



Excerpts of the Newsletter issued by Abiko City



A Happy New Year!

“Rising sun and swans”
photo by Hiroyuki Tabuchi

Message from Mayor, Junichiro Hoshino

I wish you a happy new year. This is the third New Year since the Great East Japan Earthquake. We have made great efforts for recovery from damages caused by the earthquake and radioactive decontamination. We will continue to give priority to safe living through taking measures against water damage, and remodeling public facilities to earthquake-resistant construction which leads to a city tough against disasters.

As for recovery, we will accomplish construction of City housings for refugees in Fusa East area in spring, and prepare a disaster prevention center for temporary evacuation and a warehouse equipped with tools against water damage. On radiation issue, we will conduct measuring work at sites for children where the radiation level is higher than standard.

As for measures against water, we will build a pump plant in Fusa, develop gutters and pump plant in Wakamatsu area and improve rainwater pipes in Kujike and Tennodai areas.

As for seismic reinforcement, we will accomplish quakeproofing work for school gyms at Namiki / Nedo / Abiko Dai-ni / Araki elementary schools, and Kujike junior high school.

To advance the system to raise children well is important to attract young generation, which leads

to ensuring tax revenue and prosperity. So we will maintain no-waiting condition for nursery schools, increase the number of Abiko Children Club and try to introduce an integrated education scheme of elementary and junior high schools.

We will make much use of attractiveness of Abiko and forward appealing and lively town planning so that citizens love to live long in Abiko.

Revision of minimum wage system for industry workers in Chiba Prefecture

The followings are revised minimum wage in Chiba Prefecture and minimum wages for specially designated industries, applicable for all workers at business establishments in Chiba Prefecture. For more detail, please contact Chiba Labor Standards Inspection Office at 043-221-2328.

Job classification		Revised wage/hour	Effective date
Minimum wage in Chiba prefecture		¥777	Oct.18, 2013
Minimum wage for specially designated industries in Chiba	Seasoning industry	¥827	Dec.25,2013
	Steel industry	¥867	
	Multipurpose/production machine and tools industries	¥843	
	Electronic parts, device, electronic circuit, electric machine/information communication machine and tools industries	¥846	
	Meter/measuring/analysis/testing/surveying/physical and chemical appliances, medical device/medical supplies, optical, lenses, clock and parts, glasses industries	¥829	
	Retail business	¥807	
	Car (new) dealers	¥838	

Advisory Service—January 2014

ITEM	DATE/TIME	PLAGE	CONTACT
Legal Advice	Jan. 9,16,21,23,28 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Jan 17(Fri) 10:00 – 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Living Advice	Week days 8:30 – 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.393

Child matters in general	week days 8:30 – 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	week days 8:30 – 17:00	Social Welfare Sec.	Social Welfare Sec. Ext. 394



Medical Checkup for Stomach Cancer

Application accepted until January 21

Date and time: In the morning on February 17, 18, 19, 21, 24, 25 or 26

Checkup dates vary between men and women. If you apply for a checkup with your family, send one post card with the names of your family.

Place: Public Health Care Center

Content: Interview, stomach X-ray examination

Eligibility: Abiko residents who were born before March 31, 1974

Remarks: Don't apply for it if you are suffering stomach, or duodenum diseases, or if you have allergy to barium. Please consult your doctor before you apply for it in case you use a pacemaker, or stent.

Fee: ¥900 (Some exceptions)

Apply: By post card with your address, name, date of birth, sex, phone number, and a note "Application for stomach checkup" to the following office. You can also apply direct at the office.

Health Support Section, Abiko Public Health Care Center 1-12-16 Kohokudai, Abiko 〒270-1132
Phone: 7185-1126

Due date: Your application must arrive no later than January 21, 2014.

Remarks: You can not choose a checkup date. A checkup coupon will be sent to you in early February. If you want to change the date, please contact the office.

Public Health Care Center Programs

Tel: 04-7185-1126

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	Jan 11,18, 25 (Sat)	Pregnant women of 20 weeks or over, and their families
Child care advice	Jan 8, 22 (Wed)	At Nikoniko Hiroba (Nursing Support Center) first 10 people
4-month old consultation	Jan 14, 21 (Tue)	Those born in Aug, 2013
Baby Food Class for 4 to 6 month-old babies	Jan 24 (Fri)	First 30 applicants. Reservation required

Introduction to an integrated education of elementary and junior high school in Abiko

---- Fusa curriculum ----

A new educational attempt has been promoted in Fusa area. This is an integrated curriculum project from third grade at elementary school to third grade at junior high school in Fusa area. Its goal is to create community schools which will foster people who will keep supporting Fusa areas.

In the curriculum, students gradually learn themes of culture, history, natural features, people, community, living, festivals, and flood damages in Fusa.

This curriculum has been conducted since 2011 at Fusa and Fusa Minami elementary schools, and Fusa junior high school. Fusa elementary school was awarded “Hakuho Award” last year to their achievement in connection with this curriculum.



Town Events

◇ *Fureai Awantori* at Araki area

Date: January 12 Sun. 11:00 a.m. – 2:00 p.m.

Place: Araki Elementary School ground

Contents: Performance of Araki elementary school brass band, and serving rice cakes grilled in ashes of New Year’s ornaments burning (*Donto yaki*).

Contact: Araki Community Center at 7188-2010

◇ Kohokudai New Year Festival

Date: January 12 Sun. 10:30 ~ Small Market for parents and children

11:45 ~ rice cake making (for a charge) 13:00 Performances: Koto and violin duo, etc.

Place & Contact: Kohokudai Community Center at 7187-1122

----- 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.

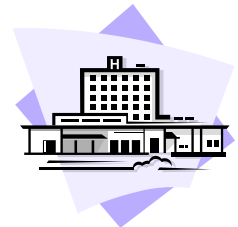
2. HOLIDAY DAY-TIME CLINIC (Sundays/Holidays)

Place: Clinic Center (across Abiko Public Health Care Center) (phone:7187-7020)

(1) Internal medicine, and pediatrics 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.

(2) Dental clinic 9:00 a.m. – 11:30 a.m.

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



3. NIGHT & HOLIDAY INTRODUCTION OF HOSPITALS (Sundays/Holidays)

Call FIRE STATION at 7184-0119. 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.

4. REQUEST FOR AMBULANCE Call: 119

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

Newsletter Abiko

No.231

January 1, 2014

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: info@e-aira.jp <http://www.e-aira.jp>



Abiko

February 1, 2014

Excerpts of the Newsletter issued by Abiko City

Prepare for the filing of income tax returns, as early as possible!

The filing of income tax returns for fiscal 2013 will be started soon. Certificates of income and withholding tax, certificates for income deduction, and vouchers for payment, etc. are required for your tax return. Please get prepared ahead of time!

Filing period: February 17 (Mon) - March 17 (Mon)

Place: Kashiwa Tax Office (parking unavailable)

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

*Income tax refund is now accepted at Kashiwa Tax Office.

*Municipal and prefectural tax can be filed, and filled-out final returns can be accepted at Abby-Hall (Ito Yokado Abiko South 3F, parking with charge) from Feb. 17 to Mar.17 (open on weekdays, Feb. 23 (Sun) and Mar. 2(Sun)), and also at the following places in the city: Fusa-minami Kinrin Center (Feb. 10), Anaki Kinrin Center (Feb. 12), and Kohoku Community Center (Feb. 13, 14).

For more information, contact Kashiwa Tax Office at 04-7146-2321, or Abiko City Office Taxation Section, ext.401

Vaccination: Make sure your children are immunized

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

1. Measles-rubella vaccine (MR)

Target: First term for children aged one year old, second for children born from Apr.2, 2007 to Apr.1, 2008

Period of free inoculation: First term from one year (under the age of two), second until Mar.31, 2014

Inoculation number of times: One dose for each term

2. Japanese encephalitis vaccine

Target: First term for children aged three years or more but under seven years and six months, Second for nine or more but less than thirteen

Inoculation number of times: Two doses at 6-to-28 intervals for initial inoculation, and after a year of initial inoculation, one dose for booster inoculation for first term, one dose for second term

3. Diphtheria-tetanus combines vaccine (DT) second term

Target: Children aged 11 years or more but under 13 years

Inoculation number of times: One dose

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

“Abikko Club”: a place where children can play safely during after-school hours

Abikko Club is a “place to stay” during after-school hours for elementary school students.

Abikko club is available to students of seven elementary schools (Abiko Dai-ichi, Nedo, Namiki, Abiko dai-san, Kohokudai-nishi, Kohokudai-higashi, Fusa-minami) in Abiko, is open until 5:00pm. Those who want to join the club have to register via each school in April (registration fee is 500 yen per year).

For more information, contact Children Support Section at ext.449

After-School Care Program for Children

If you would like to utilize after school care program for elementary school students from April 1, please be sure to apply for admission.

For more information, see Abiko city official website

AIRA Language Courses 2014- chance for free class observing available

Those who are interested in AIRA (Abiko International Relations Association) Language Courses can observe lessons offered in February to see the level. Regarding each language course, please refer AIRA website.... <http://e-aira.jp/>

For more information, please contact AIRA at 7183-1231 ,or info@e-aira.jp

Event in town: Hina Doll Decoration for the Girls' Festival “Hina-Matsuri”

At former Murakawa's second house built in the Taisho era, Hina Doll Decoration Festival will be held. Let's enjoy the ambience of Japan's good old days with decorations of hanging hina dolls and tiered-displays of hina dolls. You can also enjoy playing with Japanese toys of the old days such as “Otedama” (beanbag) and “Denden-daiko” (small toy drum) at the festival.

