



ICHIGO
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Seika's English Language Newsletter

No. 330

January 2023

Seika Town Environment

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Seika Town Mascot

KYOMACHI SEIKA



"Make sure to actively participate in climate change efforts!"

In March 2021, Seika Town formulated its 2nd Basic Environmental Plan which was based on the Seika Town Basic Environmental Plan created in February 2011. Currently, the local government, residents, and organizations are working together to promote environmental policies. There are four "environmental goals" in this plan and the following describes efforts towards achieving each of the goals.

Goal 1: A Town Where "People, Society, History and Culture" Nurture the Future

Promotion of environmental education:

Environmental education for elementary school students was promoted with the implementation of an "Environmental Diary". The goal of this was to encourage the students to take an interest in the environment around them and to engage in earth-friendly activities. An awards ceremony was held on November 27 at the "Environmental Gathering". A lecture on global warming countermeasures and an environmental craft workshop were also held at the event. As part of a national campaign to raise awareness of "Cool Choice," Cool Choice booklets were distributed to these students in order to encourage them to continue to make environmentally-conscious decisions.



Goal 2: A Town that Maintains the Undeveloped Woodlands, Fields, and Everyday Lifestyle for Generations

Promotion of activities that help to keep the environment clean: "Clean Partners," a collaborative effort between residents and the Seika Town, has promoted the idea of coexisting with nature as well as the creation of a safe and secure town through activities such as road cleaning, weeding, and maintenance of planting strips. Thirty organizations (1,590 people) are engaged in these kinds of activities throughout Seika Town.

Goal 3: A Town Plentiful in Renewable "Resources and Energy"

Prevention of global warming and adaptation to climate change: Subsidies were provided to residents who installed solar power panels and electricity storage units into their homes in order to combat global warming.

Establishment of a recycling-oriented society: As part of a food loss reduction campaign, banners and signs were displayed at public facilities and retail stores in Seika Town in October and November to raise awareness. A food drive was also held to collect photos of refrigerators after they had been organized and ideas for reducing food loss. With the cooperation of various organizations in the town, a clean recycling campaign involving 35 community associations and 10,454 people was conducted.

Goal 4: A town where "environmental and economic cycles" can flourish

Cooperation with related organizations and promotion of businesses: With regard to the activities of the Seika Town Specialty Products Development Council based in the Seika Town Regional Resource Comprehensive Management Center, Hana Kobo, efforts were made to secure sales channels and promote sales by setting up a permanent sales corner for specialty products in a large commercial facility in town, thereby supporting the development of local specialty products.

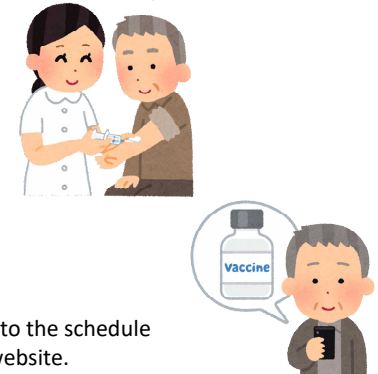
Coronavirus Vaccination Information



Coronavirus Vaccine Available Until March 2023

The Coronavirus vaccine will only be available until the end of March 2023. The vaccination schedule following March will be communicated once the policy has been decided by the Japanese government (Information as of December 9th).

December Schedule	Location	Vaccine
Saturday, January 14th 2:00 pm-5:15 pm	KICK	Pfizer Omicron BA. 4-5 Vaccine
Sunday, January 15th 9:00 am-4:00 pm		
Sunday, January 22nd 9:00 am-4:00 pm		
Sunday, January 29th 9:00 am-3:30 pm		



Depending on the vaccine supply and policy regarding distribution, there may be changes made to the schedule listed above. If there is a change to the schedule, details will be uploaded onto the Seika Town website.

