

THE OSMONET

July 2021 (vol.288)

The following articles are taken mainly from “Koho Ashiya” – the bulletin of Ashiya City (July 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.

Birth of “Ashiya Fire Dive Team”



What is “Ashiya Fire Dive Team” ?

When a water accident happens in Ashiya, certain members, working usually as fire-fighters or rescuers, are appointed as members of Fire Dive Team to conduct water rescue.

It may possibly be compared to A Team of Two-sword Fencers.



Water Rescue System

At the rescue operation for a water accident, the following **three teams** work together under the command of the company commander.

1. **Diving Team** conducts diving activities of search and rescue in wet suits with diving equipment, working in pairs for safety.
2. **Surface rescue Team**, dressed in Surfaced dry suits, uses boats to search from the water and pull up the person requiring rescue.

Rescue team members with a crane or ship license are mainly responsible for this mission.

3. **Support Team** carries out activities such as security management, information gathering or ramp settings, etc. to support diving activities that are always accompanied by danger. Fire-fighting members mainly take charge of this mission.



Lowering the boat to the water surface

Diving equipment

Rescue Board

A Drill at Minami-Ashiyahama (A summary with explanations of images)

This drill took place on the assumption of the search and rescue of a person who had accidentally fallen into muddy water with a fast tide due to the heavy rain the day before.

Image 1/ 2: After the rescue boat arrives at the drill point, members of the Diving Team get into the water in order.

Image 3: On-site Command Headquarter on Land directs the activities to the rescue members

Image 4 / 5: Diving members surface with the rescued person and carefully transport him to the seawall.



A Drill at Seaside Park Swimming Pool

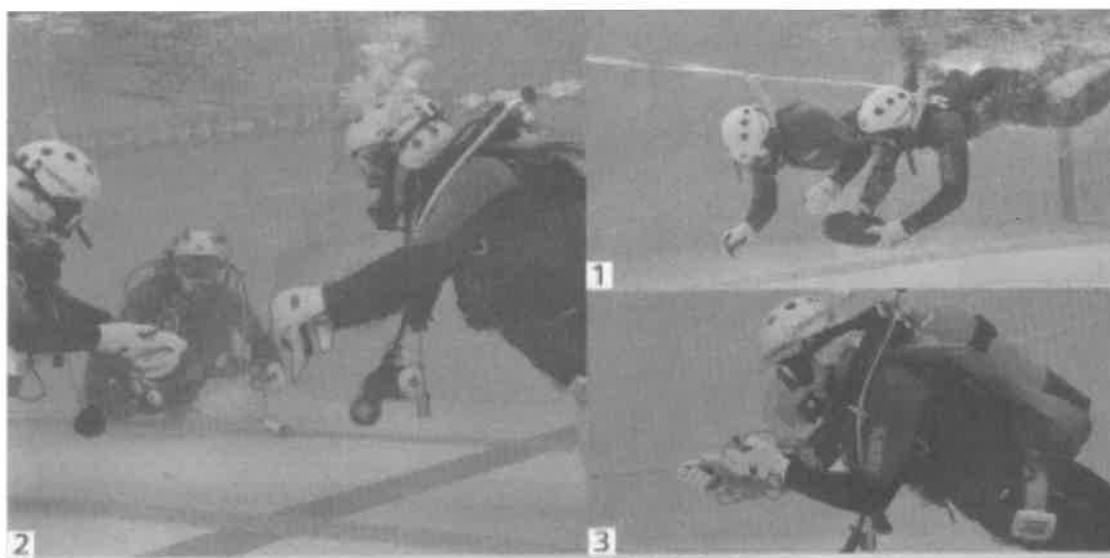
(A summary with explanations of images)

After obtaining a diver license, one year of training is required to work as a diver. Currently, 11 appointed diving team members (including 3 members in training) are working to develop diving skills.

Image 1: (Warm-up) Two members are alternately passing a weight of 10 Kg during a 25 meter round trip

Image 2: Underwater Exchange and Put on /Take off Training of equipment such as air cylinders, etc. on the assumption of emergency

Image 3: Searching training to handle the search rope, a lifeline during searching



Water-related accidents in Ashiya

The number of dispatches for the water-related accidents in Ashiya in 2020 was five. In the past 10 years, there have been 24 water-related accidents such as a fisherman fell into the sea, a swimmer drowned and was swept away by the tide. Always keeping in mind the mission of “Doing utmost to save lives”, the team members of Ashiya city Fire Station are training hard in preparation to a call for action.



The Birth of the Diving Team (an outline)

Shinnosuke Arima (at Ashiya Fire Department Headquarter)

With the establishment of the Diving Team, we were able to conduct rescue operations not only on the surface and in the water, but also underwater by ourselves. Previously, we had to request Japan Coast Guard or the Hyogo Prefectural Police to do diving rescues. With a wide variety of experts, we have been discussing the division of duties and creation of manuals to ensure that the diving activities, which are special missions always in danger, can be carried out practically, efficiently and safely.



← (Mr. Shinnosuke Arima)

■ **Inquiries:** Fire Defense Section, Fire Department Headquarters (Phone: 0797-32-2345)

Evacuation Information Revised

New evacuation information was introduced in May 2021.

