

# THE OSMONET

November 2018 (vol.256)

*The following articles are taken mainly from “Koho Ashiya” – the bulletin of Ashiya City (October 15th & November 1st issue). It is, of course, a Japanese edition, and translated into English by a voluntary group from the Shio-Ashiya Exchange Center.*

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



## Former Miyazuka-cho Housing Complex

Former Miyazuka-cho Municipal Housing is a retro-looking, stone building built around 70 years ago. Stone was rarely used to build municipal housing complexes at that time. The complex plays an important and active role in promoting programs to cultivate the power of women and disseminating information. Enhancing the cultural value of the building will help revitalize the “branding area.”



所在地：宮塚町12-24

-Commemorating the 20<sup>th</sup> Anniversary of the Opening of Shio-Ashiya-  
Let's Participate together to Prepare for Nankai Trough Great Earthquake !

**Comprehensive Disaster Prevention Drill in Emergency Works**

At 10:00 a.m., on the assumption that Nankai Trough Great Earthquake has occurred, emergency drills such as damage investigation, clearing the roads, rescue and aid, etc. will be conducted by the SDF (Self-Defense Forces), Fire Department, Police Department, etc.

- Date and Time: Sunday, Nov. 4 9:00-Noon
- Place: 6 and 7 Kaiyo-cho /Shio-Ashiya Exchange Center
- Content:

Experiencing Nankai Trough Great Earthquake in a quake generating car / Educational display of disaster prevention in each site / BOSAI Stamp Rally (A souvenir will be presented to the participants.)

\* No parking available at any site.

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



Rescue and Aid Drilling

-Specific Health Checkup /Medical Checkup for the Elderly 75 Years of Age and Over-  
**Checkup Period will be Over Soon**

The checkup period of the current year for 'Specific Health Checkup' and 'Medical Checkup for the Elderly 75 Years old or over' ends on Saturday, December 8. Those who have not had the checkup yet, please get it at any practicing medical clinics in the city during the valid period. (\* Specific health checkup is available also at Ashiya Health Center.) Applications will be closed as soon as the quota becomes full.

- What to bring: Health Examination Ticket, which was sent to those eligible in May.  
For further inquiries, please see the information which was sent with the Ticket.

- Eligibility

<Specific Health Checkup>: People who are 40 years old or over, and are insured by Ashiya National Health Insurance as of April 1, 2018.

<Medical Checkup for the Elderly 75 years of age and over>: People who are insured by Hyogo Pref. Medical System for the Elderly 75 years of age and over as of April 1, 2018.

\* Cancer examination is available together with the checkup.

- Inquiries: Desk of Health Examination, Ashiya Health Center (Phone: 0797-31-1666)



**Information from Ashiya Health Center**

<Mailing of Sample Feces for Colon Cancer Exam Starts from November> (Winter season only)

From November, colon cancer examinations will be made easier through a simple application (payment at a convenient store, etc.) and sample feces submission by mail.

<Blood Donation by Lions Clubs International> (Your cooperation will be appreciated.)

- Date and Time: Friday, Nov.23 10:00 a.m.- 4:00 p.m.
- Place: *Hiroba* (open space) in front of Laporte

Application and Inquiries: Ashiya Health Center (Phone: 0797-31-1586)

## Beware of “Forced Sales”

–Has something like this case happened near you? –

**Case**– I received a phone call from a door-to-door purchase company that buys items which I no longer needed. When they visited, I gave them clothes. Then they asked me to show them jewelry, as they wanted to buy some at a high price. They skillfully forced me into selling to them. On second thought, I did not intend to sell to them. I want to buy my jewelry back.

### <Suggestions>

Door-to-door purchase companies (the dealer visits the consumers' home and tries to purchase items): There is an 8 days cooling-off system. The seller (consumer) can refuse to hand over the item to the buyer within the cooling-off period. Write “Notification of Contract Cancellation” as a title. Then, write down, “I hereby cancel the following contract..” followed by the contract date, the name of the item, the amount of the contract and the buyer's details. If you gave the item to the buyer, add the sentence, “I request that you return the item.”

If you have any questions about the procedure or how to write the document, consult your local consumer center right away.

Inquiries: Ashiya Consumer Affairs Center (Phone: 38-2034)

## Participation Wanted for Open Garden 2019!



Term: [April] Sat., April 20 – Wed., 24, 2019 10:00 a.m. – 4:00 p.m.

[May] Wed., May 8 – Sun., 12, 2019 10:00 a.m. – 4:00 p.m.

