The fiscal 2012 budget approved

The fiscal 2012 general account budget is 34.96 billion yen, giving the highest priority to recovery and reconstruction from the Great East Japan Earthquake and countermeasures against radioactivity caused by the Fukushima Daiichi Nuclear Power Plant accident. We continue to implement support systems such as subventions for disaster victims toward recovery and reconstruction. Against radioactive problem, in addition to decontamination activity, we consider conducting children's health checkups to measure their radiation dose of internal exposure.

Municipal taxes payment available at convenience stores

Municipal taxes and insurance taxes can be paid at convenience stores.

Taxes applicable: residence tax, property tax, city planning tax, light vehicle tax, National Health Insurance tax, etc.

※Limited to those of not more than 300,000 yen, of before due date.

For more details, contact Tax Collection sec. ext. 341, 342

Japanese language course for foreigners - New!

AIRA (Abiko International Relations Association) offers Japanese language course for beginners to intermediate learners. You can join a class at any time.

Lessons are free of charge.

Tuesday Class: Starts May 8, every Tuesday 10:00am-11:30am at ABISTA, nursery available

Saturday Class: Starts May 12, every Saturday 10:30am-12:00 at Abiko Civic Plaza

Subscription: Contact AIRA with your information listed below:

Address, name, phone number, original country, preferred class (Tuesday or Saturday)

TEL: 7183-1231 (closed on Thursday), Fax: 7183-2005 or Email: info@eaira.jp

http://www.eaira.jp/

Vaccine against rabies and Dog registration

Rabies is a serious disease that has a mortality rate of 100%. Get a rabies shot for your dog every year. For details, contact Public Health Care Center at 7185-1126
**Mass-screening for breast cancer and uterus cancer:**

*Reservation required by Apr. 21th*

<table>
<thead>
<tr>
<th>Date/Time</th>
<th>Uterus cancer screening</th>
<th>Breast cancer screening</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 18(Fri), 21(Mon), 22(Tue), 28(Mon), 29(Tue), Jun 4(Mon), 6(Wed), AM/PM</td>
<td>May 16(Wed), 23(Wed), 30(Wed), Jun 8(Fri), 15(Fri), 18(Mon), 22(Fri), 25(Mon), AM/PM</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Place</th>
<th>Public Health Care Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cost</td>
<td>600 yen / 700 yen / 800yen</td>
</tr>
</tbody>
</table>

For more details, contact Public Health Care Center at 7185-1126

**Term of subsidy for cervical cancer vaccine, Hib vaccine and pneumococcus vaccine for children is extended until the end of March 2013**

Hib / Pneumococcus vaccines: children from 2 months to under 5 years of age

For more details, contact Health care center at 7285-1126

**Temporary day-care service for children**

Nursery schools provide temporary day-care service of children whose guardians are working or hospitalized or for other reasons.

<table>
<thead>
<tr>
<th>Time</th>
<th>Whole-day care 8:30am-4:30pm</th>
<th>Half-day care 8:30am-12:30pm, 12:30am-4:30pm</th>
<th>Extended day care 7:00am-8:30am, 4:30pm-7:00pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day-care fee for a child under 3 years old</td>
<td>2700yen</td>
<td>1350yen</td>
<td>250yen / 30min.</td>
</tr>
<tr>
<td>Day-care fee for a child of 3 years old or more</td>
<td>1200yen</td>
<td>600yen</td>
<td>150yen / 30min.</td>
</tr>
</tbody>
</table>

Target: Children between the ages of 6 months and 6 years (preschool children)
Conditions: For refreshment: available up to 5 days a month
For work, school attendance, childbirth, hospitalization, nursing care etc.: available up to 15 days a month
Application: Call directly the desired nursery school listed below and make an appointment of interview (9:00am-4:00pm)

<table>
<thead>
<tr>
<th>Nursery school</th>
<th>Telephone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tsukushino</td>
<td>7184-8822</td>
</tr>
<tr>
<td>Hakuho</td>
<td>7188-3338</td>
</tr>
<tr>
<td>Keiai</td>
<td>7188-7771</td>
</tr>
<tr>
<td>Tennodai-Futaba</td>
<td>7185-0555</td>
</tr>
<tr>
<td>Kawamura-gakuen</td>
<td>7183-5995</td>
</tr>
<tr>
<td>Angelica</td>
<td>7181-8500</td>
</tr>
<tr>
<td>Pocket-land Abiko</td>
<td>7184-5700</td>
</tr>
</tbody>
</table>
Health Memo: First-aid treatment for sport injury “RICE treatment”

Rest: Immobilize damaged area with a splint to prevent swelling and damage of nerves and blood vessel.

Ice: Ice the affected area to prevent cell necrosis and swelling.

Compression: Compress the affected area to prevent internal bleeding and swelling.

Elevation: Raise the damaged area above the heart to prevent and reduce swelling.

When seriously injured, call an ambulance immediately, without moving the injured unnecessarily. For more details, contact Abiko Medical Association at 7188-5525

Advisory Service – April 2012

<table>
<thead>
<tr>
<th>ITEM</th>
<th>DATE/TIME</th>
<th>PLACE</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legal Advice</td>
<td>Apr 5 (Thu), 10(Tue), 12(Thu), 19 (Thu) and 24(Tue) 9:30 - 15:30 Reservation required</td>
<td>Civic Consulting Room 2F, Abiko City Office</td>
<td>Secretarial Sec. 7185-1714</td>
</tr>
<tr>
<td>Tax Matters</td>
<td>Apr 20 (Fri) 10:00 - 15:00 Reservation required</td>
<td>Tax Collection Sec.</td>
<td>Tax Collection Sec. 7185-1349</td>
</tr>
<tr>
<td>Child-Care</td>
<td>Apr 11 and 25 (Wed) Reservation:10:10 - 11:00 First 15 applicants</td>
<td>Child-rearing Support Center &quot;Niko-Niko Hiroba&quot;</td>
<td>Health Support Sec. 7185-1126</td>
</tr>
<tr>
<td>Child matters in general</td>
<td>Week days (except Sat/Sun/public holidays) 8:30 - 17:00</td>
<td>West Annex 1F</td>
<td>Child Consulting Sec. 7185-1821</td>
</tr>
<tr>
<td>Domestic Violence</td>
<td>Week days (except Sat/Sun/public holidays) 8:30 - 17:00</td>
<td>Welfare Consulting Sec.</td>
<td>Welfare Consulting Sec. Ext. 394</td>
</tr>
</tbody>
</table>

Public Health Care Center Programs

<table>
<thead>
<tr>
<th>Item</th>
<th>Date</th>
<th>Eligibility</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maternity class (Shiawase Mama &amp; Papa Gakkyu)</td>
<td>Apr 6, 13 and 20 (Fri)</td>
<td>Expecting women of 20 weeks or over, and their family</td>
</tr>
<tr>
<td>Polio Vaccination</td>
<td>Apr 10 and 17 (Tue)</td>
<td>3 to 90-month-old babies</td>
</tr>
<tr>
<td>Event</td>
<td>Date</td>
<td>Details</td>
</tr>
<tr>
<td>-------------------------------------------</td>
<td>------------</td>
<td>----------------------------------------------</td>
</tr>
<tr>
<td>Health Checkup for 18-month-old infants</td>
<td>Apr 5 (Thu)</td>
<td>Infants born from Sep 1 to Sep 20, 2010</td>
</tr>
<tr>
<td>Dental Checkup for 2 year and 8 month-old children</td>
<td>Apr 26 (Thu)</td>
<td>Children born in Aug 2009</td>
</tr>
<tr>
<td>Health Checkup for 3-year-old children</td>
<td>Apr 12 and 19 (Thu)</td>
<td>Children born from Sep 1 to Oct 10, 2008</td>
</tr>
<tr>
<td>Health Checkup for 5-year-old children</td>
<td>Apr 26 (Thu)</td>
<td>Children born from Apr 2 to Apr 30, 2007</td>
</tr>
<tr>
<td>Baby Food Class for 4 to 6 month-old babies</td>
<td>Apr 27 (Fri)</td>
<td>First 30 applicants. Reservation required by phone</td>
</tr>
<tr>
<td>Baby Food Class for 8 to 9 month-old babies</td>
<td>Apr 4 (Wed)</td>
<td>First 20 applicants. Reservation required by phone</td>
</tr>
</tbody>
</table>

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

1. **NIGHT - TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS**
   
   **CALL #8000 or 043-242-9939**
   
   Hours: 7:00p.m. - 10:00p.m. every night
   
   Nurses or doctors will advise you of what to do for your children.

