

## Sister City News



### A Place for Showcasing and Nurturing Talent

The Sooner Theatre of Norman is a non-profit organization that produces community theatre productions, concerts, and performance arts education opportunities for people of all ages in Norman. Located in the historic Walker Arts District, the Sooner Theatre first opened in 1929 and initially operated as a movie theater. It has since been repurposed into a stage for showcasing the talent of both musicians and thespians in Norman. The theatre is open to all ages and often holds enjoyable plays where all the roles are played by children. Stop by and catch a show the next time you're in 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](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**



しもやけ

Chilblains

*Shimoyake*, a blanket word for chilblains and frostbite, is a medical condition that is caused by exposure to cold and humid environments. Affected body parts can become itchy or inflamed. Seika Town does not usually get cold enough to cause shimoyake, but people that are sensitive to cold weather may find themselves suffering from it anyway. Stay shimoyake-free this month by keeping as warm as possible!

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



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## The State of Paternity Leave in Japan

The importance of men taking an active role in the parenting of their child has gained traction in recent years, especially among younger people. As workplaces across Japan work to accommodate this shift in public consciousness, many men have considered taking paternity leave to spend time raising their children. In this article, we will take a deeper look at the state of paternity leave in Japan.



### ◆ Paternity Leave in Japan



Family leave is often thought to be a type of benefit exclusive to women, but men may also take a form of family leave called Paternity Leave (*ikuji kyugyo*) during the period between their child's birth and the day they turn one-year old. In some special cases, this leave can be extended. Paternity leave can also be taken while one's partner is also taking family leave or is unemployed.

According to a survey conducted by the Ministry of Health, Labour, and Welfare, the percentage of men that took paternity leave in 2020 was 12.65%. While this is the highest percentage to date, it is still low overall, and shows a large majority of men do not take paternity leave.

When asked how many days of leave they take, 36% answered five or less days, and 35% answered between five days and two weeks. These numbers show that just over 70% of men that do take advantage of paternity leave, only use a small number of days.

### ◆ Why won't more men take paternity leave?

It is thought that outdated views on gender roles within a family, workplace cultures or environments that discourage taking paternity leave, and financial unease brought about by a lowered salary are a few major reasons that prevent men from taking paternity leave.

### ◆ Income during paternity leave?

Depending on your employer, you may be eligible to receive a portion of your income through unemployment insurance as parental leave support funds if you fulfill certain conditions. Parental Leave Support Funds (*ikuji kyugyo kyufukin*) covers 67% of your income for 180 days after family leave starts, and 50% after 180 days.

If you apply for a temporary exception from social insurance payments and have no income during your leave, you can effectively receive 80% of your normal income, as employment insurance fees or income tax are not withheld from support funds.

Seika Town Mascot

**KYOMACHI SEIKA**


"Take a break and take an active role in raising your child!"



## Coronavirus Vaccination Information

### Third Round of Coronavirus Vaccination Moved Up

Seika Residents born on or after 1957 April 1 that have received the full schedule of vaccination against the coronavirus (two shots) by the end of 2021 July will be eligible to receive the coronavirus booster shot. The group booster shot drive schedule has been moved up and will be available earlier than previously scheduled. Please refer to the information below for eligibility and how to make an appointment.

- **Eligibility:** Residents aged 65 years or older who have received the full schedule of vaccination against the coronavirus by the end of 2021 July
- **Date and Time:** February 27 (Sun.) 9:00 a.m. - 4:00 p.m.
- **Location:** Kashinoki-en
- **Vaccine:** Takeda / Moderna
- **Make an appointment**

#### ① Internet appointment portal



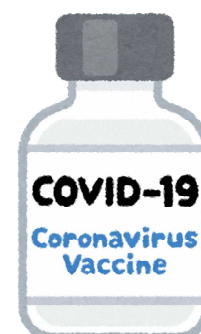
<https://jump.mrso.jp/263664/>

#### ② Seika Town Coronavirus Vaccine Call Center

TEL 0570-056732

Hours: 9:00 a.m. - 5:00 p.m. (excl. weekends and holidays)

Month of 2nd Shot Received	Internet Appointment Start Date	Call Center Appointment Start Date
2021 June	February 10 from 9:00 a.m.	Age 85+: February 14 Age 75-84: February 15 Age 65-74: February 16
2021 July	February 17 from 9:00 a.m.	Age 85+: February 18 Age 75-84: February 21 Age 65-74: February 22



### Individual Vaccinations

Select medical facilities in Seika Town now provide vaccination on an individual basis. If you have not yet received vaccination and would like to get vaccinated, please contact one 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.
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. from 2:00 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.

