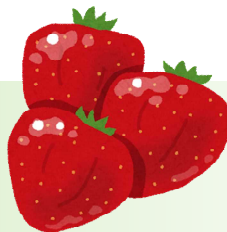




ICHIGO  
いちご



Seika's English Language Newsletter

No. 337

August 2023

## Follow the Rules and Manners of Firework Usage

### TABLE OF CONTENTS

FIREWORK RULES AND MANNERS	1
CORONAVIRUS VACCINE INFORMATION	2
COOKING AND HEALTH	3
BAN ON TAKING GARBAGE	4
TOWN NEWS/EVENTS	5-6
FACILITY SCHEDULE	7
TOWN/SISTER CITY NEWS	8

Seika Town Mascot  
**KYOMACHI SEIKA**



"Take precaution when using fireworks!"

### ★Using Fireworks in a Safe and Fun Manner

Fireworks are a summer tradition. People enjoy looking at many different kinds of fireworks, but using them incorrectly can cause incidents such as fires and burns to occur.

### ★Tips for Firework Safety

- ① Take the weather conditions into consideration before use and do not use during strong winds.
- ② Use fireworks in spacious areas with no items that are flammable.
- ③ Fireworks should always be done under adult supervision.
- ④ Make sure to read the instructions carefully and follow all warnings.
- ⑤ Have a bucket of water ready and put water on the fireworks after using.
- ⑥ Discard waste from fireworks properly after usage.



### ★Preventing Fires

Many fires occur when there is no adult supervision. Due to this, the fire can spread as it may not be discovered as quickly with supervision. To prevent fires caused by playing with fireworks, make sure to talk with your child about the dangers of and the correct way to handle fire.

There have not been any fires caused by firework usage in recent years in Seika Town, but in summer there have been cases where parts of park benches and playgrounds have been burned and firework waste has been left undisposed. Consider those around you and make sure to follow general rules and guidelines when using fireworks in order to use them safely.

### ★Periodically Inspect Your Fire Detector

Fire detectors are very effective for detecting fires as soon as they breakout, but there are cases where an alarm cannot function normally due to a malfunction, dead batteries, etc. It is common for fire detectors installed in homes have batteries that are typically good for 10 years.

There should be a button or string attached to the fire alarm for inspection purposes. Perform an inspection to make sure that your fire detector is working properly and change the batteries of your fire detector or replace it if the alarm does not go off.

### Install a Fire Detector in Your Home!

In accordance with the Fire Service Act, it is mandatory that fire detectors are installed in all homes. After 10 years has passed following installation, there is a chance that the batteries could be dead or that the fire detector could malfunction. Please make a habit of replacing your fire detector once every 10 years.

<Common Places to Install a Fire Detector>

- ① Bedroom
- ② Kitchen
- ③ Ceiling above stairs (When there is a bedroom on the second floor)



## Coronavirus 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 during the spring vaccination session lasting until the end of 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

**Vaccination** Omicron

**Time Frame** Until the end of August

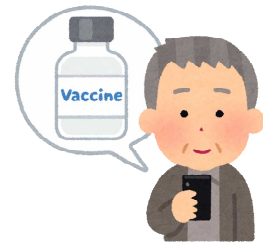


## The End of Group Vaccinations

Group vaccinations in Seika Town ended on Sunday, July 2nd. You will need to visit a medical facility within Seika Town in order to receive a vaccination on an individual basis. Refer to the list of medical facilities below.

## Regarding the Fall Vaccination Session

All individuals who have received their first series of Coronavirus vaccines (1st and 2nd shot) will be able to receive a booster shot during the fall vaccination session starting in September. Once details have been finalized, they will be communicated via the town newsletter and website.



