



ICHIGO  
いちご



Seika's English Language Newsletter No. 348 July 2024

## TABLE OF CONTENTS

NOTICE REGARDING SEIKA TOWN WATER RATES	1
TOJ 2024 JPF KYOTO STAGE	2
COOKING AND HEALTH	3
DISASTER PREVENTION ALERT EMAIL	4
TOWN / SISTER CITY NEWS	5-8

Seika Town Mascot  
**KYOMACHI SEIKA**



"The water rates are  
changing!"

## Thank you for Reading the Ichigo Newsletter!

The editor of the Ichigo newsetter, the Coordinator of International Relations (CIR), will be stepping down from their post at the end of July. As such, we regret to inform you that the August issue of the Ichigo newsletter will not be printed as usual. We apologize to our readers for any inconvenience this may cause.



## Seika Town Water Rates

As stated in the previous issue, the water rates will be changing as of October 2024. The new rates will be 1.3 times the previous rate (for families the new standard rate of a meter diameter of 13/20 millimeters will be about 1.15 times the old rate). This issue will detail why the rates are changing.

### Reason for the Change in Water Rates

The management of the water supply is based on the Local Public Enterprise Act, which mandates that the costs of supply water must be covered by water rates paid by users to ensure profitability.

The rates being charged for water in Seika Town only cover about 60% of the cost of supplying water. To compensate for the substantial deficit, reserve funds have been used which has led to a decrease in the remaining funds year on year.

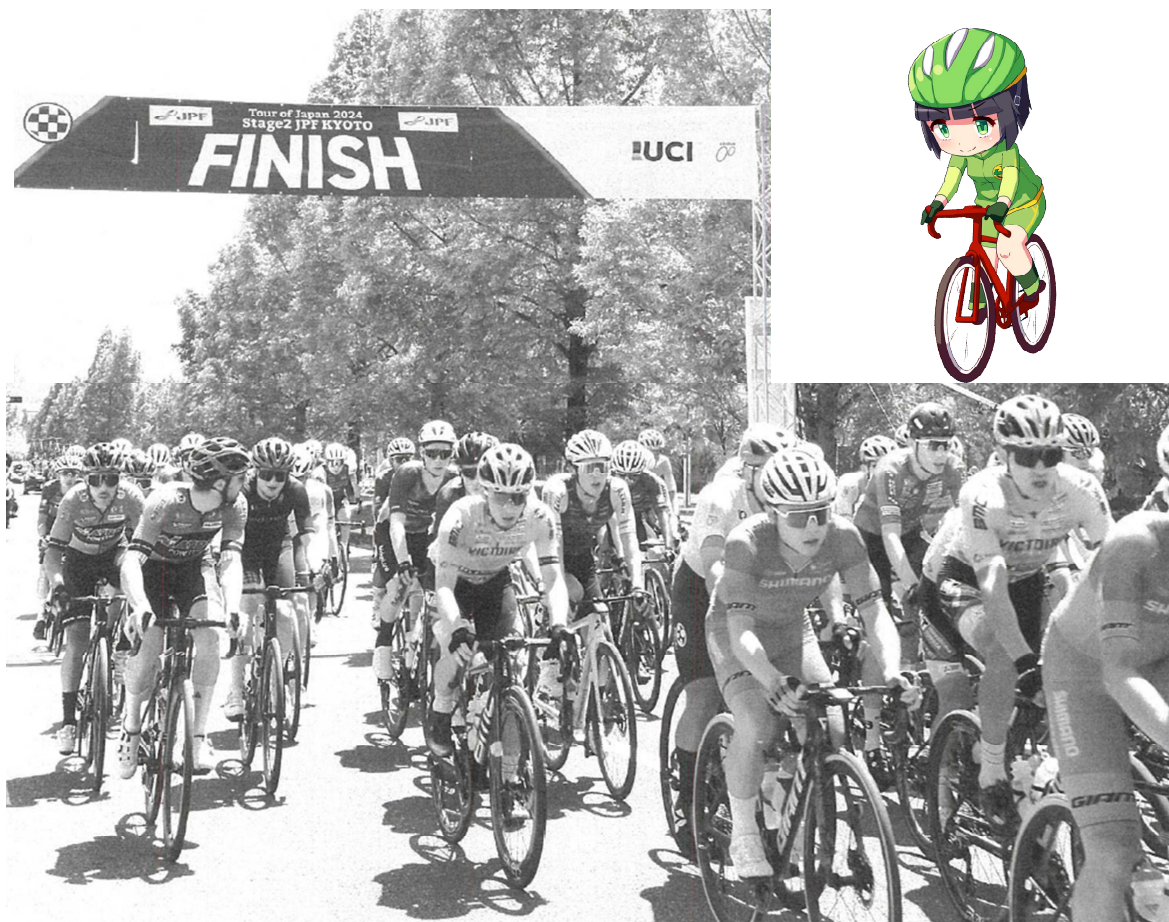
The recent surge in fuel and electricity cost has led to an increase in expenses. While the population of Seika Town is expected to increase slightly in the future, it is predicted that it will be unlikely for revenue from water services to increase due to the advancement of and widespread use of water-saving devices along with the overall decrease in water usage due to a rise in water conservation awareness.

