THE COSMONET

March 2022 (Vol.296)

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



GIGA School Program

GIGA stands for "Global and Innovation Gateway for All", which aims to nurture the qualities and abilities that will be required of each child in the future. The program has started to realize objective and optimized learning with ICT (Information and Communication Technology) by providing "one computer per student" and high-speed internet for schools, following the policy of "Leave No One Behind".

Learning in Ashiya, changing with GIGA School Program (Excerpts)

Children are taking classes with one tablet device per child. Elementary and junior high schools in Ashiya are making the most of ICT in their classes. The children enjoy using the tablet with ease in various classes. Through the network, they are able to communicate with the animal handlers at Shirahama Adventure World in Wakayama Prefecture

or with the students of Wainuiomata High School in New Zealand.

The use of ICT is enriching the children's learning opportunities. In this report, we covered ICT-based classes at Uchidehama Elementary school.

Inquiries: School Education Section (Phone: 0797-38-2087)

<How will GIGA change the school program?>

GIGA School Program is changing the way of teaching, from one-way to two-way, aiming to provide optimal classwork according to each child's individuality and ability.

- ♦ Mass teaching ⇒ ICT can be used effectively to help the teacher recognize the reactions of each child in the class.
- ❖ Individual learning ⇒ The teacher can work on teaching according to the level of understanding of each child and record the learning history of each student.
- ♦ Collaborative learning ⇒ Children can share thoughts with each other in real time. They can exchange opinions interactively and immediately and be exposed to a variety of opinions.





Ashiya City has been working on developing children's ability to discover and solve problems on their own, communication skills with others, and the ability to consider things logically from various perspectives. In the future, we will continue this direction of education and further incorporate the good use of ICT perspectives.

< What we can do with "one tablet per child" >

At school

- Collaborative learning using class support software
- Creating learning records and collecting information using camera function
- Remote Online Class with facilities outside the school using web conference system

At home

- · Homework and individual study using digital drill materials
- Collecting information for problem solving using internet browsers
- Preparation and review of lessons using video applications

The GIGA School Program for a New Society

Uchidehama Elementary School has reached the 40th year since its foundation. The school is surrounded by seasonal flowers and trees, and has a large playground, blessed with a beautiful environment.

The Ministry of Education, Culture, Sports and Technology is promoting the GIGA School Program over 5 years starting in 2019. From the fiscal year 2021, all elementary schools in our city have been provided with a tablet device for each pupil, and we are using them in our daily classes at Uchidehama Elementary School.

Children are very interested in learning by using tablets. It is conducive to and optimizes learning in a diverse group of children and also fosters creativity and greatly expands their potential. Even in our school, however, there was some confusion about how to use them at first. The teacher in charge of project said, "Let us try it first!!" and all the teachers and staff went through a trial and error process.

The important thing is not to use one tablet per child to do something, but to expand a variety of learning and activities, and deepen thinking for oneself. At present, each class is using the device in parallel with textbooks and other materials. We believe that tablet devices are just another learning tool. Education must also change and evolve with a view to the future of children who will walk in the new society known as "Society 5.0" Schools, families communities and government must work together to consider the education of children. Urayama Kayo, Principal at Uchidehama Elementary School

Monthly First-Aid Training Class

- ♦ Date and Time: Sun., March 27 9:30 a.m. 12:30 p.m.
- ♦ Place: Main Fire Department
- Contents: AED cardiopulmonary resuscitation and other emergency aids
- Capacity: 20 people Eligibility: Those who live, work, and study in Ashiya
 **Certificates will be given to participants.
- ♦ Application: Contact us at the number below by 5:30 p.m. on March 25.
 Inquiries: Fire Department Headquarters, Emergency Section (Phone: 0797-32-2345)

The 34th Ashiya Cherry Blossom Festival Cancelled

In order to prevent the further spread of the New Corona Virus, the 34th Ashiya Cherry Blossom Festival is cancelled.

Inquiries: Ashiya Cherry Blossom Festival Association

c/o Promotion of Citizen Participation and Collaboration Office (Phone: 0797-38-2007)

Information about COVID-19 Booster Shots (3rd dose)



■ Mailing of Vaccination Voucher & Vaccination Starting Time

The date of the 2 nd dose	Mailing date of vaccination voucher	Booster shots starting time		
By Sept. 15	Already mailed			
Sept. 16-21	Thu., March 3			
Sept. 22-28	Thu., March 10			
Sept. 29-Oct.5	Thu., March 17	6 months after receiving		
Oct. 6-12	Thu., March 24	the second shot		
Oct. 13-	Approximately 10 days			
	before 6 months have			
	passed since the second			
	shot			

^{*}To accelerate the pace of booster shots, anyone 18 years of age and up can receive booster shots after six months have passed since their second shot.

(In-advance Application for Booster Shots, etc.)

If you moved into Ashiya City after getting two doses of the COVID-19 vaccine in another municipality, or if you don't receive your booster voucher even after your vaccination period has passed, please apply by using the 2D code on the right or contact Ashiya City COVID-19 Vaccine Call Center.



■Vaccination Sites & Schedule

Vaccination Site	Vaccination Date	Type of Vaccine	Hours	
	Sat., March 5, Sun., March 6,			
Health and	Fri., March 11, Sat., March 12,		[Fri.]	
Welfare Center	Sun., March 13, Fri., March 18,		1:30-4:00 p.m.	
(14-9 Sat., March 19, Sat., March 26,		Takeda/Moderna	[Sat. & Sun.]	
Kurekawa-cho)	Sun., March 27		1:30-6:00 p.m.	
	Sat., April 2, Sun., April 3,			
	Sat., April 9, Sun., April 10			
Individual	By Sun., March 13	Pfizer	depending on	
Medical	Mon., March 14-Sun., April 3	Takeda/Moderna	each medical	
Facilities	Mon., April 4-mid-April	Pfizer	facility	

* The required amount of vaccine doses is provided by Pfizer Inc.'s and Takeda & Moderna Inc.'s vaccines, so vaccine types may differ by venue or inoculation period. You may have almost the same side effects as those when receiving the previous shots, but its effectiveness in preventing COVID-19 infection and serious illnesses has been confirmed.

