



## Building Bonds Through Music

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On June 30, 49 children from the wind instrument ensemble of the New Taipei Municipal Xinhuang Elementary School in Taiwan visited Higashi Hikari Elementary School in Seika and held a friendly exchange concert with their wind ensemble (51 children).

This musical exchange event is held throughout Kyoto Prefecture to promote the cultivation of a society that is not only understanding and respectful of different cultures, but is able to live in harmony with people with different cultural backgrounds. The Higashi Hikari Elementary Wind Ensemble, gold medal winners at last year's National Elementary School Band Festival, were chosen to participate in this year's exchange.

Wind ensemble members practiced and ate lunch together, deepening each other's understanding of their respective cultures. They then performed their own pieces separately before coming together for a joint performance. Ensemble members overcame the language barrier and connected through their shared experience as students of music.

The event ended on a happy note, as the students from Xinhuang Elementary School extended an invite to the students from Higashi Hikari Elementary to come visit them in their home country of Taiwan as a thanks for warmly welcoming them to their school.

Seika Town Mascot  
Kyōmachi Seika

Music is a wonderful, border defying thing! Let's continue to use it to connect with people from all over the world!





## 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. This month's contributor is **Dr. Suzuki** from Suzuki Otorhinolaryngology (ENT) Clinic in Seika.

As the symptoms of a bad cough can be traced back to one's trachea or lungs, it is usually seen as a problem best solved by an internal doctor. However, many patients dealing with a cough visit an Ear-Nose-Throat (ENT) clinic to get treatment. ENT clinics are able to treat coughs that are either 1. brought on by the inflammation of one's respiratory tract, or 2. caused by allergies. Reason 1 is something that everyone is especially susceptible to.

Asthma is a type of allergy that has recently become easily detectable by measuring the amount of nitric monoxide one exhales. This development has allowed doctors to diagnose a patient with asthma as early as the coughing stage, and treat them with proven methods such as providing the patient with medical steroids, bronchodilator inhalers, or anti-allergenic medicines.

Coughing caused by a respiratory tract inflammation is a bit tougher to treat with medicine alone. While lubricating the mucous membranes of one's nose, throat, and trachea is necessary, it is difficult to do so during arid seasons. This lack of moisture could cause an inflammation of the membrane, hampering its function as a protective barrier and weakening its immunity. In this environment, further inflammation brought on by the cold virus and resident bacteria can easily occur. As the inflammation runs through one's entire respiratory tract, post-nasal drip often accompanies it. An inflamed mucous membrane allows germs to run amuck and cause a vicious cycle of negative symptoms. In this situation, the simple act of breathing causes fitful coughing that will not cease until the mucous membrane is fully healed.

In the event the inflammation does not heal naturally, the doctor may prescribe antibiotics to aid in recovery. However, at that juncture, it may be necessary to explore countermeasures to the membrane's weakened immunity or ways to prevent dryness and lubricate the respiratory tract. It is also recommended that the patient refrain from exercising and consuming alcohol while treating a cough. Even light exercise, such as walking, could affect recovery.

Lubricating an inflamed mucous membrane is necessary in its recovery, but typical methods such as drinking water and gargling are insufficient in doing so. Using a humidifier is useful for prevention, but its ability to lubricate is on the weaker side. The level of humidity present in one's bath area is preferred, but, with the exception of summer, it is hard to achieve that much humidity outside of bath time. Clinics provide patients with medicine that lubricates the membrane in mist form which is inhaled through one's nose or mouth, and antibiotics or other liquid medicines that act directly on the membrane itself to aid in its recovery.

Coughing caused by inflammation are rare during the summer, but often occur during spring and autumn when the temperature difference between day and night is stark and the air is dry. Those suffering from inflammation sometimes mistake it for a pollen allergy and leave it alone. Leaving an inflammation untreated for a long time could cause it to become chronic and consequently harder to treat.





