



TABLE OF CONTENTS

PREVENTING HEAT STROKE	1
FROM THE DESK OF THE HUMAN RIGHTS DEPARTMENT	2
THE MONTHLY PRESCRIPTION	3
QUICK LIST + ASUNARO COOKING	4
TOWN EVENTS	5-7
FACILITY SCHEDULES	7
SENSATIONAL IN SEIKA	8
CONTACT INFO	8
WORD OF THE MONTH	8

Seika Town Mascot
Kyōmachi Seika



Try to stay cool this summer! Keep an eye on the temperature and take care of your body!

Preventing Heat Stroke

Getting Heat Stroke Indoors

Did you know that heat stroke most often occurs indoors? In fact, over 40% of heat stroke cases recorded last year were said to have happened indoors. During a particularly hot summer, being in a room without an air conditioner can be more dangerous than being outside under direct sunlight. Even rooms outfitted with air conditioners can be heat stroke traps if the unit's timer and temperature functions aren't utilized properly. Don't ever overestimate your body's resistance to the summer heat. When indoors, keep the room's temperature and humidity level at a comfortable level and take proper precautions to make sure you don't become a victim of heat stroke.

3 Ways to Prevent Heat Stroke**① Get enough exercise and sleep, and eat properly on a daily basis.**

Make sure you exercise, eat three meals a day, and get enough sleep daily. Integrating these lifestyle habits are not only important to maintaining a healthy self, but are also effective in preventing heat stroke and other illnesses. Improving your own lifestyle is the first step!

**② Drink plenty of fluids even when you don't feel thirsty.**

It is important to carry a drink around with you when going outdoors and to drink from it frequently if either the temperature or humidity is high. Sweating, whether through exercise or not, also depletes your body's sodium reserves. Take sodium tablets or drink sports drinks to replenish the sodium levels in your body.

**③ Be aware of the temperature and humidity levels**

Whether indoors or outdoors, be knowledgeable about the environment you're in. If the temperature or humidity of the room is high, turn on the air conditioner to bring it down to a comfortable level.



There are instances in which you could end up catching heat stroke, despite taking proper precautions. If your physical condition is different than normal, you are unable to drink fluids, or think you may be experiencing symptoms of heat stroke, visit a doctor as soon as possible. Early treatment is invaluable in preventing heat stroke.



The Importance of Self-Worth

What in life causes you to feel self-worth? Is it the amount of “likes” or number of “followers” you get on social media? While being recognized by others may make anyone feel happy, the happiness felt can often be fleeting. Humans experience a roller coaster of emotions when being “valued” by others, from losing confidence to feeling great joy. Building self-worth is important for those times when you feel alone or when things aren’t going so well. This feeling of self-worth even when there’s no one around to acknowledge you is also known as “self-esteem.”



What is true “self-esteem?”

Confidence gained through the perceived presence or absence of mental faculty or by comparing oneself to other people differs from true self-esteem.

True self-esteem stems from accepting one’s entire self, not only the merits, but also the personal weaknesses and flaws. Self-esteem provides a defense against being overly influenced by other people’s judgements, and can help oneself pull through tough times.



What can happen when your self-esteem is low?

When a person’s self-esteem is low they become more susceptible to being controlled by people who look to exercise their will onto others because they don’t think they have worth. They may be accepting of verbal or physical abuse from their romantic partner without acknowledging their damaged dignity, prioritize their abuser’s wants, or become unable to protect themselves.

In accepting the abuse, they fall into cycle of self-hate, and may start to believe themselves deserving of harsh treatment. They may also lose their sense of self and become unable to leave a relationship where they are being controlled.



Self-esteem can be built...and rebuilt!

No matter how many times one’s self-esteem has been broken down, it can be rebuilt time and time again. Spending time in safe environments, hanging with people that provide peace of mind, or getting in touch with nature in addition to taking each day easy can help one get themselves back again and rebuild their self-esteem.



