

いちご 2

No. 226

Seika Town News and Events Guide

February 2014

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

〒619-0285

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Identification Available at the Shimokoma Post Office

じゅうみんひょう しょうめいしょ しもこまゆうびんきょく
住民票などの証明書、下狛郵便局でもらえます



Residents of Seika will now be able to receive a copy of their Certificate of Residence as well as a Certificate of Items Stated in Resident Register and Seal Registration Certificate (*inkantōrokushōmeisho*) at the Shimokoma Post Office.

The first two may be obtained by family members, while the Seal Registration Certificate must be obtained by the person whom it is for. Those desiring a Seal Registration Certificate must bring a Seal Registration Card (*inkantōrokushō*), as well as a form of official identification such as driver's license or Health Insurance Card. Each document costs ¥300.

QUESTIONS

General Services Division, Family Registry Section そうごうまどぐちか せせきじゅうみんがかり
総合窓口課 戸籍住民係
TEL: 0774-95-1915

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 December and January

Date	Specialty	Date	Specialty
Sunday, February 9 th	Pediatrics (PD)	Sunday, March 2 nd	IM
Tuesday, February 11 th (holiday)	Internal Medicine (IM)	Sunday, March 9 th	IM
Sunday, February 16 th	IM	Sunday, March 16 th	IM
Sunday, February 23 rd	IM, PD	Friday, March 21 st (holiday)	IM, PD
		Sunday, March 23 rd	IM, PD

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

General Information

くらしのじょうほう

Have an Itchy Nose? なお 治したい、はな 鼻のムズムズ

Allergy season has arrived. Sneezing, runny nose, congestion...it's enough to make someone want to wash out the inside of their nose. This article includes information that may be of help to allergy sufferers.

Allergies: The Body's Overreaction

Allergies are caused by your body's overreaction to certain external stimuli. Hay fever is what happens when pollen comes inside of your nose, causing sneezing and runny nose. If the pollen causes swelling inside of your nose, it can also cause congestion. These symptoms stem from your body's attempt to expel foreign substances.

Wearing a Mask

Wearing a mask can help prevent allergies. There are a bunch of medicines for treating allergies, such as antihistamines and steroids, but all of them only alleviate symptoms temporarily and are not a fundamental cure. The stronger the medicine is, the worse its side effects such as drowsiness, sluggishness, dry mouth, etc. are. Other methods of treatment include boosting the body's immunity through allergen injections and surgery.

Nasal and Oral Medicines

In recent years, new methods of treating allergies have appeared. These include corticosteroid nasal sprays and sublingual immunotherapy.

Corticosteroid nasal sprays are a type of medicine that is sprayed into the nose. If used before pollen levels peak, they can prevent hay fever. Over-the-counter vasoconstrictors provide immediate relief, but their effects only last for approximately three hours. If used repeatedly, they can exacerbate nasal congestion.

Sublingual immunotherapy involves a daily dosage of medicine taken under the tongue. As of this winter, it is covered by health insurance. Although results can be seen in 70 to 80 percent of users, it takes two years for the immunotherapy to go into effect. Those with heart conditions or other serious illnesses, women pregnant or trying to become pregnant, and children under the age of six cannot use this method.

Aside from these, another method is combining different medicines, such as non-drowsy antihistamines and corticosteroid nasal sprays. These allow one to cure or prevent allergies without unpleasant side effects.

QUESTIONS

Health Promotion Promotion, Public Health and Disease Prevention Section

けんこうすいしんか 健康推進課 ほけんよぼうがかり 保健予防係

TEL: 0774-95-1925

Upcoming Events

こんげつのイベント

February

Date	Time	What	Where
14 (Fri)	13:00~	Checkup for 18-month-olds	Health Center
17 (Mon)	13:30~15:30	Parenting Class – Childbirth	Health Center
18 (Tue)	13:00~	Dental Checkup for 2-year-olds	Health Center
19 (Wed)	13:00~	Checkup for 3-and-a-half-year-olds	Health Center
”	14:00~16:00	Table Tennis Day	Mukunoki Center
23 (Sun)	9:00~12:00	Smile Sports Arena	Mukunoki Center
25 (Tue)	13:00~	Checkup for 9- to 10-month-olds	Health Center
”	13:00~15:00	Training Room Orientation	Mukunoki Center
26 (Wed)		Mukunoki Center Closed	
27 (Thu)	13:00~	Checkup for 3- to 4-month-olds	Health Center

March

4 (Tue)	13:30~15:30	Parenting Class – Nursing	Health Center
5 (Wed)	13:00~	Checkup for 3-and-a-half-year-olds	Health Center
”	14:00~16:00	Table Tennis Day	Mukunoki Center
6 (Thu)	14:30~16:00	International Education Lecture: “The Real America” (8 th)	Seika Town Office 201 (2F)
11 (Tue)	13:00~	Dental Checkup for 2-year-olds	Health Center
14 (Fri)	13:00~	Checkup for 18-month-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 first 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>

Come Experience the Jewish Holiday Purim!