On Sunday, May 12 opens 10:00 a.m. to noon.

Eligibility: Private gardens, public flower beds maintained by local residents' association.

Opening for limited period will be welcome.

Application: Fill in the designated form along with a photo for carrying on the brochure and send by mail or bring it directly to the address below no later than Friday November 30. Application form is available at the Section below or can be downloaded from the city official website.

Inquiries: Parks and Greens Section (Phone: 38-2065)

Mailing Address: 〒659-8501 kouenryokuchika @city.ashiya.lg.jp (No address needed)

### <Advertisements Wanted for “Open Garden 2019 Brochure”>

Application Period: November 1– 30

Publication: March 2019

Fee: 15,000 yen per a frame (34mm × 132mm) Quota: About 20 frames

Inquiries and Application: Parks and Greens Section (Phone: 38-2065)

## Your cooperation for appropriate 119 calls is appreciated!

119 is a direct dial emergency number for fire brigade and ambulance services.

### < Ambulances are required to sound their sirens >

Some of those who call for an ambulance request it to come without sounding its siren. Ambulances are required by law to sound their sirens while moving on business. It is an urgent necessity to take patients or those injured to hospitals safely and as soon as possible. Your understanding is appreciated.



### <Do not call 119 for inquiries or information >

Ashiya handles about 8,000 emergency calls per year. This statistic includes crank calls, misdials on mobiles and inquiries for information on hospitals. It uses valuable time and obstructs calls from those who are in urgent need. Please call the Main Fire Department (Phone: 32-2345) for inquiries or information on hospitals.

### <When you misdial >

Please do not hang up in silence. Be sure to tell the staff about your mistake. Starting in April 2016, Ashiya city provides a “119 call and on-site multi-language interpreting service” for foreigners and tourists visiting Ashiya. Service is available in five languages: English, Chinese, Korean, Portuguese, and Spanish. See Ashiya Newsletter, April 1, 2107. The back issues of Ashiya Newsletter are available on Ashiya City website. Inquiries: Fire Department Headquarters, Fire Defense Section (Phone: 32-2345)

## Monthly First-Aid Training Class

Date and Time: Sunday November 25 9:30 a.m.-12:30 p.m.

Place: Main Fire Department All-purpose Room

Contents: AED cardiopulmonary and other emergency aids

Capacity: 20 people, first-come basis

Eligibility: Those who live, work and study in Ashiya

※ Certificates will be given to attendants.

Inquiries: Main Fire Department, Emergency sub-section (Phone: Phone: 32-2345)



## ♪ Nishihama Park Autumn Concert ♪

Date and Time: Saturday, November 10 1:30 - 2:30 p.m. Cancelled in case of rain

Place: Nishihama Park

Performers: Shiomi Junior High School, Brass Band Club

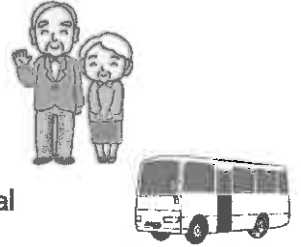
Inquiries: Umemoto (Phone: 0797-23-4515)

## Renewal of Bus Fare Discount Card for the Elderly

- Current Discount Card will be Valid until the End of March 2019 -

An exchange ticket (with an information note) will be sent to users by the beginning of December. Come to renew your discount card when you receive the ticket.

- Application Place: Temporary window on the B1 City Hall South Wing
- What to bring:
  - (1) Current Bus Fare Discount Card for the Elderly
  - (2) Exchange ticket which will be sent out two weeks before the renewal application period
  - (3) Identity verification documents (Insurance certificate, driving license, etc.)In case of proxy, identity verification documents for the proxy is also required.
- Inquiries: Senior Citizens' Long-term Care Section (Phone: 0797-38-2044)



## Monthly Reading Time for Adults with Temporary Child-care

We'll take care of your child in our nursing room. Please enjoy reading any books you bring, or any books or materials from the information corner.

- Date and Time: (1) Monday, Nov.19 (2) Tuesday, Nov. 20 10:00-Noon
- Place: With-Us Ashiya (Ashiya City Gender Equality Center)
- Eligibility and Capacity: Child-rearing parents (including grandparents) and 4 pre-school children over 6 months old on each day. (Bringing any child into the room is not admitted.)
- Cost for day-care: 300 yen per child
- Application: Choose the date (1) or (2) and send an E-mail, come or call us by 5:00 p.m. Wednesday, Nov. 7.



