



ICHIGO
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Seika's English Language Newsletter

No. 336

July 2023

Importance of Heat Stroke Prevention

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What is Heat Stroke?

Heat stroke happens when you are in a place with high temperature or humidity and you start to feel ill. Minor symptoms of heat stroke include: a rise in body temperature, becoming dizzy due to vertigo, feeling dazed, and profuse sweating. If your body condition continues to worsen, it can cause a headache or nausea. It can also lead to disturbances in consciousness including seizures and fainting and in severe cases, even death.



Preventing and Coping with Heat Stroke

You can prevent heat stroke by hydrating frequently. It is important to drink water regularly even if your throat is not dry. It is also important to avoid the heat. Avoid being outside or in the sunlight as much as possible. Even if you are inside, make sure to use an air conditioner or fan to help control the temperature indoors. Using an ice pack can also cool down your body and help to prevent heat stroke.

Additionally, infants and the elderly are more susceptible to heat stroke because they are unable to regulate their body temperature well and changes in their physical condition are more difficult to notice. Do not leave an infant or elderly person alone and make sure to help one another!

If you have heat stroke, move to a well-ventilated or air-conditioned room, hydrate, and rest. Also, take off any layer of clothing that you can and loosen any tight items of clothing such as belts or neckties. By doing this, air will be able to reach your body more easily and cool you off more efficiently. Using an ice pack and placing it on your neck, under your armpit, or on your thigh can help to further cool down your body.

What to do When Things Don't Improve

When your body condition does not improve or if you are having difficulty staying hydrated, it may be a good idea to go to the hospital to get checked out. If you are not sure whether you should go to the hospital or not, you can call the emergency consultation center at [#7119] to discuss whether you should go to the hospital or not.

If you take the proper precautions you will be able to prevent yourself from getting heat stroke. Make sure to drink water regularly and enjoy a fun, safe summer!



There is still time to apply! Please consider joining this event!

International Salon ~American Breakfast Cooking Class for Everyone

Date and Time: Sunday, July 30th 10:00 am to 12:00 pm

Place: Mukunoki Center Cooking Room (3rd Floor)

How to Apply: Please fill out the form, which you can access by scanning the QR code on the right. The deadline to apply is Friday, July 21st.



Seika Town Mascot
KYOMACHI SEIKA



"Drink water regularly!"



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

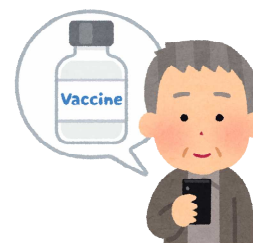


The End of Group Vaccinations

Group vaccinations in Seika Town will end on Sunday, July 2nd. Following this date, 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	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 - 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) 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 **Korean Tamago Yaki (Rolled Omelette)** with this recipe.

Ingredients (2 servings)

Eggs	...	2 (110 grams)
Green Pepper	...	1 (28 grams)
Carrots	...	1/5 of one (28 grams)
Sesame Oil	...	3 teaspoons (10 grams)
Water	...	1 tablespoon (15 grams)
Salt	...	A pinch



Instructions

1. Finely chop the green pepper and carrots. Saute in one teaspoon of sesame oil.
2. Break the eggs into a bowl and add the ingredients from step 1, water, and pinch of salt. Mix well.
3. In a square frying pan, add the remaining sesame oil and place on medium heat. Add half of the egg mixture created in step 2. Once the egg is half-cooked, fold towards you.
4. Toward the back of the frying pan, add the remaining sesame oil and egg mixture. Once the egg is half-cooked, fold towards you while maintaining the shape of the omelette.
5. Cut into pieces that are easy to eat.

Nutrition Information (per serving)

Calories	130	kcal	Calcium	31	mg
Protein	6.9	grams	Dietary Fiber	0.7	grams
Fat	10.7	grams	Sodium	0.3	grams

Food Education Tip No. 37

Are Green Peppers Different from Other Peppers?

Both green peppers and different colored peppers are pepper plants that are considered nightshades. These species of peppers are not spicy. In terms of nutritional value, both are rich in vitamins, carotene, and dietary fiber. Other peppers contain about twice the amount of vitamin C and carotene of a green pepper.



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 provides menu options with plenty of vegetables. (Take out is also available)

Participating Restaurant

Cafe Kokoraku

Address: Housono Nishi Icchome 8-1

Business Hours: 11:30 am - 2:00 pm

Tel: 0774-95-7902

Closed: Weekends, Mondays, and National Holidays (Periodically closed on days other than weekends and national holidays)



