golf! Please wear sports or walking shoes.

Inquiry: 090-6034-9149 (Abiko no Keikan wo Sodateru Kai)

### **Enjoy Organic Rice Planting !**

Date/Time: Sundays in March to October 9:00~ noon

Place: Yatsu Museum's "Tanbo Hiroba" You can receive some rice after harvest

Number: 20 people (kids less than elementary school age must be with parents)

Application: Write your name, address and phone number on the application and  
send to Abikoshi, Teganuma-ka 270-1192, by March 13, or call Ext. 465 or fax  
7185-5869

### **Parent and Child Fishing Competition**

Date/Time : March 21 8:30~12:00(canceled in case of rain)

Place: Kojoen fishing area (west side of Teganuma Park)

Numbers: 20 pairs ( elementary school age children or older, and parents)

Fee: 500 yen (includes insurance) Rental equipment (no personal fishing gear allowed)

Please apply by phone on or before March 13.

Inquiry: City Hall, Clean Teganuma Suishin Kyogikai Jimu-kyoku Ext. 467,

## Enjoy Papa Project (playing with your baby)

1. Date/Time: March 22 10:30~11:45 Booking: 7185-8882 (30 people)  
Place: Niko Niko Hiroba (play with papa)
2. Date/Time: March 7 and 21 11:00~11:20 Booking not needed 7185- 1936  
Place: Suku Suku Hiroba (sukusuku papa time)
3. Date/Time: March 14 11:00~11:45 Booking: 7185-2196 Fee: 50 yen/pair  
Place: Waku Waku Hiroba (wakuwaku papa)

## Handicraft Classes-March 2015

The following short classes will be held in March. If you are interested in, please contact the “Fureai Koubo” : 7186-5500. Address: Aoyama 450, Abiko City

Name	Day/Time	Participants	Cost	Please bring
Samue kimono style jacket	10 <sup>th</sup> , 17 <sup>th</sup> 9:30 to 15:00	5 people	300 yen for each class	Wool kimono, thread, sewing set, lunch
Toys (wood craft class)	10 <sup>th</sup> 10:00 to 12:00	5 people	300yen	Just yourself!
Hat (clothes club class)	11 <sup>th</sup> 9:30 to 15:00	5 people	300 yen + 150 yen for materials	100 x 100 cm cloth, 50 x 50 cm liner cloth, sewing thread, sewing set, lunch
Study knife sharpening	21 <sup>st</sup> 10:00 to 12:00	5 people	300 yen	1 or 2 hochou knives
Cotton basket (Cloth club class)	12 <sup>th</sup> 10:00 to 15:00	3 people	300 yen	Cloth: 50 x 80 cm patterned, 50 x 80cm plain; compatible thread, sewing set, craft cotton 110g, lunch

## Public Health Care Center Program- March 2015 Tel: 7185-1126

Maternity Class: (Shiawase Mama & Papa Gakkyu)	March 7, 14, 21 Call for an appointment	Expecting women of 20 weeks or over and their families
Consultation for 4month-old babies	March 3, 10	Those born Oct. 2014
Child Care Advice	March 4, 18 10 people/day	At Niko Niko Hiroba
Health Check-up for 18-month-old infants	March 12, 19	Infants born Jul.12-Aug 31, 2013
Dental check-up for 2 year and 8 month-old children	March 24	Those born Jul. 2012
Health check-up for 3 -year-	March 5	Those born Aug.8-31,

old children Health check-up for 5-year-old children	March 24	2011 Those born Mar.1-Apr.1, 2010
Weaning for 4-6 month-old babies for 8-9 month-old babies	March 27 March 11	First 30 mothers Those born June 2014 First 20
Health Exercises Class (Cancelled by rain. Call 7185-1112 for detail)	March 11 10 to 11am March 17 10 to 11am March 20 10 to 11am	Fusa Minami Park Kohokudai Chuo Park, Tennodai Nishi Park
Alcohol problem class Mental care class	March 6 14:30 to 16:00 March 16 14:00 to 16:00	Holiday Clinic Holiday Clinic 7185-1111(ext.421)
Day care club <i>Abiday</i> Day care club <i>Araday</i>	March 25 9:55 to noon March 11 9:55 to noon	Abista No.2 room Shogaisha Fukushi Ctr. 7185-1111 (ext.381)

----- **Health Care** -----

**1. Sudden Illness at Night or on Holidays**

Call Fire Station at **7184-0119**. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case **Call 119** for an ambulance. (Holidays: Sundays, National Holidays, Year-End/New Year Holidays)

**2. Child's Sudden Illness at Night - Telephone consultation**

Call #8000 or 043-242-9939 Hours: 19:00-22:00 / Every Night

A nurse or doctor will advise you about the care to be taken for your infant/child.

**3. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)**

(1) Dentist: 9:00 -11:30

(2) Internal Medicine and Pediatrician: 9:00 – 11:30 and 13:00 – 16:30

(Holidays: Sundays, National Holidays, Year-End/New Year Holidays)

*Newsletter Abiko*

No.245 March 1, 2015

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E-mail: [info@e-aira.jp](mailto:info@e-aira.jp) <http://www.e-aira.jp>



Excerpts of the Newsletter issued by Abiko City

## Address from Abiko Mayor Jyun-ichiro Hoshino

This fiscal year's general account budget amounts to about ¥71.7 billion, an increase of about ¥3.4 billion compared with the previous fiscal year.

The budget of this fiscal year is compiled to promote five town-building pillars such as "energy and vitality making full use of Abiko's environments," "child rearing," and "security and health." Another two pillars are "recovery from the disaster" and "administrative reform. The main projects include preparation and development of day nurseries and installation of air-conditioners for junior high schools in order to improve environments of education, and enhancement of flood control measures and disaster prevention systems. In addition, we support the living condition of the elder people such as care prevention plans. Furthermore, we continue to take measures against radioactivity along with promotion of recovery in the Fusa east area. As we exert utmost efforts to build a good town which we can be proud of, your cooperation and understanding shall be much appreciated.

**As for detailed budget with rough amounts, please refer our homepage.**

### The main projects for this year are as follows:

1. Transmission of information for young people: ¥21million
2. Support for development of private nursery schools, etc.: ¥357 million
3. Facility preparation for child development center: ¥360 million
4. Installation of air-conditioners for junior high schools: ¥719 million
5. Enhancement of disaster prevention systems: ¥133 million
6. Flood control measures: ¥847 million
7. Urban development: ¥994 million

Inquiry: For detail contact Finance Section at Extension 236

## 45<sup>th</sup> Anniversary Events of Abiko City

Abiko City has been holding its 45<sup>th</sup> anniversary events during the period from January to December this year in line with the establishment of Abiko City. For detailed events, contact Secretariat Section at Extension 206.

### **Aquatic Park to Abiko City**

The significant administrative power of the Chiba Prefecture Teganuma Aquatic Park will be transferred to Abiko City on July 1, 2015. For this reason, some facilities will be closed during the transition period from April 1 to June 30 this year.

For more details, contact Chiba Prefecture Water Quality Preservation Section at phone 043-223-3821 (from April to June 2015).

### **AIRA Foreign Language Courses will Start in May**

AIRA (Abiko International Relations Association) will open the course for foreign language studies including English, Chinese, French, Korean, and Spanish in May. For more details, contact AIRA office at phone 7183-1231 (except Thursdays and National Holidays).

### ***Attention !* Free Japanese Language Course also Starts in May**

You can learn free the basic or middle level Japanese language on a day of your choice.

- a. **Tuesday** class: 10:30-12:00 at Abiko Civic Plaza (3F, Ito Yokado/North)
- b. **Saturday** class: 10:00-11:30 at Abista

For inquiry or entry: Please call or visit AIRA (10:00-16:00 except Thursdays and Holidays)  
Phone: 7183-1231 Fax: 7183-2005 E/M: [info@e-aira.jp](mailto:info@e-aira.jp) Location: 3F, Civic Plaza

### **Subsidies will be provided for solar energy generation and house remodeling**

- (1) Abiko City will receive application for subsidies for house solar energy generation and energy saving equipment during the period from April 1, 2015 to February 29, 2016. For more details, contact Teganuma Section at extension 468.
- (2) Abiko City will receive application for subsidies for house remodeling plans during the period from April 20, 2015 to January 29, 2016. For more details, contact House Building Section at phone extension 601 or 602.

## **Events Around the Town in April 2015**

### **(1) Kohoku Area Public Hall Courses**

Event: Making Futomakizushi-Sushi Roll

Date/time: April 26(Sun) 13:00-15:30

Fee: ¥800 (including foodstuffs)

Fixed number of people: 16 (Applicants more than 16 will be chosen by lot.)

For more details, contact the above office at phone 7188-4433.

