

THE OSMONET

February 2019 (vol. 259)

The following articles are taken mainly from "Koho Ashiya" – the bulletin of Ashiya City (January 15th & February 1st issues). 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.

Garden City Ashiya

South Area of JR Ashiya to be Transformed



Bird's-eye view image of the redevelopment buildings and traffic square to the south of JR Ashiya Station.

Under an urban redevelopment project, a new community plan is about to be rolled out in the area south of JR Ashiya Station. Work is underway with the goal to complete the community development by the end of FY2023 to coincide with the renewal of JR Ashiya Station.

Tanizaki Junichiro Memorial Museum of Literature

Inquiries: 12-15 Ise-cho, Ashiya City, Hyogo 659-0052

☎0797-23-5852 / ☎0797-38-3244 / ✉ashiya-tanizakikan@rhythm.ocn.ne.jp



■ STUDENT ARTWORK EXHIBIT:

● Buddhist Painting

◇ Period: February 14 – 17

◇ Exhibiting students' artworks in "Buddhist Painting," a class held every second Saturday at the museum. Ato Muge, a master artist of Buddhist painting, is the instructor.

● Beginning Japanese-style Painting

◇ Period: February 6 – 11

◇ Exhibiting students' artworks in "Beginning Japanese-style Painting," a class held every second Thursday at the museum. Hasegawa Toru, a Japanese-style painter, is the instructor.

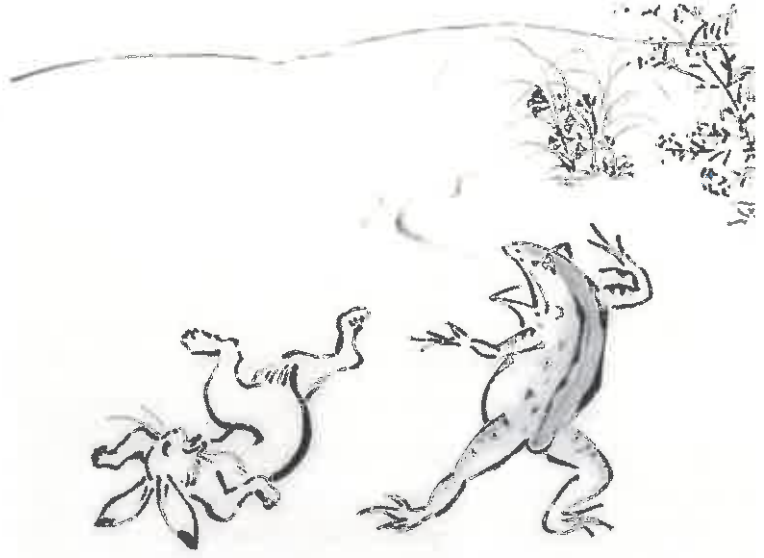
※ Museum admission needed for the exhibitions.



阿藤無華作品
Work of Atp Muge



竹内栖風作 長谷川透模写
Work of Takeuchi Seiho
Copied by Hasegawa Toru



「鳥獸戯画」模写
Copy of "Choju-Giga"

■ ONE-DAY WORKSHOP:

● Copying "Choju-Giga"

"Choju-Giga" (Scrolls of Frolicking Animals) is a national treasure of Kozan-ji temple in Ukyo-ku, Kyoto City. The picture scrolls personifying rabbits, frogs, monkeys, etc. may be copied easily by beginners.

◇ Date and Time: Sun., February 10, 2:00 – 4:00 p.m.

◇ Instructor: Hasegawa Toru, Japanese-style painter

◇ Place: Lecture room

◇ Fee: 1,000 yen (includes admission)

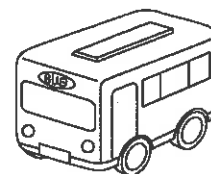
◇ Capacity: 16 people

◇ Registration: Contact the museum

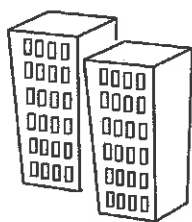
Transforming the South Area of JR Ashiya Station

Inquiries: Urban Improvement Section ☎0797-38-2074

- **Create a Traffic Square with Upgraded Convenience and Safety** by revamping sidewalks, etc. in front of the station, consolidating bicycle parking underground, which is now scattered around the station, and designing a safe traffic circle for bus stops, taxi stands, and private car access for pick-ups and drop-offs. As the south gateway to the city, its function as a transport hub will be enhanced by the Hankyu Bus rearranging its routes, etc.



