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Seika Town Mascot
Kyōmachi Seika



"You can help decrease food waste by simply cleaning out your refrigerator regularly. Try it in your home!"

Preventing "shokuhin rosu" at Home



Untouched food items extracted from the trash of about 50 households over 2 days. So much food!

Food that can still be eaten but is thrown away is called "shokuhin rosu," or food waste.

According to a survey conducted in 2017, the average citizen in Seika throws away approximately 100 grams of food a day. Out of the 30 municipalities surveyed by the Ministry of the Environment, Seika ranks 2nd for the most food waste.

It was also found that food waste makes up about 20% of Seika's burnable garbage.

Preventing food waste is as easy as eating the all of the food you buy before it goes bad. Doing so will not only help lower food waste, but also wipe out the 20% share of burnable garbage food waste takes up.

Throwing food away contributes not just to food waste, but it's also harmful to your family's budget. Trial calculations (based on 50 grams of food waste per person per day) have found that a typical 4-person household in Kyoto City throws away 60,000 yen worth of food in a year. Seika throws away twice that amount. That's a lot money thrown away!

To prevent food waste, Seika will be holding a "Clean Refrigerators to Cut Down on Shokuhin Rosu Campaign" for 3 months, starting in September and continuing into November. Below are some helpful tips we recommend for cleaning your refrigerator. Try them out in your home!

Clean your refrigerator once a week using these handy tips...

- ① Prioritize using easily damaged or quickly spoiled foods first
- ② Place food and ingredients you plan to use immediately at eye level
- ③ Check your refrigerator before shopping for more food





Fire Department News — Keeping the Lines Clear for Emergencies

Across the country, awareness campaigns promoting the appropriate use of emergency vehicles have taken place, but the number of ambulance dispatch calls continue to increase. Last year, over 1,400 dispatch cases (approx. 4 per day) were recorded in Seika Town, more than 100+ more cases than the previous year. In more than half of these calls, the patient suffered only minor symptoms and hospitalization was not necessary.



Some people call to request an ambulance because they think they will get to see the doctor faster or because calling a taxi will cost money. When a person calls for an ambulance for those reasons, the people who dial for emergency services that are dealing with a true emergency may not be able to receive the attention they need because the ambulances available have already been dispatched to deal with a non-emergency situation. Making a person suffering from a true emergency wait defeats the purpose of an ambulance. Be mindful of other people and consider whether or not you need an ambulance before dialing for one.

Consider your options before dialing the emergency number, and keep the phone lines clear so the ambulance can respond to situations where an ambulance is absolutely necessary.

Emergency Vehicles - A number limited, but important, medical resource

As of August 1st, the population of Seika Town is 37,374 people. The Seika Town Fire Department only has two ambulances available at any time to respond to emergency situations in our large town. Ambulances are an important medical resource. In order to save the lives that need saving, practice appropriate usage of emergency phone lines and dial for one only when necessary.

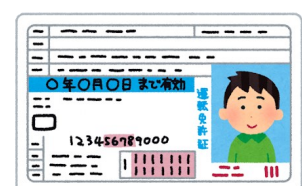


★ Personal identification required when purchasing gas can refills !!

As a response to the fire that took place at Kyoto Animation Studios on July 18, gasoline station attendants will now be asking for personal identification and other information of persons purchasing gas can refills. Be ready to provide the following information...

1. **Personal identification w/photo of the purchaser (drivers license, etc.)**
2. **Purpose of purchase (what it will be used for), purchase date, units purchased, purchasers name and address will also be recorded by attendant**

These measures will be taken to prevent the possibility of the gasoline being used to commit arson or otherwise misused.





Town News

For a Better Town — Seika Youth Council

Seika Town held its first Seika Youth Council of the Reiwa era on July 25 in the Seika Town Council Chambers located on the 6th floor of the town hall.

This program, first started in 1990, was established to give the children of Seika an opportunity to become a councilperson and speak their mind, propose ideas, and ask questions about improving their home town, and receive feedback and opinions from the mayor and Board of Education superintendent. This year marks the 29th session of the Seika Youth Council.

15 6th-grade children from five of Seika's elementary schools represented their respective schools in this year's session. During the representative question time in the council chambers, each student stood on the question stand and expressed their opinions on how to make Seika better place to live.

They tackled topics regarding garbage problems, how to make citizens happier, and how make public parks more enjoyable. The Seika Town mayor and the Board of Education superintendent addressed each issue brought to them, talking about what has been done in response and its future outlook.

After the end of the question session, every participant received a commemorative item from the mayor himself.



MyNumber Q&A

Q. What should I do if I lose my MyNumber Notification Card (*tsuuchi kado*) or my MyNumber Card?

A. < If you lose your MyNumber Notification Card >

Go to your local police station, fill out a lost item form (*ishitsu todoke*) and save the reception number (*juri bangou*). After doing so, come to the Town Hall to fill out a lost card form (*funshitsu todoke*) and apply for your notification card to be reissued (500 yen processing fee) or for a new MyNumber Card (free for your first card).

