

THE OSMONET

November 2019 (vol. 268)

The following articles are taken mainly from "Koho Ashiya" – the bulletin of Ashiya City (November 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.



Paralympic games are, just as for the Olympics, hotly contested games fought by those who have superb skills. I hope as many people as possible enjoy watching their exciting games. - Mr. Akahoshi Norihiro, a former professional baseball player, Special interview on P.2.

On Sports for the Disabled in Ashiya

Mr. Akahoshi Norihiro

Born on April 10, 1976, in Kariya City, Aichi Prefecture. Lives in Ashiya. Graduated from Asia University and worked for East Japan Railway Company. Picked up the fourth in the draft to join the Hanshin Tigers. Accomplished 1,000 hits in 2007 and got Golden Glove Award 6 times. Retired in 2009. Since his professional player days, he has donated as many wheelchairs as the number of bases he stole. Established "Ring of Red, Fund. and holds charity events and promotes baseball teams for boys. Visiting professor at Faculty of Health and Well-being, Kansai University. Special Supporter for 2025 Osaka World's Fair.

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



-I wanted to send as many wheelchairs as possible to people who need them-

301- this is the number of wheelchairs that he presented to those who needed them while he was a professional baseball player of the Hanshin Tigers. "I sent one wheelchair every time I succeeded in stealing a base. That was my best motivation.

- What was the motivation for sending wheelchairs?

He told us that there was a woman who enthusiastically supported him when he was still an obscure player. She was seriously ill and needed a wheelchair after an operation. So he promised to send her a wheelchair. But he couldn't give her one while she was alive. That was the start. After he retired, he established "Ring of Red" Fund and called for approval from associates. Now the Fund has sent 680 wheelchairs around the whole country.

He has served as the president of Ono City Half Marathon which has been held 6 times with the purpose of raising money for charity.

- While I was involved in these charities and volunteer activities, I found that there are many who are interested in these activities but cannot join because of some embarrassment of being engaged in charitable work. I'm glad to give an opportunity to people to get involved in a charity.

I want a society with many restaurants and cafés where the disabled can step into without reserve, where people are ready to help those who are in trouble and where it is a matter of course to join a charity and volunteer activities.

- What are you involved in now?

Next year, I'll support the Paralympics. It will be a good opportunity to give the widest possible publicity to the Paralympics. Whenever I get the opportunity to appear on TV, I introduce the Paralympic players and games. Since I was an active player, I have had chances to mix with the disabled through the donation of wheelchairs. After I retired, I was aware of the bad training conditions for Paralympic athletes. Now I am approaching to

businesses for support to improve the facilities. Still, under the existing circumstances, the conditions are not satisfactory.

– I hope Ashiya is comfortable for everyone to live in.

I have lived in Ashiya since I was an active player. I am sure Ashiya is really a comfortable city to live in and well-known in the whole country. I am willing to do anything I can do for the city.

Akahoshi Norihiro Official Site “Ring of Red”



Sports for People with Disability –Community Ties through Sports–

–Interview with Mr. Ishino Takumi, a chairman of Sports Coach Conference for the Disabled in Ashiya, and Ms. Machiko Shiroshita–

Q1 What was your experience of being a sports instructor for the Disabled?

Mr. Ishino– I have coached a soccer team in Ashiya and participated in a course for sports instructor in 2007.

In 2009 Sports Coach Conference for the Disabled in Ashiya started. Then we have led “Exchange Square for Sports with the Disabled” program.



Ms. Shiroshita – I have enjoyed playing tennis for a long time.

Ashiya Greenland Tennis Club has been a base for wheelchair tennis, where I served as a referee .Once I refereed a game of Ms Yui Kamiji when she was a young child, and she has been unofficially promised to be a participant in the Tokyo Paralympics. I got a certificate of Sports Coaching for the Disabled and also of Recreation Sports. Now I am active in Sports Coaching for the Disabled of Ashiya.

Q2: What is the purpose for making sports for the disabled widely known?

Ishino–Paralympics has been already widely talked about, but it is not our purpose. We want those who don't like sports to find the pleasure in exercise. It is very important to communicate to each other through sports and to learn to be sociable.

Q3: Do you have any memorable moments while coaching?

Shiroshita – While attending “Exchange Square” I came to know a person with a severe handicap, who could not hold a ball in his hands, but he at last could throw it a little. I saw a change of his motivation and growth close at hand. I felt the power of sports for the disabled.

Ishino– To see children's smile at Exchange Square is always my pleasure. It is a rewarding job.

Q4: Is there any vision for the future of Exchange Square and what do you want to convey to people?

– Exchange Square is a place where everyone, both with or without disabilities can attend with a light heart. Please don't hesitate to come here. It will be a good chance for

children with disabilities to encourage to stand alone. It will also provide a point of contact with the community for the disabled and their family. Let's try to find social ties in the community to help each other.

Sports Exchange Square with People with Disability
is held once a month as follows at Welfare Center.

- ◇ November 23 (Sat.) December 17 (Tue.)
- January 18 (Sat.) February 18 (Tue.) March 21 (Sat.)
- ◇ Time: 1:30 -3:30 p.m.



- ◇ Inquiries: Disability Welfare Section (Phone: 0797-38-2043 Fax: 0797-38-2160)

Monthly First-Aid Training Class

- ◇ Date and Time: Sun., November 24th 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)



Photos Wanted! for "Ashiya Urban Landscape Award"

Now accepting photos of your favorite spots conveying Ashiya's attractiveness.

