



ICHIGO
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Seika's English Language Newsletter No. 345 April 2024

Don't Park Near Fire Hydrants or Fire Cisterns!

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★ The Role of Fire Hydrants and Fire Cisterns

Do you know where firefighters get the water they use to put out fires? Firefighters get the water they use from fire hydrants, fire cisterns, pools, canals, lakes, rivers, and wells. Firefighters use fire hydrants and fire cisterns the most as water sources to put out fires.

Putting out a fire in its initial stages, will minimize damages and injuries. Fire hydrants and fire cisterns located near roads and parks are the most effective for putting out fires effectively and efficiently in a short period of time.

However, there have been reports of vehicles being parked or items being placed near fire hydrants or fire cisterns that have prevented firetrucks from accessing the water they need to put out fires. Traffic laws state that parking within five meters of water access areas for firefighters is illegal. Because of this, the location of fire hydrants and fire cisterns are marked with signs and yellow markings.



To limit the amount damages and injuries as much as possible and protect lives and important belongings, please refrain from parking near water access areas for firefighters.

★ Parking is Illegal.....

1. Within a five meter radius of fire hydrants and fire cistern
2. Within five meters of a sign marking the location of a pool used for fire fighting

★ Emergency Vehicles

At one point or another, everyone has seen an ambulance or firetruck with a blaring siren and red flashing light when driving. Traffic laws for emergency vehicles are partially relaxed which means they may drive on the opposite side of the road or go through red lights.

Do you know what to do when an emergency vehicle approaches you when driving?

According to traffic laws, if you are near an intersection you should move to the left and stop. At any other place, it is a general rule that you should move to the left to allow emergency vehicles to go through. When an emergency vehicle is approaching you on the road, please move over and allow them to go through first.

Seika Town Mascot

KYOMACHI SEIKA

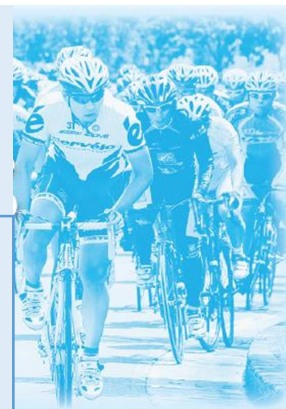


"Confirm your surroundings
before parking!"



Stage of the Tour of Japan U-Spirit Uepar Cup 2024 Keihanna Cycle Race

- Date and Time: Sunday, April 21st 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 · Keihanna Interaction Plaza Incorporated and others)



	Time
Traffic Restrictions Start	8:00
Race Start Time	8:30
Traffic Restrictions End	9:30

At the Sundial Plaza at Keihanna Plaza, booths related to the TOJ (Tour of Japan) and cycling will be set up. Please stop by if you are interested!

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 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 as follows during the cycle race.

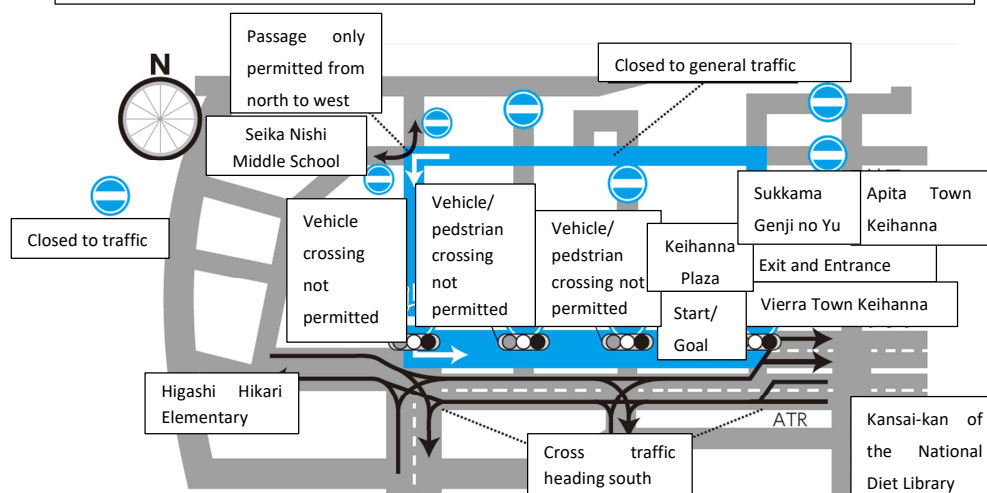
- **Nara Kotsu Bus Route**

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 Autonomy Promotion Division Community Cooperation Section Tel: 95-1934





