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Seika Town Mascot  
Kyōmachi Seika



"Preparing for an earthquake could just save your life! Start preparing today!!"

## Earthquake Preparedness: Prep Now, Save Lives Later

The number of earthquakes observed in Japan has increased in recent years. The Northern Osaka Earthquake that happened in 2018 July brought much damage and harm in the Kansai area and is still fresh in the memories of many. Earthquakes like this are unpredictable, and you never know when or where they will occur.

A Nankai Trough earthquake, predicted to happen in the near future, is expected to bring strong, 5-upper+ tremors to the southern Kyoto area. It's important to prepare for an earthquake by checking your surroundings for possible dangers and figuring out ways to keep earthquake damage to a minimum.

### ★ Preparing for an Earthquake

#### ① Take measures to prevent furniture from falling

You could get pinned underneath a piece of fallen furniture should it fall over in an earthquake. Try fixing your furniture against a wall with brackets.



#### ② Stock up on emergency items

Prepare a stock of items to use in an emergency, such as 3 days worth of food and water, extra clothes, toilet paper, hygiene items (including masks, antibacterial gel, etc.) and other necessary items.



#### ③ Locate the nearest evacuation shelter and plan a route

Preparing for an earthquake can be as easy as locating a shelter close to where you live and devising a route to get there. Consider adding a friend's home or a hotel to your evacuation plan as well.

### ★ Make use of Disaster Emergency Message number 171

During a large disaster, it can be difficult to make phone calls as the lines become flooded with other people calling to check on the safety of their loved ones. Victims of disasters can utilize NTT's Disaster Emergency Message number 171 to record messages detailing their safety status for callers who can then play the message back. Remember this number as it may come in handy during a disaster!



### ★ Help your neighbors

When an earthquake or other natural disaster occurs, it can be challenging for a person to handle everything by themselves. In those times especially, it's important to help one another. Make an effort to cooperate with your family and neighbors to keep your neighborhood safe.





## The Coronavirus Pandemic and Discrimination

Since the beginning of the year, COVID-19 (coronavirus) has spread like wildfire across the globe, and has become a subject of public concern in Japan. Even in Kyoto Prefecture, plenty of cases have been discovered with seemingly no end to the pandemic in sight. While fear of the coronavirus continues to be felt keenly by everyone, a new issue, slander and bullying caused by discrimination directed at persons who have recovered from the virus, is starting to surface. In this article, we will consider the serious discrimination problems that have surfaced during the pandemic.

### Feelings of Unease in a Pandemic

One professor of social psychology was quoted as saying the following: “Prejudice is born from the desire to avoid things of unknown origin.” This statement applies to problems with discrimination brought about as a consequence of the pandemic.

In addition to public fear being stoked by the virus’s strength, its unknown origin is a source of even more public unease. The various methods of obtaining information about the virus such as television, newspapers, the internet, and word of mouth, has influenced the creation of a distorted view of the virus. This view then became associated with infected persons, leading to discrimination against them.

Below are examples of reported acts of discrimination related to the coronavirus:

- One high school received over 100 harassing calls, and a student was teased and pointed at while people shouted “corona, corona” at them during their commute to club activities. Commuting in school uniform was suspended as a result.
- One parent told their child “don’t play with that kid or you’ll get sick,” and made efforts to distance their child from other children who have parents that work in the medical profession and combat the virus.

Cases such as the latter one are particularly harmful to young children who have yet to develop their sense of judgement. Telling a child to stay away from certain children could encourage them to bully others, and lead to their development as an exclusionary person.

Adults must think seriously about whether or not they are encouraging their children to hold discriminatory views towards others through their actions.

### Be Careful of “Overreacting”

While staying safe from the coronavirus is on everyone’s mind, the lack of clarity regarding its origin causes some adults to overreact, leading to their children feeling more unease than necessary.

Most people, from children to adults, are experiencing a pandemic of this scale for the first time, so it’s natural to feel anxious. However, being overly nervous about the virus around children could cause them to feel even more unsafe.

### Seek Out the Right Information

Our society is overflowing with information from all kinds of sources. In this overflow exists information necessary to human existence and other bits of useful knowledge. Obtaining and understanding that information depends on the person. However, in the end, it is up to you to decide what information you consume and how you will use it. Keep in mind that misinterpreting information can even influence the creation of discriminatory or biased views.

In order to prevent this, it’s important for adults to ascertain and understand accurate information about the coronavirus before talking to children about it.





## From the Human Rights Department ~ Defining Consent ~

“Sexual consent” is the consent mutually agreed upon between people to engage in sexual activity. Engaging in sexual activity without consent could cause harm or constitute as a sex crime or sexual assault. Consent requires those involved to refrain from engaging in a way that is not desired by engaged parties, to practice open communication, or sometimes even postpone the act. In countries such as Sweden, the UK, and Germany, engaging in sexual activity without consent is considered a rape crime.

