



ICHIGO
いちご



Seika's English Language Newsletter No. 327 October 2022

You Never Know When an Earthquake May Occur

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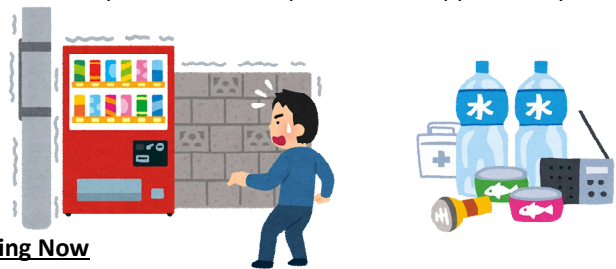
Seika Town Mascot
KYOMACHI SEIKA



"Prepare in advance in case of an earthquake!"

★ Earthquakes occur very often in Japan

20% of all magnitude 6 and above earthquakes occur around the islands that make up Japan. From the years 2020 to 2022 there were 4, 6, and 2 (as of July) earthquakes respectively with an intensity of 5-lower and greater on the Japanese scale of 7. It is predicted that there is a 70% chance that a 8 or 9 magnitude Nankai Trough Earthquake will occur within the next 30 years. This earthquake could happen at any time.



Prepare for Earthquakes Starting Now

① Secure your furniture!

It is common for furniture and other items in your home to fall over due to the vibrations from an earthquake. In order to prevent this, secure these items to a wall or other sturdy place. You are particularly defenseless when sleeping. Take a look at the current layout of your home and make sure that no items would fall on you. Also, make sure that no furniture will block any entrances or exits in the event of an earthquake. Keep this in mind when thinking about where to place the furniture in your home.

② Have a stock of emergency rations!

When an earthquake cuts off electricity, gas, and water, there are cases when it can take a lot of time for these utilities to be restored. You should prepare at least three days worth of food and water for each member of your family.

③ Prepare an emergency bag

When there is a disaster in your area, you will have to spend some time in an evacuation shelter. Prepare the items that you will need to live in an evacuation shelter (medicine, clothes, items to help prevent illness spread or infection) and pack them in a bag that you will be able to take with you immediately in the case of an emergency.

④ Confirm where your evacuation areas are on the hazard map

Confirm how to get to an evacuation area safely with your family in advance. You can take a look at the hazard map on the Seika Town website and confirm the safest route to take in the event of a natural disaster.

★ Help others in your area during disasters

When there are very large earthquakes, firefighters and policemen may not be able to answer your calls when problems with the transportation network occur or if a fire also occurs at the same time. It is very important to help others around you during this time because the public support that we usually rely on during emergencies may not be available. Have a mindset of protecting the area that you live in and actively learn what to do in the case of disaster before it happens.

Hazard Map



Coronavirus Vaccination Information



Omicron Vaccine Information

Eligible Individuals: People age 12 and older who have completed their first series of Coronavirus vaccinations (1st and 2nd) *Individuals who are age 60 and older, have an underlying illness, or work in a health care facility who have not received a fourth coronavirus vaccine yet will be prioritized.

Vaccine Type: Currently planning on using a 2-series vaccination.

Time In Between Vaccinations: 5 months (as of September 16th)



Number of Vaccinations Received	Vaccination Ticket Information
1st and 2nd shot	Vaccination registration tickets will be sent out sequentially to those who received their second shot five months prior.
3rd shot	Vaccination registration tickets will be sent out sequentially to those who received their third shot five months prior. For those who have lost your vaccination registration ticket, please complete an application to have your ticket reissued.
4th shot	Vaccination registration tickets will be sent out sequentially to those who received their fourth shot five months prior.

Coronavirus vaccination registration tickets that have not been used for third and fourth shots can be used to receive the new Omicron vaccine. Once details regarding the appointments and days for the Omicron vaccine have been decided, the details will be posted onto the Seika Town website.

Booster Shot for Children Ages 5-11

Children ages 5 to 11 are now eligible to receive a third Coronavirus vaccine.

