



いちご 4

No. 228

Seika Town News and Events Guide

April 2014

Contents

もくじ 目次

General Information	
くらしのじょうほう	2
Upcoming Events	
こんげつのイベント	3, 4, 5, 6
Cooking	
クッキング	7
Transportation to Kansai Airport	
かんさいくこうまでのこうつう	7
Giseigo Corner	
ぎせいごコーナー	7
Note from the Editor	
へんしゅうしゃのことば	7
Festivals & National Holidays	
さいじつ・ぎょうじ	8
Seika Growth Watch	
じんこうのうごき	8
Ichigo Corner/Aim	
いちごコーナーもくてき	8

Published By:

Seika Town Office, Department of
General Affairs, Planning and
Coordinating Division

〒619-0285

70 Kitajiri Minamiinayazuma

Seika-chō, Sōraku-gun, Kyōto-fu
せいかちょうやくばそうむぶきかくちょうせいか
精華町役場総務部企画調整課

〒619-0285

きょうとふそうらくぐんせいかちょうみなみいなやづま
京都府相楽郡精華町南稲八妻
きたじり
北尻70

Tel. 0774-95-1900

Fax. 0774-95-3971

Email: cir@town.seika.kyoto.jp

Kashinokien Public Bath

つか
使ってください、かしのき苑のお風呂

The Kashinokien Public Welfare Center contains a public bath named Honobono-yu and a heated pool.

Honobono-yu (Fee Required)

▼Hours

Tuesday:	10:00-12:00 (men) 13:00-16:30 (women)
Wednesday:	10:00-12:00 (women) 13:00-16:30 (men)
Thursday:	10:00-12:00 (men) 13:00-16:30 (women)
Friday:	10:00-12:00 (women) 13:00-16:30 (men)
Saturday:	10:00-12:00 (men) 13:00-16:00 (women)

▼Entrance Fee

- Ages 12-64: ¥200
- Ages 6-11 or 65 and up: ¥100
- Below age 5: Free

▼Other

- There is an extra fee for those not residing in Seika.
- Entry may be denied to those who are physically unwell or who have been drinking.
- Due to inspections or other reasons, the bath may close on days other than those indicated above.
- Closed in case of severe weather warning.
- Please bring your own towel, shampoo, soap, and other necessities.

Heated Pool (Free)

▼Hours

Thursday:	13:00-15:45
Friday and Saturday:	10:00-11:45 and 13:00-15:45

▼Rules and Other Notes

- Only open to residents of Seika.
- Children in 3rd grade of elementary school or below must be accompanied by a parent or guardian.
- As part of a rehabilitation facility, the pool is smaller (9.5 by 5.5 meters) than a regular pool.
- Please wear a bathing suit and a swim cap.
- Tubes and other such toys may not be used.
- Please follow the lifeguard's instructions.
- Due to inspections or other reasons, the bath may close on days other than those indicated above.
- Closed in case of severe weather warning.

QUESTIONS

Kashinokien かしのき苑 TEL: 0774-94-5200

General Information

くらしのじょうほう

Understanding and Beating Cancer がんを知って、がん^まに負けない!

Nowadays in Japan, half of all people will have cancer at some point, and 1 in 3 people will die of it. One half of deaths among people in their 50s are due to cancer. Being young does not necessarily mean that one is safe from cancer. Among the 20-64 age group, the top cancer among men is colorectal, followed by stomach and lung, in that order. For women, the top cancer is breast, followed by uterine and colorectal, also in that order.

The causes of approximately 60% of cancers are lifestyle-related. Smokers and obese people are at an increased risk for cancer. Making changes to one's lifestyle can reduce the risk of cancer. Only 5% of cancers are caused by genetic factors, so a lack of family history of cancer does not make one safe.

Early Detection with Screening

The appearance of cancer symptoms can indicate that cancer is already progressing. Even if you do not show any symptoms, make sure to get tested for cancer.

When getting screened for cancer, you should also undergo yearly tests for other conditions. These tests can provide an impetus to change your lifestyle. Those in their 40s and 50s in particular are recommended to undergo these tests. For your sake and the sake of those you care about, please get tested for cancer.

Applications for Tests and Physical Examinations Due by April 25th

Applications for various tests (including cancer), physical examinations, and MRIs for this fiscal year are now being accepted. Those who are not signed up already should apply. In addition, physical examinations and MRIs require a new application every year. The application deadline for this year is earlier than usual. Applications must be postmarked by April 25th. Application forms can be found with the FY 2014 Family Health Calendar.