### ◆ Victims of sexual assault are closer than you think...

According to a 2017 survey conducted by the Japanese government on violence between men and women, approximately 1 in 13 women and 1 in 67 men identified themselves as having experienced harm from forced sexual activity, suggesting that victims of consent-less sexual activity are more common than you may think.

80% of victims also reported to have known their perpetrator in some manner, such as a current or former spouse, romantic partner, or a work or school colleague.



### ◆ Is this considered consent? Consider the following statements...

- ① As long as they don't say “no,” that means it's okay.
- ② They came to my house, which means I have the green light.
- ③ Engaging in sexual activity with my partner or spouse is normal so I don't need consent.
- ④ They gave me consent at the beginning, so I can do whatever I want.
- ⑤ Even if they are drunk, as long as they don't resist, I can consider that consent.



### For the following reasons, the above situations do not constitute complete consent.

- ① Even if they don't say no, it does not mean they consent. The absence of rejection or resistance does not make it okay.
- ② Though they may consent to going home with you, you do not know if they consent to sexual activity unless you ask.
- ③ Your partner or spouse may not always consent for their own personal reasons or feelings.
- ④ Although they may have given consent at first, they may change their mind or refuse to engage in a way that goes against their wishes.
- ⑤ A person under the influence of alcohol that cannot make sound judgement is unable to give sexual consent.



### ◆ The Human Price of Sexual Violence

Some people consider the act of sex as a “tacit agreement” that doesn't require vocal consent. However, victims of sexual violence and “tacit agreements” could have their lives completely upended by a pregnancy or long term mental damage as a result of acts committed against them. In an attempt to escape their anguish, they sometimes choose death. Think hard about the importance of sexual consent, and take the appropriate steps to keep yourself from becoming a perpetrator or a victim.



## MyNumber Q&A

### Q. Does the MyNumber Card have an expiration date?

A. Yes. For persons 20 years or older, the MyNumber Card is valid from the date of issue until the holder's 10th birthday after issuance. For persons under 20 years, it is valid from the date of issue until the holder's 5th birthday after issuance. Each card has its expiration date printed on the front. Holder's can apply for a renewal 3 months before their card is set to expire.



※ The MyNumber Card digital certificate (*denshi shoumeisho*) function also has an expiration date. This function is valid until the holder's 5th birthday after card issuance regardless of age.

※ Expiration of MyNumber Cards belonging to foreign residents that are designated as a Special Permanent Resident, Permanent Resident, or Highly Skilled Professional Class 2 follow the above rules. **MyNumber Cards of foreign residents designated otherwise are valid until the last day of their Resident Card validity date.**





## 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 sign posted somewhere in their establishment.



### Participating Restaurants

These stores display caloric values and allergens for all of their food items.

#### **Bread Gallery Maruhoshi-do**

Address: Hikaridai 5-25-6

Hours: 6:30 a.m. ~ 6:30 p.m.

Closed days: Tuesdays and Wednesdays

Tel: 0774-26-3280



#### **Boulangerie Fleur**

Address: Sakuragaoka 3-14-5

Hours: 7:00 a.m. ~ 6:00 p.m.

Closed days: Mondays, every 3rd Tuesday

Tel: 0774-73-2929



#### **Yell Cafe**

Address: Shimokoma Kamishinjo 31

Hours: 11:00 a.m. ~ 5:00 p.m. (until 4:00 p.m. on Fridays)

Closed days: Saturdays and Sundays

Tel: 0774-84-9894



#### **COOP Hosono Bakery COCCO**

Address: Hosononishi 1-9-46 Seika Garden City 1st fl. COOP

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

Closed days: No regular closed days

Tel: 0774-98-3040



Enjoy delicious, locally made food this autumn by visiting the many eateries that call Seika Town home!



## Town News

### **Beware of Wire Transfer Fraud Schemes**

#### **▼ Convenience Store Gift Certificate Fraud**

Some have suffered financial harm from people that encourage them to buy a large amount of electronic gift cards at convenience stores to “pay” for their mobile phone usage bill.

##### **● How to protect yourself...**

- Do not respond to bills you do not know the origin of.
- Refuse to buy an electronic gift card even when asked to buy one.
- Consult with the police if you feel unsafe.



#### **▼ Cash Card Fraud**

Some have fallen victim to cash card fraud by people claiming to represent city halls, banking institutions, or police.

##### **● How to protect yourself...**

- Use a phone that warns callers that their conversation will be recorded.
- Setting an upper limit on your cash card can also be an effective method of fraud prevention. This can be done at the bank that issued your cash card.



### **Keeping Our Rivers Clean**

Seika Town has advocated against the thoughtless throwing out of garbage since the passing of the Keep Seika Town Clean Ordinance in March of 2011. However, some people continue to carelessly throw aside garbage such as plastic bottles and cans, which end up in our local rivers and waterways. To keep our rivers clean, take responsibility for your own garbage and bring it home with you to dispose of properly.

