



ICHIGO

いちご



NO. 309

Seika's English Language Newsletter

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## New Year's Greetings from the Mayor of Seika Town



**Masami Sugiura**  
Mayor of Seika Town

Happy New Year and thank you for your continued understanding and cooperation with the local government of Seika Town.

Last year, we saw the spread of COVID-19 take over the entire globe, the declaration of a nationwide emergency in Japan, and other events that have completely changed our day to day lives. The pandemic has had a large effect on Seika Town as well, influencing the cancellation of the Seika Matsuri festival, elderly appreciation gatherings, and countless other events.

During this time, we in the Seika Town government imposed various inconveniences upon the residents of Seika in an effort to prevent the spread of the virus. I would like to express my deepest thanks to all of you for your cooperation in this difficult time.

On the other hand, following trends brought on by the pandemic, business by telework is quickly becoming the new societal norm. The Keihanna Science City, of which Seika is the center of, is a region that stands at the forefront of this and other new normals by conducting innovative research and technological development for the new age. It is also a model city, where residents can be the first to experience the new technologies and services developed by companies in their own community.

In the coming year, I look to utilize this prime environment to its full potential, overcome the COVID-19 pandemic, and push sustainable community development that can only be found here in Seika.

In conclusion, Happy New Year, and I hope your 2021 is spent in good health and great happiness.

Seika Town Mascot  
Kyōmachi Seika



"May 2021 be a year full of hope for all of us!"



Habatan flower art in front of Hosono Station in the shape of a bull to celebrate the new year



## Putting a Stop to Fires with Fire Alarms

The average battery life for a fire alarm is approximately 10 years. Be sure to check your home fire alarm to see if it's in working order or if the alarm's batteries or the alarm itself needs to be replaced. It could just save your life!

### ★Where to Place Your Fire Alarm

Since June 2011, it is required by law to have a fire alarm installed in your home. It is necessary for all homes to have fire alarms in their kitchens as well as every bedroom. If your bedroom is on the second floor, it is recommended you install a fire alarm on the ceiling above the stairs as well.



### ★Inspect Your Fire Alarm Regularly

It is said that standard batteries used in fire alarms can last approximately 10 years. Fire alarms are outfitted with an inspection button you can push or a cord you can pull to check if your alarm is working. Make sure you don't miss a potential fire by checking if your alarm is in working order. Inspect your alarm on a regular basis and change the batteries or the alarm itself if necessary.

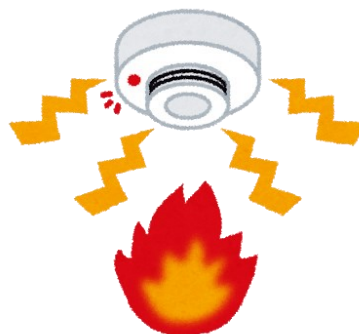


### ★70% of fire deaths are by fires started at home

As people avoid leaving their home and eating out to prevent the spread of COVID-19, opportunities to use fire at home have risen such as through cooking.

Home fire alarms are very effective in alerting residents of a fire early, allowing them to make a timely escape. There have been instances in Seika Town where fires were put out quickly thanks to home fire alarms alerting those nearby to the start of a fire early.

Plenty of fires happen during the winter season. Protect your life, your family's life, and your property by outfitting your home with fire alarms!



## Prevent Arson Fires!

Fires by arson occur every year in Seika Town. Prevent this by creating an arson-free environment around your home and neighborhood.

～ Prevent arson by doing the following ～

- Refrain from placing flammable items (magazines, old newspapers, etc.) outdoors
- Take out your trash at the designated time and day, and place it in the designated collection area
- Keep your postbox free of newspapers, flyers, and other paper goods





## COVID-19 Preventative Measures

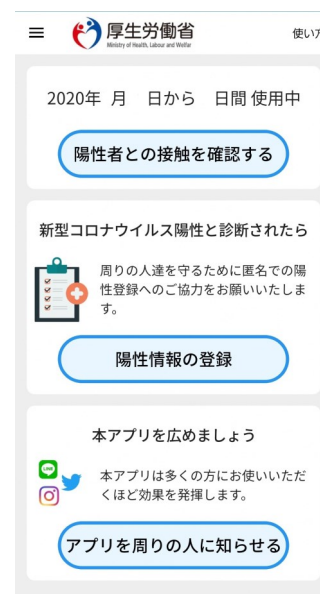
### COCOA, the COVID-19 Contact Confirmation App

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 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...



