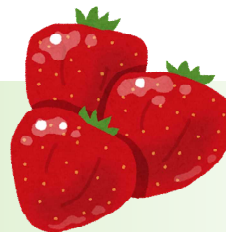




ICHIGO  
いちご



Seika's English Language Newsletter

No. 335

June 2023

## June is Nutrition Education Month

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Seika Town Mascot

**KYOMACHI SEIKA**



"Let's live a healthy  
lifestyle!"

### Health Begins With Diet

June is Nutrition Education Month. The 19th of every month is Nutrition Education Day. Gain more knowledge regarding nutrition and build a healthy body.

#### Reconsider Current Eating Habits

##### Start Each Day with Breakfast



Breakfast is an important meal for the start of each day. Make an effort to wake up and sleep early, while making a habit of eating breakfast daily.

##### Eat Balanced Meals



Create nutritionally balanced meals to prevent or improve lifestyle-related diseases and make a healthy lifestyle a reality.

##### Eating Together as a Family

It is important for families to eat together. Work on making time to eat together and creating a fun environment to do so.



##### Consume Locally Grown Produce

Eating local produce allows you to experience nature's blessings firsthand. Let your feelings of gratitude cultivate a love for your hometown and pass on your food culture.



##### Creating Environmentally Friendly Eating Habits



Be careful not to buy or make too much food and reduce the amount of leftover food after meals. Use recyclable bags when shopping and recycle food containers.



Keep your teeth healthy your whole life by going to a dentist periodically to get your teeth checked.

#### Asunarokai Cooking Class

Five different kinds of desserts were made during the last parent-child cooking class. Another cooking class like this will be scheduled this year due to its popularity!





## 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 starting in spring 2023( May to 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

Even if you do or do not fall under the above categories, a vaccine ticket will be sent to all individuals three months after they have received their Omicron vaccination starting in the beginning of May. If you fall under one of the three categories above and the date and time the group vaccination is not written on your vaccination ticket and you would like to participate in the group vaccination or your vaccination time is written and you would like to reschedule, go to the reservation website and complete the rescheduling procedures or call the Seika Town call center.

- Internet Reservation Website  
<https://jump.mrso.jp/263664>  
※You can also make reservations from the Official Seika Town Account
- Phone Reservations (Call Center)  
0570-056732 Weekdays 9 am-5 pm



## Seika Town Group Vaccination Schedule

Date and Time	Venue
Wednesday, June 14th 2:00 - 7:00 pm	Exchange Hall
Saturday, June 17th 2:00 - 5:30 pm	KICK
Sunday, June 18th 9:00 am - 4:00 pm	KICK
Sunday, July 2nd 9:00 am - 4:00 pm	KICK

\*Group vaccination ending times may be moved up depending on the number of appointments.

\*If the times of the group vaccinations are not convenient for you, call one of the medical facilities below directly and make an appointment.

\*If you are an eligible individual who has not received the Omicron vaccination yet, please use the vaccination ticket that you already have.

\*If you have not received your first and second vaccination and would like to receive one, please call the call center.

### Fall Vaccination Session

Individuals who have received their first series of vaccinations (first and second shot) will be able to receive a booster shot starting in the fall.

## 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	App ointment 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)		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 - 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 **Sticky Rice Bowl** with this recipe.

## Ingredients (2 servings)

Okura	...	40 grams
Chinese Yam	...	50 grams
Mozuku (Edible Seaweed)	...	120 grams
Imitation Crab (Crab Sticks)	...	40 grams
White Rice	...	300 grams



## Instructions

- 1 Cut the okura, Chinese yam, and imitation crab into 5 millimeter long strips.
  - 2 Put the ingredients from step 1 and the mozuku into a plastic bag and mix. Once done, put on top of rice.
- ※You can also add Japanese ginger, natto (fermented soybeans), and sprouts.

## Nutrition Information (per serving)

Calories	275	kcal
Protein	7.3	grams
Fat	0.3	grams
Calcium	64	mg
Dietary Fiber	4.3	grams
Sodium	0.6	grams



## Food Education Tip No. 36

### What Causes Okura to be Sticky?

It is caused by the pectin contained in the water soluble dietary fiber. Pectin moves through the intestines slowly, so it helps you to feel full faster. It also helps to keep blood sugar and cholesterol from going too high.



## 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 is located on the second floor of the town hall and has information regarding which of the seven most common allergens are contained in their products and offers a low sodium menu.

(Boxed lunches can also be ordered).

