

THE **COSMONET**

August 2019 (vol.265)

The following articles are taken mainly from "Koho Ashiya" – the bulletin of Ashiya City (August 1st 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 City has been working on discovering its new attractions in collaboration with the students of the Department of Japanese Language and Culture at Konan Women's University. There may be more fascinations in Ashiya we have not perceived yet.

How to enjoy Ashiya (Excerpts)

What are Ashiya's attractions?



Ashiya has wonderful appeal; it has a range of Rokko Mountains, beauty of nature along the Ashiyagawa and Miyagawa River to Ashiya Beach, ancient remains as the vestige of the Heian period and elegant townscape legacy from the Hanshinkan Modernism.

Two years ago, the Ashiya City Office, with the collaboration of the students of the Department of Japanese Language and Culture at Konan Women's University started working on discovering and bringing to the public notice the hidden and new attractions in Ashiya City.

The students grouped themselves into themes and actually walked along the streets, did shopping and gained briefings and explanations at each facility and then offered their approaches and suggestions to the city as a guide to promote sightseeing.



The most popular department in Japanese Language and Culture Faculty is the Hospitality Course. Their aim is to work in the hotel or tourism industry in the future. Ashiya City and a group of the students from this department course announced their findings on the tourism in Ashiya. There are no students who are actually living in Ashiya. It is interesting that the attraction for the local people is not necessarily the attraction for tourists and visitors. The reverse is also true. What is usual and trivial for local people may be very uncommon and appealing for visitors. So the students from this department are suited to offer some ideas on tourism from a fresh point of view.

Some suggestions can be soon put into practice, while others may take time to actualize.

When some of them are implemented, Ashiya will attract more visitors' attention. We will further this project as inspired by the discussions with the young students and their opinions and suggestions based on their field work.



Professor Nobutoki Tetsuro
Konan Women's University

Ideas from Students

◇ Setting up "Share Cycles"

How about putting battery-assisted bicycles at designated places for sharing? There are many hills in Ashiya, so students felt it hard to move along the inclines. If this idea is realized, visitors can easily enjoy a fine view from the hills.



◇ **Ashiya *Onsen* (hot springs) for young people**

This group suggested to include booths for the stamp rally around Ashiya's cultural zone so that young people can enjoy visiting there. People may be more relaxed if they enjoy eating and drinking while taking a foot bath.

◇ **Enjoy "bread" strolling**

The concept of this proposal is to find the fascination of Ashiya through trying out the taste of a loaf of bread at well-known bakeries.

North Route – Panya Ashiya, boulangerie wada, Takaya Marche, Nogami,

South Route – Ashitanoshokupan, Bigot, BECKEREI BIOBROT, Pan Time,

The trial leaflet on "Bread Strolling" has been completed.



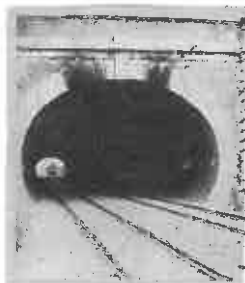
◇ **To divide the Ashiyagawa river bed into four areas**

Landscape along the Ashiyagawa River is designated as the Municipally Designated Cultural Asset. So we can promote the efficient use of this area along the river.

How about dividing the area in to four areas from upper reaches: "Garden Space", "Open Café Space", "Play Space", and "Event Space" for every citizen to enjoy according to each one's purpose, season and generation.

◇ **Railway and Tourism**

Railway Society of Konan Women's University is actively publishing the research report on culture around railway. This time, the students strolled southward along the river from Hankyu Ashiyagawa Station to get a second look at Ashiya and its Railway. Ashiyagawa Tunnel was built as the first railway tunnel in Japan when the Japan National Railway launched in 1874 after three years' construction. The tunnel was dismantled in the 1920s and reconstructed for the four-track line. The tunnel was built under the river whose bed is higher than the neighboring plain and it still works. It will meet the conditions of historical heritage as a dawn of modern Japan. The tunnels under the Sumiyoshigawa and Ishiyagawa River were constructed in 1874, the same age as the Ashiyagawa Tunnel. They have memorial plates to describe the story, but there's none at the Ashiyagawa Tunnel. There is the possibility for it to be a holy place for railway enthusiasts.



Ashiyagawa Tunnel in the Meiji Era



Current Ashiyagawa Tunnel

Inquiries: Ashiya Tourism Association [facebook](#)

Regional Economy Promotion Section (Phone: 0797-38-2033)

Sunday, September 1st : My Number Card Issuing Window Opens

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



Preparation Allowance to Enter University, etc.

An allowance is provided to those who have difficulties entering university, etc. due to economic reasons. Make application before the payment of entrance fee.

◆ Eligibility: Persons who fit all of the following conditions

- (1) Continuously living in Ashiya city for one year or longer.
- (2) Wishing to enter a university, a junior college, a technical college, etc. in Autumn 2019 or in Spring (Apr.1) 2020.

* A vocational school or graduate school is not eligible.

- (3) Belonging to a household on benefits or with no municipal inhabitants' tax for FY 2018.

◆ Amount of Provision: Up to 200,000 yen (one time only)

*There may be cases that allowance is not provided to those with national high grade education free of charge.

◆ Application: Submit the required papers by Tuesday, March 31st 2020 .
Applications will be judged.

◆ Inquiries: Management Section, the Board of Education

(Phone: 0797-38-2085)



The 1st term Shop Opening

in Former Miyazuka-cho Housing Complex

The former Miyazuka-cho Housing Complex has been reborn as the new four shops, which have opened on the 1st floor.