■ 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.
- * For a list of individual medical facilities, please check in the Jan. issue of *Koho Ashiya* or on the city website. "66. Ashiya Family Clinic (9-6 Kimmitsu-cho)" was added.
- * This information may change due to the government policy, etc.
- * Ashiya Municipal Hospital is cooperating with medical institutions and only accepts reservations from people with underlying conditions such as allergic problems.

Mass Vaccination Sites (Takeda/Moderna)

■Hyogo Prefecture COVID-19 Vaccination Call Center

Phone: 0570-033-185

Hours: 9:00 a.m.-6:00 p.m.

Nishinomiya Vaccination Site (former Nishikita vaccination site)

Address: 2-28 Fukazu-cho, Nishinomiya City, 5-minute walk from Hankyu Railway Nishinomiya-kitaguchi Station

Himeji Vaccination Site (former Himeji City Culture Center)

Address: 426-1 Nishinobusue, Himeji City

*Shuttle bus is available from JR Himeji Station

■ Self-Defense Forces Osaka COVID-19 Vaccination Call Center

Phone: 0120-296-567

Hours: 7:00 a.m.-9:00 p.m.

Sakaisujihonmachi Vaccination Site

Address: Yagi Building, 2-2-8 Kyutaro-machi, Chuo-ku, Osaka City, 3-minute walk from Sakaisujihonmachi Station (Exit 7, 10)

Kitahama Vaccination Site

Address: Nikkei Imabashi Building, 1-3-3 Imabashi, Chuo-ku, Osaka City 3-minute walk from Kitahama Station

- * Avoid double booking with municipalities and mass vaccination sites.
- * For further information, scan the 2D code indicated above.





COVID-19 Vaccination Starts for Children Aged 5-11 (1st & 2nd dose)

Make a reservation on the city website or call Ashiya City COVID-19 Vaccine Call Center. (Phone: 0797-31-0655)



Vaccination for children aged 5–11starts on Mon., March 7. Vaccination vouchers have already been sent out to those eligible. Each month children who are turning 5 will receive their voucher around the 20th of the month before their birthday month.

Eligible Children	Reservation starting date
Children aged 9-11 (born between March	Thu., Feb. 24
1, 2010 and April 1, 2013)	
Children aged 5-8 (born on and after April	Wed., March 2
2, 2013, Age 5 and older)	

- * Children will receive two jabs of Pfizer Inc.'s vaccine, but the vaccine for children aged 5 to 11 is a different drug from the one designated for those 12 and up in its concentration and dosage.
- * You should schedule your child's second dose three weeks later at the same venue, time and the same day of the week.
- * In addition to parental consent, they are required to be accompanied by their guardians when receiving those shots.
- * You need to wait 13 days or more between a dose of the GOVID-19 vaccine and most other vaccines.
- * Anyone aged 12 and older is still eligible to receive the first shot.

	Medical Facilities (Age 5-11)	Address
1	Aoitori Clinic	12-24-2 Nangu-cho
12	Kawamori Pediatrics Clinic	6-22 Takezono-cho
19	Mimura Clinic	15-14 Ohara-cho
26	Ashiya Yamamoto Clinic	29-19 Higashiyama-cho
55	Maple Kodomo Clinic	1-7 Iwazono-cho
65	Hiyoko Kids Clinic	8-2-2-1F Tsukiwaka-cho

	Medical Facility (Age 12 ↑)	Address
6	Ashiya St. Maria Clinic	5-20 Ohara-cho

* Things to bring:

vaccination voucher • pre-vaccination screening questionnaire • ID of the child who receives a shot • Maternal and Child health handbook • ID of the guardian

Sat., March 26th / April 2nd: The City Hall Main Building Will be Open Partially

Sections that perform duties:

Location		Sections		
North Wing	1F	Citizens' Section (Excluding change of address requiring a residential indication due to new construction, etc., special case for moving-into Ashiya, moving in from outside the country, procedure for concurrent use of former name, issuance of a resident's card in outer Ashiya and National pension works)		
	4F	Management Section, Board of Education (School and kindergarten attendance/Scholarship works only)		
South Wing	1F	inquiry of Subsection Welfare & Medical Service Livelihood Assistance Section	es Subsection, Community Welfare Section etion (Consultation only)	
σ̈́		Senior Citizens' Long-ter Child-rearing Promotion	m Care Section Children's Desk (Children's allowance/Childcare	
		Section	allowance works only)	

- * We do not provide any services other than those listed above.
- * In some cases, due to other public organizations being closed, we may not be able to assist you. Please check in advance.
- * There may be changes in the name of sections due to the organizational change after April 1.
- ■Inquiries: Policy Promotion Section (Phone: 0797–38–2127)



For Those Who are Moving Overseas

Individual City/Prefectural taxes and Fixed Asset /City Planning Taxes are imposed each year on any person who is living in Ashiya city, or owns fixed assets (Land, House, Depreciable assets, etc.) on January 1st.

If you are moving overseas, be sure to choose a tax agent before you leave Japan.

■Inquiries:

Taxation Section

- ◆ Individual City/Prefectural Tax: Municipal Tax Subsection (Phone: 0797-38-2016)
- Fixed asset/City planning tax: Fixed Asset Tax Subsection (Phone: 0797-38-2017)
- ◆ Account Transfer: Management Subsection (Phone: 0797-38-2015)

Credit Management Section

◆ Consultation on tax payment: Credit Management Section (Phone:0797-38-2014)



For Those Who Have a Light Vehicle or a Moped-Procedure of Light Vehicle Tax



Light vehicle tax is imposed on any person who has a light vehicle (including a moped) on April 1 of each year. If you have scrapped, handed over the vehicle, had it stolen or if you move from Ashiya City or leave Japan, you are required to go through the cancellation procedure at the places written below. (If you leave your registration intact, you will be taxed continuously.)

