

## Sister City News



### 2nd Friday Norman Art Walk

2nd Friday Norman Art Walk is an event that takes place in the Walker Art District in Downtown Norman that combines the fun of local art, music, and food into one fantastic evening. First held in 2009, the event currently hosts 30+ participating businesses and welcomes thousands of attendants each month. 2nd Friday Norman Art Walk is supported by numerous organizations and businesses, both local and national, that assist in keeping the event open to the public and providing local artists and businesses a way to grow a following in Norman. Be sure to stop by on your next trip to Oklahoma to experience the brilliance of Norman's artists!

### 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)

### 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.

TEL: 075-343-9666 Homepage: <https://kpic.or.jp>

## Find us online!

### Facebook



### Town Website



## Word of the Month



セミ

Cicada

*Semi*, or cicada, are medium sized bugs that are active during the summer months in Japan and are best known for their continuous, high pitched cry. Though harmless, semi tend to be erratic flyers and sometimes bump into humans. Watch out for them this summer!

Check out the Kyoto CIR blog: <http://tabunkakyoto.wordpress.com/>



August 2021

Seika Town Office

# いちご



No. 316

Seika's English Language Newsletter

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## Preparing for Natural Disasters and Flood Damage

Different from sudden disasters like earthquakes, flood damage from extreme weather takes some time to occur. If you gather the correct information in a timely manner, and evacuate as soon as possible, you could prevent harm from befalling yourself or your family. Over assessing your personal safety, or the safety of a particular location you're in, could lead you to make life-saving decisions too late. Floods can quickly cause damage on a wide-scale, take out roads by inundating them or damaging them in a landslide, hamper your evacuation efforts, and sometimes even take your life. Watch the news, visit the Japan Meteorological Agency site, and listen to the disaster prevention loudspeakers in Seika Town for disaster information, and make an effort to evacuate as soon as possible when necessary.



### The Importance of Home Maintenance

Performing home maintenance, repairs, and upgrades are at times important in preventing typhoon and heavy rain from damaging your home. Be aware of the following 3 points and be sure to do upkeep on your home on a regular basis.

- ① Are there any cracks in the outer walls or roof of your home?
- ② Are any items on your balcony in danger of falling over or flying away? (e.g. clothes drying pole, plant pots, etc.)
- ③ Is there any dirty or garbage in your roof drains or rain gutters?

### Know Where the Nearest Evacuation Shelter Is

If a disaster is imminent or occurring, the assembly hall (集会所 しゅうかいしよ) in your area will open up as an evacuation shelter. Secure multiple routes to your local assembly hall to utilize in the event of a disaster. If you only prepare a single route, it could be difficult to reach the assembly hall if that route becomes unpassable due to inundation. By planning multiple routes, you can get there safely even if one of your planned routes is no longer available.



### Build Up Your Own Emergency Stock

In past natural disasters, it is said that government supplies for disaster victims have taken up to 3 days to reach them. To ensure you have enough necessities before supplies arrive, prepare at least 3 days of food and water. Preparing extra clothes, daily necessities, and coronavirus prevention items (such as masks), is also very important. Find a bag you can fit emergency foods and items in compactly and place it near the entrance of your home or another easily accessible place so you can grab it immediately in an emergency. Use the items in this bag to survive until help can get to you.



Seika Town Mascot  
**KYOMACHI SEIKA**



"Proper preparation  
could save your life!"



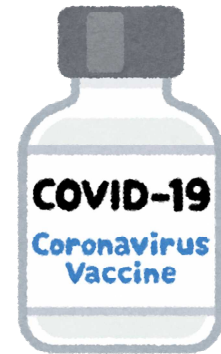
## Coronavirus Vaccination Information

### **Suspension of Vaccination Appointment Registrations for Groups I · N · O**

Seika Town sent out vaccine vouchers towards the beginning of July to eligible persons between the age of 12-64, and has started to accept appointment registrations for group vaccination dates. Due to a shortage of the coronavirus vaccine, appointment registration for a number of dates has been temporarily suspended.

#### **【Temporarily Suspended Groups】**

Group	Date of 1st dose	Date of 2nd dose
I	Sept. 5 (Sun.)	Sept. 26 (Sun.)
N	Oct. 3 (Sun.)	Oct. 24 (Sun.)
O	Oct. 10 (Sun.)	Oct. 31 (Sun.)



Information about the reopening of appointment registration for Group I will be made available on the Seika Town homepage and the Seika Town Newsletter Hanaso late August, and late September for Group N and Group O.

#### **Seika Town Homepage:**

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

#### **English homepage:**

[https://www.town.seika.kyoto.jp/kinkyu\\_list/coronavirus\\_infoeng/index.html](https://www.town.seika.kyoto.jp/kinkyu_list/coronavirus_infoeng/index.html)

Thank you for your patience and understanding regarding this delay.

### **What to do with vaccine vouchers you do not need**

If you do not need the vaccine voucher from Seika Town because you have already received the vaccine as a medical professional, or have previously received a voucher for another reason (age, illness, etc.), you may dispose of it.