- **Construct Redevelopment Buildings** with commercial establishments on the first and second floors, public facilities on the third floor, and residential units on the fourth to eleventh floors. Taking advantage of the location in front of the station, the public facilities on the third floor will offer child-rearing support and a gathering place for different generations. By interconnecting people, goods, and information, they will function as a base to promote the appeal of Ashiya.



- **Establish a Barrier-Free Environment** by placing escalators on the north and south side of the Ashiya Station concourse, platforms, and traffic square. Connect the station concourse and the redevelopment buildings with a pedestrian deck (which is not reflected in the image picture on the cover page, as its design, etc. are currently under consideration). Create a barrier-free environment where everybody can travel comfortably and safely.



- **Design a Special Landscape for Ashiya** by creating an attractive urban environment and landscape befitting of a generous and graceful "International Cultural Residential City" designed to have unity and harmony among the flowers, greenery, and surrounding buildings.



Plumbing Contractor	On Call Dates	Plumbing Contractor	On Call Dates
Harada-Shokai ☎0797-22-0706	1 7 20 26	Maechu-Kogyo ☎0797-31-8548	5 13 17 23
Ochi-Shokai ☎0797-22-3708	2 8 14 27	Jinmei-Shokai ☎0797-22-3565	6 12 18 24
Osaka-Shokai ☎0797-22-4446	3 9 15 21	Chuo-Suido-Komusho ☎0797-22-3552	11 19 25
Nishioka-Setsubi-Kogyosho ☎0797-22-9056	4 10 16 22 28	Please contact an Ashiya city designated plumber.	

● On Saturdays, Sundays and public holidays: City Hall ☎0797-31-2121
● On weekdays during daytime: Waterworks Engineering Section Maintenance Subsection ☎0797-38-2083

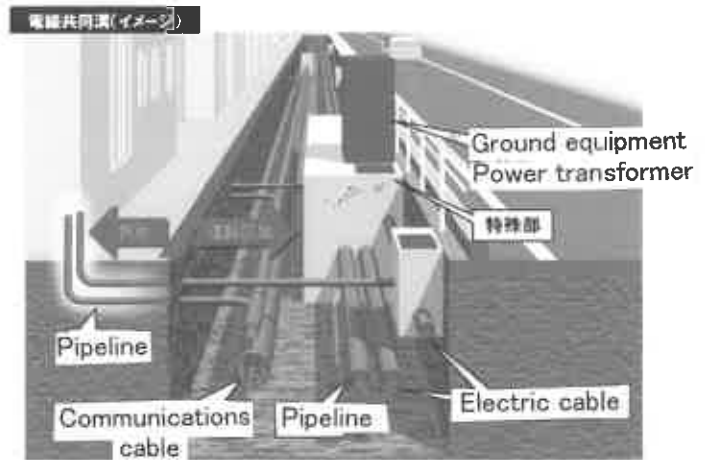
Utility-pole-free city, Ashiya being promoted

Utility poles and power lines are indispensable for living, but they often block the traffic of pedestrians including the elderly and disabled and spoil views. Ashiya City has been developed as a comfortable residential environment. The city's barrier free design is ongoing through measures such as eliminating utility poles and the installation of common utility ducts. It will help secure safe and comfortable pedestrian spaces, and create a more beautiful landscape and living environment.

Main points for creating safe and secure roads:

- To make traffic smooth and during disasters, to escape the danger of utility poles falling.
- To ensure the stable supply of electric and communications infrastructure.
- To ensure the safety of both cyclists and pedestrians on sidewalks.
- To create the ideal city landscape.

The Rate of Utility poles Undergrounding
Ashiya - 14%
 No.1 throughout Japan



Sakura-sando, (Asahigaoka-cho)

Under construction

To be completed in 2019



Hirata-cho

(Scheduled for 2020 - 2021)



Kimmitsu-cho

(Scheduled for 2010-2021)

Inquiries: Road Section (Phone: 38-2062)

♪ Matinee Concert at Ashiya Hospital ♪

Date and Time: Sunday, February 17 2:30 p.m.

Place: Outpatient Ward 4F

Performers: Chihiro Yamada, soprano Eri Kitade, piano

Inquiries: Ashiya Hospital (Phone: 31-2156)

Yodoko Guest- House Reopen after Renovating

Yodoko Guest- House, a former Yamamura's Residence, has been closed due to restoration since November 2016. It will reopen on Saturday, February 16.

Inquiries: Lifelong learning Section (Phone: 38-2115)

<Yodoko Guest House>

Yodoko Guest house was originally built as a second house for Tazaemon Yamamura, the eight-generation brewer of the famous *sake* "Sakura-masamune" in Nada, Kobe.