**(2)12<sup>th</sup> Taisho Roman Walk in Teganuma**

Date/time: April 29(national holiday) 08:00-16:00

(Will be canceled if it rains)

Fee: ¥400 (if applied by April 17) ¥500 (if paid on April 29<sup>th</sup>) Free for children under junior high school students. (Residents other than Abiko, Kashiwa, Nagareyama, Matsudo and Noda: ¥700)

Course: 7km, 10km, 20km and 30km

For more details, contact Nakayama san of Hokuso Walking Club at phone 7145-1620

<b>Advisory Service- April, 2015</b>			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	9(Thu) 14(Tue), 16(Thu), 21(Tue) and 23(Thu) 9:30 - 15:30 Reservation required	Civic Consulting Room  2F, Abiko City Office	Secretarial Sec.  7185-1714
Tax Matters	17 (Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349 Reservation: from 8:30, Apr.13
Living Advice	Week days 8:30-17:00	West Annex 2F	Social Welfare Sec. Ext 393
Child matters in general	Week days 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days 8:30 - 17:00	Social Welfare Sec.	Social Welfare Sec. Ext. 394

**Public Health Care Center Programs -April 2015**

**Tel:04-7185-1126**

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	9, 16 and 30 (each Thu)	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	7 and 14 (Tue)	Children born in Nov. 2014

Health Checkup for 18-month-old infants	9 (Thu)	Infants born from Sep. 1 to 20, 2013
Dental Checkup for 2 year and 8 month-old children	23(Thu)	Children born in Aug. 2012
Health Checkup for 3-year-old children	2 and 16 (each Thu)	Children born from Sept.1 to Oct. 10, 2011
Health Checkup for 5-year-old children	23 (Thu)	Children born from in April 2 to 30, 2010
Baby Food Class for 4 to 6 month-old babies	24 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	10(Fri)	Babies born in July, 2014 First 20 applicants. Reservation required by phone.

----- **Health Care** -----

**1. Sudden Illness at Night or on Holidays**

Call Fire Station at **7184-0119**. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case **Call 119** for an ambulance. (Holidays: Sundays, National Holidays, Year-End/New Year Holidays)

**2. Child's Sudden Illness at Night – Telephone consultation**

Call #8000 or **043-242-9939** Hours: 19:00-22:00 / Every Night

A nurse or doctor will advise you about the care to be taken for your infant/child.

**3. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)**

(1) Dentist: 9:00 -11:30

(2) Internal Medicine and Pediatrician: 9:00 – 11:30 and 13:00 – 16:30

(Holidays: Sundays, National Holidays, Year-End/New Year Holidays)

<b><i>Newsletter Abiko</i></b>	No.246	April 1, 2015
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# Abiko

May 1, 2015

Excerpts of the Newsletter issued by Abiko City

## Enjoy Lake Teganuma 2015!

**May 10 (Sun) 9:00 a.m. – 3:30 p.m. Teganuma Aquatic Park- Admission Free**

The event will proceed in rainy weather (partly suspended or changed if it rains).

This is the event where you can experience activities and have a good day on Lake Teganuma.

We are waiting for your coming offering a lot of fun activities.

**Enjoy stage:** Abiko high school and Fusa junior high school brass bands/Jump rope by Daiichi and Konoyama Elementary School/ABIKO *Soran* Asuka-gumi/Teganuman's show and other bands and performances

**Bird Watching:** 9:00 – 12:00 (reception from 8:30) short course for 1 hour / regular course for 2 and half hours **Teganuma cruise & guide tour** **Experience Small yacht and Canoe**

**Releasing small fish** **Play rugby** with NEC Green Rockets team **Watch and touch fish** in Teganuma **Sightseeing information** **Kids' craft** **Bird Museum shop** **Gum boat**

**Observe the sun** through special telescope

**Other activities** **Food shop**

Inquiry: Teganuma Section, ext. 468

Phone: Call at 080-9194-0502 (On May 9 and 10 only)



## Abiko Welfare Festival - May 10 (Sun) 10:00 a.m. – 3:00 p.m.

(This event will proceed in rainy weather also)

**Place:** Abista, Teganuma walk way (Admission Free)

Water-bus services available (10 minute- ride) to Teganuma Aquatic Park unless it rains.

**Hall Events:** Health rhythms 10:30-11:30a.m., 1:30-2:30p.m. : Let's dance together!  
10:00a.m.-3:00p.m.

**Health Care Corner:** health exercise "Plus 10 exercise" 11:00 ~ noon, measurements of blood pressure, fat, bone age, etc.

**Children's event** (charged) : Airy Teddy bear, water yo-yo, wooden craft, quoits, paper folding, face painting, Handmade toys exhibition, old days playing, etc.

**Welfare experience** (10 min. each): Braille, sign language, visual impairment, wheel chair.

**Welfare shops:** Handmade crafts by welfare groups, fresh vegetables, soft drinks, snacks

*Unakichi-san* and *Abika-chan* are coming !

Inquiry: Abiko City Social Welfare Council, phone: 7184-1539

## Evacuation Information by L Alert

You can get evacuation information not only by Community Public Address System, but also on Data broadcasting on TV channel NHK, selecting “Local Disaster Information “ by pushing “d” button on remote controller.

Inquiry: Citizens’ Safety Sec. at ext.217

## Join 21<sup>st</sup> Teganuma Eco Marathon – Entry Procedure

Race Date: October 25 (Sun) 10:00 a.m. start (The race will proceed in rainy weather also)

Place: Kashiwa Furusato Park, around Lake Teganuma

Race: Half marathon (21.0975 km)

Total 8,000 healthy people over 18 of age (2,000 Abiko citizens, 6,000 non-Abiko citizens) will be admitted on first come first served basis.

Conditions for entry:

- 1) Participants must be amateurs.
- 2) Participants must be capable of finishing half marathon in 2 and half hours.

Entry fee: 4,500 yen

Application procedure: Only through the Internet

- 1) For people who live, work or study in Abiko: first 2,000 entries

Apply only on the Internet (<http://runnet.jp/>) from 8:00 p.m. May 10 (Sun) – May 15 (Fri)

- 2) For people who are not applicable to 1): first 6,000 entries

Apply on the Internet ( <http://runnet.jp/> ) from 8:00 p.m. on June 1 (Mon) – June 5 (Fri)

Participants must transfer entry fees within 1 week after the entry is completed.

Inquiry about entry: RUNNET Support Center, 03-3714-2768 (9:30 am ~ 5:30 pm on weekdays)

## Teganuma Fire Work Display 2015 on August 1 (Sat)

Teganuma Fire Work Display for this year is decided to be held on August 1 in cooperation with Kashiwa city. In this occasion we run fund-raising campaign. Your kind donation is appreciated ! Donation Collection boxes are installed at City Hall lobby and **Abishirube** (Information center).

Inquiry: Please contact Commerce and Tourism Section, 7185-1475

## Present of Bitter Gourd (Goya) Seedling

Date: May 9 (Sat) 2:00 p.m. ~

Place: Abista entrance square (entrance on Teganuma Park side)

Total 200 seedlings will be offered: 2 for each person.

Inquiry: Miyama san at 7181-5036 or Teganuma Section at ext. 465

## Let’s join “Walk in Teganuma” event

---Healthy Walking event enjoying rediscovery of nature and cultural facilities in Abiko---

Date & Place: May 23 (Sat) reception 9:00 – 9:30 a.m. in front of Keyaki Plaza

Reach the goal at Keyaki Plaza by noon.

**Long course**(8 km) Keyaki Plaza→Sugimura Sojinkan Museum→Old Kawamura Villa→Aquatic Building→Konoyama Momoyama Park→Takishita Square→Tega Big bridge→Teganuma Park → Keyaki Plaza

**Short course** (4.5 km) : Same route except Konoyama Momoyama Park and Takishita Square  
Free of charge / No reservation required. Inquiry: Culture & Sports Sec. at 7185-1604

## Medical Checkup in Group for Cervical Cancer

Eligible people can take medical checkup on any day in the list below. If the applicants reach the quota, further application will not be accepted.

