



# Ashiya Newsletter

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## The National Health Insurance and Senior Citizen Welfare system has changed

**Contact:** Health Insurance and Pension Section, Health Insurance Subsection, Tel. 38-2035, or Medical Assistance Desk, Tel. 38-2037

As the population ages and birthrate declines, medical expenditures continue to rise.

In response to these circumstances, there is a need to provide assurance to residents of Japan by strengthening the insurance and pension system and making it sustainable. Adequate reform of the system has been under study, and in June, 2006 revisions were passed by the Diet. The new system is effective as of October 1st, 2006 through spring 2008.

There are five major changes:

1. The percentage of medical fees that must be paid by persons 70 years old or older who receive some income has changed.
2. The percentage of fees for hospitalization that must be paid by persons 70 years old or older has changed.
3. Maternity leave has been raised to 350,000 yen.
4. Maximum benefits for dialysis have partially changed.
5. Maximum benefits for high-cost health care have changed.

Applying for high-cost health care benefits

If expenses paid during one calendar month

exceed the amount to be paid by individuals with national health insurance, they may apply and, if approved, receive a refund for the fees paid in excess.

Fees for meals, for beds incurring an extra charge, and for treatment not covered by insurance are not included.

Fees are refunded if paid at the same medical institution during one calendar month in excess of the amount to be paid by one individual; also, in cases where multiple payments of more than ¥21,000 were made by members of the same household who have national health insurance during the same calendar month, if the total exceeds the amount to be paid by individuals they will receive a refund for the amount overpaid.

Eligible individuals will be informed at the beginning of the month 3-4 months after going to the hospital for consultation. Apply as indicated, and money will be refunded at the hospital that performed the treatment. Receipts are needed (please save them).

Since the amount that must be paid by the individual varies according to income, tax returns must be filed (at the Taxation Section of City Hall) to determine this amount. Persons who receive no income can easily file at the National Health Insurance Desk.

People with Senior Citizens' Health Insurance may receive additional benefits for high-cost health care. This is calculated separately from National Health Insurance.

Individuals with Senior Citizens' Health Insurance should apply in the same way for refunds on medical fees paid during one calendar month in excess of the amount an individual is required to pay.

Eligible individuals will be informed at the beginning of the month 3-4 months after going to the hospital for consultation. Apply as indicated.

Receipts are not needed. After applying once, no further application is needed.

### Emergency Medical System

For medical emergencies, dial 119 to call an ambulance. As a rule, Ashiya Municipal Hospital and Minami Ashiyahama Hospital accept emergency cases every day. For emergencies at night or on holidays, Ashiya Municipal Hospital handles only internal medicine cases.

Please note that pediatric emergency cases are handled on a rotating schedule at hospitals in the Hanshin region.

For further information, call the Fire Department at Tel. 32-2345.

## Year-end/New Year's Garbage Collection

### Burnable Garbage (Put out by 8:30 a.m.)

Collection Area	Year-end Final Collection	New Year's First Collection
Areas where regular collection days are Monday & Thursday	Dec. 30 (Sat.)	Jan. 4 (Thu.)
Areas where regular collection days are Tuesday & Friday	Dec. 29 (Fri.)	Jan. 5 (Fri.)

### Nonburnable Garbage (Put out by 12:30 p.m.)

Collection Area	Year-end Final Collection
Areas where regular collection days for burnable garbage are Monday & Thursday	Dec. 29 (bottles)
Areas where regular collection days for burnable garbage are Tuesday & Friday	Dec. 28 (bottles)

New Year's First Collection	
Areas where regular collection day for nonburnable garbage is Monday	Jan. 8 (other nonburnable garbage)
Areas where regular collection day for nonburnable garbage is Tuesday	Jan. 9 (other nonburnable garbage)
Areas where regular collection day for nonburnable garbage is Wednesday	Jan. 10 (other nonburnable garbage)
Areas where regular collection day for nonburnable garbage is Thursday	Jan. 11 (other nonburnable garbage)
Areas where regular collection day for nonburnable garbage is Friday	Jan. 12 (other nonburnable garbage)

