

This newsletter is a partial translation from the May 25th issue of 'Nishinomiya Municipal Bulletin.'
We will be glad to help you seek further information about events or notices announced here.

LET'S PROTECT ELEMENTARY SCHOOL CHILDREN FROM TRAFFIC ACCIDENT



Traffic accidents involving elementary school children tend to increase in May and June when they are getting used to going back to school. Ensure your children are aware once again of dangerous areas in the school zone and of traffic rules.

You can find traffic accident points in the City by the "Traffic Accident Map". Use this map to prevent traffic accidents.

Characteristics of traffic accidents involving elementary school children

- 1) Children tend to be involved in traffic accidents when coming home from school and going out alone to play, etc. (2:00pm - 6:00pm).
- 2) Lower grade children tend to be involved in traffic accidents when walking. Most common cause of accidents is to run out into a street.
- 3) Bicycle accidents tend to increase as children become upper grade.

"Traffic Accident Map"

The City has prepared the "Traffic Accident Map" using the Hyogo Prefecture's open data on traffic accidents. As you can find traffic accident points in the City between 2020 and 2023 in this map, take note of dangerous areas of the school zone.

What you can do to protect children from traffic accidents

- 1) Always follow traffic rules. Do not violate traffic rules in front of children.
- 2) When driving a car, always remember that children may be hard to see and they may not notice cars coming.

[Inquiries] Traffic Safety Management Division (Tel: 0798-35-3395)



DENTAL CHECKUP

June 4-10th → Teeth and Oral Health Week

Showing your teeth with a smile today and into the future

June 4-10th is "Dental and Oral Health Week". To ensure proper oral eating, a regular dental checkup (examination)

is recommended. In addition to brushing your teeth, do not forget to floss and brush between teeth—a dual dental care. Periodontal Disease Examination

This examination is conducted for people aged 40, 50, 60, and 70 years old as of March 31, 2024. It includes a checkup for tooth decay and periodontal disease. A checkup ticket has already been sent to eligible citizens in late January. Get your checkup by December 31, 2024. ¥500 (free for 70 yrs. old).

[Inquiries] Health Promotion Division (0798-35-3127)

Longevity Dental Health Examination

This examination is conducted for people aged 75 and 80 years old as of April 1, 2024. It includes a checkup of patient's chewing and swallowing ability. A checkup ticket has already been sent to eligible citizens in late May. Get your checkup by March 31, 2025. *Free of charge.

[Inquiries] Medical Insurance for Senior Citizens Division (0798-35-3994)



Fire prevention

USE CAUTION TO PREVENT FIRES CAUSED BY CIGARETTES AND STOVES

In 2023, the number of fires that occurred in Nishinomiya was 85, with the top causes being cigarettes (17), stoves (12), arson (11, including suspected arsons) and electrical equipment (9). Cigarettes and stoves have been the major causes of fire in the city for the past 10 years. Be careful in handling cigarettes and stoves to prevent fires.

Fire Safety Precautions

- ▶ Extinguish cigarette butts completely. Make sure cigarettes are completely extinguished (pouring water, etc.) as cigarettes that are not totally extinguished may cause fires when coming into contact with paper or other materials.
 - ▶ Always keep an eye on the stove. When using a small amount of frying oil, there is a risk of ignition due to a sudden rise in oil temperature.
 - ▶ Keep the area around the stove tidy. Radiant heat is invisible, so do not place flammable items near the stove.
- [Inquiries] Prevention Division, Fire and Disaster Management Bureau (0798-32-7316).

NISHI NAVI

Gallery in June

Date & Content: in the list below

Culture and Sports Division (35-3425)

Lobby Gallery : City Hall Main Office 1F Photo Exhibition (Kimata Shigeki) Time period (from June 3rd to 27th)
Street Gallery : Fudaba Street Atelier Tsuto Port Exhibition "FREEDOM" Time period (from June 3rd to 28th)
LaLa Street Gallery: LaLaport Koshien Nishinomiya City Centennial Memorial Celebration Panel Exhibition "Nishinomiya Municipal History of 100 years" Time period (from June 1st to July 31st)

*Occasionally no admittance due to exhibition change

Puppet Theater Regular Performance

[Date & Time] Sat., June 15th from 2 p.m.