Place: Health Care Center (1-12-16, Kohokudai) Inquiry: Health Support Sec. at 7185-1126

Eligible women	Examination method	Date	Reception	Fee
Women born before Mar 31 in 1996	Inquires & examination on Cytology of cervix	May 9 (Sat), 11(Mon), 12 (Tue), 15 (Fri), 27(Wed), Jun 10(Wed), 12(Fri)	14:15 - 14:30	¥600

### EVENTS Around the Town

- ◆ Free Movie : May 10 (Sun) 1:30 p.m. – “Love Is a Many-Splendored thing”  
Place: Fusa Minami Community Center Contact: 7189-3740
- ◆ Araki Spring Festival May 17 (Sun) 10:00 a.m.– 2:00p.m.  
Contents: Flea market, food shop, and activities  
Place: Araki Community Center Contact: 7188-2010

### Advisory Service– May 2015

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	May. 7,14,19,21,26 9:30 - 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	May 15(Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Living Advice	Week days 8:30 – 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.393
Child matters in general	Week days 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days 8:30 - 17:00	Social Welfare Sec.	Social Welfare Sec. Ext. 394

**Public Health Care Center Programs**

**Tel: 04-7185-1126**

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	May 2,16, 30 (Sat)	Pregnant women of 20 weeks or over, and their husbands
Child care advice	May 8(Fri), 27 (Wed)	At Nikoniko Hiroba, first 10
4-month old consultation	May 13(Wed), 19 (Tue)	Those born in Dec, 2014
Health Checkup for 18 month-old infants	May 21,28 (Thu)	Those born during Sep 21-Oct 31, 2013
Dental Checkup for 2 year and 8 month-old children	May 26 (Tue)	Those born in Sep 2012
Health Checkup for 3-year-old children	May 14 (Thu)	Children born in Oct 11-Oct 31 2011
Health Checkup for 5-year-old children	May 26 (Tue)	Children born in May 2010
Baby Food Class for 4 to 6 month-old babies	May 29 (Fri)	First 30 applicants. Reservation required
Baby Food Class for 8 to 9 month –old babies	May 20 (Wed)	Babies born in Aug 2014 First 20 applicants

----- **Health Care** -----

**1. Sudden Illness at Night or on Holidays**

Call Fire Station at **7184-0119**. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case **Call 119** for an ambulance.

(Holidays: Sundays, National Holidays, Year-End/New Year Holidays)

**2. Child's Sudden Illness at Night – Telephone consultation**

Call #8000 or 043-242-9939 Hours: 19:00-22:00 / Every Night

A nurse or doctor will advise you about the care to be taken for your infant/child.

**3. Getting sick or toothache on Holidays (Contact: Holiday Clinic at 7187-7020)**

(1) Dentist: 9:00 -11:30

(2) Internal Medicine and Pediatrician: 9:00 – 11:30 and 13:00 – 16:30

(Holidays: Sundays, National Holidays, Year-End/New Year Holidays)

Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

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Excerpts of the Newsletter issued by Abiko City

## **Temporary Special Benefits for Child Rearing Households, FY2015**

Application form will be dispatched on June 8 (it doubles as an annual reporting of child allowance).

Please be sure to submit application by September 30, 2015.

For more information, contact Child-Rearing Support Section at ext.448.

## **Child Allowance: Submission of Annual Reporting of Current Situation “Genkyo-Todoke”**

Annual reporting form called “Genkyo-Todoke” will be dispatched to recipients of the child allowance on June 8. Be sure to submit reporting by June 30. Reporting can be sent by mail or brought in person to Child Rearing Support Section (or also acceptable at Civic Section or administrative service centers only if brought in person). Payment of allowances will be temporarily stopped if reporting is not submitted.

For more information, contact Child-Rearing Support Section at ext.347

## **Municipal Taxes and Long-Term Care Insurance Premium: Pay by June 30**

Municipal tax payment notice will be dispatched on June 10 (long-term care insurance premium payment notice on June 15). Time limit for payment is June 30. You can make payment at financial institutions or convenience stores without any service charge.

For more information, contact Abiko city office Taxation Section on payment notice at ext. 335 and certificate issuance at ext. 405 of municipal taxes, or Elderly Support Section at ext.313 for long-term care insurance premium.

## **Payment of the National Health Insurance Tax**

Payment notice will be dispatched to the householder on June 15. Be sure to pay national insurance fees by the due date as stated in the payment notice.

When you get enrolled in or get out of the system, be sure to notify National Health Insurance and National Pension Section or your local administrative service center.

For more information, contact National Health Insurance and National Pension Fund Section at ext.353 or 354.

## **Abiko Premium Gift Certificate:**

**13,000yen coupon for 10,000yen, enjoy shopping in Abiko!**

Abiko premium gift certificate of 13,000yen can be purchased at a price of 10,000yen. You can buy goods with the gift certificate at shops in Abiko city listed on Abiko city official website. Gift certificate

is usable from July 1 to November 30, 2015.

Advance application is required in order to purchase Abiko premium gift certificates.

Application: Please send a post card/letter with your name, address, phone number, age and gender, to Abiko-shi Premium Gift Certificate Section, 3-10-36, Higashi Jujo, Kita-ku, Tokyo 114-0001.

Your application should arrive by June 19.

For more information, contact Abiko City Chamber of Commerce and Industry, 7182-3131, or Commerce and Tourism Section, 7185-1475

## **Prevention of Heat Stroke**

In the June – September period of last year, in our city, 41 people suffered heat stroke and were taken to hospitals by ambulance, and almost half of them were elderly people aged 65 and over. We are not used to the heat yet in June, so be careful about heat stroke.

### Attention required:

-High temperature (28°C or more) and High humidity (70% or more)

-Strong sunshine and windless

-Sweltering night, the day after sweltering night

\*Especially, young children, elderly people, obese people, and people with chronic disease have to take extra care.

### To prevent heat strokes:

-Drink water and have a break frequently

-Adjust room temperature and humidity

-Avoid rise in body temperature by using a hat or sunshade, dressing in cooler clothes

-Eat a well-balanced diet and build up stamina

### Treatment:

-When feeling dizzy and lightheaded or sweating heavily, move to a cooler area, cool down your body and dissipate heat. Drink water.

-When having a headache, nausea, or a convulsive seizure, or losing consciousness, move to a cooler area and call an ambulance (119).

For more information, contact Health Support Section at 7185-1126

## **Mouth Cancer Screening**

Mouth cancer is a furtive disease. Screening leads to its early detection and early treatment. Do not miss this opportunity! (Reservation required – up to 300 people)

Date/Time: July 26 (Sun), 9:00a.m. – 1:00p.m.

Place: Public Health Care Center Fee: 500yen

Application: Send a post card with your name, address, date of birth, age, phone number, to Abiko City Dentists Association (Abiko-shi Shika Ishikai) , 1-12-16 Kohokudai Abiko City 270-1132, by June 19.

For more information, contact Onoe Dental Clinic at 7188-3151 (closed on Thursdays, Sundays and Holidays).

## **18th Abiko International Open-Air Art Exhibition (AIOE): Creators Wanted!**

Abiko International Open air exhibition to be held from October 24 to November 8 is calling for entries

of exhibiting artists from general public. If you wish to exhibit your works, please attend a presentation on August 30 (Sun) 2:00p.m – 4:00p.m., at Fusa Kinrin Center “Fusa no Kaze” (Application required).

For more information, contact Mr. Komaba of AIOE Association at 090-1769-8683 or [aioe@live.jp](mailto:aioe@live.jp)

### <Events in Town>

#### Abiko Local Farmer’s Market “Abikon” 8th Anniversary Event

Date/Time: June 6 (Sat), 7 (Sun), 10:00a.m. – 2:00p.m. (Cancellation in the event of stormy weather)

Place: Abiko local farmer’s market “Abikon”

Contents: “Radish-grating” contest, “Rice ball of your own making” contest, sale of processed foods using local produce, etc.

For more information, contact Abiko local farmer’s market “**Abikon**” at 7108-3171

#### Aloha Festa in Abiko 2015

Date/ Time: June 6 (Sat), 10:00a.m. – 6:00p.m. (In the event of stormy weather, posted on June 7, if stormy both days, cancelled)

Place: Teganuma Park

Contents: Hula show, Hawaiian shopping corner, and eating place

For more information, contact Loco moco at 7136-7232

### Advisory Service-June 2015

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Jun. 4 (Thu),9(Tue), 11(Thu), 18 (Thu) and 23(Tue) 9:30 - 15:30, Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Jun. 19 (Fri) 10:00 - 15:00, Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child matters in general	Week days except Sat/Sun/public holidays, 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except Sat/Sun/public holidays, 8:30 - 17:00	Welfare Consulting Sec.	Social Welfare Sec. Ext. 394

### Public Health Care Center Programs

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Jun. 6, 20, and 27 (Sat)	Expecting women of 20 weeks or over, and their family
Child Care Advice	Jun.10 & 24(Wed) First 10 applicants	Child-rearing Support Center “Niko-Niko Hiroba”

	Jun. 17 (Wed)	Public Health Care Center
Health Checkup for 18-month-old infants	Jun. 25 (Thu)	Infants born from Nov. 1 to Nov. 20, 2013
Dental Checkup for 2 year and 8 month-old children	Jul. 2 (Thu)	Children born in Oct. 2012
Health Checkup for 3-year-old children	Jun. 4 and 18 (Thu)	Children born from Nov. 1 to Dec. 10, 2011
Health Checkup for 5-year-old children	Jul. 2 (Thu)	Children born in Jun. 2010
Baby Food Class for 4 to 6 month-old babies	Jun. 25 (Thu)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Jun. 4 (Thu)	Children born in Sep. 2014 First 20 applicants. Reservation required by phone.

----- **Health Care** -----

**1. Sudden Illness at Night or on Sundays/Holidays – Introduction of Hospital**

Call Fire Station at **7184-0119**. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, call about the patient's symptoms.

In an imminent case, please do not hesitate to **Call 119** for an ambulance.

