

# Ashiya Newsletter

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September 1, 2001

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## Starting from October 1 A fee will be charged for Bulky Garbage Collection!

Currently, bulky garbage (oversized garbage) is collected on a regular basis. This service, however, will be terminated and collection will be conducted on a request basis.

In order to put more efforts into promoting the reduction of our ever-increasing garbage, from this October Ashiya City will start charging a fee for the collection and handling of bulky garbage from regular households.

Up to now bulky garbage (oversized garbage) has been collected on a regular basis free of charge. This system, however, will be abolished and collection will only be conducted upon requests.



### • Collection

Handling Fees According to Types of Items:

A fee of ¥300 to ¥2,400 will be charged, depending on the types of garbage (in increments of ¥300). See Chart.

Request for Collection:

Call the Bulky Garbage Reception Center, Tel: 22-2166.

Open everyday except Saturdays and Sundays, from 9:00 a.m. to 4:00 p.m. (Closed during lunch: 12 noon to 12:45 p.m.)

How to Dispose Bulky Garbage:

Purchase the necessary amount of ¥300 stickers (Bulky Garbage Handling Fee Stickers), and after writing your name in the appropriate space on the sticker, attach the sticker to your garbage and take it to a location near your home where the collection truck will be able to park and collect it.

Stores that Sell Garbage Handling Fee Stickers:

Please call the number below.

Items That Cannot Be Collected:

The four electric appliances that must be recycled, tires, car batteries and hazardous items are not applicable for collection as bulky garbage.

Collection Day:

Collection will be made on the date requested. You do not need to be present at the time of collection.

Inquiries:

Ashiya City Environmental Service Section, Tel: 22-2155

Environmental Facilities Section, Tel: 32-5391

### Handling Fees According to Types of Items

(Effective from October, 2001)

Item	Handling Fee
Scooter	¥2,400
Electric wheelchair, electric organ, ping-pong table.	¥2,100
Cupboard, Japanese/Western-style dresser, sideboard.	¥1,800
Bed (large), massage machine.	¥1,500
Writing desk, clothes dryer, sofa (for two or more people).	¥1,200
Personal computer (desk-top), shelves, shoe shelves, dining table, mirror stand/full-length mirror, dresser, bed (small), health equipment, personal computer racks.	¥900
Oven (microwave/gas), sewing machine (other than tabletop-type), fan heater (gas/kerosene), oil heater, air conditioner, electric carpet, stereo/karaoke machine, bookshelf, lounge chair (for one person), desk, carpet, flower/plant stand, bed mattress, crib, bicycle, wheelchair, swing for children, surfboard.	¥600
Knitting machine, vacuum cleaner, rice cooker, electric rice-cake machine, dish dryer, lighting equipment (100 watts or higher), sewing machine (tabletop-type), bread-baking machine, slacks presser, futon dryer, oven toaster, heater (kerosene/gas/electric), electric kotatsu heater, hot plate, dehumidifier, humidifier, electric fan, electric ventilator, printer, fax machine, word processor, radio-cassette player, coffee table, rattan furniture, blinds, umbrella stand, slipper stand, gas stove (with two or more burners), reed blinds, portable toilet, chair, hanger rack, clothes case, closet organizer, travel trunk, stand/table (for telephone, TV, plant/flower), rice bin/storage shelf, screen, ironing board, futon, mattress for bottom futon, foldable bed, tricycle, unicycle, baby carriage, push cart, shopping cart, bowling ball, golf equipment, barbecue set, dog house, bird cage (metal), slide, tripod/easel, ski equipment, snowboard, baby bathtub, child seat, bathtub cover, draining board, clothes drying stand, clothes drying rod.	¥300
Any bulky garbage not listed in this chart will be charged similarly to items of like sizes.	

### Disposal of Plants

For items that take up two-thirds or more volume of a two-ton truck:	¥5,000
For items that take up between one-third and two-thirds volume of a two-ton truck:	¥3,000
For items that take up less than one-third volume of a two-ton truck:	¥1,500

## A Mobile Health Check Center for Locals

• Also conducted on holidays and at night.

