



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

## Happy New Year Events!

Date: January 6 (Sat) 10:00

Place: Abishirube

Shishi lion dance by Abiko Furusato Kai, Unakichi-san snacks treats

Fee: Free

Tel: 04-7100-0014, Abishirube

## Kids! Try making *mochi* rice cakes in the traditional way!

Date: January 20 (Sat), 10:00 to 14:00, canceled in case of rainy or stormy weather

Shishi lion dance, rice cake sales, balloon art, etc.

Rice cake pounding experience at 10:00, 11:20, and 12:40 (no need for reservations)

Place: Restaurant "Mai Mai Tei" open deck

Fee: Free (Partially charged)

Tel: 04-7128-7770, (9:00 to 17:00, Monday, Tuesday, Thursday, except holiday),

The "local production for local consumption" Promotion Council Secretariat



## New Year Firefighters' Ceremony

Date: January 6 (Sat)

Ceremony from 9:30 to 10:40

Performance from 10:45 to 12:00 :Kids performance, Abiko Junior High School Brass

Band Performance, Simultaneous water discharge by firefighters

Place: City Gymnasium

Tel: 04-7181-7700, Abiko Fire Department Headquarters

## Garbage Incineration Plant "Clean Center" Family Tour

Date: February 18, (Sun), from 10:00 to 11:00

Learn all about combustible garbage disposal process in Abiko

40 people (elementary school children and children under 6 years of age must be accompanied by guardians)

Place: Clean Center

Fee: Free

Application: Please write your names, address, and phone number on a postcard and mail

it to: Abiko Kankyo Technology Corporation

2274 Nakabyo, Abiko City 270-1121

by January 31 (Wed)

Fax applications also accepted at 04-7126-0216

Tel: 04-7126-0215, Abiko Kankyo Technology corporation

## **EVENTS by Abiko Civic Plaza**

Place: Abiko Civic Plaza

Inquiries and reservations: 04-7183-2111

### **1. New Year Yose (Storyteller Theater)**

Date: January 8 (holiday) from 13:00 to 15:00

Limited to the first 200 people

Fee: 1,200 yen (advance ticket 1000 yen)

### **2. Yoga (Honwaka Enjoy Yoga)**

Date: from 9:50 to 11:00 on January 9 (Tue), 16 (Tue), 24 (Wed) and 31 (Wed)

from 19:20 to 20:30 on January 9 (Tue), 16 (Tue), and 23 (Tue)

Limited to the first 30 people per each class

Fee: 1000 yen per class

Please bring a drink, yoga mat (if you have one) and comfortable sportswear.

### **3. Yoga (Relax Aroma Yoga)**

Date: from 19:30 to 20:30 on January 11 (Thu), 18 (Thu) and 25 (Thu)

Limited to the first 30 people per each class

Fee: 800 yen per class

Please bring a drink, yoga mat (if you have one) and comfortable sportswear.

### **4. Let's make Resin Accessories**

Date: January 21 (Sun), 10:00 to 12:00

Limited to the first 24 people

Fee: 800 yen

Please bring a set of tweezers.

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

Call the Civic Section at 04-7185-4326 (8:30 to 17:00 on weekdays, except national holidays) for a reservation by the day before.

Dates and Hours		Reservation will be accepted
January 14 (Sun)	9:00 to 12:00	Accepting reservations
February 17 (Sat)	9:00 to 12:00	from 9:00 on January 31 (Wed)

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

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

Requirements: notification card, two types of ID (residence card, special permanent resident certificate, driver’s license, health insurance card, bank passbook, etc.)

**Advisory Services- January, 2024 \* Reservation required**

Item	Date/Time	Location	Contact
Legal Advice	January 11, 18, 23, 25 and 30 9:30 to 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section *Tel: 04-7185-1714 Call for an appointment after January 5.
Daily Life Advice	Weekdays (except national holidays) 8:30 to 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext. 394
Child Matters in General	Weekdays (except national holidays) 8:30 to 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 to 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 to 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

**Public Health Care Center Programs – Jan. 2024 Tel: 04-7185-1126\***

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	Jan 13,20 and 27 (Sat) Reservation required*	Expecting women of 20 weeks or over, and their family

Consultation for 4-month-old children	Jan 9 (Tue) and 16 (Tue)	Children born in August 2023
Health Checkup for 18-month-old children	Jan 11 (Thu) and 18 (Thu)	Children born between May 20 and June 30, 2022
Dental Checkup for 2-year and 8-month-old children	Jan 25 (Thu)	Children born in May, 2021
Health Checkup for 3-year-old children	Jan 11 (Thu) and 18 (Thu)	Children born between May 18 and June 29, 2020
Dental Checkup for 5-year-old children	Jan 25 (Thu)	Children born from Dec 23, 2018 to Jan 23, 2019
Baby Food Class for 4 to 6-month-old babies	Jan 26 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	Jan 10 (Wed) Reservation required*	First 20 applicants. Children born in April, 2023

## — Urgent Health Care Consultations —

### 1. Sudden Illness at Night or on Holidays: Hospital introductions

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

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

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

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

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

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

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

Days: 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.351 January 1, 2024

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

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

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

E-mail: [info@e-aira.jp](mailto:info@e-aira.jp) <https://www.e-aira.jp>



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

## Coming of Age Ceremony at 20 years old

To everyone who has turned 20 years old,

Congratulations!

Your support to the City shall be much appreciated.

## Children Basic Law was enforced in April 2023.

The Children and Families Agency was created to support the above Basic Law. Under the circumstances, the City of Abiko declared supporter of the child-oriented society.

## OHTANI Shohei's baseball gloves have reached Abiko's elementary schools with a message "Let us enjoy baseball."

Shohei donated three gloves to every elementary school in Abiko.

Thank you, Ohtani san.



## Disaster Relief Donation for Noto Peninsula Earthquake now Accepted

On January 1, 2024 at 16:10(Japan Standard Time), a magnitude 7.6 earthquake struck the Noto Peninsula in Ishikawa Prefecture, Japan.

Donation to people who have been badly hit by Noto Peninsula Earthquake is accepted now.

### 1. Japan Red Cross Society (JRCS)

For bank account, etc., see the City's website.



City's website

### 2. Abiko Social Welfare Association (Tel: 04-7184-1539)

For details, please contact the above telephone.

## City's own subsidy for children

Apply by February 29 (Thurs)

For details, see the City's website.



City's website

Target: Children who were born after April 2, 2005 and are registered in Abiko as of October 31, 2023 and live with their parent(s).

Amount of subsidy: ¥10,000 per person

Subsidy is paid to the person who raises the target.

Application is not required for ① those who receive child allowance of November 2023 (except those whose child live outside of Abiko) and ② those who receive subsidy decision from the city by December 28, 2023 concerning child growth support temporary subsidy of Chiba Prefecture.

Application is required for those who raise targets except ① and ② as of October 31, 2023.

For inquiry, Child Support Section at 04-7185-1172.

## **Special Subsidy for Low Income Child Rearing Family**

Apply by February 29 (Thurs)

Target: Children who are at the age between their 18-year-old birthday (20-year-old for handicapped persons) and first-coming March 31st after their 18-year-old birthday.

Amount of subsidy: ¥50,000 per person

< One parent household >

Application is not required for those who received child-rearing allowance of March 2023.

Application is required for those who did not receive child-rearing allowance of March 2023 and whose child-rearing allowance is suspended due to public pension limit but whose income has become low enough to receive child-rearing allowance.

< Two parent household >

Application is not required for those who received special subsidy of child rearing household of 2022.

Application is required for those who did not receive special subsidy of child rearing household of 2022 and residential tax of 2023 is not levied or become the same condition due to sudden change of income.

< Common > For necessary documents, see the City's website.

Application and inquiry: 〒270-1192 City Office Child Support Section West Annex 2F at Tel. 04-7185-1172.

## **Free Corona Vaccination**

Free Corona vaccination will be over on March 31.

If you wish to get vaccinated, reserve a hospital as soon as possible.

For inquiry, contact Health Promotion Section at 04-7185-1634.

