

## 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>



### 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)

### Thank you for 3.5 years of memories! – Coordinator for Int. Relations



### 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



いどう  
異動

transfer

At the end of the fiscal year in Japan, which falls on March 31, many companies shuffle employees around to different departments. This is called *idou*. Depending on their current position, an employee could be happy or sad that they are being shuffled or transferred. However, perhaps the strongest emotion is nervousness!

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



# ICHIGO いちご



No. 323

Seika's English Language Newsletter

## Ichigo Newsletter Hiatus

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### Thank you for Reading the Ichigo Newsletter!

The editor of the Ichigo newsletter the Coordinator for International Relations (CIR) will be stepping down from their post as CIR at the end of March. As such, we regret to inform you that, as of this issue, the Ichigo newsletter will be taking a short hiatus until a new CIR arrives in Seika Town. We apologize to our readers for any inconvenience this may cause you.



As the CIR will not be present in Seika Town as of April, we may have difficulty fielding English inquiries, updating the English homepage, providing interpretation or translation for public matters, and or provide other services in English. Thank you for your understanding.

### Inquiries Regarding Life in Seika Town

Seika Town Office will be able to field all Japanese language inquiries regarding life in Seika Town. Please call or email the appropriate division if you have any questions. **Responses to all inquiries will be in Japanese** until the next CIR arrives in Seika.

For inquiries regarding moving in or moving out procedures, certificates, resident records, or national pension, please contact the **General Services Division**.

Phone: 0774-95-1915 E-mail: madoguchi@town.seika.lg.jp

For inquiries regarding local taxes or other tax related matters, please contact the **Taxation Division**.

Phone: 0774-95-1916 E-mail: zeimu@town.seika.lg.jp

For inquiries regarding national health insurance, please contact the **National Health Insurance and Medical Services Division**.

Phone: 0774-95-1929 E-mail: kokuho@town.seika.lg.jp

For general health or pregnancy and birth inquiries, please contact the **Health Promotion Division**

Phone: 0774-95-1905 E-mail: kenko@town.seika.lg.jp

For inquiries regarding preschool, and parenting consultation, please contact the **Child Care Support Division**.

Phone: 0774-95-1917 E-mail: kodomo@town.seika.lg.jp

For inquiries regarding garbage disposal, recycling, and pets, please contact the **Environmental Promotion Division**.

Phone: 0774-95-1925 E-mail: kankyo@town.seika.lg.jp

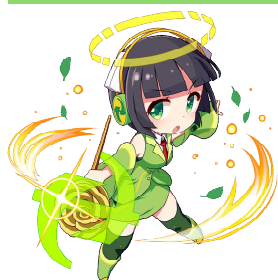
For inquiries regarding coronavirus vaccination, please contact the **Coronavirus Vaccine Office**.

Phone: 0774-95-1937 E-mail: vaccine@town.seika.lg.jp

For other inquiries, please call the **general line for Seika Town Office**.

Phone: 0774-94-2004

Seika Town Mascot

**KYOMACHI SEIKA**


"Good luck in your future endeavors, CIR!"



## Coronavirus Vaccination Information

### Coronavirus Booster Group Vaccination Drive Schedule

Vouchers for the coronavirus vaccine booster shot are being sent to residents in order of when they got the first two shots completed. For example, those who got the full schedule of two shots in March will receive vouchers earlier than those who got them in later months. Booster shot drives will be scheduled for after April as well. The table below contains information about drives starting in March and April. For any revisions, please visit the Seika Town homepage.



| Date and Time                            | Location        | Vaccine | Date and Time                            | Location        | Vaccine |
|--|-----------------|---------|--|-----------------|---------|
| March 6 (Sun.)<br>9:00 a.m. - 4:00 p.m.  | KICK            | Moderna | April 3 (Sun.)<br>9:00 a.m. - 4:00 p.m.  | KICK            | Pfizer  |
| March 13 (Sun.)<br>9:00 a.m. - 5:30 p.m. | KICK            | Pfizer  | April 10 (Sun.)<br>9:00 a.m. - 4:00 p.m. | Mukunoki Center | Pfizer  |
| March 20 (Sun.)<br>9:00 a.m. - 4:00 p.m. | Mukunoki Center | Moderna | April 17 (Sun.)<br>9:00 a.m. - 4:00 p.m. | KICK            | Pfizer  |
| March 27 (Sun.)<br>9:00 a.m. - 4:30 p.m. | Mukunoki Center | Pfizer  | April 24 (Sun.)<br>9:00 a.m. - 4:00 p.m. | Mukunoki Center | Pfizer  |

### Group Vaccination Drive for Children

Seika Town will be holding a vaccination drive for children ages 5-11. Eligible people will receive documents in the mail regarding the drive. Please make an appointment only after discussing and understanding the effects of the vaccine. A parent or guardian must give approval for the vaccination and must be present during the appointment. After filling out the necessary boxes on the medical questionnaire, be sure to sign the approval form. The child's vaccination record can be updated after vaccination on their Mother-Child Health Booklet if it is brought to the appointment. For instructions on how to make an appointment, please refer to the mailed documents.

