

THE OSMONET

July 2023 (Vol.312)

The following articles are taken mainly from "Koho Ashiya" – the bulletin of Ashiya City (July issue). It is, of course, a Japanese edition, and translated into English by a voluntary group from the Ashiya Cosmopolitan Association.

Please understand that some phone numbers listed under the various events are staffed by people who may not speak English.



Kangaroo Club



Gathering Square- Mukumuku



Toward a Child-Centered Society

The Children and Family Health Center was established as a support center, helping develop a society where all children can grow up healthy. We provide consistent support and consultations by specialized staff, from pregnancy to child-rearing. We also promote the health of everyone, including the elderly, throughout their lives and work to improve public health and child welfare.

Did you know? "A Child's Right to Express His or Her Views."

It is the right of a child to freely express his or her views on matters concerning himself or herself. In April 1994, Japan ratified the Convention on the Rights of the Child at the General Assembly of the United Nations. One of the rights is the right of children to express their opinions. (Article 12) Even now, Japanese society tends to view children as objects of protection rather than subjects of rights. From now on, it is important to listen to the child's wishes and defend his/her rights.

<Time of Pregnancy>

When you become pregnant, submit the Pregnancy Notification Form to the municipal office and a Maternal and Child health Handbook will be issued to you for your well-being during Pregnancy and Delivery.

◇ New Support Program:

Around 7 or 8 months after conception, a questionnaire will be sent to you and you can access counseling services with public health nurses. At the time of interview of the time of notification of pregnancy a "Pregnancy Support Gift" of 50,000 yen will be given, and at the time of the first baby health visit, a "Hello Baby Visit" gift of 50,000 yen will be given. We will reduce the burden of childbirth and child-rearing by integrating financial and child-rearing support.



<Infancy>

Kangaroo Club – New mothers can gather together and learn how to interacting with children.

◇ Checkup for 4 month babies

This checkup includes measurements, interview, pediatric consultation, childcare consultation, weaning food and "book start".

- ※ We give one picture book to parents and child who come for the 4-month checkup, to enjoy picture book with your baby. This is funded by people's donations for childcare support.



<Young Child>

Gathering Square – Mukumuku This is a place where parents and children can enjoy interacting with each other through play and learning.

◇ Checkup for 18 month babies

We can offer advice to you about child care during the period when they are able to walk by themselves and begin to speak.

◇ Checkup for 3 years old children

This is the time when children can assert themselves, learn to be sociable, and they are taking their first steps toward independence.



<Elementary, Junior and Senior High School Students>

◇ **Study Room**

This is a study room in the Center for elementary, junior and senior high school students.

Open days: Monday –Saturday 10:00 a.m. – 9:00 p.m.



Elementary school student ~7:00 p.m.

Junior high school student ~8:00 p.m.

Senior high school student ~9:00 p.m.

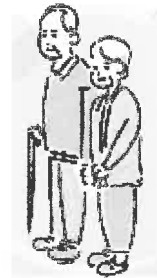
Consultation services by certified clinical psychologist are available.

Reporting child abuse → 189 (National common dial)

<Adult, Elderly>

Body composition and blood pressure monitors are available in the lobby to measure muscle mass and fat mass at any time. Various medical examinations and consultations with doctors, public health nurses, and certified senior nutritionists are available.

Monday – Friday 9:00 a.m. – 5:30 p.m.



Junior and Senior Students Wanted! for The 1st Session

- For exchange of opinions and ideas for the Children and Family Health Center

-To make the Center into a place where we can turn your ideas into reality.

◇ Date and Time: Wed. August 9 1:30 p.m. ~

◇ Eligibility: Junior and senior high school students who live and study in Ashiya

◇ Capacity: 50 people, first-come basis

Apply from the 2D code on the right.

◇ Contents: First, tour the facility and think about what you would like to do or try.

Then, you can exchange ideas with Mayor Takashima and decide on a nickname for the facility.



Nickname Wanted !

We are looking for a nickname for the Children and Family Health Center so that it will be familiar to everyone. Anyone can apply. The name will be introduced and decided during meeting of exchange of ideas with junior and senior high school students held on August 9.

Application term: July 3 – 31

Application form is available at the 2D code on the right.



Inquiries: Children and Family Health Center (Phone: 0797-31-0637)

Premium Notification for National Health Insurance

National Health Insurance (NHI) Premium Notifications (国民健康保険料納額通知書 *kokumin kenko hoken-ryo nogaku tsuchi-sho*) will be mailed in mid-July. The payment deadline for the first period is Mon., July 31. Please make payment after reviewing the contents of your notification.

◆ National Health Insurance Premiums

The annual NHI premium per household is the combined total of three portions: ①for medical treatment, ②for supporting the medical care system for the [latter-stage] elderly, and ③for long-term care insurance (applied only to households with persons aged between 40 and 64).

	①Portion for Medical Treatment	②Portion to Support the Elderly, etc.	③Portion for Long-Term Care
Per Household Levy for each household	21,900 yen	7,920 yen	6,360 yen
Per Capita Levy for each household	33,720 yen	11,640 yen	13,200 yen
Per Income Levy	7.8%	3.1%	3.0%
Maximum Levy	650,000 yen	200,000 yen	170,000 yen

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

◆ Exemption or Reduction of Insurance Premiums

Those who have difficulty paying insurance premiums due to a significant drop in income because of unemployment should contact the Insurance Subsection, as you may be eligible for the reduction or exemption of premiums.

◆ Account Transfer Payments

Account transfers are convenient and recommended for paying insurance premiums. Contact the Insurance Subsection to make arrangements.

◆ Outsourcing of Insurance Premium Collection

A private collection service may call or pay a visit as the collection of insurance premiums is partially outsourced.



◆ Reduction of treatment costs and hospital meal expenses

Payment of medical treatment costs at medical institutions may be reduced, exempted, or deferred if a person is deemed to be in a situation close to that of public assistance recipients due to such reasons as unemployment or a disaster. In addition, if the head of household and all household members enrolled with the National Health Insurance are exempt from municipal tax, the cost of meals during hospitalization may be reduced.

