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Seika Town Mascot
Kyōmachi Seika

"Obey the laws when pumping gas to keep accidents from happening!"

Be Careful With Hazardous 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, 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.

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.

Fill up your tank safely at self-service stations

If you have a car, you're probably very familiar with self-service gas stations that allow you fill up your gas tank without assistance. If you make a mistake while filling up your tank, it could lead to a dangerous accident. Gasoline is highly flammable, and, due to combustible vapors, is prone to lighting even from the smallest interactions such as static electricity or tiny sparks. When filling up your tank at a self-service station, be careful of the following points:

① Turn off your engine before pumping gas

Park your car in the lined area and turn off your engine before pumping gas. Doing so while your engine is running is deemed unlawful by fire fighting laws and raises the risk of a fire starting from gas vapors.

② Double check the type of gas you're pumping

Only fill your tank with the type of gas that is appropriate for your car.

③ Touch the static discharge pad before pumping gas

Forgetting to touch the static discharge pad could cause sparks that can ignite gasoline vapors and start a dangerous fire.

④ Abide by the automated gas limit

When the gas pump turns off, refrain from attempting to extract more gasoline from it as it can cause gasoline to spill.





Coronavirus Vaccine Information

In Seika Town, there are approximately 9,700 persons over the age of 65 (at the time vaccination information was mailed). About 2,700 of these people will receive vaccination as part of Group A in elderly care homes or other methods.

Doses for 7,000 people in the following Group B and the newly added Groups C and D are being prepared and will make vaccination available for residents over 65 years of age that would like to receive it.

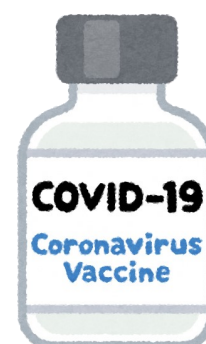
Added Coronavirus Vaccination Dates (Groups C and D)

In order to provide an opportunity for a full-schedule of vaccination to all residents 65 years and older, the most vulnerable demographic, in a swift manner, and to meet the end-of-July goal set by the national government, Seika Town has scheduled two extra dates, groups C and D, and extended the vaccination time by one hour.

Make an Appointment

Appointments for residents of Seika Town **age 65 and over** can be made through the following webpage or QR code. (As of June 1, the appointment period for Group B has closed.)

<https://jump.mrso.jp/263664>



What to Bring to Appointment

- Vaccination voucher (do not remove the sticker from the voucher)
- Pre-filled medical questionnaire (take your temperature at home and write it down on the paper before arriving at the vaccination site)
- Form of personal identification (driver's license, resident card, My Number card etc.)

Additional notes

- Wear a shirt that is short-sleeved or has no sleeves that provides easy access to your shoulder.
- Arrive at your scheduled vaccination site 5-10 minutes before your appointment.
- Take your temperature at home before coming to the site. If you have a clear fever (37.5 Celsius or higher), are feeling unwell, or are considered as someone (or live with someone) who has had close contact with a person who has contracted the coronavirus recently, please refrain from attending your appointment and contact the vaccination call center (0570-056732).

Vaccination Groups	Vaccination Site	Schedules			Number of people Vaccinated
		1st Dose	2nd Dose	Time	
Group B (Closed)	Gymnasiums at the following elementary schools: - Seihoku - Kawanishi - Yamadasho - Higashihikari - Seikadai	June 6 (Monday)	June 27 (Sunday)	9:00 a.m. - 5:00 p.m.	2800
Group C		June 20 (Sunday)	July 11 (Sunday)	9:00 a.m. - 5:00 p.m.	2800
Group D	Regional Welfare Center Kashinoki-en & Mukunoki Center	July 4 (Sunday)	July 25 (Sunday)	9:00 a.m. - 5:00 p.m.	1400



Town News

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.

Defining “Dietary Education”

“Dietary Education” is defined as education that promotes the development of a populace that, through the power of dietary knowledge obtained through various experiences and the power of choice, can choose to practice healthy eating. (Translated excerpt from the Basic Act on Dietary Education).

Dietary education is not just important for children, but adults as well. Eating is a basic, lifelong activity, and choosing to eat healthy is especially important as an adult.

