



ICHIGO
いちご



Seika's English Language Newsletter

No. 325

August 2022

TABLE OF CONTENTS

FIREWORK ETIQUETTE	1
CORONAVIRUS VACCINE INFORMATION	2
COOKING AND HEALTH	3
MY NUMBER CARD CAMPAIGN	4
TOWN NEWS/EVENTS	5-6
FACILITY SCHEDULE	7
SISTER CITY NEWS	8

Seika Town Mascot
KYOMACHI SEIKA



"Let's enjoy fireworks while exercising caution!"

Let's Practice Proper Etiquette When Using Fireworks

Fireworks are not only a summer tradition, but are also an art form that has been used since ancient times in Japan. However, fireworks are also very dangerous because they contain gunpowder so it is important to handle them with care. There have been many different accidents caused by fireworks such as fires, burns, and even explosions. In recent years, there have been incidents involving noise complaints and trash left behind from individuals who were using fireworks. As a result, the places in which people can use fireworks are becoming fewer with each passing year. There have been a growing number of local governments that have suspended the use of fireworks in parks and on vacant property due to resident complaints. It is important to make an effort to follow the rules and etiquette of firework use so that everyone is able to enjoy them in a safe manner.



★Firework Etiquette and Accident Prevention

- ① Prepare a bucket filled with water that you can use in the event that a fire starts while you are using fireworks.
- ② Only use fireworks in a spacious area and never point them towards other people, houses, or things that burn easily.
- ③ Make sure there is always an adult present when fireworks are being used.
- ④ Pick up any waste left after using fireworks and throw it away at home.

There have not been any fires or other accidents caused by fireworks within Seika Town, but there are concerns that parks of equipment and benches in parks may be burned or waste from fireworks may not be disposed of properly. Please practice proper etiquette and think of those around you when using fireworks.



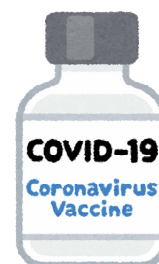
Make sure to inspect your smoke detector 10 years after installation!

Smoke detectors are generally powered with a battery that lasts about 10 years. There is usually a button or string attached to your smoke detector that can be used to perform an inspection. Please inspect your smoke detector to make sure that it is working properly. If the alarm does not go off when tested, please change the batteries or exchange the main part of the smoke detector.



Coronavirus Vaccine (4th Dose) Group Vaccination Schedule

August · September	Schedule	Location
Saturday, August 20th	2:00 pm - 5:00 pm	KICK
Sunday, August 21st	9:00 am - 4:30 pm	
Saturday, August 27th	2:00 pm - 5:00 pm	
Sunday, August 28th	9:00 am - 4:30 pm	
Sunday, September 4th	9:00 am - 4:30 pm	
Sunday, September 11th	9:00 am - 4:30 pm	
Saturday, September 24th	2:00 pm - 4:30 pm	
Sunday, September 25th	9:00 am - 4:00 pm	



Vaccine Type: Pfizer

Eligible Individuals: Individuals age 60 and older or individuals between the ages of 18 and 59 who are immunocompromised or have pre-existing health conditions (Individuals who do not currently qualify for the 4th dose of the coronavirus vaccine 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 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.

Receiving Vaccination Certificates at Convenience Stores

You will soon be able to pick up your vaccination certificate from convenience stores within Seika Town beginning mid-August. You will need to have your My Number Card with you in order to obtain your vaccination certificate. Please confirm where you will be able to pick up your vaccination certificate by visiting the Seika Town website.

※You will be able to pick up your vaccination certificate from local convenience stores until the end of this year.

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 **Corn Rice** with this recipe.

Ingredients (3 servings)

Rice ··· 150 grams (1 cup)
Dark Soy Sauce··· 2 teaspoons
Butter ······4 grams
Frozen/Fresh Corn···· 50 grams

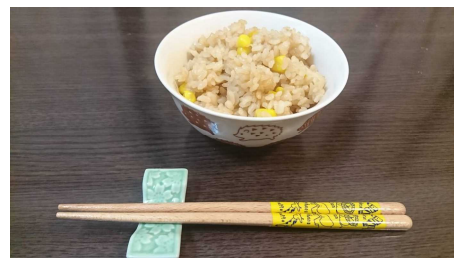
Instructions

- 1 Wash the rice and add soy sauce to the water-rice mixture. Pour out some of the water and mix lightly.
- 2 Put the corn on top and cook the rice.
- 3 Once the rice has finished cooking, add the butter and wait five minutes for it to melt. Then, mix thoroughly until combined.



Nutrition Information (per one bowl serving)

Calories	199 kcal	Protein 3.9 grams
Fat	1.8 grams	Calcium 5 mg
Dietary Fiber	1.1 grams	Sodium 0.6 grams



Mini Food Tidbit
How to Prevent Brain Freeze When Eating Shaved Ice

It is easy to mistake your brain getting colder as a headache when eating something cold.
The easiest way to prevent brain freeze is by taking your time when eating these food items.



