



いちご

No. 231

Seika Town News and Events Guide

July 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

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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 みなみのやづま
 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

Extending National Pension Payment Exemptions

こくみんねんきんほけんりょう はら ひと
 国民年金保険料を払わなくてもいい人へ

Those who are currently exempt from National Pension payments and wish to extend their exemption after July must come to the Seika Town Office. Please come to the General Services Division on the second floor on a weekday between 8:30 to noon or 13:00 to 17:00 with your Pension Handbook (*nenkin techō*) and personal seal (*inkan*).

If the exemption recipient, his or her spouse, or the head of his or her household moved into Seika on January 2nd or later of the current year, that person's FY 2014 Taxation Certificate (i.e. proof of his or her income for the 2013 calendar year) will also be required.

In addition, as of April of the current year, retroactive exemptions of National Pension payments are possible for up to 2 years and 1 month prior. Currently, exemptions are possible retroactively through June 2012.

QUESTIONS

Japan Pension Service, Kyōto Minami Branch Office, National Pension Division

きょうとみなみねんきんじむしょ こくみんねんきんか
 京都南 年 金 事務所 国民年金課 TEL: 075-643-2547

Seika Town Office, General Services Division, National Pension Section

せい かちょうやくば そうごうまどぐちか ねんきんがかり
 精華町役場 総合窓口課 年金係 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 July and August			
Date	Specialty	Date	Specialty
Sunday, July 6 th	Internal Medicine (IM)	Sunday, August 3 rd	IM, PD
Sunday, July 13 th	IM, Pediatrics (PD)	Sunday, August 10 th	IM
Sunday, July 20 th	IM	Sunday, August 17 th	IM
Monday, July 21 st (holiday)	PD	Sunday, August 24 th	IM, PD
Sunday, July 27 th	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

Protect Yourself from Heat Stroke This Summer ねっちゅうしょう 熱中症のない、たの 楽しい夏を



July and August are peak season for heat stroke. By properly understanding heat stroke, we can learn how to protect ourselves

What Is Heat Stroke?

When we work or exercise in a hot area, our bodies' balance of salt and water falls out of proportion. When this happens, the temperature of the body rises, which can lead to dizziness and sluggishness. If this condition worsens, it can lead to convulsions and loss of consciousness. This is known as heat stroke.

Heat stroke can occur even for those who are idle at home if the room they are in is hot and humid, so care is necessary.

Rehydration and Cooling Off Are Important

The two most important things in order to avoid heat stroke are rehydration and cooling off.

▼Get Plenty of Water and Salt

Even if you do not feel thirsty, staying hydrated is important.

▼Prevent Heat Stroke at Home

- ◆Cool off with a fan or air conditioner

Simply enduring the heat can end up leading to heat stroke.

- ◆Open windows, draw the shades to keep out the sunlight, and use *uchimizu*
- ◆Check the room temperature

The temperature should be set to 28 degrees Celsius (82 degrees Fahrenheit) or below.

▼Strengthen Your Body

- ◆Get plenty of rest and avoid overexertion
- ◆Wear clothes that are not too tight and use ice packs, ice, and wet towels
- ◆Make habits of exercising properly and eating a balanced diet

▼Take Care Outside

- ◆Use a parasol, wear a hat, stay in the shade, take rests
- ◆Limit outside activity in the afternoon on sunny days

QUESTIONS

Health Promotion Division, Public Health and Disease Prevention Section

健康推進課 保健予防係

TEL: 0774-95-1905

Upcoming Events

こんげつのイベント

July

Date	Time	What	Where
8 (Tue)	13:30~15:30	Parenting Class – Parenting	Health Center
9 (Wed)	13:00~	Checkup for 3-and-a-half-year-olds	Health Center
11 (Fri)	13:00~	Checkup for 18-month-olds	Health Center
12 (Sat)	14:00~17:00	Summer Camp Experience	Mukunoki Center
14 (Mon)	13:00~	Dental Checkup for 2-year-olds	Health Center
”	14:30~16:00	International Education Lecture	Seika Town Office 201 (2F)
16 (Wed)	15:00~17:00	Mukunoki Center Arena Open to General Public (Table Tennis Day)	Mukunoki Center
22 (Tue)	13:30~15:00	Training Room Orientation	Mukunoki 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	Mukunoki Center Arena Open to General Public (Smile Sports Arena)	Mukunoki Center
28 (Mon)	13:30~15:30	Parenting Class – Eating	Health Center
31~8/4 (Thu~Mon)	10:00~12:00 · 13:00~15:00	Pool Open to General Public	Kawanishi Elementary School

August

1 (Fri)	13:00~	Checkup for 18-month-olds	Health Center
”	18:00~	2014 Great <i>Uchimizu</i> Operation	Seika Garden City
5 (Tue)	13:00~	Dental Checkup for 2-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>

Cheers! Drinks at Hōsono Station まなつ よる ほうそのえきまえ かんぱい 真夏の夜、祝園駅前で乾杯！

This year's Standing Bar, run by the Youth Department of the Seika Town Society of Commerce and Industry, will be held every Wednesday and Friday between Friday, July 18th and Friday, August 1st in the south parking lot of Seika Garden City.

