



COSMOPOLITAN

September 2019 (vol. 266)

The following articles are taken mainly from "Koho Ashiya" – the bulletin of Ashiya City (September issue). It is, of course, a Japanese edition, and translated into English by a voluntary group from the Ashiya Cosmopolitan Association.

Please understand that some phone numbers listed under the various events are staffed by people who may not speak English.



【Ashiya Market】

Five shops including restaurants in Ashiya will have kiosks in the Museum of Art and History grounds. Enjoy shopping and a light meal at the Museum's lawn garden.



【Classical Concert for Parent and Children】

Children's songs will be played by the brass ensemble (trumpet and horn) for babies and young children to enjoy.

- Performing Hours: (1) 10:30 a.m.-
- (2) 12:30 p.m.-
- (3) 2:00 p.m.-

(Doors open 30 minutes before the performance)

- Capacity: 150 people each
- Application: at the venue



Enjoy Classical Concert & Ashiya Market with Children

- Date and Time: Sunday, September 22nd / 10:00 a.m. –4:00 p.m..
- Place: Museum of Art and History
- Inquiries: Policy Promotion Section (Phone: 0797-38-2127)

FY 2020 Health Examination before Elementary School Entrance

"Notice of School Attendance and Health Examination" will be sent to the guardians of the estimated enrollees in elementary school in FY2020 by the middle of October.

Please have a health examination at the designated school on the appointed date and time.

■ **Date and Place of health examination**



Thu., October 17 th	Miyagawa / Hamakaze Elementary Schools
Mon., October 21 st	Uchidehama Elementary School
Wed., October 23 rd	Shiomi Elementary School
Mon., October 28 th	Seido Elementary School
Tue., October 29 th	Yamate / Iwazono Elementary Schools
Tue., November 5 th	Asahigaoka Elementary School

■ **Time:** 1:30-2:30 p.m.

■ **Eligibility:** Children born between April 2nd 2013 and April 1st 2014

■ **What to bring:** The notice, Maternity Book, Black ball-point pen and Indoor shoes

■ **Inquiries:** Management Section, Board of Education (Phone: 0797-38-2085)



To the Guardians of Foreign-registered Children or Students Who Want to Enter a Municipal Elementary or Junior High School

Notification is required. Please come to the Management Section of the School Board with your seal and any one of the child's Residence card, Special Permanent Resident Certificate, or Alien Registration Certificate.

■ **Inquiries:** Management Section, Board of Education (Phone: 0797-38-2085)

FY 2020 Invitation to City Kindergarten /Certified Children Center (Kindergarten)



We are recruiting children who enter kindergarten in April, 2020

■ **Eligibility:** 5-year-old or 4-year-old children, born between April 2nd, 2014 and April 1st, 2016, who live in Ashiya city.

■ **Capacity:** 20 for **Seido Children Center** (4-year-old children)
30 for **Ise Kindergarten** (4-year-old children)

The quota for other kindergartens will be decided at the end of February, 2020

■ **Distribution of Enrollment Related Form:** From Tue., October 1st at each kindergarten

* Form for the Certified Children Center will be available at Child-rearing Promotion Section as well.

■ **Application:** Bring the required papers to the kindergarten of your choice between October 3rd and October 10th (3:00-4:30 p.m., weekdays)

* Bring the form for Seido Children Center to Child-rearing Promotion Section

■ **Inquiries:** <Kindergarten> Management Section (Phone: 0797-38-2085)

<Certified Children Center> Child-rearing Promotion Section

(Phone: 0797-38-2128)



Ashiya Municipal Kindergarten Open School

Inquiries: School Education Section, Phone: 0797-38-2087

Kindergartens and their grounds will be open to visitors for class observation and free play.

- ◇ **Eligibility:** Preschoolers and their parents/guardians
- ◇ **Reservation:** Please contact each kindergarten directly.

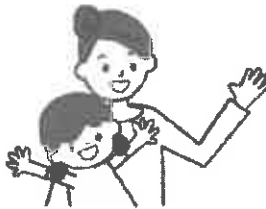


Kindergarten	Date	Time	Kindergarten	Date	Time
Miyagawa	Wed., Sept. 11	9:00 a.m.-noon	Nishiyama	Fri., Sept. 13	9:00-11:40 a.m.
Iwazono	Thu., Sept. 5	9:00-11:40 a.m.	Ise	Wed., Sept. 18	9:00 a.m.-noon
Kozuchi	Thu., Sept. 12	9:00-11:40 a.m.	Shiomi	Tue., Sept. 10	9:00-11:40 a.m.
Asahigaoka	Thu., Sept. 12	9:00-11:40 a.m.			

Visit & Experience Daycare

Inquiries: Childrearing Promotion Section Childcare Subsection, Phone: 0797-38-2128

Visit a Child Daycare Center or *Kodomo-en* with your child, play with children there and try out the school lunch.



- ◇ **Date & Time:** October 16-18, 9:30-11:40 a.m.
- ◇ **Fee:** 1,000 yen
- ◇ **Reservation:** Call a Child Daycare Center or *Kodomo-en* between September 24 and 27 (10:00 a.m.-4:00 p.m.).

Child Daycare Center	Phone Number	Visitor Capacity by Age Group
Seido (Kodomo-en) 11-10 Kawanishi-cho	0797-32-0510	One parent & child pair for each age group of 1 and 2-yr-olds
Uchide 4-10 Miyagawa-cho	0797-22-5725	One parent & child pair for each age group of 1 and 3-yr-olds Two parent & child pairs of 2-yr-olds
Daito 8-1 Niihama-cho	0797-22-0089	One parent & child pair for each age group of 1, 2, and 3-yr-olds
Iwazono 2-18 Iwazono-cho	0797-31-0335	Two parent & child pairs of 2-yr-olds One parent & child pair of a 3-yr-old
Midori 2-4 Midori-cho	0797-34-0715	One parent & child pair for each age group of 1 and 3-yr-olds Two parent & child pairs of 2-yr-olds
Niihama 1-1 Niihama-cho	0797-32-0410	One parent & child pair for each age group of 1, 2, and 3-yr-olds

Community School "KOMISUKU" Autumn Festival

Inquiries: Lifelong Learning Section, Phone: 0797-38-2091

◆ Uchidehama Komisuku

- ◇ **Date & Time:** Sat., September 14, 4:00-7:30 p.m. (canceled in case of heavy rain)
- ◇ **Place:** Uchidehama Elementary School

◆ Iwazono Komisuku

- ◇ **Date & Time:** Sun., October 20, 11:00 a.m.-3:00 p.m. (rain or shine)
- ◇ **Place:** Iwazono Elementary School

※ Please take your own garbage home with you.



Free Daycare & Kindergarten

(from *Koho Ashiya* August 2019 issue)

The free preschool education program will come into effect this October. Child daycare centers, kindergartens, etc. will be free of charge for eligible children. As a general rule, costs of food materials, which had been included in the daycare fee, and expenses for events will be charged. To adopt the program, the Ashiya City Council will be working on revising ordinances in September.

◆ **Eligibility:**

◇ Children 3 to 5 years of age residing in Ashiya City
(3 years old and above for children in kindergarten).

◇ Children 0 to 2 years of age residing in Ashiya City in a residence tax-exempt household

◆ **Application:**

In most cases, children already enrolled in a certified child daycare center, small-group child daycare service, certified *kodomo-en*, or kindergarten (adopting the new system) do not need to apply. In other cases, an application may be necessary. Please refer to the Ashiya City website for details.