- ◇ Term: November 1 - December 27
- ◇ Category: Buildings or structures showing creation of beauty with proper maintenance
 - Outdoor advertisement giving thoughtful attention to the surroundings
 - Activities to contribute for encouraging the people's awareness of landscape
- ◇ Application: Application forms are available at Ashiya City Official Website. Please fill in the form and bring it during hours of attendance on weekdays, or send by post or e-mail.
- ◇ Inquiries: Urban Planning Section (Phone: 0797-38-2109)
 - E-mail: info@city.ashiya.lg.jp Mailing Address: 〒659-8501 Address unnecessary



Citizens Sports Exchange with Disabled People and Children

- ◆ Date and Time: Sat., November.16th 1:00-3:30 p.m.
 - * Application starts at 12:30 p.m.
 - * Will be cancelled if it rains. Check the city's webpage in the morning.
- ◆ Place: Athletic track field in Ashiya Grand Park (*Sogo Koen*)
- ◆ Content: Sports such as Frisbee, Boccia, 50 m Run, or the ever-popular "Race for the bun" (*Pankui kyo-so*), etc. and Dance performance by Ashiya University Dance Team.



Ashiya University Street Dance Club (a summary)

A variety of members, from the students who won Fourth rank in the World Dance Contest, or First rank in Japan, to the students who want to be engaged in dance after school, are gathering in the club and enjoying activities together. In this event, we would like to cheer up you by dancing and enjoying a fun afternoon together.

- ◆ Inquiries: Disability Welfare Section (Phone: 0797-38-2043/Fax: 38-2160)

Accepting Applications for

"The 12th Exhibition of Works by the Disabled People /Children"

<Application Guidelines>

- ◆ Works to be exhibited: Paintings / Photographs / Handicrafts / Manual arts /Pottery / Calligraphy, etc.
- ◆ Eligibility: Persons (including children) with disability who live or study or work in Ashiya
- ◆ Application Period: November 1st -15th (9:00 a.m.-5:30 p.m.)
- ◆ Application: Submit the filled application form with a picture of the work attached to Ashiya City Basic Consultation/Support Center for the Disabled through any way of mail, fax, post or direct bringing.

* Bring in the Work to the site for the Exhibition during December 2-3.

<Exhibition>

- ◆ Date and Time: Dec. 4th -10th 9:30 a.m.-5:00 p.m.
- ◆ Site: Ashiya Health and Welfare Center / Exchange Hall 1F Kiguchi Memorial Hall
- ◆ Inquiries: Ashiya City Basic Consultation/Support Center for the Disabled (1F Ashiya City Health/Welfare Center) (Phone: 0797-31-0739/Fax: 0797-32-7529)



Petit Marche at Miyazuka Park

Sales of farm products such as Kobe fruits and vegetables, and lunch items, sandwiches, sweets, etc. made with them.

Picture book readings to children and picture-story show, too. Enjoyable Marche for everyone !

- Date and Time: Mon., November 4 10:00 a.m.- 3:00 p.m. (Scheduled)
- Place/Application: Miyazuka Park / Come directly to the site on the day
- Inquiries: Roads and Parks Section (Phone:0797-38-2065)

Rice Cake Making (*Mochitsuki*)

- Date and Time: Sun., November 24 10:00 a.m.-2:00 p.m.
- Application: Come directly to the site on the day
- Place and Inquiries: Maeda Assembly Hall (Phone: 0797-23-3899; closed on Wednesday)





New National Health Insurance Cards

New insurance cards, valid from Sunday, December 1, 2019, for National Health Insurance (国民健康保険 *kokumin kenko hoken*) will be sent in phases by simplified registered mail from the beginning of November.

■ **If You Enrolled In or Withdrew from Employee's Health Insurance**, please notify the Insurance Section Insurance Subsection. Failure to do so may affect your insurance premium amount and/or payment of medical expenses.

◆ **What to Bring:**

◇ **If you Enrolled In your Employee's Health Insurance**, bring your personal *inkan* seal, new employee's health insurance card, and National Health Insurance Card.

◇ **If you Withdrew from your Employee's Health Insurance**, bring your personal *inkan* seal and Certificate of Loss of Health Insurance Eligibility (健康保険資格喪失証明書 *kenko hoken shikaku soshitsu shomei-sho*).

Inquiries: Insurance Section Insurance Subsection, Phone: 0797-38-2035

■ **If You Have Unpaid Insurance Premium**, in place of the National Health Insurance Card, a short-term insurance card (短期被保険者証 *tanki hi-hokensha-sho*) valid for 4 months or an insurance eligibility certificate (被保険者資格証明書 *hi-hokensha shikaku shomei-sho*) which you initially pay medical costs in full and later be reimbursed at a certain rate. If you have difficulty making premium payments, please contact the Insurance Section Collection Subsection.

Inquiries: Insurance Section Collection Subsection, Phone: 0797-38-2226



Certificate of Social Insurance Contribution Deduction

Inquiries: Citizens' Section National Pension, Phone: 0797-38-2036
NENKIN Enrollee Dial, Phone: 0570-003-004
Nishinomiya Pension Office, Phone: 0798-33-2944

Certificate of social insurance contribution deduction (社会保険料控除証明書 *shakai hoken-ryo kojo shomei-sho*), certifying the amount of contribution payments made in the course of a year for National Pension (国民年金 *kokumin nenkin*), is mailed by the Japan Pension Service (日本年金機構 *nihon nenkin kiko*). Be sure to keep the certificate as it is needed for the year-end adjustment (年末調整 *nenmatsu chousei*) and for the final income tax return (確定申告 *kakutei shinkoku*).

◆ **Mailing Period:** Beginning of November 2019 (Beginning of February 2020 for those who made a contribution payment for the first time on or after October 1, 2019)

November 30 is National Pension Day

Inquiries: Nishinomiya Pension Office, Phone: 0798-33-2944

The "Nenkin Net" (ねんきんネット) allows you to review your pension (年金 *nenkin*) records and to estimate future benefits. To register, access "Nenkin Net" on the Japan Pension Service website or contact the Nishinomiya Pension Office.



Maiden Names on Resident Records & My Number Cards

Inquiries: Citizens' Section, Phone: 0797-38-2119 (to have a former name on listed)
or 0797-38-2070 (to change listed names on various cards)

A former family name (e.g. maiden name, birth name) may now be listed together with the current family name (e.g. married name) on Certificate of Residence (住民票 *jumin-hyo*), My Number Card (individual number card), etc. Seal Registration (印鑑登録 *inkan toroku*) is also allowed for a personal seal in a former name listed on the Certificate of Residence.

