



Excerpts of the Newsletter issued by Abiko City

A HAPPY NEW YEAR!

Message from Mayor, Junichiro Hoshino

I wish you a happy new year. Two years will pass soon since the Great East Japan Earthquake. We will move forward the Abiko City Recovery Plan and the Abiko City Comprehensive Plan for Radioactive Decontamination established last year. Priority matters are recovery of the east Fusa area which was heavily damaged by soil liquefaction, and decontamination of public places for children.

In addition, we will reinforce gymnasiums against earthquake at elementary and junior high schools, remodel classrooms for increasing number of students in the west district, and open the fifth *Abikko Children's Club*. We will keep no-waiting condition for nursery schools or childcare afterschool, and support remodeling group homes for Alzheimer's disease patients and nursing homes.

We will remodel Araki station building and build Tsukushino pedestrian bridge and Fusa draining plant. We will take preventive measures against water damage in Wakamatsu and Kujike areas.

In August, we will hold a Fire Display Festival under joint sponsorship of Kashiwa City after 3-year absence.

Under severe financial circumstances, we will continue our administrative and financial reform by curtailing personnel expenses and promoting privatization scheme of public services.

We will make effort so that citizens can live safely, securely and healthily and that citizens can raise their children easily, and make an attractive town where citizens want to live for a long time.

Medical Checkup for Stomach Cancer

Application accepted until January 21

Date and time: In the mornings of February 15, 18, 19, 20, 22, 25 or 26

Checkup dates vary between men and women. If you apply for a checkup with your family, apply for it by one post card with the names of your family. The dates will be changeable depending on the number of applicants.

Place: Health Care Center

Content: Interview, stomach X-ray

Eligibility: Abiko residents who were born before March, 1973

Remarks: Don't apply for it if you are suffering stomach, or duodenum diseases. Please ask your doctor if you may have your stomach X-rayed in case you use pacemaker, or stent. If you have allergy for Barium, we recommend you to have the checkup at hospitals.

Fee: ¥900 (Some exceptions)

Apply: By post with your address, name, date of birth, sex, phone number, and a remark of "Application for stomach checkup"

Health Support Section, 〒270-132 1-12-16 Kohokudai, Abiko Phone: 7185-1126

Due date: January 21 (Your application must arrive by the deadline.)

Remarks: You can't choose a checkup date. Checkup notice will be sent in early February. If you want to change the date, please contact us.

Decontamination of housings where pregnant women or children under high school students live

Application accepted from January 4 to January 24

Eligibility: Housings where pregnant women or children who were born after April 2, 1994 live

Application: You can apply through the Internet, clicking "application for radioactivity doses measurement" on the top page of Abiko City site

Or fax, mail or file application form to radiation measure section. You can get an application form at radiation measure section or each administrative service center.

Remarks: We don't accept applications for housings where the radioactivity was measured last year. If your house is rent, get an approval of the house owner in advance, or apply in the name of the house owner.

Apply and Contact: 〒270-1192 Radiation Measures section Phone: 7185-5869

Pay Bicycle Parks – Application accepted from January 16 to January 31

Present users must also apply for the continuous use of bicycle parks during the next fiscal year.

Period of use: April 1, 2013 - March 31, 2014

Apply: post the application form to the post box at the janitor office in each bike park

Remarks: If the number of applicants is beyond the capacity, drawings will be made. Payment notice will be sent to the users in early March.

Contact: Silver staff center, phone: 7188-2345 (week days, from 8:30a.m.-5:00p.m.)

Indoor parks

Abiko north exit

Honmachi 3-chome

Cycle Park Abiko South

Cycle Park Tennodai South

Outside parks

Abiko north exit for motorcycles

Abiko South No.3

Tennodai north exit No.1 / No.2

Tennodai south exit No.1

Kohokudai north exit / south exit

Araki north exit / south exit

Fusa south exit / east exit



Coming of Age Ceremony 2013

Date: January 14

Morning: reception: 10:00 -10:30 ceremony: 10:30 - 11:30

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

Afternoon: reception: 1:00 - 1:30 ceremony: 1:30 - 2:30

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

Place: Fureai Hall at Keyaki Plaza

Eligibility: New adults who were born from April 2, 1992 to April 1, 1993

Sponsored by Abiko City, Abiko Board of Education

Contact: Life-long Learning Section, phone: 7185-1602

EVENTS IN THE TOWN

1. New Year Festival in Kohokudai

Date: January 13 (Sun) 11:45 - , Place: Kohokudai Community Center

Content: Rice cake making, Japanese dance, Koto (Japanese harp), Classic guitar performance, movie, balloon art Phone: 7187-1122

2. *Fureai Awantori* in Araki

Date: January 13 (Sun) 10:30 -14:00, Place: Araki elementary school ground

Burning New Year decoration and baking rice cake to pray for health through the year

Contact: Araki Community Center phone: 7188-2010

3. Rice Cake Making and New Year Calligraphy for elementary school children

Date: January 14, 2013 Place: Nedo Community Center

Rice cake making: 10:00-12:00

Calligraphy: 10:00-15:00

Children's games: 13:00-15:00

Contact: Nedo Community Center phone: 7183-5363



Advisory Service-January 2013

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Jan. 10,15,22,24,31 9:30 - 15:30 Reservation needed	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Jan 18(Fri) 10:00 - 15:00 Reservation needed	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Living Advice	Week days 8:30 - 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.393

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

Public Health Care Center Programs

Tel: 04-7185-1126

Item	Date	Eligibility
maternity class (Shiawase Mama & Papa Gakkyu)	Jan 12,19,26 (Sat)	Pregnant women of 20 weeks or over, and their husbands
Child care advice	Jan 9(Wed) Jan 23(Wed)	At Nikoniko Hiroba, first 15 Health Center
4-month old consultation	Jan 8,151 (Tue)	Those born in Aug, 2012
Baby Food Class for 4 to 6 month-old babies	Jan 25(Fri)	First 30 applicants. Reservation required

----- 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 to the hospital, please call the and tell them the patient's symptoms.

4. REQUEST FOR AN AMBULANCE Call: 119

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

Newsletter Abiko

No. 219

January 1, 2013

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, 2013

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 2012 will be started soon.

Date: February 18 (Mon) - March 15 (Fri)

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 being 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.18 to Mar.15, and also at the following places in the city:

Fusa Kinrin center (Feb. 12), Araki Kinrin center (Feb. 13), Kohoku community center (Feb. 14, 15)

For more information, contact Kashiwa Tax Office at 04-7146-2321, or Abiko City office Taxation Section, ext.335

An Assistant Language Teacher Wanted!

The Abiko board of education is looking for an Assistant Language Teacher (ALT) to teach English to the students at elementary and junior high schools in Abiko City.

Requirements	-Native English Speaker -Enthusiastic about teaching English to the children in Japan -Able to actively participate in English activities and cooperate with Japanese English teachers in lesson planning and classroom instruction -College Graduate -Daily conversational Japanese ability
Interview date	Monday, February 18 th (also Feb. 20 th , according to the number of applicants)
To apply	Call Shido-ka from Feb. 4 th to 13 th , 8:30a.m. - 5:00p.m.
Address	Abiko City board of Education, Shido-ka 1684 Abiko, Abiko-shi, 270-1166
For more information	Tel: 04-7185-1367 Fax: 04-7182-5867

Abiko city community bus: Abi-Bus, Fureai-Bus

In Abiko city, local buses are running on five routes below (charged).

Area	Route
Funato, Daida	Abiko Sta.- Daida-Kitakashiwa Sta.-Funato-Abiko Sta.
Sakae, Namiki, Izumi	Abiko Sta.-Sakae-Izumi -Tannodai Sta.-Namiki-Abiko Sta.
Araki	Kohoku Sta. - Arakidai - Araki Sta. - Arakino - Araki Sta. - Arakidai - Kohoku Sta.
Fuse	Abiko Sta. - Kujike - Fuse
Nedo	Abiko Sta. - Nedo - Kitakashiwa Sta.
Fusa	Chiba Newtown Chuo Sta. - Fusa Sta. - Kioroshi Sta. - Inzai city office

Detailed route maps and timetables are available at the city office and administrative service centers.

For more information, contact Traffic Section, ext.533.