**2. Child's Sudden Illness at Night – Telephone consultation**

Call #8000 or **043-242-9939** Hours: 19:00-22:00 / Every Night

A nurse or doctor will advise you about the care to be taken for your infant/child.

**3. Getting sick or toothache on Sundays/Holidays (Contact: Holiday Clinic at 7187-7020)**

(1) Dentist: 9:00 -11:30

(2) Internal Medicine and Pediatrician: 9:00 – 11:30 and 13:00 – 16:30

*Newsletter Abiko*

No.248 June 1, 2015

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**Excerpts of the Newsletter issued by Abiko City**

## Message from Mayor of Abiko Junichiro Hoshino

This year marks the 45<sup>th</sup> anniversary of Abiko Town's rebirth as Abiko-City, which came into force on July 1<sup>st</sup> 1970. I wish to develop Abiko for more attractive and comfortable city for everyone to live.

It is my pleasure that this year again we hold a summer pageant "Teganuma Fireworks Show" together with Kashiwa city. Commemorating the festivities, some 13,500 fireworks will color the evening sky. So, let's make it enjoyable!

## Your Contribution for Teganuma Fireworks 2015 is Appreciated

Show: August 1st, 19:00 to 20:30 (in case of rain; August 2<sup>nd</sup>)

The Teganuma Fireworks Taikai Jikkou-Iin (Exec. committee) is collecting contributions for the fireworks show on July 1st, 17th and 29th from 18:00 to 19:30 at Abiko station.

Contribution boxes are also set at the first floor of Abiko City Hall, as well as at Abista, Abi-Shirube, Kohoku Chiku Kominkan, Abicon, and more locations. Your kind cooperation for a successful event will be highly appreciated.



## Announcement of Your Message

Would you like to send a message with fireworks to your family or friends?

Prior to the shoot-up of "your firework", your message will be announced.

Fee: 50,000 yen for each message

Please write your name, address, phone number, age on a post card and send it by July 13th to the following committee:

Teganuma Hanabi Taikai Jikkou-Iin Kai (Shokokai, Chamber of Commerce)

Address: Kotobuki 1-13-27, Abiko 270-1152 Tel: 7182-3131 (Monday to Friday)

## Elementary School 25m Pools Open to the Public

Date: July 25<sup>th</sup> to August 16<sup>th</sup> (Nedo elementary school will start on 26<sup>th</sup>.  
Abiko Dai-San elementary school's pool will be closed on 27<sup>th</sup>.)

Hours: 9:00 to 9:50, 10:00 to 10:50, 11:00 to 11:50, 13:00 to 13:50, 14:00 to 14:50,  
and 15:00 to 15:50 Fee: Free!!

Locations: Abiko Dai-Ichi elementary school, Abiko Dai-San elementary school  
Abiko Dai-Yon elementary school, Kohoku elementary school  
Kohokudai Nishi elementary school, Nedo elementary school  
Namiki elementary school, Araki elementary school, and  
Fusa Minami elementary school

The following pools are open for certain groups at 10:00-12:00, 13:00-15:00 from  
July 25<sup>th</sup> to 29<sup>th</sup> : Kohokudai Higashi elementary school, Abiko Dai-Ni  
elementary school, Konoyama elementary school, and Fusa elementary school

Notes:

\*Please do not leave children under 6 years of age unattended

\*Kids still in diapers may not enter the pool

\*Please do not use suntan oil

\*Please do not use balls, boats, or any other toys.

\*Parking not available

Contact: Culture-Sports Section, Board of Education Tel: 7185-1604

## Yasaka Shrine Annual Festival – Traffic Restriction Information

During the festival days, July 18<sup>th</sup> and 19<sup>th</sup>, car traffic will be partially or totally  
prohibited at the Koenzaka-Dori (between Abiko station/South and Fureai-Dori)  
and the part of route 356 near the station area.

Inquiry: For detail of the traffic control hours and areas contact Abiko police  
station at 7182-0110 or refer page 4 of Koho Abiko Japanese Edition.

## Advisory Service – July, 2015 (\* please call for an appointment)

Legal Advice *	July 7 <sup>th</sup> , 9 <sup>th</sup> , 14 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> 9:30 to 15:30 City Hall 2F, Shimin Sodan Shitsu (Citizens Advisory Room) Tel: 7185-1714 (Jul.1st 8:30~)
Human Rights*	July 23 <sup>rd</sup> 10:00 to 15:00 at City Hall West Bldg. 2F, Shakai Fukushi-ka (Social Welfare Sec.) Tel: 7185-1111, ext. 432
Taxes*	July 17 <sup>th</sup> 10:00 to 15:00. Tax Collection Sec.

	Tel: 7185-1349 (Reservation : Jul.13th 8:30-)
Judicial Consultation*	July 17 <sup>th</sup> 10:00 to 15:00 at City Hall 2F Shimin Sodan Shitsu (Citizens Advisory Sec.) Tel: 7166-2015 (Reservation: 13:00 to 16:00 weekdays, by Jul.16)
Traffic Accidents*	July 13 <sup>th</sup> 10:00 to 15:00 4 people Shimin Anzen-ka (Citizens Safety Sec.) ext. 486
Children in general	Weekdays 8:30 to 17:00 at City Hall West Bldg. 1F Kodomo Sodan-ka (Child Consulting Sec.) Tel: 7185-1821
Mothers & Children/ Women/(Single Mothers)	Weekdays 8:30 to 17:00 at City Hall West Bldg. 2F Kodomo Shien-ka (Child-rearing Support Sec.) ext. 849

### Abiko Public Health Care Center Program Tel: 7185-1126

(Address: Kohokudai 1-12-16)

MOTHERING: (Shiawase mama & papa Gakkyu)	July 18 <sup>th</sup> , 25 <sup>th</sup> , August 1 <sup>st</sup> . For pregnant women over 20 weeks and their families Please call for an appointment
Consultation for 4 months old children	July 7 <sup>th</sup> , 14 <sup>th</sup> Those born Feb., 2015
Consultation for babies	July 8 <sup>th</sup> , 22 <sup>nd</sup> (at Niko-Niko Hiroba in Ito Yokado Minami Guchi, 10 people/day)
Health Check-up for 18 month old children	July 16 <sup>th</sup> , 23 <sup>rd</sup> Those born Nov.21-Dec.31, 2013
Dental check-up for children aged 2 years and 8 months	July 2 <sup>nd</sup> Those born Oct., 2012 July 30 <sup>th</sup> Those born Nov., 2012
Health check-up for 3 year old children	July 9 <sup>th</sup> Those born Dec.11-31, 2011
Health check-up for 5 year old children	July 2 <sup>nd</sup> Those born June, 2010 July 30 <sup>th</sup> Those born July, 2010
Weaning for 4 to 6 months babies for 8 to 9 months babies	July 31 <sup>st</sup> first 30 people July 15 <sup>th</sup> those born Oct., 2014 first 20 people

	Please call for an appointment
Health exercises class	July 8 <sup>th</sup> , Fusa Minami park 10:00-11:00 July 21 <sup>st</sup> Kohokudai Chuo Park * July 17 <sup>th</sup> Tennodai Nishi Park * * from 9:30 -10:30 Tel:7185-1112 ”Senior Support Sec”
Alcohol problem class	July 3 <sup>rd</sup> 14:30 to 16:00 (ext. 421)
Mental health class	July 13 <sup>th</sup> 14:00 to 16:00 (ext. 421)
Day care club <i>Abiday</i>	July 22 <sup>nd</sup> at Abista (ext. 381)
Daycare club <i>Araday</i>	July 8 <sup>th</sup> at Shogaisha Fukushi Center (Welfare Center for the Disabled) (ext. 381)

----- **Health Care** -----

**1. Sudden Illness at Night or on Sundays/Holidays – Introduction of Hospital**

Call Fire Station at **7184-0119**. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital on a telephone about your sickness or injury.

In an imminent case **Call 119** for an ambulance.

**2. Child’s Sudden Illness at Night – Telephone Consultation**

Call #8000 or **043-242-9939** Hours: 19:00-22:00 / Every Night

A nurse or doctor will advise you about the care to be taken for your infant/child.

**3. Getting sick or toothache on Sundays/Holidays** (Contact: Holiday Clinic at 7187-7020)

(1) Dentist: 9:00 -11:30

(2) Internal Medicine and Pediatrician: 9:00 – 11:30 and 13:00 – 16:30

Note: **Holidays:** National Holidays, Year-End/New Year Holidays)

**Please do not hesitate to call for an ambulance in case of serious injury or acute illness.**

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Edited and translated by Abiko International Relations Association (AIRA)		
Phone: 04-7183-1231 Fax: 04-7183-2005		
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# Abiko

August 1, 2015

Excerpts of the Newsletter issued by Abiko City

——Praying for peace From Abiko——

### Message from Jun-ichiro Hoshino, Mayor

“After 70 years from the end of the war, Abiko City celebrates the 30<sup>th</sup> anniversary this year since the city announced a peace city. While people who experienced the war and atomic bombing have been decreasing, I trust it is important for us to convey peace to the next generation in order to keep sad experiences in mind. We plan to send 24 junior high school students to Hiroshima this year. This event has been carried out since 2005. “The Light of Peace” was built at Teganuma Park and we will continue to light it up until nuclear weapons are eradicated from the earth. In addition, we will hold various events with people including those who were once missioned to the tour in their junior high days. We will keep conducting peace activities steadily together with citizens.”

