



Message from Mayor, Junichiro Hoshino

I wish you a very happy New Year, 2017!

The sixth New Year has come since the Great East Japan Earthquake.

During the past years, we have faced challenges of recovery and restoration from the disaster, and worked hard to reinforce our city toward more disaster resistant city. We will continue such tasks as radioactive decontamination and flood-control to secure citizen's safe and peaceful life.

We will continue these tasks to improve Abiko to a livable city through tackling depopulation and declining birthrate issues, encouraging industries, securing employment, promoting tourism, and more others.

In addition, we will take supportive measures to build more lively and vital city for citizens such as, raising children with avoiding children wait-listed issue, establishing nursery schools and "Abikko Club" program, facilitating integrated education of elementary and junior high schools.

We have been renovating "Mizu-no-Yakata" to revitalize as an agricultural center in the city composed of stores of farm produce and restaurants in spring. We will also accelerate to develop a delightful area around the lake Teganuma with cherry blossom, which will draw more visitors and increase citizen's communication opportunity.

Moreover, in autumn, the 50th LPGA Japan Open Golf Tournament will be held at the Abiko Golf Club. Together with relevant organizations and citizens, we will make it successful and prepare to appeal the city to visitors in OMOTENASHI, hospitality mind aiming at our city's activation.

We will steadily continue to promote these projects and we appreciate your further understanding and cooperation for the grand projects.

Coming- Of-Age Ceremony 2017

Date: January 8 (Sun)

Morning session

Reception: 10:00a.m. - Ceremony: 10:30a.m.-11:30a.m.

For new adults who live in Abiko, Kohoku, and Kohokudai junior high school areas

Afternoon session

Reception: 1:00p.m. -Ceremony: 1:30p.m. – 2:30p.m.

For new adults who live in Hakusan, Kujike, and Fusa junior high school areas

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

Eligibility: Citizens who were born on April 2, 1996 through April 1, 1997

Sponsor: Abiko City and Abiko Board of Education

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

Advisory Service- January 2017

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Jan. 10,12,17,19,24 9:30 - 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714 Contact: from 8:30 on Jan. 5
Tax Matters	Jan 20 (Fri) 10:00 - 15:00 Reservation required.	Civil Consulting Room 2F, Abiko City Office	Tax Collection Sec. 7185-1349 Contact: from 8:30 on Jan. 16
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. 2F, West Annex	Social Welfare Sec. Ext. 394

Quick dissemination service for disaster warning utilizing Yahoo! disaster warning application

Dissemination service of information at the occurrence of disaster in the city has started by utilizing Yahoo! disaster warning application.

At the occasion of “being possible for disaster” or “disaster taking place”, evacuation warning and information of evacuation site will be disseminated via the Yahoo’s application. Those who have cell phone and/or smart phone are recommended to use this service. * Cell phone and desk-top or lap-top users should select mail version and Yahoo! JAPAN ID is required. For more information, please check the web site: <http://emg.yahoo.co.jp/> Contact: Secretarial Sec. ☎7185-1269

NEW YEAR EVENT - Town Information

■ Fire-Fighting Demonstration – *Dezome-shiki*

The new year’s demonstration of fire-fighting brigade is conducted as follows:

Date: Jan. 7 (Sat) 9:30a.m. through 12:00 noon

Venue: Municipal gymnasium

Contents:

- Ceremony: 9:30a.m. ~
- Traditional Japanese Drum Play: 10:50a.m.~
- Fire-fighting performance by infant fire-fighting club by Wada Kindergarten: 11:15 a.m.~
- Water jetting-out: 11:45p.m.~ ※ In case of rough weather, it will be cancelled.

For more information, please contact following;

Fire-fighting Dept., General Affairs Sec. Phone: 7181-7700 (On Sat., Sun., holidays and in night hours, Phone: 7184-0119)

Public Health Care Center Programs Phone: 04-7185-1126

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	Jan 7,21, 28 (Sat)	Expecting women of 20 weeks or over, and their family ★
4-month old consultation	Jan 18 (Wed), 23 (Mon)	Infants born in Aug, 2016
Child (infants) care advice	Jan 11, 25 (Wed)	Child rearing Support Center , “Nikoniko Hiroba” First 10 people

Health Checkup for 18 month-old infants	Jan 5, 12 (Thu)	Children born from May 21 to Jun 30, 2015
Dental Checkup for 2 year and 8 month-old children	Jan 26 (Thu)	Children born in May 2014
Health Checkup for 3-year-old children	Jan 19 (Thu)	Children born from June 11 to June 30, 2013
Health Checkup for 5-year-old children	Jan 26 (Thu)	Children born in January 2012
Baby Food Class for 4 to 6 month-old babies	Jan 25 (Wed)	First 30 applicants. ★
Baby Food Class for 8 to 9 month –old babies	Jan 17 (Tue)	Infants born in April 2016 First 20 applicants ★

★ Reservation required

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

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

Call Fire Station at 7184-0019. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case Call 119 for an ambulance.

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

Call #8000 or 043-242-9939 Hours: 19:00-06:00/Next day

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



3. Contact Holiday Clinic for sick or toothache on Sundays/Holidays at 7187-7020

(1) Dentist: 9:00 – 11:30

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

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

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

Newsletter Abiko

No.267

January 1, 2017

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 Phone:04-7185-1111

Please file your tax return well in advance

All residents of Japan are obligated to pay taxes. Taxes consists of resident tax to the local municipality and prefectural government as well as income tax to the national government. Please note that the filing period and location differ for each tax.

Filing period: from February 16 (Thu.) to March 15 (Wed.), 2017

Inquiries:

For income tax: Kashiwa Tax Office at phone 04-7146-2321

For resident tax to the local municipality and prefectural government:

Taxation Section of Abiko City Ext. 335

Won't You Visit Abiko's Well-Known 3-Major Museums during Winter Holidays - Bird Museum, Shirakaba Literature Museum and Memorial Hall for Sugimura Sojinkan ?

(1) Bird Museum

This museum is the only one in Japan which specializes in exhibit of birds.

Location: Konoyama 234-3

Inquiries: Phone04-7185-2212

(2) Shirakaba Literature Museum

Location: Midori 2-11-8

Inquiries: Phone 04-7185-2192

(3) Memorial Hall for Sugimura Sojinkan

Location: Midori2-5-5

Inquiries: Phone 04-7182-8578

Events at Local Community Centers in February 2017

(South District)

1. Abiko Minami Kinrin Center (*Keyaki* Building)

Date & Time: February 10 (Fri) 13:30-16:00

Event: Lecture on **rare district names of Abiko**

Inquiries: Phone 7181-1011

2. Komorebi

Dates & Time: February 26 (Sun), March 12 (Sun) and March 26 (Sun) 09:00-13:30

Event: Course on Soba-uchi (Soba-making)

Fee: ¥1,700/per course (obliged to attend the all 3 days)

Inquiries: Phone 7165-2011

(North District)

1. Abiko Kita Kinrin Center (Namiki Honkan)

Date & Time: February 26 (Sun) 11:00-15:00

Content: Doll Festival (Hina Matsuri)

Fee: Free

Inquiries: Phone 7157-4517

(Fusa District)

1. Fusa Minami Kinrin Center

Date & Time: February 19 (Sun) 09:30-

Event: Course on Soba-uchi (soba-making)

Fee ¥1,200 Up to 20 person

Inquiries: Phone 7189-3740

Spring Singing and Dancing Festival

Date & Time: February 12 (Sun) 10:30-

Place: Keyaki Plaza Fureai Hall

Entrance: Free

Lecture on Bird Watching - "Variation of Birds in Teganuma Lake in 25 Years"

Date & Time: February 22 (Wed) 14:00-16:00

Place: Abiko Kitakinrin Center (Namiki Honkan)

Entrance: Free Up to 100 person

Inquiries: Call 7182-3149 or 7182-8307

Bird-Watching at Yatsu

Date & Time: February 18 (Sat) 09:30 - Noon

First 20 applicants (at Higashi Abiko Station)

Fee: Free

Bring your binocular.