■ Location: 12-24 Miyazuka-cho

■ Shops: MUJICA Tea (a Tea Shop)

Tsumuji shoes shop (Leather shoes manufacturer)

AMEERIEGA TORIBITATTA (Leather bag manufacturer)

Honoka Glass (火の果 ぐらす, a glass workshop)

Inquiries: Gender Equality Promotion Section (Phone: 0797-38-2518)



Offer Silent Prayer in Memory of Atomic Bomb Victims

We would like to request you to give one minute of silent prayer for atomic bomb victims of Hiroshima and Nagasaki cities on each atomic bombing anniversaries.

Hiroshima 8:15 a.m. on August 6th

Nagasaki 11: 02 a.m. on August 9th

◇ Inquiries: Human Rights Promotion Section (Phone: 0797-38-2055)



Registration of Municipal Housing Applicants

Inquiries: Housing Management Center, Phone: 0797-38-2026

■ Eligibility for registration:

◇ Multi-Person Households

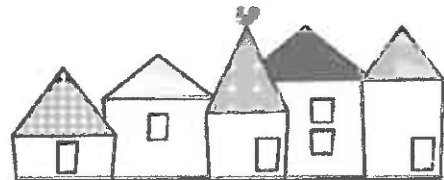
Those who meet all of the following eight conditions:

1. The applicant has personally been a registered resident and residing in Ashiya City for at least one year or has continuously been working in the city for more than two years,
2. Satisfy the published threshold requirement for the combined income of all persons in the household,
3. Has a cohabiting relative(s),
4. Is in need of housing (homeowners are not eligible),
5. Can move in within 14 days of approval,
6. Has two guarantors,
7. Does not have any municipal tax in arrears (those on installment payment plans are also not eligible), and
8. Is not a member of an organized crime group (including their cohabitant).

◇ Single-Person Households

Those who meet all conditions for Multi-Person Households, except for number 3, and falls under one of the following categories as of September 13, 2019:

- ◆ 60 year-olds and above
- ◆ Physically disabled (Grades 1–4),
- ◆ Mentally disabled (Grades 1–3)
- ◆ Rehabilitation Certificate holders (A–B2)
- ◆ Victims of domestic (spousal) violence,
- ◆ Atomic bomb victims,
- ◆ Public assistance recipients, or
- ◆ Persons admitted to a Hansen's disease (leprosy) sanatorium, etc.



■ **Application:** Submit an application form to the Housing Management Center between August 16th and September 13th. Information and application forms are available at the Housing Management Center, City Hall Reception, and Laporte Citizens' Service Corner.

Special Needs Registry for Emergency & Disaster

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

Disability Welfare Section, Phone: 0797-38-2043

Residents in need of assistance in evacuation are encouraged to register with the Emergency & Disaster Special Needs Registry (緊急・災害時要援護者台帳 *kinkyu saigai yoengosha daicho*) and build "visible" relationships in the community. Registered information are shared with residents' associations and commissioned welfare volunteers (民生委員 *minsei-iin*), etc. for day-to-day monitoring and will be effective in providing evacuation support in case of an emergency.

- The Elderly** in a single-person household or a household entirely composed of those 65 years of age or older.
- The Disabled** issued with a Physical Disability Certificate (Grades 1 & 2), Mental Disability Certificate or Medical Rehabilitation Handbook.



August 13th-15th: City Hall Main Office Opens As Usual

The annual closing of the City Hall Main Office during this period in order to save energy has been successful to a certain degree thanks to the increased awareness about the benefits of energy-saving. Therefore, City Hall will operate as usual this year.

※Municipal elementary schools, junior high schools as well as kindergartens (including after-hours and after-school childcare) will be closed.

■Inquiries: Policy Promotion Section (Phone: 0797-38-2127)

Bottled Water "Ashiya no Mizu" Distributed for Free

□Date and Time: Wed., August 7th 10:00 - 11:00 a.m. / 2:00 - 3:00 p.m. / 5:30 - 6:30 p.m.

□Place: In front of City Hall East Wing

□Content: Bottled water "Ashiya no Mizu" which went on sale at City Hall Shop will be distributed free of charge. ※One bottle per person

□Inquiries: Waterworks Management Section Phone: 0797-38-2080



Advice on Bicycle Theft Prevention

Bicycle theft is the most frequently-committed crime in the city.

When riding a bicycle, make sure to take the following measures.

- (1) Always lock it and install two locks.
- (2) Park it in a safe parking lot.
- (3) Register to prevent from theft.



□Inquiries: Construction General Affairs Section (Phone: 0797-38-2063)

Tennis School at Ashiya Park

■Date / Course / Capacity:

<Practical Course> Every Tuesday from September 3rd / 10 people for each class

①Basic Class ②Pre-intermediate Class ③Intermediate Class ④Advanced Class

<Basic Course> Every Thursday from September 5th / 20 people for each class

⑤Basic Class ⑥Intermediate Class ⑦First-timer to Basic Class

<Senior Course> Every Friday from September 6th / 10 people for each class

⑧Enjoy Class

■Cost: 18,000 yen for 12 lessons

■Application: Fill in the designated application form and submit it to the following office by August 20th.

※An application form can be downloaded from the City's website.

※If there are too many applications, a lottery will be held.