Alert Level	Information	Action to take
5	Emergency safety measures	Take measures to protect lives
You must evacuate at Alert Level 4.		
4	Evacuation Instruction	Must evacuate
3	Evacuation of the elderly, etc.	Elderly people must evacuate
2	Rain, flood, high tide warnings, etc	Should check evacuation procedures
1	Rain, flood, high tide advisories, etc	Should be on alert for disasters

◇ Alert Level 5: Ensuring Emergency Safety

Safety must be ensure immediately as our lives are at risk.

Be sure to evacuate at Alert Level 4.

✕ The City may not be able to ascertain the status of a disaster, so emergency security level is not always issued.



◇ Alert Level 4: Evacuation Instruction



The previous evacuation advisory will no longer be issued. All residents must evacuate from dangerous places.

How to evacuate: Evacuate to a place other than your home, such as a relative's or acquaintance's house, or a shelter in a safe place.

◇ Alert Level 3: Evacuation for the elderly

Elderly people need to be evacuated from dangerous areas.

It is desirable for non-elderly people to prepare evacuation as early as possible depending on the local situation.



◇ Alert Level 2: Heavy rain, flooding, high tide advisories issued by JMA

Use the disaster prevention information map to reconfirm the disaster risk of your home or facilities, evacuation sites and routes and timing of evacuation.

◇ Alert Level 1: Rain, flood, storm surge advisories issued by JMA

Pay attention to the latest information on disaster prevention and prepare for disasters.

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

To prevent infection:

As you prepare for evacuation, the following items should be added to your emergency kit.

- masks, handkerchiefs, slippers, thermometer, hand soap, rubbing alcohol, plastic bags, wet wipes



How to access Emergency Information during Natural Disasters

◇ Ashiya City Official Website

Disaster and evacuation information will be posted on the top page.

◇ Ashiya Bosai Net

Emergency and evacuation information will be distributed to subscribers.

Mail to ashiya@bosai.net. A QR code is available on the City Official website.

◇ Disaster Prevention Administrative Radio

The outdoor emergency broadcast system is installed in many places in the city to send information to residents.

※Auto-response Telephone (0180-99-7787)

If you could not hear Disaster Prevention Administrative Radio, this service is available. Calls from some IP phones or optical lines cannot be accepted.

◇ Emergency Broadcast Radio

Urgent news will be broadcasted through Sakura FM (78.7MHz), a local station in Nishinomiya. Radios are available at the City Hall shop and Sakura FM station for 1,000 yen for registered members requiring care and 8,800 yen (including tax) for general citizens.

◇ J:COM Channel Cable TV Channel 11

When a disaster occurs, the disaster information will be transmitted via on-screen subtitles or L-shaped screen.

◇ J: COM Disaster Prevention Information Service

You can receive Disaster Prevention Administrative Radio and Earthquake or Tsunami Information through private terminals. Installation is required. Please inquire at J: COM.

J:COM (Phone: 0120-999-000)

◇ SNS Facebook, Twitter



Facebook



Twitter

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



Monthly First-Aid Training Class

◇ Date and Time: Sun., 25 July 9:30 a.m. – 12:30 p.m.

◇ Place: Fire Department Headquarters

◇ Contents: AED cardiopulmonary resuscitation and other emergency aids

◇ Capacity: 20 people

◇ Eligibility: Those who live, work, and study in Ashiya, junior high school student or over

※ Certificates will be given to participants.

◇ Application: Contact us at the number below by 5:30 p.m. on July 23.

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



Insurance Premiums

■ **National Health Insurance** (国民健康保険 *kokumin kenko hoken*)

Insurance Premium Determination Notices (保険料決定通知書 *hoken-ryo kettei tsuchi-sho*) for National Health Insurance (NHI) will be mailed in mid-July. The payment deadline for the first period is Mon., August 2. Please make payment after having reviewed the contents of your notice.



◇ **Annual NHI Premium** is the combined total of coverages for medical insurance, for supporting the medical care system for the [latter-stage] elderly, and for long-term care insurance (applied only to households with persons aged between 40 and 64).

	Portion for Medical Treatment	Portion to Support the Elderly, etc.	Portion for Long-Term Care
Per Household Levy	21,900 yen	7,920 yen	6,360 yen
Per Capita Levy	33,720 yen	11,640 yen	13,200 yen
Per Income Levy	8.1%	3.1%	3.0%
Maximum Levy	630,000 yen	190,000 yen	170,000 yen

※ The base income used to calculate the per income levy is the previous year's gross income minus the net loss carried forward and the basic deduction of 430,000 yen.

◇ **Exemption or Reduction of NHI Premiums** may be granted to those who are facing difficulty making premium payments for the following reasons:

- Income has dropped significantly due to job loss, etc.
- Death, serious illness, or incapacity of the head of household (i.e. the main person financially supporting the family) has resulted from the coronavirus.
- The business income, etc. of the head of household (i.e. the main person financially supporting the family) has dropped considerably as a result of the coronavirus.



◇ **Account Transfer Payments** of insurance premiums are convenient and recommended. To make arrangements, please contact the Insurance Section.

◇ **Exemption, Reduction, or Deferment of Treatment Costs** to be paid at medical institutions may be granted to those whose livelihood was determined to be near a public assistance level as a result of a disaster or job loss. **Costs of meals during hospitalization** may also be reduced if the head of the household and all members of the household enrolled in NHI are exempted from municipal tax.

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

Weekend Consultation for NHI Premium Payment

◇ **Date & Time:** Sun., August 1, 10:00 a.m.–4:00 p.m.

