

# THE OSMONET

February 2022 (vol.295)

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



## **Foster Parents System**

There are about 45,000 children in Japan and more than 1,500 in Hyogo Prefecture who cannot live with their parents for various reasons such as their parents abandoning them, divorce, illness, child abuse and so on. The foster parenting is an important system to give these children an opportunity to grow up in a family environment.

## Why do they need a foster family?

In a foster family, children will become attached to the foster parents and live in a safe and secure home environment, and they will develop self-esteem and be able to establish trusting relationships with many different people.

When they create their own family in the future, it is the image of the foster family they experienced that provide them with clues as to how to build their family. Spending time in a secure home from childhood will give them strength to live for the future.



### Various forms of foster families

**Foster parenting** – want to look after the child for a certain period of time



⇒ Children in need of protection between 0 and 18 years old need fostering for a certain period of time.

**Adoption** – want to legally establish a parent-child relationship



⇒ This is for foster parents who wish to adopt children in need of protection.

**Seasonal or weekend foster care** – want to look after children just on days off



⇒ This is the system to accept children into your home for a few days during New Years, summer vacation and weekends.

### Eating meals together. That's all



I started becoming a foster parent when my daughter said, "There's weekend foster care. Why don't you try it? The reason I have been able to continue foster parenting for 17 years is because I enjoy seeing children happy, it makes me happy. Just having meals together at my home softens their hearts. I can feel that we are becoming a family as children when the children openly ask for affection and express their joy with their whole body.

My first foster child was a very active kindergarten boy, but it wasn't hard for me, as I had experience of raising three children. However, I became ill during the foster care period and I could no longer look after him and take a break for about 2 years. I wanted to spend more time with him. I thought to myself: I would like to go on working with children seriously as a foster parent.

I also had an experience looking after a three-year-old boy who wore headgear because of his illness. He could not eat or talk by himself and could barely walk 5 meters. He tried to eat one spoonful and after eating the second spoonful, he brought it up. I regretted I didn't know how much he could eat and decided to increase the amount

of food little by little. It made me realize that we closely need to understand and check up the child's condition.

One thing that left a deep impression on me was an encounter with a girl. She was a *first grade high school student who had run away from home and came to my home*. She seemed not to have taken a bath for a long time and smelled a bit. While she was taking a bath, I asked if I could wash her clothes and washed them. I told her I wouldn't wake her up next day so that she could sleep as long as she wanted. She slept until almost noon. Would you like to eat something? Do you want to sleep a little longer? When I asked her if she wanted to eat, she jumped up and said she wanted to eat. It was temporary care, so she left after one night. I asked her, "How was your short stay?" She said she was very relieved. I felt the need to foster her because I knew that she would be able to become a normal girl who would never run away from home just eating and living with us. I also do temporary emergency care, so before this interview, I had prepared the room, bedding and food.

There are still very few foster families in Ashiya, so I want people to know about our experiences first. You can choose various types of foster care based on your own lifestyle. There's nothing difficult. All you have to do is to make one more extra meal and eat it together. The children are not too fussy about food, so, it's worth making. Being a foster parent is a lot of fun.

Ms. Yamashita

### < Steps to be a foster parent >

It is not necessary to have a special qualification to become a foster parent. However you need to get training and go through interviews to ensure that children live in a safe and secure home environment to start out in life.



**Consultation** ⇒ Contact the Nishinomiya Child and Family Center. The system will be explained in detail.



**Training and home visits** ⇒ Learn about the parent system, children's rights and childcare and practice at an infant home. The staff of the Child and Family Center will make home visits.



**Registration** ⇒ Registration as a foster parent is completed after a prefectural screening.



**Meeting the child** ⇒ The center will introduce you to the child and after visiting the child, going out and staying overnight, you will officially be entrusted with the child.



**Entrusted as a foster parent**

### <Foster Parenting Q and A>



**Q:** Is there an age limit for foster parents?

**A:** There is no specific age limit. The age limit is determined based on the length of time *the child has been in foster care and the age of the foster parents.*

**Q:** Can a working couple be a foster parents?

**A:** Yes, as long as it does not interfere with the child's upbringing. Nursery school and after-school children's clubs can be used if necessary.

**Q:** Can I become a foster parents even if I have my own child?

**A:** Yes, you can. Ideally, you should inform your own child of your intention to become a foster parents and get their understanding before starting to foster. The age and gender of your child may also be taken into consideration when deciding which child to foster.

Inquiries: Nishinomiya Child and Family Center

(Phone: 0798-71-4670/ Fax: 0798-74-2538)

### Foster Parents as the Center of Social Care (Abridged)

Social foster care is a program for children who cannot live with their parents for various reasons, and until recently children's homes assumed responsibility for these children.

There used to be orphanages which accepted war orphans and juvenile vagrants after the war. Since then, as society has changed, family situations have also changed, and



such facilities have been under investigation for child abuse. We live in an age of diversification, and it is not enough for a facility to be the only recipient of social foster care. Now we aim to "create a permanent home" as an alternative, a nurturing home environment, by making foster care and special adoption the mainstream alternative.

During my 19 years of experiences in children's home, I often felt that children who could not live with their family in the future, would be better in foster care or adoption rather than growing up in children's homes. It is important to create an environment that meets the needs of children and families. The basic idea is to "create an environment that is similar to a home, and foster parents play a central role. Foster homes need to be reorganized as a new function and it is necessary to form a systematic social care system.