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, provide caloric values 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

Little Mermaid (Tsutaya Seikadai)

Located in the Tsutaya bookstore.

Address: Seikadai 3 Chome 12-4

Hours: Mon - Thurs: 9:00 a.m. - 6:00 p.m.

Fri - Sun: 9:00 a.m. - 8:00 p.m.

Open 365 days a year

Tel: 0774-95-6612



*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 Campaign

My Number Card Campaign

If you apply for a My Number Card by the end of September, you will be eligible for up to 20,000 points.

Please apply by using one of the following methods below. (Most people apply by phone or computer!)

Apply via Smartphone



Application Method

1. Have someone take a picture of your face
2. Scan the online application QR code via your phone
3. Register your email on the application website
4. Click on the application link in your inbox once you have received it and submit the picture of your face and other required information

Apply via Personal Computer



Application Method

1. Take a face picture or select one taken within the last 6 months
2. Enter your Application ID into the application website and then register your email address
3. Click on the application link in your inbox once you have received it and submit a picture of your face and other required information

Apply via a Town ID Photobooth



Application Method

1. Select "personal identification card application" on the touch panel
2. Insert money into the photo machine and scan the online application QR code on the application document
3. Follow the instructions on the screen and fill out all required fields
4. Follow the instructions on the screen to have your picture taken

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, August 13th; Sunday, August 28th; Saturday, September 10th; Sunday, September 25th
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.

Apply via Mail



Application Method

1. Fill in all required fields and attach a photo of your face that was taken in the last 6 months
2. Insert the documents along with your picture into the envelope that was sent along with them and place into a post box

Applying via the Help Window at the Town Hall

What you will need:

1. My Number Notification Card
2. Two forms of Personal Identification (ex. Driver's License and Health Insurance card)
3. Citizen Identification Card (for those who have one), My Number Card

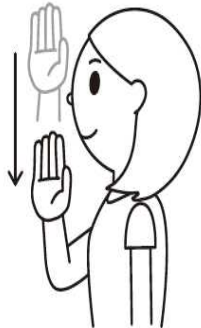
Individuals who have these documents will also be able to apply for their My Number Card via mail. Please contact the Resident Service counter for more details.

Please be aware that it takes about a month for My Number Cards to be issued once an application has been submitted. A notification will be sent to your address in the mail once the card is ready for pick up. At this time, please make an appointment to pick it up.



Communicating Through Sign Language

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



Take your right hand and make sure that it is open with your thumb facing your face. Center your hand on your face and lower it as pictured above.



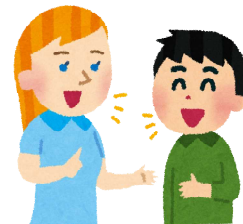
Difficulties of Those Who are Hard of Hearing

Individuals who are deaf or hard of hearing often say that they can hear sounds, but are unable to understand what is being said. This is because the sounds of the words are being distorted. Under these circumstances, people who are hard of hearing communicate by using their remaining hearing ability as well as the information that they gather from around them. The practice of wearing masks as a way of protecting oneself from the coronavirus has prevented individuals who are hard of hearing from reading lips of people who are speaking and muffles the words of those they are trying to communicate with. Therefore, it is easy for these people to get left out of conversations. Communicating using sign language and writing is most effective way of communication in these circumstances.



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 ~Exchange Hall Concert~

Keihanna Philharmonic Lunchtime Concert [Music Box 19]

Date and Time: Friday, September 23rd 2:00 pm-3:15pm (Doors open at 1:45 pm)

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

Performers: Keihanna Philharmonic Orchestra

Capacity: 73 people (A drawing will be conducted if there are more than 73 applicants)

Event Details: A musical performance featuring well-known classics as well as modern popular songs.

※Details are subject to change.



How to Apply: An application must be received by Monday, September 12th either by accessing the QR code or by filling out a postcard with return postage.

※On the back of the postcard, express your intent to attend the September Exchange Hall concert as well as your address, name, phone number, and the name of the person accompanying you.

Write your name and return address on the front of the postcard.

※One postcard can be used to apply for two people.

※Results of the drawing will be announced on Friday, September 16th.



Keihanna Plaza Small Concert

An Evening of Jazz at Sundial Square

Date and Time: Thursday, August 11th 6:30 pm- 7:30 pm

Location: Sundial Square

Event Details: Featuring songs such as Summertime, On the Sunny Side of the Street, etc.

Special Summer Concert Featuring the World of Opera and Piano

Enjoyable by people of all ages!