* Furthermore, even if you cancel a light vehicle halfway through the fiscal year, there is no refund system.

Class	Place for cancellation procedure		
[Ashiya city number]	Management Subsection, Taxation Section		
Moped 125 cc or smaller /	Counter No.30 2F City Hall North Wing,		
Small special car / Minicar	7-6 Seido-cho, Ashiya city 659-8501		
	(Phone: 0797-38-2015)		
[Kobe number]	Kobe Transportation Comptroller Division		
Two-wheeled motorbike over 125 cc and	34-2 Uozaki-Hama-cho, Higashinada-ku,		
under 250 cc / Two-wheeled motorbike	Kobe City 658-0024		
over 250 cc	(Phone: 050-5540-2066)		
[Kobe number]	Hyogo Office of Light Vehicle Inspection		
Light vehicle (with three or four wheels)	Society 1-5-5 Mikage-Honmachi,		
	Higashinada-ku, Kobe City 658-0046		
	(Phone: 050-3816-1847)		

■Inquiries: Taxation Section (Phone: 0797-38-2015)

Notify the Citizens' Section after Residential Change of Address

[Those who move out of Ashiya city]

Make a moving-out notification and receive a certificate at the Citizens' Section before moving out.

* Notification of moving-out through mailing is admitted.

[Those who move within Ashiya city]

Make a notification of moving within 14 days from the day you start living at your new address.

[Those who move into Ashiya city]

Make a moving-in notification together with moving-out certificate within 14 days from the day you start living in Ashiya.

* Together with the moving-in or address change, you should change the address of the following cards or certificate.

My Number Card (Individual Number Card) / Basic Resident Register Card / Residence Card / Special Permanent Resident Certificate.

* If you make procedures for moving-out and moving-in using My Number Card, receipt and presentation of the moving-out certificate is unnecessary.

■Inquiries: Citizens' Section (Phone: 0797-38-2119)

High-priced Nursing / Medical Care Cost Totaling System

This is a system to lighten the burden of households where copayment (cost of individual payment) of both medical and nursing care insurance becomes expensive.

- Eligibility: Households whose total copayment of medical and nursing care insurance between Aug. 1, 2020 and July 31, 2021 becomes expensive, and were insured by National Health Insurance/Medical Care for the Elderly at the time July 31, 2021.
- How to Apply: Information and application forms will be sent to the eligible households in mid-March. When you receive it, be sure to complete the application form and mail it back.

<For those eligible who have not received the information >

Those who changed insurance during the eligible period may not have received the information. Please make application at the counter of Insurance Section.

- What to bring: Personal identification documents/ your Seal / Bank passbook which confirms the insured's bank account
- ♠ Inquiries: Insurance Subsection, Insurance Section (Phone: 0797–38–2035)
 Medical Care for the Elderly Subsection (Phone: 0797–38–2037)



Why not Get Myna Points with My Number Card? (Myna Points #2)

Those who have got My Number Card and have not applied for Myna Points at the end of September 2022 can receive up to 5,000 Yen worth of points for recharging or shopping. There are some cashless payment services which require procedures separately.



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



Gardening Classes at Ashiya Grand Park (Sogo Koen)

Content (Class name)	Date/Time	Cost	Application Deadline
(1) "Make a flower arrangement	Thu., March 17 th	2,000 yen	5:00 p.m.
with sweet peas and tulips"	10:30 a.m Noon	2,000 yen	Thu., March 10 th
(2) "Make a wreath with fake	Sun., March 20 th	2.000	5:00 p.m.
mimosa"	10:30 a.m Noon.	2,000 yen	Sun., March 13 th
(3) "Planting pastel colored	Mon.(holiday),March 21 st	2 500 year	5:00 p.m.
small flowers together"	10:30 a.m Noon	2,500 yen	Mon., March 14 th
(4) "Enjoy growing and eating	Enjoy growing and eating Thu., March 24th		5:00 p.m.
delicious vegetables!" 10	10:30 a.m Noon	500 yen	Thu., March 17 th
(5) "Why not grow an olive	Sat., March 26 th	1 500	5:00 p.m.
tree?"	10:30 a.m Noon	1,500 yen	Sat., March 19 th

- **%** Capacity: 15 people for each class
- What to bring: Writing materials and a large bag to carry the work home.
- How to apply: Visit, call/fax or E-mail to Ashiya Grand Park
- ℜ Place and Inquiries: Ashiya Grand Park (Sogo Koen)

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

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



One-Time Special Benefit for Resident's Tax-Exempt Households, etc.

住民税非課税世帯等に対する臨時特別給付金 jumin-zei hi-kazei setai ni taisuru rinji tokubetu kyufu-kin 100,000 yen will be given to each household such as those exempted from Resident's Tax. Those in eligible households should submit an application.

■ Tax-Exempt Households

- ♦ Eligibility: Households with a Certificate of Residence (住民票 juminhyo) in Ashiya City as of the base date (December 10, 2021), and all members of the household are exempt from Resident's Tax (per capita) for the fiscal year 2021.
- ♦ Application: Confirmation letters have already been mailed to eligible households at the end of February. Please fill out the necessary information and return the confirmation letter postmarked by Monday, May 16, 2022.
- Confirmation letters are being sent to eligible households with a member who moved in on or after January 2, 2022.
- Those who were dependents, but were divorced between January 2 and December 10, 2021, need to submit an application.



