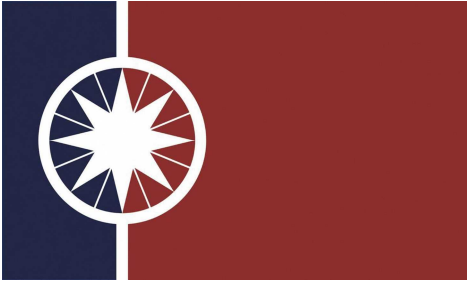


## Sister City News



### A Flag of History and Values

Last June, Norman debuted a new city flag (left) that conveys the history and values of the city. The symbol on the flag is designed as a compass and takes inspiration from the first surveyor of Norman and its namesake, Abner Norman. The eight points of the compass rose (also known as the eight winds) represent the values important to Norman, including inclusivity, optimism, education, and others, and is surrounded by a large circle, signifying the “O” in Oklahoma.

### 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



かがみもち  
鏡餅

### Kagami Mochi

Kagami Mochi (lit. Mirror Mochi) is one of the many traditional Japanese decorations commonly displayed during the New Year season. Typically, a large ball of mochi is flattened out and placed as a base. On top of that piece, a smaller, similarly shaped mochi is placed, followed by a tangerine. A handmade kagami mochi takes a lot of time, so many people buy premade ones at a store.

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



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## Seika Town Mascot KYOMACHI SEIKA



"Let's be more thoughtful to people living with disabilities!"

## People With Disabilities and the New Way of Living

The coronavirus pandemic has brought a lot of changes to society and has driven us to adopt a new way of living day to day to protect the health of ourselves and others. However, incorporating this new way has not been as simple for some as it has been for others. Depending on the type and severity of disability a person has, there are some facets of this new way that can be difficult for them to adopt. Detailed below are some of the difficulties people with disabilities face in daily life due to our new way of living.

### People with impaired hearing

- Conversations with people wearing masks can be hard to understand as they are unable to see mouth movements and expressions.
- Online events and meetings that do not have subtitles are hard to understand.
- They are unable to seek consultation by phone.



### People with mental disabilities

- People with sensory issues may feel pain or become irritated when wearing a mask.
- Assessing changes may be difficult and the confusion from these changes may affect their daily life.
- It may be difficult to grasp personal space and they could find it hard to put space between themselves and another person.



### People with physical disabilities

- Hand sanitizer stations are sometimes placed in an area out of reach.
- Sanitizing stands that are placed too high dispense liquid inappropriately.
- Because they are concerned about spreading the virus through physical contact, it is at times difficult to ask for assistance.



### People with impaired vision

- They would like to know an item's size and texture, but are concerned about spreading the virus through physical contact.
- As people are concerned about spreading the virus, less people offer to guide them by hand.
- They are sometimes unable to gauge how much space to put between themselves and other people when lining up.



A person experiencing some of the difficulties above could be closer to you than you think. To build a society where people with and without disabilities can live comfortably, we must be compassionate, respectful, and supportive of one another. Find an opportunity to get together with your family, friends, or neighbors and discuss what you can do to help those experiencing difficulties in this new way of living.



## Coronavirus Vaccination Information

### Third Round of Coronavirus Vaccination

In response to clinical research that has shown vaccination effectiveness declining after a period of time for people that have received the full vaccination schedule against the coronavirus, the national government has decided to provide a third round of coronavirus vaccination. People who are 18 years or older that have received the full schedule of vaccinations (two shots) 8 or more months ago will be eligible for a third round of vaccination.

Seika Town is preparing to hold third round vaccination drives starting in March 2022. The first eligible group of people will be those who received the full schedule of vaccination by the end of June 2021. Details of this round of vaccinations will be posted on the Seika Town homepage and official LINE account. Documents required for vaccination will be mailed out to each resident as they become eligible.

Medical professionals who received vaccination between January and April 2021 will receive documents for the third round of vaccination in the new year.

