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Have you turned in your stimulus payment application?

As part of a coronavirus economic emergency package passed by the Japanese government, each eligible person in Japan will receive a payment of 100,000 yen through the "Special Fixed Stimulus Payment" (*tokubetsu teigaku kyūfukin*) program. Details regarding the payment are as follows below.

【Eligibility】

Residents who are registered in Seika Town's Basic Resident Register as of 2020 April 27 are eligible.

【Recipient】

The head of household receives stimulus payments for each eligible person in the household. (Deposited into a single account designated by the head of household.)

【How to apply】

Applying by mail: Mail applications were sent out to households addressed to the head of household on May 14 and included the application, an example, and a return envelope. Fill in the necessary areas on the form, attach a copy of a piece of personal ID and bank information of the account receiving the payment, and mail it back using the return envelope. No postage stamp necessary if mailed back using the return envelope.



- Accepted forms of personal ID: A copy of the applicant's Japanese driver's license, My Number Card (with picture), health insurance card, Resident Card, etc. (black and white copies accepted)
- Accepted forms of bank account identification: A copy of the applicant's bank book or cash card on which the name of the financial institution, branch number, account number, and account holder's name are clearly visible (black and white copies accepted)



Applying online: Electronic applications can be done through the My Number website. Fill out the online form and upload a copy of the applicant's bank account information. A My Number card with a digital signature certificate is required for online applications.

【Deposit date】

Payment have started being deposited at the end of May. Once the application is processed and the payment has been deposited into the account specified on the application, a Special Fixed Stimulus Payment Deposit Confirmation form (*tokubetsu teigaku kyūfukin shikyū kettei-sho*) will be sent by mail as a notification of the completed deposit.

【Approval Period】 Applications must be approved by August 17

If you are having trouble filling out the application sent to you in the mail, please visit the Special Fixed Stimulus Payment page on the Seika Town homepage for guides on how to fill out the form made by the Ministry of Internal Affairs and Communication.

URL: https://www.town.seika.kyoto.jp/kakuka/kikaku/1/1/6/tokubetsukyufukin_eng.html
(Guides available in Japanese, English, Traditional and Simplified Chinese, Vietnamese, Korean, and Tagalog)

【Inquiries】

General Affairs Department - General Affairs Division - Special Fixed Payment Section

TEL 0774-75-1936 (Japanese)

For inquiries in English, please refer to the contact information provided on page 8.

Seika Town Mascot
Kyōmachi Seika

Don't forget to send in
your application form!



Thank you for contributing to the fight against coronavirus!

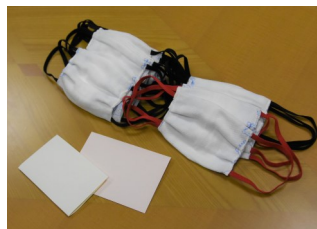
Representatives from the Kyoto South Building Maintenance Union donated 18 liters of industrial, undiluted cleaning solution to be used to disinfect door-knobs and hand railings on May 1. We also plan to use this liquid to clean the insides of Seika's garbage collection trucks. Thank you for your contribution!



Wishing for a end to the coronavirus pandemic, representatives from the Seika Town Construction Industry Association donated 2000 masks on May 12. We plan

to distribute these masks to various medical institutions and other local establishments in need of masks. Thank you!

A generous resident of Seika Town delivered a donation of 12 hand-made masks along with a note on May 13. We plan to distribute these masks to after school clubs in Seika to prevent the spread of the virus. Thank you for your support!



Representatives from Protex Japan donated 2000 masks on May 21. We plan to provide these masks to emergency medical services to prevent

the further spread of the coronavirus. Thank you Protex Japan for your generous contribution!

Protecting Human Rights in a Pandemic ~ Fight the Virus, Not the Person! ~

In the midst of the coronavirus pandemic, many people are feeling unsafe and fearful, and have been using their feelings as an excuse to hurt and infringe on the human rights of others.