APPLICATIONS/QUESTIONS

Health Promotion Division, Public Health and Disease Prevention Section

けんこうすいしんか ほけんよぼうがかり
健康推進課 保健予防係 TEL: 0774-95-1905

Sōraku Emergency Medical Clinic Schedule

そうらくきゅうじつおうきゅうしんりょうじょ
相楽休日応急診療所のスケジュールについて

Schedule for April and May			
Date	Specialty	Date	Specialty
Sunday, April 6 th	Pediatrics (PD)	Saturday, May 3 rd (holiday)	IM
Sunday, April 13 th	Internal Medicine (IM), PD	Sunday, May 4 th	IM
Sunday, April 20 th	IM	Monday, May 5 th (holiday)	IM
Sunday, April 27 th	IM, PD	Tuesday, May 6 th (holiday)	IM
Tuesday, April 29 th (holiday)	IM		

Please call in advance to confirm.

QUESTIONS: Sōraku Emergency Medical Clinic (Sōraku Hall)

そうらくきゅうじつおうきゅうしんりょうじょ そうらくかいかんない
相楽休日応急診療所 (相楽会館内) TEL: 0774-73-9988

Upcoming Events

こんげつのイベント

April

Date	Time	What	Where
14 (Mon)	13:00~15:00	Training Room Orientation	Mukunoki Center
15 (Tue)	13:30~15:30	Parenting Class – Eating	Health Center
16 (Wed)	13:00~	Checkup for 3-and-a-half-year-olds	Health Center
”	15:00~17:00	Table Tennis Day	Mukunoki Center
18 (Fri)	13:00~	Checkup for 18-month-olds	Health Center
20 (Sun)	13:40~16:40	6 th International Understanding Festival	Seika Hall (Town Office 2 nd Floor)
22 (Tue)	13:00~	Dental Checkup for 2-year-olds	Health Center
23 (Wed)	13:00~	Checkup for 9- to 10-month-olds	Health Center
”		Mukunoki Center Closed	
25 (Fri)	13:00~	Checkup for 3- to 4-month-olds	Health Center
27 (Sun)	9:00~12:00	Smile Sports Arena	Mukunoki Center

May

2 (Fri)	13:00~	Checkup for 18-month-olds	Health Center
7 (Wed)	15:00~17:00	Table Tennis Day	Mukunoki Center
8 (Thu)	13:00~	Dental Checkup for 2-year-olds	Health Center
9 (Fri)	13:00~	Checkup for 3-and-a-half-year-olds	Health Center

What to do if...

You have a question about something in Ichigo:

Call Steven Pelcovits, Coordinator for International Relations at the Seika Town Office. You may also call if you need an interpreter, as most of the events and classes in Ichigo will be in Japanese.

You have a problem with life in Japan:

If you have any questions or problems concerning life in Japan not related to an article in Ichigo, please contact Steven Pelcovits, Coordinator for International Relations at the Seika Town Office.

TEL : 0774-95-1900 FAX: 0774-95-3971 E-mail: cir@town.seika.kyoto.jp or kikaku@town.seika.kyoto.jp (Planning and Coordinating Division)

You have an issue with your visa or other questions:

The Kyōto City International Foundation (located at 2-1 Toriichō Awataguchi, Sakyō-ku, Kyōto-shi) , offers advice and consultation on visa issues and general problems. Visa consultations are available on the 1st and 3rd Saturdays of every month (appointment required). Consultations can be done in English, Chinese, Korean, and Spanish. General counseling is available Tuesday to Sunday from 9:00 to 21:00.

TEL: 075-752-3511 Homepage: <http://www.kcif.or.jp/en>

Recreational Activities for Children with Disabilities

しょうがい も こ あそ
障 害 を 持 つ 子 ど も の 遊 び



▼**Date:** Sunday, May 18th (1st)

- ① 10:30-12:30 (3rd grade in elementary school and below)
- ② 13:30-16:00 (4th grade in elementary school and above)

※ This is a series of five events, with the final event scheduled for February of next year. Applying for one event allows entrance to all five events. Information regarding the second event and onward will be sent to those applying to the first event.

▼**Location:** Mukunoki Center

▼**Eligibility:**

- ① Children in 3rd grade in elementary school or below who live in Seika and possess a physical or mental disability
- ② Children in 4th grade in elementary school or above but under age 18 who live in Seika and possess a physical or mental disability

▼**Limit:** 25 participants (if number of applications exceeds limit, participants will be chosen at random)

▼**Description:** Crafts and other activities

※ The five events in this program will include crafts, cooking, games, exercises, music, and more.