The Seika Town Public Works Council is comprised of experts with experience in managing public enterprise corporations as well as individuals representing Seika Town residents. The council has analyzed and deliberated the current situation of the water service in Seika Town and has provided the following recommendations:

1. Reserve funds should be used for capital investments and in emergencies such as natural disasters, but if funds continued to be used in the way they are now then they will eventually become completely depleted.
2. If Seika Town were to have to take on the burden for the uncovered water expenses, then other resident services would be negatively affected.
3. To ensure the flexibility of operations without depleting the reserve fund, it has become necessary to raise water rates.

Based on these recommendations, it has been decided that the water rates will be changing in order to ensure the sustainable management of the water supply and continuous provision of safe drinking water into the future. Thank you for your understanding.

Inquiries: Accounting and Sales Division TEL: 94-2049  
Water and Sewer Services Division TEL: 95-1912



### Race to the Top

This year marked the 6th year that the Tour of Japan Kyoto Stage was held and the race was newly titled "Tour of Japan 2024 JPF Kyoto Stage".

More than 46,000 people gathered around the course to watch the race which was an increase in the number of people who came compared to last year. In particular, many people gathered around the finish line near Keihanna Plaza.

In total, there were a combined 16 domestic and international teams who competed in the race. The winner of the race was decided in a sprint to the finish of a large group of competing cyclists. The cyclist who came out on top and won the race was Matteo Malucelli from the JCL TEAM UKYO team. The spectators cheered on the cyclists as they watched the end of the race at the finish line.

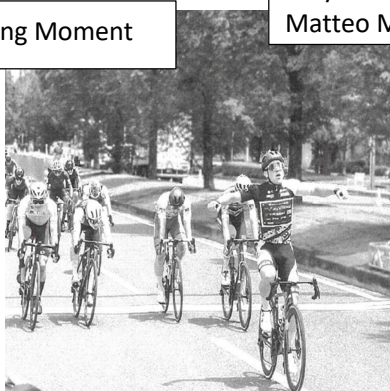
In addition, many people also gathered at the Keihanna Plaza Sundial Plaza near the finish line as well as the Higashibata assembly hall and Minano Genkijyuku where various booths, including ones selling local specialties, were set up.

Thanks to the cooperation of residents, businesses, and volunteers, the Tour of Japan 2024 JPF Kyoto Stage was held successfully without any major accidents. Thank you in advance for your support and cooperation in the future.

Award Ceremony



Finishing Moment



Mayor Sugiura and Matteo Malucelli





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 **scrambled eggs with chinese chives and cheese** with this recipe.



Perfect for breakfast!  
It is also delicious  
when put on top of  
bread.



Scan for recommended  
breakfast recipes

## Ingredients (Easy amount to make- 6 servings)

Eggs	...	2 (120 grams)
Chinese Chives	...	1/4 bunch (20 grams)
Pizza Cheese	...	30 grams
Pepper	...	As needed

## Instructions

- 1 Crack the eggs into the bowl. Cut the chives into one centimeter pieces and add it along with the cheese and pepper into the bowl.
- 2 Pour the ingredients from step 1 into a fry pan. Once the chives and cheese have cooked sufficiently, the dish is ready to eat!