Inquiries: Gender-Equality Center (5-8 Kinmitsu-cho, 659-0065) (Phone: 0797-38-2023)  
E-mail: [josei-ce@city.ashiya.lg.jp](mailto:josei-ce@city.ashiya.lg.jp)

## Strolling through the Ashiya in Autumnal Tints !

- Date and Time: Saturday, Nov. 17 9:30-Noon
- Content: Strolling around the stations / Visiting cultural facilities along the Ashiyagawa River in the late fall
  - \* A pamphlet of "Ise Monogatari" will be presented to participants.
- Capacity: The first 20 applicants
- Cost: 300 yen
- Application: Send a postcard to the Office of Ashiya Tourist Association by Monday, Nov.12.
  - \* A lottery will be held if there are too many applicants.
- Inquiries and Mailing address:  
Ashiya Tourist Association (Phone: 0797-38-2033)  
c/o Regional Economy Promotion Section, 〒659-0064 (address unnecessary)



~Taking Effect FY2019~

## Individual City/Prefecture Resident Tax Reform



### ■ Amendments to spousal deduction and special spousal deduction

- ◆ The amounts of spousal deduction and special spousal deduction will decrease in stages based on the total income amount of the taxpayer. Those with a total income amount of 10 million yen or more will no longer be able to claim spousal deduction.
- ◆ Spousal income requirements for special spousal deduction will be relaxed.

◆ **Inquiries:** Taxation Section Resident Tax Subsection

☎0797-38-2016

~Mailed to Those Enrolled in the National Pension System~

## Certificate of Social Insurance Contribution Deduction

Certificate of social insurance contribution deduction (a postcard), certifying the amount of National Pension contribution payments made in the course of a year, is mailed by the Japan Pension Service during the periods below. Be sure to safe keep the certificate as it would be needed for the year-end adjustment and for the final income tax return.

- ◆ To those who paid by September 30: Beginning of November
- ◆ To those who paid for the first time on or after October 1: Beginning of February 2019
- ※ The full amount of the total National Pension contribution payments made can be claimed as social insurance contribution deduction against income tax, city tax, etc.

◆ **Inquiries:** NENKIN Enrollee Dial

☎0570-003-004

Nishinomiya Pension Office

☎0798-33-2941



~New Insurance Cards Valid from Sat., December 1~

## National Health Insurance

New insurance cards are sent successively by simplified registered mail starting early November.

### ■ Report health insurance changes

When you enroll in or withdraw from a health insurance at your workplace, please be sure to notify the Insurance Section Insurance Subsection. Failure to do so may affect your insurance premium amount and/or payment of medical expenses.

◆ **Inquiries:** Insurance Section Insurance Subsection

☎0797-38-2035

### ■ If you have unpaid insurance premium

In place of an insurance card, a short-term insurance card (valid for 4 months) or an insurance eligibility certificate (initially pay the full amount of medical costs and later be reimbursed at a certain rate) may be issued. If you have difficulty making premium payments, please contact the subsection below as soon as possible.

◆ **Inquiries:** Insurance Section Collection Subsection

☎0797-38-2226

~November 8 is Good Teeth Day (ii-ha no hi)~

## Free Dental Checkups & Consultations



◆ **Dates:** November 4 – 10

◆ **Locations:** Dental clinics of Ashiya Dental Association members

(reservations required)

◆ **Inquiries:** Ashiya Dental Association

☎0797-23-6471

~Do you think, "It Won't Happen To Me"?~

## Anyone Can Get Cancer



**Inquiries: Health Center (Health and Welfare Center 3F) ☎0797-31-1586 / ☎0797-31-1018  
14-9 Kurekawa-cho, Ashiya City, Hyogo 659-0051**

Do you regularly get tested for cancer? Please see the statistics below.

Lifetime Risk of being Diagnosed with Cancer (estimates based on 2014 data)						
Type	Colon	Stomach	Lung	Prostate	Breast	Cervical
Men	1 in 11	1 in 9	1 in 10	1 in 11	—	—
Women	1 in 13	1 in 19	1 in 22	—	1 in 11	1 in 78

Reference: Cancer Rates - Cumulative Risk of Cancer (based on 2014 data), National Cancer Center website

It is said that one out of every two Japanese will be affected by cancer during their lifetime. As there is a high probability that cancer can be cured if it is discovered before noticing any symptoms, please get screened for cancer on a regular basis.

