

Sensational in Seika



Keihanna Plaza grounds with its iconic sundial in the center

Keihanna Plaza, The Heart of the Science City

Keihanna Plaza, located in the Hikari-dai area of Seika Town, is known as the center of the Kansai Science City. Completed in 1993, the facilities at Keihanna Plaza are equipped to achieve their goal of being a contributor to cultural, scientific, and economic development in Japan. Keihanna Plaza hosts research and development teams from numerous organizations in their laboratory wings, and is equipped to hold various events such as meetings, musical concerts, and art exhibitions in their event halls and conference rooms. Be sure to visit the Plaza on your next outing!

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

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.

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

Find us online!

Facebook



Town Website



Word of the Month



たいふう
台風

Typhoon

The natural phenomenon known as a "typhoon" has a different name depending on where it occurs. In the North Atlantic, central North Pacific, and east North Pacific, they're called "hurricanes", while the word "typhoon" is used for the same weather event in the Northwest Pacific. September is still part of typhoon season, so be careful out there!

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



いちご



No. 317

Seika's English Language Newsletter

TABLE OF CONTENTS

DIET IMPROVEMENT MONTH	1
CORONAVIRUS VACCINATION INFORMATION	2
TOWN NEWS	3-6
FACILITY SCHEDULES	6
ASUNARO COOKING + QUICK LIST	7
SENSATIONAL IN SEIKA	8
WORD OF THE MONTH	8

September is Diet Improvement Month

Try improving your diet this month by following these four points aimed at making your meals balanced and enjoyable!

Eat a complete, balanced meals with a variety of side dishes

69.3% of Seika Town residents say they consider the nutritional balance and caloric value of every meal they have. When separated by gender, the percentage of men that consider this is lower than women, except for people in their 20s. When separated by age, a lower percentage of men and women in their 20s, and men in their 30s consider balance and calories in their meals. Every person in every age group should try their best to think about nutritional balance and calories in every meal! (2017 Seika Town Resident Survey)



Eat one more plate of veggies (70g)

Only 22.3% of Seika Town residents claim to eat vegetables for all three meals in any given day. When separated by gender, it is clear that men eat vegetables less frequently than females, as only 18.4% of men and 25.5% of women claim to eat them for all three meals. When separated by age, younger residents tend to eat vegetables less frequently as well. Try to incorporate more greens into your diet! (2017 Seika Town Resident Survey)

Cut back on salt (2g less a day)

The nationwide average salt intake per person in Japan is 10.1g, with men slightly higher at 10.9g, and women slightly lower at 9.3g. In a 10 year window, the average among men has decreased, and from 2009-2015, women, too, saw a decrease with a period of stagnation from 2015-2019. Men and women in their 60s were seen to have a large increase in salt intake. Just a little less salt a day can do a world of help! (2019 National Health and Nutrition Survey)



Seika Town Mascot
KYOMACHI SEIKA



"Improving your diet is an important step in living a long, healthy life!"



Incorporate some milk or dairy products into your diet

The nationwide average milk or dairy product intake per person in Japan is approximately 130g (2018 National health and Nutrition Survey). In addition, 1 out of 3 people in their 20s and 30s reported that they do not consume any milk or dairy products. Try to incorporate some milk or dairy into your diet!



Coronavirus Vaccination Information

Group Vaccination Efforts Progressing in Seika Town

Group vaccination efforts targetted at residents aged 12 and older who desire vaccination are progressing in Seika Town. At this time, as vaccine supply is low, Group N and Group O vaccination dates are still suspended until further notice. Information regarding the reopening of these groups will be posted on the Seika Town homepage as soon as it becomes available.



Seika Town
Homepage

How to Make an Appointment

1. Through the Internet

Scan the QR code on the right to access the vaccine appointment registration page



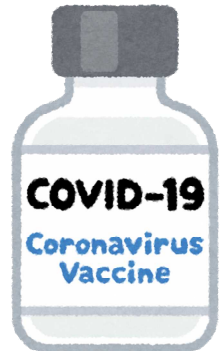
Vaccine Appt. Page

2. Through LINE

Search for the Seika Town Vaccination Appointment account (精華町ワクチン接種予約) on the LINE app, friend the account, and choose "vaccination registration" (接種の予約), and you will be redirected to the appointment registration page. By registering as a friend with the Seika Town LINE account, you can receive important notifications through LINE about reopened appointment groups and other bits of information.



LINE acct.