Inquiries: Teganuma Section (Ext. 465)

Doll Festival (Hina Matsuri) Picture-Taking Event

Date & Time: February 19 (Sun) (1) 10:00- (2)10:40- (3) 11:20- (4) Noon-

Fee:Free Up to 7 pairs

Entry: Apply by February 18(Sat) to *Abishirube* at phone 7100-0014

Advisory Service- February 2017			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	9 (Thu.), 14(Tue.), 16(Thu.), 21(Tue.) and 23(Thu.) 9:30 - 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	17(Fri) 10:00 - 15:00 Reservation required	Civic Consulting Room 1F, Abiko City Office	Tax Collection Sec. 7185-1349
Living Advice	Week days 8:30-17:00	West Annex 2F Social Welfare Sec.	Social Welfare Sec. Ext. 393
Child matters in general	Week days 8:30 - 17:00	West Annex 1F Child Consulting Sec.	Child Consulting Sec. 7185-1821
Domestic Violence	Week days 8:30 - 17:00	West Annex 2F Social Welfare Sec.	Social Welfare Sec. Ext. 394

Public Health Care Center Programs - February 2017

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama &Papa Gakkyu)	4,18 and 25(Sat.)	Expecting women of 20 weeks or over, and their family Reservation required
Consultation for 4-month-old babies	7 and 14(Tue.)	Babies born in September, 2016

Health Checkup for 18-month-old infants	2 (Thu)	Infants born from July 1 to July 20, 2015
Dental Checkup for 2 year and 8 month-old children	23 (Thu)	Children born in June, 2014
Health Checkup for 3-year-old children	9 and 16 (Thu)	Children born from July 1 to August 10, 2013
Health Checkup for 5-year-old children	23 (Thu)	Children born in February 2012
Baby Food Class for 4 to 6 month-old babies	24 (Fri)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	15 (Wed)	First 20 applicants. Babies born May, 2016 Reservation required by phone.

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

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

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

In an imminent case Call 119 for an ambulance.

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

Call #8000 or 043-242-9939 Hours: 19:00-06:00/Next day

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



3. Contact Holiday Clinic for sick or toothache on Sundays/Holidays at 7187-7020

(1) Dentist: 9:00 – 11:30

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

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

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

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Excerpts of the Newsletter issued by Abiko City Phone: 04-7185-1111

Aiming for a city being safe and without anxiety

March 11 marks the 6th year since the East Japan Great Earthquake of 2011. Abiko city has been tackling with the theme to reinforce our city to a much safer place to live.

It is important for every citizen to bear in mind to guard you and your town by yourself, reminding that disaster and crime might occur at any time. Let's think over what you can do about sudden occurring of such emergencies.



Get ready for any disaster occurring

-----Don't start action instantly but keep in mind of careful action-----

When a large-scale disaster occurs, public transportation stops, causing difficulty for people to go home.

Because of people's rushing to public transportation for going home, accidents tend to occur such as causing injury by fire and falling articles, and hindering life-saving and fire-fighting activities.

Do not start moving easily

1. First assure your own safety, and stay at your working place or public location.
2. Check for your family's safety using the disaster message service system.
3. Get information on public transportation and disasters.

Items to be prepared usually

1. Carry with you a radio and a map.
2. Get ready items such as sneaker, flash light, gloves, water and some food.
3. Make sure about communication with your family on mutual safety, get-together location, and the situation of returning-home route.

Inquiry: Please contact Citizens Safety Section at Ext. 217

Tax returns due soon! - Reminder

Income tax return should be filed by March 15

Inquiry on income tax return: Kashiwa Zeimu-sho (tax office) at 04-7146-2321

Inquiry on municipal tax: Taxation Section (tax office) at 04-7185-1111 (ext. 335)

14th Cherry Blossom Viewing at Abiko Golf Course

Date/time: March 27th 10:00 to 16:00 (canceled in case of rain)

Location: Abiko Golf Course, holes 13, 16, and surrounding area

Fee: 100 yen (to keep Abiko looking nice, Abiko Keikan wo Sodateru Kai)

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

No entry from the club house, no food or drink, no smoking, no pets allowed.

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

Call: 090-6034-9149 (Abiko Keikan wo Sodateru Kai)

Enjoy Papa Project (playing with your baby)

Date/time: March 12th 10:30 to 11:45 Call for an appointment at 7185-8882

Place: *Niko-Niko Hiroba* (Play with papa)

Date/time: March 4th and 25th 11:00 to 11:20 No appointment needed.

Place: *Suku Suku Hiroba* (Sukusuku papa time) Inquiry: Call 7185- 1936

Date/time: March 11th 11:00 to 11:45 Call for an appointment at 7185-2196

Place: *Waku Waku Hiroba* (Wakuwaku family)

Consultations for Residents

Contents	Date / Time	Location / Telephone
Legal, by lawyer	March 9 th ,14 th ,16 th , 21 st , and 23 rd From 9:30 to 15:30 Reservation needed	Civic Consulting Room(2F) Call Secretaroa sec.7185-1714 (from March 1 at 8:30)
Human rights	March 23 rd From 10:00 to 15:00 Reservation needed.	Consulting Room (West bldg. 2F) Call Social Welfare Sec. at 7185-1111, ext.432

Daily Life	Weekdays 8:30 to 17:00	Call Social Welfare Sec. (West bldg. 2F) 7185-1111 ext. 393
Health	Weekdays 8:30 to 17:00	Call Abiko Public Health Care Center, Health Building Support Sec.7185-1126
DV	Weekdays 8:30 to 17:00	Call Social Welfare Sec. ext. 394
Mental care	March 27th Afternoon	West bldg. 2F Please call Disability Support Sec. 7185-1111, ext. 421

8th Parent and Child Fishing Competition

Date: March 18th 8:30 to 12:00 (canceled in case of rain)

Place: Kojo-en fishing area (west side of Teganuma park)

Please park at Tsugawa Kogyo parking lot

20 parent / child teams (40 people) elementary age plus parent

Fee: 500 yen (includes insurance)

Rental fishing equipment (no personal fishing gear allowed)

Please apply by phone before March 10th, City Hall 7185-1111 (extension 468),

Clean Teganuma Suishin Kyogikai Jimu-kyoku

From the Abiko Public Health Care Center

Tel: 7185-1126

MOTHERING: (Shiawase Mama & Papa Gakkyu)	March 4th,11th,18th for those Pregnant over 20 weeks Please call for appointment
Consultation for 4 months old babies	March 7th,14th
Consultation for babies	March 8th, 22nd at Niko-Niko Hiroba play area, Ito Yokado South Exit, 10 people/day
Health Check-up for 18 month old children	March 2nd, 9th Those born Jul.21-Aug.31, 2015
Dental check-up for children 2 years,	March 23rd

8 months old (32 months)	Those born July 2014
Health check-up for 3 year olds	March 16th Those born Aug.11-31, 2013
Health check-up for 5 year olds	March 23rd Those born Mar.1-Apr.1,2012
WEANING March 24th March 15th Please call for an appointment	babies 4 to 6 months Up to 30 people babies 8 to 9 months Up to 20 people Those born June, 2016
Alcohol problem class Mental care class	March 3rd 14:30 to 16:00 March 13th 14:00 to 16:00 Please call 7185-1111, ext. 421, for Disability Support Sec.

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

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Call Fire Station at 7184-0019. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case Call 119 for an ambulance.

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

Call #8000 or 043-242-9939 Hours: 19:00-06:00/Next day

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



3. Contact Holiday Clinic for sick or toothache on Sundays/Holidays at 7187-7020

(1) Dentist: 9:00 – 11:30

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

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

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

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Abiko

April 1, 2017

Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

Message from Mayor of Abiko Junichiro Hoshino

.....For building an attractive city for all generations.....

Under the tough financial conditions, we have examined each project carefully and adjusted its priority for the budget of fiscal year 2017. We continue to work on policies of settling people in Abiko by supporting child-rearing and own housing acquisition. As the water museum is scheduled to be upgraded by opening direct sales depot of agricultural products and a restaurant, we plan to increase the number of visitors around Lake Teganuma by arranging running courses or holding various events. As for expanding integrated education of elementary and junior high school in all parts of Abiko, we will put ICT assistants at Kohoku, Kohokudai and Abiko junior high school areas and also equip tablet PCs in Abiko junior high school area. We will work on building a city where all generations can live positively. I sincerely appreciate for your understanding and cooperation.

FY 2017 Initial Budget --- For Establishing Safer City for All Citizens

General account budget decreased by 4.1points compared to last fiscal year budget.