Vaccination: Make sure your child is immunized

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

<Periodic Vaccination - recommended by law, free of charge

1. Measles-rubella vaccine (MR) second, third, and fourth inoculation

Target: Second inoculation for people born from Apr.2, 2006 to Apr.1, 2007, third for people born from Apr.2, 1999 to Apr.1, 2000, fourth for people born from Apr.2, 1994 to Apr. 1, 1995

Due date: Mar.31, 2013

2. Japanese encephalitis vaccine

Target: First inoculation for children aged between 3 and 7years and 6months, second for between 9 and 13years old (Notified individually to targets).

*Other than those above, people under 20 years and who have not vaccinated can get vaccinated. Contact public health care center in advance.

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

Target: Children aged between 11 and 13years old (Notified individually to targets)

<Arbitrary Vaccination - free of charge

1. Hib vaccine and pneumococcus vaccine, four doses of vaccination on average

Target: Children aged between 2months and 5years old

Due date: Mar.31, 2013

2. Cervical cancer vaccine, three doses of vaccination

Target: Women born from Apr.2, 1996 to Apr.1, 2000 Due date: Mar.31, 2013

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

<EVENTS IN TOWN>

World Cooking -Russian cuisine-

Beef stroganoff, Russian salad

Date: February 23 (Sat) 10:00a.m.-2.00p.m., first 20 applicants

Place: Kohoku community center

Fee: 800yen

Bring an apron, a triangular kerchief, kitchen towel, and take-out containers

Contact:7188-4433, kohoku.k@chiba.email.ne.jp

Handmade Miso Lesson

Date: February 16 (Sat) ①11:00a.m. -, ②1:30p.m.-, first five groups for each lesson

Place: Abikon (Abiko farm stand) Fee: 3,000yen

Bring an apron, a triangular kerchief, kitchen towel, and take-out containers

Inquiry: 7128-7770 (Mon, Tue, and Thu, 9:00a.m.-5:00p.m.)

Advisory Service-February 2013

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Feb. 7 (Thu), 12(Tue), 14(Thu), 21 (Thu) and 26(Tue) 9:30 - 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Feb. 15 (Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child-Care	Feb. 13 and 27 (Wed) 10:10 - 11:00 First 15 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. 2, 16, and 23 (Sat)	Expecting women of 20 weeks or over, and their family

Health Checkup for 18-month-old infants	Feb. 21 (Thu)	Infants born from Jul.1 to Jul. 20, 2011
Dental Checkup for 2 year and 8 month-old children	Feb. 28 (Thu)	Children born in Jun. 2010
Health Checkup for 3-year-old children	Feb. 7, 14 (Thu)	Children born from Jul. 1 to Aug. 10, 2009
Health Checkup for 5-year-old children	Feb. 28 (Thu)	Children born in Feb. 2008
Baby Food Class for 4 to 6 month-old babies	Mar. 1 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Feb. 8 (Fri), 27(Wed)	Children born in May 2012 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: 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.220

February 1, 2013

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

Two Short Years After the Earthquake

-----Picture panel exhibition of Fusa area revival-----

The east area of Fusa, Abiko City was heavily damaged by the soil liquefaction caused by the Great East Japan Earthquake in March 11, 2011.

Recovery work has been steadily carried out in this area, however, it is still in the half way to the completion.

In order to help people for remembering the disastrous scenes and knowing how the living area has been recovered, picture panels will be displayed at the following locations.

Date: March 8th to 18th

Place: Keyaki Plaza (1st floor), and Kinrin Center Fusa-no-Kaze (lobby)



Disaster Agreement with Yahoo Japan

In an emergency, you can find information including evacuation map on Yahoo Japan and check for the whereabouts of people in Abiko on a new disaster information blog.

Website: blogs.yahoo.co.jp/abiko_city_chiba

Income tax return due soon!

Dates: May be filed any time by March 15th (excluding March 2, 9 and 10)

Your filled out tax return documents may be received also at the City Office.

Income tax return questions: Call the Kashiwa Zeimu-sho (tax office) at 04-7146-2321

Municipal tax questions: Call Abiko Kazei-ka Shimin-zei at 04-7185-1111 (ext 335, 401)

Do you have a medical treatment card for your children?

(For kids from 4th grade through the last year of junior high school)

Please make an application by March 29th if you don't have one yet.

For children of forth grade from April of this year, you will receive by mail the medical treatment card at the end of March.

For questions, information: Call 04-7185-1111 (ext. 850, Kodomo Shien-ka)

Tea Ceremony

Date: March 10th From 10:00 to 15:00

Place: Abista, Japanese tatami room

Fee: 1000 yen (Omote senke, Ura senke schools)

Contact Ono-san for details at 04-7182-6161

Try your hand at a Shokado Bento lunch

Date: March 19th 10:00 to 14:00

Place: Kinrin center, Komorebi Kitchen

Fee: 1000yen Limited to 15 people

Please bring an apron, towel, and a bandana or other head covering

Contact: Hayashi-san, NPO Shoku-no-kai, tel/fax 04-7186-5510 (to March 4th 10:00~14:00)

Badminton class for beginners women

Date: March 26th, April 2nd, 9th, 16th, 23rd, 30th 13:00 to 15:00

Place: Shimin taiikukan gym

Fee: 3000yen Limited to 30 people

Please bring indoor gym shoes, a towel, drink, and badminton racket

To join, write your name, address, telephone number, and age on a post card and send it to Watanabe-san at the Abiko-shi Ski Renmei, 2-3-26 Midori, Abiko-shi, 270-1153.

Parent and Child Fishing Competition

Date: March 23rd 8:30 to 12:00 (will be cancelled due to rain)

Place: Kojoen fishing pond (west side of Teganuma park)

If coming by car, please park at Tsugawa Kogyo parking lot

Limited to 20 teams (40 people), children junior high age and above

Fee: 500 yen (includes competition and insurance) Phone by March 15th

Only rental fishing gear may be used (no cheating by bringing your own lucky pole!)

Contact: Clean Teganuma Sui-shin Kyogi-kai Jumu-kyoku, at 04-7185-1111 (ext. 467).

Crafts

The following short classes will be held in February. If interested, please contact the "Fureai Kouboh" group at 04-7186-5500. Limited number of participants:

Name	Day/Time	Participants	Cost	Please bring
Samue(kimono style jacket)	March 12 th 26 th 9:30 to 15:00	5 people	300 yen for each class	Wool kimono, thread sewing set, lunch
Wood carving of 12 zodiac signs	Three days: 9, 16, 23 March, 13:00 to 16:00	5 people	900 yen	Gravers (hand engraving tools) Leather gloves
Sitting stool from milk pack paper (paper club class)	March 14 th 10:00 to 15:00	3 people	300 yen	Quilting cloth 100 cm x 60 cm, gum tape, thread, cotton string, sewing set, lunch
Chef knife sharpening	March 16 th 10:00 to 12:00	5 people	300 yen	1 or 2 kitchen / chef knives
Paint class Kitchen paper rack	March 15 th 9:30 to 12:00	5 people	400 yen, including materials	Brushes for tool paint, rag towel, apron
Zori with cloth	March 21 st 9:30 to 12:00 or 13:00 to 15:00	10 people for each class	300 yen	Scissors, Sheet size cloth
Woodwork Magazine rack	March 14 th 10:00 to 12:00	5 people	300 yen	
Bag with umbrella	March 13 th 10:00 to 15:00	3 people	300 yen	Sewing thread, sewing set, lunch
Small bag (pouch) (cloth club class)	March 22 nd 10:00 to 15:00	3 people	300 yen	20x20 cm cotton cloth (three); quilt foundation 25x25 cm; backing cloth 25x25 cm; 20 cm zipper, sewing set
Kabuto helmet (cloth club class)	March 20 th 9:30 to 12:00 or 13:00 to 15:00	5 people for each class	700 yen, including materials	Sewing set
Pretty bag with Nagoya Obi	March 21 st 9:30 to 15:00	5 people	800 yen, including materials	Nagoya Ogi (untied and ironed), backing cloth 100x100 cm, sewing set, lunch,

From the Abiko Health Care Center Kohokudai 1-12-16 Tel: 7185-1126

MOTHERING: for those pregnant over 20 weeks (Shiawase Mama & Papa Gakkyu)	March 2nd, 9th, 16th Please call for an appointment
Consultation for 4months old children Consultation for babies	March 5th, 12th, 13 th , 27 th (at NikoNiko Hiroba and at Ito Yokado Minami-guchi branch, limited to 15 people each day)
Health Check-up for 18 month old toddlers	March 14 th , 21 st
Dental check-up for children aged 2 years and 8 months	March 26th
Health check-up for 3 year old children Health check-up for 5 year old children	March 7th March 26th
WEANING	March 22nd for babies from 4 to 6 months, March 6th for babies from 8 to 9 months
Health exercises class	Contact the center for detail

