



Excerpts from the Newsletter issued by Abiko City Tel: 04-7185-1111

New Year's Message from Mayor, HOSHINO Junichiro

I wish you a Happy New Year.

Abiko City will celebrate the 55th anniversary of its municipal government on July 1st, 2025. We will hold celebrations with the citizens so that they can have greater pride in and stronger affection for Abiko.

We will hold “Abiko Kotobuki Rakugo Story-telling Theater” on January 19th and “Abiko Hometown Comedy Live” on February 22nd,

where the hometown ambassador, Mr. Nobuyuki Hanawa, will perform a comedy, and release a map of filming locations. We are also planning a commemorative event “Sky Lantern Event”, which was presented by students from Chuo Gakuin University and won the gold award in the policy proposal presentation.

We will advance the construction of Kohoku Fire Station and the improvement of Gohonmatsu Sports Field and promote childcare-friendly policies. In order to achieve the early reconstruction of Kohoku elementary school gymnasium, we will begin its demolition and new building design.

We are committed to creating an attractive and vibrant city where people feel safe and want to live as their home. We would like to ask for your continued understanding and cooperation in the New Year.



Coming-of-age Ceremony for 20 years olds

The ceremony will be held in three parts as below.

Date: January 12 (Sun)

Venue: Keyaki Plaza

- ✧ 10:30 ~ 11:10 For those who live in the areas of Abiko and Kohokudai jr. high schools
- ✧ 12:30 ~ 13:10 For those who live in the areas of Hakusan and Fusa jr. high schools and the graduates of Abiko Special Needs Education School.
- ✧ 14:30 ~ 15:10 For those who live in the areas of Kujike and Kohoku jr. high schools

*Doors open 30 minutes before each ceremony.

Eligible people: those who were born between Apr. 2nd, 2004 and Apr. 1st, 2005

Requirement: admission card (enclosed in the invitation)

Inquiry: 04-7182-0511, Life-long-learning Section, Board of Education

Let's take photos with Unakichi-san at the photo spot for Coming-of-Age Ceremony in Abishirube, using your smart phone or camera.

Date: January 12 (Sun) 9:00 ~ 16:00, Venue and Inquiry: 04-7100-0014, Abishirube

Kids' Rice Cakes Pounding Gathering

Date: January 18th (Sat) 10:00 ~ 14:00 canceled in case of rainy weather

Venue: in front of the open deck of restaurant Maimai-tei, first floor, Mizu-no-Yakata

Content: rice cake pounding experience (10:00~, 11:20~ 12:40~), Lion dance, Oshiruko (sweetened red-bean soup) treats, sales of rice cakes with nori (laver), balloon art, etc.

Inquiry: 04-7128-7770 (9:00 ~ 17:00, on Monday, Tuesday and Thursday, except holidays)

Abiko "Local production for local consumption" Promotion Council Secretariat

Fureai Awantori (Araki District Event)

Date and time: January 12 (Sun) 11:50 ~ 14:00 *rain or shine

Venue: Araki elementary school

Firing up New Year's decoration, treats of rice cakes, pork soup and sweet half sake (amazake)

Inquiry: 04-7188-2010, Araki Community Center

Health Exercise for Seniors

Date: January 26 (Sun) 13:30-15:00

Venue: Community Center Komorebi

Content: Music hoop health exercise and health rhythms

Capacity: First 40 people, Free of charge

Bring drink, indoor shoes, comfortable sportswear.

Application: 04-7183-9009, Tennodai District Council of Social Welfare by January 24th (Fri)

Individual Number Card Services on Weekends (By reservation only)

Call the Civic Section at 7185-4326 (9:00 – 17:00 on weekdays except national holidays) by one day before a reservation.

| Dates and Hours | Reservation will be accepted |
|--------------------------------|------------------------------|
| January 18 (Sat) 9:00 ~ 12:00 | From 9:00, January 6 (Mon) |
| February 15 (Sat) 9:00 ~ 12:00 | From 9:00 January 29 (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, Renewal of electric certificate (reservation not required)

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- January 2025

*Reservation required

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|---|--|
| Legal Advice | Jan 16,21,23, 28, and 30 9:30 ~ 15:30 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext.394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later. |

Public Health Care Center Programs-January 2025 Tel:04-7185-1126*

| Item | Date | Eligibility |
|----------------------|---|---|
| Welcome Baby Classes | Jan 11,18 and 25 (Sat) Reservation required* | Expecting women of 20 weeks or over, and their family |

| | | |
|--|---------------------------------------|---|
| Consultation for 4-month-old children | Jan 10 (Fri) and 14 (Tue) | Children born in Aug, 2024 |
| Health Checkup for 18-month-old children | Jan 9 (Thu) and 16(Thu) | Children born between May 26 and July 1, 2023 |
| Dental Checkup for 2-year and 8-month-old children | Jan 23 (Thu) | Children born in May, 2022 |
| Health Checkup for 3-year-old children | Jan 9 (Thu) and 16 (Thu) | Children born between May 20 and July 8, 2021 |
| Dental Checkup for 5-year-old children | Jan 23 (Thu) | Children born between Dec 17, 2019 and Jan 22, 2020 |
| Baby Food Class for 4 to 6-month-old babies | Jan 31 (Fri) Reservation required* | First 30 applicants (parents) |
| Baby Food Class for 8 to 9-month-old babies | Jan 15 (Wed) Reservation required* | First 20 applicants. Children born in Apr, 2024 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636 Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 7187-7020

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00-11:30, 13:00-16:30

Note: 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.

Newsletter Abiko No.363 January 1, 2025

Published by: Abiko City Hall <https://www.city.abiko.chiba.jp>

Edited & translated by: Abiko International Relations Association (AIRA)

Tel: 04-7183-1231 Fax: 04-7183-2005

E-mail: info@e-aira.jp <https://www.e-aira.jp>



Excerpts from the Newsletter issued by Abiko City [Tel:04-7185-1111](tel:04-7185-1111)

Coming of Age Ceremony at 20 Years Old as one of the 55th City Anniversary Projects

This year marks the 55th anniversary since Abiko became a city. The young people gathered at the Keyaki Plaza, wearing their best clothes, celebrated Coming-of-Age Ceremony at the Keyaki Plaza.

The following are the places the attendees love best in Abiko:

Teganuma Waterside Park, Lake Teganuma, Gohon-matsu Park,

Keyaki Plaza, the Bird Museum, Tega-ohashi Bridge, Yasaka Shrine, and others.



Partnership^{*1} & Family-ship^{*2} Registration System Starts on February 1

Abiko City will start to issue a certificate card to the two individuals who file a partnership registration on February 1. This is not like the marriage system which has legal effect, but it can be used for city procedures, including applying for public housing or changing the relationship on resident record to “relative”. For more details, please visit the city’s website.

^{*1} Partnership: A relationship between two individuals who have promised to respect and cooperate each other in life.

^{*2} Family-ship: A relationship between two individuals in partnership and their children or parents as a family

Tax Return Filing Period by March 17

Municipal and prefectural tax filing period is from January 23 (Thu) to March 17 (Mon), and income tax filing period is from February 17 (Mon) to March 17 (Mon). During the filing period, Kashiwa Tax Office will open a tax return preparation venue and offer free consultations with tax accountants, and the city will open tax filing venues. For more details, please visit the city's website.

◎ File Your Final Tax Return Online

The tax return preparation venue at Kashiwa Tax Office is expected to be busy. Please try to use the National Tax Agency's website "Final Tax Return Preparation Corner" to file your return using a computer or a smartphone.

For inquiries: Final Tax Return: Kashiwa Tax Office 04-7146-2321

Filing of municipal and prefectural tax: Taxation Section ext. 401

My Number Card Electronic Certificate Procedures Available at All Administrative Service Centers

You will be able to complete these procedures at all Administrative Service Centers from February 12 (Wed), but please note that only in the nighttime hours (from 17:00 to 20:00 on Monday, Wednesday and Friday) at Abiko Administrative Center, the procedures related to your My Number cards, including electronic certificates will not be available.

*Abiko Administrative Service Center will suspend some operations due to system maintenance from 17:00 on February 7 to 17:00 on February 8.

Please cooperate in the proper separation of batteries

Small secondary batteries including lithium-ion batteries are used in some products, such as cordless vacuums and mobile batteries. The batteries may cause a fire during waste processing. Please make sure to remove those batteries before disposal.

