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Seika Town Mascot  
Kyōmachi Seika

"Akemashite omedetogozaimasu. May you have many happy days in the new year!"

## New Year's Greetings from the Mayor of Seika Town



Mayor of Seika Town  
**Masami Sugiura**

*Akemashite omedetogozaimasu* and Happy New Year.

I would like to express deep thanks to all of you, the citizens of Seika Town, for your understanding and daily cooperation with the local Seika Town government.

I will be welcoming my first new year as the Mayor of Seika Town after receiving the reins of the Seika government from former mayor Kaname Kimura, who served for 16 years. With the arrival of the new year, I have renewed my commitment to working towards a bright future for Seika Town.

Last year marked the transition from the previous Heisei era to the new Reiwa era. During this time, the Rugby World Cup, hosted in Japan, took center stage, where the Japan team played under the slogan "One Team" and enthralled the entire country with their tournament efforts.

This year, we welcome the Olympic and Paralympic Games to Japan, with events being held in Tokyo and various regions in East Japan. We in Seika Town will try our best to support the games and join in on the revelry sure to be had in Seika during the Olympics. I hope the coming of the Olympics drives not only local interest in sports, but also the improvement of personal health and the deepening of connections between each citizen that ultimately leads to greater town-wide longevity.

In local news, I am looking forward to making progress on the development of the East Gakken Komada area. I also plan to gather support for the expansion of the Kintetsu Keihanna Science City Line to Shin-Hosono Station and look to focus my efforts on the designing of the junior high school lunch center.

In closing, I wish all citizens of Seika Town a healthy and happy New Year.



**Ornamental kale decorated in the shape of a mouse to celebrate the New Year (in front of Hosono Station)**



Happy New Year from the Human Rights Department of Seika Town! How are you spending the new year? We would like to introduce some topics important in the new Reiwa era by using the hiragana characters 「れ・い・わ」.

### ◆「れ」 Reiwa-kon or Reiwa Marriages

News of couples waiting for Reiwa 1 to turn in their marriage registration is still fresh in the minds of residents across the country.

While many couples in Japan are getting married, 27.7% of households are designated as single-households. This number includes not only people who decide to stay single, but also the households of divorcees and widowers. This could be related to the increased average life expectancy and increasing lifestyle diversification in Japan.

On the other hand, marriage for same-sex or LGBT couples is still not recognized by the Japanese government. However, for couples that have a relationship akin to marriage, some local governments have created a “partnership system” option. Implementation of this system first started in Shibuya, Tokyo in 2015 and a number of other local governments throughout Japan have followed suit.



### ◆「い」 Ikumen

*Ikumen* is the portmanteau of the Japanese word *ikuji*, meaning “child-rearing,” and the English word “men.” It is defined as a man who finds raising a child both enjoyable and positive for his own personal growth.

While the percentage of men taking parental leave to raise their children has steadily risen, a survey conducted in 2018 showed that only 6.2% of men actually use their parental leave. In addition, it was found that fathers with young children contribute only 1 hour 23 minutes of time to child-rearing and household chores, half of that of other countries, leaving the majority of the burden to their wife.

Japan has long held onto the idea of gender roles in society, a representative one being that men should be out working while women take care of the home. In one 1979 survey, over 70% of respondents agreed with that sentiment. Another survey conducted in 2007 saw a complete heel turn, as over 50% of respondents disagreed with that statement, a percentage that has shown to have risen as recently as 2016.

The number of people who reject gender roles continues to rise in Japan.



### ◆「わ」 Work-life Balance

“Work-life balance” is the coexistence of work, home life, community activity, and personal improvement in manageable levels set by oneself.

The number of two-income households, in which both man and woman work, continues to increase year after year, and have outnumbered single-income households, where the man works and the woman is unemployed, since 1997. As of 2017, two-income homes outnumber single-income homes by 1.8 times, increasing to approximately 11,880,000 households. Now more than ever, work-life balance has become an important topic to everyone, no matter their gender.

**Let's work together and contribute to making the new Reiwa era a great one.**





## The Environment and Seika

As part of Environmental Policy creation in Seika Town, Seika enacted the Seika Town Environment Master Plan (*Seikacho Kankyo Hoshin Keikaku*). Currently, the Seika Town government, town residents, and companies are working together to realize a better environment. Introduced below are some of the plan's "Environmental Objectives" and what has been and is being done to achieve them.

### Activities from the previous year...

#### "A community that appreciates the majesty of nature and nurtures it for the future"

- **Promoting Environmental Education**

Efforts to teach children in Seika Town about environment and recycling were made through exhibitions at the Seika Children's festival. An environmental education school support program, a project with the goal of bringing environmental education into the classroom, created by the Regional School Cooperation Division was also made possible with the support of local residents.



- **Keeping Parks and Roads Clean as a Community**

In addition to the weeding and garden upkeep done by Seika Town, various town beautification projects were undertaken by neighborhood councils and the Seika Town Clean Partner system.

