

いちご



Seika's English Language Newsletter

No. 349

September 2024

Seika Town's New Coordinator for International Relations

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EVENTS

Publication of the Ichigo Newsletter has Resumed

We apologize for any inconvenience to the monthly readers of Ichigo during the time Ichigo was not published, however we are happy to announce that the Ichigo newsletter will resume publishing and distributing as normal!



The new Coordinator for International Relations (CIR) can now assist with all translation, interpretations and other support requests. Please reach out to the Planning and Coordinating Division should you need any assistance in English. Additionally, if you have any suggestions regarding additional information that should be included in Ichigo, please send any comments or suggestions to the following email: cir@seika.town.lg.jp.

Introduction to the New CIR of Seika Town

Hello, my name is Emily Bierma and I am the 15th Coordinator for International Relations (CIR) for Seika Town. I arrived in Seika Town and began my duties as CIR on August 1st. Just like the previous CIR Katie, I will work hard to be helpful to the people and community of Seika Town and am looking forward to working as Seika Town's CIR.

Now, I would like to introduce myself. I am from the Midwestern state Indiana in America. DeMotte is the small, country town I was born and raised in, and it is about 71 miles (116km) south of Chicago. DeMotte has a lot of agricultural production, so it is similar to Seika in that way. Ever since I was in middle school, I have always been interested in Japan, but it wasn't until I took Japanese classes at Purdue University and met the wonderful teachers there that I really started to study Japanese seriously. I took a Japanese minor and became friends with the Japanese professors there. In the summer of 2023, I had the opportunity to study abroad for two months.



Studying abroad at Nanzan University in Nagoya and living with a host family was a very impactful time for me. Thanks to my time at Purdue University and study abroad, I decided I wanted to have a job focused on cultural exchange, and now, I am so thankful I am here in Seika Town.

As CIR, I am looking forward to connecting the community of Seika Town and finding new things and creating relationships together. From now on, I am looking forward to getting to know everyone!

Seika Town Mascot **KYOMACHI SEIKA**



"Welcome to Seika Town,
Emily!"

Seika Town Water Rates



Starting September 1,2024, the water bill rates will be changing. (The sewage bill will not change). The revised water bill rates will be applied starting October (billing will be in November. (X1).

In this issue, a reference chart has been printed that displays both the revised water bill rates and the current, unchanged sewage bill.

Water and Sewage Rates Reference Chart (Caliber approx. 13mm · 20mm/1 month)

