



ICHIGO  
いちご



Seika's English Language Newsletter No. 344 March 2024

## Who Does the Road Belong To?

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Seika Town Mascot  
**KYOMACHI SEIKA**



"Don't play in the road!"

Nowadays, there are many people concerned with accidents and damage to buildings caused by children running around and playing in the road. Let's consider what not to do in the road and the associated danger of playing in the road.

### Things That Should not be Done in the Road

Playing in the road may violate traffic laws. For example, the following actions are against the Road Traffic Act:

- Any action that would interfere with traffic such as sitting or standing in one place
- Playing with a ball, roller skating, or skateboarding on frequently used roads

There are various types of accidents occurring, including those involving walking while using a smartphone and using a smartphone while doing something else. This is much more dangerous than you may think. If you cause someone to get injured, you will be charged with negligent involuntary injury and have to pay a large compensation fee to the victim.

### Playing in the Road can Cause....

What are the hidden dangers of playing in the road?

#### ● Traffic Accidents

Cars travel on the road, but they cannot always stop immediately. Playing in the road is not only an obstruction to drivers, but makes it more difficult for the driver to predict hazards, ultimately causing more accidents.

#### ● Damage to Personal Property (Buildings, Vehicles, etc.)

There are no big fences or nets in between roads and buildings like at playing fields. Breaking the glass of or causing damage to a car due to playing with a ball may cause you to be liable for high compensation fees.

#### ● Noise

Bouncing a ball on the road or on a wall may not bother the person playing, but may be unpleasant to others and can cause disturbances in the neighborhood.

### The Road is Everyone's!

Playing in the road may violate laws and can disturb others. In order to make roads easy and safe for everyone to use, play at a nearby park or playing field instead of in the road.

**Note: There are parks and playing fields where playing with balls is strictly prohibited. Make sure to follow the rules of each park and playing field when playing!**

### A Message to Parents and Guardians

To protect your child from danger, avoid allowing them from playing in the road. Also, discuss road safety with your child.

If you own a dog, it is mandatory for you to register your dog. After registering, you will also need to submit notifications for the following scenarios: moving-in to a new area, change of address within same area, and death of registered dog. If there are any changes, please make sure to notify the Environmental Promotion Division.





## Coronavirus Fall Vaccinations

Free vaccines will be offered until the end of March 2024 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. Only one vaccination can be received during the fall vaccination session which began on September 20th, 2023.

### Vaccinations After April 1st

Starting April 1st, there will be a fee to get a vaccination.

① Individuals age 65 and older or eligible individuals age 60 to 64

\*Fall/winter routine vaccine

② Other individuals: voluntary vaccination

\*Individuals whose daily life is greatly impaired due to limited function of their heart, kidney, or respiratory organs

### How to Receive a Vaccination

Vaccinations will be given on an individual basis at the medical facilities in Seika Town. Please refer to the list below of medical facilities offering Coronavirus vaccinations.



## 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 while making sure there is time in between each.

Vaccinations will only be offered until March, 31st, 2024. It takes about 3 months to finish the first series of vaccinations, so please be aware of that when considering when to start the vaccination process.

### 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-autmn/23472.html>



## 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	0774-95-1905 (Seika Town Health Promotion Division)		Mon. - Fri.: 9:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m. *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. (Excluding holidays) *Please be on time. If you are not then you will not receive a vaccine.
Seika Town Public Hospital Hosono Sunakoda 7			Residents of Seika 18 yrs. and older	

\*Information above subject to change. For the latest information, visit the town website or check the Seika Town official line account.

\*For those interested in receiving a vaccination, please make an appointment in advance and bring your vaccination ticket to your appointment.



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 **Spinach and Potato Bake** with this recipe.

### Ingredients (2 servings)

- Spinach ... 1/2 bushel (100 grams)
- Potato ... 1 Medium size (130 grams)
- Fresh Shiitake Mushroom ... 2 (30 grams)
- Tomato ... 1/4 whole (50 grams)
- Bacon ... 2 pieces (30 grams)
- Milk ... 150 grams
- Butter ... 6 grams
- Garlic ... 1 clove (3 grams)
- Grated Cheese ... 1 tablespoon (6 grams)
- Salt/Pepper ... to taste



### Instructions

- 1 Rinse the spinach and cut into three centimeter slices. Boil, then soak in cold water and remove the excess moisture.
- 2 Peel the potato and thinly cut with a slicer.
- 3 Thinly cut the shiitake mushrooms and tomato. Cut the bacon into two inch slices and mince the garlic.
- 4 Put the garlic and bacon into a pot and heat. Add the cut potato from step 2 and mushroom and then add the milk and boil on medium heat for 2 minutes. Adjust the flavor by adding desired amount of salt and pepper.
- 5 Spread butter onto a heat-resistant dish and lay out the spinach. Sprinkle lightly with salt and pepper. Spread out the tomatoes, add the ingredients from step 4, and put cheese on top.
- 6 Put the dish on the upper rack of an oven and bake on 200°C for twelve minutes until brown.