Time In Between Vaccinations: 5 months must have passed since receiving a second vaccination

Vaccination Type: Pfizer

Vaccination Ticket Distribution: Vaccination tickets will be distributed 5 months after receiving a second Coronavirus vaccination.

Facilities Offering Individual Coronavirus Vaccines (First through Third Dose · Child Vaccinations)

If you are an adult and would like to receive your first through third dose of the coronavirus vaccine or if you have a child between the ages of 5 and 11 and would like them to be 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 Chome 21-14	0774-98-2788	Residents of Seika 5-11 yrs.	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. 9:00a.m. - 9:45 a.m. (Time of appointment will be communicated when making reservation)
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., Thur., Fri.: 6:00 p.m.- 8:00 p.m.	Every Tues. 2:00p.m. - 4:00 p.m.
Yoshikawa Clinic Sakuragaoka 3 Chome 24-7	0774-71-0014		Mon. - Wed., Fri.: 4:00 p.m. - 7:00 p.m.	Every Sat. 1:00 p.m. (Questions can be asked starting at noon) *Third shot only
Gakkentoshi Hospital Seikadai 7 Chome 4-1	050-7116-7125		Mon. - Sat.: 2:00 p.m.- 4:00 p.m.	Every Tues., Thurs., Sat. 2:30 p.m. - 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 Wed. 2:30p.m.



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 **Layered Steamed Potatoes and Tomatoes** with this recipe.



Ingredients (2 servings)

- 1 Medium-Sized Potato ... 150 grams
- 1 Medium-Sized Tomato ... 200 grams
- 1/4 Medium-Sized Onion ... 50 grams
- 1 Small Green Pepper ... 20 grams
- Natural Cheese (Shredded) ... 60 grams



Instructions

- 1 Cut the potato into 5 millimeter thick pieces and wash thoroughly with water.
- 2 Cut the tomato, onion, and green pepper into 1 centimeter round pieces. (A slicer will work well for this).
- 3 Layer potato, tomato, onion, and cheese into a bowl in this order. Layer in the same way one more time and place the green peppers on the top.
- 4 Cover a microwave safe bowl in plastic wrap and heat using the 600 watt setting on your microwave for 5 minutes.
- 5 Stick a skewer through the potato slices in the bowl to see if they are soft. Once the potato slices are soft, the dish is done. *You can also make this dish in a pot.

Nutrition Information (per serving)

Calories	154 kcal	Protein	7.2 grams
Fat	7.9 grams	Calcium	153 mg
Dietary Fiber	9.0 grams	Sodium	0.8 grams

Food Education Tip No.28 **Getting the Most for Your Money When Eating Onions**

Onions have properties that help our blood to flow. The thinner you slice your onions the more benefits you will receive when eating them. If you leave the onion for 10 minutes after chopping or grating, these properties will be activated.



Healthy Diet, Healthy You

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, disclose calorie information, 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

Buckwheat Noodle Diner

Address: Seikadai 4 Chome 45-10

Hours: 11:00 a.m. - 2:00 p.m.

Closed: Wednesday

Tel: 0774-94-5332

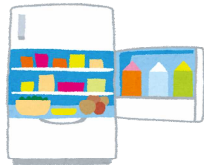






*Please note that business hours are subject to change due to the coronavirus pandemic. Please contact the restaurant for more information regarding their hours and operating dates.



In order to decrease the amount of garbage disposed and further promote recycling efforts, research was conducted in cooperation with Kyoto Prefecture University. Through this research, it was found that reducing the amount of food thrown out by individual families is an effective way to decrease the amount of total garbage disposed. For the months of October and November, Seika Town will be launching a food loss reduction campaign. This campaign will help families to not only learn about food loss, but will also help families to be able to practice methods to help them reduce the amount of food discarded.

- **What is Food Loss?**
In general, the concept of food loss is throwing away food that could still be eaten. In Seika Town, 20% of burnable garbage is related to food loss.
- **Benefits of Food Loss Reduction**
In reducing the amount of food loss, you can make a big contribution to the reduction of garbage. Additionally, you can save money by using the food that you have until it is gone and also by reducing the amount of certain food items that you buy in the future if you do not use it as much as you thought you would.

