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Seika Town Mascot  
Kyōmachi Seika

## Mayor Kaname Kimura's Last Introspection



**Mayor Kaname Kimura will be retiring this October following the end of his current term.**

Looking back on my four term, 16 year period as mayor of Seika Town, I would like to thank you all for your understanding as I worked to overcome perils and strove to make Seika a noteworthy town.

On my trip to Kyoto City to greet the Governor of Kyoto Prefecture for the last time, I discussed with him the needs of Seika. He expressed a desire to reevaluate our reputation as a science city focused solely on research, and how the fruits of said research should be connected to production that will create more jobs. The

governor's resolution will no doubt be a boon during the third stage of Seika's development, and it allowed me to see a bright future ahead for Seika.

Though there have been many achievements during my time as mayor, it has not been absent of struggle. In 2004, we held repeated discussions regarding the merging of neighboring municipalities at the behest of the Prefecture. Perhaps due to Seika's debt at the time of over 318 million yen, discussions ended without a merger. I had tried use the discussions to push for financial support to develop the area around Komada Station in an effort to fulfill a promise to the public, but, unfortunately, it was denied, creating quite a setback for the Komada area.

The question of continuing to operate the Seika Town National Hospital was also a point of contention during an election. While I had succeeded the former mayor's will to continue the operation of the hospital and endeavored to do so, it became difficult to find 140 million yen in the budget to keep it under the wing of Seika Town. Thus, I made the decision to use the designated manager system established by the national government to keep it open. The change in management meant having to go through the painful process of restructuring, but after some talks, the town employees of the hospital were gracious enough to cooperate for the good of the town.

Following these setbacks came great progress. The operation of the Kururin Bus, the Komada Station east town planning project, the outfitting of a wireless emergency alert system, the renovation of six community centers, the maintaining of the lowest water-usage fee in the Kyoto, and the creation of a town focused on health and longevity are a few of the many projects I undertook for Seika Town. For the youth of Seika, I oversaw the opening of Seikadai Nursery School as a privately operated school, the merging of nurseries into Hosono Nursery School, the opening of a recovery center for sick children, the earthquake-resistant renovations and equipment of air conditioners to our schools, the expansion of the children's health support system, and other projects. In that time, I was able to lower Seika's debt from 318 million to 183 million yen.

I have tackled many issues in my 4 terms as mayor and I have nothing but thanks in my heart for the people of Seika for supporting me through them. Thank you for 16 wonderful years.



### **The Importance of “Media Literacy”**

“Media literacy” is the ability to discern truth from untruth in the information provided by the media, and the ability to correctly and safely transmit information. With the wide-spread use of technologies such as the internet and smartphone, people are not only able to receive information from the media, but share it as well. In this technological age where people can easily post and send videos and pictures through LINE, Twitter, and other SNS platforms, it’s important for everyone to be knowledgeable about the types of hidden dangers in them.

### **Think twice before you post**

Many people take pictures of intimate moments in their lives, such as their daily activities or a date night, and post it to an SNS platform. Pictures posted on the internet are viewable by people all over the world and posting such intimate content has some dangers. By viewing the picture alone, a third part could discern the posters location and stalk them, or someone could copy the picture and edit it or use it in a negative manner. Remember that once information is spread on the internet, it is difficult to completely erase from existence.



### **Posts with Malicious Intent**

Sometimes, people use technology to post content with malicious intent; one example is “revenge porn.” Revenge porn is the distribution of sexually explicit content of a person without their consent, often done to get revenge their partner after a break-up.

There are people who capture sexually explicit acts using the guise of love without the permission and against the wishes of their partner. An unsuspecting victim may think nothing of it as their relationship is stable and their partner will never use the content captured maliciously. However, suffering incurred from the posting and spreading of revenge porn has become a serious problem.

The national government established the Revenge Porn Prevention Act in 2014 to counteract this issue.

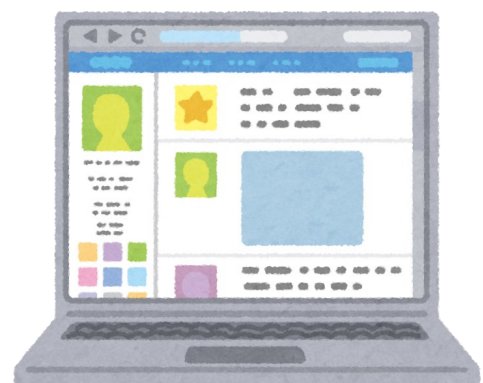


### **Be cautious when capturing and posting!**

Content posted on is said to be much like a “digital tattoo.” Once the content is posted and spread, it is hard to erase completely and will likely stay on the web indefinitely.

