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Seika Town Mascot
Kyōmachi Seika



"Be careful of heat-stroke and the coronavirus this summer!"

Heat Stroke and Coronavirus Prevention

Effects of Mask Wearing During Summer

Heat stroke, also known as sun stroke, is a type of heat illness that occurs when one's physical condition worsens in a place with high heat or humidity.

Mask wearing has been requested of everyone as a preventative measure against the coronavirus and as part of a "new lifestyle" with coronavirus. As the temperature continues to rise this summer, you'll hear many people commenting on how hard it is to breathe when wearing a mask or how stuffy it is. Mask wearing, particularly during a hot and humid summer, will increase one's risk of getting heat stroke. Also, as people have been practicing restraint in their daily lives, they have had less chances to go outdoors or get exercise, and their bodies may not be used to the summer heat.

If you feel ill out in the sun, assume it's heat stroke and make an effort to find a cool place to take a breather.

Heat Stroke Prevention Tips

① Stay hydrated and take breaks!

Even if you aren't thirsty, drink water often and make sure to take breaks in cool places when necessary.



② Avoid the heat!

Do your best to avoid outdoor areas with strong sunlight, and use an air conditioner or electric fan to regulate the temperature when you're indoors. Avoid exercising or working outdoors when the sun's at its hottest, and instead try to choose a time of day that's cooler. If you can maintain distance between yourself and others (2 meters and over), you can take off your mask, which is effective in preventing heat stroke.

③ What to do if you have heat stroke...

If you catch heat stroke, move yourself to a place with good air ventilation or an air conditioned room, drink fluids, and rest. Loosening your clothing or belt can also be effective in cooling down your body. If heat stroke symptoms do not go away, see a doctor as soon as possible.



This summer, we all must be careful of heat stroke and the coronavirus. You can protect yourself from both by equipping yourself with the proper knowledge. Make an effort to take the proper precautions and spend this summer in good health!



Support Restaurants in Seika Town!

Seika Town has gathered the information of local restaurants with take-out or delivery services and is conducting a support campaign to support eating local. Below is a list of restaurants currently participating in the campaign. Take a picture of what you ordered from any of the restaurants below and post it to an SNS platform with the hashtag #精華エール飯 to get the word out and support local businesses! Seika Town is currently looking for more local restaurants that would like to participate in the campaign and have their information posted on our homepage.

Alternative Curry (オルタナティブカレー)

TEL 090-1130-4157

Seika Higashibata
Minamiyamanaka 2-1

Take-out available for curry and cheesecake (day-of phone orders). Rice flour bread also for sale.



Luck Room Cafe

TEL 0774-66-7509

Seika Hosononishi 1-22-5

Take-out available for phone orders (reservations taken until day before; limited availability). Reserve order 2-3 days ahead for more availability.



Yell Café

(え〜るかふえ)

TEL 0774-84-9894

Seika Shimokoma Kamishinjo 31
Bento, hot sandwiches, and cake available for take-out (reserve by phone).



Hyotan-ya (ひょうたんや)

TEL 0774-94-3131

Seika Hosono Koda 4-3

Take-out sushi and homemade bento available (reserve 2-3 days beforehand; from 1000 yen). Free delivery for orders over 5000 yen.



Café Rhine (ライン)

TEL 0774-95-5179

Seika Hikaridai 1-7 (Keihanna Plaza 1st fl.)

Bento-of-the-day available for take-out.



Kodama Bread (こだまパン)

TEL 0774-77-8143

Seika Shimokoma Kamishinjo 50-2
Bread and sandwiches available for purchase.



Nuchigusui (ぬちぐすい鳥鳥)

TEL 0774-51-0020

Seika Hosono Ninotsubo 9

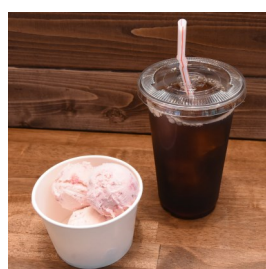
Take-out available for reserved orders (soups not included).



Harunire Café (ハルニレカフェ)

TEL 070-2276-8620

Seika Shimokoma Hayashimae 18-3
Drinks (300 yen) and ice cream (250 yen) available for take-out.



BUY



CAPTURE



POST!





Guide to Coronavirus Financial Support Programs

● Special Fixed Stimulus Payment

Every resident of Seika Town whose Resident Basic Register is based in Seika as of 2020 April 27 will receive a payment of 100,000 yen.

※Applications for this payment must be approved by August 17. Applications have been sent to every household addressed to the head of the household.

Inquiries: General Affairs Division Special Fixed Stimulus Section
TEL 0774-95-1936



● Temporary Special Benefit for Households with Children (for households with parents raising children)

In an effort to support the lives of parents raising children that have been affected by the coronavirus pandemic, Seika Town is temporarily paying 10,000 yen per child to households receiving child allowance (*jidō teate*). Households already receiving child assistance need not apply to receive this benefit.

