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## Seika's New Disaster Prevention Map and Guide!

# Seika Town Disaster Prevention Map 精華町防災マップ

There is no telling when a natural disaster will occur. To protect yourself and your family in the event of a disaster, make sure you are prepared on a daily basis.

災害はいつ起こるかわかりません。もしもの時に、あなたと大切な家族を守るために、日頃から備えておきましょう。



## Seika Town's New Disaster Prevention Map (English Version)

plenty of other o  
may find useful.

It's crucial to be prepared for one on a daily basis as there is no telling when a natural disaster could occur . We hope this map will be helpful in protecting the lives of you and your loved ones from natural disasters.

This disaster prevention map will be mailed out towards the end of February to all foreign residents with a registered residence in Seika Town.

You can also receive this guide by visiting the Planning & Coordinating Division at Seika Town Office or by downloading it from the Seika Town homepage.

**URL:** <https://www.town.seika.kyoto.jp/kakuka/kikaku/1/6/15546.html>



# Seika Town Mascot Kyōmachi Seika



“Use our disaster prevention guide to prepare for unexpected disasters!”

## Inquiries

Seika Town Office  
Planning & Coordinating Division  
Tel: 0774-75-1900  
Fax: 0774-95-3971  
Email: [kikaku@town.seika.lg.jp](mailto:kikaku@town.seika.lg.jp)

Emergency Supplies 非常持出品

These supplies are 1-days worth of items you can take with you when you evacuate.  
Using the items below as a reference, gather items that are necessary to you, pack them compactly and place them by the entrance of your home.



## Valuables 寶物

- ☐ money 現金
- ☐ house or car keys 家や車の鍵
- ☐ bank book 通帳
- ☐ personal seal 印鑑
- ☐ health insurance card 健康保険証
- ☐ form of ID (resident card, passport, etc.) 身分証明書 (住民カード、パスポート、など)

## Daily Items 生活費

- ☐ food, drinkable water 食・飲・水

☐ medicine 薬

☐ can opener 缶切り

☐ lighter, matchesライター・マッチ

☐ knife ナイフ

☐ portable toilet 携帯トイレ

☐ cellphone, charger  
携帯電話・充電器

☐ glasses, contacts  
眼鏡・コンタクトレンズ

☐ hearing aide  
聴覚器

☐ blanket  
毛布

## Evacuation Equipment

- 避難用具**
- ☐ chargeable flashlight  
充電式懐中電灯
  - ☐ portable radio  
携帯ラジオ
  - ☐ extra batteries  
予備の乾電池
  - ☐ helmet, emergency head cushion

Hygiene Products 衛生用品

- ☐ menstrual products 生理用品
  - ☐ mirror, hairbrush 鏡、ブラシ
  - ☐ cosmetics, toiletries 化粧品
- <Disease Prevention Supplies>  
<感染症予防対策>
- ☐ masks マスク

**Baby Products** 乳幼児用品

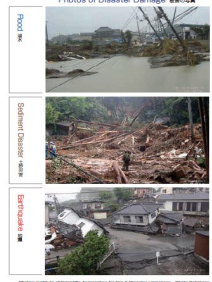
- ☐ powdered milk, baby food  
粉乳・粉乳・離乳食
- ☐ baby bottles, liquid soap  
哺乳瓶、洗剤
- ☐ diapers, wet tissues  
紙おむつ、ウェットティッシュ
- ☐ change of clothes  
着替え
- ☐ bath towel, gauze  
バスタオル、ガーゼ
- ☐ Mother & Child Booklet (boshi techo)  
母子手帳
- ☐ stroller, baby carrier  
ベビーカー、抱っこひも

## Evacuation Information 避難するための情報

**Evacuation Information** 逃げるため  
Stay up to date on disaster prevention weather information and evacuation information, and use them to inform your next course of action during a disaster.