Small secondary batteries are collected at recycling partner stores and electronic shops subcontracted by the Japan Battery Recycling Center (JBRC)

For more details, please visit the city website.

Inquiries: Resource Recycle Promotion office, Teganuma Section, 04-7187-0015

Individual Number Card Services on Weekends (Issuance by reservation only)

Call the Civic Section at 04-7185-4326 (8:30a.m. ~ 5:00p.m. on weekdays except national holidays) for a reservation by the day before.

| Dates and Hours | | Reservation will be accepted |
|-------------------|-------------|-------------------------------------|
| February 15 (Sat) | 9:00 ~12:00 | Accepting reservations |
| March 9 (Sun) | 9:00 ~12:00 | from 9:00 a.m. on February 19 (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, etc.

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- February, 2025 * Reservation required

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|---|--|
| Legal Advice | February 6, 13, 20, 25 and 27 9:30 ~ 15:30 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext.394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later. |

Public Health Care Center Programs – February, 2025 Tel:04-7185-1126*

| Item | Date | Eligibility |
|----------------------|---|---|
| Welcome Baby Classes | February 1, 8 and 15 (Sat) Reservation required* | Expecting women of 20 weeks or over, and their family |

| | | |
|--|--|--|
| Consultation for 4-month-old children | February 4 and 18 (Tue) | Children born in Sep 2024 |
| Health Checkup for 18-month-old children | February 6, 13 (Thu) | Children born between Jul 2 and Aug 12, 2023 |
| Dental Checkup for 2-year and 8-month-old children | February 20 (Thu) | Children born in Jun, 2022 |
| Health Checkup for 3-year-old children | February 6, 13 (Thu) | Children born between Jul 9 and Aug 13, 2021 |
| Dental Checkup for 5-year-old children | February 20 (Thu) | Children born between Jan 23 and Feb 29, 2020 |
| Baby Food Class for 4 to 6-month-old babies | February 28 (Fri) Reservation required* | First 30 applicants (parents) |
| Baby Food Class for 8 to 9-month-old babies | February 19 (Wed) Reservation required* | First 20 applicants. Children born in May, 2024 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays, and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00 ~ 11:30 (2) Internal Medicine & Pediatrician: 9:00 ~ 11:30, 13:00 ~ 16:30

Note: 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.

Newsletter Abiko No.364 February 1, 2025

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Free invitation to a hosted game (vs NIPPON STEEL KAMAISHI SEAWAVES)

Date: Mar 29th (Sat) 14:30 - 16:10

Venue: Kashiwa-no-ha Park Sports Stadium

Fee: The first 1,000 pairs of 2,000 guests will be invited free of charge.

A separate handling fee will be charged.

Apply via web site by March 23rd (Sun)



Application site

Cherry Blossom Viewing Party

Date: Mar 31st (Mon) Entry time: 10:00 - 16:00 (admission until 15:00)

Cancelled in case of rainy weather

Place: Abiko Golf Club 13th and 16th Hole and surrounding area

Fee: JPY100 (free for elementary school children and under)

- ◆ Advance registration is not required.
- ◆ Parking is available at Gohon-matsu Sports Field
- ◆ Shuttle bus available (departing from the south exit of Tennodai Station, 200 yen one-way (free for elementary school children and under), cash only)

Enter through a special entrance at the back of the opposite side of Gohon-matsu Park
(The front entrance of the clubhouse is not available)

- ◆ Athletic shoes, no smoking, no eating or drinking (soft drinks only), no pets allowed, no leisure seats, no ball games (including golf)

Baby Athletic Meet Baby crawling race / Baby wheelbarrow race

Date: Mar 16th (Sun) 10:00 - 13:00

Place: 1F Center Court, Abiko Shopping Plaza

Target group: Children who can crawl and cruise, and their parents/guardians

Apply: web site of Abiko Shopping Plaza by 12:00 Mar 12th (Wed)

Inquiry: Abiko Shopping Plaza ODA 090-1805-5169 (Mon - Fri 10:00-17:00)



Tea Ceremony at Seisetsu-an

Why don't you enjoy Japanese Tea Ceremony while viewing the garden with camellias in full bloom?

Abiko Highschool Tea Ceremony Club will serve as the host of the tea ceremony.

Date: Mar 20th (National holiday) 10:00 – 15:00

Place: Sugimura Sojinkan Memorial Museum

Fee: JPY500, First 60 applicants

Apply: via LINE from 9:00 Mar 5th through web site of Abiko City



City web site

Individual Number Card Services on Weekends (Issuance by reservation only)

Call the Civic Section at 04-7185-4326 (8:30a.m. ~ 5:00p.m. on weekdays except national holidays) for a reservation by the day before.

| Dates and Hours | Reservation will be accepted |
|--------------------------|---|
| Mar 09(Sun) 9:00 ~12:00 | Accepting reservations |
| Apr 12 (Sat) 9:00 ~12:00 | From 9:00 on Mar 26 th (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, etc.

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- Mar, 2025

* Reservation required

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|---|---|
| Legal Advice | Mar 6, 13, 18, 25, and 27 9:30 ~ 15:30 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext.394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counsellor will call you back later. |

Public Health Care Center Programs – Mar, 2025 Tel:04-7185-1126*

| Item | Date | Eligibility |
|---------------------------------------|---|---|
| Maternity Class (Welcome Baby Gakkyu) | Mar 1, 8, and 15 (Sat) Reservation required* | Expecting mothers of 20 weeks or over, and their family |

| | | |
|---|---------------------------------------|---|
| Consultation for 4-month-old children | Mar 4 and 11 (Tue) | Children born in Oct 2024 |
| Health Checkup for 18-month-old children | Mar 6 (Thu) | Children born between Aug 13 and 31, 2023 |
| Dental Checkups for 2-year and 8-month-old children | Mar 13 (Thu) | Children born in Jul 2022 |
| Health Checkup for 3-year-old children | Mar 6 (Thu) | Children born between Aug 14 and 31, 2021 |
| Dental Checkup for 5-year-old children | Mar 13 (Thu) | Children born between Mar 1 and Apr 1, 2020 |
| Baby Food Class for 4 to 6-month-old babies | Mar 19 (Wed) Reservation required* | First 30 applicants (parents) |
| Baby Food Class for 8 to 9-month-old babies | Mar 12 (Wed) Reservation required* | First 20 applicants. Children born in Jun 2024 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays, and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00 ~ 11:30 (2) Internal Medicine & Pediatrician: 9:00 ~ 11:30, 13:00 ~ 16:30

Note: 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.

Newsletter Abiko No.365 March 1, 2025

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E-mail: info@e-aira.jp <https://www.e-aira.jp>



Excerpts from the Newsletter issued by Abiko City [Tel: 04-7185-1111](tel:04-7185-1111)

55th Anniversary of the City's Establishment

The city will celebrate its 55th anniversary in 2025. To celebrate this milestone, a variety of events and projects will be held throughout the year for the citizens to participate in.

| Item | Date/Location | Contact |
|--|---|---------------------------------------|
| Everyone's Classic Concert | April 5 (Sat) Keyaki Plaza | E-mail: abitorio nokai@gmail.com |
| Abiko City Artists Association Exhibition | April 12 (Sat) to 16 (Wed) Civic Plaza | Tel: 090-6135-9326 Sugano |
| Men's Chorus Shouting Fox Regular Concert | April 12 (Sat) Keyaki Plaza | Tel: 090-7234-7163 Tsukamoto |
| Abiko Welfare Festival | May 10 (Sat) Abista | Tel: 04-7185-5233 Tetoria |
| Abiko Art Walk Market | May 10 (Sat) to June 8 (Sun) Various locations | Tel: 090-4206-6242 Sekiya |
| Enjoy Teganuma! | May 11 (Sun), Teganuma Aquatic Park | Tel: 04-7185-1484 Teganuma Section |

Naming Rights Partner Wanted

Naming rights allow businesses to name a facility and receive associated benefits. Fees will help fund the management of public facilities. For eligibility and details, visit the city's website.

Eligible Facilities: Cultural and sports facilities, parks, roads, and other public facilities owned by the city. Excludes city hall, schools, and public housing.