Anyone aged 16 or older, lives or works in the city can receive a checkup. Health checks are also conducted on holidays and at night.

### Schedule and Location:

**Weekdays:** Reception from 1:30 to 3:00 p.m.

September	
12 (Wed.)	Asahigaoka Hall
13 (Thu.)	Nishiyama Kindergarten
14 (Fri.)	Okuyama Hall
17 (Mon.)	Hamakaze Hall
18 (Tue.)	Uchide Hall
25 (Tue.)	Midorigaoka Hall
27 (Thu.)	Nishikura Hall
28 (Fri.)	Kasuga Hall
October	
2 (Tue.)	La Porte West Bldg. 3F
3 (Wed.)	La Porte West Bldg. 3F
11 (Thu.)	Shiomi Hall
16 (Tue.)	Takezono Hall
17 (Wed.)	Kami-miyagawa Cultural Center
26 (Fri.)	Ashiya Health Center
29 (Mon.)	Ashiya Health Center
31 (Wed.)	Ashiya Health Center

**Night:** Reception from 5:00 to 6:30 p.m.  
October 30 (Tue.) Ashiya Health Center

**Holidays:** Reception from 9:30 to 11:00 a.m.

September 30 (Sun.) Ashiya Health Center

**Fees:** Free for those who are 39 or younger and for those who are 70 or older; ¥400 for those who are between 40 and 69. (Please bring your inkan stamp.)

### Descriptions of Checkups:

1. Examination by interview
2. Chest X-ray
3. Urinalysis (Take a urine sample in a clear container two hours after dinner on the night before the checkup.)
4. Blood pressure measurement
5. Height and weight measurement
6. Hearing test
7. Blood test (fat, liver function, anemia, blood sugar level when your stomach is empty, kidney function)
8. Lung cancer checkup (Phlegm test, as necessary)
9. Electrocardiogram
10. Funduscopy (only when needed)

\* Numbers 6 through 10 are for those who are 40 or older.

### Note:

1. If you are 40 years or older and have a health handbook, please be sure to bring it to the checkup.
2. If you are 40 years or older and wish to undergo a blood test, you must refrain from drinking or eating for four hours before the test.

## FY2001 Over-Sized Garbage Collection Schedule

A fee will be charged from October 1. See page 1 for detail.

Town Name	Sep.
Yama-ashiya-cho, Nishiyama-cho, Nishi-ashiya-cho	24
Asahigaoka-cho (excluding 2-4, 3-5, 4-5, 6 and 7)	25
Ise-cho, Takezono-cho, Hama-ashiya-cho, Matsuhama-cho	26
Sanjo-cho, Tsukiwaka-cho, Hirata-cho, Okuike-cho, Okuike-minami-cho	27
Chayano-cho, Omasu-cho, Kimmitsu-cho, Narihira-cho, Kami-miyagawa-cho	28
Miyazuka-cho, Hirata-kita-machi	1, 29
Kusunoki-cho, Kasuga-cho	3
Rokurokuso-cho, Iwazono-cho	4
Funado-cho, Matsunouchi-cho, Shimizu-cho, Maeda-cho	5
Yamate-cho, Okuyama, Sanjo-minami-cho	6
Higashiyama-cho, Higashi-ashiya-cho	7
Uchide-kozuchi-cho, Wakamiya-cho, Uchide-cho	8
Daito-cho, Kurekawa-cho	10
Midorigaoka-cho	11
Nangu-cho, Nishikura-cho	12
Ohara-cho, Shinnozuka-cho, Asahigaoka-cho (2-4, 3-5, 4-5, 6 and 7)	13
Tsuji-cho, Kawanishi-cho, Seido-cho, Miyagawa-cho	14
Hama-cho	15
Takahama-cho 1 to 4	17
Takahama-cho 5 to 10	18
Wakaba-cho 1 to 3, Midori-cho	19
Wakaba-cho 4 to 7	20
Hamakaze-cho, Niihama-cho, Yoko-cho	21
Shiomi-cho	22

