

Nishinomiya City News

OCTOBER 2024

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



Routine vaccinations for the elderly INFLUENZA & COVID-19 VACCINATIONS

The City will offer routine influenza & COVID-19 vaccinations for the elderly. The detailed information is posted on the City's website.



[Influenza]



[Covid 19]

[Eligibilities] Any of the following people

*Those who are 65 years old and over on the day of vaccination

*Those who are between 60 and 64 years old on the day of vaccination and have the first-grade Physical Disability Certificate because of disabilities of heart, kidneys or lungs, or Immune dysfunction by HIV

[Vaccination ticket] Not required

[Vaccination period] Between Oct. 1 and Jan. 31, 2025

[Vaccination place] Designated medical institutions in the City

*Note that not all medical institutions will offer vaccinations.

*Make a reservation at each institution in advance.

*Bring identification documents such as health insurance card, etc. on the day of vaccination.

[Vaccination fee] ¥1,500 for influenza vaccination

¥3,260 for COVID-19 vaccination

[Inquiries] Health Care and Disease Prevention Division
(Tel: 0798-35-3308)



SPORTS

CITY'S GYMS & SPORTS CENTER TO BE OPEN FREE OF CHARGE ON OCT.14TH.

Let's exercise together on
Sports Day!

The City will open district gymnasiums and Nishinomiya Sports Center free of charge on Sports Day, the national holiday, Monday October 14th.

District Gymnasiums (Contact each gym for more information)

Quarter tennis, badminton and table tennis are available in each district's gymnasiums.

[Application] Each gym has their timetable for each event. The gym accepts your application from 15 minutes prior to each event on the day.

Equipment is available to rent free of charge. Bring your indoor shoes with you.

Contact each gym for the start time of each event.

Gymnasium	Phone Number	
Chuo gym Annex	0798-67-0771	
Imazu gym	0798-48-4828	
Naruo gym	0798-46-1333	
Kobu gym	0798-52-5293	
Kita Shukugawa gym	0798-70-2222	
Matsubara gym	0798-33-3878	
Shiose gym	0797-62-2565	

Nishinomiya Sports Center (0798-73-7581)

Nishinomiya Sports Center will open their machine gym, table tennis and golf driving range.

They accept your application on the day. They will issue the numbered tickets from 8:15 am.

Event	Limit time	Capacity	Items to bring
Machine gym	2 hours	20 persons	Indoor shoes
Table tennis	1 hour	4 tables (4/table)	Indoor shoes
Golf driving range	1 hour	7 persons	Golf clubs

Notes: * Open hours is from 9:00 am to 4:00 pm.

* Students under junior high school age must be accompanied by their guardians.

* Circuit time starts at 11:00 am.



HEALTH PROMOTION COLUMN

A few words from a public health nurse

Let's learn about postpartum depression! Nowadays, the number of

men suffering from postpartum depression is also increasing.

Postpartum depression is a state of low mood and reduced motivation to do activities that continues for more than two weeks, and it often occurs within three months after having a baby. It is said that about 10% of women experience, but in recent years, so do men due to the increase in men's participation in childcare and the difficulty of balancing between work and childcare.

In some cases medical treatment is needed, however, consulting a specialist on early stage can prevent the condition from becoming serious. The important thing is "to establish a support system around you from the pregnancy stage and find someone to consult with" and "to consult a specialist early when you do not feel well."

If you notice any physical and mental health problem in you and your family, please contact the nearest health and welfare center.

[Inquiries] Community Health Division (0798-35-3310)



****Nishinomiya City 100th Anniversary Commemorative Pre-Event**
NISHINOMIYA SAKE BREWERY RENAISSANCE & FOOD FAIR**

October 5 (Sat) Noon to 5:00 PM, October 6 (Sun) 11:00 AM to 4:00 PM @ Nishinomiya Shrine (Held rain or shine)

The "Nishinomiya Sake Brewery Renaissance & Food Fair" will be held where you can experience and enjoy the Japanese sake culture in Nishinomiya. Eight sake breweries from Nishinomiya will have booths to sample (for a fee) and purchase sakes as well as enjoy the many foods presented. Free admission. Come and join us at this fair!