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

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

CALL #8000 or 043-242-9939

Hours: 7:00p.m. – 10:00p.m. every night

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

2. HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

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

Items and hours

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

(2) Dental Clinic 9:00 – 11:30

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

3. NIGHT & HOLIDAY-INTRODUCTION OF HOSPITALS (SUNDAYS /HOLIDAYS)

CALL 7184-0119 (FIRE STATION) or 119 (FOR AMBULANCE)

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

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

<p><i>Newsletter Abiko</i> No.221 March 1, 2013</p> <p>Published by: Abiko City Office www.city.abiko.chiba.jp</p> <p>Edited and translated by: Abiko International Relations Association (AIRA)</p> <p>Phone 04-7183-1231 Fax 04-7183-2005</p> <p>E-mail: info@e-aira.jp http://www.e-aira.jp</p>
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Excerpts of the Newsletter issued by Abiko City

General Account Budget for FY2013: 36,380 million yen

The general account budget for the FY2013 was approved at the March regular City Assembly. The total budget including four special accounts and water operation budget is about 66,489 million yen, an increase of about 2,044 million yen compared with the previous year. The main projects to be implemented for this year are as follows:

- 1) Recovery projects from the Great East Japan Earthquake disaster
- 2) Measures for contaminated soils, buildings, etc. and for radiation check system..
- 3) Promotion for young generation to live longer in Abiko
- 4) Town-building measures
 - (a) Environment-friendly town-building by making full use of nature including lakes and rivers, support for installation of solar power generation units, etc.
 - (b) Town-building by making full use of local resources for creating rich areas
 - (c) Town-building for everyone to be able to live safely
 - (d) Town-building for young generation to raise their children easily in an attractive town
 - (e) Town-building for everyone to be able to lead safely a healthy and independent life

Note on PM 2.5 (Particulate Matter)

If it is forecast that a day average value of PM 2.5 exceeds 70 micrograms per 1 cubic meter, Chiba Prefecture at 9 a.m. will provide residents with an information about and advise them to pay attention to the value of PM 2.5.

How to announce:

The City of Abiko will inform the citizens of such warning by the community wireless system or the bulletin board of community centers or administrative service centers.

In case of a warning issued:

We suggest that you take the following actions according to your health condition.

- 1) Refrain from going out if not required urgently.
- 2) Do not exercise hard at outdoor areas for a long time.

- 3) Wear masks properly when you go out.
- 4) If you are suffering from disease of respiratory system or circulatory system including children and elderly people, pay particular attention.

What is PM 2.5 ?

It is a particulate matter floating in the air for a long time and it's size is smaller than 2.5 micrometer in diameter. The diameter of the matter is so small that it can easily enter into lung and, as a result, it may cause health problems.

*micrometer= 1/1,000,000 meter

Environment standard:

Annual average value: below 15 microgram/cubic meter and one day average value: below 35 microgram/cubic meter.

*microgram= 1/1,000,000 gram

The environment standard is specified as a desirable standard for us to maintain our health.

Measurement results near Abiko:

Day average value (Unit: microgram/cubic meter)

15/Feb	16/Feb	17/Feb	18/Feb	19/Feb	20/Feb	21/Feb
27.6	8.1	9.8	35.8	24.2	10.5	10.4

Location measured: Takahana 1-3, City of Inzai

This information is a preliminary value and so it may be corrected in future.

Source: HP of Chiba Prefecture Contact: Teganuma-ka, ext. 567

Information in April

(1) Let's try to grow potatoes at planter

Date/place: April 28(Sun) 10:00-12:00 at Abista Craft Room

Acceptable number of applicants: 30 persons (on a first-come first-served basis)

Fee: ¥1,000 (pay on 28th)

Application to: NPO Terrace 21 (Phone: 7160-3711 Fax: 7160-3722 e-mail: terrace21@terrace21.com)

(2) Citizen's College "Learn more about Abiko"

Date/time: May 15-December 11(every Wednesday) 09:30-12:00

Place: Abista, etc.

Acceptable number of applicants: 36 persons above 18 years old Fee: ¥10,000/year

Planned and managed by: NPO Corporation "Fureai Abiko Jyuku" This college helps you to know more about Abiko by experiencing various activities such as case study of citizen's activities and internship system and to create community activities by yourself.

***Japanese language class for non-Japanese people (Free) ***

Day/Time/Place : A. Tuesday class (10:30–12:00) at Civic Plaza (Shimin Plaza, etc.)

B. Saturday class (10:15–11:45) at Abista, etc.

Contact: AIRA for detail at 7183–1231 10:00–16:00 (Thursday closed)

Advisory Service–April 2013			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	April 4(Thu), 16(Tue), 18(Thu), 23(Tue), 25 (Thu) 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185–1714
Tax Matters	April 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

Tel:04–7185–1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	April 5, 12 and 19 (each Fri)	Expecting women of 20 weeks or over, and their family
Health Checkup for 18-month-old infants	April 18 (Thu)	Infants born from Sept 1 to Sept 20, 2011
Dental Checkup for 2 year and 8 month-old children	April 25(Thu)	Children born in April 2010

Health Checkup for 3-year-old children	April 4 and 11 (each Thu)	Children born from Sept 1 to Oct 10, 2009
Health Checkup for 5-year-old children	April 25 (Thu)	Children born in from April 2 to April 30, 2008
Baby Food Class for 4 to 6 month-old babies	April 26 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	April 3 (Wed)	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 about the care to be taken for your child.

2. HOLIDAY-DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

Place: Abiko Public Health Center

Items and Hours

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

(2) Dental Clinic 9:00 – 11:30

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

3. NIGHT & HOLIDAY – INTRODUCTION OF HOSPITALS (SUNDAYS/HOLIDAYS)

CALL 7184-0119 (FIRE STATION) or 119(FORAMBULANCE)

They will advise you of 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.222

April 1, 2013

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

Enjoy “A Day of Lake Teganuma !”

May 12 (Sun) 9:00 a.m. – 3:30 p.m. – at Teganuma Aquatic Park

This is the event where you can experience various activities and have a good day on and along the Lake Teganuma. We are waiting for your coming offering a lot of enjoyable activities as follows.

***Enjoy stage**: Fusa junior high school brass band/Abiko high school brass band/Chuo Gakuin Univ. Cheer Leading team/ ABIKO *Soran* Asuka-gumi / A-Link / Teganuman’s show

***Bird Watching**: 8:30 – 12:00 reception, ***The *Numa* game for elementary school kids**: 9:15 a.m. – 1:45 p.m. ***Canoeing** (45 people): 9:30 a.m. – 2:30 p.m., ***Small yachting**(40 people): 9:30 a.m. – 2:30 p.m.

***Teganuma cruise & guide tour** (35 people): 1:00 p.m. reception – 2:30 p.m. ***Releasing small fish**: 3:00 p.m. ~, ***Discover nature in lake Teganuma**: coloring, nature Bingo game

***Catch and observe fish** (20 people): 9:30 a.m. reception – 11:30 a.m., ***Watch and touch fish**, ***Let’s make soap!** : Bring jars of jam, sightseeing information, ***Play rugby with NEC Green Rockets team**, ***Kids’ craft** ***Bird Museum shop**, ***Gum boat**, ***Other activities**, ***Food shop**, Others.

Inquiry: Teganuma Section, ext. 467

Inquiry on May 12 and May 11: call at 090-3916-0100 Admission free



Abiko Welfare Festival May 12 (Sun) 10:00 a.m. – 3:00 p.m.

Place: Abista, Teganuma walk way (Admission Free)

There will run water-bus services (10 minute- ride) to Teganuma Aquatic Park unless it rains.

***Health Care Corner**: measurements of blood pressure, fat, bone age by Heiwadai Hospital

***Children’s event** (charged) Airy Teddy bear, water yo-yo, wooden craft, paper folding, face painting, Handmade toys exhibition, old days playing, ***Welfare experience**

(10 minutes): braille, sign language, visual impairment, wheel chair,

***Thanks message**, ***Photo service** with Unakichi-san, Fusada Dashio, and Chiiba-kun, ***Welfare shops**: handmade crafts by welfare groups, fresh vegetables, soft drinks, snacks, etc.

Inquiry: Abiko social welfare association, phone: 7184-1539



Starting June 3 “Application for Subsidy for Earthquake-Resistant Testing and Remodeling” will be accepted

Applicable housings are those built before May 31, 1981.