### Individual Vaccinations

Select medical facilities in Seika Town now provide vaccination on an individual basis. If you have not yet received vaccination or have recently turned 12 or older and would like to get vaccinated, please contact any of the medical facilities below to make an appointment.

Medical Facility and Address	Phone Number	Applicable Persons	Appointment Reception Dates and Times	Vaccination Times
Kuwahara Children's Clinic Seikadai 4-21-14	0774-98-2788	Residents of Seika 12-18 yrs. and their parents/guardians	Open during regular business hours Mon. - Sat.: 9:00 a.m. - 12:00 p.m. Mon., Tues., Thur., Fri.: 5:00 - 7:30 p.m.	Every Sat. 9:00 - 9:30 a.m.
Ekuni Ladies' Clinic Seikadai 3-12-2	0774-95-9168	Residents of Seika 12+ yrs.; priority given to pregnant mothers and their families	Open during regular business hours (excl. Thur.) Mon. - Sat.: 9:00 a.m. - 12:30 p.m. Mon. - Fri.: 4:00 - 7:30 p.m.	Every Fri. 3:00 p.m. -
Komada Clinic Hishida Miyagawahara 10	0774-93-1787	Residents of Seika 12 yrs. and older	Open during regular business hours Mon. - Sat.: 9:00 a.m. - 12:00 p.m. Mon., Tues., Thur., Fri.: 6:00 - 8:00 p.m.	Every Tues. 2:00 p.m. -
Yoshikawa Clinic Sakuragaoka 3-24-7	0774-71-0014	Residents of Seika 12 yrs. and older	Mon. - Wed., Fri.: 6:00 - 7:00 p.m.	Every Sat. 1:00 p.m. -
Gakkentoshi Hospital Seikadai 7-4-1	050-7116-7125	Residents of Seika 12 yrs. and older	Mon. - Sat.: 2:00 - 4:00 p.m.	Every Tues., Thurs., Sat. 2:30 - 4:00 p.m.
Seika Town Public Hospital Hosono Sunakoda 7	0570-056732	Residents of Seika 18 yrs. and older	Mon. - Fri.: 9:00 a.m. - 5:00 p.m.	Every Tues. 3:30 p.m. -

※Appointments only by phone.

※Depending on available staff, the above facilities may only be able to provide services in Japanese.

### 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, vaccine details, and other information in English.



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

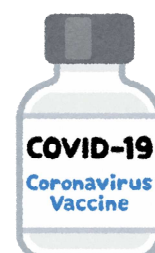
[https://www.town.seika.kyoto.jp/kinkyu\\_list/coronavirus\\_infoeng/17167.html](https://www.town.seika.kyoto.jp/kinkyu_list/coronavirus_infoeng/17167.html)

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

● **Seika Town Coronavirus Vaccine Call Center (Japanese only)**

TEL: 0570-056732 E-mail : vaccine@town.seika.lg.jp

Operating Hours: 9:00 a.m. - 5:00 p.m. (weekdays excluding holidays)





## 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 **Homemade Shoyu Pork** with this recipe.

### Ingredients (2 servings)

Pork shoulder... 500g      Garlic... 2 cloves  
Soy sauce... 100ml      Ginger... 30g  
Sugar... 50g  
Cooking sake... 50ml  
Water... 200ml



### Instructions

1. Thinly slice ginger without peeling it.
2. In a pot, braise pork on medium heat until lightly browned.
3. Add water, soy sauce, sugar, cooking sake, garlic, and ginger to the pot.
4. Cover the pork with a sheet of aluminum foil and simmer for 25-30 minutes.
5. Slice into your preferred size and enjoy.

