



ICHIGO

いちご



NO. 305

Seika's English Language Newsletter

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Think Before Calling Emergency Services

★ The Ambulance: An Important Emergency Medical Resource

Seika, a town of about 37,000 people, employs the services of two ambulances. In order to save lives, it's important that people who are in desperate need of emergency medical services are able to receive it. To accomplish this, the proper use of emergency services is promoted in municipalities across Japan.



Emergency dispatch cases in Seika in recent years has been estimated to be around 1400, and more than half of them were light cases that did not require hospitalization. Cases of people requesting an ambulance to respond to what would be considered a non-emergency situation continue today. The are cases in which emergency services are requested because the caller thinks they will be able to get looked at by a doctor faster, or to forgo paying for a taxi to the hospital.



When a person calls an ambulance for those reasons, they could be denying emergency services from a person that truly needs it. An ambulance loses its most basic function if the person who needs it is made to wait for their response. It's important to be sympathetic to and think about the needs of others before calling for an ambulance, especially if you aren't in need of one. Everyone must cooperate to ensure people that need emergency medical treatment are able to easily receive it from an ambulance. Help your community by making a commitment to the proper use of emergency services!

Seika Town Mascot
Kyōmachi Seika

"Remember to only call emergency number 119 if absolutely necessary!"

★ Multilingual Support for Emergency Services

Starting 2019 October 1, calls to the emergency number 119 and emergency phone calls made at the scene by responders will have multilingual support in five languages: English, Chinese, Korean, Portuguese, and Spanish. This language support system is expected to improve interactions between emergency responders and foreign residents or visitors experiencing an emergency in Seika.

When a person that is unable to speak Japanese calls 119, the dispatcher at the fire department will connect to a telephone interpretation center who will then act as an intermediary in a 3-way call.

For language support at the scene of an emergency, the emergency responder will call a telephone interpretation center who will interpret the conversation as the responder and witness or victim pass the phone between each other.





Japan 2020 Census Information

October 1 marks the start date of the nationwide Japan 2020 Census. The Japan Census is an important survey targeting all residents of Japan, including persons from overseas residing in Japan. The results of this census will become reference material for future local and national development in fields such as community welfare, the environment, and education. Please fill out the census with current information. The census consists of 17 items, including questions about gender, marital status, employment, birthdate, and other topics.



This census is conducted once every five years and is Japan's most important survey. All residents of Japan are required to participate.

Census employees will be visiting everyone's homes to distribute census questionnaires.



What is a census employee?

Census employees are special employees of the national government. To ensure there are no mistakes or result duplications, the census employee will ask for the name of the **household representative** and the **number of members in the household**.

Census employees carry the following items...



A census employee armband



A census employee ID



A census tote bag

Filling out the census on the internet

In the Japan 2015 Census, approximately 20 million out of 53 million households in Japan provided their answers through the internet. This option will be available 24/7 and allow you to fill out the census at your convenience.

Mailing in your response

If you decide not to fill out the census through the internet, you may fill out the census form and mail it back using the turn-in envelope provided with the census questionnaire. If you prefer a census employee pick up your response, please contact the Seika Town National Census Office (0774-95-9000).

※ Persons who answer census questions through the internet are not required to mail in their response.

Schedule

Starting mid-September: census employees will begin visiting homes to distribute internet response IDs (required to answer the census through the web) and census questionnaires.

September 14 - October 7: online census response period; census responses through the internet will be accepted 24/7 during this period.

October 1 - October 7: physical census questionnaire response period; persons who responded to the census through the internet are not required to fill out and turn in physical census documents.



For more information about the Japan 2020 Census, please visit their website: <https://www.kokusei2020.go.jp/>

※ Information provided in English, Chinese (Trad. & Simp.), Korean, Vietnamese, Portuguese, Spanish and other languages



Japan 2020 Census Information cont.



COVID-19 (coronavirus) Measures During the Census

In response to the coronavirus pandemic, the Japan 2020 Census will be conducted in a manner that does not require direct, person-to-person contact.