■Application & Inquiries: Ashiya Park Tennis Court (Phone: 0797-34-8886 / Fax: 34-8884)



Rainwater Storage Installation Subsidy

Inquiries: Sewerage Section, Phone: 0797-38-2067

- Eligible Storage Unit:** Rainwater storage tanks with a capacity of 100 liters or more which are marketed for watering purposes and must conform to Ashiya City standards.
- Eligible Persons:** Ashiya City landowners and house owners, and individuals permitted by an owner to install and use such equipment. Additional conditions may apply.
- Subsidy:** Half of the equipment and installation costs combined up to 30,000 yen per unit.
- Application:** Submit required documents by Fri., December 27th. Necessary forms are available at the Sewerage Section and on the Ashiya City website for download.



Subsidy for Acupuncture, Moxibustion, Acupressure, etc. Therapies

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

Disability Welfare Section, Phone: 0797-38-2043

- Eligibility:** Ashiya City citizens aged 70 years old or over and citizens between the ages of 60 and 69 with either a Physical Disability Certificate, Rehabilitation Certificate, or Mental Disability Certificate as of December 31, 2019.
- Application:** Bring a form of identification (e.g. My Number Card and health insurance card) and an *inkan* seal. Applications are also accepted at the Laporte Citizens' Service Corner.
- Application Period:** August 1st to December 28th
- Eligible Period of Therapy:** September 1st to December 31st



Laporte Citizens' Service Corner

Inquiries & Location: Laporte Main Building 3F, Phone: 0797-31-3130

- Hours:**

Weekdays (Monday to Friday)	10:00 a.m. to 7:00 p.m.
Saturdays, Sundays, and public holidays	10:00 a.m. to 5:00 p.m.
※ Closed August 8 th and 15 th	
- Documents Issued:** Copy of Certificate of Residence¹, Proof of Seal Registration², Copy of Family Register (complete or individual extract)³, City & Prefecture Resident Taxation Certificate⁴, Certificate of Recorded Matters on the Fixed Asset Tax Ledger⁶, etc.
- ※ Certificate of Seal Registration⁶ (registration card) is required for the issuance of Proof of Seal Registration.
- ※ Documents requiring verification from City Hall may not be issued on weekdays after 5:30 p.m., and on Saturdays, Sundays and public holidays.
- ※ For various notification and registration procedures, visit the Citizens' Section at City Hall.



1. 住民票 *juminhyo*, 2. 印鑑証明書 *inkan shomeisho*, 3. 戸籍全部・個人事項証明書 *koseki zenbu/kojin jiko shomeisho*, 4. 市民税県民税課税証明書 *shimin-zei kenmin-zei kazei shomeisho*, 5. 固定資産課税台帳記載事項証明 *kotei-shisan kazei daicho kisai jiko shomeisho*, 6. 印鑑登録証 *inkan torokusho*

Current Status Report for Child Rearing Allowance

Inquiries: Childrearing Promotion Section, Phone: 0797-38-2045



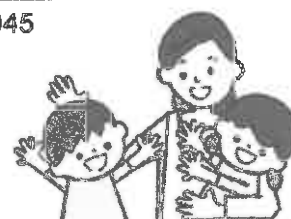
Current Status Report forms (現況届 *genkyo todoke*) are sent at the beginning of August to those eligible for Child Rearing Allowance (児童扶養手当 *jido fuyo teate*). Please submit the report together with the Reason for Exception of Partial Suspension of Payment Report form (一部支給停止適用除外事由届出書 *ichibu shikyu teishi tekiyo jyogai jiyu todokede-sho*) sent to you in June. Child Rearing Allowance payments are made on odd-numbered months starting from November.

Submission Period: August 8th to 23rd

Child Rearing Allowance Temporary Special Benefit

Inquiries: Childrearing Promotion Section, Phone: 0797-38-2045

Information on Child Rearing Allowance Temporary Special Benefit (児童扶養手当臨時・特別給付金 *jido fuyo teate rinji tokubetsu kyufukin*) is enclosed with the Current Status Report form for the Child Rearing Allowance.



Eligibility: Those who satisfy all of the conditions below.

1. Fathers and mothers who are eligible for the November Child Rearing Allowance
2. Those who have never been married as of October 31st
3. Those who are not in a de facto marital relationship as of October 31st

Application Period: August 1, 2019, to January 31, 2020

Benefit Amount: 17,500 yen

Income Status Report for Special Child Rearing Allowance

Inquiries: Disability Welfare Section, Phone: 0797-38-2043

Income Status Report forms (所得状況届 *shotoku jokyo todoke*) were sent at the end of July to those eligible for Special Child Rearing Allowance (特別児童扶養手当 *tokubetsu jido fuyo teate*). Please review and submit the report to the Disability Welfare Section.

Submission Period: August 1st to 16th



~Challenge Your Child this Summer~

Obedience Training for Dogs

Inquiries: Hyogo Prefecture Animal Wellbeing Center, Phone: 06-6432-4599

Fax: 06-6434-2399, E-mail: Doubutsuaigo@pref.hyogo.lg.jp

4-1-1 Nishikoya, Amagasaki, Hyogo 661-0047



Date & Time: Sat., August 24th, 10:30 a.m.–noon or 2:00–3:30 p.m.

Capacity: 10 parent and child pairs (4th grade to 3rd year of junior high school) together with their dogs (6 months old or above which must be immunized with rabies and combination vaccines).

Registration: Contact the Animal Wellbeing Center by Fri., August 16th

Save Health Points and Get Good Health and Souvenir !



