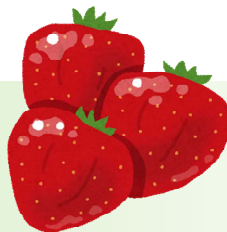




ICHIGO
いちご



Seika's English Language Newsletter

No. 331

February 2023

Do you have Bicycle Insurance?

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Traffic accidents have been decreasing in recent years, but the amount of at-fault bicycle accidents is increasing. In Kyoto Prefecture, it is mandatory to purchase bicycle injury insurance in order to provide financial compensation to individuals injured in an accident, while also decreasing the financial burden on individuals who were at-fault during an accident. This was put in place in order to promote the safe use of bicycles as a mode of transportation.

If someone were to become injured while riding a bicycle as a result of an accident, there are cases in which huge settlement costs need to be paid. This puts a lot of burden not only on the individual at-fault, but also on the person who was injured. Please purchase bicycle injury insurance to not only protect yourself, but to protect others as well. Injury, fire, and bicycle insurance can all be added as additional insurance under general personal liability insurance. Please confirm this with your insurance provider.

For those who have not purchased bicycle insurance or are not sure if they have bicycle insurance or not, you can confirm by calling the Kyoto Bicycle Insurance Call Center (Kyoto Prefecture Liability Insurance Association).

Kyoto Bicycle Insurance Call Center
(Business Hours: Weekdays 9:00 am to 6:00 pm)
TEL: 0120-670-022

Note: The purpose of this insurance or mutual aid is to assist with covering the costs of any liabilities that occur due to accidents involving bicycles.

A Book Drop Box has Been Placed in Hosono Station in the East-West Walkway (in Front of the Ticket Gates at Kintetsu Shin-Hosono Station)

In order to help make the use of the Seika Town Library more convenient and to decrease the amount of direct contact between residents and library employees, a book drop box was placed in the east-west walkway on December 1st, 2022. Please use this box, when going to the station for transportation purposes.

Kintetsu Shin-Hosono Station- In Front of the Ticket Gate



Barbapapa is pictured on the book drop box!

Items you can return

* Seika Town Library Books

Items that cannot be returned

x CD, DVDs, Videos, Cassettes, Supplemental CDs (return with the corresponding book at the counter)
x Kamishibai, Large picture books, Event documents, other library books

*It can take up to 2 to 3 days for the books to be collected. If you would like to borrow a new book from the library immediately, please return borrowed books directly to the library.

Seika Town Mascot

KYOMACHI SEIKA



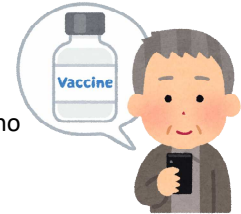
"If you use a bike, make sure to purchase bicycle insurance!"

Coronavirus Vaccination Information



Group Vaccinations for the Omicron Coronavirus Vaccine has Ended

Group vaccinations for the Omicron vaccination ended on Sunday, January 29th. Individuals who would like to receive a vaccination will need to call one of the medical facilities within Seika Town and schedule an appointment to receive the vaccination on an individual basis. Please refer to the information below regarding the medical facilities who offer individual Coronavirus vaccines. As the end date for individual Coronavirus vaccinations approaches, there is a chance that you will not be able to find a clinic or make an appointment to receive a vaccination. Please make an appointment to get a vaccination as soon as possible if you are interested in receiving one.



Coronavirus Vaccinations will be Offered Until the End of March

As of January 20th, Coronavirus vaccinations will be offered until Friday, March 31st. Individuals who have not received their first two vaccinations will not be able to receive the Omicron coronavirus vaccination. Additionally, every person is only able to receive the Omicron vaccination once.

Facilities Offering Individual Coronavirus Vaccines (First through Fifth 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/Fourth/Fifth 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/Fourth/Fifth Vaccination): Every Sat. starting at 1:00 p.m. (Questions can be asked 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.	(First/Second Shot): Every Thurs. 2:30p.m. - 4:00 p.m. (Third/Fourth/Fifth Vaccination): Every Tues. 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) Every Tues. starting at 2:30p.m. (Third/Fourth/Fifth Vaccination) Every Wed. and Thurs. starting at 2:30p.m.

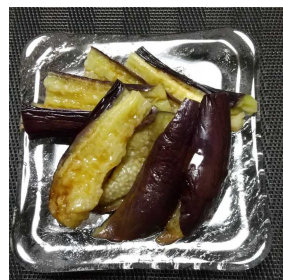
*There is a chance that the medical facilities listed above have changed. Please check the Seika Town website or the Seika Town Official Line account for the most up-to-date information.