## Town News

### Donate your books to support victims of crime

Do you have books at home that you've finished reading or don't need anymore? Drop them off at the Public Welfare Division in Seika Town Hall (2nd fl.)! Proceeds from the sale of books donated will go to support the efforts of the National Network for Victim Support, a public interest group that provides support for victims of crime.



**Donation period:** 8/15 (Thurs) ~ 8/23 (Fri.)

**Location:** Seika Town Office Public Welfare Division (2nd fl.)

**Acceptable books:** Any book with an ISBN code

Any book with an ISBN code can be donated!



9870123456789

ISBN978-4-1234-5678-9

ISBN見本

ISBNとは国際標準図書番号です。

上記のような表記で書籍の裏表紙等についています。



### Carry around your own bottle this summer!

As summer heats up, heat stroke becomes a real concern for many people across Japan. Make sure you drink enough liquids by carrying around your own bottle from home when you go out.

Drinking from a personal bottle not only helps the environment by reducing waste, it's also economical as it keeps you from having to buy a drink. Some stores even give out discounts to people who bring in their own bottles to fill!

Stay hydrated by making good use of a personal bottle this summer!

### Being a Responsible Pet Owner

Pet owners have a responsibility to raise their pets with love and respect for their entire lifespan. Recklessly injuring or abandoning your pet is against the law and perpetrators are subject to punishment based on the Act on Welfare and Management of Animals (*doubutsu no aigo oyobi kanri ni kan suru houritsu*). Pet owners must not bring harm to or abandon their pets.

If, for whatever reason, you are no longer able to care for your pet, please take it upon yourself to find a new owner for them.



### Keep the cat indoors

When cats are allowed to roam outdoors, they sometimes make a mess of garbage bags laid out for pick-up and excrete in the street. These actions are a nuisance to others living in the neighborhood.

Cats are also prone to getting caught up in traffic accidents, becoming lost, or contracting infectious diseases while outside.

As an important member of the family, keep your pets (cats, dogs, etc.) safe indoors and do not allow them to roam outside alone.







### **Be Courteous to Pedestrians**

When a pedestrian is about to cross the street using a crosswalk, drivers must come to a stop before the crosswalk to allow the pedestrian to cross. While this rule may sound like a no-brainer, many drivers tend to forget to follow it!

Both pedestrians and drivers should make an effort to follow traffic rules even in areas without crosswalks. Be courteous to each other, be aware of your traffic manners, and let's create a safe and sound community for both pedestrians and drivers!



### **MyNumber Q&A**

**Q1. If someone finds out my My Number, will they have access to all of my personal information at once?**

A. The My Number system does not store all of your personal information on one shared database. For example, information regarding taxes is handled by the regional tax office, any information related to child allowance and public welfare falls under the jurisdiction of the city you reside, and pension information is handled by the local pension office. In other words, since your personal information is scattered amongst multiple agencies, should your My Number become known by someone else, they will not be able to access all of your personal information at once.

**Q2. What can I do with a My Number Card? How is it different from the My Number Notification Card (tsuuchi kaado)?**

A. As it contains your picture and your My Number, the My Number Card can be used as a form of personal identification in addition to carrying your My Number. The My Number Card is also equipped with an electronic identification certificate chip, allowing the carrier to print out official documents such as their Resident Record (juminhyo) at certain supermarkets and convenience stores. It also allows the carrier to report their taxes electronically provided the card carrier has a device that can read the chip. The My Number Notification Card contains your My Number information only and cannot be used as a form of personal identification.



### **Be Sure to Plan and Prepare Before You Climb that Mountain!**

In the past 5 years, 144 cases of mountain climbing accidents have occurred on mountains within Kyoto Prefecture. Of those 144 cases, 19 ended in deaths or missing persons. Prevent mountain climbing accidents from happening by planning and taking appropriate precautions before you climb!