◇ **Place:** Counter 11, South Wing 1st Floor, City Hall

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

■ Medical Care System for the Elderly (後期高齢者医療保険 koki-korei-sha iryo-hoken)

Insurance premium determination notices (保険料決定通知書 *hoken-ryo kettei tsuchi-sho*), insurance cards (被保険者証 *hi-hokensha-sho*), and eligibility certificate for ceiling-amount application and reduction of the standard amount of patient liability (限度額適用・標準負担額減額認定証 *gendo-gaku tekiyo-hyojun futan-gaku gengaku ninteisho*) will be mailed out.



◇ **Insurance Premium Determination Notices** for the year 2021 will be mailed in mid-July. The notices will be mailed in or after August to those individuals newly enrolling in the Medical Care System for the [Latter-Stage] Elderly or turning 75 years of age in or after June.



◇ **New Insurance Cards** will be mailed in mid-July. Individuals with **Eligibility Certificate for Ceiling-Amount Application and Reduction of the Standard Amount of Patient Liability** who continue to be eligible will receive a new eligibility certificate along with their insurance card. Starting August 1, please present the new insurance card and certificate at medical institutions.

◇ **Special Measure to Reduce Insurance Premiums on a Per Capita Basis** of 77.5 % will be abolished and the reduction rate will be 70% for the year 2021. To determine the reduction of insurance premiums, the basic deduction used for the calculation will be 430,000 yen raised from 330,000 yen. Furthermore, 100,000 yen multiplied by the number of income earners (i.e. pension and salary) minus one person will be added.

◇ **Exemption or Reduction of Insurance Premiums** may be granted to those who are having difficulty making premium payments for the following reasons:

- Substantial damage was sustained by a natural disaster.
- Income has dropped significantly due to job loss, etc.
- Death, serious illness, or incapacity of the main person financially supporting the family has resulted from the coronavirus.
- The business income, etc. of the main person financially supporting the family has dropped considerably as a result of the coronavirus.



◇ **Exemption, Reduction, or Deferment of Out-of-Pocket Payment** at medical institutions may be granted to those whose livelihood has temporarily dropped below the poverty line due to such circumstances as a disaster or job loss.

◇ **Inquiries:** Medical Care for the Elderly Subsection, Insurance Section

Phone: 0797-38-2037

Hyogo Prefecture Association of Medical Care Services for Older Senior Citizens Office

Call Center: 078-326-2021

(兵庫県後期高齢者医療広域連合事務局 *Hyogo-ken Koki-koreisha-iryo Koiki Rengo Jjimukyoku*)



Outsourcing of Insurance Premium Collection

As a portion of insurance premium collections for National Health Insurance, Medical Care System for the Elderly and Long-Term Care Insurance is outsourced, a private collection service may call for pay a visit.

■ Long-Term Care Insurance (介護保険 *kaigo hoken*)

Insurance Premium Determination Notices for Long-term Care Insurance (LTCI) will be mailed in mid-July.

◇ **The Year 2021–2023 LTCI Premiums for ages 65 years and over** have been revised.

The base monthly premium will be 5,740 yen, a 250 yen increase from the previous year. For details, refer to the pamphlet enclosed with the notice and Ashiya City's website. Insurance premium amounts are calculated based on the previous year's income, etc. of each individual and their family.

◇ **Exemption or Reduction of LTCI Premiums** may be granted to those who are having difficulty making premium payments for the reasons below. Visit the Senior Citizens' Long-Term Care Section before applying for the exemption/reduction.

- Substantial damage was sustained by a natural disaster.
- Income has dropped significantly due to job loss, etc.
- Facing poverty due to low income.
- Death, serious illness, or incapacity of the main person financially supporting the family has resulted from the coronavirus.
- The business income, etc. of the main person financially supporting the family has dropped considerably as a result of the coronavirus.



◇ **Exemption or Reduction of Out-of-Pocket Payment for LTC Services** may be granted to those facing difficulty paying LTC service fees due to job loss or as a result of a disaster, etc.

◇ **Reduction of Costs for Residence, Stay, and Meal** associated with residential care or short-stay may be granted for those with a low income.

◇ **Inquiries:** Senior Citizens' Long-Term Care Section

Phone: 0797-38-2046



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

Broadcast Time: ①9:00 a.m. ②12:00 noon ③3:00 p.m. ④6:00 p.m. ⑤10:00 p.m.



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

Special Cash Payout for Low-Income Families

A special cash payout (低所得の子育て世帯に対する子育て世帯生活支援特別給付金 *tei-shotoku no kosodate-setai ni taisuru kosodate-setai seikatsu-shien tokubetsu-kyufukin*) is available for low-income families impacted by the coronavirus. Those in single-parent families who received the single-family portion of the special cash payout are not eligible.

◇ **Eligible Children:** Those born between April 2, 2003, and February 28, 2022. Between April 2, 2001, and February 28, 2022, for children with a certain level of disability.

◇ **Eligible Recipients:** Father, mother, etc. who is raising an eligible child and the main person financially supporting the family falls under one of the following:

- Exempted from the year 2021 resident tax (per capita levy)
- Income on or after January 1, 2021, has plummeted to the same level as those exempted from resident tax.

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

◇ **Application:**

➤ **Child Allowance and Special Benefits Recipients** do not need to submit an application. Information is being sent to those eligible from the end of June and payout deposits will be made starting mid-July.

➤ **Others** must submit an application. Information and application forms will be sent out at the end of July to households with an eligible child as of July 1, 2021. Eligible recipients should submit an application between August 2021 and February 28, 2022.