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 **Ground Chicken and Vegetables** with this recipe.
Point

Ingredients (Easy amount to make- 6 servings)

Ground Chicken	...	200 grams
Fresh Shiitake Mushroom	...	4 (40 grams)
Carrots	...	1/4 whole (40 grams)
Green Pepper	...	1 (20 grams)
Cooking Sake	...	3 tablespoons
Mirin	...	1 tablespoon
Soy Sauce	...	1 1/2 tablespoons
Sugar	...	2 heaping tablespoons
Grated Ginger Juice	...	2 teaspoons



Nutrition Education Tip No. 46 **When You Eat Breakfast Good Things Happen ① 「Supply Your Brain With Energy」**

By eating breakfast and supplying nutrients to your energy deficient brain, the brain is able to process information more quickly and concentration and memory retention increases.



Instructions

- 1 Mince the shiitake mushrooms, carrot, and green pepper.
- 2 Put all of the ingredients in a pot and mix together.
- 3 Heat the pot on low to medium heat being careful to mix often so the ingredients do not harden.
- 4 Once there is not much liquid left at the bottom of the pan, turn the heat on high to get rid of the extra liquid.

Nutrition Information (per serving)

Calories	93	kcal	Calcium	6	mg
Protein	6.4	grams	Dietary Fiber	0.6	grams
Fat	4	grams	Sodium	0.8	grams

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 establishment lists which of the seven most common allergens are contained in each product.



Participating Restaurant

Cafe Kokoro

Address: Minamiinayazuma Sunadome 22-1
(Inside Kashinokien)

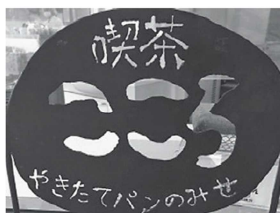
Tel: 0774-95-3203

Cafe Hours: 11:00 a.m. - 2:00 p.m.

Bakery Hours: 11:00 a.m. ~ (Will close when sold out)

Closed: Sunday, Monday, First Saturday, Holidays

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.





Final Issue



Starting in December 2023, we explored the idea of what makes a place easier to live for everyone in five different issues. Let's consider the solutions to various inconveniences and barriers present and determine what each individual can do to contribute to the solution.

How to be Nice to Everyone

Has it ever been difficult for you to walk on the sidewalk because of parked bikes? Think about how difficult this may be for people in wheelchairs, people pushing strollers, people carrying luggage, or for people walking with small children. It may be more difficult for these people to walk on the sidewalk under these conditions than it is for most people. By parking your bike in a designated bike parking spot, you can help to reduce any troubles or inconveniences caused to others.

Additionally, when you go to a new place or destination for the first time, you make experience difficulties or inconveniences when going to a larger station that you are not accustomed to. There are people who experience difficulties or inconveniences in their everyday life. The difficulties or inconveniences are different depending on the person. That is why there is not one right way to solve the various difficulties and inconveniences facing people. It is important to think about how to help someone depending on what they are struggling with and what might be necessary for them. This is because what you might think may be helpful to someone else might not be and what may be helpful to one person may not be helpful to another.

Notice

Starting April 1, 2024, businesses will be required to provide reasonable accommodations!

Revisions	Government Offices	Businesses
Unfair/ Discriminatory Treatment	Prohibited	Prohibited
Offering Reasonable Accommodations	Mandatory	Obligated to make effort ↓ Mandatory

Laws for discrimination towards people with disabilities has changed!

If you notice that someone is in trouble, it is okay to not know how to help them. Instead, ask the person if and how they may need help and they will tell you. If they do not need your help, they will also let you know.

By getting to know others and learning how you can help one thing at a time, the world around you will also start to change too. If everyone continues to do what they can for others, this will help to create a place that is easier for everyone to live.

The picture book, "Wallaby's Restaurant Kuwagadō's Customers" (published by: Edogawa Ward), is helpful for understanding a peaceful society. This book can be read in the Seika Town Municipal Library. (The audio book has also been made available on Edogawa Ward's website).