2. **HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)**
   
   **Place:** Abiko Public Health Care Center (phone: 7187-7020)
   
   **Items and hours**
   
   (1) Internal medicine, Pediatrics  9:00am - 11:30am, 1:00pm - 4:30pm
   
   (2) Dental Clinic  9:00am - 11:30am
   
   **Remarks:** Please bring your Health Insurance Card and pay fees in cash.

3. **NIGHT & HOLIDAY- INTRODUCTION OF HOSPITALS (SUNDAYS /HOLIDAYS)**
   
   **CALL 7184-0119 (FIRE STATION) or 119 (FOR AMBULANCE)**
   
   They will advise you of an appropriate emergency hospital or a pediatrician. Before you go there, please call the hospital and tell them the patient’s symptoms. Please do not hesitate to call 119 in case of serious injury or acute illness.

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**News Letter Abiko**

No.210  April 1, 2012

Published by: Abiko City Office  [http://www.city.abiko.chiba.jp](http://www.city.abiko.chiba.jp)

Edited and translated by Abiko International Relations Association (AIRA)

Phone: 04-7183-1231  Fax: 04-7183-2005

E-mail: info@e-aira.jp  [http://www.e-aira.jp](http://www.e-aira.jp)
ABIKO Citizens Roundtable
An opportunity to speak and exchange opinions with other Abiko citizens and our city's mayor!
Your opinion will be heard by the municipal administration.

Dates:  
- May 19th  9:30 to 12:00  Place:  Kinrin Center Fusa no Kaze
- May 19th  14:00 to 16:30  Kohokudai Kinrin Center
- May 20th  9:30 to 12:00  Tennodai Kita Kinrin Center
- May 20th  14:00 to 16:30  Abiko Minami Kinrin Center
- June 2nd  9:30 to 12:00  Araki Kinrin Center

Please call for details:  7185-1714 (City Hall Hisho Koho-ka)

Teganuma Marathon Runners Wanted (half marathon distance)

Date:  October 28th  10:00 start
Place:  Kashiwa Furusato Park (race around Teganuma)
Participants:  Total of 8000 healthy amateurs (2000 resident in Abiko, 6000 in other areas)
All participants must be at least 18 years of age, and capable of running a half marathon in 2 hours 30 minutes or less.
Entry fee:  3500 yen  (Payment of entry fee due by March 31st)
Residents in Abiko and Kashiwa:  please write your name, address, the desired number of entries (maximum 3) on a stamped reply envelope (80 yen stamp for one entry, 90 yen stamp for 2 or 3 entries) and mail by May 26th to:  Teganuma Eco Marathon Entry Center
1-31-9 Haramachi Meguro-ku, Tokyo 152-8532
People in the other areas may apply at http://runnet.jp/ from June 1st at 0:00AM
For more information, call the Teganuma Eco Marathon Entry Center at 03-3714-7924
or the Teganuma Marathon Jikko Iinkai office at 04-7167-8345
Marathon Volunteers Wanted
We are also looking for volunteers from Abiko and Kahiwa to help manage the marathon race. (200 people, from around 18 to 70 years of age)
Date: October 28th, work from 6:00 to 15:30.
Organizational meeting on October 14th 9:00 to 12:00
Please send your name, address, age, sex and phone number and the words “I want to volunteer to work” on a reply post card to the Teganuma Eco Marathon Jikko Inkai office, 73 Kashiwa-shita 277-0004

Enjoy Teganuma!
Many events await you at Teganuma! May 13th, from 9:00 to 15:00 at the Shinsui Hiroba:
Yacht and canoe riding, bird watching, boat sightseeing tours (13:30 to 14:30), fish lecture (13:00~15:00), watch and touch the aquarium, painting, nature bingo games, kids crafts, young fish stocking, games and rubber boat rides, soap making, observe sunspots and the prominence of the sun using a telescope, play rugby with the NEC Green Rockets team, Hyuga tatami, housing, Ai (indigo) dyeing, bamboo candles, historical places information in Abiko, stage show, food corner, pork and vegetable soup for free (please bring a bowl and utensils), Abiko bird museum free entrance.
Please call Abiko city hall, Teganuma-ka (ext. 467) for details.

Hitachi laboratory garden open to the public
Visit the garden and enjoy the spring sights.
You can enjoy tea service, Shirakaba Curry and kocarina (wooden ocarina) playing.
Date: May 19th 10:00 to 16:00 (enter by15:00)
Place: 485 Konoyama (in front of Abiko Junior High School) May 20th in case of rain
Fee: 100yen (No car parking)
Contact the Abiko Keikan wo Sodateru Kai at 090-6034-9149 for details

Renge (Chinese Milk Vetch) Flower Festival
Date: May 19th 12:00 to 15:00
Place: Tone River YuYu park, renge field day camp
Renge honey picking, Kite flying races

Flea market in Araki
Date: May 20th 10:30 to 14:00
Place: Kishoudai Kinen park (canceled in case of rain)
Bazaar, play area, horse riding, and more!
Get details from the Araki Kinrin Center at 7188-2010
Flea Market in Tennodai
Date: June 9th 10:00~12:00
Place: Tennoudai kita kinrin center (tel. 7182-9988)
*shops wanted (apply from May 12th at 10:00, fee 300yen)

Health Festival in Kohoku
Date: May 21st 13:00 to16:00 (reception opens at 12:45)
Place: Araki Kinrin Center
(1) Lecture and exercise “Soften your body” (30 people) 13:00~13:45
(2) Check your health, test of physical strength, blood vessels 14:00~16:00
(3) Consult with a public health nurse 14:15~16:00 (reception until 15:30)
(4) Train your brain (games) 14:00~16:00
(5) Baby massage, sign 13:00~14:00 (10 babies & parents  Please make an advance appointment)
  300 yen each
(6) Foot massage 14:15~15:30 (5 people) 200 yen

Ostomy Toilet Facilities
(for people that have a stoma)
Public places...... Keyaki plaza 1F, 2F; Avista; Abiko Kita Kinrin Center( Namiki); Kinrin Center
Fusa no Kaze
Hospital and others............ Abiko Seijinnkai Hospital, Heiwadai Hospital, Abiko Shopping Plaza,
Kohoku Station
Parks..................................Kishoudai Kinen Park (Araki), Miyanomori Park (Fusa), Gohon
Park, Wakamatsu No. 4 Park, Konoyama Momoyama Park

Emergencies at Night / on Sundays and Holidays
1. Child...Telephone consultation on Child's Sudden illness
   Call at #8000 or 043-242-9939
   Hours: 7:00pm – 10:00pm Every night
   Through telephone the doctor or nurse will give you an
   appropriate advice.
2. General.....Holiday Daytime Clinic (Sundays & Holidays)
   (a) Internal and pediatrics  9:00am–11:30am  1:00pm–4:30 pm
   (b) Dental care  9:00am-11:30am
   Clinic Center (opposite of Abiko Public Health Care Center)
   Contact: Call 7187-7020
   Note: Please bring your Health Insurance Card and pay in cash.
3. General........Introduction of Hospital at Night (Sundays & Holidays)
   First contact Fire Station at 7184-0119. They will advise you of an appropriate hospital or dental clinic. Before visiting the hospital, be sure to tell them the symptom of illness or injury.

4. Request for an Ambulance - Call:119
   In case of acute illness or serious injury, do not hesitate about calling an ambulance.