## Individual Number Card Services on Weekends (By reservation only)

Call the Civic Section at 04-7185-4326 (9:00a.m. – 5:00p.m. on weekdays except national holidays) for a reservation.

Dates and Hours	Reservation will be accepted
February 17 (Sat) 9:00 -12:00	Accepting reservations
March 16 (Sat) 9:00 -12:00	From 9:00 a.m. February 28(Wed)

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

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

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

### Advisory Services- February, 2024

**\*Reservation required**

Item	Date/Time	Location	Contact
Legal Advice	Feb 6, 8, 15, 20, 22 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext.394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

### Public Health Care Center Programs –April 2023 Tel:04-7185-1126\*

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	Feb 3,10 and17 Reservation required*	Expecting women of 20 weeks or over, and their family

Consultation for 4-month-old children	Feb 6 and 13(Tue)	Children born in Sept 2023
Health Checkup for 18-month-old children	Feb 1 and 15 (Thu)	Children born between July 1 and Aug 8, 2022
Dental Checkup for 2-year and 8-month-old children	Feb 8 (Thu)	Children born in June, 2021
Health Checkup for 3-year-old children	Feb 1 and 15 (Thu)	Children born between June 30 and Aug 11, 2020
Dental Checkup for 5-year-old children	Feb 8 (Thu)	Children born between Jan 24 and Feb 24, 2019
Baby Food Class for 4 to 6-month-old babies	Feb 22 (Thu) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	Feb 14 (Wed) Reservation required*	First 20 applicants. Children born in May, 2023

## — Urgent Health Care Consultations —

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

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

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

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

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

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

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

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

Note: Holidays: Sundays, national holidays, year-end/New Year holidays

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

Newsletter Abiko No.352 February 1, 2024

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

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# Abiko

March 1, 2024

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

## How to be prepared for disasters?

- Two months have passed since Noto Peninsula Earthquake 2024.

### Protect yourself by Self-help, Mutual Aid and Public Assistance

When a disaster happens, it may take 3 days or more for local governments to start offering public assistance in earnest. Thus, self-help and mutual aid are important to protect yourselves from disasters. We should always be aware of and prepared for disasters.

#### Self-help: Save your own life by yourself.

Stock food and drink for 3 days or more, prepare emergency supplies such as a portable radio and mobile battery. Check evacuation sites or evacuation centers with your family. Take anti-quake measures such as fixing furniture, receiving earthquake resistance diagnosis and putting on anti-shattering film in order to minimize housing damage.

#### Mutual aid: Cooperate and help each other in your community.

There are 140 volunteer disaster prevention organizations in neighborhood council or association which conduct original disaster drills, maintenance of disaster prevention materials and equipment, and participate in city general disaster drills. Participate in disaster drills in your community and have communications with your neighbors.

#### Public assistance: Rescue and assistance by city government, fire department, and the police

The city government, fire department and the police will rescue and assist people at emergency. We are prepared to provide information through emergency administrative radio and carry out emergency response activities such as opening evacuation centers. We will strengthen public assistance by increasing food and water stock.

#### How to get city emergency information

City Line Official Account    Read the QR code    →  
and select City emergency information.



Mail Distribution Service    Read the QR code and send an e-mail.    →

Inquiry: Ext. 217, Citizen Safety Section



## File a Tax Return by March 15

The due date to file an income tax return or municipal and prefectural tax returns is Friday, March 15. Please file a tax return early if necessary.

Inquiry: Kashiwa Tax Office at 04-7146-2321 about income tax return

Taxation Section at Ext. 401 about municipal and prefectural tax returns

## Application by March 8 for Additional Benefit for Priority Payments due to Price Hikes of Electricity, Gas and Food

Eligibility: residence registered in Abiko city as of December 1, 2023, and applied to either (1) or (2): the household in which all household members are (1) exempt from resident tax for the fiscal 2023 or (2) taxed only at per capita levy

Inquiry:04-7185-1763, Benefit call center from 8:30 to 17:00 Monday through Friday

except national holidays

## Free Vaccination for COVID-19 until March

If you want to receive a vaccination free, make an appointment as soon as possible. Visit the City website for the detail. People who got vaccinated after September 20, 2023 are not allowed to receive vaccinations. From fiscal 2024, we plan to provide routine vaccinations for a fee in autumn and winter.



Inquiry: 04-7185-1634, Covid-19 Vaccine Immunization Office, Health Promotion Section

## Family Support Center Membership Application

Family support center is an organization engaged in mutual aid activities for service providing members to help members raising children.



Visit the website for more details.

	Hours	Contents	Fee/hour/child (second sibling fee is half)
Regular help	6:00 ~ 22:00	Child care and transportation	Mon ~Fri ¥700 Sat, Sun, Holiday, Yearend/New year ¥900
Help for sick child & child in recovery	7:00 ~ 22:00		Mon ~ Fri ¥1,000

Inquiry: 04-7186-4161 Family Support Center from 9:00 to 18:00 Monday through Saturday  
except national holidays

## EVENTS: Laughter Yoga

Date: March 11 (Mon) 10:00 ~ 11:30

Venue & Inquiry: Community Center Komorebi, Tel:04-7165-2011

First 20 people (No reservation required.) Free of charge.

Wear clothing for exercise and bring a towel and drink.

Laughter boosts immunity.

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

Call the Civic Section at 04-7185-4326 (8:30 ~ 17:00 on weekdays except national holidays) for a reservation by the day before.

Dates and Hours			Reservation will be accepted
March	16 (Sat)	9:00 ~12:00	Accepting reservations
April	14 (Sun)	9:00 ~12:00	from 9:00 on March 27 (Wed)

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

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

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

### Advisory Services- March, 2024

### \* Reservation required

Item	Date/Time	Location	Contact
Legal Advice	March 5, 7, 14, 19 and 21 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext.394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

### Public Health Care Center Programs – March, 2024 Tel:04-7185-1126\*

Item	Date	Eligibility
Maternity Class (Shiawase Mama & Papa Gakkyu)	March 2, 9 and 16 (Sat) Reservation required*	Expecting women of 20 weeks or over, and their family

Consultation for 4-month-old children	March 5 and 12 (Tue)	Children born in Oct,2023
Health Checkup for 18-month-old children	March 7 (Thu)	Children born between Aug 9 and 31, 2022
Dental Checkup for 2-year and 8-month-old children	March 14 (Thu)	Children born in July, 2021
Health Checkup for 3-year-old children	March 7 (Thu)	Children born between Aug 12 and 31, 2020
Dental Checkup for 5-year-old children	March 14 (Thu)	Children born between Feb 25 and Apr 1, 2019
Baby Food Class for 4 to 6-month-old babies	March 22 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	March 6 (Wed) Reservation required*	First 20 applicants. Children born in June, 2023

## — Urgent Health Care Consultations —

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

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

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

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

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

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

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

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

Note: Holidays: Sundays, national holidays, year-end/New Year holidays

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

Newsletter Abiko No.353 March 1, 2024

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*Newsletter*



No.354

# *Abiko*

April 1, 2024

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

## **Abiko, a Sustainable Peaceful Waterside City**

In 2023, 697 babies were born in Abiko, and 1547 people passed away, including 850 natural deaths. There have been more new incoming residents than outgoing ones for eight consecutive years. This favorable trend has been gained by the Abiko city's policy of promoting migration and settlement of younger generations.

Although there was an increase in the total population in 2023, Abiko city predicts a decrease in number in the future. It is crucially important to develop Abiko city as a sustainable one where many people want to live and continue to live.

In Fiscal 2024, to promote an environment conducive to raising children, Abiko city will launch "Pediatric Clinic Opening Promotion Subsidy" program, which is the first one adapted in Chiba Prefecture. This subsidy will be provided to those who establish or continue pediatric clinics in the west part of the city. Furthermore, the city extends further assistance to them through "pediatric medical support fund", which will be added to the medium and small sized enterprise loan system.