	Water Fee		Sewage Fee		Total Daymont Amount (V		
age [Data Caliber	13 mm	20 mm	Jewagi	s ree	Total Payment Amount (¥ with tax)	
	asic Rate (w/o tax)	825 ¥	960¥	Basic Rate (w/o tax)	350 ¥	With	taxj
eter)	Usage fee ¥/Without Tax)	Fee (¥/tax included)	Fee (¥/tax included)	Usage Charge (¥/Without Tax)	Usage fee (yen/with tax)	Water rate if	Water rate 20mm
0	/			199	385	1,292	1,4
1					484	1,391	1,5
2				583	1,490	1,6	
3	/	/			682	1,589	1,7
4				781	1,688	1,8	
5	/	907	1,056	90	880 979	1,787 1,886	1,9
6 7				3	1,078	1,985	2,1
8	/				1,177	2,084	2,2
9				i i	1,276	2,183	2,3
10/					1,375	2,282	2,4
11		1,078	1,226		1,540	2,618	2,7
12		1,248	1,397		1,705	2,953	3,1
13	-	1,419	1,567		1,870	3,289	3,4
14	-	1,589	1,738		2,035 2,200	3,624 3,960	4,1
16	155	1,930	2,079	150	2,265	4,295	4.4
17	1	2,101	2,249		2,530	4,631	4.7
18	1	2,271	2,420		2,695	4,966	5.1
19	1	2,442	2,590	1	2,860	5,302	5,4
20		2,612	2,761		3,025	5,637	5,7
21		2,794	2,942		3,201	5,995	6,1
22		2,975	3,124		3,377	6,352	6,5
23	-	3,157 3,338	3,305 3,487		3,553 3,729	6,710 7,067	6,8
25	339,000	3,520	3,668	. seed 8	3,729	7,425	7,5
26	165	3,701	3,850	160	4,081	7,782	7,9
27		3,883	4,031	4	4,257	8,140	8,2
28		4,064	4,213	3	4,433	8,497	8,6
29	[4,246	4,394		4,609	8,855	9,0
30		4,427	4,576		4,785	9,212	9,3
31		4,620	4,768		4,972	9,592	9,7
32	-	4,812	4,961	2 8	5,159	9,971	10,1
34		5,005 5,197	5,153 5,346		5,346 5,533	10,351 10,730	10,4
35		5,390	5,538		5,720	11,110	11,2
36	175	5,582	5,731	170	5,907	11,489	11,6
37		5,775	5,923		6,094	11,869	12,0
38	[5,967	6,116		6,281	12,248	12,3
39	1	6,160	6,308		6,468	12,628	12,7
40		6,352	6,501		6,655	13,007	13,1
41	-	6,556	6,704		6,853	13,409	13,5
42		6,759 6,963	6,908 7,111		7,051 7,249	13.810 14,212	13,9
44		7,166	7,111		7,249	14,613	14,3
45		7,370	7,518	The same of the sa	7,645	15,015	15,1
46	185	7,573	7,722	180	7,843	15,416	15,5
47		7,777	7,925		8,041	15,818	15,9
48		7,980	8,129		8,239	16,219	16,3
49	Į.	8,184	8,332		8,437	16,621	16,7
50		8,387	8,536		8,635	17,022	17,1

 [★] For amounts larger than 51m³ and 25mm caliber, please check the town homepage or inquire with the Accounting and Sales Division TEL: 94-2049

Cooking and Health



Let's learn how to make **Easy and Yummy** Mushroom Rice with this recipe

from Seika Town Diet Improvement Association Asunaro-kai!

Ingredients (Two Servings)

Brown Beech mushroom
Rice

For flavoring: reduced salt dark soy sauce

cooking sake

Cooking sake

Cooking sake

∴ ∴ 1 cup (150 grams)

1 tsp

1 tsp

1 tsp







Scan Here for Recommended Breakfast Recipes

Instructions

Chicken Skin (optional)

Remove the base of the mushroom and separate the mushroom bunch.

• • • 15grams

- 2 Put the kelp, mushrooms from step 1, and the flavoring in a bowl and lightly mix and soak until the mushrooms are soft (if you don't have time to let them soak, around 10 minutes is OK).
- 3 Separate the mushrooms from Step 2 and the flavoring.
- 4 Put the washed rice and flavoring from Step 3 into the rice cooker. Then, add water until the amount reaches the 1 cup line marker.
- 5 Place the mushrooms, kelp, (and chicken skin if desired) on top of the rice and cook the rice (The oil from the chicken skin will increase the richness of the flavor).
- 6 When the rice finishes cooking, remove the kelp and the chicken skin and, once mixed, your dish is ready!

Nutrition Information (per serving)

Calories	305 kcal	Calcium	11	mg
Protein	6.2 grams	Dietary Fiber	0.9	grams
Fat	4.6 grams	Sodium	8.0	grams

Nutrition Education Tip No.51

Mushroom's Nutritional Value

The vitamin D found in mushroom is fatsoluble, so when you eat mushrooms in oil, your body's absorption rate goes up.

When mushrooms are in the sun, the amount of Vitamin D increases! Dried Shiitake mushrooms have more vitamin D than fresh ones. Before you cook, drying the mushrooms in the sun for around 30 minutes and then cooking with them is very effective.

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.



All of this establishment's food have provided an allergy list (7 specified ingredients) and calorie display.