The Monthly Prescription



The Monthly Prescription is an easy to understand, monthly medical advice column written by various doctors from the Soraku Doctor's Association in Kizugawa City. This month's contributor is **Dr. Ito** from Kyoto Yamashiro General Hospital.

“Graduating” from Smoking

Preventable diseases that are caused by lifestyle choices such as bad diet, lack of exercise, smoking, and excess drinking are called Non-communicable diseases (NCD).

Smoking has not only been connected to certain cancers, respiratory diseases, and cardiovascular diseases, but it has also been seen to have an effect on diabetes. It is commonly thought that the first step to getting treatment for diabetes is to quit smoking.

Many doctors feel instructing someone to stop smoking is difficult as their orders to quit are often met with resistance from the patient, which could bring treatment for their illness to a halt.

While most patients that are told to stop smoking for their cancer operation or medical treatments do so, 1 out of 100 people are still unable to quit.

Although it may seem difficult, try suggesting “graduating” from smoking to a family member or person that smokes in your life. As the name suggests, getting someone to “graduate” from smoking is to have them quit the habit. Fortunately, there are medicines that can assist in the “graduation” process by easing withdrawal symptoms that may occur, such as feelings of irritation. Graduating from smoking is possible with a little bit of hard work.

Each person has their own reasons to quit smoking. If they find theirs and manage to quit smoking, they could get in touch with other smokers looking to graduate. Help them kick the habit and add to the growing circle of graduates!



Town News

Let's Have Dinner as a Family!

A drive to encourage daily diet improvement and eating as a family was held on June 19 on the Hosono Station west connecting bridge. The event was held in association with Shokuiku Gekkan, a month devoted to food education, and the 19th of every month, which is diet education day.

Asunaro-kai, the local diet improvement association in Seika, and town health promotion mascots hung banners, passed out recipes and tissues, and promoted the importance of eating as a family.

We in Seika Town look to tackle food education based on the town's 3rd Food Education Promotion Plan, and hope to cooperate with various diet education groups to spread food knowledge amongst our citizens.





Asunaro Cooking - Black Pepper Chicken

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 black pepper chicken with this recipe!

* Ingredients (2 servings)

Chicken thigh	140g	Sake	10g
Ground black pepper	1g	Salt	desired amount
Cabbage	100g		



* Instructions

1. Poke holes in the chicken thigh skin with a fork
2. Sprinkle sake on the chicken and let sit for 10 minutes.
3. Shred cabbage into fine strips and put on side.
4. Sprinkle chicken with pepper
5. Pan fry the chicken well on both sides.
6. Cut into bite size pieces and serve on plate with cabbage.



* Nutrition information (per serving)

Calories	196kcal	Protein	12.9g
Calcium	29mg	Dietary Fiber	0.9g
Fat	13.5g	Sodium	0.1g

QUICK LIST

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

This month's theme: Hot Summer

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



1. 蒸し暑い - humid, muggy
む あつ しっけ
2. 湿気 - humidity, moisture (i.e. in the air)
しつど
3. 湿度 - level of humidity
ひ ざ
4. 日差し - sunlight, rays of the sun
ひ が さ
5. 日傘 - parasol
ひ や ど
6. 日焼け止め - sunscreen
れいぼう
7. 冷房 - cool (air conditioner function)
せんぶうき
8. 扇風機 - electric fan
せんす
9. 扇子 - folding fan
ごおり
10. かき氷 - shaved ice, snow cone
すいか
11. 西瓜 - watermelon
ひ ちゅうか
12. 冷やし中華 - chilled noodles w/asst. toppings
13. トウモロコシ - corn (usu. on the cob)

単語



Summer Standing Bar

Cheers to the Summer Night in Seika!

The Seika Town Youth Chamber of Commerce will be opening a standing bar for 4 days only this summer. Both residents and non-residents of all ages are encouraged to come down and enjoy a cool drink in the summer heat!