- ★ **Vaccine Details** ..... Pfizer Comirnaty Vaccine (ages 5-11)
- ★ **Number of Shots** ..... 2 (second received 3 weeks after first)
- ★ **Fees** ..... Vaccination is free
- ★ **Date** ..... March 12 (Sat.) Keihanna Open Innovation Center (KICK)  
(second shot scheduled for April 2) ※Next group drive to be scheduled for after May

### 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, 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<br>Seikadai 4-21-14 | 0774-98-2788  | Residents of Seika 12-18 yrs. and their parents/guardians | Open during regular business hours<br>Mon. - Sat.<br>9:00 a.m. - 12:00 p.m.<br>Mon., Tues., Thur., Fri.<br>5:00 - 7:30 p.m. | Every Sat.<br>9:00 - 9:30 a.m.                   |
| Komada Clinic<br>Hishida Miyagawahara 10       | 0774-93-1787  | Residents of Seika 12 yrs. and older                      | Open during regular business hours<br>Mon. - Sat.<br>9:00 a.m. - 12:00 p.m.<br>Mon., Tues., Thur., Fri.<br>6:00 - 8:00 p.m. | Every Tues. from<br>2:00 p.m.                    |
| Gakkentoshi Hospital<br>Seikadai 7-4-1         | 050-7116-7125 | Residents of Seika 12 yrs. and older                      | Mon. - Sat.<br>2:00 - 4:00 p.m.   | Every<br>Tues., Thurs., Sat.<br>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 **Potato and Tuna Scramble** with this recipe.

### Ingredients (2 servings)

|              |      |                 |         |
|--------------|------|-----------------|---------|
| Potato       | 150g | Egg             | 1 med.  |
| Onion        | 70g  | Canned tuna     | 1/2 can |
| Carrot       | 30g  | Salt and pepper | pinch   |
| Green pepper | 15g  |                 |         |



### Instructions

1. Cut potatoes into 1cm squares.
2. Cut carrots into squares a bit smaller than the potatoes.
3. Slice onions thinly, and finely chop green peppers.
4. Boil potatoes, then add carrots after potatoes have cooked a bit.
5. Move potatoes and carrots to a colander and drain them of water.
6. Heat oil in a frying pan, and cook onions and green peppers until soft.
7. Add potatoes and canned tuna (after draining) to the frying pan and flavor with salt and pepper.
8. Pour a beaten egg over mixture in the frying pan, and fry until cooked through.

### Nutrition information (per serving)

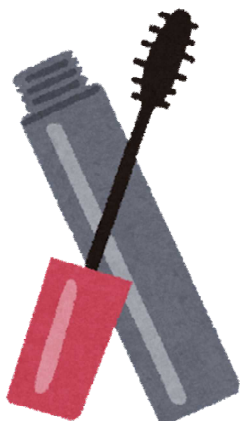
|          |         |               |      |
|----------|---------|---------------|------|
| Calories | 173kcal | Protein       | 8.2g |
| Calcium  | 6mg     | Dietary Fiber | 2.0g |
| Fat      | 8.4g    | Sodium        | 0.3g |



## Quick List

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

This month's theme: Cosmetics



1. <sup>くちべに</sup>口紅・リップ - lipstick
2. アイライナー - eyeliner
3. マスカラ - mascara
4. <sup>こうすい</sup>香水 - perfume, fragrance
5. <sup>ひやど</sup>日焼け止め - sunscreen
6. <sup>したじ</sup>ベースメイク・下地 - foundation
7. <sup>ざい</sup>カラーリング剤 - hair dye
8. <sup>せんがん</sup>洗顔 - face wash
9. <sup>せっけん</sup>石鹸 - (bar) soap
10. パック - face mask

単語





## Town News

### Communicate with Japanese Sign Language

In this article, we introduce various words one can sign in Japanese Sign Language (JSL) to improve communication with people with disabilities. Although not all people with hearing disabilities are able to communicate with sign language, learning JSL is one way we can realize a more diverse society. Here is how to sign "**web**" and "**address**" and "**bulletin board**" in JSL.