The most important thing for foster parents is to live a normal life with their foster children, offering them food, clothing and shelter, creating an environment where the children can grow up happy. We hope that as many people as possible will become foster parents and make space in their community where children who need social support can live with peace of mind.

Mr. Harada Junya

Associate Professor at Sonoda Women's University

## Information Meeting for Foster Parenting

Anyone who is interested in fostering a child in their home is welcome to attend.

Date and Time: Tue., February 22 10:00 a.m. – 4:00 p.m.

✧ Information Meeting 10:00 – 11:10 a.m. / 1:30 – 2:40 p.m.

✧ Individual consultation 11:10 a.m. – 12:30 p.m. / 2:40 – 4:00 p.m.

Reservation is available.

※ At the Meeting, there will be talks about children living in children's homes, foster parents' experiences, and interviews.

Venue: Ashiya City Hall, East Wing 3F Meeting Room 3

Inquiries and Application: *Ashiya-shi, kodomo katei soudan shienshitsu*

Children/Family General Support office

(Phone: 0797-31-0643 /Fax: 31-0647)

E-mail: [kosodate@city.ahiya.lg.jp](mailto:kosodate@city.ahiya.lg.jp)



## Field Trip to “Zannen ishi”, Unfortunate Stones

– The 400<sup>th</sup> Anniversary for Tokugawa Osaka Castle Higashi-rokko Quarry–

During the rebuilding of Tokugawa Osaka Castle in the 1620s, many granite stones were quarried from Higashi-rokko Quarry.

There were, however, many stones which were left behind on the way to Osaka for some reason. They are called, “zannen ishi”, unfortunate stones. We'll visit Rokurokuso-cho and Iwazono-cho under curator's guidance.

It will be a long walk on hilly places.

✧ Date and Time: Sat., March 19 1:30 p.m. ~

✧ Capacity: 10 people ( First-come-first served basis)

✧ Lecturer: Curator at Board of Education

✧ Application: Please apply by E-mail or by phone from February 7 to 28.

Inquiries: Lifelong Learning Section (Phone: 0797-38-2115)



Rokurokuso-cho



Rokurokuso-cho

## Monthly First-Aid Training Class

✧ Date and Time: Sun., February 27 9:30 a.m. – 12:30 p.m.

✧ Venue: 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 February 25.

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



## Information about COVID-19 Booster Shots (3<sup>rd</sup> dose)



### ■ Vaccination Sites & Schedule

Vaccination Site	Vaccination Date	Hours	Manufacturer of Vaccine
Health and Welfare Center (14-9 Kurekawa-cho)	Sun., Feb. 6, Sat., Feb.12, Sun., Feb.13	1:30-4:00 p.m.	Pfizer vaccine
	Sat., Feb.19, Sat., Feb.26, Sun., Feb.27, Sat., March 5, Sun., March 6, Fri., March 11, Sat., March 12, Sun., March 13, Fri., March 18, Sat., March 19	1:30-6:00 p.m. (On Friday: 1:30-4:00 p.m.)	Takeda/Moderna vaccine
Individual Medical Facilities	Mon., Jan. 24-	depending on each medical institution	Pfizer vaccine

- \* Further information about vaccination schedule will be announced in the city newsletter, *Koho Ashiya* or on the city website.
- \* The Pfizer vaccine is to be administered at individual medical facilities for the time being, but the vaccine by Takeda & Moderna Inc. will also be used at some medical facilities. Please check the manufacturer of vaccine before making a reservation.
- \* This information is subject to change depending on national trends, etc.
- \* Please wear clothes that you can show your shoulder easily.
- \* As for a list of individual medical facilities, please check in the Jan. issue of *Koho Ashiya* or on the city website.
- \* Ashiya Municipal Hospital is cooperating with medical institutions and only accepts reservations from people in high-risk groups, such as those with allergies.

### ■ How to Make a Reservation

◆ Online (Web) Reservation: Make a reservation online from City Website.

◆ Ashiya City COVID-19 Vaccine Call Center (Phone: 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.

\* When you call, please make sure to have your vaccination coupon ready.

\* If you need help because of difficulty hearing or speaking Japanese, fax us for consultation. (Fax: 0797-31-1018)

\* We cannot accept a reservation by fax.



## ■ Mailing of Vaccination Voucher & Vaccination Starting Time

The Ministry of Health, Labor and Welfare has said that the booster shots should be given to people aged 18 and older after eight months have passed since their second shot. However, it has been decided to shorten the interval between the second and the third shot to give booster shots starting in March. Consequently, the city is reviewing the timing for mailing vaccination vouchers to Ashiya citizens.

### 【Medical workers, Elderly nursing home residents and workers】

Vaccination Starting Time	Vaccination vouchers will be mailed to your home according to age group indicated below.
Six months after receiving the second shot	

\* People who wish to receive vaccination vouchers after the six-month interval need to apply in advance using the 2D code on the right.

### 〈In-advance Application for Booster Shots〉

If you are a healthcare worker, or you moved into Ashiya City after getting two doses of the COVID-19 vaccine in another municipality, or if your vaccination voucher doesn't arrive eight months after your second shot, please call the call center indicated above or access the city website, or use the 2D code on the right.



