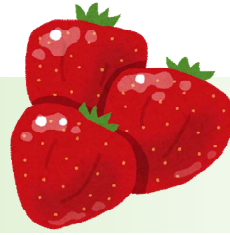




ICHIGO
いちご



Seika's English Language Newsletter No. 342 January 2024



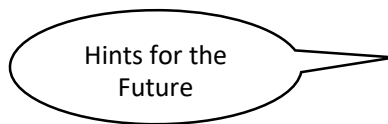
What Makes Life Easier for Everyone?

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For five months starting in December, 2023, the topic of finding hints on how to make a place easier to live for everyone will be explored in this column. Let's consider the solutions to various inconveniences and barriers present and determine what each individual can do to contribute to the solution.



Why?
Let's start from discovering the reason



Even though talking is the same when communicating, the language spoken depending on the country is different. When you are walking, there are people with artificial legs, people who use canes, and babies in strollers. There are different reasons for different people and each person is different from one another for various reasons. When we can understand why we are different

from each other, we can start to think together about how we can go about solving the different inconveniences and barriers present. We can also come together to solve things that we feel are inconveniences or barriers to each one of us and create a place that is easy to live for everyone.



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 Kuwagadoe'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)

This book depicting a harmless society will be displayed in the library until Sunday, January 28th. This is a book that has hints on how to respect everyone with the aim of creating a safe environment for all to live in.

Recommended book: Kawagadoe's Customers
Notice Regarding Temporary Closing of Library

From Monday, January 29th to Friday, February 2nd the library will be temporary closed for inventory check. (The moving library will also be closed during this time period). We appreciate your understanding and apologize for the inconvenience.



Seika Town Mascot
KYOMACHI SEIKA



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



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, 2023. 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 have ended. 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. Following April 1st, all optional vaccinations will require a fee.

Interval for First Vaccinations for Children 6 months to 4 years

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>



Call Center Closing Notice

The call center will be closing on January 31st. Starting February 1st, all inquiries should be directed to the Health Promotion Division (TEL: 95-1905).

Seika Town Coronavirus Vaccine Call Center
Hours: 9:00 a.m. - 12:00 p.m. / 1:00 p.m. - 5:00 p.m.
(Excluding weekends and holidays) TEL: 0750-056732

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.	(First - 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)	Residents of Seika 18 yrs. and older	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 an appointment by noon on Friday)	(Third - Seventh Vaccination) : Every Mon. and Fri. 3:45 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			(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 **Natto Toast** with this recipe.

Ingredients (2 servings)

- Bread ··· 2 slices (120 grams)
- Natto ··· 2 packs (80 grams)
- Green Onions ··· 10 grams
- Melting Cheese ··· 36 grams
- Mini Tomato ··· 20 grams

Instruction

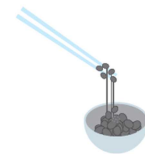
- 1 Thicken the natto by mixing together the attached sauce and mustard as well as the cut green onions.
- 2 Put meltable cheese onto the bread and toast in a toaster.
- 3 Put the natto on top of the toasted bread and eat with the mini tomatoes.

Tip: Natto toast is recommended for breakfast. It is easier to consolidate the natto when it has been thickened. Lettuce or parsley can be used in place of green onions. If you do not have bread, the natto can be placed on rice instead to make natto rice. This dish is nutrient rich and will give you a lot of energy.



Nutrition Education Tip No. 43 Fun Facts about Natto

Natto provides many benefits such as: improving gut health, increasing immunity, preventing blood clots and broken bones, as well as menopause. Natto can be eaten at any time of the day, but it contains the enzyme, nattokinase, which helps to dissolve blood clots. In order to get the most benefit from natto to reduce blood clots, it is recommended that it be eaten at night.



Nutrition Information (per serving)

Calories	307 kcal	Calcium	155 mg
Protein	18.2 grams	Dietary Fiber	6.4 grams
Fat	11.8 grams	Sodium	1.8 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

La Terre D'or

Address: Hikaridai 7 Chome 27-1

Royal Court Hikaridai First Floor

Business Hours: 8:00 a.m. - 7:00 p.m.