Abiko city will open the pregnancy and childcare consultation counter at Abby Cuore (in Ito Yokado) near the south exit of Abiko station. Maternal and child health handbook will be issued at two locations: the consultation counter and health center. Face-to-face interviews at the time of every pregnancy notification will be secured to enhance more supportive systems.

Abiko city keeps on moving forward to create a city where everyone can live with peace of mind and a town which is chosen by people as the city they would like to live in.

Mayor of Abiko City HOSHINO Junichiro

## **Family Support Center Holiday Childcare Service**

When parents cannot take care of children due to work or other reasons on holidays, family support providing members will take care of the children at their homes. If you want to use this service, you need to complete the registration procedure at Family Support Center (registration fee: ¥500, annual fee:¥1,200). You also need to have pre-meetings with the family support providing members.

Holiday Childcare Availability Dates: Sundays and public holidays, year-end and New Year holidays

Time: 7:00 ~ 17:00 (If there are no support providing members available, your request may be refused.)

Eligibility: Children living in Abiko city, aged 6 months, and over attending nursery school, certified preschool facilities or kindergartens, or elementary school children attending afterschool nursery schools.

Fees: Daily rate per child    Under 3 years old: ¥2,500  
  Preschool children aged 3 years old and over: ¥1,500  
  Elementary school children: ¥2,000  
  (Age: as of April 1, 2024)

- Household receiving public assistance are exempted.
- Additional ¥900 per hour for extended childcare
- If two children in the same household use the service on the same day, the rate for the second child will be half.

For more information, please contact the Family Support Center (Inquires: Child care Division ext. 572. Or Family Support Center (Tel: 04-7186-4161)

## **Japanese Classes will be opened to foreigners by AIRA**

Abiko International Relations Association (AIRA) will start Japanese classes (from fundamental class to intermediate class) to foreigners in Fiscal 2024.

If you have a friend who wants to study Japanese, please tell this information. If you want to study Japanese, please contact AIRA by phone, fax or e-mail.

Tuesday class: 10:00 ~ 11:30, starting on May 7 (every Tuesday) at Abista

Saturday class: 10:00 ~ 11:30, starting on May 11 (every Saturday)  
at Abiko Civic Plaza

Tuition: Free of charge (You need to pay for textbooks.)

Application and inquiry: Contact AIRA by phone (phone number: 04-7183-1231), fax or e-mail ([info@e-aira.jp](mailto:info@e-aira.jp)) to get more information.

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

Call the Civic Section at 04-7185-4326 (8:30 ~ 17:00 on weekdays except national holidays) for a reservation by the day before.

Dates and Hours			Reservation will be accepted
April	14 (Sun)	9:00 ~12:00	Accepting reservations
May	11 (Sat)	9:00 ~12:00	from 9:00 on April 24 (Wed)

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

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

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

### Advisory Services- April, 2024

### \* Reservation required

Item	Date/Time	Location	Contact
Legal Advice	April 11, 16, 18, 23 and 25 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext.394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

### Public Health Care Center Programs – April, 2024 Tel:04-7185-1126\*

Item	Date	Eligibility
Maternity Class (Welcome Baby Gakkyu)	April 6, 13 and 20 (Sat) Reservation required*	Expecting women of 20 weeks or over, and their family

Consultation for 4-month-old children	April 9 and 16 (Tue)	Children born in Nov, 2023
Health Checkup for 18-month-old children	April 11 (Thu)	Children born between Sep 1 and 18, 2022
Dental Checkup for 2-year and 8-month-old children	April 18 (Thu)	Children born in Aug, 2021
Health Checkup for 3-year-old children	April 11 (Thu)	Children born between Sep 1 and 18, 2020
Dental Checkup for 5-year-old children	April 18 (Thu)	Children born between Apr 2 and May1, 2019
Baby Food Class for 4 to 6-month-old babies	April 26 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	April 17 (Wed) Reservation required*	First 20 applicants. Children born in July, 2023

## — Urgent Health Care Consultations —

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

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

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

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

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

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

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

(1) Dentist: 9:00 ~ 11:30 (2) Internal Medicine & Pediatrician: 9:00 ~ 11:30, 13:00 ~ 16:30  
Note: Holidays: Sundays, national holidays, year-end/New Year holidays  
Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

Newsletter Abiko No.354 April 1, 2024

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

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

E-mail: [info@e-aira.jp](mailto:info@e-aira.jp) <https://www.e-aira.jp>





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

## Enjoy Teganuma! 2024

Date: May 12, 9:00~15:30

Venue: Teganuma Aquatic Park, Mizu-no-Yakata, and Bird Museum

This is an event where visitors can have a fun day with canoeing and small yachting experiences, bird-watching, and other activities while feeling connected to Lake Teganuma. There will also be food and drink stalls and stage events.

[Experiences, play and sales]

Bird-watching party, bird rubber band crafts, Access Dinghy (small sailboat), canoe, rubber boat, face painting, coloring, display of coconut board tatami mats, play with NEC Green Rockets TOKATSU, disaster mitigation car, Stamp Rally, sun-watching, release of young fish, sale of soap, hometown products and food and drink, etc.

[Stage show]

There will also be dance performances by some groups, Japanese drums performances, song and music shows and a Teganuman show.

On May 12 (Sun) admission to the Bird Museum and Planetarium at Mizu-no-Yakata is free.

Inquiry: 04-7185-1484, Teganuma section



## EVENTS

### 30th Anniversary Teganuma Eco-marathon

This year, in addition to the "Half Marathon" (21.0975km), a "5-Mile Race" (approx. 8km) will be newly established.

Guest runner, Ms. NIIYA Hitomi who is the Japanese record holder of 10,000 m and Half Marathon will join.

Date: October 27 (Sun) 10:00 a.m. - \*Rain or shine

Course: Start in front of Kitakashiwa Furusato Park - Goal at Kashiwa Furusato Park

Eligibility:

- Half Marathon:

Amateurs at age 18 and over who can complete the race within 2 hours and 30 minutes.

Capacity: Resident (people who live, study, and work in Abiko-and Kashiwa cities) quota, first 2,500 people; General quota, first 5,000 people

- 5-Mile Race:

High school students and above who can complete the race within one hour.

Capacity: Resident quota, first 200 people; General quota, first 300 people

Fee: Half Marathon, JPY7,000-; 5-Mile Race, JPY5,000- (JPY3,000 for high school student)

Online Entry Application: Both will be available from 20:00 on May 10 (Fri) to 24 (Fri) for Resident quota, and from 20:00 on June 1 (Sat) to 15 (Sat) for General quota on the RunNet website on the Teganuma Eco-marathon website.

Inquiry: Culture and Sports Section, Board of Education, Tel 04-7185-1604  
RUNNET Support Center, Tel 03-3714-2768

### Let's get started! Green Curtain

Abiko city will give away bitter melon (goya) seedlings.

Date and Time: May ① May 11 (Sat) 14:00~, ② May 12 (Sun) 10:00~

Venue: ① ABISTA ② Garden Court, Abiko Shopping Plaza 1st floor

Number distributed: First 200 seedlings each day (up to 2 seedlings per person)

Information on how to grow goya and to make green curtains is available.

### ABISON SUGAR GARDEN 1<sup>st</sup> Anniversary

Special menu items will be sold and original goods will be given away to those who purchase products. Part of the proceeds from the event will be donated to support the recovery from the Noto Peninsula Earthquake in 2024.

