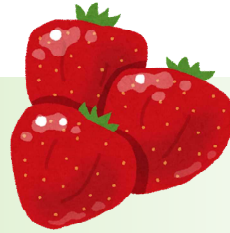




ICHIGO
いちご



Seika's English Language Newsletter No. 329 December 2022

Are You Using Your Heater Correctly?

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Seika Town Mascot
KYOMACHI SEIKA



"Make sure to be mindful when using a heater this winter!"

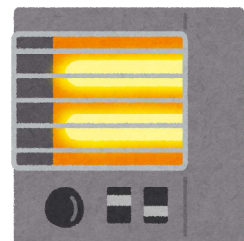
It is now that time of the year when the winter cold is in full swing. Daily life practices that have changed due to the Coronavirus are now starting to become the new normal. Last year, there were 19,461 house fires within Japan. 1,046 of which were caused by indoor heaters. There is an upward trend nationally in the amount of house fires that are occurring. As winter progresses, it is believed that with the increase in the use of home indoor heaters, it is more likely that house fires will occur due to the fact that people may not be cautious when using their heater or because they are not aware of how to use the heater correctly. Please confirm again what to be careful of when using an indoor heater and make sure to follow these rules so that a fire will not occur in your home.

★ Electric Stoves are the Cause of the Most Fires

In terms of the number of house fires every year, indoor heaters are always ranked among the top causes. Fires caused by electric stoves are approximately 70% of fires caused by indoor heaters. It is believed that an electric stove is safer to use than a gas stove due to the fact that fire does not come out, but an electric stove can easily become the source of a fire if used incorrectly. When using an electric heater or other indoor heaters, even just a little precaution is all that is needed to prevent a fire.

Confirm What to be Cautious of When Using an Indoor Heater!

- Don't hang your laundry close to an indoor heater
- Do not place any items that burn easily near an indoor heater
- Turn off an indoor heater when you go out and before you go to sleep
- Unplug an indoor heater when you are not using it
- Do not place spray cans near an indoor heater as they can explode when exposed to heat

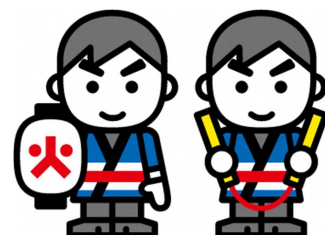


★ Hand Sanitizer is also Dangerous!

Hand sanitizer containing alcohol that is being used to prevent the spread of the Coronavirus can also catch fire, so please do not put on hand sanitizer close to a heater.

Fire Department End of the Year Fire Prevention Campaign

From Tuesday, December 10th to Saturday, December 31st, the end of the year Fire Prevention Campaign will be held. The dry air in the winter season makes it easy for fires to occur. The fire department will be going around Seika Town during the night from Monday, December 26th to Friday, December 30th in order to increase residents' awareness of house fire prevention.



Coronavirus Vaccination Information



December Schedule	Location	Vaccine
Saturday, December 17th 2:00 pm-6:00 pm	KICK	Pfizer Omicron BA. 4-5 Vaccine
Sunday, December 18th 9:00 am-4:00 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. You can confirm the schedule beyond what is listed above by scanning the QR code to the right.

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

Booster Shot for Children Ages 5-11

Children ages 5 to 11 are now eligible to receive a third Coronavirus vaccine. Vaccination registration tickets will be distributed once it has been five months since a child has received their second shot.

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

Vaccination Type: Pfizer

Vaccination Ticket Distribution: If you have a child under age 11 and they received their second Coronavirus vaccine by June, instructions for the booster shot will be sent on an individual basis to your home. If you have a child under age 11 and they received their second shot after July, please call the town call center if you are interested in making an appointment for them to receive their booster shot.

First Shot for Infants and Young Children Ages 6 months-4 years

The coronavirus vaccine has now been approved for use in young children ages 6 months to 4 years old.

Amount of Shots in Series: 3

Vaccination Type: Pfizer

Vaccination Ticket Distribution: Children born before June 19, 2022 will be sent instructions for receiving their first Coronavirus shot to their homes on an individual basis. For children born after June 20, 2022, a parent or guardian will need to call the call center in order to make an appointment if interested.