▼**Dates:** Friday, July 18th; Wednesday, July 23rd; Friday, July 25th; Wednesday, July 30th; Friday, August 1st
18:00-21:00 (canceled in case of heavy rain)

▼**Prices:**

- ◆ Alcoholic drinks (beer, *chūhai*, etc.; complimentary snack included): ¥500
- ◆ Soft drinks: ¥100

▼**Other:**

- The bar operates on a ticket system. Ticket books are available at discounted rates for alcoholic drinks.
- Only drinks may be purchased. Please bring your own food.

QUESTIONS

Seika Town Society of Commerce and Industry Office せいしかちょうしょうこうかいじむきょく 精華町商工会事務局 TEL: 0774-94-5525

Staying Cool in the Summer with *Uchimizu* う みず すず なつ 打ち水で涼しい夏



The Great *Uchimizu* Operation for 2014 will be held on Friday, August 1st at Seika Garden City (located in Hōsononishi 1chōme).

This is an annual event held in cooperation with the Seika Town Society of Commerce and Industry. The event will begin at 18:00. Prizes will be given to children who participate.

Uchimizu refers to the practice of sprinkling water on the ground. Sprinkling water on roads, gardens, or house entranceways reduces dust and lowers the temperature of the surrounding area, making it feel cooler. *Uchimizu* is especially effective in places through which wind passes.

When sprinkling water, please try to use leftover water from a bath or accumulated rainwater.

QUESTIONS

Environmental Promotion Office, Environmental Affairs Section かんきょうすいしんしつ 環境推進室 かんきょうがかり 環境係 TEL: 0774-95-1925

Keihanna Commemorative Park Upcoming Events and Activities

けいはんな記念公園の催し物

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

WHEN: Thursday, July 17th 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)

Seika Summer Festival★せいか夏祭り大会

WHEN: Saturday, July 19th 16:00-20:30 (moved to the following day in case of rain) WHERE: Green (Shibafu Area) and Visitor Center Study Room WHAT: Bon Odori dance, performances, food stalls, and more

Saganaka Cotton Goods Museum Summer Workshop★相楽木綿伝承館 夏休みワークショップ

WHEN: ①Sunday, July 20th ②Sunday, August 24th 13:00-16:00 WHERE: Suikeien Kangetsurō Study Room WHO: Those who can attend both ① and ② WHAT: ①Spindle-making and yarn-spinning ②Making small mats on handheld looms FEE: ¥2,100 (covers both sessions) and Suikeien admission fee APPLICATIONS: Saganaka Cotton Goods Museum (TEL: 080-6186-9233)

Cool Breeze Concert: Taishō goto★水景園コンサート「涼風コンサート～大正琴の演奏会～」

WHEN: Monday, July 21st (holiday) 14:00-15:00 WHERE: Suikeien Kangetsurō Basement Hall FEE: Suikeien admission fee

Yamashiro Uprising Festival: National Water Gun Fight★やましろの国いっき祭り 全国竹水銃砲台戦大会

WHEN: Sunday, July 27th starting at noon WHERE: Green (Shibafu Area) QUESTIONS: Yamashiro Youth Assembly (TEL: 0774-82-6711)

Nagashisōmen★流しそうめん

WHEN: Sunday, July 27th ①10:00-11:00 ②13:00-14:00 ③15:00-16:00 (canceled in case of rain; application required) WHERE: In front of Suikeien reception area FEE: ¥600 LIMIT: 100 people per session

Saganaka Cotton Goods Museum★相楽木綿伝承館

WHEN: Every Sunday, Monday, Thursday, and Friday 10:00-17:00 (registration for hands-on workshop ends at 15:00) WHERE: Suikeien Kangetsurō Basement WHAT: Saganaka cotton goods were once a special product of the Yamashiro region. The museum offers information about the history and culture surrounding these goods. There is also a hands-on workshop which offers the chance to try making cotton goods. FEE: Suikeien admission fee (separate fee for hands-on workshop; application required) APPLICATIONS: Saganaka Cotton Goods Museum (TEL: 080-6186-9233)

Continued from Page 5



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

“Despicable Me 2” 「怪盗グルーのミニオン
危機一発」

(2013, America)



Gru is a former villain who has rehabilitated and lives a normal life. When a different villain begins performing evil deeds, Gru must assume the role of hero and save the Minions.

