



ICHIGO

いちご



NO. 307

Seika's English Language Newsletter

## TABLE OF CONTENTS

DISASTER PRE-  
VENTION INFO 1  
ON YOUR PHONEDV: RECOGNIZ-  
ING THE SIGNS 2-3

TOWN NEWS 4-5

FACILITY  
SCHEDULES 6ASUNARO COOK-  
ING+QUICK LIST 7SENSATIONAL IN  
SEIKA 8

CONTACT INFO 8

WORD OF THE  
MONTH 8Seika Town Mascot  
Kyōmachi Seika

"Sign up today to get  
emergency information  
straight to your phone in  
your language!"

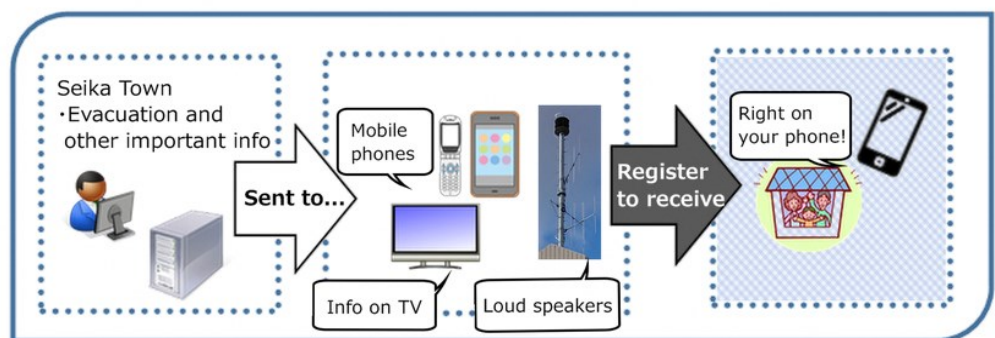
Starting November!

Receive emergency information in an instant!

## Disaster Prevention Mail

Get local emergency information in  
different languages right on your phone!

Starting November 6, you will be able to receive disaster prevention information announced on local emergency speakers directly to your smartphone or cellular phone. **You must register to receive these messages.**

How to  
Register

Registration is free, but  
data rates may apply!

- ① On the homepage...  
<https://mail.cous.jp/seika/>  
or
- ② Scan this QR code!

Emergency Message  
Content

- Disaster prevention
- Fires and accidents
- Disaster lifelines
- ...and other important information

Receive messages in  
your preferred language

Messages can be received in English, Chinese (Simp. or Trad.), Korean, Vietnamese, or Portuguese (registration required).

Check the homepage for directions on how to register to receive disaster messages in your preferred language!



## Domestic Violence (DV): Recognizing the Signs

### Domestic violence is emotional or bodily abuse perpetrated by one's spouse or partner

Perpetrators of domestic violence commit it in an effort to control their partner please by putting themselves in a position of superiority in the relationship. While domestic violence does consist of physical violence such as punching or kicking, it also includes types of violence detailed on the table to the right. Different from an argument between equals that could take place between a couple, domestic violence is one-sided violence perpetrated by the stronger person onto the weaker one.