### ◆ Women in their 20s and 30s

Start to have cervical cancer screenings in your 20s. Incidences of cervical cancer rise sharply from those in their late 20s. If treated early, it is said that pregnancy and childbirth will not be seriously affected.



健康課 白子友恵  
Tomoe Hakushi, Health Section

### ◆ People in their 40s and 50s

In this age group, the number one cause of death becomes cancer for both men and women. Please start to get tested for early detection.

### ◆ People over 60

Cancer rates increase rapidly after 60. It is important to be screened for cancer not only once but repeatedly.



Various Cancer Screening



Breast and Cervical  
Cancer Screening

## ■ Periodic Cancer Screening:

Please receive the appropriate cancer screenings when you reach the relevant ages. Access the QR codes to find medical institutions offering cancer screening in Ashiya city. Reservations may be made over the phone. The Health Center also offers cancer screenings (except for cervical cancer).



健康課 近藤葉子  
Yoko Kondo, Health Section

### ◆ Colon Cancer Screening: Ages 40 and over/Once a year

Test to look for blood in the stools collected over 2 days.

As stools may be collected at home, it is not so burdensome.

### ◆ Stomach Cancer Screening: Ages 35 and over/Once a year

Pictures of the stomach are taken with the use of barium.

### ◆ Lung Cancer Screening: Ages 40 and over/Once a year

A chest X-ray is performed.

Phlegm is also tested for those who need to (sputum cytology).

### ◆ Prostate Cancer Screening: Males ages 50 and over/Once a year

A blood test to check for the level of PSA, a tumor marker.

### ◆ Breast Cancer Screening: Females ages 40 and over/Once every two years

A Clinical breast examination and mammography.

### ◆ Cervical Cancer Screening: Females ages 20 and over/Once every two years

A smear test of the cervix (the entrance to the womb) with minimal pain and done in a short time.



■ **Cancer Screening FAQ – Let’s ask a public health nurse.**

Q: Drinking barium for stomach cancer screening seems difficult.

A: The amount of barium is less than one paper cup (140 ml). The Health Center provides a fruit flavored barium for ease of drinking.

Q: What is a mammography for breast cancer screening?

A: It is a breast-specific X-ray. The breast is placed on a plate then flattened by a transparent plate. It should take several seconds to take a picture. Pain may be minimized by avoiding the week preceding your period.

Q: Can cancer screening be done at the same time as a health checkup?

A: Screening tests for lung cancer, colon cancer, and prostate cancer may be done at the same time under the following conditions:

- ① At the time of a “specified health checkup” for those individuals 40 years old or older enrolled in the National Health Insurance.
- ② At the time of a “checkup for individuals in medical care system for the elderly aged 75 and over”

Please do make a reservation for cancer screening at the same time as your health checkup.



健康課 松田典子

~Typhoon No. 21 Jebi~

**Disaster Victim Assistance Programs**



■ **Disaster Victim Livelihood Recovery Loan**

Under certain conditions, a no-interest loan is offered to repair a residence and/or to replace a vehicle.


■ **Prefectural Disaster Relief Money**

For those who suffered more than 10% damages to their home and those who suffered inundation above floor level, relief money is available depending on the condition of the damages.

■ **Disaster Victim Livelihood Reconstruction Financial Assistance**

Financial assistance is provided to households repairing their home, etc. that suffered more than 10% damages. An application needs to be submitted.

◆ **Inquiries: Livelihood Assistance Section Assistance Subsection ☎0797-38-2041**

 <b>Night Time Water Supply Pipe Repairs</b> (On call 5:00 p.m. – 9:00 a.m.)		<b>November</b> 	
Plumbing Contractor	On Call Dates	Plumbing Contractor	On Call Dates
Harada-Shokai ☎0797-22-0706	1 14 20 26	Maechu-Kogyo ☎0797-31-8548	5 11 17 23 29
Ochi-Shokai ☎0797-22-3708	2 8 21 27	Jinmei-Shokai ☎0797-22-3565	6 12 18 24 30
Osaka-Shokai ☎0797-22-4446	3 9 15 28	Chuo-Suido-Komusho ☎0797-22-3552	7 13 19 25
Nishioka-Setsubi-Kogyosho ☎0797-22-9056	4 10 16 22	Please contact an Ashiya city designated plumber.	

● On Sat, Sun and public holidays: City Hall ☎0797-31-2121  
 ● On weekdays during daytime: Waterworks Customer Service Center ☎0797-38-2082



~Joint Awareness Campaign~

## **STOP!! Violence Against Women! Child Abuse! Bullying!**

Tissues with contact information on where to get help, etc. will be distributed, to raise awareness and to provide information on stopping and preventing violence against women, child abuse, and bullying.