Date and Time: May 16 (Thu) - 19 (Sun) 11:00 – 17:30 \*Rain or shine

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

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

Dates and Hours			Reservation will be accepted
May	11 (Sat)	9:00 ~12:00	Accepting reservations
Jun	09 (Sun)	9:00 ~12:00	from 9:00 on May 22 (Wed)

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

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

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

### Advisory Services- May, 2024

### \* Reservation required

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

### Public Health Care Center Programs – May, 2024 Tel:04-7185-1126\*

Item	Date	Eligibility
Maternity Class (Welcome Baby Gakkyu)	May 10,17 and 24 (Fri) Reservation required*	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	May 7 and 14 (Tue)	Children born in December 2023

Health Checkup for 18-month-old children	May 9 and 16 (Thu)	Children born between Sep 19 and Oct 30, 2022
Dental Checkup for 2-year and 8-month-old children	May 23 (Thu)	Children born in Sep in 2021
Health Checkup for 3-year-old children	May 9 and 16 (Thu)	Children born between Sep 19 and Nov 2, 2020
Dental Checkup for 5-year-old children	May 23 (Thu)	Children born between May 2 and 31, 2019
Baby Food Class for 4 to 6-month-old babies	May 31 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	May 15 (Wed) Reservation required*	First 20 applicants. Children born in Aug 2023

## — Urgent Health Care Consultations —

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

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

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

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

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

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

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

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

Note: Holidays: Sundays, national holidays, year-end/New Year holidays

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

Newsletter Abiko No.355 May 1, 2024

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

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

E-mail: [info@e-aira.jp](mailto:info@e-aira.jp) <https://www.e-aira.jp>



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

## Looking for participants for “Unakichi Cup” and “Kappa Festival”

### ○Unakichi Cup

Date: November 30 (Sat) ※ rain or shine, cancelled in case of stormy weather

Place: Teganuma Aquatic Park

- Advertisement for sponsors

Sponsorship fee (from 5000 yen), Providing goods

As a thank you for your cooperation, you can put your company logo on runners' cloth bibs, PR on the stage etc.

Application: accepted by September 30 (Mon) If you want us to put your company's name on the poster and fliers, apply for the sponsorship by June 21 (Fri).

- Advertisement for food / goods stalls

10 food/goods stalls, charge: 1000 yen

Applications: From June 3 (Mon) to 14 (Fri) (shops in Abiko), June 17(Mon) to July 31 (Wed)(the rest shops)

Inquiry: 04-7185-1604, Culture and Sports Section, Broad of Education

### ○Kappa Festival

Date: August 31 (Sat) 10:00 ~ 20:00 cancelled in case of stormy weather

Place: Teganuma Park

- Performers

Any individual or group can participate for free

- Advertisement for food/goods stalls for a fee

20 food stalls, 10 food trucks, and 10 goods stalls

Applications: by June 30 (Sun) Use the application form on the festival website.

Inquiry: 080-4914-5416, Festival executive committee



## Tokatsu Sports & Rec Festival NEW SPORTS in Abiko

Would you like to try a new-sport or para-sport that you can't usually experience?

Date: June 29 (Sat) 9:30 ~ 12:00

Place: Keyaki Plaza

Curolling, Table tennis volleyball, Bocce (indoor sports shoes and drinks are required)

Fee: Free

Applications: Apply through City official LINE by June 21 (Fri)

Inquiry: 04-7185-1604, Culture and Sports Section, Broad of Education

## **Be Aware of Photochemical Smog!**

Photochemical smog occurs on sunny day with high temperatures and light winds.

When a photochemical smog advisory is issued, we will notify you via disaster prevention administrative radio, the city's official LINE and Chiba prefectural website.

Avoid exercising outdoors while a warning is in effect.

Inquiry: 04-7185-1130, Public Hygiene Section

## **EVENTS**

### **Saturday, June 15 (Sat) is "Prefectural Citizen's Day"**

Admission fee and usage fee for the following facilities become free!

1. Sugimura Sojinkan Memorial Museum (9:00 ~ 16:30)

Inquiry: 04-7187-1131

2. Bird Museum (9:30 ~ 16:30)

Inquiry: 04-7185-2212

3. Mizu-no-Yakata Planetarium (①10:00 ②11:00 ③13:00 ④14:00 ⑤15:00 ⑥16:00)

Screening time is for about 20 minutes, up to 50 people per screening.

Inquiry: 04-7184-0555

4. Rental bicycles around Teganuma 9:00 ~ 17:00 ※ rain out

Rental locations: ① Teganuma Park, Cycle Park Abiko South, Teganuma Aquatic Park (Parking lot), ② Roadside Station Shonan, Kitakashiwa Furusato Park

Inquiry: ① 04-7188-2204, Silver Human Resource Center ② 04-7128-4780, Commerce, Industry and Tourism Section, Kashiwa City

5. Citizen Gymnasium (9:00 ~ 21:00)

Inquiry: 04-7187-1155

6. Teganuma Park Mini Railway (9:30 ~ 12:00, 13:00~17:00) ※ rain out

Inquiry: 04-7188-2204 (Mon through Fri), 090-4520-3603 (Sat and Sun), Silver Human Resource Center

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

Call the Civic Section at 04-7185-4326 (8:30 ~ 17:00 on weekdays except national holidays) for a reservation one day or more in advance.

Dates and Hours			Reservation will be accepted
June	9 (Sun)	9:00 ~ 12:00	Accepting reservations
July	20 (Sat)	9:00 ~ 12:00	from 9:00 on July 3 (Wed)

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

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

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

### Advisory Services for June, 2024 \* Reservation required

Item	Date/Time	Location	Contact
Legal Advice	June 6, 13, 18, 20 and 25 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext. 394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

### Public Health Care Center Programs – June, 2024 Tel:04-7185-1126\*

Item	Date	Eligibility
Maternity Class (Welcome Baby Gakkyu)	June 8, 15 and 22 (Sat) Reservation required*	Expecting women of 20 weeks or over, and their family

Consultation for 4-month-old children	June 4 and 11 (Tue)	Children born in Jan, 2024
Health Checkup for 18-month-old children	June 13 (Thu)	Children born between Oct 31 and Nov 26, 2022
Dental Checkup for 2-year and 8-month-old children	June 18 (Tue)	Children born in Oct, 2021
Health Checkup for 3-year-old children	June 13 (Thu)	Children born between Nov 3 and 22, 2020
Dental Checkup for 5-year-old children	June 18 (Tue)	Children born between Jun 1 and 29, 2019
Baby Food Class for 4 to 6-month-old babies	June 28 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	June 12 (Wed) Reservation required*	First 20 applicants. Children born in Sep, 2023

## — Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions  
Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday / night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.
2. Child's Sudden Illness at Night: telephone consultation with a nurse  
Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.
3. Sudden Illness at Night and Holidays: telephone consultation with a nurse  
Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day  
Sundays, Holidays, and year-end/New Year holidays: 9:00 ~ 8:00 next day
4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020  
(1) Dentist: 9:00 ~ 11:30 (2) Internal Medicine & Pediatrician: 9:00 ~ 11:30, 13:00 ~ 16:30  
Note: Holidays: Sundays, national holidays, year-end/New Year holidays  
Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

Newsletter Abiko No.356 June 1, 2024
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E-mail: <a href="mailto:info@e-aira.jp">info@e-aira.jp</a> <a href="https://www.e-aira.jp">https://www.e-aira.jp</a>



Newsletter



No.357

# Abiko

July 1, 2024

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

## Teganuma Fireworks Display 2024!

**Teganuma Fireworks Display is designated as one of the Chiba's Cultural Assets.**



**Date: August 3 (Sat) 19:00 - 20:10**

**In case of bad weather, the display will be cancelled.**

Sale for Firework Viewing Paid Seats to be sold on July 1, 12:00 ~ :

Teganuma Park: A Seats: First 200 divisions at ¥20,000(Five persons can use one division)

B Seats: First 65 divisions at ¥15,000(Five persons can use one division)

Pair Seats: First 22 divisions at ¥6,000(Two persons can use one division)

Teganuma Yokocho (Abikoshinden 6-1): First 120 divisions at ¥20,000(Four persons can use one division with a table)

You can buy tickets at Seven Eleven Multi-Purpose Copy Machines from 12:00, Monday, July 1.

Your message announced during the fireworks show.

Fee: ¥50,000 for one message (PR for companies and shops are not acceptable)

Deadline: July 16

Please send an application (download from the fireworks website) by post or facsimile (04-7182-1900).