3. By phone

Call the Call Center at 0570-056732

(open from 9:00 a.m. - 5:00 p.m., weekdays only; closed on holidays and weekends)

Cancelling an Appointment

Internet and LINE reservations can be cancelled through the appointment registration page up to 3 days before your scheduled appointment. For cancellations past the deadline or appointments made by phone, please call the vaccine call center (same number as phone appointments).



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

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





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 **Chicken and Bean Sprout Stir Fry** with this recipe:

Ingredients (2 servings)

Chicken·····	100g	Salt···	1 tsp.
Bean sprouts·····	1 bag	Veg. oil	1 tbs.
Ginger·····	thumb sized piece	Pepper·	pinch
Raddish sprouts···	3g (sml. amt.)		
Cooking sake·····	3g		



Instructions

1. Chop chicken into small pieces and lightly coat in cooking sake and salt.
2. Cut ginger into fine strips.
3. Heat vegetable oil in a frying pan, then lightly toast ginger before adding chicken into the pan to stir-fry together.
4. Add bean sprouts to the pan and season with salt and pepper.
5. Plate stir-fry and top with raddish sprouts.

Nutrition information (per serving)

Calories	195kcal	Protein	12.8g
Calcium	31mg	Dietary Fiber	2.8g
Fat	13.9g	Sodium	0.6g



Quick List

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

This month's theme: Emotive i-adjectives

Study up on natural disaster vocabulary with these words!



うれ	嬉しい - happy
たの	楽しい - fun
さび	寂しい - lonely
こわ	怖い - scary
おそ	恐ろしい - horrible
は	恥ずかしい - embarrassed
かな	悲しい - sad
はらだ	腹立たしい - irritated
なや	悩ましい - worrisome
くる	苦しい - painful
なつ	懐かしい - nostalgic
うし	後ろめたい - guilty

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 “nae wo kaite kudasai (please write your name)” in JSL.

名前



+

書く



+

お願い



With your right hand, make a circle by touching your thumb and pointer finger, and place it on the left side of your chest.

With your right hand, make a pinching gesture and make a writing motion

Lower your head and right hand slightly.

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 was Loco Moco. Try making it and other recipes posted today!

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

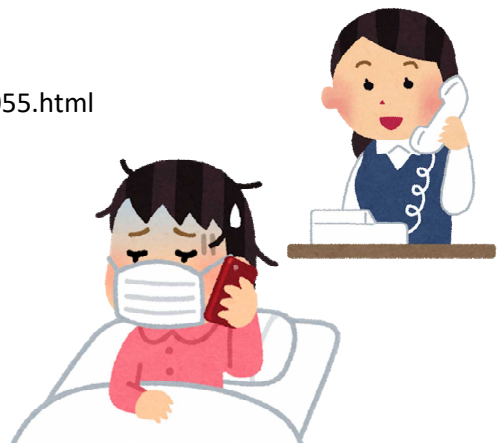
<http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>

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 (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

cafe Cocoraku

Located just down the street from Seika Town Office, this cafe serves dishes packed with delicious vegetables. Open for take-out too!

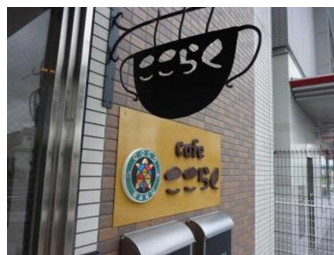
Address: Hosononishi 1-8-1

Hours: 11:30 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.



From the Human Rights Promotion Division - In the Wake of the Coronavirus

"Work-life balance" is a term that has been picking up steam in recent years in Japan. This term refers to the act of balancing work, and the meaningful fulfillment of non-work aspects in one's life such as family, community involvement, hobbies, and personal development. The way we work and live our lives has changed drastically in the wake of the coronavirus, and it has encouraged many of us to reevaluate both of these aspects more deeply.



The New Mode of Work and How It Has Affected Us

Due to the coronavirus pandemic, new modes of work were implemented in businesses across the country such as teleworking and work-from-home styles. As a consequence, a shift in how people use their time happened. Some experienced positive effects from the implementation of these new modes, saying it has allowed them to spend more time with their family, cut their daily work commute time, and other aspects.

On the other hand, many men in the workforce have commented that these new modes blur the line between their work life and at-home life, and that they often end up working past their normal hours because of it. They also express negative feelings about being unable to find a suitable place to work in their own home. Some women who raise their families at home also express displeasure at the arrangement, commenting that the household chores have increased and that they have less time for themselves.

While there are people who view more time with their family as a positive change, some view having too much time with family negatively, and a driver for more stress.