Apply earthquake-resistant diagnosis of wooden housings: June 3 – June 29, 20 housings

Apply earthquake-resistant remodeling of wooden housings: June 3– June 29, 20 housings

Apply earthquake-resistant diagnosis of condominiums: June 3 – June 27, 1 condominium building

Please contact Housing Construction Section for the details, ext. 601

Attention ! A lot of Sneak Thievery Cases Reported !

Sneak thieves are dangerous when they turn to be rough burglars. Take the following safety measures to prevent thievery.

- 1) House breaking thieves tend to give up the crime when it takes 2 to 5 minutes to sneak into houses. So, install sub locks and attach crime-prevention films over window glasses.
- 2) Keep light outside and dark inside at night. Light the gatepost during night.
- 3) Thieves are sensitive to sounds. Cover with crime-prevention gravels around your house. Install burglar alarm.
- 4) Thieves usually watch and check targeted houses. Watch or greet strangers, and the thieves will give up crimes. The close bonds between the residents help to prevent crimes in the neighborhood.

Inquiry: Abiko police office, 7182-0110, citizens' safety section ext.486



Clean Environment Month – May

Garbage Zero Campaign on May 26

May is designated as “Clean Environment Month” in “Clean Environment regulation” which prohibits smoking, and throwing of cans on the streets.

No Garbage Campaign will be carried out on May 26 this year. Please join the activity.

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

Bulky Waste Collecting Method Changed

Please request the collection of bulky waste to Abiko Waste Disposal Association.

The collection days are Monday to Friday (including holidays) except year-end/ New Year days.

Call at 7181-5374, Abiko Waste Disposal Association, inquiry 7126-0079

Teganuma Eco Marathon Runners Entry Accepted

Race Date: October 27 (Sun) 10:00 a.m. Start

Place: Kashiwa Furusato Park, around Lake Teganuma

Race: Half Marathon (21.0975 km)

8000 people will be admitted. (2000 Abiko residents, 6000 non-Abiko residents)



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 Fee: 4500 yen

Application procedure:

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

Write your address, name, desired number of entry (max. 2) on stamped (80 yen–stamp for 1 entry, or 90 yen–stamp for 2 entries) reply–envelope and mail it by post to:

Teganuma Eco Marathon Entry Center, 1–31–9, Haramachi, Meguro Ward, Tokyo
〒152–8532

Application period: Pay (transfer) the entry fee by May 30 (Thu).

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

Apply on the Internet (<http://runnet.jp/>) from 9:00 p.m. on June 1 (Sat)

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

Inquiry about other problems: Teganuma Eco Marathon office 7167–8345

Volunteers Wanted

Date: 6:30 a.m. – 3:30 p.m. on October 27 (Sun)

Reception staff, Drink staff, Road staff

We are accepting 200 members over 18 to 70 of age who live or work in Abiko, or Kashiwa.

Join the staff meeting at 9:00 a.m. to noon on October 6 (Sun) .

Write your name, address, age, sex, phone number and “ I want to work as a volunteer” on the reply post card, and send it by May 31 (Fri) to Teganuma Eco Marathon Committee Office
73 Kashiwashita, Kashiwa–City, 〒277–0004

Inquiry: 7167–8345, Teganuma Eco Marathon Committee Office

Advisory Service May 2013

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	May. 9,16,21,23,28 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185–1714
Tax Matters	May 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	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

Tel: 04-7185-1126

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	May 11,25, June 1 (Sat)	Pregnant women of 20 weeks or over, and their husbands
Child care advice	May 15, 22 (Wed)	At <i>Nikoniko Hiroba</i> , first 15 Public Health Care Center
4-month old consultation	May 7, 14 (Tue)	Those born in Dec, 2012
Baby Food Class for 4 to 6 month-old babies	May 10 (Fri)	First 30 applicants. Reservation required

----- 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.223

May 1, 2013

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

Payment of the National Health Insurance Tax

Payment notice will be dispatched to the householder on June 14. 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.354 or 390.

Municipal Taxes: Pay by July 1st

Municipal tax payment notice will be dispatched on June 10. Time limit for payment is July 1st. Municipal taxes can be paid at convenience stores without any service charge.

For more information, contact Abiko city office Taxation Section at ext. 334 or 335 for municipal taxes, or Kashiwa Tax Office at 04-7146-2321 for income tax

Subsidies for Adults' Rubella Vaccination

Mainly in the Tokyo metropolitan area, the number of adults suffering from rubella is rapidly increasing. If a pregnant woman becomes infected with rubella, her baby is at risk for congenital rubella syndrome. Abiko city subsidizes part of the rubella or MR vaccination fees. Eligible: Husbands of pregnant women, women desiring pregnancy and their husbands registering their residency in Abiko city

Period covered: from April 1, 2013 to December 31, 2013

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

Cancer Screenings

1) Mouth cancer screening

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

Date: July 28 (Sun) 9:30a.m. - 12:30a.m.

Place: Public Health Care Center Fee: 500 yen

For more information, contact Goto Dental Clinic at 7189-4310

2) Stomach cancer screening: application needed by June 6

Date: July 1 (Mon), 2 (Tue), 3 (Wed), 5 (Fri), 8 (Mon), 9 (Tue), 12 (Fri)

Place: Public Health Care Center Fee: 900 yen

Target: People born before March 31, 1974, registering their residency in Abiko city

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

Prevention of Heat Stroke

We are not used to the heat yet in June, so be careful about heat stroke.

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, move to a cooler area, cool down your body and dissipate heat. Drink water.
- When having a headache, nausea, or a convulsive seizure, move to a cooler area and call an ambulance (119). For more information, contact Health Support Section at 7185-1126

Be Careful about Urban Ozone (Photochemical smog)

Urban ozone occurs in the setting of clear weather, high temperature, and moderate wind. It might cause irritated eyes, sore throat, and headache. If having only mild symptoms, wash out patient's eyes, gargle and keep quiet in bed. In some severe cases, see a doctor promptly. For more information, contact Teganuma Section at ext.567

Abiko KAPPA Festival on August 24 (Sat): Participants Wanted !!

- Performers of "Kappa Ondo Procession" (Kappa Ondo is a kind of Japanese "bon dance")
- Kappa disguised costume contestants
- Executive committee members, Volunteer staffs for KAPPA Festival

For more information, contact Kappa Festival executive committee at 080-6652-9229

Let's Join "Rice Paddy Art", a Rice Planting Event

Date: June 15 (Sat) 9:00- (morning part), 1:00- (afternoon part)

Place: Teganuma Aquatic Park (Teganuma shinsui hiroba)

Participants: Elementary and junior high school students living in Abiko city (the third-grade elementary school students or younger must be accompanied by parents), first 160 applicants Application deadline: June 14 (Fri)

For more information, contact Abiko Junior Chamber at 043-330-3021

Email: tanboart_abikojc@yahoo.co.jp URL : <http://www.abiko-city.jp/jc/tanbo-art/>

Welcome to International Fiesta ! (Free)

Date/Place : Saturday, June 15 12:30pm-4:15pm at Abista / Grand Hall

Part 1 : Lecture « UNESCO's World Heritage » by Mr. Noboru Noguchi

Part 2 :Entertainments such as Bamboo dance, Chinese poem reciting, erhu playing

Others : Photo displays on international exchange activities

Unused/mis-written post cards are accepted. Please bring some, if you have.

Sponsored by : Abiko Gakko Commission, and

Abiko International Relations Association (AIRA)

Inquiry : contact the Event's Committee at 7185-1602

Advisory Service-June 2013

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Jun. 6 (Thu), 13(The), 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	Jun. 21 (Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child-Care	Jun. 5 and 26 (Wed) 10:10 - 11:00 First 10 applicants Jun. 10 (Mon)	Child-rearing Support Center "Niko-Niko Hiroba" (Jun5 & 26) Public H.C.Center	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)	Jun. 8, 22, and 29 (Sat)	Expecting women of 20 weeks or over, and their family

Health Checkup for 18-month-old infants	Jun. 27 (Thu)	Infants born from Nov.1 to Nov. 20, 2011
Dental Checkup for 2 year and 8 month-old children	Jun. 25 (Tue)	Children born in Oct. 2010
Health Checkup for 3-year-old children	Jun. 6, 20 (Thu)	Children born from Nov. 1 to Dec. 10, 2009
Health Checkup for 5-year-old children	Jun. 25 (Tue)	Children born in Jun. 2008
Baby Food Class for 4 to 6 month-old babies	Jun. 21 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Jun. 12(Wed)	Children born in Sep. 2012 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 care should be taken for your child.

2. HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

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

Items and hours

(1) Internal medicine, Pediatrics 9:00 - 11:30, 13:00 - 16:30

(2) Dental Clinic 9:00 - 11:30

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

**3. NIGHT & HOLIDAY-INTRODUCTION OF HOSPITALS (SUNDAYS /HOLIDAYS)
CALL 7184-0119 (FIRE STATION) or 119 (FOR AMBULANCE)**

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

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

News Letter Abiko

No.224 June 1, 2013

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

Enjoy Teganuma Fireworks 2013 !!

Date: Saturday, August 3rd, 19:00 to 20:30
(if it rains: August 4th)

1. Your warm contribution for the event is appreciated:
Abiko City is now staging fund-raising campaign for the big event on July 2nd and 17th, 18:00~20:00 at Abiko station, south and north sides.

Contribution boxes are also set at Abiko City Hall 1st Floor, Abista, Abishirube, Abiko Shimin Gym, Kohoku-chiku Kominkan, Abicon, Seven Eleven stores, and Ito Yokado Abiko branches. Contact: Shogyo Kanko-ka : Telephone 7185-1475

2. Sponsoring for "My own" fireworks:

Your special messages for your family or friends will be announced at the time of a firework shooting-up. Wouldn't you like to pay for a special chance to express yourself? Fee: 50,000 yen for each message

Application: Please write your name, address, phone number and age on the post card, and send it by July 15th to: Teganuma Hanabi Taikai Jikkou Iin-kai (Shoko-kai) Kotobuki 1-13-27 270-1152 Telephone: 7182-3131

Attention: The following city facilities will be closed early on August 3rd (or 4th) because of the fireworks showing:

- * Keyaki Plaza : Closes at 17:00, including the parking lot (11th floor restaurant will be open by advanced reservation only)
- * Abista : Closes at 15:00, including the parking lot
- * Abicon : Closes at 15:00, re-opens at 18:00 for people to watch the fireworks display (No car parking space !)
- * Teganuma parking lot : Closed from 9:30pm, Aug. 2, to 8:30am Aug. 4



Abiko Vegetable Shop “Abicon” Tanabata Event

Date: July 7th 10:00 to 14:00 (canceled if it rains)

Tanabata ornaments, Nagashi somen noodles (please bring a bowl and chopsticks. Free for one shopping receipt, limited to 200 people)

Contact: Telephone 7108-3171

Walking in Kimono

Enjoy walking to historic locations in kimono (planned once a month). You can rent a kimono and receive help putting it on.

Date: July 6th 11:00 to 15:00

Place: Abishirube (Abiko information center / in front of Keyaki Plaza, 1 minute walk from Abiko station)

Fee: free Contact: Telephone 090-7829-8241

Challenge Sports Class: NAGINATA (Long Handled Sword)

Date: July 26th 9:30 to 11:30

July 28th 9:15 to 11:00 (please choose one day only)

Place: Shimin taiikukan gym

Beginners are welcome! Fee: free

Please bring drink and towel of your own.

Contact: Call Nakamura san at 090-1253-2996 Fax: 7183-3566

Dog Training class for parents and children (4th to 6th Grade Elementary School Kids and Their Parents)

Date: July 24th, August 7th, and August 14th from 13:30 to 15:00

August 15th from 10:30 to 12:00

Please make an appointment beginning July 16th until the day before the each class.(5 adult/child pairs each day) with the Chiba-ken Animal Protection Center (Tomisato City) Contact: 0476-93-5711

Wanted: Contributions for Cozy Benches in the Park

Benches to be set up at the following locations: Teganuma Park walking path; Konoyama Momoyama Park; Tennodai West Park; Shibasakidai Chuo Park; Tsukushino No. 4 Park; Gohon-matsu Park; Kohoku-dai Chuo Park, Kohokudai No. 4 Park; Nakabyou Kamedaya Park; Kishodai Weather Station Memorial

Park, Minami Araki Okita Park; Fusa Minami Park; and Miyanomori Park
Size: 120 cm (w) x 73 cm (d) x 75 cm (h) with a 15 cm x 5.5 cm plate set on the bench with your name and/or personalized message engraved on it.

Amount: 100,000 yen (contributions tax deductible)

Please write your name, address, the place to set up on an application form (available at City Hall, Koen Ryokuchi-ka, or download from the Abiko City website), and send it to Koen Ryokuchi-ka 270-1192. Or just bring it to Abiko city hall, Ryokuchi-ka. Your contribution is highly appreciated.

Elementary School Pools (25 m) Open to Public during Summer

Dates: August 3rd to August 27th, 9:00am to 11:10am, 11:30am to 1:40pm, and 2:00pm to 4:10pm Fee: Free!

Locations: Abiko No. 1 Elementary School, Abiko No. 4 Elementary School, Kohoku Elementary School, Kohokudai Nishi Elementary School, Nedo Elementary School, Araki Elementary School, and Fusa Minami Elementary School *No parking space available

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

*Children still in diapers are not admitted to the pool

*Please do not use sun tan oils, balls, boats, and other toys.

Participate in the Abiko Shimin Festival 2013! – Advance Notice

The Abiko Shimin (Citizens) Festival will be held from November 30th to December 1st.

Abiko City invites participation from citizen activity groups and corporations that work for the public good.

Please write your name, address, phone number and send it to 7185-5777 (Fax), Abiko City Hall Shimin Katsudo Shien-ka, or include the information in an e-mail to fair@city.abiko.chiba.jp

For details: Please call 7185-1467 or check out <http://www.geocities.jp/abikosmkdf/>

Public Health Care Center Programs

Tel: 7185-1126

MOTHERING: for those pregnant over 20 weeks (Shiawase mama & papa Gakkyu)	July 6th, 13th, 20 th Please call for an appointment
Consultation for 4months old children Consultation for babies	July 16th, 23rd, July 10th, 24 th (at NikoNiko Hiroba at Ito Yokado Minami Guchi, 10 people each day)
Health Check-up for 18 month old kids	July 4 th , 11th
Dental check-up for kids 2 years and 8 months	July 25th

Health check-up for 3 year old children	July 18th
Health check-up for 5 year old children	July 25th
WEANING	July 26th for babies from 4 to 6 months, July 17th for babies from 8 to 9 months Please call for an appointment
Health exercises class	July 10th, Fusa Minami park 10:00-11:00 July 16th Kohokudai Chuo Park 9:30-10:30 July 19th Tennnodai Nishi Park 9:30-10:30
Alcohol problem class	July 5th 14:30 to 16:00
Mental health class	July 29th 14:00 to 16:00

----- 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.225

July 1, 2013

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

August, the hottest month of the year, has just come.

We show you some events to enjoy summer here in our city.

1. Shall we feel “cool summer” by the sound of a wind-bell?

1) Exhibition of wind-bells at the old Inoue Family House

Date/time: August 6(Tue) to September 8(Sun) 09:30–15:30

Place: Old Inoue Family House (No.1 Aijima Shinden)

Event: The residence is decorated with various wind-bells donated by citizens.

Participate fee: Free

For inquiry: Contact Sport and Culture Section(Phone: 7185–1583)

2) Painting on wind-bells at old Murakawa Villa

Date/time: August 15(Thurs) and 16(Fri) 10:00–12:00

Place: Old Murakawa Villa(2–27–9 Kotobuki)

Event: You can draw a picture on a clear glass wind-bell and take it home.

Target: First 20 total students of elementary, junior high schools and their parents

Fee: Free

For inquiry: Contact Sport and Culture Section (Phone:7185–1583)

2. Events by Abiko Local Community Associations

1)“Minami” Community Association

Date/time: August 10(Sat) and 11(Sun) 10:00–

Place: Minami Community Center(within Keyaki Plaza)

Events: Music, dance, lectures, etc.

Fee: Free

For inquiry: Contact the Center (Phone:7181–1011)

2)“Nedo” Community Association

Date/time: August 17(Sat) and 18(Sun) 13:30–

Place: Nedo Community Center

Events: Dance, portable shrine, game, etc.

Fee: Free

For inquiry: contact the Center (Phone 7183-5363)

3) "Fusa" Community Association

Date/time: August 18(Sun) 10:00-16:00

Place: Fusa Minami Community Center

Events: Games, magic, performances, etc.

Fee: Free

For inquiry: Contact the Center (Phone 7189-3740)

4) "Kohokudai" Community Association

Date/time: August 18(Sun) 10:30-

Place: Kohokudai Community Center

Events: Shops, dance, etc.