< If you lose your MyNumber Card >

First, put a stop to the functionality of your lost MyNumber Card by calling the MyNumber call center (0120-0178-27 - service available in English, Chinese, Korean, Spanish, and Portuguese) and going through the procedures. Then, fill out a lost item form at your local police station and save the reception number. If at this point, you still cannot find your MyNumber Card, come to the Town Hall to fill out a lost card—functionality stop form (*mainamba funshitsu haishi todoke*), and apply for your card to be reissued (800 yen processing fee, 200 yen electronic certificate fee). If you locate your lost card, you can apply to restore its functionality at Town Hall.

※Processes involving the MyNumber card require personal identification such as a driver's license. For more information please contact Seika Town Hall.

※A face photo is needed to apply for a MyNumber Card. Seika Town Hall provides a free photography service for MyNumber applicants that need a face photo. Please feel free to use this service.





Town News

Cooling Down with Uchimizu July 26 (Fri.)

This year's *uchimizu* event, took place on the south-side sidewalk of the Garden City mall on July 26. About 50 children and their parents participated in the traditional summertime cooldown event.

This event was made possible with the cooperation of the Seika Town Youth Chamber of Commerce.

Starting at 6:00 p.m., the kids took their buckets and ladles, and splashed water on the steaming sidewalk. Thanks to their efforts, the sidewalk cooled from a sweltering 40°C to a cool 34°C. Good job, kids!



Enjoying Classical Music with the Family August 4 (Sun.)

The Keihanna Fureai Family Concert, a classical concert open to audience members of all ages was held at Keihanna Plaza on August 4.

The concert hall was abound with smiles as children and their parents listened to a set list consisting of anime songs, classical compositions, and contemporary pieces performed by the Osaka Shion Wind Orchestra Soloists. In addition to the wonderful music, the program included a conductor experience and a hand play segment led by teachers from Seika's local nursery schools.

After the concert, children participated in the Instrument Corner, where they could experience instruments they rarely get to handle.



Town Events

Hula Class (2nd Semester)

Dance to the soft sounds of Hawaiian music, partake in light, undemanding exercise, and relax your mind and body at this hula class.

Date: 10/7・21・28、11/11・18・25 (every Monday for a total of 6 classes) 1:30 ~ 2:30 p.m.

Place: Mukunoki Center Dojo

Target: Persons age 18+

Max: First 20 applicants

Fee: 3000 yen

What to bring: Towel, writing utensil, a drink, socks (optional)

How to apply: Fill out an application and pay at Mukunoki Center by 9/24 8:30 p.m.

※No cancellations accepted after applying





Town Events



Kangetsu no Yube - Moon Viewing

Join us for a great autumn night of moon viewing. Listen to the performance of the Tsukiyo Music Troupe while taking in the famous mid-autumn moon on the Kangetsukyo Bridge.

Date: 9/14 (Sat.), 15 (Sun.) 5:30 ~ 9:00 p.m.

Place: Keihanna Commemorative Park - Suikeien

Fee: Free



A Tea Gathering Under the Moon

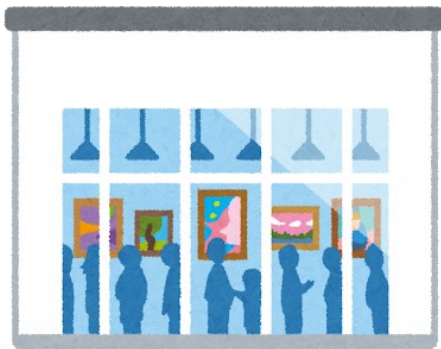
Enrich your night of moon viewing with a cup of Japanese tea during this year's Kangetsu no Yube. A standing tea ceremony will be exhibited at this event.

Date: 9/14 (Sat.) ① 1:00 ~ 4:30 p.m. ② 5:30 ~ 9:00 p.m.

Reception end time is 30 minutes before each session
(session ② cancelled in the event of rain)

Place: Keihanna Commemorative Park - Suikeien Kangetsuro Gallery

Fee: 500 yen (complimentary sweets included with tea)



14th Moon Art Exhibition

View various pieces of themed art focused on the symbol of Suikeien, the moon, at this exhibition.

Date: 9/14 (Sat.) ~ 10/6 (Sun.) 9:00 a.m. ~ 5:00 p.m.
(extension on day of Kangetsu no Yube)

Place: Keihanna Commemorative Park - Suikeien Kangetsuro Gallery Tsuki no Niwa

Fee: Suikeien entrance fee (200 yen)



AUTUMN JAZZ Part 1

Spend an autumn evening listening to smooth jazz in a Japanese garden performed by special musical guest, the Gin'on Jazz Group

Date: 10/5 (Sat.) 6:00 ~ 7:00 p.m.