### 【People aged 65 and older (born before April 1, 1957)】

The time of the 2 <sup>nd</sup> dose	Mailing time of vaccination voucher	Booster shots starting time
By July 13	Already mailed	<b>(In February)</b> <b>7 months</b> after receiving the second shot <b>(From March)</b> <b>6 months</b> after receiving the second shot
July 14-20	Mon., Jan 31	
July 21-27	Thu., Feb. 3	
July 28-Aug. 10	Mon., Feb. 7	
Aug. 11-Aug. 24	Thurs., Feb. 10	
Aug. 25-Aug. 31	Thurs., Feb. 17	
Sept. 1-Sept. 7	Mon., Feb. 21	
Sept. 8-Sept. 14	Mon., Feb. 28	
Sept. 15-	No later than 6 months after the second shot	



**【People aged 18–64】**

The time of the 2 <sup>nd</sup> dose	Scheduled mailing time of vaccination voucher	Booster shots starting time
By June 28	Already mailed	<b>(In February)</b> <b>8 months</b> after receiving the second shot <b>(From March)</b> <b>7 months</b> after receiving the second shot
June 29–July 6	Mon., Feb. 7	
July 7–27	Thurs., Feb. 10	
July 28–Aug. 3	Mon., Feb. 14	
Aug. 4–Aug. 10	Thurs., Feb. 17	
Aug. 11–Aug. 17	Mon., Feb. 21	
Aug. 18–Aug. 24	Mon., Feb. 28	
Aug. 25–	No later than 7 months after the second shot	

**Mass Vaccination Sites by Hyogo Prefecture (Takeda/Moderna)**

◆ **Nishinomiya Vaccination Site (former Nishikita vaccination site)**

Address: 2–28 Fakazu-cho, Nishinomiya City, 350 m south of Hankyu Railway Nishinomiya-kitaguchi Station



◆ **Himeji Vaccination Site (former Himeji City Culture Center)**

Address: 426–1 Nishinobusue-cho, Himeji City

※ Shuttle bus is available from JR Himeji Station

Vaccination Dates	Hours of Operation	Manufacturer of Vaccine
Fri., Jan. 14–	10:00 a.m.–1:00 p.m. 2:30–5:00 p.m.	Takeda/Moderna

◆ **How to make a reservation**

Hyogo Prefecture COVID-19 Vaccination Call Center (Phone: 0570-033-185)

Hours: 9:00 a.m.–6:00 p.m. (including Sat., Sun. and holidays)

- \* Avoid double booking with municipalities and mass vaccination sites by Hyogo Pref.
- \* Osaka Mass vaccination site by Japan Self-Defense Forces is scheduled to open on Feb. 7. Reservation starts on Feb. 4.
- \* For further information, visit the city website or the 2D code on the right.



■ **The 1<sup>st</sup> & 2<sup>nd</sup> Vaccination**

Reservations are available for anyone aged 12 and older. Inoculation is available at individual medical institutions, etc. Coronavirus vaccine for children aged 5–11 is expected to be administered as early as in March. As soon as details are provided by the government, you will be notified on the city website or in the city newsletter, *Koho Ashiya*.



## ■ Application for A Digital Vaccination Certificate by Smartphone

The application which can issue a digital vaccination certificate through the app on your smartphone is now available. For details, please check using the 2D code on the right.

### Quasi-emergency Measures Are Now in Place

As the omicron variant is highly contagious, we have seen growing number of new cases of the variant. Please take all preventive measures against the virus. We ask for your continued cooperation to reduce the further spread of the disease.

-Stick to the following basics

- ▶ Wear masks (Non-woven masks are recommended.)
- ▶ Wash and disinfect hands and fingers
- ▶ Avoid the "three Cs" (closed spaces, crowded places and close-contact setting)
- ▶ Social distancing, Good ventilation



### Libraries Temporarily Closed (Special Book Arrangement)

The following libraries will be temporarily closed due to the library book check, etc.

〈Main Municipal Library〉 Feb. 28-March 10

〈Uchide Branch Library〉 March 6-8

〈Ohara Branch Library〉 March 7-9

\* Library rooms in *Kominkan* (Community Learning Center) and Kamimiyagawa Cultural Center and book return posts in the city will be available as usual.

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



### Reading Seminar at Main Municipal Library



□ **Date & Time:** Wed., Feb. 9 2:00-3:00 p.m.

□ **Theme:** "The West in *Ukiyoe* (color print of everyday life in the Edo period)"

□ **Capacity:** 40 people

□ **Application:** Apply by phone or at the counter of the main building between 1:30 p.m. on Feb. 2 and 12:00 noon on Feb. 8.

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

□ **Place & Inquiries:** Main Municipal Library (Phone: 0797-31-2301)

### Do You Have Good Manners as A Dog Owner?

Letting dogs run loose and improper disposal of dog feces are prohibited in public places within Ashiya City by the Citizens' Manners Ordinance.

- Excrement must be picked up while walking a dog and brought home.

Improper disposal of feces is unpleasant for others and becomes a hygiene issue.

- Keep your dog on a leash.

Keeping your dog on a leash can prevent your dog from harming others or causing a car accident.

\*The city is offering support for those who have trouble with dog feces:

- ▶ Renting warning signs for free to be installed at home
- ▶ Support for Yellow Chalk Strategy (Chalks are being distributed.)