**Main Peace Projects** In the pivotal year of 2015, the 70<sup>th</sup> post-war years and the 30<sup>th</sup> year of the Peace City Declaration, Abiko city will carry out several peace projects including following subjects in cooperation with citizen organizations.

1. 24 junior high school students will visit Hiroshima for a memorial ceremony, etc.
2. Exhibit of atomic bombing related pictures and *origami* display at Abista, Aug.10–24.
3. In the “Peace memorial ceremony”, light-up of the “Peace Light” at the Teganuma Park, Aug. 15, 09:30a.m.
4. Photo exhibition by Mr. Takao Miyakaku at Civic Plaza Gallery, Sep.18–30.

Mr. Miyakaku will give a lecture titled “Picture and Peace” at the 17<sup>th</sup> International Speech Contest at Civic Plaza on Sep. 27 (Sunday), around 2p.m.

Inquiry: For more detail, please contact Planning Section, ext. 568.

### Get advantageous “Abiko Premium Gift Certificates”

Abiko Premium Gift Certificates will be sold directly on August 9 and 10 at the following locations. You can buy ¥13,000 worth certificates at ¥10,000 in cash. Advance application is not needed. One person can buy up to two sets (on a first-come-first-served basis).

Places to be sold	Time of selling	Volume
City Hall (first-floor lobby)	August 9(Sun) 10:00–15:00	5,000 sets
Ito Yokado (Abiko Shop, Abiko North exit side)	August 10(Mon.) 09:00–15:00	8,000 sets

Inquiry: Abiko Chamber of Commerce and Industry at 7182–3131 or  
Abiko City, Commerce and Tourism Section at 7185–1475

### **Children Rearing Allowance**

Those who are authorized to receive Children Rearing Allowance are required to submit the present status to the city. The city has already sent the guidance form to those who are qualified. Please return the form within the deadline, otherwise allowance may not be granted from August and later. If those who have not submitted the form for two years, they will lose the right to receive such allowance..

**Term for the city to receive the form:** August 3(Mon) to 31(Mon).

**Place to receive the form:** Children Support Section: (West Annex, 2F)

(\*) Submission by mail or at administrative service centers is not accepted.

**Documents to be submitted:** Children Rearing Allowance Certificate, seal (inkan), deposit passbook to receive allowance and income certificate of 2015 (only for those who come to Abiko on January 2, 2015 and later) and health insurance certificate (including parent and children)

(\*) If income certificate is not available, we cannot receive application.

(\*) Your status submission form is available at the support office. Fill in the form at the site.

**Children Rearing Allowance:** This is a system under which allowance is granted to children who do not live with their father or mother due to divorce, etc. in order to support rearing such children. This system aims to help children with one parent to live steadily and become independent in order for them to shoulder the society of the next generation. Allowance is limited, depending on income. Application is necessary to receive such allowance.

Inquiry: For details, contact Children Support Section at ext. 850.

### **Community Council News**

#### **(1) Fusa District “Summer Concert”**

Date/time: August 9(Sun) 13:00 Fee: Free

Players: Fusa Junior High School Brass Band Club and Fusa Female Chorus Club.

For more information, call 7181–6211.

#### **(2) Nedo District “Home Town Festival”**

Date: August 22(Sat.) and 23 (Sun.)

The festival includes dancing and games.

For more information, call 7183–5363.

**(3) Fusa Minami District “Summer Festival”**

Date/time: August 23(Sun) 10:00–16:00

The festival includes games and dancing.

For more information, call 7189–3740.

***Abiko Kappa Matsuri***

Date: August 22(Sat.) (If it rains, Aug. 23)

Place: Near Abiko Station (South Exit)

The festival includes a march while dancing in fancy dresses.

<b>Advisory Service– August, 2015</b>			
<b>ITEM</b>	<b>DATE/TIME</b>	<b>PLACE</b>	<b>CONTACT</b>
Legal Advice	11(Tue.), 18(Tue.), 20(Th.), 25(Tue.) and 27(Th.) 9:30 – 15:30 Reservation required	Civic Consulting Room  2F, Abiko City Office	Secretarial Sec.  7185–1714
Tax Matters	21(Fri) 10:00 – 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185–1349
Living Advice	Week days 8:30–17:00	West Annex 2F	Social Welfare Sec. Ext 393
Child matters in general	Week days 8:30 – 17:00	West Annex 1F	Child Consulting Sec. 7185–1821
Domestic Violence	Week days 8:30 – 17:00	Welfare Consulting Sec.	Social Welfare Sec. Ext. 394

**Public Health Care Center Programs – August 2015**

**Tel: 04–7185–1126**

<b>Item</b>	<b>Date</b>	<b>Eligibility</b>
Maternity class (Shiawase Mama & Papa Gakkyu)	8, 22 and 29(Sat.) Appointment needed	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	4 and 11(Tue.)	Children born in March, 2015

Health Checkup for 18-month-old infants	20 (Thu.)	Infants born from Jan. 1 to 20, 2014
Dental Checkup for 2 year and 8 month-old children	25(Tue.)	Children born in Dec. 2012
Health Checkup for 3-year-old children	6 and 27 (each Thu.)	Children born from Jan. 1 to Feb. 10, 2012
Health Checkup for 5-year-old children	25 (Tue.)	Children born from Aug. 1 to 31, 2010
Baby Food Class for 4 to 6 month-old babies	28 (Fri.)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	5(Wed.)	Babies born Nov. 2014 First 20 applicants. Reservation required by phone.

----- **Health Care** -----

**1. Sudden Illness at Night or on Sundays/Holidays – Introduction of Hospital**

Call Fire Station at **7184-0119**. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital on a telephone about your sickness or injury.

In an imminent case **Call 119** for an ambulance.

**2. Child's Sudden Illness at Night – Telephone Consultation**

Call #8000 or 043-242-9939 Hours: 19:00-22:00 / Every Night

A nurse or doctor will advise you about the care to be taken for your infant/child.

**3. Getting sick or toothache on Sundays/Holidays (Contact: Holiday Clinic at 7187-7020)**

(1) Dentist: 9:00 -11:30

(2) Internal Medicine and Pediatrician: 9:00 – 11:30 and 13:00 – 16:30

Note: **Holidays:** National Holidays, Year-End/New Year Holidays)

**Please do not hesitate to call for an ambulance in case of serious injury or acute illness.**

<i>Newsletter Abiko</i>	No.250	August 1, 2015
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Excerpts of the Newsletter issued by Abiko City

## Prepare against Disasters for your Safety Aug 30 to Sep 5 -“Disaster Preparedness Week”

It is important to prepare emergency kit items and make sure of your evacuation route and site before typhoon strike and heavy rain season.

◇ To minimize the damage of typhoons or heavy rain, pay attention to weather information and check your surroundings.

Check following **6 points** at home in order to prepare against storm and flood damages.

1. Roof: Fix cracks on tiles of roofs. Fix antennas.
2. Gutters: Check gutters connection and get rid of fallen leaves, garbage, dust and mud.
3. Balcony: Don't put things which can be easily blown away by strong wind.
4. Window glasses: Fix cracks, break, and wobble, if any.
5. Shutter: Adjust it so that it should not wobble.
6. Around your house: Check and fix walls. Check ditches and gutters and get rid of plastic bags or pieces of wood to smooth the water flow. Contact: Citizens Safety Section, ext. 217

◇ **Flood Hazard Map** will be distributed.

Flood Hazard Map is prepared to save lives and properties, and for safe evacuation.

Front page: “Flood hazard map” based on a simulation that the Tone river overflows

Back page: “Submersion hazard map” based on the past record on submersion, where designated emergency evacuation sites, etc. are added to.

This map will be distributed by neighborhood associations in your area in late September.

Unless you belong to any neighborhood associations, you can get one at Civic Safety Section, Civic Section, Administrative Service Centers, *Abista*, *Abishirube*, and Abiko Civic Center from September 29. Contact: Citizens Safety Section, ext. 295

**General Emergency Drill will be held from 9:30 a.m. on October 17 (Sat)**

**Place:** playground at affiliated nursery school of Kawamura Gakuen Woman's University

**Contact:** Citizens Safety Section, ext.295

## National Census

National Census will be carried out early this fall targeting all people and households in Japan. National Census is significant for clarifying the actual status of the latest households and

demographics in Japan. The result of the search is to be reflected on various laws and ordinances, including social welfare, emergency plans and environmental plans. From the beginning of September, a census taker will visit and hand you a census form. Every census taker carries a census taker I.D. card and wears a legitimate armband.

