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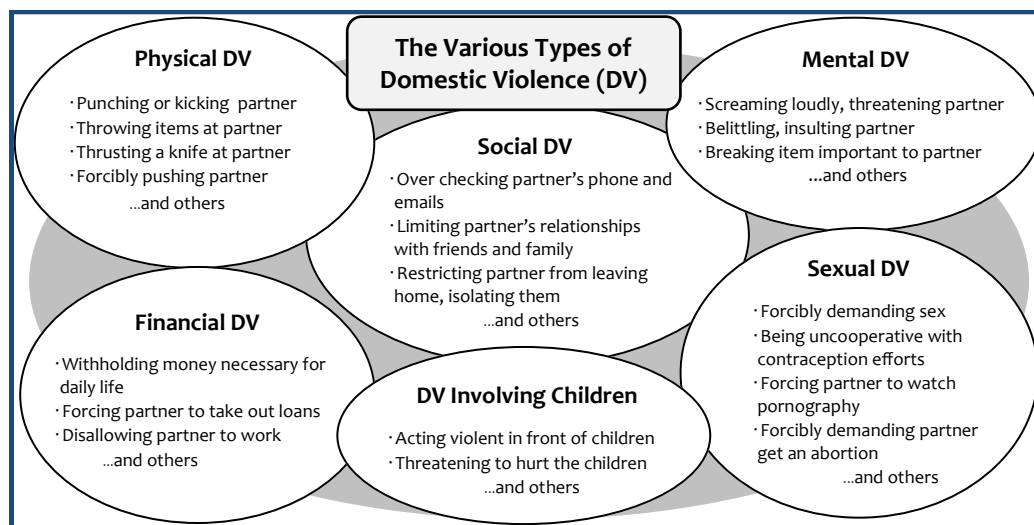
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Seika Town Mascot
Kyōmachi Seika

“Domestic violence (DV) isn't just physical abuse. Know about the various forms of DV and take steps to help victims of it!”

From the Human Rights Dept. — Recognizing Domestic Violence

Domestic Violence (DV) is considered any sort of violence perpetrated against a person from their spouse or relationship partner. While there are many male victims of DV, an overwhelming number of victims are female.

◆ Is physical abuse the only type of domestic violence?

There are many different types of DV in addition to physical abuse. For example, verbal abuse and being continuously ignored by your partner is considered mental DV, and being denied funds needed to live falls under the category of financial DV. DV has many shapes.

◆ Why do people commit domestic violence against their loved ones?

Perpetrators of domestic violence often do it to enact control over their partners and have them do what they want. They think of their partner as an object and lower than themselves. Abusers want to be the controller of their relationship and consider themselves to be the priority.

There are many reasons as to why an abuser commits acts of domestic violence, such as punishment for not doing as they say or to relieve feelings of irritation. No matter the reason, the relationship between spouses or partners should be one of equals. No one person should have control over the other.

◆ The Mental State of a Victim of DV

Originating in feelings of anxiety and fear, victims of domestic violence will act in ways to keep from angering their partner. They will base their actions on what their partner thinks, and will seal their feelings and emotions away. A victim under constant abuse will begin to see any action against their abuse as futile, give up on changing their situation, and try to get used to their abusive environment to continue living.

Victims are also often made to think they are deserving of their abuse. They are sometimes unaware of the severity of their situation and think things will be fine if they just bear it. They can also start to confuse the abuse with love. Recognize these signs of domestic violence, and if you see something say something.



Advocating Proper Usage of the 119 Emergency Number

In an effort to raise awareness regarding the appropriate use of emergency number 119 and fire and disaster preparedness, and to contribute to community wide disaster preparedness organization, “119 Day” was established in Japan on November 9, 1987.

119 is the emergency hotline number anyone can dial to connect them to the fire department in the event of a fire or medical emergency.

Last year, Seika Fire Department received approximately 2200 119 calls, and about 1550 of them required the dispatching of emergency vehicles. The remaining 650 cases were non-emergency calls ranging from hospital referrals and prank calls, to inquiries about disaster recovery efforts.

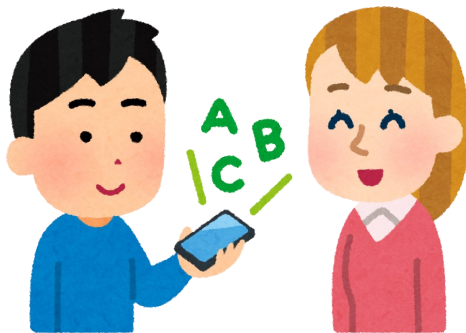
The number of calls the fire department 119 dispatcher is able to field at one time is limited in number. In order for emergency vehicles to reach people in need of emergency assistance as soon as possible, we ask potential callers to reconsider their reason for calling before dialing 119. Dial 119 only for emergencies. Thank you for your understanding and cooperation.



