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Seika Town Office

ICHIGO

いちご



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Seika's English Language Newsletter

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Seika Town Mascot
Kyōmachi Seika



"We need everyone's help to defeat the coronavirus!"

Fight Coronavirus with Kyomachi Seika!

Protecting Yourself Against the Coronavirus

Social Distancing Defined 2

"Social Distancing" is the action of purposefully opening space between yourself and other people to prevent the spread of viruses.

When making necessary trips outside to places like the supermarket or hospital, be sure to put 2 meters of space between yourself and others around you!



2 METERS

1 Coronavirus Prevention Measure #1 Social Distancing

What's "Social Distancing...?"

Be sure to practice good coughing etiquette, wash your hands well, gargle, and avoid cramped areas with poor ventilation, crowds, and close quarter settings! And don't forget social distancing!

Special precautions are being taken at service windows in Seika Town Office to protect both employees and visitors from contracting the virus. 3

To all Seika Town Office Visitors :

This screen is placed to protect you and employees of the Seika Town Office from contracting COVID-19 (Coronavirus).

Thank you for your cooperation

Seika Town Office



Screens are outfitted at each service window for everyone's protection!

4

Coronavirus Prevention Measure #2 Regular Exercise

Protect yourself by exercising!

Many are worried that their health will be affected by staying indoors to prevent spreading the virus.

Being sedentary can lead to losing muscle mass, causing you to tire easily, and lose the strength to fight viruses.



I'm worried I might get infected if I go outside...

Updates and information about the coronavirus are posted on the Seika Town homepage. Check it out!



Be careful of your health and let's fight this virus together!

6

Protect yourself against the coronavirus by being mindful of these 3 points! 5

- Find time to move around and exercise!
- Practice good oral hygiene and eat a balanced diet!
- Talk to friends and family through voice or video calls!

Be sure to eat a well-balanced diet!



Let's use our phones to call each other!



The Monthly Prescription is an easy to understand, monthly medical advice column written by various doctors from the Soraku Doctor's Association. This month's contributor is **Dr. Tamura** from Tamura ENT in Kizugawa City.

The nose functions as a sensory organ that allows you to smell and also operates as a respiratory organ that connects to your lungs and allows you to breathe.

While it is also possible to breathe through your mouth, breathing through your nose helps clean out the inside of your nostrils and delivers temperate, appropriately moisturized air directly to your lungs. Breathing through your mouth can cause you to catch colds easily, suffer from a dry mouth or throat, and even cause bad breath as it allows dirty, cold, dry air to enter directly into your lungs.

Regularly breathing through your nose will also help you better sense when you're having a hard time breathing due to nasal congestion. You may not notice if your nose is congested if you have a habit of breathing through your mouth. Consciously closing your mouth and purposefully breathing through your nose is a good way to check if your nose is congested.

Nasal congestion can stem from mucus as well as non-mucus related issues.



Congestion sometimes happens when you catch a cold or have hay fever, and the free-flowing mucus that occurs at the beginning of a cold or during hay fever season can be an unpleasant symptom. However, this symptom is not the cause of congestion. The major cause of congestion is often an inflammation inside your nose that causes the mucus membrane to swell, leaving less room for air to pass through.

As thick mucus that sticks to the mucus membrane during sinusitis or a cold flows deeper into your nostril, children who are unable to blow their nose well could suffer from a buildup of mucus inside their nose which leads to congestion.

The narrowing of your nasal passage can also be caused by polyps or tumors, a deviated septum (wall between left and right nostrils), or the presence of other foreign bodies inside your nose. Congestion problems could also be unrelated to your nose and instead stem from an inflammation of the nasopharynx (the area between your nose and throat).

Suffering from congestion in your sleep can cause snoring or sleep apnea. These symptoms could prevent you from having a good night's rest and worsen your sleeping posture, which could adversely affect your mental health, stunt your physical growth, and raise the possibility of suffering from high blood pressure, heart disease, or a stroke.

There are many ways to treat congestion such as prescription medicines or surgery that could help you live a better life and help you breathe easier through your nose. If your nasal congestion persists, please visit an ENT for a check-up.





How've You Been? Looking back with former CIR Kai Wiesner-Hanks

Kai Wiesner-Hanks

9th Seika Town Coordinator of International Relations (2010-2012)

Howdy everyone, my name is Kai Wiesner-Hanks and I was the Coordinator for International Relations in Seika from 2010-2012. It is very hard to believe that it will soon be 10 years since I first arrived in Seika Town. Back then I was very new and inexperienced and made plenty of mistakes, but thanks to the help of my coworkers and the citizens of Seika I was able to learn a great deal.

Today I work at the Japanese Consulate in San Francisco, California where I am in charge of the Japan Exchange & Teaching (JET) Program. Every year we recruit, train, and send dozens of young Americans to Japan to work as Assistant Language Teachers or Coordinators for International Relations. The experiences I gained in Seika directly help me better prepare these groups for life in Japan.