Eligible Individuals: Individuals age 12 and older who have completed their first series of Coronavirus vaccinations (1st and 2nd)

The last group vaccinations for the Coronavirus vaccination will take place on January 29th, 2023. For February and March 2023, please call one of the medical facilities listed below if you are interested in making an appointment to get a vaccination for Coronavirus during this time.

Facilities Offering Individual Coronavirus Vaccines (First through Third Dose - Child Vaccinations) *Appointments must be made by phone.

Medical Facility and Address	Phone Number	Applicable Persons	Appointment Reception Dates and Times	Vaccination Times	Fourth • Fifth Vaccination Start Date *Now Accepting Appointments
Kuwahara Children's Clinic Seikadai 4 Chome 21-14	0774-98-2788	Residents of Seika between the ages of 6 mths- 4 yrs or 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.	Appointment time will be communicated when making appointment	
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.	(Third/Fourth/Fifth Vaccination): Every Tues. 2:00p.m. - 4:00 p.m.	Tuesday, February 7th
Yoshikawa Clinic Sakuragaoka 3 Chome 24-7	0774-71-0014		Mon. - Wed., Fri.: 4:00 p.m. - 7:00 p.m.	(Third/Fourth/Fifth Vaccination): Every Sat. Starting at 1:00 p.m. (Questions can be asked starting at noon)	Saturday, February 4th
Gakkentoshi Hospital Seikadai 7 Chome 4-1	050-7116-7125 (for appointments)		Mon. - Sat.: 2:00 p.m.- 4:00 p.m.	(First/Second Shot): Every Thurs. 2:30p.m. - 4:00 p.m. (Third/Fourth/Fifth Vaccination): Every Tues. and Sat. 2:30p.m. - 4:00 p.m.	Saturday, February 4th
Seika Town Public Hospital Hosono Sunakoda 7	0570-056732 (Seika Town Call Center)	Residents of Seika 18 yrs. and older	Mon. - Fri.: 9:00 a.m. - 5:00 p.m. (Appointment must be made by noon on the day prior)	(First/Second Shot) Every Thurs. Starting at 2:30p.m. (Third/Fourth/Fifth Vaccination) Every Wed. Starting at 2:30p.m.	Wednesday, February 1st

*There is a chance that the medical facilities listed above have changed. Please check the Seika Town website or the Seika Town Official Line account for the most up-to-date information.



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 **Japanese Mustard Spinach Sauce** with this recipe.



Ingredients (2 servings)

Japanese Amberjack (Yellowtail Fish) ... 200 grams
Sake ... 1/2 tablespoon
Japanese Mustard Spinach ... 80 grams
Carrot ... 20 grams
Olive Oil ... 1/2 tablespoon
A: Salt, 1/8 teaspoon; Pepper, a pinch
B: Butter, 5 grams; Vinegar, 1/2 tablespoon; Salt, 1/6 teaspoon; Pepper, a pinch



Instructions

- 1 Pour the sake on the Japanese Amberjack and leave for 5 minutes. Rinse off with water and pat with paper towel to get off the excess water. Sprinkle A on the amberjack. Cut the Japanese Mustard Spinach into chunks and the carrots into fine strips.
- 2 Put half of the olive oil in a fry pan and set the heat to medium. Place the amberjack in the pan and continue to cook on each side until fully cooked. Then, place a lid on the pan on low heat for 2 to 3 minutes.
- 3 Clean out the pan in (2), and put the remaining olive oil in the pan and put medium heat. Heat the Japanese Mustard Spinach and carrots in the pan. Once the vegetables become soft, add B and put it on the amberjack.

Nutrition Information (per serving)

Calories	293	kcal	Protein	22.1	grams
Fat	22.7	grams	Calcium	77	mg
Dietary Fiber	1.0	grams	Sodium	1.0	grams

Food Education Tip No. 31

What is the Purpose of Cutting New Year's Rice Cakes?

