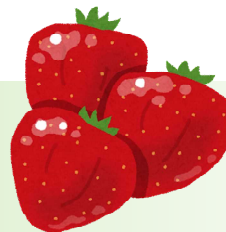




ICHIGO  
いちご



Seika's English Language Newsletter

No. 333

April 2023

## Helpful Service During Emergencies

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Seika Town Mascot  
**KYOMACHI SEIKA**



"Feel reassured even during an emergency!"

Have you ever been worried about what to do in the event of a fire or medical emergency? You may feel uneasy when thinking about this, but rest assured that the Seika Fire Department has a service that you can use during these emergencies. It is a multi-lingual interpretation service. Did you know about it? Seika Town has also implemented the use of this multi-lingual interpretation service so that the foreign resident population can also receive proper aid during emergencies.

119番



#### How to Use the Multi-Lingual Interpretation Service

1. When there is a fire or you need an ambulance, call "119".
2. If it is difficult to describe the situation in Japanese, please first let the operator know which language you would like to have assistance in.  
Ex. "English please".

\*If you would like to receive assistance in another language and you cannot say it in Japanese, it is expected that the operator will be able to understand a language name in English, but if your native language is not English the operator may not be able to understand what language you are speaking. Please keep this in mind.

3. Next, the operator will connect the interpreter to the call. This may take a minute or two, so please wait patiently until the interpreter joins the call.



What you will be asked when you call "119"

- The address where the ambulance or firetruck should be deployed
  - If you are not sure of the address, tell the operator about any nearby large buildings, intersections, or anything that would be a landmark
- The name and contact information of the person who called
  - There are occasions where confirmation or questions arise regarding the situation before the firetruck or ambulance arrives after the call with the operator has ended



Supported Languages • Business Hours

#### 【11 Major Languages】

24 hours: English, Chinese, Korean, Portuguese, Spanish  
Daytime hours (10 am- 6 pm): Thai, Vietnamese, Russian, French, Tagalog, Nepali  
Business Hours: 24 hours a day, 365 days a year

## Coronavirus Vaccination Information



### Coronavirus Additional Booster Shot Information for 2023

Individuals age 65 and older or individuals at high risk of severe illness will be able to receive a Coronavirus booster shot starting in the spring of 2023. This round of vaccinations will take place from May to August. There will also be a fall session starting after September. Additionally, individuals age 5 and older who have completed their first series Coronavirus vaccinations will be able to receive a booster shot during the fall.



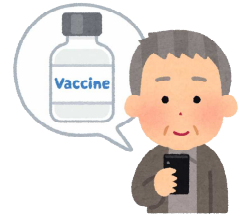
Group vaccinations in Seika Town will be held according to the details listed below.

### Spring Session (May to August)

#### • Eligible Individuals

Individuals who have received their first and second Coronavirus vaccination and also fall under one of the three categories listed below:

- ① Age 65 and older
- ② Individuals between the ages of 12 and 65 who have a pre-existing condition or are at a high risk for severe infection
- ③ Employees of health care facilities, facilities for the elderly or physically disabled, or other welfare facilities



### Fall Session (Following September)

#### • Eligible Individuals

Individuals age 5 and older who have completed their first and second Coronavirus vaccination

\*The latest information regarding the distribution of vaccine tickets and other vaccine-related information can be found on the Seika Town website.

### Omicron Booster Vaccines for Children

The Omicron vaccine has now been approved for use in children ages 5 to 11 as a booster vaccination. After receiving the Omicron vaccine as a third shot, a vaccine ticket will be sent to the homes of children sequentially once 3 months has passed. For children who have not received their third vaccination, please use the vaccine ticket that you already have.

### Vaccinations for the Fall 2022 Session will End on May 7th

Individuals who have not received the Omicron vaccine during the 2022 fall session and are not eligible to receive a booster shot during the 2023 spring session (healthy individuals between the ages of 12 and 65), should receive a vaccine by May 7th if interested. Those who have not received their first series of Coronavirus will be able to receive a vaccination.