While content posted with the intent of getting revenge, threatening, or otherwise hurting another person is unforgiveable, the practical issue of people posting personal information to the web that cannot be erased without a second thought is also a serious problem.

Protect yourself, your family, and your loved ones by knowing the dangers of posting your personal information on the web and SNS platforms.





## Town News

### **A Concert of Smiles**

September 9 (Sun.)

A Seika Town Exchange Hall Concert with Keihanna Philharmonic Chamber Orchestra members “Music Box 16” was held on September 9 with more than 100 parents and their children in attendance.

Part of the Keihanna Science City Cultural Promotion Project, the concert provides music lovers the opportunity to listen to and enjoy the rarely heard timbre of a pipe organ using the organ placed inside the Seika Town Exchange Hall. This event is held three times a year.

This time, the concert featured a tandem performance by the Keihanna Philharmonic Wind and String Ensemble with the Exchange Hall pipe organ. The group played familiar Studio Ghibli and Disney classics along with pop and classical pieces to the delight of those in attendance.



### **Having Fun with Mommy and Daddy**

September 13 (Fri.)

“Dongurikko Hiroba: Let’s Play with Toys,” a playdate for infants and their parents sponsored by the Child Rearing Regional Partner Association, took place on September 13 at the regional welfare center, Kashinoki-en. 33 infant-parent groups interacted with Association partners while playing with wood toys.

Association partners presented paper plays and an “apron theater” in the middle of a large circle of parents and their children. Near the end of the event, each participant received a disaster whistle as a gift from the Association.



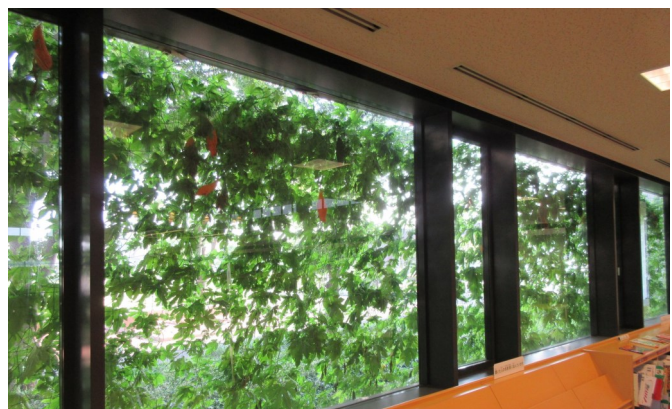
### **The Green Curtain - Staving off the Summer Heat!**

In an effort to combat global warming, public facilities in Seika Town participate in the “Green Curtain Project” by planting the Town’s special product raku-imo every year.

The raku-imo and other vine-like plants are cultivated near windowsills, and when the vines grow long, they are capable of cutting approximately 80% of heat from the sun and keep a room from getting too hot.

Earlier this year, to encourage citizens to grow their own “green curtains,” the Environment Promotion Division at Seika Town Hall held a distribution of goya seeds at their division counter.

During this year’s heat wave, the vines of the raku-imo and goya plants worked overtime to cut down the heat indoors. We definitely recommend you try growing your own “green curtain” at home next summer!







## Town News

### **Be Careful When Disposing Cooking Oil**

In an effort to reduce waste and practice proper recycling in Seika Town, Seika has set up locations to dispose of your used cooking oil (e.g. oil used to fry tempura, potatoes, etc.). Please be aware of the following 2 points when disposing of your oil.

① Pour your used oil into bottles with twistable caps, and close them tightly before placing them in the designated oil collection bin. Refrain disposing your oil in easy to open, pop-open capped bottles as they could spill in the collection bin.

② Cooking oils used in the home such as canola oil, sunflower oil, soybean oil, rice-bran oil, olive oil, corn oil, safflower oil, and sesame oil can be disposed at these locations.

Oils such as shop oil, lard, tallow, butter, margarine, fish oil, palm oil, and engine oil cannot be disposed at these locations. Thank you for your understanding and cooperation.



## Town Events



### **Keihanna Puchi Concert at Kaijusen-ji Temple**

Enjoy a trumpet and brass quintet performance by young musicians under the wonderfully lit, 5-story pagoda at Kaijusen-ji Temple in Kizugawa City.

