



ICHIGO
いちご



Seika's English Language Newsletter No. 326 September 2022

September is Diet and Lifestyle Improvement Month

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Seika Town Mascot
KYOMACHI SEIKA



"Let's work on improving our daily eating habits!"

Use the following four tips to improve your eating habits by eating delicious balanced meals.

Eat Meals Consisting of a Main Dish, Side Dish, and Vegetables

66.4% of residents in Seika Town are conscious about eating balanced meals and calorie consumption. Men are less likely than women to be conscious of calories and eating balanced meals. When looking at the differences between age groups, men in their 30's in particular are not conscious of caloric intake or eating balanced meals (Based on data collected from a survey conducted in Seika Town in 2022).



Adults should have 350 grams of vegetables every day

Eat One More Plate of Vegetables (70 grams)

The national daily average intake of vegetables in Japan is 280.5 grams, with males consuming an average of 288.3 grams and females consuming an average of 273.6 grams. Within the past 10 years there has been virtually no change to these statistics. In terms of age groups, consumption of vegetables is lower in individuals in their 20's through their 40's than in groups of individuals age 60 and older (Based on data collected from a national health and diet survey conducted in 2019).



Make it a goal to consume 2 grams less of sodium every day

Reduce Daily Sodium by 2 Grams

The national daily average intake of sodium in Japan is 10.1 grams, with males consuming an average of 10.9 grams and females consuming an average of 9.3 grams. Within the past 10 years, there has been a decrease in the amount of sodium consumed by males. As for females, there was a decrease in sodium consumption from 2009 to 2015, but there has been no change observed in female sodium consumption from 2015 to 2019. Men and women in their 60's are consuming the most sodium. (Based on data collected from a national health and diet survey conducted in 2019).

Drink Milk and Consume Dairy Products Every Day

The national daily average intake of milk and dairy products in Japan is approximately 130 grams (Based on data collected from a national health and diet survey conducted in 2019).

One third of individuals in their 20s and 30s are not consuming milk or any dairy products. These products contain a good balance of protein and calcium necessary for a healthy diet.



Coronavirus Vaccination Information



Coronavirus Vaccine (4th Dose) Group Vaccination Schedule

September Schedule		Location
Sunday, September 11th	9:00 am - 4:00 pm	KICK
Saturday, September 24th	2:00 pm - 5:00 pm	
Sunday, September 25th	9:00 am - 4:15 pm	



Vaccine Type: Pfizer

Eligible Individuals: Individuals age 60 and older, individuals between the age of 18 and 59 who are immunocompromised or have preexisting conditions, healthcare providers, or individuals working at elderly care facilities (Individuals who do not currently qualify for the 4th dose of the coronavirus vaccine as of August 19, 2022 may qualify at a later date. Please keep the vaccination ticket that you receive in the mail in a safe place.)

For individuals ages 60 and older (with some exceptions), the date and time of your appointment will be printed onto your vaccine registration ticket, so there is no need to make an appointment.

If you need to change the date of your appointment, please refer to the information on the document.

※If you are an immunocompromised individual between the ages of 18 and 59 and are considering receiving a fourth vaccination, please consult with your health care provider before applying.

Please also answer a medical history questionnaire with your healthcare provider and confirm if you would benefit from a fourth vaccination based on your health condition. Your age will be based on the day that you receive the vaccine. The vaccination schedule is subject to change. The schedule for October and on will be posted on the Seika Town home page depending on how Japan proceeds with vaccine distribution.

Reservation Website



Storing Your Digital Vaccination Certificate

You can now save a digital copy of your vaccination certificate to your phone by using the Coronavirus Vaccine Certificate app. Please print out a picture of your vaccination certificate at either your home or at a convenience store in order to use it. If you have already downloaded the app, you can use the save function to receive your updated vaccination certificate after you have received another vaccination. Please scan the QR code for more information on how to use this function.



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.
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. - (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 Thurs. 3:00p.m.- (Appointments not available on 8/11 (Thurs.))



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 **Jew's Mallow Namul** with this recipe.