Fee: Suikeien entrance fee (200 yen)





Asunaro Cooking

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

Learn how to make “Western Tomato Soup” with this recipe!

* Ingredients (2 servings)

Tomatoes·····	130g	Cubed soup base·····	2.6g
Bacon·····	10g	Water·····	300cc
Enoki mushrooms ·····	50g	Salt & pepper·····	pinch
Komatsuna greens·····	20g		

* Instructions

1. Remove the top of the tomato and cut into 1.5cm thick slices.
2. Cut enoki mushrooms into 1/3rds.
3. Cut bacon into 1cm wide pieces.
4. Chop komatsuna greens (approximately 1cm wide).
5. Put soup base cube into water and bring to a boil.
6. Insert cut ingredients above into soup, and simmer until cooked through.
7. Insert cut tomatoes into soup and simmer for a short period.
8. Season soup with preferred amount of salt and pepper.

* Nutrition information (per serving)

Calories	41kcal	Protein	1.9g
Calcium	24mg	Dietary Fiber	1.8g
Fat	2.2g	Sodium	0.6g



QUICK LIST

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

This month's theme: Fish

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



1. 鮭 - salmon
さけ
2. 鮑 - abalone
あわび
3. 鮪 - tuna
まぐろ
4. 鯨 - whale
くじら
5. 鰯 - European pilchard / sardine
いわし
6. 鯰 - Japanese catfish
なまず
7. 鰯 - Japanese mackerel
あじ
8. 鯛 - sea bream
たい
9. 鰹 - skipjack tuna / bonito
かつお
10. 秋刀魚 - Pacific saury
さんま
11. 海老 - shrimp
えび
12. 帆立 - Japanese scallop
ほたて
13. 牡蠣 - oyster
かき
14. 蟹 - crab
かに

単語



Town Events

Keihanna Plaza Puchi Concert

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

Set-list (by session):

- ① L'isle joyeuse / C. Debussy
- Violin Sonata / C. Debussy

Date:

- ① 9/18 (Wed.) 12:15~12:45 p.m.



Seika Town Facility Schedules

Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
9/8 (Sun.)	Internal Medicine · Pediatrics	10/6 (Sun.)	Internal Medicine · Pediatrics
9/15 (Sun.)	Internal Medicine	10/13 (Sun.)	Internal Medicine
9/16 (Hol./Mon.)	Internal Medicine	10/14 (Hol./Mon.)	Internal Medicine
9/22 (Sun.)	Internal Medicine · Pediatrics	10/20 (Sun.)	Internal Medicine · Pediatrics
9/23 (Hol./Mon.)	Internal Medicine	10/22 (Hol./Tues.)	Internal Medicine · Pediatrics
9/29 (Sun.)	Internal Medicine · Pediatrics	10/27 (Sun.)	Internal Medicine · Pediatrics

Health Center

Date	Time	Details
9/10 (Tues.)	1:00~4:00 p.m.	1.5 yr. Old Health Check-up
9/11 (Wed.)	1:00~4:00 p.m.	2 yr. old Dental Check-up
9/17 (Tues.)	1:00~3:30 p.m.	Papa Mama Class - Pregnancy Diet Education
9/19 (Thurs.)	1:00~4:00 p.m.	3-4 mon. Old Health Check-up
9/25 (Wed.)	1:00~4:00 p.m.	9-10 mon. Old Health Check-up
10/1 (Tues)	1:00~4:00 p.m.	3.5 yr. Old Health Check-up
10/4 (Fri.)	1:00~4:00 p.m.	1.5 yr. Old Health Check-up
10/8 (Tues.)	1:00~4:00 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
9/11 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
9/18 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
9/25 (Wed.)	—	Closed
9/29 (Sun.)	9:00 a.m.~12:00 p.m.	Hohoemi Sports Arena
10/2 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
10/9 (Wed.)	3:00~5:00 p.m.	Table Tennis Day

Sensational in Seika!



Grounds of Nyakuou-ji Temple

Nyakuou-ji Temple

Located in the Shimokoma area of Seika Town, Nyakuou-ji Temple is thought to have originated as a relative temple of one established by High Monk Enchin of the Tendai (Tiantai) school of Buddhism in the Heian era. The temple is home to a number of cultural artifacts including an Amida Nyorai Sitting Statue (late Heian period 10-11 century), a Carving of Monk Enchin Seated (Important Cultural Property of Japan; late Heian period), and a *bonshou* Buddhist bell (Momoyama period). Nyakuou-ji Temple is one of many temples dotted throughout Seika Town. Pay the temple a visit if you would like to learn more about their history!

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 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

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 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



セミ
Cicada

Semi, or cicada, are medium sized bugs that are active during the summer months in Japan and are best known for their continuous, high pitched mating cry. Semi live for a max of 2 weeks above ground, but take 6 years to mature, meaning they spend most of their lifespan underground. Though harmless, semi tend to be erratic flyers and sometimes bump into humans. Watch out for them this summer!

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