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



## Doctors on Call for Emergencies on Sundays and Holidays



●Evening Medical Care Rotation *8:00 p.m.-11:00 p.m. on Friday		
Feb. 4	Matsumura Internal Medicine Clinic (Internal Medicine)	☎ 0797-31-0813
Feb.18	Miyazaki Internal Medicine Clinic (Internal Medicine)	☎ 0797-25-2528
Feb. 25	Azumi Clinic (Internal Medicine)	☎ 0797-25-1078

・Be sure to wear a 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



- Application for the First Half Fiscal Year (April–September, 2022) –  
**Subsidies for “One-day Complete Physical Examinations”**  
 ~For Prevention, Early Diagnosis and Treatment of Diseases ~

For the citizens who are insured in ( I ) Ashiya National Health Insurance or ( II ) Medical System for the elderly and undergo “One-day complete physical examinations at Ashiya Municipal Hospital (Lunch included)”, the City will provide subsidies of 25,000 yen for the total examination fee of 50,000 yen. \* There may be some changes to this subsidy because it has been based on the passage of the budget for fiscal year 2022

■ **Examinations eligible for subsidy:**

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

■ **Date of examinations:** Weekdays from April 1 to September 30, 2022.

\*The date and examination details will be arranged by the hospital, and notification will be mailed to those eligible for subsidies in mid-March.

■ **Eligibility and Capacity:**

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

(1) Born between April 2<sup>nd</sup>, 1947 and April 1<sup>st</sup>, 1987

- Those who turn 75 years old by the end of September 2022 can undergo this subsidized examination until the day before their 75<sup>th</sup> birthday.

(2) Have not defaulted in an insurance premium payment in the past at the time of application.

(3) Not planning to undergo a specific health check-up during fiscal 2022

( II ) 150 people who are insured in the **Medical System for the elderly** and fulfill all of the following conditions:

(1) Have not defaulted in the insurance premium payment in the past at the time of application

(2) Not planning to undergo any health check-up in Medical System for the elderly during fiscal 2022

- Those who become insured in Medical System for the elderly on and after April 2<sup>nd</sup> become eligible for this subsidized examination from the date of qualification.

■ **Amount of Co-payment:** 25,000 yen (Optional fees are not included)

**Breakdown of Payment:**

Examination Fee	Subsidized by the City	Co-payment
50,000 yen	25,000 yen	25,000 yen

■ **Examination details:**

<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) / Uterine (Cervical) cancer exam (Cytological diagnosis, Vagina ultrasound test and interview) / Prostate cancer exam (PSA and rectal examination) / Hemoglobin in feces

<Optional> (Consumption tax included)

◆Brain scan (MRI/VSRAD analysis and interview) 26,400 yen ◆Helicobacter Pylori (from blood) 1,320 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 measurement (Body composition analysis) 1,650 yen ◆Carotid echo (ultrasound test) 4,400 yen ◆HPV(for women, blood drawing) 5830 yen ◆Visceral Fat Measurement (CT) 3,300 yen

■Application: Write on a postcard (one per applicant), sealed letter or application form downloaded from the city's webpage - (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 /items of optional exams you want to take and (8) three preferred dates of ① ~③ (although desired dates are not guaranteed), then send it to the address below during February 1<sup>st</sup> -14<sup>th</sup> (without fail).

\* If applications exceed the quota, a lottery will be held in public and notification will be sent to the applicants who were not selected by Monday, Feb. 21<sup>st</sup>.

\* We will accept application until it reaches the fixed number even after the deadline.

■Inquiries / Mailing Address

(I) Managing Subsection, Insurance Section

〒659-8501 (address unnecessary) (Phone: 0797-38-2035)

(II) Medical System for the Elderly Subsection, Insurance Section

〒659-8501 (address unnecessary) (Phone: 0797-38-2037)



~For Those Who are Busy on Weekdays ~

Holiday Cancer Examination

How about undergoing Holiday Cancer Examination? Use this opportunity for the earlier detection of diseases. A Free Examination Coupon (\*) issued by Ashiya City is available. Bring with you surely if you have one.

Examination Menu (The price includes Tax.)

Examination name	Content	Age, Capacity, etc.	Cost
Breast cancer exam	Echo	5 Women, 39 years old or younger	5,775 yen
	Mammography	Ashiya citizen, 40 years old and up	2,000 yen
Cervical cancer exam (**)	Interview / cytological diagnosis (neck region)	Ashiya citizen, 20 years old and up	1,000 yen
Lung cancer exam	CT Scanning	—	8,800 yen
Colon cancer exam	Fecal occult blood test	—	1,650 yen
Gastric cancer risk evaluation	Blood drawing	—	4,950 yen
Prostate cancer exam	Blood drawing	—	6,875 yen
Viral hepatitis exam	Blood drawing	—	3,630 yen

(\*\*) Uterine Echo Exam will cost 3,300 yen separately.

- ◆ Date and Time: Sun., February 20<sup>th</sup> 9:00–11:30 a.m.
- ◆ Location: 3F Outpatient Ward, Ashiya Municipal Hospital
- ◆ Application: Call the Desk indicated below. (Appointment required)
- ◆ Inquiries: Desk of Examination, Ashiya Municipal Hospital (Phone: 0797–31–2156)

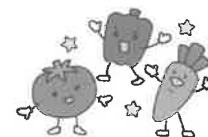
**(\*) Cancer Examination Free Coupon (Valid until February 28<sup>th</sup>)**

If you haven't had a checkup yet, go to a clinic in the city as soon as possible.