Date: 10/20 (Sun.) 6:30 p.m. ~

Place: Kaijusen-ji Temple (Kizugawa-shi Kamo-cho Reihei Kaijusenji 20)



### **Seika Summer-Autumn Strawberry Event**

Try out Seika's special Summer-Autumn strawberries harvested for the first time at this strawberry unveiling event. Enjoy sweets utilizing freshly picked, Seika-made strawberries and "pic-pressos," café lattes with pictures printed onto the foam!

Date: 10/22 (Hol./Tues.) 10:00 a.m. ~ 5:00 p.m.

Place: APITA Seika-dai East Bldg. 1st. Floor Event Space



### **Seika Town Exchange Hall Concert**

A concert incorporating the pipe organ in the Exchange Hall, violinists, and vocalist that is sure to be a treat to the ears.

Date: 11/23 (Hol./Sat.) 2:00 ~ 3:30 p.m.

Place: Seika Town Exchange Hall (Koryu Hall - Seika Town Hall 2nd Fl.)

Performers: Students from Doshisha Women's College Department of Music

Attendance: 150 people max (lottery in the event applicants surpasses max number: winners will be notified by 11/16)

How to apply for a ticket: Apply using the following QR code (application in Japanese).





## Town Events

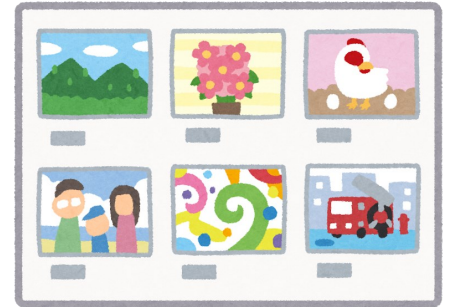
### Puchi Art Nakama Exhibition

A varied exhibition of color pencil art pieces at Suikeien in Keihanna Commemorative Park.

Date: 10/18 (Fri.) ~ 10/22 (Tues.)

Open from 1:00 ~ 5:00 p.m. on 10/18, from 9:00 a.m. ~ 5:00 p.m. from 10/19 to 10/21, and from 9:00 a.m. ~ 4:00 p.m. on 10/22

Place: Suikeien Kangetsuro Gallery Tsuki no Niwa (Keihanna Commemorative Park)



### Autumn JAZZ Part 2

Groove to the smooth sounds of jazz by BLUE Sonic with Non Tanioka at Suikeien.

Date: 10/26 (Sat.) 6:00 ~ 7:00 p.m.

Place: Suikeien Kangetsuro Deck Area (Keihanna Commemorative Park)

Fee: Park entrance fee (300 yen)



### Koyo Illumination at Suikeien

Gaze into the red ponds made so by the reflection of the red tree leaves, and take a stroll through the wondrous Suikeien area in Keihanna Commemorative Park during Koyo, the Japanese autumn foliage season.

Date: Every Saturday, Sunday, and holiday between 11/2 (Sat.) ~ 11/24 (Sun.)

Place: Suikeien Koyo Tani

Fee: Park entrance fee (300 yen)

※ On 11/3 (Hol./Sun.) and 11/17 (Sun.) Suikeien entrance will be free



### Culture Day - Free Admission to Suikeien

In celebration of *Bunka no hi*, or Culture Day, Suikeien will be open for free to the public. Spend the free admission day viewing the autumn foliage and walking around the park!

Date: 11/3 (Hol./Sun.) 9:00 a.m. ~ 9:00 p.m.



## 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 “Creamy Mushroom Soup” with this recipe:

### \* Ingredients (2 servings)

Eringi mushrooms	50g	Flour	1 tbs.
Shimeji mushrooms	50g	Water	150cc
Onions	25g	Milk	150cc
Garlic	1/2 cl.	Consommé	1/2 block
Butter	2.6g	Salt/Pepper	pinch

### \* Instructions

1. Dice garlic, onions, and both types of mushrooms into small pieces.
2. Saute butter and diced garlic in a pot on medium heat.
3. Add onions and saute well.
4. Add mushrooms and flour and continue to saute.
5. Add water and consommé block to the pot and boil for 5 minutes.
6. Add milk and turn the heat to low. Stir continuously as it boils.
7. Once soup has thickened, add salt and pepper and serve in a bowl.