### Ashiyahama / Minami-ashiyahama: Nonburnable Garbage (Put out by 12:30 p.m.)

Collection Area	Year-end Final Collection	New Year's First Collection
Hamakaze, Niihama	Dec. 29 (bottles)	Jan. 12 (other nonburnable garbage)
Midori, Shiomi, Minamihama	Dec. 28 (bottles)	Jan. 11 (other nonburnable garbage)
Wakaba	Dec. 30 (other nonburnable garbage)	Jan. 9 (cans and others)
Takahama	Dec. 30 (other nonburnable garbage)	Jan. 8 (cans and others)
Yoko, Kaiyo	Dec. 30 (other nonburnable garbage)	Jan. 10 (other nonburnable garbage)

### Paper and Other Recyclable Resources (Put out by 8:30 a.m.)

Collection Area	Year-end Final Collection	New Year's First Collection
Citywide	Dec. 27 (cardboard)	Jan. 10 (magazines, flyers, etc.)

**Bulky (large-sized) Garbage**

Collection requests will be accepted until Dec. 28 (Thu.) at Tel. 22-2166.  
 Year-end collection is scheduled until Dec. 28 (Thu.), and collection requests in the new year start on Jan. 4 (Thu.).

**One-time Large Quantity Collection**

Collection requests for the new year will be accepted until Dec. 28 (Thu.), while year-end collection also ends on Dec. 28 (Thu.). In the new year, collection requests will start on Jan. 4 (Thu.). Call Tel. 22-2155 for contact.

\*Since year-end is a particularly busy time, not all garbage may be collected within the year, so make sure to make an early request.

**Inquiries:** Refuse Disposal Center Collection Subsection, Tel. 22-2155

**Bringing Garbage to the Refuse Disposal Center**

Dec. 29 (Fri.) and 30 (Sat.) from 9:00 to 11:30 a.m. and 1:00 to 4:30 p.m.; Dec. 31 (Sun.) by noon.  
 Regular schedule in the new year will start on Jan. 4 (Thu.) at 9:00 a.m.  
 \*Waiting time can be long in the year-end season, so make sure to bring garbage by Dec. 28 (Thu.).

**Pipeline Collection in Ashiyahama and Minami-ashiyahama**

Year-end collection is until Dec. 31 (Sun.) by noon, and from Jan. 4 (Thu.) in the new year.  
 Because burnable garbage volumes are larger than usual during this time of the year, you may not be able to dispose of garbage for extended periods of time.  
 Since extremely high volumes are expected on Dec. 31 (Sun.), try to dispose of garbage by Dec. 30 (Sat.) to avoid congesting the system.  
**Inquiries:** Refuse Disposal Center Facilities Subsection, Tel. 32-5391 Fax. 32-6247

**Municipal Taxes Due in December**

Fixed Assets & City Planning Taxes (3rd period) Payment is due on Dec. 25 (Mon.)  
 Contact: Taxation Section Fixed Assets Tax Subsection, Tel: 38-2017  
 Municipal Corporate Tax (for those closing their fiscal year October 31)  
 Contact: Taxation Section Management Subsection, Tel: 38-2015  
 Deadline for filing and payment: January 4 (Thu.), 2007

**Municipal Taxes Due in January**

Individual City / Prefecture Tax (4th period)  
 Contact: Taxation Section Resident Tax Subsection, Tel: 38-2016  
 Municipal Corporate Tax / Business Facility Tax (for those closing their fiscal year November 30)  
 Contact: Taxation Section Management Subsection, Tel: 38-2015  
 Deadline for filing and payment: January 31 (Wed.), 2007

**Municipal Taxes Due in February**

Fixed Assets & City Planning Taxes (4th period)  
 Contact: Taxation Section Fixed Assets Tax Subsection, Tel: 38-2017  
 Municipal Corporate Tax / Business Facility Tax (for those closing their fiscal year December 31)  
 Contact: Taxation Section Management Subsection, Tel: 38-2015  
 Deadline for filing and payment: February 28 (Wed.), 2007

**Taxes can be paid via bank or post office!**

Fill out and submit the forms for account transfer found at any banking institution, post office or the Taxation Section at City Hall. It's that simple!

Refer to the table below if you want to pay city taxes by this method from fiscal year 2007.