To confirm which medical facilities in Seika Town offer the Coronavirus vaccine, please call the Coronavirus Vaccine Call Center or scan the QR code below.



### Garbage Collection During Golden Week (April 29th – May 7th)

Garbage collection during Golden Week will be collected on the same schedule as normal (every day except Sunday).

Please put out your garbage by 8am on the specified collection day in the designated area. Garbage that has not been sorted correctly will not be collected, so please make sure to separate correctly before disposing.

### Request for Cooperation in Answering a Survey on 「Intercultural Exchange Programs in Seika Town」

The purpose of this survey is to evaluate foreign residents' satisfaction level and knowledge of intercultural exchange programs in Seika Town. Information gathered will be used as a reference for initiatives in making Seika Town an easier place to live.

Submission Deadline: Thursday, April 20th

You can fill out the survey by scanning the QR code or by visiting the following URL.

<https://www.town.seika.kyoto.jp/cgi-bin/inquiry.php/149>





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 **Strawberry Jelly** with this recipe.



## Ingredients (4 servings)

Strawberries                      ··· 200 grams  
Sugar (use as needed depending on sweetness of strawberries)     ··· 25 grams  
Water                                ··· 60 milliliters  
Gelatin Powder                    ··· 8 grams



## Instructions

- 1 Wash strawberries and remove excess liquid. Combine with sugar and crush with a masher.
- 2 Add gelatin powder to the water and soak. Put in the microwave and heat on 600 watts for 30 seconds to allow the powder to dissolve.
- 3 Add the dissolved gelatin powder water to the crushed strawberries.
- 4 Put in the refrigerator and wait for the jelly to harden.

## Nutrition Information (per serving)

Calories	48	kcal	Protein	2.3	grams
Fat	0.1	grams	Calcium	9	mg
Dietary Fiber	0.7	grams	Sodium	0	grams

## **Food Education Tip No. 34**

### What are the bumps on the surface of a strawberry?

Contrary to popular belief, the bumps on the surface of a strawberry are not seeds, but are actually fruit. The red part that we eat that we think is fruit is the stem of a strawberry plant that has thickened.



# 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

### **Kansai-kan of the National Diet Library Cafeteria**

Address: Seika-dai 8 Chome 1-3

Business Hours: 11:00 am - 1:30 pm

Tel: 0774-93-4225

Closed: Same as when the library is closed

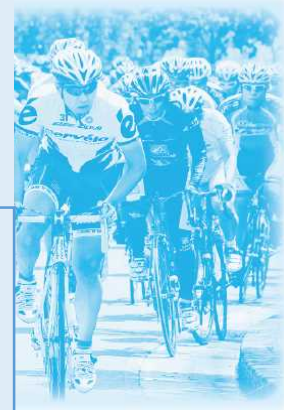
\*To use the cafeteria, you will have to go through the library entrance procedures. As a general rule, individuals under age 18 cannot enter the library.



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.



# Stage of the Tour of Japan U-Spirit Uepar Cup 2023 Keihanna Cycle Race



- Date and Time: Sunday, April 23rd Opening Ceremony Starting at 8:00 am (event will be held rain or shine)
- Location: The circuit course will be centered around Keihanna Plaza and Science City research facilities
- Sponsored by the Keihanna Cycle Race Executive Committee (Kyoto Syaren Association · Seika Town · Kizugawa City and others)

	Start Time
Race 1	8:30
Race 2	8:51
Race 3	9:30
Race 4	9:51
Race 5	10:31
Race 6	11:28
Race 7	11:53
Race 8	12:24

## Road Closures and Partial Suspension · Relocation of Bus Stops

Road closures and partial bus stop suspension · relocation will take place in accordance with the diagram below during the duration of the cycle race. While this may cause an inconvenience for residents in the area, we ask for your understanding and cooperation.