The total budget, composed of the general account budget, 4 special account budgets and water service account, is 71.47842 billion yen with a decline of approximately 1.54billion yen of prior FY. The followings are main projects and their appropriations for this FY. Refer to city websites on the Internet for the details. Contact: Financial section, at ext.220

Preparation for new incineration plant : 213.32 million yen

Improvement of the surroundings of Teganuma Aquatic Square : 98.17 million yen

Reinforcement of disaster prevention system : 62.23 million yen

Water damage prevention : 499.00 million yen

Main community improvements : 435.56 million yen

Support for independent and healthy life for the elderly & the disabled people : 147.55 million yen

Nursery and educational environment for children : 75.27 million yen

Support for young child-rearing generation : 82.04 million yen

Change of Children's Emergent Medical Care System from April 2017

.....JA Toride General Medical Care Center.....

Due to lack of pediatricians, children's emergent medical care from 11:00 pm till 8:30 am next day will be basically limited to the critical patients only for the time being.

When you hesitate, however, call Child's Sudden Illness Consultation Call at #8000, and get doctor's advice on whether you should take your child to see the doctor or stay and watch your child's symptom at home on the doctor's advice.

Available: 7:00pm – 6:00am the following day.....Critical and emergent case only

Communication: by Phone : #8000 (by fixed telephone with push line or cellphone)

Or 043-242-9939 (by dial phone, IP phone or fiber-optic line)

Please do not hesitate **to call 119** in case of emergency or heavy illness in general.

*Have your family doctor (home doctor) in case for emergency.

When your child gets sick, your family doctor will be able to give him/her an appropriate treatment and advice as the doctor knows your child's medical history and physical constitution.

Inquiry: Health Promotion Section at 7185-1126

Housing Remodeling Subsidy in Abiko city

You can get subsidy for the part of remodeling fees when remodeling your own housing where you live. Refer to Abiko city website or a leaflet available at the Building and Housing Section for the details. Do not fail to apply for the subsidy before making the contract of remodeling.

Application period: from April 20 until January 31, 2018

Inquiry: Building and Housing Section at ext. 601

12th Abikko Club Open at Araki Elementary School

Abikko Club provides a place at school where children can play safely and freely after school, based on the idea of child-rearing in communities and safe playing. A new Abikko Club was inaugurated at Araki elementary school on March 1 based on the provision of setting Abikko Club at the all elementary schools in the city. Local volunteer supporters offer challenge-time programs such as calligraphy, Japanese harp, short tennis, ground golf, paintings and eraser stamp. They are popular among children.

Inquiry: Child-Rearing Support Section at ext.449

Japanese Language Course Open for Foreign People (Basic and Intermediate Courses)

Won't you learn Japanese language together? You can join any one of the following classes.

The course starts in May, but you can join and start at your convenient time.

Tuesday class: Every Tuesday from 10:30am to noon beginning on May 9th at Abiko Civic Plaza (Nursing room available)

Saturday class: Every Saturday from 10:00 to 11:30 beginning on May 13th at Abista

Free of charge (Only text fee is necessary.)

Application: by phone, fax or e-mail. Information of your address, name, telephone, class of your choice is required.

Apply and Inquire at: AIRA (Abiko International Relation Association), 270-1166 Abiko 4-11-1

Tel: 7183-1231 (closed on Thursday), Fax: 7183-2005, e-mail: info@e-aira.jp website:

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

Events

- ◆ Spring Festival at Chiba prefectural Hokusō Hana-no-oka Park
Date: April 8(Sat), 9(Sun) 10:00am – 3:00pm
Concert, flea market, mini-walk rally, maze made of corrugated cardboard, games, etc.
Place: Hokusō Hana-no-oka Park, (1-12-1, Harayama, Inzai city)
Inquiry: 0476-47-4030
- ◆ Junior Clarinet Concert
Date and Time: April 2 (Sun) The concert starts at 1:30pm. Doors open at 1:00pm.
Place: Kohoku district public hall, capacity: 250 seats, Free of charge
Clarinet Concert by local junior high and high school students
Inquiry: Otake, phone 7187-7414
- ◆ Napping-time concert-violin, viola, cello, guitar and piano- talk and performance
April 15 (Sat) 4:00pm – 6:00pm at Keyaki Plaza
“Spring” by Vivaldi, “Sakura” by Naotaro Moriyama, etc.
Fee: Free of charge
Inquiry: Kodan, phone 090-7630-0218

Advisory Service - April 2017

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Apr. 11, 13,18, 20,25 9:30 – 15:30 Reservation required	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. 7185-1714
Tax Matters	Apr.21(Fri) 10:00 – 15:00 Reservation required	Tax Collection Sec. 1F Abiko City Office	Tax Collection Sec. 7185-1349
Daily-Life 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. West Annex 2F	Social Welfare Sec. Ext. 394

ITEM	DATE	ELGIBILITY
Maternity Class (Shiawase Mama & Papa Gakkyu)	Apr. 6,13,20 (Thu)	Pregnant women of 20 weeks or over, and their families ★
Child care advice	Apr. 12, 26(Wed)	At Nikoniko Hiroba, first 10
	Apr. 19 (Wed)	Health Care Center
Consultation for 4-month babies	Apr. 4, 11 (Tue)	Those born in Nov, 2016
Health Checkup for 18 month-old infants	Apr. 13 (Thu)	Those born in Sep 1-Sep 20, 2015
Dental Checkup for 2 year and 8 month-old children	Apr. 27 (Thu)	Those born in August 2014
Health Checkup for 3-year-old children	Apr. 6, 20 (Thu)	Children born in Sep 1-Oct10, 2013
Health Checkup for 5-year-old children	Apr. 27 (Thu)	Children born in April 2-30, 2012
Baby Food Class for 4 to 6 month-old babies	Apr. 28 (Fri)	First 30 applicants. ★
Baby Food Class for 8 to 9 month -old babies	Apr. 18 (Tue)	Babies born in July 2016 First 20 applicants ★

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

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

Call Fire Station at 7184-0019. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury.

In an imminent case Call 119 for an ambulance.

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

Call #8000 or 043-242-9939 Hours: 19:00-06:00/Next day

Limited to the emergent and/or serious cases only. Refer the article on Page 1 for detail.



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

(1) Dentist: 9:00 – 11:30

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

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

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

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Excerpts of the Newsletter issued by Abiko City: Phone: 04-7185-1111

FUREAI Meeting (Mayor talks with Citizens)

The mayor meets and talks with citizens outside City Hall twice a year to reflect citizen's opinions to the administration. Several major departments' heads also attend the meeting. Anyone including young people is welcome to attend any one of them. The first meeting of the fiscal 2017 will be held as follows:

May 13 (Sat.) 10:00-12:00 Community Center *Komorebi*

14:00-16:00 Abiko Kita Community Center *Namiki* Main Building

May 14 (Sun.) 10:00-12:00 *Kohokudai* Community Center

15:00-17:00 *Fusa Minami* Community Center

May 28 (Sun.) 14:00-16:00 *Araki* Community Center

Reservation: Not required.

Contact: Secretarial Section, Public Hearing Desk Tel 04-7185-1714

Enjoy Teganuma Day !

The Enjoy Teganuma Program is an event for every citizen to enjoy **one full day** while feeling the relation with your hometown and Lake Teganuma. We have prepared a variety of new events for you to enjoy with "Cute Abiko Characters." with contents as follow,

Date/Time: **May 14(Sun) 09:00 - 15:30** In case of rain, some events are cancelled or changed.

Venues: **Teganuma Aquatic Park and Bird Museum**

Contact Teganuma Section Tel 7185-1484

- **Enjoy the stage:** Brass band performances by Abiko High School and Fusa Middle School, Happy Dixie Jazz Band, Happiness Dance School, Abiko Soran Asuka Gumi, Kappa Dance Kids and Teganuma Show
- **Other events** Include Bird Week Teganuma Bird Watching (Reception starts at 08:30), Teganuma Cruise to find new attractions of Abiko, Small yacht and canoe trial boarding, Release

of small fish, See and touch Teganuma fish, Let us play with youth consultants, Let us play with the NEC Green Rocket, Let us visit Abiko well-known spots and nature by photos, Abiko local products and many other food corners. You can enjoy free pork miso soup.

37th Abiko Welfare Festival (A town created by all who live together)

Date/Time : May 14(Sun) 10:00 - 15:00

Venue: Abista and Teganuma Park Promenade

The festival includes exciting events at **Abista** and/or **Teganuma Park Promenade** such as **health corner, events for children, a variety of welfare experience and other events**
Citizen's favorite Characters such as Unakichi-san and Chiiba-kun are coming to see you !

