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Seika Town Mascot
Kyōmachi Seika

"Assist in SGN's activities and help them make Seika a great place to live for people of all cultures!"

Join Seika Global Network and Encourage Multiculturalism in Seika!

Seika Global Network (SGN) is a volunteer group that plans various activities in an effort to make Seika Town a more welcome place for people of all cultures and backgrounds. If you would like to participate in their activities or would like to hear more about them, please feel free to contact them! Read about some of their activities below.

● Japanese Language Learning Support

In the Japanese Language Class and Japanese Study Group, students work one-on-one with a Japanese teacher to improve their language ability and achieve their individual goals.

• Japanese Study Group

Date: Every Tues. 10:15 ~ 11:45 a.m.

Place: Seika Hall (Town Office 2nd fl.)

• Japanese Language Class

Date: Every Tues. 7:00 ~ 8:45 p.m.

Place: Seika Hall (Town Office 2nd fl.)

● Global Network Farms

Global Network Farms plans farming experiences to contribute to international exchange efforts in Seika.

Date: Every 2nd, 4th, and 5th Sun.

10:00~12:00 a.m.

Place: Near Seika Kururin Bus Yamato Sta.

● Keihanna Int. Understanding Research Group

This group holds various international understanding research sessions and lectures in an effort to build a harmonious, multicultural society.

• Int. lecture series "Chikyuukko Kouza"

• International Exchange Through Sports

...and others

● Multicultural Children's Playgroup "Ichigo Ichie"

This is a playgroup where foreign and Japanese families with children can enjoy each other's company. (More info on pg. 5 of this newsletter.)



Japanese class students learning with their teachers' help



Participants of the 2019 Japanese Message Contest (held by SGN)

If you're interested, please contact Seika Global Network!

► Inquiries: Seika Global Network (SGN)

E-mail: seikaglobalnet@gmail.com

Homepage: <https://seikaglobalnet.wixsite.com/>



Year-end Schedule for Public Services and Facilities



	December											January					
	21 Mon	22 Tues	23 Wed	24 Thu	25 Fri	26 Sat	27 Sun	28 Mon	29 Tues	30 Wed	31 Thu	1 Fri	2 Sat	3 Sun	4 Mon	5 Tues	6 Wed
Seika Town Hall	○	○	○	○	○	×	×	○	×	×	×	×	×	×	○	○	○
Seika Town Public Library	×	○	○	×	○	○	○	×	×	×	×	×	×	×	×	○	○
Automatic Certificate Kiosk (Town Hall)	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○	○
Shimokoma Post Office Certificate Issuance Services	○	○	○	○	○	×	×	○	×	×	×	×	×	×	○	○	○
Seika Town Exchange Hall (2nd fl.)	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○	○
Kashinoki-en Center	×	○	○	○	○	×	×	×	×	×	×	×	×	×	×	▲	▲
Mukunoki Center	○	○	▲	▲	▲	Until 12pm ▲	Until 12pm ▲	Until 12pm ▲	×	×	×	×	×	×	×	○	○
Uchikoshidai Grounds - Tennis Courts	○	○	○	○	○	○	○	△	△	×	×	×	×	×	△	○	○
Iketani Park Tennis Courts	○	○	○	○	△	×	×	×	×	×	×	×	×	×	△	○	○
Seika-nishi JH Grounds - Tennis Courts - Gymnasium	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×	×
Seika Town Community Hall	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○	○
Seika Town South Community Hall (Sakura Hall)	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○	○
Jinken Center	○	○	○	○	○	○	×	○	×	×	×	×	×	×	○	○	○
Seika Town National Insurance Hospital	○	○	○	○	○	○	×	○	○	×	×	×	×	×	○	○	○
Sewage collection	○	○	○	○	○	×	×	×	×	×	×	×	×	×	○	○	○
Seika Kururin Bus	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○	○
Seika Water Works and Sewage Office	○	○	○	○	○	×	×	○	×	×	×	×	×	×	○	○	○

○... Regular hours ×... Closed

▲... Reception open until 5 p.m. △... Available until 5 p.m. (prior booking required by 12/25)



Year-end Garbage Pick-up Schedule

Don't forget to take out your garbage at the end of the year! Garbage is to be taken out on a set day and placed in the designated location of your specific area. Please refrain from disposing of your garbage in an area not your own, as it could cause an inconvenience to the residents in that area.

Burnable garbage can be manually taken to Kankyo no Mori Center Kizugawa if you are unable to dispose of it on the day assigned to your region detailed on the schedule below. The last day for collection is 12/28 (Mon.). Please call the Center (0774-72-1010) for more information.