The power to eat is the power to live. Practice dietary education daily, and let's work together to live long, healthy lives!



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, Instagram, and their homepage as well!

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

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

Homepage: <http://www.sgnhiroba.blogspot.com>

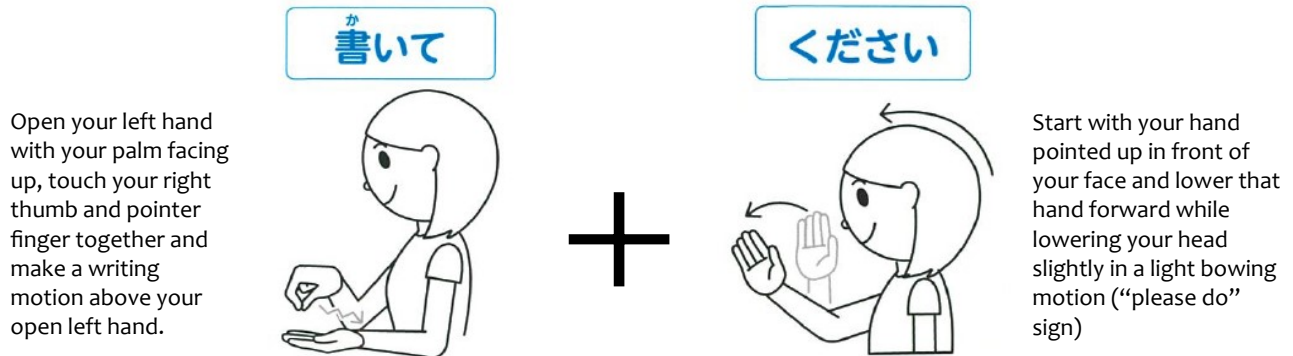




Town News

Communicate with Japanese Sign Language

Since the passing of the Eliminating Discrimination Against People with Disabilities Act on April 1, 2016, the entire country has been taking steps to better accommodate persons with disabilities in all settings. One way to communicate with people that have hearing disabilities in Japan is through Japanese Sign Language (JSL). Here is how to say “kaite kudasai (please write)” in JSL in the event you would like to communicate through writing.



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!



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



Kasendo Seika

This establishment displays allergens for all their items. (Due to the coronavirus, lunch will not be served for the time being. Desserts available for purchase.)

Address: Seikadai 1-25-2

Hours: 9:30 a.m. ~ 6:30 p.m.

Closed days: Tuesdays (open on holidays)

Tel: 0774-93-4377



Let's Celebrate Kyomachi Seika's Birthday!

Kyomachi Seika, Seika Town's own promotional character, plays the important role of the town's megaphone by disseminating crucial information to residents in an easy to understand way. She can also be found on Seika Town's home page, social media accounts, birth and marriage certificates, and a variety of other materials.

July 5 will mark the 8th anniversary of Kyomachi Seika's arrival from the future to present day Seika Town. To celebrate her arrival, Seika Town will be holding a Kyomachi Seika Birthday Festival 2021 and will be on the look out for illustrations celebrating this momentous occasion.

Check out the special Kyomachi Seika birthday web page for more details (in Japanese)!



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
6/13 (Sun.)	Internal Medicine	7/11 (Sun.)	Internal Medicine
6/20 (Sun.)	Internal Medicine · Pediatrics	7/18 (Sun.)	Pediatrics
6/27 (Sun.)	Internal Medicine · Pediatrics	7/22 (Hol./Thur.)	Internal Medicine · Pediatrics
7/4 (Sun.)	Internal Medicine · Pediatrics	7/23 (Hol./Fri.)	Internal Medicine

Health Center

Date	Time	Details
6/16 (Thur.)	12:30 p.m. ~	3-yr. 6-mon. old Health Check (born Nov. 2017)
6/18 (Fri.)	12:30 p.m. ~	18-mon. old Health Check (born Nov. 2019)
6/23 (Thur.)	12:30 p.m. ~	2-yr. 4-mon. Oral Health Check (born Jan. 2019)
6/24 (Thur.)	12:30 p.m. ~	9-10-mon. old Health Check (born Aug. 2020)
6/29 (Tues.)	12:30 p.m. ~	3-4-mon. old Health Check (born Feb. 2021)
7/9 (Fri.)	12:30 p.m. ~	18-mon. old Health Check (born Dec. 2019)