Date: February 18 (Tue) - March 9 (Sun), 9:00a.m. - 4:00p.m. *Closed on Mondays

Place: Former Murakawa's second house (2-27-9 Kotobuki, Abiko) *parking available at Abiko city office, a five-minute walk away

Let's make Hina doll !

Date: Feb. 8 (Sat) 10:00am - noon,

Feb. 11 (Holiday) 10:00am - noon, 1:00pm - 3:00pm

Target: Elementary students accompanied by parent

First 20 applicants for each lesson, reservation required by phone

Things to bring: wood glue, scissors

Hand-sewn Hina doll lesson for adults

Date: Feb.8 (Sat), 12 (Wed) 1:00pm - 4:00pm

First 10 applicants, reservation required by phone

Things to bring: Sewing set, sewing yarn (white, black, and red)

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

Advisory Service-February 2014

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Feb. 6 (Thu),13(Thu), 18(Tue), 20 (Thu) and 25(Tue) 9:30 - 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Feb. 21 (Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child-Care	Feb. 19 and 26 (Wed) First 10 applicants	Child-rearing Support Center "Niko-Niko Hiroba"	Health Support Sec. 7185-1126
Child matters in general	Week days except Sat/Sun/public holidays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except Sat/Sun/public holidays 8:30 - 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

Public Health Care Center Programs

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Feb. 1, 8, and 15 (Sat)	Expecting women of 20 weeks or over, and their family
Health Checkup for 18-month-old infants	Feb. 20 (Thu)	Infants born from Jul.1 to Jul. 20, 2012

Dental Checkup for 2 year and 8 month-old children	Feb. 27 (Thu)	Children born in Jun. 2011
Health Checkup for 3-year-old children	Feb. 6, 13 (Thu)	Children born from Jul. 1 to Aug. 10, 2010
Health Checkup for 5-year-old children	Feb. 27 (Thu)	Children born in Feb. 2009
Baby Food Class for 4 to 6 month-old babies	Feb. 28 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Feb. 5 (Wed)	Children born in May 2013 First 20 applicants. Reservation required by phone.

-----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: Clinic Center (across 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 hospital or pediatrician. Before you go there, please call the hospital and tell them the patient's symptoms.

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

News Letter Abiko

No.232 February 1, 2014

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: info@e-aira.jp <http://www.e-aira.jp>



Excerpts of the Newsletter issued by Abiko City

Tax Return Due Soon !

1. Income and donation tax shall be filed by March 17, 2014
2. Consumption tax returns shall be filed by March 31, 2014

Filing and inquiry: Kashiwa Zeimu-sho (tax office) at 04-7146-2321

Filing of municipal tax: At Abby Hall temporary desk, 3F of Ito Yokado-South Store, from 9:00 to 17:00, March 2 to March 17 except Mar. 8, 9, 15 and 16.

For detail: Contact Abiko City Hall, Kazei-ka (Taxation sec.) at 04-7185-1111 (ext.401)

3. Completed income tax return documents will be received at the temporary desk.

Banner Advertisement on City Website Wanted

Publication dates: April 1 to March 31, 2015 (1 month each, 12 months at most)

Fee: 20,000 yen per month

Banner standard: 50 pixels (length) × 130 pixels (width) 4 KB or less in size. No animated.

Please bring or send your application (available on the Abiko city website)

to: Shiyakusho Hisho Koho-ka 270-1192, by March 17, 2014 Tel: 7185-1269

All-Together-Patrol Activity around the City

Date/Time: **March 14** 19:00 to 20:00 (in case of rain, March 20th)

Everyone is welcome to participate (children with their parents) Locations:

Abiko minami/south: In front of Abiko station, Koban police box

Abiko kita/north: Under the stairs of Abiko station north exit area, in front of Tsukushino Koban police box, and Nedo Kinrin center

Tennodai: Under the stairs of Tennodai station north exit, Tennodai Nishi Koen park, and Abiko post office parking lot

Kohokudai: In front of Kohokudai Koban police box

Kohoku: Under the stairs of Kohoku station north exit, in front of Araki Koban Police

box, Kami Araki Seinen-kan, and Negoya Danchi Shukai-jo
Fusa: In front of Fusa station Koban police

Volunteer for Green Forest Wanted

Help take care of and help grow our forests together!

Place: Furu Tone Park, Shizen Kansatsu no Mori, Furu Tone Numa, Nakazato Shimin no Mori, Okahotto Shimin no Mori

Eligibility: Anyone 18 years or older may participate

Contact: Please call City Hall, Koen Ryokuchi-ka, 7185-1111 (ext.545)

6th Parent and Child Fishing Competition

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

Place: Kojo-en Fishing Pond (Teganuma park-west) Parking: Tsugawa Kogyo parking lot

Eligibility: 20 pairs (40 people) Over elementary school children and their parents

Fee: 500 yen (includes insurance)

Attention: Rental fishing equipment only (no personal fishing gear allowed)

Application: Please apply by phone on or before March 14.

Contact: City Hall 7185-1111 (ext. 467), Clean Teganuma Suishin Kyogikai Jimu-kyoku

Advisory Service-March 2014

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Mar 6 Thu, 13 Thu 18Tue, 25Tue 27Thu 9:30-15:30	Civic Consulting Room 2F Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Mar 20 Thu 10:00-15:00	Tax Collection Sec	Tax Collection Sec. 7185-1349
Living Advice	Weekdays 8:30-17:00	Social Welfare Sec 2F, West Annex	Social Welfare Sec Ext. 393
Child Matters in General	Weekdays 8:30-17:00	1F, West Annex	Child Consulting Sec 7185-1821

Domestic Violence	Weekdays 8:30-17:00	Social Welfare Sec. 2F West Annex	Social Welfare Sec. Ext. 394
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Crafts – Information from *Fureai-Kobo*

The followings are part of short classes. If you are interested, please contact the “Fureai Kobo” group at 7186-5500. Aoyama 450 Limited number of participants:

Name	Day/Time	Participants	Cost	Please bring
Samue (Kimono style jacket)	11 th , 25 th 9:30 to 15:00	5 people	300yen for each class	Wool kimono, Sewing thread, sewing set, lunch
Shelf(wood craft class)	13 th 10:00 to 12:00	5 people	300yen	Just yourself!
Hanger(paper club class)	13 th 10:00 to 14:30	3 people	300 yen + 250 yen for materials	2 or 3 old face towels or bath towels sewing thread, sewing set, lunch
Hochou knife sharpening class	15 th 10:00 to 12:00	5 people	300 yen	1 or 2 hochou knives
Placemat (Paint class)	7 th 9:30 to 12:00	5 people	300 yen + 100 yen for materials	Brushes for tool paint, zokin towel, apron,

Public Health Care Center Programs Tel: 7185-1126

ITEM	DATE	ELIGIBILITY
Maternity Class (Shiawase Mama & Papa Gakkyu)	Mar 1,8,15 Sat	Expecting women of 20 weeks or over and their family
4-month baby Consultation	Mar 4, 11 Tue	Born October, 2013
Child Care Advice	Mar 12, 26 Wed	At Niko Niko Hiroba (Nursing Support Center) First 10 people
Health Checkup for 18-month-old infants	Mar 6, 13 Thu	Born between Jul 21- Aug31, 2012

Dental Checkup for 2 year and 8 month old children	Mar 25 Tue	Born July 2011
Health Checkup for 3-year-old Children	Mar 20 Thu	Born between Aug 11 – Aug 31, 2010
Health Checkup for 5-year-old Children	Mar 25 Tue	Born between Mar 1 – Apr 1 2009

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

1. NIGHT- TELEPHONE CONSULTATION ON CHILD' S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

Hours: 7:00p.m. – 10:00p.m. daily

Nurses or doctors will advise you of what to do for your child.

2. HOLIDAY - DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

Location: Opposite of Abiko Public Health Care Center (Address: 1-12-17 Kohokudai, Abiko)

(1) **Internal medicine and Pediatrics** 9:00 – 11:30, 13:00 – 16:30

(2) **Dental Clinic** 9:00 – 11:30

Contact**7187-7020 (only during above hours)

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)

They will advise you of an appropriate hospital.. But before you go there, please call the hospital and tell them the patient' s symptoms.

4. AMBULANCE SERVICE-----Call 119

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



<i>Newsletter Abiko</i>		No.233	March 1, 2014
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Phone: 04-7183-1231		Fax: 04-7183-2005	
E-mail: info@e-aira.jp		http://www.e-aira.jp	



Abiko

April 1, 2014

Excerpts of the Newsletter issued by Abiko City

Municipal Budgets for FY 2014 were duly adopted in March 2014 as follows:

- A. General Budget: 36.5 billion yen**
- B. Extraordinary Budget: 28.2 billion yen**
- C. Water Service Budget: 3.6 billion yen**

Junichiro Hoshino, the mayor of Abiko, expresses on a new city-building policy;

“Three years have passed since the Great East Japan Earthquake and Tsunami occurred. During the past three years, we have been putting all our energy on recovery and restoration from the disaster, taking measures against radiation and water hazard, and altering public facilities to earthquake-resistant buildings. We will continue to build up a disaster-proof city, ensuring a safe and secure life.

