



ICHIGO
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Seika's English Language Newsletter

No. 341

December 2023

What Makes Life Easier for Everyone?

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Seika Town Mascot
KYOMACHI SEIKA



"Let's create a society where everyone can live happily!"

From infants to the elderly, people of all ages are living in Seika Town.

There are also people with physical disabilities or people who came from different countries to live in Japan. Everyone might seem similar, but everyone is different.

Each person has different things that are inconvenient or troublesome to them in their own lives. It may difficult to notice what things are inconvenient or troublesome to others.

Let's look for hints that help to create a place for everyone to live. Starting this month, there will be five different articles considering how to solve various inconveniences and troubles that people face. Let's look for things that everyone can do.

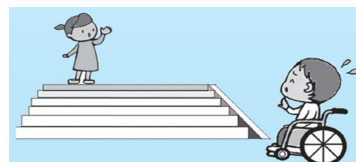
Hints for
the Future

What are the Barriers Present in Society?

Have you thought about what barriers there may be?

Barriers can be described as any inconvenience or trouble that people may have with their body or mind including: the inability to hear, see, walk, or express one's feelings well. There are many barriers like this in society. With that being said, there are many things that can be done to help make everyday life easier for everyone. These may be things that you do not consider very often.

For example, stairs near sidewalks can be climbed by people who can walk by themselves. There are also people who have a hard time climbing stairs which can cause them to become a barrier.



However, if instead the path was a gradual slope, then everyone including: people using wheelchairs, the elderly, people using strollers, small children, pregnant women, and individuals with leg injuries would be able to walk on the path.

Barrier-free toilets make it possible for anyone including: people with disabilities, the elderly, and people with strollers to use the bathroom. Things have become easier for everyone to understand since due to the following being used at stations and on buses: pictures or illustrations, hiragana written in large font, text written in other languages. However, this does not mean that the inconveniences or barriers have been eliminated for everyone.

People can help others by communicating what is troubling them, by realizing what may be inconvenient or troublesome for others, and by thinking with others how to solve these issues.



If we are able to do these things, little by little barriers will be eliminated from society and everyone's lives will become easier.

In order to help create a society in which everyone can live peacefully and comfortably, Edogawa Ward in Tokyo has made a picture book called "Wallaby's Restaurant Kuwagadō's Customers" that can be easily understood by everyone. You can borrow this picture book from the Seika Town Municipal Library, so please read it. (On the "Inclusive Society Picture Book" page of Edogawa Ward's Website, the audio for this picture book has been made available)





Coronavirus Vaccination Information

Coronavirus Fall Vaccinations

Vaccinations given starting in the fall of 2023 (September 20th - March 2024) are for all individuals 6 months and older who have completed their first series of vaccinations (first and second dose), with at least 3 months passing since prior dose.

Vaccination tickets for individuals who have received vaccinations in the spring, were sent out in the middle of September. All other individuals should use the vaccination ticket already in their possession. Vaccinations tickets will not be issued by Seika Town again. If you have lost your vaccination ticket, please submit an application to have it re-issued.

Information on the Re-Issuance of Vaccination Tickets

Applications to have your vaccination ticket re-issued are being accepted by the following: online on the Seika Town website, the health promotion division help desk, and mail. Please confirm the information regarding the re-issuance process by visiting the Seika Town website.

Seika Town Website: <https://www.town.seika/kyoto.jp/kakuka/kenko/vaccine/inoculation/certificate/16717.html>



Information Regarding Group and Individuals Vaccinations

Group vaccinations ended on Thursday, November 16th. Moving forward, vaccinations will be given on an individual basis at the medical facilities listed below.



Vaccinations for Children Turning 6 Months

It is necessary for infants ages 6 months to 4 years getting their first series of vaccinations to receive three shots making sure there is time in between each.

As of now, vaccinations will only be offered until March, 31st, 2024. It takes about 3 months to finish the first series of vaccinations, so please keep that in mind.