▼**Fee:** ¥500 (including materials, insurance, etc.)

▼**Application Period:** Weekdays until Friday, April 18th

Hours: 10:00-18:00

▼**Applying:** Please submit an application form directly to the location indicated below.

※ Application forms are available at the Child Care Support Division (2nd floor of the Seika Town Office) and the location below.

APPLICATIONS/QUESTIONS

Sora (26-4 Sakakigatsubo Hōsono, Seika-chō) NPO 法人 すら ほうじん TEL: 0774-93-3814 FAX: 0774-93-3937

Keihanna Commemorative Park Upcoming Events and Activities

けいはんな記念公園の催し物

Hanami Tea Ceremony★お花見茶席

WHEN: Sunday, April 6th; Sunday, April 13th; Sunday, April 20th 13:30-16:00 (canceled in case of rain) WHERE: Suikeien WHAT: Come enjoy matcha and snacks in a flower-filled garden. FEE: ¥500 and Suikeien admission fee

Astronomy Club Copernicus Orientation★天文クラブ「コペルニクス」オリエンテーション

WHEN: Saturday, April 12th 17:00-18:00 WHERE: Visitor Center WHAT: Orientation for an event held nine times a year. This event involves discussion of astronomy and outer space, as well as stargazing. WHO: Elementary school students and parent or guardian (this time only) FEE: ¥5,000 (yearly)

Starry Night Cafe★星空カフェ

WHEN: Saturday, April 12th and Saturday, May 3rd (holiday) 18:30-20:30 (canceled in case of overcast weather; decision regarding cancelation will be made at 15:00 on the day of the event) WHERE: Suikeien reception area WHAT: Enjoy tea and snacks in a Japanese garden while gazing at the night sky.

20th Anniversary Event: 8th Park Photo Exhibition★開園20周年記念事業 第8回公園の写真展～けいはんな記念公園の春夏秋冬～

WHEN: Saturday, April 12th to Sunday, May 18th 9:00-17:00 (9:00-16:00 on the final day) WHERE: Suikeien Kangetsurō Moon Garden (Tsuki no Niwa) Gallery WHAT: Photographs taken by the general public. Come vote for your favorite one! FEE: Suikeien admission fee

Life with Flowers Gardening Class★～花のある暮らし～園芸講習会

WHEN: Tuesday, April 15th 10:30-12:00 WHERE: Suikeien Kangetsurō Study Room WHAT: Learn the basics of gardening as well as tips for growing plants. FEE: ¥4,000~4,500 (reservation required, limit 20 people) APPLICATIONS: Rabbit Garden, Morikawa (TEL: 090-6606-2651)

Suikeien Flower Arrangement Class★水景園のいけばな教室

WHEN: Thursday, April 17th and Thursday, May 1st 13:30-16:00 WHERE: Suikeien Kangetsurō Study Room WHAT: Come learn about the 500-year-old art of flower arrangement. FEE: ¥2,000 (please apply at least three days in advance)

50th Great Flower Operation: Sunflowers★第50回花いっぱい大作戦 ひまわり花壇を作ろう

WHEN: Saturday, April 19th 10:00-12:00 (moved to Saturday the 26th in case of rain) WHERE: Meet in front of Suikeien reception area WHAT: Volunteer for park beautification activities FEE: Free (application required)

Forest Plaza: Plant Designs★森っこ広場～草花のたたき染め～

WHEN: Sunday, April 27th 13:00-16:00 (canceled in case of rain) WHERE: Meet in front of Suikeien reception area WHAT: Make leaf- and flower-shaped designs using plants from the forest FEE: ¥500 (application required)

Continued on Page 6

**20th Anniversary Event: Free Suikeien Admission, Concert,
and Lecture★開園20年記念事業 開園記念日企画! 水景園
無料開放&記念コンサート&記念講演**

WHEN: Tuesday, April 29th (holiday) 9:00-17:00 (some activities will be changed in case of rain) WHERE: Suikeien
WHAT: The Suikeien admission fee will be waived. There will also be a concert and a lecture about the history of the Suikeien.

**20th Anniversary Event: Aloha! Hawai'ian Festival★開園20
年記念事業 みんなでアロハ! ~ハワイアン・フェスティバル
2014~**

WHEN: Saturday, May 3rd (holiday) to Sunday, May 4th (holiday) 10:00-16:00 (moved to May 4th to 5th in case of rain)
WHERE: Green (Shibafu Area) WHAT: Hawai'ian music and hula dancing. There will also be refreshments available for purchase.