#### "A community concerned about resources and energy"

- **Waste Reduction and Recycling**

In an effort to follow waste reduction goals detailed in the Seika Town Garbage Disposal Basic Plan, Seika Town promoted the importance of preventing food waste, dehydrating kitchen waste before disposal, and how to properly recycle paper.

- **Eco-minded Transportation Options**

The Seika Town Global Warming Prevention Regional Committee, established to find solutions to global warming through public transportation, set a goal of encouraging residents to refrain from using their car and instead use the more eco-friendly option of public transportation. Articulated buses were incorporated into the public bus fleet and its effect on lowering CO<sub>2</sub> emissions was evaluated.



### Activities from this year...

- **Food Waste Prevention Campaign**

A Food Waste Prevention Campaign to inform families of the importance of lowering waste in the home was held for three months (from September to November). During this campaign, three effective points to keep waste low were promoted:

- ① Prioritize using foods that easily spoil.
- ② Place foods and ingredients you plan on using immediately at eye level in the your refrigerator.
- ③ Check your fridge before shopping to prevent overbuying.

The campaign also consisted of classes teaching how to effectively use leftover foods to make delicious meals and how to keep your refrigerator clean and organized. Additional refrigerator organization lectures that taught participants how to save money on their monthly food bill were also held.







## Town News

### Messages from Overseas

December 8 (Sunday)



A Japanese language speech contest for foreign residents living in Japan was held in the Exchange Hall (Koryu Hall) at Seika Town Hall on Sunday, December 8. In front of approximately 80 spectators, ten participants from a total of seven different countries gave speeches on various topics, such as their experience living in Japan, in Japanese.

In addition to the speech contest, a Seika Town resident who recently came back from an overseas school exchange talked about her experiences there. Junior high school students from Seika Nishi JH International Exchange Club and Kizu Minami JH Challenge Club also gave presentations of their own.

### Strawberry Talk

December 1 (Sunday)

“Let’s Talk about Seika Strawberries,” a panel discussion focused on the strawberries grown in Seika Town, was held in the Seika Town Library Meeting Room on Sunday, December 1. The panel consisted of 6 people from a variety of backgrounds including strawberry farm tourism, a strawberry grower and vegetable sommelier, a strawberry confection store worker, a farmer who moved from Yamaguchi Prefecture to Seika, and a production support center planner. The panelist talked about everything strawberry, from the current state of strawberry farmers to how community development can be centered around strawberry farms. They even touched upon how to improve the quality of strawberry sweets.

In the latter half, participants took part in a tasting session of local strawberries and talked shop with the panelists. Everyone left feeling a little more knowledgeable about strawberries and their importance in Seika Town.



### Kashinoki-en Center Temporarily Closing

Kashinoki-en Center will be temporarily closed from January 5 to March 31 for renovations.

We apologize for any inconvenience this may cause. Thank you for your cooperation and understanding.



## Town Events

### Keihanna Science Festival

Explore the strange and interesting world of science through participating in various crafts and activities at the Keihanna Science Festival! Research labs, businesses, educational groups, and other scholastic organizations from the Kansai Science City area will be gathering at the Keihanna Plaza Event Hall to bring attendees a day filled with scientific wonder.



Date: 2/11 (Hol./Tues.) 10:00 a.m. ~ 4:00 p.m.

Place: Keihanna Plaza Event Hall

Target: Elementary school aged children (some activities will be age restricted)

※ Please use public transportation to attend if possible. Limited parking will be available (fee required).

For more information, please visit the following website: (<https://kscan.jp/>)

Inquiries: Keihanna Science Communication Promotion Network (K-Scan)

TEL 0774-95-1900



### Kyoto Symphony Orchestra — Viva!!

Enjoy the complete sound of a full orchestra at the Kyoto Symphony Orchestra concert to be held at Keihanna Plaza Main Hall. The Orchestra will be playing Hungarian Dances (J. Brahms), Pomp and Circumstance Marches (E. Elgar), and Symphony No. 5 (L. Beethoven), and others.

Date: 2020/2/9 (Sun.) 2:00 ~ 4:00 p.m.

Place: Keihanna Plaza Main Hall

Fee: General 3500 yen Univ. student and under 2500 yen

Tickets: Purchasable at Keihanna on the third floor of Keihanna Plaza during business hours (9:00 a.m. ~ 5:00 p.m.); online sales on Keihanna Plaza homepage

※ Children under elementary school age will not be permitted to enter.

※ Daycare available during concert (reservation req.)

Inquiries: Keihanna Science City Vitalization Promotion Association

TEL: 0774-95-5034

E-mail: [konsato@ml.keihanna-plaza.co.jp](mailto:konsato@ml.keihanna-plaza.co.jp)



### Music Box Vol. 18

Listen to the soothing sounds of the mini harp at Music Box Vol. 18.