In April, we will start full-fledged measures for young people to live in Abiko while enjoying rearing their children. Measures will be taken to attract young people and let them feel that Abiko is a good city to bring up their children. More specifically, we will help young people to have a house easily, keep parks in good condition, maintain the current standby-zero status at nurseries, and build more *Abikko Club* facilities.

We will continue to aim at building up an attractive and live city where all the citizens want to continue to stay on for the rest of their life.”

We have formulated the following measures and projects.

(1) Three measures on which we place priority

- 1. Recovery from the Great East Japan Disaster
- 2. Measures against radiation
- 3. Measures for young people to make Abiko a permanent home

(2) Five significant projects

- 1. An environment-friendly city building which only Abiko can achieve while preserving nature including Teganuma
- 2. An energetic city building for creating rich areas using the good resources of the city
- 3. A city building for all the citizens to be able to live safely
- 4. A city building to enable young people to feel attractive and easy to bring up their children

5. A city building for all citizens to be able to enjoy daily life in good health for the rest of their life

Spring Nationwide Traffic Safety Campaign –April 6(Sun) to April 15(Tue)

Important targets of the campaign:

- To prevent children and elderly people from having an accident;
- To promote safe driving of bicycles;
- To ensure proper use of all seat belts and child seats; and
- To target a complete stop of drunken driving

Events in April and May

(1) Tea Ceremony

Date/time: April 13(Sun) 10:00–15:00

Place: Abisuta/Japanese-style tatami room

Admission fee: ¥1,000

Application is not required but visit the above room.

For more information, contact Ono-san at phone 7182-6161

(2)Japanese folk song and dance performance–Free

Date/time: April 13(Sun) 11:00–16:00

Place: Keyaki Plaza Hall

Admission fee: Free

For more information, contact Watanabe-san at phone 7182-5855

(3) 8th Concert of Taisho Koto performance:(Nagomi-kai) –Free

Date/time: April 20(Sun) 13:00–16:00

Place: Keyaki Plaza Hall

Admission fee: Free

For more information, contact Abe-san at phone 7149-3966

(4) Mixed Chorus concert by “Hibiki”

Date/time: May 18(Sun) 14:00–16:30

Place: Keyaki Plaza Hall

Admission fee: ¥800

For more information, contact Inaba-san at phone 7185-2053

(5) Open Team Cup Table Tennis Tournament

Date/time: May 18(Sun) 09:00 –

Place: City Gymnasium

Participation fee: ¥4,000 per team (¥2,000 per team for middle school students in Abiko)

For more information, contact Kuwae-san at phone 080-4375-9071

Advisory Service–April 2014			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	10(Th.),15(Tue.), 17(Th.), 22(Tue.) and 24(Th.) 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185–1714
Tax Matters	18 (Fri) 10:00 – 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185–1349
Living Advice	Week days except Sat/Sun/public holidays 8:30–17:00	West Annex 2F	Social Welfare Sec. Ext 393
Child matters in general	Week days except Sat/Sun/public holidays 8:30 – 17:00	West Annex 1F	Child Consulting Sec. 7185–1821
Domestic Violence	Week days except Sat/Sun/public holidays 8:30 – 17:00	Welfare Consulting Sec.	Social Welfare Sec. Ext. 394

Public Health Care Center Programs –April 2014

Tel:04–7185–1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	3, 10 and 17 (each Th.)	Expecting women of 20 weeks or over, and their family
Health Checkup for 18-month-old infants	10 (Th.)	Infants born from Sept 1 to Sept 20, 2012
Dental Checkup for 2 year and 8 month-old children	24(Th.)	Children born Aug 1, 2011

Health Checkup for 3-year-old children	3 and 17 (each Th.)	Children born from Sept 1 to Oct 10, 2010
Health Checkup for 5-year-old children	24 (Th.)	Children born from April 2 to April 30, 2009
Baby Food Class for 4 to 6 month-old babies	25 (Fri.)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	9(Wed.)	Baby born July 2013 First 20 applicants. Reservation required by phone

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

1. NIGHT TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

Service Hours: 19:00p.m. – 22:00p.m. daily

Nurses or doctors will advise you of what to do for your child.

2. HOLIDAY CLINIC (SUNDAYS /HOLIDAYS)

Location: Opposite of Abiko Public Health Care Center (Address:1-12-17 Kohokudai, Abiko)

Contact: 7187-7020

Items and Service 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 pediatricians. Before you go there, please call the hospital and tell the patient's symptoms.

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

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Integrated Curriculum Scheme of Elementary and Junior High Schools --- for making Scholastic Advance, Sound Mind and Sound Body ---

Message from Mayor Junichiro Hoshino

“The purpose of integrated curriculum scheme is not for reducing schools, but for aiming at fostering children’s mind and advancing scholastic ability. We plan to introduce the scheme to the whole city. In the Fusa junior high school area, the model area, elementary and junior high schools have developed education activities in cooperation with local communities, such as Fusa Curriculum (a neighborhood study group) and Community Council for Crime Prevention and Soundness Nurture. We’d like to promote the integrated curriculum scheme by making much use of their merits and attractiveness demonstrated by the Fusa chapter.”

Nahoko Uehashi (Abiko resident) Wins International Andersen Prize

On March 24, Nahoko Uehashi, author and cultural anthropologist, was awarded the International Andersen Prize, called “Nobel Prize in children’s literature”. This is the second honor among Japanese people since Michio Mado had won it in 1994.

Her works such as *Kemono no Souja* (literally Beast Music Player) and *Seirei no moribito* (Guardian of the Spirit) in the *Moribito* series have been translated into 9 languages.



These themes with universality focused on collision between people or nations and her minute description style are highly evaluated worldwide.

(International Andersen Prize was founded commemorating the great works of the late Danish author Hans C. Andersen, to commend children’s book authors and painters in biennale.)

Garbage-Zero Campaign on May 25

Let’s keep trying to make our town clean, safe, and comfortable place to live in !

May is designated as “Clean Environment Month” in “Clean Environment Regulation” which prohibits smoking, and throwing empty cans on the streets. Please join the activity on May 25.

◆ We collect garbage as follows.

1. Garbage gathered in your neighborhood, at stations and schools will be collected on that day.
2. Weeds and branches will be collected on the next resource collection day.

- ◆ Smoking on the street is prohibited.
- ◆ Bring your dog's litter back home
- ◆ Do not throw empty cans away.
- ◆ Do not put empty cans, bottles or other articles in the collection boxes beside vending machines unless you've bought and emptied them at the vending machines.

Inquiry: Clean Center, 7187-0015

The day of Coming-of-Age Ceremony in future

The ceremony will be held on Sunday before Coming-of-Age day effective 2015.

The next Coming-of-Age ceremony is scheduled to be held on Sunday, January 11, 2015 at the Fureai Hall, Keyaki Plaza

Inquiry: For detail please refer Life-long learning Section, Education board, 7185-1602

Let's Enjoy Teganuma Fire Work Display on August 2, 2014

It is decided that Teganuma Fire Work Display will be held this year again on Saturday, August 2 in cooperation with Kashiwa city. We run fund-raising campaign. Your kind consideration for the successful event is highly appreciated!

Fund collection boxes are installed at City Hall Lobby and *Abishirube* (Information center).

In addition, street fund-raising campaign will be conducted at several locations and days during May, June and July. For more detail please contact the following office.

Inquiry: Commerce and Tourism Section, 7185-1475

Collection Boxes of Small Electric Appliances Installed from May 1

Collection boxes of used small electric appliances are always installed at Abista, Kohoku public hall, and community centers from May 1 to promote their recycling. Thank you for your cooperation. For detail please refer Koho Abiko Apr.16 issue or city's web site.

Inquiry: Clean Center, 7187-0015

Join 20th Teganuma Eco Marathon 2014 !

Race Date: October 26 (Sun) 10:00 a.m. start

Place: Kashiwa Furusato Park, -lakeside of Teganuma

Event: Half marathon (21.0975 km)

Fixed number: Total 8000 people (2000 Abiko citizens, 6000 non-Abiko citizens) will be admitted.

Conditions for entry: 1) Participants must be healthy amateurs over 18 of age.

2) Participants must be capable of finishing in 2 and half hours.

Entry fees: 4500 yen

Application procedure:

1) For people who live, work or study in Abiko: Maximum 2000 entries

«Through the Internet» Apply on the Internet (<http://runnet.jp/>) from 10:00 a.m. May 10 (Sat) - May 15 (Thu) First 1500 applicants

«By postal mail» Apply for application form by postal mail between May 11 (Sun) and May 15 (Thu). Write your address, name, desired number of entry (max.2) on stamped (82 yen–stamp for 1 entry, or 92 yen–stamp for 2 entries) reply–envelope and mail it by post to: Teganuma Eco Marathon Entry Center, 〒152–8532 (No address necessary)

First 500 applicants, Application postmarked before May 10 (Sat) is invalid.

2) For people who are not applicable to 1): maximum 6000 people

Apply on the Internet (<http://runnet.jp/>) from 8:00 p.m., June 1 (Sat) to June 5 (Thu)

Inquiry about entry: Teganuma Eco Marathon Entry Center, 03–3714–7924

Inquiry about other problems: Teganuma Eco Marathon Office, 7167–8345



Enjoy “A Day of Lake Teganuma”!

