

THE OSMONET

August 2023 (Vol. 313)

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



August 15, the anniversary of the end of the war that we should not forget, will come around again this year. Why not take this opportunity to think about what war means by listening to the experience of a war victim who faced death, and coming in contact with the various things that junior high school students have learned through peace studies?

What is Peace? – A desire for peace to be passed down (Abridged)

My War Experience

Mino Kinzaburo

< My Teacher's broad chest >

I experienced the war when I was in the first grade of junior high school. At that time, I was living in Hyogo Ward, Kobe and although I was a student I was working at an aircraft factory in Nishi-Akashi. On that day, an air-raid warning was issued, and we were evacuated to an air-raid shelter.

A one-ton bomb fell into a pond nearby. It was very destructive and made a hole which was half the size of City Hall. Just before the bomb fell, someone held onto my back while I was in the outermost of the shelter. It was my teacher. He was a very strict teacher and feared by all of the students, but I was so moved to feel his warm chest on my back. Fortunately, everyone could go back to the factory safely. The factory had been bombed, however, and completely destroyed. Looking south, we could see Awaji Island, which was usually not visible as it was blocked by buildings.



< My father cooked rice >

On the night of March 17, 1945, Kobe was hit by incendiary bombs from B-29. My father told me, "I don't care if I die at home, but you should run away," so my mother and I evacuated toward the mountains. A crowd of people rushed to the bridge over the river and as we were about to cross, I saw two bombs exploded out of the corner of my eye. I covered myself with a *futon* and crouched on the bank with my mother.

After a while, I pushed off the futon which was on fire, and looked around to see two or three dozen of people dead and injured. There was a hole in the ground and smoke was rising from it. I saw an unexploded bomb. I thought I was saved. I left my mother in the mountains and returned home to find that my house had not been burnt. My father said, "The rice is ready." Then eating rice balls with my mother and my friend's family whose house had been burnt down, we rejoiced that we had survived.

I was proud of my father's cool and calm behavior, cooking rice and waiting for us.

< Town chairman was... >



On June 15, Kobe was bombed again. We, students, were told to take positions by the town chairman. We could see oil bombs being dropped in the south. I helped to put out the fire because chairman's house was on fire. Usually, he was a dignified and respectable chairman, but I still remember him crouching down in blank surprise when he saw his house burnt to the ground. In this air raid, 26 people out of more than 50 households were burned to death.

< Passing Life to the Next Generation >

When I told my grandchildren about my experiences, they listened attentively, not even stirring an inch. If I had died then, I would never have seen my son and grandchildren. I was deeply moved to the fact that I was fortunate enough to survive and be connected to the

next generation. I believe the peace we enjoy now is the result of Japan's power. I think two things are important to pass this peace to the next generation. One is to study history carefully, and the other is to be patient. National politics is connected to the history of the world. If we learn this, we will naturally decide what action we should take. We should work to avoid war, even if it is not favorable to the national interest.

Inquiries: Human Rights and Gender Equality Section (Phone: 0797-38-2055)

Students' Efforts

<What we can do to support refugee – Shiomi Junior High School >

Shiomi Junior High School invited Mr. Yoshijima of the United Nations High Commissioner for Refugee (UNHCR) to give a lecture. Here are the impressions of two students who attended the lecture.



-- I was impressed by his words: there are no refugees who want to be a refugee. I was surprised to learn that there are 110 million refugees in the world. Wars are fought because of racial, ethnic and religious views and so on. In order to preserve a peaceful life, I believe, the power of words, rather than military force, is important. It is also important that from a peaceful Japan, we can support and stand alongside those people.

Adachi Kento

--The phrase, "Refugees are ordinary people" is impressive. I thought it is important to realize that what is normal in Japan is actually very special and to be thankful for clean water and abundant food. We learned about the damages Ashiya suffered in the war, the atomic bombing, the Battle of Okinawa and the current war in Russia and Ukraine. I want the world to move toward ending wars, not where there are no more wars, not even having one.

Haraguchi Takemasa

<Experience the tragedy of war – Seido Junior High School >

Seido Junior High School students visited the Yamato Museum in Kure City on a school trip.



--Yamato Museum exhibits the damages caused by the atomic bombing in Hiroshima, life during the war, weapons and a model of the battleship Yamato. When I actually saw the names of the war dead engraved on the wall, I realized that so many people had died. The battleship Yamato was scaled down to one-tenth its original size, but it was tremendously large and gave a sense of the scale of the war and its damage. To maintain the peace, it is important to learn the tragedy of war and the importance of peace. It is essential to talk about peace with friends and family on a daily basis, not merely to know about it.

Kuribayashi Yu

<Toward a world that will not let it happen again – Yamate Junior High School >

Yamate Junior High School students visited Nagasaki Peace Park and Nagasaki Atomic Bomb Museum on a school trip.

— Exhibition tells us the tragedy of the atomic bombing and the effects of radiation on people. The ramune bottle we saw at the museum was so deformed that its original form was entirely lost. The strength of the Peace Memorial Statue is also impressive. In order to maintain the peace we have now, it is important to recognize that each of us is different, and not fight immediately even when there is something we do not agree about. We had an exchange program with Nishidomari Junior High School students. We should not take our normal life for granted, but cherishing the connections we have with others.



Ring the Bell of Peace

- ◇ Date and Time: Tuesday, August 15
- ◇ Place: Citizens' Center
- ◇ Contents: •Ring the Bell of Peace

In front of the entrance hall 11:45 a.m.–12:15p.m.