Inquiry:

〒270-1152 Kotobuki 1-13-27 Teganuma Hanabi Jikkoiinkai at telephone 04-7182-3131

**Your cooperation in following traffic regulations shall be appreciated.**

July 13(Sat) and 14(Sun) at Yasaka Shrine Festival

July20(Sat) and 21(Sun) at Kohoku Festival

**July is the month to make society free from crimes and delinquency nationwide.**

The city will exhibit panels as follows:

Date: July 12(Fri) to 22(Mon) 09:00-21:00

Venue: Abista

Content: Exhibition of panels introducing activities

Inquiry: Social Welfare Section at extension 377

**Let us master traffic rules and wear helmets**

July 10 (Wed) to 19 (Fri) is the summer traffic safety campaign.

During this season when summer holidays are near at hand, serious traffic accidents often happen due to change in traffic volume and traffic flow by tourists. Let us prevent traffic accidents by observing traffic rules and manners.

Important goals: (1) bicycle riders wear helmets and observe traffic rules (2) eradication of drunken driving (3) ensuring the safety of pedestrians and encouragement of safe driving (4) proper seat belts use

Inquiry: Abiko Police Station at 04-7182-0110, Traffic Policy Section at 04-7185-1369

**Citywide Crime Prevention Patrol**

Date: July 19(Fri) 19:00-20:00 (in case of bad weather, July 26(Fri))

Inquiry: Abiko Crime Prevention Association at 04-7184-8190

Targets: leaders appointed by the city, citizens and, if they are elementary school students or younger, with parents

**Family Concert**

Let's enjoy musical performance by a brass band with children.

Date: July 20 (Sat) 11:00-11:45

Venue: Abby Hall

First 50 families

Charge: Free      Bring a shoe bag.

Targets: Children before school and their families

Performer: Abiko Brass Band

Inquiry: Abiko Child Rearing Support Center at 04-7185-1915 (10:00 – 17:00 Mon through Fri except holidays)

## Individual Number Card Services on Weekends (By reservation only)

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

Dates and Hours	Reservation will be accepted
July 20 (Sat) 9:00 -12:00	From 9:00, July 3 (Wed)

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

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

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

### Advisory Services- July 2024

### \*Reservation required

Item	Date/Time	Location	Contact
Legal Advice	July 11, 16, 18, 23 and 25 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext.394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

### Public Health Care Center Programs –July 2024 Tel:04-7185-1126\*

Item	Date	Eligibility
Welcome Baby Classes	July 6, 13 and 20 Reservation required*	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	July 2 and 9(Tue)	Children born in Feb 2024

Health Checkup for 18-month-old children	July 4 and 11 (Thu)	Children born between Nov 27 2022 and Jan 5 2023
Dental Checkup for 2-year and 8-month-old children	July 18 (Thu)	Children born in Nov 2021
Health Checkup for 3-year-old children	July 4 and 11 (Thu)	Children born between Nov 23 and Dec 27 2020
Dental Checkup for 5-year-old children	July 18 (Thu)	Children born between June 30 and Aug 1, 2019
Baby Food Class for 4 to 6-month-old babies	July 26 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	July 17 (Wed) Reservation required*	First 20 applicants. Children born in Oct July, 2023

## — Urgent Health Care Consultations —

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

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

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

Call #8000 or 043-242-9939 Hours: 19:00 ~ 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 with a nurse

Call #7009 or 03-6735-8305 Hours: weekdays and Saturdays 18:00 ~ 6:00 next day  
Sundays, Holidays and year-end/New Year holidays: 9:00 ~ 6:00 next day

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

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

Note: Holidays: Sundays, national holidays, year-end/New Year holidays

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

Newsletter Abiko No.357 July 1, 2024

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E-mail: [info@e-aira.jp](mailto:info@e-aira.jp) <https://www.e-aira.jp>



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

## **Symbols of Peace in Teganuma Park to be Passed on to Future Generations**

There are some symbols of peace given by Hiroshima City and Nagasaki City in Teganuma Park. We'd like you to visit there and think about the preciousness of peace and the tragedy of war by looking at and touching them in person in Teganuma Park.

Abiko City sends municipal junior high school student delegation to the A-bombed sites every August. This year they will attend the Hiroshima Peace Memorial Ceremony on August 6. On August 10, at Abiko peace prayer ceremony, the students sent there will report what they felt in Hiroshima. Please join the ceremony.

Abiko City is engaged in various peace projects to convey the preciousness of peace to the future generations. We hope that many people will think about peace and realize the world without wars and nuclear weapons.

Mayor of Abiko HOSHINO Junichiro.

### [Peace Monument]

In 1985, the side wall and the paving stone of former Hiroshima City Hall exposed to A-bomb were given to Abiko. In 1986, the city built the peace monument using them. The peace prayer ceremony has been held every August since then.

### [Phoenix and Camphor Trees Grown from the Seeds of a Tree Exposed to the A-Bombs]

In 2012, a Phoenix sapling was given by Hiroshima and a Camphor sapling, by Nagasaki. Those saplings were planted by the students sent to the A-bombed sites.

### [SASAKI Sadako and her Paper Cranes]

In 2015, the family of SASAKI Sadako, who is the model of "the children's peace monument" in Hiroshima, donated a paper crane Sadako folded in hope of her recovery from illness caused by the A-bomb. It is regularly displayed in Abista.

### [Peace Light]

In 2015, the seed fire from light of peace in Hiroshima was given to Abiko and lit in hope of eternal peace.

[Cherry Tree for Peace]

In 2016, a cherry tree was planted by the Peace Monument by Abiko A-bomb Victims Association as the symbol of peace.

### **Traffic Accident Mutual Aid**

This is mutual aid system in that some compensation is provided when you get involved in traffic accident. Join or renew the mutual aid. ※ This is not the Bicycle Liability Insurance.

Mutual aid period: September 1 (Sun), 2024 through August 31 (Sun), 2025

Targets: Abiko residents and their dependents

The mutual aid covers car, motorcycle and bicycle accidents for which a traffic accident certificate has been issued.

Annual Fee: ¥700 (Traffic accident certificate issuance fee is not included.)

Compensation: ¥1,500,000 for death, ¥20,000~¥500,000 for damage, ¥500,000 for physical disability (level 1 & 2). ¥100,000 for an orphan

Application at Traffic Policy Section and Administrative Service Centers

Inquiry: Ext. 533, Traffic Policy Section

### **Call for AIRA Speech Contest Entries**

Date: September 29 (Sun) 13:00 ~ Venue: Civic Plaza

Content: speech about international exchange within 5 minutes, Title is free. Those whose native language is not Japanese should give a speech in Japanese.

Targets: people who live, go to school, or work in Abiko City and are junior high school students and older

Application and Inquiry: E-mail an application form and your speech manuscript to AIRA. Tel:04-7183-1231, e-mail: [info@e-aira.jp](mailto:info@e-aira.jp)



▲AIRA HP

### **Sunflower Event**

Date and time: August 10 (Sat), 11 (holiday), 17 (Sat) and 18 (Sun) 7:00 ~ 11:00

※ Cancelled in case of heavy rain or depending on growth of sunflowers

Venue: Nedo Shinden, 25-minute-walk from Abiko station

Admission free, picking sunflowers (charged), sale of local fresh vegetables

Inquiry: 04-7185-1481, Agricultural Policy Section



### **Kohokudai Summer Festival**

Date: August 18 (Sun) 10:30-14:30

Content: shaved ice, draft beer, water balloon, quoits, shooting, *somen*, movie for children

Venue and Inquiry: 04-7187-1122, Kohokudai Community Center

## Individual Number Card Services on Weekends (By reservation only)

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

Dates and Hours	Reservation will be accepted
August 25 (Sun) 9:00 -12:00	From 9:00, August 7 (Wed)

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

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

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

### Advisory Services- August 2024

### \*Reservation required

Item	Date/Time	Location	Contact
Legal Advice	Aug. 8,15,20, 22, and 27 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext.394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

### Public Health Care Center Programs –August 2024 Tel:04-7185-1126\*

Item	Date	Eligibility
Welcome Baby Classes	Aug 3,10 and 17 (Sat) Reservation required*	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	Aug 6 (Tue) and 8 (Thu)	Children born in Mar, 2024

