



いちご

11

No. 235

Seika Town News and Events Guide

November 2014

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General Affairs, Planning and
Coordinating Division

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70 Kitajiri Minamiinayazuma

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

〒619-0285

きょうとふそうらぐんせいにかちょうみなみなやづま
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

Japanese Speech Contest

にほんご がいこくじん 日本語による外国人のメッセージコンテスト

The "Thirteenth Annual Japanese Speech Contest" will take place on the 14th of December in the Seika Exchange Hall (Seika Town Office Second Floor). In this contest, foreign residents will share their thoughts and feelings about living in Japan.

There will also be speeches by students from the International Exchange Club at Seika South Middle School and a presentation of club activities by the ESS club at Kyoto Prefectural Touryou High School. The event will last from 2:00 PM to 4:30 PM and there is no need to register in advanced. There will be a limit of 100 seats.

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 August and September			
Date	Specialty	Date	Specialty
Sunday, November 9 th	Internal Medicine (IM)	Sunday, December 7 th	IM
Sunday, November 16 th	IM	Sunday, December 14 th	IM
Sunday, November 23 rd (Holiday)	IM, Pediatrics (PD)	Sunday, December 21 st	IM
Monday, November 24 th (Holiday)	IM, PD	Tuesday, December 23 rd (Holiday)	IM
Sunday, November 30 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
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

What is the Relationship Between Blood Pressure and Health?

けつあつ けんこう かねけい
 血圧と健康の関係は？

Seeking Participants in a Study on Nighttime Blood Pressure

Kyoto University is currently seeking participants to take part in a study on nighttime blood pressure and health and their relationship with daily activities and habits. Kyoto University will be running its COI project as part of a cooperative work with Kyoto prefecture.

Your sleeping blood pressure, otherwise known as your nighttime blood pressure cannot be measured based on your daytime blood pressure measurements. Even if you have a normal blood pressure during the day, it is possible to have high blood pressure at night (Nighttime High Blood Pressure). Depending on whether it is left alone or not, it has been indicated that the possibility of having a stroke could increase.

This study will measure your nighttime blood pressure for approximately one week. The equipment used for checking your night time blood pressure does not need to be returned so you may keep it afterwards and used it to monitor your health.

Participant Requirements

An ideal participant will have been diagnosed with an irregular blood pressure, never have taken a blood pressure medication before, be over 20 years of age, and be able to attend seminars.

※The seminars will be on Sunday, November 23rd, in the “Koga” meeting room on the 5th floor of Keihanna Plaza and on Monday the 24th, a holiday, in the Seika Exchange Hall on the 2nd floor of Seika Town Office.

※There is no need to sign up for the seminars. Please apply after having listened to the seminar. (There is a limit to participants).

Contact: Kyoto University COI Project Peaceful Living Sensor Network Group: kick_ku@econ.kyoto-u.ac.jp

What to do if...**You have a question about something in Ichigo:**

Call Jacob Biros, 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 Jacob Biros, 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>

Upcoming Events

こんげつのイベント

November

Date	Time	What	Where
10(Mon)	10:00~11:30	Class, 4 th Seika Small Trip	Silver Jinzai Center
	10:00~15:00	Silver Salon "Japanese Cloth Sandal Classroom"	Silver Jinzai Center
	13:30~15:30	Parenting Class ~ Birth Edition	Health Center
12(Wed)	10:00~16:00	Seika Town Cultural Clubs Exhibition	Seika Exchange Hall (Town Hall 2 nd Floor)
13(Thur)	13:00~	2-year-olds Dental Health Checkup	Health Center
	16:00~17:15	Handicap Persons Handmade Goods Market	Town Library Exchange Area (2 nd Floor)
14(Fri)	13:00~	1.5-year-olds Health Checkup	Health Center
16(Sun)	9:30~15:30	Seika Festival 2014	Keihanna Park and Keihanna Plaza
20(Thur)	10:00~15:00	Silver Salon "Old Chinese Poetry Class"	Silver Jinzai Center
22(Sat)	9:00~15:00	16 th Hometown Discovery Trip	Around Town
23(Sun, Hol)	8:10~12:00	15 th "Lets Walk" Meetup	Ooyamazaki Town
25(Tues)	9:00~15:00	Iki Iki Health Walk	Nara City
26(Wed)	13:00~	3~4-month-olds Health Checkup	Health Center
28(Fri)	8:30~	9~10-month-olds Health Checkup	Health Checkup
Dec1(Mon)	10:00~11:30	Class, 5 th Seika Small Trip	Silver Jinzai Center
	10:00~15:00	Silver Salon "Japanese Cloth Sandal Classroom"	Silver Jinzai Center
Dec2(Tues)	13:30~15:00	Parenting Class ~ Childcare Edition	Health Center
Dec3(Wed)	13:00~	3.5-year-olds Health Checkup	Health Center
Dec4(Thur)	13:30~14:30	Health Lecture	Seika Exchange Hall
Dec5(Fri)	13:00~	1.5-year-olds Health Checkup	Health Center
Dec6(Sat)	9:30~12:00	Parenting Class ~ Parenting Edition	Health Center