★ Now with Multilingual Support!

The 119 emergency number in Seika is now able to field calls in multiple languages using the multilingual 119 service promoted nationally by the Japan Fire and Disaster Management Agency. This service was incorporated to quickly and better serve the growing number tourists visiting Japan and foreign residents living in Japan that find themselves in an emergency and unable to speak Japanese.

As the number of 119 emergency calls from foreign persons is expected to grow, the Seika Town Fire Department will handle them by connecting to a telephone interpretation center during the call, and conduct a 3-way call with the fire department dispatcher, telephone interpreter, and the caller.



Calls made in English, Chinese, Korean, Spanish, or Portuguese will now be fielded by dispatchers using this multilingual interpretation service. We hope this service will provide all Seika Town residents with a sense of relief and give them the confidence to call 119 during an emergency without worrying about a language barrier.

★ Better Equipment to Better Serve the Community

In order to improve the equipment of the Town's fire fighting teams, the fire department sought funds from the “Takarakuji Lottery Community Contribution Project” ran by the Takarakuji Lottery corporation. Using these community support project funds, the fire department purchased 16 new handheld transceivers to coordinate the actions of responders at the scene of a disaster or other emergency situations .





Being Mindful of Park Rules

Parks are public facilities useable by everyone. To make sure everyone is able to have an enjoyable experience at public parks around town, please abide by the rules. The below actions are prohibited at all parks across Seika.

◆ **Prohibited Actions at Parks**

- Damaging or vandalizing park property
- Damaging or picking park flora (e.g. trees, flowers)
- Changing the shape of extracting park land
- Capturing or hurting park fauna (e.g. birds)
- Placing stickers, signs, or promotions on park grounds
- Entering prohibited areas in the park
- Driving or parking in areas not marked for vehicles
- Using the park for purposes other than recreation
- Starting bonfires or handling fire in general
- Any additional actions that hinder the use or management of the park

◆ **Park Manners**

- Please be sure to put an adjustable-length leash on your dog when walking them at a park, and be mindful of children and people who may not be fond of dogs. Also be sure to pick up after them when they defecate and dispose of any waste at your home.
- Riding bikes and motorcycles in parks is also prohibited. When parking your bike outside a park, make sure it is out of the way of other park goers.
- Fires of all kinds are prohibited at parks; this includes fireworks and barbeques as well.
- Take home any garbage you may make.
- Refrain from dangerous acts and any other acts that are a nuisance to other park users.



Year-end Oversized Garbage Pick-up Schedule

Oversized garbage will be picked up from all regions in Seika Town at the end of the year. Please refer to the dates and regions below to see when your area is scheduled. Be sure to place all oversized garbage outside for pick-up before 8:00 a.m.

◆ **12/4 (Wed.)**

Minami (west of Prefectural Road), Minamiinayazuma, Ueda, Hosono-nishi 1-chome

◆ **12/5 (Thurs.)**

Hishida (east of Nomen Road), Takinohana, Fune (east of Nomen Road), Nakakubota

◆ **12/11 (Wed.)**

Hishida (west of Prefectural Road), Sobo (west of Prefectural Road), Tani, Kitainayazuma (west of Prefectural Road), Asahi

◆ **12/12 (Thurs.)**

Hikaridai

◆ **12/14 (Sat.)**

Yamada, Sakuragaoka



◆ **12/17 (Tues.)**

Kitanodo, Babuchi, Naka (east of Nomen Road), Higashi, Nishikita (east of Nomen Road)

◆ **12/18 (Wed.)**

Inuidani, Zakuro, Higashibata

◆ **12/20 (Fri.)**

Minami (east of Prefectural Road), Sugai, Kitainayazuma (east of Prefectural Road), Nishikita (west of Nomen Road), Naka (west of Nomen Road)

◆ **12/25 (Wed.)**

Hishida (east of Prefectural Road), Sato, Sobo (east of Prefectural Road), Fune (west of Nomen Road)

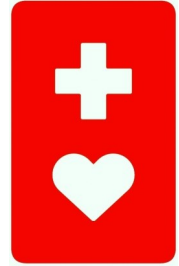
※Prefectural Road refers to Prefectural Road 22



Town News

Do you know about the “Help Mark?”

There are people in our community that may need support or special consideration but don't seem like they need it on the outside, such as persons with artificial limbs or joints, persons who are sick, and pregnant women in their first trimester. The Help Mark is distributed to these persons to notify those around them of their status as persons who are in need of special consideration so they can more easily receive support.