***“Make Cheerful Ashiya with
Every Citizen in Good Health”***

(FY 2019 Health promoting project slogan)

Why not enjoy saving health points ?
Seize an opportunity to make a good health.
You need entry and participation in the
measurement meetings.

Application and Inquiries:
Ashiya Health Center

(Phone: 0797-31-1586/Fax: 0797-31-1018)

Process of Participation

1. Entry (Application)

- Period: August 1st -23rd (Weekdays, during office hours)
- Eligibility/Capacity: The first 200 Ashiya citizens, 20 years old or over (as of Aug.1st)
- Call or fax (with notification of your name/address, phone number) to Health Center.

2. The first body composition check at the measurement meeting

First of all, be aware of your body !

- Measurement meeting days: September 13th / 14th (Friday/Saturday)
 - ◆ Measuring Body composition, Blood pressure, Grip, etc.
 - ◆ Simple instruction for Walking

3. Saving Health Points

- Saving Period: September 13th-February 15th, 2020
- Let's get and save points by practicing the followings:
 - ◆ Undergoing health checkups
 - ◆ Participating in a project, seminars or classes presented by the City.
 - ◆ Striving for achievement of one's health aim
 - ◆ Walking

4. The second body composition check at the measurement meeting

- Check the change in your body after healthy activities !
- Measurement meeting days: February 14th /15th, 2020 (Friday and Saturday)

5. Application for a Souvenir

- Application Period: February 17th-28th, 2020 (not extension)
- Presentation of Souvenir according to the number of saved points by lottery

Number of saved points (Evaluation)	Souvenir	Number of winner
150 points (Most healthy)	Walking shoes with fitting insole (Equivalent to 20,000 yen)	1 person
120 points (Very healthy)	Sphygmomanometer, Electric toothbrush, foot massager, etc. (Equivalent to 10,000 yen)	5 persons
100 points (Healthy)	Health goods (Equivalent to 5,000 yen)	10 persons
80 points (Almost healthy)	Health goods (Equivalent to 3,000 yen)	30 persons



A belt bag will be presented to all participants !

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)	Wed., Aug. 7 & Sept. 11 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 for October and beyond	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	Thu., Aug. 1 & Sept. 5 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	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.	
		Masai Breast Clinic ☎0797-22-2800 Normal office hours		
	Breast Cancer (Group)	Health Center (Exam Truck) Mon., Aug. 5 & Fri., Sept. 13 Mornings		
Cervical Cancer	Anytime during morning office hours at medical institutions in Ashiya City			
Medical Checkup	Asbestos Checkup	Wed., Sept. 25 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	Thu., Aug. 1, 10:30-11:00 a.m., Mon., Aug. 5, 9:00-10:00 a.m., Tue., Sept. 10, 1:30 p.m. Okuike Assembly Hall Thu., Aug. 12 & Fri., Aug. 13 9:00-10:00 a.m.		Citizens, 40 years old or over, having not taken hepatitis virus checkup / Appointment required
	Osteoporosis Checkup	Fri., Aug. 23, 9:30-10:00 a.m. & Fri., Sept. 13, 1:30-2:00 p.m.		Citizens, 20 years old or over / Ultrasound method (1,000 yen) / Appointment required
	Health Checkup (3-hr physical exam)	Appointments accepted for September and beyond	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 Wed., Aug. 21 & Sept. 18 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	Fri., Sept. 27 9:30-11:45 a.m.	Those living or working in Ashiya city, 20 years old or over / Appointment required	
	Specific Health Checkup (Group)	Kamimiyagawa Cultural Center Wed., Sept., 4 in the afternoon Okuike Assembly Hall Tue., Sept. 10 in the afternoon	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)	Normal office hours at designated medical institutions in Ashiya City		
	Medical Care System for the Elderly Health Checkup	Normal 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	Thu., Aug. 1 & 8 in the morning, and Thu., Sept. 5 in the afternoon	Adults / Consultation with a doctor / Appointment required
Nutritional Consultation		Tue., Aug. 6 & 20, and Sept. 3 9:30-11:00 a.m.	Consultation with a registered dietitian regarding diet in order to prevent lifestyle-related disease/ Appointment required	
Health Consultation		Thu., Aug. 8 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



Doctors on Call for Emergencies on Sundays and Holidays

●Evening Medical Care Rotation *8:00 - 11:00 p.m. on Friday		
Aug. 2nd	Hirabayashi Clinic (Internal Medicine/Surgery)	☎0797-22-3548
Aug. 9th	Nagaretani Internal Medicine Clinic (Internal Medicine)	☎0797-22-4592
Aug. 16th	Watanabe Internal Medicine Clinic (Internal Medicine/Cardiology)	☎0797-80-8200
Aug. 23rd	Nagasawa Clinic (Internal Medicine/Gastroenterology)	☎0797-25-0075
Aug. 30th	Nishiwaki Gastroenterology & Surgery Clinic (Internal Medicine/Surgery/Gastroenterology/Proctology)	☎0797-38-9891

■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, Wakino-hama 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

Watch Out for Wasp

Be more careful about wasps especially from summer to autumn as their number increases, their nests grow bigger and they become more aggressive.