Tel: 0774-95-3357

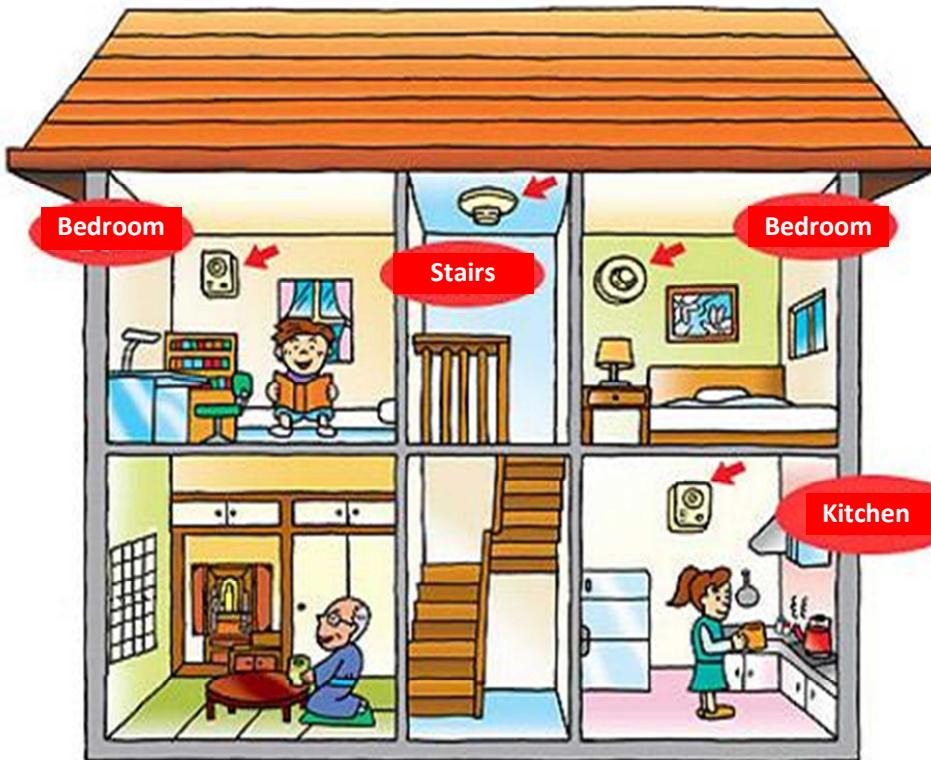
Closed: Monday, Every Third Tuesday



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.



Protect the Things that are Important to you from Fires!



Do you know Where to Install Fire Detectors in your home?

Since June 2011 it has been made mandatory for fire detectors to be installed in homes. In Seika Town, it is required that fire detectors be installed in all bedrooms and kitchens. If there is a bedroom on the second floor or higher, it is also required that a fire detector be installed on the ceiling above the stairs.

Inspect Your Fire Detector Regularly!

It is common for fire detectors to be battery powered. The life of these batteries typically lasts about 10 years. There are either buttons or strings attached on the fire detectors for inspection purposes. Perform an inspection of the fire detector on your own to ensure that it will work properly in case of an emergency. If the alarm does not go off during the inspection, replace the batteries or main unit of the fire detector.



More Than 60% of Fire Deaths are Caused by House Fires

During 2022, 30% of all fires in Japan were house fires.

However, about 64% of all deaths caused by fires were in the case of house fires.

Fire detectors are the most effective devices to ensure that you can escape from and alerted of a fire early on.

In Seika Town, there have been cases where fire alarms have alerted people early enough that they were able to prevent the fire from happening.

Install a fire detector in your home to protect yourself, your family, and your possessions during the winter season when many fires occur.





New My Number Card Applications for In-Home Appointments are Now Being Received

The time period for appointments for in-home My Number Card applications has been extended for Seika Town residents who have a difficult time coming to the town hall. A face picture needed for the application will be taken at the time of the appointment at no cost. In-home appointments can be scheduled until Thursday, February 29th (not including weekends and holidays). For those interested in using this service, please call the town hall service desk (95-1915) 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: Sunday, January 28th; Saturday, February 10th; Sunday, February 25th
Appointment 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

It takes about one month for a My Number Card to be created from the time of application. It is necessary for the applicant to come to the town hall in person to pick up their card, but a My Number Card can also be sent to an applicant's home address via registered mail.

[Necessary Items]

1. Notification Card
2. Two Personal Identification Documents (Either a driver's license or passport(1) and a documents containing your name and birthday/ name and address)

Example: Driver's license and Health Insurance Card

3. Basic Resident Register Card or My Number Card (if applicable)

*The person applying must be present at time of application.

(1) For more info, please inquire during your appointment.

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	075-414-5487 (available 24/7)
Languages	English, Chinese, Korean, Portuguese, Spanish





Family-Friendly Events

Picture Book Story Time (No Application Needed)

Date and Time: Tuesday, January 23rd and Tuesday, February 27th from 10:30 am to 11:00 am (During Tottoko Hiroba Playroom time)

Meeting Place: Kosodate Shien (Childcare Support) Center

Event Details: The storytelling club, "Ohanashi no kobako" will be reading aloud picture books during this time. (This take place on the fourth Tuesday of every month).



Setsubun ~Scattering Beans and Origami ~

Date and Time: Saturday, February 3rd from 1:30 pm to 3:00 pm

Meeting Place: Suikeien Moon viewing bridge basement

Event Details: In accordance with Setsubun, beans will be prepared for first 100 people. Setsubun decorations can be made in the origami corner.

Participation Fee: Keihanna Commorative Park entrance fee



Healthy Child Suku-Suku Festival (No Application Needed)

Date and Time: Saturday, February 10th from 10:00 am to 3:00 pm

Meeting Place: Kashinokien

Target Participants: Families with children in preschool

Event Details: This is an event that is fun for the whole family. There will be many activities including: a puppet show, a maze, and storytelling.