Inquiry: Please contact for detail Abiko Social Welfare Association Tel 7184-1539

Parking lot: Due to limited space is available, you are requested to visit there using public transportation.

Attention: The event will be held even if it rains.

Waste-Zero Program

Waste-Zero Program will be held on May 28(Sun.).

Your cooperation and support shall be much appreciated.

- Smoking while walking is prohibited.
- Clean up after your dog.
- Do not throw away such wastes as empty cans.
- Use vending machines properly.

If you keep our requests, your neighborhood will be clean without wastes.

Contact Clean Center Tel 7187-0015

- Concerted Crime Prevention Patrol on May 12(Fri) 19:00-20:00 at the following locations:
 Anyone can join it.

Contact Abiko Association for Crime Prevention Tel 7184-8190

Advisory Service- May 2017			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	11 (Thu.), 16(Tue.), 18(Thu.), 23(Tue.) and 25(Thu.)	Civic Consulting Room	Secretarial Sec.

	9:30 – 15:30 Reservation required	2F, Abiko City Hall	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	Social 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	West Annex 2F	Social Welfare Consulting Sec. Ext. 394

Public Health Care Center Programs–May 2017

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	13,20 27(Sat.)	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	8(Mon) and 9(Tue.)	Babies born in December, 2016
Health Checkup for 18-month-old infants	18 and 25 (Thu.)	Infants born from Sept 21 to Oct 31, 2015
Dental Checkup for 2 year and 8 month-old children	23(Tue.)	Children born in Sept, 2014
Health Checkup for 3-year-old children	11 (Thu.)	Children born from Oct 11 to Oct 31, 2013
Health Checkup for 5-year-old	23 (Tue.)	Children born in May, 2012

children		
Baby Food Class for 4 to 6 month-old babies	26 (Fri.)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	12(Fri.)	First 20 applicants. Infants born August, 2016 Reservation required by phone.

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

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

Call Fire Station at 7184-0019. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury.

In an imminent case Call 119 for an ambulance.

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

Call **#8000** or **043-242-9939** Hours: 19:00-06:00/Next day

Limited to the emergent and/or serious cases only. Refer the article on Page 1 for detail.



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

(1) Dentist: 9:00 – 11:30

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

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

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

<i>Newsletter Abiko</i>		No.271	May 1, 2017
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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 the Abiko City Phone: 04-7185-1111

Teganuma Aquatic Park “Water Museum” Fully Opens on June 3rd! Farm Product Market ABIKON and New Planetarium are launched.

Opening Events

- June 3rd *9:30 to 10:30 Opening ceremony
 *10:30 Farm Product Market ABIKON will open.
 *11:00 Restaurant “MaiMai Tei” will fully open
 *Traditional instruments performance by “Ryoma Shijuusou”
 (50 seats on each stage, charge: 100 yen)
 11:00~ on the open deck at Restaurant MaiMai Tei
 15:00~, 16:00~ at planetarium (3F) in Water Museum
- June 4th 18:15 to 20:00 Star Watching
 First 50 participants, a parent or guardian must accompany elementary
 school children and under.
 Fee: 100 yen per person
 Please call at 7184-0555 to make your reservation!

From Junichiro Hoshino, Mayor of Abiko

Ownership and responsibility for Teganuma Aquatic Park (Water Museum) was transferred from Chiba Prefecture to Abiko City in July 2015.

It will open on June 3rd after renovating the water environment preservation facility and agricultural base facilities. I believe that Water Museum will be a pivotal institution that will help attract more and more people to Teganuma, both citizens and visitors.

I hope Water Museum will be a valuable waterside focal facility close to Tokyo and will enliven Abiko City.

Advisory Service-June 2017

*reservation required

Item	Date / Time	Place	Contact
Legal Advice	June 13th,15th, 20th, 22nd, and 27th From 9:30 to 15:30	Civic Consulting Room, 2F, City Hall	Secretarial Sec. * 7185-1714 (Call for reservation from 8:30 on June1st)
Human rights	June 1st, 22nd From 10:00 to 15:00	Consulting Room (2F, West Annex) 7185-1111, ext.432	Social Welfare Sec. * 7185-1111 ext.432
Daily-life Advice	Weekdays 8:30 to 17:00	Social Welfare Sec. (West Annex, 2F)	Social Welfare Sec. 7185-1111 ext.393
Health Care	Weekdays 8:30 to 17:00	Abiko Public Health Care Center	Health Promotion Sec. 7185-1126
Domestic Violence	Weekdays 8:30 to 17:00	Social Welfare Sec. (West Annex, 2F)	Social Welfare Sec. 7185-1111 ext.394
Mental Care	June 26th in the afternoon	Consulting Room (West Annex 2F)	Welfare Support for the Disability Sec. * 7185-1111, ext. 421
Employment	Weekdays 8:30 to 17:00	Sun Beans Building 6F (South exit, Abiko Station)	Employment Consulting Room 7165-2786

Fun for Children

Keya Kids – Let's enjoy sounds with hand-made instruments

Date: June 27th 10:30~11:30

Place: Abista 50 pairs

Call for reservation at 7185-1111, ext. 479 (8:30 to 17:00 on weekdays)

Playtime for Parents and Children 10:30 to 11:00

Date: June 5th at Nikoniko hiroba (Abby Cuore, 2F)

Date: June 9th at Sukoyaka hiroba (Fusa Minami elementary school)

Date: June 13th at Wakuwaku hiroba (next to Kohokudai nursery school)

Smile Kids

Date: June 7th 10:30 to 11:30

Place: Kohoku-Chiku Public Hall, Learning room No. 1

Please call 7185-8882 for details (10:00 to 17:00 except Tuesdays)

Enjoy Papa project (Playtime for fathers and babies)

*Date: June 18th 10:30 to 11:45 (50 pairs, call 7185-8882 for reservation)

Fee: 50 yen (Let's make hand prints!)

Place: Nikoniko hiroba

*Dates: June 3rd, 17th (11:00 to 11:20)

Fee: Free

Place: Sukusuku hiroba

Please call 7185-1936 for details (reservation not required)

Public Health Care Center Program

Kohokudai 1-12-16 Tel: 7185-1126

***reservation required**

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	June 10th, 17th, 24th Please call for an appointment	Pregnant of 20 weeks and over and their families
Consultation for 4 month old babies	June 6th, 13th	Babies born in January, 2017
Consultation for babies	June 7th, 21st Niko-Niko Hiroba inside Ito Yokado South Exit, June 27 th Public health care center	First 10 people/day
Health Check-up for 18 month old infants	June 22nd	Those born from Nov.1 to Nov.20 in 2015
Dental check-up for kids 2-year and 8-month-old kids	June 29th	Children born in October, 2014
Health check-up for 3-year-old children	June 1st, 8 th	Children born from Nov.1 to Dec.10 in 2013
Health check-up for 5-year-old kids	June 29th	Children born in June, 2012
Baby Food Class for 4-6	June 30th,	* First 30, Please call

month old babies Baby Food Class for 8 to 9 month-old babies	June13th	for reservation * First 20, those born in September, 2016
Health exercises class (Cancelled in case of rain Confirm at 7185-1112)	June 14th, Fusa Minami park June 20th Kohokudai Chuo park June 16th Tennnoudai Nishi park All 10am to 11am	Elderly Support Sec.
Alcohol problem class Mental care class	June 2nd 14:30 to 16:00 June 19th 14:00 to 16:00 Health Care Center	Welfare Support for Disabilities Please call 7185-1111, ext. 421,
Day care club Abiday Day care club Araday	June 28th, Abista No. 2 Study room June 14 th Welfare Center for the Disabled 10:00am to 11:30am	For details: 7185-1111,ext.381 Welfare Support for the Disabled Sec.

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

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

Call Fire Station at 7184-0019. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury.

In an imminent case Call 119 for an ambulance.

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

Call #8000 or 043-242-9939 Hours: 19:00-06:00/Next day

Limited to the emergent and/or serious cases only. Refer the article on Page 1 for detail.

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

(1) Dentist: 9:00 – 11:30

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

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

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

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



Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

Fireworks Display at Lake Teganuma

Date & Time: August 5(Sat.) 19:00-20:30

If it rains on 5th, the event will be held on August 6(Sun).

Special seats are available at special prices.