- ◆ Expiration date: Mon., February 28<sup>th</sup>
- ◆ Eligibility (Age as of March 31<sup>st</sup>, 2022)
  - ◇ Cervical cancer exam: Women, 21 years old ◇ Colon cancer exam: 41 years old
  - ◇ Breast cancer exam: Women, 41 years old ◇ Viral hepatitis exam: 41 years old
- ◆ If you have lost the coupon, please call us.
- ◆ Inquiries: Health Center (Phone: 0797–31–1586)



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



Content (Class name)	Date/Time	Cost	Application Deadline
(1) "Make a Mimosa Wall Decoration"	Wed., February 16 <sup>th</sup> 10:30 a.m.–Noon	1,500 yen	5:00 p.m. Wed., February 9 <sup>th</sup>
(2) "Make a bulbous flower arrange"	Thu., February 17 <sup>th</sup> 10:30 a.m.–Noon	2,000 yen	5:00 p.m. Thu., February 10 <sup>th</sup>
(3) "Growing Christmas Roses"	Sun., February 20 <sup>th</sup> 10:30 a.m.–Noon	2,000 yen	5:00 p.m. Sun., February 13 <sup>th</sup>
(4) "Make a container garden in a sunny spot of shining spring"	Mon., February 21 <sup>st</sup> 1:30–3:00 p.m.	2,500 yen	5:00 p.m. Mon., February 14 <sup>th</sup>
(5) "Enjoy growing and eating delicious vegetables ! ⑨"	Thu., February 24 <sup>th</sup> 10:30 a.m.–Noon	500 yen	5:00 p.m. Thu., February 17 <sup>th</sup>
⑤ "Make a pretty wreath with dried Globe amaranths(*)"	Sat., February 26 <sup>th</sup> 10:30 a.m.–Noon	1,000 yen	5:00 p.m. Sat., February 19 <sup>th</sup>

(\*) Globe amaranth (or bachelor's button): *Sennichikou* (千日紅) in Japanese

- \* Capacity: 15 people for each class
- \* What to bring: Writing materials and a big bag to carry the work home in
- \* Application: Visit, call/fax or E-mail to Ashiya Grand Park.
- \* Location and Inquiries: Ashiya Grand Park (Sogo Koen)  
(Phone: 0797–38–2103 / Fax: 0797–25–2026 / E-mail: [ashiyasogo@mizuno.co.jp](mailto:ashiyasogo@mizuno.co.jp))



## Routine Pneumococcal Vaccination for the Elderly



Coupons for the routine pneumococcal vaccination (肺炎球菌ワクチン *haien kyukin wakuchin*) were mailed to those eligible last May for the year 2021. Vaccination coupons are valid until March 31, 2022. If you miss the deadline, the vaccination will be treated as voluntary and you will be responsible for its entire cost. However, the vaccination may be deemed as a routine vaccination, if Ashiya City determines that the spread of the coronavirus has prevented you from being vaccinated within the deadline. Prior application is required. For more information, please visit the Ashiya City website.

◇ **Inquiries:** Health Center

Phone: 0797-31-1586

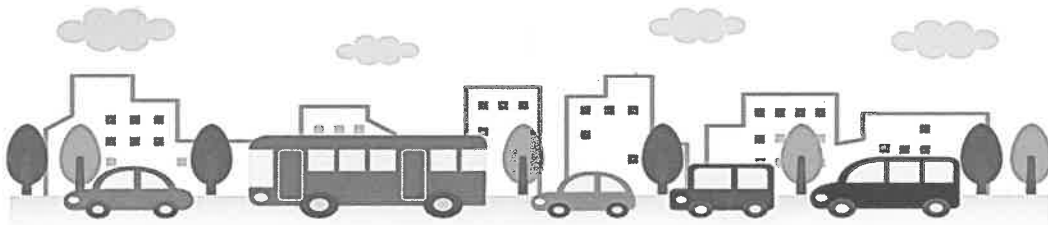
## Child Allowance & Special Benefits

Child Allowance and Special Benefits (児童手当・特例給付 *jido teate tokurei kyufu*) for October 2021 to January 2022 are scheduled to be deposited to designated bank accounts on Tue., February 15.

Allowance and benefits cannot be paid without a current status report (現況届 *genkyo todoke*). If you are yet to submit one, please do so as soon as possible.

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

Phone: 0797-38-2117



## Traffic Reduction Campaign

To improve the environment along National Route 43 and Hanshin Expressway Route 3 Kobe Line, we ask for your cooperation in practicing eco-driving and rerouting to Hanshin Expressway Route 5 Wangan Line.

◇ **Campaign Period:** February 1–28

◇ **Inquiries:** Kinki Regional Development Bureau

Phone: 06-6942-1141

Ministry of Land, Infrastructure, Transport and Tourism



### **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**

☎0797-38-2082

● Saturdays, Sundays, public holidays, and during the night > **City Hall**

☎0797-31-2121

## **Temporary Support Fund for Ashiya City Businesses**

芦屋市事業者一時支援金 *Ashiya-shi Jigyosha Ichiji Shienkin*

The temporary support fund is available to small and medium-sized enterprises (SMEs) and sole proprietors whose sales have decreased due to the spread of the coronavirus but are not eligible for the Japanese government's monthly support fund or Hyogo Prefecture's cooperation payment. The period for the support fund has been extended and application requirements have been relaxed.

◇ **Eligibility:** Those who satisfy all of the conditions below.

- Small and medium-sized companies or sole proprietors with a head office, main store, or a similar business in the city
- Those who have been in business prior to July 1, 2020, and intend to continue to do business in the city
- Those who are not eligible for the cooperative payment associated with Hyogo Prefecture's request to close or shorten business hours
- Those whose sales during the period from April to September 2021 did not decrease by more than 50% in any month compared to the same period in 2020 or 2019, but have experienced a decrease in sales by more than 20% but less than 50% in any of the months during the period due to the effects of the coronavirus.