◆ Eligible Persons

Persons with artificial limbs or joints, internal or debilitating sickness or disease, pregnant women in their first trimester, and others in need of extra support.

◆ If you come across someone with a Help Mark...

- Give up your seat on the bus or train to them. They may look fine on the outside, but they could be someone who gets tired easily or is unable to hold themselves up for long periods of time.
- Offer them assistance in places such as the train station or stores. They may be someone who is unable to easily adapt to sudden or unexpected changes.

◆ Distribution Locations

Seika Town Office Public Welfare Division (2nd fl.), Yamashiro Minami Hoken Center Fukushima Office

Inquiries regarding the receiving of the Help Mark: Seika Town Office Public Welfare Division TEL 0774-95-1904

General inquiries about the Help Mark Program: Kyoto Prefecture Disabilities Support Division TEL 075-414-4598

Don't forget about automobile insurance!

In Japan, enrolling in insurance for every car and motorbike you own is mandatory by law. Getting insurance for your vehicle ensures that the victims of an accident get basic compensation in the event of an accident.

◆ Operating a vehicle without insurance is against the law

Driving without insurance is not just irresponsible, it's against the law. Insurance provides victims with basic compensation in the event of an accident and, based on the Act on Securing Compensation for Automobile Accidents (*jidousha songai baishou hoshou-hou*) is mandatory for all vehicles, including electric assisted bicycles.



Helping to Stop Child Abuse



Child abuse not only greatly affects the growth of a child's mind and body, and their sense of self, but it can sometimes reach dangerous levels and lead to the death of a child.

To protect children from child abuse, it's important to recognize the signs of abuse, and to get in touch with a child specialist as soon as possible.

◆ If you think a child is a victim of abuse...

The national child abuse hotline number 189 is available 24/7 free of charge and will put you in contact with the nearest child consultation center in your area. If you are experiencing an emergency involving child abuse, dial 110 for the police.



Town Events

Keihanna Puchi Concert in Kyotanabe City

The Keihanna Puchi Concert series will be making its way to the neighboring Kyotanabe City for a concert this month. Don't miss it!

Set list: Excerpts from *Phantom of the Opera*

Date: 11/23 (Hol./Sat.) 1:30 p.m. ~ (doors open at 1:00 p.m.)

Place: Kirara Hall (Kyotanabe City Shokokaikan 4th fl.)

※Limited parking available; please come by public transportation if possible

Audience: Approx. max of 180 people

Inquiries: Keihanna Science City Promotion Association TEL 0774-95-5034



33rd Pocket Marche in Keihanna Commemorative Park

Enjoy the Pocket Marche, a mini flea market, on the lawn of Keihanna Commemorative Park.

Date: 11/23 (Hol./Sat.)・11/24 (Sun.) 9:30 a.m. ~ 3:00 p.m.

Place: Keihanna Commemorative Park - Shibafu Hiroba Open Space

Inquiries: Pocket Marche Planning Committee TEL 080-5364-2345



Keihanna Plaza Theater

Keihanna Plaza will be showing *Bohemian Rhapsody* in the Keihanna Plaza Main Hall. Join us for a fun time at the movies!

Date: 12/5 (Thurs.)・12/6 (Fri.) - three showings per day

① 10:30 a.m. ~ ② 2:00 p.m. ~ ③ 5:15 p.m.~

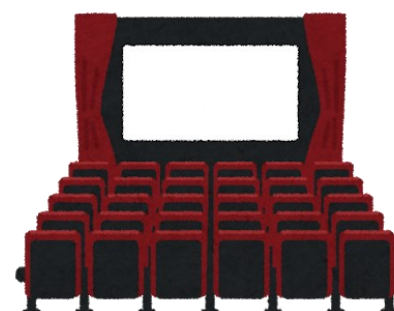
(3rd showing on 12/6 will start at 6:30 p.m.)

Place: Keihanna Plaza Main Hall

Tickets: General 1000 yen

Elem./JH Students・Seniors (60+ yrs.) 800 yen

Inquiries: Keihanna Projects Department TEL 0774-95-5115



Seika Matsuri Festival—Free Admission to Suikeien

Admission to Suikeien in Keihanna Commemorative Park will be free during the Seika Matsuri Festival. Come and enjoy the park during the festival!

Date: 11/17 (Sun.) 9:30 a.m. ~ 3:30 p.m.