#### ①ウェブ



Make a fist with your left hand and the sign for "wa" with your right above it. Then make a circle around your left fist.

#### ②アドレス



Make the sign for "a" with your right hand. Place your right thumb against the palm of your left hand and pull away to the right.

#### ③掲示



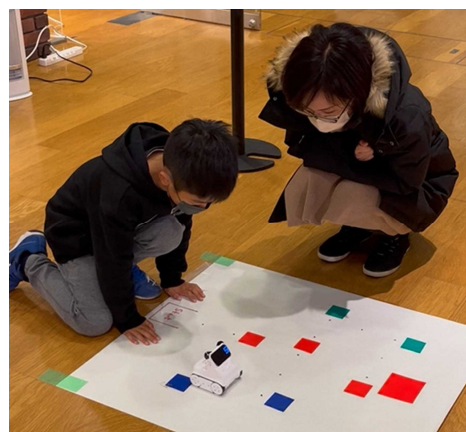
Make a thumbs up motion with both hands, then push your fists forward up top and on the bottom to sign a pinpushing motion.

### Picking Up Programming

To promote interest in science and technology in young people, and to give them a chance to experience robotics and programming, a family robotics class was held at the Seika Creator's Incubation Center in the Keihanna Open Innovation Center (KICK). A total of six classes were held between October and December.

During the classes, participants learned programming basics, and how to program a robot to move, play music, and dodge obstacles. On the last day, December 26, each participant was able to program a robot to move by itself using color sensors.

Participants enjoyed the series of classes, particularly the way trial and error were important in making progress, and how it brought parents and their children closer together.



### Fostering Creative Growth With CG

On December 27, a CG art workshop was held for junior high and senior high school students at the Seika Creator's Incubation Center at KICK. At this workshop, participants learned how to create CG characters, how to make them move, and other animation basics using the same CG software professional creators use.

As it was the first time for most of them, the participants were a little confused by the CG software at first. However, after the two-hour class was over, they were all able to create their own CG character. They were most surprised at how the process of creating in CG is much like sculpting something out of clay.



## 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**

##### **Coop Hosono Bakery Cocco**

Located in Garden City Coop grocery store, Cocco displays the allergens contained in all their menu items.

Address: Hosono Nishi 1-9-46 Seika Garden City

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

Open all year

Tel: 0774-98-3040

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.



### Discontinuance of Pension Booklets Starting April

The National Pension System of Japan assigns a Basic Pension Number to all enrollees that contains pension related information such as enrollment date and pension payment status. This number is recorded in the blue National Pension booklet distributed to each enrollee, but, due to the introduction of the MyNumber system, the booklets have been deemed unnecessary and will thus be discontinued.

Starting this April, beneficiaries of Categories 1, 2, and 3 will be sent a Basic Pension Number Notification (kiso nenkin bangou tsuchi-sho) instead of a pension booklet. This notification will be necessary for any pension related procedures, so be sure to keep it in a secure place.

The pension booklet may still be used as a form of Basic Pension Number confirmation. Should your pension booklet become lost, you will be issued a Basic Pension Number Notification instead of a new pension booklet.



### 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                      |
|------------------|--------------------------------|---|--------------------------------|
| 3/13 (Sun.)      | Internal medicine / Pediatrics | 4/10 (Sun.)   | Internal medicine / Pediatrics |
| 3/20 (Sun.)      | Internal medicine / Pediatrics | 4/17 (Sun.)   | Internal medicine              |
| 3/21 (Hol./Mon.) | Internal medicine              | 4/24 (Sun.)   | Internal medicine / Pediatrics |
| 3/27 (Sun.)      | Internal medicine / Pediatrics | ※Please call before visiting<br>Soraku Emergency Medical Clinic (TEL: 0774-73-9988) |                                |
| 4/3 (Sun.)       | Internal medicine              |   |                                |