Please be aware that trash put out for collection after the days detailed below will not be collected until after the New Year.

Scheduled Garbage Pick-up Regions

- ① Hishida (east of Nomen Road), Takinohana, Fune (east of Nomen Road), Nakakubota
- ② Kitanodo, Babuchi, Naka (east of Nomen Road), Higashi, Nishikita (east of Nomen Road)
- ③ Hishida (east of Prefectural Road), Sato, Sobo (east of Prefectural Road), Fune (west of Nomen Road)
Komada 1-chome and 2-chome
- ④ Hishida (west of Prefectural Road), Sobo (west of Prefectural Road), Tani, Kitainayazuma
(west of Prefectural Road), Asahi
- ⑤ Minami (east of Prefectural Road), Sugai, Kitainayazuma (east of Prefectural Road),
Nishikita (west of Nomen Road), Naka (west of Nomen Road)
- ⑥ Minami (west of Prefectural Road), Minamiinayazuma, Ueda, Hosono-nishi 1-chome
- ⑦ Inuidani, Zakuro, Higashibata ⑧ Yamada, Sakuragaoka
- ⑨ Hikaridai ⑩ Seikadai



☆ Plastic Container and Wrapping Garbage

Regions	Last Pick-up Day
① ⑤	12/28 (Mon.)
② ⑥	12/22 (Tues.)
⑨ ⑩	12/23 (Wed.)
③ ⑦	12/24 (Thur.)
④ ⑧	12/25 (Fri.)

☆ Burnable/Combustible Garbage

Regions	Last Pick-up Day
Sobo, Tani, Sugai, Kitanodo, Babuchi, Naka (east of Nomen Road), Higashi, Nishikita, Yamada, Inuidani, Zakuro, Higashibata, Sakuragaoka	12/28 (Mon.)
Hishida, Takinohana, Fune, Sato, Asahi, Kitainayazuma, Minami, Nakakubota, Naka (west of Nomen Road), Hikaridai, Seikadai, Hosono-nishi 1-chome, Komada 1-chome and 2-chome	12/29 (Tues.)
Minamiinayazuma, Ueda	12/30 (Wed.)

☆ Non-combustible Garbage (small aluminum and metal waste, glass, vinyl or plastic garbage, etc.)

Regions	Last Pick-up Day	Regions	Last Pick-up Day
①	12/21 (Mon.)	⑥	12/22 (Tues.)
②	12/15 (Tues.)	⑦	12/24 (Thur.)
③	12/17 (Wed.)	⑧	12/25 (Fri.)
④	12/18 (Fri.)	⑨	12/23 (Wed.)
⑤	12/28 (Mon.)	⑩	12/16 (Wed.)



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.

Little Mermaid (Seikadai Tsutaya)

Address: Seikadai 3-12-4

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

Closed days: None

Tel: 0774-95-6612



Kissa Kokoro (Kashinoki-en)

Address: Minamiinayazuma Sunadome 22-1

Hours: 11:00 a.m. ~ 4:00 p.m.

Closed days: Sundays, Mondays, 1st Saturdays, holidays

Tel: 0774-95-3203



Bakery Café Brot

Address: Seikadai 2-10-19

Hours: 9:00 a.m. ~ 6:00 p.m.

Closed days: Mondays, Tuesdays, Wednesdays, Sundays

Tel: 0774-94-9252



Soba-jin

Address: Hikaridai 4-45-10

Hours: 11:00 a.m. ~ 2:00 p.m.
(last order at 2:00 p.m.)

Closed days: Wednesdays

Tel: 0774-94-5332



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



Town News

Looking to meet more families? Join us at Ichigo Ichie!

Do you have a child and are looking to befriend other families raising their own children in Seika? Look no further than Ichigo Ichie!

Ichigo Ichie was created to give families a safe place to enjoy the company of other families in the area. At this gathering, families can enjoy Japanese and foreign language picture book reading sessions, sing songs, talk about raising their children, and exchange important information on a variety of topics. Gatherings are held in easy Japanese with English used when necessary.

Connect with other families and make friends at Ichigo Ichie!

Date: 1st Sunday of the month (6 times a year)

Fee: Adults 100 yen Children Free

Apply: Visit the Ichigo Ichie website (sgnhiroba.blogspot.jp) to apply

※Gathering date, time, and location are subject to change. For more information please visit the Ichigo Ichie website.



Thank you for participating in the Japan 2020 Census

The response period for the Japan 2020 Census ended on October 20. We would like to thank all survey participants for their cooperation in this important survey.

Answers provided through the census will be aggregated by the national government while keeping personal information secure. Preliminary data on population numbers is slated to be released in March 2021 and definitive data in November 2021.