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From the Abiko Public Health Care Center  Tel: 7185-1126

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Maternity class: for those pregnant over 20 weeks (Shiawase mama &amp; papa Gakkyu)</td>
<td>May 12th, 26th, June 2nd</td>
</tr>
<tr>
<td></td>
<td>Please call for an appointment</td>
</tr>
<tr>
<td>POLIO vaccination (live vaccine)</td>
<td>May 8th, 15th</td>
</tr>
<tr>
<td></td>
<td>For children between 3 and 90 months</td>
</tr>
<tr>
<td>Health Check-up for 18 month old kids</td>
<td>May 17th, 24th</td>
</tr>
<tr>
<td>Dental check-up for children aged 2 years and 8 months</td>
<td>May 31st</td>
</tr>
<tr>
<td>Health check-up for 3 year old children</td>
<td>May 10th</td>
</tr>
<tr>
<td>Health check-up for 5 year old children</td>
<td>May 31st</td>
</tr>
<tr>
<td>WEANING (Baby food class)</td>
<td>May 25th</td>
</tr>
<tr>
<td></td>
<td>for babies from 4 to 6 months, May 11th for babies from 8 to 9 months</td>
</tr>
<tr>
<td></td>
<td>Please call for an appointment for the advise for weaning anytime</td>
</tr>
<tr>
<td>Health Exercise</td>
<td>May 9th Fusa Minami Park</td>
</tr>
<tr>
<td></td>
<td>May 15th Kohokudai Chuo Park</td>
</tr>
<tr>
<td></td>
<td>May 18th Temnodai Nishi Park</td>
</tr>
<tr>
<td>Consulting for 4 month babies</td>
<td>May 8th, 15th</td>
</tr>
<tr>
<td>Consulting for bringing up babies</td>
<td>May 9th, 23rd (15 people) Place: Kosodate Shien Center (Niko·Niko Hiroba)</td>
</tr>
</tbody>
</table>

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Newsletter Abiko  No. 211  May 1, 2012

Published by: Abiko City Office  www.city.abiko.chiba.jp
Edited and translated by: Abiko International Relations Association (AIRA)
Phone 04-7183-1231  Fax 04-7183-2005
e-mail: info@e-aira.jp  http://www.e-aira.jp
Message from Jyun-ichiro Hoshino, Mayor

(1) Suspension of Water Supply
Due to detection of harmful substance exceeding the standard level, water supply was suspended in some parts of our city on May 19, 2012. On this occasion, our city established Disaster Prevention Headquarters and supplied water at three stations in the city. At the same time, six water supply cars visited hospitals and welfare facilities for elderly persons to provide them with water. Soon the safety of water was confirmed and we started water supply. We apologize to you for the inconvenience caused by this accident. While we get in touch with related organizations all the time, we will make utmost efforts to provide you with accurate and quick information and stably supply safe water to you.

(2) Firework cancelled
Though we know that you are looking forward to the annual firework at Teganuma, we regret to inform you that firework will be cancelled this year too in order to cope with radioactive contamination issues caused by the East Japan Great Earthquake and Tsunami on March 11, 2011. We do hope that you will understand our decision.

City–First Authorized Kindergarten opens

While the city tries to prepare nursing environments to cope with the request of the times, it plans to improve facilities of city nursing schools to help young people to find jobs and to nurse their children at the same time.

On June 1, the city–first authorized kindergarten Mebaenomori (“growing forest”) is opened. Mebaenomori was established as an annex to Mebae Kindergarten with rich natural environments and 60 years of history. The new kindergarten which can accommodate 90 children conducts nursing education while the children feel warmth of wood because the building uses a lot of wood. In addition to providing children with education and nursing, it is equipped with a consultation office to solve the concerns about child nursing and education.
Main events in June:

(1) Festival 2012 for adults and children
Date/time: June 24 (Sun) 10:00–15:15
Place: Kohoku District Community Center
Fee: ¥100
Content: This is a festival which adults and children create under collaboration. The event includes a haunted house, a market for children, balloon arts, storytelling with pictures, old plays, origami (the art of paper folding) and refreshment booths.
For more details, contact Children Support Section (Extension 844) or 090–9202–5162

(2) Male Chorus “Ensemble Leone” Performance (Japanese and foreign songs)
Date/time: June 10 14:00–16:30
Place: Keyaki Plaza Hall
Fee: ¥1,000
Conductor: Yoshinobu Karasawa and Pianist: Yoshimi Murata

(3) “Abiko Philharmonic Orchestra” Performance
Date/time: June 23(Sat) and 24(Sun) both 14:00–16:00
Place: Keyaki Plaza Hall
Fee: ¥1,000
Conductor: Kyohei Tomihira and Violinist: Akihiro Miura
They perform the works of Siberius, Tchaikovsky and Mozart.

(4) 29th Ayame (Iris) Festival
Date: June 3(Sun)–June 17(Sun)
Place: Teganuma Park and Aquatic Plant Garden
Fee: Free
Main event will be held on June 9(Sat) or June 10 (Sun) if it rains hard on June 9.
The event includes musical instrument performance, tea ceremony, shopping paradise, Hawaiian dance and Japanese drum performance. On this day, shuttle boats from Teganuma Park to Aquatic Plant Garden are operated.
For more details, contact Festival Committee at phone 7182–3131.

(5) Free stretch exercise
Date/time: June 15, 22 and 29 (each Fri) 10:00–11:30
Place: Abiko South Community Center
For more details, contact Uesugi at phone 7183–0976
### Advisory Service—June 2012

<table>
<thead>
<tr>
<th>ITEM</th>
<th>DATE/TIME</th>
<th>PLACE</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Legal Advice</strong></td>
<td>June 5 (Tue), 7 (Thurs), 14 (Thurs), 21 (Thurs) and 28 (Thurs) 9:30 – 15:30 Reservation required</td>
<td>Civic Consulting Room 2F, Abiko City Office</td>
<td>Secretarial Sec. 7185–1714</td>
</tr>
<tr>
<td><strong>Tax Matters</strong></td>
<td>June 15 (Fri) 10:00 – 15:00 Reservation required</td>
<td>Tax Collection Sec.</td>
<td>Tax Collection Sec. 7185–1349</td>
</tr>
<tr>
<td><strong>Living Advice</strong></td>
<td>Weekdays except Sat/Sun/public holidays 8:30 – 17:00</td>
<td>West Annex 2F</td>
<td>Welfare Consulting Sec. Ext 393</td>
</tr>
<tr>
<td><strong>Child matters in general</strong></td>
<td>Weekdays except Sat/Sun/public holidays 8:30 – 17:00</td>
<td>West Annex 3F</td>
<td>Child Consulting Sec. 7185–1821</td>
</tr>
<tr>
<td><strong>Domestic Violence</strong></td>
<td>Weekdays except Sat/Sun/public holidays 9:00 – 17:00</td>
<td>Welfare Consulting Sec.</td>
<td>Welfare Consulting Sec. Ext. 394</td>
</tr>
</tbody>
</table>

### Public Health Care Center Programs

#### Item | Date | Eligibility
---|---|---
Maternity class (Shiawase Mama & Papa Gakkyu) | June 16, 23 and 30 (each Sat) | Expecting women of 20 weeks or over, and their family
Polio Vaccination | June 5 and 12 (each Tue) | 3 to 90-month-old babies
Health Checkup for | June 28 (Thurs) | Infants born from Nov 1 to Nov
<table>
<thead>
<tr>
<th>18-month-old infants</th>
<th>20, 2010</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dental Checkup for 2 year and 8 month-old children</td>
<td>June 26 (Tue)</td>
</tr>
<tr>
<td>Health Checkup for 3-year-old children</td>
<td>June 7 and 21 (each Thurs)</td>
</tr>
<tr>
<td>Baby Food Class for 4 to 6 month-old babies</td>
<td>June 5 (Tues) and 29 (Fri)</td>
</tr>
<tr>
<td>Baby Food Class for 8 to 9 month-old babies</td>
<td>June 11 (Mon)</td>
</tr>
</tbody>
</table>

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

1. **NIGHT TELEPHONE CONSULTATION ON CHILD’S SUDDEN ILLNESS**
   CALL #8000 or 043–242–9939
   Hours: 7:00p.m. – 10:00p.m. every night
   Nurses or doctors will advise you of how to care for your child.