■ 4 Ways to Protect Yourself From Being Stung By a Wasp

- (1) Avoid wearing colored clothing. Wear long-sleeved, light-colored clothing and a hat.
- (2) Don't wear perfumes, colognes or aftershave. The smell of those seems to aggravate wasps and make them more aggressive.
- (3) Don't disturb a wasp's nest.
- (4) If a wasp approaches you, always remain still without flailing your arms, and make your posture low so that they may lose sight of the target to attack..

■ Extermination of harmful insects/Consultation

Hanshin Eizai Inc., Pest Control Association of Hyogo Pref. (Hanshin area)
(Phone: 0798-65-2309)

■ Inquiries: Environment Section (Phone: 0797-38-2050)

We Perform Comprehensive Disaster Prevention Drill

Let's participate in a disaster drill to protect your life and safety at the time of emergency. This year's drill with the cooperation of Ashiya University has a wide variety of fun programs to deepen our knowledge at the time of disaster.

- Date and Time: Sun., September 1st / 9:00 a.m. - 1:00 p.m.
- Place: Ashiya University *Shuttle bus service is available.
- Content: Evacuation shelter establishment training/Experience a simulated earthquake on an earthquake simulation vehicle/How to make a portable toilet/How to make a cardboard bed/Comparing the tastes of emergency foods/A lecture on disaster prevention/Exhibition Corner/ Stamp rally



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



- Application for the Latter Half of Fiscal Year 2019 -
Subsidies for “One-day Complete Physical Examinations”

Why not take “One-day complete physical examinations at Ashiya City Hospital (lunch included)” ? For citizens who are insured in (I) Ashiya National Health Insurance and (II) Medical System for the elderly, the City will provide subsidies of 25,000 yen for the total examination fee 50,000 yen.

■ **Examinations eligible for subsidy:**

One-Day Complete Physical Examinations at Ashiya City Hospital (Lunch included)

■ **Date of examinations:** Weekdays (Mon-Fri) from October 1st to March 31st, 2020. The date and examination items will be arranged by the hospital and notifications will be issued to the eligible in the beginning of September.

■ **Eligibility and Capacity:**

(I) 300 people who are insured under the National Health Insurance of Ashiya City and who fulfill all of the following conditions

- Have not defaulted in an insurance premium payment in the past at the time of application.
- Were born between April 2nd, 1944 and April 1st, 1984.
- Are not planning to undergo the specific health check-up during fiscal 2019
- * Those who turn 75 years old by the end of March can undergo this subsidized examination until the day before their 75th birthday.

(II) 160 people who are insured in the Medical System for the elderly and fulfill all of the following conditions

- Have not defaulted in an insurance premium payment in the past at the time of application.
- Are not planning to undergo any health check-ups in Medical System for the elderly during fiscal 2019.

*Those who become insured in Medical System for the elderly on and after October 2nd become eligible for this subsidized examination from the date of qualification.

■ **Subsidy content:**

Examination Fee	Subsidized by the City	Paid by the individual
50,000 yen	25,000 yen	25,000 yen

■ **Examination Items:**

<General Examination>: Physical measurement / Urine test / Blood test / Blood chemistry (Liver, Kidney and Pancreas function; Hepatitis virus check, Blood sugar, Cholesterol test and HbA1c) / Blood pressure measurement / Electrocardiogram / Abdomen ultrasound test / Ophthalmic exam / Hearing test

<Cancer Screening>: A gastro fiber-scope (choice of oral or nasal will be given; * sedative unavailable) / Chest CT/ Breast cancer exams. (Mammography) / Cervical cancer exam (cytological diagnosis, ultrasound test and interview)/ Prostate exam (PSA and rectal examination) / Hemoglobin in feces

<Optional> (* Consumption tax is not included)

- ◆ Helicobacter Pylori (from feces) 1,500 yen
- ◆ High-risk gastric cancer exam. 3,000 yen
- ◆ Medical check-up of brain (MRI and interview) 24,000 yen

- ◆ Tumor Marker (CEA and CA19-9 for men): 4,000 yen
- ◆ Tumor Marker (CEA, CA125 and CA190-9 for women) : 5,600 yen
- ◆: DXA 3,600 yen ◆: Body fluid volume examination 1,500 yen



■ **Application:** On a postcard (one per applicant), a sealed letter or an application form downloaded from the QR codes, write (1) your insurance certificate number, (2) name (with *Kana*), (3) address, (4) date of birth, (5) sex, (6) phone number, (7) whether or not you want optional exams/item of your choice if you want, and (8) three preferred dates (if you are insured under the National Health Insurance and will turn 75 years old by the end of March, remember to suggest dates before your birthday; it cannot always become as you wish), then send it to the address below no later than Thu., August 15th. (Not extension)

* If applications exceed the quota, notification of lottery in public will be sent to the applicants by Fri., Aug.23rd.

Inquiries / Mailing Address/ QR code for Application forms:

- (I) Insurance Section, Management Subsection
〒659-8501 (address unnecessary) (Phone: 0797-38-2035)
- (II) Insurance Section, Medical System for the elderly Subsection
〒659-8501 (address unnecessary) (Phone: 0797-38-2037)



Relay for Life Japan Ashiya 2019



- **Date:** Saturday/Sunday, September 7-8
- **Place:** Kawanishi Sports Ground / Gymnasium and Youth Center
- **Content:** A charity event where patients, family, bereaved family members, medical experts and citizens support cancer victims
- **Application and Inquiries:** Relay for Life Kansai Executive Committee
(Phone: 090-5647-0285)

- Let's Experience Ancient Ashiya -

Making Earthenware and Haniwa (a Clay Figure)

Experience of making ancient earthenware or Haniwa by using clay. Why not learn about ancient time of Ashiya through hearing stories of earthenware and appreciating earthenware exhibits in the Museum ?