Conversations will be conducted through home intercoms and census questionnaires and documents will be distributed into post boxes or front door letter boxes.

If at all possible, please provide answers to the questionnaire online or by filling out the questionnaire and mailing it back.

※ For residences without intercoms, census employees will either stay a set distance away or wear a face shield during conversations.

What Does the Census Tell Us?

The results of the census are indispensable in planning Japan's future and will be referenced in the creation of welfare policies, living environment accommodations, disaster measures, and other important aspects of the nation's development. Providing the national government with detailed information about Seika Town allows them the opportunity to analyze the following items:

• Medical Expenses and Yearly Pension Amount

Future population estimates are calculated based on census results and will be referenced in deciding payment amounts for things like medical expenses and yearly pension.

• Disaster Prevention and Response Measures

Regional population numbers understood through the census will be helpful in the deciding the placement of evacuation shelters and other disaster prevention planning.

• Business Expansion Planning

Information on how many people reside in a particular region collected through the census assists businesses in expansion and new store planning.



Beware of Census Fraud

Be wary of suspicious visitors or phone calls from people claiming to be census employees asking for personal information. Also, be careful of suspicious e-mails or websites claiming to be related to the census. If you see any of these websites or receive any e-mails, please report them to the Seika Town National Census Office.

Remember the following points as they may keep you from falling victim to census fraud:

- Census employees always carry a badge identifying themselves (*kokusei chousainshou*).
- Census employees will never ask you to answer the census questionnaire over the phone or through email.
- Census employees will never ask for gold, your bank account or credit card number, or other financial info.
- Be cautious of suspicious visitors, phone calls, emails, or websites claiming to be related to the census.



総務省統計局



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

Patisserie Le Fruitier

This store displays caloric values and allergens for all of their products.

Address: Hosononishi 1-9-4 Seika Garden City 1st fl.

Hours: 9:30 a.m. ~ 8:00 p.m.

Closed days: No regular closed days

Tel: 0774-95-0809



Temporary Benefit Payments for Single-parent Households

Seika Town will disburse this benefit payment to single-parent households with low income that are experiencing difficulties as a result of the COVID-19 (coronavirus) pandemic.

► **Qualified recipients**

- 1) Persons who received child support allowance (*jidou fuyou teate*) for the month of June
- 2) Persons who were unable to receive child support allowance due to receiving public pension payments
- 3) Persons whose finances have suddenly changed as a result of the pandemic and whose income meets the child support allowance payment guidelines.

► **Amount disbursed**

Per household: 50,000 yen

Households with more than 1 child: 30,000 yen per child starting with the second child

► **Additional benefits**

Persons who fall into categories 1 or 2 of qualified recipients may be eligible to receive additional benefits if their finances have suddenly changed or their income has lowered due to the pandemic.

For more information, please visit the Seika Town home page through the following QR code...





Town News

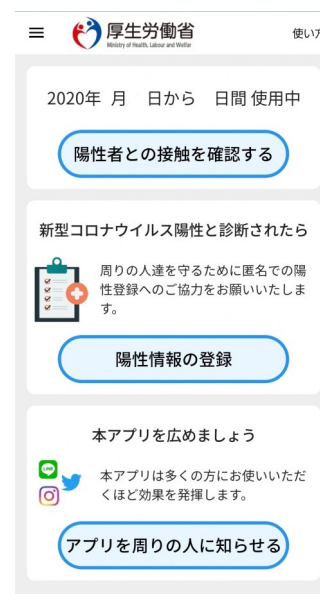
COCOA, the COVID-19 Contact Confirmation App

This COVID-19 contact confirmation app, developed and distributed by the Japan Ministry of Health, Labour and Welfare, allows users to confirm whether or not they have been in contact with someone who has tested positive for the virus.

The app records contact between users who have the app's short-range communication (*sekkin tsuushin*) function on, and have spent 15 minutes or more with other app users in close contact (less than 1 meter), while protecting their privacy. When a user who has tested positive for the virus registers their status on the app, other users who have had contact with them within the last 14 days will receive a notification and information on what services to contact.