As of recent, instances of discrimination, harassment, prejudice, bullying, and social media slander targeting infected persons, their families, and people related to them have been occurring. Medical institutions that treat people with the virus, overseas returnees, and people that have specific jobs, or come from specific countries or regions have also fallen victim to this type of harassment.

The invisible and largely unknown nature of the virus has caused people to lose their ability to judge things calmly and to unnecessarily avoid or discriminate against people who have, in some way, come into contact with the virus. However, infringing on the human rights or character of another person based on unverified information or misunderstandings is inexcusable behavior. These actions also fan the flames of worry in the community, causing people that think they may have the virus to forgo a medical evaluation, hinder spread prevention efforts, and possibly set off a chain of new infection cases.

Consider this phrase: Fight the Virus, Not the Person!

We implore all residents of Seika Town to refrain from being misled by unverified information, to remain calm, to make an effort to obtain correct information, to consider the rights of their neighbors, and to take appropriate, level-headed actions during this time.

Empathize with those who are going through a rough time or are in pain, and always treat your fellow man with consideration and compassion. Let's band together as humans and overcome this crisis together!





Practicing Caution with Dangerous Materials

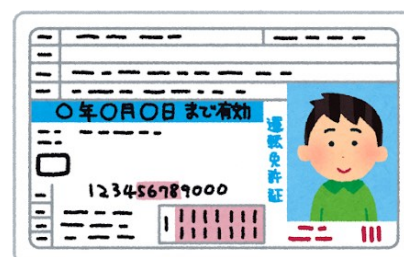
Enforcing the Proper Use of Gasoline

The fire caused at Kyoto Animation studios in July 2019 led to the tragic loss of many lives. In response to the fire, starting from February 2020, fire prevention law has been made to require the purchaser of canned gasoline to present a form of personal identification and state the purpose of the gas upon purchase.

In addition, starting from March 2020, purchasers of blended oil used for gas-powered lawn mowers, white gas used for camp activities, and other canned gasolines will be required to present a form of personal identification and purpose for the gas when purchasing a total of over 10 liters.

Gasoline has a flash point of -40 Celsius and, at room temperature, constantly emits combustible vapors, making it an extremely flammable liquid. Handling this type of gasoline inappropriately is very dangerous. Similar caution should be taken when filling up your personal vehicle with gas at self service stations as well.

While gasoline is indispensable in our daily lives, handling it inappropriately can lead to dangerous situations. Do your part to make sure no incidents involving dangerous materials happen in Seika by learning how to deal with these materials in an appropriate manner.



Reevaluating Your Diet

Healthy Food, Healthy You!

The entire month of June is dietary education month, and 19th of every month is dietary education day. Both occasions encourage us to learn more about the food we put in our body and how it relates to maintaining a healthy self.



Let's Reevaluate Our Eating Habits!

- **Eat Breakfast** – Breakfast is an important meal that helps jumpstart your day. Make an effort to go to bed early and wake up early, and make eating breakfast a lifestyle habit.
- **Eat Balanced Meals** – Make healthy living a reality by preparing nutritionally balanced meals to improve your lifestyle and prevent lifestyle sickness.
- **Eat as a Family** – Spending meal time as a family is important. Make time to eat together and enjoy each other's time.
- **Be Mindful of the Environment** – Be careful of overbuying ingredients or cooking more than you can eat. Try your best to reduce leftovers, utilize reusable bags when grocery shopping, and recycle food containers.
- **Take Care of Your Teeth** – Visit your dentist regularly for checkups and cleanings. Keep an eye on your oral health so you can continue using your own teeth to eat as you age.
- **Eat and cook local using locally sourced ingredients** – Using locally grown ingredients allows you to incorporate the majesty of nature in the dishes you cook. Carry on local food traditions at home and show your thanks and love for the community by using local ingredients in your cooking!



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

COCONI

Located on the 2nd floor of Seika Town Hall, this restaurant's menu shows caloric values for each of its dishes and boasts a menu of reduced sodium dishes as well!

