



ICHIGO

いちご



NO. 311

Seika's English Language Newsletter

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Seika Town Mascot  
Kyōmachi Seika



"Take extra care to prevent fires before they happen!"

## Help Prevent Forest Fires

Approximately 70% of forest fires occur between winter and the beginning of spring, and a majority of them are caused by human carelessness. In order to prevent forest fires, it's important to increase our awareness about fire prevention.

How to prevent forest fires from happening...

1. Refrain from starting open air fires and field burning during strong wind or dry weather warnings.
2. Before starting open fires, be sure to have water for fire extinguishing at the ready.
3. Never leave the site of a fire you start and completely extinguish it after you're finished using it.
4. Extinguish cigarettes with water and dispose of them properly. Do not throw them away carelessly.

Crop burning instructions by the Fire Department

In Seika, many forest fires have been started by *noyaki*, or "field burning", a controlled fire started by farmers to help eliminate weeds and dead grass from their crops. Field burning is especially dangerous in the presence of dry air and strong wind. During these times, the fire department may dispatch fire trucks to directly warn people who may be field burning of the dangerous conditions.

When field burning, never leave the site of the fire. On days when the wind is strong, it is best to refrain from field burning entirely.

If a field burning is left alone and a fire brigade deems it to be dangerous, they will attempt to extinguish it without warning.

Spring is the season for fire prevention!

As we head into Spring, we must all remember to be aware of the dangers of fire, something we often forget in our daily lives. In order to increase fire awareness and fire prevention knowledge, the entire country will hold a "Spring National Fire Prevention Movement" from March 1 ~ 7. Let's practice proper fire safety every day!





## The Monthly Prescription - Coping During COVID-19



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. Hayashi** from Hayashi Kokoro Clinic in Kizugawa City.

The sweeping changes made to the daily lives of people across the world by the COVID-19 pandemic in 2020 is affecting not only the world economy, but also everyone's mental health. The stress of possibly contracting the virus in particular is causing people to lose sleep and become dependent, thereby increasing their risk of falling into a depressive state.



It is thought that this state is affected by two by factors: the uneasiness brought on by the real fear of having to experience something they have not been through (in this case the coronavirus), and the inability to maintain the way of life they have grown accustomed to before the virus. One of the psychotherapeutic ways of treating this state is called ACT, or Access and Commitment Therapy. Psychotherapist Dr. Russ Harris, the leading voice on ACT, summarizes the practical steps one can take to come to grips with the COVID-19 pandemic in the handy acronym FACE COVID<sup>※</sup>. This method stresses the importance of accepting the present reality and involving yourself in things you are able to do right now.



You may dwell on your feelings of unease and search for something that is certain to make you feel okay during the COVID-19 pandemic. Focusing on things you can control and truly value is an important way to deal with these feelings instead of getting rid of them all together.

Becoming hung up on these emotions, feeling restless, and being unable to engage in life is in itself a state of depression.

Recognizing what you value in your own life, and confronting the things you are able to do in the present will be helpful in maintaining your mental health and leading a normal life during the COVID-19 pandemic.

### ※ The meaning of "FACE COVID"

- F** = Focus on what's in your control (focus on what you can do here and now)
- A** = Acknowledge your thoughts and feelings (be aware of your own emotions)
- C** = Come back into your body (connect with your physical self, e.g. stretching)
- E** = Engage in what you're doing (know where you are and what you are doing)
- C** = Committed action (engage fully in your actions)
- O** = Opening up (allow yourself to feel and treat yourself kindly)
- V** = Values (recognize your values and how you want to treat yourself and others)
- I** = Identify resources (find ways to get help, e.g. family, medical professionals)
- D** = Disinfect and Distance (practice good hygiene and maintain social distance)





## Town News

### **Have you received Seika's new multilingual disaster prevention map?**

Seika Town, with the cooperation of foreign resident support group Seika Global Network, has made a new multilingual disaster prevention map, and mailed a physical version to the registered address of every foreign resident in Seika in late-February. This map was produced in 4 languages: English, Chinese (Simplified), Korean, and Vietnamese.