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

New National Health Insurance Cards

Starting in early July, new cards for National Health Insurance (国民健康保険 *kokumin kenko hoken*) are being sent out by acceptance-recorded mail (特定記録郵便 *tokutei kiroku yubin*). The new cards will be valid until July 31, 2024.



◆ Health Insurance Changes Must be Notified

When you enroll or withdraw from an employee's health insurance, you are required to notify the Insurance Subsection. Failure to do so may affect your insurance premium amount and/or payment of medical expenses.

▶ When you enroll in an employee's health insurance

You must submit the new employee's health insurance card(s) and National Health Insurance Card(s) of all members covered by the employee's health insurance.

▶ When you withdraw from an employee's health insurance

You must submit a Certificate of Loss of Health Insurance Eligibility (健康保険資格喪失証明書 *kenko hoken shikaku soshitsu shomei-sho*).

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

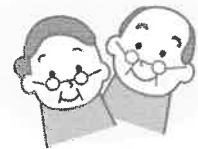
◆ **Those with Unpaid Insurance Premiums** who have difficulty making premium payments should contact the Collection Subsection as early as possible. In place of a National Health Insurance Card, you may be issued a short-term insurance card (短期被保険者証 *tanki hi-hokensha-sho*) valid for 4 months or an insurance eligibility certificate (被保険者資格証明書 *hi-hokensha shikaku shomei-sho*) which you initially pay medical costs in full and later be reimbursed at a certain rate.

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

Medical Care System for the Elderly

Insurance premium notifications, insurance cards, and eligibility certificates for ceiling-amount application and reduction of the standard amount of patient liability will be sent.

◆ **Medical Care System for the Elderly Premium Notifications** (後期高齢者医療保険料額通知書 *koki-koreisha iryo-hoken-ryo-gaku tsuchi-sho*) for FY2023 will be mailed in mid-July. The notifications will be mailed in or after August to those individuals turning 75 years of age or newly enrolling in the Medical Care System for the [Latter-Stage] Elderly in or after June.



◆ **New Insurance Cards** will be mailed in mid-July. Please present the new insurance card at medical institutions from August 1.

◆ **Eligibility Certificate for Ceiling-Amount Application and Reduction of the Standard Amount of Patient Liability** (限度額適用・標準負担額減額認定証 *gendo-gaku tekiyo hyojun futan-gaku gengaku nintei-sho*) holders who will continue to be eligible will receive a new certificate along with their insurance card. Please present the new certificate at medical institutions from August 1.

◆ **Reductions for Those with Low Income FY2023**

The per capita amount is reduced if the total 2022 income of the insured person and the head of the household in the same household is less than or equal to the standard amounts below

The Total Income of the Household (Head of Household + the Insured)	Reduced Rate (the annual per capita amount after reduction)
Basic deduction (430,000 yen) + 100,000 yen x (number of pension or salary income earners - 1)	70% (15,044 yen)
Basic deduction (430,000 yen) + 290,000 yen x number of insured + 100,000 yen x (number of pension or salary income earners - 1)	50% (25,073 yen)
Basic deduction (430,000 yen) + 535,000 yen x number of insured + 100,000 yen x (number of pension or salary income earners - 1)	20% (40,117 yen)

※ For Public pension recipients aged 65 and over, the reduction is determined by deducting up to 150,000 yen from their pension income.

◆ **Outsourcing of Insurance Premium Collection**

A private collection service may call or pay a visit as the collection of insurance premiums is partially outsourced.



◆ **Exemption or Reduction of Insurance Premiums**

Insurance premiums may be reduced upon application for those who have difficulty making payments because of damages suffered from a disaster or a significant drop in income due to unemployment.

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

(Phone: 0797-38-2037)

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

(兵庫県後期高齢者医療広域連合事務局 Hyogo-ken Koki-koreisha-iryō Kōiki Rengo Jimukyoku)

(Call Center: 078-326-2021)



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

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

※ Broadcast times may change due to the coverage of the Japanese High School Baseball Championship.



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

Premium Notification for Long-term Care Insurance

Long-term Care Insurance (LTCI) Premium Notifications (介護保険料の決定通知書 *kaigo hoken-ryo kettei tsuchi-sho*) will be mailed in mid-July. Insurance premium amounts are calculated based on the previous year's income of each individual and their family.

◆ Reduction of Insurance Premiums

A partial reduction of premiums is available for those in households exempt from municipal tax (Levels 1 to 3).

➤ Annual amounts after reduction

Level 1—20,760 yen / Level 2—34,440 yen / Level 3—48,240 yen



◆ Exemption or Reduction of Insurance Premiums

Those who have difficulty paying insurance premiums due to the reasons below may be eligible for the reduction or exemption of premiums upon application.

- Seriously impacted by a natural disaster
- A significant drop in income because of job loss
- Facing poverty due to low income

◆ Exemption or Reduction of Payment of Long-Term Care Services

Those who have difficulty making payments for long-term care services because of being impacted by a natural disaster or having other special circumstances may be eligible for the reduction or exemption of service fees.



◆ Reduction of Costs for Admission, Accommodation, and Meals

Costs associated with admission to a long-term care facility or use of short-stay care may be reduced because of reasons such as low income.

◆ Outsourcing of Insurance Premium Collection

A private collection service may call or pay a visit as the collection of insurance premiums is partially outsourced.

◇ Inquiries: Senior Citizens' Long-term Care Section

(Phone: 0797-38-2046)

Beware of Designated Invasive Alien Species



The red-necked longhorn beetle (*Aromia bungii*) is a designated invasive alien species. Please contact the Roads and Parks Section if you find frass which is traces of damage caused by the beetle. Frass is a mixture of the larvae's feces and wood dust.



◇ Inquiries: Roads and Parks Section

(Phone: 0797-38-2065)



Take Public Transportation !