### Nutrition information (per serving)

Calories	382kcal	Protein	36.0g
Calcium	19mg	Dietary Fiber	0.6g
Fat	13.1g	Sodium	4.0g



## Quick List

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

This month's theme: **Japanese New Year**



1. <sup>きん が しんねん</sup> 謹賀新年 - Happy New Year (usually on cards)
2. <sup>なわ</sup> しめ縄 - shimenawa (Shinto rope decoration)
3. <sup>かどまつ</sup> 門松 - kadomatsu (Shinto bamboo decoration)
4. <sup>ぞう に</sup> お雑煮 - ozoni (mochi soup)
5. <sup>もち</sup> 餅つき - mochi pounding
6. <sup>りょう り</sup> おせち料理 - traditional New Year's foods
7. <sup>はつもうで</sup> 初詣 - first shrine visit of the New Year
8. <sup>としだま</sup> お年玉 - New Year's money (usu. for kids)
9. <sup>おおそうじ</sup> 大掃除 - annual deep cleaning of one's home
10. <sup>としこ</sup> 年越しそば - New Year's Eve noodles

単語



## Year-end Town News

### Year-end Garbage Collection

Remember to take out your garbage before the year ends! Any garbage put out after the final dates below will not be collected. Garbage must be taken to the designated spot in your neighborhood by 8:00 a.m on the day of collection. Please refrain from disposing your garbage in other neighborhoods.

The final collection dates below are also listed in the 2021 Seika Town trash collection guide.

Combustible garbage can also be disposed of at Kankyo no Mori Center Kizugawa on weekdays if you miss the final collection date for your neighborhood. Their last day of collection is December 28. Please call the Center if you would like more information (0774-72-1010; Japanese only)



### Regions by Number

- ① Hishida (east of Nomen road), Takinohana, Fune (east of Nomen road), Nakakubota
- ② Kitanodo, Babuchi, Naka (east of Nomen road), Higashi, Nishikita (east of Nomen road)
- ③ Hishida (east of Kyu-Fudo road), Sato, Sobo (east of Kyu-Fudo road), Fune (west of Nomen road), Komada 1-chome, Komada 2-chome
- ④ Hishida (west of Kyu-Fudo road), Sobo (west of Kyu-Fudo road), Tani, Kitainayazuma (west of Kyu-Fudo road), Asahi
- ⑤ Minami (east of Kyu-Fudo road), Sugai, Kitainayazuma (east of Kyu-Fudo), Nishikita (west of Nomen road), Naka (west of Nomen road)
- ⑥ Minami (west of Kyu-Fudo road), Minamiinayazuma, Ueda, Hosononishi 1-chome
- ⑦ Inuidani, Zakuro, Higashibata
- ⑧ Yamada, Sakuragaoka      ⑨ Hikaridai      ⑩ Seikadai

Burnable Garbage	
Areas	Last Collection Day
Hishida, Takinohana, Fune, Sato, Asahi, Kitainayazuma, Minami, Nakakubota, Naka (west of Nomen road), Hikaridai, Hosononishi 1-chome, Komada 1-chome and 2-chome	December 28 (Tues.)
Sobo, Tani, Sugai, Kitanodo, Babuchi, Naka (east of Nomen road), Higashi, Nishikita, Yamada, Inuidani, Zakuro, Higashibata, Sakuragaoka, Minamiinayazuma, Ueda	December 29 (Wed.)

Non-burnable Garbage	
Region	Last Collection Day
①	December 20 (Mon.)
②	December 21 (Tues.)
③	December 16 (Thur.)
④	December 17 (Fri.)
⑤	December 27 (Mon.)
⑥	December 28 (Tues.)
⑦	December 23 (Thur.)
⑧	December 24 (Fri.)
⑨	December 22 (Wed.)
⑩	December 15 (Wed.)

Plastic Waste and Wrapping	
Region	Last Collection Day
① ⑤	December 27 (Mon.)
② ⑥	December 28 (Tues.)
③ ⑦	December 23 (Thur.)
④ ⑧	December 24 (Fri.)
⑨ ⑩	December 22 (Wed.)

Plastic Bottles	
Regions	Last Collection Day
① ⑤	December 22 (Wed.)
② ⑥	December 16 (Thur.)
③ ⑦	December 28 (Tues.)
④	December 24 (Fri.)
⑧	December 17 (Fri.)
⑨	December 20 (Mon.)
⑩	December 27 (Mon.)