Fee: Free

For inquiry: Contact the Center (Phone: 7187-1122)

3. Summer Special Concert

Date/time: September 12(Thu) 14:00-

Place: Keyaki Hall

Singer: Ms. Yasuko Sato(born in Abiko)

Names of songs: Italian songs, opera arias, screen music, etc.

Entrance fee:1,000 yen

Inquiry: Contact Asuke san (Phone 080-1364-0371)

4. Teganuma Walking Class

Date/time: August 10(Sat) and September 14(Sat) 09:30-13:15

(Second Saturday, every month)

Walking distance: 5km

Reception at: Arbor beside Abista

Participation fee: 300 yen (including materials and insurance)

Sponsored by: Chiba Prefecture Walking Association

For inquiry: Contact Sudo san(Phone 7184-6204)

5. Night Sky Viewing

Date/time: August 17(Sat) 18:30-20:00

Place: Gohonmatsu Undojyo (sports field)

Content: Viewing the moon, summer stars, etc.

Fee: Free

Inquiry: Contact Kishino san (Phone 7184-3078)

Advisory Service–August 2013			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Aug 8(Thu), 20(Tue), 22(Thu), 27(Tue) and 29 (Thu) 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185–1714
Tax Matters	Aug 16 (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

Tel:04–7185–1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Aug 3, 24 and 31 (each Sat)	Expecting women of 20 weeks or over, and their family
Health Checkup for 18-month-old infants	Aug 1 (Thu)	Infants born from Jan 1 to Jan 20, 2012

Dental Checkup for 2 year and 8 month-old children	Aug 29(Thu)	Children born in Dec 2010
Health Checkup for 3-year-old children	Aug 8, 22 (Thu)	Children born from Jan 1 to Feb 10, 2010
Health Checkup for 5-year-old children	Aug 29 (Thu)	Children born in Aug 2008
Baby Food Class for 4 to 6 month-old babies	Aug 30 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Aug 2 (Fri) and 21(Wed)	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 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. INTRODUCTION OF HOSPITALS at NIGHTS, SUNDAYS & HOLIDAYS

CALL 7184-0119 (FIRE STATION) or 119(FORAMBULANCE)

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

4. REQUEST FOR AMBULANCE Call 119

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

Newsletter Abiko

No.226

August 1, 2013

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

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



Abiko

September 1, 2013

Excerpts of the Newsletter issued by Abiko City

Prepare against Contingencies

Disaster Preparedness Week—Aug 30 to Sep 5, 2013

To prepare against big earthquake, typhoon, and heavy rain, pay attention to the meteorological information, inspect your surroundings, and prepare emergency kit.

◇ **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 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 TV antenna, sign board, walls. Check ditches and gutters and get rid of plastic bags or pieces of wood to smooth the water flow.

◇ **Hints for Emergency:** Don't panic and act quietly.

In a large-scale emergency, public transportation would be out of service, and going-home may become quite difficult. Stay at your working places or accommodation facilities to keep your safety and check your family's safety by disaster message service, etc. It is important to take a radio and maps with you when you go out, prepare sneakers and flash lights, decide a meeting spot and make sure how to check the safety among your family.

◇ **Pay attention to "Special Emergency Warning"**

A higher level of warning order called Special Emergency Warning has started from August, 2013, which indicates that your area is in a quite critical condition that might occur once in tens of years. Take all measures possible to protect yourselves paying attention to your surroundings and relevant information such as evacuation orders or advices.

For details, refer to Meteorological Agency web site English version

<http://www.jma.go.jp/jma/kishou/known/tokubetsu-keiho/index.html>



How to receive disaster information from Abiko city

In the event that disasters happen Can you use PCs or smartphones ?

Yes Refer *Abiko City Web site. You can see emergency information, or

Refer *Abiko City Official Twitter : @abiko-city

No

A. Cellphone available (1)*e-mail delivery service (in Japanese)(registration required)
(2) *emergency information e-mail

B. Cellphone not available (1) *community Public Address System (CPAS)
(2) See emergency disaster news at a nearby administration service center.

How to apply for e-mail delivery service: Mail to abiko-reg@mlreg.tricorn.net

Abiko City General Disaster-Prevention Drill will be held at 9:30 a.m. on October 26 (Sat) at Fusa Minami elementary school ground

Let's take Specific Health checkups

Daily good lifestyle and regular health checkups are effective for healthy body building. Let's not miss the chance for taking the checkups. Specific Health checkups lead to prevention or early detection of metabolic syndrome, a main factor of lifestyle-related disease.

Target: those aged 40 to 74

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

The 4th TEGA Stamp Rally 2013

Collect stamps installed at sightseeing spots around Lake Teganuma and the Tega River, and you will have chances to get some presents unique to Abiko, Kashiwa or Inzai cities by drawing.

Period: September 1 (Sun) to December 1 (Sun) *Apply for presents by December 6.

Stamps are kept at the following locations:

Abiko city : Abishirube, Abikon (Abiko agricultural product direct sales depot), Shirakaba Literature Museum, Bird Museum, Water Museum at Teganuma Aquatic Park, old Inoue family's residence (in Fusa).

Kashiwa city: Information Center, Teganuma Fishing Center, Road Station Shonan, Spa Manten, Tega-no-oka park, Tega-no-oka boys & girls Natural House

Inzai city: Inzai Sightseeing Information Center, Burari-kawameguri Boat Warf, Itukushima Shrine, Matsuyama Shita Park (No service available on closed days at each facility.)

*Stamp sheets are available at stamp spots, and public facilities.

Presents: Kashiwa Reysol replica uniforms, shopping tickets for agricultural product direct-sales depot, special tumbler with characters of the 3 cities, etc.

Contact: Commercial and Sightseeing Section at 7185-1475

Festival of Takeuchi Shrine on September 14 to 16

This traditional festival originated in Kyoho period (1716 to 1735) in Edo era. The festival will be held for 3 days, Sep. 14 to 16, in Fusa area. An adult portable shrine, 5 kids' portable shrines, and 5 floats will go around the area.

Traffic will be regulated on some roads in the area.

Inquiry: Festival office at 7106-3170



Lake Teganuma Forum --- Free of Charge

1. Yacht Sailing Experience

Date: September 28 (Sat) ① 9:30 am to noon ② noon to 2:30 pm

*In case of rain: September 29 (Sun)

You can experience yacht sailing, rope work and basic skills for yacht sailing.

Target and capacity: 30 elementary and junior high school students and the guardian in each session. If the applicants exceed the capacity, participants will be chosen by drawing.

Apply by September 17 (Tue)

Apply and contact to Albatross Yacht Club at 7132-6415 (Mr. Sudo)



2. Fishing at Teganuma sluice

Date: September 29 (Sun) 10:00 am to noon *Cancelled in case of rain

Place: at the Kashiwa end of Hidori Bridge *Marked with blue flags

Catch many kinds of fish with nets and observe them.

Apply at: Association of Teganuma studies of Aquatic Life, 7187-1704 (Mr. Matsumoto)



3. Observe fish in Lake Teganuma

Date: October 27 (Sun) 10:30 am to 3:00 pm

Place: Teganuma Aquatic Square

You will observe fish caught at the waterside in the morning and move on boat and observe fish being caught by fishers.

Target: elementary and junior high school students (elementary school children at and under the third grade must be accompanied by a guardian), first 35 (incl.guardians) Bring your lunch.

Apply to Teganuma Aquatic Park, by post card, 193 Konoyama Shinden, Abiko city, postal code 270-1146, or by fax, 7184-0936. Contact: Phone at 7184-0555.

Advisory Service-September 2013

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

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	Sep 7,14, 21 (Sat)	Pregnant women of 20 weeks or over, and their husbands
Child care advice	Sep 11, 25 (Wed)	At Nikoniko Hiroba, 2F, Ito Yokado/South First 10
4-month old consultation	Sep 3, 10 (Tue)	Those born in Apr, 2013
Health Checkup for 18month old infants	Sep 12, 19 (Thu)	Those born in Jan 21-Feb 29 2012
Dental Checkup for 2 year and 8 month-old children	Sep 26 (Thu)	Those born in Jan, 2011
Health Checkup for 3-year-old children	Sep 5 (Thu)	Those born in Feb 11-Feb 28, 2010
Health Checkup for 5-year-old children	Sep 26 (Thu)	Those born in Sep, 2008

----- 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

The nurse or doctor will advise you of what sort of care should be taken for your child.

