

**Cool Down the Green Way this Summer!****TABLE OF CONTENTS**

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In order to help prevent global warming, Seika Town is promoting the planting of vine-type plants that grow “green curtains,” like the goya and raku-imo potato plant.

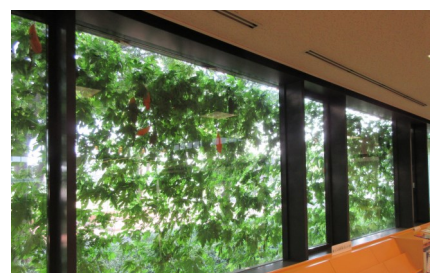
The “green curtain” created by the plant’s vines helps block sunlight and cuts down about 80% of the thermal energy produced by the sun’s rays, helping keep your house at a comfortable temperature. Planters can also enjoy the flowers and vegetables grown in addition to the cooling effects created by the natural, green curtain.

To encourage residents in Seika to grow their own green curtains, the Environment Promotion Division at Seika Town Hall will be distributing goya seeds starting on April 22 (Mon.) Seeds can be received between 8:30 a.m. ~ 12:00 p.m. and 1:00 ~ 5:00 p.m. Distribution will be limited to the first 150 Seika Town residents (approximately 10 seeds per household).

The success of last year’s seed distribution period can be seen when moving about the residential areas of Seika Town. Many houses around Seika enjoy the benefits of the green curtain! Not just homes, but nurseries and elementary schools around Seika can be seen growing their own green curtains every year using goya and raku-imo potato seeds.

Goya seeds can be harvested from the plant itself for use in the coming year as well. Spend the summer nice and cool by growing your own green curtain!

For additional inquiries please contact the Environment Promotion Division at Seika Town Hall (tel 0774-95-1925)



Seika Town Mascot  
Kyōmachi Seika



“Stay cool the green way this summer by growing your own goya vine green curtain! The planet will thank you later!”

**Moving? Don't Forget to Change your Address!**

Have you recently moved to Seika town for college or work? Don't forget to change your address at the General Service Counter at Seika Town Hall to reflect where you currently live! Your address is connected to your Resident Record, which is an important document that helps the town's public services such as the water works, garbage disposal, and road and park maintenance operate properly. Be sure to change your address as soon as possible if you are moving to anywhere else in Japan!

For additional inquiries please contact the General Service Counter at Seika Town Hall.





## Golden Week Garbage Collection

Garbage during the special 10-day Golden Week holiday will be collected normally following the regular schedule. Please put your trash out for collection in the designated spot by 8:00 a.m. on your regularly scheduled trash collection day.

Also, please do your best to separate garbage into burnable, non-burnable, and plastic wrapping and container categories, and dispose of them in see-through or partially see-through garbage bags.

For additional inquiries, please call the Environment Promotion Division at Seika Town Hall (tel 0774-95-1925)



## Wash Plastic Garbage Before Disposing

Following the opening of the Kankyo no Mori Center in Kizugawa, garbage collection categories were slightly rearranged and some plastic wrapping and container waste were made able to be disposed of as burnable garbage if they are hard to clean by rinsing. After a few cases of clean plastic wrapping and container waste being disposed of as burnable garbage, we would like to restate some important points about the revised categories.

Only plastic wrapping and container waste that cannot be cleaned properly using water may be disposed of as burnable garbage.

Other plastic goods, leather goods, and rubber goods that can fit into a 45L bag may be disposed of as burnable garbage.

Plastic wrapping and container waste that can be cleaned with water is recycled after collection, so please dispose of this type of waste on the regular scheduled day for plastic wrapping and container waste in your area.

This type of waste is marked with the following symbol...