Alert Levels	Time of Disaster Preparation and Response	Actions to Take
<b>Alert level 5</b> 500-1000 km 10-15 days	• Final asset identification • Final evacuation route • Final evacuation instructions	• Life saving actions • Evacuation
<b>Alert level 4</b> 100-500 km 3-10 days 10-15 days	• Personnel disaster relief • Personnel evacuation • Personnel evacuation route • Personnel evacuation instructions	<b>Everyone must evacuate</b>
<b>Alert level 3</b> 50-100 km 1-3 days 10-15 days 10-15 days	• Asset loss - Asset damaged • Asset loss - Asset destroyed • Asset loss - Asset destroyed • Asset loss - Asset destroyed	• Prepare for evacuation • Evacuation route • Evacuation instructions
<b>Alert level 2</b> 10-50 km 1-3 days	• Asset loss - Asset damaged • Asset loss - Asset destroyed • Asset loss - Asset destroyed	• Evacuation route • Evacuation instructions
<b>Alert level 1</b> 0-10 km 1-3 days	• Asset loss - Asset damaged • Asset loss - Asset destroyed • Asset loss - Asset destroyed	• Prepare to disaster information

Photos of Disaster Damage 被害の写真





## The Monthly Prescription - The Stuff Behind Stiff Shoulders



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. Koishi** from Koishi Orthopedics in Kizugawa City.

People often complain of feeling neck or shoulder pain after listening to a conversation while tense or reading something particularly difficult. Recently, plenty of people claim to experience a similar pain after using their smartphones too much. Everyone at some point has experienced this kind of pain, called *katakor* in Japanese. *Kata ga koru* or *kotta kata* and similar Japanese phrases have been used since the 19th century to express physical distress in the shoulder or neck area. Nowadays, with stressful situations seemingly around every corner, more and more people are experiencing this type of pain.

According to a 2019 lifestyle survey taken by the Ministry of Health, Labour, and Welfare, shoulder pain ranks 1st for women and 2nd for men in ailments people see a doctor to get a check-up for. An additional statistic shows that, for every 1000 people, 113.8 women and 57.2 men experience some sort of shoulder pain. This data shows that even today shoulder pain is an unpleasant, physical grievance for many.



Until recently, shoulder pain was not a clearly defined medical term. Shoulder pain is not the name of a sickness, but rather the ailment suffered by the patient. Despite that, the general term “shoulder pain” is used quite often. At the Japan Orthopedic Association's Shoulder Pain Project Committee Report session in 2005, shoulder pain was defined as the feeling of stiffness, strain, heaviness, or pain in one's shoulder joints, nape or interscapular (shoulder blade) region. As there are various body parts and ways of expressing this discomfort, it is thought that the definition serves only to make shoulder pain harder to understand.



Shoulder pain is separated into two categories: idiopathic shoulder pain (*hontaisei katakor*), of which a clear, organic cause does not exist, and symptomatic shoulder pain (*shoukousei katakor*), of which the cause is medically identifiable. The main causes of idiopathic shoulder pain can be overwork, lack of exercise, cold weather, lack of sleep, bad posture, aging, sloping shoulders, and a plethora of other reasons. On the other hand, the origins of symptomatic shoulder pain can be related to orthopedics (e.g. vertebrae, shoulder joint problems), internal medicine (e.g. hypertension, cardiopulmonary disease), or other medical specialties.

There are various ways to treat shoulder pain, such as lifestyle guidance, medication, physical therapy, or IV therapy. It is crucial to receive treatment that will address the root cause of the pain.

As of now, no scientifically proven standard of diagnosis nor treatment has been established for shoulder pain. While there are many people who complain of shoulder pain, each case and its respective cause is different. Discuss with a medical specialist to find out what treatment would be best for you. If you are unsure of where you should go to discuss your shoulder pain, try asking for guidance from your family doctor.





## From the Desk of Human Rights Department

### The Importance of Self-esteem

Do you love yourself? Do you believe you have worth? Accepting yourself as you are, and believing you have value is called **self-affirmation or self-esteem**. In practicing self-esteem, you not only recognize your positive traits, but you accept your weak points and negative traits as part of your entire being as well, and feel content in doing so.