ユダヤの祭り「プーリーム」を体験しよう！

▼ **Date:** Sunday, March 9th 9:00-12:30

▼ **Location:** Mukunoki Center 3F

▼ **Eligibility:** Middle school students and below

※Those in 4th grade in elementary school and below must be accompanied by a parent or guardian

▼ **Limit:** First 20 applicants

▼ **Description:** Come learn about Purim, a Jewish holiday that occurs in March, with Steven, Seika's Coordinator for International Relations.

- Hear the story of Purim while making a ratchet with noisemakers
- Make *hamantashen*, cookies with jam fillings
- Make noisemakers with beans and paper bowls
- Participate in a costume contest (optional)

▼ **Fee:** Free

▼ **Application Period:**

Through Friday, February 21st

Hours: Weekdays, 8:30 to noon and 13:00 to 17:00

▼ **Applying:**

Please apply with your name, address, age, telephone number, and whether you will enter the costume contest or not by telephone, fax, or e-mail.

▼ **Sponsors:** Town of Seika, Seika Global Network

▼ **With Support From:** Seika Board of Education

QUESTIONS/APPLICATIONS

Seika Global Network Office (Planning and Coordinating Division) TEL: 0774-95-1900 FAX: 0774-95-3971

せいかグローバルネット事務局 (企画調整課内)

E-mail: kikaku@town.seika.kyoto.jp

Keihanna Commemorative Park Upcoming Events and Activities

けいはんな記念公園の催し物

48th Great Flower Operation: Preparing Logs for Shiitake Mushrooms ★第48回花いっぱい大作戦～しいたけのほだ木づくり～

WHEN: Saturday, February 15th 10:00-noon (moved to Saturday the 22nd in case of rain) WHERE: Meet in front of Suikeien reception area WHAT: Volunteer for park beautification activities. FEE: Free (application required)

Valentine's Day Concert: Keyboard and Flute ★バレンタインコンサート～フルートとキーボードのセッション～

WHEN: Sunday, February 16th 14:00~15:00 WHERE: Suikeien Kangetsurō Basement WHAT: Enjoy Valentine's Day with music from the Ripple duo. FEE: Suikeien admission fee

Fuki Bud Picking ★ふきのとう摘み

WHEN: Saturday, February 22nd 12:50-15:00 (canceled in case of rain) WHERE: Meet in front of Suikeien reception area WHAT: Come pick some *fuki* buds, a traditional springtime treat. FEE: ¥800 (application required; *fuki* buds may be taken home)

Forest Plaza: Baking Bread on a Stick ★森っこ広場～枝まきパンづくり～

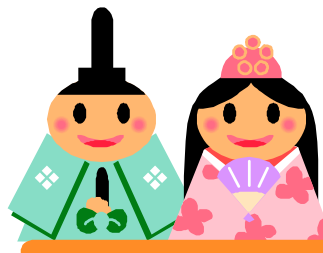
WHEN: Sunday, February 23rd 13:00-16:00 (canceled in case of rain) WHERE: Suikeien Budding Tree (Mebuki) Forest WHAT: Wrap dough around a stick and bake it over a fire. WHAT TO BRING: Working gloves and beverages FEE: ¥800 (application required)

Baked Sweet Potato Bonfire ★たき火で焼き芋を焼こう

WHEN: Saturday, March 1st 13:00-16:00 (not canceled in case of light rain; moved to Saturday the 8th in case of heavy rain) WHERE: Meet in front of Suikeien reception area WHAT: Come roast delicious sweet potatoes. FEE: ¥500 (application required; one potato included)

Girls' Day: Sweet Cakes and Origami Dolls ★桃の節句～ひなあられのふるまいと折り紙でひな人形づくり～

WHEN: Sunday, March 2nd 13:00-15:00 WHERE: Suikeien Kangetsurō Basement WHAT: Come enjoy Girls' Day in the garden. FEE: Suikeien admission fee



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

WHEN: Thursday, March 6th; Thursday, March 20th 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 two days in advance)

Continued from Page 5

Forest Plaza: Fun in the Forest★^{もり ひろば もり}森っご広場～森あそび～

WHEN: Monday, March 9th 13:00-16:00 (canceled in case of rain) WHERE: Suikeien Budding Tree (Mebuki) Forest
WHAT: Play on hammocks and swings in the forest. FEE: Suikeien admission fee

5th Saganaka Cotton Goods Exhibition★^{だい かいさがなかもめん}第5回相楽木綿
作品展^{さくひんてん}

WHEN: Monday, March 10th to Sunday, March 16th
10:00-17:00 WHERE: Suikeien Kangetsurō Moon Garden (Tsuki no Niwa Gallery) WHAT: Items from the Saganaka Cotton Goods Museum will be on display.
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 ^{きねんこうえんかんりじむしょ} 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^{もよお}催し物^{もの}

Keihanna Movies ^{えいげきじょう} けいはんな映画劇場

“A Boy Called H” ^{しょうねん}「少年H」

(2013, Japan)

H is a boy living in Kōbe. With the start of World War II, his once peaceful family life starts to become more and more troubled. What will happen to H when Kōbe is attacked?