\*Once you pour the liquid mixture from step one into a frypan, cover it with a lid. If you cook both sides, the consistency of the scrambled eggs will become more similar to a quiche.

## Nutrition Education Tip No. 49

### 「Nutritional Value of Chinese Chives」

Chinese chives, known for their aroma, have dark green leaves that are rich in antioxidant vitamins such as beta-carotene, vitamin C, and vitamin E. These well-balanced nutrients stimulate the digestive system and increase appetite. Chinese chives provide numerous health benefits including the prevention of lifestyle diseases and helps to slow aging.



## Nutrition Information (per serving)

Calories	140	kcal	Calcium	134	mg
Protein	11.4	grams	Dietary Fiber	0.3	grams
Fat	10.5	grams	Sodium	0.5	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 offers lunch menu items with plenty of vegetables.



### Participating Restaurant

#### Cafe Terrace La Meily

Address: Sakuragaoka Icchome 23-4

Tel: 0774-72-4505

Hours: 10:00 a.m. - 6:00 p.m.

Closed: Wednesdays and Sundays



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.



## Receive Information by Email from the Disaster Administration

The distribution of disaster prevention information by email began in November 2020. The disaster prevention email distribution is a mail service that allows for communications regarding disaster prevention to be received wirelessly from the disaster administration on your smartphone or cell phone by registering your email.

Communications can be received in the following languages in addition to Japanese:

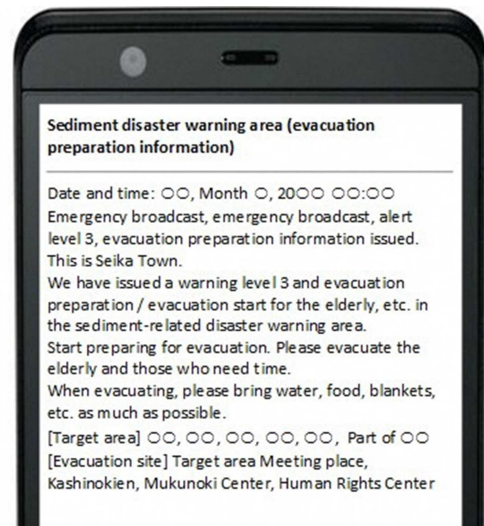
1. English
2. Chinese (Simplified)
3. Chinese (Traditional)
4. Korean
5. Vietnamese
6. Portuguese

It is free to register, but messaging and data rates may apply.

## Disaster Administration Wireless Communication Information

The information distributed by the disaster prevention administration includes the following:

- Information regarding disaster prevention
- Information regarding national security
- Information regarding fires or other incidents
- Information regarding crime reports
- Information regarding national infrastructure
- Information regarding public policy
- Information regarding drills
- Information regarding system maintenance tests and inspections



This is an example of a message that would be received during an evacuation alert.

## How to Register

Registration can be completed through each language page. Any modifications or changes to your subscription can also be made through these pages.

Japanese



English



Chinese  
(Simplified)



Chinese  
(Traditional)



Korean



Vietnamese



Portuguese





## Prevent Heat Stroke to Have a Fun and Healthy Summer!

The number of people suffering from heatstroke is increasing as we head into summer. Learn about heat stroke and take ample precautions to prevent it to enjoy a fun summer!

### What is Heatstroke?

Heatstroke refers to a condition where the body is no longer able to regulate temperature properly due to being in a place where the temperature and humidity are high. Heatstroke can cause a variety of physical symptoms including an increase in body temperature and dizziness.

Additionally, in recent years outside temperatures have increased making the temperatures and humidity indoors high increasing body temperature even when stationary. Precautions have become necessary because this rise of temperatures has made it more difficult for heat to escape the body and may in some cases lead to heatstroke.