◆ **Parents/Guardians of Children from 3 to 5 years of age:**

To be eligible for the free program, you may need to be approved for subsidy and be certified as in need of childcare services. Applications are necessary for facilities below. For facilities under numbers 2 and 3, showing the need for childcare services is essential.

1. **Kindergartens (not adopting the new system)**

- Subsidy Amount: Free up to 25,700 yen per month
- Application: Accepted through the kindergarten

2. **Childcare Services at a Kindergarten or *Kodomo-en* (kindergarten section)**

- Subsidy Amount: Childcare fees up to 11,300 yen per month
- Application: Accepted through the kindergarten or *kodomo-en* in general

3. **Uncertified Daycare Facilities, Temporary Childcare, Babysitters, etc.**

- Subsidy Amount: Free up to 37,000 yen per month
- Application: Accepted through the childcare service provider in general

◆ **Residence Tax-Exempt Households with Children from 0 to 2 years of age:**

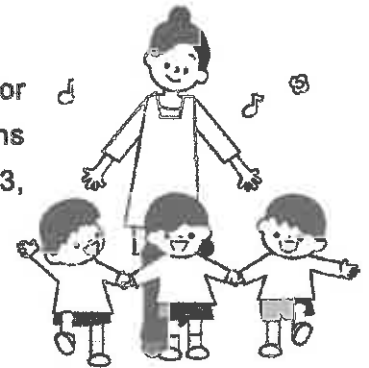
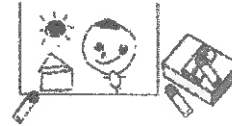
Daycare fees for children in need of childcare services will be free of charge. Daycare fees at uncertified daycare facilities will be free up to 42,000 yen per month. Please refer to the Ashiya City website for details.

◆ **Daycare Facilities for Disabled Children** are also covered under the free program. For details, contact the Childrearing Promotion Section Children's Subsection (Phone: 0797-38-2045).

◆ **Inquiries:**

◇ Childrearing Promotion Section (Phone: 0797-38-2128) for daycare centers, certified *kodomo-en*, uncertified daycare facilities.

◇ Board of Education Management Section (Phone: 0797-38-2085) for kindergartens



Making Towns Comfortable for Dementia Sufferers

Living with "Dementia" In case of Mr. and Mrs. Miki



Mr. Tatsuo Miki was actively involved in community activities as a commissioned welfare volunteer for about ten years after he retired from a firm he had worked until retirement age. He was diagnosed with Alzheimer's dementia after the age of 70. He was acknowledged as needing nursing care and is capable to live with his wife by making use of three days a week day care service and two times a month short stay. His wife, Hiroko has taken part in the "Dementia patients and Family Association" (Kazoku no kai) for 38 years.

<Dementia Sufferers and Family Association>

Hiroko dealt with dementia when Tatsuo's mother required nursing care. She was diagnosed with Alzheimer's dementia in 1976 and Hiroko devoted herself to caring for her mother-in-law for 15 years. At that time, there were scarce public recognition and support and families of those suffering were embarrassed about it and even tried to hide the sufferers from the outside world. Tatsuo lived apart from his family for the sake of his job, so Hiroko had to look after her mother-in-law together with Tatsuo's four brothers. However they did not always have the right understanding of dementia and they sometimes had different opinions.

"It was too hard for me. Then I heard about "*Kazoku-no-kai*", "Family Association", the predecessor of the present "Association for dementia sufferers and families". So I wrote a letter to them as a last resort. I was advised that nursing care must be done by all, not just one person, as it is too much to take a lot of tasks upon one person."

So I began to take advantage of the helper system, whose support I got was much help."

< Living alongside her husband >

After the death of her mother-in-law, she hoped for a tranquil old age with her husband, however, she noticed an unexpected change of her husband. At first, the sign was trivial: he saw the same news story a few time but each time he said it was the first time he saw it. After a while, he sometimes could not get to a meeting place to see acquaintances. They went to the university hospital for checkup and he was diagnosed with Alzheimer's dementia.

"I was so shocked but somehow I had peace of mind, because I had experienced nursing his mother. If this had been the first experience for me, I could not have kept calm." "He must have been very concerned about his own condition."

Life was stressful. When Hiroko felt tired she told her husband, "I'll take a nap" and she rested. That's her way of getting rid of her fatigue.

During the interview, he often talked to us with a smile. "He always talks to me like this, so I enjoy talking with his. Otherwise, I'll be silent all day. While I am in good health and can take care for him, I want to live here with him, with the help of day care and short stay services. If he is in a home for the aged, I will feel lonely. I'm sure he feels so, too."

Hiroko's advice for nursing care

Symptoms of dementia can be various. It will be helpful to join dementia family association such as "Ajisai-no-kai" ※ to express one's worries and troubles and communicate with others. One can at times save time and effort. Recently, there's home delivery meal service available. The most important thing is the health of carer.

Free medical checkups are available in Ashiya. By making the best use of nursing care insurance, refresh oneself.

※ Inquiries: Social Welfare Council (Phone: 0797-32-7525)

<Counseling is available>

Quite a few dementia patients say that he/she was the first to be conscious of unexpected change.

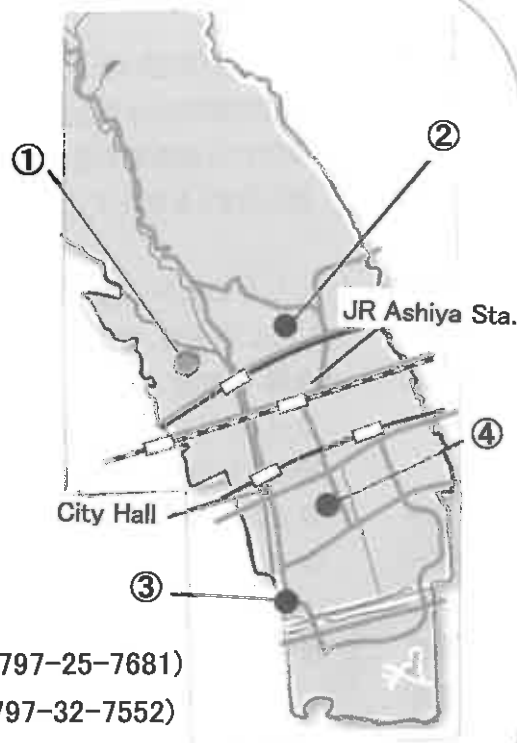
They felt bewilderment that could not be described, were in emotional turmoil and despair. People casually say that they have hypertension or sugar diabetes, but we seldom hear of one saying he/she has dementia.

Dementia is often expressed as a disease of solitude.

We are afraid of giving up and losing our mind. When the community around dementia patients changes, they can live with dignity.

There are four Elderly Life Support Center in the city. Please don't hesitate to contact them.