It was designed in 1918 by the American architect,

Frank Lloyd Wright who visited Japan to construct Imperial Hotel in Tokyo. After Wright went back to the States, construction was completed in 1924 by his apprentices, Endo Arata and Minami Makoto. Later in 1947, it belonged Yodogawa Steel Mills. It was designated as a National Important Cultural Asset in 1974.

Like the original Imperial Hotel, geometrically patterned *Oya* stone was used lavishly for both the exterior and interior. The building has four stories but actually consists of two sets of two-storied buildings along the terraced hillside. The first floor is for a marquee and entrance hall, the second floor for a parlor, the third floor for Japanese-style rooms and a main bed room, and the fourth floor for a dining room and a kitchen and one can go out to the balcony which commands a splendid view of Ashiya and the Osaka Bay.

< Renovating works>



In order to preserve the cultural assets for the future, the first large-scale restoration work was carried out from 1985 to 1988, and the second from 1995 to 1998 after the Hanshin-Awaji Great Earthquake. The latest restoration started in 2016 specialized in waterproofing the roof and major repairs on the outer walls. Furthermore, railings for the stairs and LED lighting for the exterior were installed.

<A Great Master architect, Frank Lloyd Wright >

Frank Lloyd Wright was one of the three great masters of modern Architecture along with Le Corbusier and Ludwig van der Rohe. He advocated, "Organic Architecture" and held up "a harmony Between nature and architecture" for his ideal concept.

His important works, "Fallingwater" in Pennsylvania, a weekend home for E.J. Kaufmann, and the Guggenheim Museum in New York, are well known.

He designed about 1,000 buildings in his lifetime and more than 400 buildings were realized. Outside the United States, there are existing structures in Canada and Japan. Along with the Yodoko Guest- House, *Myonichi-kan*, "House of Tomorrow" of Jiyu Gakuen Girls' School in Tokyo is another example of Wright's work in Japan to retain in its original appearance.



Wright visited Ashiya before he set about designing Yamamura's residence and was deeply impressed by the locale. The building is one with the hillside of the Rokko Mountains and its green environs, exactly in line with Wright's "Organic Architecture".

Reopening on Saturday, February 16 – With nighttime illumination

Hours: Wednesday, Saturday, Sunday and National Holiday

10:00 a.m. – 4:00 p.m.

※During the Hina Dolls Display (March 1–April 7), Tuesday,

Wednesday, Friday, Saturday, Sunday and National Holiday.

Fee: 500 yen – Adult

200 yen – Elementary – high school students

Inquiries: Yodoko Guest House (Phone: 0797–38–1720)

Exhibition of Yodoko Guest– House and Egenoyama Ruins

Term: Friday, February 1 – Monday, February 18

Place: Citizen's Center 3F Exhibition Room

Contents: Panel photos of Yodoko Guest House, and Egenoyama Ruins

Inquiries: Citizen's Center (Phone: 35–0700)

Yodoko Guest– House Expedition for Children

– Let's find wonder spots at Yodoko Guest House!–

Date and Time: Thursday March 28 1:30 –4:00 p.m.

Place: Yodoko Guest House

Eligibility: 15 elementary school pupil (third–grade to sixth– grade)

Accompanied by a guardian

Things to bring: Digital camera or smart phone

Lecturer: Mr. Maehata Yohei

Application: Apply through the City Official Website or a QR code

Application Term: February 1 –February 28

Inquiries: Lifelong Learning Section (Phone: 38–2115)



Hina Dolls Exhibition

Date and Time: Friday, March 1 – Sunday, April 7

Place: Yodoko Guest– House

Inquiries: Yodoko Guest– House (Phone: 0797– 38–1720)



Doctors on Call for Emergencies on Sundays and Holidays

●Evening Medical Care Rotation *20:00 - 23:00 on Friday		
February 1	Miyazaki Internal Medicine Clinic	☎0797-25-2528
February 8	Azumi Clinic (Internal Medicine)	☎0797-25-1078
February 15	Hirabayashi Clinic (Internal Medicine/Surgery)	☎0797-22-3548
February 22	Nagaretani Internal Medicine Clinic	☎0797-22-4592
*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, Wakahama Kaigan-dori, Chuo-ku, Kobe-City) (In HAT KOBE)

MRI Room at Ashiya Municipal Hospital Temporarily Closed




We would like to inform you that the MRI Room at Ashiya Hospital will be temporarily closed due to repair work from Friday, Feb. 22 to Wednesday, March 27. It will reopen on Thursday, March 28. During the repairs, you can have an MRI test at other medical facilities organized by us. We apologize for the inconvenience and ask for your understanding.