Address: Minamiinayazuma Kitajiri 70 (Town Hall 2nd floor)

Hours: 11:00 a.m. ~ 2:00 p.m.

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

Tel: 0774-95-7902



Throwing Away Plastic Bottles

Please be aware of the following points when throwing away plastic bottles.

① Check for the recycle symbol

Recyclable items such as drinks, alcohol, soy sauce, soy sauce-based products, certain cooking sauces and dressings have the mark on the right.



② Remove bottle cap and any wrappings

These items can be thrown in with other waste in the plastic container and wrap disposal category.

③ Remove all contents from the bottle and rinse lightly

Be sure to remove as much content from the bottle as possible and rinse the inside before throwing it out.



④ Crush bottles before disposing

Uncrushed bottles take up lots of space at the collection facility and are often the cause of overflow. Crush bottles you plan to throw out with your feet or another tool before doing so.

Be Careful When Walking Your Pet!

Allowing your pet to walk without a leash outside of your own property could cause trouble in your neighborhood. When taking your pet out for a walk, always be sure to put a leash on them and control their movement. Leash length could also be a problem as using a leash that is too long could prevent you from controlling your pet in the event of an emergency. Use a leash of an appropriate length when taking them out for a walk.

If you pass by a person walking their pet in a car, motorbike, or bicycle, slow down and be careful when passing them by.

If you're a pet owner and come across a car that wants to pass by, stop on the side, pull your pet close to you and allow the car to pass.





The Monthly Prescription — Be Wary of Aspergillosis



The Monthly Prescription is an easy to understand, monthly medical advice column written by various doctors from the Soraku Doctor's Association. This month's contributor is **Dr. Fujiki** from Fujiki Clinic in Seika Town.

Aspergillosis is the general name for a number of diseases caused by the filamentous fungi called *Aspergillus* that occurs naturally in things like soil, the air, and grains. Over 300 types of *Aspergillus* are reported to exist, but approximately only 10 of them are known to cause infections in humans.

Depending on the health of the person infected, aspergillosis is categorized into invasive, chronic, and allergic forms, and can occur in the lungs, paranasal sinuses (around the nasal cavity), or in the ear canal. Spread to the nervous system, aspergillosis can also present with convulsions or disorders of consciousness, and lead to a poor prognosis for other diseases.

In persons who are living with old pulmonary tuberculosis or bronchiectasis, aspergillus fungi make their way to cavities through the respiratory tract and form a fungal ball. The infection can easily become invasive in persons with extremely weak immune systems due to ongoing cancer treatment, recently receiving an organ transplant, or other reasons. Even in persons with a lightly weakened immune system due to diabetes, kidney failure, or steroid medications have a risk of an aspergillosis infection becoming chronic.

Treatments for aspergillosis include the use of internal or inhaled medication. In some serious cases, the removal of the patient's lung is deemed necessary to treat the infection. Preventing hemoptysis (coughing up blood) is crucial, and if a patient is seeing blood in their mucus, they should see a doctor about it right away. If a patient is experiencing no symptoms, the doctor may not recommend any treatment and instead monitor the patient's condition.

As *Aspergillus* fungi infects people through the respiratory tract, preventing the inhalation of conidia (non-motile spores of a fungus) is the most effective way to prevent aspergillosis. Small, everyday considerations, such as ventilating air through a filter, cleaning using a deep detergent, and refraining from placing decorative plants, are necessary in preventing aspergillosis.

In recent years, many kinds of bacteria and viruses have been spreading throughout the world. Make an effort to take precautions against infectious diseases on a regular basis by practicing good hygiene habits, like gargling and wearing a mask.