The last day of the standing bar will be held at Keihanna Plaza, where food booths and attractions for children will be open. Please stop by Keihanna Plaza or the front of Hosono Station (Garden City side) to grab a drink, enjoy the company of others, and take in the fun atmosphere this summer



▼ Date

- ① 7/26 (Fri.) ・ 7/31 (Wed.) ・ 8/2 (Fri.) 6:00 p.m. ~ 9:00 p.m.
- ② 8/9 (Fri.) 5:00 p.m. ~ 9:00 p.m.

▼ Place

- ① Front of Hosono Station (Garden City side)
- ② Keihanna Plaza Sundial Circle

▼ Drinks

- ◆ Alcoholic drinks (beer, chuhai) - 500 yen (7 ticket packets available for 3,000 yen)
- ◆ Soft drinks - 100 yen

▼ Other Information

- ・ Drinks can be bought with tickets only. Tickets can be purchased at the standing bar.
- ・ Families with children are welcome to enjoy the standing bar.
- ・ No food will be served. You are welcome to bring in outside food.

Cool Down with Uchimizu

Join us on the Garden City front sidewalk on 7/26 (6:00 p.m.) for this year's uchimizu event! This annual children's event is held in cooperation with the Seika Town Youth Chamber of Commerce.

※Cancelled in the event of rain

What is uchimizu?

Uchimizu is a traditional event where people sprinkle water in their yards and in front of their home entrances to bring the temperature of the ground down and cool off during a particularly hot summer!





Seika Town Events

Chikyukko Lecture — Multicultural Workshop

Help Seika Town become more culturally inclusive and contribute to conversations on multiculturalism. Foreign residents in Seika Town are encouraged to participate. Presentation on cultural differences to be made by JH students.

Date: 7/14 (Sun.) 1:30 ~ 4:00 p.m.

Place: Seika Town Office Exchange Hall (Seika Town Office 2nd floor)

Participants: First 50 applicants (children under 4th grade must have parent/guardian present)

Apply: Fill out application at SGN homepage
(<https://seikaglobalnet.wix.com/japanese>) by 7/12 (Fri.)

Inquiries: Seika Global Net

E-mail: seika-global-net-info@zeus.eonet.ne.jp



Exchange Hall Concert — Music Box 17

Enjoy a concert of classical and pop songs performed by a wind and string instrument ensemble accompanied by pipe organ.

Date: 9/1 (Sun.) 2:00 ~ 3:30 p.m. (doors open at 1:30 p.m.)

Place: Seika Town Office Exchange Hall (Seika Town Office 2nd floor)

Attendance: 100 applicants (lottery if over 100 applicants)

Apply: Use the QR code on the left and apply by 8/18 (Sun.)

Inquiries: Town Development Promotion office

Tel: 0774-95-1900



Woodworking for Kids — Let's Make a Wood Clock!

Experience real woodworking by making a clock from a simple plank of wood with toy maker Ayumi Tago. This even is geared toward children.

Date: ① 8/19 (Mon.) ② 8/20 (Tues.) 9:00 a.m. ~ 5:00 p.m.

Place: Keihanna Plaza Koryu-to Event Hall (5th floor)

Participants: Children between 5th grade elementary and junior high 3rd grade age (parent/guardian presence req. for elem. age children)

Max of 20 participants per session (total of 40)

Fee: 5,000 yen

What to bring: Carving tools, writing utensil, lunch and something to drink

Apply: Send an email with the subject name "Honki no Mokkou" containing desired date (① or ② in order of preference), postal code, address, name, guardian name, gender, school name, school year, and emergency contact information to the email below

Inquiries: Keihanna Activity Promotion Association





Seika Town Events

Keihanna Plaza Puchi Concert

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

Set-list (by session):

- ① Fantaisie-Impromptu - F. Chopin + Transcendental Etude No. 12 Chasse-neige - F. Liszt
- ② Douce Memoire - P. Sandrin + Variations of a Hymn - Hisashi Arayama

Date:

- ① 7/10 (Wed.) 12:15~12:45 p.m.
- ② 7/24 (Wed.) 12:15~12:45 p.m.