Type of Tax	Application Deadline (must arrive by this date)
Fixed Assets Tax / City Planning Tax	March 26
Individual City / Prefecture Tax (excluding those who have their payments deducted from their salary)	May 25
Light Vehicle Tax	April 25

For inquiries contact: Taxation Section, Management Subsection, Tel: 38-2015

**Submission of Salary Payment Reports for Business Owners**

Please submit Salary Payment Reports for those employed as of Jan. 1, 2007, no later than Jan. 31 (Wed.) to the municipal office of the recipients' residence (as of Jan. 1).  
 Salary Payment Reports must also be submitted for full or part-time workers who were paid at any time during 2006 and who retired. Submit reports to the municipal office of the worker's address at the time of retirement.  
 However, there is no need to do so if the total amount of wages paid to the individual on the year of retirement is 300 thousand yen or less.  
 For inquiries call the Taxation Section, Resident Tax Subsection at Tel. 38-2016.

**Fill Out Tax Reports Accurately and Submit Early**

Individual Municipal/Prefecture Resident Tax Period: Feb. 16 (Fri.) to Mar. 15 (Thu.)  
 Accepted at Taxation Section, Resident Tax Subsection, Ashiya City Hall South Wing 1F, Counter #12, Tel. 38-2016

**Hyogo Prefecture Health and Welfare Office Program Schedule (Tel. 32-0707)**

Appointment needed  
 \* Day will not follow the ordinary schedule on the day

Program Name	Day / Hours	December	January	February
Psychological Consultations for Parents and Children / Women's Sukoyaka Lifelong Health Consultation	2nd Tue., 13:30-14:30	12	9	13
Psychological Consultations	2nd Wed., 13:30-14:30	13	10	14
Clinic: (General Health Consultations & Workplace Checkups), HIV, HCV and HBs check	Clinic test date	1st & 3rd Fri., 13:00-13:30	—	2
		(HIV/HCV/HBs check: 14:00-14:30)	15	19
Families of Alcoholics Program	2nd Fri., 10:00-12:00	8	12	9
"Good Luck" Consultations on Rehabilitation of Mentally Challenged Patients	1st & 3rd Wed., 10:00-12:00	6		7
		20	17	21
Mental Health Volunteers Gathering (place: Mental Support Center)	4th Fri., 10:00-12:00	*15	26	23
Families of Elderly Persons with Senile Dementia ("Ajsai Hydrangea Club") (*Place: Welfare Hall)	3rd Mon., 13:30-15:30	18	•15	19
Specialized Nutritional Consultations	1st & 2nd Tue., 10:00- 12:00	5	2	6
		12	9	13