Selection Process

1. Proposal-based (Businesses propose facilities and amounts, open anytime)
2. Open Recruitment (City specifies facilities and amounts, announced on the city website and in the newsletter)

Contact: Finance Division, Extension 223

Dog Training Course

●Introductory Course

Date: April 8 (Tue), May 13 (Tue), June 10 (Tue) 13:30~15:30



↑

On-demand course is also available (by Chiba electronic application service)

Place: Chiba Animal welfare center Higashi Katsushika branch

Eligibility: Persons over 18 years old living in Chiba prefecture, first 10 applicants/ day,

Dogs are not allowed to attend this course

Fee: Free

Inquiry: 04-7191-0050 Chiba Animal Welfare Center Higashi Katsushika branch

●Practical Course

Date: April 23 (Wed), May 28 (Wed), June 25 (Wed) 10:00~12:00

Place: Chiba Animal Welfare Center Higashi Katsushika branch

Eligibility: Participants who have completed the Introductory Course,

first 5 applicants/ day, Dogs are allowed to attend this course

Fee: 3300yen

Inquiry: 043-214-7814 Chiba Animal Protection and Control Society

* We are looking for people who can adopt rescue dogs and cats.

Inquiry: 04-7191-0050 Chiba Animal Welfare Center Higashi Katsushika branch

Japanese Class for Foreigners (beginner level class, middle level class)

●Tuesday class: 10:00 to 11:30 every Tuesday from May 13

●Saturday class: 10:00 to 11:30 every Saturday from May 10

Fee: costs for textbooks, free for classes

Apply and Inquiry: telephone 04-7183-1231, fax 04-7183-2005, e-mail, info@e-aira.jp

Individual Number Card Services on Weekends

Call the Civic Section at 04-7185-4326 (9:00 ~ 17:00 on weekdays except national holidays) for a reservation one day or more in advance.

| Dates and Hours | | Reservation will be accepted |
|-----------------|--------------|------------------------------|
| April 12 (Sat) | 9:00 ~ 12:00 | Accepting reservations |
| May 25 (Sun) | 9:00 ~ 12:00 | From 9:00 on May 7 (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, etc.

Requirements: notification card, 2 kinds of ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services for April, 2025

* Reservation required

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|--|--|
| Legal Advice | April 10, 15, 17, 22 and 24 10:30 ~ 15:00 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext. 394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later. |

Public Health Care Center Programs – April 2025

Tel:04-7185-1126*

| Item | Date | Eligibility |
|---------------------------------------|---|---|
| Maternity Class (Welcome Baby Gakkyu) | April 4, 11 and 18 (Fri) Reservation required* | Expecting women of 20 weeks or over, and their family |
| Consultations of childcare | April 11 (Fri) April 21 (Mon) | Nikoniko Hiroba |
| Consultation for 4-month-old children | April 8 (Tue) and 15 (Tue) | Children born in Nov. 2024 |

| | | |
|---|---|---|
| Health Checkup for 18-month-old children | April 10 (Thu) | Children born between Sep. 1 to 16, 2023 |
| Dental Checkup for 2-year and 8-month-old children | April 17 (Thu) | Children born in Aug. 2022 |
| Health Checkup for 3-year-old children | April 10 (Thu) | Children born between Sep. 1 to 16, 2021 |
| Dental Checkup for 5-year-old children | April 17 (Thu) | Children born between April 2 to May 3, 2020 |
| Baby Food Class for 4 to 6-month-old babies | April 25 (Fri) Reservation required* | First 30 applicants (parents) |
| Baby Food Class for 8 to 9-month-old babies | April 16 (Wed) Reservation required* | First 20 applicants. Children born in July, 2024 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday / night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays, and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00 -11:30 (2) Internal Medicine & Pediatrician: 9:00 - 11:30, 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.

Newsletter Abiko No.366 April 1, 2025

Published by: Abiko City Hall <https://www.city.abiko.chiba.jp>

Edited & Translated by: Abiko International Relations Association (AIRA)

Tel: 04-7183-1231 Fax: 04-7183-2005

E-mail: info@e-aira.jp <https://www.e-aira.jp>



Excerpts from the Newsletter issued by Abiko City Tel: 04-7185-1111

Enjoy Teganuma! 2025

Date: May 11 (Sun) 09:00-15:30

(In case of rain, some parts will be cancelled)

Inquiry: Teganuma Section at 04-7185-1484

Let us go to Teganuma Aquatic Park (Shinsui-hiroba), Water Museum (Mizu-no-yakata) and Bird Museum.

Free entrance to Water Museum Planetarium and Bird Museum on May 11

Access: Bando Bus from Abiko Station (Five-minute walk from City Office Mae Bus Stop)

You can enjoy the following events, stages and shops.

Events: (Experience) Small yacht, canoe, rubber boat, fish observation and drowing, horse riding, stamp rally, observation of sunspot, bird watching

(Making crafts) Boomerang using milk pack, soap, rubber band of birds, owls using pinecone

(Exhibition) Teganuma Laboratory (history, etc. of Teganuma), tatami mats made of palm fruit, company booths

Stage: (Dance) ABIKO SORAN Asuka-gumi, KANON DANCE Studio, KOKOROZASHI, Spark Girls, Mshow dance crew, Yosakoi Kashiwa Kurenaijuku, Y.O DANCE STUDIO

(Music) Abiko Kappa Daiko, Abiko Romantica, Naeda Tamiko, Ruru Onee-san

(Show) Teganuman Show

Shops: (Meals) Ikayaki, fried chicken, Onigiri, Gapao rice, Curry and Nan, spit-roasting, fried potato, hot dog, fried noodles, grilled chicken and chicken parts, long potato, etc.

(Candy and sweets) shaved ice, Taiyaki (fish-shaped pancake filled with anko), churros, chocolate banana, popcorn, long marshmallow, cotton candy, bracken-starch pastry

(Others) Abiko Original goods, Teganuma Unakichi goods, etc.

Opinion Exchange with Mayor HOSHINO Jun-ichiro

Following Opinion Meetings with Mayor Hoshino are held and anyone can join them.
Common theme: Main Business Plans for FY2025

| <u>Date</u> | <u>Time</u> | <u>Venue</u> |
|--------------|-------------|--|
| May 10 (Sat) | 10:00-12:00 | Kohokudai Community Center |
| May 11 (Sun) | 10:00-12:00 | Araki Community Center |
| | 14:00-16:00 | Fusa Minami Community Center |
| May 17 (Sat) | 10:00-12:00 | Abiko Minami Community Center (Keyaki Plaza 9 th Hall) |
| | 14:00-16:00 | Tennodai Kita Community Center |

Inquiry at 04-7185-1714 (Secretariat)

Let us ride bicycles safely

May is the month when Chiba Prefecture strengthens promotion of safe use of bicycles. The prefecture aims at promoting compliance with traffic rules using “Chiba Cycle Rules” and preventing traffic accidents of bicycle riders and dangerous / nuisance behaviors by bicycle users.

64% of fatal bicycle accidents involve fatal head injuries. Let us both adults and children wear helmets to lessen damage from traffic accidents.

Chiba Cycle Rules

(Before riding)

- (1) Get bicycle insurance. (2) Check and maintain bicycles. (3) Install reflecting materials.
- (4) Wear helmets. (5) Never drink and ride.

(During riding)

- (1) Ride a bike on the left side of the road. (2) Pedestrians come first. (3) Never ride while holding an umbrella, using smartphones and earphones. (4) Check for safety at crossings. (5) Turn on the light even at twilight.