2. **HOLIDAY CLINIC (SUNDAYS /HOLIDAYS)**
   Place: Abiko Public Health Center
   Items and Hours
   (1) Internal medicine, Pediatrics   9:00 – 11:30, 13:00 – 16:30
   (2) Dental Clinic                 9:00 – 11:30
   Remarks: Please bring your Health Insurance Card and pay fees in cash.

3. **NIGHT & HOLIDAY – INTRODUCTION OF HOSPITALS (SUNDAYS/HOLIDAYS)**
   CALL 7184–0119 (FIRE STATION) or 119 (FORAMBULANCE)
   They will advise you of an appropriate hospital or pediatrician. Before you go there, please call the hospital and tell the doctor about the patient’s symptoms.
   Please do not hesitate to call 119 in case of serious injury or acute illness.
CHANGES TO THE WASTE AND RECYCLABLE COLLECTION PROCEDURE

New procedure: Abiko City has decided to change the rule for disposal of grasses and leaves from each household as follows effective on July 1, 2012. On the combustible garbage collection days, unlike in the past, you are not allowed to sort out grasses and leaves and those mixed with the combustible garbage. Abiko City requests citizen’s understanding and cooperation to follow this change. The reason is that radioactive materials are adhered to these grasses, leaves, soil and mud collected from your yard, and when these are incinerated together with the combustible garbage, the density of radioactive materials in the incineration ash at Abiko Clean Center is proved to increase. At the result that grasses and leaves have been incinerated together with the combustible garbage since the end of May, the density of radioactive material has increased and Abiko Clean Center’s operation is now stopped temporarily. As of the end of May, 560 tons of burnt ashes have been kept at the site of the Clean Center. Due to a space limit for securing those ashes, Abiko Clean Center will likely be forced to suspend its operation completely, if the incineration ashes continue to increase. Actually, one of two incinerators has stopped now. That is why Abiko City strongly requests citizens’ understanding and cooperation for solving this serious problem of how to lower the density of radioactive materials in the incineration ashes.

Attention: Please ensure again that the grasses and leaves have to be sort out separately from the combustible garbage on the non-combustible garbage day (the day marked in purple in the Abiko Clean Calendar). You can sort them out on the same day when you have sorted out trees, branches so far on the non-combustible garbage day. Also, please keep in mind to remove the mud and soil as much as possible from grasses and leaves and wrap them into a transparent plastic bag. The trees and branches have been recycled to wooden chips and it will help to secure additional storage spaces. At present, Abiko Clean Center is considering to secure additional incineration facilities which enable to handle only high radioactive ash and also to secure the final disposal sites.

Inquiry: Abiko Clean Center, at 7187-0015
CHANGES TO THE FOREIGN RESIDENTS SYSTEM
Current alien registration system will be abolished as of July 9 and the Basic Residents Registration System will be applied also to foreign residents and a Certificate of Resident will be issued to them instead of current alien registration card. The data such as Nationality, Resident Status, Period of Stay and Resident Number will be indicated in the Certificate of Residents. Those who have an intended period of stay in Japan more than three months, they have to take out National Health Insurance or any other equivalent insurances. Those who have an intended period of stay in Japan more than three months, but don’t have any social insurance, they have to inquire National Health Insurance & Pension Sec. ext. 392/324 of Abiko City Office. (7185-1111)

REQUEST FOR RADIOACTIVE DECONTAMINATION OF YOUR HOUSE
Based on your request, Abiko City will check the level of radiation of your house, primarily the house where pregnant women and/or pre-school children live. If your house is exposed over 0.23 $\mu$Sv/h at a height of 100 centimeters above the surface, Abiko City will consider to have your house decontaminated.
Application: Fill in required data into the format, ‘Radioactivity Measurement Request’, which can be downloaded from the Abiko City Homepage and send it to Radioactive Materials Countermeasures office no later than July 20.
Inquiry: Call at 7185-2495 Mail to: jyosen@city.abiko.chiba.jp

ADVISORY SERVICES – JULY 2012)

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<tr>
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<th>DATE / TIME</th>
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<tr>
<td>LEGAL ADVICE</td>
<td>JUL 5, 10, 12, 24, 26 9:30 to 15:30</td>
<td>Civic Consulting room 2F, Abiko City Office</td>
<td>Secretarial Sec. at 7185-1714</td>
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<tr>
<td></td>
<td>Reservation required by phone from JUL 2 from 8:30</td>
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<tr>
<td>TAX MATTERS</td>
<td>JUL 20. 10:00 to 15:00. Reservation required by phone on JUL 17 from 8:30</td>
<td>Tax Collection Sec.</td>
<td>Tax Collection Sec. at 7185-1349</td>
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<tr>
<td>REAL ESTATE PROBLEM</td>
<td>JUL 13 Reservation required phone on JUL 11 Only first 8 groups</td>
<td>Civic Consulting room 2F, Abiko City Office</td>
<td>Housing Sec. at 7185-1111 (ext.529)</td>
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<tr>
<td>HOUSING ADVICE</td>
<td>JUL 13 Reservation required phone on JUL 11 Only first 4 groups</td>
<td>Meeting Room B, Abiko City Office</td>
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<td>MARRIAGE CONSULTATION</td>
<td>JUL 1, 22 9:00-14:00</td>
<td>Social Welfare Council Office, Abiko City Office</td>
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### CHILD MATTERS IN GENERAL

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<th>Hours</th>
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<td>HUMAN RIGHT PROBLEMS</td>
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<td>Child Consulting Sec. at 7185-1821</td>
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<tr>
<td>DOMESTIC VIOLATION</td>
<td>Weekdays except holidays 8:30-17:00</td>
<td>2F West Annex, Abiko City Office</td>
<td>Welfare Consulting Sec, at 7185-1111 (ext.476)</td>
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### INFORMATION FROM ABIKO PUBLIC HEALTH CARE CENTER

Location: 2-minute walk from JR Kohoku Station (Kohokudai 1-12-16, TEL 7185-1126)

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<td>MATERNITY CLASS (SHIAWASE MAMA PAPA GAKKYU)</td>
<td>JUL 7, 14, 21</td>
<td>Pregnant women of 20 weeks or over, and their husbands or families. Reservation required by phone.</td>
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<tr>
<td>POLIO VACCINATION</td>
<td>JUL 3, 10</td>
<td>3 to 90 month old babies.</td>
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<tr>
<td>HEALTH CHECKUP FOR 18 MONTH OLD INFANTS</td>
<td>JUL 12, 19</td>
<td>Infants born from NOV 21 2010 to DEC 31, 2010</td>
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<tr>
<td>DENTAL CHECKUP FOR 2 YEAR AND 8 MONTH OLD CHILDREN</td>
<td>JUL 26</td>
<td>Children born in NOV, 2009.</td>
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<tr>
<td>HEALTH CHECKUP FOR 3 YEAR OLD CHILDREN</td>
<td>JUL 5</td>
<td>Children born from DEC 11, 2008 to DEC 31, 2008.</td>
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</table>
BABY FOOD CLASS FOR 4 TO 6 MONTH INFANTS
JUL 20
First 30 applicants.
Reservation required by phone.

LATE BABY FOOD CLASS FOR 8 TO 9 MONTH OLD INFANTS
JUL 4
Children born in OCT, 2011
First 20 applicants.
Reservation required by phone.