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](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		







## Town News

### Healthy Diet, Healthy You Projects

#### **What is a “Healthy Diet, Healthy You Participating Store?”**

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.



#### **Café Terrace La Meily**

This restaurant serves lunch menu items packed with vegetables!

Address: Sakuragaoka 1-23-4

Hours: 10:00 a.m. ~

Closed days: Wednesdays  
(other unscheduled holidays)

Tel: 0774-72-4505



### **The 11th of every month is Pedestrians First Day!**

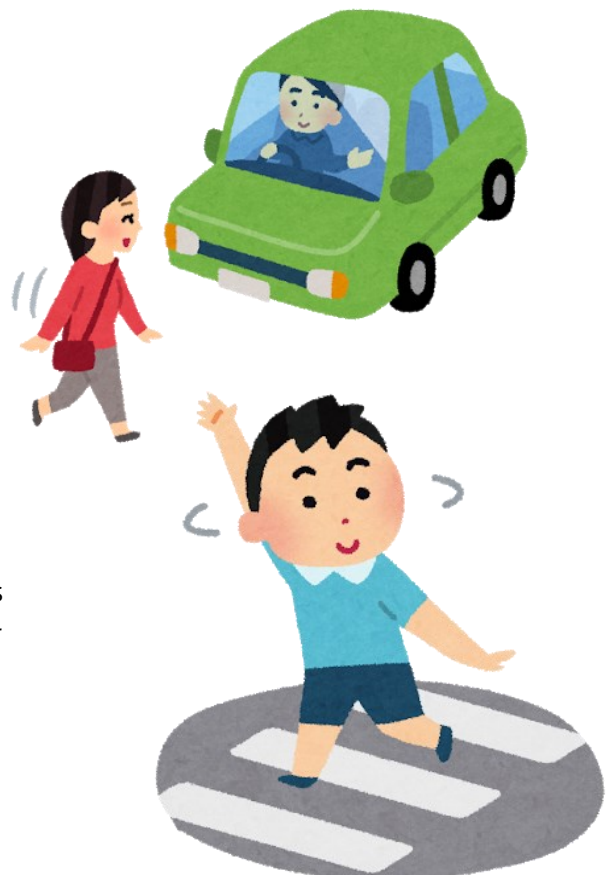
The 11th of every month in Kyoto Prefecture is Pedestrians First Day, a day to promote traffic safety at marked crosswalks without traffic lights.

By law, drivers are required to prioritize pedestrians at crosswalks and their crossing before driving ahead. Vehicles should not hinder the crossing of pedestrians at crosswalks without traffic lights.

When approaching a crosswalk, slow down your vehicle and check for pedestrians waiting to cross. If there are people waiting at the crosswalk, come to a stop and allow them to cross.

As a pedestrian, you should always use a crosswalk, even if it is out of the way. Crossing streets diagonally increases your walking distance when crossing leaving you open on the road for a longer time and to more prone to dangerous traffic accidents. Only cross roads using a crosswalk to lower your traffic accident risk.

Let's make our town safe by following traffic rules as drivers and pedestrians, and practice compassion on the road to void our streets of accidents!





## 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](http://sgnhiroba.blogspot.jp)) to apply

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



### **How to Make a My Number Card**

#### **○ Apply by mail**

Attach an appropriate face picture to the My Number card application form (交付申請書), and mail it using the return envelope that comes with the application form. Be sure to include your My Number Notification card (通知カード) before sealing the return envelope.

#### **○ Apply using a smartphone**

Take a face photo using your smartphone camera. Scan the QR code on the My Number card application form which will take you to the My Number card creation web portal. Follow the directions there to apply for a My Number card.

#### **○ Apply on a computer**

Take a face photo using a digital camera and upload it to your computer. Access the My Number card web portal and follow the directions to apply for a card.

#### **○ Apply at a certificate photo printing machine (証明用写真機)**

Bring the My Number card application form to a machine capable of receiving applications. Take a face photo at the machine then follow the directions at the machine to apply.

※ A certificate of issuance (交付通知書) will be mailed to the applicant approximately one month after applying. The applicant must call Seika Town Office to schedule a pick up date and time to receive their My Number card.

