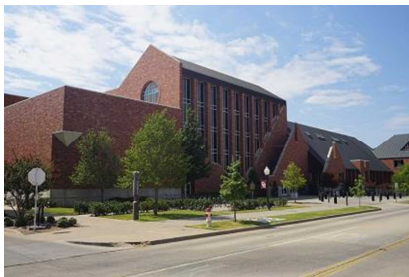


Sister City News



A Modern Center for Modern Musicians

Constructed in 1998 and located near the Fred Jones Jr. Museum of Art (introduced the 2018 December issue of Ichigo), the Catlett Music Center is home to the Oklahoma University School of Music. This visually stunning building, constructed in a unique “Cherokee Gothic” fashion, is also well-equipped, outfitted with everything needed to nurture musical talent, including studios, rehearsal rooms, classrooms, and other facilities. The Center often hosts performances open to the public, ranging from intimate recitals to orchestral concerts, in their three concert halls. Visit the Catlett Music Center and catch a concert on your next trip to Norman!

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.

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

Find us online!

Facebook



Town Website



Word of the Month



もみじ

Japanese Maple

Japanese maple, or *momiji*, is a type of tree that grows in Japan, China, Korea, and various countries in Southeast Asia. During leaf peeping season (koyo), the leaves of the Japanese maple turn red, orange, and yellow, and make for picturesque scenery.

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



October 2021

Seika Town Office

いちご



No. 318

Seika's English Language Newsletter

TABLE OF CONTENTS

EARTHQUAKE PREPARATIONS	1
CORONAVIRUS VACCINATION INFORMATION	2
TOWN NEWS	3-5
FACILITY SCHEDULES	6
ASUNARO COOKING + QUICK LIST	7
SISTER CITY NEWS	8
WORD OF THE MONTH	8

Preparing for Earthquakes

Did you know that approximately 20% of magnitude 6 or stronger earthquakes occur in the vicinity of Japan's peninsulas? Several recent, major Japanese earthquakes such as the Tohoku Earthquake (2011), the Kumamoto earthquakes (2016), and the Hokkaido Eastern Iburi earthquake (2018) are a few noted examples included in this statistic. In the next 30 years, there is an 80% chance a large earthquake will occur in the Nankai Trough, located just off the coast of the Kansai region. You never know when an earthquake could occur. Are you prepared for the big one?

★What you can do now to prepare for an earthquake...

① Anchor your furniture!

Keep your furniture from falling over during an earthquake by anchoring them down to the floor or to the wall. This is especially important if you have heavy furniture around you while you sleep that could fall on top of you. Rethink the layout of your furniture to avoid getting pinned under it, and prevent it from blocking exits and entryways during an earthquake.



② Prepare an emergency food stock!

Earthquakes can cut off electricity, gas, water, and other lifelines to your home, and it could take some time to get them back in operating order. Prepare at least 3 days of food and water for each person in your home in case this happens.



③ Put together an emergency bag!

If your house is damaged in an earthquake or other disaster, you may have to live in an evacuation shelter until it is safe to go back. Put together a handy emergency bag with everyday necessities such as medicine, clothing, and virus prevention materials that you can easily take with you in the event of an emergency.

④ Check a hazard map for evacuation shelters!

Use a hazard map, be sure to know where the nearest evacuation shelter is, and figure out a few routes to get there before a disaster occurs. The Seika Town hazard map can be found on the town homepage.



★ Help your neighbors during a disaster

In the event of a large-scale disaster, a broken traffic grid and fires could prevent local police and firefighters from responding to everyone's calls in a timely manner. When support from local services becomes tied up, helping your neighbors becomes extremely important. Be diligent about protecting your own neighborhood, participate in firefighting activities if possible, and do your best to prepare for natural disasters.

Seika Town Mascot

KYOMACHI SEIKA



"You never know when an earthquake could happen!"



Coronavirus Vaccination Information

Group Vaccination Venue Changes and Other Information

Due to the vaccine related issues, vaccination appointments for Groups N and O, scheduled for vaccination in early October, have been reopened at reduced numbers, and will take place at a different venue. While previously scheduled to take place at elementary schools around Seika, residents who register appointments for Group N or O will receive vaccination at Kashinoki-en instead. Groups N and O are the final group vaccination dates scheduled for Seika Town. Please make an appointment if you have not yet received the vaccine and would like to. The schedule for Groups N and O can be found below.