#### ◆ Living with high self-esteem...

A person with high self-esteem is able to find the motivation to tackle anything, even if they feel uneasy about certain aspects, as they view things in a positive light. In the face of failure, they are able to think past their shortcomings and focus on succeeding the next time.

As they accept themselves for who they are and believe themselves to be of worth, they do not compare themselves with others, but instead focus on making progress in regards to their hopes and the realization of their goals.

#### ◆ Living with low self-esteem...

A person with low self-esteem lacks confidence and rejects themselves, making it harder for them to exhibit their true abilities. It is possible for a person with confidence to be stripped of it, such as when a spouse constantly belittles their partner, gradually causing them to forget the self-worth they once felt and replacing it with self-doubt sown by their partner's abusive language.

A person without confidence will act based on the mood of their partner, become easily swayed by the opinions of others, and live an uncomfortable existence as someone other than themselves.



#### ◆ Learn to love you!

Having low self-esteem doesn't mean it's game over. You can always build it back up!

- Try to consider your own opinions and goals each and every day, and give them precedence.
- Gradually building a stock of small successes over time can help you attain a feeling of self-worth. Being able to do something you couldn't do before is always something to be happy about. Accumulating small wins could repair your self-esteem and help you believe in yourself.

Never feel like you have to tamp down negative feelings such as pain, stress, or anger. Find a friend, family member, or other person you trust that you can talk to and express these feelings to.

Let's all work toward building a better, more confident self!







## 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.



#### **Oriental Bakery**

This bakery displays potential allergens and and caloric values for their items.

Address: Seikadai 9-1-17

Hours: 10:00 a.m. ~ 4:30 p.m.

Closed days: Open every day (closed on Obon and New Year's holidays)

Tel: 0774-98-6228



### **International Cooking at Home!**

Stuck at home with nothing to do? Get into cooking with the International Cooking at Home series! Starting in February, Seika's Coordinator for International Relations will be posting recipes of popular foods not typically found in Japan in English and Japanese. Visit the URL below or scan the QR code to view the homepage and get to cooking!

February's dish is banana bread!

URL: <https://www.town.seika.kyoto.jp/kakuka/kikaku/1/1/5/intcooking/index.html>



### **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 info please visit their website.





## Town News

### 2020 Japanese Message Contest

The award ceremony for the 19th annual Japanese Message Contest held by the volunteer group Seika Global Network took place in the Exchange Hall of the Seika Town Office building.

To prevent the further spread of COVID-19, contestants were asked to create and submit a video of their speech to be evaluated by a panel of judges. 9 contestants from 5 different countries participated.

The award ceremony featured videos of the winning speeches, critiques from the judges, and a surprise video call from an award recipient currently living in Morocco.

Visit the URL below or scan the QR code to view the video speeches submitted to this year's contest.

URL: <https://seikaglobalnet.wixsite.com/japanese/message>



### The General Services Window is Going Cashless!

- ▶ **Start date** 3/1 (Mon.)
- ▶ **Applicable transactions** fees incurred when requesting resident record copies, family register copies, personal stamp registration certificates, tax certificates, temporary drivers license, and other documents
- ▶ **Available methods** PayPay, LINE Pay
- ▶ **How to pay** QR code scan
- ▶ **Cashless service windows** General Services Window, Tax Division



- ※Cashless options cannot be used in tandem with cash.
- ※Taxes and bills cannot be paid with cashless options.
- ※Expense receipts cannot be printed when paid with cashless options.

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		





## Preventing the Spread of COVID-19

If you go out, avoid the three 「密」!