- ♦ Eligibility: Households with a Certificate of Residence in

 Ashiya City at the time of submitting their application, whose income has decreased due to the coronavirus, and meet the following requirement:
- The estimated annual income of each member of the household (income for any single month on or after January 2021 x 12 months) is equivalent to that of those exempted from Resident's Tax.
- ♦ Application: Mail in an application form along with necessary documents to the address below postmarked by Friday, September 30, 2022. Application forms may be obtained at the counter below at City Hall, mailed upon request by phone, or downloaded from the Ashiya City website.
 - W Under the tax law, if all members of the household are dependents of a person who is subject to Resident's Tax, they are not eligible.
 - X Those who are sheltering from domestic violence, etc., and are living away from the place of residence on their certificate, may be eligible to receive benefits from the city even if their Certificate of Residence has not been moved.
- ◇ Inquiries: 住民税非課税世帯等臨時特別給付金担当 Phone: 0797-38-2053

 Jumin-zei Hi-kazei Setai Rinji Tokubetu Kyufu-kin Tanto, 〒659-8501 (no address necessary)



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
- 全0797-38-2082
- Saturdays, Sundays, public holidays, and during the night ➤ City Hall
- **2**0797-31-2121

One-Time Special Benefit for Families with Children

子育て世帯への臨時特別給付金 kosodate setai eno rinji tokubetu kyufukin

To support families with children, 100,000 yen is being provided for each child. If you have not applied for this special benefit, please do so by the end of March 2022.

- ♦ Eligible Children: Children born between April 2, 2003, and March 31, 2022.
- ♦ Eligible Recipients: Parent and guardian of an eligible child who is the primary person financially supporting the household. There are income limits depending on the number of dependents.
- ♦ Those Who NEED to Apply:
 - ▷ Public servants
 - > Those who only care for children in high school
- ♦ Application: Submit an application form along with necessary documents to the Child-rearing Promotion Section postmarked by Thursday, March 31, 2022. Application forms may be downloaded from the Ashiya City website. Applications from parents and guardians of a child born in March 2022 are being accepted until Friday, April 15, 2022.
- ♦ Inquiries: Child-rearing Promotion Section

Youth Program for Junior High School Students

A four-day workshop to plan and realize what you want to do. Students will be able to acquire communication skills. Ms. Amelia Katerai from Canada will instruct them in Japanese.

♦ Date: March 27–31 (except March 30)

♦ Place: Shio-Ashiya Exchange Center

♦ Capacity: 15 students

♦ Instructor: Ms. Amelia Katerai

♦ Application: Send an email to the section below at ☑kokusai@city.ashiya.lg.jp by Monday, March 14.

♦ Inquiries: Public Relations and International Exchange Section Phone: 0797-38-2008

Medaka Swimming Class for Children with Asthma

- ♦ Date & Time: Thursdays, April 21–October 20, 3:10–4:45 p.m. (8 class sessions)
- ♦ Place: Health and Welfare Center
- Activity: Learn the symptoms of asthma and asthmatic bronchitis, and how to control them
- ♦ Eligibility: Ashiya City citizens, born between April 2, 2016 and April 1, 2018, who are diagnosed with asthma or asthmatic bronchitis with mild symptoms. (15 children)
 - ♦ Registration: Send a fax or postcard to the Health Center to be received by March 11, 2022 with the child's name, sex, date of birth, address, phone number, diagnosis, and hospital/clinic with the date of the most recent visit. If the number of registrations exceeds capacity, those chosen by lottery will be notified by mail.

hquiries: Health Center

14-9 Kurekawa-cho, Ashiya City, Hyogo 659-0051 Phone: 0797-31-1586 / Fax: 0797-31-1018

Phone: 0797-38-2045



Functional Therapy for Children with Disability

Aquatic Therapy (May-September)

- ♦ Place: Health and Welfare Center
- ♦ Activity: Therapy for children with disability to exercise and to get familiar with water.
- ♦ Fee: 400 yen per session (free for tax-exempt households)
- ♦ Registration: Submit an application form to be received by Fri., March 11, 2022 to the Disability Welfare Section. Application forms may be obtained at the Disability Welfare Section at City Hall or be downloaded from the Ashiya City website. If the number of registrations exceeds capacity, a lottery will be drawn.
- ♦ Inquiries: Disability Welfare Section
- RAKKO KYOSHITSU (Sea Otter Class) Group Training
- ♦ Start Dates & Time: Saturdays (10 class sessions)
 - Class A (Preschool)

starts May 7

11:30 a.m.-1:00 p.m.

Phone: 0797-38-2043

Class B (Grades 1-3)

starts May 7

9:30-11:00 a.m.

- Class C (Grades 4 and up) starts May 14 10:00−11:30 a.m.
- Eligibility: Children ages 1 to 18 with a Physical Disability Certificate or an Intellectual Disability Certificate (around 3 children per class)
- X A parent/guardian must accompany the child in the water.
- PENGIN KYOSHITSU (Penguin Class) Personal Training



- ♦ Days of the Week: Every other Tuesday, Wednesday, and Friday
- ♦ Class start dates: May 10, 11, 13, 17, and 18 (10 class sessions)
- ♦ Class times: 3:30, 4:00, and 4:30 p.m.
- ♦ Eligibility: Children ages 1 to 18 with a Physical Disability Certificate or an Intellectual Disability Certificate (15 children per class)
- ※ A parent/guardian must accompany the child.

2022 First-Half Aquatic Training Facility Access Schedule

The facility may be used for aquatic walking only. The pool does not have roped lanes.

♦ Persons with Disability:

Tuesdays

1:30 p.m.~

Wednesdays 9:15 a.m. ~ (except the 4th week)

Saturdays

3:45 p.m.~

♦ Children with Disability:

Saturdays

12:30p.m.∼ (every other week)

♦ Children with Asthma:

Saturdays

2:00 p.m.~

♦ Senior Citizens:

Tues.-Fri.

11:15 a.m.∼

Wed.-Fri.