☐Inquiries: Ashiya Municipal Hospital, the department of radiology ☎0797-31-2156

3D Digital Mammography Newly Installed at Ashiya Municipal Hospital

3D digital mammography (also called breast tomosynthesis) used for breast cancer screening is now available at the Ashiya Municipal Hospital. The new technology is capable of producing more detailed images of breast tissue using a lower dose of radiation than traditional mammography. Equipped with tomosynthesis, it allows radiologists to take three-dimensional images of the breast and makes it possible for doctors to be more accurate in detecting and diagnosing breast cancer. It is especially effective for those women who have dense breast tissue which hinders early detection if using traditional mammography. It also helps to relieve or minimize pain caused by pressing the breasts between the compression plates.



■Inquiries: Ashiya Hospital Medical Profession Division ☎0797-31-2156

☆☆☆Save Energy☆☆☆

■ Tips to Save Energy in the Winter

- Wear warm clothes and set the room temperature to 20°C on your air conditioners
- Use an electric fan or an air circulator along with air conditioners to circulate the warmed air through rooms, because warmed air is likely to rise.
- Switch off lights and turn off the main source of electric power to reduce standby power consumption.
- Set the thermostat of your refrigerator at "Low."

■Inquiries: Environmental Section ☎ 0797-38-2051

Ashiya Woman Marche (One-day Challenge Shop)

■Date and Time: Saturday, February 9 10:00 a.m. – 3:00 p.m.

■Venue: Gender Equality Center (With-us Ashiya)

■Content: Sales of handmade items, hand massage, nail manicure, artworks, etc.

■Inquiries: Gender Equality Promotion Section ☎0797-38-2518





- Application for the First Half Fiscal Year (April–September, 2019) –
Subsidies for “One-day Complete Physical Examinations”

For the citizens who are insured in (I) Ashiya National Health Insurance and (II) Medical Service System for the elderly 75 years or older, the City will provide “Subsidies for One-day complete physical examinations” at Ashiya Municipal Hospital in order to help them get better health advice regarding the prevention of diseases, early diagnosis and treatment.

■ Examinations eligible for subsidy:

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

■ Date of examinations: Weekdays from April 1 to September 30, 2019. The date and examination items will be arranged by the hospital and notification will be issued to the eligible for subsidies in the beginning of March.

■ Eligibility and Capacity:

(I) 300 persons who are insured under the National Health Insurance of Ashiya City and fulfill all of the following conditions

(1) Born between April 2, 1944 and April 1, 1984

* Those who turn 75 years old by the end of September can undergo this subsidized examination until the day before their 75th birthday.

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

(3) Not planning to undergo the specific health check-up during fiscal 2019

(II) 160 persons who are insured in the Medical Service System for the elderly 75 years or older and fulfill all of the following conditions

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

(2) Not planning to undergo any health check-up in Medical Service System for the elderly 75 years or older during fiscal 2019.

● Those who become insured in Medical Service System for the elderly 75 years or older on and after April 2 become eligible for this subsidized examination from the date of qualification.

■ Subsidy amount: 25,000 yen

Content:

Examination Fee	Subsidized by the City	Paid by an individual
50,000 yen	25,000 yen	25,000 yen

■ Examination Items:

<General Examination>: Physical measurement / Urine test / Blood test / Blood chemistry (Liver, Kidney and Pancreas function; Hepatitis virus check, Blood sugar, Cholesterol test and HbA1c) / Blood pressure measurement / Electrocardiogram / Abdomen ultrasound test / Ophthalmic exam / Hearing test

<Cancer Screening>: A gastro fiber-scope (choice of oral or nasal will be given; * sedative unavailable) / Chest CT/ Breast cancer exams. (Mammary gland palpation and Mammography) / Uterine (Cervical) cancer exam (Cytological diagnosis, Vaginal ultrasound test and interview) / Prostate cancer exam (PSA and rectal examination) / Hemoglobin in feces

<Optional>

◆ Helicobacter Pylori (from feces) 1,620 yen ◆ High-risk gastric cancer exam (from

- blood). 3,240 yen ◆ Medical check-up of brain (MRI and interview) 25,920 yen
- ◆ Tumor Marker (CEA and CA19-9 for men): 4,320 yen
- ◆ Tumor Marker (CEA, CA125 and CA19-9 for woman) : 6,048 yen
- ◆ DXA 3,888 yen ◆ Body fluid volume examination 1,620 yen

■ **Application:** Write on a postcard (one per applicant), sealed letter or application form downloaded from the city's webpage - (1) your insurance certificate number, (2) name (with *Furigana*), (3) address, (4) date of birth, (5) sex, (6) phone number, (7) whether or not you want optional exams (items of optional exams you want to take) and (8) three preferred dates (if you are insured under the National Health Insurance and will turn 75 years old by the end of September, remember to suggest dates before your birthday) then send it to the address below by Friday, Feb.15. If there are many applicants, examination dates will be decided through the schedule arrangement with the hospital.