- ◆ **Date and Time:** Thu., August 22nd 2:00-4:00 p.m.
- ◆ **Place:** Work-study room at Ashiya Museum of Art and History
- ◆ **Eligibility and Capacity:** The first 30 elementary school students
- ◆ **What to bring:** A bag to take the work home in
- ◆ **Cost:** 300 yen (If an accompanying guardian views exhibits, an admission ticket is necessary)
- ◆ **Application and Inquiries:**



Yayoi earthenware excavated in the city (Terada Remains)

Call us on or after 10:00 a.m. Sat., August 3rd.
Ashiya Museum of Art and History (Phone: 0797-38-5432)

Let's Make Small *Dotaku* of Tsukiwaka Remains

Dotaku : A bell-shaped bronze vessel (of the *Yayoi* period)

- Date and Time: Mon., August 19th 10:00–11:00 a.m. / 2:00–3:00 p.m.
- Eligibility/Capacity: The first 10 people for each class
 - * The fourth grader of elementary school or younger should be accompanied by a guardian
- Participation Fee: 1,000 yen
- Application and Inquiries: Call us by Tue., August 13th.
Sanjo Cultural Assets Adjusting Office (Phone: 0797-23-1175)



Small *Dotakus*

Events by Gender–Equality Center

How about spending two hours in reading leisurely for yourself, or having “your own time” ? We’ll take care of your child at our nursing room. Please enjoy reading any books you bring in, or any books and materials in the information corner, or enjoy “your own time” as you like.

- (1) Reading Time for Adults with Temporary Child–care
 - Date and Time: Monday, August 19th / Tuesday, August 20th 10:00 a.m.–noon
 - (2) Spend “Your own time” with Temporary Child–care
 - Date and Time: Saturday, August 31st 10:00 a.m.–noon
- For both (1) and (2)
- Place: Ashiya City Gender–Equality Center (With–us Ashiya)
 - Eligibility and capacity: 6 child–rearing parents (including grandparents) and preschool children over 6 months old in each time.
 - Cost for day–care: 300 yen per child
 - Application: Come to our window, call us (except Sunday and holiday) or send us an E–mail by Wednesday, August 7th. Lottery will be held if there are too many applications.
 - Application and Inquiries: Gender–Equality Center (Phone: 0797–38–2023)
<E–mail: josei-ce@city.ashiya.lg.jp>



Gardening Seminar at Ashiya Grand Park (*Sogo Koen*)

- Date and Content:
 - (1) Thu., Aug. 22nd Make a miniature garden
 - (2) Thu., Aug. 29th A pot of vegetable #5
 - (3) Sun., Sep. 1st Make a pot of assorted succulent plants
 - (4) Sat., Sep. 7th Make a corolla of a flower by a parent and child
 - (5) Thu., Sep. 12th A pot of vegetable #6
 - (6) Mon./holiday Sep. 16th Make a pot of Japanese style assorted plants
- Time for each class above : 10:30 a.m.–Noon
- Capacity: 15 for each class
- Cost: 3,000 yen for (1) and (3) / 500 yen for (2), (4) and (5) / 2,500 yen for (6)
- What to bring: Writing materials and a large bag to take the work home in
- Application: Call or fax or E–mail with notification of the class you want to take, your name and address and phone number by 5:00 p.m. of Thu., Aug. 15th for (1), Thu., Aug. 22nd for (2), Sun., Aug. 25th for (3), Sat., Aug. 31st for (4), Thu., Sep. 5th for (5) and Mon., Sep. 9th for (6).
- Inquiries: Ashiya Grand Park (*Sogo Koen*)
(Phone: 0797–38–2103 / Fax: 25–2026) (E–mail: ashiyasogo@mizuno.co.jp)



Let's Ring the Bell for Peace

- Date and Time: Thu., August 15th / 11:45 a.m. - 2:00 p.m.
- Place: In front of the main entrance of Ashiya Citizens' Center / Room 401
- Content: After ringing the bell, join the gathering for peace. We will hear about actual experiences during the war time, sing songs for peace and discuss the importance of peace.
- Capacity: First 60 people for the gathering for peace
- Inquiries: Ashiya UNESCO Association
Phone: 0797-38-2091 (in Lifelong Learning Section)



The 33rd Ashiya Citizen's Painting Exhibition

A variety of artworks including Japanese/Western paintings and illustrations by Ashiya citizens will be exhibited. Come to appreciate their artworks.

- Exhibition Period: September 11th - 15th / 9:00 a.m. - 7:00 p.m.
(Closing time on the final day is 3:00 p.m.)

□ Place: Ashiya Citizens' Center 301

※ Commendation and a brief review on the works: Sun., September 15th / 2:00 - 3:00 p.m.

