



ICHIGO

いちご



NO. 312

Seika's English Language Newsletter

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Save Lives by Cooperating with Emergency Vehicles

The "Right of Way" for Emergency Vehicles

Emergency vehicles like fire trucks and ambulances perform highly urgent duties such as fire fighting and transporting injured people to the hospital. Under Article 40 of the Road Traffic Act, emergency vehicles have the right of way and are permitted to drive on the right side of the road (against traffic) and through red lights to perform emergency duties.

This law was created to ensure emergency vehicles get to the scene of an emergency as soon as possible.

Everyone's cooperation is necessary in making sure emergency vehicles get to where they need to be

**① When you are at an intersection...**

Move your vehicle to the left side of the road away from the intersection.

② When you are anywhere else on the road...

Move your vehicle to the left side of the road and allow the emergency vehicle to pass.

③ When you receive directions from an emergency vehicle...

In the event the emergency vehicle gives you directions through their loud speaker, be sure to follow them and allow the vehicle to pass.

Seika Town Mascot
Kyōmachi Seika

"When you hear emergency vehicles approaching, be sure to give them the right away!"

Refrain from parking in prohibited areas

Under Article 45 of the Japanese Road Traffic Act, parking in areas related to firefighting facilities (e.g. fire departments and firefighting cisterns) is prohibited. Cisterns for firefighting and fire hydrants are placed on the side of roads and on sidewalks to make putting out fires easier for firefighters. Parking within 5 meters of firefighting cisterns, fire hydrants, and fire department entrances is prohibited.

Parking a car near these areas could prevent firefighters from accessing the tools they need to put out fires and lead to a greater number of injuries and damage.

Fire department employees also check the condition of fire hydrants and cisterns in Seika Town periodically, and cannot properly access them if cars are parked nearby. Help the fire department respond to emergencies efficiently by refraining from parking in these areas.



Coronavirus Vaccine Information

Seika Town has established a coronavirus vaccine call center (Japanese) to field questions related to the vaccine and its distribution within Seika. Seika is also undertaking the following preparations detailed below to distribute the vaccine according to the order of vaccination priority* and vaccination schedule decided by the Government of Japan.

※ Vaccination Priority

- ① Health Care Professionals
- ② Senior Citizens (65 years and older)
- ③ Persons other than senior citizens with primary diseases and senior citizen care home professionals
- ④ Persons who do not fall into the above groups



- ▶ **Eligible Persons** Senior citizens 65 years or older that are registered residents of Seika Town
(Persons born before 1957 April 1 who will become 65 years of age between 2021 April 1 and 2022 March 31)
- ▶ **Vaccines** Pfizer COMIRNATY® intramuscular injection (for persons 16 years or older)
- ▶ **Number of doses** 2 doses (2nd dose to be received 3 weeks after 1st dose)

Vaccine Distribution Details

Vaccination vouchers and information regarding the scheduling of appointments are expected to be mailed out to eligible persons near the end of April after the necessary number of vaccines is determined for Seika Town. Information about how to schedule a vaccination appointment, and when and where you can get vaccinated will be included in the mailed packet.

Vaccination is optional

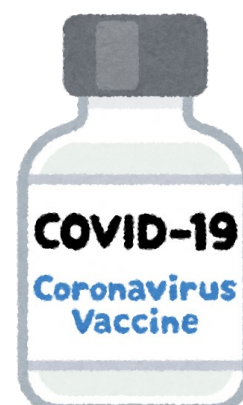
Getting the coronavirus vaccine is not mandatory. Schedule an appointment for vaccination only after understanding the effects and potential risks of receiving the coronavirus vaccine. If you have a primary illness or allergies, and are unsure if you should get vaccinated, consult with your doctor before making an appointment.

Relief system for persons who experience negative health impact due to vaccine side-effects

If you experience serious negative side-effects as a consequence of receiving the vaccine, you may be eligible for relief (compensation for medical expenses, disability pension, etc.) through the Japanese Immunization Act. For more information, please view the Benefits Type and Amount of Relief System for Injury to Health with Vaccination page on the Ministry of Health, Labour, and Welfare's homepage.

Vaccine Consultation (Japanese only)

- Specialized consultations regarding the side-effects and other vaccine-related topics
Kyoto COVID-19 Vaccination Consultation Center
TEL: 075-414-5490 (Open 9:00 a.m. ~ 7:00 p.m. including holidays)
- Consultations about vaccination in Seika Town
Seika Town COVID-19 Vaccination Call Center
TEL: 0570-056-732 (Open weekdays 9:00 a.m. ~ 5:00 p.m.)