**Ashiya Health Center Tel: 31-1586 Fax: 31-1018**

Program	Hours	Place	Age, Fee and Others		December	January	February
BCG vaccinations	13:30 - 14:30	Ashiya Health Center	From 3 to 5 months old; Items to bring: Maternity Passbook (Boshi Kenko Techo), application form and thermometer	BCG	20	17	21
Expectant parents' classes (reservation required)	From 13:30	Ashiya Health Center	1,000 yen fee for expectant mothers 5 months pregnant or less; Free for expectant mothers 6 months pregnant or	1st Period	6,20,27		7,21,28
			Bathing classes (with fathers)	2nd Period		10,24	
Health consultation for pregnant women	13:30 - 15:30	Ashiya Health Center	Consultation with maternity nurse		18	15	19
Home visits to newborn babies	Anytime	Ashiya Health Center	For applicants only		Anytime		
Child-rearing consultations	9:30 - 10:30	Ashiya Health Center	Physical measurement, child-rearing consultation (free of charge); Item to bring: Maternity Passbook (Boshi Kenko Techo)		21	18	15
Nakayoshi Child-rearing classes	9:45 - 11:30	Ashiya Health Center	Free of charge from 6 to 7 months old; Item to bring: Maternity Passbook (Boshi Kenko Techo)		25	22	26
Health checkups for 4-month-olds	13:00 - 13:45	Hyogo Prefecture Health and Welfare Office	A notice will be sent (free of charge)		5,26	16,30	6,27
Health checkups for 10-month-olds	Anytime	Designated medical facilities	A notice will be sent (free of charge)		Anytime		
Health checkups for 18-month-olds	13:15 - 14:00	Ashiya Health Center	A notice will be sent (free of charge)		14,28	11,25	8,22
Health checkups for 3-year-olds	13:15 - 14:00	Hyogo Prefecture Health and Welfare Office	A notice will be sent (free of charge)		7,21	18	1,15
Allergy checkups	13:00 - 14:00	Ashiya Health Center	Consultation with pediatric doctor (free of charge)		15	19	16
Allergy consultations (appointment required)	9:30 - 10:30	Ashiya Health Center	Consultation about atopic dermatitis (eczema) and more		4	15	5
Periodontal disease prevention class	13:00 - 14:30	Dentist Association Hall	Free of charge		20	17	21
Home visits to people to prevent their becoming bedridden	Anytime	Ashiya Health Center	Patients over 40 years old (free of charge)		Anytime		
Home visits for dental care of the bedridden			Patients over 60 years old (bedridden or in a similar situation) (free of charge)				
Citizens' health checkups (lung cancer tests for those aged 40 or above)	13:30 - 15:00	Ashiya Health Center	Over 16 years old: Chest X-ray, blood pressure check and urine analysis (free of charge); Over 40 years old: Chest X-ray, blood pressure check, urine analysis, ECG and blood test at 800 yen. Applicants must not eat and drink before the test; Expectant mother: Urine analysis, blood pressure check and blood test (appointment required)		1	5	2
Anemia tests			For 16 years old and over for 130 yen				
Hepatitis tests			For 40, 45, 50, 55, 60, 65 and 70 years old at 1,000 yen				
Prostate cancer tests							
Health checkups (appointment required)	From 9:15	Ashiya Health Center	For individuals over 35 years old (11 tests for prevention of Lifestyle-related Diseases, at 9,000 yen)		4,5,8	9,12	5,6
Osteoporosis checkups (appointment required)	9:30 - 10:00	Ashiya Health Center	Over 20 years old at 1,000 yen (checked by ultrasound)		22	26	23
Nutritional consultations (appointment required)	9:30 - 11:00	Ashiya Health Center	Consultation with a nutritionist for adults (free of charge)		19	16	20
Health consultations (appointment required)	13:00 - 15:00	Ashiya Health Center	Consultation with a doctor for adults (free of charge)		12,26	9,23	13,27
Stomach cancer tests (appointment required)	9:15 - 10:30	Ashiya Health Center	Over 35 years old at 3,500 yen		Mondays and Thursdays		
Cancer of the large intestine test	Submit sample in the morning	Ashiya Health Center	Apprication: Anytime / Over 40 years old at 800 yen		Tuesday mornings		
Physical fitness checkup	9:00 - 11:30	Medical Association Medical Center	Over 20 years old; measurement of physical fitness (grip strength, etc.); results by computer		22	26	23
Health classes (appointment required)	From 13:30	Ashiya Health Center	Preventing large intestine cancer, abnormal glucose tolerance (diabetes), hypertension		8	24,25,26	21,22,23
Uterine (cervical) cancer check	Anytime	Medical facilities (mornings)	Provided in the mornings		Anytime		
Breast cancer check (interview, clinical examination)	Anytime	Medical facilities (mornings)	Residents over 20 years old at 1,000 yen		Anytime		
Breast cancer check (screening mammography); appointment required	Every Tue., Wed. and Fri.	Ashiya Municipal Hospital, 39-1 Asahigaoka-cho (Fax: 22-8822)	Residents over 40 years old at 2,800 yen; apply by postcard or fax, stating the desired date, your name, address, phone number, and birthdate; * individuals with a pacemaker or breast implant are not eligible		Tuesdays, Wednesdays and Fridays		