Contact: Event Committee at ☎ 7182-3131(weekday only)

July 1: Municipal Administration Establishment Day

Abiko Town became Abiko City on July 1, 1970. Taking this opportunity, Abiko City designated keyaki trees as the city tree and azaleas as the city flower.

Special Exhibition of Ukiyo-es

Abiko City will exhibit ukiyo-es at Civic Plaza Hall from July 15 to July 31(10:00-17:30).

Content: Ukiyo-e works of famous ukiyo-e artists including Katsushika Hokusai and Utagawa Hiroshige.

Admission: Free

Contact: Culture and Sports Section, Board of Education at ☎ 7185-1601

Renewal of National Health Insurance Benefit Certificates

Renewed national health insurance certificates for people over 70 under 75 will be sent to the eligible householders during July.

Contact: National Health Insurance and National Pension Section at ext. 455, 354

Renewal of Health Insurance Cards for the Elderly

Renewed health insurance cards will be sent to the eligible people during July.

Contact: National Health Insurance and National Pension Section at ext. 414

Summer Traffic Safety Campaign

Summer Traffic Safety Campaign will be held from July 10(Mon.) to July 19(Wed.).

In this season before school summer holidays, traffic accidents tend to increase due to a sense of space and an increase in traffic volume triggered by holiday outings. Citizens are suggested to keep traffic rules and enjoy good summer vacation.

Main targets of the campaign:

- 1) Prevention of traffic accidents by children and the aged people
- 2) Safe use of bicycles
- 3) Correct wearing of all seat belts including rear seats and child seats
- 4) Eradication of driving under the influence of alcohol

Contact: Abiko Police Office at ☎ 7182-0110

Citizens Safety Section at ext. 485

City-wide Crime Prevention Patrol

Date & time: July 14(Fri) from 19:00-20:00

(If it rains on 14th, it will be held on 21(Fri).

Anybody can join it.

Contact: Abiko City Crime Prevention Association at ☎ 7184-8190(week day 09:15-17:00)

Be careful about Heatstroke

In July, hot and humid summer will begin. Special attention is needed to heatstroke. Ministry of the Environment established “Heatstroke Prevention Information Site” (<http://www.wbgt.env.go.jp/>) which provides you with information on measures for heat and daily heat index. You can receive free mail distribution service on heat index for your use.

- “Heat Index” means an index of temperature by considering (1) humidity, (2) sunshine and radiant heat and (3) temperature. The unit of °C is used but it is different from normal temperature indication. If this index exceeds 28°C, the number of people who suffer from heatstroke will increase rapidly.

Contact: Health Promotion Section at ☎ 7185-1126

Traffic Control on July 15 and 16

Traffic control will be made on July 15 and 16 due to Kohoku Festival and Yasaka Shrine Festival. Some regular bus services will be totally or partially suspended. Your cooperation and understanding shall be much appreciated.

Contact: Abiko Police Office at ☎ 7182-0110

Bando Bus (including Abi Bus) at ☎ 7185-2771

Tsutsujiso at ☎ 7188-0123

West Welfare Center at ☎ 7185-5818

Advisory Service- July 2017			
ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	11 (Tue.), 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	21(Fri) 10:00 – 15:00 Reservation required	Civic Consulting Room 1F, Abiko City Office	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 Consultation 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 -July 2017		Tel:04-7185-1126
Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	1,8 and 22(Sat.)	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	4 and 11(Tue.)	Children born in February, 2017
Health Checkup for 18-month-old infants	13 and 20 (Thu.)	Infants born from Nov.21 to Dec. 31, 2015

Dental Checkup for 2 year and 8 month-old children	27 (Thu.)	Children born in Nov., 2014
Health Checkup for 3-year-old children	6 (Thu.)	Children born from Dec 11 to 31, 2013
Health Checkup for 5-year-old children	27 (Thu.)	Children born in July, 2012
Baby Food Class for 4 to 6 month-old babies	28 (Fri.)	First 30 applicants. Reservation required by phone
Baby Food Class for 8 to 9 month-old babies	14(Fri.)	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 day

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

2. HOLIDAY CLINIC (SUNDAYS /HOLIDAYS)

Place: Abiko Public Health Center

Items and Hours

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

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

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

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

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

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



Abiko

August 1, 2017

Excerpts of the Newsletter issued by Abiko City Phone: 04-7185-1111

Our Abiko city is constantly making PR of Abiko's charm through movies, dramas, etc. We are promoting various plans as follows in collaboration with the movie titled "TORI-GIRL!" to be released nationwide on Sept 1 in which one scene was shot in Abiko city last year.

1. CM will be aired before the movie is screened:

Period: Sept 1st (Fri) ~ 14th (Thurs) (till 15th(Fri) at Toyosu)

Place: Toho Cinemas (Kashiwa, Funabashi, Nihonbashi, Shinjyuku, Shibuya, Nishi-arai), United Cinema Toyosu

Inquiry: Abiko's Charm Publicity Office Ext 235

2. Exhibition of panels showing the location scenes of actors:

Also, the movie poster and original SNS panels are on display!

Period: till Oct 1st (Sun)

Place : Boat center Koike (inside of Teganuma Park)

Inquiry: Abiko's charm Publicity Office Ext 235

3. Entrance Free to Birds Museum with presentation of the movie ticket:

Please show the advance ticket or a stub of the movie ticket for free entrance.

Original goods will be presented for the first 100 visitors.

Period: till Sept 18 (Holiday)

Inquiry: Birds Museum TEL 7185-2212

4. Let's play at Teganuma Park!

Boat stands: Kojo-En ☎ 7185-5300 Teganuma-no-Koike ☎7182-1015

Boat center Koike ☎ 7184-7117

Mini-SL: Opening time: 9:30am ~ 5pm (week days also opened during summer holidays)

Rental Cycle: Opening time 9am~5pm(rental till 4pm)

Inquiry: Commerce and Tourism Section Ext 505

Advisory Service- August 2017

* reservation required

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Aug 8, 10, 15, 17, 22 9:30 - 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. *7185-1714 Call for reservation from 8:30 on Aug 1
Tax Matters	Aug 18 10:00 - 15:00	Tax Collection Sec. Civic Consulting Room 1F, Abiko City Office	Tax Collection Sec. *7185-1349 Call for reservation from 8:30 on Aug 14
Daily life advice	Week days except national holidays 8:30 - 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext.393
Child matters in general	Week days except national holidays 8:30 - 17:00	West Annex 1F	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except national holidays 8:30 - 17:00	Social Welfare Sec. 2F, West Annex	Social Welfare Sec. Ext. 394

2017 Teganuma Team Run & Kids Run “Unakichi Cup”

Let's enjoy running with your friends!

Date & time: Nov 12th (Sun) from 8:00am

Place: Special course at Teganuma Aquatic Park (around Mizu-no-Yakata)

* 1km per one lap

Details: Search for [Unakichi Cup] through RUNNET (HP <https://runnet.jp/>)

Inquiry: Culture and Sports section, Board of Education ☎7185-1604

It consists of **1. Team Run** for Junior High school students and above to compete with total running number of laps in 5 hours, **2. Parent & Child Run** for Elementary school students (1st~3rd grade) and guardians to run 1km(1 lap) and **3.Kids Run** for Elementary school students (4th~6th grade) to run 2km (2 laps).

Teganuma Fireworks Display 2017

Date and time: Aug 5th(Sat) 7pm ~ 8:30pm (launched from 7:10pm)

In case of bad weather, it will be postponed to 6th(Sun).

Teganuma Park will be rather crowded. North Kashiwa area of Teganuma Fureai line may be recommendable because the area will be less crowded. North Kashiwa station is also recommendable to use for return. Viewing on the Tega big bridge is banned.

Inquiry: Teganuma Fireworks Executive Committee ☎7182-3131

Recruitment of participants for 19th International Exchange Speech Contest

Date and time: Sept 24th (Sun) 1pm~(Party will be held after the contest.)

Place: Civic Plaza hall

Theme: about international exchange * free subject for speech. Within 5 min.

English speech by Japanese people and Japanese speech by foreigners

Eligibility and capacity: Junior High school students and above. Living, studying or working in the city, Max 20 people (any nationalities. In case of more applicants, primary screening by Executive Committee will be held.)

* Several prizes with supplementary prize to be presented.

Application: Send an application form by post, fax, or e-mail.by Sept 6th (Wed).

Application forms are available at Abishirube and Civic Plaza, or download the form from AIRA website.