Ten years is a very long time. Especially now with everything happening with Covid-19, I like to reminisce about my time in Seika. Going strawberry picking in spring, moon viewing in Keihanna park, eating katsu curry from the little restaurant in the town hall, or just taking the train down to Nara or up to Kyoto City on the weekend. Everything about my time there is a very important memory to me and I very much look forward to coming back someday. I wish everyone in Seika all the best!



Kai Wiesner-Hanks now



Kai doing his thing at a local preschool

Simply Sugiura



Mayor Masami Sugiura donning a mask during his interview

Interview with Masami Sugiura, Mayor of Seika Town

- How do you feel looking back on the last 6 months?

The last 6 months went by quite fast, but in that time I learned the true gravity of the position of mayor and the weight my words carry.

- What is your favorite word or saying?

I like the Japanese idiom “Seiren Keppaku” (absolute integrity). I hope to maintain a sense of responsibility in my administration.

- Please tell us about your interests outside of work.

When I have time on my days off, I like to put time into caring for the raku-imo, a Seika specialty, I'm growing with members of the Hanaki Association. Before becoming mayor I had grown pansies and other flowers, but as of late I haven't had much time for them. Flowers and greenery in general brighten my mood and provide me with a sense of calmness. Especially during turbulent times such as now, I wish I could spend everyday around them.

- What would you like to say to the citizens of Seika Town?

As I'm sure you are all aware, a state of emergency was announced for Tokyo and other prefectures in response to the spread of COVID-19 (Coronavirus) in Japan. We may be asked to endure some difficulties in our daily life in the coming days, but the actions of each and every citizen in Seika, as well as Japan, will be a major support in overcoming this crisis. As the head of the local government in charge of administering public services to you, the citizens of Seika, I promise to do all I can to tackle this crisis. Thank you for your continued understanding and cooperation. (Interview held on April 13)



Town News

Don't forget to register your pet dog!

As all pet owners know, owning a pet comes with responsibility. In order to properly care for your pet, it's important to know the right information. The points below describe the rules for dog registration and vaccination as described in the Rabies Prevention Law.

- All newly owned dogs over 91 days old must be registered at the Town Hall (one time registration, fee required).
- If the owner is moving from another municipality with their dog, they must bring the *inu no kansatsu* (dog license) they received from their previous municipality to the town hall for notification (fee required if license needs reissuing).
- If there is any change in ownership of the dog or address of the current owner, the town hall must be notified within 30 days of the change.
- Dogs must receive a rabies vaccination once every year and owners must receive a *kyoukenbyou yobou chuushazumihyou* (rabies vaccination completion form; fee required).
- In the event of the dog's death, it must be reported to the town hall.



All of the above can be taken care of at the Seika Town Hall Environment Promotion Division on the 2nd floor.

Garbage Separation Website GOMISAKU



Have you ever had trouble figuring out what categories to separate your garbage into? GOMISAKU is a website where you can look up garbage separation categories and the proper way to dispose of a certain piece of garbage when you're unsure what to do with it.

Type the URL below into the browser on your smartphone or other device, and put in the Japanese word for the item you are to throw away in the search bar to find out how to properly dispose of it. Be sure to use it next time you find yourself in a trash conundrum!

URL: <https://www.gomisaku.jp/0055/?lang=ja>

Emergency Alert System (J-alert) - Automatic Transmission Testing

In cooperation with nationwide disaster information transmission testing and earthquake emergency announcement testing, the wireless emergency alert systems will be running an automatic broadcast in Seika Town (13 speakers set up in various locations). Residence in the area may be affected by the noise of the broadcast. Thank you for your understanding.

In the event of a weather event or real earthquake, these tests will not take place.

J-alert Nationwide Disaster Information Transmission Test

- 1st Test: 5/20 (Wed.) 11:00 a.m.
2nd Test: 10/7 (Wed.) 11:00 a.m.
3rd Test: 2021/2/17 (Wed.) 11:00 a.m.

Earthquake Emergency Announcement Test

- 1st Test: 6/17 (Wed.) 10:00 a.m.
2nd Test: 11/5 (Wed.) 10:00 a.m.





Town Events

Healthy Diet, Healthy You Projects

What are “Healthy Diet, Healthy You Participating Stores?”

Restaurants participating in the Healthy Diet, Healthy You project serve dishes that use plenty of vegetables and are low in sodium, provide caloric values and food allergy information for their entrees, and actively participate in improving the health of people living in Kyoto Prefecture.

Participating restaurants have this purple sticker posted somewhere in their restaurant.



Participating Restaurant Introduction

Kissa Rainbow

This restaurant, located inside the Seika Golf Center, serves delicious dishes packed with vegetables!

Address: Hishida Yamanoshita 27-1

Hours: 10:00 a.m. ~ 4:00 p.m.

Closed days: n/a (closed during year-end and new year holidays)

Tel: 0774-66-4369



Promoting Safe Bicycling

May is Bike Safety Promotion month here in Seika! Be sure to follow the 5 Rules of Safe Bicycling detailed below when going out for a ride!