•Gathering for peace at Leed Ashiya 12:30 – 2:00 p.m.



“*Kei- chan no kienai Kumo*” (Kei- chan’ s Undisappearing Clouds) drawn by Julia Bondarenko, an artist who evacuated from Ukraine, will be introduced. It is a picture story about an 8-year -old girl’ s experience of atomic bombing in Hiroshima.

Inquiries: Ashiya UNESCO Association (Phone: 0797-38-2091)

Request of Silent Prayer

In Hiroshima and Nagasaki, one-minute’ s silent prayer will be offered for the dead of the atomic bombing and pray for peace.

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

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

Inquiries: Human Rights and Gender Equality Section (Phone: 0797-38-2055)

Exhibition for Perpetual Peace

Materials for peace studies in junior high schools will be displayed.

- ◇ Term: ~ August 31
- ◇ Place: Ashiya City Office, North wing 1F Exhibition Corner

Use of Designated Garbage Bags Starts October 1

To promote the sorting of garbage, please leave your garbage in designated bags from October. Please take out "Burnable Garbage" and "Non-burnable Garbage" in Designated Garbage Bags.

■ Garbage for Designated Garbage Bags

➤ Burnable garbage:

Food waste, Plastics, Rubber, Leather, Clothes, and Non-Recyclable papers

➤ Non-burnable garbage:

Small electrical items, Metals, Ceramic tableware, Flower pots, Glass, and Light bulbs



※ Please make sure to separate burnable and non-burnable garbage.

※ For non-burnable garbage, check the box marked “燃やさないゴミ不燃” to make sure they are not mistaken for burnable garbage.



※ Please note that broken ceramics and pottery are “Dangerous Garbage” (see next page).

■ Designated Garbage Bag Rules

- Use of smaller bags inside is permitted, but limit use to a minimum.
- ※ Do not mix burnable and non-burnable garbage in one bag.
- ※ Do not put garbage in black bags, for example, to hide the content.
- ※ Do not use other types of garbage bags.
- ※ Do not leave your garbage in cardboard boxes.



ASHIYA TRIANGLE, Ashiya Public Relations TV Program (CH11 / 15 min.)

Broadcast Time: ①9:00 a.m. ②12:00 noon ③4:00 p.m. ④8:00 p.m. ⑤10:00 p.m.

※ Updated on the 1st and 16th of every month. You can also watch it on YouTube if you miss the broadcast.



Water Leak and Water Supply Pipe Repairs

- Weekdays during the daytime ➤ **Waterworks Customer Service Center**
- Saturdays, Sundays, public holidays, and during the night ➤ **City Hall**

☎0797-38-2082

☎0797-31-2121

continued on next page...

■ **Exceptions:** Garbage you do not need to use designated garbage bags for

- ▶ **Wood and branches:** Cut them short (50 cm or less in length and 10 cm or less in diameter), and tie them together.
- ▶ **Umbrellas or fluorescent lights** that cannot be put in bags can be left without a bag. Florescent lights should be wrapped in newspaper to prevent breaking.
- ▶ **Flammable Garbage** (e.g. spray cans) and **Dangerous Garbage** (e.g. knives and scissors) should be put in transparent bags. These types of garbage should be put out separately.



■ **Garbage you Do Not Use Designated Garbage Bags**

- ▶ **Recyclable Garbage** (i.e. papers, cans, glass bottles, and PET bottles) can be left in the same way as you do now.



Samples of designated garbage bags will be distributed to all households from early August to around the 20th. Please be sure to take a look at them.

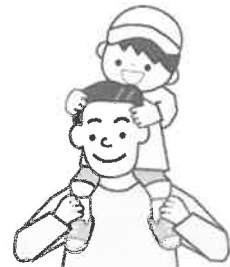
■ **Inquiries:** Environmental Facilities Section (Phone: 0797-32-5391)



Current Status Report for Child Rearing Allowance

For those who are eligible for Child Rearing Allowance (児童扶養手当 *jido fuyo teate*), please submit the following documents to the Child Policy Section. They are required for the payment of allowances for November and thereafter.

- ▶ Current Status Report form (現況届 *genkyo todoke*) (sent in early August)
- ▶ Notification of Reasons for Exception from Partial Suspension of Payment form (一部支給停止適用除外事由届出書 *ichibu shikyu teishi tekiyo jyogai jiyu todokede-sho*) (already sent to those eligible in July)



◇ **Submission Period:** August 7–31

◇ **Child Rearing Allowance**

This allowance aims to support the stability and independence of single-parent households and to promote the welfare of children in these households. The allowance is also provided in cases where the mother or father has a severe disability. (subject to income restrictions).

◇ **Allowance Payment Period:** Until March 31st after the child turns 18 years old.

◇ **Inquiries:** Child Policy Section (Phone: 0797-38-2045)

Special Benefit to Support Low-Income Families with Children

tei-shotoku no kosodate setai eno kosodate setai seikatsu shien tokubetu kyufu-kin

低所得の子育て世帯への子育て世帯生活支援特別給付金

A special benefit is available to support low-income families affected by such factors as price hikes.



■ **Two-Parent Households**

◇ **Eligible Children:** Children born between April 2, 2005 (April 2, 2003, for those with certain disabilities) and February 28, 2024

◇ **Eligible Recipients:** A father or mother raising an eligible child who has the higher income and meets either criteria below.

- ① Those exempted from Resident's Tax (per capita) for the fiscal year 2023, or
- ② Those with income equivalent to those exempted from Resident's Tax due to a sudden change in income on or after January 1, 2023.