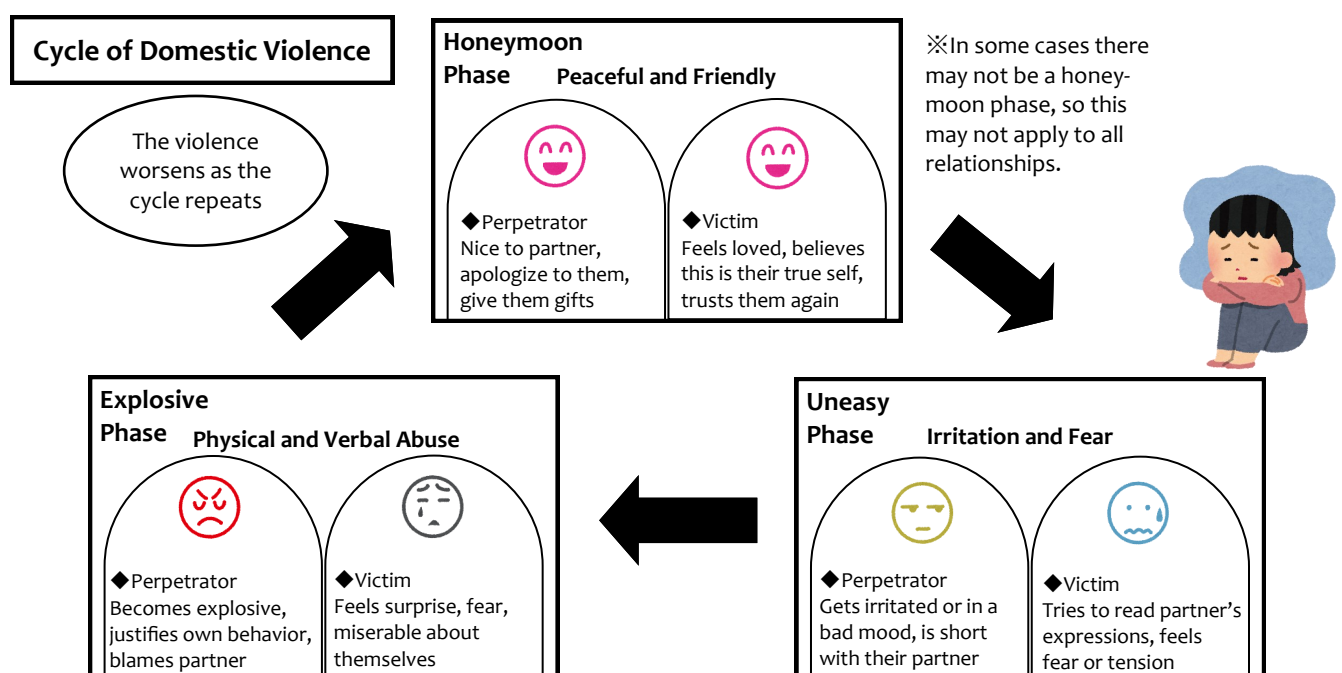
Victims of domestic violence are predominantly female. The reasons behind this are said to stem from a gender gap in economic and social status, old gender role stereotypes, and other ways of thought that are advantageous to men.

Type of Domestic Violence	Examples
Mental	Yelling, insulting, ignoring, taking out anger on objects, throwing objects, threatening their partner with suicide or death, show a knife at their partner, etc.
Financial	Refusing to give necessary funds to live, checking in detail how all money is spent, forcing partner to borrow money, etc.
Social	Checking partner's messages on their cell-phone, limiting their partner's outings, limit their partner's interactions with their family, etc.
Sexual	Demanding sex, refusing to cooperate with contraceptive efforts, demanding their partner get an abortion, etc.
Physical	Punching, kicking, pushing their partner, thrusting a knife at them, pulling their hair, etc.
Familial (involving family members)	Being violent with their children, refusing to allow custody of the children, threatening to harm their partner's family

### Domestic violence in the presence of kindness

Detailed below is the vicious cycle of domestic violence. It is said that as this cycle repeats, the severity of domestic violence incidents increases. Perpetrators of domestic violence aren't always abusing their partner. After committing an act of violence they could apologize, confusing the victim with their change in attitude. This could make recognizing the signs of domestic violence difficult.

Perpetrators could also make their victims feel guilt or responsibility for their own abuse by giving them reasons such as not doing house chores or raising their children properly. Through this the victim is tricked into thinking the abuse is their own fault, causing them mental strain in their daily life. The strain could cause them serious harm such as loss of sleep, appetite, confidence and the will to live, or put them in a depressed state.





## Domestic Violence (DV): Recognizing the Signs (Cont.)

### Domestic violence negatively affects children too

Households experiencing domestic violence are wrapped in tension and place children in a stressful state, causing them to feel unsafe and fearful.

Acts of domestic violence in front of children is considered emotional abuse and can seriously affect their growth and personality development.