### **Medical professionals and elderly over 65 years who have not yet received the vaccine...**

If you have not yet received the vaccine and you are medical professional or over 65 years old, please contact the Seika Town Coronavirus Vaccine Call Center (contact information below) if you would like to receive the vaccine during the group vaccination period.

### **Coronavirus Vaccine Information in English**

Please visit our English coronavirus vaccination if you would like to read information such as how to register for an appointment, open registration dates, vaccinations, and other information in English.



#### **Coronavirus Vaccination for Seika Residents Age 12-64 (QR code on the right)**

[https://www.town.seika.kyoto.jp/kinkyu\\_list/coronavirus\\_infoeng/17167.html](https://www.town.seika.kyoto.jp/kinkyu_list/coronavirus_infoeng/17167.html)

For inquiries regarding coronavirus vaccination in Seika Town, please contact the Seika Town Coronavirus Vaccine Call Center.

#### **● Seika Town Coronavirus Vaccine Call Center**

TEL: 0570-056732

Operating Hours: 9:00 a.m. - 5:00 p.m.

(weekdays excluding holidays)

E-mail : [vaccine@town.seika.lg.jp](mailto:vaccine@town.seika.lg.jp)





## 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 delicious **Veggie and Nikumiso Spring Rolls** with this recipe:

### Ingredients (2 servings)

Nira (chives)..... 20g	Grated ginger..... 1 tsp.	A:
Bean sprouts..... 40g	Potato starch slurry 1 tbs.	Cooking sake..... 2 tsp.
Carrots..... 10g	Spring roll wraps... 4 wraps	Soy sauce..... 4 tsp.
Cellophane noodles 15g	Flour slurry..... 2 tsp.	Tenmenjan sauce... 4 tsp.
Ground pork..... 40g	Frying oil..... amt. needed	



### Instructions

1. Cut nira 5cm long, finely cut carrots, and cut noodles into 5cm long pieces after reconstituting it in water.
2. Oil a heated pan, then lightly fry grated ginger before adding ground pork.
3. Add cut vegetables, noodles, and bean sprouts to the pan and add ingredients from A.
4. Stir in potato starch slurry, turn off the heat, and allow mixture to cool.
5. After cooling, roll mixture into spring roll wraps and seal with flour slurry.
6. Fry wraps in oil heated to 180 Celsius until golden brown.

### Nutrition information (per serving)

Calories	466kcal	Protein	12.3g
Calcium	39mg	Dietary Fiber	2.9g
Fat	20.8g	Sodium	2.8g



## Quick List

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

This month's theme: Natural disasters

Study up on natural disaster vocabulary with these words!



1. 河川氾濫 (かせんはんらん) - river flood
2. 決壊 (けっかい) - break (of a levee, dam, etc.)
3. 大雨 (おおあめ) - heavy rain
4. 台風 (たいふう) - typhoon
5. 暴風 (ぼうふう) - strong winds
6. 緊急 (きんきゅう) - emergency
7. 土砂崩れ (どしゃくず) - landslide
8. 土石流 (どせきりゅう) - mudslide
9. 避難 (ひなん) - evacuate
10. 非常持ち出し品 (ひじょうもちだしひん) - emergency goods
11. 停電 (ていでん) - power outage
12. 断水 (だんすい) - water outage

単語



## 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 “komatteiru koto wa nan desu ka (what is your address)” in JSL.

こま  
困っている



Bend your right arm, and bring your hand up to the side of your head. With the fingertips of four fingers, make a head scratching motion.

なに  
何



Point pointer finger on right hand up, and wave sideways. This is JSL for “what.”

ですか?



Face right palm upward and lower it away in front of you. This is a question marker in JSL.

### 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!



August's recipe is Loco Moco. (To be posted mid-August)

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](http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html)

### Coronavirus Consultation Center Contact Information

Contact	Kyoto Prefecture
Tel	075-414-4726 (available 24/7)
Languages	Japanese, English, Chinese, Korean, Portuguese, Spanish







## Town News

### Healthy Diet, Healthy You Project

#### **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.



### Participating Restaurant

#### **COCONI**

Located in Seika Town Office on the 2nd floor, this restaurant displays caloric values for their menu items and offers dishes with reduced sodium. You can also call to reserve bentos for lunch.

Address: Minamiinayazuma Kitajiri 70 (Town Office, 2nd fl.)

Hours: 11:00 a.m. - 2:00 p.m.

Closed days: Saturdays, Sundays, and holidays

Tel: 0774-95-7902

Note: Due to the coronavirus pandemic, some restaurants may have different operating hours than normal or may be closed. Please contact the restaurant for more information regarding their hours and open dates.



### A Visit From the Olympic Torch Runners

On July 2, three participants in the Tokyo Olympic Torch relay came to Seika Town Office for a visit with Mayor Sugiura.

Due to the coronavirus pandemic, the public road portion of the relay was cancelled, and instead held in Kyoto Stadium, located in Kameoka City, on May 26.