- ① Nishi-Yamate Elderly Life Support Center (Phone: 0797-25-7681)
- ② Higashi-Yamate Elderly Life Support Center (Phone: 0797-32-7552)
- ③ Shiomi Elderly Life Support Center (Phone: 0797-34-4165)
- ④ Seido Elderly Life Support Center (Phone: 0797-34-6711)



Autumn Clean-up Campaign

- ◇ Date and Time: Sat., September 28th 9:00- 10:30 a.m.
- ◇ Places for clean up : The square around the City Hall, North wing
JR Ashiya Station, Pedestrian Deck, Yoko Green Space, Canal Park
- ◇ Application: Please come to the venue on the day. Canceled in case of rain.
For cancellation notice, please visit the city website after 5:30 p.m. on
September 27, or inquire to the City Hall (Phone 38-2121)
- ◇ Inquiries: Environmental Sanitation Association, Secretariat (Phone: 0797-38-2050)





The Importance of Early Diagnosis and Treatment for Dementia

Dr. Seiko Kataoka (Chief of the Neuro-internal division)

When one has dementia, caused by disorder in the brain cells, s/he becomes unable to do what s/he could do before, and has difficulty in everyday life. In Japan, the number of patients with dementia is rapidly increasing; one in seven among the elderly 65 years of age or older, and one in three of those aged 85 or older is supposed to have dementia. Dementia is no longer a special disease for the aged, but anyone can be diagnosed with it.

The most common diseases which cause dementia are neurodegenerative diseases, such as Alzheimer's dementia, Lewy body dementia and Frontotemporal dementia, and followed by vascular dementia. In the case of a neurodegenerative disease such as Alzheimer's dementia, it is thought that abnormal proteins which accumulate in the brain gradually kill nerve cells, which leads to dementia; yet the detailed cause has not been discovered. Vascular dementia develops from cerebral vascular insufficiency, cerebral stroke (including cerebral infarction) caused by arterial sclerosis, which is a result of high-blood pressure.

However, there are also other various causes of dementia. Especially, in diseases such as normal pressure hydrocephalus, subdural hematoma, epilepsy of the aged, hypothyroidism, etc., remarkable recovery can be expected with proper treatment after right diagnosis. We must not overlook this. Getting a medical consultation and correct diagnosis is the most important way to prevent missing treatable dementia.

Treatments or measures for dementia differ according to the disease; yet early diagnosis and treatment are effective for any diseases.

In Ashiya Municipal Hospital

Establishment of Cranial Nerve Center (Brain Disease Prevention Surgery)

Importance is placed on the following three brain diseases peculiar to the aged, rapidly increasing with an aging society.

- (1) Dementia
- (2) Adult epilepsy (loss of consciousness, vacant-minded, restlessness, etc.)
- (3) Neurodegenerative disease (a serious cranial nerve disease, Parkinson disease for instance)

After the diagnosis of the disease and subsequent treatment at an outpatient clinic, we will give advice to the family, necessary rehabilitation, nursing care service, etc. and will provide support for the maintenance of the patient's quality of daily life and lessening the burden of care on the family.

* **A complete appointment system** is taken at the Brain Disease Prevention Surgery. If you want to visit, please call Regional Cooperation Room. (Phone: 0797-31-2156)

■ Inquiries: Regional Cooperation Room, Ashiya Municipal Hospital (Phone: 0797-31-2156)



Tracking System for Seniors with Dementia

Inquiries: Senior Citizens' Long-term Care Section
Elderly Welfare Subsection, Phone: 0797-38-2044

Tracking systems for seniors with dementia assist in the early location of an elderly person who is missing. A subsidy is offered to those who utilize the system registered with the city.

- ◇ Subsidy: Setup cost up to 2,000 yen
- ◇ Application: Bring your personal seal and the receipt showing the setup cost
- ◇ Registered System Provider: Safety Net Linkage, Phone: 011-572-6865
- ※ For further details, please refer to the Ashiya City website.



Elderly Drivers & Traffic Accidents

Inquiries: Construction Promotion Section, 〒659-8501 (no address required)
Phone: 0797-38-2063, Fax: 0797-38-2163

◆ Safety "Support Car" Test-Drive Event:

Experience driving vehicles, which assist drivers in driving safely, such as with an automatic braking system or a device that stalls acceleration when hitting the wrong pedal.

- ◇ Date & Time: Thu., September 26, 10:00 a.m.-noon
- ◇ Place: Ashiya Grand Park ◇ Capacity: 15 people
- ◇ Registration: Send a postcard or fax to the Construction Promotion Section with your name, address, age and phone number by Fri., September 20.

◆ "Silver" Driving School (for Seniors):

Learn safety tips while driving through a practice track.

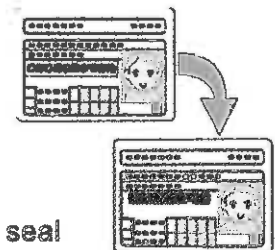
- ◇ Date & Time: Mon., September 30, 10:00 a.m.-noon
- ◇ Place: Liaison Driving School ◇ Capacity: 10 people
- ◇ Registration: Send a postcard or fax to the Construction Promotion Section with your name, address, age and phone number by Fri., September 13.



◆ Surrendering Your Driver's License:

Driving Record History Certificates (運転経歴証明書 *uten keireki shomeisho*) are issued when a drivers license is surrendered before its expiration date. Presenting the certificate gives benefits to those over 65 years of age.

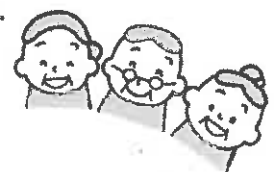
- ◇ Benefits: Discounts on electric bicycles, 10% discount on taxi rides, discounts on accommodations in Hyogo prefecture, etc.
- ◇ Place: Ashiya Police Station or a Driver's License Renewal Center
- ◇ Fee: 1,100 yen (Driving Record History Certificate)
- ◇ Bring: Driver's license, photo (H3.0 cm x W2.4 cm), personal *inkan* seal



KEIROKAI – Senior Citizen Celebration

Inquiries: Senior Citizens' Long-term Care Section, Phone: 0797-38-2044

- ◇ Date & Time: Sun., September 15, 10:30 a.m.-noon & 1:30-3:00 p.m.
- ◇ Place: Luna Hall
- ※ Invitation postcards were sent to those eligible at the end of August.





Doctors on Call for Emergencies on Sundays and Holidays

● Evening Medical Care Rotation *8:00 – 11:00 p.m. on Friday		
Sept. 6 th	Ueda Internal Medicine Clinic (Internal Medicine)	☎ 0797-34-1878
Sept. 13 th	Sujishi Clinic (Internal Medicine)	☎ 0797-23-0627
Sept. 20 th	Matsuba Clinic (Internal Medicine)	☎ 0797-22-1641
Sept. 27 th	Ashiya St. Maria Hospital (Surgery/Internal Medicine/Orthopedics)	☎ 0797-23-1771

■ Hospitals designated for emergencies

- Ashiya Municipal Hospital (Surgery/Internal Medicine) ☎ 0797-31-2156
- Minami-Ashiyahama Hospital (Surgery/Internal Medicine) ☎ 0797-22-4040
- Ashiya Saint Maria Hospital (Orthopedics/Surgery/Internal Medicine) ☎ 0797-23-1771

■ Internal Medicine and Pediatrics Clinic for emergency care

- Ashiya City Public Holiday Emergency Clinic (5-13 Kimmitsu-cho) ☎ 0797-21-2782
(9:00 a.m. – 5:00 p.m. on Sundays, public holidays and year-end & New Year's holidays)