Seika Town Facility Schedules

Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
7/7 (Sun.)	Internal Medicine	8/4 (Sun.)	Internal Medicine
7/14 (Sun.)	Internal Medicine	8/11 (Sun.)	Internal Medicine
7/15 (Hol./Mon.)	Internal Medicine	8/12 (Hol./Mon.)	Pediatrics
7/21 (Sun.)	Internal Medicine · Pediatrics	8/18 (Sun.)	Internal Medicine · Pediatrics
7/28 (Sun.)	Internal Medicine · Pediatrics	8/25 (Sun.)	Internal Medicine · Pediatrics

Health Center

Date	Time	Details
7/9 (Tues.)	1:30~3:30 p.m.	Papa Mama Class - Child Rearing
7/10 (Wed.)	1:00~5:00 p.m.	3.5 yr. Old Health Check-up
7/12 (Fri.)	1:00~5:00 p.m.	1.5 yr. Old Health Check-up
7/16 (Tues.)	1:00~5:00 p.m.	2 yr. old Dental Check-up
7/29 (Mon.)	1:30~3:30 p.m.	Papa Mama Class - Pre-natal Diet
7/30 (Tues.)	1:00~5:00 p.m.	9-10 mon. Old Health Check-up
7/31 (Wed.)	1:00 p.m. ~	3-4 mon. Old Health Check-up
8/1 (Thur.)	1:00~5:00 p.m.	3.5 yr. Old Health Check-up
8/2 (Fri.)	1:00~5:00 p.m.	1.5 yr. Old Health Check-up
8/6 (Tues.)	1:00~5:00 p.m.	2 yr. old Dental Check-up

※Please call before visiting for a check-up

Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)

Mukunoki Center

Date	Time	Details
7/10 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
7/17 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
7/24 (Wed.)	—	Closed
7/28 (Sun.)	9:00 a.m.~12:00 p.m.	Hohoemi Sports Arena
7/31 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
8/7 (Wed.)	3:00~5:00 p.m.	Table Tennis Day

Sensational in Seika!



Getting to the “Root” of the Raku-imo Potato

The *raku-imo* potato is a special type of root vegetable that is grown in Seika Town. Of the *yamaimo* variety of potatoes, the slightly sweet *raku-imo* contains less water than a typical *nagaimo* while maintaining a strong, starchy viscosity. *Raku-imo* seeds are normally planted in May or June and take nearly 6 months to grow to a harvestable size. During the half-year period, the plant’s vines typically grow long and wide enough to provide shade, creating a natural “green curtain” that can provide relief from the harsh summer heat. The leaves of the *raku-imo* vines cut off approximately 80% of the heat from the sun’s rays and help keep the area cool. Come to Seika Town Office if you would like to see *raku-imo* and the green curtain in person!

Our Town, Seika

Established in 1955, Seika Town is located in Southwestern Kyoto and neighbors Kyotanabe City and Kizugawa City in Kyoto, and Ikoma City in Nara. As one of the major constituents of the Kansai Science City from Kyoto Prefecture, Seika strives to be a town of culture creation and scientific promotion while maintaining its cultural roots.

Seika Town Office

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

What to do if...

You have a question about something in Ichigo

Call the Coordinator for International Relations at Seika Town Office if you have a question about any of the content featured in Ichigo. Also, if you know someone in Seika that would like to receive Ichigo in the mail please contact us!

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 Office.

TEL: 0774-95-1900 FAX: 0774-95-3971 EMAIL: cir@town.seika.lg.jp or 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



ぎおんまつり

祇園祭

Gion Matsuri

The *Gion Matsuri*, an annual festival spanning the entire month of July, is one of the most famous festivals in Japan. It is held in the Gion district of Kyoto and is perhaps best known for the *mikoshi* (palanquin) and *Yamaboko* float parades. Make your way to Gion this July to enjoy the *Gion Matsuri* festivities!

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