Date: May 11 (Sun) 9:00 a.m.– 3:30 p.m. **Place:** Teganuma Aquatic Park

This is an event where you can experience various activities and have a good day on and along Lake Teganuma. We are waiting for your coming offering a lot of enjoyable activities as follows: *Enjoy Stage (10:30–2:40pm) *Bird watching *E–boat ride (for elementary school kids) *Small yachting (9:30 – ,40 people) *Canoeing (9:30 – , 45 people)

*Teganuma cruise guided tour (35 people, 1:00pm reception) * Releasing small fish (3:00pm –)

*And many other fantastic activities ! Inquiry: Teganuma Section, ext.467

Abiko Welfare Festival – Free

Date: May 11 (Sun) 10:00 a.m. – 3:00 p.m. **Place:** Abista, Teganuma walk way

Inquiry: Abiko Social Welfare Council, 7184–1539



Mini–Info Bird Museum – *Admission Fee Days*

May 11(Sun), 18(Sun), 22(Thu), June 15(Sun), July 1(Tue), Nov 1(Sat), 2(Sun)

Advisory Service– May 2014

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

general	8:30 – 17:00		7185-1821
Domestic Violence	week days 8:30 – 17:00	Social Welfare Sec.	Social Welfare Sec. Ext. 394

Public Health Care Center Programs – May

Tel: 04-7185-1126

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	May 10,17 (Sat)	Pregnant women of 20 weeks or over, and their husbands
Child care advice	May 21, 28 (Wed)	At Nikoniko Hiroba, first 10 Health Center
4-month old consultation	May 13, 20 (Tue)	Those born in Dec, 2013
Baby Food Class for 4 to 6 month-old babies	May 16 (Fri)	First 30 applicants. Reservation required

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

1. NIGHT TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS

Call #8000 or 043-242-9939

Service Hours: 7:00p.m.-10:00p.m. every night

Nurses or doctors will advise you of what should be done for your children.

2. HOLIDAY DAY-TIME CLINIC (Sundays/Holidays)

Place: Clinic Center (across Abiko Public Health Care Center) (phone:7187-7020)

(1) Internal medicine, and pediatrics 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.

(2) Dental clinic 9:00 a.m. – 11:30 a.m.

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



3. NIGHT & HOLIDAY-INTRODUCTION OF HOSPITALS (Sundays/Holidays)

Call FIRE STATION at 7184-0119. 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.

4. REQUEST FOR AMBULANCE Call: 119

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

Newsletter Abiko

No.235

May 1, 2014

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: info@e-aira.jp <http://www.e-aira.jp>



Abiko

June 1, 2014

Excerpts of the Newsletter issued by Abiko City

Payment of the National Health Insurance Tax

Payment notice will be dispatched to the householder on June 13. Be sure to pay national insurance fees by the due date as stated in the payment notice.

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

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

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

Municipal tax payment notice will be dispatched on June 10 (long-term care insurance premium payment notice on June 13). Time limit for payment is June 30. You can make payment at financial institutions or convenience stores without any service charge.

For more information, contact Abiko city office Taxation Section on payment notice at ext. 401 and certificate issuance at ext. 338 of municipal taxes, or Elderly Support Section at ext.313 or 433 for long-term care insurance premium.

Child Allowance: Submission of Annual Reporting of Current Situation "Genkyo-Todoke"

Annual reporting form called "Genkyo-Todoke" will be dispatched to recipients of the child allowance on June 9. Be sure to submit reporting by June 30. Reporting can be sent by mail or brought in person to Children Support Section (or also acceptable at Civic Section or administrative service centers only if brought in person). Payment will be temporarily stopped if reporting is not submitted. For more information, contact Children Support Section at ext.347 or 852

Mouth Cancer Screening

Mouth cancer is a furtive disease. Screening leads to its early detection and early treatment. Do not miss this opportunity! <Reservation required>

Date/Time: July 13 (Sun), 9:30a.m. - 0:30p.m. Place: Public Health Care Center

Fee: 500yen For more information, contact Onoe dental clinic at 7188-3151 (closed on Thursday, Sunday, and Holiday)

Prevention of Heat Stroke

In the June - September period of last year, in our city, 72 people suffered heat stroke and were taken to hospitals by ambulance, and almost half of them were elderly people aged 65 and over. We are not used to the heat yet in June, so be careful about heat stroke.

Attention required:

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

-Strong sunshine and windless

-Sweltering night, the day after sweltering night

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

To prevent heat strokes:

-Drink water and have a break frequently

-Adjust room temperature and humidity

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

-Eat a well-balanced diet and build up stamina

Treatment:

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

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

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

Radiation Dose in the City Drastically Decreased

It has been three years since the accident at TEPCO's Fukushima Daiichi Nuclear Power Station. Abiko city ongoingly measures doses of radiation since the occurrence of the accident and is implementing decontamination work, giving our prior attention to children's living space. Radiation dose in Abiko city is being drastically decreased compared with 2011 June by decontamination work and natural attenuation.

Abiko city has achieved a decreasing rate of 67% (0.27 μ Sv/h to 0.09 μ Sv/h), which surpasses the national norms (60%). For more information, contact Radioactivity Countermeasure Office at 7185-2495

17th Abiko International Open-Air Art Exhibition: Creators Wanted!

Abiko International Open air Exhibition to be held from October 25 to November 9 is calling for entries of exhibiting artists from general public. If you wish to exhibit your works, please attend a presentation on August 24 (Sun) 2:00p.m - 4:00p.m., at Fusa neighborhood center "Fusa no kaze" (Application required).

For more information, contact Egami of Abiko Open-Air Art Association at 090-9858-4625

Abiko City Museum of Birds: Let's Go Bird-Watching at the Riverside!

Date/Time: June 21 (Sat) 9:00a.m. - noon (Cancellation in the event of rain or flooding)

Place: Tnegawa yu-yu park (gathering spot: Midori-en parking)

Fee: 100 yen (junior high school students or younger children are free)

First 30 applicants, reservation required. Elementary and junior-high school students must be accompanied by parents. For more information, contact Abiko City Museum of Birds at 7185-2212

<Event in Town>

Aloha Festa in Abiko 2014

Date/ Time: June 7 (Sat), 9:50a.m. - 6:00p.m. (In the event of stormy weather, postponed to June 8, if stormy both days, cancelled) Place: Teganuma Park,

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

For more information, contact Loco moco at 7136-7232

Abiko Local Farmer's Market "Abikon" 7th Anniversary Event

Date/Time: June 7 (Sat), 8 (Sun), 10:00a.m. - 2:00p.m. (Cancellation in the event of stormy weather)

Place: Abiko local farmer's market "Abikon"

Contents: "Rice ball of your own making" contest, sale of processed foods using local produce, etc.

For more information, contact Abiko local farmer's market at 7108-3171

Let's Try Wearing Yukata with Your Family

Date/Time: July 6 (Sun), 9:30a.m. - 11:30a.m.

Place: Kohoku community center (Kohoku chiku kouminkan),

Target: Elementary school students and their parents living in Abiko city, 15 applicants

*Application deadline: June 16 Fee: 500yen

Bring your Yukata, hanhaba (half-width) obi, towel, koshi-himo (3 waist straps), korin belt (elastic with plastic clips on both ends), and underwear (tank top and short pants etc.)

For more information, contact Kohoku community center at 7188-4433

Advisory Service-June 2014

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

Public Health Care Center Programs

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Jun. 7, 14, and 28 (Sat)	Expecting women of 20 weeks or over, and their family

Child Care	Jun. 11 and 25 (Wed) 10:00 - 15:00 Reservation required	At <i>Niko-Niko-Hiroba</i> First 10 people
	Jun. 18 (Wed)	Public Health Care Center
Health Checkup for 18-month-old infants	Jun. 26 (Thu)	Infants born from Nov.1 to Nov. 20, 2012
Dental Checkup for 2 year and 8 month-old children	Jun. 24 (Tue)	Children born in Oct. 2011
Health Checkup for 3-year-old children	Jun. 5, 19 (Thu)	Children born from Nov. 1 to Dec. 10, 2010
Health Checkup for 5-year-old children	Jun. 24 (Tue)	Children born in Jun. 2009
Baby Food Class for 4 to 6 month-old babies	Jun. 27 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Jun. 6 (Fri)	Children born in Sep. 2013 First 20 applicants. Reservation required by phone.

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

1. NIGHT--TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

Hours: 19:00 - 22:00 every night

Nurses or doctors will advise you of what to do for your child.

2. HOLIDAY-- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

Location: Opposite of Abiko Public Health Care Center, Kohoku (Phone: 7187-7020)

Items and service 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.

Newsletter Abiko

No.236

June 1, 2014

Published by: Abiko City Office <http://www.city.abiko.chiba.jp>

Edited and translated by Abiko International Relations Association (AIRA)

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Excerpts of the Newsletter issued by Abiko City

Let's Enjoy Teganuma Fireworks 2014 !

Date/Time: August 2, 7:00pm~8:30pm (if rained: Aug. 3)

Your contribution is appreciated

The Teganuma fireworks executive committee is conducting fund raising drive on July 2, 8 and 16, from 6:00pm to 7:30pm at Abiko station, both at south and north exits. Your kindness and cooperation will add further brilliance to the fireworks.

You can also contribute at the *Hoku Hoku Kita Maturi* festival on July 19 at Kohoku station's north exit.