1:15 p.m. ~ (every other week)

- * Prior registration and reservation are required.
- ♦ Inquiries, Registration & Place: Welfare Center

Phone: 0797-31-0609

Doctors on Call for Emergencies on Sundays and Holidays



Evening I	Medical Care Rotation *8:00 p.m11:00 p.m. on Friday	
March 4	Hirabayashi Clinic (Internal Medicine/Surgery)	2 0797-22-3548
March 11	Nagaretani Internal Medicine Clinic (Internal Medicine)	5 0797-22-4592
March 18	Nagasawa Clinic (Internal Medicine/Gastroenterology)	25 0797-25-0075
March 25	Watanabe Internal Medicine Clinic	5 0797-80-8200
	(Internal Medicine/Cardiology)	

- 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)

Minami-Ashiyahama Hospital (Surgery/Internal Medicine)

Ashiya St. Maria Hospital (Orthopedics/Surgery/Internal Medicine)

© 0797-22-4040

Holiday Emergency Clinic (Internal Medicine/Pediatrics) 2 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)

(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) 2078-891-3999 (1-4-1, Wakinohama Kaigan-dori, Chuo-ku, Kobe City) (Located in "HAT KOBE")

Consultation Days	Reception Hours		
Monday-Friday	7:30 p.m6:30 a.m. the next morning		
Saturday	2:30 p.m6:30 a.m. the next morning		
Sunday & Public holiday The year-end/New Year's holidays	8:30 a.m6:30 a.m. the next morning		



"Cancer" in the COVID-19 Pandemic (Partially abridged)

∼ Never forget the Importance of Early Detection of Cancer! ∼

■ Inquiries: Ashiya Municipal Hospital (Phone: 0797-31-2156)

[COVID-19 and Cancer]

IKEDA Hirokazu (Chief of Hematology /Oncology)

In Japan, although vaccination seemed to calm down the COVID-19 Pandemic for a while after the fifth wave, the new Omicron variant has emerged; the number of patients is rapidly increasing and there is no way to control the situation.

On the other hand, malignant neoplasm (cancer) is the highest cause of death in Japan, with one in four people dying of cancer now. Avoidance of the "Three Cs" (Closed spaces, Crowded places and Close-contact settings) and suppression of unnecessary or non-urgent activities are inevitable to prevent the spread of infection; however, according to the Japan Cancer Society, it is reported that cancer screening uptake rate has temporarily decreased significantly and the number of patients with early stage cancer has also decreased. It may be thought that refraining from undergoing examination has lost the opportunity of early detection of cancer. Actually in our hospital, we have treated a patient whose cancer had progressed to the point where aggressive treatment was difficult when the patient visited us after procrastination of cancer screening for fear of Coronavirus infection.

At each medical institution, medical examinations and various tests are performed while taking proper measures to prevent infection. I think it is important to balance the risks of "infection" and "loss of opportunity to treat" while getting the necessary checkups and treatment.

[Do you have any of these symptoms?]

Be careful about the change of your physical conditions, such as "Decrease in physical strength", "Loss of appetite", "Weight loss", etc.!



Feeling a pain in the stomach, Something wrong with my stool, Having difficulty swallowing, etc.

→ Visit Digestive Medicine

Our Digestive Medicine Department provides a wide range of medical services in the field of gastrointestinal tract, liver, bile and pancreas.

Endoscopic examination and treatment of all the gastrointestinal tract from the esophagus to the anus are possible. Also, we provide low invasive and more radical endoscopic treatment for gastrointestinal tract cancer.

Feeling a lump in the breast !?

→ Visit Breast Surgery

Breast cancer, the most common cancer in women is rising significantly. Annual breast cancer screening is recommended after the age of 30. We have an outpatient clinic specializing in breast care on Tuesday, Wednesday, and Thursday. Making appointment by phone to reservation center is also available.

Furthermore, our hospital is equipped with high performance 3D Mammography and super-sensitive ultrasound equipment, so examination by professional staff and diagnosis with explanation by a medical specialist can be done in a day.

Irregular Bleeding!!

→ Visit an Obstetrician

In uterine cancer, more common in people in their 50s-70s, the most common subjective symptom is irregular bleeding. Although there may be other cases than cancers, yet if you become aware of genital bleeding after menopause, it is recommended to see a doctor as soon as possible.

Cervical cancer is increasing around the generation of 20–40 years old. If diagnosed during the precancerous state through the regular examination, hysterectomy or high invasive surgery can be avoided; so you should start undergoing cervical cancer screening once you turn 20 years old. Vaccination against HPV, the cause of cervical cancer, is proving effective to lower the risk. Cervical cancer is often advanced by the time noticeable symptoms appear. Regular examination and vaccination are important for the prevention and early detection.

If you feel some change in your physical condition, but don't know which medical department to visit, come to the **Internal medicine as a new patient**. Experienced physicians will see you and refer you to appropriate outpatient specialists or medical institutions.

[Recommendation of annual Medical Checkups even in the Pandemic]

(Complete Physical Examinations Basic Course): 50,000 yen (including tax)

Chest CT / Electrocardiogram / Gastric fiber-scope / Abdomen Echo / Blood test / General Urine test / Hemoglobin in feces / Ophthalmic exam / Hearing test / Breast cancer exam / Cervical cancer exam / Prostate cancer exam

<Optional exams (paid)>: Check the charge on the webpage of Ashiya Municipal Hospital or by calling the Hospital.

Brain scan / Helicobacter Pylori exam / Tumor Marker / DXA / Carotid echo exam / Body fluid volume measurement / HPV exam / Visceral Fat Measurement, etc.

Subsidies for Complete Physical Examination

Ashiya citizens who are insured in the Ashiya City National Health Insurance or in the Medical System for the Elderly can get the subsidies for the exam fee of the basic course.