* If applications exceed the quota, notification of lottery in public will be sent to the applicants by Friday, Feb.22.

:* We will accept application until it reaches the fixed number even after this recruitment.

Inquiries and Mailing Address:

(I) Managing Desk, the Insurance Section
〒659-8501 (address unnecessary) (Phone: 0797-38-2035)



(II) Elderly over 75 years Desk, the Insurance Section
〒659-8501 (address unnecessary) (Phone: 0797-38-2037)



* You can also apply from QR code.

How about Undergoing Cancer Examination on Sunday?

Take this opportunity for early detection !

◆ Date and Time: Sunday, February 17 9:00 a.m.-11:30 a.m.

◆ Place: Ashiya Municipal Hospital



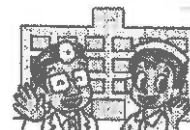
* If you have a free examination coupon, bring it with you.

◆ Application: Call the Desk indicated below. (Reservation required)

Examination name	Content	Eligibility	Cost
Lung cancer exam.	Low-dose CT Scanning	Anybody	8,640 yen
Gastric cancer risk grading	Blood test	Anybody	4,860 yen
Breast cancer exam.	Palpation /Echo	Women (Ashiya citizens) of 30-39 years old Capacity: 5 women	6,070 yen
	Interview /Palpation / Mammography	Women (Ashiya citizens) of 40 years old and up	2,000 yen
Uterine cervical cancer exam.	Interview / cytological diagnosis (neck region)	Women (Ashiya citizens) of 20 years and up	1,000 yen
Colon cancer exam.	Fecal occult blood test	Anybody	1,620 yen
Viral hepatitis exam.	Blood test	Anybody	*3,600 yen
Prostate cancer exam.	Blood test	Any men	6,750 yen

* The cost may be changed because of subsidy application according to the consultation in the past.

Inquiries: The Desk of Examination, Ashiya Municipal Hospital (Phone: 0797-31-2156)



Clinical Examination and Regular Health Checkup

Masaaki Sugiyama (Chief engineer at Clinical Examination Department)

“What is a Clinical Examination ?” In a clinical examination, a sample obtained from the human body (a patient) such as blood, urine, feces, sputum, tissue, cell, etc. is analyzed, and various information which is sent out from the body is checked through an electrocardiogram or ultrasonic examination. Based on the results, disease is diagnosed and medical treatment is conducted. Clinical examination is divided mainly into two kinds. One is physiological function testing which is done by touching the body directly, such as electrocardiogram (electrodes are placed on the chest and four limbs), breathing function (breathing in and out with a mouthpiece between the examinee’s teeth), brain waves (electrodes are fitted to the scalp) and ultrasonic examination (a probe of ultrasonic wave generator is pressed on the diseased part), etc. The other is sample examination where a sample such as blood or urine, etc., is analyzed. Clinical examination engineers work on these examinations.

Clinical examination results are necessary for the diagnosis of disease and treatment at the hospital; but clinical examination is made also at “Health checkup and Medical checkup”. Then, do you know the difference between the “Health checkup (健診; *ken shin*)” and “Medical checkup (検診; *ken shin*)” ? Health checkups are made at working places or schools in order to check if the workers or students are in healthy condition, while Medical checkups mean examinations which aim for early detection and early treatment of specific diseases (cancers of lung, stomach, colon, breast, womb, etc.)

There are many inspection items in a clinical examination, and a standard range is set up for each of them. This standard range shows 95% of the measured value of many normal individuals, with 2.5% of both upper and lower limits removed. The 5% range which is removed contains the normal individuals, so please take it only as a guide. It is recommended that you undergo regular health checkup at the same medical organization and make the examination data a barometer of health.

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

Use Free Coupon for Cancer Examination before Expiring Date (Feb.28)

Eligibility: Cervical cancer examination: Women at the ages of 20

Breast cancer examination: Women at the ages of 40

Colon Cancer: Those who are 40 years old

Hepatitis virus: Those who are 40 years old.

- The free coupon is valid until Thursday, February 28
- The above-described ages are those as of April 1, 2018

Inquiries: The Health Center (Phone: 0797-31-1586)