Cutting the rice cake and eating the offered mochi. It is believed that the power of the New Year God is within the mochi and, thus, whoever eats the mochi will receive that power. The purpose of this is for the purpose of praying to live healthily throughout the coming year.



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.



This restaurant has information regarding which of the seven most common allergens are contained in their products.

Participating Restaurant

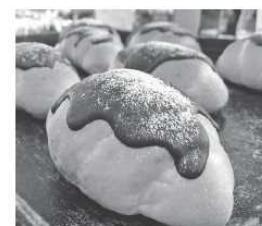
Bou langer Yamada

Address: Hikari-dai Icchome 4-1

Business Hours: 8:00 am - 7:00 pm

Tel: 0774-95-2008

Closed: Tuesday (Open on national holidays, closed on the day following a national holiday)



*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.

Beginning of the Year Garbage Collection Schedule



★ Burnable Garbage

District	First Collection Day
Minamiinayazuma/ Ueda	Wednesday, January 4th
Soubou, Tani, Sugai, Kitanodo, Babuchi, Naka (east of Nomen Rd.), Higashi, Nishikita, Yamada, Inuidani, Zakuro, Higashibata, Sakuragaoka,	Thursday, January 5th
Hishida, Takinohana, Fune, Sato, Asahi, Kitainayazuma, Minami, Nakakubota, (west of Nomen Rd.), Hikaridai, Seikadai, Hosononishi Icchome, Komada Icchome, Komada Nichome	Friday, January 6th

★ Nonburnable Garbage (Cans, Scrap Iron, Bottles/Glass, Plastic)

District	First Collection Day
⑩	Wed., Jan. 4th
③	Thurs., Jan. 5th
④	Fri., Jan. 6th
① ・ ⑤	Hol./Mon., Jan. 9th
② ・ ⑥	Tues., Jan. 10th
⑨	Wed., Jan. 11th
⑦	Thurs., Jan. 12th
⑧	Fri., Jan. 13th

★ Containers or Packaging made of Plastic

District	First Collection Day
⑨ ・ ⑩	Wed., Jan. 4th
③ ・ ⑦	Thurs., Jan. 5th
④ ・ ⑧	Fri., Jan. 6th
① ・ ⑤	Hol./Mon., Jan. 9th
② ・ ⑥	Tues., Jan. 10th

★ Plastic Bottles

District	First Collection Day
② ・ ⑥	Thurs., Jan. 5th
⑧	Fri., Jan. 6th
⑨ ・ ⑩	Hol./Mon., Jan. 9th
③ ・ ⑦	Tues., Jan. 10th
① ・ ⑤	Wed., Jan. 11th
④	Fri., Jan. 13th

District Number Key

- ① Hishida (east of Nomen Rd.), Takinohana, Fune (east of Nomen Rd.), Nakakubota
- ② Kitanodo, Babuchi, Naka (east of Nomen Rd.), Higashi, Nishikita (east of Nomen Rd.)
- ③ Hishida (east of Yawata Kizu Rd.), Sato, Soubou (east of Yawata Kizu Rd.), Fune (west of Nomen Rd.), Komada Icchome, Komada Nichome
- ④ Hishida (west of Yamata Kizu Rd.), Soubou (west of Yawata Kizu Rd.), Tani, Kitainayazuma (west of Yawata Kizu Rd.), Asahi
- ⑤ Minami (east of Yawata Kizu Rd.), Sugai, Kitainayazuma (east of Yawata Kizu Rd.), Nishikita (west of Nomen Rd.), Naka (west of Nomen Rd.)
- ⑥ Minami (west of Yawata Kizu Rd.), Minamiinayazuma, Ueda, Hosononishi Icchome
- ⑦ Inuidani, Zakuro, Higashibata
- ⑧ Yamada, Sakuragaoka
- ⑨ Hikaridai
- ⑩ Seikadai

*Nomen Road is the road running from Sugai to Hishida.