Health Checkup for 18-month-old children	Aug 1 (Thu)	Children born between Jan 6 and Jan 26, 2023
Dental Checkup for 2-year and 8-month-old children	Aug 22 (Thu)	Children born in Dec, 2021
Health Checkup for 3-year-old children	Aug 1 (Thu)	Children born between Dec 28, 2020 and Jan 16, 2021
Dental Checkup for 5-year-old children	Aug 22 (Thu)	Children born between Apr 2, 2019 and Apr 1, 2020
Baby Food Class for 4 to 6-month-old babies	Aug 30 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	Aug 21 (Wed) Reservation required*	First 20 applicants. Children born in Nov, 2023

## — Urgent Health Care Consultations —

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

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

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

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

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

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

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

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

Note: Holidays: Sundays, national holidays, year-end/New Year holidays

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

Newsletter Abiko No.358 August 1, 2024

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

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

E-mail: [info@e-aira.jp](mailto:info@e-aira.jp) <https://www.e-aira.jp>





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

## Your Courage Can Save Someone's Life

**The survival rate is nearly zero within 10 minutes of cardiac arrest if no action is taken**

AED (Automated External Defibrillator) is a life-saving medical device that anyone can use. Using an AED increases survival rate by 7.6 times and the social reintegration rate by 12.9 times after one month, compared to no life-saving treatment.

Treatment Before Emergency Medical Services Arrived	One-month Survival Rate	One-month Social Recovery Rate
No Treatment	6.6%	3.3%
Life-saving Treatment (Without AED)	9.9%	6.2%
Life-saving Treatment (With AED)	50.3%	42.6%

Source: Fire and Disaster Management Agency, "2023 Current Status of Emergency and Rescue Services" (2022 data)

Approximately 250 AEDs are installed in Abiko City. Do you know where they are? The information on the locations is on the city's website. 43 AEDs are available 24 hours a day at places like convenience stores (as of August 21). Please check the locations so that you can go and get one quickly in case of an emergency.



▲ City Website (AED Installation Places)

Inquiry: Tel: 04-7181-7701, Fire Department Prevention Section

## Kohokudai Administrative Service Center Relocated in September

Current Kohokudai Administrative Service Center is open until September 10 (Tue). The Administrative Service Center will be relocated and reopen near the south exit of Kohoku Station on September 19 (Thu).

Inquiry: ext.316, Civic Section

## Takeuchi Shrine Annual Festival (September 14<sup>th</sup>-16<sup>th</sup>)

Takeuchi Shrine Festival originally started in the Kyoho period of the Edo era. The shrine's portable shrine and children's portable shrines and floats from 5 communities will parade along the approach to the shrine. This is the largest festival in Abiko City, which conveys the history of prosperity in Fusa area. This festival is designated as a city's cultural property (intangible folk property).

On the first day, the shrine's portable shrine will climb down the steep stone steps of the Takeuchi shrine and parade with other portable shrines and floats from the communities.

On the final day, all the portable shrines and floats will gather in the parking lot of GRAND KITCHEN NARITAYA FUSA store for a joint performance.

Inquiry and further information: 080-1091-4757 (Mr. Otsuka, Festival Head Quarters)  
※Traffic restrictions will be implemented along the route 356 during the festival.

## Childcare Support Festival

Childcare support festival will be held at Ito-Yokado Abiko Minami-guchi Store

Time and Date: 10:00 – 14:30 Saturday, September 21

Place: Ito-Yokado Abiko Minami-guchi Store

Many enjoyable events are waiting for you, including making small toys, collecting stamps at spot places in the store, performances on the stage, and experiences of riding on a patrol car, a mobile police station, an ambulance and a fire engine.

The riding-on event will be held in front of Keyaki Plaza.

Riding on a patrol car and a mobile police station are available from 10:30 – 12:00.

Riding on an ambulance and a fire engine are available from 13:00 – 14:30.

However, the outdoor events will be cancelled if it rains.

Inquiry:04-7185-1915, 10:00 – 17:00 from Monday to Friday, Child Support Center

## Child Allowance System Revised in October

Main Changes in Child Allowance

1. Extension of the payment period: The payment period is extended to the first March 31st after the child reaches the age of 18.
2. Abolition of income limits: Income limits are removed.
3. Increase in allowance for the third child and beyond: The allowance for the third child and subsequent children is increased to ¥30,000 per month.
4. The allowance will be paid 6 times per year.
5. The period of eligibility to be counted as a child is extended until the first March 31 after the child reaches the age of 22 (in case the child is taken care of by a guardian).

\*Information on the procedure was sent to eligible households at the end of August.

Inquiry: Ext. 347, Child Support Section

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

Call the Civic Section at 04-7185-4326 (8:30 ~ 17:00 on weekdays except national holidays) for a reservation by the day before.

Dates and Hours	Reservation will be accepted
September 28 (Sat) 9:00 ~12:00	From 9:00 on September 11 (Wed)

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

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

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

### Advisory Services- September, 2024 \* Reservation required

Item	Date/Time	Location	Contact
Legal Advice	Sep 5, 12, 17, 19 and 24 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext.394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

### Public Health Care Center Programs – April, 2024 Tel:04-7185-1126\*

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

Consultation for 4-month-old children	Sep 3 and 10 (Tue)	Children born in Apr, 2024
Health Checkup for 18-month-old children	Sep 5 and 12 (Thu)	Children born between Jan 27 and Mar 2, 2023
Dental Checkup for 2-year and 8-month-old children	Sep 19 (Thu)	Children born in Jan, 2022
Health Checkup for 3-year-old children	Sep 5 and 12 (Thu)	Children born between Jan 17 and Mar 1, 2021
Dental Checkup for 5-year-old children	Sep 19 (Thu)	Children born between Aug 2 and Sep 5, 2019
Baby Food Class for 4 to 6-month-old babies	Sep 27 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	Sep 11 (Wed) Reservation required*	First 20 applicants. Children born in Dec, 2023

## — Urgent Health Care Consultations —

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

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

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

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

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

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

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

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

Note: Holidays: Sundays, national holidays, year-end/New Year holidays

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

Newsletter Abiko No.359 September 1, 2024

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

E-mail: [info@e-aira.jp](mailto:info@e-aira.jp) <https://www.e-aira.jp>



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

## Shin Sangyo Festival

Date: Oct 6 (Sun) 10:00~16:00 Cancelled in case of inclement weather

Venue: Kohokudai Chuo Park

Temporary parking lot at Kohokudai-Higashi Elementary School

This lot is limited. Appreciate you would come here by public transportation

- ◆ Stage events such as dancing, Japanese dance (Yosakoi), Japanese drum, etc.:  
Performed from 10:00 to 15:00 every 30 minutes
- ◆ Work experience “Abi JOB Park”  
Woodcraft, Painting, Hairstyle & Makeup, Massage, Firefighters, and Rugby lesson
- ◆ PR Booth: Sales of special local foods/products “ABIKO Furusato Products”, etc.,
- ◆ Open-air market: food & drink/goods sales by restaurants/shops in Abiko
- ◆ Sports slider (Big slide)
- ◆ Introduction of blood donation and eye bank, etc.

Inquiry: Ext. 664 Commerce & Tourism Sec. or 080-3199-1734 Coordinator, Otsuka,

## Individual Number Card and Health Insurance Card to be Integrated

New health insurance cards will not be issued after December 1<sup>st</sup>, 2024 due to the revision of a national law. Please consider using your individual number card registered for use as a health insurance card. If you don't have your individual number card and your health insurance card is expired, use “certificate of qualification of the insured status” issued by your insurer before the health insurance card is expired.

## EVENTS

### 20thTennodai Fureai Matsuri (Festival), “Shi-sei-mutsumi”

Date: Oct 12, (Sat) 13:00 ~ 20:00 Cancelled in case of inclement weather

Venue: Tennodai Kita-guchi Main Street

- ◆ LED balloon light up

- ◆ exhibitions of patrol cars, fire-engine, self-defense vehicle
- ◆ Portable shrine by children

### Teganuma Hiking

Date: Oct 25 (Fri) 26 (Sat) Entry time: 9:30 ~ 11:30 (rain or shine)

Place: Kohoku station (Start), Kashiwa station (Goal)

Details as per JR East HP, QR code

“Eki-kara Hiking Application” will be required for the participation.