## Facilities Offering Individual Coronavirus Vaccines ( First Through Sixth Dose ・ Child Vaccinations )

**\*Appointments must be made by phone.**

Medical Facility and Address	Phone Number	Applicable Persons	App iointment 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.	Appointment time will be communicated when making appointment
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.	(Third - Sixth Vaccination): 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.	(Third - Sixth Vaccination): Every Sat. starting at 1:00 p.m. (Appointment times will be assigned starting at noon)
Gakkentoshi Hospital Seikadai 7 Chome 4-1	050-7116-7125 (for appointments)		Mon. - Sat.: 2:00 p.m.- 4:00 p.m.	(Third - Sixth Vaccination): Every Tues., Thurs, 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. (Appointment must be made by noon on the day prior)	(First/Second Shot) Odd Numbered Tuesdays starting at 2:30p.m. (Third - Sixth Vaccination) Even Numbered Tuesdays, Every Wed. and Thurs. starting at 2:30p.m.



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 **Tataki with Shredded Chicken Breast** with this recipe.

## Ingredients (2 servings)

Chicken Breast	... 4 pieces (200 grams)
Salt	... 1/3 teaspoon
Pepper	... A pinch
Sake	... 2 teaspoons
Potato Starch	... 1 tablespoon (15 grams)
Boiled Wakame	... A pinch
Salad Greens	... 1/4 a head of lettuce (20 grams)
Shiso	... 2 leaves
Tomato	... 1/2 a tomato
Vinegar Miso (Miso/Soup Stock)	... 10 grams of each
Sugar	... 2 teaspoons (6 grams)
Vinegar	... 1 heaping teaspoon (6 grams)



## Food Education Tip No. 38

### The Power of Chicken Breast!

Since chicken breast is high in protein and low in calories, it is thought to be the best food for dieting. Also, chicken breast contains a lot of niacin which helps the body recover from fatigue and is good for your skin and hair.



## Instructions

- 1 Cut one chicken breast into two to three pieces and marinate with salt, pepper, and sake for five to six minutes.
- 2 Hit the chicken breast lightly with the back of a knife until pieces are about the same thickness and then sprinkle with potato starch.
- 3 Boil the chicken breast in plenty of oil and then place in cold water. Once it has cooled, drain the water.
- 4 In a large container, place the cut wakame, salad greens, and tomato on top of the chicken breast. Sprinkle the shredded shiso on top of the chicken breast. Add the vinegar miso and mix. Move to a different container.

## Nutrition Information (per serving)

Calories	149	kcal	Calcium	49	mg
Protein	25.8	grams	Dietary Fiber	2.0	grams
Fat	1.5	grams	Sodium	1.7	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 restaurant lists which of the seven most common allergens are contained in each product.



## Participating Restaurant

### Boulangerie Fleur

Address: Sakuragaoka 3 Chome 14-5  
Business Hours: 11:30 am - 2:00 pm  
Tel: 0774-73-2929  
Closed: Monday and Tuesday



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.



### Tips for Good Health: The Concept of Food, Clothing, Shelter, and Aikido by Dr. Hatada in Kizugawa City



Food, clothing, and shelter are the basis for a healthy livelihood. In an environment where these things are provided, the mind and body are able to develop properly. In Japan today, it is rare to see a person who has no clothes to wear or has no shelter from the rain. Growing up in Japan has become relatively easy.

The benefits of this have increased the life expectancy of Japanese people and we now live in a time where people can live for 100 years. However, under current circumstances, healthy life expectancy has not been able to keep up with this change. One of the reasons for this is that the proper use of the body and mind are overlooked. Aikido can help to teach the ways to properly utilize the body and mind. Aikido is a way to maintain a healthy body by efficiently absorbing various life energies, or "ki", from the natural world, allowing body organs to function optimally. Breathing techniques are used to spread oxygen to all parts of the body, and correct posture helps to align the abdomen, internal organs, and spine to their correct locations. Understanding the direction in which joints should move in throwing and hardening techniques can lessen the strain that is put on joints in daily life. Techniques to minimize stress on the mind can also be achieved through Aiki. These techniques are commonly practiced in a dojo, but they can also be practiced in everyday life as well. By doing this, Aikido can become a part of your daily life and feel similar to the act of putting on clothes or eating.

Aikido can be treated as a martial art, but if we think of it as a daily activity that helps to improve the body and mind, it would only be natural that there are no matches. I would like to continue to incorporate aikido into my life as a way to overcome living in a stressful and fast-aging society.

## Seika Transportation News



This month will be discussing different questions that we often get regarding the Kururin Bus.