※ The applicant themselves must be the one to pick up their My Number card. The card can also be mailed to them (registered mail addressed to their residence).

### **What to bring to receive your My Number card**

- ① My Number notification card (通知カード)
- ② Form of personal ID w/face photo (Resident Card, driver's license, etc.)
- ③ Certificate of issuance postcard (交付通知書)

If you have any additional questions, give us a call at Seika Town Office!





## 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
1/10 (Sun.)	Internal Medicine	1/31 (Sun.)	Internal Medicine
1/11 (Hol./Mon.)	Internal Medicine · Pediatrics	2/7 (Sun.)	Internal Medicine
1/17 (Sun.)	Internal Medicine · Pediatrics	2/11 (Hol./Thur.)	Pediatrics
1/24 (Sun.)	Internal Medicine · Pediatrics	2/14 (Sun.)	Internal Medicine · Pediatrics
		2/21 (Sun.)	Internal Medicine

### Health Center

Date	Time	Details
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)
1/19 (Tues.)	12:45 p.m. ~	3-4-mon. old Health Check (those born Sept. 2020)
2/2 (Tues.)	12:30 p.m. ~	3.5-yr. old Health Check (those born July 2017)
2/5 (Fri.)	12:30 p.m. ~	18-mon. old Health Check (those born July 2019)
2/9 (Tues.)	12:30 p.m. ~	3.5-yr. old Health Check (those born June 2017)

※Please call before visiting

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

### Mukunoki Center

Date	Time	Details
1/13 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
1/20 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
1/24 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
1/27 (Wed.)	—	Closed
2/3 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
2/10 (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 “mug cake w/mochi” with this recipe:

### \* **Ingredients (2 servings)**

Kiri mochi..... 1 piece  
Pancake mix... 150g  
Milk..... 150cc  
Eggs..... 1 egg

Topping:  
Chocolate..... 10g



### \* **Instructions**

1. Cut store bought kiri mochi into 8 pieces and put into a heat-resistant bowl.
2. Add milk to mug, stretch plastic wrap over the top loosely, and heat at 600w for 3 minutes.
3. Stir mixture well. If mochi hardens, heat for additional 20 seconds.
4. Add half of pancake mix amount and incorporate it well.
5. Add egg and continue to mix.
6. Add the remaining pancake mix and incorporate until the mochi is a sticky texture.
7. Prepare 2 microwaveable mugs and pour half of mixture into each.
8. Top mixture in each mug with chocolate.
9. Heat each mug for 1 minute 20 seconds at 600w. (One at a time.)

### \* **Nutrition information (per serving)**

Calories	478kcal	Protein	13.2g
Calcium	196mg	Dietary Fiber	1.9g
Fat	12.1g	Sodium	1.0g



## QUICK LIST

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

This month's theme: New Year's Vocab

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



1. きんがしんねん 謹賀新年 - New Year's greeting
2. はつもうで 初詣 - first shrine visit of the New Year
3. はつゆめ 初夢 - first dream of the New Year
4. りょうり おせち料理 - traditional New Year Japanese dishes
5. かがみもち 鏡餅 - New Year decoration made of mochi
6. かどまつ 門松 - New Year bamboo decoration
7. なわ しめ縄 - New Year rope decoration
8. としこ 年越しそば - noodles eaten to welcome new year

単語



## Sister City News

### Keihanna Commemorative Park — Enjoy a Moment with Nature



Keihanna Commemorative Park, located a stones throw away from Keihanna Plaza, was established in 1995 to celebrate the creation of the Kansai Science City. The large, 24.1 hectare park is separated into four sections: the relaxing Japanese garden area, Suikeien, the expansive lawn area, Shibafu Hiroba, the bamboo and cherry blossom tree area, Taniai, and the forest area surrounding Nagatani Pond, Mebuki no Mori. The park is enjoyed year-round by both residents of Seika and travelers alike. Whether you're looking for a location to view the seasonal flora, or just looking for a place to relax outdoors, Keihanna Commemorative Park has something for everyone.

### 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



はつもうで

初詣

first shrine visit  
(of New Year)

Hatsumode is the first shrine visit of the new year. During the first week of the new year many people visit shrines with friends or family and pray for fortune. You can also give back old *omamori* charms and pull fortune slips called *omikuji*. Due to the spread of the coronavirus, doing *hatsumode* might not be safe this year. Protect yourself and your family this new year's season by staying home instead!

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