Draft of speech to be submitted in A4 size before Sept 13th (Wed) to the followings;

〒270-1166 AIRA (Abiko Int'l Relations Association) office, 4-11-1 Abiko, Abiko city Fax 7183-2005 HP <http://e-aira.jp> Email: info@e-aira.jp ☎7183-1231

Public Health Care Center Programs Tel: 04-7185-1126 ★:Reservation required

ITEM	DATE	ELGIBILITY
Maternity Class (Shiawase Mama & Papa Gakkyu)	Aug 5,19,26 (Sat)	Pregnant women of 20 weeks or over, and their families ★
Child care advice	Aug 2,30 (Wed)	At Nikoniko Hiroba, first 10
	Aug 9 (Wed)	Health Center
4-month old consultation	Aug 1, 8 (Tue)	Those born in Mar, 2017

Health Checkup for 18 month-old infants	Aug 10 (Thu)	Those born in Jan 1~Jan 20,2016
Health Checkup for 3-year-old children	Aug 3, 24 (Thu)	Children born in Jan1-Feb10,2014
Dental Checkup for 2 year and 8months-old children	Aug 22 (Tue)	Those born in Dec,2014
Health Checkup for 5-year-old children	Aug 22 (Tue)	Children born in Aug, 2012
Baby Food Class for 4 to 6 month-old babies	Aug 23 (Wed)	★ First 30 applicants
Baby Food Class for 8 to 9 month-old babies	Aug 21(Mon) afternoon	Those born in Nov,2016 ★ First 20 applicants

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

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

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

In an imminent case Call 119 for an ambulance.

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

Call **#8000** or **043-242-9939** Hours: 19:00-6:00/Next day

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



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

(1) Dentist: 9:00 – 11:30

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

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

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

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



Abiko

September 1, 2017

Excerpts of the Newsletter issued by Abiko City Phone: 04-7185-1111

Prepare against Typhoons and localized torrential rains

Recently localized torrential downpour in a short time and strong low pressure system passing have increased. Check the evacuation information and actions for the coming typhoon and heavy rain season.

Inquiry: Citizens Safety Section at ext. 295

1. Be cautious of sudden heavy rainfall. Prepare for urban flood damage.

More rainfall than the capacity of drainage equipment cause damage in urban areas where roads are paved with asphalt and the risk to cause flood damage is very high. Routine preparedness is important because localized torrential rainfall is unpredictable.

2. The number of heavy rainfall observation has been increasing.

The number of heavy rainfall observation more than 50 mm /h of recent 10 years is 1.3 times as many as that of 10 years (1976-1985).

3. Flood in lower areas

Lower areas and underpasses can be easily flooded by heavy rainfall. Avoid passing these areas by car not to be got stuck in water.

4. Check levels of rainfall intensity.

Rainfall(mm/h)	Expression	Impression	Influence	Outdoor
10 - 20	<i>Yaya tsuyoi ame</i>	Heavy rain	Drops of rain splashes your shoes.	Lots of puddles everywhere on the ground
20 - 30	<i>Tsuyoi ame</i>	Pouring rain	You'll get wet even under your umbrella.	
30 - 50	<i>Hageshii ame</i>	Rain coming down in buckets.		Roads are flooded like a river.
50 - 80	<i>Hijouni hageshii ame</i>	Torrential rain	Umbrellas will become useless.	Lots of splash will obstruct the view.
Over 80	<i>Mouretsuna ame</i>	Suffocating, terrifying rain		

5. Keep being informed of flood and wind hazard and weather.



Abiko weather and disaster control information



JMA rainfall now cast website (Japan Meteorological Agency)

6. Check the evacuation information and actions. Evacuation Information

We will issue 3 levels of evacuation information.

(1) Evacuation Preparedness Information. Elderly people start evacuation.

*Possibility of causing human damage is increasing.

*Elderly people and people with disability should start evacuation. Prepare for evacuation.

(2) Evacuation Advisory

*Higher possibility of causing human damage

*All the people should start evacuation immediately. If going out is more hazardous, evacuate to a safer place in the building.

(3)(Emergency) Evacuation Order

*Some human damage occurs. Very high possibility of causing human damages according to disaster signs.

*Evacuate immediately. If going out is more hazardous, evacuate to a safer place in the building.

Note: Please start voluntary evacuation if you feel dangerous even if evacuation advisory, etc. are not in effect.

Evacuation action depending on the situation

(1) Head to a safe place (horizontal evacuation)

Designated evacuation sites, top of the hill, your acquaintance's house other than disaster warning areas

(2) Head to neighbor high buildings (vertical evacuation)

If it is difficult to go to safe places, head to neighbor high sturdy buildings and go up to the 2nd floor and higher floors.

(3) Evacuate to a safer place within the building

If it is more dangerous to go outside, move to the contrary side of the cliff and onto the 2nd or higher floors. (indoor evacuation)

● Prepare for evacuation

Check the hazardous points of your surroundings.

Check the evacuation routes and sites, relative's or friend's house where you can evacuate, safer places in your house.



When you evacuate, wear comfortable clothes and sneakers, not rain boots.
 Pack your emergency supplies into a backpack, and you can carry it with your both hands free.
 (Portable radio, map, flash light, gloves, water, food, toilet paper, plastic bags, etc.)

Advisory Service- September 2017 ★Reservation required

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Sep 12,14, 19, 21, 26 9:30 - 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. ★7185-1714 Call for reservation from 8:30 on Sep 1
Tax Matters	Sep 15 10:00 - 15:00	Civic Consulting Room 1F, Abiko City Office	Tax Collection Sec. ★7185-1349 Call for reservation from 8:30 on Sep 11
Daily life advice	Week days except national holidays 8:30 – 17:00	2F, West Annex	Social Welfare Sec. Ext.648
Child matters in general	Week days except national holidays 8:30 - 17:00	1F, West Annex	Child Consulting Sec. 7185-1821
Domestic Violence	Week days except national holidays 8:30 - 17:00	2F, West Annex	Social Welfare Sec. Ext. 394

Takeuchi Shrine Festival on September 16 ~ 18

Traditional Festival will be held in Fusa area. You will see portable shrines, floats parade.

Public Health Care Center Programs Tel: 04-7185-1126 ★:Reservation required

ITEM	DATE	ELGIBILITY
Maternity Class (Shiawase Mama & Papa Gakkyu)	Sep 2, 9, 16 (Sat)	★ Pregnant women of 20 weeks or over, and their families
Child care advice	Sep 6, 20 (Wed)	At Nikoniko Hiroba, first 10
4-month old consultation	Sep 12, 19 (Tue)	Those born in Apr, 2017

Health Checkup for 18 month-old infants	Sep 14, 21 (Thu)	Those born in Jan 21~Feb 29, 2016
Dental Checkup for 2 year and 8months-old children	Sep 28 (Thu)	Those born in Jan, 2015
Health Checkup for 3-year-old children	Sep 7 (Thu)	Children born in Feb 11~Feb 28, 2014
Health Checkup for 5-year-old children	Sep 28 (Thu)	Children born in Sep, 2012
Baby Food Class for 4 to 6 month-old babies	Sep 29 (Fri)	★ First 30 applicants
Baby Food Class for 8 to 9 month-old babies	Sep 15 (Fri)	Those born in Dec, 2016 ★ First 20 applicants

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

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

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

In an imminent case Call 119 for an ambulance.

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

Call #8000 or 043-242-9939 Hours: 19:00-6:00/Next day

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

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

(1) Dentist: 9:00 – 11:30

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

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

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



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



Abiko

October 01, 2017

Excerpts of the Newsletter issued by Abiko City Phone : 04-7185-1111

We have many festivals and events in October & November. Why don't you participate in autumn activities?