In addition, contribution boxes are placed at the first floor of Abiko City Hall, as well as at Abista, Abishirube, Kohoku Chiku Kominkan, Abicon, Seven-Eleven stores, and Ito Yokado Abiko branch.

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

Your message will be announced to the spectators before a firework is shot out.

Fee: 50,000 yen for each firework

Application: Please send a post card with your name, address, phone number, and age by July 15 to: Teganuma Hanabi Taikai Jikko Iin kai (Executive Committee) (Shoko kai), Kotobuki 1-13-27, Abiko 270-1152

Inquiry: Please contact Shoko-kai at 7182-3131 (Monday through Friday)



Abiko Green Curtain Contest in 2014

Green plants (green curtains) can not only alleviate strong summer sunlight but save electricity.

Take and send your green curtain photos to share some refreshing coolness during the hot summer! One photo must be taken in full in the open air, and the second one can be taken from any vantage point which can appeal coolness.

Eligibility: Residents, groups, and companies in Abiko City

All photos must be color-printed, 89 x 119 mm. Photos submitted will not be returned.

Please write your name, address, phone number, the type of plants used, how plants were grown (in pots, in your garden, etc), the date of the photographs taken, and the width and height of the green curtain. Also write just how *the curtain* is effective for you, and other good points, if any. Send the photos and your information to: Green Curtain Contest, Teganuma-ka, Abiko City Hall, Abiko 270-1192
Inquiry: Mr. Miyama (Abiko Eco Life) at 7181-5036, or Teganuma-ka (ext. 468)

Tega Ohashi Bridge 50th Anniversary Photo Contest

Theme: Beautiful views of Teganuma, lake Tega, the bridge at under construction, old ferry boats before the bridge was built, etc.

Application: Please bring or send your photos with the application paper by July 31 via e-mail or surface mail to: “Abiko no Miryoku Hasshin Shitsu”, Abiko City Hall, Abiko 270-1192 e-mail: photo@city.abiko.chiba.jp Submitted photos will not be returned.

Application form: Obtain at City’s public establishments or download from our website.

Prize: A package of New Rice for the first, second, and third prize winners !

Poll on the best photos: Residents of Abiko may vote on submitted photos from August 7 to 18 at City Hall, Shimin Hall, Abishirube, or through the Abiko city website.

Contact: For more information please check the City’s website or call 7185-2493

Yamashina Collection Exhibition At Bird Museum

Date: July 12 to November 30, 2014

In commemoration of the 26th International Ornithological Congress to be held in Tokyo, a special display of rare and precious birds specimens will be held to the public, along with the history and special collections including those extinct pieces in storage at the Yamashina Institute for Ornithology. Entrance Fee: 300 yen (adults), 200 yen (high school and college students)

If you are over 70 years of age, or in elementary or junior high school, entrance is free!

Contact: For more information call the Tori no Hakubutsu-kan (Bird Museum) at 7185-2212

Elementary School 25m Swimming Pools Open—Free

Dates: July 25 (Fri) to August 18 (Mon)

Hours: 9:00am to 11:10am 11:30am to 1:40pm and 2:00pm to 4:10pm

Locations: The following all elementary schools: Abiko Daiichi, Abiko Daisan, Abiko Daiyon, Kohoku, Kohokudai Nishi, and Fusa Minami elementary schools.

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

*Kids still in diapers may not enter the pool

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

*Please do not use sun tan oil *Parking not available

Breaking News !

Ms. Nahoko Uehashi, professor of Kawamura Gakuen Woman's University and the International Andersen Prize winner, is scheduled to be awarded a Citizen, Culture and Sports Commendation of Abiko City on Sunday, July 13, 2014 at the university. .

Advisory Service – July 2014

Item	Date/Time	Place	Contact
Legal Advice	July 3,10,15,17,22 9:30-15:30	Civic Consulting Room 2F City Office	Secretarial Sec 7185-1714
Tax Matters	July 18 10:00-15:00	Tax Collection Sec	Tax Collection Sec 7185-1349
Living Advice	Weekdays 8:30-17:00	Social Welfare Sec 2F West Annex	Social Welfare Sec Ext 393
Child Matters in General	Weekdays 8:30-17:00	Child Counseling Sec 1F West Annex	Child Counseling Sec 7185-1821
Domestic Violence	Weekdays 8:30-17:00	Social Welfare Sec 2F West Annex	Social Welfare Sec Ext 394

Public Health Care Center Program

Tel: 7185-1126

Item	Date	Eligibility
Maternity Class (Shiawase mama & papa Gakkyu)	July 5, 12, 26	Expecting women of 20 weeks or over Appointment needed
Consultation for 4-month-old babies	July 1, 8	Babies born February 2014
Child Care Advice	July 16, 23	At <i>Niko-Niko Hiroba</i> (10 people each day)
Health Check-up for 18-month-old children	July 10, 17	Born Nov 21-Dec 31, 2012
Dental check-up for 2 years and 8-month-old children	July 24	Children born November 2011

Health check-up for 3-year-old children	July 3	Children born December 11-31, 2010
Health check-up for 5-year-old children	July 24	Children born July 2009

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

1. NIGHT TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS

Call #8000 or 043-242-9939

Service Hours: 7:00p.m.-10:00p.m. every night

Nurses or doctors will advise you of what should be done for your children.

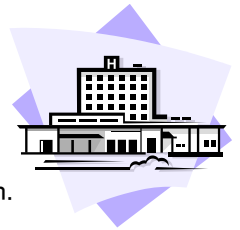
2. HOLIDAY DAY-TIME CLINIC (Sundays/Holidays)

Place: Clinic Center (across Abiko Public Health Care Center) (phone:7187-7020)

(1) Internal medicine, and pediatrics 9:00 a.m. - 11:30 a.m. 1:00 p.m. - 4:30 p.m.

(2) Dental clinic 9:00 a.m. - 11:30 a.m.

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



3. NIGHT & HOLIDAY-INTRODUCTION OF HOSPITALS (Sundays/Holidays)

Call FIRE STATION at 7184-0119. 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.

4. REQUEST FOR AMBULANCE Call: 119

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

Newsletter

No. 237 July 1, 2014

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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 <http://www.e-aira.jp>



Excerpts of the Newsletter issued by Abiko City

Abiko City's Awards of Honor were granted to Ms. Uehashi and Chuo Gakuin University's women golf players for their achievements

On July 13, a Culture and Sports Award of Honor for Abiko Citizen was granted by Abiko City to Ms Nahoko Uehashi, professor at Kawamura Gakuen Woman's University. She is the 6th award winner. As a writer she has won many kinds of literary awards, in addition to the so-called Nobel Prize of children's literature "The International Hans Christian Anderson Award" early this year.

On June 30, Sports Achievement Awards were granted by the City to the Chuo Gakuin University Women's Golf Club and Ms Nene Tanno, one of its members. The team won the golf championship, and Ms. Tanno was chosen as the best golfer at the 37th All Japan Women's University Golf Tournament held in Hokkaido on June 17 and 18, this year.

Address by Jun-ichiro Hoshino, Mayor

"Ms Nahoko Uehashi, who received Abiko Citizens' Award of Honor, is known as the second Japanese winner of the International Hans Christian Andersen Award as a writer. Her works are translated in many countries and are read by many children. Her achievement is our pride. In addition, it's great that our award winner Chuo Gakuin University Women's Golf Club won the championship. Their achievements are also our pride.

All Japan Women's Golf Championship Tournament will be held at Abiko Golf Club in 2017. It is our great honor to grant our awards of honor to the two university-related peoples. We plan to increase an amount to such prizes. Your cooperation with us in the promotion of culture and sports shall be much appreciated."

Childcare Allowance

Those who receive childcare allowance are required to report without fail the present status to the city in August every year. Please do not forget such submission of the report.

Submission: to the Children Support Section by August 29

Inquiry: For more details, please contact Children Support Section. ext. 852

Free Space “Unakichi san chi” at Keyaki Plaza 11th floor—Open Now !

The 11th floor of Keyaki Plaza is open free for the public from August 1 till further notice. You may use it for your study and rest while enjoying a good view of Lake Tega.

Time for use: 09:00–19:00 (Aug.2, 3 : till 17:00)

For inquiry, please contact Citizen Support Section, ext. 488.

Be careful about Bees

Bees are active from spring to autumn, especially hornets (suzumebachi) become very active from August to October because they protect their nests. They make their nests under eaves, attics, garden trees, bushes, cliffs, shutter pockets, under the ground, etc. To protect you from their attack, do not make them angry or do not approach them too closely.

International Speech Contest

Abiko International Relations Association (AIRA) holds the 16th International Speech Contest. Many citizens especially young people's participation is most welcome.

Date: September 28(Sun) 13:00–

Place: Abiko Civic Plaza Hall

Themes: Your experiences of international exchange, your dreams, international peace, international exchange, etc.

Eligible persons: Any person above/including junior high school students living or studying or working in Abiko City (a person of any nationality acceptable). As a rule, Japanese make a speech in English and the people from abroad in Japanese.

Maximum applicants: 20 persons (If more than 20 persons apply, screening may be made)

Judgment: Not only the proficiency in language but the speech's content are judged. The prizes include AIRA Award, Mayor Award, Education Board Chief Award, etc.