※Please call before visiting

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

Mukunoki Center

Date	Time	Details
6/16 (Thur.)	3:00 ~ 5:00 p.m.	Table Tennis Day
6/20 (Sun.)	9:00 a.m. ~ 12:00 p.m.	Hohoemi Sports Arena
6/23 (Thur.)	—	Closed
6/30 (Wed.)	3:00 ~ 5:00 p.m.	Table Tennis Day
7/7 (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 refreshing **Green-tea Yogurt Jelly with Azuki Beans** with this recipe:

* Ingredients (2 servings)

Gelatin powder	2.5g	Matcha tea powder	1 tsp.
Water	1 tbs.	Milk	150 ml
Sugar	30g	Plain yogurt	100g
Canned azuki	40g		



* Instructions

1. Pour gelatin powder into water and mix until it dissolves
2. Mix together sugar and matcha powder in a separate bowl
3. Combine sugar and matcha powder with milk in a pot put on medium heat
4. Turn off fire once sugar dissolves.
5. Add gelatin mixture into pot with matcha mixture
6. Allow to cool before adding in yogurt.
7. Pour mixture into container and allow to cool and harden in the fridge
8. Top with canned azuki beans before eating

* Nutrition information (per serving)

Calories	188kcal	Protein	6.4g
Calcium	147mg	Dietary Fiber	0.8g
Fat	4.5g	Sodium	0.2g

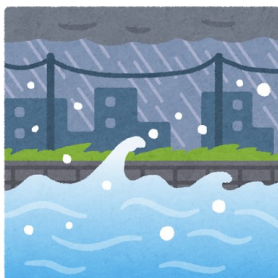


QUICK LIST

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

This month's theme: Here comes the rain!

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



1. 五月雨 (さみだれ) - early-summer rain
2. 夕立 (ゆうだち) - sudden (evening) rain shower
3. 雷雨 (らいう) - thunderstorm
4. 霧雨 (きりさめ) - drizzle, light rain
5. 土砂降り (どしゃぶ) - downpour
6. 通り雨 (とおあめ) - passing rain
7. 小雨 (こさめ) - light rain
8. 大雨 (おおあめ) - heavy rain
9. 豪雨 (ごうう) - torrential rain
10. 集中豪雨 (しゅうちゅうごうう) - localized downpour
11. 私雨 (わたくしあめ) - localizer shower (light)
12. 冷雨 (れいう) - chilly rain

単語

Sister City News

Exhibiting Millennia of History in the 21st Century



Façade of The Sam Noble Museum

The Sam Noble Museum, opened to the public at the turn of the 21st century, is the pre-eminent establishment for natural history in the state of Oklahoma. Located on The University of Oklahoma campus in Norman, the 198,000 square foot facility houses an enormous collection of over 10 million objects consisting of items from different world cultures, prehistoric fossils, Native American artifacts, and many other items. In addition to world history, visitors can get a unique, behind-the-scenes look at the operations of the museum, such as how artifacts are handled and researched. The Sam Noble Museum is a must-see for anyone interested in natural or world history. Visit their website for more information. (samnoblemuseum.ou.edu—English only)

Picture: Andrew Goidell (Wikimedia Commons)

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)

Kyoto Prefecture Multilingual Daily Life Consultation Service:

If you have any questions about housing, work, government processes, health, or any other aspects of daily life, try contacting the Kyoto Prefectural International Center (Kyoto-shi Shimogyo-ku Higashinotoin Shichijo Meruparuku Kyoto B1F). Consultations can be made in English, Japanese, Chinese, Vietnamese, Tagalog, and 15 other languages.

Find us online!

Facebook



Town Website



Word of the Month



つゆ
梅雨

Tsuyu, rain season

Tsuyu is the name for Japan's rainy season and is a natural occurrence for most of East Asia. This year, tsuyu is said to have come about 2 weeks earlier than usual, a sign of plenty rainy days ahead. Be sure to always carry an umbrella with you and maybe even an extra pair of socks!

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