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 みつべいくかん 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
6/7 (Sun.)	Internal Medicine	7/5 (Sun.)	Internal Medicine
6/14 (Sun.)	Internal Medicine • Pediatrics	7/12 (Sun.)	Internal Medicine • Pediatrics
6/21 (Sun.)	Internal Medicine	7/19 (Sun.)	Internal Medicine
6/28 (Sun.)	Internal Medicine • Pediatrics	7/23 (Hol./Thurs.)	Internal Medicine • Pediatrics

Mukunoki Center

Date	Time	Details
6/17 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
6/21 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
6/24 (Sun.)	—	Closed
7/1 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
7/8 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day

※Please call before visiting

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

Health Center

Date	Time	Details
To prevent the spread of COVID-19 (coronavirus) all Health Center events for the month of June 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 “green bean and fried tofu salad” with this recipe:

* Ingredients (2 servings)

green beans (*saya ingen*) · 60g
sesame seeds ······ 1 tsp.
fried tofu (*atsuage*) ····· 70g
light soy sauce ······ 1 tsp.

A:
light soy sauce · 1 tsp.
sugar ······ 2 tsp.
Cooking sake · 1 tsp.



* Instructions

1. Remove strings from green beans and boil in water.
2. Drain water from green beans and cut into 3 cm pieces.
3. Move beans to a container, sprinkle light soy sauce on top, and mix together.
4. Lightly pan fry sesame seeds, then crush with a mortar and pestle.
5. Pour hot water over fried tofu to remove oil then dry to remove water content.
6. Add crushed sesame seeds to fried tofu and mix together using your hands
7. Add ingredients from A to sesame seed and tofu mixture and mix together.
8. Add green beans and mix together.

* Nutrition information (per serving)

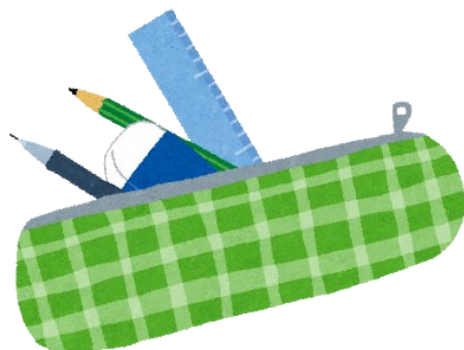
Calories	87kcal	Protein	4.8g
Calcium	123mg	Dietary Fiber	1.2g
Fat	5.1g	Sodium	0.6g

QUICK LIST

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

This month's theme: Stationary goods

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



1. えんぴつ 鉛筆 - pencil
2. シャーペン - mechanical pencil
3. ふでばこ 筆箱 - pencil box
4. け 消しゴム - eraser
5. ものさし - ruler
6. はさみ - scissors
7. ホッチキス - stapler
8. けいこう 蛍光ペン - highlighter (marker)
9. しん 芯 - lead (mechanical pencil); staples
10. のり - glue, paste
11. しゅうせい 修正テープ - correction tape
12. まんねんひつ 万年筆 - fountain pen
13. カッター - box cutter; utility knife
14. ふせん 付箋 - sticky note

単語

Sister City News



International students learning English at University of Oklahoma

Go, Sooners!

Norman, Oklahoma may be best known for being home to one of the largest universities in the state, University of Oklahoma. Established in 1890, the public research university enrolls upwards of 30,000 students and offers a wide range of over 170 majors. Graduates have gone on to be influential in a variety of fields such as American and international politics, astronautics, business, entertainment, and sports. The university is known not only for its academics, but also for having a robust athletics program. Nicknamed "The Sooners," the program consists of 19 sports ranging from baseball to volleyball. With a large following in Oklahoma, you're sure to see many of their supporters at their games cheering "go Sooners!"

(Article featured in November 2018 issue of Ichigo ; Pictures courtesy of University of Oklahoma)

About our Sister City - Norman, Oklahoma, USA

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

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



しゅうちゅうごう

集中豪雨

Local downpour

しゅうちゅうごう

週ちゅう豪雨 is a word that describes the natural phenomenon of rain falling in one, localized area. This type of rain occurs often during the summer months, especially when Japan enters its rainy season. It's important to always have rain gear and an umbrella ready during this time. Be careful this summer!

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