■ Ear, Nose and Throat Clinic for emergency care

- Public Holiday/Night Emergency Medical Clinic ☎ 06-6436-8701
(3-15-20 Mizudo-cho, Amagasaki City)
(9:00 a.m. – 4:00 p.m. on Sundays and public holidays / 6:00 – 8:30 p.m. on Saturdays)
(9:00 a.m. – 5:30 a.m. the next morning on year-end & New Year's holidays)

■ Eye Clinic for emergency care

- Public Holiday/Night Emergency Medical Clinic ☎ 06-6436-8701
(3-15-20 Mizudo-cho, Amagasaki City)
(9:00 a.m. – 4:00 p.m. on Sundays and public holidays)
(9:00 a.m. – 5:30 a.m. the next morning on year-end & New Year's holidays)

■ Dental Clinic for emergency care

- Dental Center (14-9 Kurekawa-cho) ☎ 0797-31-0658
(9:00 – 11:30 a.m. on Sundays, public holidays, and year-end & New Year's holidays)

■ Kobe Children's Primary Emergency Medical Center

- ☎ 078-891-3999
(1-4-1, Wakinohama Kaigan-dori, Chuo-ku, Kobe City) (in HAT KOBE)

〈Days & Hours Open〉

Consultation Days	Reception Hours
Monday – Friday	7:30 p.m. – 6:30 a.m. the next morning
Saturday	2:30 p.m. – 6:30 a.m. the next morning
Sunday & public holiday Year-end & New Year's holidays	8:30 p.m. – 6:30 a.m. the next morning

Ashiya City Health Center Medical Examination and Consultation Schedule

Application & Inquiries: Health Center, Phone: 0797-31-1586, Fax: 0797-31-1018
Health and Welfare Center 3F, 14-9 Kurekawa-cho, Ashiya City, Hyogo 659-0051

Medical exam/Consultation	Date/Time/Place	Qualifying age / Exam content, Cost, etc.	
Cancer Examination	Lung Cancer (includes TB test for 65-yr-olds and above)	Sept. 11 (Wed) 1:00-1:30 p.m.	40 years old or over / Chest X-ray (free of charge) once a year / Appointment required / Sputum exam if necessary (900 yen)
	Stomach Cancer	Appointments accepted from the month of October	35 (30 if there is a relative with stomach cancer) years old or over / Stomach X-ray (2,500 yen) once a year / Appointment required
	Large Intestine Cancer	Anytime (accepting specimens Tuesday mornings)	40 years old or over / Fecal occult blood test (2-day exam method, 800 yen) once a year / Submit samples every Tuesday morning
	Prostate Cancer	Sept. 5 (Thu) 10:30-11:00 a.m.	Men, 50 years old or over / PSA test (1,000 yen) once a year / Appointment required
	Breast Cancer (Individual)	Ashiya Municipal Hospital ☎0797-31-2156 Mon.-Fri. mornings Masai Breast Clinic ☎0797-22-2800 during office hours	Women, 40 years old or over / Mammography screening (2,000 yen) once every 2 years / Appointment required ★ Women with a breast implant or pacemaker, pregnant or breast-feeding women are ineligible.
	Breast Cancer (Group)	Health Center (Exam Truck) Sept. 17 (Tue), Sept. 20 & 27 (Fri), Mornings	
	Cervical Cancer	Anytime during morning office hours at medical institutions in Ashiya City	
Medical Checkup	Asbestos Checkup	Sept. 25 (Wed) 1:00-1:30 p.m.	Citizens with concerns about the asbestos influence on health/interview with doctor and Chest X-ray once a year / Appointment required
	Hepatitis Virus Test	Sept. 5 (Mon), 10:30-11:00 a.m., Sept. 10 (Tue), 1:30 p.m. Okuike Assembly Hall Sept. 12 (Thu), 13(Fri), 17 (Tue), 20 (Fri)-women only, 24 (Tue), 27 (Fri), 9:00-10:00 a.m.	Citizens, 40 years old or over, having not taken hepatitis virus checkup / Appointment required
	Osteoporosis Checkup	Sept. 13 (Fri), 1:30-2:00 p.m. Oct. 15 (Tue), 9:30-10:00 a.m.	Citizens, 20 years old or over / Ultrasound method (1,000 yen) / Appointment required
	Health Checkup (3-hr physical exam)	Appointments accepted from the month of October	Those living or working in Ashiya, 30 years old or over / 9,000 yen. Optional exam: Helicobacter Pylori, 600 yen extra, Prostate cancer exam, 1,000 yen extra / Appointments accepted up to a week before.
	Free Dental Checkup and Consultation	Dental Center Sept. 18 & Oct. 16 (Wed), 1:00-2:45 p.m.	Those living or working in Ashiya / Periodontal disease checkup is available for those 40 years old or over (free of charge)
	GENKI Physical Fitness Checkup	Sept. 27 (Fri) 9:30-11:45 a.m.	Those living or working in Ashiya city, 20 years old or over / Appointment required
	Specific Health Checkup (Group)	Oct. 11 (Fri), 16 (Wed), 18 (Fri), 24 (Thu)-women only, 25 (Fri), 29 (Tue), Mornings	40 years old or over, who holds National Health Insurance and have an examination ticket Make appointment twelve days or more before the checkup day (Appointment required)
	Specific Health Checkup (Individual)	During office hours at designated medical institutions in Ashiya City	
	Medical Care System for the Elderly Health Checkup	During office hours at designated medical facilities in Ashiya City	75 years or older, who are under the Medical Care System for the Elderly (Appointment required)
	Company Health Checkup	Anytime (Appointments by companies)	Those working in Ashiya City (Appointment required)
Consultation	Health Consultation	Sept. 5 (Thu) afternoon, 26 (Thu) morning, Oct. 3 (Thu) afternoon	Adults / Consultation with a doctor / Appointment required
	Nutritional Consultation	Sept. 3, 17, October 1 (Tue) 9:30-11:00 a.m.	Consultation with a registered dietitian regarding diet in order to prevent lifestyle-related disease / Appointment required
	Health Consultation	Sept. 26 (Thu) 9:20-11:20 a.m.	Consultation with a health nurse regarding prevention of lifestyle-related disease / Appointment required

The above medical examinations and consultations are intended for Ashiya City citizens only. Unless otherwise noted, they are conducted at the Health Center free of charge. Fees for Cancer Screenings, except for prostate cancer, may be waived for those 70 years of age or older (a *mitome-in** is required) and for those in a municipal tax-exempt household (prior application with the Health Center and a *mitome-in* are required). **mitome-in* = unregistered informal seal



Ashiya School Lunch Recipe: BBQ Chicken

◆ Ingredients (Serves 4):

- 4 pcs. of 50g chicken
- 15g onions
- 2g garlic
- 2/3 tbsp *koikuchi* (dark-colored) soy sauce
- 1 tsp *sake*
- 60g apples
- 7g green onions
- A (seasoning):
- 1 tsp sugar
- 1 tsp rice vinegar
- 1 1/3 tsp *usukuchi* (light-colored) soy sauce
- 2 tsp *mirin* (sweet *sake*)

◆ Directions:

1. Grate onions and garlic. Mix together with *koikuchi* soy sauce and *sake*. Marinate chicken in the mixture for approx. 20 min.
2. Finely chop green onions.
3. Make the sauce: combine grated apples and seasoning ingredients "A" in a saucepan and bring to a boil; add green onions and turn off the heat.
4. Line baking sheet with parchment paper and place chicken. Bake chicken for approx. 20 min. in a pre-heated oven at 180°C.
5. Pour sauce over chicken when serving.