Participants get original goods.



JR East Website



For iPhone



For Android

### Professional Basketball Team, Altiri Chiba Special Invitations

Every 100 guests by lottery

Date: ① Nov 9<sup>th</sup> (Sat) 15:00~, vs Kagoshima Rebnise

② Nov 10<sup>th</sup> (Sun) 15:00~, ditto

③ Nov 23<sup>rd</sup> (Sat) 15:00~, vs Aomori Wats

④ Nov 24<sup>th</sup> (Sun) 15:00~, ditto

⑤ Nov 30<sup>th</sup> (Sat) 15:00~, vs Fukushima Firebonds

⑥ Dec 1<sup>st</sup> (Sun) 15:00~, ditto



For Application

Venue: Chiba Port Arena (closest station: Chiba Minato station, Keiyo-line)

Fee: Free of charge for those who win the lottery

Application: By Oct 20 (Sun) by the application QR code

Eligibility: Those who live, study or work in Abiko City

### Three Cities (Abiko, Kashiwa, and Inzai) Digital Stamp Rally

Date: until Jan 31 (Fri), 2025

Fee: Free

This digital stamp rally visits 60 checkpoints for culture, nature, food, etc. in these three cities.

- ◆ Prize for participants: Rubber keychain for those who visit each one or more checkpoints in each city (3,000 people first)
- ◆ Prize for those who visit 10 or more checkpoints in each city: Local specialities in three cities (50 people by lottery, nine out of the 50 lottery winners will get hotel accommodation voucher, as an additional prize)
- ◆ Details as per QR code



Executive Committee Website

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

Call the Civic Section at 04-7185-4326 (8:30 ~ 17:00 on weekdays except national holidays) for a reservation by the day before.

Dates and Hours		Reservation will be accepted
October 27 (Sun)	9:00 ~13:00	From 9:00, October 9 (Wed)
November 9 (Sat)	9:00 ~12:00	From 9:00, October 23 (Wed)

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

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

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

### Advisory Services- Oct, 2024

### \* Reservation required

Item	Date/Time	Location	Contact
Legal Advice	Oct 10, 15, 17, 22 and 24 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext.394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counsellor will call you back later.

### Public Health Care Center Programs – Oct, 2024 Tel:04-7185-1126\*

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

Consultation for 4-month-old children	Oct 1 and 8 (Tue)	Children born in May 2024
Health Checkup for 18-month-old children	Oct 3 and 10 (Thu)	Children born between Mar 3 and Apr 10, 2023
Dental Checkups for 2-year and 8-month-old children	Oct 17 (Thu)	Children born in Feb in 2022
Health Checkup for 3-year-old children	Oct 3 and 10(Thu)	Children born between Mar 2 and Apr 9, 2021
Dental Checkup for 5-year-old children	Oct 17 (Thu)	Children born between Sep 6 and Oct 10, 2019
Baby Food Class for 4 to 6-month-old babies	Oct 25 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	Oct 16 (Wed) Reservation required*	First 20 applicants. Children born in Jan 2024

## — Urgent Health Care Consultations —

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

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

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

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

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

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

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

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

Note: Holidays: Sundays, national holidays, year-end/New Year holidays

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

Newsletter Abiko No.360 October 1, 2024

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

## EVENTS

### Abiko International Relations Association Festival

Date: November 24 (Sun) 11:00~16:00

Place: Civic Plaza

Stage Events

Kocarina wooden flute, gospel choir, traditional Japanese art (Lion Dance & festival music), Mongolian Khoomii (throat-singing), Mongolian dance, Yokobue (flute), picture storytelling by Japanese class students, foreign language choir, introduction to foreign culture, and raffle.

International Exhibits

Cultural displays and tastings from Cyprus, Uzbekistan, Korea, China, Myanmar, France, Germany, the UK, and Chile. Foreign language course info also available.

Tea Ceremony

limited to 100, and cost 400 yen. No application required

Kimono Dressing Experience

For foreigners (limited to 30), cost 500 yen (including tabi fee)

To apply, please call AIRA at 04-7183-1231

For more details, see the AIRA website.



▲AIRA HP

### Agricultural Festival

Date: November 16 (Sat), 10:00-15:00 (canceled in heavy rain)

Place: Teganuma Aquatic Park

The festival includes a Farmers' Market, kids' photo contest display, seedling and rice cake giveaways, local food stalls with pork miso soup, and more.

•Produce Exhibition

Vote for local farm produce, and win a 100-yen voucher (voting 10:00~12:00, sales from 13:30)

•Autumn Harvest Experience

10:30 to 12:00, limited to 30. It costs 500 yen, please bring clothes you don't mind getting dirty, and work gloves.

Inquiry: Agricultural Section, 04-7185-1481

## Japan Bird Festival 2024 ~ Japan's largest bird festival! ~

Dates: November 2 (Sat) 9:30 ~ 16:00, November 3 (holiday) 9:30 ~ 15:00

Place: Teganuma Aquatic Park and other venues

Enjoy stamp rallies, stage events, hands-on experiences, and exhibitions.

For more details, please check the JBF website.

Inquiry: Teganuma Section, 04-7185-1484



▲JBF HP

## Comprehensive Disaster Drill

Acquire knowledge to protect ourselves in times of disaster!

Date: November 16 (Sat), from 9:30 to 11:30

Place: Kawamura Gakuen Woman's University grounds

Activities include rescue operations, fire extinguishing, medical aid, and more. There will also be hands-on exhibits and lectures.

Inquiry: 04-7185-1111, extension 217, civic safety section

## Health Fair

Date: November 17 (Sun) 10:00 ~ 15:00 (Reception until 14:30)

Place: Abista

Fee: Free

Enjoy learning about health through exercise habits, improving your diet, health checkups, aromatherapy and hand treatments, and laughter yoga. Flower seedlings and popcorn will also be given away! For details, please visit the city's website.

Inquiry: Health Promotion Support Section, 04-7185-1126

## Individual Number Card Services on Weekends and in the Evening (By reservation only)

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

Dates and Hours		Reservation will be accepted
November 9 (Sat)	9:00 ~ 12:00	Accepting reservations
December 15 (Sun)	9:00 ~ 12:00	From 9:00 on Nov 27 (Wed)

November 22 (Fri) 17:00~19:00 Only for issuance	From 9:00 on Nov 6 (Wed)
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Location: Civic Section (Abiko City Hall, 1F)

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

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

### **Advisory Services - November 2024 \* Reservation required**

Item	Date/Time	Location	Contact
Legal Advice	Nov 7, 14, 19, 21 and 26 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext. 394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 ~ 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

### **Public Health Care Center Programs – Nov. 2024 Tel:04-7185-1126\***

Item	Date	Eligibility
Maternity Class (Welcome Baby Gakkyu)	Nov 2, 9 and 16 (Sat) Reservation required*	Expecting women of 20 weeks or over, and their family
Consultation for 4-month-old children	Nov 5 and 12 (Tue)	Children born in June 2024
Health Checkup for 18-month-old children	Nov 7 (Thu)	Children born between Apr 11 to May 5, 2023

Dental Checkup for 2-year and 8-month-old children	Nov 14 (Thu)	Children born in Mar 2022
Health Checkup for 3-year-old children	Nov 7 (Thu)	Children born between Apr 10 to 30, 2021
Dental Checkup for 5-year-old children	Nov 14 (Thu)	Children born between Oct 11 to Nov 7, 2019
Baby Food Class for 4 to 6-month-old babies	Nov 29 (Fri) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	Nov 13 (Wed) Reservation required*	First 20 applicants. Children born in Feb 2024
Childcare Consultations	Nov 20 (Wed)	Nikoniko Hiroba
	Nov 28 (Thu)	Public health care center

## — Urgent Health Care Consultations —

1. Sudden Illness at Night or on Holidays: hospital introductions  
Call Fire Station at 04-7184-0119. They will advise you of an appropriate holiday / night-time emergency hospital or pediatrician. Before going there, talk with the hospital on the phone about your sickness or injury. In urgent cases, call 119 for an ambulance.
2. Child's Sudden Illness at Night: telephone consultation with a nurse  
Call #8000 or 043-242-9939 Hours: 19:00 ~ 8:00 next day A nurse will advise you about the care to be taken for your infant/child.
3. Sudden Illness at Night and Holidays: telephone consultation with a nurse  
Call #7119 or 03-6810-1636. Hours: weekdays and Saturdays 18:00 ~ 8:00 next day  
Sundays, Holidays, and year-end/New Year holidays: 9:00 ~ 8:00 next day
4. Illness or Toothaches on Holidays: contact Holiday Clinic at 04-7187-7020  
(1) Dentist: 9:00 -11:30 (2) Internal Medicine & Pediatrician: 9:00 - 11:30,13:00 - 16:30  
Note: Holidays: Sundays, national holidays, year-end/New Year holidays  
Please do not hesitate to call for an ambulance in case of serious injury or acute illness.