For additional inquiries please contact the Environment Promotion Division at Seika Town Hall. Tel 0774-95-1925



## End of Tokyo 2020 Medal Project

The Tokyo 2020 Medal Project that aimed to make medals for the Olympics out of recycled bronze, silver, and gold from used small electronics collected throughout Japan ended this past March 31 (Sun.). All electronics collected until the last day of the project will be used in the production of Olympic medals. Seika also participated in the project by providing used electronics collected from recycling boxes placed throughout the town.

The boxes will still be placed in their current locations after the project ends. Help Seika Town recycle precious metals by continuing to dispose of your used small electronics in these boxes. Thank you for your cooperation!

For additional inquiries or information on recycling box locations, please contact the Environment Promotion Division at Seika Town Hall. Tel 0774-95-1925





## Help Fight Fires by Being Mindful of Where You Park!

Fire hydrants and water tanks for firefighting are important sources of water in the event of a fire. When cars park on top of or near these water sources, firetrucks have to park further away from them and may arrive late to a extinguish a fire, which could mean a needless increase in victims or a larger, more dangerous fire.

Fire department employees periodically check on these water sources to make sure cars are not parked near them. If they discover a car habitually parking near these water sources, they may report the car to the police department. Make sure to never park near a water source for firefighting!

### Check Before You Park! Parking in the following areas is prohibited...

#### On or around fire hydrants or water tanks:

- × Within 5m of a fire hydrant
- × Within 5m of a water tank manhole
- × Within 5m of a marked water source area

#### The following areas are also prohibited...

- × Within 5m of a firehose box, areas with firefighting equipment, and road entrances and exits
- × On the side of a street with less than 3.5m space open on the right side of the parked car



Top: The circled areas are water tank manholes. Please don't park on them!  
Bottom: Refrain from parking in clearly marked, prohibited areas

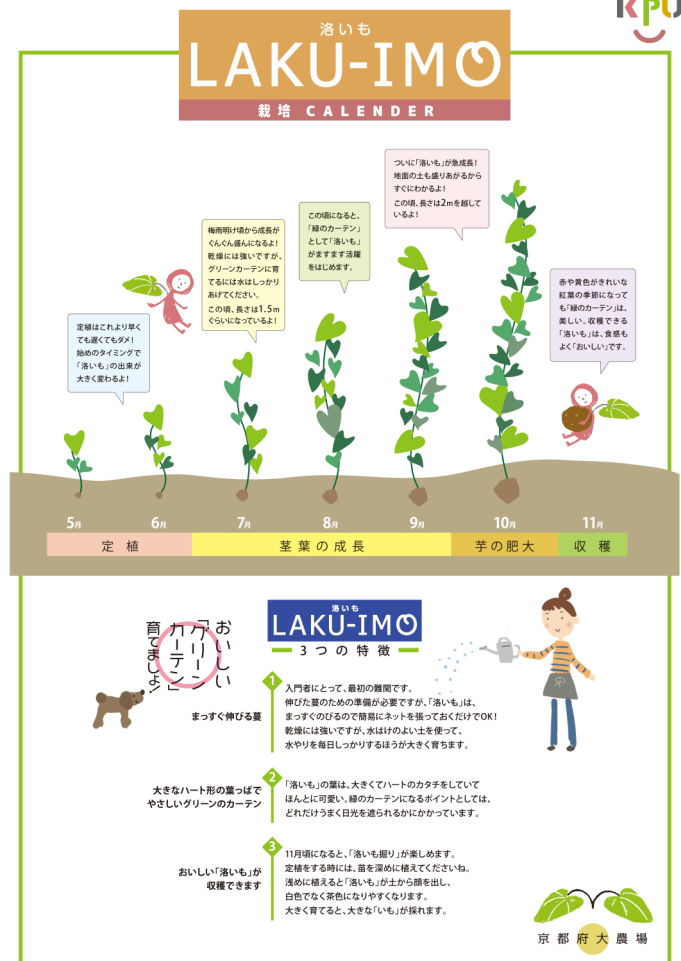
## Raku-imo Potato Seedlings for Sale

Seedlings of Seika Town's special product, the "raku-imo" potato, will be made available for purchase starting May 1 (Hol./Wed.).