Inquiries: Keihanna Commemorative Park Management Office
TEL 0774-95-1900



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 “Quiche-style Atsuyaki Tamago” with this recipe:

* Ingredients (2 servings)

Eggs	4 med.	Flavoring:	
Crab kamaboko	4 sticks	Sugar	1/2 tbs.
Green onion	1 stalk	Light soy sauce	1 tsp.
Veg. oil	small amt.	Salt	pinch

* Instructions

1. Cut kamaboko sticks in half and break into small pieces.
2. Finely chop green onions.
3. Crack eggs into bowl and scramble. Then add green onions, kamaboko, and flavoring mix above into egg mixture.
4. Oil an square egg frying pan and put it on high heat. Pour egg mixture into pan and stir until half cooked.
5. Cover pan with aluminum foil and turn the heat low. Fry for 3 minutes, then flip the eggs and fry for an additional 1 minute.
6. Cool, then cut into desired size before serving.

* Nutrition information (per serving)

Calories	122kcal	Protein	8.6g
Calcium	46mg	Dietary Fiber	0.1g
Fat	8.2g	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: Medical Specialties

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



- | | |
|-----|-----------------------------------|
| 1. | 内科 - internal medicine |
| 2. | 外科 - surgery |
| 3. | 整形外科 - orthopedic surgery |
| 4. | 小児科 - pediatrics |
| 5. | 産婦人科 - obstetrics and gynecology |
| 6. | 皮膚科 - dermatology |
| 7. | 眼科 - ophthalmology (eye medicine) |
| 8. | 耳鼻咽喉科 - otorhinolaryngology (ENT) |
| 9. | 放射線科 - radiology |
| 10. | 泌尿器科 - urology |
| 11. | 精神科 - psychiatry |
| 12. | 麻酔科 - anesthesiology |
| 13. | 歯科 - dentistry |
| 14. | 矯正歯科 - orthodontia |
| 15. | 審美歯科 - cosmetic dentistry |

単語



Town Events

Keihanna Plaza Puchi Concert

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

Set-list (by session):

- ① Kornblumen／R. Strauss
Le Tombeau de Couperin／M. Ravel

Date:

- ① 11/20 (Wed.) 12:15~12:45 p.m.



Seika Town Facility Schedules

Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
11/10 (Sun.)	Internal Medicine · Pediatrics	12/8 (Sun.)	Internal Medicine
11/17 (Sun.)	Internal Medicine	12/15 (Sun.)	Internal Medicine · Pediatrics
11/23 (Hol./Sat.)	Internal Medicine	12/22 (Sun.)	Internal Medicine · Pediatrics
11/24 (Sun.)	Internal Medicine · Pediatrics	12/29 (Sun.)	Internal Medicine · Pediatrics
12/1 (Sun.)	Pediatrics	12/31 (Tues.)	Internal Medicine

Health Center

Date	Time	Details
11/8 (Fri.)	1:00~4:00 p.m.	1.5 yr. Old Health Check-up
11/12 (Tues.)	1:30~3:30 p.m.	Papa Mama Class - Giving Birth
11/19 (Tues.)	1:00~4:00 p.m.	9-10 mon. Old Health Check-up
11/26 (Tues.)	1:00~4:00 p.m.	3-4 mon. Old Health Check-up
11/30 (Sat.)	9:30 a.m. ~ 12:00 p.m.	Papa Mama Class - Parenting
12/3 (Thurs.)	1:00~4:00 p.m.	3.5 yr. Old Health Check-up
12/5 (Thurs.)	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
11/13 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
11/17 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
11/20 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
11/27 (Wed.)	—	Closed
12/4 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
12/11 (Wed.)	3:00~5:00 p.m.	Table Tennis Day

Sensational in Seika!

Temples and Shrines in Seika: Shinden Shrine



Located in the Yamada area of Seika Town, Shinden Shrine is the tutelary deity of the Yamada and Inuidani areas. The details of its origin are unclear, but a *munefuda* (building marker) dated Tenmon 16 (1547) could allude to its construction date. A 13-story stone pagoda, the main shrine, a Hachiouji Shrine, and a sitting statue of Yakushi Nyorai (Bhaisajya or Buddha of Medicine) can be found on the shrine's grounds. The 13-story pagoda, designed as an Important Cultural Property, was created in Entoku 3 (1491), but the *fukubachi* and decorative jewel on its upper part are thought to have been added at a later date. Properties other than the pagoda are considered to be part of the Edo period. Be sure to visit Shinden Shrine on your trip around Seika Town.

Address: Seikacho Yamada Iouji 3 banchi

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) and are held 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!

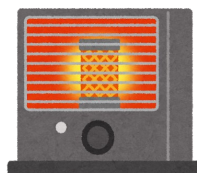
Facebook



Town Website



Word of the Month



ストーブ Room heater

Room heaters are often called “stoves” in Japan, which leads to some confusion with the one usually found in your kitchen. Gas and electric room heaters are the two types used most during the winter. Home fires are often caused by inappropriate room heater usage. If you plan on using one this year, be sure not to leave it on indefinitely and use it safely.

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