Sunday Cancer Screening

Inquiries: Ashiya Municipal Hospital Medical Examination, Phone: 0797-31-2156

If you are kept busy with work and house chores during the week, take advantage of cancer screening on a Sunday for early detection.

- ◆ **Date & Time:** Sun., October 6, 9:00-11:30 a.m.
- ◆ **Place:** Ashiya Municipal Hospital Outpatient Building 3rd floor
- ◆ **Reservation Required:** Contact the Ashiya Municipal Hospital



※ Please be sure to bring your Free Examination Coupon if you should have one.

Cancer Screening	Type of Examination	Eligibility/Capacity	Cost *before tax
Breast Cancer Screening	Ultrasound (echo)	Approx. 5 people	5,250 yen*
	w/ Mammography	Citizens over 40	2,000 yen
Cervical Cancer Screening	Interview & Pap smear	Citizens over 20	1,000 yen
Lung Cancer Screening	CT Scan	—	8,000 yen*
Colorectal Cancer Screening	Fecal occult blood test	—	1,500 yen*
Stomach Cancer Risk Assessment	Blood Test	—	4,500 yen*
Prostate Cancer Screening	Blood Test	—	6,250 yen*
Viral Hepatitis Testing ⁺	Blood Test	—	3,300 yen*

⁺Cost for Viral Hepatitis Testing may differ depending on past medical history.

Blood Drive

Inquiries: Ashiya City Health Center, Phone: 0797-31-1586

- ◆ **Date & Time:** Fri., Sept. 20, 10:00-11:30 a.m. & 12:40-4:00 p.m.
- ◆ **Place:** City Hall North Wing 1st floor Lobby



Tuberculosis National Prevention Week: Sept. 24th – 30th

Tuberculosis may sound like a disease of the past, but it is still a concern today. Tuberculosis, or TB, is an infectious disease that kills millions of people around the world every year. In 2017, 874 people were diagnosed with TB in Hyogo Prefecture. Be sure to have an x-ray once a year for early detection and treatment. If you have cold-like symptoms such as a cough, sputum or a slight fever for more than two weeks, make sure to see your doctor to get a chest x-ray to detect TB.



Ashiya Student Ambassadors Briefing Session on Activities in Montebello

The Ashiya Student Ambassadors came back on August 20th after a three-week stay in Montebello, California, which has been our sister city since 1961. They participated in various activities and experienced American culture, history and daily life while staying with host families. They will make a report on their stay. If you are interested, please feel free to come.



- Date & Time: Saturday, Sept. 14th/ 1:30 – 2:30 p.m.
- Application: Call the center to make a reservation by Friday, September 13th.
- Place & Inquiries: Shio-Ashiya Exchange Center (Phone: 0797-25-0511)

Safe Cycling Class



- Date and Time: Saturday, October 5 /9:30 a.m. – 1:00 p.m.
- Place: Youth Center & Kawanishi Athletic Ground
- Content: A lecture & driving skills test *Bring your bicycle.
- Capacity: First 60 people
- Application: Mail or fax an application with your name, address, phone number, age and the name and grade of your school if you are in elementary school to the following section no later than Friday, September 20th.
- Inquiries: Construction General Affairs Section (Address unnecessary, 659-8501)
(Phone: 0797-38-2063 / Fax: 0797-38-2163)

Citizen's Yose: Rakugo by Zakoba, Nanko and Shiodai

- Date and Time: Friday, November 22nd / 6:30 p.m. (Doors open at 6:00 p.m.)
- Place: Luna Hall Program: Rakugo (traditional comic storytelling)
- Performers: Zakoba, Nanko, Shiodai, Danjiro, Sosuke
- Fee: 3,000 yen (advance ticket) 3,500 yen (at the door) (Reserved seats only)
- Tickets are now available at: Ashiya Citizens' Center office, City Hall shop,
Lawson Ticket (L code 55314)
- Inquiries: Luna Hall Project Desk (Phone: 0797-35-0700)





Consumption Tax Rate Increase on Water Bills, etc.

Inquiries: Waterworks Customer Service Center, Phone: 0797-38-2082

Effective October 1, 2019, the new consumption tax rate of 10% applies to water service charges, shared burden costs, costs of maintenance and construction work, and sewer service charges.

◇ For those with a contract on or before September 30, 2019, the current consumption tax rate of 8% is applied to water and sewer service charges against the October meter reading (November billing) and November meter reading (December billing). The new tax rate of 10% will be in effect from the December meter reading (January billing).

Ashiya City Premium Vouchers

Inquiries: Regional Economy Promotion Section, Phone: 0797-38-2724

In conjunction with the consumption tax hike in October, "premium" shopping vouchers (プレミアム商品券 *puremiamu shohin-ken*) will be sold. Exchange tickets to purchase the premium vouchers will be mailed in the middle of September. Please bring your exchange ticket and personal identification to a sales location if you wish to purchase the vouchers.

◇ **Eligibility:** Households with a child born between April 2, 2016 and September 30, 2019.

◇ **Sales Locations (September 17, 2019 to February 29, 2020):**

- Premium Voucher Counter (City Hall East Wing 3rd floor)
- Ashiya City post offices
- Daiei Higashi-Ashiya Store
- Uchide Educational and Cultural Center (Sat., September 21, 1:00-5:00 p.m.)
- Health and Welfare Center (Sat., September 28, 1:00-5:00 p.m.)
- Silver Human Resources Center
- Gourmet City Ashiyahama Store



Assisting Young Families to Purchase Vacant Homes

Inquiries: Housing Section, Phone: 0797-38-2721

In accordance with a mutual cooperation agreement with the Japan Housing Finance Agency, the annual interest of the "Flat 35" housing loan may be reduced by 0.25% for the first 5 years.

◇ **Eligibility:** Households which qualify for the housing loan intended for young households and households with children and satisfy conditions set by the Japan Housing Finance Agency. For details, please refer to the Ashiya City website.

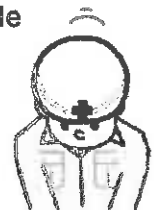


Roof Repair at Kamimiyagawa Cultural Center

Inquiries: Kamimiyagawa Cultural Center, Phone: 0797-22-9229

For the duration of construction work, the Third Floor Hall will not be available until 5:00 p.m. Please excuse the noise and shaking caused by the construction. Bicycle parking will be on the north side of the center. Three parking spaces will be available for vehicles.

◇ **Construction Period:** September 17 to the end of November (approx.)



Application for the Use of Ashiya Cemetery

Inquiries: Environment Section, ☎659-8501 (no address required)

Phone: 0797-38-3105

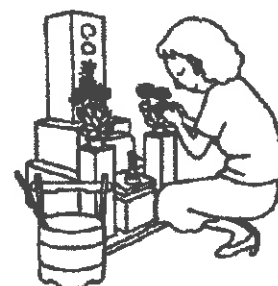
◆ **Eligibility:** Those who satisfy all of the following conditions:

- ◇ Has continuously had an address in Ashiya City.
- ◇ Is able to install a gravestone, girding stone, etc. within one year of receiving permission for use.
- ◇ Is able to make payment of usage fees in full by Fri., December 20, 2019.