Individuals Who Have Not Their First or Second Vaccination

An individual cannot receive the Omicron version of the Coronavirus vaccine until they have completed their first and second shot series. This shot will be discontinued within the year based on a decision made by the Japanese government. If you are interested in receiving the Omicron vaccine, please receive your first and second shot by the end of the year.

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

Please call one of the medical facilities listed below if you are interested in making an appointment for your child to receive their first through third shot of the coronavirus vaccine.

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 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.	Infants (6 mths - 4 yrs): Appointment time will be communicated when making the appointment Children (5-11yrs): 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. *Third shot only
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 (for appointments)		Mon. - Sat.: 2:00 p.m.- 4:00 p.m.	First/Second Shot: Every Thurs. Third Shot: Every Tues. and Sat. 2:30p.m. - 4:00 p.m.
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.	First/Second Shot: Every Thurs. Third Shot: Every Wed. 2:30p.m.



Cooking and Health

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 **Saratan Soup** with this recipe.



Ingredients (2 servings)

Boiled Bamboo Shoots	...	30 grams	1/4 Carrot	...	40 grams
Bean Sprouts	...	1/5 bag (40 grams)	1 Fresh Shitake Mushroom	...	10 grams
Shimeji Mushroom	...	1/3 bag (40 grams)	Soft Tofu	...	40 grams
Dried Seaweed	...	1 gram	Egg	...	20 grams
Vinegar	...	2 teaspoons	Water	...	300 milliliters

A: Chicken Bone Broth 2/3 teaspoon, 2 teaspoons Sake, Sugar 2/3 teaspoon, Soy Sauce less than 1 teaspoon, Potato Starch dissolved in water (Potato Starch 1 teaspoon, Water 1 tablespoon)



Instructions

- 1 Cut the bamboo shoots and carrots into 3 to 4 centimeter pieces and thinly slice the shitake mushroom. Also cut the tofu into 1.5 centimeter squares. Break up the shimeji mushrooms.
- 2 Heat up sesame oil in a pot and cook the bamboo shoots, carrots, beans sprouts, and mushrooms in the order listed.
- 3 Add the water to the pot and once it boils, add the tofu, seaweed, and A to the pot and boil for 5 minutes on medium heat.
- 4 Remove from heat and add the potato starch. Mix together and allow contents of the pot to boil. Then, add beaten egg yolk to the mix.
- 5 Add vinegar to the pot and once it comes to a boil again, the soup is done.

Nutrition Information (per serving)

Calories	63	kcal	Protein	3.6	grams
Fat	2.5	grams	Calcium	22	mg
Dietary Fiber	2.2	grams	Sodium	0.5	grams

Food Education Tip No. 29 **The Roots of Japanese Radishes are Less Valuable Than the Leaves**

Radish leaves contain high levels of beta-carotene and are rich in vitamins and minerals. If radishes are sold with the leaves still attached, they will sell immediately. Once you purchase a radish separate the roots and leaves. It is recommended that you boil the leaves and then place them in the refrigerator.



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

Oriental Bakery

Address: Seika-dai Kyuchome 1-17

Tel: 0774-98-6228

Closed: Open All Year (Closed for Obon and New Year's)



*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.



End of the Year Garbage Collection Schedule

★ Burnable Garbage

District	Last Collection Day
Soubou, Tani, Sugai, Kitanodo, Babuchi, Naka (east of Nomen Rd.), Higashi, Nishikita, Yamada, Inuidani, Zakuro, Higashibata, Sakuragaoka, Minamiinayazuma/ Ueda	Wednesday, December 28th
Hishida, Takinohana, Fune, Sato, Asahi, Kitainayazuma, Minami, Nakakubota, (west of Nomen Rd.), Hikaridai, Seikadai, Hosononishi, Icchome, Komada, Icchome, Komada Nichome	Thursday, December 29th

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

District	Last Collection Day
1	Mon., Dec. 19th
2	Tues., Dec. 20th
3	Thurs., Dec. 15th
4	Fri., Dec. 16th
5	Mon., Dec. 26th
6	Tues., Dec. 27th
7	Thurs., Dec. 22nd
8	Fri., Dec. 23rd
9	Wed., Dec. 28th
10	Wed., Dec. 21st