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

Place: Seika Town Hall Exchange Hall (Koryu Hall, Town Hall 2F)

Organizer: Seika Town Cultural Association - Music League

Inquiries: Seika Town Cultural Association Music League TEL 090-8380-4805 (Murakami)



### Setsubun Bean Throwing and Origami

Celebrate Setsubun with us at Keihanna Commemorative Park! First 100 participants will receive beans to throw at the demons. *Oni wa soto, fuku wa uchi!* Setsubun origami booth will also be open.

Date: 2/2 (Sun.) 2:00 ~ 4:00 p.m.

Place: Keihanna Commemorative Park Visitor Center Basement Floor





## 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 “Vegetable and tuna stew” with this recipe:

### \* Ingredients (2 servings)

Potatoes·····	100g	Canned tuna··	40g
Carrots·····	120g	Stew roux····	30g
Onions·····	100g	Water·····	160ml
Canned corn····	40g		

### \* Instructions

1. Chop potatoes and carrots into small pieces.
2. Cut onions into chunks.
3. In a small plastic bag, combine potatoes, carrots, onions, canned corn, tuna, stew roux, and water, and mix well.
4. Once mixed, remove air from bag and close tightly.
5. Place bag in a pot of boiling water, and heat for about 20 minutes.



### \* Nutrition information (per serving)

Calories	171kcal	Protein	6.3g
Calcium	19mg	Dietary Fiber	2.7g
Fat	5.6g	Sodium	1.6g



## QUICK LIST

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

This month's theme: New Year's Osechi Dishes

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



1. れんこん - lotus root  
くり
2. 栗きんとん - chestnut dumplings
3. ごぼう - burdock root
4. えび - shrimp  
こうはく
5. 紅白かまぼこ - red and white fish cake  
きんかん
6. 金柑 - kumquat  
くろまめ
7. 黒豆 - black beans  
たづな
8. 手綱こんにゃく - braided konjac  
こんぶまき
9. 昆布巻 - seaweed rolls  
こうはく
10. 紅白なます - dressed carrot and daikon  
ちくぜんに
11. 筑前煮 - braised chicken and vegetables  
だてまき
12. 伊達巻 - sweet rolled omelet  
たい
13. 鯛 - red snapper

単語



## Town Events

### Keihanna Plaza Puchi Concert

Enjoy a mini classical concert held in the Keihanna Plaza atrium lobby.

Set-list (by session):

- ① Excerpts from *Die Schon Mullerin* Op. 25 D. 795 / F. Schubert

Date:

- ① 1/22 (Wed.) 12:15~12:45 p.m.



## Seika Town Facility Schedules

### Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
1/12 (Sun.)	Internal Medicine	2/9 (Sun.)	Pediatrics
1/13 (Hol./Mon.)	Internal Medicine	2/11 (Hol./Tues.)	Internal Medicine
1/19 (Sun.)	Internal Medicine • Pediatrics	2/16 (Sun.)	Pediatrics
1/26 (Sun.)	Internal Medicine • Pediatrics	2/23 (Hol./Sun.)	Internal Medicine • Pediatrics
2/2 (Sun.)	Internal Medicine	2/24 (Hol./Mon.)	Internal Medicine • Pediatrics

### Mukunoki Center

Date	Time	Details
1/15 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
1/22 (Wed.)	—	Closed
1/26 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
1/29 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
2/5 (Wed.)	3:00~5:00 p.m.	Table Tennis Day

※Please call before visiting for a check-up

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

### Health Center

Date	Time	Details
1/15 (Wed.)	1:00 p.m. ~	2 yr. Old Dental Health Check-up
1/17 (Fri.)	1:00 p.m. ~	3-4 mon. Old Health Check-up
1/21 (Tues.)	1:00 p.m. ~	9-10 mon. Old Health Check-up
2/4 (Tues.)	1:00 p.m. ~	3.5 yr. Old Health Check-up



## Sensational in Seika!

### Strawberry Central, Seika!



Plate of Seika strawberries. Yum!

Strawberries are one of Seika Town's local specialties, and have been grown in Seika for over 30 years. In addition to having the largest cultivation area for strawberries in Kyoto Prefecture, strawberry farms in Seika welcome 30,000+ visitors during the strawberry picking season. Seika's strawberry farms play a central part in local tourism. Local farms grow a variety of strawberries such as *sakahonoka* and *toyonoka*, and are open for picking from mid-January to May. This past year, a strawberry harvestable in every season (except mid-summer) was developed. This new berry, rich in natural fruit sugar and aroma, is perfect for making baked goods. While delicious as is, we recommend visiting a sweets shop in Seika that uses local strawberries in their confections!

### 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](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 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](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) 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



ねんがじょう

年賀状

## New Year's Greeting Card

*Nengajo* are Japanese greeting cards that convey New Year's greetings from the sender to the receiver. In addition to greetings, the card includes feelings of thanks for the previous year and a wish for continued patronage or friendship in the coming new year. Have a happy and healthy year!

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