Inquiries: Child Rearing Support Division Parenting Support Section
TEL 0774-95-1917

● Temporary Special Benefit for Single Parent Households (for single parent households with low income)

The National Government will be providing a temporary payment to single parent households with low income and who may be experiencing difficulty balancing raising their children with work. These payments will be made to households receiving Child Rearing Allowance. Each household will receive 50,000 yen, or 30,000 yen for each child (for households with more than 2 children; no application required). Households that receive Child Rearing Allowance and experienced a decrease in income due to coronavirus can receive an additional 50,000 yen (application required).

Additional information: <https://www.mhlw.go.jp/content/11920000/000641490.pdf>

Inquiries: Kyoto Prefecture Health and Welfare Dept. Household Support Div. Single parent Household Support Sec.
TEL 075-414-4584



● Illness Payment Due to Coronavirus

National Health Insurance or Elderly Healthcare Insurance enrollees, who were unable to go to work due to receiving treatment for coronavirus or being under the suspicion of having coronavirus due to a high fever and other symptoms, may receive an illness payment. The amount of the payment is based on how long they were unable to attend work. For more information about this payment, please contact the National Health Insurance and Medical Services Division at Seika Town Office.

Inquiries: National Health Insurance and Medical Services Division
TEL 0774-95-1929



● Social Insurance Payment Deferments

Persons who may be experiencing financial or other uneasiness in their lives due to the coronavirus may apply to defer or postpone their social insurance (National Health Insurance and National Pension), national tax, or water payments. For more information please read the July issue of the Seika Town magazine Hanasō (in Japanese), or contact the CIR using the contact information on page 8 of this newsletter.

For information on additional coronavirus support measures, please read the July issue of Hanasō (in Japanese).



Town News

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

Cafe COCORAKU

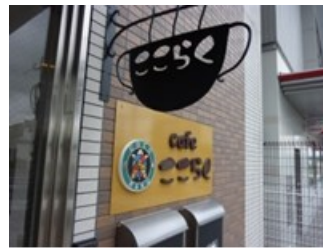
This café serves up dishes packed with veggies!

Address: Hosononishi 1-8-1

Hours: 11:00 a.m. ~ 3:30 p.m.

Closed days: Saturdays, Sundays, and holidays
(incl. temporary close dates)

Tel: 0774-95-7902



Cooldown with Uchimizu!

From long ago, Japanese people would perform *Uchimizu*, the action of sprinkling water in one's garden or entrance way, during the summer to take heat off from the earth and to feel cool.

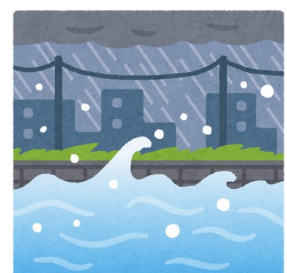
Cool down this summer by doing *uchimizu* at home. This popular activity is both easy and eco-minded, and is a great way to bring down the summer heat!

Reuse left over bath water or accumulated rain water to keep *uchimizu* eco-friendly!



Be Wary Around Water This Summer

- Children tend to drown “quietly.” Leaving children to play in the water alone is very dangerous. Always keep an eye on your children when they’re playing in, or near, water.
- River water levels change greatly depending on the weather upstream. Stay alert, as upstream weather can cause otherwise safe water levels to rise suddenly.
- Refrain from going into the water or fishing if the weather is bad, you don’t feel well, or have been drinking. Over 80% of drown victims that were drinking beforehand die.
- 40% of people who have drowned had done so at a river. 50% of drown victims drown in the ocean.





Being Mindful of Track Crossing Rules and Manners

- **Stop momentarily in front of the track crossing before going over.**
Use your eyes and ears to check if it's safe to cross before doing so.
- **Do not forcibly cross the track.**
Do not enter the crossing when the train warning bell has already started ringing. Stop outside of the crossing and refrain from forcibly crossing it.
- **Do not enter the tracks outside of the crossing.**
Cutting across areas outside of the track crossing section or playing on the track is extremely dangerous. Please do not cross outside of the crossing area or play on the tracks.
- **Be extra careful when crossing with children.**
Be sure to hold your child's hand when walking across the track crossing.



What to do in Dangerous Situations

- **If you are trapped on the track crossing while in your car...**
Push the track barrier rod with your car and quickly get off the track.
- **If you see a person or car stuck inside the track crossing or if you're stuck yourself...**
Push the emergency button (pictured left) as soon as possible. If you find yourself in a situation where you can't push the button, call out for help as loud as you can.

If you come across a dangerous situation or sense danger at a track crossing, do not hesitate to press the emergency button!

Be sure to press the button only in times of emergency as you could be fined for hindering train service if your pushing the emergency button is deemed unnecessary.