1. Ride bicycles on roadways. Riding on sidewalks is allowed in special circumstances (no bike lane, designated bike lane on sidewalk, etc.)
2. Keep to the left when riding.
3. Yield to pedestrians on sidewalks and ride slowly on the side closest to road traffic.
4. Observe safety rules.
5. Children must wear a bicycle helmet.



The Town Events section will not be included in this month's issue of Ichigo as a measure to prevent the spread of the coronavirus. Thank you for your understanding and cooperation.

Information on COVID-19 (Coronavirus)

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

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

Coronavirus Consultation Center Contact Information

Contact	Kyoto Prefecture		
Tel	075-414-4726	Hours	24 hours
Lang.	Japanese, English, Chinese, Korean, Portuguese, Spanish		





Town News

When going out, avoid the three 「密」!

① ^{みつべいくかん} 密閉空間 : Avoid small enclosed spaces with bad ventilation.



② ^{みつしゅうばしょ} 密集場所 : Avoid places with lots of people in one area.



③ ^{みつせつばめん} 密接場面 : Avoid close quarter situations.



Preventing the cluster-spreading of the virus is important in stopping the spread of coronavirus.

Avoid events and gatherings where any of the three 「密」 could occur!

Seika Town Facility Schedules

Sōraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
5/6 (Hol./Wed.)	Internal Medicine • Pediatrics	6/7 (Sun.)	Internal Medicine
5/10 (Sun.)	Internal Medicine	6/14 (Sun.)	Internal Medicine • Pediatrics
5/17 (Sun.)	Internal Medicine	6/21 (Sun.)	Internal Medicine
5/24 (Sun.)	Internal Medicine • Pediatrics	6/28 (Sun.)	Internal Medicine • Pediatrics
5/31 (Sun.)	Internal Medicine • Pediatrics	※Please call before visiting Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)	

Health Center

Date	Time	Details
To prevent the spread of COVID-19 (coronavirus) all Health Center events for the month of May have been cancelled. We apologize for the inconvenience.		

Mukunoki Center

Date	Time	Details
To prevent the spread of COVID-19 (coronavirus) all Mukunoki Center events for the month of May have been cancelled. We apologize for the inconvenience.		



Asunaro Cooking

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

Learn how to make “pork and cabbage rolls” with this recipe:

* Ingredients (2 servings)

Cabbage····· 200g	Boiled cabbage liquid· 500cc
Pork shoulder··· 4 slices	Parsley····· pinch
Carrots····· 40g	A:
Salt····· pinch	Consomme····· 1/2 tsp.
Pepper····· pinch	Salt ····· pinch



* Instructions

1. Boil cabbage leaves in pot of hot water until soft, remove them, then set aside to cool. Save liquid.
2. Chop carrots into fine strips.
3. Salt and pepper pork slices, bunch carrot strips, and wrap pork around them.
4. Wrap boiled cabbage around the pork and carrot wraps.
5. Add consomme and salt to liquid used to boil cabbage, and bring to boil.
6. Turn off the heat, and place carrot, pork, and cabbage wraps into pot.
7. Cover pot and simmer on low heat for 30 minutes.
8. Plate and top with parsley.

* Nutrition information (per serving)

Calories	164kcal	Protein	10.5g
Calcium	59mg	Dietary Fiber	2.7g
Fat	9.8g	Sodium	0.5g



QUICK LIST

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

This month's theme: Trees

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



1. すぎ 杉 - Japanese cedar
2. ひのき 檜 - Japanese cypress
3. もみ 樅 - Momi fir
4. くり 栗 - Japanese chestnut
5. けやき 欏 - Zelkova tree
6. かし 欒 - Japanese oak
7. くすのき 楠 - Camphor tree
8. まつ 松 - Japanese pine
9. きり 桐 - Paulownia tree
10. は 葉っぱ - leaves
11. きはだ 木肌 - bark
12. もくざい 木材 - wood (material)
13. き えだ 木の枝 - branches
14. かふん 花粉 - pollen

単語

Sensational in Seika!



Aozora-go parked and waiting for patrons

Bringing Books to Your Neighborhood!

In order to bring the joy of reading books to the children of Seika Town, no matter where they live, the Seika Town Library operates a mobile library called “Aozora-go.” The library-in-a-van makes rounds through all 23 regions in Seika. Not only can you borrow books from Aozora-go, you can return them there as well, making it perfect for people who would like to use the library more often but don’t live close to it. Aozora-go does not operate on holidays and scheduled library closed days. Check the back of the Seika Town magazine Hanaso if you would like to know Aozora-go’s schedule for the month. Happy reading!

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



かしわもち

柏餅

Kashiwa Mochi

Kashiwa mochi is a traditional Japanese confection made of mochi wrapped in the leaf of a *kashiwa* tree, and is eaten on *Tango no Sekku*, or Children’s day. It is usually filled with bean paste, but it can also be filled with miso paste. The name of this confection differs from region to region. Try eating one this Children’s Day (May 5).

Check out the Kyōto CIR blog: <http://tabunkakyoto.wordpress.com/>