Ingredients (2 servings)

Jew's Mallow	80 grams	Sesame Oil	1.5 teaspoons
Carrots	10 grams	Ground Sesame Seeds	6 grams (put some aside for garnish)
Onions	10 grams	Soy Sauce	10 grams
Ginger	2 grams	Sugar	4 grams
Garlic	2 grams		

Instructions

- 1 Separate the leaves of the Jew's Mallow from the stem. Cut the leaves into 3 cm pieces and the stems into 2 cm pieces. Then, cut the carrots into small pieces.
- 2 Finely chop the onion, ginger, and garlic.
- 3 Put the sesame oil and finely chopped onion, ginger, and garlic in a frying pan and cook until fragrant. Then, add the leaves and stems of the Jew's mallow along with the carrots. Finally, add some of the ground sesame seeds, soy sauce, and sugar, stirring until combined. Once combined, turn off the heat.
- 4 Allow the contents of the pan to cool and place in a container. Top with the remaining sesame seeds.



Nutrition Information (per one bowl serving)

Calories	75 kcal	Protein	3.9 grams
Fat	4.3 grams	Calcium	133 mg
Dietary Fiber	3.0 grams	Sodium	0.7 grams

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

Bakery Cafe Brot

Address: Seikadai 2 Chome 10-9
 Hours: Fri - Sat: 9:00 a.m. - 4:30 p.m.
 Closed: Sunday-Thursday, Sunday
 Tel: 0774-94-9252



*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.

My Number Card and Stamp Seal Suspension

The Time Period to Qualify for My Number Card Points Is Ending Soon!

If you apply for a My Number Card by the end of September, you will be eligible for my number points. You will be able to receive 20,000 points if you register your my number card as your insurance card or register your bank account to receive public funds by February 2023.

※1 An IC-card readable smartphone or computer is necessary in order to be able to apply for My Number Points. Individuals who do not have a smartphone or computer that is IC-card compatible can visit the My Number booth on the second floor of the town hall and apply there. Please prepare the following items:

- My Number Card (equipped with digital certificate for user authentication)
- 4-digit password
- Preferred cashless service, other forms of personal identification, password, bank account card/booklet

※2 There are cases where registration in advance is necessary please refer to the QR code below.

Please scan the QR code to the right for details regarding appointments and the application process for My Number Points.



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: Saturday, September 10th; Sunday, September 25th; Saturday, October 8th; Sunday, October 23rd

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.



Stamp Seals Will be Suspended for All Applications

The spread of the Coronavirus has provided an opportunity for the systems and customary practices regarding written documents, documents requiring seal stamps, and in-person procedures to be reviewed. Even in Seika Town, there have revisions made to administrative process with regard to receiving stamp seals for applications and other written notifications in order to create a more convenient and smoother process for our digital society. Starting October 1st, 2022, stamp seals will not be required for any applications related to the issuance of documents or for assistance payments. (However, applications already received with a stamp seal will be processed as is). In cases where stamp seals are required for official documents, contracts and bids by law, these documents will require stamps seals as before, but these practices will be monitored if any changes are made to national laws. Below are the documents that will now fall under the stamp seal suspension revision. These documents will also be posted on the Seika Town website b

Stamp Seal Suspended Documents (Examples)

Residence · Tax: Resident Tax · Residence Tax Report, Residential Site Application Form, etc.

Health · Medical Care: Application for the issuance of monetary assistance for the Influenza vaccine in Seika Town, Application for monetary assistance for medical exams for expecting and nursing mothers or medical exams in cases of multiple births in Seika Town, Application for the issuance of welfare medical expense recipient certificate, Application for the National Health Care Treatment Program (High Cost), etc.

Well-Being · Caregiving: Application for approval of the use of welfare services for disabled individuals, etc.

Environment · Landscaping: Seika Town Recycled Paper Project Organization Notification

Education · Child Rearing: Nursery school entrance application (Child registry form), Application for after-school daycare for working families, etc.



Starting October 1



Town News

Communicating Through Sign Language

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



How to sign **communication**:
Make a C shape with both of your hands and move them back and forth at the same time.