## Ashiya City Health and Welfare Office Program Schedule for FY2001 (Tel: 32-0707)

Program Name	Date/Hours	Sep.	Oct.	Nov.	
Infants Clinic	Apr. ~ Jul. (2nd Thu.), Aug. ~ Mar (2nd Mon.), 1:00 to 2:30 p.m.	10	22*	12	
Child-Rearing Consultations	Apr. ~ Jul. (2nd Mon.), Aug. ~ Mar (2nd Thu.), 1:30 to 2:30 p.m.	13	11	8	
Psychological Health for Parents and Children	Psychological Checkups for 3-year-olds	2nd & 3rd Tue., 9:00 to 9:30 a.m., 10:15 to 10:45 a.m.	11 18	9 16	13 20
	Psychological Consultations for children	2nd Tue., 1:30 to 2:30 p.m.	11	9	13
Psychological Consultation	3rd Tue., 1:30 to 2:30 p.m.	18	16	20	
	1st Wed., 1:30 to 2:30 p.m.	-	3	-	
Tuberculosis Checkup	3rd Tue., 2:00 to 4:00 p.m.	18	16	20	
Clinic - General Health Consultation - Workplace Checkup - HIV Antibody Checkup	Clinic Test Date	1st & 3rd Fri., 1:00 to 2:00 p.m., HIV Test: 2:00 to 2:30 p.m.	7 21	5 19	2 -
	Post-Test Instruction Date	Post-Test Instruction: 2nd & 4th Fri., 2:00 to 2:30 p.m., Checkup Results and HIV Test Results Date	14 28	12 26	9 -
Families of Alcoholics Program	2nd Fri., 10:00 a.m. to 12 noon	14	12	9	
"Good Luck" Day Care for Mentally Challenged Patients	1st & 3rd Wed., 10:00 a.m. to 12 noon	5, 19	3, 17	7, 21	
Mental Health Volunteers' Gathering	4th Fri., 10:00 a.m. to 12 noon	28	26	*16	
Families of Elderly Persons with Senile Dementia "Ajsai Hydrangea Club." Held at Ohara Ikoi-no-ie on dates with ().	3rd Mon., 1:30 to 3:30 p.m.	(17)	15	(19)	
Specialized Nutritional Consultation	1st & 2nd Tue., 10:00 to 12 noon	4, 11	2, 9	6, 13	

Note: An asterisk (\*) denotes an amended date due to a holiday or some other reason.

3. For collection of urine sample, please use combustible containers as much as possible.

**Inquiries:** Ashiya Health Center  
Tel: 31-1586

**Errata:** The chart that accompanied the "Special Benefit for the Severely Challenged and Welfare Benefit for Foreign Resident Senior Citizens Not Eligible for Pensions" article in the

July 1 issue of *Ashiya Newsletter* contained several errors. The chart below shows the correct benefit amounts. We apologize for any inconvenience this may have caused you.

Payment	Before Revision	After Revision
<b>Welfare Benefit for Foreign Resident Senior Citizens Not Eligible for Pensions</b>	(¥15,000/month) ¥180,000	(¥20,000/month) ¥240,000
<b>Benefit for the Specially Challenged</b>	(¥35,000/month) ¥420,000	(¥45,000/month) ¥540,000

