

**Science and Sweets in our town Seika!****TABLE OF CONTENTS**

SCIENCE AND SWEETS IN SEIKA	1
CORONA VIRUS INFORMATION	2
WASHING YOUR HANDS + QUICK LIST	3
PREVENTING FOREST FIRES	4
TOWN NEWS	5-6
TOWN EVENTS	6
FACILITY SCHEDULES+ASUNARO COOKING	7
SENSATIONAL IN SEIKA	8
CONTACT INFO	8
WORD OF THE MONTH	8

**Seika Town Mascot
Kyōmachi Seika**

"The strawberries grown in Seika are super delicious! Come visit and pick some at one of our many strawberry farms!"

Children of the Science City Project's 2020 Keihanna Science Festival

The 6th iteration of the Keihanna Science Festival, 2020 Keihanna Science Festival, was held at Keihanna Plaza on February 11. A total of 25 booths participated in the event and provided enjoyable, science-related activities for the 2000 parents and children that attended.

At Kyoto Seika University's booth, attendants made their own vegetable wraps using often disposed parts of vegetables like radish leaves and the outer leaves of cabbage. Festival goers that visited Keihanna Science Education Design Lab booth created straps with beads that respond to UV light and played Jenga with giant styrofoam blocks.

Some booths offered up rare activities for visiting children. At the Research Institute of Innovative Technology for the Earth booth participants learned about the inner workings of thermal energy through a simple experiment, and at the Consumer Education Promotion Club's they dissected a giant dried sardine. We hope to see you all at the next science festival!

**It's Strawberry Picking Season in Seika Town!**

On February 8 and 9, two local strawberry farms, Hanayagi Farm and Hirobiro Farm held strawberry picking and iced-cookie making events. After partaking in fresh strawberries they hand-picked themselves, participants tried their hand at icing cookies. The amazing weather made for a great day of strawberry picking and cookie decorating at both farms.

Strawberry farms Hanayagi Farm and Hirobiro Farm in Seika will be open to the public for strawberry picking tours until mid-May. If you would like to pay them a visit to pick your own strawberries please give them a call or make reservations on their websites. Tour prices can be found on homepages of each farm.

**Inquiries:**

Hanayagi Farm Tel 0774-93-4811 (9:00 a.m. ~ 4:00 p.m.)

<http://www.hanayagifarm.com>

Hirobiro Farm Tel 090-2107-3887 (9:00 a.m. ~ 5:00 p.m.)

<http://www.hirobirofarm.com>



Information Regarding the Corona Virus

What is the corona virus?

The new strain of corona virus (COVID-19), first discovered in December 2019, is an infectious virus that affects the respiratory system. It is reported to cause coughing, fevers and pneumonia. The virus is transmitted through coughing, sneezing and direct contact with contaminated surfaces.

If you experience any of the below symptoms, please call the Corona Virus Consultation Center

- Cold-like symptoms or a fever of 37.5 Celsius for over 4 consecutive days (even when taking medicine)
- Intense fatigue or hardness of breath
- ※ For elderly persons or persons with a serious preexisting condition, call the consultation center if you are experiencing any of the above for 2 days.

Preventing the spread of infection

What you can do to prevent infection:

- After going outside, wash your hands and gargle with water or mouthwash
- Disinfect your hands using an alcohol-based disinfectant
- Avoid visiting crowded areas
- Keep rooms humid and well ventilated
- Lead a healthy lifestyle and get adequate rest
- Eat a balanced diet and drink plenty of fluids

Preventing infection with proper coughing etiquette

- If you are coughing or sneezing, wear a mask.
- If you don't have a mask, sneeze or cough into a tissue or the crook of your arm.



Further information on the new corona virus

<http://www.clair.or.jp/tabunka/portal/info/contents/114517.php> (CLAIR)

http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html (Japan Ministry of Justice)

Corona Virus Consultation Center Contact Information

Contact	Yamashiro Minami Health Center (hokenjo)		
Telephone Number	0774-72-0981	Open Time	8:30 ~ 17:15 (weekdays)
Languages	Japanese		

Contact	Kyoto Prefecture		
Telephone Number	075-414-4726	Open Time	24 hours
Languages	Japanese		





Be Thorough When Washing Your Hands!

Prevent the spread of viruses by washing your hands with soap and using the method below!



- ① Work up a later and rub your palms together.



- ② Wash the back of your hand by interlacing your fingers and scrubbing.



- ③ Scrub between your finger tips and fingernails.



- ④ Wash between your fingers.



- ⑤ Wash your thumbs by using your fist and making a corkscrew motion.



- ⑥ Don't forget your wrists!

After washing, dry your hands with a clean towel!