- ◆ **What to Bring:** A copy of family register (戸籍謄本 *koseki tohon*) listing the former name to be listed and copies of all subsequent family registers up to the current family register; My Number Card or My Number notification card; personal identification (e.g. drivers license); and a personal *inkan* seal for seal registration if desired.
- ◆ **Fee:** 300 yen needed only for seal registration
- ◆ **Registration:** Application accepted from November 5, 2019 at the Citizens' Section Counter No. 4.

Individual City/Prefecture Resident Tax Reform

Inquiries: Taxation Section Municipal Tax Subsection, Phone: 0797-38-2016

The 10 year deduction period for housing loans will be extended to 13 years for homes purchased with the 10% consumption tax.

- ◆ **Eligibility:** Residence purchased between October 2019 and December 2020 where the owner currently resides in.

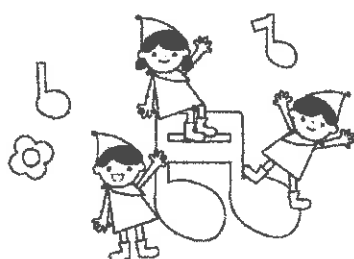


Gakudo Hoiku – Afterschool Club for School Children

Inquiries: Youth Development Section, Phone: 0797-38-2110
〒659-8501 (no address necessary)

Applications will be accepted for Afterschool Club for School Children (放課後児童クラブ *hokago jido kurabu*), also known as *Gakudo Hoiku* (学童保育) for the 2020 school year.

- ◆ **Eligibility:** First to six-grade school children in the 2020 school year who reside in Ashiya City and whose parents/guardians are not home during the day because of work, etc. If the number of applicants exceeds capacity, there will be an evaluation process based on prioritized criteria.
- ◆ **Fees:** Childcare Fee/育成料 *ikusei-ryo* (8,000 yen/month); Snack & Material Fees (2,000 yen/month); Accident Insurance (500 yen/year). Additional fees are necessary for Saturdays (1,600 yen/month) and Extended Childcare/延長保育 *encho hoiku* (3,000 yen/month).
- ◆ **Application Period:** Starts December 9 and applications must be received by December 27, 2019
- ◆ **How to Apply:** Bring or mail enrollment applications and necessary documents to the Youth Development Section. You may directly submit them to the *Gakudo Hoiku* at your child's elementary school Monday thru Friday, 12:15-3:00 p.m. Enrollment application forms will be available at *Gakudo Hoiku* at elementary schools, City Hall reception, Youth Development Section, Laporte Citizens' Service Corner, and on the Ashiya City website for downloads.



Sunday, Nov. 3rd / Dec. 1st : My Number Card Issuing Window Opens

- Date and Time: Sun., November 3rd / December 1st 9:00 a.m.– 1:00 p.m.
 - Place: Window No. 6 1F, City Hall North Wing
 - Content: Issuing of My Number Card (Individual Number Card), etc.
- Inquiries: My Number Desk, the Citizens' Section (Phone: 0797-38-2070)



New Shops Opening Event in Former Miyazuka-cho Housing Complex

The former Miyazuka-cho Housing Complex will be renewed with the opening of new shops on the 2nd floor.

- Date and Time: Sat., December 7
(The time has not been settled yet.)
- Location: Former Miyazuka-cho Housing Complex
(12-24 Miyazuka-cho)
- Content: Workshop led by a resident craftsman/
Eat and Drink / Food sale, etc.
- New Shops: Problem Solving (Bespoke Suit Tailor/Original Uniform Maker)
grow - grow (Furniture Producing and Repairing)
yoshida pottery (Ceramic Ware Maker)
- Inquiries: Gender Equality Promotion Section (Phone: 0797-38-2518)



Accepting Application for Participation in Open Garden 2020 !

Open Garden enjoys high popularity every year. It will be held twice again next year, in April and in May. Please let us look and enjoy your special garden.

* Period of Open Garden:

[May] May 13th -17th 2020 10:00 a.m.-4:00 p.m.
(Until noon on May 17)

- * Application: Fill in the designated application form which is available at Roadside Tree Section and Assembly Halls (also downloaded from the City's HP) and post or bring it directly to Roadside Tree Section together with a photo for display in the brochure by Fri., November 29th.



Briefing Session of Open Garden

- * Date and Time: Wed., November 13th 1:30 p.m.–
- * Place: Middle Conference Room, 3F City Hall East Wing
- * Inquiries: Roadside Tree Section (Phone: 0797-38-2470)

<Advertiser wanted for the "Open Garden 2020 Brochure">

- * Application Period: November 1st -29th
- * Application: Fill in the application form and bring it to the Street Pants Section together with the content of advertisement frame (34mm x 132mm) for display in the brochure. Forms are available at the Section.
- * Advertising Fee: 15,000 yen per frame
- * Inquiries: Roadside Tree Section (Phone: 0797-38-2470)



Open Garden Brochure 2018

Let's Play Together with your Family Using Leaves and Nuts

<Botanical Art "Forest Museum">

Make an original picture using leaves, twigs, nuts, pastel crayons, etc.

- Date and Time: Sat., November 30th 10:00-11:00 a.m.
- Instructor: Mr. UEDA Takuya



<Play Bingo using leaves as cards>

Find nature around you! Let's make lovely cards with fallen leaves and shells, and play a Bingo game.

- Date and time: Sat., December 14th 10:00-11:00 a.m.
- Instructor: Ms. MIYANAGA Hitomi



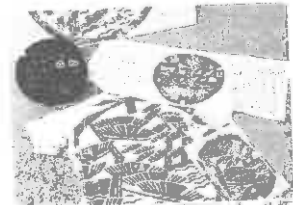
For both events above

- Place: Large conference room at Gender-Equality Center
- Eligibility: Couples of children (3 years old - elementary school children; siblings admitted) and their guardians
- Capacity: The first 10 couples
- Day-care: Up to 6 infants (6 months - 2 years old) 300 yen per infant
- What to bring: Scissors, Woodwork bonding glue, Clothes you don't mind getting dirty or an 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)

Sewerage Festa

How would you like to know more about sewerage through going down a manhole and making experiments? Bring a T shirt or towel and make brass-rubbing of manhole cover.