Preventing the Spread of Coronavirus

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 | | |





Preventing the Spread of Coronavirus

Never let your guard down, even if the warnings are cancelled!

When going out, avoid the three 「密」!

① みつぺいくかん 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 |
|--------------------|--------------------------------|--|--------------------------------|
| 7/12 (Sun.) | Internal Medicine • Pediatrics | 8/2 (Sun.) | Internal Medicine |
| 7/19 (Sun.) | Internal Medicine | 8/9 (Sun.) | Internal Medicine • Pediatrics |
| 7/23 (Hol./Thurs.) | Internal Medicine • Pediatrics | 8/10 (Hol./Mon.) | Internal Medicine |
| 7/24 (Hol./Fri.) | Internal Medicine | 8/16 (Sun.) | Internal Medicine • Pediatrics |
| 7/26 (Sun.) | Internal Medicine • Pediatrics | ※Please call before visiting Sōraku Emergency Medical Clinic (TEL: 0774-73-9988) | |

Mukunoki Center

| Date | Time | Details |
|-------------|------------------------|----------------------|
| 7/15 (Wed.) | 3:00 ~ 5:00 p.m. | Table Tennis Day |
| 7/22 (Wed.) | — | Closed |
| 7/26 (Sun.) | 9:00 a.m. ~ 12:00 p.m. | Hohoemi Sports Arena |
| 7/29 (Wed.) | 3:00 ~ 5:00 p.m. | Table Tennis Day |
| 8/5 (Wed.) | 3:00 ~ 5:00 p.m. | Table Tennis Day |

Health Center

| Date | Time | Details |
|---|------|---------|
| To prevent the spread of COVID-19 (coronavirus) all Health Center events for the month of July 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 “Easy to Make Yōkan Jelly” with this recipe:

* Ingredients (10 squares)

Bean paste (smooth) · 500g
 Sugar ······ 60g
 Gelatin powder ······ 1 tsp. (5g)
 Salt ······ 1/2 tsp. (2g)
 Water ······ 650ml

* Instructions

1. Put water and gelatin powder into a pot, mix, and boil for 2 minutes.
2. Add bean paste to pot little by little; mix bean paste until it dissolves into mixture.
3. Boil for 15 minutes, add salt when mixture thickens, then turn off fire.
4. Cool mixture off by placing entire pot in cold water; continue to stir bean paste mixture.
5. Once cooled, pour into lightly moistened container and chill in refrigerator.

* Nutrition information (per square)

| | | | |
|----------|---------|---------------|------|
| Calories | 146kcal | Protein | 2.8g |
| Calcium | 13mg | Dietary Fiber | 3.3g |
| Fat | 0.3g | Sodium | 0.2g |



QUICK LIST

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

This month's theme: Disaster Prevention

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



- | | |
|-----|---|
| 1. | きしょうじょうほう 気象情報 - weather forecast |
| 2. | けいほう 警報 - warning |
| 3. | ていでん 停電 - electricity outage |
| 4. | だんすい 断水 - water outage |
| 5. | ひなんじょ 避難所 - evacuation shelter |
| 6. | こうほうしゃ 広報車 - public announcement vehicle |
| 7. | かさい 火災 - fire |
| 8. | ひじょうしょく 非常食 - emergency food |
| 9. | あんびかくにん 安否確認 - safety check/confirmation |
| 10. | こうずい 洪水 - flood |
| 11. | よしん 余震 - aftershock (of an earthquake) |
| 12. | ていぼうけつがい 堤防決壊 - levee/bank break |
| 13. | ただ 炊き出し - food distribution |

単語

Sensational in Seika!

Seika Town Library, a Place for Readers



The Seika Town Library, located on the 2nd floor of Seika Town Office, is free to use for all who reside, work, or study in Seika. The library has a large selection of Japanese books, magazines, newspapers, and other reading materials for people of all ages. Checking out books is a breeze if you have a library card. To make one, visit the library service desk, fill out a library card application form, and present a piece of identification that confirms your name and address. Visit the Seika Town Library, apply for a library card, and borrow a book today! For more information such as operating hours and borrowable materials, please refer to the Seika Town Library homepage (<https://www.town.seika.kyoto.jp/toshokan/index.html> - Japanese) or the library's service guide (<https://www.town.seika.kyoto.jp/material/files/group/2/LibrarySchedule.pdf> - English).

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



たなばた

七夕

Tanabata

Tanabata is a traditional Japanese event associated with the stars in the sky. It is also known as the *Hoshi Matsuri*. Tanabata is perhaps best known for the special decoration *sasakazari* that is displayed during the event. To make *sasakazari*, people write their desires on a piece of paper called a *tanzaku* and tie it to a bamboo branch. What will you wish for this year? Try writing it down on a *tanzaku* and tie it to a bamboo branch!

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