How Words Provide a Sense of Relief

There are more than 14 million deaf/hard of hearing individuals living in Japan. This is more than 10% of the total population and has therefore become a national topic of interest. Recently, closed captions can be found on many commercials. Failing to hear something properly and correctly can often put someone who is hard of hearing in an uncomfortable position when they are using hearing aids or cochlear implants to support their remaining hearing function. Due to this, using letters as a way to communicate visually has been connected to a way to provide a sense of relief to these individuals. Providing assistance in terms of fast, accurate, and easy to read information can help to facilitate communication in other ways in cases where the closed captions that are prepared in advance are different from what is said or if is necessary to create closed captions for a particular situation.

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



Town Events

Tour the Takanohara Mall with Ichigo Ichie!

Date and Time: Monday, September 19th from 10:00 am to 11:50 am

Meeting Place: Kosumosu Hall on the Fourth Floor of the Takanohara Aeon Mall

Capacity: The First 7 Families

Event Details: Each group/family will be taken on a guided tour of the Aeon Mall. After the tour, discussion time will be set aside for people to ask questions about what is most often bought or talk about what kind of things they wish were in Japan, but cannot find.

Participation Fee: None. The event is free.

How to Apply: Please fill out the Google form, which you can access by scanning the QR code on the right, by Tuesday, September 13th.



Keihanna: Family Concert

Date and Time: Saturday, October 8th Starting at 2:00 pm (Doors will open at 1:15 pm)

Location: Keihanna Plaza Main Hall

Performers: Megumi Ayukawa, Fulare_Pad, etc.

Event Details: An acoustic concert featuring a guitar and ukulele performance (There will be songs and a picture story show)

※Small children can also attend



Seika 365 Asunaro Cooking

A cooking event for Parents and their Children (Featuring Sweets that are easy to make as well as Japanese sweets)

Date and Time: Saturday, October 15th starting at 10 am

Location: Kashinoki-en Kitchen

Eligible Participants: Parents and children living in Seika Town (Elementary school age children and above)

Capacity: The first 8 groups

Details: Five different items will be made at this event including: Tofu Shiratama Mitarashi Dumpling, Chocolate Ghost Pop, and Pumpkin Muffins.

※Items to be made at the event are subject to change.

What to Bring: Apron, bandana, mask, hand towel, writing utensil, container (to bring home food)

How to Apply: Directly visit the Health Promotion Division at the town hall by Thursday, October 6th between 8:30 am to noon or 1:00 pm to 5:00 pm or call the department directly at 95-1905.



World Understanding Class

A Perspective of One's Self and the World through a Trading Game

Date and Time: Sunday, October 23rd 10:00 am- 12:00 pm

Location: Seika Town Exchange Hall (Located on the Second Floor of the Town Hall)

Eligible Participants: All individuals in Fifth Grade and Up

Capacity: First 30 people

Event Details: This event will center around the use of a game that simulates world trading and how the economics of the world works as well as demonstrating other issues such as the difference between developed and developing countries. This event will also feature a workshop where participants can take the time to think about solutions for sustaining our society together.

How to Apply: Fill out the form for the event on the Seika Global Net website.

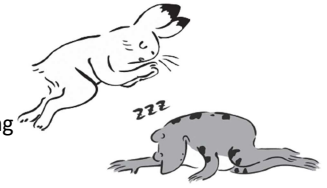
The application period starts Friday, September 9th and ends Friday, October 7th.