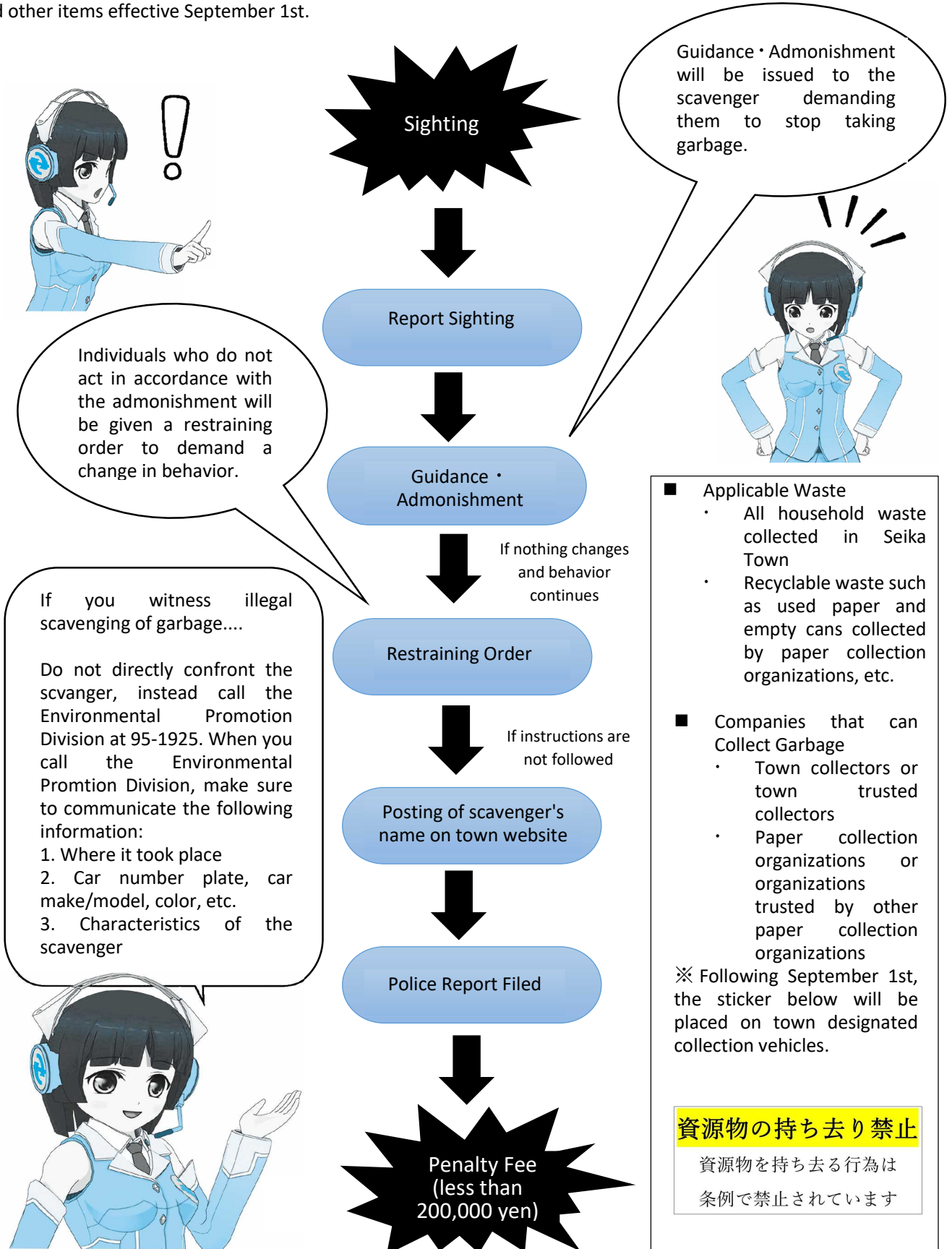
Please note that business hours are subject to change due to the coronavirus pandemic. Please contact the restaurant for more information regarding their hours and operating dates.

Ban on Taking Recycled Garbage



In recent years, scavenging through garbage continues to be a local and nationwide issues. In Seika Town, we have had reports from residents that garbage is being illegally dumped after being scavenged and that individuals who have been rummaging through garbage drive recklessly at dangerously high speeds in residential areas during the middle of the night and early in the morning.

In order to strengthen preventative measures against these problems, the "Seika Town Ordinance on Waste Disposal and Collection" was partially amended and a clause was added to prohibit the removal of recyclable trash and other items effective September 1st.





Please Utilize the Certificate Issuing Service at Convenience Stores

Individuals who have a My Number Card (equipped with a user digital certificate) can use multifunction copier at convenience and grocery stores to obtain a copy of certificates such as a residence certificate.

*The machines at the town hall and resident service corner (Sakura-ga-oka Esperoma Takanohara) are for My Number Card only.

*The Convenience Store Certificate Issuing Service cannot be used for Seika Town Resident Cards or Seal Registration Certificate.

○ Obtainable Certificates

- Certificate of all (personal) information related to a family register (for those whose registered domicile is Seika Town), Copy of Residence Certificate, Seal Registration Certificate (only for registered individuals), Income Certificate, Tax and Tax Exemption Certificate (for the applicant only)

*If you are living in Seika Town, but your registered domicile is different, you must apply for registration in order to be able to issue you family registration certificate at a convenience store. User registration applications can be done from the multifunction copiers in convenience stores.