By knowing that they may have been in contact with an infected person, users will be able to get tested, receive medical examinations, or get support from their local health center sooner. More people using COCOA could better prevent the spread of the COVID-19. Please download it and use it frequently.

To download, scan the appropriate QR code for your device on the right...



Kyoto Prefecture COVID-19 Emergency Message Service

By checking into this app while visiting a store or attending an event, users will receive an alert message from Kyoto prefecture in the event a person catches the virus or an infection cluster occurs at the user's checked-in location.

To download this app, scan the appropriate QR code for your device on the right...



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

If you go out, avoid the three 「密」!

① 密閉空間 (みつべいくかん): Avoid small enclosed spaces with bad ventilation.



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



③ 密接場面 (みつせつばめん): 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
9/13 (Sun.)	Pediatrics	10/4 (Sun.)	Pediatrics
9/20 (Sun.)	Internal Medicine	10/11 (Sun.)	Internal Medicine
9/21 (Hol./Mon.)	Internal Medicine ・ Pediatrics	10/18 (Sun.)	Internal Medicine
9/22 (Hol./Tues.)	Internal Medicine ・ Pediatrics	10/25 (Sun.)	Internal Medicine ・ Pediatrics
9/27 (Sun.)	Internal Medicine ・ Pediatrics	※Please call before visiting Sōraku Emergency Medical Clinic (TEL: 0774-73-9988)	

Mukunoki Center

Date	Time	Details
9/16 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
9/23 (Wed.)	—	Closed
9/27 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
9/30 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
10/1 (Wed.)	—	Closed

Health Center

Date	Time	Details
To prevent the spread of COVID-19 (coronavirus) all Health Center events for the month of September 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 “Japanese-style bean sprout namul” with this recipe:

* Ingredients (10 squares)

Bean sprouts ······ 80g
 Shimeji mushrooms ··· 80g
 Spinach ·········· 40g
 Sesame oil ········ 1 tsp.
 Soy sauce ········· 1 tsp.
 Katsuo flakes ······· 2g



* Instructions

1. Boil bean sprouts, mushrooms, and spinach. Drain water.
2. Cut spinach into 3cm pieces.
3. Mix together sesame oil and soy sauce.
4. Toss together boiled vegetables and oil-soy sauce mixture.
5. Plate and top with katsuo flakes

* Nutrition information (per square)

Calories	37kcal	Protein	2.8g
Calcium	15mg	Dietary Fiber	2.6g
Fat	2.2g	Sodium	0.4g



QUICK LIST

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

This month's theme: Bugs

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



1. カブトムシ - rhinoceros beetle
2. アリ - ant
3. テントウムシ - lady bug
4. チョウ - butterfly
5. セミ - cicada
6. かまきり - praying mantis
7. ばった - grasshopper
8. あおむし - caterpillar
9. トンボ - dragonfly
10. カメムシ - stink bug
11. はち - bee
12. スズメばち - wasp, hornet
13. ゴキブリ - cockroach
14. むかで - centipede

単語

Sensational in Seika!



The Keihanna Sundial: to the Stars and Back

Located in the Hikaridai region of Seika Town and installed at Keihanna Plaza, the Keihanna Sundial is the symbol of the Keihanna Science City. The surface of the dial measures at 3,877.86 meters squared and is registered in the Guinness Book of World Records as the largest sundial face. Every evening, from 30 minutes before sun down to 10:00 p.m., a laser beam of light shoots from the tip of the dial's north-facing needle straight into the night sky. Take a trip to Keihanna Plaza to see the sundial and the laser beam in action!

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



しゅん

旬

(in) season

This word is used to express when a food is “in season” or ready to eat. For example, kabocha are shun in July and August. September in-season foods include figs, shimeji mushrooms, chestnuts, pears, and the katsuo and sanma fish. Try looking for these foods at your supermarket!

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