Town News

International Playgroup “Ichigo Ichie” Foreign Resident Support Chat

Do you live in Southern Kyoto or Northern Nara and have questions about life in Japan or raising children? International Playgroup Ichigo Ichie has set up a LINE OPENCHAT group to answer all your questions! Feel free to contact the group through LINE or email if you have any questions.

Scan the QR code on the right to join the LINE OPENCHAT group.

Feel free to check out Ichigo Ichie’s activities on Facebook and Instagram as well!

Facebook: <https://www.facebook.com/sgnhiroba>

Instagram: https://www.instagram.com/ichigo_ichie_sgn/



Cool Down the Green Way this Summer!

In order to help prevent global warming, Seika Town promotes the planting of vine-type plants that grow “green curtains,” like the goya and raku-imo potato plant.

The green curtain, created by the plant’s vines, helps block sunlight and cuts down about 80% of the thermal energy produced by the sun’s rays, helping keep your house at a comfortable temperature. Planters can also enjoy the flowers and vegetables grown in addition to the cooling effects provided by the natural, green curtain.

To encourage residents in Seika to grow their own green curtains, the **Environment Promotion Division at Seika Town Office** (2nd fl.) will be distributing goya seeds starting on April 26 (Mon.).

Distribution time: 8:30 a.m. ~ 12:00 p.m. and 1:00 ~ 5:00 p.m.

Limited to the first 150 Seika Town recipients (approximately 10 seeds per household).

Goya seeds can be harvested from the plant itself for use in the coming year as well. Spend the summer nice and cool by growing your own green curtain!

For additional inquiries please contact the Environment Promotion Division at Seika Town Office (tel 0774-95-1925)



2021 Seika Town Garbage Collection Schedule

The Seika Town garbage collection schedule for the 2021 fiscal year (2021 April 1 ~ 2022 March 31) has been posted on the Seika Town homepage. If you would like to view the schedule, please visit the below page. An English version of the guide is also available.

Help keep Seika Town clean by separating your garbage appropriately and disposing it in the designated area on the scheduled day and time!

URL: <https://www.town.seika.kyoto.jp/kakuka/kikaku/1/1/2/2706.html>



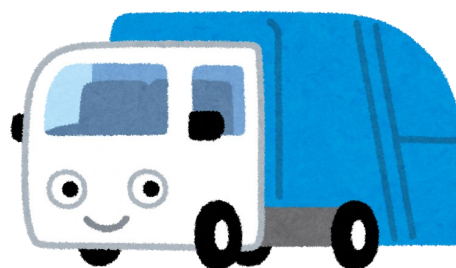


Town News

Golden Week Garbage Collection

Garbage collection will continue as per the normal schedule (all days with the exception of Sundays) during the Golden Week holiday period.

Please remember to separate your trash by the correct categories and to dispose of them on the scheduled days in your specified trash collection area. Trash that has not been separated appropriately cannot be collected. Thank you for your



Changes to Plastic Bottle Disposal Location and Time

Previously, plastic bottles were 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 has been changed as detailed below on 2021 April 1. Thank you for your understanding and cooperation.

Changes implemented on 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 (available on the webpage below starting April 1) for more details.

URL: <https://www.town.seika.kyoto.jp/kakuka/kikaku/1/1/2/2706.html>

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 | | |





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.



Le Patisserie Yamada

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

Address: Hikaridai 9-8-8

Hours: 9:30 a.m. ~ 7:00 p.m.

Closed days: Tuesdays (open on holidays)

Tel: 0774-95-0555



International Cooking at Home!

Stuck at home with nothing to do? Get into cooking with the International Cooking at Home series! Started in February, Seika's Coordinator for International Relations has been 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!



April's dish is **butter mochi!** (to be posted on 4/14)

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



Seika Town Sightseeing Information Portal

Did you know that Seika Town has a website that compiles information for all the of the fun and interesting sightseeing spots in Seika? If you're looking for information on how to spend a day in Seika, look no further than Seika Town's Sightseeing Information Portal site!

This site contains information about the various hot spots, restaurants, and events in Seika Town. Whether you're a resident of Seika or another nearby or faraway town, there's something new to discover for everyone! Check it out by visiting the URL below...

URL: <https://www.town.seika.kyoto.jp//kanko/index.html>





Preventing the Spread of COVID-19

If you go out, avoid the three 「密」!