○ Participating Locations

- Any location with a multifunction copier including: all Domestic 7-11 locations, Lawson, Family Mart, Mini Stop, Aeon Retail, Heiwado, Sunfresh Supermarket Komda, etc.

○ Hours Available (Excluding New Year Holiday and Maintenance)

- 8:30 a.m. to 5:15 p.m. (Town Hall and Resident Service Corner)
- 6:30 a.m. to 11:00 p.m. (Convenience Store)

*Copiers at supermarkets can be used during business hours

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, July 8th; Sunday, July 23rd; Saturday, August 12th; Sunday, August 27th

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.



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 Informatio

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





This year was the fifth year that the Kyoto Stage of the Tour of Japan was held.

This was the first time in four years that the event took place. There were 42,000 spectators who came to watch the event along the race course. There was a particularly large crowd near the goal line at Keihanna Plaza.

Georgios Bouglas of Matrix PowerTag commanded the heated race in which a total of 16 domestic and overseas teams competed. Georgios was able to pull out on top during the last stretch amidst the loud cheers from the crowd.

On the day of the event there were various stalls selling local products and other items at the Keihanna Plaza Sundial Square, the Higashibata Assembly Hall, and the Minna no Genki Juku which added to the excitement of the event.

We would like to extend a thank you not only to all of the local residents and businesses, but also to the volunteers for their cooperation. The event went smoothly without any major disruptions.

We hope for your continued support and cooperation next year!

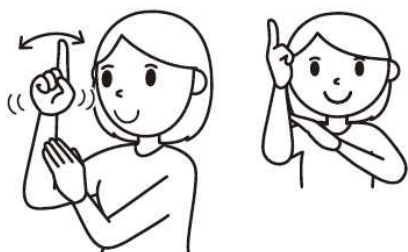




Communicating Through Sign Language

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 June and July.

This month's word is **Gion Festival!**



Point your pointer finger upward and slowly move back and forth.
(Movement represents the long-handled Chinese spears on floats)

A Town Where No One Gets Left Behind

There may be someone hearing impaired in your family or workplace. After raising kids and retiring, you may think that you want to try something new. You may have become interested in sign language after watching a television program or drama that features a hearing impaired main character. Or maybe you may not be able to hear as well as you used to. There are many reasons why someone might want to start learning sign language.

There are sign language clubs and classes where people of many different backgrounds come together. Sign language is a language rich in expression. Become facinated with sign language and feel the joy of using it to communicate, while also learning about the lives of the hearing impaired individuals and their current situation in society. When asked what the condition of the town they live in, hearing impaired individulas will begin to think that it is more accessible for individuals with disabilities. We hope that sign language could be the opportunity to make Seika Town a place where no one is left behind.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
7/2 (Sun.)	Internal medicine	7/30 (Sun.)	Internal medicine
7/9 (Sun.)	Internal medicine / Pediatrics	8/6 (Sun.)	Pediatrics
7/16 (Sun.)	Pediatrics	8/11 (Hol./Fri.)	Internal medicine
7/17 (Hol./Mon.)	Internal medicine	8/13 (Sun.)	Internal medicine / Pediatrics
7/23 (Sun.)	Internal medicine / Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
7/25 (Tues.)	12:40 p.m.-	9~10 mon. Health Check (born September 2022)
7/27 (Thurs.)	12:40 p.m.-	3~4 mon. Health Check (born March 2023)
8/1 (Tues.)	12:40 p.m.-	3-yr. 6 mon. Health Check (born January 2020)
8/2 (Wed.)	12:40 p.m.-	2-yr. 4 mon. Health Check (born March 2021)
8/4 (Fri.)	12:40 p.m.-	1-yr. 6 mon. Health Check (born January 2022)

Mukunoki Center

Date	Time	Details
7/19 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
7/23 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
7/26 (Wed.)	—	Closed
8/2 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
8/9 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis



Visit Norman Wins Top Award for Tourism Videos

On Tuesday, June 13th the Oklahoma Travel Industry Association Board awarded Visit Norman with the Redbud Award. Judges were particularly intrigued by two videos Visit Norman created that obtained 100,000 views and 700 new followers to Visit Norman social media accounts. The videos showed University of Oklahoma football mascots having fun at different places in Norman, including at Lake Thunderbird. Oklahoma's tourism industry is vital to the state economy and ranks as its third-largest economic sector. Oklahoma has many attractions, captivating events, and cultural experiences and new events every year have been made possible due in part to the efforts made by Visit 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

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



Sports Day

On Sunday, June 4th, the international exchange event, Sports Day, was held for the third time at Mukunoki Center in collaboration with Seika Global Net. 50 local and foreign residents participated in the event.

Everyone participating was able to interact with one another by partaking in sports and games such as: the Israeli folk dance, Mayim Mayim; the French game, Jacques-a-dit; chopstick relay; and Soran Bushi.