<p>Newsletter Abiko No.361 November 1, 2024</p> <p>Published by: Abiko City Hall <a href="https://www.city.abiko.chiba.jp">https://www.city.abiko.chiba.jp</a></p> <p>Edited &amp; Translated by: Abiko International Relations Association (AIRA)</p> <p>Tel: 04-7183-1231 Fax: 04-7183-2005</p> <p>E-mail: <a href="mailto:info@e-aira.jp">info@e-aira.jp</a> <a href="https://www.e-aira.jp">https://www.e-aira.jp</a></p>
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Excerpts from the Newsletter issued by Abiko City Tel: 04-7185-1111

Message from Mayor HOSHINO Junichiro

Let us celebrate the 55th anniversary of Abiko City with “COMEDY”

Hometown Ambassador HANAWA Nobuyuki is always introducing ABIKO through TV and radio. I have been wondering if HANAWA can perform live in Abiko. My dream has come true at last on the occasion of the 55th anniversary of Abiko City. The date is set on February 22nd, 2025, at KEYAKI PLAZA HALL. In addition to “KNIGHTS”, many comedians including Muromisa, who is from Abiko, will join the live. Please come to the hall and enjoy their performances.

## Abiko City Hometown Comedy Live!

Date: February 22nd, 2025

Time: 1st stage 15:00~16:40, 2nd stage 18:00~19:40

Venue: Keyaki Plaza Hall

Charge: ¥4,000

How to apply: Ticket Pia

Pre-reservation(lottery): December 1st (Sun) 10:00~9th (Mon) 10:00

General sale (First-come first- served basis): December 10th (Tue) 10:00~

Inquiry: Maseki Geinousha Tel. 03-5442-8255 (Monday through Friday 12:00~18:00)



## No New Health Insurance Cards will be Issued After December 2nd

We suggest you use “My Number Insurance Card”. For details, see the Cabinet Office website.

\*As for issued health insurance cards, expiry date differs depending on the kind of your insurance (max one year). Check on it with your insurer.

Those who have not obtained Individual Number Card and who have not registered the use of Individual Number Card as insurance card can see doctors with your insurance card until the expiry date of your insurance, and with your eligibility certificate from the expiry date onward.

Inquiry: Individual Number Card General Free Dial at 0120- 95-0178(Number 5)

## **Public facilities closed temporarily due to renewal**

Araki Community Center closed: Dates December 8th (Sun) ~ 21st (Sat), 2024

Kohoku Public Hall closed: Dates August 1st (Fri) ~ September 30th (Tue), 2025

\*Please be careful when making reservations for the facilities.

## **Traffic Safety Movement (December 10th~19th)**

We will never drink and drive, never let others drink and drive and never allow others to drink and drive. We have many opportunities to drink at the end of the year and we are concerned that accidents may occur due to drunken driving. At the time of early sunset and late sunrise, traffic accidents often occur at sunset, night and dawn. Let us keep traffic rules and manners and prevent traffic accidents.

Starting November, using a smartphone or drink while riding a bicycle will be punished.

## **Let us Learn about Lake Teganuma on a Pleasure Boat**

Date: December 14th (Sat)10:30~11:30 (cancelled if it is a bad weather)

Place to gather: Boat Center "Koike" in Teganuma Park

Charge: Free

Capacity: 30 people (First-come, first-served basis)

Elementary school pupils and below should come with their parents

Application: Teganuma Section at 04-7185-1484 by December 13th (Fri)

## **Former Inoue Family Residence: First Guide by Volunteers**

Date: December 21st (Sat) 9:00~12:00

Place: Former Inoue Family Residence

Charge: Free

Inquiry: Board of Education at 04-7185-1583

## **The Song of Abiko Citizens**

If you bring a music CD or CD-RW to Secretarial Section, you can get a CD or CD-RW of the Song of Abiko Citizens free of charge.

The song was composed by OGURA Kei in 1980 in commemoration of the 10th anniversary of Abiko City.

Inquiry: Secretarial Section at 04-7185-1269

## **Individual Number Card Services on Weekends and in the Evening (By reservation only)**

Call the Civic Section at 04-7185-4326 (9:00 ~ 17:00 on weekdays except national holidays)

for a reservation.

	Dates and Hours	Reservation will be accepted
evening	Dec 6 (Fri) 17:00 ~ 19:00	Now accepting
weekends	Dec 15 (Sun) 9:00 ~12:00	Now accepting
	Jan 18 (Sat), 2025 9:00 ~12:00	From 9:00, Jan 1,2025 (holiday) online From 9:00, Jan 6, 2025 (Mon) by phone

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

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

\*Issuance only in the evening

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

### Advisory Services- Dec. 2024

### \*Reservation required

Item	Date/Time	Location	Contact
Legal Advice	Dec 5,12,17,19 and 24 9:30 ~ 15:30	Civic Consulting Room, 2F, Abiko City Hall Or by telephone	Secretarial Section * Tel: 04-7185-1714 Call for an appointment
Daily Life Advice	Weekdays (except national holidays) 8:30 ~ 17:00	Social Welfare Section West Annex 2F	Social Welfare Section Ext.394
Child Matters in General	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 1F	Child Consulting Section Tel: 04-7185-1821
Domestic Violence	Weekdays (except national holidays) 8:30 ~ 17:00	West Annex 2F	Support Office for DV Social Welfare Section Tel: 04-7185-1113
Consultations for Foreign Residents	Sun, Mon, Tue, Wed, Fri, Sat (except national holidays) 10:00 – 16:30	AIRA Office Abiko Civic Plaza	E-mail: info@e-aira.jp Tel: 04-7183-1231 Leave your name & phone number, and a counselor will call you back later.

### Public Health Care Center Programs - Dec. 2024 Tel:04-7185-1126\*

Item	Date	Eligibility
Welcome Baby Classes	Dec 6, 13 and 20 (Fri) Reservation required*	Expecting women of 20 weeks or over, and their family

Consultation for 4-month-old children	Dec 3 (Tue) and 10 (Tue)	Children born in July, 2024
Health Checkup for 18-month-old children	Dec 5 (Thu)	Children born between May 6 and 25, 2023
Dental Checkup for 2-year and 8-month-old children	Dec 12 (Thu)	Children born in April, 2022
Health Checkup for 3-year-old children	Dec 5 (Thu)	Children born between May 1 and 19, 2021
Dental Checkup for 5-year-old children	Dec 12 (Thu)	Children born between Nov 18 and Dec 16, 2019
Baby Food Class for 4 to 6-month-old babies	Dec 25 (Wed) Reservation required*	First 30 applicants (parents)
Baby Food Class for 8 to 9-month-old babies	Dec 18 (Wed) Reservation required*	First 20 applicants. Children born in Mar, 2024

## — Urgent Health Care Consultations —

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

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

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

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

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

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

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

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

Note: Holidays: Sundays, national holidays, year-end/New Year holidays

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

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