Q. Do the buses operate on the holidays?

A. The buses operate every day including Saturdays, Sundays, and holidays. However, buses do not operate between December 29th and January 3rd of the following year.

Q. Is there a bus time schedule for holidays?

A. The buses operate on the same time schedule as on weekdays.

Q. How much is the bus fare?

A. It is 100 yen each time you ride the bus. Children under the age of 6 can ride for free.

Q. Are there any reduced rates available?

A. There are no reduced rates available.

Q. Is cash the only accepted form of payment?

A. Other than cash, coupon tickets and IC cards can be used to pay for the bus fare. IC cards that can be used include the following: CI-CA, PiTaPA, ICOCA, Kitaca, PASMO, Suica, manaca, TOICA, Hayakaken, nimoca, SUGOCA.

Q. Where can I buy the coupon tickets?

A. You can buy them inside the Kururin bus or at a Nara Transportation information desk (Kintetsu Hosono Station East Ticket Gate). Ticket coupons are sold in groups of 11 for 1000 yen.

\*If you want to buy the tickets on the Kururin bus, buy the tickets when the bus is stopped.

Q. I would like to know the status of the bus.

A. Announcements regarding planned suspension of bus operations during typhoons or big events will be posted on the Town website. In regards to the status of the location of a bus during weather alerts, please call the Nara Transportation Heijo Office at 0742-71-1380.





### Pick up Your My Number Card

Individuals who applied for a My Number card by the end of February are able to apply for My Number Points. Once you have picked up your card, you have until the end of September to register your card as an insurance card or bank account for deposit of public funds. By doing this, you can receive up to 20,000 yen. Please come and pick up your child's card during the summer break.

It is expected that the helpdesk will become more busy as the deadline approaches. If you have not picked up your My Number Card yet, make sure to pick it up with plenty of time before the deadline.



### 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 agency website.

Scan the QR code below to visit the digital 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, August 12th; Sunday, August 27th; Saturday, September 9th; Sunday, August 24th

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 by phone, email, or online.

※When making an appointment online, make your appointment two business days prior to your desired appointment date. Ex. If you want your appointment to be next Monday, schedule your appointment by Thursday of this week.

※Electronic certificates can be renewed up to three months prior to expiration.



Reservations can be made by scanning the QR code



### 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 Information

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





## Town Events

### The Toy Box Fell Over! Insect Craft Fair!

#### Weekend Workshop

**Date and Time:** Friday (National Holiday), August 11th; Sunday, August 13th; Saturday, August 19th, Saturday August 26th starting at 1 and 3 pm

**Event Details:** This is an event related to the display of insect crafts during the duration of the workshops. Each day there will be a workshop held on crafts or sketches.

**Participation Fee:** Keihanna Park Suikeien Entrance Fee, Workshop Fee (The fee changes depending on the workshop held on a given day.)

**How to Apply:** Call the Keihanna Park Office, or go to the park website and apply online



#### Summer Vacation Concert

**Date and Time:** Sunday, August 13th 2:00 pm to 2:30 pm

**Event Details:** Hyoko Mars will be playing a gourd instrument during the insect craft exhibition.

Enjoy this short concert featuring beautiful music from an item you never thought could make music! No reservation needed.

**Participation Fee:** Keihanna Park Suikeien Entrance Fee

#### Location for Events Above

**Place:** Suikeien Moon Viewing Bridge Moon Gallery Garden

---

### Keihanna Summer Festival 2023

**Date and Time:** Friday, August 18th 5:00 pm to 8:30 pm

**Place:** Keihanna Plaza Sundial Plaza, Keihanna Plaza Event Hall

**Event Details:** There will be a kids carnival and performances on an outdoor stage that will be fun for the whole family! There will also be food trucks at the Sundial Plaza.



---

### Creative Dance Performance

#### A Journal of an Adventure of the Body and Mind

**Date and Time:** Saturday, August 26th starting at 1:30 pm (doors open at 1:00 pm)

**Place:** Keihanna Plaza Main Hall

**Event Details:** Dancer, Asai Nobuyoshi, will perform a dance based on the history, nature, and technology of Keihanna. Local children will also join in the performance. There will be an aftertalk following the performance.