※ If you have already received the benefit for the current fiscal year, you will not be eligible.

◇ **Benefit amount:** 50,000 yen per child

◇ **Application:** Application forms were sent to households with eligible children. Please review the eligibility requirements and apply by Thu., February 29, 2024, if you are eligible for the benefit.

■ **Single-Parent Households**

◇ **Eligibility:** Those who satisfy one of the following conditions:

- ① Those who received Child Rearing Allowance (児童扶養手当 jido fuyo teate) for March 2023,
- ② Those who did not receive the March 2023 Child Rearing Allowance because they are receiving public pension, or
- ③ Those whose [expendable] income is expected to be at the same level as that of Child Rearing Allowance recipients due to the increasing cost of living.

◇ **Benefit Amount:** 50,000 yen per child

◇ **Application:**

➤ **Those eligible under condition ①:** Payments were made to designated accounts on May 29, 2023.

➤ **Those eligible under conditions ② or ③:** Submit an application postmarked by Thu., February 29, 2024.

※ For details, please check the Ashiya City website.



◇ **Inquiries:** Child Policy Section

(Phone: 0797-38-2045)

Income Status Report for Special Child Rearing Allowance

Income Status Report forms (所得状況届 *shotoku jokyo-todoke*) were sent to recipients of Special Child Rearing Allowance (特別児童扶養手当 *tokubetsu jido fuyo teate*) in late July. Please review the form and submit it to the Disability Welfare Section within the specified dates.



◇ **Submission Period:** August 1–17

◇ **Special Child Rearing Allowance**

This allowance is provided to those who are raising children with severe or moderate physical or mental disabilities (excluding mild disabilities) to promote their welfare (subject to income restrictions).

◇ **Monthly Allowance**

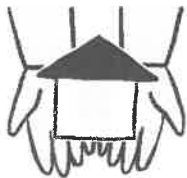
53,700 yen (for children with severe disabilities)

35,760 yen (for children with moderate disabilities)

◇ **Inquiries:** Disability Welfare Section

(Phone: 0797-38-2043)

Mandatory Inheritance Registration



Starting April 1, 2024, application for inheritance registration will be mandatory. This mandate also applies to inherited property acquired before this date. To facilitate a smooth inheritance registration, there is a system in place to store handwritten wills at the Legal Affairs Bureau.

◇ **Inquiries:** Kobe District Legal Affairs Bureau

(Phone: 078-392-1821)

Subsidy for Acupuncture, Moxibustion, and Acupressure Therapies

Two (2) 1,000 yen/treatment coupons will be given to each eligible person as a subsidy.

◇ **Valid Period:** September 1–December 31, 2023.

◇ **Eligibility:** Those who are, as of December 31, 2023, Ashiya City citizens

① 70 years old and above, or

② between the ages of 60 and 69 with either a Physical Disability Certificate, Intellectual Disability Certificate, or Mental Disability Certificate.

◇ **Application:** Between August 1 and December 28, 2023, bring a form of identification (e.g. health insurance card) to the

① Senior Citizens' Long-term Care Section, or the

② Disability Welfare Section.

※ Applications are also accepted at the Laporte Citizens' Service Corner.

◇ **Inquiries:**

① Senior Citizens' Long-term Care Section (Phone: 0797-38-2044/Fax: 0797-38-2060)

② Disability Welfare Section

(Phone: 0797-38-2043/Fax: 0797-38-2160)





- Application for the Letter Half of Fiscal Year 2023 -
Subsidies for “One-day Complete Physical Examinations”

~ For Prevention, Early Diagnosis and Treatment of Diseases ~

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 Care for the Elderly**, the City will provide subsidies of 25,000 yen for the total examination fee of 50,000 yen.

■ **Examinations eligible for subsidy:**

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

■ **Date of examinations:** Weekdays (Mon–Fri) from October 1 to March 31, 2024

*The date and examination items will be arranged by the hospital and notifications will be sent out to those eligible by the beginning of September.

■ **Eligibility and Capacity:**

(I) **300** people who are insured in the **National Health Insurance of Ashiya City** (on the day of examination) and fulfill all of the following conditions

- Born between April 2, 1948 and April 1, 1988.
 - * Those who turn 75 years old by the end of March 2024 can undergo this subsidized examination until the day before their 75th birthday.
- Have not defaulted an insurance premium payment in the past at the time of application.
- Not planning to undergo a specific health checkup during fiscal 2023

(II) **150** people who are insured in the **Medical Care for the Elderly** (on the day of examination) and fulfill all of the following conditions

- Have not defaulted an insurance premium payment in the past at the time of application.
- Not planning to undergo any health checkups in Medical System for the Elderly during fiscal 2023.
 - * Those who become insured in Medical Care for the Elderly on and after April 2 become eligible for this subsidized examinations from the date of qualification.