Participating Restaurant

Boulanger Yamada

Address: Hikaridai Icchome 4-1

Tel: 95-2008

Hours: 8 a.m. - 7 p.m. Closed: Tuesdays

(Open on holidays but closed the day after)





Please note that business hours are subject to change and there maybe be temporary closures as well. For more information about hours and dates of operation, please contact the restaurant.



Seika Town's Evacuation and Safety Shelter Operation Drill

Seika Town's Evacuation and Safe Shelter Operation Drill

On Sunday, October 27 at 9:00 a.m., an Evacuation and Safety Shelter Operation drill at Yamadasho Elementary School will occur. In anticipation of mainly large-scale earthquake disasters, etc. operational drills like citizen's plan for evacuating to safety shelters and opening the elementary school's gymnasium for evacuation shelter usage, etc. will be carried out.

For Yamadasho Elementary School Zone Neighborhood Council and Local Disaster Prevention Organizations

Details: Disaster information transmission, evacuation, safety shelter operation, and disaster medical aid drills will be carried out as the main drills during this day.

X At 9:00 a.m. on the day of the drills, transmission of an emergency alert email (area mail) and a Disaster Administration Wireless drill announcement will occur in the town and surrounding areas. The email will be sent on every compatible type of smartphone and mobile phone. The transmission will be received in neighboring towns and surrounding areas as well as situations where someone would be passing through Seika Town. Depending on the type of device, the alert may ring even if the phone is in silent mode, therefore please turn off your device, etc. if you do not want it to ring.

Recommendation for "Practicing Disaster Preparedness while I'm..."

Within your daily life, think of how you would prepare for a disaster while you "..." and you will be equipped with your own personal drill during a real disaster. You can freely arrange your drill alone, with your family, in your area and at work. While keeping safety in mind, let's all challenge ourselves to do the "Practicing Disaster Preparedness while I'm..." drill!

"Practicing Disaster Preparedness while I'm..." Examples

While you are walking, confirm safe places and evacuation routes.



While you are cleaning the house, confirm your furniture's stability in necessary places.



When you are eating with your family, talk about what you would do if a disaster occurs.



Also, let's become acquaintances with our neighbors so that, in an emergency, you can easily ask for help!

Japanese

Helpful Information for Disaster Preparedness

- You can use the Official LINE to confirm hazard maps and weather conditions
- For those who want to register for the Disaster Prevention email, please use the QR codes to the right and register (Multiple languages provided)

Inquiries: Crisis Management Office Crisis Management System

TEL: 95-1928

Official LINE Account



Disaster Prevention **Email Registration**



English



Korean



Chinese (Traditional)



Chinese (Simplified)



Portuguese



Vietnamese



Town Events



Kangetsu Tabe (Moon Viewing)

Date & Time: Saturday, September 14 from 5:30 p.m. to 9:00 p.m. (Grass Square closes at 8:30 p.m.)

₩Will be postponed to Sunday, September 15 in the event of rain

Place: Keihanna Commemorative Park Grass Square/Suikei-en Garden

Event Details: This is Seika Town's annual moon viewing event. This year, there will be

a grand piano performance in the Grass Square. Also, there will be a free trick-or-treat event for

children, an art exhibition, and stargazing events being hosted. Let's have fun relaxing and viewing the moon!

Seika Town Ground Golf Association's Monthly Tournament

Date & Time: Tuesday, September 17 from 9:00 a.m. (Reception opens at 8:30 a.m.)

※Will be canceled in the event of rain

Place: Uchikoshidai Sports Ground

Fee: 100 yen (Fee collected that day)

*Membership to Seika Town Ground Golf Association is not required.

Inquiries: Seika Town Ground Golf Association / TEL: 95-0049 (Matsui-san/6:00 p.m. - 8:00 p.m.)

Pocket Market in Keihanna Commemorative Park

Date & Time: Saturday, September 21 and Sunday, September 22 (Holiday) from 9:30 a.m. to 4:00 p.m.