1. Beautiful Colored Leaves Viewing in Izu-Shimoda!

Operation schedule of a temporary limited express train "Odoriko"

Train	Departure/Time	Destination/Time	Operation Date
Odoriko 111	Abiko/10:45	Izukyū-Shimoda /14:21	October 07, 08, 09, 14, 21 and 28, November 03, 04, 05, 11, 18, 23 and 25
Odoriko 112	Izukyū-Shimoda /14:33	Abiko/18:05	October 01, 07, 08 and 09
Odoriko 152	Izukyū-Shimoda /14:33	Abiko/18:10	October 15, 22, 29, November 03, 04, 05, 12, 19, 23 and 26

* All reserved seats

Inquiry: Tel 050-2016-1600 (East Japan Railway Company)

Reservation Center: Tel 03-3843-2001



2. Talk and Piano Performance with Flute at Salon ♪

Date: Oct 14, 14:00 to 15:00

Place: Piano Salon on the 1st floor at Shirakaba Bungaku-kan (Literature Museum)

Theme of the performance: "Autumn"

The concert is free but 300 yen is required for entrance (200 yen for college students and high schoolers, free for junior high-schoolers and under)

3. The 36th Abiko Industry Festival

Date: Oct 15, 10:00 to 15:00 (the event will not be held in case of bad weather)

Place: Kohokudai Chuo Koen (Kohokudai Central Park)

Events: companies' exhibition, fire-fighting attraction, outdoor market, brass band, Japanese drum, and sales of local products of Abiko, etc.

*Parking is available but the parking space is limited.

4. The 7th Japanese Drum Festival in Abiko

Date: November 19, 9:45 to 14:30

Place: Kohokudai Chuo Koen (Kohokudai Central Park)

* MC: Sanyutei Kintaro (rakugo storyteller designated as Abiko city local ambassador)

5. JR to Run More Joban Direct Trains to Shinagawa (The Ueno-Tokyo Line) from Oct 14, 2017

- Timetable of morning peak hour trains bound for Shinagawa

Departure / Time	Departing from Abiko	Arrival at Shinagawa
Toride / 6:56	7:04	7:56
Tsuchiura / 6:34	7:13	8:05
Narita / 6:32	7:19	8:11
Tsuchiura / 6:50	7:27	8:19
Toride / 7:24	7:33	8:25
Tsuchiura / 7:08	7:40	8:30
Toride / 7:38	7:46	8:37
Narita / 7:01	7:52	8:43
Katsuta / 6:25	8:01	8:55

- Timetable of evening/ night hour trains bound for Narita (Departing from Shinagawa)

Departure/Time	Departing from Abiko	Arrival at Narita
Shinagawa / 17:36	18:41	19:27
Shinagawa / 18:33	19:32	20:17
Shinagawa / 19:32	20:36	21:21
Shinagawa / 20:32	21:36	22:15
Shinagawa / 21:32	22:40	23:21
Shinagawa/22:24	23:23	0:02

6. Smoking Manners Campaign: Oct 16 at Abiko Station, Oct 17 at Tennodai Station

Do not throw away cigarette butts in the street. Smoke at designated areas.

7. Be careful with your acute leg swelling

There are many causes of leg swelling. The causes for gradual swelling of legs involve (1) cardiac insufficiency, (2) anemia, (3) hypoproteinemia, (4) renal function depression and (5) hypothyroidism.

Do not worry about mild leg swelling at night if you recover next morning.

On the other hand, you must worry about deep venous thrombosis when one or both of your legs swell suddenly. The disease is a so called economy-class syndrome and it is recommendable to visit a hospital as fast as possible. This disease is prone to appearing in elderly people, obese people, cancer patients, people after surgery, pregnant women, women after delivery, injured people, people living in evacuation center, people taking contraceptive pills, people who have physical constitution prone to form blood clot, and so on. Walking, ankle exercise, and avoiding dehydration are effective for its prevention. In addition, when you cannot move your body freely, a compression therapy wearing elastic stockings is recommended.

Advisory Service - October 2017

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	Oct 10, 12 17, 19 and 24 9:30 to 15:30	Civic Consulting Room 2F, Abiko City Office	Secretarial Sec. ★7185-1714 Call for reservation from 8:30 on Oct 02
Tax Matters	Oct 20 10:00 to 15:00	Civic Consulting Room 1F, Abiko City Office	Tax Collection Sec. ★7185-1349 Call for reservation from 8:30 on Oct 16
Daily life advice	Week days except Sat/Sun/public holidays 8:30 to 17:00	West Annex 2F	Social Welfare Sec Ext 648
Child matters in general	Week days except Sat/Sun/public holidays 8:30 to 17:00	West Annex 1F	Child Consultation Sec. 7185-1821
Domestic Violence	Week days except Sat/Sun/public holidays 8:30 to 17:00	Social Welfare West Annex 2F	Social Welfare Sec. Ext. 394

★Reservation required

Public Health Care Center Programs – October 2017 Tel: 04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	Oct 14, 21 (Sat)	Pregnant women of 20 weeks or over, and their families★
Child care advise	Oct 11, 25 (Wed)	At Nikoniko Hiroba, first 10
	Oct.18 (Wed)	Public Health Care Center
4-month old consultation	Oct 03, 10 (Tue)	Those born in May, 2017
Health Checkup for 18-month old infants	Oct 19 (Thu)	Those born in Mar 01 to Mar 20, 2016
Dental Checkup for 2-year and 8-month old children	Oct 26 (Thu)	Those born in Feb, 2015
Health Checkup for 3-year old children	Oct 05, 12 (Thu)	Those born in Mar 01 to Apr 10, 2014
Health Checkup for 5-year old children	Oct 26 (Thu)	Those born in Oct 2012
Baby Food Class for 4- to 6-month old babies	Oct 27 (Fri)	★First 30 applicants
Baby Food Class for 8- to 9- month old babies	Oct 17 (Tue)	Those born in Jan 2017 ★First 20 applicants

★Reservation required

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

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

Call Fire Station at 7184-0019. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury. In an imminent case Call 119 for an ambulance.

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

Call #8000 or 043-242-9939 Hours: 19:00-06:00/Next day

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

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

(1) Dentist: 9:00 – 11:30

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

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

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

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



Abiko

November 1, 2017

Excerpts of the Newsletter issued by the Abiko City Phone: 04-7185-1111

JAPAN BIRD FESTIVAL 2017

Date: November 4th and 5th

You can enjoy art and photo exhibitions, lectures and information about birds and natural environment. Join bird watching at the lakeshore / on board, workshops, and other fun events. There will be booths from overseas --- Taiwan, Mongolia, Philippines, Hawaii, Nepal, Thailand, Malaysia, and Israel.

Locations: Abista, Teganuma Aquatic Park, Mizu no Yakata, Ooban Hiroba, Yamashina Institute for Ornithology, and Abiko City Museum of Birds

Inquiry: 7185-1484 at Lake Teganuma Section,
JBF web site <http://www.birdfesta.net/>

Soba --- Buckwheat noodles --- Festival at Abikon

Date: November 11th and 12th, 10:30 to 15:00 (canceled in case of rain)

Place: Teganuma Aquatic Park

Soba-making groups in Abiko city make Soba with new buckwheat flour. You can choose a soba item on menus ---- tempura, fried chicken, duck meet and onion, and more. Also try handmade processed food.

For details, contact Abikon (agricultural food direct sales store) at 7168-0821

Resident Advisory Services November 2017 (*reservation required)

Item	Date / Time	Place	Contact
Legal Advice	Nov. 9,14, 16, 21, and 28 From 9:30 to 15:30	Civic Consulting Room, 2F, City Hall	Secretarial Sec. * 7185-1714 (Call for reservation from 8:30, Nov. 1st)

Human rights	Nov. 30 From 9:30 to 12:00	Consulting Room (2F, West Annex) 7185-1111, ext.432	Social Welfare Sec. * 7185-1111,ext.432
Daily-life Advice	Weekdays 8:30 to 17:00	Social Welfare Sec. (West Annex, 2F)	Social Welfare Sec. 7185-1111, ext.648
Health Care	Weekdays 8:30 to 17:00	Abiko Public Health Care Center	Health Promotion Sec. 7185-1126
Domestic Violence	Weekdays 8:30 to 17:00	Social Welfare Sec. (West Annex, 2F)	Social Welfare Sec. 7185-1111 ext.394
Mental Care	Nov. 27 in the afternoon	Consulting Room (West Annex 2F)	Welfare Support for the Disability Sec. * 7185-1111,ext. 421
Consultation for children	Weekdays 8:30 to 17:00	Child Consultation Section (West Annex, 1F)	Child consultation Section, 7185-1821

Fun for Children

Keya Kids – Have fun with some exercise.