**WHEN:**

February 15th (Sat), 10:30, 13:30, 16:15

February 16th (Sun), 10:30, 13:30, 16:15

February 17th (Mon), 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^{じぎょうぶ}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, February 12th ②Wednesday, February 19th ③Wednesday, March 5th

12:15-12:45 ▼WHERE Keihanna Plaza Atrium Lobby

▼PROGRAM: ①Afternoon Concert F. Liszt: Two Legends C. Debussy: 11 songs from Études
②The World of Flute and Piano: Feel Spring's Arrival! Doppler: Fantaisie Pastorale Hongroise
③Springtime Awakening: Vocal and Piano Concert Rachmaninov: selections from Études-Tableaux
Rossini: A Voice a Little While Ago from The Barber of Seville

QUESTIONS: Keihanna Plaza Small Concert Committee ^{じっこういんかい} 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

Saikyō Miso Salmon with Matcha

1. Grill salmon until black spots appear. May be done in frying pan.
2. Dissolve milk and matcha in water, then add in miso little by little to add consistency.
3. Put (1) on a plate, pour (2) on it, and garnish with *mizuna*.

Ingredients (serves 2)

King salmon-----120g
 Mizuna-----40g
 White miso-----20g
 Matcha-----2g
 Skim milk-----2g
 Water-----as needed

※ Water should be boiled then cooled



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.

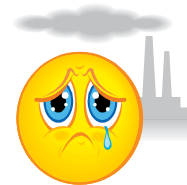
ぎ
せ
い
ご

しくしく

Shiku shiku

“A state of sobbing quietly”

Winter is a rough season. The weather is cold, and the sky becomes dark early. Many people become sad around this time of year. May you get through this winter without crying in a *shiku shiku* manner!



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

At long last, January has given way to February. January is often thought of as a cold time in Kyōto. While this is true, it pales in comparison to my hometown. This is true even in normal years, but this year my home was particularly cold, reaching into the low negative single digits Fahrenheit (approximately -20 C). Also, the wind chill in America's Midwest reached around -70 (approximately -55 C)!

To be sure, Kyōto's winter is still rough. While at least buildings in America are well-heated, I find it to be cold here even indoors. Can't wait for spring!

- Steven

Check out the Kyōto CIR blog!

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

Festivals and National Holidays さいじつ・ぎょうじ

National Foundation Day

けんこくきねんひ
建国記念の日
February 11th

As the name suggests, National Foundation Day celebrates the establishment of the Japanese nation. First begun in 1966, this holiday is based off of an older holiday called *Kigensetsu* (Empire Day), which celebrated the ascension of Japan's first emperor, Jimmu, to the throne. *Kigensetsu* disappeared after World War II, but was revived 20 years later in its current form. Nonetheless, the National Foundation Day of today is not as important as *Kigensetsu* used to be.

Valentine's Day

バレンタイン・デー
February 14th

Valentine's Day, the Western holiday of love, has become incredibly popular in Japan. However, there are some notable differences. In Japan, Valentine's Day is primarily a day for women to give chocolates. Chocolates are classified into *giri-choco* (literally "obligation chocolates"), which are platonic, and *honmei-choco* (literally "desire chocolates"), which are given to romantic interests. Giving *tomo-choco* ("friend chocolates") to friends has also gained popularity in recent years. While some men do give gifts on Valentine's Day, it is primarily a day for women to give *giri-choco* to male coworkers, classmates, and friends and *honmei-choco* to love interests. None are expected to return the favor on a separate day in March, known as "White Day."

Sapporo Snow Festival

さっぽろゆきまつり
February 5th – 11th

Held since 1950, the Sapporo Snow Festival attracts approximately two million visitors every year to Sapporo, Hokkaidō from all over the world. The snow and ice statues are truly sights to behold. In addition to these, there are also fun snow and ice attractions such as slides, mazes, and snowmen. Seika doesn't get much snow, so if you have the opportunity, make sure to drop by Sapporo for a fun time.

Seika Growth Watch

じんこううご
人口の動き

Population as of February 1st:

(number in parentheses is change from last month)

Total:	37,281 (-6)
Male:	17,950 (-6)
Female:	19,331 (0)
Households:	14,018 (+7)

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.

かんさいぶんかがくじゅつけんきゅうとしけんせつ
関西文化学術研究都市の建設
すす せいかわちょう ひと ふ
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
えています。せいかわちょうない す
がいにくじん みな く
外国人の皆さんが暮らしやす
いように、せいかわちょう まいつき
情報紙を発行しています。この
じょうほうし はっこう
情報紙のニックネーム「いち
ご」(いちご せいかわちょう いちばんゆうめい
莓、精華町が一番有名な
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>