The raku-imo potato is a type of *yamaimo* that has lower water content than *nagaimo* potatoes, great viscosity, and a faintly sweet flavor. The raku-imo plant is versatile and has several uses. During summer, the raku-imo's vines create a "green curtain" and provide natural shade, and it can be harvested to eat in autumn.

The graphic on the right shows a rough estimated growth and progression time for a typical Raku-imo seedling.

Seedlings will be sold at JA direct sale markets in Inuidani (Aisaikan; tel 0774-72-5459) and Hosononishi (Green Market; tel 0774-94-5698) at 250 yen per seedling.







### **Bold Advocates for the Future February 17**

The 26th Soraku Youth Speech tournament, a contest for elementary and junior high school students that awards a contestant's ability to present their own personal opinion, took place on February 17 at Kashinoki-en.

Sponsored by the Youth Development Association - Soraku Liaison Council, 14 students and youth representatives from the Soraku-gun region and Kizugawa City were selected to participate in the contest.

From Seika, Yuzu Isono, a 6th grader from Kawanishi Elementary School who presented on the importance of Japanese tradition and culture, and Nonoka Yamada, a 2nd year junior high student from Seika Junior High whose presentation focused on "the meaning of not knowing" won honorable mention awards in their respective age brackets.

The event was emceed by Seika Junior High students with a musical performance by the wind ensemble from the same school, of which the crowd greatly enjoyed.



### **Cherishing Life, Big and Small February 28 & March 8**

Some students at Seika and Seika Minami Junior High School experienced holding a baby for the first time at an infant interaction event held at their schools on February 28 and March 8. This mother-infant interaction event was held in order to encourage students to think upon the importance of life.

3rd year students preparing for the last stretch of their junior high years participated in the gathering. After a short lecture by Ms. Konishi, a midwife, the students met with the infants and their mothers who applied to be a part of the event (31 mother-infant pairs at Seika JH and 20 pairs at Seika Minami JH). Seika Town regional parenting partners acted as mediators between the mothers, their infants, and the students. The students interacted with the babies, holding them gingerly and speaking to them gently in a peaceful setting.

### **Emergency Food in a Bag March 10**

The Seika Town Women's Fire Prevention Club Association held an emergency food making event on March 10 at the Seika Fire Department Headquarters. 30 people, including club members and their families, participated.

The association is made of 3 separate clubs from the Kitaina, Ueda, and Higashibata areas who participate in various disaster prevention activities such as fire prevention campaigns and emergency food distribution training.

At the event, participants learned easy to make, warm foods for emergency situations using high density plastic bags and hot water. They practiced by making and eating delicious Neapolitan noodles and steamed bread.





## Asunaro Cooking - Buri-katsu

Looking for new recipes to incorporate into your cooking repertoire? Bring Japanese cooking into your home with recipes from the Seika Town Diet Improvement Association “Asunaro-kai!”

Learn how to make Buri-katsu (Yellowtail Katsu) with this recipe from the Yamazakura Group!



### \* Ingredients (2 servings)

Buri filet (2 cuts)	120g	Salt	Pinch
Lettuce	60g	Pepper	Pinch
Cherry tomatoes	20g	Cooking sake	6g (1.5 tsp.)
Panko	12g	Mix A: Flour 10g, water 20cc	

### \* Instructions

1. Sprinkle salt and sake onto the buri filets and leave to rest for a little while.
2. Properly dab the moisture off the filets then sprinkle with pepper
3. Put Mix A ingredients into a bowl and mix well. Coat the buri filets with Mix A.
4. Coat the buri filets with panko after coating with Mix A
5. Fry in an oven or grill at 200 Celsius for 9~10 min.
6. After done, plate with lettuce and cherry tomatoes, and enjoy with your favorite sauce

### \* Nutrition information (per serving)

Calories	208kcal	Calcium	14mg
Protein	16.5g	Dietary Fiber	0.6g
Fat	11.2g	Sodium	0.7g



## QUICK LIST

Welcome to the Quick List, a short list of vocabulary words in both English and Japanese.