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 **Eggplant with Spicy Sauce** with this recipe.

Ingredients (2 servings)

3 Medium-sized Eggplants ... 240 grams
Green Onions ... 10 grams
Ginger ... 5 grams
Spicy Sauce: Vinegar, 1 tablespoon; Soy Sauce, 1 tablespoon;
Sugar, 1 teaspoon, Sesame Oil, 1 teaspoon, Chili Oil, desired amount



Instructions

- 1 Cut the eggplant into strips and line up on a heat-resistant plate. Cover with plastic wrap and cook for four minutes in a microwave on 600 watts. Remove from the microwave and allow to cool.
- 2 Cut the green onion into small, bite-sized pieces, and finely chop the ginger.
- 3 Mix the ingredients for the spicy sauce and add the green onions and ginger.
- 4 Once the eggplant has cooled down, use your hands to tear the eggplant vertically. If the pieces are too long, cut in half.
- 5 Put the eggplant in a bowl and then pour the spicy sauce on the eggplant.

Nutrition Information (per serving)

Calories	67	kcal	Protein	2.1	grams
Fat	3.1	grams	Calcium	26	mg
Dietary Fiber	2.8	grams	Sodium	1.3	grams

Food Education Tip No. 32 **How is Bok Choi eaten?**

The outside of Bok Choi is often used, but the inside of the Bok Choi is the best to eat. Even after it has been harvested, the outside leaves of the Bok Choi will supply nutrients to the inner leaves. You can preserve the delicious taste of your bok choy longer by eating from the inside out.



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

Le Pâtissier Yamada

(First Floor of IR Port-Aia-ru Po-to)

Address: Hikari-dai Kyu-Chome 8-8

Business Hours: 9:30 am - 7:00 pm

Tel: 0774-95-0555

Closed: Tuesday (Open on national holidays, closed on the day following a national holiday)

*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.





The **Keihanna Open Innovation Center (Kick)** has been designated as an evacuation area during flooding!

The Keihanna Open Innovation Center (KICK) in Kyoto has been newly designated as an emergency evacuation center* during flooding. It seems that every year large-scale flooding events due to sudden heavy rain and typhoons are happening and recent years have been no exception. In the event that the Kizugawa River or Susutanigawa River were to overflow, there would be a large area affected by flooding. It is estimated that many people in Seika Town would need to seek shelter if one of these two rivers flooded. When evacuating, it is important to act fast and confirm where to receive evacuation information as well as information regarding evacuation locations.

*This center has been designated as an evacuation center with the goal of protecting the lives of citizens during an emergency.



Keihanna Open Innovation Center (KICK)

You can File Your Taxes at the Seika Town Hall from Thursday, February 16th to Wednesday, March 15th

Is it Necessary for You to File Your Residential Taxes?

Did you reside in Seika Town as of January 1st, 2023?

Yes
↓

No
→

You do not need to file your residential taxes. Please confirm whether or not you need to file your residential taxes with the officials in the municipality that you resided in on January 1st, 2023.

Did you have any income from January 1st, 2022 to December 31st, 2022?

Yes
↓

No
→

In general, it is not necessary for you to file your residential taxes. If you have received a notice to your address regarding residential taxes, please write that you did not have any income in the last year on the back of the form for question number 17.

A is for those receiving income through a pension and B is for those receiving a salary

A. Is the pension amount you received higher than 4,000,000 yen?

No
↓

Yes
→

A final tax statement of income is necessary.

You have had less than 4,000,000 yen in income in public pension and received another form of income.

No
↓

Yes
→

It is necessary to file your residential taxes. If you have had more than 200,000 yen in other income, you will have to report your income for taxes.

B. You were paid a salary by your employer in 2022. Has your employer submitted a summary of your earnings to the Seika Town Hall? (Please ask your employer if submission is necessary).

Yes
↓

No
→

You will need to file your residential taxes. For individuals who have not filed for their year-end tax adjustment, a final statement of income is necessary.

You have had two employers within the last year or have had a form of income other than from your employer?

No
↓

Yes
→

It is necessary to file your income taxes if you had income totaling more than 200,000 yen that has not undergone the year-end tax adjustment. If you do not submit documentation showing that salary was under 200,000 yen, then you will have to file your residential taxes.

For individuals who have not received any other form of income: You do not need to file your residential taxes.