Let's work together to protect our rivers and keep them clean!



## 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](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 (みつぺいくかん): 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
10/4 (Sun.)	Pediatrics	11/1 (Sun.)	Pediatrics
10/11 (Sun.)	Internal Medicine	11/3 (Hol./Tues.)	Internal Medicine ・ Pediatrics
10/18 (Sun.)	Internal Medicine	11/8 (Sun.)	Internal Medicine
10/25 (Sun.)	Internal Medicine ・ Pediatrics	11/15 (Sun.)	Internal Medicine ・ Pediatrics

### Health Center

Date	Time	Details
10/9 (Fri.)	12:30 p.m. ~	18-mon. old Health Check (those born Oct. 2018)
10/14 (Wed.)	12:30 p.m. ~	3.5-yr. old Health Check (those born Nov. 2016)
10/20 (Tues.)	12:30 p.m. ~	18-mon. old Health Check (those born Nov. 2018)
10/27 (Tues.)	12:30 p.m. ~	3-4-mon. old Health Check (those born June 2020)
11/5 (Thurs.)	12:30 p.m. ~	3.5-yr. old Health Check (those born Dec. 2016)
11/10 (Tues.)	12:30 p.m. ~	3.5-yr. old Health Check (those born Jan. 2017)

※Please call before visiting

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

### Mukunoki Center

Date	Time	Details
10/21 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
10/25 (Wed.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
10/28 (Sun.)	—	Closed
11/4 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day



## Asunaro Cooking

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

Learn how to make “Wonton Soup w/Mushrooms” with this recipe:

### \* Ingredients (two servings)

Shrimp·····	50g	A:	B:
Ground chicken·····	40g	Ginger·····	7g
Leeks·····	10g	Salt/Pepper···	PA
Chicken stock base···	1/2tbs.	Sesame oil···	1/2tsp.
Wonton wrappers·····	10	Potato starch·	1/2tbs.
Shimeji mushrooms···	40g		
Maitake mushrooms···	40g		
Water·····	2 cups		
Green onions·····	PA		

PA = Preferred Amount

### \* Instructions

1. Finely chop shrimp and leeks.
2. Grate ginger (A) and put aside.
3. Cut off stems from mushrooms and break them apart.
4. Chop green onions into small pieces.
5. Put ground chicken and (A) mixture into bowl and knead until well combined.
6. Add shrimp and leeks to bowl, mix, and separate into 10 portions.
7. Add water to a pot and bring to boil. Add chicken stock base.
8. Add mushrooms to soup and bring to boil again.
9. Wrap meat mixture in wonton wrappers and add to soup.
10. Add (B) mixture to soup for flavor.
11. Sprinkle green onions into pot.



### \* Nutrition information (per serving)

Calories	150kcal	Protein	10.9g
Calcium	22mg	Dietary Fiber	1.6g
Fat	3.9g	Sodium	2.1g



## QUICK LIST

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

This month's theme: Foods of Autumn

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



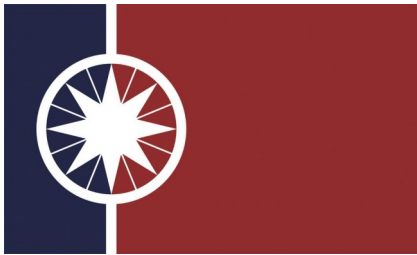
1. かぶ - turnip
2. ちんげんさい - bok choy
3. みょうが - ginger bud
4. れんこん - lotus root
5. かき - persimmon
6. いちじく - fig
7. くり - chestnut
8. ぶどう - grape
9. いわし - sardine
10. さんま - pacific saury

単語



## Sister City News

### A Flag of History and Values



This June, Norman debuted a new city flag (left) that conveys the history and values of the city. The symbol on the flag is designed as a compass and takes inspiration from the first surveyor of Norman and its namesake, Abner Norman. The eight points of the compass rose (also known as the eight winds) represent the values important to Norman, including inclusivity, optimism, education, and others, and is surrounded by a large circle, signifying the “O” in Oklahoma. Seika Town recently received this new flag and plans to display it during international exchange events. Congratulations on your new flag, Norman!

### About our Sister City - Norman, Oklahoma

Seika Town has maintained a sister city relationship with Norman, a city located in Oklahoma, USA, since 2005, and a friendly relationship through Kyoto Prefecture’s sister state connection since 1985. The two municipalities work together to promote international exchange and cultural understanding to create more globally-minded communities.

### 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



かぼちゃ  
Japanese Pumpkin

The Japanese pumpkin, or kabocha, is a produce often used in Japanese cooking. It is said to be in season from late summer to early fall, but is available in grocery stores year-round. This sweet pumpkin becomes soft when boiled and is perfect as a side dish, in croquettes, or fried tempura-style. It’s also packed with nutrients! Find a recipe that uses kabocha and try cooking it at home!

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