① 密閉空間 (みつべいくかん): 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 COVID-19

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
2/14 (Sun.)	Internal Medicine · Pediatrics	3/7 (Sun.)	Internal Medicine
2/21 (Sun.)	Internal Medicine	3/14 (Sun.)	Internal Medicine · Pediatrics
2/23 (Hol./Tues.)	Internal Medicine	3/20 (Hol./Sat.)	Internal Medicine · Pediatrics
2/28 (Sun.)	Internal Medicine · Pediatrics	3/21 (Sun.)	Internal Medicine · Pediatrics
		3/28 (Sun.)	Internal Medicine · Pediatrics

### Health Center

Date	Time	Details
2/16 (Tues.)	12:30 p.m. ~	18-mon. old Health Check (those born June 2019)
2/25 (Thurs.)	12:45 p.m. ~	3-4-mon. old Health Check (those born Oct. 2020)
3/2 (Tues.)	12:30 p.m. ~	3-5-yr. old Health Check (those born Aug. 2017)
3/12 (Fri.)	12:30 p.m. ~	18-mon. old Health Check (those born Aug. 2019)

※Please call before visiting

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

### Mukunoki Center

Date	Time	Details
2/10 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
2/24 (Wed.)	—	Closed
2/28 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
3/3 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
3/10 (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 “granola chocolate bars” with this recipe:

\* **Ingredients (2 servings)**

Chocolate (bar) ····· 150g  
Granola cereal w/fruit · 200g

\* **Instructions**

1. Lay baking parchment in a baking pan (21cm x 16cm, 3cm deep)
2. Break chocolate into a bowl and melt over a 60° hot water bath.
3. Add granola to melted chocolate and mix well.
4. Pour mixture into baking pan, flatten out evenly and harden in refrigerator for 30 minutes.
5. Place chilled block on cutting board and cut to a preferred size.

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

Calories	116kcal	Protein	1.7g
Calcium	28mg	Dietary Fiber	1.6g
Fat	5.4g	Sodium	0.1g



### Fun Food Facts

**When should you take off the tops of strawberries?**

By taking the leafy top off the strawberry before washing it, you run the risk of washing away the naturally occurring vitamin C. Remove the strawberry top after washing to keep in the vitamins!



## QUICK LIST

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

This month's theme: **Movie Genres**

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



1. 時代劇 - period drama movie  
じだいげき
2. SF映画 - science fiction movie  
えいが
3. 冒険映画 - adventure movie  
ぼうけんえいが
4. 怪獣映画 - monster movie, creature feature  
かいじゅうえいが
5. 探偵映画 - detective movie  
たんていえいが
6. 青春映画 - teen film  
せいしゅんえいが
7. 西部劇 - western film  
せいぶげき
8. B級映画 - B movie  
きゅうえいが
9. 児童映画 - children's movie  
じどうえいが
10. ドキュメンタリー映画 - documentary  
えいが
11. ホラー映画 - horror movie  
えいが
12. コメディ映画 - comedy movie  
えいが

単語



## Sister City News



### Story time with Mayor Clark!

In the midst of the worldwide pandemic, many parents are having an increasingly harder time finding new experiences to enrich their children's lives while practicing social distance. Norman City Mayor Breea Clark's read-aloud video series "Story Time With Mayor Clark" is here with a solution! In this video series, posted on Mayor Clark's Facebook page, she reads a variety of children's books out loud for viewers and their children in English. There are 40+ read-aloud videos to watch, each containing a new story. Check out her video page on Facebook if you're interested in joining the fun!

URL: [https://www.facebook.com/clarkfornorman/videos/?ref=page\\_internal](https://www.facebook.com/clarkfornorman/videos/?ref=page_internal)

### 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](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!

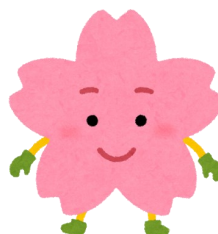
### Facebook



### Town Website



## Word of the Month



りっしゅん

立春

First day of spring

If you take a look at a Japanese calendar, you may see 立春 (*risshun*) written on February 4. Risshun is the Japanese word for the first day of spring. That said, the cold days will still continue throughout February, so try to take care of yourself as best as you can!

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