※ Application forms are scheduled to be available at the end of July.

◇ **Inquiries:** Child-rearing Promotion Section

Phone: 0797-38-2117



Routine Vaccination for Children



Vaccines are effective in preventing infectious diseases by building immunity against them. Refer to the immunization schedule on the Ashiya City website for the types of routine vaccination available and the age ranges to have them.

It is important to remember to have your child vaccinated as soon as they become old enough to receive each vaccine. The second period of the MR vaccine (measles and rubella combined) and the DT vaccine (diphtheria and tetanus combined) are often forgotten.

➤ **MR vaccine (MR 混合2期 *MR kongo niki*):** Children born between April 2, 2015, and April 1, 2016 (*nencho* age children)

➤ **DT vaccine (二種混合 *ni-shu kongo*):** Children 11–12 years old, by age 13.

※ Bring the Maternal and Child Health Handbook (母子手帳 *boshi techō*) of the child for each vaccination.

◇ **Inquiries:** Health Center

Phone: 0797-38-1586



COVID-19 Self-Support Money for the Needy

Households that have received a second loan from the Comprehensive Support Fund (COVID-19 Special Loan) are eligible to receive support money.

- **Eligible Household:** Household that corresponds to any of the following criteria
 - ◆ Having received a second loan from the Comprehensive Support Fund (COVID-19 Special Loan) or expecting August as the last month of borrowing
 - ◆ Re-loaning from the Comprehensive Support Fund (COVID-19 Special Loan) was disapproved.
 - ◆ Having consulted about re-loaning from Comprehensive Support Fund (COVID-19 Special Loan), but could not apply.
- * There are separate requirements for income, assets and job-searching activities, etc. to receive support. Please refer to the city's homepage
- **Monthly Allowance:** 60,000 yen for one person household / 80,000 yen for a 2-person household / 100,000 yen for a household of 3 or more members
- **Payment Period:** 3 months
- **How to Apply:** Send by mail the completed form (downloading available from city's Homepage), or bring application to the counter of Community Welfare Section with advance notice during July 1st – August 31st
- **Inquiries and Mailing Address:**
Community Welfare Section (Phone: 0797-38-2040)
(〒659-8501 address unnecessary)



Please Know this "Help Mark"

If you notice this "Help Mark", you are requested to act with consideration, such as offering your seat in the train, bus, etc. The Mark is distributed free of charge.

- ☐ **Who can obtain "Help Mark" ?**
Those who have internal physical disorders, or are in early pregnancy, etc., and need attention from the people around, but are actually hard to be noticed in outward appearance can obtain it.
- ☐ **Where is it distributed ? :**
Community Welfare Section / Livelihood Assistance Section /
Disability Welfare Section / Senior Citizens' Long-term Care Section /
Health Center (Health Section) / Livelihood Assistance Center for the Aged
- ☐ **Inquiries:** Community Welfare Section (Phone: 0797-38-2153)

Hiroshima-Nagasaki Atomic Bomb Exhibition

- ◆ **Day/Content:**
 - [The first period] 1:00p.m., July 26th – July 30th
"Photo Exhibition: The atomic bomb and Human beings"
 - [The latter period] Noon, Aug. 2nd – 3:00 p.m., Aug. 6th
"Atomic bomb Paintings by high school students in Hiroshima"
- ◆ **Location:** Display corner 1F City Office North Wing
- ◆ **Inquiries:** Ashiya City A-bomb Victims Association (Phone: 0797-31-6144)



Electronic Payment of Taxes and Other Public Charges

Due to reported concerns over the management of personal data, as of March 30, 2021, Ashiya City suspended LINE Pay as one of the electronic payment services accepted such as for city taxes, insurance premiums, and water services.

As LINE Pay is confirmed to have met the guidelines laid out by the Japanese government, Ashiya City believes that LINE Pay is now safe to be used by its citizens and will resume accepting LINE Pay.



◇ Applicable Electronic Payment Services:



◇ Inquiries:

Municipal/Prefectural Tax (ordinary collection)	Management Subsection, Taxation Section	☎0797-38-2015
Property Tax and City Planning Tax		
Light Vehicle Tax		
National Health Insurance Premium	Collection Subsection, Insurance Section	☎0797-38-2226
Premiums for Medical Care for the Elderly	Medical Care for the Elderly Subsection, Insurance Section	☎0797-38-2037
Water Charge and Sewer Fee	Customer Center, Water and Sewer Department	☎0797-38-2082

1.17 Ashiya Pheonix Fund Subsidy

The fund supports volunteer activities by citizen groups and college students. Certain conditions apply for the subsidy. Visit the Ashiya City website for details.

◇ Qualifying Activities:

- Activities to provide support for disaster victims, and for the recovery and reconstruction of disaster-stricken regions.
- Activities to raise awareness of disaster prevention and preparedness, and to establish voluntary disaster prevention organizations.
- Activities to train volunteers for disaster prevention and preparedness, and for the reconstruction of disaster-stricken areas.
- Activities to pass down the lessons learned from the Great Hanshin-Awaji Earthquake.
- Exhibitions of materials showing the disaster, recovery, and reconstruction from the Great Hanshin-Awaji Earthquake.
- Memorial services and other activities in memory of the Great Hanshin-Awaji Earthquake.
- Any other activities that are in line with the objectives of the 1.17 Ashiya Pheonix Fund.