- ◆ Date and Time: Sun., November 24th 10:00 a.m.-4:00 p.m.
- ◆ Place: Minami-Ashiyahama Sewage Plant (2-1, Yoko-cho)
- ◆ Application: Come directly to the site.
- ◆ Inquiries: Sewerage Section (Phone: 0797-38-2064)



Attention during Hunting Season

(Nov.15th - Feb. 15th, 2020; until Mar.15th inside Hyogo Prefecture)

<To Hikers>

If you go mountain trekking or hiking, you should be careful about the following points.

- (1) Wear brightly colored clothes like yellow; do not use or carry a white towel as it is often mistaken for a deer tail; also you should take something which emits sounds, such as a whistle.
- (2) Pay attention especially on a weekend and holiday, for hunters converge on those days.
- (3) A 'Trap' is very dangerous. Never go close to the spot with a 'Trap-fixed' sign.

<To Hunters>

The hunting of *Tsukinowa-guma* (a black bear; during Nov.15th -Dec.14th) requires the Hyogo Prefecture's special approval.



- ◆ Inquiries: Bird and Animal Measures Section of Hyogo Pref. (Phone: 078-341-7711)
Regional Economy Promotion Section (Phone: 0797-38-2033)



Reporting Damage to Roads & Parks on LINE

Inquiries: Help & Advice Section *Okomaridesu-ka*, Phone: 0797-38-5401



Damage or problems with roads and parks managed by Ashiya City may be reported easily by the use of a smartphone app "LINE."

STEP 1: Add Ashiya City (芦屋市) as a Friend

Scan the two-dimensional barcode (QR code) and tap "Add" (追加).

STEP 2: Take Photos of Damage/Problem

Take two photographs, one closeup photo of the damage/problem and another from a distance to show the entire area.

STEP 3: Send the Photos

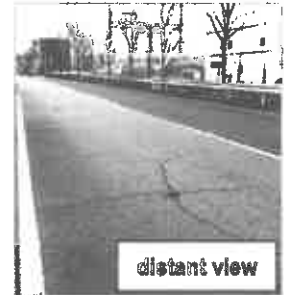
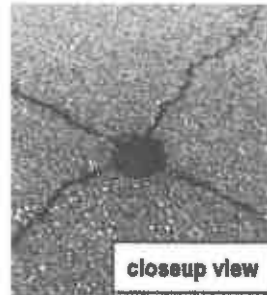
Select Ashiya City (芦屋市) from the Chats (トーク) screen and send the two photos following steps ①-③.

STEP 4: Report the Location

Report the location of the damage/problem by either of the following:

1. Enter the address,
2. Enter the name of the building, public facility, park, etc. nearby, or
3. Use LINE's location feature

Based on the information provided, the Roads and Parks Section or the Roadside Tree Section will inspect the site and review what measures are to be taken. The status will be updated on a monthly basis on the Ashiya City website.



STOP Violence! – A Joint Awareness Campaign

Inquiries: Gender Equality Promotion Section, Phone: 0797-38-2518
Childrearing Promotion Section, Phone: 0797-38-2045
School Education Section, Phone: 0797-38-2087

To eradicate "Violence Against Women," "Child Abuse," and "Bullying," a joint awareness campaign will be held near JR Ashiya Station.

- ◆ Date & Time: Tue., November 19, 4:00-5:00 p.m.
- ◆ Place: Around the pedestrian deck at JR Ashiya Station



Actions to Eliminate Violence Against Women

Every year, the period between November 12 and 25 is designated as the campaign period for the Elimination of Violence Against Women. Nationwide, calls for putting an end to violence against women are made. Efforts are made to raise awareness and to enhance education on respecting the human rights of women. The Purple Ribbon is the symbol for the Elimination of Violence Against Women.

The Current Year's Checkup Period will End on Sat. December 14

The checkup period of the current year for 'Specific Health Checkup' and 'Medical Health Checkup for the Elderly' will come to a close soon. Those who have not had the checkup yet, please get it during the valid period. How about having a cancer checkup at the same time?

Place: Medical clinics practising in the city.

* Specific Health Checkup is also available at Ashiya Health Center. (On a first-come-first-served basis; appointment deadline will be Tue., December 3.) The final date of checkup at the Health Center will be Fri., December 13.

What to bring: Health Examination Ticket and Insurance card

For further inquiries, please see the information which was sent in May together with the Ticket to those eligible.

Eligibility

<Specific Health Checkup>: People who are 40 years old or over, and are insured by Ashiya National Health Insurance.

<Medical Health Checkup for the Elderly >: People who are insured by Hyogo Pref. Medical System for the Elderly

* Cancer examination is available together with the checkup.

Inquiries: Desk of Health Examination, Ashiya Health Center

(Phone: 0797-31-1666 / Fax: 0797-31-1018)



Mailing of Sample Feces for Colon Cancer Exam Starts from November

From November, colon cancer examinations will be made easier through a simple application (payment at a convenient store, etc.) and sample feces submission by mail.

■ Application: Ashiya Health Center (Phone: 0797-31-1586) /

Hyogo Prefectural Preventive Medicine Association (Phone: 078-856-2211)

■ Inquiries: Ashiya Health Center (Phone: 0797-31-1586 / Fax: 0797-31-1018)

Free Dental Consultation and Checkup

◇ Period: November 4-10 (November 8: *II Ha no Hi*, Good Tooth Day)

◇ Place/Application: Each clinic of Ashiya Dental Association Members in the city

◇ Eligibility: Anyone living or working in the city. (Appointment required)

◇ Inquiries: Ashiya City Dental Association (Phone: 0797-23-6471)



Healthy and Refreshing Water Stretch

◆ Course and Date:

(1) Tuesday course (Jan. 7th-) (2) Thursday course (Jan. 9th-)

(3) Friday course (Jan. 10th-) * (Each course has 11 classes)

◆ Time: 9:15 - 10:45 a.m.