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

EMERGENCIES AT NIGHT/ON SUNDAYS AND HOLIDAYS
1. CHILD---- TELEPHONE CONSULTATION ON SUDDEN ILLNESS AT NIGHT
   Call #8000 or 043-242-9939 for details
   Hours: 19:00.-22:00. Every night
   Nurses or doctors will advise you what to do/how to care your child
2. GENERAL---- DAYTIME HOLIDAY CLINIC (SUNDAYS and HOLIDAYS)
   Location: Abiko Public Health Care Center (Hoken Center)
   Specialties and hours:
   (a) Internal Medicine, Pediatrics    9:00.~11:30, 13:00~16:30
   (b) Dental Clinic                    9:00~11:30.
   Please bring your Health Insurance Card and pay in cash.
   Inquiry: For more details, please call 7187-7020
3. GENERAL----INTRODUCTION OF HOSPITALS IN EMERGENCIES AT NIGHT
   (SUNDAYS AND HOLIDAYS)   Call: 7184-0119 (FIRE STATION)
   They will advise you appropriate hospitals or pediatricians. Before you go there,
   please call the hospital and tell them the patient’s symptoms.
4. REQUEST FOR AMBULANCE   Call: 119
   Please do not hesitate to call an ambulance in case of serious injury or acute
   illness.
Leave it to “Abishirube” to transmit information on Abiko

Two years will have passed since the first Abiko information center, “Abishirube” was inaugurated in September, 2010. A lot of visitors and citizens have visited this center. “Abishirube” is a facility which always send new information and offer various discoveries so that you can know every little things about Abiko. Inquire anything without hesitation. We are waiting for your visit.

- Full of information
  Walking guide maps (historic sites), event information, and leaflets of shops are available. Discover new things you don’t know about Abiko at “Abishirube”. Area guide brochure along the Narita and Joban lines are also available.

- Why don’t you advertise your shops or groups?
  You can place leaflets of your shops or groups at Abishirube. Inquire some conditions about the leaflets.

- Stage show
  You can use the exhibit room as an outdoor event stage. Any genre is accepted such as brass band, traditional dance performance, etc. You need an application.

- Cultural exhibitions
  Photos and traditional arts and crafts featuring Abiko have been displayed.
  Inquiry: Abiko information center “Abishirube” phone: 7100-0014
  Address: 2−2−6 Hommachi, 1−minute−walk from the south exit of Abiko station
  Open: 9:00 a.m. – 6:00 p.m. (Closed: Dec 29 to Jan 3)
  Facebook: http://www.facebook.com/ABISHIRUBE

Let’s cheer for Yasunari Hirai in London Olympics!

An Abiko citizen, Yasunari Hirai will participate in 10 km men’s swimming marathon race, which is scheduled to be distributed on the Internet site, http://www1.nhk.or.jp/olympic/. The race will start on 8:00p.m. (Japan time) on August 10 (Fri). Let’s cheer him!

Inquiry: Secretary and PR section, phone: 7185-1269
Emergency information mail to start
Abiko city will send e-mails about disaster and evacuation information to people in Abiko city. This information will be sent to people who have NTT Docomo’s, KDDI(au)’s or Softbank’s cell phones. You don’t have to apply for receiving the information. Inquire the details on model exceptions to each cellphone company.
Inquiry: Secretary and PR section, phone: 7185-1269

Exhibition of Atomic Bomb Photos and Paper Cranes
~ 67th Memorial Ceremony for Atom-bombed experience
It is important to convey news on dreadful wars and atomic bombs constantly to descendants so that young generation who don’t experience wars can remember the memories. Abiko city and the Atomic-bomb Victims Association will hold the following events yearning for eternal peace and the abolition of nuclear weapons.
❖ Photo exhibition about atomic bombs and exhibition of paper cranes
  Date: August 7 (Tue) – 19 (Sun)
  Place: 1st floor at Abista
❖ 67th Peace Memorial Ceremony
  Date: August 11(Sat) 9:30 a.m. ~
  Place: Peace Monument at Teganuma Park
  Contents: Memorial Ceremony, planting memorial trees, offering flowers, silent prayer

File current status for Child Rearing Allowance
Those Child Rearing Allowance are paid for should file their current status in every August. The notice for the allowance was sent to those applicable. File the current status by the due date.
File period: August 1(Wed) – 31(Fri) except Saturdays and Sundays, 8:30am – 5:00pm
Place: Child Support Section (2nd floor, West annex)
Required documents: Certificate of Child Rearing Allowance (of fiscal 2011), personal seal, certificate of annual income of fiscal 2012 (only for those who moved into Abiko after Jan.2, 2012), Parent and Children’s Health Insurance Cards
Inquiry: child Support Section, ext. 852

Traffic Disaster Mutual-Aid Association
This is the mutual-aid system in which members pay annual fees and help victims. Present members should also apply for it because the mutual-aid period will mature on August 31(Fri).
Applicable: Citizens who will live in Abiko on September 1st and the dependents.
Mutual-aid period: September 1st – August 31, 2013
Annual fee: 700 yen/person
Applicable accidents: traffic (cars, motorbikes, bicycles) accidents, train accidents, etc.
Consolation payments: 1.5 million yen for death, 20–500 thousand yen for injuries, 500 thousand yen more for physically disabled, 100 thousand yen for one surviving child
Application: Bring annual fee to Citizen’s Safety Section (basement of city office) or
administrative service centers
Inquiry: Citizens Safety Section, ext. 486

Attention! Be careful about Heat Stroke
Last year 63 people were rushed to hospitals with heat stroke in Abiko. While the half were elderlies, thirties and forties were also taken to hospitals. The basic precaution for heat stroke is enough sleep and well-balanced diet. Try to keep regular hours.
Dangerous conditions: over 60% of humidity, no breezing days, sudden hot day, following day after sultry night
Cautions: [Elderlies] Drink fluids before you feel thirsty:[Adults] many people suffer from heat stroke while they’re working, or doing daily activities. Wear cool clothing and not to have too much alcoholic or caffeine beverage which has a diuretic effect.: [Pupils and Students] Take breaks regularly while doing sports and often drink fluids.[Infants] Take care of infants, put on or take off their clothing, and give fluids.
*Usually drink water or tea as fluids, and take isotonic drinks when you sweat all over.
Inquiry: Health supporting section, phone: 7185–1126

EVENTS
Abiko farmers' stand “Abikon” summer festival
Date: August 4 (Sat) 10:00a.m. – 2:30p.m.
Place: Abiko farmer’s stand “Abikon”
Events: watermelon splitting, playing with water in a plastic pool, fresh summer vegetable and fruit sales
Inquiry: Abiko farmers’ stand “Abikon”, phone: 7108–3171

Abiko North Town Planning Association - Children’s Party
Date: Aug 25 (Sat) 10:00am – 3:00pm
Place: Abiko North Community Center, Tsukushino Building
Event: Let’s play with handmade toys. 10:00am – 12:00, paper planes, paper folding, Movie, Picture cards show, and puppet show 1:00pm – 3:00pm
Fee: Free Inquiry: Abiko North Community Center, Namiki Building, 7157–4517

Advisory Service—August 2012

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<tr>
<td>Legal Advice</td>
<td>Aug. 2,14,16,23,28</td>
<td>Civic Consulting Room</td>
<td>Secretarial Sec. 7185–1714</td>
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<td></td>
<td>9:30 – 15:30</td>
<td>2F, Abiko City Office</td>
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<tr>
<td></td>
<td>Reservation required</td>
<td></td>
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<tr>
<td>Tax Matters</td>
<td>Aug 17(Fri) 10:00 – 15:00</td>
<td>Tax Collection Sec.</td>
<td>Tax Collection Sec. 7185–1349</td>
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Reservation required

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<td>Week days 8:30 – 17:00</td>
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<td><strong>Child matters in general</strong></td>
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<tr>
<td><strong>Domestic Violence</strong></td>
<td>week days 8:30 – 17:00</td>
<td>Social Welfare Sec. Ext.394</td>
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</table>

Public Health Care Center Programs

**Item** | **Date** | **Eligibility**
--- | --- | ---
maternity class (Shiawase Mama&Papa Gakkyu) | Aug 4,18,25 (Sat) | Pregnant women of 20 weeks or over, and their husbands
Child care advice | Aug 8 (Wed) Aug 22 (Wed) | At Nikoniko Hiroba, first 15 Health Center
4-month old consultation | Aug 7, 21 (Tue) | Those born in Mar, 2012
Baby Food Class for 4 to 6 month-old babies | Aug 31(Wed) | First 30 applicants. Reservation required

**NIGHT-HOT-LINE ON CHILD’S ILLNESS (PEDIATRICS)**

Through telephone the doctor or nurse will give you appropriate advice.