※Appointments by phone only

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



## 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 **Easy Cheesy Potatoes** with this recipe.

### Ingredients (2 servings)

Potato..... 1 (med.)    Mayonnaise..... 1 tbs.  
 Boiled egg..... 1 egg    Salt/Pepper..... pinch  
 Cabbage..... 20g    Milk..... 1 tbs.  
 Cheese..... 20g



### Instructions

1. Cut potatoes into 2cm squares.
2. Without drying them, put potatoes into a heat-resistant bowl, cover with plastic wrap, and microwave until slightly soft.
3. Cut boiled egg into four pieces.
4. Thinly slice cabbage.
5. Evenly place potatoes and eggs in the heat-resistant bowl, then top with sliced cabbage.
6. Pour milk into bowl and add salt, pepper, and cheese before topping with mayonnaise.
7. Heat in an oven toaster at 200 C for about 10 minutes.

### Nutrition information (per serving)

Calories	319kcal	Protein	14.2g
Calcium	187mg	Dietary Fiber	6.0g
Fat	21.1g	Sodium	1.4g



## Quick List

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

This month's theme: Writing utensils



1. えんぴつ 鉛筆 - pencil
2. いろえんぴつ 色鉛筆 - color pencil
3. シャーペン - mechanical pencil
4. ボールペン - ball-point pen
5. まんねんひつ 万年筆 - fountain pen
6. ミリペン - drawing pen/fine liner pen
7. フェルトペン - marker pen/felt-tip pen
8. けいこう 蛍光ペン - highlighter
9. つけペン - dip pen
10. ふで 筆 - ink brush/calligraphy brush

単語



## Town News

### Communicate with Japanese Sign Language

Since the Eliminating Discrimination Against People with Disabilities Act was passed 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 "**Internet**" and "**Zoom**" in JSL.



Make a fist with your left hand, and raise the pinky of your right hand. With your right hand, make a circle away from yourself around your left hand. This is the "world-wide" element of the internet.



Make a claw like shape with your right hand, and draw a Z with it.

### What Does Japan Mean to You?

This past December, Seika Town's foreign resident support association Seika Global Network held the award ceremony for their 20th annual Japanese Message Contest in the Koryu Hall located on the 2nd floor of the Seika Town Office.

Due to restrictions put in place in response to the coronavirus, contestants were asked to submit videos of their speeches on the theme "What Does Japan Mean to You?" for evaluation by a panel of judges. Five participants from four different countries submitted videos.

At the award ceremony, the winning speeches were screened live, and the judges' evaluations were read aloud. To the delight of everyone present, the winner of the top prize, a resident of Morocco, participated in the ceremony through video chat.



### Caring for the Environment

Kankyo no Tsudoj, an event celebrating environment-minded youths in Seika, was held in November in the 2nd floor Koryu Hall at the Seika Town Office.

The event showcased and awarded Seika Town elementary school students who participated in Environment Diary 2021. Participants in this movement kept environment-themed diaries, and wrote in them every day for eight weeks between the months of June and August.

After the award ceremony, children in attendance sat in on a talk about global warming held by the Kyoto Prefecture Global Warming Prevention Center, and participated in a LED light craft powered by wind.





## 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

##### **Yell Cafe**

Located in the Shimokoma area of Seika, Yell Cafe displays the allergens contained in all of their menu items.

Address: Shimokoma Kamishinjo 31

Hours: 11:00 a.m. - 5:00 p.m.

Closed on weekends

Tel: 0774-84-9894

Note: 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 みつべいくわかん 密閉空間

Avoid small enclosed spaces with bad ventilation.