Let's make a Sustainable Society by using public transportation, which is friendly to people and the environment ! ■ Inquiries: Urban Policy Section (Phone: 0797-38-2073)

[Three Merits of Public Transportation]

- (1) **Friendly to the Environment:** It can reduce carbon dioxide emissions. If one person is carried for 1 Km, the amount of carbon dioxide emission by bus or train is 1/2 or 1/7 respectively of that by a car.
- (2) **Good for Health:** Increased opportunities of walking to the station or bus-stop help you keep healthy. Using public transport uses up twice as many Calories as using a car over one hour.
- (3) **Reduction of risk of traffic accident:** Safe and Secure transportation ! Only 5% of all the traffic accidents in Ashiya city that were caused by public transportation. (Number of accident in 2022)

[Current condition of public transportation in Ashiya city]

According to the questionnaire survey on transportation taken in December 2022, public transportation accounts for 34%, while car/walking accounts for half of the total means for daily transport (shopping, doctor visiting, etc.).

The number of users of public transportation are in recovery from temporary decrease due to COVID 19; however, overall there is a decline in use due to population decrease or change in behavior.

[Advantages of Using the Bus]

IC Card: hanica

On Hankyu/Hanshin Bus

- 8% savings on cash-charge !
- Commuter pass: Unlimited rides on Hankyu/Hanshin Bus within the fare zone !
- Grand pass 65・70 (All lines free commuter pass): Unlimited rides on general Hankyu/Hanshin Bus routes !

Hankyu Bus Commuter Pass

Savings for you and your accompanying family
On Sat., Sun. and Holiday !

Ashiya City Bus Fare Discount System for the Aged:

Half fare on Hankyu Buses running within Ashiya city for those over 70 years

* There are some exception. Please ask each business office.

[Do you know Maps with full information of Railroads or Bus routes ?]

They are available at City Hall; and also can be seen using the 2D code.

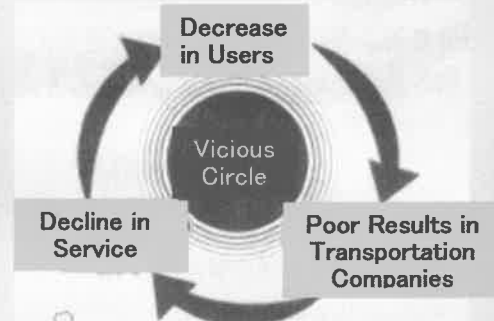
•Ashiya City Public Transportation Map



•Hanshin District Station /Bus Map



Social Problem of Public Transportation



You may no longer be able to ride due to service reduction or line closures

Public Transportation, which is indispensable for our daily life, is supported by your use of our service.

Watch Out for Wasps

Wasps tend to build striped ball-like nests in areas like the attic, the edge of the eaves, or tree branches. Wasps can be extremely dangerous especially from summer to autumn as the number increases, their nests grow bigger and they become more aggressive to protect their nests. The owner or the administrator is responsible for getting rid of the wasp nest. Please reach out to a pest control professional to remove a wasp nest.

■ Extermination of harmful insects/Consultation

General Incorporated Association, Hyogo Pref. Pest Control Association
(Phone: 0120-76-2633)



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

Heatstroke Prevention

Heatstroke is preventable with appropriate precautions.

Here are some tips on preventing heatstroke:

- ① Drink frequently before you feel thirsty
- ② Be careful of mask heatstroke
- ③ Block direct sunlight
- ④ Use a parasol or hat to avoid direct sunlight
- ⑤ Don't forget to replenish salt when you sweat
- ⑥ Use air-conditioning effectively
- ⑦ Take frequent breaks
- ⑧ Ensure that children and the elderly are not getting dehydrated



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

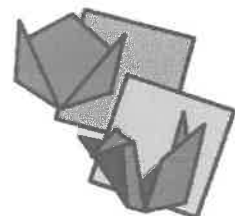
Montebello & Ashiya Student Ambassadors Exchange Program

- Date & Time: ① Sun., July 24, 5:00-7:00 p.m. Farewell & Welcome Party
② Tue., Aug. 8, 5:00-7:00 p.m. Farewell Party
- Capacity: 70 people (Reservation required)
- Fee: ①② 2,000 yen (college students and younger: 1,000 yen)
- Application: Call the following center by Fri., July 7 for ①, and Fri., July 21 for ②.
- Place & Inquiries: Shio-Ashiya Exchange Center (Phone: 0797-25-0511)
(Office Hours: 9:00 a.m.-5:30 p.m., Closed on Wed.)



Origami Class

- Date & Time: Wed., June 19, 10:00 a.m.-12:00 noon
- Place: Municipal Library
- Eligibility & Capacity: Adults, 30 people
- Things to bring: Origami paper, scissors, glue
- Inquiries: Orizurukai (Phone: 0797-34-2546)



JR Ashiya Station is Getting a New Look !



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

The renovation work of JR Ashiya Station will be accomplished on Sat., July 29, with the escalator on the south entrance starting to work newly. In the south-east area of the Station, development work will continue. We highly appreciate your understanding and cooperation.

We want to hear from you, our citizens, on the future direction of Type 2 Urban Redevelopment Project in the south area of JR Ashiya Station.



FY 2023 “Tsutsuji Prize” (Ashiya City Award for Good Conduct)

On June 1, “Tsutsuji Prize” 2023 was presented to Mr. SHIBANUMA Hajime.

For many years, Mr. Shibanuma started and managed multiple circles in Ashiya City Senior Citizens Club, striving to give the elderly a purpose in life and a comfortable place to live.

Furthermore, he devoted himself to clean-up activities in the surrounding area of Ashiya High School of Hyogo Prefecture, making a great contribution to the community welfare activities and creation of beautiful and livable city.



Mr. Shibanuma (left) and Mayor Takashima

What is “Tsutsuji Prize” –Ashiya City Award for Good Conduct– ?

In commemoration of Good Will Day, June 1 every year, Ashiya City presents “Tsutsuji (an azalea)” Prize, Ashiya City’s Award for good conduct to an individual or a group contributing positively to Ashiya such as beautification of streets or kind deeds, etc.