Time: Every night from 7:00 p.m. to 10:00 p.m. Call at #8000 or 043–242–9939

**HOLIDAY DAY-TIME CLINIC**

Dental care 9:00 a.m. – 11:30 a.m.
Internal and pediatrics 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.

Location: Clinic Center (across Abiko Public Health Care Center)
Address: 1–12–17 Kohokudai 2–minute walk from JR Kohoku Station
Contact: call at 7187–7020

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

**HOLIDAY AND NIGHT-TIME HOSPITALS**

First contact Fire Station at 7184–0119. They will advise you appropriate hospital or dental clinic.

Before visiting there, be sure to tell them the symptom of illness or injury.

In case of emergency, or serious illness or injury, call 119.

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**Newsletter Abiko**

No.214 August 1, 2012

Published by: Abiko City Office [http://www.city.abiko.chiba.jp](http://www.city.abiko.chiba.jp)
Edited and translated by Abiko International Relations Association (AIRA)
Phone: 04–7183–1231 Fax: 04–7183–2005
E-mail: [info@eaira.jp](mailto:info@eaira.jp) [http://www.eaira.jp](http://www.eaira.jp)
Prepare against disaster: Aug.30 to Sep.5, Disaster Preparedness Week

10 items in order to prepare against earthquake:
1. Fix furniture to walls or ceilings. Place furniture where it doesn’t obstruct evacuation routes.
2. Prevent scatter of window glasses or glass shelves. Keep a flashlight as well as its batteries within reach in preparation for a power cut.
3. Check the earthquake resistance of houses and residential buildings. If necessary, reinforce them.
4. Install fire extinguishers. Save bathwater against water failure.
5. Install residential fire alarms. Unplug electric appliances that are less frequently used.
6. Prepare an emergency kit and decide where to place it.
7. Decide among family members the way of safety confirmation and meeting point.
8. Make use of “Abiko Disaster Prevention Map” and grasp the picture of your neighborhood area.
9. Gather information about disaster prevention on a routine basis and gain the knowledge about it.
For more details, contact Public Safety Section, ext. 217.

London Olympics: Mr. Hirai’s performance made us excited very much!
Yasunari Hirai, an Olympic athlete from Abiko, participated in the open water swimming. He finished in 15th place, but his performance made us expect his further step in the next Olympics. He visited the Mayor at his office and reported how he played.
For more details, contact Secretary and PR Section at 7185-1269.

Vaccination
1. Polio vaccine: change in the method of vaccination
   Inactivated vaccine is available at medical institutions from September 1.
   Target: Children aged between 3 months and 90 months (7 years and 6 months)
2. Measles-rubella vaccine (MR): second, third, and fourth inoculation
Those eligible can receive a free vaccination.
Due date: Mar. 31, 2013
3. Diphtheria-tetanus combines vaccine (DT) second term: get vaccinated before entering junior-high school!
Target: Children aged between 11 and 13 years old
4. Cervical cancer vaccine: initial vaccinations by Sep.30
Those eligible can receive public subsidies. Initial vaccinations must be received by Sep.30 in order to complete three doses of vaccine within the subsidy period.
Target: Women born from Apr.2, 1996 to Apr.1, 2000
For more details, contact Public Health Care Center at 7185-1126.

Let's take Specific Health Checkups!
Specific Health Checkups lead to prevention or early detection of metabolic syndrome, a main factor of lifestyle-related disease. Early detection, rapid cure!
Target: Those aged 40 to 74 years old
For more details, contact Public Health Care Center at 7185-1126

Screening for tuberculosis and lung cancer
Date: Oct. 1(Mon), 2(Tue), 3(Wed), 9(Tue), 10(Wed), 12(Fri), 16(Tue), 17(Wed), 24(Wed), 26(Fri), 29(Mon), 30(Tue), 31(Wed),
Target and fee:
Those aged 65 or over: Screening for tuberculosis and lung cancer, free of charge
Those aged 40 to 64: lung cancer screening, 200 yen
Consultation ticket required.
For more details, contact Public Health Care Center at 7185-1126.

Countermeasures against radioactivity
The comprehensive plan for radioactivity countermeasures has been developed.
A four-principal plan:
-Food: Safety of school-provided lunch, drinking water, and local agricultural and fishery products of Abiko.
-Living environment: Decontamination of private land (apartment buildings and houses).
The same works at schools ended in August.
-Industry: Dispelling harmful rumors about agricultural products and other industries.
-Health: Financial aid for the measurement of radiation dose of internal exposure.
For more details, contact Radioactivity Countermeasures Office at 7185-2495.
EVENTS IN TOWN

Craft Bazaar at Aijima Geijutu-Bunkamura (Aijima Artistic Culture Village)
Date: Sep. 8 (Sat), 9 (Sun) 10:00 a.m. - 4:00 p.m.
Place: Aijima Geijutu-Bunkamura, Fusa, Abiko
Entrance fee: Free
Events: Craft bazaar, antique market, sales of local products
Inquiry: Aijima Geijutu-Bunkamura, 7189-2864 (Saturdays and Sundays available)

Abiko Citizens’ Tennis Tournament (Singles match)
Date: Oct. 21 (Sun), Nov. 3 (Sat). (In case of rain, Oct. 28 (Sun), Nov. 4 (Sun)).
Place: Civic gymnasium tennis courts / Fee: 1,000 yen
Inquiry: info@abkta.main.jp or 080-5039-8623 (Iwamoto)

Advisory Service—September 2012

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<td>Civic Consulting Room 2F, Abiko City Office</td>
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<tr>
<td>Tax Matters</td>
<td>Sep. 21 (Fri) 10:00 - 15:00</td>
<td>Tax Collection Sec.</td>
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<td>Child-Care</td>
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Public Health Care Center Programs

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<td>Maternity class (Shiawase)</td>
<td>Sep. 1, 8, and 22 (Sat)</td>
<td>Expecting women of 20 weeks</td>
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Mama & Papa Gakkyu) or over, and their family

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<th>Event Description</th>
<th>Date(s)</th>
<th>Notes/Details</th>
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<td>Dental Checkup for 2 year and 8 month-old children</td>
<td>Sep. 27 (Thu)</td>
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<td>Health Checkup for 3-year-old children</td>
<td>Sep. 6 (Thu)</td>
<td>Children born from Feb. 11 to Feb. 28, 2009</td>
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<td>Health Checkup for 5-year-old children</td>
<td>Sep. 27 (Thu)</td>
<td>Children born in Sep. 2007</td>
</tr>
<tr>
<td>Baby Food Class for 4 to 6 month-old babies</td>
<td>Sep. 28 (Fri)</td>
<td>First 30 applicants. Reservation required by phone</td>
</tr>
<tr>
<td>Baby Food Class for 8 to 9 month-old babies</td>
<td>Sep. 19 (Wed)</td>
<td>First 20 applicants. Reservation required by phone</td>
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-------Health Care------

1. NIGHT - TELEPHONE CONSULTATION ON CHILD’S SUDDEN ILLNESS
   CALL #8000 or 043-242-9939
   Hours: 7:00p.m. - 10:00p.m. every night
   Nurses or doctors will advise you of what to do for your children.

2. HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)
   Place: Abiko Public Health Center (phone: 7187-7020)
   Items and hours
   (1) Internal medicine, Pediatrics  9:00 - 11:30, 13:00 - 16:30
   (2) Dental Clinic 9:00 - 11:30
   Remarks: Please bring your Health Insurance Card and pay fees in cash.