Inquiry: Abiko Police Station at 04-7182-0110

Individual Number Card Services on Weekends (By reservation only)

Call the Civic Section at 7185-4326 (9:00 – 17:00 on weekdays except national holidays) for a reservation.

| | Dates and Hours | Reservation will be accepted |
|----------|---------------------------|------------------------------|
| weekends | May 25 (Sun) 9:00 -12:00 | From 9:00 on May 7 (Wed) |
| | June 14 (Sat) 9:00 -12:00 | From 9:00 on May 28 (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, Renewal of electric certificate (reservation not required)

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- May 2025

*Reservation required

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|---|--|
| Legal Advice | May 15,16,20,22 and 27 10:30 ~ 15:00 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext.394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later. |

Public Health Care Center Programs –May. 2025 Tel:04-7185-1126*

| Item | Date | Eligibility |
|---------------------------------------|--|---|
| Welcome Baby Classes | May 10, 17 and 24 (Sat) Reservation required* | Expecting women of 20 weeks or over, and their family |
| Consultation for 4-month-old children | May 7 (Wed) and 13 (Tue) | Children born in Dec, 2024 |

| | | |
|---|---------------------------------------|--|
| Health Checkup for 18-month-old children | May 8 and 15 (Thu) | Children born between Sep 17 and Oct 22, 2023 |
| Dental Checkup for 2-year and 8-month-old children | May 22 (Thu) | Children born in Sep, 2022 |
| Health Checkup for 3-year-old children | May 8 and 15 (Thu) | Children born in Sep 17 and Oct 26, 2021 |
| Dental Checkup for 5-year-old children | May 22 (Thu) | Children born between May 4 and June 6, 2020 |
| Baby Food Class for 4 to 6-month-old babies | May 30 (Fri) Reservation required* | First 30 applicants (parents of 4-6 month olds) |
| Baby Food Class for 8 to 9-month-old babies | May 14 (Wed) Reservation required* | First 20 applicants. Children born in Aug, 2024 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636 Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00~11:30, 13:00~16:30

Note: 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.

Newsletter Abiko No.367 May 1, 2025

Published by: Abiko City Hall <https://www.city.abiko.chiba.jp>

Edited & translated by: Abiko International Relations Association (AIRA)

Tel: 04-7183-1231 Fax: 04-7183-2005

E-mail: info@e-aira.jp <https://www.e-aira.jp>



Excerpts from the Newsletter issued by Abiko City Tel: 04-7185-1111

June: Abiko City Gender Equality Promotion Month

~ Toward a city where people embrace diversity ~

Abiko's third Gender Equality Plan aims to create communities that embrace diversity. As an effort to achieve this, we introduced "partnership and familyship registration system" in February. Then we participated in the alignment of local governments that have introduced this system, which raised the convenience of the users. We hope this system will help reduce difficulties that sexual minorities have in their life.

Everyone has different feature, personality and values. We will aim to create communities where everyone embrace diversity and can realize their full potential so that no one will be discriminated or isolated. Thank you for your understanding and cooperation.

Mayor of Abiko HOSHINO Junichiro

Gender Equality Promotion Panel Exhibition

- In front of Book Marché on the 3rd floor at Abiko Shopping Plaza
Period: June 14 (Sat) ~ 29 (Sun)
- Main Library at Abista
Period: until June 29 (Sun)

The following leaflets are available at both exhibitions.

Leaflets "Toward a Society where people respect Diversity" available

In January 2024, a "Chiba prefectural ordinance about promoting the creation of a society where everyone embraces diversity and can realize their full potential" was put in force. Let's learn the key points of the ordinance and learn what we can do.

Tax Notice and Payment Notification to be sent

- Individual residence tax and forest environment tax notice will be sent on June 12.
Due date of the first payment: June 30 (Mon) paying with payment slip
FY2025 taxable, tax-exempt, and income certificates will be issued after June 2.

➤ National Health Insurance Tax notice will be sent to the householders on June 13.
The taxpayer pays the tax due in 10 installments for the 12-month period from April to March of the following year at a financial institution, etc.

ABIKON Foundation Day Festival

➤ Light Truck Market

Date: June 8 (Sun) 10:00 ~ 13:00 * Rain out

Place: Teganuma Aquatic Park

Sales of fresh vegetables, and side dish made by farmers in Abiko. Target practice with vegetables, PR booth of Abiko eco agricultural products, Numa curry

First 20 people who buy more than 500 yen at each point of sales will get a present.

➤ Abikon Special Sales

Date: June 8 (Sun) 9:30 ~ 18:00

Place: Abikon

Flower seedlings, fruit, etc.

First 300 people who buy more than 2000 yen will get 360 ml of rice.

Inquiry: Tel. 04-7168-0821, Abiko Agricultural Products Direct Sales Shop ABIKON

Invitation to CHIBA LOTTE MARINES Official Games

Date: from 18:00 on (1) June 27(Fri) (2) July 8 (Tue) (3) July 9 (Wed) (4) July 11 (Fri)

Place: ZOZOMARINE Stadium, VS (1) Fukuoka Softbank Hawks (2)(3) Hokkaido Nippon Ham Fighters (4) Saitama Seibu Lions

Eligibility: those who live, study, or work in Abiko City Capacity: 100 pairs / day (Lottery)

Free tickets (There is an additional handling charge.)

Application: accepted from June 2 (Mon) at 12:00 to 15 (Sun) on Lotte Marines Website

Inquiry: Tel. 0570-026-226, Marines Information Center



[Events]

Abiko Senior Ensemble Regular Concert

Date: June 15 (Sun) 14:00 ~ 16:00

Symphony No. 40, "Shounen Jidai", "Salut d'amour", etc., Free admission

Place and ticket: from June 15 at 13:00 at Keyaki Plaza

Inquiry: 090-3436-1221 Tsugawa

Kohokudai Welfare Bazaar

Date: June 28 (Sat) 10:30 ~ 14:00

Place: Kohokudai Community Center

Sales: donated clothing, table ware

Inquiry: Tel: 04-7188-1410 Kohokudai Social Welfare Council

Individual Number Card Services on Weekends

Call the Civic Section at 7185-4326 (9:00 – 17:00 on weekdays except national holidays) for a reservation.

| | Dates and Hours | Reservation will be accepted |
|----------|---------------------------|------------------------------|
| weekends | June 14 (Sat) 9:00 -12:00 | Now accepting |
| | July 13 (Sun) 9:00 -12:00 | From 9:00 on June 25 (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, Renewal of electric certificate (reservation not required)

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- June 2025

*Reservation required

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|---|--|
| Legal Advice | June 5,12,17,19 and 24 10:30 ~ 15:00 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext.394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later. |

Public Health Care Center Programs –June 2025 Tel:04-7185-1126*

| Item | Date | Eligibility |
|----------------------|--|---|
| Welcome Baby Classes | June 7, 14 and 21 (Sat) Reservation required* | Expecting women of 20 weeks or over, and their family |

| | | |
|--|--|--|
| Consultation for 4-month-old children | June 3 (Tue) and 11 (Wed) | Children born in Jan, 2025 |
| Health Checkup for 18-month-old children | June 12 (Thu) | Children born between Oct 23 and Nov 7, 2023 |
| Dental Checkup for 2-year and 8-month-old children | June 17 (Tue) | Children born in Oct, 2022 |
| Health Checkup for 3-year-old children | June 12 (Thu) | Children born in Oct 27 and Nov 17, 2021 |
| Dental Checkup for 5-year-old children | June 17 (Tue) | Children born between June 7 and July 6, 2020 |
| Baby Food Class for 4 to 6-month-old babies | June 27 (Fri) Reservation required* | First 30 applicants (parents of 4-6 month olds) |
| Baby Food Class for 8 to 9-month-old babies | June 18 (Wed) Reservation required* | First 20 applicants. Children born in Sep, 2024 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636 Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00~11:30, 13:00~16:30

Note: 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.

Newsletter Abiko No.368 June 1, 2025

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Tel: 04-7183-1231 Fax: 04-7183-2005

E-mail: info@e-aira.jp <https://www.e-aira.jp>



Excerpts from the Newsletter issued by Abiko City Tel:04-7185-1111

Abiko City celebrates its 55th Anniversary on July 1, 2025.

Abiko City Citizens' Culture and Sports Honor Award

Hometown Ambassador

Mr. HANAWA Nobuyuki (Manzai comedy duo "Knights")

I am extremely honored to be selected for the Citizens' Culture and Sports Honor Award in my hometown Abiko. This year marks my 25th year as a manzai comedian, and in February, I was able to hold a comedy live show at Keyaki Plaza.

"For common people, laughter is both wisdom and a weapon". I got this phrase during my university days. I will continue to work hard to give something back to Abiko in my own way.

Japan National Soccer Team

Mr. NAKAMURA Keito

It is a great honor to receive the Citizens' Culture and Sports Honor Award, which has been given to the people with great achievements.

I spent 17 years in Abiko from birth until I moved to Osaka to join the professional soccer team, Gamba Osaka. In my childhood, I was surrounded by Abiko's natural beauty, such as Teganuma Promenade, Water Museum, and Teganuma Park, and devoted myself to play soccer avidly. These experiences have made me who I am today.