- Inquiries: Secretarial Section (Phone: 0797-38-2000)

My Number Card

[Sun., July 30: My Number Card Issuing Counter Opens]

- Time/Place: 9:00 a.m.-1:00 p.m. Counter No.8 1F City Hall North Wing
- Details: Receipt/Application of My Number Card / Renewal of digital certificates

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

There are some cashless payment services which have a deadline of application earlier than the end of September, or require procedures separately. My Number Card is required for Myna Point application.

- Eligibility: Those who applied for issuance of My Number Card by the end of February 2023
- Inquiries: My Number Desk, Citizens’ Section (Phone: 0797-38-2070)



Ashiya Citizen's Golf Competition



- Date / Start Time: Thu., Aug. 24 8:00 – 9:45 a.m.
- Place: Ashiya Country Club
- Eligibility and Capacity: 120 men and women, 20 years or older, living or working or belonging to any sports club in Ashiya and participants in Ashiya Citizens' Golf Day.
- Cost: 15,000 yen
- Play System: Half-round Double Peoria System using back 9 holes for exchange round
- How to Apply: E-Mail or send by post a completed application form to the address written below by Wed., July 12. Application form and guide lines are also available there.

(Requirements for the application form are Applicant's Name and Address, Age, Date of birth, Sex, Phone number and Mail address.)

■ Inquiries and Mailing Address:

Ashiya Citizen's Golf Competition Office, c/o Gymnasium and Youth Center
15-3 Kawanishi-cho 659-0072

(659-0072 川西町 15-3 体育館・青少年センター 芦屋市民ゴルフ大会運営事務局係)

<E-mail: golf@ashi-taikyo.jp>



Please Know this "Help Mark"

Here are people in need of your help and consideration.

This mark is carried by those people who have an internal physical disorder, or are in early pregnancy, etc. and need attention from the people around, but actually hard to be noticed from outward appearance. If you notice this "Help Mark", you are requested to act with consideration, such as offering your seat in the train, bus, etc.



- ◆ Inquiries: Management Subsection, Community Welfare Section (Phone: 0797-38-2153)

Use Electric Kickboard Safely !

Electric kickboards are "Vehicles"!

Let's use them safely by obeying the road traffic law.

- Inquiries: Roads and Parks Section (Phone: 0797-38-2480)



School Lunch Exhibition

- Date /Time: Thu., July 27 / Fri., July 28 10:00 a.m.– 3:30 p.m.
- Place: Citizens' Center
- Content: Panel display and tasting the sample food by the first 30 visitors from 11:30 a.m. each day.
- Eligibility: Ashiya citizens
- Inquiries: Health and Safety/Special Support Education Section



(Phone: 0797-38-2114)

Support Benefits focused on Price Rising in Electricity, Gas, Food, etc.

30,000 yen per household will be paid as support benefits for low income household whose family finance is strongly affected by the price rising.



Eligibility:

- (1) [Tax-exempt Household]: A household that has a certificate of residence in Ashiya city as of June 1 and is exempt from equal resident taxation.
- (2) [Household with sudden change in family finance]: A household that has a certificate of residence in Ashiya city at the time of application and has had unexpected sudden change in family finance after January 2023 and fulfills the following requirement: the estimated annual income of each member of the household (amounts of income in any one month after January 2023 x 12 months) is below the tax exemption equivalent limit (income).



* Please consult us if you are evacuating due to DV.

Information sending out / Application:

(1) [Tax-exempt Household]:

Information will be sent out to the eligible in order from the beginning of July. A household with no change in the content of information can get the payment without application. The benefits will be transferred into the same account used in the past. Household having not registered a bank account, household with any unreported member and household refusing to receive the benefits, etc. need to make application and procedures.

(2) [Household with sudden change in family finance]:

Application procedures are required. (Application form is available at Community Welfare Section and Health and Welfare Center from the beginning of July; request of mailing by phone or downloading from the City's webpage are also possible.) Send by mail the filled application form and other necessary documents by Sat., September 30, 2023 (with a postmark)

- Inquiries: Desk of Temporary Benefits, Community Welfare Section
Special Counter, 3F City Hall East Wing
(Phone: 0797-38-2053 9:00 a.m.- 5:00 p.m. Weekday)
(〒659-8501 address unnecessary)



* Beware of frauds taking advantage of benefits !

Peace Projects Exhibition “The Light of Peace, Light up with Picture Books”

- Period/Time: 3:00 p.m. July 29 ~ 3:30 p.m. August 12
- Place: Exhibition Hall at **KOMINKAN**
- Content: Think about Peace with the panel display of 100 or more Peace Picture Books.
- Book Selection/Commentary:
NPO “Child-rearing with Picture Books” Center
- Place and Inquiries: **KOMINKAN** (Community Learning Center)
(Phone: 0797-35-0700)





Be Careful about Taking out Garbage during the Stormy Weather



Pay attention to the following two points when you take out garbage during the rainy season or the typhoon season !

▶ **Garbage may not be collected:**

Garbage is not collected in the areas where the road is closed to traffic, or areas where alert level 4 (evacuation orders or higher) is in effect.

It is very dangerous to take out garbage when the water level rises due to heavy rain and strong wind. You should take it out after the weather improves.

Be sure that garbage collection time may be fluid during the stormy weather.

▶ **Scattering of garbage due to strong wind can cause trouble.**

If an accident occurs due to scattered or flying garbage which had been taken out, the owner of the garbage may be held responsible. Please refrain from taking out garbage during strong wind.

◆ **Inquiries: Garbage Collection Section (Phone: 0797-22-2155)**



Consultation Service for Foreign Residents

Contents

(1) More languages are available for consultation

- ▶ **Japanese/English** : Mon.-Fri. 9:00 a.m.-5:30 p.m.
- ▶ **Chinese /Spanish** : Tue. 1:00-4:00 p.m.
- ▶ **Vietnamese** : Thu. 1:00-4:00 p.m.
- ▶ **Portuguese** : Thu. 1:00-3:30 p.m.