Pick Up Your My Number Card As Soon as Possible

Individuals who applied for a "My Number Card" before the end of February are eligible to receive my number points. After you receive your card, you can apply for a maximum of up to 20,000 yen in points by registering your health insurance card and bank account information. It is expected that the help desk will become more busy as the deadline approaches. If you have not picked up your "My Number Card" yet, please do so as soon as possible.

A Temporary My Number Card Application Booth will be set up at Sun Fresh Komada! (Reservation Needed)

A My Number Card application booth will be set up as described below. You will also be able to take a portrait photo needed for the My Number Card application. Use the QR code to the right to make an appointment or call the number listed below.

Place: Sun Fresh Supermarket Komada (In front of Kintetsu Komada Station)



[Inquiries] Kyoto Prefecture My Number Card New Application Support Reservation Hotline
Tel: 050-1748-5784 (Business Hours: Weekdays 9:00 am- 5:00 pm)

Moving One-Step Service

Starting Monday, February 6th, individuals with a My Number Card will be able to 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, February 11th; Sunday, February 26th; Saturday, March 11th; Sunday, March 26th

Appointment Hours: 9:00 am - 11:45 am, 1:00 pm - 4:45 pm

※An appointment needs to be made in advance. Please write all necessary information on the postcard-sized document that you received in the mail and call or email the help desk to set up an appointment.

You can make an appointment online by scanning the QR code to the right.



International Playgroup "Ichigo Ichie" Foreign Resident Support Chat

Do you live in Southern Kyoto or Northern Nara and have questions about life in Japan or raising children? International Playgroup Ichigo Ichie has set up a LINE OPENCHAT group to answer all your questions! Feel free to contact the group through LINE or email if you have any questions. Scan the QR code on the right to join the LINE OPENCHAT group.



Ichigo Ichie also holds events once every two months. Please participate if interested! You can find the details of the events by visiting one of the three links below.

Facebook: <https://www.facebook.com/sgnhiroba>

Instagram: https://www.instagram.com/ichigo_ichie_sgn/

Homepage: <http://www.sgnhiroba.blogspot.com>



Information on COVID-19 (Coronavirus)

CLAIR

<http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>

Japan Ministry of Justice

http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html

Coronavirus Consultation Center Contact Information

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





Easy Yoga

Date and Time: Friday, February 17th from 10:30 am to 11:30 am

Place: Kashinoki-en Japanese-Style Gathering Room (East, Central, West) First Floor

Capacity: First 20 people

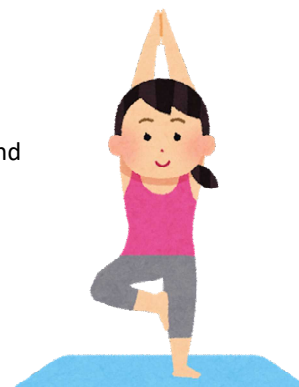
Event Description: Relieve your body of tension with deep breathing, relax your mind, and increase the therapeutic efficacy of stretching.

Teacher: Mrs. Motoko Kawai

What to Bring: Something to drink and a yoga mat (bath towel is okay)

Participation Fee: 300 yen (Insurance included)

Application Method: Send your name and phone number to the following email, minami230@kcn.jp, by February 16th.



Enjoy! Concert

Date and Time: Sunday, February 19th starting at 2:00 pm

(Event Hall will open at 1:00 pm)

Location: Keihanna Plaza Main Hall

Event Description: The Kyoto Tachibana University Wind Ensemble, joined by high school students, will be putting on a performance to showcase the world of music.

Participation Fee: 500 yen (all seating is non-reserved)

Application Method: By applying to the Keihanna online ticket service



Peach Festival ~Doll Festival and Making the Hina Doll Out of Origami~

Date and Time: Sunday, February 26th from 1:00 pm to 3:00 pm

Location: Keihanna Memorial Park-Lakeside Garden, Moon Viewing Bridge, and Basement

Event Description: Make dolls out of origami and look at the doll display. The first 100 participants middle school age and below will be able to participate.

Participation Fee: Keihanna Memorial Park Entrance Fee

(Adults: 200 yen; Children: 100 yen)

***No application needed to attend**



4th Annual Seika Family Treasure Hunt

Date and Time: Sunday, March 12th from 9:00 am to 12:00 pm

(Check-in will be from 9:00 am until 10:30 am or until the event reaches capacity)

***In the event of a storm warning the event will be canceled**

Location: Keihanna Memorial Park (Check-in: Keihanna Memorial Park West Entrance)

Capacity: First 500 people (Children 3rd grade and below will need to be accompanied by a parent or guardian)

Event Information: This event is a treasure hunt quiz rally that is perfect for families.