[First Series Coronavirus Vaccination Intervals]

First Vaccination

Second Vaccination: Wait at least 3 weeks after receiving the first vaccination

Third Vaccination: Wait at least 8 weeks after receiving the second vaccination

For infants turning 6 months after December 2023, visit the link below to have their vaccination ticket issued.

<https://www.town.seika/kyoto.jp/kakuka/kenko/vaccine/inoculation/vaccine-autumn/23472.html>



Change to Call Center Hours

After December 1st, the Call Center (TEL: 0570-056732) hours will be as follows.

9:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m. (excluding weekends and holidays and December 29th, 2023 to January 3rd, 2024)

Facilities Offering Individual Coronavirus Vaccines (First Through Seventh Dose · Child Vaccinations)

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

Medical Facility and Address	Phone Number	Applicable Persons	Appointment Reception Dates and Times	Vaccination Times
Kuwahara Children's Clinic Seikadai 4 Chome 21-14	0774-98-2788	Residents of Seika between the ages of 6 mths- 4 yrs or 5-11 yrs.	Open during regular business hours Mon. - Sat.: 9:00 a.m. - 12:00 p.m. Mon., Tues., Thur., Fri.: 5:00 - 7:30 p.m.	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 - Seventh 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 - Seventh 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 - Seventh Vaccination): Every Tues., Thurs, and Sat. 2:30p.m. - 4:00 p.m.
Fujiki Clinic Hosono Nishi 1cchome 24-15	0570-056732 (Seika Town Call Center)		Mon. - Fri.: 9:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m. (excluding weekends and holidays) *Appointment must be made by noon on the day prior (If you would like your appointment to be on Monday, then make the appointment by noon on Friday)	(Third - Seventh Vaccination) : Every Mon., Tues., and Fri. 5:00 p.m. (Except on holidays) *Please be on time, if you are not then you will not receive a vaccine.
Seika Town Public Hospital Hosono Sunakoda 7		Residents of Seika 18 yrs. and older	(First Vaccination): 1st, 3rd, and 5th Tues. starting at 2:30p.m. (Second - Seventh Vaccination): Every Tues., Wed., and Thurs. starting at 2:30 p.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 **Octopus and Chinese Yam Curry Stir-Fry** with this recipe.

Ingredients (3 servings)

Boiled Octopus	...	40 grams
Chinese Yam	...	20 grams
Broccoli	...	40 grams
Red Pepper	...	15 grams
Salad Oil	...	1 teaspoon
Curry Powder	...	1 teaspoon (2 grams)
Mentsuyu (Noodle Soup Base) Double Concentration		1 teaspoon

Instruction

- 1 Cut the octopus into bite-sized pieces and boil.
- 2 Peel the Chinese yam and cut into bite-sized pieces.
- 3 Separate the broccoli into florets
- 4 Cut the red pepper into bite-sized pieces.
- 5 Add salad oil and the curry powder to a frying pan and heat a little. Add the ingredients from step 1 through 4.
- 6 Remove the pan from heat. Pour the mentsuyu evenly into the pan and mix well.

Nutrition Information (per serving)

Calories	57	kcal	Calcium	22	mg
Protein	6.0	grams	Dietary Fiber	1.6	grams
Fat	2.5	grams	Sodium	0.3	grams



Nutrition Education Tip No. 42 **Fast Facts on Octopuses**



Of the 95% of invertebrates that make up earth, octopuses are said to be the smartest. Octopuses have three hearts, one normal and two branchial hearts. The blood flowing from the hearts is blue. They have six arms and two legs and can detach their limbs when running from a predator. The arms and legs of an octopus are not completely controlled by its brain and are in fact independent of it, making the limbs able to move even if cut off from the body. The speed of a fleeing octopus can reach up to 40 kilometers an hour. An octopus is much faster than it looks. Additionally, octopuses know how something tastes just by touching it with its suckers and even though its tentacles are soft and wriggling they even eat animals such as spiny lobster and seagulls.

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

Co-op Hosono Bakery Cocco

Address: Hosono Nishi 1 Chome 9-46
Seika Garden City

Business Hours: 9:00 a.m. - 6:00 p.m.