[Venue] University Exchange Center

[Fee] 100 yen, free for preschool children

[Capacity] 135 people, first come first served system

(Reception starts from 15 minutes before.)

[Web site No] 37863174

[Inquiries] Culture and Sports Division (0798-35-3425)

Co-op Forest Shakegoyama Mori-no-gakko "Let's learn the secrets of Satoyama"

[Date & Time] Sun., Jun. 23rd, Mon. Holiday, Sept. 16th, Mon. Holiday, Nov. 4th, and Sun., Dec. 8th from 10 p.m. (a series of 4 sessions)

[Venue] Shakegoyama and surrounding farmland

[Content] forest-thinning and harvesting experience, etc.

[Target] elementary school students and their families

[Fee] ¥2,000 for each, free for children under 3 years old

[Capacity] 10 families, Lottery if there are many applicants

[Application] Kusemaru Farm Homepage by Jun. 3rd

[Inquiries] Kusemaru Farm (070-9098-2398 Kusekata)

KOBE – OSAKA RAILWAY 150 ANNIVERSARY COMMEMORATIVE PROJECTS



1. Digital Stamp Rally to connect areas along the railways

This year marks the 150th anniversary since the railway opened between JR Kobe station and Osaka station. For

this commemoration JR west is conducting a digital stamp rally to go around sightseeing spots, restaurants and so on in 4 cities along the railways (Nishinomiya city, Kobe city, Ashiya city and Amagasaki city).

Term : Until Monday September 30th.

5 kinds of courses : Nishinomiya city course, Kobe city course, Ashiya city course, Amagasaki city course and Railway history search course.

Let's get some nice prizes by going around spots on each course. Visit the stamp rally web site for more information.

[Inquiries] Digital Stamp Rally Office (06-6131-9332)

1. History panels exhibitions of Railway and City

Nishinomiya City's 150-year history has progressed with the development of three railway lines.

Nishinomiya City that has been weaving history with development of three railway lines will celebrate its 100th anniversary of enforcement of city organization in 2025 and will exhibit panels of its history and culture.

[Term] Until Monday September 30th.

[Place] Free passage of JR Nishinomiya station

Check! Panel exhibitions highlighting each of the seven regions will be held at JR Kobe station, Motomachi Station, Sannomiya Station, Sumiyoshi station, Ashiya station, Amagasaki station and Osaka station. Please have a look.

[Inquiries] JR West customer service center 0570-00-2486
JR West conducts other various kinds of projects than above for commemoration of its 150th anniversary. Visit the website of Kobe – Osaka railway 150 anniversary commemorative projects for more information.



HEALTH COLUMN (May)

~Advice from a Registered Dietitian~

◆Let's eat breakfast◆

Do you eat breakfast, the first meal of the day? Breakfast, which is like an alarm clock, wakes up the body, brain, and mind from sleep.

The key to breakfast is to combine three types of foods, rice, bread, or cereal as a staple diet (carbohydrate), sunny side up egg, natto, milk, or yogurt as a side dish (protein), and salad or fruit (vitamin).

Don't think too hard about how we should eat a well-balanced meal, just add different foods to your usual breakfast.

Why don't you begin to eat simple food, milk or yogurt? Make it a habit of eating breakfast and start your healthy day.

[Inquiries] Health Promotion Division (Tel:0798-26-3667)



PAST & PRESENT OF NISHINOMIYA

Birthplace of puppeteers

In the north area of Nishinomiya Shrine (now called Sansho-cho), many professional puppeteers called Kugutsushi lived for a while since the eleventh century (Muromachi period). It is said that there were 40-50 playhouses including permanent ones.

Their puppeteering tradition was passed on to Awaji island and grew as Ningyou Joruri (Japanese traditional puppet show: a blend of sung narrative, instrumental accompaniment, and puppet drama) and improved as Bunraku (Japanese traditional puppet show) in Osaka.

For such a cultural background, Nishinomiya is called the origin of the puppeteers.

The City, for protection and promotion of the puppet culture, has various events from a regular puppet play to other local events by cooperation with Nishinomiya Puppet show group and the puppet show group called Ebisu group.