Application method: You may apply to AIRA by mail, e-mail and fax. Application forms are available at Abiko Civic Plaza, Abishirube including AIRA office. A form can be downloaded through the AIRA home page: <http://www.e-aira.jp>

Dead Line: Application notice by Sep.17, your speech text by Sep.24

For more details, please contact AIRA at phone 7183–1231.(except Thursdays)

Japanese Classes for foreign people

Those who have come to Japan from abroad and want to learn Japanese are welcome to join Japanese Language Classes in September as follows:

(1) Tuesday classes: Every Tuesday from 10:00 to 11:30 at Abista

(2) Saturday classes: Every Saturday from 10:00 to 11:30 at Abiko Civic Plaza

Fee: Free (except textbooks)

For more detail, please contact AIRA at phone 7183–1231(Except Thursdays)

Advisory Service–August 2014			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	7(Thu),19(Tue), 21(Thu), 26(Tue) and 28(Thu) 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	15 (Fri) 10:00 – 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Living Advice	Week days (Mon. to Fri.) 8:30-17:00	West Annex 2F	Welfare Consulting Sec----Ext 393
Child matters in general	Week days (Mon. to Fri.) 8:30 – 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days (Mon. to Fri.) 8:30 – 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

Public Health Care Center Programs –August 2014

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	9, 23 and 30 (each Sat.)	Expecting women of 20 weeks or over, and their family
Health Checkup for 18-month-old infants	21 (Thu.)	Infants born from Jan 1 to Jan 20, 2013
Dental Checkup for 2 year and 8 month-old children	26(Tue.)	Children born in December, 2011
Health Checkup for 3-year-old children	7 and 28 (each Thu.)	Children born from Jan 1 to Feb 10, 2011
Health Checkup for 5-year-old children	26 (Tue.)	Children born in August, 2009

Baby Food Class for 4 to 6 month-old babies	22 (Fri.)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	4(Mon.)	Children born in November 2013 First 20 applicants. Reservation required by phone.

————— Health Care —————

1. FOR CHILD: NIGHT TELEPHONE CONSULTATION ON CHILD'S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

Hours: 7:00p.m. – 10:00p.m. every day

Nurses or doctors will advise you of what should be done 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 (AMBULANCE)

They will advise you of appropriate hospitals or pediatricians. Before you go there, please call the hospital and tell them the patient's symptoms.

4. REQUEST FOR AMBULANCE

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

<i>Newsletter Abiko</i>	No.238	August 1, 2014
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: info@e-aira.jp http://www.e-aira.jp		



Excerpts of the Newsletter issued by Abiko City

Prepare against Typhoons, Water Disasters Sep 1 to Sep 5 - Disaster Preparedness Week

To prepare against typhoons and heavy rain, pay attention to the weather information and inspect your surroundings.

◇ Inspect 6 points at home in order to prepare against storm and flood damage.

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

◇ Safe evacuation

At an imminent emergency, in order to protect your family and yourself, first consider the state of the weather, time, your housing situation, etc., choose the most suitable way out of the following methods, and evacuate as soon as possible.

1. Move to evacuation sites temporarily.
2. Move to safe places other than 1. (nearby parks, relative's or acquaintance's houses)
3. Move to a nearby tall building.
4. Move to a safe place in your house (e.g. to the second floor).

Abiko city took the following countermeasures against flood damages.

◇ Installation of disaster-prevention camera

The disaster-prevention camera was installed in Fusa area not only to monitor flood situation but also to measure rainfall and water level.

◇ We have concluded an agreement with Naritaya Store on temporary usage of parking lots in the event that flood occurs, or expected to occur in Fusa area.

◇ Flood prevention works are currently in progress mainly in 5 places: Fusa, Wakamatsu No.1 and No.2, Kujike, and Shibasaki areas.

NEWS – General Disaster Prevention Drill will be held on Saturday at 9:30 a.m. on September 27 Place: playground and gym at Fusa Minami elementary school

Osteoporosis Checkups

Those who are eligible can take the checkup on the designated days without application.

Date: September 16 (Tue), and 17 (Wed) 9:30 a.m.–10:30 a.m., 1:00 p.m.–2:00 p.m.

Place: Abiko Public Health Care Center

Examination method: X-ray check on arm bone Pregnant women are excluded.

Target: Female residents who are 20, 25, 30, 35, 40, 45, 50, 55, 60, 65, 70 years old as of March 31, 2015.

Fee: 500 yen Contact: Public Health Care Center at 7185-1126

Offer for City-run Housings

Apartment Name	Available qty	Floor	Type	Parking	Remark
Sakae	1	1st	3DK	N/A	For the disabled only
Higashiabiko A	1	1st	3DK	N/A	
Higashiabiko B	1	1st	3DK	¥3675/month	
Negoya	1	1st	3DK	¥3675/month	
Hibiri	4	2 nd , 3 rd , 4 th	3K	N/A	Single OK

Eligibility: Those who live in or commute to Abiko, badly needed in housings, pay resident tax without delay, have relatives to live together, and are not gangsters.

Housings are scheduled to be available from November, 2014.

Eligible ceiling on income per month: 1. General household: 158,000 yen

2. Household for aged, disabled people, and with children : 214,000 yen

Application forms are available at Housing Section and Administrative Service Centers.

Apply to Public House Building Section by 5:00 p.m. on September 19 (Fri)

For more details, contact the above section at extension 570.

Takeuchi Shrine Festival - September 13 to 15

This traditional festival originated in Kyoho period (1716 to 1735) in Edo era. The festival will be held for 3 days from September 13 to 15 in Fusa area. An adult portable shrine, 5 kid's portable shrines, and 5 floats will go around the area.

During the period traffic will be regulated on some roads in this area.

Inquiry: Festival office at 7189-2736



Let's cheer athletes in our town !

1. Cheer for *Green Rockets* --- Let's watch a Rugby Football match of Japan's top league.

Date: October 11 (Sat) *Green Rockets* VS *Panasonic Wild Knights* (1:00 p.m. kick off)

Place: Kashiwanoha Park Stadium

After match get-together "Meeting Event with Green Rockets Players"

A meeting with the players will be held in the evening near the Tennodai station.

Fee: Sports support cheer groups member 3000yen, non-member 4000 yen, etc.

Contact: Abiko Sports Cheering Group Office at 7182-3131 by Oct.3 (Fri)



2. Bus tour for cheering Chuo Gakuin University athletes

Date: October 18 (Sat) The bus leaves at 5:00a.m. and will be back around 3:00 p.m.

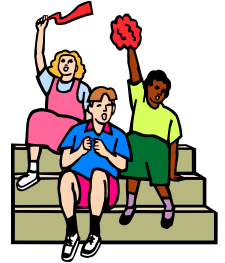
Meeting place: North Exit of Abiko station

Contents: Cheering for Chuo Gakuin University **Ekiden** runners at Showa Memorial Park in Tachikawa city, Tokyo Capacity: first 60 people

Fee: 3000 yen (including bus service, lunch and admission ticket)

Due date: September 26 (Fri)

Contact and apply to Abiko Sports Cheering Group Office at 7182-3131



Reward Festival for Mom 2014

Many enjoyable programs and activities for families. Join and refresh yourselves !

Date: September 6 (Sat) 10:00 a.m.-3:30 p.m.

Place: *Abby Cuore* (Ito Yokado Abiko Minamiguchi) Fee: free (Partly charged)

Target: Infants and parents (Non-Abiko residents can also join)

Contact and apply to *Nikoniko Hiroba* at 7185-8882 10:00 a.m. - 5:00 p.m. except Tuesdays

Advisory Service- September 2014

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Sep. 4,11,16,25,30 9:30 - 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Sep 19(Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Living Advice	Week days 8:30 - 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.393
Child matters in general	Week days 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days 8:30 - 17:00	Social Welfare Sec.	Social Welfare Sec. Ext. 394

Public Health Care Center Programs -September

Tel: 04-7185-1126

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	Sep 6,20, 27 (Sat)	Pregnant women of 20 weeks or over, and their husbands
Child care advice	Sep 3, 17 (Wed)	At Nikoniko Hiroba, first 10

4-month old consultation	Sep 2, 9 (Tue)	Those born in Apr, 2014
Health Checkup for 18 month-old infants	Sep 11,18 (Thu)	Those born in Jan 21-Mar 7, 2013
Dental Checkup for 2 year and 8 month-old children	Sep 25 (Thu)	Those born in January 2012
Health Checkup for 3-year-old children	Sep 4 (Thu)	Children born in Feb 11-Mar 8 2011
Health Checkup for 5-year-old children	Sep 25 (Thu)	Children born in September 2009
Baby Food Class for 4 to 6 month-old babies	Sep 26 (Fri)	First 30 applicants. Reservation required
Baby Food Class for 8 to 9 month-old babies	Sep 10 (Wed)	Babies born in December 2013 First 20 applicants

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

1. NIGHTTIME - 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 should be done for your child.

2. HOLIDAY - DAYTIME CLINIC (Sundays/Holidays) – Clinic Center

(1) Place: across Abiko Public Health Care Center) (phone:7187-7020)

(2) Dental clinic 9:00 a.m.-11:30 a.m.

(3) Internal medicine and pediatrics 9:00 a.m.-11:30 a.m. 1:00 p.m.-4:30 p.m.



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

3. NIGHT & HOLIDAY - INTRODUCTION OF HOSPITALS (Sundays/Holidays)

Call FIRE STATION at 7184-0119.