Group	First Dose	Second Dose	Time	# of People Vaccinated
N	October 3 (Sun.)	October 24 (Sun.)	9:00 a.m. - 5:00 p.m.	670
O	October 10 (Sun.)	October 31 (Sun.)	9:00 a.m. - 5:00 p.m.	670

Vaccination Venue

Regional Welfare Center Kashinoki-en

Other Information

A shuttle bus will be provided to take people to and from the vaccination venue. The bus schedule and maps of where the bus will stop can be found on the Seika Town homepage (English version available on the English page below)



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.

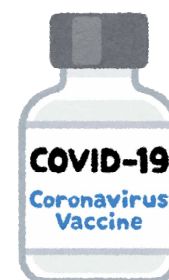


LINE acct.

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 **Creamy Mushroom Soup** with this recipe:

Ingredients (2 servings)

Eringi mushrooms	50g	Flour	1 tbs.
Shimeji mushrooms	50g	Water	150cc
Onion	25g	Milk	150cc
Garlic	1.5g	Consomme block	1/2 block
Butter	5g	Salt and pepper	pinch

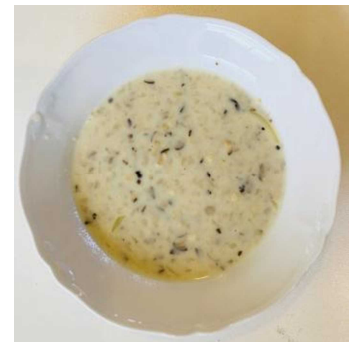


Instructions

1. Cut garlic, onions, eringi mushrooms, and shimeji mushrooms into fine pieces.
2. On medium heat, melt butter in a pot and lightly toast garlic.
3. Add onions to pot and saute until clear, then add mushrooms and flour. Continue to saute.
4. Add water and consomme block to pot and boil for 5 minutes.
5. Add milk to pot, lower heat, and boil while stirring occasionally.
6. Once slightly thickened, add salt and pepper for more flavor.

Nutrition information (per serving)

Calories	105kcal	Protein	4.6g
Calcium	87mg	Dietary Fiber	2.1g
Fat	5.5g	Sodium	0.7g



Quick List

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

This month's theme: Halloween

Study up on natural disaster vocabulary with these words!



1. 魔女 (まじょ) - witch
2. ほうき - broom
3. 妖怪 (ようかい) - phantom, specter, demon
4. 怪物 (かいぶつ) - monster
5. お化け (ばけ) - ghost
6. お菓子 (かし) - candy
7. 衣装 (いしょう) - costume
8. 仮面 (かめん) - mask
9. ホラー - horror (genre)
10. くも - spider
11. くもの巣 (くものす) - spider nest
12. 飾り (かざり) - decorations

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 "sick," "injury," and "medicine" in JSL.

びょうき びょう
病気、～病



Make a fist and tap your forehead lightly one time.

けが
怪我する



With your pointer fingers, make alternating cutting motions down your cheeks

くすり
薬



With the ring finger on your right hand, draw circles on the palm of your left hand (like mixing medicine)

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>

Stay up to date on COVID-19 related information by visiting the following sites below and call the Kyoto Prefecture contact center if you need guidance regarding the virus.

Information on COVID-19 (Coronavirus)

CLAIR

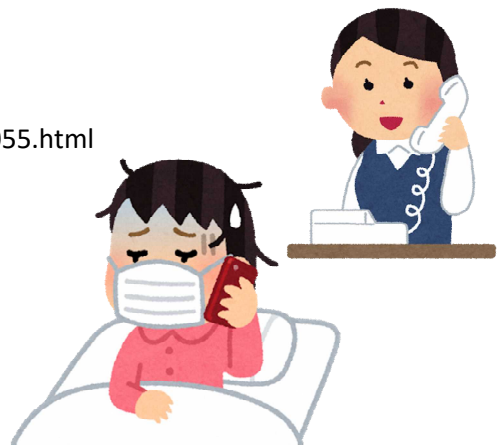
<http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>

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

Boulangerie Fleur

Located in the Sakuragoka area, this bakery displays allergens for all their products.

Address: Sakuragaoka 3-14-5

Hours: 7:00 a.m. - 6:00 p.m.

Closed on Mondays, and 2nd, 3rd Tuesdays

Tel: 0774-73-2929



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.

Seika 365 Programs - Get Healthy With Seika 365!