**Participation Fee:** Presale: 1000 yen; Same-Day: 1300 yen (seats are not assigned)

**Ticket Sales:** Keihanna Online Ticket



---

### Blueberry Picking

#### Experience Blueberry Picking at the Zakuro Iki Iki Noen

**Date and Time:** Until Tuesday, September 5th

**Place:** Seika Town Oaza Zakuro Koaza Hitcho

**What to Bring:** Gloves for fruit picking, rubber boots, long sleeved shirt and pants, bug spray

**Participation Fee:** 1500 yen for 1 kilogram of blueberries

**How to Apply:** Call the Zakuro Iki Iki Noen Association at least three days before you would like to go blueberry picking. You can reach them at 090-7113-3542.





### 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 from August to November.

This month's word is **Sunflower!**



Align your wrists and spread out both of your hands. Starting from your left move your hands in an arching motion to the right.

### Becoming Hard of Hearing -Communication Disorders-

What is a world of experiencing hearing loss like? Helen Keller famously quoted the philosopher, Kant, saying, "Visual impairments make it harder for people to connect with things, but hearing impairments make it harder for people to connect with other people." Hearing loss can cause people to avoid communicating with those around them. This causes the people around the person experiencing hearing loss to stop communicating with them too. The feelings of isolation and alienation will begin to grow stronger and cause them to stay at home more and in other words make them fall into a world of isolation. We should aim to create a society by where we can tell hearing impaired individuals that there are more ways to communicate than just through speaking.

## Seika Town Facility Schedules

### Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
8/6 (Sun.)	Pediatrics	9/3 (Sun.)	Internal medicine / Pediatrics
8/11 (Hol./Fri.)	Internal medicine	9/10 (Sun.)	Internal medicine / Pediatrics
8/13 (Sun.)	Internal medicine / Pediatrics	9/17 (Sun.)	Internal medicine
8/20 (Sun.)	Internal medicine	9/18 (Hol./Mon.)	Internal medicine
8/27 (Sun.)	Internal medicine / Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

### Health Center

Date	Time	Details
8/22 (Tues.)	12:40 p.m.-	9~10 mon. Health Check (born October 2022)
8/24 (Thurs.)	12:40 p.m.-	3~4 mon. Health Check (born April 2023)
8/5 (Tues.)	12:40 p.m.-	3-yr. 6 mon. Health Check (born February 2020)
8/8 (Fri.)	12:40 p.m.-	1-yr. 6 mon. Health Check (born February 2022)
8/14 (Thurs.)	12:40 p.m.-	2-yr. 4 mon. Health Check (born April 2021)

### Mukunoki Center

Date	Time	Details
8/15 (Tues.)	-	Closed
8/16 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
8/27 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
8/30 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
9/6 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis



### The Norman Santa Fe Depot

A train station now known as the Norman Santa Fe Depot was built in 1909. It is located in the heart of the historic district of Norman and the building's architecture is a well-preserved example of Mission Revival architecture as it has been built in brick and limestone, with a cross-gable and clay tile roof. Passenger train service was discontinued in Oklahoma in 1979, but the station was later converted into a community facility in 1990. Today, the south side of the Depot is used as a train station and the north side is home to the Performing Arts Studio (PAS), a non-profit organization dedicated to creating and presenting innovative fine arts programs for the public, such as poetry readings and visual arts shows. Another program organized by the Depot is known as the Summer Breeze concert series which features national and local musicians performing at parks in Norman. These free summer concerts take place from May to September every year and has been held for 23 years. As a result, Summer Breeze has become one of the many traditions unique to Norman.



### 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**



### **Gather, Grow, Relax, Create**

The 28th Seika Town Fureai Festival was held on Sunday, June 25th at the Kashinokien Community Center for the first time in 4 years. At the event, residents, the elderly, and handicapped were all able to enjoy and interact with one another by engaging in volunteer activities. The goal of the event was to expand the influence of welfare programs.

On the stage, introductions were made of various clubs and volunteer organizations. There were also rakugo performances and movie screenings. Many visitors came to participate in different festivities at the event such as the kids corner, the Seika 365 corner, and the outdoor tent booths.