Please refer to the city's webpage for details. (Scan the code →

Application/Inquiries: Desk of Examinations, Ashiya Municipal Hospital (Phone: 0797-31-2156; 2:00-4:30 p.m. Weekdays)

Why not Make a Debut in Koho Ashiya?

We are accepting applications for child models to appear in A-kids Corner in Koho Ashiya!

- * A staff member will visit the child's home or a park, etc. to take a photo.
- ♦ Eligibility: Preschool children
- ♦ How to Apply: Send an E-mail with the child's name (with furigana) and address, date of birth, sex, the guardian's name, phone number and place where you would like to take a photo (your home or park) to the address written below by Tue., March 15th.
 - * If there are too many applications, lottery will be held.
- ♦ Inquiries: Public Relations and International Exchange Section (Phone: 0797-38-2006 / Email: koho@city.ashiya.lg.ip)



Children's Center Club Registrations

April Start Dates

♦ Inquiries, Registration & Place: Kamimiyagawa Cultural Center

10-5 Kamimiyagawa-cho, Ashiya City, Hyogo 659-0061

Phone: 0797-22-9229/Fax: 0797-22-1659

♦ Registration: Directly submit, or send a postcard or fax with the name of the club and time preference, and your child's name, date of birth, school grade, address and phone number to the Kamimiyagawa Cultural Center by March 11, 2022. If the number of registrations exceeds capacity, a lottery will be drawn.

■ GUPPI KURABU (Guppy Club) First Term

♦ Date & Time: Tuesdays, April 12–July 19 (12 class sessions)

① 9:30-10:30 a.m. ② 10:50-11:50 a.m.

♦ Activity: Play activities, exercises, and picture books

♦ Age Group: Children born between April 2, 2021, and April 1, 2022 and their

parents/guardians (8 parent-child pairs per session)

■ USAGI KURABU (Bunny Club) First Term

♦ Date & Time: Thursdays, April 14–July 14 (12 class sessions)

① 9:30-10:30 a.m. ② 10:50-11:50 a.m.

♦ Activity: Free play, exercises, and picture books

♦ Age Group: Children born between April 2, 2020, and April 1, 2021 and

their parents/guardians (8 parent-child pairs per session)

KOGUMA KURABU (Bear Cub Club) First Term

♦ Date & Time: Wednesdays, April 13–July 20 (12 class sessions)

① 9:30-10:30 a.m. ② 10:50-11:50 a.m.

♦ Activity: Sing and play with parents/guardians

♦ Age Group: Children born between April 2, 2019, and April 1, 2020

and their parents (8 parent-child pairs per session)

■ KIRIN RUMU(Giraffe Room) First Term

♦ Date & Time: Fridays, April 15, 2022–March 17, 2023 (twice a month)

10:00-11:00 a.m.

♦ Activity: Work on art projects, etc. with parents/guardians

♦ Age Group: Children born between April 2, 2018, and April 1, 2019

and their parents (8 parent-child pairs per session)

※ Prior registration required.







■ SUKIPPU KURABU (Skip Club)

♦ Date & Time: ① Wednesdays, April 20, 2022–March 15, 2023

3:30-4:15 p.m. (24 class sessions)

② Fridays, April 15–March 17, 2023

4:15-5:00 p.m. (24 class sessions)

♦ Activity:

Arts and crafts

♦ Age Group:

1 1st graders

2 2nd graders (12 children each)

♦ Fee:

5,400 yen/year

■ PASOKON KURABU (Computer Club)

♦ Date & Time: Wednesdays, April 13–December 7 (20 class sessions)

① 3:30-4:15 p.m.

2 4:15-5:00 p.m.

♦ Activity:

Learn basics computer skills, draw illustrations, etc.

♦ Age Group:

1) 2nd graders

② 3rd graders (5 children each)

♦ Fee:

3,500 yen/year

■ JUNIA KURABU (Junior Club)

♦ Date & Time: Tuesdays, April 26, 2022–March 14, 2023 (once a month)

4:15-5:00 p.m.

♦ Activity:

Table tennis and various play activities

♦ Age Group:

1st-3rd graders (12 children)

♦ Fee:

1,200 yen/year

Other Children's Center Events

■ Study Room

♦ Date & Time: Wed., March 2, 9, 16 & 23, 3:00–5:00 p.m. (sign-in before 4:30 p.m.)

♦ Capacity: 6 elementary school children

♦ Sign-in: At the reception counter on the day you wish to study

■ TAKKYU HIROBA (Table Tennis Square)

♦ Date & Time: Thu., March 17, 4:00-4:50 p.m.

♦ Age Group: 16 el

16 elementary school children

♦ Bring:

Indoor shoes and tea/water

♦ Sign-in:

5 minutes prior to the start time.

■ Fureai Picturebook Theater

♦ Date & Time: Wed., March 23, 10:00-10:50 a.m.

♦ Program:

Yadatto-chan, The Very Hungry Caterpillar, etc.

♦ Capacity:

8 parent-child pairs (2-year-olds and over)

♦ Registration:

Calls accepted from 9:30 a.m. on the previous day of the

event at the Kamimiyagawa Cultural Center







	○ [Date & Time:	Fri., March 2	25			美國國際			
			1:30-2:20	0 p.m.	② 3:00-3:50 p.m.		A CONTROL OF THE PARTY OF THE P			
	♦ A	Activity:	Make a sma	II arrange	ement with flowers in	season				
	♦ A	Age Group:	Students between 4th grade of elementary school and 3rd year of junio							
			high school in the coming school year (9 students each session)							
	♦ F	ee:	400 yen							
	♦ F	Registration:	Directly subr	mit, or se	nd a postcard or fax	with the name of	the workshop			
	a	and time prefe	erence, and	the child	's name, new scho	ol grade, addres	ss and phone			
	r	number to the Kamimiyagawa Cultural Center by March 8, 2022. If the number of								
	r	egistrations e	xceeds capac	ity, a lot	tery will be drawn.					
		Spring Break	Movie Scree	nina	•					
		-		_	10:30–11:32 a.m. 🧯	2) 2:00_3:02 n m				
		Film:			で英雄 Chiisana Eiyu),		11111			
		Capacity:	60 people ea	,		etc.				
						22 2022 of the				
	У Г	Reservations.			9:30 a.m. on March	1 22, 2022 at tire	5			
			Kamimiyaga			_				
	***************************************				hool Lunch Reci					
	_	Calantul Sala					,			
		Ingredients (Sen	-	iizuiia, ola	nge carrots, and pale-pir	ik daikon and renko	" U			
4	Ц	50 g <i>mizuna</i> musi	-	1 Tbsp len	non juice					
II.		40 g carrots	.a. a g. o o o	•	nage deep-fried tofu pouche	es la				
Ц		50 g gobo burdoo	k roots	•	ed sesami seeds		A Comment			
		125 g daikon radi	shes O	Salad Dre	ssing					
		80 g renkon lotus	roots	½ Tbsp ve	getable oil	-				
4		60 g shimeji must		4 tsp vine	•					
		30 g red cabbage	S	•	uchi light-colored soy sauc	e Maria				
Ш	,	30 g red onions		2 tsp suga	r					
1	⊔ 1	Directions:	o 2am long Clics	corroto de	nikon radishes, and lotus ro	ate into 2mm thick au	artered rounds			
	1.	Slice burdock roo	•		inuli ladishes, and lotus to	ots into strint triick que	artered rounds.			
	2.				Cool in cold water and sq	ueeze out water. Boil	carrots, daikon			
Ţ		radishes, lotus ro	_							
Ц	3.									
	4.									
		Toss with lemon j								
	5.				the red cabbage and red o	nion.				
Π.	6.		•	-	n a frying pan until crispy.					
H	7.	_	-		dressing and add sesame	seeds. Toss all the	92			
٣,		vegetables with the	ie salau diessilly							
								-		

■ Spring Break Mini Flower Arrangement Workshop

Oyako (Parent and Child) Hiroba "さんさんひろば"

□Date & Time: Every Thu. from Thu., April 14, Every Tue. from April 19, 10:30 a.m.-☐Place: Municipal Kindergartens □Eligibility: 3-year-olds and guardians □Application: Apply at the kindergarten you wish to attend on the day ☐ Inquiries: School Education Section (Phone: 0797–38–2087) Tennis Class in English (TENISH) □Date & Time: Every Sunday from April 10 to July 3 (10 lessons) (1) Bambi Class for first-timer: 9:45-10:35 a.m. (2) Sampa Class: 10:45-11:35 a.m. □Place: Ashiva Park Tennis Courts ☐Instructor: A Canadian coach □Eligibility & Capacity: (1) 4-year-olds to first graders in elementary school/16 people (2) 2nd to 4th graders in elementary school/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 XTennis rackets are available at the site. □Application: Fill out the application form and fax or submit it to the reception counter indicated below by March 20. Forms can be downloaded from its website.

Outdoor Sports & Training Class

□Inquiries: Ashiya Park Tennis Courts (Phone: 0797-34-8886/Fax: 0797-34-8884)

Go outside and move your body as much as you can. Try a wide variety of exercise.

■Date & Time: Fri., March 11 (1) 3:10-4:00 p.m. (2) 4:00-5:00 p.m.

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

- ■Place: Kawanishi Athletic Ground
- Eligibility & Capacity: (1) Infants/20 children
 - (2) First to third grade elementary school students/20 children
- Fee: 500 yen
- Things to bring: Clothes fit for sports, sports shoes
- Application: Apply by phone or at the counter indicated below.
- ■Inquiries: Gymnasium and Youth Center (Phone: 0797-31-8228)





Tennis School at Ashiya Park Tennis Courts

<Practical Course> Every Tuesday from April 5- (90 min./12 lessons)

(1) Basic Class

11:00 a.m.-12:30 p.m. / 10 people

(2) Pre-intermediate Class

11:00 a.m.-12:30 p.m. / 10 people

(3) Intermediate Class

1:20-2:50 p.m. /10 people

(4) Advanced Class

3:00-4:30 p.m. / 10 people

⟨Basic Course⟩ Every Thursday from April 7- (90 min./12 lessons)

(5) Basic Class A

9:30-11:00 a.m. / 20 people

(6) Intermediate Class

11:10 a.m.-12:40 p.m. / 20 people

(7) First-timer Class

1:30-3:00 p.m. / 10 people

(8) Basic Class B

1:30-3:00 p.m. / 10 people

⟨Senior Course⟩ Every Friday from April 1- (90 min./12 lessons)

(9) Enjoy Class

11:00 a.m.-12:30 p.m./10 people

■Place: Ashiya Park Tennis Courts

■Fee: 19,200 yen for 12 lessons

Application: Fill out the designated application form and fax or submit it to the office

by March 20. Forms can be downloaded from its website.

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

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

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

Let's Cook and Eat International Food: Indian Food



□ Date & Time: Mon., April 11, 10:00 a.m.-2:00 p.m.

□Place: Shio-Ashiya Exchange Center, Cooking Room

☐ Menu: Chicken curry, mango lassi, etc.

☐Instructor: Ms. Toorabally from India

☐ Capacity & Fee: 14 people/2,800 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., March. 1.

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





With-us Ashiya BOOK WEEK 2022

Special exhibition based on the theme of gender equality such as child-rearing, housekeeping, etc., and picture book reading will be held in the information corner on the first floor.

[BOOK WEEK 2022]

◆ Period/Time: March 12th −18th (Except March 13th) 9:00 a.m.−5:30 p.m.

[Exhibition/Reading of Picture books of various sizes]

You also can read books leisurely!