QUICK LIST

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

This month's theme: Japanese counters

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



1. ひとつ、一個 ^こ - general counter
2. 一本 ^{ほん} - cylindrical, long, stick-like item counter
3. 一枚 ^{まい} - flat item counter
4. 一匹 ^{ひき} - small, mid-size animal counter
5. 一頭 ^{とう} - large animal counter
6. 一冊 ^{さつ} - book, magazine counter
7. 一台 ^{だい} - large machine, car counter
8. 一曲 ^{きょく} - song counter
9. 一切れ ^{きり} - sliced food item counter
10. 一件 ^{けん} - matter or case counter
11. 一着 ^{ちやく} - clothes and garment counter
12. 一泊 ^{はく} - overnight stay or rental counter
13. 一坪 ^{つぼ} - land size unit (approx. 3.31 sq. meters)

単語



Preventing Forest Fires

Approximately 70% of forest fires happen between winter and the beginning of spring, and a majority of them are caused by human carelessness. In order to prevent forest fires, it's important to increase our awareness about fire prevention.

How to prevent forest fires from happening...

1. Refrain from making open air fires and field burning during strong wind or dry weather warnings.
2. Before making open fires, be sure to have water for fire extinguishing at the ready.
3. Never leave the site of a fire you make and completely extinguish it after you're finished using it.
4. Extinguish cigarettes with water and dispose of them properly. Do not throw them away carelessly.



Crop burning instructions by the Fire Department

In Seika, there have been many cases of forest fires started by *noyaki*, or “field burning”, a controlled fire started by farmers to help eliminate weeds in their crops. Field burning is especially dangerous during dry weather spells and strong wind. During these types of weather, the fire department dispatches fire trucks throughout town to warn people who may be field burning of the dangerous conditions.

When field burning, never leave the site of the fire. On days when the wind is strong, it would be best to refrain from field burning entirely.



Spring is the season for fire prevention!

As we head into Spring, we must all remember to be aware of the dangers of fire, something we often forget in our daily lives. In order to increase fire awareness and fire prevention knowledge, the entire country will hold a “Spring National Fire Prevention Movement” from March 1 ~ 7. Let's practice good fire safety every day!



しょうぼうしん Fire Department Information (消防通信) on the Town Homepage!

Find information about Seika Town Fire Department events and activities on the Seika Town homepage. (in Japanese)
Check it out!

精華町
消防通信





Town News

Turning a Temple into a Classroom

Team Terakoya, a group associated with the Seika 365 project dedicated to spreading wellness throughout the town, held a Japanese culture and tea event at Shokoji Temple in the Naka region of Seika Town. 32 Naka residents of all ages attended, from 3 years to 84 years old!

After a sermon from Chief Priest Toko, Ms. Fujita held a hand games and quiz lecture where attendants learned about tea, and participated in a tea ceremony.

The children asked questions about the temple and were watched over by their parents or guardians while they participated in their first tea ceremony. It was an event full of cross generational exchange.



From Garden to Table

Seika 365 Project's Itsumo Yasai Café Restaurant, in cooperation with Kami no Sono's Farm Life Club, held a harvest festival on January 28 at Kami no Sono. Itsumo Yasai Café Restaurant joined the Farm Life Club's activities in September of last year. The Farm Life Club promotes a healthy life through farming activities. Vegetables planted together with the Club were used at the event to make okonomiyaki.

Children joined in on the cooking with the Farm Life Club and Itsumo Yasai members, making it an enjoyable multi-generational event. The inclusion of home-grown vegetables made the okonomiyaki especially delicious!

Looking to meet more families? Join us at Ichigo Ichie!

Do you have a child and are looking to befriend other families raising their own children in Seika? Look no further than Ichigo Ichie!

Ichigo Ichie was created to give families a safe place to enjoy the company of other families in the area. At this gathering, families can enjoy Japanese and foreign language picture book reading sessions, sing songs, talk about raising their children, and exchange important information on a variety of topics. Gatherings are held in easy Japanese with English used when necessary.

Connect with other families and make friends at Ichigo Ichie!

Date: 1st Sunday of the month (6 times a year)

Fee: Adults 100 yen Children Free

Apply: Visit the Ichigo Ichie website (<http://www.sgnhiroba.blogspot.jp>) to apply

※Gathering date, time, and location are subject to change. For more information please visit the Ichigo Ichie website.





Town News

Waste Reduction Brainstorming Workshop

A waste reduction brainstorming workshop, with the goal of lowering the amount of waste disposed in Seika Town, was held in the Seika Town Library 1st floor meeting room on February 15.

Mr. Yasufumi Suzuki, a representative from the Hinodeya Eco-life Laboratory, provided a lecture for the event where he talked about the current issues and problems regarding waste. He also prepared a waste reduction-themed game for lecture attendants.

After his lecture, attendants exchanged ideas on how to make Seika a zero waste town, and shared their thoughts about how to lower the town's waste in general.