The results of the census will be used in planning child-rearing policy, senior welfare policy, disaster prevention and preparedness policy as well as other important topics, and will be an indispensable document referred to in planning local policy as well.

Census results are also viewable on the Statistics Bureau of Japan's website (<https://www.stat.go.jp/>).



Preventing the Spread of Coronavirus

The Town Events section will be excluded 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: 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
12/13 (Sun.)	Internal Medicine	1/1 (Hol./Fri.)	Internal Medicine
12/20 (Sun.)	Internal Medicine	1/2 (Sat.)	Internal Medicine
12/27 (Sun.)	Internal Medicine · Pediatrics	1/3 (Sun.)	Internal Medicine · Pediatrics
12/31 (Thur.)	Internal Medicine	1/10 (Sun.)	Internal Medicine
		1/11 (Hol./Mon.)	Internal Medicine · Pediatrics

Health Center

Date	Time	Details
12/10 (Thur.)	12:30 p.m. ~	18-mon. old Health Check (those born Feb. 2019)
12/15 (Tues.)	12:30 p.m. ~	18-mon. old Health Check (those born Mar. 2019)
12/17 (Thur.)	12:45 p.m. ~	3-4-mon. old Health Check (those born Aug. 2020)
1/7 (Thur.)	12:30 p.m. ~	3-5-yr. old Health Check (those born Apr. 2017)
1/8 (Fri.)	12:30 p.m. ~	18-mon. old Health Check (those born Apr. 2019)
1/13 (Wed.)	12:30 p.m. ~	3-5-yr. old Health Check (those born May 2017)
1/15 (Fri.)	12:30 p.m. ~	18-mon. old Health Check (those born May 2019)

※Please call before visiting

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

Mukunoki Center

Date	Time	Details
12/16 (Wed.)	—	Closed
12/20 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
1/6 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
1/13 (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 “Fried Hanpen (fish cake) Sandwiches” with this recipe:

* Ingredients (2 servings)

Hanpen	1 cake (100g)	Eggs	1/2 egg
Sliced ham	1 slice	Panko	1/2 cup
Sliced cheese	1 slice	Fry oil	pref. amt.
Flour	1 tbs.		



* Instructions

1. Slice hanpen into two pieces (creating sandwich-like slices).
2. Sandwich sliced ham and cheese between two hanpen slices.
3. Coat hanpen sandwich in flour, beaten egg, and panko.
4. Fry sandwich in oil (heated to 180 Celsius) until golden brown.
5. Plate and enjoy with your favorite vegetables.

* Nutrition information (per serving)

Calories	287kcal	Protein	12.0g
Calcium	77mg	Dietary Fiber	0.5g
Fat	18.5g	Sodium	1.3g



QUICK LIST

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

This month's theme: Nabe ingredients

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



1. 白菜 - Asian cabbage
2. ねぎ - leek
3. 水菜 - Japanese mustard greens
4. 春菊 - chrysanthemum greens
5. きのこ - mushrooms
6. にんじん - carrots
7. 油揚げ - fried tofu
8. 豆腐 - tofu
9. 肉団子 - meatballs
10. 鶏肉 - chicken
11. 豚肉 - pork
12. 締め - “shime”; serving of rice or noodles at end of meal (usually put in nabe broth)

単語

Sister City News

Cultural Connections Photo Exhibition



To show citizens of Norman the daily lives of people in their sister cities during the COVID-19 pandemic, The Norman Arts Council is holding a photo exhibition of pictures taken during the pandemic by residents of their sister cities. Including pictures from Colima, Mexico, Arezzo, Italy, and Seika Town, the exhibit brings together art and the pandemic in an aesthetic and educational way, showing that, albeit different, life continues even during the worst of times. On display along side the photo exhibit are pieces created by local artists in Norman during their time in quarantine. View a video of this exhibition by visiting the following link!

<https://www.facebook.com/2ndFridayNorman/videos/725438758085451>

About our Sister City - Norman, Oklahoma

Seika Town has maintained a sister city relationship with Norman, a city 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

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!

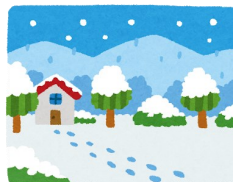
Facebook



Town Website



Word of the Month



はつゆき

初雪

first snow

Hatsuyuki is the Japanese word for the first snow of winter. Snow fall has become quite rare in the Kansai region in recent years. Although this winter is expected to be cold, we may not even see snow. If it does snow and you have to go out, be sure to dress appropriately and take proper cautions, such as mask-wearing, to protect yourself and others from getting ill!

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