◇ Inquiries: Policy Promotion Section

Phone: 0797-38-2127

Report and Request from Ashiya City Refuse Disposal Center

Levels of lead exceeding the recommended amount has been detected in particles of soot processed from garbage incinerated at the Ashiya City Refuse Disposal Center. We also see garbage bags with inadequate separation of bottles and cans.

Please make sure to separate them properly.

※There is no health hazard or environmental impact as a result of this incident.

※Particles of soot: This is the ash that is scattered and adheres to the special filter when garbage is incinerated. The ash that scatters when burned is called incinerator ash, and is referred to separately from the ash that scatters during incineration.

<How to dispose products containing lead>

Small electrical products containing lead

Lead batteries



→Lead batteries cannot be collected by the city.

Please contact your dealer.

Electric wire and cables



→To non-burnable garbage

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

※ For further information on how to separate and dispose garbage, please refer to the Household Garbage Handbook distributed to all households in March 2020.



→ To non-burnable garbage

Weights for fishing or training

Golf club heads, etc.



→To non-burnable garbage

Instagram

of THIS MONTH



kuaaina2021 さん



satchy023 さん

We are accepting your favorite spots in Ashiya. Please submit at #ahiyagram2021 The acceptance will be noticed directly from the account @ashiyacity_official Photos must be taken by the applicant him/herself and must be admitted by the subject (in case of person)

Reading Time for Adults with Temporary Child-care

- Date and Time: Mon., July 19th / Tue., July 20th 10:00.-11:30 a.m.
- Place: Gender-Equality Center (With-us Ashiya)
- Eligibility: Parents (including grandparents) with preschool children over 6 months
- Cost for day-care /Capacity: 300 yen per child / Up to 3 children
- How to Apply: Visit, call or E-mail by Wed., July 7th
* Lottery will be held if the number of applicants exceeds the quota.
- Application and Inquiries : Gender-Equality Center
(Phone: 0797-38-2023) <E-mail: josei-ce@city.ashiya.lg.jp >



Gardening Classes at Ashiya Grand Park (Sogo Koen)

Content (Class name)	Date / Time	Cost	Application Deadline
(1) "Let's grow vegetables; easy and enjoyable ! #4"	Thu., July 8 th 10:30 a.m.-Noon	500 yen	Tue., July 6 th
(2) "Create a refreshing arrangement of green leaves"	Thu., July 15 th 10:30 a.m.-Noon	1,500 yen	Thu., July 8 th
(3) "Create a wall-hanging using a <i>Kaleido</i> Frame"	Sun., July 18 th 10:30 a.m.-Noon	2,500 yen	Sun., July 11 th
(4) "Create a pot of assorted summer plants full of energy"	Mon., July 19 th 1:30-3:00 p.m.	2,500 yen	Mon., July 12 th
(5) "Create an arrangement for offering "	Thu., July 22 nd 10:30 a.m.-Noon	2,000 yen	Thu., July 15 th

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



Artwork Wanted for the 35th Ashiya Citizen's Painting Exhibition

[Exhibition Period and Place]: September 8th -12th / Citizens' Center

- ◆ Requirements for Artworks: Size 6 or smaller works (Japanese and Western Style paintings, India-ink drawing, a woodcut and illustrations); your own work and not made public yet.
* The artwork should be framed and ready to hang with a string and a fastener.
- ◆ Eligibility: Anybody living, working or studying (high school students and over) in Ashiya
- ◆ Exhibition Cost: 500 yen
- ◆ Application and Carrying in of Artwork:
Date and Time: Sun., September 5th 10:00 a.m.-2:00 p.m.
Place: Bring directly to the exhibition site in Citizens' Center
- ◆ Inquiries: Desk in charge of "Citizens' Painting Exhibition",
Ashiya Citizens' Center (Phone: 0797-31-4995)



Ashiya Citizen's Golf Competition



- Date and Start Time: Wed., Aug. 25th 8:00 – 9:45 a.m.
- Place: Ashiya Country Club
- Eligibility and Capacity: 120 men and women, 20 years or older, living or working or belonging to any sports club in Ashiya and participants in Ashiya Citizens' Golf Day.
* If applications exceed the quota, a lottery will be held with priority to those living or working in Ashiya.
- Cost: 15,000 yen
- Play System: Half-round Double Peoria System using back 9 holes for exchange round
- How to Apply: E-Mail or send by post a completed application form to the address written below by Tue., July 13th. Application form and guide lines are also available there.
- Inquiries and Mailing Address:
Ashiya Citizen's Golf Competition Office, c/o Gymnasium and Youth Center
15-3 Kawanishi-cho 659-0072
(659-0072 川西町 15-3 体育館・青少年センター内 芦屋市民ゴルフ大会運営事務局)
(Phone: 0797-38-3989) <E-mail: info@ashi-taikyo.jp>

-Sports Exhibition Experience Event-

"Formula Car Riding Experience"

You can experience riding in the cockpit of the Super FJ Machine which Racing Driver Juju Noda drove !