XDecision to cancel due to rain will be made by 6:00 p.m. the day before

Place: Keihanna Commemorative Park Grass Square

Event Details: An Antiques, Miscellaneous Items, and Vegetables market.

Please enjoy shopping in the park!

Inquiries: Pocket Market Executive Committee / TEL: 080-5364-2345

Suikei-en Jazz Live Performance

Date & Time: Every Saturday, September 21,28 and October 12 from 6:00 p.m. to 7:00 p.m.

Place: Keihanna Commemorative Park Suikei-en Nagatani Lake Deck (Outdoors)

Event Details: Do you want to enjoy nighttime Jazz at Suikei-en? Please look at the Keihanna

Park's homepage for information about each day's performers.

Fee: 200 yen (no fee exemption for pre-school children)

※No Reservation Needed

Keihanna Commemorative Park Craft Festa ~ Hyakka Creation Festival~

Date & Time: Saturday, September 29 from 10:00 a.m. to 4:00 p.m.

※Decision to cancel due to rain will be made by 8:00 p.m. the day before

Place: Keihanna Commemorative Park Grass Square

Event Details: A market of artist's handmade items. Please enjoy shopping and various

workshops at the park!

Inquiries: Hyakka Creation Festival Executive Committee/https://100sosaku/.com







Town News



Weekend Appointments for My Number-**Related Matters**

Appointments on the following days are available for My Number Card application, electronic certificate renewals, and receiving your card as well.

Dates: Sunday, September 29th; Saturday, October 19th

Appointment Hours: 9:00 a.m. - 11:45 a.m.

XAn appointment needs to be made in advance.

· Appointments for applications and renewals->

call to make an appointment.

· Appointments for My Number Card issuance->

fill out the notification card you receive in the from the town hall and make an appointment by phone or online.

*Digital certifications can be renewed up to three months prior to expiration.



Appointments to receive your card can be made here

Please Collect your My Number Card as soon as Possible!

Please be aware - Those who have been notified that their My Number Card is ready to be picked up but have not collected it will be renotified after a certain amount of time has passed. However, after the renotification, if around 3 months passes and the card is still not collected, it will be disposed of per the instructions of the National Government (Ministry of Internal Affairs and Communications). In addition, if you wish for your My Number Card to be issued after it has been disposed of, you will be required to reapply for it, so please do as quickly as possible.



Direct inquiries to: Family Register Section of the Service Counter Division (Sougoumadoguchi-ka Koseki Jumin- Kakari) TEL: 95-1915

Seika Global Net's Multicultural Playgroup "Ichigo Ichie"

This is a playgroup for foreign and Japanese families who are raising children in southern Kyoto prefecture and northern Nara prefecture. Come meet families raising children who live in this area!

Various workshops including ones regarding parenting, information exchange, etc. in easy Japanese and English are offered. Come and join us! This will give you the opportunity to expand your circle of friends along with your children.

Ichigo Ichie events are held once every two months. For information regarding past and future events, please refer to the links below.

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

Instagram: https://www.instagram/com/ichigo_ichie_sgn/

Homepage: http://www.sgnhiroba.blogspot.com



Seika Global Net Japanese Learning Support

Would you like to study Japanese in a fun way? You can also talk about your living situation in Japan and experience different aspects of Japanese culture while making Tuesday: 7:00 p.m. - 8:45 p.m. friends. Children can participate in the morning class. If you would like to join one of the classes,

please scan the QR code and fill out the "contact form".



Classes

♦ Japanese Learning Room

Tuesday: 10:15 a.m. - 11:45 a.m.

♦ Japanese Class

Location: Seika Town Hall Exchange Hall, etc.

Fee: 1000 yen for 6 months

For more information, please scan the QR code to the right.





Town News



Communicating Through Sign Language

Sign language is often referred to as the language you can see. Not all individuals who have hearing disabilities use sign language, but we are introducing it as one way of communicating with these individuals. We hope that sign language will help to raise awareness of hearing disabilities.