**Making Helmets with Newspapers: Children's Day★端午の節句
新聞紙でかぶとを作ろう**

WHEN: Monday, May 5th (holiday) 13:00-15:00 WHERE:
Sukeien Kangetsurō Basement WHAT: Make *kabuto* helmets and paper guns with newspapers FEE: Suikeien admission fee

PARK INFORMATION: Entrance to Suikeien and Shizenrin:
Adults: ¥200, J.H.S. and E.S. students: ¥100 (free for those 60 or over with proof of age; free for holders of Disabled Person's Handbook and one accompanying person; free for one parent of family holding Child Care Support Passport; discount for groups of 25 or more) **HOURS:** 9:00-17:00 (last entry 16:30)

QUESTIONS: Keihanna Commemorative Park Mgmt. Office け

いはんな記念公園管理事務所

TEL: 0774-93-1200, FAX: 0774-93-2688

<http://www.keihanna-park.jp>

Keihanna Plaza Upcoming Events

けいはんなプラザの催し物

Keihanna Movies けいはんな映画劇場

“Like Father, Like Son” 「そして父になる」

(2013, Japan)



Ryōta Nonomiya lives with his wife and son. One day, he receives some shocking news: his son was switched at birth. Having raised a son this whole time who is not his own, what is Nonomiya to do?

WHEN:

April 10th (Thu), 10:30, 13:30, 16:15

April 11th (Fri), 10:30, 13:30, 18:00

April 12th (Sat), 10:30, 13:30, 16:15

WHERE: Keihanna Plaza Main Hall

General Admission.....¥1,000

J.H.S. students or younger.....¥700

Senior citizens aged 60 or older.....¥700

Keihanna Tomonokai Members.....¥700

QUESTIONS: Keihanna Business Department

けいはんな事業部 TEL: 0774-95-5115

Keihanna Plaza Small Concert

けいはんなプラザプチコンサート

▼WHEN ①Wednesday, April 9th ②Wednesday, April 23rd 12:15-12:45 ▼WHERE Keihanna Plaza Atrium Lobby

▼PROGRAM: ①Spring Classics on the Violin and Piano Beethoven: Violin Sonata, Op. 24

J. S. Bach: Partita for Violin No. 3 in E major BWV 1006

②Spring Concert: Chopin, Scriabin, and More A. Scriabin: 2/4/12 from 12 Etudes, Op. 8

QUESTIONS: Keihanna Plaza Small Concert Committee けいはんなプラザプチコンサート実行委員会 TEL: 0774-95-6128

Cooking

クッキング

Strawberry Daifuku Mochi

1. Wash strawberries lightly, remove stems, and dry.
2. Cover (1) in bean paste and make into a round shape. If the heads of the strawberries peek out slightly from the bean paste, the mochi will gain an attractive red tint when the dough is put on.
3. Add flour, sugar, and water (as needed) to a heat-resistant container. Stir lightly then microwave for 3 to 4 minutes.
4. Remove from microwave and stir lightly. Microwave for another 2 to 3 minutes, then mix again.
5. Put the dough from (4) on a flour-dusted pan. Divide into 8 pieces then place on the strawberries from (2). Stretch dough and cover strawberries with it.

Ingredients (serves 2)
 Mochi rice flour-----100g
 Sugar-----25g
 Water-----120~125ml
 Strawberries-----8
 White bean paste---200g
 Flour-----to dust

Giseigo Corner 擬声語コーナー

Hello and welcome to the Giseigo Corner! *Giseigo* are Japanese words describing sounds. This corner will also include *gitaigo*, which describe conditions.

ぎ
せ
い
ご

ほんなり

Hannari

“A state of being elegantly brilliant”

This is a word used in Kyōto. Kyōto is an amazing city filled with culture – in other words, a *hannari* town.



Transportation to Kansai Airport

かんさいくうこうまでのこうつう

Kansai Airport Bus

かんさいくうこう
関西空港エアポートリムジンバス

The Nara Kōtsū Airport Bus offers service to Kansai International Airport from Keihanna Plaza, available seven days a week (¥2,000 one way). Bookings are available. Call the number below to reserve a seat.