They will advise you of an appropriate emergency hospital or pediatrician. Before you go there, call the hospital and tell them the patient's symptoms.

4. REQUEST FOR AMBULANCE Call: 119

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

Newsletter Abiko

No.239 September 1, 2014

Published by : Abiko City Office <http://www.city.abiko.chiba.jp>

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Abiko

October 1, 2014

Excerpts of the Newsletter issued by Abiko City

Working toward the Realization of a Better Environment for Childcare

– Enhancing the arrangement of “Abikko-Club”, a place where children can play safely during after-school hours -

Abikko Club is a “place to stay” during after-school hours and long vacations for elementary school students. Abiko city is aiming for the establishment of Abikko-Club in every elementary school of the city with a view to making children’s place to stay during after-school and providing support to families raising children:

- Abikko-Clubs in Abiko-daini (June), Abiko-daiyon (September), and Konoyama (within school year 2015) are to be newly established for the 2015 school year (SY);
- Opening hour will be moved earlier to 9a.m. during long vacations (except Saturdays) from SY 2015;
- Abikko-Club in Fusa-minami will become available to Fusa elementary school students during long vacations (except Saturdays) from SY 2015;
- New establishment of Abikko-Clubs in Kohoku, Araki, and Fusa are under review and aimed at realizing by SY 2019.

For more information, contact Children Support Section at ext.449 or 447

New System for Children and Child-Rearing Support Starting from April, 2015:

***Please note that administrative procedure will be partly modified**

<After-school care program for children>

-If you would like to utilize full-year after-school care program for elementary school students from April 1 or April 16, please be sure to apply for admission between November 17 and December 16. Certificate of employment (for FY 2015) will be required to be attached by the deadline for the application.

-Please use the new format (2015 version) of application form which is available at each school or Children Support Section, otherwise downloadable from website of the city.

For more information, contact Children Support Section at ext.449 or 497

<Kindergarten, nursery school, and child institution >

Please follow procedures below:

Kindergarten

-Make a visit if needed (reservation required)
-Obtain an application which is available at each kindergarten from Oct. 15

-Turn in an application to the kindergarten of your choice from Nov. 1

-Start Kindergarten from April, 2015

Child institution or private nursery school

-Make a visit if needed (appointment required)
-Obtain formats of application for recognition, application for admission, and certificate of employment which are available at each institution/nursery or Child Nursery Section (for nursery school only) from Oct.15

-Submit application form and documents required to the institution/nursery of your choice between Nov.4 and Nov.17 (weekdays only)

-Take an entrance interview between Jan.8 and Jan.19, 2015(only for nursery school. Nursery school will give you notice of detailed information about appointment for an interview in the mid December)

*No entrance interview for child institution

-Final determination of entrance is notified in mid March
-"Qualification for childcare" is issued by the city
-Those who enter child institution sign a contract with the institution

-Start child institution/nursery school from April, 2015

Municipal nursery school

-make a visit if needed (appointment required)
-Obtain formats of application for recognition, application for admission, and certificate of employment which are available at each nursery or Child Nursery Section from Oct.15

-Submit application form and documents required to Child Nursery Section between Nov.4 and Dec.1 (weekdays only)

-Take an entrance interview between Jan.20 and Jan.23, 2015 (Nursery school will give you notice of detailed information about appointment for an interview in the mid December)

-Final determination of entrance is notified in mid March (If oversubscribed, you may not enter the nursery school of your first choice)
-"Qualification for childcare" is issued by the city

-Start nursery school from April, 2015

For more information, contact Child Nursery Section at ext.446 or 572 about kindergarten, child institution, and nursery school.

Temporary Welfare Benefits and Special Benefits for Child Rearing Households, FY2014

***Please be sure to submit application by October 31(applicable for April to September use)**

For more information, contact Child Nursery Section at ext.572.

<Events in Town>

Teganuma Fureai Walk 2014

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

Date: November 8 (Saturday), 8:30a.m. - (detective walking course will start 10:00a.m.)

No postponement for rain, cancellation in the event of stormy weather.

Place (Starting point): Teganuma Park, multipurpose square

*Parking is limited. Participants are recommended to use public transportation.

Walking course, reception time: 1) Walking around Teganuma course (20 km), 8:30a.m.,

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

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

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

Abiko Kids Festival

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

Date: October 19 (Sunday), 9:30a.m. – 3:00p.m. (Reception closed at 2:00p.m.)

Place: Abista, Teganuma Park,

Contents of event: Work experience for children, haunted house, canoe and yacht ride, excursion boat ride, flea market, food stalls, etc.

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

For more information, contact Child Support Section at ext. 844 or 090-5315-6580, Fukatsu of planning committee

Yatsu Nature walk and Yatsu Festival

Date/Time: October 25 (Sat), 10:00a.m. – noon

Place (Starting point): JR Higashiabiko station, the south exit (cancellation in the event of rain)

Contents of event: Nature observation such as flowers, nuts, and wild birds, participation in Yatsu festival

First 25 applicants. No fee to participate. Bring your shoes and clothes that are easy to walk in.

For more information, contact Teganuma Section at ext.468

Advisory Service-October 2014

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Oct. 7 (Tue),9(Thu), 14(Tue), 23 (Thu) and 28(Tue) 9:30 - 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Oct. 17 (Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child matters in general	Weekdays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Weekdays 8:30 - 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Oct. 4, 11, and 18 (Sat)	Expecting women of 20 weeks or over, and their family
Health Checkup for 18-month-old infants	Oct. 16 (Thu)	Infants born from Mar.8 to Mar. 31, 2013
Dental Checkup for 2 year and 8 month-old children	Oct. 7 (Tue)	Children born in Feb. 2012
Health Checkup for 3-year-old children	Oct. 2, 9 (Thu)	Children born from Mar. 9 to Apr. 13, 2011
Health Checkup for 5-year-old children	Oct. 7 (Tue)	Children born in Oct. 2009
Baby Food Class for 4 to 6 month-old babies	Oct. 24 (Fri)	First 30 applicants.
Baby Food Class for 8 to 9 month-old babies	Oct. 1 (Wed)	Children born in Jan. 2014 First 20 applicants.

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

1. NIGHTTIME -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 should be done for your children.

2. HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS) – Clinic Center

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.

Newsletter Abiko

No.240

October 1, 2014

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Abiko

November. 1, 2014

Excerpts of the Newsletter issued by Abiko City

Health Fair 2014 – Plus 10 (minutes)

Date/time: November 16th 10:00 to 15:00

Place: Abista Fee: Free!

What's involved: Health checkup, breathing, rubber tube and other types of exercises. Kids get the chance to try out working as a doctor or nurse! Consult with doctors, dentists, and pharmacists regarding your health.

People are walking less than ever -- 1000 fewer steps (around 10 minutes) a day compared to only 10 years ago.

Try walking for an additional 10 minutes every day – make “Plus 10” your own healthful goal.

Mini Stage: Music, kids dance, Double Dutch play, etc.

Snack stands: Udon, bread, unakichi-onigiri (rice ball), etc.

Inquiry: call 7185-1126 (Kenko Zukuri Shien-ka)



The 23rd Abiko International Festival 2014

Date/time: November 30th 11:00 to 16:00

Place: Abiko Civic Plaza (Ito Yokado Abiko 3F)

Fee: free

Shops: China, France, Germany, USA, Columbia, and Korea

Features: Coloring pictures, origami for kids, sale of folk crafts, snacks, tea ceremony, flower arrangement, and photo display on AIRA's annual activities.

Entertainment: Concert – piano and flute playing, dance, chorus, folklore, etc.

It's a chance for you to enjoy a lot of different cultures in one place!

Inquiry: For details, please contact AIRA (Abiko International Relations Association)

Tel: 7183-1231, Fax: 7183-2005 e-mail: info@e-aira.jp website: <http://www.e-aira.jp>

The 33rd Abiko Agriculture Festival at *Abikon*

Date: November 22nd 10:00 to 15:00 (No postponement for rain)

Vegetables and fruits grown by farmers in Abiko will be on display. Please vote for the vegetables and fruits you like and you'll be able to get some vegetables. (10:30 to 11:30)
There will be a consultation set up for advice on growing plants, home-made food with fresh vegetables, free rice cakes, free pop corn, quizzes, and other events.

Tel: 7185-1111 City Hall (Ext. 511 Nousei-ka)

*A Soba festival will be held at *Abikon* on November 8th and 9th 10:30 to 15:00

You can have fresh soba dishes like zaru soba, tempura soba, etc., from 500 yen.

Tel: 7108-3171 Abiko Nousanbutsu Chokubaisho *Abikon*

BIRD Watching with your Children

Date: November 30th 9:30 to 12:00 (canceled in case of rain)

Place: Tega no Oka Park and Teganuma south shore

Fee: free

You can get a list of the birds with names, photographs, and a bingo game

Please assemble at the Fureai Hiroba on the north side of Abiko station at 9:00AM (20 people) Or at Tega no oka park Donguri no Ie at 9:30AM (10 people)

Please call Abiko Yacho o Mamoru Kai for a reservation Tel: 7163-7898 Noguchi-san

Nature craft: Make a Wreath with Autumn's Bounty

Date: November 22nd 9:30~ 12:00

Place: Avista, craft room Fee: free

Enjoy making a wreath with acorns, pine cones, and other natural parts of the autumn harvest!