★ Containers or Packaging made of Plastic

District	Last Collection Day
1 5	Mon., Dec. 26th
2 6	Tues., Dec. 27th
3 7	Thurs., Dec. 22nd
4 8	Fri., Dec. 23rd
9 10	Wed., Dec. 28th

★ Plastic Bottles

District	Last Collection Day
1 5	Wed., Dec. 28th
2 6	Thurs., Dec. 15th
3 7	Tues., Dec. 27th
4	Fri., Dec. 23rd
8	Fri., Dec. 16th
9	Mon., Dec. 19th
10	Mon., Dec. 26th

Please be careful not to forget to put out your garbage before the last collection day of the year. Once it is past the last collection day for garbage, your garbage will not be collected. Please make sure to put out your garbage by 8am in the specified location for the area that you live in. Do not put your garbage in any other disposal location as it will cause problems for the people living in the area as well as the individuals who are collecting the garbage. The information written below is the same information that was distributed in March of this year. You can take burnable garbage to the Kizugawa Environment Center during the week other than the times specified (The last collection day is Wednesday, December 28th. For more details, please call the center at the following number, 72-1010.

● District Number Key

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



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

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



Seika Town Garbage Sorting App

This app has many different convenient functions including: a garbage calendar for each area in Seika, a garbage sorting dictionary

that can help you to make sure that you are sorting your garbage correctly, an alert function that will remind you when collection day is. Please try and use this app.

[For iPhone]

[For Android]



Download from here



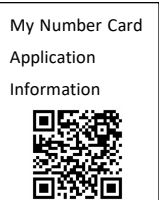
Apply and Receive Your My Number Card Early

Individuals who apply for a "My Number Card" before the end of December this year will be 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 applied for or received your "My Number Card", please do so as soon as possible.



Temporary My Number Card Application Booth (By Appointment Only)

Temporary "My Number Card" application booths will be set up for two days only! Please refer to the information below. You will also be able to get a picture of your face needed for the application taken for free. There will be staff at the booth that can help you apply for your "My Number Card". You will need to make an appointment, so please refer to the contact information below.



- Don Quixote UNY Seika-Dai Location
Date and Time: Monday, Dec. 26th 8 am- 5 pm
- Aeon Mall Takanohara 4th Floor Food Court
Date and Time: Tuesday, Dec. 27th 10am-5pm

【Appointment Hotline】
TEL: 050-1748-5784
Operating Hours Weekdays:
9:00 am - 5:00 pm

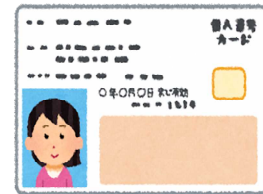
Weekend Appointments for My Number-Related Matters

Appointments on the following days are available for My Number Card application, issuance, and electronic certificate renewals.
Dates: Saturday, December 10th; Sunday, December 25th; Saturday, January 14th; Sunday, January 29th
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.

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 Informatio**

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





End of the Year Schedule

Facility Name	December												January				
	20th	21st	22nd	23rd	24th	25th	26th	27th	28th	29th	30th	31st	1st	2nd	3rd	4th	5th
	T	W	TH	FRI	SAT	SUN	M	T	W	TH	FRI	SAT	SUN	M	T	W	TH
Town Hall	○	○	○	○	×	×	○	○	○	×	×	×	×	×	×	○	○
Town Public Library	○	○	○	○	○	○	×	○	×	×	×	×	×	×	×	×	○
Convenience Store Certificate Issuance Service [Town Hall・Seika Town Resident Service Counter (Including Sakuragaoka)]	○	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○
Certificate Printing Inside the Shimokoma Post Office	○	○	○	○	×	×	○	○	○	×	×	×	×	×	×	○	○
Seika Town Hall Exchange Hall (Second Floor)	○	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○
Kashinoki-en	○	○	○	○	○	○	×	○	×	×	×	×	×	×	×	×	○
Mukunoki Center	○	×	○	▲	By 12pm ▲	By 12pm ▲	▲	▲	By 12pm ▲	×	×	×	×	×	×	×	○
Uchikoshi-dai Grounds: Tennis Court	○	○	○	○	○	○	○	△	△	×	×	×	×	×	×	△	○
Iketani Park Tennis Court	○	○	○	○	×	×	×	×	×	×	×	×	×	×	×	△	○
Seika Nishi Chugako Grounds/ Tennis Court/ Gymnasium	○	○	○	○	○	○	○	○	×	×	×	×	×	×	×	×	○
Seika Town Community Hall	○	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○
Seika Town Southern Community Hall (Sakura Hall)	○	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○
Human Rights Center	○	○	○	○	○	×	○	○	○	×	×	×	×	×	×	○	○
Seika Town National Insurance Hospital	○	○	○	○	○	×	○	○	○	○	×	×	×	×	×	○	○
Urine Sampling	○	○	○	○	×	×	○	○	○	×	×	×	×	×	×	○	○
Seika Kururin Bus	○	○	○	○	○	○	○	○	○	×	×	×	×	×	×	○	○
Department of Water and Sewer Services Office	○	○	○	○	×	×	○	○	○	×	×	×	×	×	×	○	○