(2) You can ask Immigration Bureau Staff about the procedure for changing the status of residence, etc. (Up to 5 persons)

- ◆ **Date/Time/Place:** Mon., August 7 1:00-4:00 p.m. 3F City Hall North Wing
- ◆ **How to Apply:** E-mail to the address written below
- ◆ **Inquiries:** Public Relations and International Exchange Section
(Phone: 0797-38-2008 / E-mail: kokusai@city.ashiya.lg.jp)

Students Wanted for *Nihongo Gakkyu* (Japanese Class)



- Date/Time:** Every Thursday 10:00-11:30 a.m.
- Content:** One-to-one lessons for Daily conversation, Reading and Writing of Japanese
- Eligibility:** Foreign citizens
- Cost:** 2,000 yen / 10 lessons
- How to Apply:** By phone to *Kominkan*
- Place / Inquiries:** *Kominkan* (Community Learning Center)
(Phone: 0797-35-0700)



Ashiya School Lunch Recipes

■ Pork & Kimchi Fried Noodles

□ Ingredients (Serves 4)

200 g pasta
100 g pork
60 g kimchi
120 g bean sprouts
80 g onions
50 g carrots
20 g nira Chinese garlic chives
10 g green onions
vegetable oil for stir-frying
1 Tbsp toasted sesame seeds

► Seasoning:

2 tsp gochujang (Korean red chili paste)
1 Tbsp dark-colored koikuchi soy sauce
2 tsp sugar
1 tsp sake
pepper to taste
1/4 tsp salt
1 Tbsp
sesame oil



□ Directions:

1. Slice onions 1 cm thick. Cut carrots into bar rectangles, chives 2 cm in length, and green onions into 1 cm pieces.
2. Heat oil and stir-fry pork. When heated through, add and stir-fry with carrots, onions, and then bean sprouts.
3. Add seasoning. Then add chives, green onions, and kimchi. Season to taste.
4. At the same time, boil pasta until tender but still slightly firm to the bite.
5. Toss the cooked pasta with the meat and vegetable. Sprinkle with sesame seeds and serve.



The Community Learning Center Library will be Closed



The library will be closed for the inspection of its collection. The Community Learning Center Library does not have a return box. Please use the library book return post boxes in Ashiya City.

◇ **Dates Closed:** July 10–13

◇ **Inquiries:** Community Learning Center

(Phone: 0797-31-4995)

Uchide Educational and Cultural Center and the Uchide Branch Library will be Closed

During the closure, the Adaptation Guidance Classroom (☎0797-23-8564) and Counseling Center (☎0797-23-5998) will operate at the former site of the Niihama Child Daycare Center (1-1 Niihama-cho, Ashiya City).

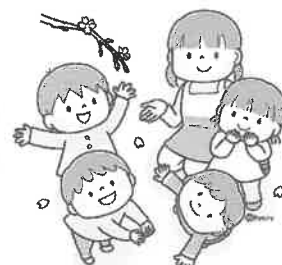
◇ **Dates Closed:** September 1, 2023–March 31, 2024

◇ **Inquiries:** Uchide Branch Library

Uchide Educational and Cultural Center

(Phone: 0797-38-7220)

(Phone: 0797-38-7130)



Lively Cinema Salon: “School Lunch (Ashiya no Kyushoku)”
(2022 Japan, 86 min.)

This is a human drama that depicts a new nutritionist who works at an elementary school in Ashiya, struggling every day to make a delicious lunch and make the children smile.

■Date & Time: Sat., July 22, ① 10:30 a.m.– ② 2:00 p.m.–

■Place: Renaissance Classics Ashiya Luna Hall

■Capacity: 600 people each showing

■Fee: 1,000 yen for junior high school students and older
500 yen for elementary school students and younger

* Junior high school students and older who bring the article (*Koho Ashiya* No. 1303) with them are eligible to have a discount of 200 yen. (Up to 3 people per application)

* A preschool child is free of charge if you sit the child on your lap

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



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Lively Cinema Salon, Children’s Theater: *Sumikko Gurashi*
“The Pop-up Book and the Secret Child”
(2019 Japan, 65 min.)

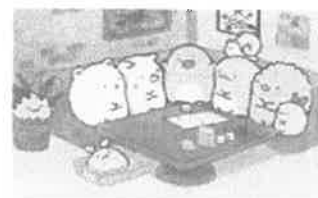
□Date & Time: Sat., July 29, ① 10:30 a.m.– ② 2:00 p.m.–

□Place: Renaissance Classics Ashiya Luna Hall

□Capacity: 600 people each showing

□Fee: 500yen for 3-year-olds and older

□Inquiries: Luna Hall Project Desk (Phone: 0797-35-0700)



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~The 73rd *Fureai* Cinema Salon~
Human Rights Enlightenment Movie:
“Tower of Shimamori (*Shimamori no tou*)” (2022 Japan, 130 min.)

The movie depicts a story of two bureaucrats who struggled to protect the lives of Okinawans and entrust a ray of hope to future generations during the Battle of Okinawa.

□Date & Time: Sat., Aug. 5 ① 10:00 a.m.–12:15 p.m. ② 1:30 p.m.–4:05 p.m.

*Prior to the second showing, a war survivor will talk his/her experience.

(Sign language interpretation available/15 min.)

□Place: Municipal Library

※There will also be a peace picture books storytelling event at the same time.

□Capacity: 70 people each screening

* Daycare is available for children of six-month-old to preschool age.

(3 children/each) (Make an appointment before Fri., July 28)

□Application: Call the following center or apply through the 2D code on the right between July 5, 9:00 a.m. and 28.