I will continue to do my best to become a soccer player who can inspire the children in Abiko.

Message from the Mayor of Abiko, HOSHINO Jun-ichiro

I'm very pleased to present the Citizens' Culture and Sports Honor Award to Mr. Nobuyuki Hanawa, hometown ambassador and a member of manzai comedy duo "Knights", and to Mr. Keito Nakamura, national soccer team player, at the 55th anniversary of Abiko City.

Mr. Hanawa has brought joy and laughter to many through comedy, while Mr. Nakamura has inspired us with his great performances on the world stage. Both have given energy, courage, dreams, and hope to many people, including our citizens.

As proud representatives of Abiko City, we will support these two achievers in their continued

success.

Tegamuma Fireworks Display 2025

Date : August 2 (Sat) 19:00 – 20:10 (Cancelled in case of stormy weather.)

Paid seats at Teganuma Park, Teganuma Yokochō, and Teganuma Promenade are prepared. You can buy the tickets at Family Mart's multi-purpose copy machine from noon on July 1 (Tue). A number of food trucks are also available from 16:00 to 20:30 at Teganuma Yokochō (6-1 Abiko Shinden).

Inquiry: Tel. 04-7182-3131 Executive Committee, 9:00 – 17:00 on weekdays except holidays

Summer Holiday Pool Access for Children

Note: No pool use at elementary schools this summer

(1) Dates & Hours at **Central Wellness Club Abiko**

Every Wednesday from July 23 to August 27

9:00 ~ 11:00 / 11:00 ~ 13:00 / 13:00 ~ 15:00

(2) Dates & Hours at **Minato Sports Club Tennodai**

July 29 (Tue) ~ July 31 (Thu) and August 29 (Fri) ~ August 31 (Sun)

9:00 ~ 10:30 / 10:30 ~ 12:00



LINE app

*Both pools operate on a session-based system, with a clear-out between sessions.

Fee: free of charge Bring swimsuit, swimming cap and drink.

Eligibility: Elementary and junior high school students who live or attend school in Abiko.

First 110 applicants for (1), first 300 applicants for (2) will be accepted. Apply via LINE app during the application period from noon on July 1 (Tue).

Shuttle bus: Application in advance is required. Available for elementary school kids

Inquiry: Tel. 04-7185-1604, Culture and Sports Section, Board of Education

My Pet Dog & Cat Photo Contest

Apply up to three photos of dogs and cats owned by the applicants who live in Chiba Pref. The L-sized photos must be handed in by Aug 15 (Fri). On the back of each photo, write your name, address and phone number. Write a short essay about proper care including training of 400 characters or less in Japanese. Send them by mail to the address below. The photos will not be returned.

Inquiry and Address: Tel. 043-214-7814, Chiba-ken Dobutsu Hogo Kanri Kyokai

6-2-15 Miyako-cho. Chuo-ku, Chiba City Zip code: 260-0001

Individual Number Card Services on Weekends (Issuance by reservation only)

Call the Civic Section at 04-7185-4326 (8:30a.m. ~ 5:00p.m. on weekdays except national holidays) for a reservation by the day before.

| Dates and Hours | | | Reservation will be accepted |
|-----------------|-------|-------------|---------------------------------|
| July 13 | (Sun) | 9:00 ~12:00 | Accepting reservations |
| August 2 | (Sat) | 9:00 ~12:00 | from 9:00 a.m. on July 16 (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, Renewal of Electronic Certificate (reservation not required), etc.

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- July, 2025

* Reservation required

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|---|--|
| Legal Advice | July 10, 15, 17, 22 and 24 10:30 ~ 15:00 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call after July 2 (Wed) for an appointment. |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext.394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later. |

Public Health Care Center Programs – July, 2025 Tel:04-7185-1126*

| Item | Date | Eligibility |
|----------------------|--|---|
| Welcome Baby Classes | July 5 and 12, 19 (Sat) Reservation required* | Expecting women of 20 weeks or over, and their family |

| | | |
|--|--|--|
| Consultation for 4-month-old children | July 1 and 8 (Tue) | Children born in Feb, 2025 |
| Health Checkup for 18-month-old children | July 3 and 10 (Thu) | Children born between Nov 8 and Dec 14, 2023 |
| Dental Checkup for 2-year and 8-month-old children | July 17 (Thu) | Children born in Nov, 2022 |
| Health Checkup for 3-year-old children | July 3 and 10 (Thu) | Children born between Nov 18 and Dec 25, 2021 |
| Dental Checkup for 5-year-old children | July 17 (Thu) | Children born between July 7 and Aug 7, 2020 |
| Baby Food Class for 4 to 6-month-old babies | July 25 (Fri) Reservation required* | First 30 applicants (parents) |
| Baby Food Class for 8 to 9-month-old babies | July 16 (Wed) Reservation required* | First 20 applicants. Children born in Oct, 2024 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays, and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00 ~ 11:30 (2) Internal Medicine & Pediatrician: 9:00 ~ 11:30, 13:00 ~ 16:30

Note: 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.

Newsletter Abiko No.369 July 1, 2025

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Tel: 04-7183-1231 Fax: 04-7183-2005

E-mail: info@e-aira.jp <https://www.e-aira.jp>



Excerpts from the Newsletter issued by Abiko City [Tel:04-7185-1111](tel:04-7185-1111)

80 years since the end of World War II, 40 years since the declaration of Peace City = Convey, Pray, and Connect =

It has been 80 years since the atomic bombings of Hiroshima and Nagasaki and the end of the war. It will be 40 years since the city declared the “Peace City Declaration”, calling for the abolition of nuclear weapons to protect the lives and safety of citizens and prevent a repetition of the horrors of the past. In fiscal 2025, when the city will mark each of these milestones, we will work on commemorative projects such as having “Abiko Peace Day,” to hold peace-related events and producing “Peace Songs”.

Inquiries: Planning Policy Section, ext. 568

◆ Cranes folded by Sadako

A precious origami crane folded by Sadako Sasaki during her lifetime is on permanent display at Abista. She is the model for the “Children of the Atomic Bomb” statue in Hiroshima Peace Memorial Park. The paper crane was donated by Sadako's brother, Masahiro and her nephew, Yuji, who sympathized with the city's peace project. Sadako, who suffered from leukemia after the atomic bombing, folded cranes using medicine and caramel wrappers, hoping to “live”.

Read PR Abiko using the multilingual App “Catalog Pocket” on your mobile phone!

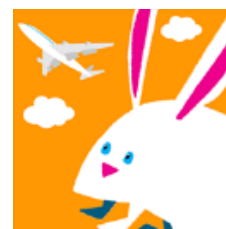
Please scan the two-dimensional code shown on the right and download the “Catalog Pocket” application (free of charge).



Multilingual Translation Function: The system is available in Japanese, English, Korean, Chinese (simplified and traditional), Thai, Portuguese, Spanish, Indonesian, and Vietnamese.

How to view the PR Abiko

- ① Open the app and select “START” on the start screen.



- ② iPhone: Select “Search” at the bottom of the home screen.
Android: Select “Search” from the menu (three-line symbol) at the top left of the home screen.
- ③ Enter “Abiko City” in the keyword field and search. Select the issue you want to read.
- ④ Tap the language you want to read in on the PR Abiko information detail screen.
- ⑤ Tap the orange bar displaying the language you selected.
- ⑥ Tap the article you want to read, and the article will be translated into the language you selected.

EVENTS

International Exchange Speech Contest Contestants Wanted!

Date: September 28th (Sun.) 13:00-

Place: Civic Plaza

Theme: “International Exchange” or “Peace” *Any topic (unpublished content within five minutes)

*Presentations in English if your native language is Japanese (Presentation in Japanese is acceptable for junior high school students), or in Japanese if your native language is not Japanese.

*Presentations will be judged on their content, not on language ability.

*Prizes and extra prizes available

*Eligibility: Junior high school students and older who live, study, or work in Abiko city

*Participation fee: Free

* Please submit the application form (downloadable from the AIRA website) by September 17 (Wed), and the speech draft by e-mail by September 22 (Fri).

Apply and contact: Abiko International Relations Association (AIRA), Tel: 04-7183-1231
mail: info@e-aira.jp

Distribution of manhole cards commemorating the 55th anniversary of the city's establishment

Abiko City has created a manhole cover card to commemorate the 55th anniversary of the city's incorporation. With the card in your hand, look for the fire hydrant manhole covers installed at 10 locations in the city!