The Pandemic's Affect on Our Daily Lives

With people opting to stay at home and schools closing to protect themselves and children from falling victim to the coronavirus, chores at home, child-rearing, and elderly nursing responsibilities for some people have increased. Quite often, these responsibilities fall on women who stay at home, a fact more men have come to realize.

Use this opportunity to have a productive discussion about the division of responsibilities in your home and whether they need to be reevaluated with your family or partner.



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
9/12 (Sun.)	Internal medicine / Pediatrics	10/3 (Sun.)	Internal medicine
9/19 ()	Internal medicine	10/10 (Sun.)	Internal medicine / Pediatrics
9/20 (Hol./Mon.)	Internal medicine / Pediatrics	10/17 (Sun.)	Pediatrics
9/23 (Hol./Thur.)	Internal medicine	10/24 (Sun.)	Internal medicine / Pediatrics
9/26 (Sun.)	Internal medicine / Pediatrics	※Please call before visiting Soraku Emergency Medical Clinic (TEL: 0774-73-9988)	

Health Center

Date	Time	Details
9/14 (Tues.)	12:30 p.m.-	2-yr. 4-mon. Health Check (born Apr. 2019)
9/17 (Fri.)	12:30 p.m.-	1-yr. 6 mon. old Health Check (born Feb. 2020)
9/28 (Tues.)	12:30 p.m.-	9-10-mon. old Health Check (born Nov. 2020)
9/30 (Thur.)	12:30 p.m.-	3-4-mon. old Health Check (born May 2021)
10/6 (Wed.)	12:30 p.m.-	3-yr. 6-mon. old Health Check (born Mar. 2018)
10/13 (Wed.)	12:30 p.m.-	2-yr. 4-mon. Health Check (born May 2019)

Mukunoki Center

Date	Time	Details
9/15 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
9/22 (Wed.)	—	Closed
9/29 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
10/1 (Fri.)	—	Closed
10/6 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
10/13 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
10/20 (Wed.)	3:00-5:00 p.m.	Table Tennis Day



The Monthly Prescription - Getting the Vaccine

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. Oku** from Oku Internal Clinic in Kizugawa City.

Have you gotten the coronavirus vaccine yet? When receiving a vaccine, you sometimes have to wait a certain amount of time before receiving the next vaccination. Before attending a vaccination appointment, be sure to take your temperature before leaving your home. If you have a fever (37.5 Celsius or higher), or aren't feeling well, it is best to stay home rather than force yourself to attend your appointment.

If you have recently caught a viral disease such as a cold, it is best to wait 1-2 weeks after you have recovered from it before receiving any vaccination. For sicknesses like rubella, mumps, or chicken pox, you should wait 2-4 weeks, and for sicknesses like measles that take a while for your immune system to recover, it is advisable to wait at least 4 weeks before considering getting vaccinated.

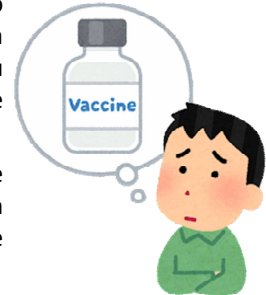
If you at any point caught the coronavirus, you may get vaccinated as long as you have recovered. However, it may be prudent to wait some time before receiving the vaccine depending on what kind of medical treatment you received for the virus. For directions specific to your situation, consult with your doctor. Depending on what sickness you have contracted, you may have a weakened immune system or complications as a result. It's important to discuss the positive and negative risks of receiving the vaccine and when you should get it with your doctor.

While it is possible to get vaccinated after recovering from a bad bout with a pre-existing illness or another serious illness, you should consult with your doctor before doing so. If you are receiving a special treatment for an illness such as biological drugs, immunosuppressants, or chemotherapy, you may have to change when you get the vaccine or what kinds of medicines you are taking, which is another issue you should discuss with your doctor.

There are also some types of vaccines that should be avoided if you are expectant mother or in a specific trimester of your pregnancy. Be sure to consult with the doctor administering your maternity care (an obstetrician) before receiving any sort of vaccine.

To avoid serious side-effects after getting vaccinated, it's important to receive vaccination only if you're feeling well. If there's something you would like to know about getting vaccinated, ask your doctor for medical advice.

The time you should wait before getting vaccinated was reevaluated on October 1 of last year. In this fashion, new knowledge about various aspects of the vaccine and its relation to other sicknesses is compiled and previous knowledge is often updated as a result. Not much time has passed since the creation of the coronavirus vaccine. Therefore, it's important for all of us to stay abreast of any new knowledge or directions regarding the vaccine from medical professionals.



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>