Super FJ Car; offered by
NODA Racing Academy

- ◆ Date/Time: Sun. July 11th 1:00-3:00 p.m.
- ◆ Location: Front yard of Museum of Art and History
- ◆ Application and Inquiries:
Museum of Art and History (12-25 Ise-cho 659-0052)
(Phone: 0797-38-5432 / Fax: 0797-38-5434)

Sport-Climbing Experience

- ☐ Date/Time: Thu., August 5th (1) 10:30-11:30 a.m. (2) 1:30-2:30 p.m. (3) 3:00-4:00 p.m.
- ☐ Experience: Sport-climbing using a temporary bouldering wall
- ☐ Eligibility/Capacity: 10 elementary school children in the 1-3 grade, living in Ashiya
* Lottery will be held in case of too many applicants.
- ☐ What to bring: Indoor shoes, a towel and a drink
- ☐ How to Apply: E-mail with the Title (スポーツクライミング体験会), your name and address, phone number, date of birth, name of your elementary school and name of your leader (only one person per participant) to the Sports Promotion Section by Thu., July 15th.
- ☐ Mail address and Inquiries: Sports Promotion Section (Phone: 0797-22-7910)
(E-mail: sport@city.ashiya.lg.jp)



Display of Picture Books on Peace and Reading to Children

<Display Period>: July 1st -20th

<Reading to Children>

- ☐ Date and Time: Tue., July 13th 10:00-11:00 a.m.
- ☐ Content: Thinking anew about the tragedy of war and importance of peace
- ☐ Capacity: 20 children (Adults are also welcome !)
- ☐ How to Apply and Inquiries:

Call to Human Rights and Gender Equality Section on and after July 1.

(Phone: 0797-38-2055)



Summer Holidays Classes for Children

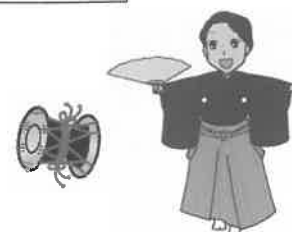


Class name/ Content	Date / Time
◆ <i>Yūkata</i> Fitting Class and Japanese Dance experience	Sun., July 25 th 10:30 a.m.-Noon.
◆ Parent-child Tea Ceremony Experience	Sun., July 25 th 2:00-3:30 p.m.
◆ Parent-child Exercise : How to Walk to Activate your Brain	Mon., July 26 th 3:00-4:30 p.m.
◆ Photo class for children: Let's leave a memory of summer !	Fri., July 30 th 2:00-3:30 p.m.
◆ Singing Class: Let's sing together with a hand-cranked music box	Sun., Aug. 1 st 2:00-3:30 p.m.
◆ Workshop: Enjoy Balloon Class	Mon., Aug. 2 nd 10:00.-11:30 a.m.
◆ Tidying Up Class: Parent-child Learning about Storage	Wed., Aug. 4 th 3:00-4:30 p.m.
◆ Cooking Class: Bake funny face icing cookies	Fri., Aug. 6 th 10:30 a.m.-Noon / 2:00-3:30 p.m.
◆ Nursing Care Workshop	Sun., Aug. 8 th 10:30-Noon
◆ <i>Nohgaku</i> Workshop: <i>Shimai</i> (Dance) and <i>Kotsuzumi</i> (small shoulder drum) Experience	Wed., Aug. 11 th 2:00-3:30 pm.
◆ Parent-child Exercise: Yoga and Stretch Class	Fri., Aug. 20 th 2:00.-3:30 p.m.
◆ Parent-child Disaster Prevention Workshop, useful in case of emergency	Sat., Aug. 21 st 3:00-4:30 p.m.
◆ Parent-child "Class on Money" by Ms. Yukiko Doi	Sun., Aug. 22 10:30 a.m.-Noon / 2:00-3:30 p.m.

■ Place: Citizens' Center

■ How to Apply: Please apply from this QR Code
No later than 5:00 p.m. on July 15th

■ Inquiries: Citizens' Center (Phone: 0797-35-0700)



Ashiya School Lunch Recipes

■ Bitter Melon and Pork *Kakiage* (tempura fritters)

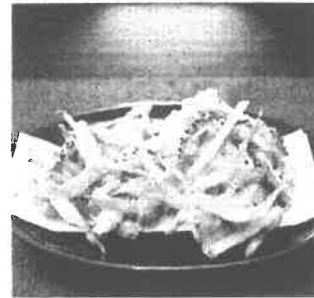
The green of the bitter melon (*goya*) stands out in this *kakiage*. Deep-frying helps soften the bitterness, making the bitter melon more palatable. This is a delicious bitter melon recipe.

□ Ingredients (5 *kakiage*):

50 g bitter melon (*goya*)
100 g onions
50 g carrots
100 g sweet potatoes (*satsumaimo*)
50 g pork
Oil for deep-frying

➤ Batter:

65 g flour
5 g potato starch
(*katakuriko*)
½ tsp salt
70 ml water



□ Directions:

1. Cut the bitter melon lengthwise, remove the seeds, and slice diagonally into 5 mm thick strips.
2. Slice onions to 5 mm thickness. Cut carrots and sweet potatoes into bar rectangles. Cut pork into 2 cm thick strips.
3. Mix and coat meat and vegetables with the dry batter ingredients. Add 70 ml of water and roughly mix everything together. Do not overmix.
4. Prepare 5 square pieces of parchment paper that are approximately 15 cm on each side. Divide and shape the fritter batter onto the parchment papers.
5. Heat oil to 170°C. Slide the parchment papers with the fritter batter into the preheated oil to deep fry.
6. Once the fritter holds its shape, shake the parchment paper off. Flip the fritter over and continue to deep fry until crisp.



Radio Calisthenics Workshop

◇ **Date & Time:** Sun., July 18 **Morning Session:** 10:00–11:30 a.m.

Afternoon Session: 1:00–2:30 p.m.