Contact: Document and Information Management Section, ext. 229

### Temporary Welfare Benefits

Application forms were dispatched on August 31 to the people who are supposed to be recipients. Send the application to the City office by December 18 (Fri), and you will receive a notice of settlement / rejection after 2 – 3 months of screening.

Contact: 7185-1858 for exclusive use (9:00am – 4:30pm on weekdays)

### Individual Number “My Number” Notice Card will be sent to your registered address from October successively

If your present address is different from your registered address, please change your residence registration to the locality of your present residence by the end of September. Contact: Civic Section “My Number Call Center” at 7185-4326 (8:30am – 5:00pm on weekdays)



### Takeuchi Shrine Festival - September 19 to 21

This traditional festival originated in Kyoho period (1716 to 1735) in Edo era. The festival will be held for 3 days, September 19 to 21, in Fusa area. An adult portable shrine, 5 children’s portable shrines and 5 floats will go around the area. At the “portable shrine’s pulling-out” time, the main portable shrine is carried down the steep stone stairs and welcomed by floats of various communities. So, why don’t you visit there and look at the marvelous scene of the portable shrine and floats parading through the streets for 6 km? Traffic will be regulated on some roads in this area.

Contact: Festival Office at 7189-1005

Enjoy Takeuchi Jinja Matsuri –Live on “You-Tube !”-----Sep. 19 (Sat) 11:30 –

Don’t miss the Matsuri program at “Transmitting channel of Charming Abiko”



### Health Checkups for Children Entering Elementary School Next Year

Parents who have an eligible child for the checkup will receive a notice for health checkup on entering an elementary school in the fiscal 2016. Please let us know If you have any troubles such as not receiving the notice, not available on the designated date, or having changed your address, etc. Accompany your child for checkup by a doctor on the designated date.

Date	Elementary school	Date	Elementary school
October 1 (Thu)	Konoyama	October 29 (Thu)	Nedo
2 (Fri)	Fusa	November 5 (Thu)	Abiko Dai-san
6 (Tue)	Abiko Dai-ichi	10 (Tue)	Abiko Dai-yon

9 (Fri)	Fusa Minami	17 (Tue)	Kohokudai Higashi
21 (Wed)	Kohokudai Nishi	18 (Wed)	Abiko Dai-ni
22 (Thu)	Namiki	19 (Thu)	Kohoku
26 (Mon)	Araki		

Reception time: 1:00pm – 1:20pm

Eligible children: Those who were born from April 2, 2009 to April 1, 2010

Enter your health check items on the back side of the notice and bring it together with your and your child's slippers and slipper bags. School entrance explanatory meeting will be held on the same day (except Dai-san Elementary school).

Contact: Education board at 7185-1267

### Town Events

✧ 19th Sky Salon Concert “Jazz in Quartet” by LA FIESTA

Date: September 13 (Sun) 2:00pm – 3:30pm Place: “Keyaki” building

Music: Take the “A” Train, Days of Wine And Roses, etc. Fee: Free

Capacity: 100 people (free ticket will be distributed from 10:00am on Sep.1)

✧ Chao Mandrino 10th Anniversary Concert

Date: September 13 (Sun) 2:00pm – Place: Keyaki Grand Hall

Capacity: 551 people for FREE ( Book in advance. Call at 090-7835-9861 Hirayama san)

### Advisory Service- September 2015

ITEM	DATE/TIME	PLAGE	CONTACT
Legal Advice	Sep. 8,10,15,24,29 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Sep 18(Fri) 10:00 – 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Living Advice	Week days 8:30 – 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.393
Child matters in general	Week days 8:30 – 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days 8:30 – 17:00	Social Welfare Sec.	Social Welfare Sec. Ext. 394

ITEM	DATE	ELGIBILITY
Maternity Class (Shiawase Mama & Papa Gakkyu)	Sep 5,12, 26 (Sat)	Pregnant women of 20 weeks or over, and their families ★
Child care advice	Sep 9, 16(Wed)	At <i>Nikoniko Hiroba</i> , first 10
4-month old consultation	Sep 1, 8 (Tue)	Those born in Apr, 2015
Health Checkup for 18 month-old infants	Sep 10,17 (Thu)	Those born in Jan 21-Feb.28, 2014
Dental Checkup for 2 year and 8 month-old children	Oct. 1 (Thu)	Those born in January 2013
Health Checkup for 3-year-old children	Sep 3 (Thu)	Children born in Feb 11-Feb.29 2012
Health Checkup for 5-year-old children	Oct 1 (Thu)	Children born in September 2010
Baby Food Class for 4 to 6 month-old babies	Sep 30 (Wed)	First 30 applicants. ★
Baby Food Class for 8 to 9month-old babies	Sep 11 (Fri)	Babies born in December 2014 First 20 applicants ★

----- **Health Care** -----

**1. Sudden Illness at Night or on Sundays/Holidays – Introduction of Hospital**

Call Fire Station at **7184-0119**. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital on a telephone about your sickness or injury.

In an imminent case **Call 119** for an ambulance.

**2. Child's Sudden Illness at Night – Telephone Consultation**

Call #8000 or 043-242-9939    Hours: 19:00-22:00 / Every Night

A nurse or doctor will advise you about the care to be taken for your infant/child.

**3. Getting sick or toothache on Sundays/Holidays (Contact: Holiday Clinic at 7187-7020)**

(1) Dentist: 9:00 -11:30

(2) Internal Medicine and Pediatrician: 9:00 – 11:30    and    13:00 – 16:30

Note: **Holidays:** National Holidays, Year-End/New Year Holidays)

**Please do not hesitate to call for an ambulance in case of serious injury or acute illness.**

<i>Newsletter Abiko</i>	No.251	September 1, 2015
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Phone: 04-7183-1231    Fax: 04-7183-2005    E-mail: <a href="mailto:info@e-aira.jp">info@e-aira.jp</a> <a href="http://www.e-aira.jp">http://www.e-aira.jp</a>		





# Abiko

October 1, 2015

Excerpts of the Newsletter issued by Abiko City

## **Abiko City Supports Your Life from Matchmaking to Child-Rearing**

Abiko city is providing continuous support for citizens from marriage, gestation-childbirth to child-rearing, and is aiming for creating a more livable community and settlement of families with small children. The city is specifically providing supports such as matchmaking service, postnatal care for nursing mothers, making "Abikko-club", a "Place to stay" for elementary-school children, and housing acquisition subsidies to younger generations.

For more information, contact 04-7157-3900 for matchmaking, 04-7185-1126 for postnatal care, ext.449 for Abikko-Club, and ext.601 for housing acquisition subsidies.

## **2015 Abiko City Comprehensive Disaster Preparedness Drill**

Date/Time: October 17 (Sat), 9:30a.m.-11:30a.m. (Cancelled in the event of rain)

Place: Playground neighboring Kawamura Gakuen nursery school (1027-1, Sageto)

Details of drills: information gathering, rescue from a collapsed house, fire extinguishing, and emergency restoration of lifelines, etc.

Hands-on displays: First aid, emergency messaging service, natural disasters experience car, etc.

For more information, contact Public safety Section at ext.295

## **Basic Life-Saving Training**

Let's learn emergency cardiopulmonary resuscitation for newborn or nursing infant and how to use AED (Automated External Defibrillator).

Date/Time: October 17 (Sat) 9:00a.m.-noon

Place: Abiko Fire Fighting Head Office, 2F Main conference room

First 30 applicants, reservation required. Free of charge.

For detailed information, contact Fire Fighting Head Office, 04-7181-7701 (Weekdays 9:00a.m.-5:00p.m.)

## **Private Kindergarten Application for Starting in April 2016**

Application form: Available from October 15 (Thu) at each kindergarten.

Enrollment procedure: On or After November 2 (Mon), follow each kindergarten's instruction.

As for the list of kindergartens, please see the city's official website:

[http://www.city.abiko.chiba.jp/english/living\\_in\\_abiko.files/11-Education.pdf](http://www.city.abiko.chiba.jp/english/living_in_abiko.files/11-Education.pdf)

For more information, contact directly each kindergarten.

### **Teganuma Calendar for 2016 is available for sale!**

You can purchase 2016 Teganuma calendar at Abiko Information Center (Abishirube), Civic Plaza, Social Welfare Council, etc.

For more information, contact Teganuma Section at ext.467

### **Breast Cancer Screening: Application Required by November 4**

Target	Inspection method	Date/Time	Fee
People aged 30-39 (born from April 1, 1976 to March 31, 1986)	History taking and ultrasound examination (mass-screening)	November 27 (Fri), December 7 (Mon), 14 (Mon), and 16 (Wed) 2015 Morning & Afternoon	800yen
People aged 40 or older	History taking and mammography screening	January 8 (Fri), 22 (Fri), and 29 (Fri) 2016 Morning & Afternoon	700yen

For detailed information, contact Health Support Section at 04-7185-1126

### **<Events in Town>**

#### **Bamboo Garden "Lantern Evening Time"**

Enjoy fantastic illumination with bamboos grown naturally in the villa, free of charge!