<p>Campaign 1 Organize your refridgerator once a week</p> <p>Three Tips for Organizing Your Refridgerator</p> <ol style="list-style-type: none"> 1. Use food ingredients that go bad first 2. Put items that you will use immediately in the front 3. Confirm what you have in your refridgerator prior to going shopping <p>You can reduce the amount of food loss by using these three tips as well as by organizing your refridgerator regularly.</p> 	<p>Campaign 2 Submit photos of your reorganized refridgerator by November 30th</p> <ul style="list-style-type: none"> ● Entry Qualifications <ol style="list-style-type: none"> 1. Must currently reside in Seika Town 2. Must agree to let the submitted picture be used in any future educational purposes regarding food loss ● How to Apply Fill in the necessary items on the application form under "Campaign 3" and submit it along with a picture of your refridgerator before and after you have organized it. 
<p>Campaign 3 Requesting Ideas on How to Reduce Food Loss (Must be submitted by November 30th)</p> <ul style="list-style-type: none"> ● Entry Qualifications <ol style="list-style-type: none"> 1. Must currently reside in Seika Town 2. Must agree to let the submitted picture be used in any future educational purposes regarding food loss ● How to Apply: Fill out the necessary items on the application form and submit it via the QR code below. <p>Share your ideas on how you practice food loss reduction with your family.</p> <ul style="list-style-type: none"> ● Create a plan for organizing your refridgerator (examples from last year) <ul style="list-style-type: none"> • Place food items close to their expiration date in front and use food items from front to back • Separate food into different categories • Put items with lower amounts remaining in a place that will stand out to you etc.  	<p>Campaign 4 Help with the Food Drive!</p> <p>During the campaign, a food drive will be held. All of the food received will be given to families via the food drive. There will also be a booth set up for the food drive during the Seika Festival on November 20th. Please contribute!</p> <ul style="list-style-type: none"> ● Accepted Donation Conditions <ul style="list-style-type: none"> • Food items that can be stored at room temperature • Unopened and undamaged food items • Food items with an expiration date listed (There must still be at least one month until the expiration date) ● Locations Accepting Donations <ul style="list-style-type: none"> • Environment Promotion Division (Third Floor of the Seika Town Hall): during business hours on week days 8:30 am - 12:00 pm; 1:00 pm - 5:15 pm • Kashinoki-en: Tuesday through Saturday from 8:30 am - 12:00 pm; 1:00pm - 5:15pm 



Regarding Undocumented Individuals

When a child is born, their name is registered to a family when a birth notification is submitted. If a birth notification is not submitted for any reason, the baby will not be registered and will be considered an undocumented individual.

If someone is considered undocumented, they will not be able to register residence or apply for a passport. These individuals may also not be able to prove eligibility or proof of relation to family members.

In order to register someone who is considered undocumented, it is important to first speak with the bureau of regional legal affairs. Even if a birth notification can not be submitted for an individual, there are cases where they can still be complete the process of registering their domicile. If you are experiencing this issue, please speak with someone at the resident service counter at the town hall.

Weekend Appointments for My Number Related Matters

Appointments on the following days are available for My Number Card application, issuance, and electronic certificate renewals.

Dates: Sunday, October 23rd; Saturday, November 12th; Sunday, November 27th

Appointment Hours: 9:00 am - 11:45 am, 1:00 pm - 4:45 pm

※An appointment needs to be made in advance during business hours. Please write all necessary information on the postcard-sized document that you receive in the mail and call or email the help desk to set up an appointment.



It takes one month from the time of application for a My Number Card to be issued. You can come to the town hall to pick up your My Number Card or you can have your My Number Card sent via mail.

※ You will be required to pick up your My Number card prior to the date listed or the card will be sent via registered mail to your home address.

What to Bring

- ① Notification Card
- ② Two Forms of Personal Identification (Items such as your Driver's License or Passport.

Note: These items must contain your legal name and birthday or your name and address.