- ◆ Date & Time: Tues., November 20, 4:00 – 5:00 p.m.
- ◆ Place: Pedestrian deck around JR Ashiya station

### **Elimination of Violence against Women**

The two weeks between November 12 and 25 is the campaign period for the "Elimination of Violence against Women." A nationwide campaign is launched to call for the end of violence against women. Efforts will be made to raise awareness and to enhance education on respecting the rights of women.

- ◆ Inquiries: **Gender Equality Promotion Section** ☎0797-38-2023

### **Advertising Placements**



#### ■ Advertising on City Tax Envelopes

- ◆ Ad Space: ① Mailing envelopes for city tax payment notices  
Approx. 60,000 envelopes/200,000 yen and up per ad space (2 space max)
- ② Mailing envelopes for reminder notices and demand letters  
Approx. 23,000 envelopes/100,000 yen and up per ad space (2 space max)
- ◆ Application: Submit an application form together with print-ready artwork by Friday, November 30 to the section below.

- ◆ Inquiries: **Taxation Section Mangement Subsection** ☎0797-38-2015

#### ■ Advertising in a Childrearing Information Publication

- ◆ Ad Space: 2019 edition of "WAKUWAKU KOSODATE," a childrearing support book (distributed at the time of a home visit right after birth, at the time the 3-year-old checkup, etc.).
- ◆ Price: A4 size/25,000 yen per ad space  
A5 size/15,000 yen per ad space
- ◆ Application: Submit ad materials with an application form (available at City Hall and on the website) by Thursday, January 31 to the section below.



- ◆ Inquiries: **Childrearing Promotion Section** ☎0797-38-2045



~Farmers Market~

### **Morning-Harvested Organic Vegetables from Tamba**

- ◆ Dates & Time: Wednesdays, November 7, 14, 21, and 28, 10:00 a.m. – 1:00 p.m.
- ◆ Location & Inquiries: **Work Home Tsutsuji (Yamamoto)** ☎0797-22-7044

## Doctors on Call for Emergencies on Sundays and Holidays

<b>●Evening Medical Care Rotation *20:00 – 23:00 on Friday</b>		
November 2	Otani Orthopedic & Eye Clinic (Orthopedics)	☎0797-34-7077
November 9	Sawada Clinic (Internal Medicine)	☎0797-23-7117
November 16	Fujisaki Orthopedic Clinic (Orthopedics)	☎0797-38-0107
November 30	Nagamatsu Clinic (Surgery)	☎0797-32-3399
*23:00 on Friday – 7:00 on the next day / 20:00 excluding Friday – 7:00 on the next day Minami-Ashiyahama Hospital (☎0797-22-4040)		

### ◆Hospitals designated for emergencies

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

### ◆Internal Medicine and Pediatrics (9:00 – 17:00 on Sundays and Holidays)

Ashiya City Public Holiday Emergency Clinic ☎ 0797-21-2782  
 (5-13 Kimmitsu-cho)

### ◆Ear, Nose and Throat Clinic for emergency care

Public Holiday/Night Emergency Medical Clinic ☎ 06-6436-8701  
 (3-15-20 Suido-cho, Amagasaki City)  
 (9:00 – 16:00 on Sundays and Public Holidays / 18:00 – 20:30 on Saturdays)

### ◆Eye Clinic for emergency care

Public Holiday/Night Emergency Medical Clinic ☎ 06-6436-8701  
 (9:00 – 16:00 on Sundays and Public Holidays)



### ◆Dental Clinic for emergency care

Dental Center ☎ 0797-31-0658  
 (14-9 Kurekawa-cho, Health and Welfare Center 1F)  
 (9:00 – 11:30 on Sundays, Public Holidays, and year end & New Year's holidays)

### ◆Kobe Children's Primary Emergency Medical Center

#### Days & Hours Open:

Consultation Days	Reception Hours
Monday – Friday	19:30 – 6:30 on the next day
Saturday	14:30 – 6:30 on the next day
Sunday & Public Holiday New Year Holidays	20:30 – 6:30 on the next day

Inquiries: Kobe Children's Primary Emergency Medical Center ☎ 078-891-3999  
 (1-4-1, Wakhama Kaigan-dori, Chuo-ku, Kobe-City) (In HAT KOBE)