*The old prefectural road is old expressway 22 (Yawata Kizu Rd.).



Thank you for Donating to the Food Drive!

One of the activities in Food Loss Reduction Campaign that took place in October and November was a food drive. 114 items were donated to the drive! These items will be donated to single-parent families via food pantries within Seika Town. Thank you very much for your support with this campaign and for helping to make the food drive successful!

What is a Food Drive?

A food drive is when people take unused, unneeded home goods to social service organizations or other similar institutions in order for the items to be donated to food banks





An Automatic Certificate Machine will be Set Up in Sun Fresh Komada!

A My Number Card machine will be set up at the new Sun Fresh grocery store in Komada (Komada Ichhome) scheduled to open in January 2023. Individuals who have a My Number Card can use this machine. Please use this machine if you have a chance!

Apply and Receive Your My Number Card Early

Individuals who applied for a "My Number Card" before the end of December are eligible to receive my number points. After you receive your card, you can apply for a maximum of up to 20,000 yen in points. You can do this by registering your health insurance card and bank account information. It is expected that the help desk will become more busy as the deadline approaches. If you have not picked up your "My Number Card" yet, please do so as soon as possible.



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, January 14th; Sunday, January 29th; Saturday, February 11th; Sunday, February 26th

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. Electronic certificates can be renewed up to 3 months prior to expiration.

You can make an appointment online by scanning the QR code to the right.



It takes one to two months 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





Explore the World Heritage Sites of Nara Nature Walk

Date and Time: Tuesday, January 17th from 9:00 am to 12:30 pm

Meeting Place: Kintetsu Shin-Hosono Station Ticket Gate

Event Cancellation: If the chance of precipitation is above 60% for Northern Nara at 7am on NHK news on the morning of the event, it will be cancelled.

Eligible Participants: Individuals who work or live in Seika Town

*If it is determined that it would be difficult for someone to walk in a group, they may be denied participation.

Walking Route: Kintetsu Shin-Hosono Station->Kintetsu Nara Station-> Todaiji-> Kataoka Bairin-> Ukimido->Kofukuji-> Nara Prefectural Office

What to Bring: Something to drink, a mask, hat, clothing that is comfortable to walk in

*Pedometers will not be lent to participants

Participation Fee: 200 yen (Insurance included) *Not including transportation fee

*No application needed to participate



Intercultural Salon: Experiencing the Culture of Finnish Americans in Michigan Through the Heikki Lunta Festival

Date and Time: Sunday, January 22nd from 10:00 am to 12:00 pm

Location: Meeting Room 3 and 4 at the Mukunoki Center

Eligible Participants: Children ages 5 and older accompanied by their parent or guardian (younger siblings of children are also able to participate)

Capacity: 30 people (a drawing will be conducted if there are more than 30 applicants)

Event Information: Seika Town's Coordinator for International Relations, Katie Trombly, will explain the life and culture of Finnish Americans in Michigan presented in the Heikki Lunta Festival as well as through dance and crafts.

How to Apply: Please apply by 5pm on January 14th by scanning the QR code to the right.



Keihanna Culture Festival

Date and Time: Saturday, January 28th from 10:00 am to 4:00 pm

Location: Online

Event Information: The concert bands at the elementary, middle, and high schools in Kizugawa City, Kyotanabe City, and Seika Town will be performing at the Keihanna Plaza. The performances will be streamed live on the Keihanna Plaza website.

***The names of the schools performing as well as the songs will be uploaded to the Keihanna Plaza website sometime in the beginning of January under the Event Information section.**



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Setsubun: Bean Scattering and Origami Experience Event

Date and Time: Sunday, January 28th from 1:00 pm to 3:00 pm

Location: Keihanna Memorial Park-Lakeside Garden, Moon Viewing Bridge, and Basement

Event Information: This event will take place on the same day as the Japanese event known as "Setsubun". The first 100 elementary and middle school age children will be able to scatter beans. There will also be materials available for the children in attendance to do origami.