■ **Copayment: 25,000 yen** (Cost for optional examinations should be paid separately.)
(Subsidy Content)

Examination Fee	Subsidized by the City	Copayment
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**> (* Including Consumption tax)

- ◆ Helicobacter Pylori (Blood drawing) 1,320 yen
- ◆ Brain scan (MRI/VSRAD analysis)

- and interview, if you want) 26,400 yen ◆ Tumor Marker (Blood drawing, for men): 4,400 yen ◆ Tumor Marker (Blood drawing, for women) : 6,160 yen
- ◆ DXA 3,960 yen ◆ Body fluid volume examination 1,650 yen
- ◆ The Carotid artery echo (Ultrasound test) 4,400 yen ◆ HPV (Cytological diagnosis, for women) 5,830 yen ◆ Visceral Fat Measurement (CT) 3,300 yen,
- ◆ Colonoscopy 26,400 yen ◆ Sedation (Upper endoscopy) 4,400 yen ◆ Sleep apnea test 8,800 yen ◆ Rheumatism exam (anti-ccp antibody) 3,300 yen ◆ Thyroid examination (TSH) (Blood drawing) 2,200 yen ◆ CGM (Continuous Glucose Monitoring) 13,750 yen

■ **Application:** On a postcard (one per applicant), a sealed letter or an application form downloaded from the City's webpage, write (1) your insurance certificate number, (2) name (with *Furigana*), (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 do, and (8) three preferred dates (although desired dates are not guaranteed), then send it to the address below during August 1 -14 (without fail).

- * Application is also accepted at our counter. Application by phone is not accepted.
- * If applications exceed the quota, a lottery will be held, and notification of result will be sent to those who were not selected by Wed., Aug. 23
- * We will accept applications until it reaches the fixed number even after the deadline.

Inquiries / Mailing Address for Application:

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



Registration of Applicants for Municipal Housings

□ **Eligibility for Registration**

[Multi-person Households]: Person who meets all of the following criteria

- (1) The applicant has been a registered resident of Ashiya city for one year or longer and lives or has been continuously working in the city for 2 years or longer.
- (2) The total income of all household members meets the income standard.
- (3) The applicant has relatives living together
- (4) Being in need of housing (Owing a house is not admitted)
- (5) Being able to move-in within 14 days from Move-in permission date.
- (6) Having not defaulted in municipal tax payment
- (7) The applicant (including co-residents) is not a gang member.

[One-person Households]: Person who meets the above criteria except (3) and also fits any of the followings

- 60 years old or over as of September 9, 2023 / Physically disabled (Level 1-4) / Mentally disabled (Level 1-3) / Person with a Medical care certificate (A-B2) / DV (from one's spouse) victim / A-bomb survivor / Welfare recipient / Hansen's disease sanatorium resident, etc.

□ **How to Apply:** Bring with you the application form to Housing Management Center between August 14 and September 8.

- * Application Guide will be available at the following places from Tue., August 1.
Counter of Housing Management Center / Reception of City Hall / Laporte Citizens' Service Corner

□ **Inquiries:** Housing Management Center (Phone: 0797-38-2026)





My Number Card

- Inquiries: My Number Desk, Citizens' Section
(Phone: 0797-38-2070)

[Sat., August 26: My Number Card Issuing Counter Opens]

- Time/Place: 9:00 a.m.-1:00 p.m. 1F City Hall North Wing
- Content: Application/Receipt of My Number Card / Renewal of digital ID documents

[The deadline of application for Myna Points is the end of September]

- What to Bring: My Number Card
- Eligibility: Those who applied for issuance of My Number Card by the end of February 2023

Relay for Life Japan 2023 Ashiya

- Date: Saturday/Sunday, September 2-3
- Place: Kawanishi Athletic 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: 070-5266-4825)



Consultation Service for Foreign Residents

- Date and Time: Mon., Sep. 5 1:00-4:00 p.m.
- Content: You can ask immigration bureau staff about change of status of residence procedures, etc. (Up to about 5 persons)
- Application: Mail to the address below
- Place and Inquiries: Public Relations and International Exchange Section
(Phone: 0797-38-2008 / E-mail: kokusai@city.ashiya.lg.jp)



Do you know ? : System of Notification to the Individual

When a certificate such as a copy of resident card or family register of an individual has been issued to a third party, the individual gets notification of the fact in this system. Registration is required to get notification. Please use the 2D code on the right for details. ■ Inquiries: Citizens' Section (Phone: 0797-38-2030)

Invitation to Respect-for-the Aged Meeting

- ☆ Date, Time and Content: Sun., September 17 Ceremony and Entertainments
 - <Part 1> 1:00-2:00 p.m. [Residents living north of Hanshin Railway]
 - <Part 2> 3:00-4:00 p.m. [Residents living south of Hanshin Railway]
- ☆ Place: Renaissance Classics Ashiya Luna Hall
- ☆ Eligibility: (1) Those who were born in 1947 (Counted 77 years old; *Kiju*, 喜寿)
(2) Those who were born in 1936 (Counted 88 years old; *Beiju*, 米寿)
(3) Those who were born in 1925 (Counted 99 years old, *Hakuju* 白寿)
- ★ An Invitation Postcard will be mailed to the eligible late August.
- ☆ Inquiries: Senior Citizens' Long-term Care Section (Phone: 0797-38-2044)



Municipal Kindergarten Open School



- Eligibility: Preschoolers and their guardians
- Content: A talk about childcare, class observation, open playground
- Things to bring: A drink, a cap, indoor shoes or slippers
- Application: Apply by phone to each kindergarten
- Date & Venue:

Name of Kindergarten	Date & Time
Miyagawa Kindergarten (Phone: 0797-22-5995)	Thu., Sept. 7, 9:00-11:40 a.m.
Iwazono Kindergarten (Phone: 0797-22-5038)	Wed., Sept. 13, 9:00-11:40 a.m.
Kozuchi Kindergarten (Phone: 0797-22-4885)	Mon., Sept. 4, 9:00-11:30 a.m.
Nishiyama Kindergarten (Phone: 0797-32-5457)	Tue., Sept. 12, 9:00-11:40 a.m.
Shiomi Kindergarten (Phone: 0797-34-0710)	Tue., Sept. 5, 9:00-11:50 a.m.