- Plan a climb that suits your experience, skill, and physical ability, and turn in a Mountain Climbing Plan Form (tozan kikakusho) to your local police department.
- Be sure your cellphone is charged and check that your GPS is working before starting. Also take extra batteries or a portable power source.
- Bring emergency food, clothing, and other emergency items with you.
- Refrain from climbing mountains by yourself. Always climb with a group!



## Asunaro Cooking - Matcha Yogurt Jelly

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 maccha yogurt jelly with this recipe!

### \* Ingredients (2 servings)

Gelatin powder	2.5g	Matcha tea powder	1 tsp.
Water	1 tbs.	Milk	150 ml
Sugar	30g	Plain yogurt	100g
Canned azuki beans	40g		



### \* Instructions

1. Pour gelatin powder into water and mix until it dissolves
2. Mix together sugar and matcha powder in a separate bowl
3. Combine sugar and matcha powder with milk in a pot put on medium heat
4. Turn off fire once sugar dissolves.
5. Add gelatin mixture into pot with matcha mixture
6. Allow to cool before adding in yogurt.
7. Pour mixture into container and allow to cool and harden in the fridge
8. Top with canned azuki beans before eating

### \* Nutrition information (per serving)

Calories	188kcal	Protein	6.4g
Calcium	147mg	Dietary Fiber	0.8g
Fat	4.5g	Sodium	0.2g



## QUICK LIST

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

This month's theme: Disaster Prevention

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



- |     |  |             |
|-----|--|-------------|
| 1.  | 地震 - earthquake                        | じしん         |
| 2.  | 余震 - aftershocks (after initial quake) | よしん         |
| 3.  | 震度 - seismic intensity                 | しんど         |
| 4.  | 土砂崩れ - landslide                       | どしゃくず       |
| 5.  | 非常持ち出し品 - emergency items              | ひじょう も だ ひん |
| 6.  | 非常食 - emergency food                   | ひじょうしょく     |
| 7.  | 避難 - evacuate                          | ひなん         |
| 8.  | 避難所 - evacuation spot                  | ひなんじょ       |
| 9.  | 停電 - power outage                      | ていでん        |
| 10. | 断水 - water outage                      | だんすい        |

単語



## Town Events

### Taisho-goto Class (2 sessions)

Have you ever heard of the instrument Taisho-goto? Learn about this interesting instrument and how to play it by taking this class!

**Date:** 1st session - 8/20 (Tues.) 10:00~11:00 a.m.

2nd session - 8/27 (Tues.) 10:00~11:00 a.m.

**Place:** Mukunoki Center - Kenkyushitsu (3rd fl.)

**Participants:** Max of 5 students (per session for total of 10)

**Apply:** Please contact the teacher at the phone number below to apply

**Inquiries:** Kindenryu Taishogoto - Murakami (teacher)

TEL: 090-8380-4805



### 29th Anniversary Soraku Choral Festival

Enjoy the voices of the numerous Soraku area (Kizugawa, Seika) choirs at the 29th Soraku Choral Festival.

**Date:** 9/1 (Sun.) 1:00 p.m. ~ (Doors open at 12:30 p.m.)

**Place:** Kizugawa City Kamo Cultural Center - Ajisai Hall

**Performing groups:** Choral Seika, Chorus Hana, and 17 others

**Inquiries:** Soraku Choral League Office

TEL: 090-9888-8596



### Keihanna Children's Constellation Club - Star Watching

Join us at Keihanna Commemorative Park and let's look at the night sky together! This free event was created to give children the opportunity to view the many constellations in our sky and to pique their interest in space.

**Date:** 8/25 (Sun.) 7:30~9:00 p.m.

※Weather forecast and viewing conditions will be posted 3 hours before the event on the club's Facebook page ([facebook.com/AstroClubKeihanna/](https://facebook.com/AstroClubKeihanna/)). Please check before coming.