Participation Fee: Keihanna Memorial Park Entrance Fee
(Adults: 200 yen; Children: 100 yen)

*No application needed to attend





Communicating Through Sign Language

Sign language is a way to communicate with those who are hard of hearing. The Seika Sign Language Club is register with the Seika Town Social Welfare Council as a volunteer organization. This is a report of the activities of the organization in December and January.

This month's word is **New Year!**



Take both your left and right pointer finger and bring them inwards so that your right pointer finger is above your left pointer finger

Aiming to Create an Easy Place to Live Regardless of Disability

At the Sign Language Club, an emphasis is not only placed on creating an environment to learn sign language, but to also provide an opportunity for people to interact with individuals who are deaf or hard of hearing. Through this interaction, people can understand the inconveniences and difficulties for individuals who cannot hear since we live in a "hearing" society. Many people who are deaf or hard of hearing give up on going to the movies because there are very limited Japanese movies that have closed captions included. If someone who is deaf or hard of hearing suddenly falls ill or becomes injured, it can be difficult for them to accurately communicate the issue without a translator. By spreading awareness about the experiences of deaf and hard of hearing individuals, we hope to create a society that is easy for everyone to live in.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
1/1 (Hol./Sun.)	Internal medicine	1/15 (Sun.)	Internal medicine /Pediatrics
1/2 (Hol./Mon.)	Internal medicine	1/22 (Sun.)	Internal medicine /Pediatrics
1/3 (Tues.)	Internal medicine /Pediatrics	1/29 (Sun.)	Internal medicine
1/8 (Sun.)	Internal medicine /Pediatrics	2/5 (Sun.)	Internal medicine /Pediatrics
1/9 (Hol./Mon.)	Internal medicine/ Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
1/11 (Wed.)	12:40 p.m.-	3-yr. 6-mon. Health Check (born June 2019)
1/12 (Thurs.)	12:50 p.m.-	2-yr. 4-mon. Health Check (born August 2020)
1/17 (Tues.)	12:40 p.m.-	1-yr. 6-mon. Health Check (born June 2021)
1/26 (Thurs.)	12:40 p.m.-	9-10 mon. Health Check (born March 2022)
1/27 (Fri.)	12:40 p.m.-	3-4 mon. Health Check (born September 2022)

Mukunoki Center

Date	Time	Details
1/11 (Wed.)	3:00 pm - 5:00pm	Table Tennis
1/18 (Wed.)	3:00 pm - 5:00pm.	Table Tennis
1/22 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
1/25 (Wed.)	-	Closed
2/1 (Wed.)	3:00 pm - 5:00pm	Table Tennis



Norman Christmas Community Dinner

This year marks the 36th year that the Norman Christmas Community Dinner will take place at Norman High School. This Christmas Day dinner is a free event and has become a local tradition for Norman residents as it provides food, a place for community gathering, a visit from Santa, and toys for the children in attendance to take home. The founder and host of this event, Bob Magarian, a native of Norman, arranged this event in an effort to reduce the amount of people who are eating alone on Christmas Day. Every year, volunteers of this event also deliver about 300 Christmas meals to families all around the city who cannot attend the event in person. This event embodies what Christmas is all about and is truly impactful to residents in need. It not only helps the individuals who receive, but also in turn helps the individuals who volunteer and give their time.



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 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



Thinking About the Environment

As a part of an initiative to learn about the environment, an "Environment Gathering" was held on Saturday, November 26th in the Exchange Hall at the Seika Town Hall. Between June and August elementary school students in Seika Town wrote a dairy entry about what they were doing to help the environment every day for 8 weeks.



At the event a ceremony was conducted to present certificates to the winners and after the ceremony, the Kyoto Prefecture Climate Change Prevention Center came and gave a presentation on global warming. After there was a demonstration given using an LED light that would light up when shook and also a class on how to make a light-up maraca.