- Application & Inquiries: Apply by phone to each kindergarten

Pet Photo Exhibition: Accepting Pictures of Your Pets

- Exhibition Period: Sept. 27-Oct. 5
- Venue: Community Learning Center
- Content: Your pet's photo will be on display. (One photo per person)
- Capacity: First 70 photos
- Application: Send your pet's photo, your name, address, phone number, and the name of your pet to the following center by email by Wed., Sept. 6.
- Inquiries: Community Learning Center
(Phone: 0797-35-0700/E-mail: ashiya.12pet@gmail.com)



Tennis School at Ashiya Park Tennis Courts

【Ashiya Park Tennis School】

<Practical Course> Every Tuesday from September 5 (12 lessons)

- (1) Pre-intermediate Class 11:00 a.m.-12:30 p.m./20 people
- (2) Intermediate Class 1:20-2:50 p.m./10 people
- (3) Advanced Class 3:00-4:30 p.m./10 people

<Basic Course> Every Thursday from September 7 (12 lessons)

- (4) Basic Class A 9:30-11:00 a.m./20 people
- (5) Intermediate Class 11:10 a.m.-12:40 p.m./20 people
- (6) First-timer Class 1:30-3:00 p.m./10 people
- (7) Basic Class B 1:30-3:00 p.m./10 people

<Senior Course> Every Friday from September 1 (12 lessons)

- (8) Enjoy Class 11:00 a.m.-12:30 p.m./10 people



■ Fee: 19,200 yen (for 12 lessons)

【Kids Tennis Class in English】

〈TENISH®〉

□ Date & Time: Every Sunday from Sept. 17 (10 lessons)

(1) Bambi Class 9:45–10:35 a.m. (2) Thumper Class 10:45–11:35 a.m.

□ Instructor: A Canadian coach

□ Eligibility & Capacity: (1) 4-year-olds to 1st grade elementary school students/16 people
(2) 2nd to 4th grade elementary school students/16 people

□ Fee: 20,000 yen for 10 lessons

□ Things to bring: Clothes fit for sports, sport shoes, a cap, a water bottle, a towel

※ Tennis rackets are available at the site.

※ The minimum number of children needed for each class is 5.

〈TENISH® Thumper Premium Class〉

□ Date & Time: Every Thursday from Sept. 7 (10 lessons)

□ Eligibility: 4th to 6th grade elementary school students, First-timer to basic

□ Capacity: 10 people

□ Fee: 35,000 yen for 10 lessons

□ Things to bring: Clothes fit for sports, a cap, a water bottle, a towel, sport shoes

※ Tennis rackets are available at the site.

※ The minimum number of children needed for each class is 5

■ Application: Fill out the designated application form and fax or submit it to the reception counter between Aug. 1 and 20. An application form is available at the office, or can be downloaded from its website.

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

■ Location and Inquiries: Ashiya Park Tennis Courts (4-4 Matsuhama-cho, 659-0053)

(Phone: 0797-34-8886 /Fax: 0797-34-8884)

~ The 60th Kamimiyagawa One-coin Theater ~
“King Kong” (1933 US, 100 min.)
DAVID O. SELZNICK, Executive Producer

☆ Director: Merian C. Cooper, Ernest B. Schoedsack

☆ Starring: Fay Wray, Robert Armstrong, Bruce Cabot

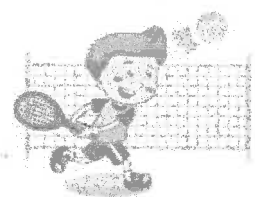
(Monochrome, Japanese subtitles)

□ Date & Time: Sat., Aug. 19 (1) 10:00–11:40 a.m. (2) 1:30–3:10 p.m.

□ Venue: Kamimiyagawa Cultural Center, 3F Hall

□ Capacity: 100 people each screening □ Fee: 500 yen

(Free of charge for elementary school students and younger, same-day ticket only)



Application: directly at the venue

Inquiries: Kamimiyagawa Cultural Center (Phone: 0797-22-9229)

Movie Theater Under the Starry Sky at Ashiya Grand Park

◇Date & Time: Sat., Aug. 26 【Movie】Around 7:00 p.m. (After sunset)-
【Fair】5:00 p.m.-

※In case of rain, it will be postponed until Sun., Aug. 27.

※Contact the following office for more information including cancellation.

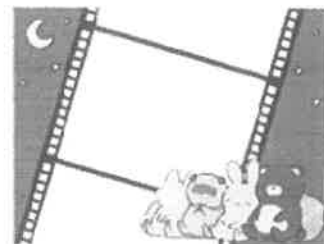
◇Place: Ashiya Grand Park, track-and-field stadium (1-1 Yoko-cho)

◇Content: Movie “*Kaiketsu Zorori: La La La Sutā Tanjo*” (70 min.)

◇Application: directly at the venue

◇Inquiries: Ashiya Grand Park Management Office (Phone: 0797-25-2023)

Roads and Parks Section (Phone: 0797-38-2065)



Wakuwaku (Exciting) Hiroba: Play with Handmade Toys

Let's make toys using everyday materials.

■Date & Time: Tue., Aug. 22, 9:30-11:00 a.m.

■Place: Gymnasium and Youth Center

■Eligibility: 1st to 3rd grade elementary school students living in Ashiya

■Capacity: 30 people

■Application: Apply with the 2D code on the right with your name, address, sex, the name of your elementary school, grade, your phone number and mail address between Aug. 1 and 9.