Date and Time: Wednesday, August 24th 12:00 pm - 1:00 pm

Location: The Atrium

Event Details: Featuring songs such as Beethoven's 21st Piano Sonata in C major "Waldstein" Op.53, "One Fine Day" from Puccini's opera *Madame Butterfly*, etc.

Exciting Nature Experience: The Grasshopper Games

Date and Time: Saturday, August 27th 10:00 am - 12:00 pm

*Event will be cancelled in the event of rain

Location: Lakeside Plaza (Meeting in front of the Lakeside Plaza for check-in)

Eligible Participants: Elementary and Middle School aged children

(Children in 1st grade and below will need to be accompanied by a parent or guardian)

Capacity: 15 people (A drawing will be conducted if there are more than 15 participants)

Event Details: Children will be able to learn about how the organisms living in the park have adapted to the ecosystem and grasslands through examining grasshoppers that live in the park.

What to Bring: Butterfly net, insect cage, and clothing that can get dirty

Participation Fee: 500 yen (The cost to enter the park as well as event insurance cost)

How to Apply: Please contact the individual listed below.

Keihanna Science Education Design Lab

Phone Number:0742-27-9278

Email: yoyaku@ksed-lab.jp (Please direct inquiries to Kataoka-san)





What is the purpose of the Kururin Bus?

What is the purpose of the Kururin Bus that operates within Seika Town? The Kururin Bus began operating in 2005, but there was actually another bus that operated within Seika prior to this. This bus was called the Kashinokien Circulating Bus. It consisted of two lines, the Rose line and the Kashinoki line. This bus line connected residents to the various facilities and locations around town with Kashinokien being the final stop.

Although the transportation system of Seika Town was developed to center around development areas such as the research area and Hosono station, there were virtually no existing bus routes at the time so maintaining a means of transportation became an important topic to residents. The Rose Line and Kashinoki Line were selected to be expanded and improved in order to solve the transportation issue. Following this, the route and schedule of the bus has changed many times over the years, but it is because of all of the people that use the bus daily that have allowed it to continue to be in operation today.

In this way, the Kururin Bus was created based on the Kashinokien bus as a way to provide access to facilities and to allow civilians to be able to travel to areas once inaccessible by bus. Seika Town hopes to continue to make these buses easy for residents to use.



Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
8/7 (Sun.)	Internal medicine	9/4 (Sun.)	Pediatrics
8/11 (Hol., Thurs.)	Internal medicine	9/11 (Sun.)	Internal medicine / Pediatrics
8/14 (Sun.)	Internal medicine	9/18 (Sun.)	Internal medicine
8/21 (Sun.)	Internal medicine/ Pediatrics	9/19 (Hol./Mon)	Internal medicine /Pediatrics
8/28 (Sun.)	Internal medicine/ Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
8/23 (Tues.)	12:40 p.m.-	9-10 mon. old Health Check (born Oct. 2021)
8/25 (Thurs.)	12:40 p.m.-	3-4 mon. old Health Check (born April 2022)
9/7 (Wed.)	12:40 p.m.-	3-yr. 6-mon. Health Check (born Feb. 2019)
9/9 (Fri.)	12:40 p.m.-	1-yr. 6-mon. Health Check (born Feb. 2021)
9/15 (Thurs.)	12:40 p.m.-	2-yr. 4-mon. Health Check (born April 2020)

Mukunoki Center

Date	Time	Details
8/15 (Mon.)	-	Closed
8/17 (Wed.)	3:00 pm - 5:00pm	Table Tennis
8/24 (Wed.)	-	Closed
8/28 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
9/7 (Wed.)	3:00 pm - 5:00pm	Table Tennis
9/14 (Wed.)	3:00 pm - 5:00pm	Table Tennis



Norman, Oklahoma's New Mayor

On July 5th, 2022 mayor elect, Larry Heikkila, was sworn in as the new mayor of Norman, Oklahoma. Along with the appointment of Heikkila, there were several other city councilors who were also sworn in to their new positions. During the runoff election, Heikkila ran his mayorial campaign on a promise to boost public safety funding in Norman. After Heikkila was sworn in as the new mayor, a packed room was filled with applause and cheers of his supporters. Former mayor, Breea Clark, was in Italy at the time and was unable to attend the ceremony. As a result, Clark uploaded a video to Facebook wishing success to Mayor Heikkila and also asked for the residents to support the new mayor during this transition period.

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



Sports Day

On Sunday, June 12th, a "Sports Day" event was held at Mukunoki Center in collaboration with Seika Global Net. The goal of this event was to utilize sports as a way to facilitate multicultural exchange and understanding. There were a total of about 40 participants including local residents as well as foreigners living in the area.

Everyone was able to interact with one another through games such as the chasing ball throwing game (as pictured above), the traditional Hawaiian game of "Ulumaika", and a country of the world flag search game.