### Participating Restaurant

#### Coconi

Address: Minamiinayazuma Kitajiri 70 (Second Floor)

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

Tel: 0774-95-7902

Closed: Weekends and National Holidays

(Closings on days other than weekends and national holidays happens on a periodic basis)



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 2023 Keihanna Experience Concert, a summer family concert, will be held on Sunday, August 6th at the Keihanna Plaza Main Hall. Soloists from the Osaka Shion Wind Orchestra will be playing well known songs ranging from anime to classical pieces during the concert. There is no age restriction, so everyone age 0 and older can attend (there will be a nursing room from which you can listen to the concert from). Nursery and kindergarten teachers will make an appearance during the dance along part of the concert! Please consider attending with your family.

Date and Time: Sunday, August 6th from 2:00 pm to 3:20 pm (Estimate)  
(Doors open starting at 1:15 pm)

Place: Keihanna Plaza Main Hall

Musical Performance By: Osaka Shion Wind Orchestra Soloists

Song Names: Walk from Tonari no Totoro, Anpanman March,  
Jamboree Mickey, Saint's March, Dance Along Medley,  
Dragon Quest IV Overture  
※ The songs are subject to change.

Tickets: Preorder - 1500 yen

Day of Event - 2000 yen

【All seats are assigned】If 1000 preorder ticket seats  
are sold then there will be no tickets sold on the day of the event

Other:

- Children under 3 years old can attend the concert for free if they sit on a parent's lap
- Ticket refunds are only given if the event is canceled.
- Parking space available (Please refrain from parking at nearby businesses).

### Preorder Ticket Selling Location Information

- Seika Town Hall Planning and Coordinating Division (5th Floor)  
Sale Period: Weekdays from Monday, June 12th to Friday, August 4th  
From 9:00 am to Noon; 1:00 pm to 5:00 pm
  - Keihanna Online Ticket Service  
Sale Period: From 10 am on Monday, June 12th to Thursday, August 3rd at noon  
Printing Location: Seven Eleven (Ticketing Fee Required)  
※Print out your ticket by the date written in the ticket purchase confirmation email
- Direct Inquiries to: Keihanna Experience Concert Executive Committee  
(Planning and Coordinating Division)  
TEL: 95-1900



Keihanna  
Plaza Online  
Ticket Service



Concert  
Information on  
the Seika Town  
Website



## Register to Receive Notifications ~Prevent Improper Aquisition 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 aquisition 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.

### 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, June 25th; Saturday, July 8th; Sunday, July 23rd  
Appointment Hours: 9:00 a.m. - 11:45 a.m., 1:00 p.m. - 4:45 p.m.

※An appointment (during business hours) needs to be made in advance. Please fill out the application postcard and make an appointment by phone, email, or online.

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



## 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 government agency website.

Scan the QR code below to visit the digital government agency website



## Appointments to Pick Up My Number Cards can be Made Online

Individuals who have applied for, but have not yet picked up their My Number Card can make an appointment to do so online. You can either go to the Seika Town Website and click "My Number Card Pick Up Appointment" under "Online Services". Or you can scan the QR code below to make an appointment.



## 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/](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](http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html)

### Coronavirus Consultation Center Contact Informatio

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





### Tea Experience with Ichigo Ichie!

**Date and Time:** Sunday, June 11th from 10:00 am to 12:00 pm

\*Make sure to bring sunscreen and bug spray!

\*Wear rainboots if it is raining on the day of the event.

**Meeting Place:** Wazuka Tea Cafe Parking Lot (Address: 35 Shirasu Ohasama, Wazuka-cho, Soraku-gun, Kyoto-fu 619-1222)

**Participation Fee:** Adults: 100 yen; Children/Seika Global Net Members: Free

**Capacity:** First 30 people

**Event Details:** Meet and then go to the tea fields->tea leaf harvesting experience (30 minutes)-> move to Wazuka Terrace-> Self-Introductions (What kind of tea do you drink?)-> Tea Quiz (Guess that Tea)->Hotplate Tea Making Demonstration, Handmade Tea·Sweets Tasting

**How to Apply:** Please fill out the Google form, which you can access by scanning the QR code on the right, by Tuesday, June 6th.



### Tanabata Festival ~Tanabata Decoration Making~

**Date and Time:** Sunday, July 2nd

**Place:** Keihanna Memorial Park Suikeien Moon Viewing Bridge

**Event Details:** Bamboo sticks and sugar candy (konpeito) will be given to the first 100 children middle school age and younger. Tanabata decorations will be made in the origami corner.

**Participation Fee:** Park entrance fee



### 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)

**Capacity:** First 8 families (or groups) (If there are more applicants a drawing will be conducted)

\*Children fourth grade and younger should be accompanied by an adult or guardian

**Participation Fee:** 200 yen (Pre-school aged children are free)

**What to Bring:** Apron, bandana, slippers (for indoor use), towel

**Event Details:** Make a common breakfast food in the United States known as a breakfast quesadilla with Seika Town Coordinator for International Relations, Katie Trombly. This will also be an opportunity to learn about breakfast eating habits of Americans. Please attend!