### You don't have to handle it alone. Call us for help!

Nothing will change if you don't seek out help. Contact any of the below establishments if you need help.

Domestic Violence Consultation Outlets		
Kyoto Family Support Center	075-531-9910	Every day (9:00 a.m. ~ 8:00 p.m.)
Southern Kyoto Family Support Center	075-43-9911	Weekdays (9:00 a.m. ~ 5:00 p.m.)
Kizu Police Department	0774-72-0110	Every day
Seika Town Human Rights Department	0774-95-1919	Weekdays (8:30 a.m. ~ 5:15 p.m.)
DV Soudan Plus	0120-279-889	Check QR code for info



## November is Child Abuse Prevention Month

Child abuse is a serious, never-ending problem. Last year, consultation centers across Japan fielded over 150,000 cases of abuse, their highest number yet.

Child abuse not only deeply affects a child's emotional, physical, and character growth, it can sometimes lead to the tragic death of a child.

To save children from abuse, it's important for adults to take notice of the warning signs early and getting in touch with a child abuse consultation center as soon as possible

### ▼ If you think there may be child abuse...

Call the National Child Abuse Consultation 24-hour hotline 189 which will put you in touch with a consultation center close to you (can be done anonymously). If it's an emergency, dial the emergency number 110 instead.

### ▼ If you're having problems with raising your child...

If you're experiencing unease or worry in regards to giving birth or raising your child, remember that you do not have to handle it alone. Call a consultation center for support (can be done anonymously).

Inquiries:	Child Rearing Support Division	0774-95-1917
	Uji Child Consultation Center Kyotanabe	0774-95-1931
	Yamashiro Child and Family Center	0774-98-3846
	Kizu Police Department	0774-72-0110





## 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 or allergens for their entire menu.

#### **Patisserie Hana**

Address: Hosononishi 1-2-5

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

Closed days: Wednesdays

Tel: 0774-94-9292



#### **La Terredor**

Address: Hikaridai 7-27-11 Royal Court Hikaridai

Hours: 8:00 a.m. ~ 7:00 p.m.

Closed days: Mondays, every 3rd Tuesday

Tel: 0774-95-3357



#### **Serendipity**

Address: Sakuragaoka 2-4-1

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

(Reservations req. after 5 p.m.)

Closed days: Mondays, Tuesdays

Tel: 0774-72-7700



#### **Luck Room Cafe**

Address: Hosononishi 1-22-5 Terasaki Bldg. 1st fl.

Hours: 8:00 a.m. ~ 7:00 p.m.

Closed days: Tuesdays

Tel: 0774-66-7509



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



## Town News

### Seika Fall Fest

JA Kyoto Yamashiro Seika Branch will be holding a Seika Fall Fest this month to promote the sale of locally made goods. Booths will be selling flowers, vegetables, miso, jam, Japanese crackers, and other products grown or made in Seika. In addition to product booths, the Kyoto Seika Café will be selling locally made sweets, and Kyomachi Seika-themed rakuimo shochu will also be made available for purchase (limited to day of event).

Join the festivities and be sure not to miss out on all of the local goodies!

#### **~ Event Details ~**

Date: 11/22 (cancelled in case of bad weather)

Place: Keihanna Plaza Sundial

Time: 9:00 a.m. ~ 3:00 p.m.

Other information: A free temporary Nara Kotsu bus to the venue will be operating during the event. The Yellow Liner connected bus will also be operating (1 per hour).

Visitors will be asked to wear a mask and to have their body temperature checked at the venue.

**Inquiries: JA Kyoto Yamashiro Seika Branch TEL 0774-94-3678**



## Preventing the Spread of Coronavirus

The Town Events section will be shortened 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: Avoid small enclosed spaces with bad ventilation.



② 密集場所: Avoid places with lots of people in one area.