◇ **Application:** Send necessary documents listed on the Ashiya City website by Letter Pack Light or Letter Pack Plus addressed to "Ashiya-shi Jigyosha Ichiji Shienkin" below, postmarked by Friday, February 18.

◇ **Mail to:** 〒659-8501 地域経済振興課「芦屋市事業者一時支援金」

"Ashiya-shi Jigyosha Ichiji Shienkin," Regional Economy Promotion Section, 659-8501 (no address necessary)

◇ **Inquiries:** Regional Economy Promotion Section

Phone: 0797-38-2033



## **My Number Card**

◇ **When the My Number Card Counter is Open while City Hall is Closed**

Apply for, receive, or renew digital certificates for your My Number Card.

- Date & Time: Sat., February 26, 9:00 a.m.–1:00 p.m.
- Place: Counter No. 8, 1st floor, City Hall North Wing

◇ **Apply for a My Number Card at a Tax Filing Location**

My Number Card applicants can have their photo required for the application taken for free.

If you already have a My Number Card, you can file your tax return (e-Tax) via the Internet.

- Date & Time: February 4–March 15, 10:00 a.m.–4:00 p.m.

(except on Saturdays, Sundays, and public holidays)

- Place: Laporte Hall, 3rd floor, Laporte Main Building

◇ **Inquiries:** My Number Card, Citizens' Section

Phone: 0797-38-2070





## File Your Tax Return By Mail

To prevent the spread of the coronavirus, please cooperate in submitting your tax return by mail. However, if you are filing your tax return in person at the tax office, you need not send it by mail.

- ◇ **Dates:** February 15–March 15
- ◇ Those who resided in Ashiya City as of January 1, 2022 who fall under one of the conditions below are required to file a tax return.
  - Those whose place of employment does not submit a salary payment report (給与支払報告書 *kyuyo shiharai hokoku-sho*) to City Hall.
  - Those who had employment income during the previous year and are claiming deductions for medical expenses, etc.
  - Those who had income from public pension during the previous year and are claiming deductions for medical expenses, etc.
  - Those who had income during the previous year from sources other than employment or public pension.
  - Those who did not have any income during the previous year, but are in need of a taxation certificate (課税証明 *kazei shomei*) for city/prefectural resident tax, etc.
- ◇ **Inquiries & Mail to:** Taxation Section, 〒659-8501 Phone: 0797-38-2016  
(no address necessary)



## National Pension System Advance Payment Plan

The contribution amount for the National Pension System may be discounted if you opt to make an advance payment of future contributions. You may make an advance payment for up to a 2 year period. Further discounts may apply by setting up an automatic payment from your bank account.

### ■ How to Apply for Automatic Bank Transfer of Advance Payments:

- ◇ **Advance Payment Periods:** ①2 years (15,790 yen discount);  
②1 year (4,170 yen discount); ③6 months (1,130 yen discount)
- ◇ **Date of Bank Transfer:** ①②Last day of April; ③Last day of April and October
- ◇ **What to Bring:** Your bankbook, the *inkan* seal for your bank account, a document showing your Basic Pension Number (基礎年金番号 *kiso nenkin bango*) such as your Pension Handbook (年金手帳 *nenkin techo*), and your application
- ◇ **Deadline:** Submit your application to a financial institution (including the Japan Post Bank) or a national pension office by the end of February.
- ◇ **Inquiries:** Nishinomiya Pension Office Phone: 0798-33-2944





### Ashiya Tax Office: Opening the Site for Filing Income Tax Returns

\* For countermeasures against COVID 19, we ask your cooperation in filing your tax returns online at home.

☐ Period and Time: February 16<sup>th</sup> –March 15<sup>th</sup> 9:00 a.m.–4:00 p.m.  
(Except Sat. Sun. and public holidays)

☐ Site: Laporte Hall 3F Laporte Main Building

- There is no site for filing income tax returns in Ashiya Tax Office.
- Registration may be closed early on the days when there are so many visitors.
- Writing materials are not supplied at the site; bring a ball point pen and a calculator yourself



☐ Inquiries: Ashiya Tax Office (Phone: 0797-31-2131)

### Ashiya City Environmental Festa

Enjoy studying about nature with displayed fossils, stories about fossils, handicraft using twigs and fallen leaves and *origami*, etc.,

☐ Date and Time: Sat., February 26<sup>th</sup> 11:00 a.m.–3:00 p.m.

☐ Location: Room 401/403 at Citizens' Center

☐ Content: Workshop (reservation required) and panel display by Environmental groups / Display of fossils and ores

☐ Application and Inquiries: Environment Section (Phone: 0797-38-2051)



### Invitation to Apply for the 66<sup>th</sup> Ashiya City Exhibition

This is a free, publicly offered exhibition for anybody to apply.

◇ Exhibition Period: March 8<sup>th</sup> ~27<sup>th</sup>

◇ Venue: Museum of Art and History

◇ Day of Carrying in: Sat., February 26<sup>th</sup>

◇ Categories of Works:

Plane category (Oil or Watercolor painting, Japanese painting, Print art, etc.) / Photograph category

\* You can apply 2 or less works for each category

◇ Eligibility and Requirements for artworks:

Anyone can apply. Works of one's own making, not made public in any other exhibition or on the web yet.

◇ Exhibition Fee: 1,000 yen per category

◇ Application and Carrying in: Sat., February 26<sup>th</sup> 10:00 a.m.–Noon / 1:00–3:00 p.m.