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.227

September 1, 2013

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Abiko

October 1, 2013

Excerpts of the Newsletter issued by Abiko City

Private Kindergarten Application for starting in April 2014

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

*From Oct 16 for Hikari Kindergarten

Enrollment procedure: On or after November 1st (Friday), follow each kindergarten's instruction.

Kindergarten	Address	Telephone number
Tsukushino	Tsukushino 6-23-10	7184-3200
Nikaido	Kujike 479-1	7185-1371
Mebae	Hakusan 2-7-5	7184-1313
Hikari	Midori 2-3-1	7185-0415
Edel	Izumi 24-32	7184-4804
Kohokudai	Kohokudai 8-10-2	7188-1001
Kohoku Shirobara	Nakabyomurashita 1-2	7188-2211
Wakakusa	Nakazato 515	7188-2026
Fusadai	Fusa 1849	7189-0231
Wada	Fusa 1275	7189-1608

For more information, contact directly each kindergarten.

Tuberculosis and Lung Cancer Screenings

If you are 40 years of age or older, undergo tuberculosis and lung cancer screenings.

Time available: 9:30 - 11:30, 13:00 - 15:00

Eligible / Fee: Free of charge for people 65 years of age or older. 200 yen for people between 40 and 64 years of age. *Resident registration in Abiko is required.

For more information such as date and place, contact Health Support Section at 7185-1126

Family Support Center

Family support center starts providing childcare and transportation service to children who have to be absent from childcare facility due to sickness. Those who want to utilize these services are required to sign up and register for family support center in advance.

	Support to children of good physical condition	Support to sick and convalescent children
Age of children	Children between 6 months and 18 years of ages	Children between 1 year and 18 years of ages
Support hours	From 6 a.m. to 10 p.m.	From 7 a.m. to 8 p.m. (on weekdays only)
Fee (per hour, per children)	700 yen (Monday - Friday) 900 yen (Saturday, Sunday, and Holiday)	1,000 yen (Monday - Friday)
Place	Supporter's home	User's home

For more information, contact Family Support Center at 7186-4161

Teganuma Fureai Walk 2013

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

Date: November 16 (Saturday), 9:30a.m. - (detective walking course will start 10:30a.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 (3km), 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 20 (Sunday), 9:30a.m. - 3:00p.m. (Reception closed at 2:00p.m.)

Place: Abista, Teganuma Park,

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

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

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

Abiko Civic Festival - Flea Bazaar 2013

Date: October 5 (Saturday), 9:00a.m. - 4:00p.m. *If it rains, October 6 (Sunday)

Place: South exit of Abiko station : Keyaki Plaza forecourt, *Abishirube* (Abiko information center), station road

North exit of Abiko station : Fureai square

Contents of event: flea bazaar, Kappa Ondo (a kind of Japanese "bon dance"), brass band playing, chorus, jazz, Japanese drums, Yosakoi dance, etc.

For more information, contact Abiko commerce and industry association at 7182-3131

Hand-made Soba Lesson

Date: November 3 (Holiday), 10 (Sunday), 24 (Sunday) 9:30a.m.-1:30p.m. (Three times in all)

Participants: 10 applicants (In case of too many applications, decided by lot)

Fee: 1500 yen per lesson

Bring an apron, a triangular kerchief, kitchen towel, and take-out containers (like cookie boxes)

For more information, contact Neighborhood Center *Komorebi* at 7165-2011 (10:00a.m.-5:00 p.m.) by October 15 (Tuesday)

Advisory Service-October 2013

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Oct. 10 (Thu),15(Tue), 22(Tue), 24 (Thu) and 29(Tue) 9:30 - 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Oct. 18 (Fri) 10:00 - 15:00 Reservation required	Tax Collection Sec.	Tax Collection Sec. 7185-1349
Child-Care	Oct. 9 and 23 (Wed) First 10 applicants Oct.16 (Wed)	Child-rearing Support Center "Niko-Niko Hiroba" Public Health Care Center	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

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Oct. 5, 12, and 19 (Sat)	Expecting women of 20 weeks or over, and their family
Health Checkup for 18-month-old infants	Oct. 17 (Thu)	Infants born from Mar.1 to Mar. 20, 2012
Dental Checkup for 2 year and 8 month-old children	Oct. 24 (Thu)	Children born in Feb. 2011
Health Checkup for 3-year-old children	Oct. 3, 10 (Thu)	Children born from Mar. 1 to Apr. 10, 2010
Health Checkup for 5-year-old children	Oct. 24 (Thu)	Children born in Oct. 2008
Baby Food Class for 4 to 6 month-old babies	Oct. 29 (Tue)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Oct. 2(Wed)	Children born in Jan. 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 child.

2. HOLIDAY- DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

Place: Holiday Clinic (tel: 7187-7020) (opposite to Public Health Care Center)

(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)

They will advise you of an appropriate hospital or pediatrician. Before you go there, call the hospital and tell them the patient's symptoms. Do not hesitate to call **119** for an ambulance in case of serious injury or acute illness.

News Letter Abiko

No.228 October 1, 2013

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



Excerpts of the Newsletter issued by Abiko City

Typhoon 26 (Wipha) Leaves Extensive Damage in Abiko

The typhoon caused damage in Abiko mainly due to flooding (280mm of rain). A total of 380 houses experienced flooded in the Fusa and Wakamatsu areas.

Typhoon Casualty Certification

Location: City Hall, first floor Shuzei-Ka (8:30 to 17:00 on weekdays)

Fusa Chiku Hisaisha Consultation Counter (9:00 to 17:00 through November 6th)

Please bring your inkan (hanko stamp), identification (driver license, insurance card, etc.)

For information, call 7185-1111 (extension 387, 280 Shuzei-Ka), or 7185-1918 (Fusa Chiku Hisaisha Consultation Counter)

Support System for Residents Whose Homes were Flooded

You may be eligible to receive a tax reduction or exemption

Please inquire at the following departments at City Hall (7185-1111):extension numbers

Property and City Planning tax	403, 405 (kazei-ka)
Municipal tax	401, 357 (kazei-ka)
Health Insurance tax	353, 354(kokumin nenkin-ka)
Nursing Care Insurance	433 (Koreisha support -ka)
Daycare Payments	445 (Hoiku-ka)

If you have any problems with the national pension or Kouki Koreisha (seniors) medical insurance payments, please call extension 355, 564 (Kokuhonenkin-Ka)

Free Pickup for Refuse Caused by the Typhoon

If you have trash or refuse caused by the typhoon, such as flooded tatami mats, carpets, furniture, or broken roofing or wall materials, please contact the Clean Center at 7187-0015

Collecting Contributions for Typhoon Recovery

Place: City Hall, Shimin Anzen-Ka (in the basement) 8:30 to 17:00 weekdays

Ever Thought of Starting Your Own Net Shop?

Persons who live in, or have their head office in Abiko are eligible for support when you open a new net shop in an **internet shopping mall**.

Support sum: Half of the sum for opening the shop (maximum 100,000 yen)

Please use your favorite search engine and look for "Abiko Internet Shopping"

Or call 7185-1475 (Shougyo Kanko-Ka)

Hitachi Economic Lab Garden & Park open to the public

Date: December 7th 10:00 to 15:30 (enter by 15:00), rain date December 8th

Tea and snack service, curry (600 yen), kokarina playing

Place: Konoyama 485, Across the street from Abiko Junior High School

No parking available, and no pets, food, or drink may be brought into the garden and park area

Fee: 100 yen (free for kids not yet in elementary school)

Volunteer Wanted: Volunteer staff for the day. Ten people to help provide information and otherwise, work with visitors, provide tea services, etc.

8:00 to 17:00 (1 hour for lunch)

If you are interested in volunteering, please write your name, address, age, phone or fax number on a post card and send it by November 20th to Iida Shunji san at the following address:

Hakusan 3-8-9-204, 270-1154

You may also send your information by fax 7185-2930. Phone 090-5512-6223

Soba festival in Abicon

Date: November 9th and 10th 10:30 to 15:00

A soba cooking group will make soba noodle with new flour.

Try out zaru soba, tempura soba, Kamo duck soba (from 500 yen)

Please call for details: 7108-3171 At the Abiko Nosan-Butsu farm products shop Abicon

Health Fair 2013

Learn about "Locomotive Syndrome", a type of musculoskeletal disease

Date: November 17th, 10:00 to 15:00

Place: Abisuta (Avista)

Program: exercise, foot therapy lecture, dental check up, consultant by pharmacist, exercise specialist, and public health nurse, foot massage, new sports, vegetable sale, and more!