Size	No. of lots	Fee for Perpetual Use (fee/m ²)
1.80 – 5.00 m ²	34	¥1,350,000 – ¥3,750,000 (¥750,000/m ²)
6.00 – 7.05 m ²	15	¥6,750,000 – ¥7,931,250 (¥1,125,000/m ²)
4.50 – 5.25 m ² (lawn cemetery)	3	¥5,062,500 – ¥5,906,250 (¥1,125,000/m ²)

※ Please ask about lots over 12m².

◆ **Application:** Please mail necessary documents between September 9 and postmarked by October 8, 2019 to the Environment Section. If there are too many applicants, lots will be drawn. Application guidelines are available at City Hall reception, Environment Section, Laporte Citizens' Service Corner, and Cemetery Office from Mon., September 2, 2019.



Net119 System Information & Registration

Inquiries: Fire Department Headquarters Fire Defense Section

Phone: 0797-32-2345, Fax: 0797-32-0119

A system that allows people with hearing or speech impairment to place 119 emergency calls will be presented (sign language available).

- ◇ **Dates & Time:** Saturdays, September 14 & October 12, 10:00 a.m. to noon
- ◇ **Place:** Fire Department Building
- ◇ **Bring:** Smartphone, etc. and Physical Disability Certificate
- ◇ **Application:** Submit an application form to the Fire Defense Section or the Disability Welfare Section. Application forms are available at the Fire Defense Section or may be downloaded from the Ashiya City website.



Seeking Volunteer Fire Corps

Inquiries: Fire Department Headquarters General Affairs Section, Phone: 0797-38-2095

- ◇ **Responsibilities:** Periodic training and drills, duties in times of disaster, and instructing community disaster prevention and preparedness drills, etc.
- ◇ **Qualification:** 18 to 49-year-olds living or working in Ashiya City.
- ◇ **Compensation:** Pay according to city ordinance, allowances for disaster response and participation in various training, uniform rentals, occupational accident compensation, etc.



JR Ashiya Station Renovation Work

Because of JR Ashiya Station renovation work (exterior/interior refurbishment, elevator/escalator installment, etc.), the bus stop on the south of the station will be moved about 9m to the east. The present taxi stand will no longer be in use. Information of the new taxi stand, now under discussion, will be posted on the sign board, etc. at the present taxi stand. We are very sorry for the inconvenience, but your cooperation is highly appreciated.

- Scheduled Period: October 1st 2019 ~ March 31st 2024
- Inquiries: Urban Improvement Section (Phone: 0797-38-2074)



Windows 10 PC Classes at Kamimiyagawa Cultural Center

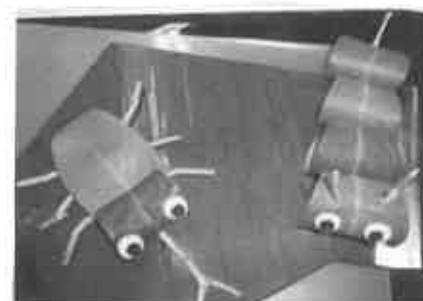
- Date: Wed., Oct.16th and 23rd (2 classes)
- Time and Content:
 - (1) 10:00-Noon: Design the New Year's Card using Word
 - (2) 1:00-3:00 p.m. Excel Class for women, useful for family finances
- Eligibility/Capacity for each (1) and (2): 6 beginners who live in Ashiya and can type
- Cost: 1,000 yen for each class
- What to bring: Writing materials and attendance card
- Application: Send a fax or a postcard with the name of the class you want to attend (either 1 or 2), your postal code, name and address, your age and phone number to the Center by Oct.7th (Mon) without fail. If there are too many applicants, a lottery will be held, and a notification will be sent to the eligible.
- Mailing address and Inquiries:
Kamimiyagawa Cultural Center, 10-5 Kamimiyagawa-cho, 659-0061
(Phone: 0797-22-9229 / Fax: 0797-22-1659)



Let's Play Together with your Family Using Natural Material

Enjoy making insects such as beetles, mantis, dragonflies, etc., using leaves, twigs, nuts, etc. Their antennae and legs are so charming !

- Date and Time: Sat., October 12th 10:00-11:00 a.m.
- Place: Large conference room at Gender-Equality Center With-us Ashiya
- Eligibility: Couples of children (3 years old - elementary school students) and their guardians or brothers
- Capacity: The first 10 couples
- Day-care: Up to 6 infants (6 months - 2 years old)
300 yen per infant
- Instructor: Mr. Akinori Yada
- What to bring: Scissors, Woodwork bonding glue, Clothes
You don't mind getting dirty or Apron.



(Leaves, twigs or nuts are prepared; you can bring your own, too.)

- Application and Inquiries: Gender Equality Promotion Section

(Phone: 0797-38-2023/Fax: 0797-38-2175) (E-mail: josei-ce@city.ashiya.lg.jp)



Volunteers Wanted for the 31st Ashiya Autumn Festival

- ◇ Date and Time: Sunday, October 13 9:00 a.m. – 4:30 p.m.
- ◇ Place: Kimmitsu Branch Office
- ◇ Contents: Cleaning, guiding at parking space, etc.
- ◇ Application: Please apply to Lead Ashiya no later than Friday, October 11
(Phone: 0797-38-2033)
E-mail: ashiya-npo@npoanc.org
- ◇ Inquiries: Regional Economy Promotion Section (Phone: 0797- 38-2033)



Food Drive

If you have excess food, donations are appreciated. They are given to those who need foods aid. Only unopened food with an expiry date of more than one month will be accepted. Perishable foods and alcoholic beverages will not be accepted.

- ◇ Term: Mon., September 16 – Wed., September 18 Business hours
- ◇ Place: All the stores of Co-op Kobe
- ◇ Inquiries: Environmental Facilities Section (Phone: 0797-32-5391)
Co-op Kobe Planning Policy Section (Phone: 078-856-2068)



Monthly First-Aid Training Class

- ◇ Date and Time: Sun., September 22nd 9:30 a.m. – 0:30 p.m.
 - ◇ Place: Main Fire Department
 - ◇ Contents: AED cardiopulmonary resuscitation and other emergency aids
 - ◇ Capacity: 20 people
 - ◇ Eligibility: Those who live, work, and study in Ashiya
✕ Certificates will be given to participants.
 - ◇ Application: Contact us at the number below by 5:30 p.m. on the previous day
- Inquiries: Fire Department Headquarters (Phone: 0797-32-2345)



♪ Matinee Concert ♪

- ◇ Date and Time: Sun., September 22nd 2:30 p.m.
- ◇ Place: Ashiya Municipal Hospital, Outpatient Ward 4F
- ◇ Contents: Merry-go-round of Dream and Magic
- ◇ Performer: Hayashi Takuya , piano
- ◇ Inquiries: General Section (Phone: 0797-31-2156)



Films “Kagami”(Mirror) and “Haru”(Spring) directed by Koichi Kishi

These two short films were directed by the violinist and composer, Koichi Kishi (1909 –1937) and put on the screen in Berlin in 1933.

Both the films and screen music of his own composition were well-received there. They are very valuable material to understand Japan at that period.



◇ Date and Time: Sat., September 7th 10:30 a.m.

The door opens at 10:00.

◇ Place: Citizen's Center Room 401

◇ Contents: “Kagami” and “Haru” screening

Lecture by Mr. Kaoru Yoshida, “Koichi Kishi –the movies in Japan and Germany in the early Showa Era”

◇ Application: Please come directly to the venue.