Each of the visitors held a torch while they joyfully chatted with Mayor Sugiura about their experience and how the torch relay brought them a sense of hope.

Good job, Olympic Torch Runners!

### Learning How to Enjoy the Earth

On June 24, 5-year olds from Iketani Nursery School learned about planting rice from a local Seika Town farmer.

The children jumped barefoot into large tubs of mud prepared for them to experience what it's like to walk in a rice paddy. They were also given the opportunity to plant rice sapplings into buckets of soil.

Even the children who were reluctant to get their feet dirty were enjoying the mud and their time learning about planting rice.

They all learned a little something about the hard work that goes into making the rice they eat every day!





## 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 ventilation.



② 密集場所

Avoid places with lots of people in one area.



③ 密接場所

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

### Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
8/9 (Hol./Mon.)	Internal medicine / Pediatrics	9/12 (Sun.)	Internal medicine / Pediatrics
8/15 (Sun.)	Internal medicine	9/19 (Sun.)	Internal medicine
8/22 (Sun.)	Internal medicine / Pediatrics	9/20 (Hol./Mon.)	Internal medicine / Pediatrics
8/29 (Sun.)	Internal medicine	9/23 (Hol./Thur.)	Internal medicine
9/5 (Sun.)	Internal medicine / Pediatrics	※Please call before visiting Soraku Emergency Medical Clinic (TEL: 0774-73-9988)	

### Health Center

Date	Time	Details
8/20 (Fri.)	12:30 p.m.-	1-yr. 6 mon. old Health Check (born Jan. 2020)
8/24 (Tues.)	12:30 p.m.-	9-10-mon. old Health Check (born Oct. 2020)
8/26 (Thur.)	12:30 p.m.-	3~4-mon. old Health Check (born Apr. 2021)
9/7 (Tues.)	12:30 p.m.-	3-yr. 6-mon. old Health Check (born Apr. 2018)
9/14 (Tues.)	12:30 p.m.-	2-yr. 4-mon. Oral Health Check (born April 2019)
9/17 (Fri.)	12:30 p.m.-	1-yr. 6 mon. old Health Check (born Feb. 2020)

### Mukunoki Center

Date	Time	Details
8/11 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
8/12 (Thur.)	—	Closed
8/18 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
8/22 (Sun.)	—	Closed
9/1 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
9/8 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
9/15 (Wed.)	3:00-5:00 p.m.	Table Tennis Day



### The Monthly Prescription - Hypertension and Keeping an Eye on Your Sodium Intake

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. Fujikawa** from Fujikawa Clinic in Kizugawa City.

According to statistics from the Comprehensive Survey of Living Conditions conducted in Japan in 2019, the most common disease most people receive regular treatment for at a hospital is hypertension, or high blood pressure. Hypertension is deeply connected to sodium intake. Patients suffering from hypertension receiving treatment through dietary improvement are most often directed to reduce their salt intake.

It is recommended that people with hypertension limit their salt intake to 6 grams or under a day. It can be hard to visualize what 6 grams of salt looks like. For reference, keep in mind that 6 grams of salt is about one teaspoon. Let's compare the salt content of some other foods in an easy to visualize way. 1 tablespoon of light soy sauce contains 2.8 grams of sodium, 1 umeboshi contains 2 grams, and 1 cut of salted salmon contains about 2.1 grams when lightly salted, 5.1 grams when heavily salted. Remember that these are approximations, and that the sodium content of a given food may change depending on the food brand or other circumstances. Make a habit of checking the nutritional facts of each item you eat to find out what's in them.



A good way to keep track of how much seasoning you're using is by using measuring spoons when you cook. Keep track of how much salt you use in your cooking and try calculating how much your sodium intake is for one day. The average Japanese person is said to consume about 10.1 grams of sodium a day (11 grams for men, 9.3 grams for women according to a national health and nutrition survey taken in 2020). As you can see, unless they are strictly limiting their sodium intake, it can be assumed that plenty of people go over the 6 grams daily recommendation.

Changing gears on the sodium topic, sweating is a common occurrence during the summer months, and the sodium contained in one's sweat differs depending on the person and what kind of activity they are engaged in. Working or exercising in the heat can make you sweat a lot and lose a larger amount of sodium in your body. In that case, it would be appropriate to replenish your sodium stores with a sports drink or mineral water. On the other hand, if you are not engaged in rigorous physical activity and are sweating due to normal movements, it would be best to replenish yourself with water or cold tea instead.

Be careful of even the seemingly insignificant parts of your daily life, and make an effort to develop low-sodium eating habits. As many cases are asymptomatic, plenty of people with hypertension do not know they have it, and it is often not taken as seriously as it should be. In reality, hypertension is a large risk factor for serious negative health events such as heart attacks and strokes. Manage your blood pressure or hypertension appropriately and avoid falling victim to other, life-threatening sicknesses.



### 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/](https://www.instagram.com/ichigo_ichie_sgn/)

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