〈This month's sign language〉 Putting two words together to make a new word.

In September, we will introduce how to be able to express "can do X" by using it in combination with "I'm fine." Exchange the "X" with what you want to express.

- A. Using the sign language for [to wait] and [I'm fine] in this order means "I am waiting."
- B. Using the sign language for [to go] and [I'm fine] in this order means "I can go."

A. To Wait



OR B. To Go



l'm Fine



From your right hand's index finger, place the back of your pinkie under your chin.

Point the index finger of the right hand downward and diagonally forward to the right while pointing the fingertips diagonally towards the tip of the right hand.

Curve the fingers of your right hand and, after placing your fingertips on the left side of the chest, move and place them on the right side.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule				
Date	Specialty	Date	Specialty	
9/1 (Sun.)	Internal Medicine/Pediatrics	9/23 (Hol./Mon.)	Internal Medicine/Pediatrics	
9/8 (Sun.)	Internal Medicine/Pediatrics	9/29 (Sun.)	Internal Medicine/Pediatrics	
9/15 (Sun.)	Internal Medicine	10/6 (Sun.)	Internal Medicine	
9/16 (Hol./Mon.)	Internal Medicine	10/13 (Sun)	Internal Medicine/Pediatrics	
9/22 (Hol/Sun.)	Internal Medicine/Pediatrics			

Health Center				
Date Time		Details		
9/12(Thurs.)	12:30p.m	3-4 mon. and 9-10 mon. Health Check (Infants born May 2024 and November 2023)		
9/26(Thurs.)	12:30p.m	2-yr.4 mon. Health Check (Toddlers born April 2022)		
9/27(Fri.)	12:30p.m	3-yr.6 mon. Health Check (Toddlers Born February 2021)		
10/8(Tues.)	12:30p.m	3-4 mon. and 9-10 mon. Health Check (Infants born June 2024 and December 2023)		
10/9(Wed.)	12:30p.m	2-yr.4 mon. Health Check (Toddlers born May 2022)		

Mukunoki Center				
Date	Time	Details		
9/11(Wed.)	3:00 p.m5:00 p.m.	Table Tennis		
9/18(Wed.)	3:00 p.m5:00 p.m.	Table Tennis		
9/22(Sun.)	9:00 a.m 12:00 p.m.	Hohoemi Sports Hiroba		
9/25(Wed.)	_	Closed		
10/2(Wed.)	3:00 p.m5:00 p.m.	Table Tennis		



Norman Arts Council announces 2024 Mural Incentive Program

The Norman Arts Council and Norman Public Art Committee announced the 2024 Mural Incentive Program, a project that will match funds of up to 10,000\$ to businesses who want to invest in mural artwork on their buildings. The goal of this incentive is to enhance the cultural landscape of the town.

There has been a positive response from not only business owners and artists, but the community at large. The program will now become a regular fixture and spur the creation of murals across the town of Norman.

Cody Giles, a chairman of the Norman Public Art Committee and one of the main creators of this program, said in the release. "Public art is so important for a city's identity as well as its artistic expression. The Public Arts Committee welcomes the public to join us in our efforts of creating more, future public art opportunities."



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





Keihanna Fureai Concert

On Saturday, August 17th, the 20th Anniversary Keihanna Fureai Concert was hosted in the Keihanna Plaza Main Hall. The performance started with the "Zoorasian Brass" and groups like "Tsuru-Usagi" "Saxifoxes," "Claricats" "Kotofue Papillon" made a grand total of 23 rare animal performers.



The audience was enchanted by the wonderful performance, laughed during the comedic sections, and became a part of the performance through dancing and clapping along, making the 90 minutes seemingly pass in no time at all. After the concert, the animal performers also did a send-off with attendees in the lobby. "Both children and adults enjoyed this dream-like concert." "Even if my child cried, I did not have to leave the auditorium, which made it easy to enjoy the concert." were some thoughts shared by attendees.