Tel: 0774-98-3040

Closed: Open every day

*Except January 1st through 3rd



Please note that business hours are subject to change due to the coronavirus pandemic. Please contact the restaurant for more information regarding their hours and operating dates.

End of the Year Garbage Schedule



★ Burnable Garbage

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

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

District	Last Collection Day
1	Mon., Dec. 18th
2	Tues., Dec. 19th
3	Thurs., Dec. 21st
4	Fri., Dec. 15th
5	Mon., Dec. 25th
6	Tues., Dec. 26th
7	Thurs., Dec. 28th
8	Fri., Dec. 22nd
9	Wed., Dec. 27th
10	Wed., Dec. 20th

★ Containers or Packaging made of Plastic

District	Last Collection Day
1 5	Mon., Dec. 25th
2 6	Tues., Dec. 26th
3 7	Thurs., Dec. 28th
4 8	Fri., Dec. 22nd
9 10	Wed., Dec. 27th

★ Plastic Bottles

District	Last Collection Day
1 5	Wed., Dec. 27th
2 6	Thurs., Dec. 21st
3 7	Tues., Dec. 26th
4	Fri., Dec. 22nd
8	Fri., Dec. 15th
9	Mon., Dec. 18th
10	Mon., Dec. 25th

Please be careful not to forget to put out your garbage before the last collection day of the year. Once it is past the last collection day for garbage, your garbage will not be collected. Please make sure to put out your garbage by 8 a.m. in the specified location for the area that you live in. Do not put your garbage in any other disposal location. This will cause problems for the people living in the area as well as the individuals who are collecting the garbage. The information written below is the same information that was distributed in March of this year. You can take burnable garbage to the Kizugawa Environment Center during the week other than the days listed below. (The last collection day is Wednesday, December 28th and the first collection day of the year is Thursday, January 4th, 2024. For more details, please call the center at the following number, 72-1010.

Collection Area Key

Number	Area
1	Hishida (east of Nomen Rd.), Takinohana, Fune (east of Nomen Rd.), Nakakubota
2	Kitanodo, Babuchi, Naka (east of Nomen Rd.), Higashi, Nishikita (east of Nomen Rd.)
3	Hishida (east of Yawata Kizu Rd.), Sato, Soubou (east of Yawata Kizu Rd.), Fune (west of Nomen Rd.), Komada Icchome, Komada Nichome
4	Hishida (west of Yamata Kizu Rd.), Soubou (west of Yawata Kizu Rd.), Tani, Kitainayazuma (west of Yawata Kizu Rd.), Asahi
5	Minami (east of Yawata Kizu Rd.), Sugai, Kitainayazuma (east of Yawata Kizu Rd.), Nishikita (west of Nomen Rd.), Naka (west of Nomen Rd.)
6	Minami (west of Yawata Kizu Rd.), Minamiinayazuma, Ueda, Hosononishi Icchome
7	Inuidani, Zakuro, Higashibata
8	Yamada, Sakuragaoka
9	Hikaridai
10	Seikadai

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

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



Seika Town Garbage Sorting App

Let's recycle old paper products! Newspapers, magazines, cardboard boxes, old cloth, and other recyclable paper (snack boxes, flyers, or notebooks) are important resources, so please put them out as recycling when you put out your garbage. Please recycle to help reduce the amount of garbage!

[For iPhone] [For Android]



Download from here



Register to Receive Notifications ~Prevent Improper Acquisition of Documents Such as Residence Certificates~

You can receive a notice if a representative or third party obtains an official copy of your family register or copy of your residence certificate. These notifications are used to prevent improper application or acquisition of documents. To receive these notifications you will need to register in advance. Individuals eligible include those whose registered domicile or address is in Seika Town, as well as individuals who had a Seika Town address prior. Bring the application form* along with personal identification document issued by government office (my number card, driver's license, health insurance card, etc.) to the general service counter on the second floor of the town hall.

- ▶ Certificates that Qualify for Notifications
 - Copy/Shortened version of all or part of your official family register, residence certificate, address record, etc.
- ▶ Not Eligible for Notifications
 - If you, someone in your family, or relatives apply for a copy of your official family register
 - If you or one of your family members apply for your residence certificate
 - If national or municipal government offices submit an application
 - If a lawyer, judicial clerk, etc. applies for use during a legal trial or dispute

* Application form can be downloaded from the Seika Town website.