### Health Center

| Date         | Time        | Details   |
|--------------|-------------|---|
| 3/15 (Tues.) | 12:30 p.m.- | 9-10-mon. old Health Check (born May 2021)      |
| 3/18 (Fri.)  | 12:30 p.m.- | 1-yr. 6-mon. old Health Check (born Aug. 2020)  |
| 3/24 (Thur.) | 12:30 p.m.- | 3- 4-mon. Health Check (born Nov. 2021)         |
| 4/8 (Fri.)   | 12:30 p.m.- | 1-yr. 6-mon. old Health Check (born Sept. 2020) |
| 4/12 (Tues.) | 12:30 p.m.- | 2-yr. 4-mon. Health Check (born Nov. 2019)      |
| 4/13 (Wed.)  | 12:30 p.m.- | 3-yr. 6-mon. old Health Check (born Sept. 2018) |

### Mukunoki Center

| Date        | Time           | Details          |
|-------------|----------------|------------------|
| 3/16 (Wed.) | 3:00-5:00 p.m. | Table Tennis Day |
| 3/23 (Sun.) | —              | Closed           |
| 3/30 (Wed.) | 3:00-5:00 p.m. | Table Tennis Day |
| 4/1 (Wed.)  | —              | Closed           |
| 4/6 (Wed.)  | 3:00-5:00 p.m. | Table Tennis Day |
| 4/13 (Wed.) | 3:00-5:00 p.m. | Table Tennis Day |



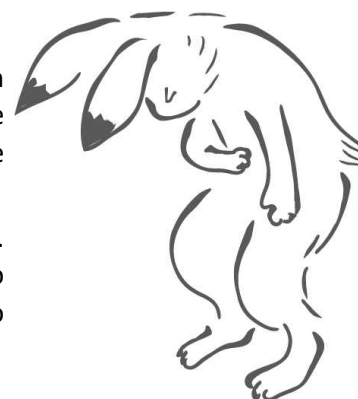
## The Monthly Prescription

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. Matsumori** from Matsumori Clinic in Kizugawa City.

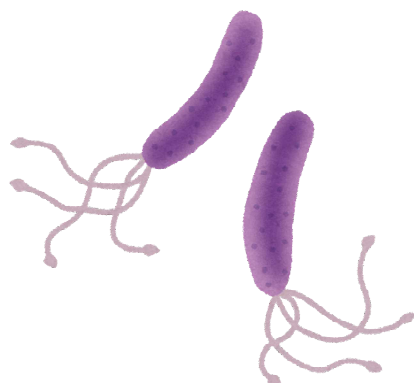
### Stomach Cancer and Helicobacter Pylori

Stomach cancer is one of the most common types of cancer. At one point in Japan's history, stomach cancer was the leading cause of death in Japanese people. While cases of stomach cancer are decreasing, over 100,000 people are diagnosed with it every year, of which 40,000-50,000 die from it.

Various studies over the years have pointed to Helicobacter Pylori bacteria (H. Pylori) as the reason for 99% of stomach cancer cases in recent years. It was also discovered that people with H. Pylori in their system are 15-times more likely to develop stomach cancer compared to people without H. Pylori.



People with H. Pylori in their stomach may start to experience bouts of gastritis (inflammation of the stomach lining) in their 30s. In this case, the H. Pylori burrows into the stomach lining where it hinders its function and causes inflammation. Chronic inflammation occurring over multiple years could cause a distinct type of inflammation called atrophic gastritis. This type of gastritis leads to a loss of gastric glandular cells, and be the root of subsequent digestive issues. The further along atrophic gastritis progresses, the higher one's stomach cancer risk becomes.



It is said that H. Pylori is harder to contract as an adult if you had been infected by the bacteria as an infant because your immune system is familiar with it. Across the Japanese population, the H. Pylori infection rate of those aged 50 years or older is over 40%, for those in their 40s 20%, and for those under 19 years 5-10%. Although the mode of infection has not been completely identified, it is thought that unhygienic environments are a prevailing cause, such as those with insufficient water and sewage facilities. Some also think the low infection rate among children can be attributed to the creation of more hygienic living environments.

H. Pylori infections can be treated with a high percentage of effectiveness through a treatment called eradication therapy. Infections are often treated with a medication schedule consisting of several antibiotics and medicines that suppress gastric acid. This treatment is effective in 80-95% of H. Pylori cases.

Stomach cancer prevention starts with getting a check-up for H. Pylori and treating it as soon as possible. Health insurance permitting, younger people should also get checked for H. Pylori and receive treatment to lower their risk for stomach cancer and to prevent the bacteria from spreading to other people around them. Adults should also consider getting an endoscopy to diagnose whether they are suffering from atrophic gastritis, and evaluate their risk for stomach cancer. Check-ups and treatments are the only sure way to lower your risk of developing stomach cancer.