This month's theme: Furniture

Please send us feedback! Is this list a good level? If you have topic suggestions please let us know.



1. 食器 - dishes  
しよつき  
いす
2. 椅子 - chair  
しゅうのう
3. 収納 - storage  
しゃこう
4. 遮光カーテン - lined/blackout curtain  
かがみ
5. 鏡 - mirror  
ほんだな
6. 本棚 - book shelf  
じゅうたん
7. 絨毯・ラグ - rug  
だい
8. テレビ台 - TV stand  
か でん
9. 家電 - electronic appliances  
れい ぞうこ
10. 冷蔵庫 - refrigerator  
せんたくき
11. 洗濯機 - washing machine
12. ガスレンジ - gas stove

単語



## Seika Town Events

### Viper Kids Cheerleading Experience

Join the Viper Kids (an affiliate of the Seika Town Cultural Association) and experience the fun of cheerleading! Kids will experience how to dance with pom-poms and learn some cheerleading stunts. Be sure to bring shoes for the gym (extra pair), water, and a towel!

Date: 4/13 (Sat.), 4/20 (Sat.) 10:00 ~ 11:30 a.m.

Place: Mukunoki Center Arena

Application: Call the Viper Kids group to reserve a spot (until day before the event).

Inquiries: Viper Kids - Umehara (tel: 090-4492-5716)  
Katayama (tel: 090-4908-1195)



### 6th Outdoor Rusie Dutton & Market

Enjoy a relaxing day of yoga, massage experiences, shopping, and eating under the clear blue sky at the Outdoor Rusie Dutton & Market!

Date: 4/21 (Sun.) 10:00 a.m. ~ 4:00 p.m.

Place: Keihanna Commemorative Park Open Space (Shibafu Hiroba)

Admission: Free (Yoga and massage experiences are priced between 500~1000 yen)

Inquiries: Thai Massage Chinook – Ito (tel: 080-3810-1837)

### Aloha for All ~ Hawaiian Festival 2019

Experience the islands (in Japan) at this year's Hawaiian Festival at Keihanna Commemorative Park! Join us on our island-style decorated Plaza Lawn and enjoy good music, wonderful hula dance performances, and Hawaiian food and products.

Date: 5/3 (Hol./Fri.), 5/4 (Hol./Sat.) 10:00 a.m. ~ 4:00 p.m. (delayed to 5/5 in the event of rain)

Place: Keihanna Commemorative Park Open Space (Shibafu Hiroba)

Admission: Free



### 31st Pocket Marche in Keihanna Commemorative Park

Find antiques, sundries, and other knick-knacks for purchase at this mini flea market in Keihanna Commemorative Park. Attendance is free!

Date: 5/11 (Sat.), 5/12 (Sun.) 9:30 a.m. ~ 4:00 p.m.

Place: Keihanna Commemorative Park Open Space (Shibafu Hiroba)



## Seika Town Events

### Keihanna Plaza Puchi Concert

Mini classical music concerts held in the Keihanna Plaza atrium lobby.

Set-list (by session):

- ① Clarinet Trio Op. 114 in A minor – J. Brahms
- ② Kojo no Tsuki - Rentaro Taki (voice)  
Tsuki no Sabaku - Suguru Sasaki (piano)

Date:

- ① 4/10 (Wed.) 12:15~12:45PM
- ② 4/24 (Wed.) 12:15~12:45PM



## Seika Town Facility Schedules

### Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
4/7 (Sun.)	Internal Medicine	5/1 (Hol./Wed.)	Internal Medicine • Pediatrics
4/14 (Sun.)	Internal Medicine • Pediatrics	5/2 (Hol./Thurs.)	Internal Medicine
4/21 (Sun.)	Internal Medicine • Pediatrics	5/3 (Hol./Fri.)	Internal Medicine
4/28 (Sun.)	Internal Medicine • Pediatrics	5/4 (Hol./Sat.)	Internal Medicine
4/29 (Hol./Mon.)	Internal Medicine • Pediatrics	5/5 (Hol./Sun.)	Internal Medicine
4/30 (Hol./Tues.)	Internal Medicine	5/6 (Hol./Mon.)	Internal Medicine
✂Please call in in advance to confirm visit Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)		5/12 (Sun.)	Internal Medicine
		5/19 (Sun.)	Internal Medicine

### Health Center

Date	Time	Details
4/12 (Fri.)	1:00PM~	1.5 yr. Old Health Check-up
4/16 (Tues.)	1:00PM~	2 yr. old Dental Check-up
4/18 (Thurs.)	1:00PM~	3.5 yr. Old Health Check-up
4/19 (Fri.)	1:30~3:30PM	Papa & Mama Class - What to Eat
4/23 (Tues.)	1:00PM~	9-10 mon. Old Health Check-up
4/24 (Wed.)	1:00PM~	3-4 mon. Old Health Check-up
5/8 (Wed.)	1:00PM~	3.5 yr. Old Health Check-up

### Mukunoki Center

Date	Time	Details
4/10 (Wed.)	3:00~5:00PM	Table Tennis Day
4/14 (Sun.)	9:00AM~12:00PM	Hohoemi Sports Arena
4/17 (Wed.)	3:00~5:00PM	Table Tennis Day
4/24 (Wed.)	-	Closed
5/8 (Wed.)	3:00~5:00PM	Table Tennis Day



## Sister City News



Norman Philharmonic in the middle of a spirited performance

### Revitalizing the Arts

The Norman Philharmonic is a preeminent chamber orchestra active in Norman, Oklahoma. Led by Music and Artistic Director Dr. Richard Zielinski, Norman Philharmonic performs music of all genres in a number of venues including churches, parks, theatres, and Oklahoma University campus establishments. In an age where public support for the fine arts is falling, Norman Philharmonic takes an “innovative approach to music,” and by doing so hopes to reinvigorate public interest in the arts. Be sure to catch a performance by the Norman Philharmonic the next time you’re in Norman!

(Article and Picture: Norman Philharmonic website)

### About our Sister City - Norman, Oklahoma

Seika Town has maintained a sister city relationship with Norman, a city located in Oklahoma, USA, since 2005, and a friendly relationship through Kyoto Prefecture’s sister state connection since 1985. The two municipalities work together to promote international exchange and cultural understanding to create more globally-minded communities.

### Seika Town Hall

Planning and Coordination Division

Kyoto-fu, Sōraku-gun, Seika-cho

Minami-Inayazuma, Kitajiri 70

TEL: 0774-95-1900

FAX: 0774-95-3971

EMAIL: [cir@town.seika.lg.jp](mailto:cir@town.seika.lg.jp)

### What to do if...

#### You have a question about something in Ichigo

Call the Coordinator for International Relations at Seika Town Hall. 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 the Coordinator for International Relations at Seika Town Hall.

TEL: 0774-95-1900 FAX: 0774-95-3971 EMAIL: [cir@town.seika.lg.jp](mailto:cir@town.seika.lg.jp) or [kikaku@town.seika.lg.jp](mailto:kikaku@town.seika.lg.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>

### Find us online!

#### Facebook



#### Town Website



### Word of the Month



さくらふぶき

桜吹雪

Sakura Blossom Flurry

The combination of strong spring winds and the thin petals of the sakura flower make *sakura fubuki* a common occurrence during the spring sakura viewing season. Make sure to catch a glimpse of this dramatic, natural phenomenon before all the petals are blown away!

Check out the Kyōto CIR blog: <http://tabunkakyoito.wordpress.com/>