WHEN:

July 26th (Sat), 10:30, 13:00, 15:30

July 27th (Sun), 10:30, 13:00, 15:30

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

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 Small Concert

けいはんなプラザプチコンサート

▼WHEN ①Wednesday, July 9th ②Wednesday, July 23rd ③Wednesday, July 30th 12:15-12:45

▼WHERE Keihanna Plaza Atrium Lobby

▼PROGRAM: ①Ravel: Jeux d'eau Debussy: Petite suite
②"Brüderlein, komm tanz mit mir" from *Hansel and Gretel*
"Marie Theres!" from *Der Rosenkavalier*
③Makiko Kinoshita: Yume mita mono wa Tamezō Narita: Song of the Seashore

QUESTIONS: Keihanna Plaza Small Concert Committee (Kansai Research Institute)

けいはんなプラザプチコンサート実行委員会 (関西文化学術研究年推進機構内) TEL: 0774-95-6128

Cooking

クッキング

Onion *Ponzu*

1. Peel onion, cut off both ends, and cut in half horizontally.

2. Put (1) in a heat-resistant

container, then cover with plastic wrap and microwave for 2 to 3 minutes or until soft.

3. Add *ponzu* and *kezuribushi* to (2).

Ingredients (serves 2)

Soft onion-----1 (medium)

Ponzu-slightly under 2 tsp*Kezuribushi*----as needed

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

べとべと

Beto beto

“A state of something sticking”

In addition to being extremely hot, Kyōto is quite humid, which causes people to sweat a lot. Make sure to protect yourself from heat stroke, and try not to get too *beto beto*.



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

July is a very important month in the United States. The 4th of the month is celebrated as America's Independence Day. There are many customs associated with this day, including barbeques and fireworks.

This year marks America's 238th birthday. Compared to many other places, it is quite a young country. Japan, for instance, has a lot more history. It also has many fewer immigrants, which makes for a very different feel from America. Living here has confirmed for me the importance of experiencing a country very different from one's own.

- Steven

Check out the Kyōto CIR blog!

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

Festivals and National Holidays さいじつ・きょうじ

Gion Festival

ぎおんまつり
祇園祭July 1st – 31st

The Gion Festival is one of the Three Great Festivals of Japan. In AD 869 during the Heian era, Kyōto was hit by a terrible plague. In order to stop the plague, the people of Kyōto erected 66 pikes and prayed to the *kami* of Gion. This is said to be the origin of the Gion Festival.

Nowadays, the Gion Festival is held over the entire month of July in Kyōto. The main part of the festival is the procession of 32 *yamaboko* (large floats) through the streets of the city. Some *yamaboko* are up to 25 meters in height and upwards of 10,000 kilograms in weight. There are also other interesting things, such as the display of antique screens in old houses and the *yamaboko* display at Shijō Karasuma, both of which take place between July 14th and 16th. In addition, there are many food stalls during this time, selling snacks such as *takoyaki* and *taiyaki*.

The festival is likely to be very crowded, but as one of Kyōto's most famous festivals, it is highly recommended.

Tenjin Festival

てんじんまつり
天神祭July 24th – 25th

As with the Gion Festival, this is one of the Three Great Festivals of Japan. Approximately 3,000 people depart Ōsaka Tenmangū Shrine and go to the Ō River (a section of the Kyū-Yodo River) and get on approximately 100 boats. The boats all have different attractions; there are boats featuring music or *taiko* performances, boats with torches and dolls, boats with *rakugo*, and more. At the end of the festival, there is a fireworks show; however, due to the crowded nature of the event, it is recommended that the fireworks be viewed from afar.

Cormorant Fishing in Arashiyama

あらしやま うか
嵐山の鵜飼July 1st – September 15th

Cormorant fishing is a traditional method of fishing in Japan in which birds are used to capture fish. Although it is no longer common, tourists continue to enjoy the sight of fishermen and their birds working together. The cormorant fishing on the Ōi River in Arashiyama is particularly well-known. Fishing boats depart every night at 19:00 and 20:00 and cost ¥1,700 to ride. To get to the river, take the 28 bus from Kyōto Station to Arashiyama Kōen, or take the Keifuku or Hankyū Lines to Arashiyama Station.

For inquiries, please contact the Arashiyama Barge Corporation (TEL: 075-861-0302).

Seika Growth Watch

しんこう うご
人口の動き

Population as of July 1st:

(number in parentheses is change from last month)

Total:	37,310 (-2)
Male:	17,951 (-5)
Female:	19,359 (+3)
Households:	14,132 (+11)

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>