③ 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
11/15 (Sun.)	Internal Medicine · Pediatrics	12/6 (Sun.)	Internal Medicine
11/22 (Sun.)	Internal Medicine · Pediatrics	12/13 (Sun.)	Internal Medicine
11/23 (Hol./Mon.)	Internal Medicine · Pediatrics	12/20 (Sun.)	Internal Medicine
11/29 (Sun.)	Internal Medicine · Pediatrics	12/27 (Sun.)	Internal Medicine · Pediatrics
		12/31 (Thur.)	Internal Medicine

※Please call before visiting

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

### Health Center

Date	Time	Details
11/12 (Thur.)	12:30 p.m. ~	18-mon. old Health Check (those born Dec. 2018)
11/17 (Tues.)	12:30 p.m. ~	18-mon. old Health Check (those born Jan. 2019)
11/25 (Thur.)	12:45 p.m. ~	3-4-mon. old Health Check (those born July 2020)
12/1 (Tues.)	12:30 p.m. ~	3-5-yr. old Health Check (those born Feb. 2017)
12/3 (Thur.)	12:30 p.m. ~	3-5-yr. old Health Check (those born Mar. 2017)
12/10 (Thur.)	12:30 p.m. ~	18-mon. old Health Check (those born Feb. 2019)

### Mukunoki Center

Date	Time	Details
11/18 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
11/25 (Wed.)	—	Closed
11/29 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
12/2 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
12/9 (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 “Kushi Dango (skewered mochi balls)” with this recipe:



### \* Ingredients (6 sticks)

Kinu tofu·····	200g (1/2 tray)	A:	
Mochiko flour·	120-140g	Sugar·······	13g
		Soy sauce·····	1 tsp.
		Water/potato starch solution	
		(Water 25cc, potato starch (katakuriko) 1 tsp.)	

### \* Instructions

1. Place tofu and mochiko flour in a bowl and mix together well.
2. Mix until dough is as hard as your earlobe. If the mixture sticks to your fingers, add more mochiko flour and mix until it no longer sticks.
3. Roll up mixture into 1.5 - 2 cm balls and shape well.
4. Add mochi balls into boiling water and move to plate when they start to float.
5. Skewer mochi balls onto stick

### Soy sauce topping

6. Grill the skewers in a fry pan until the mochi is toasted.
7. Add A ingredients into separate pot and simmer until thick
8. Pour sauce into fry pan with mochi skewers and coat well.



### \* Nutrition information (per 2 sticks)

Calories	244kcal	Protein	6.2g
Calcium	34mg	Dietary Fiber	1.3g
Fat	2.0g	Sodium	0.3g

## QUICK LIST

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

This month's theme: Temples

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



- |     |                               |
|-----|-------------------------------|
| 1.  | 本堂 - main hall/temple         |
| 2.  | 境内 - temple grounds           |
| 3.  | 祈願 - prayer                   |
| 4.  | お経 - sutras                   |
| 5.  | 住職 - head monk                |
| 6.  | 僧侶 - monk                     |
| 7.  | 銅像 - bronze statue            |
| 8.  | 木像 - wood statue              |
| 9.  | 安置 - enshrine (statue, image) |
| 10. | お香 - incense                  |

単語

## Sensational in Seika



### Introducing Seika's New Town Clock

Seika Town unveiled its newly installed town clock at the Town Hall this past October. The clock, located near the town hall intersection, was generously donated by Mr. Kaname Kimura, the former mayor of Seika Town, as a symbol of appreciation towards the residents and town employees that define Seika. There ceremony was attended by Seika's current mayor Masami Sugiura, Mr. Kaname Kimura, and other local dignitaries. Mayor Sugiura hopes that the clock will become a familiar Come visit town hall to check out the new clock!

### 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](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!

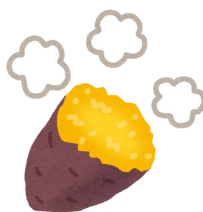
### Facebook



### Town Website



## Word of the Month



やきいも

Roasted Sweet Potato

Roasted sweet potatoes are called *yakiimo* in Japanese and are often eaten during cold months. Yakiimo can be made in many ways, such as stone roasting, pot roasting, or oven roasting. It is often said that yakiimo sold by street side vendors are the tastiest, but they can also be found easily at grocery stores. Eat a yakiimo and warm up your body this winter!

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