## 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**

##### **Patisserie Le Frutier**

Located in the Garden City shopping center near Hosono Station, this bakery displays allergens for all their products.

Address: Hosononishi 1-9-46

Hours: 9:30 a.m. - 8:00 p.m.

Open all year

Tel: 0774-95-0809

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.



### 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>



### 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**

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





## 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
12/12 (Sun.)	Internal medicine	1/2 (Sun.)	Internal medicine
12/19 (Sun.)	Pediatrics	1/3 (Mon.)	Internal medicine / Pediatrics
12/26 (Sun.)	Internal medicine / Pediatrics	1/9 (Sun.)	Internal medicine / Pediatrics
12/31 (Fri.)	Internal medicine / Pediatrics	1/10 (Hol./Mon.)	Internal medicine
1/1 (Hol./Sat.)	Internal medicine	※Please call before visiting Soraku Emergency Medical Clinic (TEL: 0774-73-9988)	

### Health Center

Date	Time	Details
12/15 (Wed.)	12:30 p.m.-	2-yr. 4-mon. Health Check (born July 2019)
12/21 (Tues.)	12:30 p.m.-	9-10-mon. old Health Check (born Feb. 2021)
12/23 (Thur.)	12:30 p.m.-	3-4-mon. old Health Check (born Aug. 2021)
1/12 (Fri.)	12:30 p.m.-	3-yr. 6-mon. old Health Check (born June 2018)
1/13 (Thur.)	12:30 p.m.-	2-yr. 4-mon. Health Check (born Aug. 2019)
1/18 (Tues.)	12:30 p.m.-	1-yr. 6-mon. old Health Check (born June 2020)

### Mukunoki Center

Date	Time	Details
12/15 (Wed.)	—	Closed
12/19 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
12/22 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
1/4 (Tues.)	—	Closed
1/5 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
1/12 (Wed.)	3:00-5:00 p.m.	Table Tennis Day



## Year-end Schedule for Public Services and Facilities

	December												January				
	20	21	22	23	24	25	26	27	28	29	30	31	1	2	3	4	5
	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.	Mon.	Tue.	Wed.
Seika Town Office	○	○	○	○	○	×	×	○	○	×	×	×	×	×	×	○	○
Seika Town Public Library	×	○	○	○	○	○	○	×	×	×	×	×	×	×	×	×	○
Automatic Certificate Kiosk (Town Hall / Sakuragaoka)	○	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○
Shimokoma Post Office Certificate Issuance Services	○	○	○	○	○	×	×	○	○	×	×	×	×	×	×	○	○
Seika Town Exchange (Koryu) Hall	○	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○
Kashinoki-en Center	×	○	○	○	○	○	○	×	×	×	×	×	×	×	×	×	○
Mukuoki Center	○	○	○	▲	▲	Until 12pm ▲	Until 12pm ▲	▲	Until 12pm ▲	×	×	×	×	×	×	×	○
Uchikoshidai Grounds - Tennis Courts	○	○	○	○	○	○	○	○	△	△	×	×	×	×	×	△	○
Iketani Park Tennis Courts	○	○	○	○	○	×	×	×	×	×	×	×	×	×	×	△	○
Seikanishi JH Grounds - Tennis Courts - Gymnasium	×	×	×	×	×	○	○	○	×	×	×	×	×	×	×	×	○
Seika Town Community Hall	○	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○
Seika Town Community Hall South (Sakura Hall)	○	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○
Jinken Center	○	○	○	○	○	○	×	○	○	×	×	×	×	×	×	○	○
Seika Town National Insurance Hospital	○	○	○	○	○	○	×	○	○	○	×	×	×	×	×	○	○
Sewage collection	○	○	○	○	○	×	×	○	○	×	×	×	×	×	×	○	○
Seika Kururin Bus	○	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○
Seika Water Works and Sewage Office	○	○	○	○	○	×	×	○	○	×	×	×	×	×	×	○	○

○...Regular hours · ×...Closed · ▲...Reception open until 5 p.m. · △...Available for use until 5 p.m. (booking by 12/25 req.)