Capacity: 20 people maximum each session

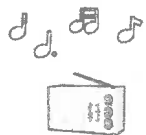
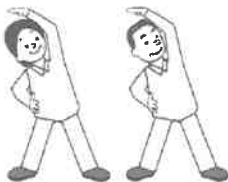
Bring: Towel, something to drink, etc.

Wear comfortable clothing to exercise in

◇ **Registration:** At the Sports Promotion Section below by July 14. Submit your name, date of birth, address, phone number, and the session you wish to attend.

◇ **Inquiries:** Sports Promotion Section Phone: 0797-22-7910 / Fax: 0797-22-1633

Email: sport@city.ashiya.lg.jp



Summer Break Puppet Theater

◇ **Program:** *Onara Jiisan* (Farting Grandpa), etc.

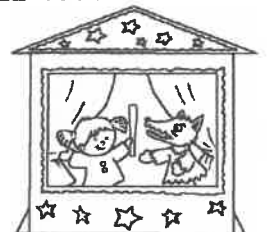
◇ **Date & Time:** Tue., July 27, 10:15–11:15 a.m. (door opens at 10:00 a.m.)

◇ **Capacity:** Toddlers (0-year-olds and over) and their parent/guardian (26 maximum)

◇ **Registration:** At the number below or in person from July 14, 2021, 1:30 p.m.

◇ **Inquiries:** Municipal Library

Phone: 0797-31-2301



Human Rights Theater: “On The Edge of Their Seats”
(2020 Japan, 75 min.)

- ◆**Date & Time:** Sat., July 31 (1) 10:00a.m.– (2) 1:30 p.m.–
- ◆**Venue:** Kamimiyagawa Cultural Center
- ◆**Capacity:** 60 people each showing
- ◆**Things to bring:** Indoor shoes, a bag for shoes
- ◆**Application:** Apply to the following center by phone from 9:30 a.m. on July 28.
- ◆**Inquiries:** Kamimiyagawa Cultural Center (Phone: 0797-22-9229)



**Lively Cinema Salon: “Nausicaä of the Valley of the Wind”
“Spirited Away”**

■ **Date & Time:**

Sat., July 17 (1) 10:10 a.m.– (2) 1:00 p.m.– (3) 4:00 p.m.–

Sat., July 31 (1) 10:10 a.m.- (2) 1:30 p.m.- (3) 4:30 p.m.-

■ **Capacity:** 220 people

500 yen for elementary school students

* Preschoolers are not allowed.

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



Art & Animation Class for Junior and Senior High School Students

☐ **Inquiries:** Public Relations and International Exchange Section (Phone: 0797-38-2008)

A book cover for 'Cartoon Animation' by David A. Reed. The title is at the top in large, bold, black letters. Below it are four square panels showing different cartoon characters: a man in a suit, a bird-like character, a character in a tank top, and a character in a sweater. The background is white with some small black dots.

Save Energy During the Summer

Please be careful to avoid heat stroke during the hot and humid summer and use fans and air conditioners to cool down the room temperature, and drink plenty of water. However, your efforts to save electricity are also appreciated.



■ Tips to Save Power:

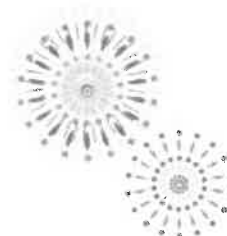
- ① Set a moderate temperature (27–28°C) on the air conditioner when cooling your room.
- ② Draw the blinds or block-out curtains to prevent the heat from coming through the window and warming up the room.
- ③ Clean the air conditioner filters every two weeks.
- ④ On arriving home, open the windows before turning on the air conditioner to force hot air out.

■ Inquiries: Environment Section (Phone: 0797-38-2051)

Follow the Rules on Fireworks

■ Make sure to adhere to the following safety rules.

- Stop using fireworks when there is a strong wind.
- Don't point fireworks at people or homes.
- Don't light fireworks in an area with flammable items
- Be careful to make sure that clothes don't catch on fire.
- Be sure to keep a bucket of water nearby.
- Pick up leftover garbage and bring it home.



※ Skyrocket or fireworks causing deafening sounds are not allowed in public spaces in the whole city from 9:00 p.m. to 6:00 a.m. the next day.

※ Firework is prohibited all day in and around Shio-Ashiya Beach.

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

Be Aware of Photochemical Smog

Photochemical Smog refers to a chemical reaction of sunlight, nitrogen oxides, and organic compounds in the atmosphere. It occurs particularly from summer through autumn. When a photochemical smog warning has been issued, make sure to adhere to the following rules.



- ① Avoid outdoor exercise and try to stay indoors as much as possible.
- ② Whenever you feel irritation of eye, nose or throat, quickly wash your face and gargle.
- ③ When you have severe symptoms, consult your doctor.

※ You can check updated information of Photochemical Smog Warning by PC or smartphone.

■ Inquiries: Environment Section (Phone: 0797-38-2051)

Doctors on Call for Emergencies on Sundays and Holidays



●Evening Medical Care Rotation *8:00 p.m.–11:00 p.m. on Friday		
July 2	Otani Orthopedics & Eye Clinic (Orthopedics)	☎ 0797-34-7077
July 9	Sawada Clinic (Internal Medicine)	☎ 0797-23-7117
July 16	Fujisaki Orthopedics & Surgery Clinic (Orthopedics)	☎ 0797-38-0107
July 30	Nagamatsu Clinic (Surgery)	☎ 0797-32-3399

- Be sure to wear a face mask when you visit the 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)

■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)

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

(1-4-1, Wakinohama Kaigan-dori, Chuo-ku, Kobe City) (Located 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

Information on COVID-19 Vaccination (free of charge)

■ About distribution of vaccination coupons and reservation



【People Aged 12–59 (born between April 2, 1962 and August 31, 2009)】

- Ashiya City is planning to send out vaccination coupons on Sat., July 3.
- Appointment start date will be announced as soon as possible.
- ※ Reservations will be made by stages according to the age group to avoid confusion.