3. NIGHT & HOLIDAY-INTRODUCTION OF HOSPITALS (SUNDAYS /HOLIDAYS)
   CALL 7184-0119 (FIRE STATION) or 119 (FOR AMBULANCE)
   They will advise you of appropriate hospitals or pediatricians. Before you go there, please call the emergency hospital and tell them the patient’s symptoms. Please do not hesitate to call 119 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
E-mail: info@e-aira.jp  [link]
Excerpts of the Newsletter issued by Abiko City

Teganuma 2013 Calendar Now On Sale
Location: Abiko Civic Plaza (in Ito Yokado / Espa), Fukushi Shop Popora (1st floor of Keyaki plaza), Kohoku-chiku Kominkan, Abiko City Hall (B1 floor), and Fukushi Kyogikai office in your area  Price: 200 yen
  • Also available at the Japan Bird Festival and Sangyo festival

Abiko-chiku Shimin Festival and Bazaar
Date: October 13th  10:00am to 4:00pm
Place: Abiko station south side, Keyaki plaza, Abishirube, Abisuta Fureai hiroba
Contents: Bazaar, dance, brass band, jazz music, Wadaiko drum, bingo game, etc.
Contact: Please call 7182-3131 for information, Jikko-iin (Abiko City Shokokai)

Abiko Tezukuri Walking
Let’s walk and visit hand made stores, try dyeing, weaving, flower making, seeing dance and music.
Date: October 13th, and 14th  10:00am~ 4:30pm
Place: Abisuta, Teganuma park, Ito Yokado, Sojinkan Teien park, etc.
Please call Oota-san at 090-4601-8222 for details,

Radiation Decontamination Work
For the household with children through elementary school age, and expectant mothers.
Staff members will visit your home and measure the level of radiation outside at 50 cm height. Abiko city will carry out the decontamination operation if the level is over 0.23 micro Sieverts per hour. (No machinery used. Decontaminated soil shall be kept or buried in your land)
How to apply: Please send a form (Hoshasenryou sokutei shinsei) obtainable
through the city hall website, or fax the application (you can get it at the Hoshasen Taisaku room and Gyosei Renraku-sho) by October 22nd.

- No application accepted by phone
- Please use your PC or fax if possible. (City Hall will be crowded)
- Please use the name of the manager’s union if you live in a condominium
- Please use the name of the owner if renting a house or apartment
- Only one decontamination operation available per person

AIRA Bus Tour to Tokyo Metropolitan Office and Yanaka Area
Date: November 1st, 8:15 am  Bus starts at Abiko Fureai Hiroba (Abiko station, north side, in front of post office)  Limited to 40 people
Fee: 3000 yen (bus, insurance, and lunch)
How to apply: Please write your name, address, phone number and send it by October 5th to AIRA by e-mail: info@e-aira.jp or fax: 7183-2005
Contact: AIRA (Abiko International Relations Association), phone: 7183-1231

Open House of Central Research Institute of Electric Power Industry
Date: October 13th  10:00am~ 4:00pm  Free entry
Place: Denryoku Chuo Kenkyujo (Free bus from the north side of Abiko station)
Event: Lecture, mini-labo-tour, and many others. Parking: Not available
Contact: http://criepi.denken.or.jp/intro/open for detail

Green Recycle Information
Have any garden trees you don’t need, and would like to give to someone else? Please give us your information, what type(s) of garden trees you would like to donate, or what kind of tree you would like to receive (under 3m).
Please call 7185-1111 (ext. 545, Koen Ryokuchi-ka) for information.
Persons receiving tree(s) must arrange for removal and transportation.
Check out the Abiko City Hall website for a list of available trees.

Teganuma Fureai Walking 2012
Date: November 17th, 9:00 (10:00 for family course)
Place: Teganuma park, Tamokuteki Hiroba (Please use the public transportation)
Starting times: (1) Tegamuma full circuit (20km) at 8:00am
(2) Teganuma half circuit (10 km) 8:30am  (3) Family course (3 km) 9:30am
Entry: 500 yen, junior high up (300 yen in advance), 100 yen for under elementary school children
How to apply: Fill in an application form available in City Hall, Gyosei Service Center, Health Care Center, Shimin Taiikukan, Kominkan, or post office in Abiko and apply at the post office. Please bring the receipt issued by the post office.

Chiba Kyosai Insurance for Traffic Accidents
(for the residents and their families in Abiko)
Accident types covered: Vehicular (car, motorcycle, bicycle), Train (accident certification needed)
Fee: 100 yen to 700 yen (depending on the month you apply)
Valid through August 31st 2013
Compensation: 1,500,000 yen (for death), 20,000 to 500,000 yen (for bodily injury)
500,000 yen (for disabled persons, Levels 1 and 2/*1 kyu & 2 kyu shogai)
How to apply: Please visit Shimin Anzen-ka at City Hall with the yearly fee
For questions, please call 7185-1111 (ext. 486)

Tuberculosis and Lung Cancer Check-up (40 years of age and up)
Dates and locations: ask at the Health Care Center (7185-1126), or check the information in Koho Abiko. October.
Fee: 40 to 64 year old residents in Abiko, lung cancer check-up: 200yen
65 or older residents in Abiko, lung cancer & tuberculosis check-ups: free
Also free for residents who get livelihood assistance, and those exempt from municipal tax
Please get the medical examination ticket at Kenko Zukuri Shien-ka in City Hall (7185-1126).

<table>
<thead>
<tr>
<th>From the Abiko Health Care Center</th>
<th>Phone: 7185-1126</th>
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<tr>
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<td>Health check-up for 3 year old children</td>
<td>Oct 4th, 11th</td>
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<tr>
<td>Health check-up for 5 year old children</td>
<td>Oct 25th</td>
</tr>
<tr>
<td>WEANING</td>
<td>Nov 2nd for babies from 4 to 6 months Oct 3rd, 19th babies from 8 to 9 months Please call for an appointment for advice on weaning anytime</td>
</tr>
</tbody>
</table>
Consulting for 4 month babies Oct 2nd, 9th
Consulting for bringing up babies Oct 10th, 24th (15 people), at the Kosodate Shien Center (Niko-Niko Hiroba) Oct 17th at Public Health Care Center

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1. NIGHT - TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS
   CALL #8000 or 043-242-9939
   Hours: 7:00p.m. – 10:00p.m. every night
   Nurses or doctors will advise you of what to do for your children.

2. HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)
   Place: Abiko Public Health Center (phone: 7187-7020)
   Items and hours
   (1) Internal medicine, Pediatrics 9:00 - 11:30, 13:00 - 16:30
   (2) Dental Clinic 9:00 - 11:30
   Remarks: Please bring your Health Insurance Card and pay fees in cash.

3. NIGHT & HOLIDAY-INTRODUCTION OF HOSPITALS (SUNDAYS /HOLIDAYS)
   CALL 7184-0119 (FIRE STATION) or 119 (FOR AMBULANCE)
   They will advise you of an appropriate emergency hospital or pediatrician. Before you go there, please call the hospital and tell them the patient's symptoms.
   Please do not hesitate to call 119 in case of serious injury or acute illness.

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Health Exercise
Oct 10th Fusa Minami Park
Oct 16th Kohokudai Chuo Park
(Health Care Center in case of rain)
Oct 19th Tennoudai Nishi Park

Oct 10th, 24th (15 people), at the Kosodate Shien Center (Niko-Niko Hiroba)
Oct 17th at Public Health Care Center

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Newsletter Abiko No. 216 October 1, 2012

Published by: Abiko City Office http://www.city.abiko.chiba.jp
Edited and translated by:
Abiko International Relations Association (AIRA)
Phone: 04-7183-1231  Fax: 04-7183-2005 e-mail:
E-mail: info@e-aira.jp http://www.e-aira.jp
Excerpts of the Newsletter issued by Abiko City

Budget Policy for 2013 Fiscal Year

The budget policy for 2013 fiscal year is formulated as follows:
Ordinary revenue: 31.82 billion yen
Ordinary expenditure: 32.04 billion yen

In formulating the budget for 2013 fiscal year, the following factors are taken into consideration.
Abiko City was severely damaged by the Great East Japan Disaster including liquefaction of the ground and radioactive contamination. So far we have tackled these problems and will continue to do so in the coming fiscal year. In addition, since the earthquake and tsunami, the population of Abiko City has been decreasing. It is necessary for us to take various measures including the analysis of causes and child-rearing programs to prevent the city from losing energy due to the decrease of population.