20 people (kids under 12 years old must participate with parent/guardian)

Please bring an apron

For reservation, call 7185-1111 City hall (ext.468 Teganuma-ka)

Christmas Wreath Making

Date: November 26th 10:00~12:00

Place: Abista, craft room Fee: 2500 yen

Please bring a small shovel, plastic gloves, and apron.

Send your name, address, and telephone number by phone or fax to NPO Terrace21

Tel: 7160-3711

Fax: 7160-3722

e-mail: terrace21@terrace21.com

Abiko Citizens Fureai Meeting

The city's top officials will explain about the principal undertakings of the FY2015 at the following locations.

November 8 th 10:00 to 12:00	Kinrin Center Fusa no Kaze
November 15 th 10:00 to 12:00	Araki Kinrin Center
November 15 th 14:00 to 16:00	Kohokudai Kinrin Center
November 16 th 10:00 to 12:00	Kinrin Center Komorebi
November 16 th 14:00 to 16:00	Abiko Minami Kinrin Center

Inquiry: For detail contact Hishokoho-ka at 7185-1714

Baby Care Information

A. Joint Event Have fun with your baby at Oyako de Asobou Event !

Date: November 5th 10:00 to 11:30 Place: City Gymnasium

B. Local Events Good times are guaranteed for all! Also on the schedule:

Sukusuku Hiroba (Tennondai south area) November 6th; Nikoniko Hiroba (Ito Yokado Minamiguchi) November 10th; Wakuwaku Hiroba (Next to Kohokudai Hoikuen) November 11th; Sukoyaka Hiroba (Fusa Minami elementary school) November 14th

Time: All from 10:30 to 11:00 Contact: 7185-1111 (Ext. 322 Hoiku-ka)

C. Lun Lun Park:

At Abiko Station Minamiguchi/Higashi Kouen November 7th; Nakabyou Nihonenoki park November 12th; Tennoudai/Nishi Kouen November 20th; and Fusa Minami park November 21st Time: All from 10:30 to 11:30 (canceled in case of rain)

Contact: Nikoniko Hiroba at 7185-8882 10:00-17:00 (Except Tuesdays)

Let's play with daddy (Exercise, game, baby time, etc.)

Nikoniko Hiroba November 16th 10:30 to 11:45 (20 pairs) Tel: 7185-8882

Sukusuku Hiroba November 1st, 8th, 15th, 29th 11:00~11:20 Tel: 7185-1936

Wakuwaku Hiroba November 29th 11:00 to 11:45 Tel: 7185-2196

Sukoyaka Hiroba November 8th 10:30 to 11:30 Tel: 7185-2247

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

1. FOR CHILD-NIGHT-TELEPHONE CONSULTATION ON 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 should be done for your child.

2. HOLIDAY-DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

Place: Abiko Public Health Care Center (phone: 7187-7020)

(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 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.

Abiko Health Care Center Programs – November 2014

Kohokudai 1-12-16 Tel 7185-1126

MOTHERING: for those pregnant over 20 weeks (Shiawase mama & papa Gakkyu)	Nov. 8th, 15th, 22nd Please call for an appointment
Consultation for 4months old child	Nov. 4th, 11th,
Consultation for babies	Nov.19th, 26th (at Niko-Niko Hiroba in Ito Yokado Minami Guchi, 10 people each day)
Health Check-up for 18 month old child Dental check-up, child 2 years 8 months Health check-up for child 3 & 5 years old	Canceled in November due to construction work on the Health Center. Back to normal from December
WEANING	Nov. 28 th for babies from 4 to 6 months, Nov. 12 th for babies from 8 to 9 months Please call for an appointment
Health exercises class	Nov. 12th, Fusa Minami park, 10:00 to 11:00 Nov. 18 th Kohokudai chuo park Nov. 21st Tennnoudai nishi park
Alcohol problem class	Nov. 7 th 14:30 to 16:00 (ext.421 Shogai Fukushi shien-ka)
Mental health class	Nov. 17th 14:00 to 16:00 West Annex (Ext. 421 Shougai Fukushi Shien-ka)

Newsletter No.241 November 1, 2014

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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 <http://www.e-aira.jp>



Excerpts of the Newsletter issued by Abiko City

Consultation on City Taxes

For those who cannot consult on city taxes (city/prefectural tax, fixed asset tax, small car tax and corporate city tax) during weekdays, we will open a consultation office during the following weekend. If you have difficulties in paying taxes on due dates, be sure to consult us. The details are as follows:

Date/time: December 20(Sat) and 21(Sun) 09:00–16:00

Place: Tax-collection Section (Phone: Ext.387, 471. On Dec20 and 21: 7185–1349)

Your Local Car Number Plate

In commemoration of the city's 45th anniversary, the city will grant the local number plate for bicycles with motor, etc. In addition to a new acquisition, you can change your existing number plate. We have decided the design of your local number plate.

Date to begin granting your number: January 7(Wed), 2015

Time: 09:00 – 17:00 (only weekday)

Charge: Free

Place to grant: Taxation Section (first floor of City Office) and each administration service office

Documents to bring: Your identification card (driving license, etc.) and your seal(*inkan*)

*Change from your existing number: Your number plate and mark grant certificate

*New registration: Sales certificate (assignment certificate and disused vehicle certificate)

(Please note that if an agent applies for you, a letter of attorney signed by yourself is necessary. In addition, in line with change in the number, you may need to make change procedures for compulsory automobile liability insurance, etc. For more details, please consult with your insurance company.)

Acceptance of your desired number plate

Application: From December 1(Mon) to 19 (Fri), 2014

Application requirements: You can change or register the number during the period from January 5(Mon), to 23(Fri), 2015 (only weekday).

Application method: by postal card indicating your details.

Selection method: Open lottery on December 22(Mon), 2014

Announcement: To all applicants

Delivery period: January 5(Mon) to 23 (Mon), 2015 (only weekday)

Charge: Free

Delivery place: Taxation Office (first floor of City Office)

For more details, contact Taxation Office at phone 7185-1111(Ext. 403)

City Crime Prevention Campaign for Year End and New Year Period

Period: December 10(Wed), 2014 – January 3(Sat), 2015

Abiko Crime Prevention Council will implement a city crime prevention patrol on December 11(Thu) (12 if it rains on 11), 2014 because many crimes occur at this time of the year. The aim is to prevent crimes more effectively by carrying out a **Showy** patrol.

For more details, contact Abiko Police Station at phone 7182-0110 or Abiko Crime Prevention Council at phone 7184-8190 (only weekday).

Winter Traffic Safety Movement

Period: December 10(Wed) – 31(Wed),2014

It is concerned that more traffic accidents occur in end year or early January when year-end parties or new-year parties are held frequently, resulting in traffic accidents due to driving under the influence of alcohol. Let us keep in mind that we will not drive when we drink and we will not allow people to drive under the influence of alcohol.

Important Goals of the Movement

(1) We will never drive under the influence of alcohol. (2) We will try to prevent traffic accidents of children and elderly people. (3) We will prevent traffic accidents when we walk in the evening or at night or when we ride a bicycle. (4) We will wear seat belts of all the seats or child seats correctly.

Five Rules When We Ride a Bicycle Safely

(1) Bicycles must run on the roadway and a pavement is an exception. (2) Bicycle must run on the left side of the roadway. (3) A pavement is mainly for pedestrians and bicycles must slowly run on the side of the roadway. (4) We keep traffic rules. (5) Children must wear helmets.

For more details, contact Abiko Police Station at phone 7182-0110 or Citizen Safety Section at 7185-1111 Ext. 486.

Now Wanted Postal Cards Spoiled in Writing

If you have postal cards spoiled in writing, please bring them to AIRA (Abiko International Relations Association) who will cooperate with UNESCO by collecting them.

For more details, please contact AIRA Office at phone 7183-1231.

Advisory Service– December 2014			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	4(Th.),9(Tue.), 11(Th.),16(Tue.) and 25(Th.) 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	19 (Fri) 10:00 – 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Living Advice	Week days except Sat/Sun/public holidays 8:30-17:00	West Annex 2F	Welfare Consulting Sec. Ext 393
Child matters in general	Week days except Sat/Sun/public holidays 8:30 – 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except Sat/Sun/public holidays 8:30 – 17:00	Welfare Consulting Sec.	Welfare Consulting Sec. Ext. 394

Public Health Care Center Programs –December 2014

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	4, 11 and 18 (each Thu.)	Expecting women of 20 weeks or over, and their family

Health Checkup for 18-month-old infants	4 (Thu.)	Infants born from April 1 to April 25, 2013
Dental Checkup for 2 year and 8 month-old children	25 (Thu.)	Children born in March, 2012
Health Checkup for 3-year-old children	11 and 18 (each Thu.)	Children born from April 14 to May 26, 2011
Health Checkup for 5-year-old children	25 (Thu.)	Children born in November, 2009
Baby Food Class for 4 to 6 month-old babies	12 (Fri.)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	8(Mon.)	Babies born March 2014 First 20 applicants. Reservation required by phone.

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

1. FOR CHILD – NIGHT TELEPHONE CONSULTATION ON CHILD’S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

Hours: 7:00p.m. – 10:00p.m. every day

Nurses or doctors will advise you of what should be done for your child.

2. HOLIDAY DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

Place: Abiko Public Health Care Center (phone: 7187-7020)

(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 hospital or pediatrician. Before you go there, please call the hospital and tell the patient’s symptoms.

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

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