**Clinics Open for Emergency on Holidays (Dentists)**

Date	Day	Clinic	Address	Phone
Dec. 3	Sun.	Tabata Dental Clinic	10-18 Funado-cho	21-5655
Dec. 10	Sun.	Tsubouchi Dental Clinic	6-10-103 Seido-cho	22-1712
Dec. 17	Sun.	Toshima Dental Clinic	7-13 2F Kusunoki-cho	35-2188
Dec. 23	Sat.	Niki Dental Clinic	10-9-1 Daito-cho	32-6544
Dec. 24	Sun.	Noji Orthodontics Dental Clinic	6-13 Nishiashiya-cho	32-3386
Dec. 29	Fri.	Yoshikawa Dental Clinic	5-12-202 Kurekawa-cho	32-6178
Dec. 30	Sat.	Ikezawa Dental Clinic	3-9 Matsunouchi-cho	32-1780
Dec. 31	Sun.	Nishiki Dental Clinic	2-11-101 Hama-cho	23-6430
Jan. 1	Sun.	Nishida Dental Clinic	2-21 Narihira-cho	34-6731
Jan. 2	Tue.	Inagaki Dental Clinic	5-19 Ohara-cho	22-2870
Jan. 3	Wed.	Yoshizaki Dental Clinic	4-10 Nishiashiya-cho	31-8020
Jan. 7	Sun.	Hashitani Dental Clinic	10-19 Nangu-cho	23-8511
Jan. 8	Mon.	Hasegawa Dental Clinic	7-11 Miyazuka-cho	34-0212

Date	Day	Clinic	Address	Phone
Jan. 14	Sun.	Hanaoka Dental Clinic	6-4 Takezono-cho	38-5533
Jan. 21	Sun.	Hamamoto Dental Clinic	7-1-201 Seido-cho	21-2288
Jan. 28	Sun.	Harada Dental Clinic	3-7 Maeda-cho	31-3033
Feb. 4	Sun.	Hirose Dental Clinic	4-8-105 Nishiyama-cho	23-6420
Feb. 11	Sun.	Fujita Dental Clinic	7-10-201 Kimmitsu-cho	25-0646
Feb. 12	Mon.	Fujimoto Dental Clinic	5-2 4F Ohara-cho	31-4193
Feb. 18	Sun.	Makihata Dental Clinic	1-16 Uchide-cho	22-3233
Feb. 25	Sun.	Masuda Dental Clinic	11-15 Shinnozuka-cho	22-5359

**(Medical Doctors)****Name: Ashiya Municipal Holiday Emergency Clinic**

Location: 5-13 Kimmitsu-cho

Phone: 21-2782

Departments: Internal Medicine and Pediatrics

Days/ Hours: Sundays and Holidays, 9 a.m. to 5 p.m.

Night Hours: A Doctor would need to be paged from his/her home.

Call the Central Fire Department (32-2345)

# EVENTS

## Matinee Concert

**Time:** Saturday, December 23 (Nat'l holiday), 2:30 - 3:30 pm

**Place:** Ashiya Municipal Hospital

**Performers:** Saxophone: Mr. Daisaku Haruyama  
Piano: Ms. Kayoko Kanazawa

## Year-end Fire Precaution Campaign

● Don't Snuff Out Precaution's Flame (National Slogan)

● Save Lives, From Fire (Kobe-Osaka Slogan)  
A Year-end Fire Precaution Campaign, during the entire month of December, aims to reduce fires frequently occurring during this period. Fires start and spread more easily, as the air is drier, and home heaters are burning.

A moment's carelessness is all it takes for a fire to start. Let's all take care.

Take These Measures:

1. Close doors and windows when leaving, and remove flammable objects from the vicinity of the house.
2. Take garbage out on the assigned mornings.
3. Keep the area around the house clear and well-lit.

Neighborhood or maintenance organizations desiring advice or training may call:

**Inquiries:** Fire Department, Fire Prevention Desk #1&2, Tel. 32-2345

## Free Consultation by a Certified Tax Accountant

**Date and time:** Dec. 4 (Mon.), Jan. 9 (Tue.) 2007, 10:00 - 12:00 noon and 1:00 - 4:00 p.m.

**Content:** Income tax (including Capital

gains), inheritance tax (gift tax), corporate tax, consumption tax, etc.

**Place & Inquiries:** Ashiya Tax Payment Association, 6-19 Narihira-cho, Tel. 31-5318

## Friday Cinema Salon

**Starting Time:** Twice a month on Friday 1:30 P.M. (Doors open at 1:15)

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

\*No English subtitles

**January 12:** "Akanishi Kakita (Capricious Young Man)"

(1936, Japan) 1 hour, 18 minutes

Director: Mansaku Itami

Starring: Chiezo Kataoka, Mineko Mohri

Adaptation by famed scriptwriter Mansaku Itami of Naoya Shiga's short story, "Kakita Akanishi's Love". A gruff, taciturn, ugly country samurai comes to live in close quarters at a tenement house of the Date aristocrats.