New residents of Seika, or people who have not received the guide that would like one, can find a digital version on the Seika Town homepage (URL below) or receive a digital copy at the Seika Town Office Planning & Coordinating Division service window.

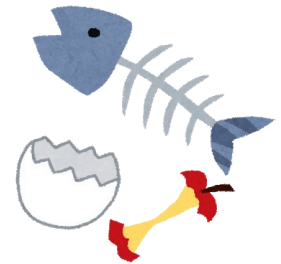


URL: <https://www.town.seika.kyoto.jp/kakuka/kikaku/1/6/15546.html>

### **Dry out kitchen waste before disposing**

It is said that most kitchen waste is approximately 80% water. There are many downsides to kitchen waste containing water, such as increased heaviness and odor. To decrease waste and put a stop to bad odors, try dehydrating your waste before disposing it. Below are a couple of helpful tips on how to do this...

- Allowing kitchen waste to get wet increases its water content. Try to keep water away from kitchen waste if possible
- Squeeze water out of waste with high water content or dry it out before disposing.



### **Recycle your small rechargeable batteries**

The rechargeable batteries of electronics such as digital cameras, smartphones, and laptops contain nickel, cadmium, cobalt, and other precious metals that are recyclable. If you would like to dispose of these batteries, please bring them to the service window of the Environmental Promotion Division at Seika Town Office and place them in the collection box for small rechargeable batteries to be recycled.

#### **★ Recyclable Batteries**

**Nickel-cadmium (Ni-Cd) batteries, nickel-metal hydride (Ni-MH) batteries, lithium (Li) batteries, and mobile batteries**

#### **★ Collection Location**

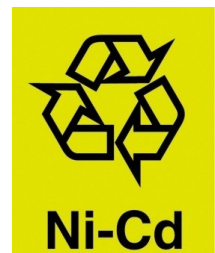
Seika Town Office Environmental Promotion Division Service Window (2nd fl.)

#### **★ Collection Time**

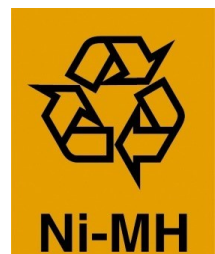
Weekdays 8:30 a.m. ~ 5:15 p.m.

#### **★ How to Dispose Properly**

- ⇒ To prevent fires from a battery short, make sure no wires are exposed by wrapping them in electrical tape.
- ⇒ Do not take apart the battery.
- ⇒ Do not dispose of any batteries other than the ones stated above



**Ni-Cd**



**Ni-MH**



**Li-ion**



## 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.



#### **Boulangier Yamada**

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

Address: Hikaridai 1-4-1

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

Closed days: Tuesdays (open on holidays, following day closed)

Tel: 0774-95-2008



### 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!

March's dish is spam musubi! (to be posted on 3/10)

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

### **Don't Toss Your Cigarettes!**

After the "Seika Town Town Beautification Ordinances" was passed in 2011 March, Seika Town has spread awareness regarding the prohibition of thoughtlessly tossing out cigarettes and other trash. However, cigarette tossing continues to this day.

It is the duty of the smoker to practice proper smoking manners. Smokers should be considerate of those around them when smoking and use a designated smoking spot, bring a portable ash tray, and take their cigarette home with them to dispose of when finished. During the dry winter months, fires have been caused by tossed cigarettes that a smoker assumed they properly extinguished.

Remember that roads and empty lots are not public trash cans. Consider how much trouble one tossed cigarette could cause before throwing it away carelessly, and help keep Seika Town clean by following proper smoking manners.



### **Changes to Plastic Bottle Disposal Location**

Currently, plastic bottles are collected the 3rd Wednesday of every month at a designated spot. However, to accommodate the increase in plastic bottle waste, the disposal schedule and location will be changed as detailed below starting 2021 April 1. Thank you for your understanding and cooperation.