**How to Apply:** Please fill out the form, which you can access by scanning the QR code on the right or by looking up "International Salon" on the Seika Town website. The application window is from Thursday, June 1st to Friday, July 21st.



### Keihanna International Kids Camp

**Date and Time:** Monday, July 31st to Friday, August 4th \*4 nights, 5 days

**Place:** Ikoma Sanroku Kouen Fureai Center

**Eligible Individuals:** Children in 4th to 6th grade

**Capacity:** 14 boys and girls

**Participation Fee:** 48,000 yen

**How to Apply:** Apply by scanning the QR code to the right and filling out the application form by Friday, June 30th.

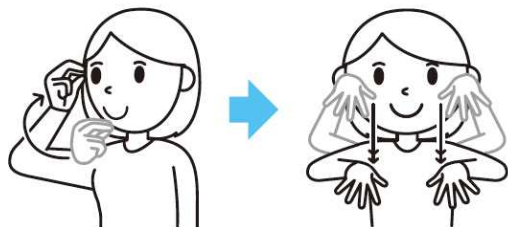




### Communicating Through Sign Language

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 **Rainy Season!**



Place three fingers from your right hand in a pinching position just below your lips and bring up to your forehead.

Then, spread out your fingers and move your palms up and down twice.

### Let's Learn Sign Language!

Recently, sign language and deaf individuals have been appearing in movies and dramas more frequently. Some people may have become interested in learning sign language because of this. Since sign language is a language that was created from daily life, there are dialects in sign language just like in spoken language. There is not just one type of phrase in sign language. By learning the origins of sign language and the history and lifestyle of deaf individuals, you will be able to understand the appeal of sign language. There are two sign language clubs in Seika Town. Learn sign language as you would any other language, understand the life of individuals with hearing impairments more by interacting with them, and strive to create a society where anyone can live an abundant life.

## Seika Town Facility Schedules

### Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
6/4 (Sun.)	Internal medicine	7/9 (Sun.)	Internal medicine / Pediatrics
6/11 (Sun.)	Internal medicine	7/16 (Sun.)	Pediatrics
6/18 (Sun.)	Internal medicine	7/17 (Hol./Mon.)	Internal medicine
6/25 (Sun.)	Internal medicine / Pediatrics	7/23 (Sun.)	Internal medicine / Pediatrics
7/2 (Sun.)	Internal medicine	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

### Health Center

Date	Time	Details
6/16 (Fri.)	12:40 p.m.-	3-yr. 6 mon. Health Check (born November 2019)
6/21 (Wed.)	12:50 p.m.-	2-yr. 4 mon. Health Check (born January 2021)
6/23 (Fri.)	12:40 p.m.-	1-yr. 6 mon. Health Check (born November 2021)
6/27 (Tues.)	12:40 p.m.-	3~4 mon. Health Check (born February 2023)
6/29 (Thurs.)	12:40 p.m.-	9~10 mon. Health Check (born August 2022)

### Mukunoki Center

Date	Time	Details
6/14 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
6/21 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
6/25 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
6/28 (Wed.)	—	Closed
7/5 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis





### Healing Through Dance at Oklahoma University

Starting in 2018, the Oklahoma University School of Dance started offering Dance for Parkinson's classes which were free for people with Parkinson's and their caregivers. Parkinson's disease is a movement disorder affected by a lack of dopamine. This can cause trembling and stiffness of the arms and legs, slowness in movement, and poor balance and coordination. Dancing can help improve motor coordination, balance, muscle strength, and other motor skills while the disease progresses. Participants in the class are able to improve their mobility while also finding a community of individuals going through similar experiences. Kathleen Redwine, an instructor of dance classes at Oklahoma University, says that the program has had a big impact on her, as her husband was also diagnosed with Parkinson's. Through this class, she was able to see improvement not only in her husband's life, but also in the lives of others while sharing her passion.



### 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**



### **Full of Excitement at the Kyoto Maker Faire**



The "Maker Faire Kyoto 2023", an exhibit and networking event where engineers gathered to display new, never-before-seen technologies, was held at the Keihanna Open Innovation Center (KICK) on Saturday, April 29th and Sunday April 30th and was attended by 5,800 people.



The venue was filled with the works of makers from Japan and all over the world who unveiled their new tools and unique ideas. There was a 2.5-meter tall robot, a demonstration of a device that could be used to control a robot with brain waves, a metaverse experience, and even a booth that used augmented reality (AR) to create virtual flames and beams from hands and beams just like in comic books and movies. Adults and children alike were seen enjoying the event.