Mukunoki Center Schedule

むくのきセンタースケジュール

Date	Event	Time
November, 9 th (Sun)	Open Arena	9:00~12:00
November 11 th (Wed)	Training Advice Meeting	15:00~17:00
November 19 th (Wed)	Open Arenan (Table Tennis)	15:00~17:00
November 25 th (Tue)	"New Years Cards with Word" Lecture 1 st Class	13:00~15:30
November 26 th (Wed)	Special Closure	--
December 3 rd (Wed)	Open Arena	15:00~17:00

For Permanent Residents and Special Permanent Residents

とくべつえいじゆうしゃ えいじゆうしゃ
特別永住者・永住者へ

Alien Registration Certificate — Exchange

It is required that all foreign residents with Alien Registration Certificates renew their “Special Alien Registration Certificates” or “Residence Cards” for new ones prior to the expiration date. **【Note 1】** For Special Permanent Residents, please complete the procedure at the General Affairs Department Reception Desk. For Permanent Residents, please complete the procedure at the Immigration Office.

Period of Validity **【Note 2】**

➤ Special Permanent Residents older than the age of 16

The first day of the application period for confirmation (exchange) as written on the Alien Registration Certificate

※ For those with dates before or on July 8th, 2015, the expiration date is now the 8th of July.

For those with dates on or after July 9th, 2015, the new date is your birthday.

➤ Special Permanent Residents under the age of 16

Until their 16th birthday

➤ Permanent Residents older than the age of 16

Until July 8th, 2015

➤ Permanent Residents under the age of 16

Until July 8th, 2015 or their 16th birthday, whichever comes first

Necessary Documents

- Alien Registration Certificate
- Valid Passport … Only for those it has been issued to
- Photo … 1 Copy [taken less than 3 months prior, 40 mm tall by 30 mm wide, facing forward, upper half of body, nothing covering the head, no background (including a shadow), color photo (black and white is not acceptable)]
- Valid evidence displaying status as representative of the applicant (Only if a representative is applying for you in your place)
- Power of Attorney (If someone other than a relative is residing with you **【Note 3】** and you are responsible for them)

Points of Caution

- In the case of Special Permanent Residents, as a matter of principle, please come to the reception desk in person. In the event the Resident is not 16, is sick or for a similar reason cannot go to the reception desk, a family member may go in their place. For more details please consult with the reception desk beforehand.
- For Permanent Residents and middle to long term residents that do not have the designation of “Permanent” please contact the following office.
 - ◇ Ministry of Justice, Office of Immigration – Foreign Resident General Information Center (Weekdays, 8:30 AM to 5:15 PM)
TEL: 0570-013904 (IP Phone, PHS, and International – TEL: 03-5796-7112)
- The reception desk will start to become very crowded a few months out from the deadline. Please try to renew your card well in advanced.

【Note 1】 This has to do with the change in the Alien Registration System after the previous law was revoked in 2012.

【Note 2】 Refers to the residents age as of July 9th, 2014.

【Note 3】 Legal guardians and relatives, or people living with you, lawyers and notaries that will report to the Immigration office.

Keihanna Commemorative Park Upcoming Events and Activities

けいはんな記念公園の催し物

Fall Tea Ceremony ～ 紅葉茶席

▼Date : November 15th (Sat) ~ 16th (Sun) 2 PM ▼Place : Suikeien Kangetsuro Tsuki no Niwa Gallery ▼Details : Enjoy Macha and seasonal Japanese sweets while viewing the fall colors in a Japanese Garden (Reservation Possible) ▼Cost : 500 Yen plus Suikeien Entrance Fee

Seika Festival 2014 ～ せいかな祭り 2014

▼Date : November 16th (Sun) 9:30 AM to 3:30 PM (Canceled if Stormy Weather) ▼Place : Keihanna Memorial Park and Keihanna Plaza ▼Note: No Suikeien Entrance Fee from (9 AM ~ 9 PM)

Kyoto Kogakkan High School Wind Ensemble Concert ～ 京都廣学館高等学校吹奏楽部演奏会

▼Date : November 16th (Sun) 10:30 AM to 11 AM, 2:30 PM to 3 PM ▼Place : Suikeien Kangetsuro Deck ▼Details : Enjoy a concert on the Suikeien surrounded by beautiful fall foliage.