### Road Closures

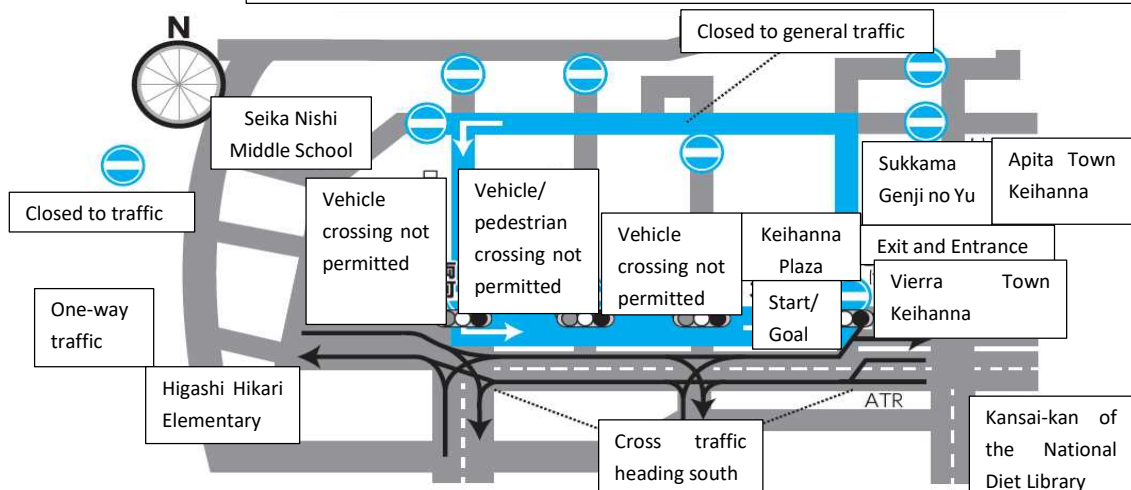
Traffic from Seika Oodori and Keihanna Plaza to the area around the Science City research facilities will be restricted.

### Partial Suspension · Relocation of Bus Stops

The bus stops for the Nara Kotsu Bus and the Seika Kururin Bus will be changed as follows during the cycle race.

- **Nara Kotsu Bus Route**  
Buses traveling east on Seika Oodori will not be able to stop at the following bus stops: Hikari-dai 4 Chome, Hikari-dai 3 Chome, and Keihanna Plaza. Please utilize the bus stops at Hikari-dai 7 Chome or ATR. There will be no disruption to the operation of buses traveling west.
- **Seika Kururin Bus**  
The "Keihanna Plaza" stop for buses leaving Yamadagawa Station bound for the west entrance of Hosono Station will be moved to the "ATR" Nara Kotsu bus stop.

For Inquiries Contact: Keihanna Cycle Race Executive Committee Office (Kyoto Syaren Association) Tel: 090-5151-9669 Email: info@kyotosyaren.com, Seika Town Hall Local Administration Promotion Division Community Cooperation Section Tel: 95-1934







### Confirm What Documents Needed in Advance

The documentation needed for procedures done at the town hall service counter related to graduation, looking for a new job, or moving will be different depending on the person. When applying for certification documents at the town hall service counter, make sure to confirm what certificate you need, who you need it for, what information is necessary, and who the documentation needs to be sent to.

#### **Example**

Optional informational can be added to residence certificate copies and to certificates listing items in the resident registrar.

- **Residence Certificate Copy**...All or part of a household, head of household • relationship to each member, nationality, head of family, my number, residence certificate code
- **Certificate of Items listed in Resident Registrar**...All or part of a household, head of household • relationship to each member, previous address, registered domicile, date effective, notification date, reason, my number, residence certificate code

\*Relatives living at the same address in different families will need to obtain a consent form from the individual when applying for a certificate on their behalf.

### Certificate Issue Service at Convenience Stores

Individuals in possession of a My Number Card can obtain all types of certificates from an automatic issuing machine or multi-functional copier.

\*A resident certificate code cannot be printed onto documents.

\*Hours available: 6:30 am - 11:00 am, including weekends and holidays (Depending on the hours of each location)

### Print Certificates at Sun Fresh Supermarket Komada!

You can now print all certificates from the multi-functional copier inside the supermarket. Please try using it!