Distribution start date: August 4 (Mon) 9:00 - *Distribution will end as soon as all copies run out. (Circulation: 4,000 copies)

Distribution location: Abisirube

Inquiries: Management Division, Waterworks Bureau Tel:04-7184-0114

Individual Number Card Services on Weekends (Issuance by reservation only)

Call the Civic Section at 04-7185-4326 (8:30a.m. ~ 5:00p.m. on weekdays except national holidays) for a reservation by the day before.

| Dates and Hours | | Reservation will be accepted |
|-----------------|-------------|--------------------------------------|
| August 2 (Sat) | 9:00 ~12:00 | Accepting reservations by phone only |
| August 23 (Sat) | 9:00 ~12:00 | From 9:00 on August 6 (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, etc.

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- Aug, 2025

* Reservation required

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|---|---|
| Legal Advice | Aug 7, 14, 19, 21, and 26 10:30 ~ 15:00 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext.394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counsellor will call you back later. |

Public Health Care Center Programs - August 2025 Tel:04-7185-1126*

| Item | Date | Eligibility |
|---------------------------------------|--|---|
| Maternity Class (Welcome Baby Gakkyu) | Aug 2,9, and 16 (Sat) Reservation required* | Expecting mothers of 20 weeks or over, and their family |
| Consultations of Childcare | Aug 8 and 22 (Fri) | Nikoniko Hiroba |

| | | |
|--|---------------------------------------|--|
| Consultation for 4-month-old children | Aug 1(Fri), and 5 (Tue) | Children born in Mar 2025 |
| Health Checkup for 18-month-old children | Aug 7 (Thu) | Children born between Dec 15, 2023 and Jan 8, 2024 |
| Dental Checkups for 2-year and 8-month-old children | Aug 21 (Thu) | Children born in Dec 2022 |
| Health Checkup for 3-year-old children | Aug 7 (Thu) | Children born between Dec 26, 2021, and Jan 16, 2022 |
| Health Checkup for 5-year-old children (preschool-aged children not yet attending preschool) | Aug 21 (Thu) | Children born between Apr 2, 2020, and Apr 1, 2021 |
| Baby Food Class for 4 to 6-month-old babies | Aug 29 (Fri) Reservation required* | First 30 applicants (parents) |
| Baby Food Class for 8 to 9-month-old babies | Aug 20 (Wed) Reservation required* | First 20 applicants. Children born in Nov 2024 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays, and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00 ~ 11:30 (2) Internal Medicine & Pediatrician: 9:00 ~ 11:30, 13:00 ~ 16:30

Note: 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.

Newsletter Abiko No.370 August 1, 2025

Published by: Abiko City Hall <https://www.city.abiko.chiba.jp>

Edited & Translated by: Abiko International Relations Association (AIRA)

Tel: 04-7183-1231 Fax: 04-7183-2005

E-mail: info@e-aira.jp <https://www.e-aira.jp>

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No.364

Abiko

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Help Out at the Abiko Children's Festival!

Dates & Times / Activities

1. October 5 (Sun) & October 12 (Sun), 13:00 - 15:00 and October 18 (Sat), 10:00 - 12:00 Festival planning
2. October 19 (Sun), 9:00 - 16:00 event-day preparation and management

Location: Abista (Abiko Culture & Learning Center)

Eligibility: Elementary and junior high school students (high school students and above may participate as support staff)

Application and Contact: Apply or call Fukatsu-san by October 18 (Sat) at 090-5315-6580

Children's Agricultural Experience Photo Contest – Call for Entries

● The theme is “Big Surprises in the Fields and Rice Paddies!”

Eligibility: Photos of participants under 18 (as of April 1, 2025) working on a farm. Each participant may submit up to 3 photos.

Applicants: Residents of Abiko City

Awards: Winners announced in early November; selected photos displayed at the Agricultural Festival on November 15 (Sat).

Deadline: October 15 (Wed) (Entries must arrive by this date.)

Contact: Agricultural Policy Section, at 04-7185-1481

Tennōdai Citizens' Festival & Takeuchi Shrine Annual Festival

● Tennodai Festival: September 14 (Sun), 11:30 - 20:00 at Tennodai Nishi Park.

Stage events, children's dances, food trucks, and a flea market. (Canceled in case of rain)

Contact: 04-7157-0898

● Takeuchi Shrine Festival: September 13 (Sat) – 15 (Holiday).

Traditional mikoshi and town floats parade with music and performances, including joint parades and float competitions. Some roads will be closed during events.

Contact: 04-7189-2806

Individual Number Card Services on Weekends (Issuance by reservation only)

Call the Civic Section at 04-7185-4326 (9:00 ~ 17:00 on weekdays except national holidays) for a reservation one day or more in advance.

| Dates and Hours | | Reservation will be accepted |
|-------------------|--------------|------------------------------|
| September 7 (Sun) | 9:00 ~ 12:00 | Accepting reservations |
| October 18 (Sat) | 9:00 ~ 12:00 | From 9:00 on Oct. 1 (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, etc.

Requirements: notification card, 2 kinds of ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services for September, 2025 * Reservation required

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|--|--|
| Legal Advice | Sep. 4, 11, 16, 18 and 25 10:30 ~ 15:00 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext. 394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later. |

Public Health Care Center Programs – September 2025

Tel: 04-7185-1126*

| Item | Date | Eligibility |
|--|--|---|
| Maternity Class (Welcome Baby Gakkyu) | Sep. 6, 13 and 20 (Sat) Reservation required* | Expecting women of 20 weeks or over, and their family |
| Consultation for 4-month-old children | Sep. 2 (Tues) and 9 (Tues) | Children born in April 2025 |
| Health Checkup for 18-month-old children | Sep. 4 and 11 (Thu) | Children born between Jan. 9 and Feb. 20, 2024 |
| Dental Checkup for 2-year and 8-month-old children | Sep. 18 (Thu) | Children born in Jan. 2023 |

| | | |
|--|--|---|
| Health Checkup for 3-year-old children | Sep. 4 and 11(Thu) | Children born between Jan. 17 and Feb. 22, 2022 |
| Dental Checkup for 5-year-old children | Sep. 18 (Thu) | Children born between Aug.8 and Sep. 8, 2020 |
| Baby Food Class for 4 to 6-month-old babies | Sep. 26 (Fri) Reservation required* | First 30 applicants (parents) |
| Baby Food Class | Sep. 17 (Wed) Reservation required* | First 20 applicants. Children born in Dec., 2024 |
| Childcare Consultations | Sep. 10 (Wed) | Public health care center |
| | Sep. 29 (Mon) | Niko Niko Hiroba |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions
Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday / night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.
2. Child's Sudden Illness at Night: telephone consultation with a nurse
Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.
3. Sudden Illness at Night and Holidays: telephone consultation with a nurse
Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays, and year-end / New Year holidays: 9:00 ~ 8:00 next day
4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020
(1) Dentist: 9:00 -11:30 (2) Internal Medicine & Pediatrician: 9:00 - 11:30,13:00 - 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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| Newsletter Abiko No.371 September1, 2025 |
| Published by: Abiko City Hall https://www.city.abiko.chiba.jp |
| Edited & Translated by: Abiko International Relations Association (AIRA) |
| Tel: 04-7183-1231 Fax: 04-7183-2005 |
| E-mail: info@e-aira.jp https://www.e-aira.jp |



Excerpts from the Newsletter issued by Abiko City Tel: 04-7185-1111

Abiko Children's Festival

Date: October 19 (Sun) 9:40-15:00 (Admission until 14:00)

Venue: Abisuta and Teganuma Park

Content: Children's Hello Work (Reception 10:00-14:00), Workshop, Town Zoo, etc.

Eligibility: Below junior high school students

Fee : ¥200(Application is not required)

Inquiry: Mail to abikko2020@gmail.com

Senior Citizens' Cultural Festival

Date: October 10 (Fri) 10:00-15:00

Venue: Keyaki Plaza

Content: Dance, chorus and folk songs by citizens above 60 years old

Fee: Free

Capacity: 500 persons (first come, first served)

Inquiry: Senior Citizen Support Section at extension 412

2026 Teganuma Calendars

Teganuma calendars are made to enhance awareness of Lake Teganuma cleaning through four seasons of the lake. The sales are used to clean the lake.