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



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

Content (Class name)	Date / Time	Cost	Application Deadline
(1) "Enjoy growing vegetables ! #4"	Thu., July 13 10:30 a.m.-Noon	500 yen	5:00 p.m. Thu., July 6
(2) "Why not grow Geraniums ?"	Sun., July 16 10:30 a.m.-Noon	1,500 yen	5:00 p.m. Sun., July 9
(3) "Make a cheerful summer container garden"	Mon.(Holiday), July 17 10:30 a.m.-Noon	2,500 yen	5:00 p.m. Mon., July 10
(4) "Let's start gardening and flower making ! #4"	Wed., July 19 10:30 a.m.-Noon	500 yen	5:00 p.m. Wed., July 12
(5) "Make an arrangement of summer flowers"	Thu., July 20 10:30 a.m.-Noon	2,000 yen	5:00 p.m. Thu., July 13
(6) "Create an arrangement for offering"	Sun., July 30 10:30 a.m.-Noon	2,500 yen	5:00 p.m. Sun., July 23

- ✿ Capacity: 15 persons for each class
- ✿ What you should bring: Writing materials and a bag to take the work home
- ✿ How to Apply: Visit, call/fax or E-mail to Ashiya Grand Park by each deadline
- ✿ Location and Inquiries: Ashiya Grand Park (*Sogo Koen*)

(Phone: 0797-38-2103 / Fax: 0797-25-2026 / E-mail: ashiyasogo@mizuno.co.jp)



Event at Tanizaki Junichiro Memorial Museum of Literature

Lobby Exhibition

Japanese Paintings Exhibition by FUKUDA Kiharu: "Dressed in Beauty"



「祈り」福田季生 作

Display of works by FUKUDA Kiharu on the theme of "Dressed in Beauty". At the demonstration and Gallery Talk on Sun., July 9, FUKUDA will paint a female model dressed in *Yukata*

- Period: July 8 - August 6 10:00 a.m.-5:00 p.m.
(Until 3:00 p.m. on the final day)
- * July 9 (Sun.) 2:00- Demonstration and Gallery Talk
- Place: Lobby Gallery
- Cost: Admission Fee to the Museum
- Application: Necessary only for July 9

Related event

Japanese Paintings Experience: "Painting a flower on *Uchiwa* (a round fan)"

- Date/Time: Sat., July 15 (1) 10:30 - Noon / (2) 2:00-3:30 p.m.
- Place/Capacity: Lecture Room / 8 persons for each class
- Instructor/Fee: FUKUDA Kiharu / 1,000 yen (including admission) + 1,500 yen for teaching materials (a set of 3 Japanese painting brushes and a *Uchiwa*)
- What to Bring: A clothes that can get dirty or Apron, etc.
- Application/Inquiries: Tanizaki Junichiro Memorial Museum of Literature
(12-15 Ise-cho 659-0052) (Phone: 0797-23-5852)



A Sample Work

~Human Rights Theater~
“Bokemasukara Yoroshiku Onegaisimasu”
 (2018 Japan, 102 min.)

This is a documentary film subtitled in Japanese directed by Nobutomo Naoko.

- Date & Time: Thu., July 27 ① 10:00-11:42 a.m. ② 1:30-3:12 p.m.
- Place: Kamimiyagawa Cultural Center, 3F Hall
- Capacity: 100 people each screening
- Inquiries: Kamimiyagawa Cultural Center (Phone: 0797-22-9229)



30歳から70歳まで、よろしくお話しします。
 製作・放映委員会

The 45th Ashiya Summer Carnival

- Date: Sat., July 22 Fireworks: 7:45-8:30 p.m.
- Place: Shio-Ashiya Beach, Shio-Ashiya Green Space, Ashiya Grand Park
- *Ashiya Grand Park will be temporarily closed during the event.
- *Advance tickets only for reserved admission and seats
- *For more information, see the city's website.
- Inquiries: Ashiya Citizens' Festival Committee
 (Ashiya summer Carnival Executive Committee)
 (Phone: 0797-35-0871/Fax: 0797-35-0874) E-mail: info@ashiya-hanabi.com



Would You Like to Join Special Programs for the Summer Holiday?

- Date & Time: Sun., Aug. 6, 9:30 a.m.-4:00 p.m.
- Capacity: It varies depending on each program.
- Fee: 100 yen ~ (depending on each program)
- Application: Apply through *Leed Ashiya's* website from 9:00 a.m., Sat., July 1.
- Place & Inquiries: *Leed Ashiya* (Phone: 0797-26-6452) E-mail: aia@ashiyampo.jp



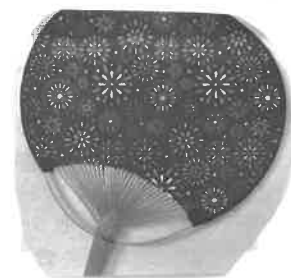
Parent-child Tennis Trial Day

- Date & Time: Sun., Aug. 6, ① 9:30-10:30 a.m. ② 10:40-11:40 a.m.
- Place: Ashiya Park Tennis Courts (Cancelled in case of rain)
- Eligibility & Capacity: Only beginner-level children can apply.
 - ① Kindergartener to 3rd grade elementary school students/4 pairs, 8 people
 - ② 1st grade to 4th grade elementary school students/4 pairs, 8 people
- Fee: 1,500 yen per pair
- Things to bring: Comfortable clothes, sports shoes, a cap, a water bottle, a towel
- Application: Fill out the designated application form and fax or submit it to the following office between 9:00 a.m., July 9 and Aug. 3. (First come, first served)
- Inquiries: Ashiya Park Tennis Courts (Phone: 0797-34-8885/Fax: 0797-34-8884)



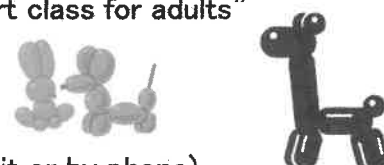
**- Cheering for Summer Holidays Homework -
Make an original UCHIWA as a Summer Memory**

- ◆ Date / Time: Sun., Aug. 6 (1) 10:00~11:20 a.m. (2) 10:40 a.m.~Noon
- ◆ Eligibility/Capacity: 10 Elementary school students for each time
- ◆ Cost: 900 yen
- ◆ What to Bring: Writing materials / A set for calligraphy / A bag
- ◆ How to Apply: Visit or by phone
- ◆ Place/Application/Inquiries: Gymnasium and Youth Center (Phone: 0797-31-8228)