Fill in the application form and submit to the Museum of Art and History together with the works and application fee.

◇ Inquiries: Museum of Art and History (Phone: 0797-38-5432 / Fax: 0797-38-5434)



A scene from the 65<sup>th</sup> Exhibition

## Reuse Festa

To prevent the spread of the coronavirus, please view used items on the Ashiya City website and submit a reply-paid postcard by mail for the item you wish to have. The take-home corner at the 1st floor entrance hall will not be held.

- ◇ **Application:** Write your name, address, phone number, and the number and name of the used item you wish to have on a reply-paid postcard. Write your own address on the return side. Mail the reply-paid postcard application to the Environmental Facilities Section postmarked by February 28. Only one application per Ashiya City household. Results will be announced in early March.



- ◇ **Pick-up Dates & Time:** March 18–19 10:00 a.m.–12:00 noon and 1:00–3:00 p.m.

- ◇ **Inquiries:** Environmental Facilities Section  
(31-1 Hamakaze-cho, 〒659-0032)

Phone: 0797-32-5391

## Golden Wedding Anniversary Celebration Ceremony



- ◇ **Date & Time:** Sun., May 8, starts from 1:00 p.m.

- ◇ **Place:** Nishinomiya Citizen Center

- ◇ **Eligibility:** Married couples residing in the Hanshin area, who either filed a marriage registration or held a wedding ceremony in the year 1973.

- ◇ **Registration:** Fill out necessary information on the registration form and submit the form in person or by mail to the address below to be received by February 28. Registration forms are available at Kobe Shimbun distributors and the Hanshin Main Office (Wajo-cho, Nishinomiya).

- ◇ **Mail to:** "Kinkon-shiki (金婚式)," Community Activity Section  
Kobe Shimbun Co. Ltd., 650-8571 (no address necessary)



- ◇ **Inquiries:** Business Section, Kobe Shimbun Co. Ltd  
(weekdays 9:30 a.m.–5:30 p.m.)

Phone: 078-362-7086

## Report Farm Animals

Those who are raising more than one domestic animal, such as pigs, chickens, quails, ducks (including *aigamo* call ducks), pheasants, and turkeys, are required to file a report of the conditions the animals are kept in as of February 1 each year. Mail or fax a report

by April 15 (June 15 for chickens) to the Livestock Hygiene Service Center that has jurisdiction over the location where the animals are kept. The report form may be downloaded from the Standards of Rearing Hygiene Management (飼養衛生管理基準 *shiyo eisei kanri kijun*) page of the Ministry of Agriculture, Forestry and Fisheries' website.



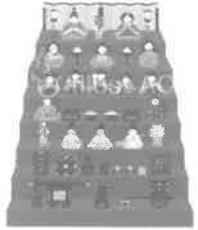
- ◇ **Inquiries:** Himeji Livestock Hygiene Service Center  
(姫路家畜保健衛生所 *Himeji kachiku hoken eisei-jo*)

Phone: 079-240-7085

Fax: 079-232-2685

## Hina Dolls on Public Display at Yodoko Guest House

- Period: February 11–April 3 10:00 a.m.–4:00p.m.
- Content: An exhibition of hina dolls with a reminiscence of the Meiji period,  
made by the prestigious craftsman of the doll shop “Maruhei Oki” in Kyoto
- Admission: Adults 500 yen,  
Elementary/junior/senior high school students 200 yen
- Application: Apply by using the 2D code on the right from February 1.
- \* During this period, please make a reservation and come at a designated date and time.
- Inquiries: Yodogawa Steel Works, Ltd. PR Group (Phone: 06-6245-9103)



## Family Soccer & Running Class

- Date & Time: Sun., March 6 (Cancelled only in case of heavy rain)
  - ① 1–3rd grade elementary school students 9:00–10:30 a.m.
  - ② 4 to 6-year-olds 11:00 a.m.–12:30 p.m. (90 min.)
- Place: Ashiya Gakuen Ground
- Eligibility & Capacity: 4-year-olds to 3rd grade elementary school students and their  
guardians/40 pairs
- \* Those who live, work or study in Ashiya City have priority
- Application: Fill out the application form which can be downloaded from the city  
website. Bring or submit it to the following section by post, e-mail or  
fax by Feb. 11.
- Inquiries: Sports Promotion Section (Phone: 0797-22-7910/Fax: 0797-22-1633)  
e-mail: [sport@city.ashiya.lg.jp](mailto:sport@city.ashiya.lg.jp)



## Cheer Dance Class in English

Let's learn English through picture books and music, and take a cheer dance lesson using simple English phrases. Please come with comfortable clothes and shoes.

- Date & Time: Mon., Feb. 14
  - ① The second and final year of kindergarten 3:30–4:15 p.m.
  - ② 1–4th grade elementary school students 4:30–5:30 p.m.
- Eligibility & Capacity: The second year of kindergarten to 4th graders/30 children each class
- Fee: 500 yen
- Place & Application & Inquiries: Gymnasium and Youth Center (0797-31-8228)



## Movie: "Ashiya no Kyushoku (Ashiya School Lunch)"

The movie, which will be pre-released in the Kansai area at the following movie theaters from Feb. 4, will be released in sequence across the country from March 4, 2022. A limited number of leaflets of "Ashiya no Kyushoku Recipe" are available at the following theaters.

■ OS Cinemas Mint Kobe ■ Theatre Umeda ■ Uplink Kyoto



おいしい給食いただきます！  
芦屋の給食レシピ



## Let's Cook and Eat International Food: Thai & Iranian Cuisine

Foreign residents in Ashiya City will teach us how to cook cuisine from their home countries.