**Place:** Keihanna Commemorative Park - Shibafu Hiroba

**Organizer:** Keihanna Science Education Design Laboratory



### Morikko Hiroba - Frolick in the Forest!

Bring the kids to the Suikeien Mebuki no Mori for a day of play! Hammocks and wooden swing sets will be set-up during the event.

**Date:** 9/8 (Sun.) 1:00~4:00 p.m. Cancelled in the event of rain

**Participants:** Children 4+ yrs. and their parents or guardians (adult supervision required for children under 3rd grade age)

**Fee:** Park entrance fee



## Town Events

### Keihanna Plaza Puchi Concert

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

Set-list (by session):

- ① Annees de pelerinage - Deuxieme anee: Italie, Venezia e Napoli: 3. Tarantella / F. Lizst

Date:

- ① 8/28 (Wed.) 12:15~12:45 p.m.



## Seika Town Facility Schedules

### Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
8/4 (Sun.)	Internal Medicine	9/1 (Sun.)	Internal Medicine
8/11 (Hol./Sun.)	Internal Medicine	9/8 (Sun.)	Internal Medicine
8/12 (Hol./Mon.)	Pediatrics	9/15 (Sun.)	Internal Medicine · Pediatrics
8/18 (Sun.)	Internal Medicine · Pediatrics	9/16 (Hol./Mon.)	Internal Medicine
8/25 (Sun.)	Internal Medicine · Pediatrics	9/22 (Sun.)	Internal Medicine · Pediatrics
※Please call before visiting for a check-up Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)		9/23 (Hol./Mon.)	Internal Medicine
		9/29 (Sun.)	Internal Medicine · Pediatrics

### Health Center

Date	Time	Details
8/6 (Tues.)	1:00 p.m. ~	2 yr. old Dental Check-up
8/20 (Tues.)	1:30~3:30 p.m.	Papa Mama Class - Giving Birth
8/25 (Sun.)	9:30 a.m. ~ 12:00 p.m.	Papa Mama Class - Parenting
8/28 (Wed.)	1:00~5:00 p.m.	9-10 mon. Old Health Check-up
8/29 (Thurs.)	1:00~5:00 p.m.	3-4 mon. Old Health Check-up
9/5 (Thurs.)	1:00~5:00 p.m.	3-5 yr. Old Health Check-up
9/10 (Tues.)	1:00~5:00 p.m.	1.5 yr. Old Health Check-up
9/11 (Wed.)	1:00~5:00 p.m.	2 yr. old Dental Check-up

### Mukunoki Center

Date	Time	Details
8/7 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
8/14 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
8/15 (Thurs.)	—	Closed
8/21 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
8/25 (Sun.)	9:00 a.m.~12:00 p.m.	Hohoemi Sports Arena
8/28 (Wed.)	—	Closed
9/4 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
9/11 (Wed.)	3:00~5:00 p.m.	Table Tennis Day

## Sister City News



### 2nd Friday Norman Art Walk

2nd Friday Norman Art Walk is an event that takes place in the Walker Art District in Downtown Norman that combines the fun of local art, music, and food into one fantastic evening. First held in 2009, the event currently hosts 30+ participating businesses and welcomes thousands of attendants each month. 2nd Friday Norman Art Walk is supported by numerous organizations and businesses, both local and national, that assist in keeping the event open to the public and providing local artists and businesses a way to grow a following in Norman. Be sure to stop by on your next trip to Oklahoma to experience the brilliance of Norman's artists!

### About our Sister City - Norman, Oklahoma

Seika Town has maintained a sister city relationship with Norman, a city 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 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 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



きんぎょ

金魚すくい

Goldfish Scooping

*Kingyo sukui*, or “goldfish scooping,” is a Japanese festival game often seen at summer festivals. The goal of the game is to use scoop goldfish into a bowl using just a *poi*, a small paper net. The paper is easily torn, which makes this game much harder than it looks. Go to a festival this summer and try your hand at *kingyo sukui*!

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