Balloon Art Workshop

- Date: Sun., July 16
- Time and Content: (1) 10:00-11:00 a.m. "Balloon class for children"
(2) 11:20 a.m.-12:50 p.m. "Non-inflated Balloon Art class for adults"
- Eligibility and Capacity: (1) 15 elementary school students
(2) 6 adults, 18 years old and up
- Cost: (1) 1,000 yen / (2) 2,800 yen
- Place, Application and Inquiries: Gymnasium and Youth Center (Visit or by phone)
(Phone: 0797-31-8228)



"Kendo" Experience

- ◆ Date /Time: Sun., July 9 and August 6 9:30-10:30 a.m.
- ◆ Place: Gymnasium and Youth Center
- ◆ Eligibility: Elementary school students and up
- ◆ Application /Inquiries: Ashiya Kendo Association (Phone: 090-9119-8124)



- Marine Technical College -

An Experience Cruising in the Port of Kobe

- ◇ Date /Time: Sun., July 30 (1) 9:50 a.m. - (2) 12:50 p.m.-
- ◇ Place: Marine Technical College
- ◇ Eligibility/Capacity: The first 40 elementary school students and up for each cruise
- ◇ How to Apply: Send an E-mail, fax or postcard with your name and address, age and phone number to the address written below

- ◆ **Application/Inquiries:**
Marine Technical College
12-24 Nishikura-cho 659-0026
(Phone: 0797-38-6202/Fax: 0797-32-7904)
(E-mail: info-kaidai@jmets.ac.jp)



"Tanabata" Festa

- * Date: July 1~7
- * Content: Make a wish on *Tanzaku* (a strip of paper) and decorate the bamboo !
A workshop by the students of Mukogawa Women's University will be held on July 2.
- * Place: Surrounding area of Chaya Sakura-Dori
- * Inquiries: Promotion of DX Administrative Reform Section (Phone: 0797-38-2172)



♪ Concert at Community Learning Center ♪

-Summer Concert -Enjoy coloratura soprano ! -

- ◇ Date and Time: Saturday, August 19 2:00 p.m. The door opens at 1:30 p.m.
- ◇ Place: Community Learning Center, music room 219
- ◇ Capacity: 100 people
- ◇ Fee: 500 yen
- ◇ Program: O sole mio, Vedrai carino from Don Giovanni, songs from musicals, etc.
- ◇ Performers: Kageyama Risa, soprano Kobayashi Michi, piano
- ◇ Application: Please apply by post card or application form available at the Center with the name of the concert (8/19 concert) your name, address and phone number and the number of the participants (up to 2) by August 4 (Fri.)



Inquiries and Mailing Address: *Kominkan*, (Community Learning Center)

Phone: 0797-35-0700

〒659-0068 Narihira-cho 8-24

♪ Concert at Entrance Hall, Welfare Center, - Part 123 ♪

- ◇ Date and Time: Sunday, July 23 2:00 p.m. ~
- ◇ Place: Health and Welfare Center
- ◇ Performer: Kanazawa Kayoko, piano Inose Chihiro, piano, as a guest
- ◇ Application: Please apply by reply-paid post card with your name, address and phone number and the number of the participants, (up to 4 people).
※ Please refrain from coming by car.



Inquiries and Mailing address: Welfare Center (Phone: 0797-31-0612)

〒659-0051 Kurekawa-cho 14-9

♪ Shio-Ashiya Concert - Hawaiian Evening ♪

- ◇ Date and Time: Sunday, July 30 5:00 p.m. ~
- ◇ Place: Shio-Ashiya Exchange Center
- ◇ Contents: Waikiki 72, performance KAILOHIA, Hula dance
- ◇ Capacity: 100 people
- ◇ Fee: Advanced - 500 yen On the day - 700 yen
Under elementary school student - Free
- ◇ Application: Please apply by phone or e-mail
- ◇ Inquiries: Shio-Ashiya Exchange Center 9:00 a.m. - 5:30 p.m. Closed on Wednesdays.



(Phone 0797-25-0511)

E-mail: aca-event@npo-aca.jp



Works wanted for Ashiya Citizens' Art Exhibition

- ◇ Requirement: Size 6 (410 mm × 318 mm) or smaller of original paintings and not yet Displayed. Works (Japanese, Western, paintings in *sumi*, block print, and illustration) should be framed and attached with strings and clasps.
 - ◇ Application and Bringing in: Please bring directly to the Citizen's Center
Date and Time: Sunday, September 3 10:00 a.m. -2:00 p.m.
 - ◇ Exhibition cost: 500 yen
 - ◇ Eligibility: Those who live, work and study (high school students and over) in Ashiya
- Inquiries: Citizens' Center, Citizens' Art Exhibition desk (Phone: 0797-31-4995)



Tsukioka Yoshitoshi -The Last Great Master of Ukiyo-e



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

- ◇ Term: July 22 - October 9 10:00 a.m. - 5:00 p.m. Closed on Mondays
.If it a national holiday, the day after the holiday will be closed
 - ◇ Place: Ashiya City Museum of Art and History
 - ◇ Fee: Adult -1,000 yen, on the day (Advanced - 800yen)
- Inquiries: Museum of Art and History (Phone: 0797-38-5432)



UN A-bomb Panel Exhibition

- ◇ Term: July 7 1:00 p.m. ~ July 14 3:00 p.m.
 - ◇ Place: City Hall, North wing 1F Exhibition Space
- Inquiries: *Ashiya-shi Genbaku Higaisha-no-kai* (Phone: 0797-31-6144)
(Ashiya City A-Bomb Survivors Association)

Monthly First-Aid Training Class



- ◇ Date and Time: Sun., July 23 9:30 a.m. - 12:30 p.m.
 - ◇ Place: Fire Department Headquarters
 - ◇ Contents: AED cardiopulmonary resuscitation and other emergency aids
 - ◇ Capacity: 20 people
 - ◇ Eligibility: Those who live, work, and study in Ashiya
※ Certificates will be given to participants.
 - ◇ Application: Contact us at 2D code or at the number below by 5:30 p.m. on July 21.
- Inquiries: Emergency Section, Fire Department Headquarters (Phone: 0797-32-2345)