Accepting Appointments for Home Visits for New My Number Card Applications Until the End of February 2024

If you live in Seika Town and would like to apply for a My Number Card, but have difficulty coming to the town hall, a town hall employee can visit your house and complete the application. The face picture needed for the application can also be taken at this time. For those interested in this service, please call to make an appointment.

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: December 9th; Sunday, December 24th; Saturday, January 13th, 2024; Sunday, January 28th
Hours: 9:00 a.m. - 11:45 a.m.

※An appointment needs to be made in advance. For your appointment, make sure to have your application postcard and make an appointment by phone or online. For all other matters, please call for an appointment.

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



Make an appointment by scanning the QR code

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>



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





End of the Year Schedule

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



Communicating Through Sign Language

Sign language is a way to communicate with those who are hard of hearing. This is a report of the activities of the Soraku Association for the Deaf and Hard of Hearing from December.

This month's word is Present!



Face your left palm upward and face your right hand downward while touching your right pointer finger and thumb on your left palm. Move both of your hands outward in this position at the same time.

First Step Toward A Hearing Society in Harmony

Individuals who cannot hear or have a hard time hearing love to talk. Those who have suddenly lost their hearing or are hard of hearing have unstable hearing, so many people communicate while also relying on visual information. If you have something you can write with, write what you want to say. If you do not have anything to write with, it is okay to use gestures or even write in the air. Communication is something that can be done without using speech. It is first important to have an open attitude about communicating with others. If two people have the mindset of wanting to communicate heart to heart then there will be a mutual understanding and from this society is born.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
12/3 (Sun.)	Internal medicine	1/1 (Hol. / Mon.)	Internal medicine / Pediatrics
12/10 (Sun.)	Internal medicine / Pediatrics	1/2 (Tues.)	Internal medicine
12/17 (Sun.)	Internal medicine	1/3 (Wed.)	Internal medicine / Pediatrics
12/24 (Sun.)	Internal medicine / Pediatrics	1/7 (Sun.)	Internal medicine
12/31 (Sun.)	Internal medicine / Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
12/12 (Tues.)	12:30 p.m.-	3-yr. 6 mon. Health Check (born May 2020)
12/19 (Tues.)	12:30 p.m.-	9-10 mon. Health Check (born February 2023)
12/22 (Fri.)	12:40 p.m.-	3-4 mon. Health Check (born August 2023)
1/9 (Tues.)	12:30 p.m.-	3-yr. 6 mon. Health Check (born June 2020)
1/11 (Thurs.)	12:30 p.m.-	2-yr. 4 mon. Health Check (born August 2021)

Mukunoki Center

Date	Time	Details
12/3 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
12/20 (Wed.)	-	Closed
12/24 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Hiroba
1/10 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis



Fall Traditions in Norman

Pumpkin Day is celebrated on October 26th in the United States. To celebrate Pumpkin Day, a pumpkin patch is set up at a church in Norman and residents are invited as a way to create a place for people to come together while also raising money for the church's music program. The pumpkin patch coordinator, Stephen Wurst, said that the pumpkin patch was started in 1991 as a fundraiser for the church's choir, but it now helps to support the entire music program. To Norman residents, this pumpkin patch has become a fall tradition and people who went to the pumpkin patch as kids are now taking their kids. To Stephen, the pumpkin symbolizes harvest and the start of the season that brings communities together. This tradition is held every year for the entire month of October.



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



Enjoy Halloween with Ichigo Ichie!

On Sunday, November 5th, a family friendly Halloween event was held in the Exchange Hall at the town hall. There were participants from many different countries including: the United States, Canada, England, the Philippines, and China.



Everyone was able to experience Halloween through: the reading of a picture book about Halloween in the United States, discussing with other families about their own experiences with Halloween and how halloween is celebrated in their community, making trick-or-treat bags, and going trick-or-tricking.