② みつしゅうばしょ 密集場所

Avoid places with lots of people in one area.



③ みつせつばしょ 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
2/6 (Sun.)	Internal medicine	2/27 (Sun.)	Internal medicine / Pediatrics
2/11 (Hol./Fri.)	Internal medicine / Pediatrics	3/6 (Sun.)	Internal medicine
2/13 (Sun.)	Internal medicine	3/13 (Sun.)	Internal medicine / Pediatrics
2/20 (Sun.)	Internal medicine / Pediatrics	<b>※Please call before visiting Soraku Emergency Medical Clinic (TEL: 0774-73-9988)</b>	
2/23 (Hol./Wed.)	Internal medicine		

### Health Center

Date	Time	Details
2/15 (Tues.)	12:30 p.m.-	3-yr. 6-mon. old Health Check (born June 2018)
2/22 (Tues.)	12:30 p.m.-	2-yr. 4-mon. Health Check (born Aug. 2019)
2/24 (Thur.)	12:30 p.m.-	1-yr. 6-mon. old Health Check (born June 2020)
3/2 (Wed.)	12:30 p.m.-	9-10-mon. old Health Check (born Mar. 2021)
3/8 (Tues.)	12:30 p.m.-	3- 4-mon. Health Check (born Sept. 2021)
3/15 (Tues.)	12:30 p.m.-	3-yr. 6-mon. old Health Check (born July 2018)

### Mukunoki Center

Date	Time	Details
2/16 (Wed.)	—	Closed
2/27 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
3/2 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
3/9 (Wed.)	3:00-5:00 p.m.	Table Tennis Day



## COVID-19 Vaccination Certificate (Vaccine Passport)

The COVID-19 Vaccination Certificate is issued as a document providing official proof of one's COVID-19 vaccination in Japan. This document is issued by municipalities to those who apply for it.

### Eligible Persons and Application Process

Current residents of Seika Town whose resident record (*juminhhyo*) was registered to Seika Town at the time of their vaccination may apply to receive a vaccination certificate. If one of your shots was received in a different municipality, you must apply for a certificate for that shot at the municipality you received it.



### Applying in person at Seika Town Office

To apply in person, please bring the following documents to Seika Town Office:

1. COVID-19 Vaccination Certificate Application  
Download (linked below) or fill out application at the service window
2. Form of personal ID (driver's license, health insurance card, resident card, etc.)
3. Passport (only for applicants planning to travel overseas)
4. Other necessary documents (if needed)  
If your passport has your maiden name, or a name you no longer use printed on it, you will be asked to also turn in an official document that confirms the old name on your passport (e.g., MyNumber Card, driver's license, family registry, resident record copy with your old name on it).



### Applying through mail

To apply by mail, please gather the following documents and send them to the Coronavirus Vaccine Office at Seika Town Office:

1. COVID-19 Vaccination Certificate Application
2. Copy of passport (only for applicants planning to travel overseas)  
Make sure your passport valid period, name, number can be read
3. Prepare an envelope to mail the documents and include a return envelope with a return address on it
4. Copy of a form of personal ID (driver's license, health insurance card, resident card, etc.)  
Make sure the address on this ID is the same as the one printed on the return envelope
5. Other necessary documents (if needed)  
If your passport has your maiden name, or a name you no longer use printed on it, you will be asked to also turn in an official document that confirms the old name on your passport (e.g., MyNumber Card, driver's license, family registry, resident record copy with your old name on it).



### Where to address the envelope

Seika Town Office  
Shingata Koronairusu Sesshu Taisakushitsu  
Minamiinayazuma Kitajiri 70  
Soraku-gun Seika-cho  
Kyoto-fu 619-0285

### Download the COVID-19 Vaccination Certificate Application here

<https://www.town.seika.kyoto.jp/files/group/47/settusyusyoumeiyousiki.pdf>

### For more information, please check the Seika Town or Ministry of Health, Labour, and Welfare homepages

<https://www.town.seika.kyoto.jp/kakuka/vaccine/inoculation/17133.html>

<https://www.mhlw.go.jp/stf/covid-19/certificate.html>