Date/Time: October 9 (Fri), 10 (Sat) 5:00 p.m. -7:00 p.m. \*Cancelled in the event of stormy weather

\*Live Concert will be held at the venue: Japanese harp (Koto) on Oct.9 and Kocarina on Oct.10

Place: Former Murakawa's second house (2-27-9 Kotobuki, Abiko)

Please use public transport to travel. Five minutes' walk from Bando bus stop "Shiyakusho (City Hall)"

For more information, contact Abiko City Board of Education, Culture and Sports Section at 04-7185-1583

#### **Abiko Kids Festival**

Through experiencing jobs, let's earn "Abby", local money which is good for buying products and services in the festival!

Date: October 18 (Sun) 9:30 a.m.-3:00 p.m. (Reception closed at 2:00 p.m.)

Place: Abista, Teganuma Park

Contents of event: Work experience for children, canoe and yacht ride, small steam locomotive ride, and balloon art etc.

Participation fee: 200 yen (from walking age to junior high-schooler)

For more information, contact Child Support Section at ext.832

### "Bird Concert"- Preceding Japan Bird Festival

Japan Bird Festival (JBF), which will be held on October 31 and November 1, is Japan's largest annual bird watching fair at Teganuma in Abiko city. Let's enjoy preceding concert in advance of JBF!

Date/Time: October 18 (Sun) 10:00 a.m. - 4:00 p.m. (No postponement for rain)

Place: Abishirube Free of charge

For more information, contact Executive Committee of Japan Bird Festival at 04-7185-1484

### Teganuma Fureai Walk 2015

Please join the walking event with your friends, or with your family!

Date: November 21 (Sat) \*Cancellation in the event of stormy weather

Place (Starting point): Teganuma Park \*Please use public transport to travel to the venue

Walking course, reception time: 1) Walking around Teganuma course (20km), 8:30 a.m., 2) Walking half around Teganuma course (10km), 8:30 a.m., 3) Detective walking course (4km), 10:00 a.m.

Participation fee: People 18 years old and over, 500 yen (300 yen in case of advance application), free of charge for people under 18

For more information, contact Health Support Section at 04-7185-1126

### Advisory Service-October 2015

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Oct. 6 (Tue), 8(Thu), 13(Tue), 22 (Thu) and 27(Tue) 9:30 - 15:30, Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Oct. 16 (Fri) 10:00 - 15:00, Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child matters in general	Week days except Sat/Sun/public holidays, 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except Sat/Sun/public holidays, 8:30 - 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

### Public Health Care Center Programs

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Oct.3,17 and 31 (Sat)	Expecting women of 20 weeks or over, and their family

Child-Care	Oct. 14 and 28 (Wed) 10:10 - 11:00 First 10 applicants Oct.21 (Wed)	Child-rearing Support Center "Niko-Niko Hiroba"  Health Care Center
Health Checkup for 18-month-old infants	Oct.22 (Thu)	Infant born from Mar. 1 to Mar. 20, 2014
Dental Checkup for 2 year and 8 month-old children	Oct. 1 and 29 (Thu)	Children born in January and February 2013
Health Checkup for 3-year-old children	Oct. 8 and 15 (Thu)	Children born from Mar.1 to Apr.10, 2012
Health Checkup for 5-year-old children	Oct. 1 and 29 (Thu)	Children born in September and October. 2010
Baby Food Class for 4 to 6 month-old babies	Oct. 23 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Oct. 2 (Fri)	Children born in January 2015 First 20 applicants. Reservation required by phone.

----- **Health Care** -----

**1. Sudden Illness at Night or on Sundays/Holidays – Introduction of Hospital**

Call Fire Station at **7184-0119**. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital on a telephone about your sickness or injury.

In an imminent case **Call 119** for an ambulance.

**2. Child's Sudden Illness at Night – Telephone Consultation**

Call #8000 or **043-242-9939** Hours: 19:00-22:00 / Every Night

A nurse or doctor will advise you about the care to be taken for your infant/child.

**3. Getting sick or toothache on Sundays/Holidays (Contact: Holiday Clinic at 7187-7020)**

(1) Dentist: 9:00 - 11:30

(2) Internal Medicine and Pediatrician: 9:00 – 11:30 and 13:00 – 16:30

Note: **Holidays:** National Holidays, Year-End/New Year Holidays)

**Please do not hesitate to call for an ambulance in case of serious injury or acute illness.**

**Newsletter Abiko**

No.252

Oct 1, 2015

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**Excerpts of the Newsletter issued by Abiko City**

## **“My Number” (Pension / Tax number) Delivery in November**

Residents should receive their personal MY NUMBER notification delivered by registered mail by the end of November. Please keep it safe, and bring it with you whenever you change your name or address in the future.

If you need to get a Kojin (Individual) Number Card (“My Number Card” :a plastic card with an IC chip, your name, address, birthday, sex and photo, and My Number on the back side), please fill in an application delivered together with the MY NUMBER notification, from January, 2016. Application is free.

Inquiry: Please call for details at any of the following offices:

- Kojin Card Call Center – 0570-783-578 (8:30 to 22:00 on weekdays, 9:30 to 17:30 on weekends and holidays, closed during New Year holidays)
- My Number Call Center – 7185-4326 (8:30 to 17:00 on weekdays) Abiko city hall Shimin-ka (Civic Section)
- Naikaku Kanbou (Cabinet Secretary) Call Center – 0570-20-0178 (9:30 to 22:00 on weekdays, 9:30 to 17:30 on weekends and holidays, closed during New Year holidays )

## **Free Health Fair 2015**

Date: November 8<sup>th</sup>, from 10:00 to 16:00 (entry by 15:00)

What you can do: Health (dental) check-up, new sports exercise, health consultation, sports blowpipe and other exercises and entertainments. For kids, try your hand at being a doctor or nurse!

Consultants: Dentists and pharmacists.

Inquiry: Contact Health Promotion Support Sec. (Kenko Zukuri Shien-ka) at 7185-1126.

## **ABIKO Premium Gift Certificates**



Please remember to use city's gift certificates in your hand by November 30<sup>th</sup>, otherwise they will become invalid.

Inquiry: For information, please call 7182-3131 Abikoshi Shoko-Kai (Chamber of commerce and industry) , or 7185-1475 Commerce and tourism section.

### **The 34th Abiko Agriculture Fair in *Abikon***

Date: November 21st 10:00~15:00

Vegetables and fruits grown by local Abiko farmers will be on display. Please vote for the vegetables and fruits you like! Get some fresh veggies for yourself!

Voting hours: 10:30 to 11:30

There will be fresh vegetables and snack stores, free plants, free popcorn, quiz corner, and more pleasant events!

Inquiry: Contact Agriculture Section at Ext. 511,

### **Abikon Soba Festival**

Dates: November 14<sup>th</sup> and 15<sup>th</sup>, 10:30 to 15:00

Place: *Abikon* (Abiko Nosan-Butsu Chokubai-Sho or Abiko Agricultural Products Direct Sales Shop)

You can enjoy fresh buckwheat soba dishes like Zaru Soba, Tenpura Soba, Kamonan Soba, and others, from 500yen.

Inquiry: Please call *Abikon* at 7108-3171.

### **Advisory Service – November 2015**

Content	Date/ Time	Place
Legal advice	Nov.5 <sup>th</sup> ,12 <sup>th</sup> ,17 <sup>th</sup> ,19 <sup>th</sup> ,26 <sup>th</sup> 9:30~15:30 Reservation required (Nov.2 <sup>nd</sup> 8:30~)	City Hall 2F Civic Consulting Room Secretarial Sec. 7185-1714
Human rights	Nov. 26 <sup>th</sup> 10:00 to 15:00 Reservation required	City Hall west bldg.2F Social Welfare Sec. Ext. 432
Taxes	Nov. 20 <sup>th</sup> 10:00 to 15:00 Reservation required (Nov.16 <sup>th</sup> 8:30~)	City Hall Tax-Collection Sec. 7185-1349
Health	Weekdays 8:30 to 17:00	Public Health Care Center Health Promotion Sec.

		7185-1126
Child-Care	Weekdays 8:30~17:00	City Hall West bldg.1F Child Consulting Sec. 7185-1821
Domestic Violence	Weekdays 8:30~17:00	City Hall Social Welfare Sec. Ext. 394
Mental Care	Nov. 30 <sup>th</sup> afternoon	City Hall West bldg. Ext. 421 Disability Support Sec.