Departure	Arrival	Departure	Arrival
4:10	5:50	14:50	16:30
5:50	7:30	15:50	17:30
6:50	8:30	16:50	18:30
7:50	9:30	17:50	19:30
9:50	11:30	18:50	20:30
11:50	13:30	19:50	21:30
12:50	14:30		

For more information or to reserve a seat:

Nara Kōtsū Bus Reservation Center

ならこうつう せやく
奈良交通バス予約センター

TEL: 0742-22-5110 (Hours: 8:30-19:00)

Note from the Editor

へんしゅうしゃのことば

We have a very important announcement to make. Starting next month, Ichigo's name will change. The new name will be Tonkatsu!

Of course, I just made that up. In America, April 1st is known as April Fool's Day. On April Fool's Day, Americans try to fool as many people as possible. Companies are even known to unveil fake products (with, of course, no intention of actually selling them). Taking people's words at face value on April Fool's Day is not always the best idea, so keep your guard up and don't get tricked.

- Steven

Check out the Kyōto CIR blog!

<http://tabunkakyoito.wordpress.com/>

Festivals and National Holidays さいじつ・きょうじ

Shōwa Day

しょうわ ひ
昭和の日April 29th

This holiday celebrates the birthday of the late Emperor Hirohito, who reigned from 1926 to 1989. Following his death in 1989, the holiday was established as Greenery Day in reference to the emperor's love of nature. In 2007, however, Greenery Day became a separate holiday observed on May 4th, and Shōwa Day assumed its present name.

Places to Visit

おもしろいところ

Hanami (Cherry Blossom Viewing)

はなみ
花見

The end of March and beginning of April are known as the season of pink cherry blossoms. Around this time, many people go out with friends and family in order to observe the beautiful blossoms. This pastime is known as *hanami*. Recommended areas for *hanami* are as follows.

Kyōto Kyōto has many good *hanami* areas, the most famous of which are the Philosopher's Path and Maruyama Park.

The Philosopher's Path is a two-kilometer road between Ginkakuji Temple (Temple of the Silver Pavilion) and Nanzenji Temple. A small river runs along the path, making a leisurely stroll the perfect way to take in the beauty of the cherry blossoms. To get to the Philosopher's Path, take the 5 bus from Kyōto Station and get off at Nanzenji-Eikandōmichi.

Maruyama Park, by contrast, offers a more festive atmosphere. There are many food stalls surrounding the large weeping cherry blossom tree in the center of the park. At nighttime, this tree is illuminated. To get to Maruyama Park, take the 100 or 206 bus from Kyōto Station and get off at Gion.

Nara South of Nara is Mount Yoshino, known for the beauty of its cherry blossoms. With approximately 30,000 cherry blossom trees, it is one of the most famous *hanami* locations in all of Japan and is particularly recommended for those who would like to partake in *hanami* while hiking. To get Mount Yoshino, take the Kintetsu Line to Yoshino Station.

Nara Park, famous for its deer, is also another good *hanami* spot. It has approximately 1,700 cherry blossom trees and is good for people who want a relaxed atmosphere. Nara Park is a 10-minute walk from Kintetsu Nara Station.

Seika There are also good *hanami* locations right here in Seika. The most well-known is the Suikeien in Keihanna Commemorative Park, but Takeuchi Shrine (located north of the Seika Town Office) and Kannonji Temple (located south of Dōshisha University) are also attractive spots.

Seika Growth Watch

じんこう うご
人口の動き

Population as of April 1st:

(number in parentheses is change from last month)

Total:	37,285 (+71)
Male:	17,943 (+29)
Female:	19,342 (+42)
Households:	14,078 (+81)

Ichigo Corner

いちごコーナー

The Ichigo Corner is a place for readers to express their opinions on Seika, life in Japan, or anything else.

Submissions may be sent in by mail, e-mail, or fax.

Ichigo's Aim

いちごの目的

Since the advent of the Kansai Science City, the town of Seika, along with its foreign population, has been growing rapidly. In an effort to make the lives of foreign residents easier, the Seika Town Office produces this monthly newsletter. The newsletter's name, "Ichigo," means "strawberry," Seika's most famous product.

関西文化学術研究都市の建設が進み、精華町にすむ人が増え、その中で外国人の人口も増えていきます。精華町内に住む外国人の皆さんが暮らしやすいように、精華町は毎月この情報紙を発行しています。この情報紙のニックネーム「いちご」(母、精華町の一番有名なもの)は、みんながわかるようにひらがなでつけました。

Ichigo on the Internet

<http://www.town.seika.kyoto.jp/link/ichigo.html>