Date/Time: Wed., March 16th

Book reading: 10:00 a.m. - / 11:00 a.m.-

Exhibition: 9:30 a.m.-Noon

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



A view from Picture book reading

Tai Chi Chuan (Taijiquan) Trial Class

* Tai Chi Chuan (Taijiquan): A kind of traditional Chinese shadow boxing
Let's practice 24-form Tai chi chuan from the basics. It is also a great way to improve
your physical fitness, to release stress and to improve your flexibility!

- D ate and Time: Tue., March 29th 4:30-5:30 p.m.
- Eligibility /Capacity: 10 persons, 18 years old and up
- Cost: 500 yen
- What to bring: Come in light clothes and shoes, easy to move.
- Place/Application /Inquiries:

Visit or call Gymnasium and Youth Center (Phone: 0797-31-8228)

The 66th Ashiya City Exhibition

This is a free, publicly offered exhibition for "anybody to apply". Voting for the "Audience Award" will also take place. (Free admission)

- ☐ Exhibition Period: March 8th -27th
- ☐ Works critique: March 13th (Plane category) /20th (Photograph category) 2:00-4:00 p.m.
- ☐ Inquiries: Museum of Art and History (Phone: 0797-38-5432/Fax: 0797-38-5434)

The 14th Puppet Show Festa Ashiya

Have a great time at the puppet show, magic, picture-story show and ventriloquism!

- ◆ Date and Time: Mon., Holiday, March 21st 2:00-3:15 p.m.
- Place: Lecture room at Museum of Art and History
- Eligibility/Capacity: The first 12 pairs of parents and children
- Performers: Epuron, Mizusumashi, Donguri-no-kai, Ventriloquist Mr. Go-chan
- What to bring: A picnic sheet
- Application and Inquiries:

Send an E-mail with the name, age, phone number of the representative, number of participants (both adults and children) and age of children to Museum of Art and History on and after 9:00 a.m. March 1st (Tue.)

(Phone: 0797-38-5432/Fax: 0797-38-5434) (E-mail: ashiya-bihaku@shopro.co.jp)





∼ Marking International Women's Day ∼ "Bombshell" (2019 US, 108 min.)

The United Nations designated March 8th as "International Women's Day." This movie tells the true story of a sexual harassment scandal, in which the women took courageous action to expose it to the public.

- ■Date & Time: Sat., March 12
 - (1) 10:00 a.m.- (Doors open at 9:30 a.m.) (2) 1:30 p.m.- (Doors open at 1:00 p.m.)
- ■Place: Gender Equality Center, Large Conference Room 1 & 2
- Capacity: 40 people for each showing (First come, first served)
- * Temporary daycare for first 6 children (6 months to preschool age) is available at each showing. (Reservation required, 300 year per child)
- Application: Apply by using the 2D code on the right by March 9.
- ■Inquiries: Gender Equality Center (Phone: 0797–38–2023)



Lively Cinema Salon
"Il Volo With Placido Domingo Notte Magica

Tribute To The 3 Tenors" (2019 Italy, 106 min.)

- ■Date & Time: Sat., March 19 (1) 10:00 a.m.- (2) 2:00 p.m.-
- ■Place: Luna Hall ■Capacity: 220 people for each showing
- Fee: 3,000 yen for junior high school students and older 500 yen for elementary school students
- * If you bring the article (Koho Ashiya vol. 1287) with you, junior high school students and older are eligible (up to 3 people) to have a discount of 500 yen.
- ■Application: Directly at the venue * Preschoolers are not allowed.
- ■Inquiries: Luna Hall (Phone: 0797–35–0700)

Porcelain Art Class

□Date & Time: Sat., March 12, 10:00 a.m.-12:00 noon
□Place: 3F East Wing, City Hall, Medium Conference Room

☐Capacity: 10 people ☐Instructor: WU Jianwei

☐ Fee: 2,700 yen (material costs)

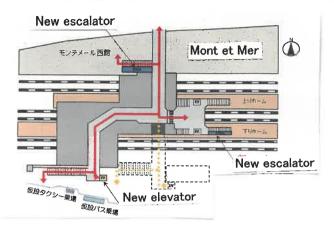
☐Things to bring: Scissors, a ruler, a utility knife, tweezers, (a cutting board if you have)

□Application: Apply by email to the following section by Mon., March 7.

□Inquiries: Public Relations and International Exchange Section (Phone: 0797–38–2008)

⊠ kokusai@city.ashiya.lg.jp

JR Ashiya Station - New Passageway Opened on March 26



The south exit and the elevator in JR Ashiya Station precincts will be relocated and the escalator at the north exit and a down escalator at the platform will start operating. The entire construction is scheduled to be completed in 2023.

Inquiries: Urban Improvement Section (Phone: 0797-38-2074)

▶ Shio-Ashiya Exchange Center Concert

- Recorder and String Ensemble Concert-

♦ Date and Time: Sun., March 20

2:00 -3:30 p.m.

♦ Place: Shio-Ashiya Exchange Center, All-purpose Room

♦ Capacity: 60 people (On a first-come-first served basis)

♦ Performers: Da Capo

Fee: 800 yen (1,000 yen on the day)

♦ Program: Medley from Sound of Music, Salut d' Amour by Elgar, etc.

♦ Application: Please apply by phone from March 1(Tue.)

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

Instagram of this MONTH



r_base.r_spase さん



rosesmatilda さん

We are accepting your favorite spots in Ashiya. Please submit at #ashiyagram2022 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)

We seek your cooperation in continuing infection prevention precautions

- (1) Avoid the "three Cs" (closed spaces, crowded places, and close-contact setting)
- (2) Wear masks.
- (3) Wash hands with soap.
- (4) Disinfect hands and fingers.











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Ashiya Municipal Shio-Ashiya Exchange Center (Designated administrator. Ashiya Cosmopolitan Association)

7-1 Kaiyo-cho Ashiya

Phone: 0797-25-0511

Fax: 0797-25-0512