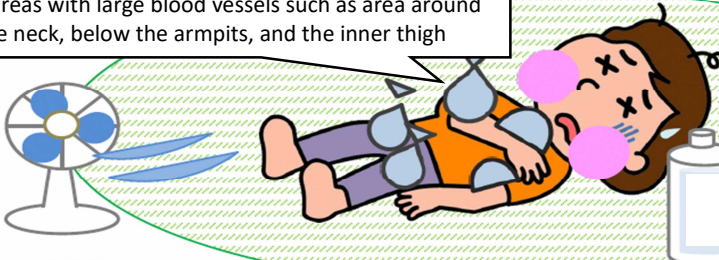
+

**Heat Stroke First-Aid**

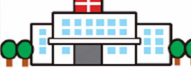
+

- Move the person to a cool or shaded area, loosen their clothes, and make sure they lie down to rest
- Turn on the air conditioning and use an electric or hand fan to cool the person's body down

Cool areas with large blood vessels such as area around the neck, below the armpits, and the inner thigh



Make sure the person drinks plenty of fluids



For individuals or children with pre-existing conditions, consult with your doctor in advance about advice on how to prevent heatstroke

### Heatstroke Prevention and Treatment

<Taken from the Fire and Disaster Management Agency Website>

The best way to prevent heatstroke is by drinking plenty of fluids. Even if your throat is not dry, it is important to drink plenty of oral rehydration solutions and other fluids. It is also important to avoid the heat. Avoid the outdoors and areas where the sunlight is strong and use an air conditioner or fan when indoors to help regulate the temperature. Another way to prevent heatstroke is by using an ice pack to cool the body.

Additionally, while it is not only more difficult for the elderly and infants to regulate their body temperature, it is also more difficult to notice changes in how they are feeling, making the elderly and infants more susceptible to heatstroke. Make sure that infants and the elderly are not left alone and reach out to others when needed.

If you are not sure if you or someone else should go to the hospital, call the emergency hotline at #7119 and consult with an operator about whether or not you should seek emergency care at a hospital.

Protect yourself from the heat when a heatstroke alert or heatstroke special alert have been issued. With enough precautions, heatstroke can be prevented. Drink plenty of fluids and have a fun and safe summer!

### Cool Down with "Uchimizu"

Since long ago, a practice called "uchimizu" has been used to cool down during summertime. Water is sprinkled in yards and in front of house entrances which creates a cooling effect as it evaporates and absorbs the ground's heat. This well known practice is a simple, eco-friendly thing that you can do at home in the summer to help cool down and beat the heat.

Use leftover bathwater or collected rainwater when doing "uchimizu". In Seika Town, a subsidy is given to families who have a tank to collect rainwater installed at their residence.





## Town News

### 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, July 28th; Saturday, August 17th  
Appointment Hours: 9:00 a.m. - 11:45 a.m.

※An appointment needs to be made in advance.

- Appointments for applications and renewals-> call to make an appointment.
- Appointments for My Number Card issuance-> fill out the notification card you receive in the from the town hall and make an appointment by phone or online.

\*Digital certifications can be renewed up to three months prior to expiration.



Appointments to have your card issued can be made here



### Please Utilize the Certificate Issuing Service at Convenience Stores

Individuals who have a My Number Card (with electronic certificate verifying user) 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 only for use with a "My Number Card".

\* Seika Town Resident Cards or Seal Registration Certificates cannot be used for the convenience store certificate issuing service.

#### ○ Obtainable Certificates

Certificate of all (individual) information related to a family register (for those whose registered domicile is Seika Town), copy of residence certificate, certificate of items stated in resident register, seal registration certificate (only for registered individuals), income certificate, tax and tax exemption certificate (applicant only)

\*If you are living in Seika Town, but your registered domicile is different, you must register your information using a multifunction copier in order to be able to have your family registration certificate issued at a convenience store.

#### ○ 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

Direct inquiries to: Family Register Section of the Service Counter Division (Sougoumadoguchi-ka Koseki Jumin- Kakari) TEL: 95-1915

### 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/](https://www.instagram.com/ichigo_ichie_sgn/)

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



### Seika Global Net Japanese Learning Support

Would you like to study Japanese in a fun way? You can also talk about your living situation in Japan and experience different aspects of Japanese culture while making friends. Children can participate in the morning class.