Baby and Child Nursery for Kids from 6 months to 6 Years

Please use the nursery system to give yourself a refreshing break, visit the doctor, whatever

Maximum 5 days a months for refresh break, maximum 15 days a month for work, school,

delivery, hospital stays, or nursing

For children less than 3 years of age: 2700 yen (8:30 to 16:30), or 1350 yen for a half session from 8:30 to 12:30 or 12:30 to 16:30). 250 yen per half an hour for extended time (7:00 to 8:30 and 16:30 to 19:00), plus the cost of snacks

The children 3 years of age and over: 1200 yen (8:30 to 16:30), or 600 yen for a half session from 8:30 to 12:30 or 12:30 to 16:30. 150 yen per half an hour for extended time (7:00 to 8:30 and 16:30 to 19:00), plus the price of snacks.

Applications and enquiries accepted at the following nursery schools:

Keiai, phone 7188-7771; Hakuhou 7188-3338; Tennodai Futaba 7185-0555;

Kawamura Gakuen Woman's University Fuzoku 7183-5995; Angelica 7181-8500;

Pocket Land Abiko 7184-5700; and Tsukushino 7184-8822



Japan Bird Festival 2013!

The Japan bird festival will be held on November 2nd (9:30 to 16:00) and 3rd (9:30 to 15:00)

- November 2nd
 - 11:00 Bird and human quiz, bird chirping quiz at Teganuma Shinsui Hiroba to 14:20
 - 14:30 to 16:00 Lecture about Crows, in Abisuta (Avista)
- November 3rd
 - 9:30 to 15:00 JBF2013 learned society of environment in Abisuta
 - 10:40 Bird carving live demonstration by Haruo Uchiyama at Teganuma Shinsui Hiroba
 - 12:30 to 13:30 Japan bird photo contest lecture in Mizu no Yakata
 - 14:30 Rock-paper-scissors game (Win binoculars, bags, or a tripod if lady luck shines on you), at Teganuma Shinsui Hiroba

*Some lectures will also be given at the Yamashina Bird Laboratory on November 2nd and 3rd

Getting there: Take a JBF bus (100 yen) from Abiko Station, south exit, leaving every 15 to 20 minutes

Ride a JBF shuttle boat bus (100 yen) from the Teganuma Koen Park boat dock

to the pier near Teganuma Shinsui Hiroba number two parking lot, every 30 minutes

For details, call 7185-1484 (City Hall Teganuma-Ka) , or either 080-9209-2087 or 080-9204-2389 on the festival day. Also, check out the festival website at: <http://www.birdfesta.net/>

From the Abiko Health Care Center

Tel: 04-7185-1126

Mothering: for those pregnant over 20 weeks (Shiawase Mama & Papa Gakkyu)	Nov. 2nd, 9th, 16th Please call for an appointment
Consultation for 4 month old babies General consultation for babies	Nov. 5th, 12th, Nov. 13th, 27th (Niko-Niko Hiroba at Ito Yokado Minami Guchi, 10 people each day)

Health Check-up for 18 month old kids	Nov. 14th, 21st
Dental check-up for kids 2 years and 8 months	Nov. 28th
Health check-up for 3 year old children	Nov. 7th
Health check-up for 5 year old children	Nov. 28th
Weaning	Nov. 29th for babies from 4 to 6 months, Nov. 6th for babies from 8 to 9 months Please call for an appointment
Health exercises class	Nov. 13th, Fusa Minami Park Nov. 19th Kohokudai Chuo Park (at the Health Center in case of rain) Nov. 15th Tennnoudai Nishi Park 9:30 - 10:30
Mental health class	Nov. 18th 14:00 to 16:00

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

1. NIGHT TELEPHONE CONSULTATION ON CHILD' S SUDDEN ILLNESS

CALL #8000 or 043-242-9939

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

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

2. HOLIDAY-DAYTIME CLINIC (SUNDAYS /HOLIDAYS)

Place: Holiday Clinic - Opposite to Abiko Public Health Care Center

(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 the patient' s symptoms.

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

Newsletter Abiko

No.229 November 1, 2013

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Excerpts of the Newsletter issued by Abiko City

New Farmers Wanted—Farming Promotional Plan

Recently the environment surrounding farming industry has been severer and there are various problems such as aging population and shortage of manpower. In order to develop farming industry, one of important treasures of the City, the City has set forth the basic ordinance including support for new farmers, supply of safe agricultural products, and promotion of “local production for local consumption” policy.

Did you know ? Abiko City is working hard for environment-friendly farming. The city supports those who do their best to produce and supply eco-products. So, when you buy rice or popular vegetables, first try to get eco one locally made as much as possible. For more details, contact Agricultural Policy Section, ext. 511.

Basic Resident Register Card

You can apply your basic resident register card at an administrative service center of near your house instead of going to the City Office. For details, contact 318 (Citizen Section).

Request for disposal of non-burnable waste

When you dispose sharp items such as kitchen knife, glass or mirror, be sure to fix it firmly by gum tape before you dispose it. Glass in particular is so difficult to be seen that people passing by or garbage collectors are often hurt. In addition, place such a large item as electric fan or radio-cassette near the non-burnable bag instead putting it into the non-burnable bag. For more details, contact Clean Center (Phone 7187-0015).

Subsidy for people who suffered from Typhoon No.26

In addition to the existing system, the City has legislated on a subsidy rule for people who suffered from Typhoon No.26. Contact :Construction and House Sec (ext.601/602).

Events in December

(1) Christmas Concert

Date/Time: December 14(Sat) 13:30-

Place: Kohokudai Community Center (Phone 7187-1122) Fee: Free
Program: Song from an Opera, screen music, Japanese songs, Christmas songs, etc.

(2) Wind Instrument Concert— by Chuo Gakuin University Students

Date/Time: December 14(Sat) 14:30-

Place: Keyaki Plaza

Content: Olympic March and others

Fee: Free For more details, contact Student Section at 7183-6518

(3) Fantastic Christmas Concert

Date/Time: December 15(Sun) 14:00-

Place: Fusa-Minami Community Center

Program: Christmas song, etc. by Female Chorus Group “La Mer” and cello playing

Fee: Free For details, contact Fusa-Minami Community Center at 7189-3740

(4) Flower Arrangement for New Year

Date/Time: December 28(Sat) (1) 10:00-11:30 (2) 13:30-15:00

Place: Keyaki Plaza 9th floor

Fixed number of people: 20 (on a first-come first-served basis)

Fee: ¥1,300 For details, contact Abiko-Minami Town Building Association at 7181-1011.

(5) Traditional Japanese Dance

Date/Time: December 14(Sat) 10:30-

Place: Kohokuchiku Community Hall

Fee: Free For details, contact Fujima san (Phone 7187-2913)

(6) Teganuma Walking School

Date/time: December 14(Sat) and January 11(Sat), both at 09:30-13:15

Distance of walking: 5 kilometers

Fee: ¥300 (inclgd. material and insurance) For details, call Sudo san at 7184-6204

(7) Friendship Bazaar

Date/Time: December 12 (Thu) 10:30-

Place: Tennodai-Kita Community Center Hall

Content: Hand-made goods such as toys, apron, cookies, breads, etc., used clothes, recycled items, and many others. .

For more details, contact Nagafuji san (Phone 7105-1777).

Advisory Service–December 2013			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Dec 5(Thu), 12(Thu), 17(Tue),19(Thu) and 24 (Tue) 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185–1714
Tax Matters	Dec 20 (Fri) 10:00 – 15:00 Reservation required: Dec16	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	Social Welfare Sec.	Social Welfare Sec. Ext. 394

Public Health Care Center Programs

Tel: 04–7185–1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Dec 6,13 and 20 (each Fri)	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old babies	Dec 3 and 10 (each Tue)	Babies born in July,2013

Health Checkup for 18-month-old infants	Dec 5 (Thu)	Infants born from May 1 to May 20, 2012
Dental Checkup for 2 year and 8 month-old children	Dec 17 (Tue)	Children born in April 2011
Health Checkup for 3-year-old children	Dec 12 and 19 (each Thu)	Children born from May 1 to June 10, 2010
Health Checkup for 5-year-old children	Dec 17 (Tue)	Children born in Dec 2008
Baby Food Class for 4 to 6 month-old babies	Dec 16 (Mon)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	Dec 4(Wed)	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. 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)

Items and Hours

(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 A HOSPITAL (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**.

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