□ Inquiries: Ashiya Citizens' Center (8-24 Narihira-cho) Phone: 0797-31-4995



Enjoy Starry Summer Skies

- ◇ Date and Time: Sat., August 17th / 7:00. - 9:00 p.m. (rain or shine)
- ◇ Place: Ashiya Citizens' Center 401
- ◇ Content: This year is a great time to observe the moon, Jupiter and Saturn through a telescope on a summer night. Look up at the starry sky and feel the universe.
- ◇ Capacity: First 50 people
* Junior high school students or younger should be accompanied by guardians.
- ◇ Application: Call the office by 5:00 p.m. August 16th.
- ◇ Inquiries: Environment Section (Phone: 0797-38-2051)



Friday Cinema Salon at Municipal Library

- ◆ Date and Time: Fri., August 16th / 1:30 - 3:30 p.m.
- ◆ Films to be screened:
"Christmas in August" (1998 South Korea, 97 min.)
☆ Director: Hur Jin-ho ☆ Starring: Han Suk-kyu, Shim Eun-ha
- ◆ Capacity: 90 people
- ◆ Place & Inquiries: Municipal Library (Phone: 0797-31-2301)



The 51st Kamimiyagawa One Coin Theater

◆Date and Time: Thu., August 29th (1) 10:00 – 11:27 a.m. (2) 1:30 – 3:40 p.m.

◆Place: Kamimiyagawa Cultural Center

◆Films to be screened:

(1) “Letter from an Unknown Woman” (1948 US, 87 min. / black-and-white)

☆Director: Max Ophüls

☆Starring: Joan Fontaine, Louis Jourdan, Mady Christiane

(2) “It’s a Wonderful Life” (1946 US, 130 min. / black-and-white)

☆Director: Frank Capra

☆Starring: James Stewart, Donna Reed, Henry Travers



◆Capacity: 150 people at each screening

◆Fee: 500 yen for each screening (junior high school students and older)

◆Application: at the venue ※Same-day ticket only

◆Inquiries: Kamimiyagawa Cultural Center (10-5 Kamimiyagawa-cho)
(Phone: 0797-22-9229)

♪Kominkan Concert Marimba Duo and Violin Concert♪

■Date and Time: Sat., September 21st / 2:00 – 3:30 p.m. The door opens at 1:30 p.m.

■Place: Ashiya Citizens’ Center, Music Room

■Program: “Cavalleria Rusticana” (opera) by Pietro Mascagni, “*Taketori Monogatari*” by Koichi Kishi and others

■Performers: Yui Takeuchi, marimba/Hitomi Yano, marimba/Chika Nakaseko, violin

■Fee & Capacity: 500 yen / 120 people

■Application: Apply by postcard or fax with the name of the concert, your name, address, phone number, and the number of applicants (up to two people/postcard) no later than Thu., September 5th.

※If there are too many applications, a lottery will be held.



Yui Takeuchi (marimba)



Hitomi Yano (marimba)



Chika Nakaseko (violin)

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

Registration for Information System to Prevent Identity Theft

When a certificate such as residence certificate, family register (or extract from it), etc. of a person is issued to a third person, the fact of issuance is informed to the registered person. This system aims to deter fraudulent billing and to prevent human-rights violation.

Registration is very simple and easy. Please register by all means.

- Inquiries: Citizens' Section (Phone: 0797-38-2030)

Windows 10 PC Classes at Kamimiyagawa Cultural Center

- ◆ Date: September 11th (Wed), 13th (Fri), 18th (Wed), 20th (Fri) and 25th (Wed) (5 classes)
- ◆ Time and Content:
 - (1) 10:00 a.m.–Noon Let's learn about your first-ever Windows 10!
 - (2) 1:00–3:00 p.m. Let's learn the basics of Word/Excel!
- ◆ Eligibility/Capacity for each (1) and (2):
 - 6 beginners who live in Ashiya city and can attend all classes
- ◆ Cost: 2,500 yen
- ◆ 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 name and address, your age and phone number to the Center by Mon., September 2nd (without fail). If the number of applications exceeds the limit for each class, 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)



Display at Ashiya Kirakuen Gallery

- Period and Content:
 - (1) August 2nd–8th Display of works by Shiomi Junior High School Art Club
 - (2) August 10th–16th "Pottery Art / Indigo Dyeing Works Exhibition"
by Masami/Ritsuko Tatsumi
 - (3) August 17th–30th "The 18th Hand-made Picture Book Exhibition"
by Midori Ono
- Time: 9:00 a.m.–5:00 p.m.
- Inquiries: Ashiya Kirakuen (0797-34-9287)



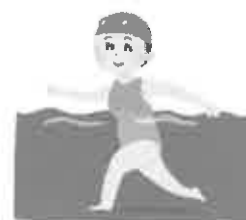
Citizen's Trekking (Beginner's course)

- Date and Time: Sunday, August 4th 8:00 a.m.–3:00 p.m.
- Course: Hankyu Ashiyagawa station → Ginsuibashi → Ju-rin-ji → Kan-non-san
→ Okuike (a temporary dispersion) → Gorogoro dake
→ Hankyu Ashiyagawa station (dispersion)
- Fee: 400 yen (Transportation expenses not included)
- What to bring: Lunch, Water bottle, Rainwear, etc.
- Inquiries: Hirai from Ashiya Mountaineering Club
(Phone: 0797-32-6415)



Healthy and Refreshing Water Stretch

- ◆ **Course and Date:**
 - (1) Tuesday course (October 8th ~ Dec. 24th 11 lessons)
 - (2) Thursday course (October 10th ~ Dec. 19th 11 lessons)
 - (3) Friday course (October 4th ~ Dec. 13th 11 lessons)
- ◆ **Time:** 9:15 – 10:45 a.m.
- ◆ **Place:** Ashiya Welfare Center
- ◆ **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 August 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.
- ◆ **Inquiries:** Water–Bathing Training Room, Ashiya Welfare Center (Phone: 0797–31–0609)

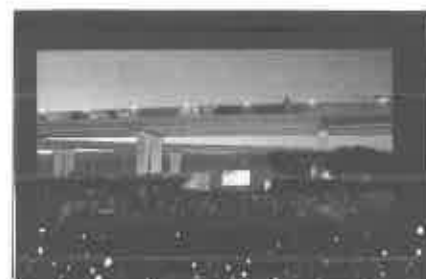


So-go Ko-en (Ashiya Grand Park) Open-air Movie Theater **“The Boss Baby” (Dubbed in Japanese)** **Japanese Title: 「あかちゃん社長がやってきた」**



Why don't you enjoy a movie on the lawn field with all your family in a summer evening ?
Fair stalls will also be open from 17:00.