For example, it would be acceptable to bring your Driver's License and Health Insurance Card

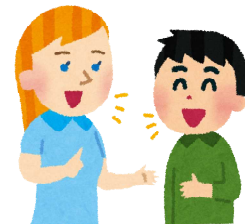
- ③ Resident Registration Card · My Number Card (if applicable)

※ The person applying should be present during the application process.

Note: For any questions, please inquire when making your reservation.

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.



Ichigo Ichie also holds events once every two months. Please participate if interested! You can find the details of the events by visiting one of the three links below.

Facebook: <https://www.facebook.com/sgnhiroba>

Instagram: 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

Coronavirus Consultation Center Contact Information

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



Recruiting Japanese Message Contest Participants



For Individuals Interested In Participating

WHEN: Sunday, December 11th, 2022 1:30 pm - 4:00 pm

WHERE: Exchange Hall (Seika Town Hall 2nd floor), 7 minute walk from JR Hosono/Kintetsu Shin-Hosono Stations

CONDITION OF ENTRY: The participant's native language cannot be Japanese.

THEME: "Anata ni totte nippon towa? - Kore made to kore kara - /

What does Japan mean to you? - Consider how Japan is part of your past and how Japan will continue to be a part of your future -" Any topic regarding this theme is fine, but participants are not allowed to give speeches regarding or advocating for personal religious beliefs, political views, or business interests.

SPEECHES: Speeches must be roughly 5 minutes long. Speakers may use visual aids such as slides or pictures.

Participants are being asked to bring their own personal laptop and files to be used during their presentation.

ENTRY: Those who wish to participate in the contest must apply by the **entry deadline** using the entry form on the Seika Global Network website. The entry form must include the following information: participant's name, title of speech, address, phone number, and email address at which the participant can be contacted.

Note: Personal information received at the time of entry will be used only for this contest.

SUBMISSION OF MANUSCRIPTS: Participants who complete the entry form will be notified by email on how to submit their manuscripts. Manuscripts must be submitted by the manuscript submission deadline.

Note: Please adjust your email settings so that you can receive email correspondence from Seika Global Network.

AWARDS: Grand Prize (1 contestant); Runners-up (2 contestants. Prizes (Yamashiro Lions Club Award: Grand Prize 10,000 yen / Runners-up 5,000 yen).

JUDGING: Winners will be decided based on votes from audience members and a panel of judges.

ENTRY DEADLINE: Friday, October 28th 5:00 pm

MANUSCRIPT SUBMISSION DEADLINE: Friday, November 18th 5:00 pm

(for participants who have completed the entry form)

INQUIRIES: Seika Global Network Office

Email: seikaglobalnet@gmail.com / Website: <https://seikaglobalnet.wixsite.com/english/>

SPONSORS: Seika Global Network, Seika Town, Yamashiro Lions Club, Seika Town Board of Education, and Kyoto Overseas Co-operative Association



For Individuals Interested In Observing

WHEN: Sunday, December 11th, 2022 1:30 pm - 4:00 pm

WHERE: Exchange Hall (Seika Town Hall 2nd floor)

CAPACITY: First 40 people

PARTICIPATION FEE: Free

EVENT INFORMATION: This event is a speech contest where foreigners living in Japan will give a speech in Japanese regarding topics such as differences they have felt in culture and traditions as well as experiences or memories they have had in Japan.

APPLICATION WINDOW: Applications will be accepted on the Seika Global Net website from Friday, November 4th to Friday, November 18th. You can apply by filling out the form titled, "21st Annual Foreigner Japanese Message Contest".