By using the map as a hint, you will be tasked with finding the hidden treasure in the park by answering questions about Seika Town. There will also be a ring toss and a place where snacks and bread will be sold during the event.

***Attending this event will make you eligible for 30 Seika 365 Health Points.**



Questions? Please contact
the Health Promotion
Division at 95-1905.



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 February and March.

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



Make a heart shape with both of your hands and then push out in a forward motion.

Creating a Bridge with Words: Precise Note Taking

Have you ever heard of precise note taking? One way in which hard of hearing people are supported in their daily lives and aided in their ability to participate in society is through precise note taking. This is the the process of writing hand-written notes or by typing out what is said in conversations in order for the information to be conveyed to the hard of hearing person. Most people who need this form of support are individuals who lost their hearing or for individuals who are hard of hearing. Communicating through written words is very familiar to these individuals and provides a sense of relief in that they will be receiving the correct information. What is the difference between note taking and precise note taking? When communicating through note taking, the people talking will each take turns writing on a piece of paper in order to communicate. Through precise note taking, a transcription of the conversation serves as a bridge between "those who want to communicate" and "those who want to know" so that everyone can obtain information and communicate equally.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
2/5 (Sun.)	Internal medicine /Pediatrics	2/26 (Sun.)	Internal medicine /Pediatrics
2/11 (Hol./Sat.)	Internal medicine	3/5 (Sun.)	Internal medicine /Pediatrics
2/12 (Sun.)	Internal medicine	3/12 (Sun.)	Internal medicine
2/19 (Sun.)	Internal medicine	3/19 (Sun.)	Internal medicine
2/23 (Hol./Thurs.)	Internal medicine/ Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
2/14 (Tues.)	12:40 p.m.-	1-yr. 6-mon. Health Check (born July 2021)
2/21 (Tues.)	12:40 p.m.-	9-10 mon. Health Check (born April 2022)
2/22 (Wed.)	12:40 p.m.-	3-4 mon. Health Check (born October 2022)
3/8 (Wed.)	12:40 p.m.-	3-yr. 6-mon. Health Check (born August 2019)
3/10 (Fri.)	12:50 p.m.-	2-yr. 4 mon. Health Check (born October 2020)

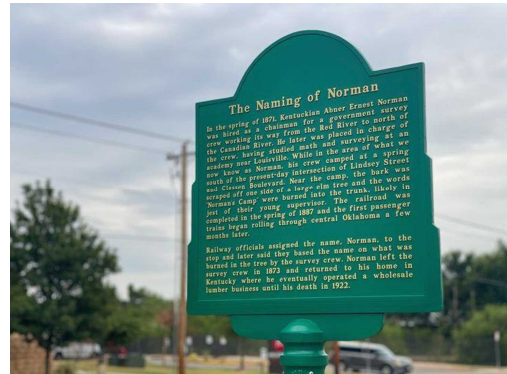
Mukunoki Center

Date	Time	Details
2/15 (Wed.)	3:00 pm - 5:00pm	Table Tennis
2/22 (Wed.)	-	Closed
2/26 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
3/1 (Wed.)	3:00 pm - 5:00pm	Table Tennis
3/8 (Wed.)	3:00 pm - 5:00pm	Table Tennis



How Did the City of Norman Get its Name?

Norman is currently the third largest city in the state of Oklahoma with a population of 133,156, just behind Oklahoma City and Tulsa. The name of the city of Norman honors a man by the name of Adner E. Norman, who led a team to survey the Unassigned Lands. This was land given to the United States by the Creek and Seminole Indians following the Civil War. Abner Norman and his team camped where the city is now located, and the words "Norman Camp" were burned into a tree at the camp site. Years later when a railroad running through the area surveyed by Adner Norman was completed, railway officials assigned the name, Norman, to the stop because the name had been burned into a tree near the station.



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



What Does Japan Mean to You?

The 21st Japanese Speech Contest for foreigners was held at the Seika Town Exchange Hall. A total of eight people from seven different countries gave a speech in Japanese based on their thoughts and feelings about Japan based on their past and how they perceived Japan would be involved in their future. Towards the end of the event, there was also a presentation given in quiz format by the Seika Middle



School International Exchange Club and the Challenge Club at Kizugawa Middle School on dining manners and world heritage sites. You can view the speeches of the winners of the competition by going to the Seika Global Net website or by scanning the QR code to the right.