◇ Inquiries: Citizen's Center (Phone: 0797-35-0700)

Exhibition : Koichi Kishi and His Ages – The 110th Anniversary of his birth –



Koichi Kishi came to sudden prominence as a violinist, composer and conductor in the early days of Showa Era (1926–1989). Through photos, materials and scores, we can trace his life from boyhood, when he moved to Ashiya in his fifth grade of elementary school, up to his brilliant achievement of conducting the Berlin Philharmonic Orchestra.

◇ Term: Sat., September 7th – 23rd 9:00 a.m. – 5:00p.m. Closed on Tuesday

◇ Place: Citizen's Center Room 401

◇ Application: Please come to the venue. Free of charge

◇ Inquiries: Citizen's Center (Phone: 0797-35-0700)

♪ Shio-Ashiya Twilight Concert ♪



◇ Date and Time: Sat., September 21st 2:00 – 4:00 p.m. Doors opens at 1:30.p.m.

◇ Place: Ashiya Municipal Shio-Ashiya Exchange Center, 2F All-purpose Room

◇ Contents: Marimba and Piano Concert

◇ Performers: Ms. Yoko Togai, marimba Ms. Kumiko Sumimura, piano

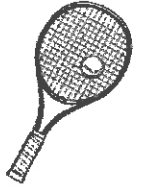
◇ Fee: Advance ticket – 800 yen(available till 5:30.p.m. Sep.20) On the day– 1,000 yen

Elementary school children and under – Free

◇ Inquiries: Ashiya municipal Shio-Ashiya Exchange Center (Phone: 0797- 25-0511)

Free Tennis Day for Ashiya Citizens at Ashiya Park Tennis Court

- Date and Time: Sunday, October 13th / 5:00 – 9:00 p.m. (Cancelled in case of rain)
- Place: Ashiya Park Tennis Court ✕ No soft-tennis allowed
- Eligibility: Those living, working or studying in Ashiya City of high school age or above
- Capacity: First 20 people (up to 2 persons per application)
- Things to bring: Tennis wear, tennis shoes, racket, tennis ball
- Application: Fill in the designated application form which can be downloaded from the city's website and fax or submit it to the following desk by 5:00 p.m. September 25th.
- Inquiries: Ashiya Park Tennis Court (Phone: 0797-34-8886/Fax: 0797-34-8884)



Soccer Class by S & N Sports Management Ashiya

- Class Period: October 3 – December 5 (10 lessons)
- Class & Time & Capacity:
 - 〈Kindergarten Course: 3 – 6 year olds〉 3:10 – 4:00 p.m. / 20 children
 - 〈Elementary School Course: 1st to 3rd graders〉 4:00 – 5:00 p.m. / 20 children
- Place: Kawanishi Athletic Ground
- Fee: 10,000 yen for 10 lessons
- Application: Apply and pay for the course at the following center from Tuesday, Sept. 3rd
- Inquiries: Gymnasium and Youth Center (Phone: 0797-31-8228)



Friday Cinema Salon at Municipal Library

Why don't you come and enjoy a movie and refresh yourself at Municipal Library?

◆ Films to be screened:

September 6th (Fri.) "The Samurai I Loved (*Semishigure*)" (2005 Japan, 131 min.)

★ Director: Mitsuo Kurotsuchi

★ Cast: Somegoro Ichikawa, Yoshino Kimura and others

September 20th (Fri.) "The Twilight Samurai (*Tasogare Seibei*)" (2002 Japan, 128 min.)

★ Director: Yoji Yamada

★ Starring: Hiroyuki Sanada, Rie Miyazawa and others

◆ Hours & Place: 1:30 – 3:30 p.m. / 2F Meeting Room, Municipal Library Main Building
(Doors open at 1:15 p.m.)

◆ Capacity: 90 people at each screening

◆ Application: at the venue *Admission is free of charge.

◆ Inquiries: Municipal Library Main Building (Phone: 0797-31-2301)



~Lively Cinema Salon ~
Movie "Shoplifters (*Manbiki Kazoku*)"
(2018 Japan, 121 min.)

★Director: Hirokazu Kore-eda

★Starring: Lily Franky, Sakura Ando, Kirin Kiki, Mayu Matsuoka and others

It won the Palme d'Or, the highest prize awarded at the Cannes Film Festival in 2018. Set in a deprived area of Tokyo, it is about a family that makes a living by shoplifting to cope with a life of poverty. They live happily together until an unforeseen incident reveals their hidden secrets.

◇Date and Time: Saturday, Sept. 21st

(1) 10:10 a.m. - (2) 1:00 p.m. - (3) 3:30 p.m. -

◇Place & Capacity: Luna Hall / 650 people at each screening

◇Fee: 1,000 yen for junior high school students or older
500 yen for elementary school children



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◇Application: at the venue

* If you show the article of "Koho Ashiya" vol. 1257 issued on Sept. 1st,
you will have a 200 yen discount. (only for junior high school students or older)

*Preschoolers are not allowed.

◇Inquiries: Luna Hall Project Desk (Phone: 0797-35-0700)

Tanizakikan Course: Picture Postcard Class

Why don't you create a picture postcard that delivers happiness to a friend or a loved one?

Date and Time: The first Saturday every month / 2:00 - 4:00 p.m.

Place: Lecture Room at Tanizaki Junichiro Memorial Museum of Literature

Capacity: 16 people

Instructor: Chizuko Tsubota, an authorized teacher at the Japan *Etegami* Society

Fee: 8,100 yen for three lessons should be paid in advance

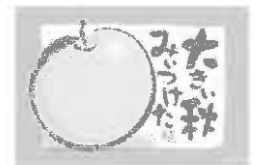
About 500 yen for materials are necessary at each lesson

Things to bring: writing utensils

Application & Inquiries: Tanizaki Junichiro Memorial Museum of Literature

(Phone: 0797-23-5852 / Fax: 0797-38-3244)

(12-15 Ise-cho, 659-0052)



NHK Open Seminar

“Special Exhibition: Buddhist Sculpture from China to Japan”



Special Exhibition “Buddhist Sculpture from China to Japan” will be held at **Osaka City Museum of Fine Arts** (Term: Oct.12th –Dec.8th). In this NHK Open Seminar, a museum curator will talk and present the highlights of the exhibits on slides.

- Date and Time:** Friday, October 25th 2:00 p.m.–
- Place:** Luna Hall (The Hall opens at 1:30 p.m.)
- Capacity:** 600 persons
- Lecturer:** Mr. Ryuichi Saito, a chief curator of
Osaka City Museum of Fine Arts
- Application:** Send a self-addressed postcard with
(1) seminar title “Buddhist Sculpture from China to Japan Exhibition”, (2) your name, (3) address, (4) phone number and (5) the number of participants (up to 2) on the original message card, and your postal code, name and address on the front side of the reply card (with the back side blank) to the address indicated below by Thursday, October 10th (without fail).

* A lottery will be held if there are too many applicants.

- Mailing Address:**
Desk of “Buddhist Sculpture from China to Japan Exhibition”,
Kominkan 8-24 Narihira-cho 659-0068
- Inquiries:** *Kominkan (The Community Learning Center)*
(Phone: 0797-35-0700)



十一面観音菩薩立像
Standing image of Eleven-faced *Kannon Bosatsu*, an important cultural asset, Wooden, Tang period, (8th century), belongs to Jimpukuji Temple, Yamauchi.