Seika 365 programs are held to encourage healthy habits and create an environment of health in Seika Town. These programs can help you build a healthy body to better fight off sickness and make you feel more energetic. If you're interested in participating in any of these programs, please contact the Health Promotion Division

● **Iki-iki Walking**

Work towards maintaining your health and longevity by joining this group on walks. Participants of this group gather to learn about nature and history, and make friends while walking.

● **Wakuwaku Satoyama Group**

Experience nature and the changing seasons of Japan while harvesting, and partaking in locally grown vegetables.

● **Ichigo Exercise Project**

The Ichigo Exercise Project welcomes people of all ages to join them in doing healthy and simple exercises. They also hold exercise events at local nurseries, preschools, and care homes.

● **Always Veggies Cafe**

This cafe strives to create a healthy community by gathering residents to plant, harvest, and eat their own vegetables. They also hold harvest festival events.

● **Never Too Late to Learn Project**

This project's goal is to help senior citizens maintain their health and live every day feeling fulfilled. They hold various activities to invigorate the mind and body.





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
10/10 (Sun.)	Internal medicine / Pediatrics	11/7 (Sun.)	Internal medicine / Pediatrics
10/17 (Sun.)	Pediatrics	11/14 (Sun.)	Internal medicine
10/24 (Sun.)	Internal medicine / Pediatrics	11/21 (Sun.)	Internal medicine / Pediatrics
10/31 (Sun.)	Internal medicine / Pediatrics	11/23 (Hol./Tues.)	Internal medicine / Pediatrics
11/3 (Hol./Wed.)	Internal medicine	※Please call before visiting Soraku Emergency Medical Clinic (TEL: 0774-73-9988)	

Health Center

Date	Time	Details
10/13 (Wed.)	12:30 p.m.-	2-yr. 4-mon. Health Check (born May. 2019)
10/15 (Fri.)	12:30 p.m.-	1-yr. 6-mon. old Health Check (born Mar. 2020)
10/26 (Tues.)	12:30 p.m.-	9-10-mon. old Health Check (born Dec. 2020)
10/29 (Fri.)	12:30 p.m.-	3-4-mon. old Health Check (born June 2021)
11/4 (Wed.)	12:30 p.m.-	3-yr. 6-mon. old Health Check (born Apr. 2018)
11/9 (Tues.)	12:30 p.m.-	2-yr. 4-mon. Health Check (born June 2019)

Mukunoki Center

Date	Time	Details
10/13 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
10/20 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
10/24 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
10/27 (Wed.)	—	Closed
11/10 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
11/17 (Wed.)	3:00-5:00 p.m.	Table Tennis Day



Town News

Sports Day with Seika Global Network

Join Seika Global Network at Mukunoki Center for a day of full of sports and fun! Activities will be centered around team sports than happen during "Sports Day" or *Undokai* that are held annually at elementary schools across Japan. Arrangements will be made to each activity to maintain social distance. Feel free to bring the family!

Date: October 24 (Sunday) 1:30 - 4:00 p.m.

Place: Mukunoki Center - Arena

Participants: 30 people max. (guardian supervision necessary for children in the 4th grade and below)

Fee: Free

Apply: Registration is open from October 5 - October 20 on the Seika Global Network homepage. Apply using the Sports Day Application Form (Sports Day 申し込みフォーム).

<http://seikaglobalnet.wixsite.com/japanese>

Organizers: Seika Global Network / Seika Town

Sponsor: Seika Town Board of Education

※Event date and activities may change or be cancelled depending on the spread of COVID-19.



20th Japanese Message Contest - Looking for Participants

Every year Seika Global Network holds a Japanese speech contest for non-native speakers of Japanese. Participants often include foreign students attending nearby schools, exchange students, and students of Seika's locally held Japanese classes. As of last year's contest, people from 39 different countries have participated. Due to the pandemic, last year was the first time the contest was held virtually, and participants submitted videos of their speeches instead of performing their speech live. This year's contest will be held in a similar fashion.

The contest is looking for participants to send in videos of their speeches written about this year's theme. The deadline for turning in video entries is October 29 (Fri.). The winning speeches will be posted on the Seika Global Network homepage.

For more information about the theme, contest requirements, and prizes, please visit the Seika Global Network homepage.

URL: <http://seikaglobalnet.wixsite.com/japanese>



Judges and some of the participants of the 19th Message Contest

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>