Garbage Collection During Golden Week (April 29th – May 5th)

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

Please put out your garbage by 8 a.m. 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 putting out your garbage.

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: Tuesday, April 23rd, 2024

Three lucky respondents will be chosen at random to win original Seika Town merchandise!

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/155>





For Safe and Secure School Roads

About School Roads

Yearly meetings are conducted by schools and parent-teacher associations to discuss and modify school roads. The road conditions for each area are different, so not all school roads are wide with traffic lights and sidewalk. In Seika Town, schools roads that have been determined to require hard countermeasures such as stop signs at crosswalks or soft countermeasures such as local school safety volunteers (school helpers) ensuring the safety of students according to the safe school road program are being put in place. However, even though there are main roads, drivers will often use more narrow roads to avoid traffic lights. There are also drivers who do not follow traffic laws and speed or do not stop at crosswalks when pedestrians are waiting. These issues are never ending and have become the causes of both children and parents being uneasy about commuting to school.

School Commuting Hours=Commute Hours

The time that children commute to school (from about 7:30 a.m. to 8:30 a.m.) is also the commute time for people going to work. When you are in a hurry on your way to work, do you ever drive dangerously like what was listed above? Keep in mind that children are going to school during commute hours and make an effort to follow all traffic rules during this time.



Keeping Watch Over Children While Doing Everyday Activities

In Kyoto Prefecture, there have been incidents of serious crimes such as kidnapping occuing when children are returning home from school. The importance of initiatives of keeping roads safe in addition to protecting children from becoming victims of a crime is growing. Seika Town is looking for people to sign up to be school helpers. You can help to keep children safe and cooperate with this initiative even while you are walking your dog, shopping, watering your flowers, or jogging.

Information to Individuals Looking for a New Job

Don't Forget to Unenroll from National Health Insurance

If you are enrolled in the national health insurance and you enroll in the insurance provided by your new employer, you will need to submit an application to unenroll yourself from the national health insurance. If you are late in doing the procedures to unenroll, you will be responsible for any amount that the national health insurance covered for any appointments from the time that you should have been unenrolled to the time that you submit your application.

Also, even if you pay for the health insurance at your new company and you are not unenrolled from the national insurance, you could still receive a notice for an overdue payment for national health insurance tax. Since your My Number Card can also be used as your health insurance card, there are instances where use of the card would be blocked. You can submit your notice to unroll from the national health insurance at the town hall or via mail. To unenroll from the national health insurance you will need to bring both the national health insurance cards and health insurance card for your new employer for yourself and any other family members.

▶ Submitting the Notification at the Town Hall

Bring the following items to the service counter on the second floor of the town hall.

- Qualification certificate for the health insurance at your new workplace or your new health insurance card
- Seika Town National Health Insurance Card (original)
- Form of ID with a picture of your face
- A document that can be used to confirm your My Number

▶ Submitting the Notification by Mail

Mail the following items to the National Health Insurance Section in the National Health Insurance and Medical Services Division at the Seika Town Hall.

- Qualification certificate for the health insurance at your new workplace or a copy of your new health insurance card
- Seika Town National Health Insurance Card (original)
- Filled out National Health Insurance Unenrollment Notification Form

The National Health Insurance Unenrollment Notification Form can be received at the town hall or downloaded from the Seika Town website.

Inquiries: National Health Insurance and Medical Services Division National Health Insurance Division
TEL: 95-1929



Town News

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, April 20th; Sunday, May 26th

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

※An appointment needs to be made in advance. For appointments

related to My Number Card issuance, please fill out the notification card you receive in the mail and

make an appointment by phone or online. For all other appointments (applications, renewals, etc.), please make an appointment by phone.



Resident Service Corner Closure

Due to the annual testing of electric equipment taking place at Esperoma Takanohara on the date and time listed below, the whole facility will not have power and therefore the automatic document issuance machine for My Number Card will not be available for use at this time.

Thursday, April 11th

8:30 a.m. - 5:15 p.m.

Inquiries: Service Counter Division Resident Family Register Section Tel: 95-1915

Changes to Family Registration Laws

The main revisions to the laws are listed below. The laws will be in effect starting April 1, 2024.