◆ Eligibility and Capacity: 15 people for each course, 65 years old or over, and able to do exercises in the water

◆ Application: Accepting application until November 15th 9:00 a.m. - 5:00 p.m. (Tue-Sat)
* If there are too many applicants, lottery will be held.

* One who is approved for care need should be accompanied by the helper who gets into water together.

◆ Place/Inquiries: Water-Bathing Training Room, Welfare Center (Phone: 0797-31-0609)





Doctors on Call for Emergencies on Sundays and Holidays

● Evening Medical Care Rotation *8:00 – 11:00 p.m. on Friday		
Nov. 1 st	Tominaga Clinic (Internal Medicine/Pediatrics)	☎0797-22-3823
Nov. 8 th	Yoshida Internal Medicine Clinic (Internal Medicine)	☎0797-38-7210
Nov. 15	Suzuki Pediatrics Clinic (Pediatrics)	☎0797-34-0766
Nov. 22	Hayashi Orthopedics & Surgery Clinic (Orthopedics/Surgery)	☎0797-32-8880
Nov. 29	Ashiya Hashimoto Clinic (Internal Medicine/Dialysis)	☎0797-21-3131

■ 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

Frank Lloyd Wright (The Designer of Yodoko Guest House) and World Heritage

Frank Lloyd Wright, one of the greatest modern architects, designed a lot of structures in his life. Mr. Mizukami, a lecturer, will talk about Frank Lloyd Wright and introduce some of his works registered as UNESCO World Cultural Heritage Site. Appreciate the charms of Yodoko Guest House, one of his most significant works.



- Date & Time: Sat., November 30 2:00–3:30 p.m.
 - Place: Ashiya Citizens' Center Room 401
 - Capacity: 100 people
 - Lecturer: Yutaka Mizukami, an associate professor at the University of Hyogo
 - Application: Send a postcard or fax or email with the name of the seminar, your name, address, phone number to the following center by Wed., November 13.
- ※In case of too many applications, a draw will be held.
- Inquiries: Community Learning Center (*Kominkan*) (8-24 Narihira-cho, 659-0068)
(Phone: 0797-35-0700/Fax: 0797-31-4998) ✉ yodokou1130@yahoo.co.jp

Shio-Ashiya Seminar: "Ihara Saikaku and Genroku Culture"

Ihara Saikaku (1642–1693), a poet and *yoruri* writer was one of the most popular writers in the Edo period. Genroku Culture (*Genroku bunka*) is the culture of the early Edo period, especially the Genroku era, which flourished in Kamigata (in and around Kyoto).

- Date & Time: Sat., November 16 2:00–3:30 p.m.
- Place: Shio-Ashiya Exchange Center, 2F Multi-purpose Room
- Lecturer: Masaya Morita, a professor of the Department of Literature at Kwansai Gakuin University
- Fee: 1,000 yen (same-day ticket), 700 yen (advance ticket)
- Capacity: 50 people
- Application: Apply to the center indicated below.
- Inquiries: Shio-ASHIYA Exchange Center (Phone: 0797-25-0511)



2019 "Art Market Ashiya Tsukuru-ba"

- ◇ Date & Time: Sat., November 16 & Sun., November 17 10:00 a.m.–4:00 p.m.
- ◇ Place: Front Garden at the Museum
- ◇ Content: Live music, portrait drawing, picture-story show, storytelling session, sales of foods, sweets and books, etc.
- ◇ Application: Come directly to the venue.
- ◇ Inquiries: Museum of Art and History (Phone: 0797-38-5432)





市民センター

Citizens Gallery and Stage in November



<Exhibitions at Citizens Gallery> Place: Citizens' Center

- * All exhibitions are free.
- * Exhibition hours: 9:00-17:00 except on Tuesday when the Citizens' Center is closed.
- * The opening time of the first day and closing time of the final day are shown in the table.

Period (Opening / Closing Time)	Exhibitor's Name and Content
Nov. 3 rd (Sun. Noon) ~ Nov. 7 th (Thu. 3:00 p.m.)	PC Fair by Ashiyagawa College PC Club
Nov. 3 rd (Sun. 1:00 p.m.) ~ Nov. 7 th (Thu. 3:00 p.m.)	The 18 th Art Exhibition by Ashiyagawa College <i>Gakuyu-kai</i>
Nov. 8 th (Fri. 1:00 p.m.) ~ Nov. 11 th (Mon. 3:00 p.m.)	Autumn <i>Bonsai</i> Exhibition
Nov. 9 th (Sat) / Nov. 10 th (Sun) 9:30 a.m.-4:00 p.m. 10:00 a.m.-3:30 p.m.	Ashiya City Flower Arrangement / Tea Ceremony Exhibition Flower Arrangement Exhibition Tea Ceremony Exhibition
Nov. 13 th (Wed. 1:00 p.m.) ~ Nov. 16 th (Sat. 4:00 p.m.)	Exhibition of works by "Kaiga Tomo-no Kai"
Nov. 17 th (Sun. 10:30 a.m.) ~ Nov. 21 st (Thu. 4:00 p.m.)	Exhibition of works by Ashiya Camera Club
Nov. 17 th (Sun. 10:00 a.m.) ~ Nov. 21 st (Thu. 4:30 p.m.)	The 48 th Exhibition of works by Ashiya Photo Club

<Citizens Stage Performances> Place: Luna Hall

- (Admission: Free except some performances as indicated in the table.)
(The Hall opens 30 minutes before curtain rises.)