**Public Health Care Center Programs**      Tel: 7185-1126

Maternity Class: for expecting women of 20 weeks or over and their family (Shiawase mama & papa gakkyu)	Nov. 7 <sup>th</sup> , 14 <sup>th</sup> , 28 <sup>th</sup> Please call for an appointment
Consultation: 4 month old babies	Nov. 10 <sup>th</sup> , 17 <sup>th</sup> Baby born June, 2015
Child-Care: Consultation For babies of any age *First 10 applicants	Nov. 11 <sup>th</sup> , 25 <sup>th</sup> (at Niko-Niko Hiroba in Ito Yokado Minami Guchi)
Health Check for 18 month-old infants	Nov. 12 <sup>th</sup> , 19 <sup>th</sup> Infant born from March 21 to Apr. 30, 2014
Dental checkup for 2 year and 8 month-old children	Nov. 26 <sup>th</sup> Children born in March 2013
Health check: 3 year old children	Nov. 5 <sup>th</sup> Children born from Apr. 11 to 30, 2012
Health check: 5 year old children	Nov. 26 <sup>th</sup> Children born in November, 2010
Baby Food Class      30 people	Nov. 20 <sup>th</sup> (4 to 6 months babies)

20 people 20 people	Nov. 5 <sup>th</sup> (babies born in Feb. 2015), Nov. 19 <sup>th</sup> (babies born in Mar. 2015) For each, call for an appointment
Alcohol difficulties	Nov. 6 <sup>th</sup> 14:30 to 16:00 Disability Support Sec. Ext. 421
Mental health class	Nov. 16 <sup>th</sup> 14:00 to 16:00 Disability Support Sec. Ext. 421
Daycare Club <i>Abiday</i>	Nov. 25 <sup>th</sup> at Abista Disability Support Sec. Ext. 381
Daycare Club <i>Araday</i>	Nov. 11 <sup>th</sup> at Disability Welfare Center Disability Support Sec. Ext.381

----- **Health Care** -----

**1. Sudden Illness at Night or on Sundays/Holidays – Introduction of Hospital**

Call Fire Station at **7184-0119**. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital on a telephone about your sickness or injury.

In an imminent case **Call 119** for an ambulance.

**2. Child's Sudden Illness at Night – Telephone Consultation**

Call **#8000** or **043-242-9939** Hours: 19:00-22:00 / Every Night

A nurse or doctor will advise you about the care to be taken for your infant/child.

**3. Getting sick or a toothache on Sundays/Holidays – Visiting Holiday Clinic** (at 7187-7020)

(1) **Dentist:** 9:00 -11:30

(2) **Internal Medicine and Pediatrician:** 9:00 – 11:30 and 13:00 – 16:30

Note: **Holidays:** National Holidays, Year-End/New Year Holidays)

**Please do not hesitate to call for an ambulance in case of serious injury or acute illness.**

***Newsletter Abiko***

No.253

November 1, 2015

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# Abiko

December 1, 2015

Excerpts of the Newsletter issued by Abiko City

## MY NUMBER SYSTEM

The City has sent the notice card of MY NUMBER to you by registered mail. For those who could not receive it due to absence or mail transfer made in advance, the said card will return to the City. The returned card will be given to you as follows. In addition, those who moved need to arrange relocation procedure of a resident certificate. Those who moved to other cities can receive it at the city to which you moved.

**Deadline of receipt:** March 31, 2016

- The notice card which cannot be received within the deadline shall be destroyed by the City. After such step, you need to pay a fee ¥500 per piece if you need a reissuance.

**Time of delivery:** 8:30 – 17:00 week day

**Place of delivery:** 1<sup>st</sup> floor of the City Office

**Required documents:**

- (1) If the said person or a family member who belongs to the same family receives it, a certificate to show the said person or a family member
- (2) If a proxy receives it, a certificate to show the said person or a family member who belongs to the same family (a copy is acceptable), a certificate to show the said person of the proxy, a certificate to show the proxy (a letter of attorney, etc.).

**The certificate of the said person:**

One certificate from category **A** or, two certificates from category **B**.

<b>A</b>	Driver's license, Passport, Resident card with face picture, Certificate of driving history, Handicapped person's card, Staying card, Special permanent resident card, etc.
<b>B</b>	Health insurance card, Nursing care card, Medical service receipt card, Pension book, Employee's card, Student card, Deposit book, etc.

**Inquiry:** For more details, contact MY NUMBER CALL CENTER, Citizens Sec. at 04-7185-4326.

## **Winter Traffic Safety Campaign (Dec. 10 - 31, 2015)**

Accidents that occur due to careless driving under the influence of alcohol cannot be ignored. Increase in traffic accidents during the year-end and early New Year days may be expected. As the chances for drinking alcohol at year-end or New Year's party increase, the danger of traffic accidents caused by drunken driving may increase. Let's keep in mind that "Drunken Driving - We will never do it, we will never let others do so and we will never allow drunken driving."

**Targets of the campaign:** 1. Eradication of drunken driving, 2. Prevention of traffic accidents of children and elderly persons 3. Prevention of traffic accidents by pedestrians and bicycles at the dusk and night and 4. Thorough and correct wearing of seat belts and child seats.

Inquiry: Contact Abiko Police Station at 04-7182-0110 or Citizens Safety Sec. Ext. 486

## **Special Year-end & New Year Precautions (Dec. 10, 2015 - Jan. 3, 2016)**

Abiko Police Station will take "Special year-end and new year precautions", strengthen patrol and traffic control. Abiko Crime Prevention Association will conduct the across-the-city patrol on December 10 (Thu) (If it rains on 10<sup>th</sup>, it will be put off to 11<sup>th</sup>.) to meet the time when burglary and car-break-in often occur. Implementation of "visible patrol" will help enhance the crime prevention effect.

Inquiry: For more details, contact Abiko Police Station at 04-7182-0110 or Abiko Crime Prevention Association at 04-7184-8190.

## **Main Events in December**

### **(1) Kohokudai Town Building Association- *Christmas Concert***

Date/time: December 12(Sat.) 13:30-15:30

Place: Kohokudai Community Center Performance: Mandolin concert, etc.

Entrance fee: Free Inquiry: Kohokudai Community Center at 7187-1122

### **(2) Fusa Minami Town Building Association – *Fantastic Christmas Concert***

Date/time: December 12(Sat.) 14:00- Entrance fee: Free

Place: Fusa Minami Community Center Inquiry: Call the Center at 7189-3740

Performances: Women's chorus group "La Mer" with Christmas songs

### **(3) *The 21<sup>st</sup> Concert* by Chuo Gakuin University Students**

Date/time: Dec. 26 (Sat.) from 14:30

Place: Keayaki Plaza Hall

Entrance Fee: Free

Performances: "Phoenix", "Japanese Grafity XVIII", "Sing Sing Sing", and others.

Inquiry: Contact for details at 7183-6518

## Advisory Service – December 2015

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	8(Tue.), 10(Thu.), 15(Tue.), 17(Thu.) and 22(Tue.)  9:30 - 15:30  Reservation required	Civic Consulting Room  2F, Abiko City Office	Secretarial Sec.   7185-1714
Tax Matters	18(Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Living Advice	Week days 8:30-17:00	West Annex 2F	Social Welfare Sec Ext 393
Child matters in general	Week days 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days 8:30 - 17:00	Welfare Consulting Sec.	Social Welfare Sec. Ext. 394

## Public Health Care Center Programs –December 2015 Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	3(Thu), 10(Thu), 17(Thu)	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old babies	1(Tue.) and 21(Mon.)	Children born in July, 2015
Health Checkup for 18-month-old infants	3 (Thu)	Infants born from May 1 to 20, 2014
Dental Checkup for 2 year and 8 month-old infants	24(Thu)	Infants born in April, 2013
Health Checkup for 3-year-old children	10(Thu) and 17 (Thu)	Children born from May 1 to June 10, 2012

Health Checkup for 5-year-old children	24 (Thu)	Children born in December, 2010
Baby Food Class for 4 to 6 month-old babies	22 (Tue)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	2(Wed)	Babies born Mar.& Apr. 2015 First 20 applicants. Reservation required by phone

## ----- Health Care -----

### 1. Sudden Illness at Night or on Sundays/Holidays- Introduction of a Hospital

CALL Fire Station at **7184-0119**. They will advise you an appropriate hospital or pediatrician. Before you go there, please call the hospital and tell the patient's symptoms of illness or injury. In an imminent case Call 119 for an ambulance.

### 2. Child's Sudden Illness at Night – Telephone Consultation

Call #8000 or 043-242-9939 Hours: 7:00p.m. – 10:00p.m. /Every night  
A nurse or doctor will advise you about the care to be taken for your infant/child.

### 3. Getting Sick or a Toothache on Sundays/Holidays – Visiting Holiday Clinic

Place: Opposite of Abiko Public Health Care Center (1 minute walk from Kohoku station/South)

- (1) Dental Clinic 9:00a.m. – 11:30a.m.
- (2) Internal medicine and Pediatrics 9:00a.m. – 11:30a.m., 1:00p.m. – 4:30p.m.

Note: Holidays: National Holidays, Year-End/New Year Holidays

Remarks: Please bring your Health Insurance Card and pay fees in cash.

Please do not hesitate to call 119 for an ambulance in case of serious injury or acute illness.

<b><i>Newsletter Abiko</i></b>		No.254	December 1, 2015
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