Price:¥300

Sales period: October 8 (Wed), 2025 to February 28 (Sat), 2026

Inquiry: Tel. 04-7185-1484, Teganuma Section (Clean Teganuma Promotion Council)



Tax Payment Campaign (October-December)

Chiba Prefecture and each municipality in Chiba are strengthening measures to collect taxes properly under a slogan “We will never overlook any tax delinquencies.”

Measures for delinquent tax payers: Notice by documents, property check at work place, garnishment of salary/savings and life insurance, house search, car tire lock, etc.

Inquiry: Tel. 04-7185-1753, Tax Collection Section; Tel. 043-223-2127, Tax Service Section, Chiba Prefectural Government

Are your block walls safe?

We suggest that you check your block walls. To prevent block walls from collapsing, the owner and manager of them need to check and maintain safety of block walla properly. If you notice any danger in your block wall, we suggest that you post a warning sign for passersby and repair and improve them promptly after consultation with professionals. Use subsidy of the city for the repair and improvement. For more details, see the homepage of the Ministry of Land, Infrastructure Transport and Tourism.

Inquiry: ext. 528, Building and Housing Section

Campaign to Clear Bicycles in front of Stations (October-November)

The city will remove left bicycles and motorbikes from the sidewalks in front of or near train stations. Left bicycles and motorbikes may prevent citizens from walking safely and make it difficult for people to escape and help others in case of disaster. Please cooperate with us in proper parking.

Inquiry: Tel. 04-7183-5470, Izumi Left Bicycle Storage Area; Tel. 04-7185-1369, Traffic Policy Section

“TSUTSUJISO”: Welfare Facility for Elderly People

The facility provides elderly people with the time to enjoy Karaoke, Go and Shogi, Health Mahjong, Exercise Machines and Bath including chat rooms. It also holds such events as Shamisen concerts, in addition to consultation by doctors.

Service hours of the facility are 9:30 to 16:00. (Bath closes at 15:30.) You can check out holidays and bus service time, etc. on the city website.

Eligibility: people aged 60 and above in the cities of Abiko and Toride

Fee: Free for the people of 65 and above (¥100 for people of 64 years old and below)

For more details, contact the facility at 04-7188-0123.

Individual Number Card Services on Weekends (By reservation only)

Call the Civic Section at 04-7185-4326 (9:00 – 17:00 on weekdays except national holidays) for a reservation.

| Dates and Hours | Reservation will be accepted |
|--------------------------|--------------------------------|
| Oct 18 (Sat) 9:00 -12:00 | From 9:00 a.m. on Oct 1(Wed) |
| Nov 9 (Sun) 9:00 -12:00 | From 9:00 a.m. on Oct 22 (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, Renewal of electric certificate (reservation not required)

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- Oct 2025

*Reservation required

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|---|--|
| Legal Advice | Oct 7,9,16,21 and 23 10:30 ~ 15:00 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext.394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later. |

Public Health Care Center Programs –Oct. 2025 Tel:04-7185-1126*

| Item | Date | Eligibility |
|----------------------|--|---|
| Welcome Baby Classes | Oct 4,11 and 18(each Sat) Reservation required* | Expecting women of 20 weeks or over, and their family |

| | | |
|---|--------------------------------------|--|
| Consultation for 4-month-old children | Oct 7(Tue) and 14(Tue) | Children born in May, 2025 |
| Health Checkup for 18-month-old children | Oct 2 and 9 (each Thu) | Children born between Feb 21 and April 8, 2024 |
| Dental Checkup for 2-year and 8-month-old children | Oct 16 (Thu) | Children born in Feb, 2023 |
| Health Checkup for 3-year-old children | Oct 2 and 9 (each Thu) | Children born in Feb 23 and April 9, 2022 |
| Dental Checkup for 5-year-old children | Oct 16 (Thu) | Children born between Sep 9 and Oct 13, 2020 |
| Baby Food Class for 4 to 6-month-old babies | Oct 31(Fri) Reservation required* | First 30 applicants (parents) |
| Baby Food Class for 8 to 9-month-old babies | Oct 15(Thu) Reservation required* | First 20 applicants. Children born in Jan, 2025 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636 Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00~11:30, 13:00~16:30

Note: 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.

Newsletter Abiko No.372 October 1, 2025

Published by: Abiko City Hall <https://www.city.abiko.chiba.jp>

Edited & translated by: Abiko International Relations Association (AIRA)

Tel: 04-7183-1231 Fax: 04-7183-2005

E-mail: info@e-aira.jp <https://www.e-aira.jp>



Excerpts from the Newsletter issued by Abiko City Tel: 04-7185-1111

Advance Care Planning to make a choice you won't regret

“Advance Care Planning” is an attempt to think in advance about the terminal medical and nursing care you'd like, and talk about it repeatedly with your family and medical and nursing care teams, and share it. Have you ever thought about your medical care you would like to receive if you became unrecovered with a sudden illness or accident. Even if you think about it, you might rarely talk to your family or friends. The purpose of Advance Care Planning is not the end of your life, but the preparation to live your final moments in the best way as you want. It is a good chance to talk to your loved ones while you are still well.

Advance Care Planning: talking about and sharing how you'd like to spend your last stage of life such as terminal medical care and treatment and the place where you want to spend your final stage of life.

End-of-life Planning: making arrangements for after death: funeral and grave preparation, will and inheritance procedures

Three advantages of Advance Care Planning:

1. Your wishes will be reflected in the terminal medical care and treatment.
2. Trusted people will convey your wishes to your healthcare staff.
3. You don't have to let your beloved ones make a tough decision.

Three cycles

1. Think about terminal medical care and treatment you'd like to receive.

2. Share your wishes with your family or friends and discuss them with your doctor and care manager.

3. Write down what you discussed and agreed. That will serve as a message even if you become unable to express your wishes due to serious illness or accident.

Notice for Exemption of Social Insurance Premiums to be sent

Important notice you need for declaring final return or regional tax will be sent:

| | | | | |
|---------------------|--|---|---------------------------------|--|
| | National health insurance tax | Medical insurance premiums for the late-stage elderly | Nursing-care insurance premiums | National pension premiums |
| Document to be sent | 1. Payment confirmation for tax return 2. Withholding tax slip (deduction from pension) | | | Social insurance premium deduction certificate |
| Sending date | 1. late January, 2026 2. mid to late January, 2026 | | | Late October to early November* |
| Inquiry | 1. Ext. 912 | 1. Ext. 928 | 1. Ext.426 | Japan Pension Service 0570-003-004 |
| | 2. Japan Pension Service 0570-05-1165, or mutual aid association | | | |

*Early February for people who paid premium for the first time after October

Abiko International Exchange Festival



Date and Time: November 30 (Sun) 11:00 ~ 16:00

Venue: Civic Plaza

Stage show: Myanmar dance, Kappa Kids dance, Sanshin songs, Chinese flute performance, quiz by Japanese class students, Japanese language school student dance

Gallery exhibition: France, Germany, U. K., South Korea, China, Mongolia, Chile, etc.

Tea Ceremony: First 100 people fee: 400 yen

Kimono experience: First 30 foreign people (reservation required) fee: 500 yen*

Application and Inquiry: Tel. 04-7183-1231, AIRA *(tabi socks included)

Yatsu Harvest Festival

Date: November 22 (Sat) 10:00 ~ 13:00 * Cancelled in case of stormy weather

Venue: Work shed in Yatsu Museum *3-minute walk from Bando Bus stop “Chuo Gakuin High School”

Distribution: Pork and vegetable soup, baked sweet potatoes and rice balls

(starting 11:30, The distribution will end when the stock runs out.