Ogaki Tomoya Fall Colors Light Up Event LIVE ～ おおがきともや 紅葉ライトアップイベント LIVE

▼Date : November 16th (Sun) 6 PM to 7 PM ▼Place : Suikeien Kangetsuro Deck ▼Details : Singer and song writer Ogaki Tomoya will display her enchanting voice as the audience enjoys the view of fall foliage.

～A Life with Flowers～Horticulture Short Course ～ 花のある暮らし～園芸講習会

▼Date: November 18th (Tues), December 16th (Tues) 10:30 AM to Noon ▼Place: Suikeien Kangetsuro Training Room. ▼Details: Planting various types of seasonal and rare plants, taking care to choose the appropriate planter. (Applications: Contact the Rabbit Garden, Morikawa TEL: 090-6606-2651) ▼Price: 4000 Yen

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

▼Date: November 20th (Thurs), December 11th (Thurs) 1:30 PM to 4 PM ▼Place: Suikeien Kangetsuro Training Room. ▼Details: Learn the beautiful art of Flower Arrangement from Master Ikenobou in a traditional Japanese garden. (Applications: Contact the Keihanna Memorial Park Management Office 3 days in advanced) ▼Cost: 2000 Yen ▼Necessary Items: Flower shears, bag to carry flowers home in.

World Heritage Site Photo Exhibit "Heritage Sites of Oceania" ～ 世界遺産写真展 「オセアニアの遺産」

▼Date: November 21st (Fri) ~ 24th (Holiday, Mon) 9 AM to 9 PM (From 1 on the 21st and until 5 on the 24th) ▼Place: Suikeien Kangetsuro Tsuki no Niwa Gallery ▼Details: Enjoy looking at photos of world heritage sites in Oceania taken by Takahiro Sanda. On the 22nd (Sat) and 23rd (Sun) from 3 PM to 4 PM Mr. Sanda will be explaining his pictures and telling travel stories. ▼Price : Suikeien Entrance Fee

Morikko Park~Fun in the woods~ ～ 森っこ広場～森あそび～

▼Date: November 23rd (Sun) 1 PM to 4 PM (Come and go freely, canceled if it rains) ▼Place: Suikeien Mebuki Forest ▼Details: We have hammocks and tree swings! ▼Price Suikeien Entrance Fee

Continued from Page 5

Flowers and Flowers, People and People in Harmonyはな はな ひと ひと
花と花 人と人のハーモニー

▼Date: November 29th (Sat) to 30th (Sun) 10 AM to 5 PM ※Until 4 PM on the last day. ▼Place: Suikeien Kangetsurou Tsuki no Niwa Gallery ▼Details: "Suikeien Ikebana Flower Arrangement Class" teacher, Tomomi Yamamura and company will present on Ikebana Flower Arrangement. ▼Price: Suikeien Entrance Fee

Nara University Traditional Music Society Concertな ら だいがく が がく けんきゅうかい による が がく せんそうかい
奈良大学雅楽研究会による雅楽演奏会

▼ Date: November 30th (Sun) 2 PM to 3 PM ▼Place: Suikeien Kangetsurou Tsuki no Niwa Gallery (Moved indoors in case of rain)
▼Details: A traditional music concert with explanations included.
▼Price: Suikeien Entrance 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

“Super High Speed! Sankin-koutai” 「超高速!参勤交代」

(2014, Japan)

A new comedy set during the Edo Period where a Feudal Lord who has just returned home is ordered to “move again within 5 days.”