**January 26:** "Yukiguni (Snow Country)"

(1957, Japan) 2 hour, 14 minutes

Director: Shiro Toyoda

Starring: Ryo Ikebe, Keiko Kishi

The artist Shimamura is attracted to the charm of a geisha, Komako, whom he meets in a snowbound spa town. Faithful adaptation of a spotless work by Yasunari Kawabata.

**February 2:** "Wuthering Heights"

(1939, U.S.) 1 hour, 44 minutes

Director: William Wyler

Starring: Laurence Olivier, Merle Oberon

First film adaptation of Emily Bronte's novel. Wyler's somber masterpiece about a man and woman tossed about by the tempests of fate.

**February 16:** "The Grapes of Wrath"

(1940, U.S.) 2 hour, 9 minutes

Director: John Ford

Starring: Henry Fonda, Jane Darwell

Film version of Steinbeck's Pulitzer Prize winner. Parolee Tom returns to find his Oklahoma a desolate land of hunger and suffering.

**March 2:** "Gervaise"

(1956, France) 1 hour, 57 minutes

Director: Rene Clement

Starring: Maria Schell, Francois Perier

The backstreets of 19th century Paris. The life of a laundress abused and abandoned by her drunken husband. Based on Emile Zola's "L'Assomoir".

**March 16:** "Une Vie"

(1958, France) 1 hour, 25 minutes

Director: Alexandre Astruc

Starring: Maria Schell, Christian Marquand

The innocent Jeanne marries the gentlemanly Julien, who later reveals his uglier, unfaithful side, in a period in which divorce was not permitted.

**Inquiries:** Tel: 31-2301

## Schedule of School Education

(common to all city schools)

Municipal kindergartens and senior high schools term closing ceremony: Dec. 22

Municipal primary and junior high schools term closing ceremony: Dec. 25

Municipal kindergartens, primary schools, junior and senior high schools term opening ceremony: Jan. 9

Municipal kindergartens presentation of results: Feb. 17

Municipal senior high schools graduation ceremony: Feb. 28

**Inquiries:** Tel: 38-2087

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**R**ABBIT

2-chome 11-11-907 Kukuchi Nishimachi, Amagasaki 661-0978  
Tel: 06-6426-9170 FAX: 06-6426-8677  
E-mail: rabbit@big.or.jp

**ACA** Events by Ashiya Cosmopolitan Association  
(December ~ February)

La Mall Ashiya 2F, 2-6-209 Ohara-cho, Tel: 34-6340, Fax: 34-6341

**Let's Cook and Eat World Food**  
**45th Lesson:** Mexican Cuisine  
**Instructor:** Ms. Guadalupe Itoh  
**Date and time:** Dec. 2 (Sat.) 10:00 am - 2:00 pm  
**Menu:** Bean soup, eggplant and ground beef Mexican sauce (with French bread), sunny lettuce salad, Mexican dessert  
**Fees:** Members: 1,500 yen; Non-members: 2,000 yen (for cancellations on the same day or previous day 1,500 yen will be charged for materials)  
**Capacity:** 25 seats (reservation required)  
Men are welcome to join  
**Please bring:** Apron, washrag

**Capacity:** 40 people

**Doll Festival and Speech Party**  
**Date and time:** Feb. 24 (Sat.) 11:00 am - 2:00 pm  
**Place:** Ashiya Cosmopolitan Association (ACA)  
**Fees:** Admission free (Reservation required)

**Members wanted!**  
Members receive the quarterly newsletter "Kawaraban" and reduced rates for events.  
Individuals: 2,000 yen, Groups: 15,000 yen

**Volunteers needed!**  
**Translators:** ACA "Kawaraban" Newsletter; homepage; etc.  
Preparation (stuffing envelopes, etc.) and delivery of "Kawaraban"

**Groupe de Carpe Diem**  
**A Christmas evening (#31)**  
**Date and time:** Dec. 15 (Fri.) 5:00 - 8:00 pm  
**Fees:** Members: 1,000 yen; Non-members: 1,200 yen