Under such circumstances, the revenue has been decreasing since 2008 and Abiko City is relying on the budgetary support from the national government and the local government. On the other hand, the expenditure has been increasing due to an increase in social security expenses resulting from an ageing society with fewer children and prolonged economic recession. Consequently we need to compile our budget predominantly and effectively under the severe financial conditions by strictly selecting businesses and reviewing traditional methods of operations.

Mutual Support Agreement with Ashikaga City, Tochigi Prefecture

Abiko City and Ashikaga City, Tochigi Prefecture signed on October 5 a mutual support agreement in emergency. This is intended to support the other party which suffers from a great disaster such as earthquake. This is the third city, in addition to Toride City, Ibaraki Prefecture and Yamato Coty, Kanagawa Prefecture.
Main Events of November

(1) 2nd Japanese Drum Festival
Date & time: November 18(Sun) 09:45–15:00 (If it rains, the event will be cancelled.)
Venue: Kohokudai Chuo Koen (Kohoudai Central Park)
Participants: Japanese drum groups of Abiko
Sponsor: Steering Committee of Abiko Japanese Drum Festival
Many shops including those from Ibaraki Prefecture will be opened.

(2) 5th City Assembly by Children
Date & time: November 12(Mon) 09:00–15:10
Content: Q & A by children and city staff members concerning “Town-Building Policy” by the mayor.
38 children representing elementary and junior high schools of Abiko City hold a city assembly. The purpose of this event is for children to deepen the concern about parliamentary democracy and city building and for the city to take up their opinions and comments as reference to building up a new town.

(3) 21st AIRA International Exchange Festival
Date & time: November 25(Sun) 10:00–16:00
Venue: Abiko Civic Plaza, Ito Yokado
Sponsor: AIRA and Abiko City
Charge: Free
The festival includes dance, chorus, music, flower arrangement and tea ceremony.

(3) Hitachi Garden Opens
Date & time: December 1(Sat) 10:00–16:00 (If it rains; on December 2(Sun))
Admission: ¥100
Sponsor: The association to build up beautiful scenes in Abiko
The event includes serving free refreshments, music performance and serving curry and rice (¥600).

(4) Bird Finding Game
Date & time: November 18(Sun) 09:00–12:00 (If it rains; on November 25(Sun))
Venue: Teganuma and its neighborhood
Charge: Free
Designated number: first 15 people (Children under elementary school shall be accompanied by their parents)
Application shall be made to Bird Museum at phone 7185–2212.
## Advisory Service—November 2012

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

1. **NIGHT TELEPHONE CONSULTATION ON CHILD’S SUDDEN ILLNESS**
   CALL #8000 or 043–242–9939
   Hours: 7:00p.m. – 10:00p.m. every night
   Nurses or doctors will advise you of what to do for your child.

2. **HOLIDAY CLINIC (SUNDAYS /HOLIDAYS)**
   Place: Abiko Public Health Care Center
   Items and Hours
   (1) Internal medicine, Pediatrics 9:00 – 11:30, 13:00 – 16:30
   (2) Dental Clinic 9:00 – 11:30
   Remarks: Please bring your Health Insurance Card and pay fees in cash.

3. **NIGHT & HOLIDAY – INTRODUCTION OF HOSPITALS( SUNDAYS/HOLIDAYS)**
   CALL 7184–0119 (FIRE STATION) or 119(FORAMBULANCE)
   They will advise you of appropriate hospitals or pediatricians. Before you go there, please call the emergency hospital and tell the patient’s symptoms.
   Please do not hesitate to call 119 in case of serious injury or acute illness.
Safe Town—Building Without Crimes

The number of crime cases in Abiko City has been decreasing since 2001, the highest year. Last year, 1,138 cases of crime were recorded. Abiko City ranks the 5th in the lowest number of the crime cases in Chiba Prefecture. It is considered that Abiko is a comparatively safe town. Many crimes, however, including burglary, theft from a vehicle and auto theft do occur near our housing.

Anticrime patrol prevents crimes from occurring:
It is essential to arrest a criminal or a suspect to prevent crimes but the most important thing for residents is to reduce environments where crimes could occur. For this reason, it is necessary for each of us to have a self-awareness of “guarding our town by ourselves” and to conduct activities including crime prevention patrol and children—watching.

In addition to patrol activities, patrollers pay attention to confirm if the street lights are on, check the condition of bushes along the street, care and control empty houses and empty lots, confirm if roads and gutters are not damaged, exchange greetings with residents, and tell children not to ride a bicycle without light, or not to ride a bicycle with two, not to drink nor smoke or not to play until late at night.

Residents wear the same uniforms, hats, vests, armbands, and guide lights when they patrol. This “showing” patrol prevents crimes from occurring and encourages neighbors to learn more about prevention of crimes.

Various activities in the Fusa area:
Abiko City promotes voluntary activities by residents by designating a model area which puts emphasis on crime prevention and traffic safety. For two years starting in 2012, the Fusa area is designated as a special zone which develops various crime prevention activities including patrol activities and events. These events help local people to enhance their awareness of crime prevention. Such steady activities by local residents contribute to the decrease in crimes.
In order to minimize the risk of being a victim of a crime:

A. Measures against a burglar
   1) To install two good and strong keys at the door of the entrance;
   2) To install supplementary locks and crime prevention films on the windowpanes;
   3) To be sure to lock up the house when you go out even for a short time; and
   4) To close the shutters when you go out and ask your neighbors to watch your house.

B. Measures against theft from a vehicle and auto theft
   1) Not to leave precious articles in the car;
   2) To choose a parking lot which has good crime prevention facilities;
   3) To be sure to lock the door if you park your car even for a short time;
   4) To install a theft preventing equipment such as a vibrating censor; and
   5) Lock the steering wheel.

For more details, contact extension 486 of Citizen Safety Section.

*Year-end and New Year Special Patrol Period: December 10 (Mon) to January 3 (Thu)
*Winter Traffic Safety Campaign: December 10 (Mon) to 31 (Mon)
*Lower House General Election: December 16 (Sun)

Lower House General Election and National Review of the Judges of the Supreme Court will be held on December 16(Sunday). The details will be sent to you soon.

Mutual Support Agreement with Kaneyama Town, Yamagata Prefecture

Abiko City and Kaneyama Town, Yamagata Prefecture, have signed on December 7 a mutual support agreement in disaster. This is the fourth agreement in addition to those agreements with Toride City, Ibaraki Prefecture, Yamato City, Kanagawa Prefecture and Ashikaga City, Tochigi Prefecture.

Events around the Town

Christmas Concert
Date & Time: December 15 (Sat) 13:00–15:30
Place: Kohokudai Kinrin Senta (Community Center)
Content: Mandolin concert, etc. including songs of Sound of Music and Ave Maria
Entrance fee: Free    For more details, please call at 7187–1122

Wind Orchestra Concert by Chuo Gakuin University
Date & Time: December 7 (Fri) 18:30–
Place: Fureai Hall, Keyaki Plaza
Entrance fee: Free    For more details, please call at 7183–6518
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<tr>
<td>Event</td>
<td>Date</td>
<td>Details</td>
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**Newsletter Abiko No.218 December 1, 2012**

Published by: Abiko City Office  [http://www.city.abiko.chiba.jp](http://www.city.abiko.chiba.jp)

Edited and translated by Abiko International Relations Association (AIRA)

Phone: 04–7183–1231  Fax: 04–7183–2005

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