十一面観音菩薩立像
Standing image of Eleven-faced *Kannon Bosatsu*, an important cultural asset. Wooden, Heian period (9th century), belongs to Choenji Temple, Osaka

Events on “First-aid Day”

- **Date and Time:** Sunday, September 8th 1:30–3:30 p.m.
- **Place:** Fire Department Headquarters
- **Content:**
Cardiopulmonary resuscitation / How to use AED /
Experience-based Stamp Rally / Photo-taking (in fire prevention suit), etc.
- **Inquiries:** Emergency Section, Fire Department Headquarters (Phone: 0797-32-2345)



Origami Class at Ashiya City Library

- ◆ **Date and Time:** Wednesday, September 18th 10:00 a.m.–Noon
- ◆ **Capacity:** 30 persons
- ◆ **Things to bring:** *Origami*, scissors and paste
- ◆ **Inquiries:** Dantani from Orizurukai (Phone: 0797-34-2546)



Gardening Seminar at Ashiya Grand Park (Sogo Koen)

◆ Date, Time and Content:

- (1) Tue., Sep.10th 1:30-3:00 p.m. Learn how to grow roses
- (2) Thu., Sep.19th 10:30-Noon Make a mysterious orange-colored flower arrangement
- (3) Thu., Sep.26th 10:30-Noon Make a wreath with dried hydrangea
- (4) Sun., Oct. 6th 10:30-Noon Make a flower arrangement for Halloween
- (5) Wed., Oct. 9th 1:30-3:00 p.m. Let's enjoy gardening life
- (6) Thu., Oct. 10th 10:30-Noon Make a wall hanging for the harvest season



◆ Capacity: 15 for each class

- ◆ Cost: 2,500 yen for (2) and (6) / 500 yen for (3) / 2,000 yen for (4) / 300 yen for (5)/ Free for (1)

◆ What you should bring: Writing materials and a large bag to take the work home in.

- ◆ Application: Call, fax or E-mail with notification of the class you want to take, your name, address and your phone number by the morning hours of Sep. 10th for (1), by 5:00 p.m. of Sep. 12th (Thu) for (2), Sep.19th (Thu) for (3) and Sep. 29th (Sun) for (4), Oct.2nd (Wed) for 5 and Oct. 3rd (Thu) for (6)

◆ Application and Inquiries: Ashiya Grand Park (Sogo Koen)

(Phone: 0797-38-2103/ Fax: 0797-25-2026/ E-mail: ashiyasogo@mizuno.co.jp)

Monthly Reading Time for Adults with Temporary Child-care

We'll take care of your child in our nursing room. Please enjoy reading any books you bring, or any books or materials from the information corner.

- Date and Time: (1) Tue., September 17th 10:00-Noon
- (2) Mon., September 30th 10:00-Noon



- Place: Gender Equality Center (With-us Ashiya)

- Eligibility and Capacity: Child-rearing parents (including grandparents) and 6 pre-school children over 6 months old on each day. (Bringing any child into the room is not admitted.)

- Cost for day-care: 300 yen per child

- Application: Choose the date (1) or (2) and send an E-mail or call us by 5:00 p.m. Sat., Sep. 7th. * If there are too many applications, lottery will be held.

- Inquiries: Ashiya City Gender-Equality Center (Phone: 0797-38-2023)

E-mail: josei-ce@city.ashiya.lg.jp

One-day Dog Training Class

- ◆ Date and Time: Wed., October 2nd 1:00 p.m.-3:00p.m.

- ◆ Place: Parking lot of Ashiya Onsen

- ◆ Eligibility and Capacity: 5 dogs, 5 months or older and their owners; the dogs should have had rabies shot and mixed vaccination within the previous year.

- ◆ Cost: 500 yen (including insurance fee)

- ◆ Application: Apply to Animal Protection Society Office by Fri., September 27th

- ◆ Inquiries and Mailing address:

Animal Protection Society Office, 659-0064 (An address is not necessary.)

(Phone: 0797-38-2033/Fax: 0797-38-2176; inside Regional Economy Promotion Section)



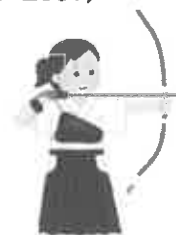
Ashiya City Junior High School Students English Recitation / Speech Contest

- ◆ Date and Time: Fri., September 27th 4:00–5:30 p.m.
- ◆ Place: Ashiya Health and Welfare Center
- ◆ Content: English recitation and speech contest by the representatives of junior high school students in Ashiya city (Seido/Yamate/Shiomi Municipal Junior High Schools and Hyogo Prefectural Ashiya International Secondary School)
- ◆ Inquiries: School Education Section, Board of Education (Phone: 0797–38–2087)



Japanese Archery Class for Beginners

- Date: Every Wednesday from Sep.25th to Nov.27th (10 classes)
- Time: 1:00–3:00 p.m.
- Place: Archery Hall at Gymnasium/Youth Center
- Cost: 5,000 yen (500 yen/class x 10) * Taking only one class is not admitted.
- What to bring: White *Tabi*
 - * Lending of archery equipment will be available for free.
- Application and Inquiries: Matsuyama from Ashiya city Japanese Archery Association (Phone: 0798–46–7564; 7:00 p.m.–)



The 11th Mah-jongg Competition

- ◆ Date and Time: Saturday, October 5th 9:30 a.m.–3:30 p.m.
- ◆ Eligibility and Capacity: The first 40 people to arrive
- ◆ Participation Cost: 1,200 yen (including lunch and award cost)
- ◆ Application: Pay the participation fee during September 1st –30th
- ◆ Application and Inquiries: Maeda Assembly Hall (Phone: 0797–23–3899; closed on Wed.)



Easy Yoga Experience for Seniors

- ◆ Date and Time: Mon., September 2 / 9 10:00–11:30 a.m.
- ◆ Place: Citizens' Center
- ◆ Capacity: 3 ~ 5 persons
- ◆ What to bring: A bath towel and a drink
- ◆ Application and Inquiries: Shinoda from Ashiya Yoga enjoying Society (Phone: 0797–38–3865)



Citizen's Trekking (Beginner's course)

- ◆ Date and Time: Sun., September 8th 8:30 a.m.–3:00 p.m.
- ◆ Course: JR Ashiya Station → Mamezaki Tozan-guchi → Iwaba → Kashima Jinja Bunki → Tettou → Takanosu-yama → Takamikura-yama → Kitayama Bunki → Tsuji → JR Houden Station (Disperse)
- ◆ Cost: 400 yen (Transportation expenses not included)
- ◆ What to bring: Lunch, a drink, rainwear, etc.
- ◆ Inquiries: Hirai from Ashiya Mountaineers Club (Phone: 0797–32–6415)



Instagram of THIS MONTH



bokuju さん



yorikohibino さん

We are accepting your favorite spots in Ashiya. Please submit at #ashiyagram2019
The photos will be published in this feature. of the *Koho Ashiya*.

- ◇ The acceptance will be noticed directly from the account @ashiya_pr.
- ◇ Photos must be taken by the applicant him/herself and must be admitted by the subject (in case of person).

Inquiries: Public Relations and International Exchange Section (Phone: 0797-38-2006)

THE COSMONET IS ALSO AVAILABLE ON OUR WEBSITE.

<http://www.ashiya-sec.jp/cosmonet/index.html>

Please also see 'やさしいこほんご' version.

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