### Moving One-Step Service

Individuals with a My Number Card can submit a moving out notice through the My Number Portal. Once you have submitted your moving-out notice, you will need to visit the resident help desk at the city or town hall of the place you have relocated to. For more specifics regarding this new procedure please visit the digital government agency website.

Scan the QR code below to visit the digital government agency website



### 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, March 11th; Sunday, March 26th; Sunday, April 23rd

Appointment Hours: 9:00 a.m.

- 11:45 a.m., 1:00 p.m. - 4:45 p.m.

※An appointment needs to be made in advance. Please fill out the application postcard and make an appointment online, by phone or by email.

For online appointment scheduling scan here.



## 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/](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](http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html)

### Coronavirus Consultation Center Contact Informatio

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





## Fun With Pastel Art!

**Date and Time:** Sunday, April 16th from 10:00 am to 11:30 am

**Meeting Place:** Seika Town Hall Exchange Hall

**Capacity:** First 12 families

**Event Details:** For April, the multicultural playgroup, Ichigo Ichie, will be making pastel art. The instructor is a pastel art teacher in Kizugawa City. Try making a drawing or bookmark of your choice out of pastel art! Please join in on the fun!



**Participation Fee:** 100 yen per adult; Children and Seika Global Net Members are free

**How to Apply:** Please fill out an application by scanning the QR code on the right. The deadline is Tuesday, April 11th.

## 33rd Hometown Excursion~Spring~ 「Making 3 Stops Along the Old Koriyama Highway」 From Aoniyoshi Heijo to Koriyama Castle

**Date and Time:** Sunday, April 22nd from 8:50 am to 3:30 pm

**Meeting Place:** Kintetsu Shin-Hosono Station Ticket Gate (everyone will disperse at 3:30 pm at Kintetsu Koriyama Station)

\*Event will be canceled if a weather warning is issued

**Course:** Kintetsu Shin-Hosono->Amagatsuji Station->Emperor Sunin's Tomb-> Heijo Kyosai City Ruins->Kujo Park->Heijokyo Capital Gate Park->Koriyama Castle remains->Kintetsu Koriyama= Total walking distance of 7.5 kilometers

**Capacity:** 30 people

**What to Bring:** Bento lunch (you can buy at the convenience store in front of the station), something to drink, rain gear (rain coat/umbrella), picnic sheet for sitting, etc.

**Participation Fee:** 300 yen per adult (100 yen per child in elementary school; Children younger than elementary school age are free) A can badge commemorating the event is part of the fee

\*Transportation fee not included

**How to Apply:** Call the number below or send an email to the following organization: NPO Seika Furusato Guide Association  
Phone: 090-8877-4991 Email: furusato\_seika@yahoo.co.jp



## Children's Day ~Kashiwa Mochi and Fun with Origami~

**Date and Time:** Friday, May 5th from 2:00 pm to 4:00 pm

**Meeting Place:** Keihanna Memorial Park: Lakeside Garden, Moon Viewing, and Basement

**Event Details:** This event has been planned in align with Children's Day. The first 100 children middle school age and younger will receive kashiwa mochi. Children in attendance will also be able to make things such as carp streamers in the origami corner.

**Participation Fee:** Park entrance fee



## Forest Concert ~Saxophone and Singing Ball~

**Date and Time:** Saturday, May 6th from 2:00 pm to 3:00 pm

**Meeting Place:** Keihanna Memorial Park: Lakeside Garden and Budding Woodland (Outside)

\*Event will be held indoors if raining

**Event Details:** Enjoy a relaxing saxophone and singing musical performance accompanied by the sounds of chirping birds, blowing wind, and rustling leaves and other nature sounds.