- Date & Time: (1) **Thai Cuisine:** Mon., Feb.28, 10:00 a.m.–2:00 p.m.  
(2) **Iranian Cuisine:** Mon., March 14, 10:00 a.m.–2:00 p.m.

□ Place: Shio-Ashiya Exchange Center, Cooking Room

- Menu: (1) Massaman Curry, Fresh spring roll, etc.  
(2) Kuku, Tah-chin, etc.

□ Instructor: (1) Ms. Panudda Takeuchi (2) Mr. Seyed Mohammad Tahouri

□ Capacity & Fee: 14 people / 2,500 yen (reservation required)

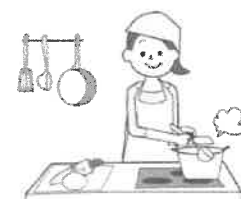
\* Please contact us two weeks before the class date to cancel.

Otherwise, you will be charged for course materials.

□ Things to bring: A dish cloth, an apron, a mask, triangular kerchief, writing utensils

□ Application: Apply by phone from 9:00 a.m. on Tue., Feb. 1.

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



## Shio-Ashiya Seminar "A Talk About the Brain"

■ Date & Time: Sat., Feb. 26 2:00–3:30 p.m.

■ Place: Shio-Ashiya Exchange Center

■ Content: Dr. Oku has experienced working at St. Barnabas Hospital in New York as a neurosurgeon. He will answer any questions you may have, such as "What color is the brain?" "What kind of symptoms would I have in order to see a neurosurgeon?"

■ Capacity: 60 people

■ Instructor: Dr. Oku Yuzuru, honorary director of Kansai Rosai Hospital, a medical specialist in neurosurgery

■ Fee: 1,000 yen (Advance ticket 800 yen)

■ Application: Call the following center from 9:00 a.m. on Tue., Feb.1.

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



## Ashiya School Lunch Recipes

### ■ Lasagna

#### □ Ingredients (Serves 4)

100 g ground beef and pork  
 40 g ribbon-shaped macaroni, cooked  
 220 g onion, finely chopped  
 50 g carrot, finely chopped  
 garlic, finely chopped (to taste)  
 50 g diced tomatoes (canned)  
 90 g ketchup  
 ½ tsp salt  
 pepper (to taste)  
 ½ tsp sugar  
 30 g grated cheese (for pizza)  
 oil (for stir-frying)



#### ○ White Sauce Ingredients

15 g flour (soft/cake flour)	15 g butter
180 ml milk	25 g creamed corn (canned)
½ tsp salt	pepper (to taste)

#### □ Directions:

1. To make the white sauce, first, melt butter over low heat in a frying pan. Add flour to the melted butter over medium heat, stirring to prevent the mixture from burning.
2. When the mixture becomes smooth, turn off and remove from heat. Gradually stir in milk and mix well to prevent the sauce from becoming lumpy.
3. Season with salt and pepper, add creamed corn, and heat until thickened.
4. In a separate pan, heat oil and garlic over medium heat until fragrant. Add ground meat and stir-fry until no longer pink.
5. Add and stir-fry onions and carrots. When they are cooked, add diced tomatoes and ketchup. Season with salt, pepper, and sugar. Cook the meat sauce until thickened.
6. Stir in the ribbon macaroni to the meat sauce.
7. Divide the meat sauce and macaroni into four ovenproof dishes and pour white sauce over them.
8. Top each dish with grated cheese and cook in a preheated oven at 200°C for about 20 minutes.



## The 39th Ashiya Art & Design Education Exhibit

Works of art by children in Ashiya City pre-elementary school facilities, elementary schools, and junior high schools will be exhibited.

- ◇ **Date:** February 12–20 (closed on Mon., Feb. 14)
- ◇ **Time:** 10:00 a.m.–5:00 p.m. (last entry by 4:30 p.m.)
- ◇ **Place:** Museum of Art and History
- ◇ **Inquiries:** School Education Section Phone: 0797-38-2087



## ♪ The 2<sup>nd</sup> Ashiya International Music Festival –Closing Concert ♪

Date and Time: Sun., April 3    2:00 p.m. Lobby Concert    3:00 p.m. Closing Concert

Venue: Luna Hall

Program: Felix Mendelssohn: “Theme and Variation” and “Capriccio” from 4pieces for  
String Quartet op. 81, Piano Sextet op.116

Fanny Hensel Mendelssohn: 4 songs for Piano op. 8

Niels Gade: Piano Trio op.42

Performers: Kusaka China, piano, Kusaka Sayako, violin, Tamai Natsumi, violin,  
Suzuki Manabu, viola, Yoshida Yukiko, viola, Endo Mari, Violoncello,  
Yokosaka Gen, violoncello, Kurokawa Fuyuki, Contrabass

Fee: Adult – 3,500 yen (4,000 yen on the day)

High school and College student – 2,000 yen,

Junior High School and Elementary School student – 1,500 yen

Application: Tickets will be available from February 3 at Citizen’s Center, City Hall  
Lawson Tickets, (L-code 5609) and Confetti Tickets.

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



### *Instagram* of THIS MONTH



ikebana.jerusalem さん



tamujunko さん

We are accepting your favorite spots in Ashiya. Please submit at #ahiyagram2022  
The photos will be published in this feature of the *Koho Ashiya*.

- ◇ 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)

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