



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.

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