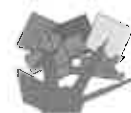


Date	Time	Performer / Content
Nov. 2 nd (Sat)	11:00 a.m.-	The 47 th Performance of Folk Dance/New Dance
Nov. 3 rd (Sat.)	0:30 p.m.-	The 68 th Performance by <i>Ashiya Sankyoku Kyokai</i> (Admission free; a numbered ticket required)
Nov. 9 th (Sat)	Noon-	Enjoying Japanese Dance
Nov. 10 th (Sun)	5:30 p.m.-	That's International Dance & Music 2019 (Admission free; a numbered ticket required)
Nov. 16 th (Sat)	5:30 p.m.-	Dancing in 2019 (Admission: 2,000 yen; all seats are free)
Nov. 17 th (Sun)	11:30 a.m.-	The 54 th Ashiya Chorus Festival (Free)

Inquiries: The Citizens' Center (Phone: 0797-31-4995)

Origami Class at Ashiya City Library

- ◆ Date and Time: Wednesday, November 20th 10:00 a.m.-Noon
- ◆ Place/Capacity: Main Municipal Library / 30 persons
- ◆ Things to bring: *Origami*, scissors and paste
- ◆ Inquiries: Dantani from Orizurukai (Phone: 0797-34-2546)



Evacuation Drill – November 5 (Tue.) 10:00 a.m.

- ◇ Place: Throughout the city
- ◇ Date and Time: Tue., November 5 10:00 a.m.

- ◇ Contents: Disaster Prevention Administrative

Radio will be on air over loudspeakers, then emergency and evacuation information will

be distributed to subscribers. Your understanding and participation in the “Shake out” drill are appreciated to protect yourself during earthquakes.

If you could not hear Disaster Prevention Administrative Radio,

Auto-response Telephone: 0180-99-7787 service is available.

- ◇ Inquiries: Disaster Prevention and Security Section (Phone: 0797-38-2093)



♪ Nishihama Park Autumn Concert ♪

- ◇ Date and Time: Sat., November 9 1:30 p.m.
- ◇ Place: Nishihama Park
- ◇ Performers: Shiomi Junior High School, Brass band Club
- ◇ Inquiries: Umemoto (Phone: 0797-23-4515)

c/o Nishihama koen o Tanoshimu kai,



♪ Matinee Concert at Ashiya Municipal Hospital ♪

- ◇ Date and Time: Sun., November 10 2:30 p.m.
- ◇ Place: Outpatient Ward 4F
- ◇ Program: Autumn Festa, “Let’s sing together!”
- ◇ Performers: Iba Kumiko, vocal
- ◇ Inquiries: General Section (Phone: 0797-31-2156)

♪ Concert at Entrance Hall, Welfare Center Part 112 ♪

- ◇ Date and Time: Sun., November 24 2:00 p.m.
- ◇ Place: Welfare Center
- ◇ Program: Trip around the world by Piano Duo
- ◇ Performers: Duo En cours
- ◇ Inquiries: Welfare Center (Phone: 0797-31-0612)



~ The 50th Anniversary of the Opening of Luna Hall ~
Yo Kitamura Cello Recital

Yo Kitamura won the first prize at the 10th International Tchaikovsky Competition for Young Musicians.

- Date & Time: Sat., February 22, 2020 2:00 p.m.-
- Place: Luna Hall
- Program: "Cello Suites No. 2" (J.S. Bach), "Fantasiestücke" (Schumann), etc.
- Performers: Yo Kitamura (cello), Kaeko Suzuki (piano)
- Ticket Fee: 2,000 yen for adults/500 yen for elementary school children and under (reserved seats only)
- Capacity: 600 people
- Ticket Sales Locations: Ashiya Citizens' Center Office, City Hall Shop, LAWSON Ticket (L-code 51716)
- Inquiries: Luna Hall (Phone: 0797-35-0700)



Yo Kitamura

Shio-Ashiya Christmas Jazz Concert

- Day & Time: Sat., December 7 3:00 - 5:00 p.m.
- Place: Shio-Ashiya Exchange Center 2F
- Program: "Winter Wonderland", "Umi no Mieru Machi", "Jounetsu Tairiku", etc.
- Performers: Hiromi Mitsushima (piano, vocal), Nobuyuki Kariya (saxophone)
- Capacity & Fee: 100 people/ 700 yen (advance ticket) 1,000 yen (same-day ticket)
*Elementary school children and under are free.
- Application & Inquiries: Shio-Ashiya Exchange Center (Phone: 0797-25-0511)



Piano Trio Christmas Concert

- Date & Time: Sat., December 7 2:00 p.m.- (Doors open at 1:30 p.m.)
- Place: Ashiya Citizens' Center, Music Room
- Capacity & Fee: 120 people/500 yen
- Program: "Libertango" (Piazzolla), "Invierno Porteño" (Piazzolla), "Liebesleid" (Kreisler), "Schön Rosmarin" (Kreisler), "Christmas Festa", "The Sound of Music", etc.
- Performers: Mizuho Hashimoto (piano), Megumi Murakami (violin), Kiyo Satani (cello)
- Application: Send a postcard or fax with the name of the concert, your name, address, phone number and the number of applicants (up to 2 persons per application) to the following center no later than Wed., November 27.
- ※ In case of too many applications, a draw will be held.
- Inquiries: Community Learning Center (Kominkan) (8-24 Narihira-cho, 659-0068)
(Phone: 0797-35-0700/Fax: 0797-31-4998)



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 in, or any books or materials from the information corner.