If you would like to join one of the classes, please scan the QR code and fill out the "contact form".



#### Classes

##### ◆ Japanese Learning Room

Tuesday: 10:15 a.m. - 11:45 a.m.

##### ◆ Japanese Class

Tuesday: 7:00 p.m. - 8:45 p.m.

**Location:** Seika Town Hall Exchange Hall, etc.

**Fee:** 1000 yen for 6 months

For more information, please scan the QR code to the right.





### Communicating Through Sign Language

Sign language is often referred to as the language you can see. Not all individuals who have hearing disabilities use sign language, but we are introducing it as one way of communicating with these individuals. We hope that sign language will help to raise awareness of hearing disabilities.

<This month's sign language> Put two words together to make a new word.

In June and July, we will introduce how to express the past tense of a verb by using it in combination with "to end".

A. Using the sign language for [to buy] and [to end] in this order means, "I bought."

B. Using the sign language for [to sell] and [to end] in this order means, "I sold".



A. To buy



While making a circle with your right thumb and pointer finger move your right hand forward while moving your left palm backward at the same time.

B. To sell



While making a circle with your right thumb and pointer finger move your right hand backward while moving your left palm forward at the same time.

To end



Face the five fingers of both of your hands upward in an open position. Lower the all of your fingers on both hands at the same time and put your fingers together once completely lowered.

### Seika Town Facility Schedules

#### Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
7/7 (Sun.)	Pediatrics	8/4 (Sun.)	Internal medicine
7/14 (Sun.)	Internal medicine / Pediatrics	8/11 (Sun.)	Internal medicine / Pediatrics
7/15 (Sun.)	Internal medicine	8/12 (Hol./Mon.)	Pediatrics
7/21 (Sun.)	Internal medicine	7/21 (Sun.)	Internal medicine
7/28 (Sun.)	Internal medicine / Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

#### Health Center

Date	Time	Details
7/23 (Tues.)	12:30 p.m.-	3-yr. 6 mon. Health Check (Toddlers born December 2020)
7/25 (Thurs.)	12:30 p.m.-	1-yr. 6 mon. Health Check (Toddlers born December 2022)
8/8 (Thurs.)	12:30 p.m.-	1-yr. 6 mon. Health Check (Toddlers born January 2023)
8/9 (Fri.)	12:30 p.m.-	3 - 4 mon. Health Check (Infants born April 2024)
8/9 (Fri.)	12:30 p.m.-	9 - 10 mon. Health Check (Infants born November 2023)

#### Mukunoki Center

Date	Time	Details
7/17 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
7/24 (Sun.)	-	Closed
7/28 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Hiroba
7/31 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
8/7 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis



### Norman's June Bug Jam for Mental Health Awareness

Transition House, a nonprofit organization in Norman, has held an event called the June Bug Jam for the past 29 years. This event promotes mental health awareness by bringing people together to share an evening of music, comedy, dancing, and sharing personal stories. The Transition House organization works to help improve the lives of people who struggle with mental illnesses and addiction through various community outreach initiatives and transitional living programs. One of the major goals of Transition House in hosting this event is to destigmatize discussions about mental health by providing a safe space for these discussions. Individuals both currently and previously working with Transition House in addition to the Norman Mayor, Larry Heikkila, had the opportunity to share their recovery stories at the event. The event this year had about 70 attendants and raised a total of \$19,000, which is \$3,000 more than was raised last year.



### 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**



### **Seika Town Fureai Matsuri**

The 29th Seika Town Fureai Matsuri was held on Sunday, June 2nd at the Kashinokien Community Welfare Center. The goal of the event was to expand the influence of welfare by bringing together residents, the elderly, and people with disabilities to enjoy and interact with one another through volunteer activities.

Many people attended the event and there were various festivities including: awards being presented to individuals who make large contributions to welfare programs in Seika Town, introductions of various club and volunteer groups, different stage performances such as a sign language performance, and booths displaying and selling merchandise from all types of volunteer groups. All of the profits raised from these sales have been donated to areas affected by disasters.