Participation Fee: No cost



Dad and Baby ~Time for Father's to Spend Quality Time with Their Child~

Date and Time: Saturday, February 24th from 10:00 am to 11:30 am

Meeting Place: Hoken (Health) Center

Target Participants: Infants residing in Seika Town ages 2 to 12 months (as of February 1st) and their fathers

Event Details:

Instructor: Ikuyo Oka (Midwife)

Application Period: Thursday, February 1st through Wednesday, February 14th



Childcare Consultations

Consultations are held on topics such as parenting and development.

◆ In-Person Consultation Location

▷ Childcare Support Center (Tel: 98-4001)

*Please call the center in advance to make an appointment.

◆ Phone Consultations

▷ Date/Time: Mon. thru Fri. 10:00 am to 4:00 pm

▷ Location: Seika Town Nursery Schools/Childcare Support Center

*Consultations are also done at the following nursery schools.

- Hosono Nursery School: 8:30 am to noon
- Iketani Nursery School: 8:30 am to noon
- Komada Nursery School: 8:30 am to noon
- Hikaridai Nursery School: 9:00 am to 11:30 am
- Seikadai Nursery School: 8:30 am to 4:00 pm



Communicating Through Sign Language

Sign language is a way to communicate with those who are hard of hearing. This column features various topics regarding the experiences and everyday experiences of those with hearing disabilities.

This month's word is Otoshidama (New Year's Gift)!



Take the pointer finger of both of your hands and move left and right making sure that one pointer finger is above the other.

Make an ok sign (money) with your right hand and put it on the inside of your outstretched left palm.

First Step Toward A Harmous Hearing Society (Second Issue)

When you speak with someone with a hearing impairment what do you do? There are various ways that you can communicate, including: sign language, writing, mouthing words, using gestures, or the internet. Just because you do not know sign language that does not mean that you need to hesistate, make eye contact with the person you are trying to communicate with and greet them with a smile. You can try coveyng your feelings by incorporating the following when communicating: writing on a piece of paper or in the air, by mouthing, or using smartphone features or gestures. The most important thing is wanting to communicate and understand. An interaction that starts with an awkward smile can be the start of a genuine interaction.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
1/28 (Sun.)	Internal medicine / Pediatrics	2/23 (Hol./Fri.)	Internal medicine / Pediatrics
2/4 (Sun.)	Internal medicine	2/25 (Sun.)	Internal medicine / Pediatrics
2/11 (Hol./Sun.)	Internal medicine	3/3 (Sun.)	Internal medicine
2/12 (Hol./Mon.)	Internal medicine / Pediatrics	3/10 (Sun.)	Internal medicine / Pediatrics
2/18 (Sun.)	Internal medicine	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
1/25 (Thurs.)	12:30 p.m.-	9 - 10 mon. Health Check (born March 2023)
1/26 (Fri.)	12:40 p.m.-	3 - 4 mon. Health Check (born September 2023)
2/6 (Tues.)	12:30 p.m.-	3-yr. 6 mon. Health Check (born July 2019)
2/9 (Fri.)	12:30 p.m.-	2-yr. 4 mon. Health Check (born September 2020)
2/16 (Fri.)	12:30 p.m.-	1-yr. 6 mon. Health Check (born July 2022)

Mukunoki Center

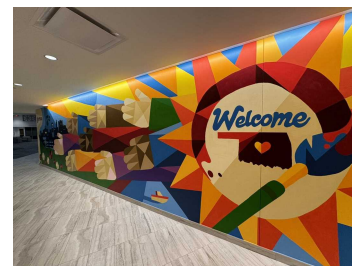
Date	Time	Details
1/24 (Wed.)	-	Closed
1/28 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Hiroba
1/31 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
2/7 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
2/14 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis



Town/Sister City News

Norman's New Mural

Oklahoma natives, Tony Thunder and Jose Scott, painted an 18 meter mural called the "Circle of Inclusion" welcoming visitors to the new Norman Development Center. The artists took much inspiration from the past, current, and future vision of Norman in order to paint a mural that accurately represents Norman and its people. There is a part of the mural that contains a tree surrounded by agriculture (wheat) which represents the origin of the name Norman, where 'Norman's Camp' was carved into a tree while the land was being surveyed. There are also grass huts which represent the Wichita Tribes, the first people to live on the land that makes up Norman today. The hands painted around the center of the mural portray inclusion of all races, genders, creeds, and ages. The paint brush and the circle around the shape of Oklahoma is based off the quote, "You deserve a circle of inclusion and influence, but it's up to you to create it." The red paint on the brush represents the people of Norman, taking this color from the city flag. The goal of the two artists was to include a little bit of everything so that everyone could see a piece of themselves reflected in the mural.



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



Accessibility Workshop

On Friday, November 10th an Accessibility Workshop was held at Seihoku Elementary School in order for fifth graders to become conscious of how difficulties of the elderly and handicapped are also a problem to them. After the children were given



a talk on accessibility, they were able to experience pushing a wheelchair and observe the accessibility features of nonstep buses. Through this experience, the participating fifth graders were able to understand the importance of proactively reaching out to individuals who need help.