Tips for a Good Night's Sleep



Even in an isolated environment, humans have the ability to sleep and wake up at normal hours due to the functionality of their internal clocks. However, the total cycle of an internal clock within humans is known to be 25 hours, whereas the amount of time in one day on earth is 24 hours, creating about an hour difference between the time in one day and the internal clock of humans. If the body is unable to compensate for this difference, disruption can occur in your sleep schedule. Our bodies are able to reset our internal clocks naturally through various daily stimuli, with the most powerful being light. After you wake up in the morning, it is necessary to open the curtains to actively be exposed to the sunlight in order to accelerate your internal clock. In this way, light can also delay the internal clock, so it is better to avoid looking at a computer or smartphone right before bed. Being exposed to sunlight in the morning causes the hormone, serotonin, to be released. This release of serotonin is also linked to the hormone necessary for sleep, melatonin. Diet and a healthy lifestyle are also linked to good sleep. Additionally, drowsiness is likely to occur due to the decrease in body temperature. Aerobic exercises (fast walking or light running) or taking a bath a few hours before bed causes a temporary increase and subsequent decrease in body temperature which is said to be effective for sleep. However, it is better to avoid intense workouts or long hot baths a few hours before sleep because it will hinder you from falling asleep and will put stress on the body. Compared to days of sufficient sleep, the production of the hormone that depresses hunger, leptin, decreases if days of insufficient sleep continue. In fact, the hormone that increases appetite, ghrelin, is produced more during times of insufficient sleep which will cause your appetite to increase drastically. People who chronically do not get enough sleep are more likely to be obese, have diabetes, have high blood pressure, have a heart attack, and heart disease. It is important to get good sleep in order to prevent life-style related illnesses.



Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

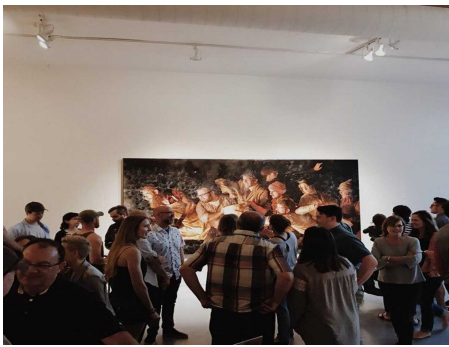
Date	Specialty	Date	Specialty
9/4 (Sun.)	Pediatrics	9/25 (Sun.)	Internal medicine/ Pediatrics
9/11 (Sun.)	Internal medicine/ Pediatrics	10/2 (Sun.)	Internal medicine
9/18 (Sun.)	Internal medicine	10/9 (Sun.)	Internal medicine/ Pediatrics
9/19 (Hol./Mon.)	Internal medicine/ Pediatrics	10/10 (Hol./Mon)	Internal medicine /Pediatrics
9/23 (Hol./Fri.)	Internal medicine	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
9/15 (Thurs.)	12:40 p.m.-	2-yr. 4-mon. Health Check (born April 2020)
9/27 (Tues.)	12:40 p.m.-	9-10 mon. old Health Check (born November 2021)
9/29 (Thurs.)	12:40 p.m.-	3-4 mon. Health Check (born May 2022)
10/6 (Thurs.)	12:40 p.m.-	2-yr. 4-mon. Health Check (born May 2020)
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)

Mukunoki Center

Date	Time	Details
9/14 (Wed.)	3:00 pm - 5:00pm	Table Tennis
9/21 (Wed.)	3:00 pm - 5:00pm	Table Tennis
9/25 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
9/28 (Wed.)	-	Closed
10/3 (Mon.)	-	Closed



The 2nd Friday Art Walk in Norman

In addition to technology and science, our Sister City, Norman, greatly values art as part of the city's culture. As a way to celebrate art, Norman in collaboration with artists, art organizations, and businesses holds a monthly, citywide celebration of creativity through art forms such as painting, photography, ceramics, and music to display the works of aspiring artists. During August's artwalk in Norman, an exhibit called "Between the Spaces", blended virtual reality and physical works as a new way to both experience and compare digital and tactile art mediums. This exhibit consisted of 36 printed portraits, 18 of which were physical works of art and the other half were created digitally. These digital artworks were experienced in the real world by using a smartphone app called Artitive which gave a three dimensional aspect to the pieces of art.

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



Kyoto CIR Blog



Keihanna Experience Concert

On Saturday, August 6th, a "Music Picture Book" concert was held at Keihanna Plaza as an event that could be enjoyed by both children and adults. This concert was highly anticipated with about 450 total participants.

The concert featured wonderful performances by Zoorasianbrass and Tsuruusagi. Both groups played well known songs such as the theme song from "My Neighbor Totoro", "If You're Happy and You Know it Clap Your Hands", and "It's a Small World". They utilized music and dance to not only introduce each member of each group and their instrument, but also to skillfully interact with the audience. This was a very fun and memorable event for all attendees.