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

■Inquiries: Youth Development Section (Phone: 0797-38-2110)

Let's Play with Daddy Using Natural Objects

Date & Content: Sat., Aug. 19, 10:00-11:30 a.m. “Things that washed ashore”
Sat., Sept. 9, 10:00-11:30 a.m. “Let's make insects using leaves”

Eligibility: 3-year-olds to elementary school students and guardians

Capacity: First 8 pairs each time

※Daycare is available for children of 6 months to under 3 years old.
(6 children, 300 yen/child)

Things to bring: Clothes that can get dirty (or an apron), scissors, woodworking bond

※You can bring in any natural objects you want to use.

Application: Apply with the 2D code on the right at least 3 days before each session.

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



Ashiya School Lunch Recipes

■ Garlic Pork Fried Rice

□ Ingredients (Serves 4)

- 2.5 go (rice cups) uncooked rice
- 150 g sliced pork
- garlic to your liking
- 30 g carrots
- 30 g red bell peppers
- 140 g onions
- 25 g *nira* Chinese garlic chives
- 1 Tbsp toasted sesame seeds
- vegetable oil for stir-frying
- 1/3 tsp doubangjian (chili bean paste)

► Seasonings

- | | |
|---|-------------------------------|
| (mix in advance) | 1.5 Tbsp sugar |
| 1.5 Tbsp <i>miso</i> | 2 tsp <i>mirin</i> sweet sake |
| 1.5 Tbsp <i>koikuchi</i> dark-colored soy sauce | 1 Tbsp sake |
| | 1 tsp sesame oil |



□ Directions:

1. Cook rice on the firm side.
2. Finely chop garlic; coarsely chop carrots, red bell peppers, and onions; and cut chives into 1 cm pieces.
3. Heat oil and garlic until fragrant, add pork and stir-fry.
4. Add carrots and onions and stir-fry. Once they are cooked, add doubangjian and red bell pepper.
5. Add the pre-mixed "Seasonings" and *nira* chives and mix with the cooked meat and vegetables, then turn off the heat.
6. Toss them together with rice. Sprinkle roasted sesame seeds on top when serving.



The 57th Sister City Student Ambassadors



Student Ambassadors, Alejandro and Andrea Ruiz (college students), from Montebello, CA, have been staying with Ashiya City host families for three weeks from the end of July and are engaging with local residents. Ashiya Student Ambassadors, Aira Hanashima and Takumi Tsubota (high school students), are visiting Montebello and are also participating in sister city events.

There will be a meeting for the Ashiya Student Ambassadors to report their experiences after they complete the program and return home.

- ◇ **Date & Time:** Sun., September 3, 2:30–3:30 p.m.
- ◇ **Capacity:** 50 people
- ◇ **Registration:** Call the Center by Sat., September 2
9:00 a.m.–5:30 p.m., closed on Wednesdays
- ◇ **Place & Inquiries:** Shio-Ashiya Exchange Center



(Phone: 0797-25-0511)

Tsukioka Yoshitoshi –The Last Great Master of Ukiyo-e

Many of Tsukioka's fascinating works on the theme of ghosts and bizarre will be on display.

◇ Term: July 22 – October 9 10:00 a.m. – 5:00 p.m. Closed on Mondays

If it is a national holiday, the day after the holiday will be closed.

◇ Place: Ashiya City Museum of Art and History

◇ Fee: Adult –1,000 yen, on the day (Advanced – 800yen)

Inquiries: Museum of Art and History (Phone: 0797-38-5432)



Ashiya Citizens' Art Exhibition

Enjoy appreciating citizens' masterpieces and feel the autumn of art.

◇ Term: September 6 – 10 9:00 a.m. – 7:00 p.m. (Last day until 3:00 p.m.)

◇ Place: Citizens' Center 3F Room 301

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



♪ Concert for Parents and Children ♪

◇ Date and Time: Saturday, September 23 2:00 – 3:20 p.m.

◇ Place: Renaissance Classics Ashiya Luna Hall

◇ Program: Twinkle Twinkle Little Star, Do-Re-Mi, The Toy Cha Cha
Famous pieces of classical music, etc.

◇ Performers: Meida Ayako, piano Aoki Misaki, vocal Negaki Lino, violin
Yasuda Noriko, percussion

◇ Things to bring: Bells and other sound-producing toys

◇ Fee: 500 yen Under 2 years old – Free

Tickets are available at: Citizens' Center, City Hall Stand,
Lawson ticket L-code 51359

Inquiries: Luna Hall (Phone: 0797-35-0700)



Hyogo Human Festival 2023 in Ashiya



◇ Date and Time: Saturday, August 26 10:25 a.m. – 3:30 p.m.

◇ Place: Citizens' Center

◇ Contents: Spreading respect for human rights and raising
awareness through lectures and other events

◇ Application & Inquiries:

Hyogo Human Rights Promotion Association (Phone: 078-242-5355)

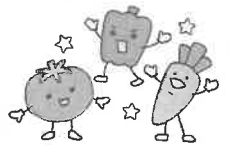
Human Rights and Gender Equality Section (Phone: 0797-38-2055)



Gardening Classes at Ashiya Grand Park (Sogo Koen)