# Ashiya Health Center

**Tel: 31-1586, Fax: 31-1018**

Program	Hours	Place	Sep.	Oct.	Nov.	
Tuberculin skin tests, BCG vaccinations	1:30 ~ 2:30 p.m.	Ashiya Health Center	T. skin test	3	15	-
			BCG	5	17	-
Expectant mothers' classes (appointment required)	1:30 p.m. ~	Ashiya Health Center	First period	-	2, 16, 24	-
			Second period	4, 18	-	6, 20
Health consultations for pregnant women	1:30 ~ 4:00 p.m.	Ashiya Health Center	17	15	19	
Home visits to newborn babies	Anytime	Ashiya Health Center	Anytime			
Child-rearing consultations	9:30 ~ 10:30 a.m.	Ashiya Health Center	10	15	19	
Child-rearing classes	9:45 ~ 11:30 a.m.	Ashiya Health Center	17	22	26	
Health checkups for 4-month-olds	1:00 ~ 2:00 p.m.	Hyogo Prefectural Ashiya Health Center	12, 26	10, 24	14, 28	
Health checkups for 1-year-olds	Anytime	Designated medical facilities	Anytime at designated medical facilities			
Health checkups for 18-month-olds	1:00 ~ 2:00 p.m.	Ashiya Health Center	20	18	15	
Health checkups for 3-year-olds	1:00 ~ 2:00 p.m.	Hyogo Prefectural Ashiya Health Center	6	4	1	
Allergy consultations (appointment required)	9:30 ~ 10:30 a.m.	Ashiya Health Center	3	1	12	
Free dental consultations and checkups	1:00 ~ 2:30 p.m.	Dentists Association Hall	19	17	21	
Home visits to people to prevent their becoming bedridden		Apply with Ashiya Health Center	Anytime			
Home visits for dental care to those who are bedridden						
Citizens' health checkups (lung cancer tests for those aged 40 or above)	9:30 ~ 10:30 a.m.	Ashiya Health Center	7	-	2, 13	
Anemia tests						
Health checkups (appointment required)	9:15 a.m. ~	Ashiya Health Center	3, 4	1, 2, 9	5, 6, 12	
Osteoporosis checkups (appointment required)	9:30 ~ 10:30 a.m.	Ashiya Health Center	25	23	27	
Nutritional consultations (appointment required)	9:30 ~ 11:00 a.m.	Ashiya Health Center	25	23	27	
Health consultations	1:00 ~ 3:00 p.m.	Ashiya Health Center	11, 18, 25	9, 16, 23	13, 20, 27	
Stomach cancer tests (appointment required)	9:15 ~ 10:30 a.m.	Ashiya Health Center	Mondays and Thursdays			
Tests for uterine, cervical and breast cancer	Anytime	Designated medical facilities	Anytime at designated medical facilities			
Cancer of the large intestine tests	To be submitted in the morning	Ashiya Health Center	Tuesday mornings			
Nutritional instructions classes (reservation required)	1:30 p.m. ~	Ashiya Health Center	-	-	-	
Health classes (reservation required)	1:30 p.m. ~	Ashiya Health Center	-	-	16	

## Clinic Open during the Holidays

**Name:** Ashiya Municipal Holiday and Emergency Clinic

**Address:** 5-13 Kimmitsu-cho, Ashiya-shi

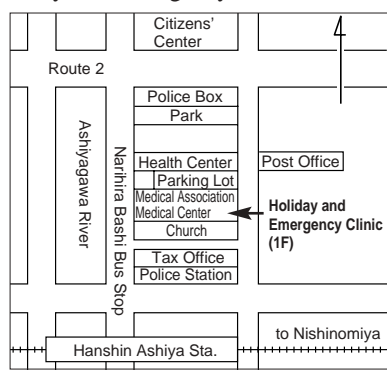
**Tel:** 21-2782

**Medical Departments:** Internal Medicine, Pediatrics

**Days:** Sundays and national holidays

**Hours:** 9:00 a.m. to 5:00 p.m.

\* Evening/night services are available on a rotating basis. Please call the Fire Department (Tel: 32-2345) for the clinic on duty.