Date: Nov. 16th 10:30~11:30

Place: Abista

Limited to 50 parent-child pairs

Call for reservation at 7185-1111, ext. 479 , Nursery Section
(8:30 to 17:00 on weekdays)

Playtime for Parents and Children, from 10:30 to 11:00

1. Date: Nov. 2nd at Sukusuku hiroba (5F, Kawamura No13 building)
 2. Date: Nov. 10th at Sukoyaka hiroba (Fusa Minami elementary school)
 3. Date: Nov. 14th at Wakuwaku hiroba (next to Kohokudai nursery school)
- Make reservation for 2. and 3. at 7185-1111, ext. 479 (8:30 to 17:00 on weekdays)

Enjoy Papa project (Playtime for fathers and babies) All Free of Charge!

1. Date: Nov. 19th 10:30 to 11:45 (call at 7185-8882 for reservation)
- Place: Nikoniko Hiroba – Let's Enjoy Music Together!

2. Dates: Nov. 4th, 11th, 25th, 11:00 to 11:20 (call at 7185-1936 for details)

Place: Sukusuku Hiroba – Fun time for papa and child!!

3. Date: Nov. 4th, 11:00 to 11:45 (call at 7185-2196 for reservation)

Place: Wakuwaku Hiroba – Let's make festival float (Dashi) together!

4. Date: No.11th, 10:30 to 11:30, (call at 7185-2247 for reservation)

Place: Sukoyaka Hiroba

Let's have sports festival together at Fusa Minami Elementary School gym!

Public Health Care Center Program

Kohokudai 1-12-16 Tel: 7185-1126 *reservation required

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	Nov. 11, 18, 25 Please call for an appointment	* Pregnant of 20 weeks and over and their families
Consultation for 4 month old babies	Nov. 7, 14	Babies born in June, 2017
Consultation for babies	Nov. 8, 22 Niko-Niko Hiroba inside Ito Yokado Abiko South Exit,	First 10 people/day
Health Check-up for 18 month old infants	Nov. 9, 16	Those born from Mar.21 to Apr 30 in 2016
Dental check-up for kids 2-year and 8-month-old kids	Nov. 30	Children born in March, 2015
Health check-up for 3-year-old children	Nov. 2	Children born from Apr 11 to April 30 in 2014
Health check-up for 5-year-old kids	Nov. 30	Children born in Nov., 2012
Baby Food Class for 4-6 month old babies	Nov. 29	* First 30, Please call for reservation

Baby Food Class for 8 to 9 month-old babies	Nov.15th	* First 20, those born in February, 2017
Health Exercise Class (Cancelled in case of rain Confirm at 7185-1112)	Nov. 8, Fusa Minami Park Nov. 21, Kohokudai Chuo Park Nov. 17, Tennnoudai Nishi Park All 10am to 11am	Elderly Support Sec.
Alcohol problem class Mental care class	Nov. 10, 14:30 to 16:00 Nov. 20, 14:00 to 16:00 Health Care Center	Welfare Support for Disabilities Sec. Please call 7185-1111, ext. 421,
Day care club Kohoday Day care club Abiday	Nov. 8, Abiko station Nov. 22, Abista No. 2 study room 10:00 am to 11:55 am	For details: 7185-1111, ext. 381 Welfare Support for Disabilities Sec.

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

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

Call Fire Station at 7184-0019. They will advise you an appropriate holiday/night emergency hospital or pediatrician. Before going there, talk with the hospital through telephone about your sickness or injury.

In an imminent case Call 119 for an ambulance.

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

Call **#8000** or **043-242-9939** Hours: 19:00-06:00/Next day

Limited to the emergent and/or serious cases only. Refer the article on Page 1 for detail.

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

(1) Dentist: 9:00 – 11:30

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

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

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

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



Excerpts of the Newsletter issued by Abiko City Phone:04-7185-1111

Let us Convey our Desire for Peace to Next Generation

Jyun-ichiro Hoshino, Mayor of Abiko City

Under the slogan of Declaration of Peace City, Abiko City has been sending middle school students to Hiroshima, a bombed city, in order to convey the fear of atomic bombs and importance of peace to next generation. University students and high school students who were sent to Hiroshima have been giving a “Relay Course” at elementary schools for three years to convey their experiences as delegation to the next generation. In addition, children who have taken the Relay Course this year were sent to Hiroshima as delegation for the first time. The relay to the next generation has begun to take a concrete form. “Peace Monument” and “Light of Peace” at Teganuma Park including “Sadako’s Papar Cranes” at Abista are conveying the wishes of atomic bomb victims. Abiko City will advance peace projects in cooperation with the Association of Atomic Bomb Victims in Abiko and the Citizen Association of Peace Project Promotion.

Your cooperation shall be appreciated for signing to conclude a “treaty on the prohibition of nuclear weapons” at Mayors’ Convention for Peace.

Period: December 1(Fri.) to 28th (Thurs.)

You can get necessary procedure form at City Hall, administrative centers and Abista.

December Promotion Campaign to Prevent Air Pollution in Chiba

Please cooperate with us in taking winter measures to prevent air pollution as follows:

- *Let us save power.
- *Let us keep room temperature at 20°C.
- * Let us choose heating appliances which emit low air pollutant.
- * Let us use natural energy such as sunlight.
- * Let us ride bicycles or use public transportation when you go out.
- * Let us use cars with low environmental load.
- *Let us perform idling stop.
- * Let us practice eco-friendly driving without sudden start/sudden brake.

For more information, contact Teganuma Section at 7185-1484.

Winter Traffic Safety Campaign (December 10–19)

Increase in traffic accidents will be concerned during Year–End/New Year holidays.

Let us keep in mind that we do not drive when we drink.

Important goals of the campaign: (1) Get rid of drunken driving. (2) Prevent traffic accidents of children and elderly persons. (3) Prevent traffic accidents at sunset and night while riding a bicycle. (4) Fasten all seat belts and child seat belts securely.

Rules in riding a bicycle: (1) Run at the left side of car lanes. (2) Let Pedestrian go first (3) Do not ride while doing something else. (4) Confirm safety at intersections. (5) Put on light at sunset.

Be careful about “Norovirus”

You may be suffering from infectious gastroenteritis when you vomit, feel like vomiting or have loose bowels. Go to see a doctor when you have such symptoms. Be careful in particular when you have children or elderly people because they have weaker resistance.

For more information, contact Health Promotion Section at 7185–1126.

Do not forget Vaccination

Look into your maternal and child health handbook and check if you have missed vaccination for your child.

For more information, contact Health Promotion Section at 7185–1126.

Main events of Town Building Associations in December

(1) Minami(South)

Date/Time: December 9 (Sat) 10:00–15:00

Content: Joy! Joy! Christmas including band performance, dance, games and dramas

(2) Fusa Minami (South)

Date:/time: December 9 (Sat) 13:30–

Content: Fantastic Christmas Concert

Admission: Free

(3) Kita (North)

Date/time: December 15 (Fri) and December 21 (Thurs) 13:30–

Content: Movie “Singin’ in the Rain”

Admission: Free

(4) Kohokudai

Date/time: December 16 (Sat) 13:30–15:30

Content: Japanese songs, Mandolin performance and singing Christmas songs together

Admission: Free

Advisory Service- Dec. 2017

ITEM	DATE/TIME	PLACE	CONTACT
Legal Advice	12 (Tue.), 14(Thu.), 19(Tue.), 21(Thu.) and 26(Tue.) 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	Civic Consulting Room 1F, Abiko City Office	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 648
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	West Annex 2F	Welfare Consulting Sec. Ext. 394

Public Health Care Center Programs -Dec. 2017

Tel:04-7185-1126

Item	Date	Eligibility
Maternity class (Shiawase Mama & Papa Gakkyu)	7,14 and 21(Thurs.)	*Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	12 and 26(Tue.)	Children born in July, 2017

Health Checkup for 18-month-old infants	14 (Thu.)	Infants born from May 1 to 20 May, 2016
Dental Checkup for 2 year and 8 month-old children	19(Tue.)	Children born in April., 2015
Health Checkup for 3-year-old children	7 and 21 (Thu.)	Children born from May 1 to June 10, 2014
Health Checkup for 5-year-old children	19 (Tue.)	Children born in December, 2012
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	13(Wed..)	*First 20 applicants. Reservation required by phone.

*** Reservation Required**

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

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

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

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

Call #8000 or 043-242-9939 Hours: 19:00 – 6:00/Next day

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



3. Sudden Illness at Night and Holidays – Telephone Consultation by Nurses

Call #7009 or 03-6735-8305 Hours: week days and Saturdays 18:00 – 23:00

Sundays, Holidays and Year-end/New year holidays 9:00 – 23:00

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

(1) Dentist: 9:00 – 11:30

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

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

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

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