**WHEN:**November 14th (Fri), 10:30, 13:15, 18:00November 15th (Sat), 10:30, 13:15, 16:00**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: ①November 12th (Wed) ②December 3rd (Wed)

①②12:15 PM to 12:45 PM

▼WHERE: Keihanna Plaza Atrium Lobby

▼PROGRAM: ① Offenbach / "The Doll Song" from "The Tales of Hoffman" Opera
Puccini / "Quando me'n vo" from "La Boheme" Opera
(Soprano, Piano)
② Ambroise Thomas / "Connais-tu le pays" from "Mignon" Opera
Eva Dell'Acqua / Villanelle (Pastoral)
(Soprano, Mezosoprano, Piano)

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 (関西文化学術研究都市推進機構内)

TEL: 0774-95-6128

Cooking

クッキング

Laku-imo Squid Yaki

1. Grate Laku-imo into a bowl and add egg. Whisk until mixture is soft.
2. Add oil to either a fry pan or hot plate, then add (1) to the pan with a spoon.
3. Put the squid on top of (2) and fry the mixture on both (like a pancake) sides being careful not to burn them.
4. When finished cooking, add okonomiyaki sauce and mayonnaise as desired.

Ingredients (serves 2)

Laku-imo-----150g
Squid-----60g
Egg-----50g
Cooking Oil-----A Little

Dressings

Okonomiyaki Sauce
Mayonaise



Quick List クイックリスト

Hello and welcome to the Quick List!
Each week we will present a short list of vocabulary that you can quickly put to use in daily life.

This week's theme is: **Fall Sights!**

Quick List

1. 秋 — あき — Fall
2. 観光 — かんこう — Sightseeing
3. 名所 — めいしょ — Famous place
4. 涼しい — すずしい — Cool (temperature)
5. 紅葉 — こうよう — Fall Colors
6. もみじ — Maple Leaves
7. 名物 — めいぶつ — Local specialty
8. 神社 — じんじゃ — Shrine (Shinto)
9. お寺 — おてら — Temple (Buddhist)
10. 近い — ちかい — Nearby

Next Week's Theme: **New Year's!**

Please send me feedback! Is this list at a good level? Too hard? Too easy? Also, if you have topic suggestions please tell me what you want to learn!

単語

Transportation to Kansai Airport

かんさいくこうまでのこうつう

Kansai Airport Bus

関西国際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

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

It is finally fall! The temperature has gotten a bit chillier and you can feel a soft breeze blowing. It's the perfect weather for taking a walk. How about strolling down Seika Odori Road or along the Kizugawa river bank?

There are many shrines and temples in Seika. Every time you take a walk, you will most likely run into interesting places.

Enjoy fall!

- Jake

Check out the Kyōto CIR blog!

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

Festivals and National Holidays さいじつ・きょうじ

Shichi-Go-San

しちごさん
七五三

Shichi-Go-San is a traditional coming-of-age festival for 7-year-old girls, 5-year-old boys, and 3-year-olds of both genders. It originated during the Heian Period (AD 794 to 1185) as a ritual for court nobles and had been adopted for commoners by the Meiji Period (1868 to 1912). To celebrate this festival, many children go with their parents to a shrine or temple to pray for health and longevity. Many of these children wear *hakama* (for boys) or *kimonos* (for girls) for the first time in their lives. They also receive *chitose ame* (literally “thousand-year candy”), a long red-and-white candy that symbolizes healthy growth and longevity.

Labor Thanksgiving Day

きんろうかんしゃ ひ
勤労感謝の日November 23rd

Labor Thanksgiving Day is a time to express gratitude for the labor that fuels industry and daily life. The holiday is held on the same day as an ancient Japanese holiday, *Niiname-sai*, on which the Emperor would taste the first rice of the year and thank the spirits. Currently, *Niiname-sai* is observed privately by the Imperial Family, while Labor Thanksgiving Day has become a national holiday.

Places to Visit

おもしろいところ

Momijigari

もみじが
紅葉狩り

Momijigari, or autumn leaf viewing, is an extremely popular activity in Japan. The city of Kyōto is particularly famous for its beautiful fall colors and the views from its mountains, temples, shrines, and gardens. Some of the best places to view the vibrant yellow, orange, and red leaves include: Tōfuku-ji Temple, Kiyomizu-dera Temple, and Eikan-dō Temple in eastern Kyōto; Nison-in Temple and Arashiyama in western Kyōto; and Kurama in northern Kyōto. The end of November is generally considered to be prime *momijigari* season, although as with *sakura* (cherry blossoms) in the spring, much depends on weather and location. As weekends tend to be crowded, *momijigari* is best kept to weekdays, if possible. A quiet weekday visit to see the fall colors is highly recommended.



Seika Growth Watch

じんこう うご
人口の動き

Population as of October 1st:
(number in parentheses is change from last month)

Total:	37,429 (+45)
Male:	18,024 (+18)
Female:	19,405 (+27)
Households:	14,208 (+20)

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.

関西文化科学技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>