**Performing Artist:** Cotta+

**Participation Fee:** Park entrance fee





## 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 April and May.

This month's word is **Cherry Blossom Viewing!**

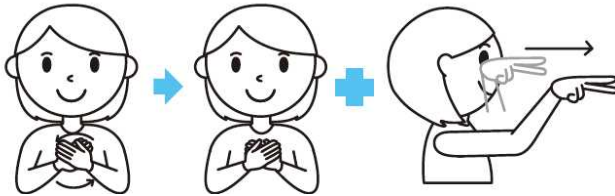


## Troubles Faced by Deaf Individuals

Hearing impairments are different from other disabilities in the sense that someone cannot tell that someone has a hearing impairment based on their appearance. One of things that individuals with hearing impairments find inconvenient is communicating with staff while shopping or at a restaurant. Before mask wearing became prevalent during the Coronavirus pandemic, orders at restaurants were not correctly taken and misunderstandings occurred, but these issues have been escalated due to mask wearing. When communicating with someone with a hearing impairment: take off your mask; enunciate your words clearly and slowly; and use gestures, writing, or pictures that the individual can point at. If you learn to communicate in sign language, you will be able to effectively communicate with individuals with hearing impairments and it will also be extremely helpful to them. A sign language class will be offered starting in May. All individuals interested are encouraged to participate.

Sakura (Yae Zakura Flower Petals)

Look



Place one palm of your hand over the other and rotate.

Interchange the position of your hands while tapping them on one another.

Face forward and move your pointer and middle finger on your right hand from the base of your eye outward.

## Seika Town Facility Schedules

### Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
4/9 (Sun.)	Internal medicine	5/3 (Hol./Wed.)	Internal medicine
4/16 (Sun.)	Internal medicine	5/4 (Hol./Thurs.)	Internal medicine/ Pediatrics
4/23 (Sun.)	Internal medicine/ Pediatrics	5/5 (Hol./Fri)	Internal medicine
4/29 (Hol./Sat.)	Internal medicine	5/7 (Sun.)	Internal medicine /Pediatrics
4/30 (Sun.)	Internal medicine	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

### Health Center

Date	Time	Details
4/11 (Tues.)	12:50 p.m.-	2-yr. 4 mon. Health Check (born November 2020)
4/14 (Fri.)	12:40 p.m.-	3-yr. 6-mon. Health Check (born September 2019)
4/25 (Tues.)	12:40 p.m.-	3-4 mon. Health Check (born December 2022)
4/27 (Thurs.)	12:40 p.m.-	9-10 mon. Health Check (born June 2022)
5/9 (Tues.)	12:50 p.m.-	2-yr. 4 mon. Health Check (born December 2020)

### Mukunoki Center

Date	Time	Details
4/12 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
4/19 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
4/23 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
4/26 (Wed.)	-	Closed
5/10 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis



### The Celebration of St. Patrick's Day in Norman

St. Patrick's Day was Friday, March 17th this year. Norman has a tradition of celebrating St. Patrick's Day by eating "Green Eggs and Ham", drinking limited-time beer, and by going to listen to live music. The most popular place in Norman to celebrate St. Patrick's Day is a restaurant called O'Connell's Irish Pub and Grill. On St. Patrick's Day, the restaurant opens at 8 am and sells over 300 "Green Eggs and Ham" breakfasts every year. The beer that the restaurant sells during this time is also green. People who are not familiar with St. Patrick's Day may think that this is a bit strange, but during this time, there is a tendency to make everything green in the United States. This year, a drum and fife band called Highlanders played both in and outside the restaurant all day on St. Patrick's Day. The best part about St. Patrick's Day to Norman residents is being able to spend time with people they do not normally see.



### 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](mailto: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](mailto:cir@town.seika.lg.jp) or [kikaku@town.seika.lg.jp](mailto: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**



### **Cooking Class Held by Participants in the Seika Global Net Japanese Language Class**



On Tuesday, February 28th a cooking class was held in the cooking room at Mukunoki Center. When the cases of Coronavirus were starting to decrease in June of last year, a cooking class on how to make Indian Butter Chicken curry was held. During the February class, everyone made a Peruvian dish called "Aji de Gallina". A woman from Peru who came to Japan with her family introduced how she makes "Aji de Gallina" in her home, so everyone present was able to

experience how food is made in a typical Peruvian household. After all of the groups finished making the dish, everyone was able to eat it together. This cooking class was a fun way for Japanese learners and support staff to connect and become closer on a personal level.