Regarding Amendments Made to the Civil Code (Ministry of Justice Website)

Until Now	Starting April 1st
Women who get divorced cannot remarry within a one hundred day probationary period. (Before revision: Civil Code Article 733)	The one hundred day probationary period for remarriage will be abolished and both men and women will be able to remarry under the same conditions. (After revision: Civil Code 772)
Children born within 300 days of a divorce being finalized are considered to be the child of the ex-husband. Birth notifications can only be submitted with the biological father's name. To avoid this, people did not submit birth notifications and this was one of the causes of unregistered children.	Children born after a woman is remarried can be registered as a child of the new husband. Even if a woman does not remarry, the child or mother can go to court and submit a case to renounce relationship to birth father within 3 years.

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 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

Tuesday: 7:00 p.m. - 8:45 p.m.

Location: Seika Town Hall Exchange Hall, etc.

Fee: 1000 yen for 6 months

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





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> Put two words together to make a new word.

In April and May, we will introduce how to express "want to" by using a verb in combination with "like".

A. Using the sign language for [to eat] and [like] in this order means, "I want to eat."

B. Using the sign language for [to go] and [like] in this order means, "I want to go".

A. To Eat



OR

B. To Go



Like



Face the palm of your left hand upwards. Then, stick out the middle and pointer finger of your right hand. Starting from your palm, move your fingers together to your mouth multiple times (This is meant to look like you are eating with chopsticks).

Point the pointer finger of your right hand downward at an angle and move back and forth.

Take your right pointer finger and thumb and face toward your throat. Pull away from your body in a forward motion and put your pointer finger and thumb together.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
4/7 (Sun.)	Internal medicine / Pediatrics	5/3 (Hol./Fri.)	Internal medicine
4/14 (Sun.)	Internal medicine	5/4 (Hol./Sat.)	Internal medicine
4/21 (Sun.)	Internal medicine	5/5 (Hol./Sun.)	Internal medicine
4/28 (Sun.)	Internal medicine / Pediatrics	5/6 (Hol./Mon.)	Internal medicine
4/29 (Hol./Mon.)	Internal medicine	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
4/25 (Thurs.)	12:30 p.m.-	1-yr. 6 mon. Health Check (born September 2022)
4/26 (Fri.)	12:30 p.m.-	3 - 4 mon. Health Check (born December 2023)
4/26 (Fri.)	12:30 p.m.-	9 - 10 mon. Health Check (born June 2023)
5/9 (Thurs.)	12:30 p.m.-	3 - 4 mon. Health Check (born January 2024)
5/9 (Thurs.)	12:30 p.m.-	9 - 10 mon. Health Check (born July 2023)

Mukunoki Center

Date	Time	Details
4/17 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
4/24 (Wed.)	-	Closed
5/1 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
5/8 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis



Town/Sister City News

Kids Take Part in the Creation of Creativity and Innovation in Norman

On Tuesday, March 12th more than 150 elementary and middle school students in Norman participated in a STEM Tank event at the Nancy O'Brian Performing Arts Center. This event was held in a style similar to the American television program, Shark Tank, where investors listen to pitches for new products and choose which product they would like to invest in. Instead of products, elementary and middle schools students designed and built an airport in groups and then presented their projects to a panel of judges. The students were told that they could design an airport that was more innovative, or instead choose to create one that was more sustainable. The challenge the students faced was not only designing their airport, but also doing so within the constraints of their budget. By challenging students in this way and giving them complete control over their project, it gave them the opportunity to learn how to work in real world situations. Since the students had been working on the project since fall of 2023, they had many opportunities to learn and were all very proud of what they accomplished with their groups.



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



Excited About Science!

This year marks the 10th year that the Science Festival, "Keihanna Science Experiment Festival" was held. The festival this year was held on Sunday, March 2nd at Keihanna Plaza with 250 groups of elementary students and their families participating for a total of 700 participants.



On the day of the event, there were science experiments, crafts, and exhibitions along with workshops held at 24 booths. Some participants of the event had the following comments: "My child was able to experience the wonder of science naturally through interesting experiments"; "Completing experiments on my own gave me confidence"; and "This was a very valuable experience for me because I was able to receive personal instruction from high schoolers, university students, and researchers."