Doctors on Call for Emergencies on Sundays and Holidays



● Evening Medical Care Rotation *8:00 p.m.–11:00 p.m. on Friday		
July 7	Omori Clinic (Internal Medicine/Gastroenterology)	☎ 0797-32-3997
July 14	Ashiya Sunny Clinic Internal Medicine (Internal Medicine)	☎ 0797-61-5515
July 21	Tamori Clinic (Surgery & Internal Medicine)	☎ 0797-21-2286
July 28	Ueda Internal Medicine Clinic (Internal Medicine)	☎ 0797-34-1878

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

■ Designated Emergency Hospital

Ashiya Municipal Hospital (Surgery/Internal Medicine) ☎ 0797-31-2156

Minami-Ashiyahama Hospital (Surgery/Internal Medicine) ☎ 0797-22-4040

Ashiya St. Maria Hospital (Orthopedics/Surgery/Internal Medicine) ☎ 0797-23-1771

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

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

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

(Ear, Nose and Throat) ☎ 06-6436-8701

(3-15-20 Mizudo-cho, Amagasaki City)

(9:00 a.m.–4:00 p.m. on Sundays and public holidays / 6:00 p.m.–8:30 p.m. on Saturdays)

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

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

(Ophthalmology–Eye Department) ☎ 06-6436-8701

(3-15-20 Mizudo-cho, Amagasaki City)

(9:00 a.m.–4:00 p.m. on Sundays and public holidays)

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

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

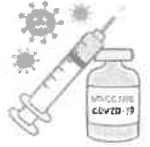
(In HAT Kobe)

Consultation Days	Reception Hours
Monday–Friday	7:30 p.m.–6:30 a.m. the next morning
Saturday	2:30 p.m.–6:30 a.m. the next morning
Sunday & public holiday The year-end/New Year's holidays	8:30 a.m.–6:30 a.m. the next morning

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

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

Information about the COVID-19 Vaccination



The Spring 2023 Vaccination (May 8–the end of August)〈scheduled〉

■ **Eligibility:** People aged 5 and older who have already had the 1st and 2nd shots and their previous shot at least three months before and meet any of the following conditions

① The elderly aged 65 and above

【Those between the ages of 5 and 64】

② Those with underlying medical conditions

③ Those who are recognized by the physician as being at high risk of serious illness

④ Health care workers, workers at nursing homes or facilities for the disabled, etc.

*Those who have received the 3rd or subsequent shots on or after May 8 are ineligible.

Please wait for the next inoculation scheduled to start in Sept., 2023.

■ **The Omicron Booster shots for children aged 5–11**

• Anyone who has already had the 1st and 2nd shots and wants to receive the vaccine targeting the Omicron variant for the first time can be vaccinated.

• Those who have received one dose of the Omicron vaccine by May 7 or those who satisfy the requirements for inoculation starting in the spring of 2023 will be able to receive a second dose on and after May 8.

• Those who have received one dose of the Omicron vaccine on and after May 8 should wait for the next inoculation scheduled to start in September of 2023.

■ **The period to send out the vaccination coupon:**

Vaccination coupons will be mailed to those eligible around 10 days before 3 months have passed since their previous shot.

*If you are eligible to get the booster shot and have unused coupons, please use them for the omicron booster shot.

■ **Medical facilities that administer inoculation**

Those aged 12 and older can receive the vaccine only at St. Maria Hospital between Mon., July 17 and the start date of the Autumn 2023 Vaccination.

If you have a preferred medical facility, please make an appointment.

→ **By phone:** By 5:30 p.m., Tue., July 4

→ **Online:** By 8:00 a.m., Wed., July 5

■ **Vaccination Period:**

▶ Those eligible who meet any of the conditions indicated above

→ **Now Available**

▶ All others → Scheduled to start in **September (the Autumn 2023 Vaccination)**

■ **The following vaccinations are available now.**

▶ The vaccination targeting the original coronavirus strain (1st and 2nd shots only)

→ People aged 12 and above, Children aged 5–11, Infants between the ages of 6 months and 4 years

▶The vaccination targeting the omicron variant (booster shots only)

→ People aged 12 and above, Children aged 5–11

■ How to Make a Reservation

◆ **Ashiya City COVID-19 Vaccine Reservation Website**

◆ **Ashiya City COVID-19 Vaccine Call Center (Phone: 0797-31-0655)**

Hours: 9:00 a.m.–5:30 p.m. including Sat., Sun. & public holidays,

*Hours: 9:00 a.m.–5:30 p.m. on weekdays only (from August, 2023)

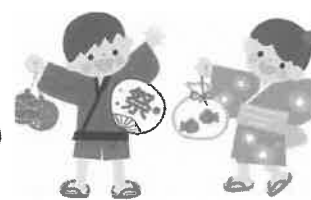
- Please have your vaccination coupon ready when you make a reservation.
- Please make sure to dial the correct number.
- For those who need assistance for language or hearing problems, please send a fax for consultation. (Fax: 0797-31-1018)



Information of Summer Festivals

【The 45th Anniversary of Ashiyahama Summer Festival】

- ◆ Date/Time: Sat., July 29 3:00–8:00 p.m. (Will be carried out in small rain)
- ◆ Place: Ashiya-chuo Park
- ◆ Inquiries: Ashiyahama Neighborhood Association (Phone: 0797-75-1303)



【Miyagawa *Komisuku* (Community School)】

- ◆ Date/Time: Sat., July 15 5:00–7:00 p.m. (Will be carried out even if it rains)
- ◆ Place: Miyagawa Elementary School

【Seido *Komisuku* (Community School)】

- ◆ Date/Time: Sat., July 29 4:30–7:00 p.m. (Will be carried out even if it rains)
- ◆ Place: Seido Elementary School

【Sanjo *Komisuku* (Community School)】

- ◆ Date/Time: Sat., Aug. 26 4:00–8:00 p.m. (Will be carried out in small rain)
- ◆ Place: Sanjo Park

◆ **Inquiries for Summer Festivals by three Community Schools above:**

Lifelong Learning Section (Phone: 0797-38-2091)

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

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