#### **Changes to be implemented starting April 1:**

- Collection frequency: 2 times a month
- Collection area: dispose plastic bottles where you would normally dispose your non-combustible waste
- How to dispose: separate appropriately, and dispose of bottles in a clear or partly-clear bag

Collection dates change depending on your region within Seika. Please check the waste collection schedule for fiscal year 2021 (starting April 1) when it becomes available for more details.



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 (みつぺいくわん) : 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
3/7 (Sun.)	Internal Medicine	4/4 (Sun.)	Internal Medicine
3/14 (Sun.)	Internal Medicine · Pediatrics	4/11 (Sun.)	Pediatrics
3/20 (Hol./Sat.)	Internal Medicine · Pediatrics	4/18 (Sun.)	Internal Medicine
3/21 (Sun.)	Internal Medicine · Pediatrics	4/25 (Sun.)	Internal Medicine · Pediatrics
3/28 (Sun.)	Internal Medicine · Pediatrics	4/29 (Hol./Thur.)	Internal Medicine · Pediatrics

### Mukunoki Center

Date	Time	Details
3/17 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
3/21 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
3/24 (Wed.)	—	Closed
3/31 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
4/7 (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
3/12 (Fri.)	12:30 p.m. ~	18-mon. old Health Check (those born Aug. 2019)
3/23 (Tues.)	12:45 p.m. ~	3-4-mon. old Health Check (those born Nov. 2020)
4/9 (Fri.)	12:30 p.m. ~	18-mon. old Health Check (those born Sept. 2019)



## 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 "easy pork and rice bowl" with this recipe:

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

Chopped pork..... 200g

Onion..... one half

Rice.....340g

A:

Sugar..... 2tbs.

Soy sauce..... 2tbs.

Cooking sake...1tbs.

Dashi pellets... 1tsp.

Water..... 50cc



### \* **Instructions**

1. Cut onion into fine strips
2. Mix A, chopped pork, and onions in a heat resistant bowl.
3. Cover top of bowl loosely with plastic wrap and heat at 600w for 5 minutes.
4. Take bowl out from microwave and mix pork well.
5. Re-cover the bowl with the plastic and heat again for 2 minutes.
6. Mix one more time then place meat on top of rice.
7. Add fresh or pickled vegetables and a poached egg to your liking.

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

Calories	767kcal	Protein	20.6g
Calcium	28mg	Dietary Fiber	1.8g
Fat	36.0g	Sodium	2.0g



## QUICK LIST

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

This month's theme: Traditional Japanese Arts

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



1. さどう 茶道 - tea ceremony
2. しやどう 書道 - calligraphy
3. い ばな 生け花 - flower arrangement
4. う き よ え 浮世絵 - wooden block painting
5. ぼんさい 盆栽 - bonsai (lit. tray planting)
6. お が み 折り紙 - origami; folding paper
7. しっ き 漆器 - lacquerware
8. か ぶ き 歌舞伎 - kabuki dance-drama
9. のう 能 - noh dance-drama
10. ぶんらく にんぎょうじやうり 文楽(人形浄瑠璃) - puppet theatre
11. がく 雅楽 - Japanese classical music

単語

## Sensational in Seika



Grounds of Nyakuou-ji Temple

### Nyakuou-ji Temple

Located in the Shimokoma area of Seika Town, Nyakuou-ji Temple is thought to have originated as a relative temple of another temple established by High Monk Enchin of the Tendai (Tiantai) school of Buddhism in the Heian era. The temple is home to a number of cultural artifacts including an Amida Nyorai Sitting Statue (late Heian period 10-11 century), a Carving of Monk Enchin Seated (Important Cultural Property of Japan; late Heian period), and a *bonshou* Buddhist bell (Momoyama period). Nyakuou-ji Temple is one of many temples dotted throughout Seika Town. Pay the temple a visit if you would like to learn more about its history!

### 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



ゆきにご

雪濁り

Water muddied  
by dirty snow

When places that experience heavy snow get warm, the snow melts and muddies the river or sea water. In Japanese, this phenomenon is called *yukinigori*. I don't think we'll be seeing any *yukinigori* in Seika this year!

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