Content (Class name)	Date/Time	Cost	Application Deadline
(1) "Grow a foliage plant in hydroculture"	Thu., Aug. 17 10:30 a.m.–Noon	2,000 yen	5:00 p.m. Aug.10
(2) "Make an easy Terrarium using a PET bottle"	Sun., Aug. 20 10:30 a.m.–Noon	1,000 yen	5:00 p.m. Aug.13
(3) "Refresh with herbs" (Making potpourri, swag and soap)	Mon., Aug. 21 1:30–3:00 p.m.	2,000 yen	5:00 p.m. Aug.14
(4) "Enjoy growing vegetables ! #5"	Thu., Aug. 24 10:30 a.m.–Noon	500 yen	5:00 p.m. Aug. 17
(5) "Create a pretty Cactus Garden"	Sat., Aug. 26 10:30 a.m.–Noon	2,000 yen	5:00 p.m. Aug.19

- ✿ Capacity: 15 persons for each class
- ✿ What you should bring: Writing materials and a bag to take the work home
- ✿ How to Apply: By phone/fax or E-mail to Ashiya Grand Park by each deadline.
- ✿ Location and Inquiries: Ashiya Grand Park (*Sogo Koen*)
(Phone: 0797-38-2103/ Fax: 0797-25-2026/ E-mail: ashiyaso-go@mizuno.co.jp)



Digital Picture-Story Show

[The World of TANIZAKI Junichiro and "Sasameyuki" (細雪)]

What kind of person is TANIZAKI Junichiro, a great writer associated with Ashiya ?
What kind of story is "Sasameyuki"? Some charming cats, who *Tanizaki-san* loved, will introduce you to his world.

- Date /Time: Sat., August 26 2:00–2:30 p.m.
- Place: Lecture Room
- Eligibility /Capacity: 20 elementary school students in the 3rd –6th grade (Reservation necessary)
- Cost: An admission ticket is necessary when accompanied by a guardian.
- Application /Inquiries:

TANIZAKI Junichiro Memorial Museum of Literature
12-15 Ise-cho 659-0052 (Phone: 0797-23-5852/Fax: 0797-38-3244)



In-Body Measurement

Measurement time is 5 minutes; muscle mass and fat mass can be measured by region; and body composition such as mineral or protein, etc. can also be analyzed.

- ◆ Date and Time: Aug.25-27 3:00 –4:30 p.m.
- ◆ Eligibility / Cost: 16 years of age or over / 300 yen (Training room coupons available.)
- ◆ How to Apply: Come directly to the site on the day
- ◆ Inquiries: Gymnasium and Youth Center (Phone: 0797-31-8228)



Request from Ashiya Police Station

Due to the repair work of the Police Station, parking lot is partly unavailable until the end of March, 2024. Please use public transportation.

- Inquiries: Ashiya Police Station (Phone: 0797-23-0110)

Doctors on Call for Emergencies on Sundays and Holidays



● Evening Medical Care Rotation *8:00 p.m.–11:00 p.m. on Friday		
Aug. 4	Matsuba Clinic (Internal Medicine)	☎ 0797-22-1641
Aug. 18	Ashiya St. Maria Hospital (Surgery/Internal Medicine/Orthopedics)	☎ 0797-23-1771
Aug. 25	Otani Orthopedic & Eye Clinic (Orthopedics)	☎ 0797-34-7077

- Be sure to wear a mask when you visit a doctor or a hospital.
- First make a call when you have a fever.

■ Designated Emergency Hospital

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

■ Holiday Emergency Clinic (Internal Medicine/Pediatrics) ☎ 0797-21-2782

(5-13 Kimmitsu-cho, Ashiya City) (9:00 a.m.–5:00 p.m. on Sundays, public holidays, during the year-end and New Year's holidays)

■ Amagasaki Health Medical Care Foundation Holiday/Night Emergency Medical Care

(Ear, Nose and Throat) ☎ 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 p.m.–8:30 p.m. on Saturdays)

(9:00 a.m.–5:30 a.m. the next morning during the year-end and New Year's holidays)

■ Amagasaki Health Medical Care Foundation Holiday/Night Emergency Medical Care

(Ophthalmology–Eye Department) ☎ 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 during the year-end and New Year's holidays)

■ Kobe Children's Primary Emergency Medical Center (Pediatrics) ☎ 078-891-3999

(In HAT Kobe)

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 The year-end/New Year's holidays	8:30 a.m.–6:30 a.m. the next morning

■ Dental Center (14-9 Kurekawa-cho, Ashiya City) ☎ 0797-31-0658

(9:00 a.m.–11:30 a.m. on Sundays, public holidays, during the year-end/New Year's holidays)

Information about the COVID-19 Vaccination

Autumn 2023 COVID-19 Vaccination (Sept.–the end of Dec.)〈scheduled〉

- **Eligibility:** Those who have completed at least the first two shots and a certain period has passed since their previous vaccination
 - **Type of vaccine:** Monovalent vaccine for Omicron strain, XBB.1 (scheduled)
 - **The period of mailing out the vaccination coupon:** The vaccination coupon will be mailed from Aug. 7 to those who have received vaccinations during the Spring 2023 vaccination period. If you have already received the coupon and did not use it, please use the coupon for the vaccination.
 - **How to make an appointment:** Make an appointment at individual medical institutions from **around the middle of August**. Reservation procedures may vary depending on each medical institution, so please contact each medical institution directly.
- ※ We will inform you on our website as soon as the government policy and other details are finalized. See the city's website for more information using the 2D code on the right.



	12 years and older	Children 5–11 years old	Infants 6 months–4 years old
2023 Autumn Vaccination (Booster shots)	Individual medical institutions ※2		
2023 Spring Vaccination (Booster shots) ※1	Ashiya St. Maria Clinic	Medical institutions available for children	/
2022 Autumn Vaccination (Booster shots) ※1	/		
Primary series of vaccinations	Ashiya St. Maria Clinic	Medical institutions available for children, infants and babies	

※1 These two vaccination programs are scheduled to end when vaccinations begin in the fall of 2023.