### \* Nutrition information (per serving)

Calories	105kcal	Protein	4.6g
Calcium	87mg	Dietary Fiber	2.1g
Fat	5.5g	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: Getting injured

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



- |     |  |
|-----|--|
|     | くすり                                    |
| 1.  | 薬 - medicine                           |
|     | ばんそうこう                                 |
| 2.  | 絆創膏 - bandage                          |
|     | けが                                     |
| 3.  | 怪我 - injury (physical)                 |
|     | こっせつ                                   |
| 4.  | 骨折 - fracture (broken bone)            |
|     | しつびょう                                  |
| 5.  | 疾病 - illness                           |
|     | いたど                                    |
| 6.  | 痛み止め - pain reliever (medicine)        |
|     | きゅうきゅう                                 |
| 7.  | 救急 - emergency                         |
|     | きゅうきゅうしゃ                               |
| 8.  | 救急車 - ambulance                        |
|     | おうきゅうしよち                               |
| 9.  | 応急処置 - first aid / temporary treatment |
|     | びょういん                                  |
| 10. | 病院 - hospital                          |
|     | しよほうせん                                 |
| 11. | 処方箋 - (medical) prescription           |
|     | やつきよく                                  |
| 12. | 薬局 - pharmacy                          |

## 単語



## Town Events

### Keihanna Plaza Puchi Concert

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

Set-list (by session):

- ① Glitter and be Gay from the opera “Candide” / L. Bernstein
- ② Excerpts from the opera “L’elisir d’amore” / G. Donizetti

Date:

- ① 10/16 (Wed.) 12:15~12:45 p.m.
- ② 10/23 (Wed.) 12:15~12:45 p.m.



## Seika Town Facility Schedules

### Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
10/13 (Sun.)	Internal Medicine	11/4 (Hol./Mon.)	Internal Medicine · Pediatrics
10/14 (Hol./Mon.)	Internal Medicine	11/10 (Sun.)	Internal Medicine · Pediatrics
10/20 (Sun.)	Internal Medicine · Pediatrics	11/17 (Sun.)	Internal Medicine
10/22 (Hol./Tues.)	Internal Medicine · Pediatrics	11/23 (Hol./Sat.)	Internal Medicine
10/27 (Sun.)	Internal Medicine · Pediatrics	11/24 (Sun.)	Internal Medicine · Pediatrics
11/3 (Hol./Sun.)	Pediatrics		

※Please call before visiting for a check-up  
Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)

### Health Center

Date	Time	Details
10/8 (Tues.)	1:00~4:00 p.m.	2 yr. Old Dental Check-up
10/18 (Fri.)	1:00~4:00 p.m.	Papa Mama Class - Pregnancy Diet Education
10/24 (Thurs.)	1:00~3:30 p.m.	9-10 mon. Old Health Check-up
10/29 (Tues.)	1:00~4:00 p.m.	3-4 mon. Old Health Check-up
11/1 (Fri.)	1:00~4:00 p.m.	3.5 yr. Old Health Check-up
11/7 (Thurs.)	1:00~4:00 p.m.	2 yr. Old Dental Check-up
11/8 (Fri.)	1:00~4:00 p.m.	1.5 yr. Old Health Check-up

### Mukunoki Center

Date	Time	Details
10/9 (Thur.)	3:00~5:00 p.m.	Table Tennis Day
10/14 (Hol./Mon.)	—	Closed
10/16 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
10/23 (Wed.)	—	Closed
10/27 (Sun.)	—	Closed
10/30 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
11/3 (Sun.)	—	Closed
11/6 (Wed.)	3:00~5:00 p.m.	Table Tennis Day



## Sister City News

### A Modern Center for Modern Musicians



The Catlett Music Center

Constructed in 1998 and located near the Fred Jones Jr. Museum of Art (introduced the 2018 December issue of Ichigo), the Catlett Music Center is home to the Oklahoma University School of Music. The visually stunning building, constructed in a unique “Cherokee Gothic” fashion, is also well-equipped, outfitted with everything needed to nurture musical talent, including studios, rehearsal rooms, classrooms, and other facilities. The Center often hosts performances open to the public, ranging from intimate recitals to orchestral concerts, in their three concert halls. Visit the Catlett Music Center and catch a concert on your next trip to Norman!

### 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



よふ  
夜更かし

Staying up late

Yofukashi is a simple Japanese word that means to stay up all night, usually doing an activity. Plenty of people will probably stay up all night to celebrate Halloween this year. If you plan on doing the same, be safe and wary of your surroundings. Have a happy October!

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