[Inquiries]: Nishinomiya Sake Brewery Renaissance & Food Fair Execution Committee
(0798-33-1238 c/o the Nishinomiya Chamber of Commerce)

Opening Ceremony October 5 from Noon~

- Tsunoyama Kagura (Shinto dance)
- Unison Sake Toast (toast participation only for those who purchased a commemorative sake cup)
- Sake Brewing Ballads

Comparative Sake Tasting, Eatery space, and Merchandise Booths

Eight Nishinomiya breweries will participate! (product sales and sake tastings are at charged price)

New Sake Boat Celebration Parade

A recreation of the Edo-period procession celebrating the departure of ships delivering new sake.

Satellite Venues

- Hakushika Sake Museum,
- Hakushika Classics, Nihonsakari
- Sakagura-dori Brick Building,
- Hakutaka Rokusuien, Ozeki Amakara no Seki Juan

concerts & sake tasting will be held!

Nishinomiya Sake School

10/5 School Opening Special Lecture "Nishinomiya Sake Popular in Edo Period"

[Date] Oct. 5 (Sat) 2:00 PM~

[Venue] Nishinomiya Shrine Meeting Hall

[Fee] No Charge

[Capacity] 100 (first-come, first-served; registration starts 30 min. prior to performance)

Nov.'24~Feb.'25

How to Enjoy Japanese Sake, Tasting, Brewery Tours, etc. (registration required)

[Time/Dates] 10AM every Sat. from Nov. 2nd ~Jan. 25th (4 sessions)

[Venue] Held at Hakushika, Nihonsakari, Hakutaka, & Ozeki breweries

[Fee] ¥5,000

[Capacity] 30 (lottery when over capacity)



[Application Deadline] Apply through Nishinomiya Tourism Association website by Oct. 14th.

[Inquiries] Nishinomiya Sake Promotion Liaison Office (0798-31-7821...c/o Nishinomiya Tourism Association)

The people who are active in the community centers show the results of their daily activities.



CITIZENS' CULTURAL FESTIVAL

"Nishinomiya Citizens' Cultural Festival" will be held at each Citizen Cultural Center from October 12th (Saturday) to November 5 (Tuesday) by Nishinomiya City and Nishinomiya Cultural Promotion Foundation. Groups who are active in Nishinomiya community centers and Cultural Organizations will show the result of their activities over the past year.

Some facilities have no parking. Please use the public transportations to reach the venue.

For more program information, please check "Citizen's Cultural Festival news" distributed at each community center or on the foundation's website.

[Inquiries] Nishinomiya Cultural Promotion Foundation (Tel : 0798-33-3146)

Municipalization Centenary Project

Learn with Miyatan

NISHINOMIYA'S PAST AND PRESENT

Funasaka, Nishinomiya's hillside community



Funasaka in Yamaguchi Town is a hillside community (satoyama) where old thatched-roof houses and terraced rice fields remain. Legend has it that the name "Funasaka" comes from the fact that Ninsai, the priest who restored Arima Onsen from flood damage in the early Kamakura period (1185-1333), sought slabs for the hot spring bathtubs (yufune or yubune) at this location. Funasaka Satoyama School is a facility that uses the now closed Funasaka Elementary School and is managed by local residents. In addition to exhibits on the history of Funasaka, the facility hosts potato harvesting and soba noodle-making hands-on sessions and handmade miso workshops, thus serving as a space for interaction between visitors to Funasaka and local residents.

The local community and students are working on the restoration of old houses.



Production of agar, taking advantage of Funasaka's climate (1964). At the peak of its production, agar was even exported to Europe.



At the Funasaka Marché (held in November), Funasaka-grown vegetables and roasted sweet potatoes are sold, and logging experiences are offered.