【Children between the ages of 12 to 15】

- In principle, parental consent and accompaniment will be required
- Children who are 12 years of age and older on the day of vaccination are eligible for the vaccination.
- As for children who were born after September 1, 2009, Ashiya City will send the coupons one month before their birthdays.

【People Aged 60–64 (born between April 2, 1957 and April 1, 1962)】

- Vaccination coupons will be mailed to you on Fri., June 25.
- Reservation starts from 9:00 a.m. on Mon., June 28.

【People Aged 65 or Older (born before April 1, 1957)】

- Currently accepting. if you wish to receive the vaccine, please make a reservation online or by phone.

【Health care workers in elderly care facilities】

- Ashiya City is sending out vaccination coupons to eligible facilities in the city.

【People Aged 12–59 with Underlying Medical Conditions】

- People with underlying conditions who can receive the vaccination coupon without applying in advance
 - ◆ A person who holds a physical disability certificate (impairment of respiratory function, cardiac dysfunction, impairment of liver function)
 - ◆ A person who holds an intellectual disability certificate
 - ◆ A person who holds a mental disability certificate
 - ◆ A person who falls under the category of “severe and continuous” in self-supporting medical care (psychiatric hospital care)
- Vaccination coupons were mailed to those eligible on Fri., June 25.
- Reservation starts from 9:00 a.m. on Mon., June 28.

■ **People with underlying conditions who need to apply in advance other than those mentioned above**

■ Vaccination coupons will be mailed to those eligible on Sat., July 3.

◆ **People who applied in advance by Wed., June 30 can make a vaccination reservation from 9:00 a.m. on Wed., July 7.**

◆ **People who will apply on or after Wed., July 1 will be able to make a vaccination reservation in about two weeks' time.**

<How to apply in advance> Apply online or by mail.

- If you apply by mail, send an application form with your name, date of birth, registered address, the number of your condition and the condition name mentioned below to the following center.
- Mailing Address: COVID-19 Desk, Ashiya City Health Center
(14-9 Kurekawa-cho, 659-0051)
- Application is not accepted by phone, fax and at the window.

<Criteria for a person with an underlying medical condition>

1. People with the following illnesses or conditions who receive outpatient or inpatient care

- ① Chronic respiratory disease, chronic heart disease (including hypertension), chronic kidney disease, chronic liver disease (including liver cirrhosis)
- ② Diabetes being treated with insulin or medication, or diabetes associated with other disease
- ③ Blood diseases (excluding iron deficiency anemia)
- ④ Diseases that impair the functioning of the immune system (including malignant tumors under treatment)
- ⑤ Receiving treatment that depresses the immune system, including steroids
- ⑥ Neurological and neuromuscular diseases associated with immune abnormalities
- ⑦ Decreased body functions due to the neurological or neuromuscular diseases (including breathing disorders)
- ⑧ Chromosomal abnormality
- ⑨ Severe mental and physical disabilities (severe physical disabilities and severe intellectual disabilities)
- ⑩ Sleep apnea syndrome
- ⑪ Severe mental illness (hospitalized for treatment of mental illness, holding a mental disability certificate or falling under the category of “severe and continuous” in self-supporting medical care (psychiatric hospital care)) or intellectual disabilities (holding a intellectual disability certificate)

2. Persons who meet the criteria for obesity (BMI of 30 or above)

■ **Reservation for group vaccination venues/Ashiya Municipal Hospital/Individual medical institutions**

Make a reservation online or over the phone. Please make sure to have your vaccination coupon ready as your 10-digit coupon number will be necessary to make an appointment.

【Telephone Appointment】

Ashiya City COVID-19 Vaccination Call Center ☎ 0797-31-0655

(Hours: Mon.-Fri. 9:00 a.m.-5:30 p.m. / Sat. & Sun. 10:00 a.m.-6:30 p.m.)

※ Please make sure to dial the correct number.

※ For those who need special assistance due to hearing or language problems, please contact us by fax in advance. (Fax number: 0797-31-1018)

【Online Appointment】

You can make a reservation using the QR code or the city's website.

■ **Things to bring when getting the vaccine**

●Vaccination coupon ●Pre-vaccination screening questionnaire ●Your identification documents (health insurance card, driver's license, My Number Card, etc.)

* If you have your medicine handbook, please bring it with you.

■ **About individual vaccination at local clinics**

A local clinic for every eligible person has been added to the list as mentioned below.

●59. Ashiya Clinic Nozomi (3-84 Yoko-cho)

*Reservation starts from July 1. Inoculation starts from July 12.

*Please do not call or visit the clinic directly. The clinic doesn't accept reservations.

PUBLISHED BY
Ashiya Municipal Shio-Ashiya Exchange Center
(Designated administrator: Ashiya Cosmopolitan Association)

7-1 Kaiyo-cho, Ashiya City
Phone: 0797-25-0511 Fax: 0797-25-0512