Panel exhibition about guide to Yatsu Museum Volunteer Club

Experience of using traditional farming tools Inquiry: 04-7185-1484, Teganuma Section

Japanese Drums Festival

Date and Time: November 9 (Sun) 9:30 ~ 14:30 *Cancelled in case of stormy weather

Venue: Kohokudai Central Park, Japanese drums performance, sales of processed seafood

Inquiry: Executive committee, Sugiyama Tel.090-3069-3443

Individual Number Card Services on Weekends

Call the Civic Section at 7185-4326 (9:00 – 17:00 on weekdays except national holidays) for a reservation.

| Dates and Hours | Reservation will be accepted |
|--------------------------------|--------------------------------|
| November 9 (Sun) 9:00 -12:00 | Now accepting |
| November 29 (Sat) 9:00 -12:00 | From 9:00 on November 12 (Wed) |
| December 13 (Sat) 9:00 - 12:00 | From 9:00 on November 26 (Wed) |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, Renewal of electric certificate (reservation not required)

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- November 2025

***Reservation required**

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|---|--|
| Legal Advice | Nov. 6,13,18,20 and 25 10:30 ~ 15:00 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext.394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later. |

Public Health Care Center Programs –Nov 2025 Tel:04-7185-1126*

| Item | Date | Eligibility |
|----------------------|---|---|
| Welcome Baby Classes | Nov 7, 14 and 21 (Fri) Reservation required* | Expecting women of 20 weeks or over, and their family |

| | | |
|---|---------------------------------------|--|
| Consultation for 4-month-old children | Nov 4 and 11 (Tue) | Children born in June, 2025 |
| Health Checkup for 18-month-old children | Nov 6 (Thu) | Children born between Apr 9 and May 1, 2024 |
| Dental Checkup for 2-year and 8-month-old children | Nov 13 (Thu) | Children born in Mar, 2023 |
| Health Checkup for 3-year-old children | Nov 6 (Thu) | Children born in Apr 10 and May 2, 2022 |
| Dental Checkup for 5-year-old children | Nov 13 (Thu) | Children born between Oct 14 and Nov 16, 2021 |
| Baby Food Class for 4 to 6-month-old babies | Nov 28 (Fri) Reservation required* | First 30 applicants (parents of 4-6 month olds) |
| Baby Food Class for 8 to 9-month-old babies | Nov 12 (Wed) Reservation required* | First 20 applicants. Children born in Feb.2025 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636 Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00~11:30,13:00~16:30

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

Newsletter Abiko No.373 November 1, 2025

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Edited & translated by: Abiko International Relations Association (AIRA)

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Excerpts from the Newsletter issued by Abiko City Tel: 04-7185-1111

In commemoration of the 40th anniversary of Abiko City's Peace City Declaration

Gathering of Peace

Date: December 14 (Sun) 13:30-17:00

Venue: Keyaki Plaza Hall

Seating capacity: 500 people (on a first-come- first- served basis)

Inquiry: ext.568, Planning and Policy Section

Message from JUNICHIRO HOSHINO, Mayor

We pray for peace from Abiko.

Since 2005, the City of Abiko has been sending junior high school students to the cities which had been atom-bombed. This year the students participated in Hiroshima Peace Memorial Ceremony. In addition, they exchanged opinions with the students all over Japan and had experiences what they felt and learned only in Hiroshima. At the same time, Abiko City produced a song of peace in commemoration of the 40th anniversary of Abiko City's Peace City Declaration in the 80th year after the war. We will sing it forever and convey the wish for peace to the following generations.

The schedule is as below.

Part I

The reports by junior high school students dispatched to Hiroshima.

15 representative junior high school students of the city visited Hiroshima from August 5th to 7th. They will report the activities at Hiroshima and announce their wish for peace.

Part II

A drama "Disappeared August" by Abiko Junior High School Drama Club

On a hot day in August, some junior high school students visited an old couple who had had experience of the war for research on their independent study project. But they were refused. They saw a calendar in the room and found that the calendar said September for some reason.

Part III

Song Live by Yuuji Sasaki

He will perform “The Song of Peace” for the first time and deliver the wish for peace to you through the song.

The Song of Peace: With best wishes for “Peace Forever”

Lyrics by Citizens’ Conference for the Promotion of Abiko City Peace Project

Music by Yuuji Sasaki (Singer-Songwriter)

Profile of Sasaki: Nephew of Sadako Sasaki who is known as “Child of Atomic Bomb.”

Taking the opportunity of donating origami (folded paper) cranes left by Sadako to the city, he cooperated with the city in the peace project. He plays roles in activities throughout Japan to convey the value of life and importance of peace through music.

Our thoughts in the lyrics of “The Song of Peace”

By Rin Soutome, Vice President of Citizens’ Conference for the Promotion of Abiko City Peace Project:

In the lyrics of the song “Let us sow the seeds of smiles and let the flowers of smiles bloom so that trees of peace will not die,” we express that peace has been fostered over a long period of time by our predecessors. In the last words of “Let us continue to keep PEACE FOREVER,” we express our pledge for the future and determination to keep our promises with the predecessors.

Children’s Assembly was held

JUNICHIRO HOSHINO, Mayor, reports that an assembly was held by 37 junior high and elementary school representatives who asked questions and expressed their opinions. Mayor including Maru, Education Board Chief and Miyazaki, Fire Department Chief, replied to the students’ questions. Their opinions will be used in future City administration. Their questions include (1) Any plan to install information boards in foreign languages (2) Securance of instructors to lead extra-curriculum activities (3) new roles of Kohoku Fire Department and (4) new measures to stop declining birthrate.

Individual Number Card Services on Weekends

Call the Civic Section at 7185-4326 (9:00 – 17:00 on weekdays except national holidays)

for a reservation.

| Dates and Hours | Reservation will be accepted |
|-------------------------------------|--|
| December 13 (Sat) 9:00 -12:00 | Now accepting |
| January 17 (Sat), 2026 9:00 – 12:00 | ONLINE from 9:00 on December 31(Wed) By telephone from 9:00 on January 5(Mon), 2026 |

Location: Civic Section (Abiko City Hall, 1F)

Services: Application (reservation not required) and Issuance (reservation required) of Individual Number Cards, Renewal of electric certificate (reservation not required)

Requirements: notification card, 2 kinds of your ID (residence card, special permanent resident certificate, driver's license, health insurance card, bank passbook, etc.)

Advisory Services- December 2025

***Reservation required**

| Item | Date/Time | Location | Contact |
|-------------------------------------|--|---|--|
| Legal Advice | Dec.4,11,16,18 and 23 10:30 ~ 15:00 | Civic Consulting Room, 2F, Abiko City Hall Or by telephone | Secretarial Section * Tel: 04-7185-1714 Call for an appointment |
| Daily Life Advice | Weekdays (except national holidays) 8:30 ~ 17:00 | Social Welfare Section West Annex 2F | Social Welfare Section Ext.394 |
| Child Matters in General | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 1F | Child Consulting Section Tel: 04-7185-1821 |
| Domestic Violence | Weekdays (except national holidays) 8:30 ~ 17:00 | West Annex 2F | Support Office for DV Social Welfare Section Tel: 04-7185-1113 |
| Consultations for Foreign Residents | Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 16:30 | AIRA Office Abiko Civic Plaza | E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later. |

Public Health Care Center Programs –Dec 2025 Tel:04-7185-1126*

| Item | Date | Eligibility |
|----------------------|---|---|
| Welcome Baby Classes | Dec. 6,13 and 20 Reservation required* | Expecting women of 20 weeks or over, and their family |

| | | |
|---|--|--|
| Consultation for 4-month-old children | Dec. 2(Tue) and 9(Tue) | Children born in July, 2025 |
| Health Checkup for 18-month-old children | Dec.4 (Thu) | Children born between May 2 and 25, 2024 |
| Dental Checkup for 2-year and 8-month-old children | Dec 11 (Thu) | Children born in April, 2023 |
| Health Checkup for 3-year-old children | Dec.4 (Thu) | Children born between May 3 and 20, 2022 |
| Dental Checkup for 5-year-old children | Dec. 11 (Thu) | Children born between Nov. 17 and Dec.14, 2020 |
| Baby Food Class for 4 to 6-month-old babies | Dec.24(Wed) Reservation required* | First 30 applicants (parents of 4-6 month olds) |
| Baby Food Class | Dec.16 (Tue.) Reservation required* | First 20 applicants. Children born in March 2025 |

— Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions

Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday/night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.

2. Child's Sudden Illness at Night: telephone consultation with a nurse

Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.

3. Sudden Illness at Night and Holidays: telephone consultation with a nurse

Call #7119 or 03-6810-1636 Hours: weekdays and Saturdays 18:00 ~ 8:00 next day
Sundays, Holidays and year-end/New Year holidays: 9:00 ~ 8:00 next day

4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020

(1) Dentist: 9:00-11:30 (2) Internal Medicine & Pediatrician: 9:00~11:30, 13:00~16:30

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