## Dentists (Hours are from 9:00 a.m. to 12 noon)

	Clinic Name	Address	Tel.
Sep. 2	Kinoshita Dental Clinic	2-12 Asahigaoka-cho	31-1115
9	Ono D.C., Hamakaze Office	3-5 Hamakaze-cho	23-6474
15	Gon Dental Clinic	6-22-103 Nangu-cho	38-5577
16	Sugii Dental Clinic	3F 1-7 Iwazono-cho	21-2525
23	Takada Dental Clinic	10-5 Hama-cho	31-2229
24	Tabata Dental Clinic	10-18 Funado-cho	21-5655
30	Hirose Dental Clinic	4-8-105 Nishiyama-cho	23-6420
Oct. 7	Tsubouchi Dental Clinic	6-10-103 Seido-cho	22-1712
8	Toshima Dental Clinic	PCL Bldg. 2F 7-13 Kusunoki-cho	35-2188
14	Niki Dental Clinic	10-9-1 Daito-cho	32-6544
21	Nishida Dental Clinic	2-21 Narihira-cho	34-6731
28	Noji Dental Clinic	6-13 Nishi-ashiya-cho	32-3386
Nov. 3	Hashitani Dental Clinic	10-19 Nangu-cho	23-8511
4	Hashimoto Dental Clinic	6-2 Chayano-cho	22-3393
11	Hasegawa Dental Clinic	7-11 Miyazuka-cho	34-0212
18	Yorifuji Dental Clinic	1-13 Miyazuka-cho	22-5941
23	Hamamoto Dental Clinic	7-1 Seido-cho	21-2288
25	Harada Dental Clinic	3-7 Maeda-cho	31-3033

## We Want Your Opinion!!

Ashiya Newsletter is designed to provide information that will enrich the lives of both foreign residents living in Japan for extended periods and those here on short stays. To improve the newsletter and pack it full of the information most desired by the foreign community, we solicit your requests, questions and comments via e-mail, fax or post.

**E-mail:** info@city.ashiya.hyogo.jp

**Fax:** 0797-38-2175

**Send to:** Ashiya Newsletter Editing Staff, Ashiya City International and Cultural Section, La Mall Ashiya, 2-6 Ohara-cho, Ashiya-shi, 659-0092

## Hagen Quartett Concert

September 23 (Sun., national holiday)

**Performance begins:** from 2:00 p.m.

**Hall opens:** from 1:30 p.m.

**Place:** Luna Hall (Ashiya)

**Admission:** ¥3,500 for advanced tickets; ¥4,000 at the door (All seats are reserved).

**Performers:** Hagen Quartett Concert

**Program:** Three of Haydn's music in string quartets - No. 74-3 "Reiter" and more.

\* Once advanced tickets are sold out, no tickets will be available at the door.

\* Please refrain from bringing preschool children to the concert.

**Inquiries:** Ashiya Culture Promotion Foundation

Tel: 0797-31-4962

8-24 Narihira-cho, Ashiya City 659-0068

URL: <http://www.city.ashiya.hyogo.jp/acc/Lunakyo.html>

## Friday Cinema Salon

**Date and time:** Fridays, from 1:30 p.m.

**Place:** Ashiya Municipal Library 2F, Meeting Room

**September Schedule:**

September 7: "Zorba the Greek" (US, Greece)

September 14: "Yorokobimo Kanashimimo Ikutoshitsuki" (Japan)

September 21: "Funny Face" (US)

September 28: "Tokyo Boshoku" (Japan)

## Japanese Language Class

**Date and time:** Thursdays, 9:00 to 12 noon (any 90-minute time period the student chooses)

**Place:** Ashiya Citizens' Center

**Fee:** ¥2,000 per course which includes 12 lessons (90 minutes each, materials included)

\* Anyone is welcome to take the class. However, people who live or work in Ashiya City will be given higher priority.

\* This class is for people who would like to study everyday Japanese conversation, reading and writing.

\* The classes are 90-minute-long private lessons.

\* Baby-sitting services are available for those with children that are two years of age or older.

**To apply:** Call the Ashiya Citizens' Center

**Tel:** 0797-35-0700

**Fax:** 0797-22-6924

## Child Upbringing Center "Autumn Rhythm and Fun"

You will have a great time combining exercises with rhythm. Everybody, come on out!