※2 At this time, the target age is not indicated, so some ages may not be eligible for vaccination.

Medical Institutions Available for Autumn 2023 Vaccination (Listed in the order of Japanese Alphabet)

【Medical Institutions for Every Eligible Person】

(Telephone Appointment only during office hours)

Clinic		Address	Phone
Aitori Clinic	○	12-24-2 Nangu-cho	0797-21-6330
Ashiya ® Ida Internal Medicine Clinic	○	11-5-301 Kimmitsu-cho	0797-61-8767
Ashiya St. Maria Clinic	○	5-20 Ohara-cho	0797-61-7211

Ashiya St. Maria Hospital (Age 18 ↑)	X	8-22 Asahigaoka-cho	0797-23-1771
Ashiya Hashimoto Clinic	X	6-31 Narihira-cho	0797-21-3131
Ashiya Family Clinic	○	9-6-1F Kimmitsu-cho	0797-31-5112
Ikemoto Cerebral Neurology Clinic	○	20-19-1F Ohara-cho	0797-22-0268
Ueda Internal Medicine Clinic (Age 15 ↑)	X	2-24 Asahigaoka-cho	0797-34-1878
Uetsuka ENT Clinic	○	8-10 Uchidekozuchi-cho	0797-22-5191
Kawamori Pediatric Clinic ◆	○	6-22 Takezono-cho	0797-34-6321
Ko Internal Medicine Clinic	○	5-8-2F Higashiyama-cho	0797-38-0022
Sakamoto Urology Clinic	X	39-1 Asahigaoka-cho	0797-35-5661
Sawada Clinic	○	8-12 Kawanishi-cho	0797-23-7117
Shigenobu Clinic	○	11-3 Nishiyama-cho	0797-31-2480
Sujishi Internal Medicine & Dermatology Clinic (Age 18 ↑)	○	7-26 Iwazono-cho	0797-23-0627
Takemura Internal Medicine & Endoscopy Clinic	○	1-36-3F Asahigaoka-cho	0797-32-5511
Tada Clinic	○	13-5 Uchidekozuchi-cho	0797-32-3884
Tamori Clinic	X	3-18 Funado-cho	0797-21-2286
Nagasawa Clinic	○	2-1-107 Funado-cho	0797-25-0075
Hirabayashi Clinic	○	9-5-101 Hama-cho	0797-22-3548
Furukawa ENT Clinic	○	5-1 Ohara-cho	0797-23-4187
Maekawa Clinic	○	4-5 Nishikura-cho	0797-38-1212
Matsuba Clinic	○	1-4 Midorigaoka-cho	0797-22-1641
Mimura Clinic ◆	○	15-14 Ohara-cho	0797-32-5172
Miyazaki Internal Medicine Clinic	○	7-3-201 Kasuga-cho	0797-25-2528
Muramatsu Clinic (Age 18 ↑)	X	10-5 Hama-cho	0797-25-1985
Maple Kodomo Clinic ※1 ◆	○	1-7 Iwazono-cho	0797-25-0911
Yonekura Clinic	◇	1-29-5F Funado-cho	0797-25-0180

(Telephone Appointment during office hours & Web Reservation from its website)

Ashiya Ekimae Ono Internal Medicine Clinic	○	5-22-1F Ohara-cho	0797-61-5335
Ashiya Sunny Clinic (Internal Medicine)	○	2-8-101 Midorigaoka-cho	0797-61-5515
Arigato Ashiya Clinic	○	3-24-1-1F Funado-cho	0797-31-3939
Imamura Clinic	○	20-19-2F Ohara-cho	0797-38-6970
A & A Clinic	○	6-16 Chayano-cho	070-8414-2088
Nagamatsu Clinic	○	10-18 Matsunouchi-cho	0797-32-3399

◇A medical institution where nursing women can get vaccinated

※1 Only available to children aged 20 or under and their family members living together

※2 Only available to those who are regular patients at the hospital

※3 Only available to those who are regular patients at the hospital, visiting at least once every 3 weeks

■Inquiries: Ashiya City COVID-19 Vaccine Call Center

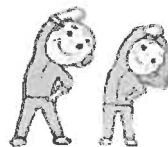
Phone: 0797-31-0655 (9:00 a.m.-5:30 p.m. weekdays only)

*For those who need special assistance due to hearing or language problems, please fax us for consultation. (Fax: 0797-31-1018)

Ashiya Health Forum 2023

- Learn about the symptoms of "frailty" and extend healthy life expectancy -

- ◇ Date and Time: Saturday, September 2 1:30 p.m. ~ 4:00 p.m.
- ◇ Place: Renaissance Classics Ashiya Luna Hall
- ◇ Contents: Part 1: Prevention of fractures and locomotive syndrome of the elderly,
Promotion of swallowing strength
Part 2: Special lecture on happy long life
- ◇ Capacity: 500 people (Please wear masks)
- ◇ Application: Come to the venue directly.



Inquiries: Ashiya Municipal Hospital, General Affairs Section (Phone: 0797-31-2156)

Monthly First-Aid Training Class

- ◇ Date and Time: Sunday, August 27 9:30 a.m. - 12:30 p.m.
- ◇ Place: Fire Department Headquarters, 3F
- ◇ 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 2D code or at the number below by 5:30 p.m. on August 25.



Inquiries: Emergency Section, Fire Department Headquarters (Phone: 0797-32-2345)

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