① 密閉空間: Avoid small enclosed spaces with bad



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 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 |
|-------------------|--------------------------------|------------------|--------------------------------|
| 4/11 (Sun.) | Pediatrics | 5/3 (Hol./Mon.) | Internal Medicine |
| 4/18 (Sun.) | Internal Medicine | 5/4 (Hol./Tues.) | Internal Medicine |
| 4/25 (Sun.) | Internal Medicine · Pediatrics | 5/5 (Hol./Wed.) | Internal Medicine · Pediatrics |
| 4/29 (Hol./Thur.) | Internal Medicine · Pediatrics | 5/9 (Sun.) | Pediatrics |
| 5/2 (Sun.) | Internal Medicine | 5/16 (Sun.) | Internal Medicine · Pediatrics |

Health Center

| Date | Time | Details |
|--------------|--------------|---|
| 4/9 (Fri.) | 12:30 p.m. ~ | 18-mon. old Health Check (born Sept. 2019) |
| 4/13 (Tues.) | 12:30 p.m. ~ | 2 yr. 4-mon. old Health Check (born Nov. 2018) |
| 4/14 (Wed.) | 12:30 p.m. ~ | 3 yr. 6-mon. old Health Check (born Sept. 2017) |
| 4/23 (Fri.) | 12:45 p.m. ~ | 9-10-mon. old Health Check (born June 2020) |
| 4/27 (Tues.) | 12:45 p.m. ~ | 3-4-mon. old Health Check (born Dec. 2020) |
| 5/11 (Tues.) | 12:30 p.m. ~ | 2 yr. 4-mon. old Health Check (born Dec. 2018) |
| 5/14 (Fri.) | 12:30 p.m. ~ | 18-mon. old Health Check (born Oct. 2019) |

※Please call before visiting

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

Mukunoki Center

| Date | Time | Details |
|-------------|------------------------|----------------------|
| 4/21 (Wed.) | 3:00 ~ 5:00 p.m. | Table Tennis Day |
| 4/25 (Sun.) | 9:00 a.m. ~ 12:00 p.m. | Hohoemi Sports Arena |
| 4/28 (Wed.) | — | Closed |
| 5/12 (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 cheesecake with this recipe:

* Ingredients (1 whole cake)

| | |
|---------------------|----------------------|
| Eggs····· 3 (med.) | Cream cheese · 200g |
| Heavy cream · 200ml | Lemon juice · 1 tsp. |
| Sugar ····· 100g | |
| Flour ····· 3 tbs. | |



* Instructions

1. Preheat oven to 170 degrees Celsius.
2. Add ingredients to a mixing bowl one at a time, mixing after the addition of each ingredient.
3. Cover a 18~20 cm cake pan with a baking sheet.
4. Pour cheesecake mixture into the cake pan.
5. Bake for 40 minutes.

* Nutrition information (whole cake)

| | | | |
|----------|----------|---------------|-------|
| Calories | 2344kcal | Protein | 47.2g |
| Calcium | 369mg | Dietary Fiber | 0.7g |
| Fat | 177g | Sodium | 2.4g |



QUICK LIST

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

This month's theme: In the kitchen

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



1. コンロ - stove
でんし
2. 電子レンジ - microwave
3. オーブントースター - toaster oven
なべ
4. 鍋 - pot
5. フライパン - frying pan
6. ポット - kettle
7. おたま - ladle
かえ
8. ひっくり返し - spatula
ほうちよう
9. 包丁 - knife
さいばし
10. 菜箸 - long cooking chopsticks
11. トング - tongs
12. キッチンばさみ - kitchen shears
あわ き
13. 泡だて器 - whisk
けいりよう
14. 計量カップ - measuring cup

単語

Sister City News



Visitors an exhibit at the National Weather Center

Cooperating to Understand the Atmosphere

The National Weather Center (NWC) in Norman is a large research center that hosts students from Oklahoma University, government agencies, research scientists and other parties interested in researching topics regarding weather science. Opened in 2006, the five-story, 23,225 m² research center is home to many researchers that study Earth's atmospheric events, and conduct various experiments to further our understanding of Earth's weather. Visitors to the center can view the Science On a Sphere, a spherical, digital projection display system suspended in mid-air that is used to help simply explain complex atmospheric events. Be sure to stop by the NWC if you are interested in weather science!

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



やえざくら
八重桜
Yaezakura
Cherry Blossoms

Yaezakura is an umbrella term that describes a blooming sakura with many petals. Hitoesakura, a five petal bloom pattern, is the most commonly thought of sakura. Yaezakura, on the other hand, bloom with 20 or more petals. We hope your spring will be full of beautiful yaezakura!

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