**Date and time:** October 20 (Sat.), 10:00 to 11:30 a.m.

**Place:** Ashiya Municipal Gymnasium and Youth Center arena

**Program:** Rhythm and Fun

**Instructor:** Ms. Hiroko Inoue (Instructor of jazz dance and exercises for parents and children)

**Eligibility:** Preschoolers and parents

**What to bring:** A bag to put your shoes in

**Inquiries and applications:** Reservations needed. Please call or fax the Child Upbringing Center, "Nakayoshi Hiroba" or "Nakayoshi Group"

**Tel/Fax:** 31-8006

## Heated Pool Open from September 4 (Tue.)

**Inquiries:** Kaihin Park Pool

**Tel:** 22-8861

**Address:** 30-1 Hamakaze-cho

**Hours:** Tuesday through Saturday, 10:00 a.m. to 9:00 p.m.

## ACA

### 1. ACA Twilight Concert

**52nd "An Evening of Kaguya Hime (Princess Kaguya)" - With Gagaku Music**

**Performers:** Nyonin Bugaku Harashokai Group

**Program:** Part 1, Gagaku (court music of Japan); Part 2 - Bugaku (court dancing and music)

Based in Ashiya City, Japan's only all-women troupe studying bugaku court dancing which is a traditional art of Japan. They will perform a dance of the classic story of "Kaguya Hime (Princess Kaguya)" wearing traditional 12-layer kimono.

**Date and time:** September 21 (Fri.), 6:00 to 7:00 p.m.

**Place:** La Mall Ashiya 1F Plaza (Atrium)

**Admission:** Free of charge

**Seating Capacity:** 100 people

### 2. Cooking Cuisines of the World - Vietnamese

Let's Cook and Eat International Food - Vietnamese Style -

**Instructor:** Ms. Ha Thi Thanh Nga

**Menu:** Fresh spring rolls, Vietnamese noodles, sweet taro porridge and banana spring rolls.

**Date and time:** September 8 (Sat.), 10:00 a.m. to 2:00 p.m.

**Place:** Ashiya Citizens' Center cooking classroom

**Participation Fee:** ¥1,500 for members; ¥1,800 for non-members

(A fee of ¥1,500 will be charged to those who cancel on the day of the class to cover expenses for the ingredients.)

**Capacity:** 23 people (Reservations required) Male participants are welcome!

**What to bring:** Apron and dishcloth

### 3. Consultation is available for foreign residents who live in the city.

**Hours:** Monday through Friday, 9:00 a.m. to 5:00 p.m.

**Place:** Ashiya Cosmopolitan Association (ACA)

**Consultation Topics:** General problems in daily living

**Languages:** English, French, Spanish, Japanese

**Application and inquiries:** Ashiya Cosmopolitan Association (ACA)

**Address:** La Mall Ashiya 2F, 2-6-209 Ohara-cho, Ashiya-shi, Hyogo-ken 659-0092

**Tel:** 0797-34-6340 **Fax:** 0797-34-6341

**E-mail:** [aca@sannet.ne.jp](mailto:aca@sannet.ne.jp) **URL:** <http://www02.so-net.ne.jp/~aca/>

Sundays and national holidays, 9:00 a.m. to 6:00 p.m.

**Admission:**

	Single-Use Pass	Coupons	One-Month Pass
	Valid for only that day	Valid for three months	Valid for one month
<b>Adult</b> (Junior high school student or older)	¥800	¥8,000	¥6,400
<b>Child</b> (Four years of age through elementary school)	¥400	¥4,000	¥3,200

\* For senior citizens (65 or older) or challenged persons who live in Ashiya City, admission is half-price. (Please be sure to show appropriate identification.)

\* The one-month pass is valid only when used by the pass-holder.

\* Children who are in the third grade of elementary school or younger must be accompanied by a guardian wearing a bathing suit.

Please refer to the fliers available at Kaihin Park Pool, Ashiya City Office, Ashiya Gymnasium, the Citizens' Center and La Porte Citizens' Service Corner for information on the pool schedule from September through December and on short lessons (free of charge) in the Multi-Purpose Room.

\* For more information, please call Kaihin Park Pool.