Communicating Through Sign Language

Sign language is a way to communicate with those who are hard of hearing.
 This month's word is **fall sports season!**



Sports

Fall



Open both of your hands and move them in an alternating circular motion

Spread out your fingers and make a circling motion with your palms facing you

Living Comfortably
~Things That Anyone Can Do~

There are ways to support individuals with disabilities so that they can live and function normally within society. For deaf individuals, sign language and note taking are an example. After completing paperwork at a public office, there are different forms of support services and facilities that will become available to these individuals. The most important kind of support that anyone can provide, is reaching out to those who need help. Regardless of age or disability, it is important to be a person that will instinctively reach out to others if they are in trouble. If you are trying to assist someone who is deaf, they may not notice if you try and talk to them from behind so it is important to face them head on when trying to talk to them. It is also important to confirm with them the best way to communicate.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
10/9 (Sun.)	Internal medicine/ Pediatrics	11/3 (Hol./Thurs)	Internal medicine
10/10 (Hol./Mon)	Internal medicine/ Pediatrics	11/6 (Sun.)	Internal medicine
10/16 (Sun.)	Internal medicine/ Pediatrics	11/13 (Sun.)	Internal medicine /Pediatrics
10/23 (Sun.)	Internal medicine/ Pediatrics	11/20 (Sun.)	Internal medicine /Pediatrics
10/30 (Sun.)	Internal medicine/ Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
10/12 (Wed.)	12:40 p.m.-	3-yr. 6-mon. Health Check (born March 2019)
10/14 (Fri.)	12:40 p.m.-	1-yr. 6-mon. Health Check (born March 2021)
10/25 (Tues.)	12:40 p.m.-	9-10 mon. old Health Check (born December 2021)
10/28 (Fri.)	12:40 p.m.-	3-4 mon. Health Check (born June 2022)
11/1 (Tues.)	12:40 p.m.-	3-yr. 6-mon. Health Check (born April 2019)
11/8 (Tues.)	12:40 p.m.-	2-yr. 4-mon. Health Check (born June 2020)

Mukunoki Center

Date	Time	Details
10/12 (Wed.)	3:00 pm - 5:00pm	Table Tennis
10/19 (Wed.)	3:00 pm - 5:00pm	Table Tennis
10/23 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
10/26 (Wed.)	-	Closed
11/2 (Wed.)	3:00 pm - 5:00pm	Table Tennis



Please Separate Your Garbage Correctly

Burnable garbage in our town is disposed in a safe and secure manner at the Kizugawa Forest Environment Center. The functionality of a garbage incinerator will be affected in cases where items other than burnable garbage are disposed. For example, if uncombustible items such as bottles and cans are mixed in with burnable garbage, remnants of the garbage will be left behind since it cannot be burned completely. In cases where wires and metal are mixed together with other garbage, they can become a large mass and clog the machine when gas is being emitted from the burned garbage. Additionally, if items containing mercury, such as thermometers and

blood pressure machines, are mixed in with the garbage, it will affect the machine's ability to process the gas released and will cause an emergency shutdown. Let's try to reduce the amount of garbage we are disposing in order to help keep Seika Town clean!

When Throwing Out Your Garbage

Please confirm the trash disposal schedule for Seika Town. If the trash that you put out is not separated correctly or if the day that you put it out is not correct, your garbage will not be collected and instead a yellow notice will be placed on the disposed garbage. The person who disposed the garbage will then have to come pick it up, make sure that the trash is sorted correctly, remove the notice or write an X on the notice so that the individuals collecting the garbage are aware that you have acknowledged and correctly sorted the garbage. Please then put it out on the next corresponding collection day. You can confirm the collection schedule by going to the English section of the Seika Town website and looking at the garbage collection schedule for this year. (Top page->English->Daily Life Information->Trash Disposal Schedule)

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 Minami-ku Higashikujo Shimotono Dacho 70 Kyoto Prefectural Exchange Plaza (Kyoto Terrsa) Third Floor East Wing). Consultations can be made in English, Japanese, Chinese, Vietnamese, Tagalog, and 15 other languages. TEL: 075-681-4800 Homepage: <https://kpic.or.jp>

Find us online!

Facebook



Town Website



Kyoto CIR Blog



Norman Neustadt Literature Festival

From October 24th to 26th, Norman will be hosting the Neustadt Literature Festival. This event will feature presentations from writers and scholars who are experts in the field of African culture and studies. All of the in-person events will be visible via Zoom, so anyone, regardless of location can attend the event.



If you are interested in attending, please scan the QR code to the right and fill out the registration form.

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.