- ☆ **Date and Times:** Sat., Aug.24th (Sat) Sunset time (around 19:00) –
(Will be postponed to Sun., Aug.25th in case of rain).
- ☆ **Place:** Athletic field in Ashiya Grand Park (*So-go Ko-en*)
- ☆ **Film to be screened:**
“The Boss Baby”, a 3D computer–animated comedy
film directed by Tom Mc Groath
(USA 2017, Run time: 97 min.)
- ☆ **Access:** Get off the bus at “So-go Ko-en Mae”
by Hankyu Bus Route 71.
- ☆ **Application:** Come directly to the site on the day.
Inquiries: Ashiya Grand Park Office (Phone: 0797–25–2023)



Kids Reporter Wanted for

“Ashiya Tri-angle”, Ashiya City Information TV Program

How about performing as a program facilitator ?

- Filming Time:** Late August (intended)
- Location:** Public facilities in the city
- Eligibility and Capacity:** Several elementary school students in the 5–6 grade,
living in Ashiya
- Application:** Send an E–mail with notification of “Application for a Kids Reporter”,
child's name and address, date of birth, sex, and guardian's name and phone
number to the address below by Fri., August 9th. In case there are too many
applications, a lottery will be held.
- Inquiries:** Public Information and International Relation Section (Phone: 0797–38–2006)
< E–mail: koho@city.ashiya.lg.jp >



Ashiya School Lunch Recipe: Dry Curry

Ingredients (Serves 4):

- 2 go rice (uncooked)
- 10g butter
- 0.5g turmeric
- 180g ground beef
- 90g ground pork
- 480g onions
- 120g carrots
- 30g green peppers
- 2g garlic
- 2g ginger
- 1 tsp salt
- pepper to taste
- 1 2/3 tbsp curry powder
- A:**
- 200g canned tomatoes
- 30g tomato puree
- 1 tsp Worcester sauce
- 1 tbsp ketchup
- 1 tsp soy sauce

Directions:

1. Place rinsed rice and turmeric in a rice cooker and fill water up to the 2 go line. Stir briefly, place butter on top and start the rice cooker.
2. Finely chop green peppers, boil to bring out the color, drain, and set aside.
3. Finely chop onions and carrots.
4. Grate garlic and ginger.
5. Heat oil in a frying pan over medium heat. Sauté garlic and ginger until fragrant. Stir in onions and carrots; cook until soft. Add ground beef, ground pork, salt, and pepper; stir-fry until meat changes color.
6. Add curry powder and stir-fry until flavors blend. Add ingredients listed under "A," reduce heat, cover and simmer for 15 minutes, stirring occasionally. Stir in green peppers and turn off the heat.
7. Serve with turmeric rice.



Escape the Summer Heat and Enjoy Art and Culture

On special days, the Museum of Art and History and Tanizaki Junichiro Memorial Museum of Literature offer free admissions. Stay cool and comfortable, taking a break from the hot weather and everyday life.



- Museum of Art and History:** Aug. 11th (Sun./holiday), 15th (Thu.), and Sept. 1st (Sun.)
- Tanizaki Junichiro Memorial Museum of Literature:** Aug. 15th (Thu.)



Collection of Obon Offerings

Inquiries: Environment Section, Phone: 0797-38-2050

For details, please contact the organizers directly.



- Date:** Thu., August 15th (rain or shine)

Location	Time	Organizer
Seido Elementary School ground	3:00-6:00 p.m.	Kawanishi Goju-kai (Imazato ☎0797-34-0876)
Uchide Assembly Hall		Tonan Yuai Club (Kuge ☎0797-31-6206)
Ohara Assembly Hall		Ohara-cho Self-governing Assoc. (Kosaka ☎0797-22-2749)
Abo Shinnozuka Mound (southwest corner)	4:30-6:00 p.m.	Shinnozuka-cho Neighborhood Assoc. (Matsumoto ☎0797-23-0495)

Monthly First-Aid Training Class



- ◇ Date and Time: Sun., August 25th 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 at Ashiya Municipal Hospital ♪

- ◇ Date and Time: Sun., August 4th 2:30 p.m.
- ◇ Place: Outpatient Ward 4F
- ◇ Program: “Cool Summer” by piano and violin
- ◇ Inquiries: General Section (Phone: 0797-31-2156)



♪ Concert at Entrance Hall, Welfare Center Part 109 ♪

- ◇ Date and Time: Sun., August 25th 2:00 p.m.
- ◇ Place: Welfare Center
- ◇ Program: Afternoon Classics
- ◇ Inquiries: Welfare Center (Phone: 0797-31-0612)



Instagram of THIS MONTH



takayukihata1203 さん



aoaiko 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).

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 'やさしい日本語' version.

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