- Date and Time: (1) Mon., November 18 (2) Tue., November 19 10:00-Noon
- Place: Gender Equality Center
- Eligibility and Capacity: Child-rearing parents (including grandparents) and 6 pre-school children over 6 months old on each day.
- Cost for day-care: 300 yen per child
- Application: Choose the date (1) or (2) and send an E-mail or call us by Thu., November 7th. (If the number of applicants exceeds the quota, a lottery will be held.)
- Inquiries: Gender-Equality Center (Phone: 0797-38-2023)
(E-mail: josei-ce@city.ashiya.lg.jp)



Gardening Classes at Ashiya Grand Park (Sogo Koen)

❁ Date and Content

- | | |
|-------------------------------------|---|
| (1) Mon., November 18 th | Make a natural wreath using nuts |
| (2) Thu., November 21 st | Make a topiary with pretty flowers |
| (3) Sun., November 24 th | Make a natural wreath using nuts |
| (4) Thu., November 28 th | Make a Christmas wreath |
| (5) Tue., December 10 th | How to grow roses |
| (6) Wed., December 11 th | Make a Christmas goods using North European Himmeli |
| (7) Sat., December 14 th | Make a stylish <i>Shimenawa</i> decoration |
| (8) Mon., December 16 th | Make a pot of assorted plants for the New Year |



❁ Capacity: 15 for each class

❁ Participation Cost

1,000 yen for (1) and (3) / 2,500 yen for (2), (4) and (7) / Free for (5)
700 yen for (6) / 3,000 yen for (8)

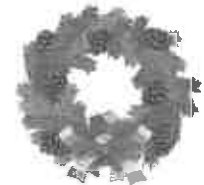
❁ What to bring: Writing materials and a bag to carry the work home

❁ Application: Apply by phone, fax or E-mail by the day a week before the each class
(by the morning hours of the day for (5))

❁ Application and Inquiries: Ashiya Grand Park (*Sogo Koen*)

(Phone: 0797-38-2103/Fax: 0797-25-2026)

(E-mail: ashiyasogo@mizuno.co.jp)



Exhibition at Ashiya Kirakuen Gallery

◆ Period / Content:

(1) Nov. 1st -15th "*Fushigina Hana Kurabu* (Wonderful flower Club)"

The 22nd Exhibition by Murakami *Oshibana* (Pressed flower) Salon

(2) Nov. 17th -23rd Day Service/Short stay "Autumn Cultural Festival"

(3) Nov. 25th -30th "*Kimono* reviving now" by YAMAMOTO Kazue

◆ Time: 9:00 a.m. - 5:00 p.m. (Until 3:00 p.m. on the final day)

◆ Inquiries: Ashiya Kirakuen (Phone: 0797-34-9287)



Ashiya "Tearful" Film Festival

This is an annual film festival which introduces a variety of domestic and international short films on the theme of "コドモゴコロ"(playful spirit) and "ウルっ"(being moved).

- ◆Date and Time: Sat., December 21 2:00 p.m.- (Doors open at 1:30 p.m.)
- ◆Place: Luna Hall (Reserved seats only)
- ◆Fee: 1000 yen for adults / 500 yen for elementary school children and under
- ◆Ticket Sales Location: Ashiya Citizens' Center Office, City Hall Shop,
Lawson Ticket (L-code 51520)
- ◆Inquiries: Luna Hall Project Desk (Phone: 0797-35-0700)



Looking for Kids For Sportsmanship Tennis Class

This class aims to teach children basic manners and sportsmanship while playing tennis.

- Date & Time: Sat., November 30 9:30-11:00 a.m. (cancelled in case of rain)
- Place: Ashiya Park Tennis Courts Capacity: First 30 people
- Eligibility: Elementary school children living and studying in Ashiya
- Things to bring: clothes fit for sports, sport shoes, a cap, a water bottle, a towel
- ※Tennis rackets are available at the site.
- Application: Fill in the application form and fax or submit it to the reception counter indicated below by 5:00 p.m., November 20. Forms can be obtained at the counter or downloaded from the website.
- Inquiries: Ashiya Park Tennis Courts (Phone: 0797-34-8886/Fax: 0797-34-8884)



Ikiiki (Heart-warming) Cinema Salon "Neko to Jichan"

Daikichi is a 70 years old man who lives on a small island. Ever since his wife died, he has lived with his beloved pet cat, Tama. He enjoys life with the cat and his old friends. However, the environment is changing and he has to contend with this change.

- Date & Time: Sat., Holiday, November 23 (1)10:30 a.m.- (2)2:00 p.m.- (103 min.)
- Place: Luna Hall Capacity: 650 people
- Starring: Shinosuke Tachikawa, Ko Shibasaki, Kaoru Kobayashi, Yuko Tanaka and others
- Fee: 1.000 yen for junior high school students and older/500 yen for elementary school children * Preschool children are not allowed.

※If you show the article of "Koho Ashiya" issued on Nov. 1, you will have a 200 yen discount.
(up to 3 persons per application, only for junior high school students and older)

- Application: Come directly to the venue
- Inquiries: Luna Hall Project Desk (Phone: 0797-35-0700)



Let's Cook and Eat International Food

Date & Time: Mon., December 2 10:00 a.m.-2:00 p.m.

Place: Shio-Ashiya Exchange Center

Content: Japanese New Year's cuisine

Capacity & Fee: 30 people/2,500 yen

※ Please contact us two weeks before the class date to cancel. Otherwise you will be charged for course materials.

Things to bring: dish cloth, an apron, writing utensils

Application & Inquiries: Make a reservation by phone or at the office counter.
Shio-Ashiya Exchange Center (Phone: 0797-25-0511)



Enjoy Making A Beautiful Christmas Wreath

◇ Date & Time: Sat., December 7 10:00-11:30 a.m.

◇ Place: 201 Ashiya Citizens' Center

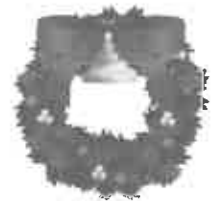
◇ Eligibility: Toddlers ~ second-graders in elementary school
*Their guardians can accompany them.

◇ Fee: 300 yen for materials

◇ Application: Send a postcard or fax with the name of the event, your name, address, phone number and grade if you are in elementary school to the following center by Mon., November 25.

※ In case of too many applications, a draw will be held.

◇ Inquiries: Community Learning Center (*Kominkan*) (8-24 Narihira-cho, 659-0068)
(Phone: 0797-35-0700/Fax: 0797-31-4998)



Friday Cinema Salon at Main Municipal Library

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

◆ Films to be screened:

November 15 (Fri.) "Autumn In New York" (USA 2000, 103 min.)