○...Normal Operation Hours・×...Closed・▲...Only Help Desk is Open Until 5pm・△...Can be used until 5pm (Application needed by the 25th)



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 **Christmas!**



Make an "X" with your pointer fingers, and pull away your left and right pointer finger downward diagonally (This represents the shape of a Japanese fir tree).

Spreading Awareness to Children

As a part of welfare experience learning, sign language clubs visit elementary and junior high schools in Seika Town in order to provide a hands-on experience to learn sign language. There have recently been more opportunities to see sign language, but it is not only important for children to learn sign language, but to also be able to ask deaf and hard of hearing people about their experience. During this time, kids can ask deaf and hard of hearing individuals living in Seika Town what not being able to hear or what hard to hear means as well as what are some of the problems that they are facing. The club is hoping for awareness to be spread through these hands-on learning experiences. In the future, these children may interact with individuals who are deaf or hard of hearing in school or at their place of work. The organization is hoping that the kids who participate will remember this experience should they come into contact with someone who is deaf or hard of hearing.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
12/4 (Sun.)	Internal medicine	1/1 (Hol./Sun.)	Internal medicine
12/11 (Sun.)	Internal medicine /Pediatrics	1/2 (Hol./Mon.)	Internal medicine
12/18 (Sun.)	Internal medicine /Pediatrics	1/3 (Tues.)	Internal medicine /Pediatrics
12/25 (Sun.)	Internal medicine /Pediatrics	1/8 (Sun.)	Internal medicine /Pediatrics
12/31 (Sat.)	Internal medicine/ Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
12/14 (Wed.)	12:40 p.m.-	3-yr. 6-mon. Health Check (born May 2019)
12/20 (Tues.)	12:40 p.m.-	9-10 mon. Health Check (born February 2022)
12/22 (Thurs.)	12:40 p.m.-	3-4 mon. Health Check (born August 2022)
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)

Mukunoki Center

Date	Time	Details
12/14 (Wed.)	3:00 pm - 5:00pm	Table Tennis
12/18 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
12/21 (Wed.)	-	Closed
1/4 (Wed.)	-	Closed
1/11 (Wed.)	3:00 pm - 5:00pm	Table Tennis



Town/Sister City News

Norman "No Hunger Holidays" Event

On November 16th and 17th, the "No Hunger Holidays" Event sponsored by Norman Regional Health System and Feed the Children at the Trinity Baptist Church was held. During the event, more than 400 families in need were identified and provided with food, hygiene essentials, and even a few toys to help ease the burden on families during the start of the holiday season in the United States. The president of the Norman Regional Health System, Richie Splitt, said that the main goal of the event was to remove hunger as a barrier to the overall health and well-being of Oklahoma residents. Receipts of the food and gifts were grateful for the help they received from the community to try and help them provide a Christmas for their families.



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



Considering Yourself and the World

Through a Trading Game



The multicultural exchange event, World Lecture, organized by Seika Global Net was held on Sunday, October 23rd in the Exchange Hall. There were about 30 participants in the event. Each group (country) was given tools such as scissors and rulers (technology), paper (resources), and money unequally. This game was a

competition for each group to develop the economy of their country by receiving help from and negotiating with other groups in order to be able to produce their own products. This game simulation of the world's economy became an opportunity for attendants to consider problems economic and social gaps in an international society as well as the importance of assisting other countries.