Food Culture Around the World

The Chikyukko Lecture, a lecture series dedicated to spreading international understanding, was held at Mukunoki Center on February 16. 50 people, including local residents and foreign residents, attended the lecture.

The event consisted of delicious food, talks from former participants of the Kyoto Overseas Co-operative Association's Youth Overseas Co-op Team program and a card game where attendants learned about the differences and similarities in the food cultures of multiple countries.

Be sure to join in on the fun at the next Chikyukko Lecture!



Town Events

Event Cancellations, Postponements, and Scale Reductions

In order to prevent the spread of COVID-19 (corona virus), a number of town events will be cancelled, postponed, or reduced in scale. As such, the March issue of the Ichigo Newsletter does not contain any information regarding town events.

Many events advertised in the Seika Town magazine, Hanaso, will also be cancelled, postponed, or reduced in scale. Please contact the event organizer to check the status of a particular event before applying to participate.

Please refer to the URL below for a list of events that will be cancelled, postponed, or reduced in scale. Information about the virus itself can be found on page 3 of this newsletter.

Thank you for your understanding and cooperation.

URL: https://www.town.seika.kyoto.jp/kinkyu_list/12646.html (Japanese)





Seika Town Facility Schedules

Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
3/15 (Sun.)	Internal Medicine	4/12 (Sun.)	Internal Medicine
3/20 (Hol./Fri.)	Pediatrics	4/19 (Sun.)	Internal Medicine • Pediatrics
3/22 (Sun.)	Internal Medicine • Pediatrics	4/26 (Sun.)	Internal Medicine • Pediatrics
3/29 (Sun.)	Internal Medicine • Pediatrics	4/29 (Hol./Wed.)	Internal Medicine
4/5 (Sun.)	Internal Medicine	※Please call before visiting for a check-up Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)	

Health Center

Date	Time	Details
Due to the spread of the corona virus, all Health Center events for the month of March have been cancelled. We apologize for the inconvenience.		

Mukunoki Center

Date	Time	Details
4/8 (Wed.)	3:00~5:00 p.m.	Table Tennis Day
Due to the spread of the corona virus, all Mukunoki Center events for the month of March have been cancelled. We apologize for the inconvenience.		

Asunaro Cooking

Looking for new recipes to incorporate into your cooking repertoire? Learn new recipes from the Seika Town Diet Improvement Association "Asunaro-kai!" Learn how to make "Pineapple Muffins" with this recipe:

* Ingredients (6 muffins)

Canned pineapple	120g	Baking powder	3g
Flour (light)	120g	Unsalted butter	50g
Milk	60g	Sugar	60g
Eggs	1 med.	Raisins	50g

* Instructions

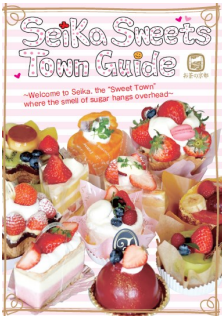
1. Cut pineapple into 6~7mm squares.
2. Combine light flour and baking powder then sift.
3. Melt the butter separately.
4. Mix together egg, sugar, and milk in a separate bowl.
5. Incorporate liquid mixture slowly into flour and baking powder, and mix so there's no lumps.
6. Pour melted butter into mixture.
7. Sprinkle raisins and cut pineapples into mixture, then mix well.
8. Pour mixture into muffin molds (just over half the cup).
9. Bake at 170 Celsius for 20 minutes.
10. Once muffin turns light brown, cover with aluminum foil and bake for additional 10 minutes.

* Nutrition information (per muffin)

Calories	240kcal	Protein	3.7g
Calcium	40mg	Dietary Fiber	1.0g
Fat	8.7g	Sodium	0.1g



Sensational in Seika!



The Sweets Town, Seika

Japan is well-known not only for its top-class traditional and international cuisine, but also for its delicious eastern and western-style confections. Seika Town is home to a number of confectionery shops that contribute to Japan's reputation as a must-visit destination for dessert lovers. Whether you prefer cake or Japanese dorayaki, you're sure to find sweets that suit your taste in here in Seika. In order to help you find the perfect dessert, we compiled a guidebook called "Seika Sweets Town Guide" that contains information about the various confectionaries around Seika. This guide book is available in both Japanese and English and can be found on the Seika Town Homepage (English homepage, "Attractions" category). Come find your favorite dessert in Seika!

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

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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



まつ
ひな祭り
Girls' Day

Hinamatsuri, or Girls' Day, is a traditional Japanese event that takes place on March 3. On this day, people pray for the health and sound growth of girls. The most well known custom of Girls' Day is the exhibition of the elaborate, decorative *hinadan*, or the tiered hina doll stand. Did you see any *hinadan* this year?

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