★ Director: Joan Chen

★ Starring: Richard Gere, Winona Ryder, Anthony LaPaglia

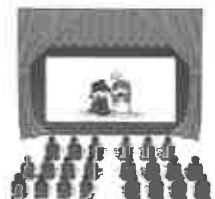
◆ Hours & Place: 1:30-3:30 p.m. / 2F Meeting Room, Main Municipal Library

※ Numbered tickets will be distributed from 1:10 p.m. on the day.

◆ Capacity: 90 people

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

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





Ashiya School Lunch Recipe

Iwatsu Green Onions with Yuzu Mustard Dressing

◇ Ingredients (Serves 4):

- 40g pork
- 120g *hakusai* (Chinese nappa cabbage)
- 40g *Iwatsu-negi* (green onions)
- 20g carrots
- 20g *gobo* (burdock root)
- vegetable oil as needed

A (dressing):

- 1½ tsp sugar
- 1 tsp vinegar
- 1 tbsp *usukuchi* (light-colored) soy sauce
- ¼ tsp *yuzu-garashi* (citron-mustard)

◇ Directions:

1. Cut pork in 3cm widths. Heat oil over medium heat in a skillet and stirfry the pork; When heated through, coat the pork with half of the dressing (mix ingredients listed under "A" beforehand). Remove from heat.
2. Cut Chinese nappa cabbage in 1cm strips. Slice the *Iwatsu* green onions diagonally in 1cm widths. Julienne carrots and shave burdocks into thin strips.
3. Boil the vegetables; Drain, and set aside to cool.
4. Toss the pork and vegetables together with the remaining dressing and serve.

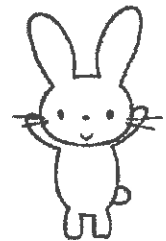


Events at the Children's Center

Location & Inquiries: Kamimiyagawa Cultural Center
10-5 Kamimiyagawa-cho, Ashiya City, Hyogo 659-0061
Phone: 0797-22-9229 Fax: 0797-22-1659

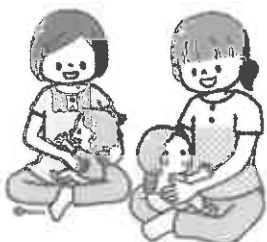
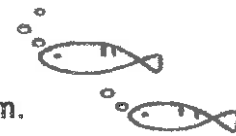
■ *Usagi Hiroba* (Bunny Square)

- Date & Time: Thursdays, November 7, 14, and 21, 10:00-11:00 a.m.
- Activities: Free play, exercises, fingerplays, and picture books
- Age Group: Children born between April 2, 2017, and April 1, 2018, and their parents/guardians (16 parent & child pairs)
- Sign-In: 5 minutes prior to start time at the center



■ *Guppi Hiroba* (Guppy Square)

- Date & Time: Mondays, November 11 and 18, 10:00-11:00 a.m.
- Activities: Free play, songs, and picture books
- Age Group: Children born between April 2, 2018, and April 1, 2019, and their parents/guardians (16 parent & child pairs)
- Sign-In: 5 minutes prior to start time at the center



■ *Asobi Hiroba* – Play Square

- Date & Time: Wed., November 27, 10:00-11:30 a.m. (may leave early)
- Activities: *Kamishibai* and Q&A with a public health nurse
- Age Group: 0 to 2-year-olds and their parents/guardians (16 parent & child pairs)
- Sign-In: 5 minutes prior to start time at the center

Ashiya City Calligraphy Exhibition

- ◆ Date and Time: Nov. 23/24 9:00 a.m.–5:00 p.m. (Until 4:00 p.m. on Nov.24)
- ◆ Place: Citizens' Center
- ◆ Inquiries: Sakuma from Ashiya Calligraphy Association (Phone: 090-8539-2005)



Compost Making Experience !

- ◆ Date and Time: Thu., November 21 10:00–11:30 a.m.
- ◆ Place/Cost: Nakanoike Green Space / 500 yen
- ◆ What to bring: Work gloves, Towel
- ◆ Inquiries: Iwano from *Happa* Recycle Club (Phone: 0797-23-1350)



© Can Stock Photo

PC Classes at Kamimiyagawa Cultural Center

- Date: Nov.27th (Wed), 29th (Fri), Dec. 4th (Wed) and 6th (Fri) (4 classes)
- Time and Content: (1) 10:00–Noon Make a New Year's Card together with Address List
(2) 1:00–3:00 p.m. Programming experience which even a beginner can enjoy
- Eligibility and Capacity for each of (1) and (2):
6 beginners who live in Ashiya city, can type and attend all classes
- Cost: 2,000 yen * Cost for a textbook will be charged separately only for (1)
- What to bring: Writing materials, trainee's card, etc.
- Application: Apply with a fax or a postcard to the Center by Monday, Nov.18 If there are too many applicants, a lottery will be held, and a notification will be sent to those eligible.

Mailing address and Inquiries:

Kamimiyagawa Cultural Center, 10-5 Kamimiyagawa-cho, 659-0061
(Phone: 0797-22-9229 / Fax: 0797-22-1659)



Citizen's Trekking (Beginner's course)

- Date and Time: Sun., November 10th 9:30 a.m. – 3:00 p.m.
- Course: Hankyu Ashiyagawa Station → *Satsukiyama*
- 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)



Let's sing together in the Art Museum !

- Date and Time: Friday, Nov.15 1:30–3:00 p.m.
- Place: Tanizaki Junichiro Memorial Museum of Literature
- Content: Singing merrily together !
- Participating Fee: 500 yen (including admission) * Bring the songbook "*Aisho Meikashu*"
- Inquiries: Junko Kato of I LOVE ASHIYA (Phone: 090-4296-1790)



Instagram of THIS MONTH



shuteyuuka さん



kawole_utautau さん

We are accepting your favorite spots in Ashiya. Please submit at #ashiagram2019

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).



Blood Drive

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

- ◆ **Date & Time:** Sat. (national holiday), Nov. 23, 11:30 a.m.-4:00 p.m.
- ◆ **Place:** Open space in front of Laporte

THE COSMONET IS ALSO AVAILABLE ON OUR WEBSITE.

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

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