### **Nutrition Education Tip No. 45** **What happens when you cook tomatoes?**

The red part of the tomato, lycopene, has a strong cell wall, but by heating it the cell wall softens and becomes easier for the body to absorb. It is also said that cooking tomato with garlic or onions and oil will also allow the body to more easily absorb the lycopene.



### Nutrition Information (per serving)

Calories	199 kcal	Calcium	153 mg
Protein	8.4 grams	Dietary Fiber	8.3 grams
Fat	12.4 grams	Sodium	1.0 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

#### **Sakuragaoka Cafe Restaurant [Serendipity]**

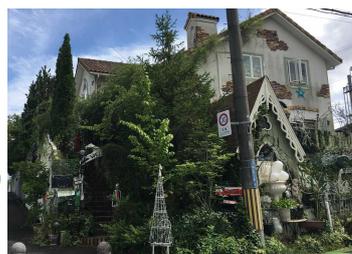
Address: Sakuragaoka 2 Chome 4-1

Business Hours: 9:30 a.m. - 9:00 p.m.

(Reservation needed after 5:00 p.m.)

Tel: 0774-72-7700

Closed: Monday and 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.



1

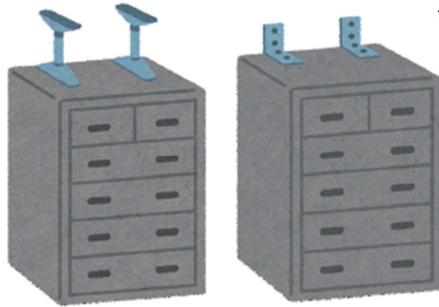
## Safety Measure Tips for Inside the Home

In the past when large earthquakes have occurred, many people have either passed away or have been hurt by furniture that has fallen onto them. Think of furniture as items that will fall over and make an effort to implement safety measures.

- Secure furniture, appliances, and other items to a wall so that they do not fall over
- Install metal fixtures on the doors of cupboards and other similar doors to prevent them from opening
- Do not place items that could obstruct room entrances

In houses with more than two floors, sleep on the upper floor if possible

Metal fixture examples



### It is helpful to have these items close at hand!



1. Flashlight: Use during a power outage when it has become dark.
2. Slippers: Can prevent injury to your feet from pieces of broken glass and other objects.
3. Whistle: Use to call for help such as in cases when you become stuck under furniture.

2

## Participate in Emergency Drills

It is important to imagine how you would react during a disaster in order to protect yourself. It is also necessary to actually experience what you would do during these situations based on how you imagine that you would react. Try participating in emergency drills held locally, at schools, or at your place of work.

3

## Confirm Shelters and Routes for Evacuation

Earthquake hazard maps display the anticipated affect that a large earthquake would have on a region along with the estimated seismic intensity and evacuation routes. To be prepared for these situations, it is important to evacuation shelters and routes in advance. The earthquake hazard map for Seika Town can be found on the Seika Town website and are distributed at the Crisis Management Office on the fifth floor of the Seika Town Hall.

Also, a multilingual disaster prevention map that includes hazard maps for other disasters like flooding and landslides is available on the Seika Town website and distributed at the Planning and Coordinating division.

Available languages: English, Chinese (Simplified), Korean, and Vietnamese

Disaster Prevention Map



The disaster prevention map has more detailed information about different disasters.



## Preparing for an Earthquake

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### Knowing the Steps for Safety Confirmation

The Disaster Emergency Message Dial (171) and Disaster Message Board (web 171) is a service provided by NTT that can only be used during disasters to confirm the safety of an individual who lives in an area affected by a disaster by entering their phone number.

- Disaster Emergency Message Dial (171)  
This is a message board where messages can be recorded or played on your phone.  
Dial 171 and listen to the instructions given by the audio guidance to record your message.
- Disaster Message Board (web 171)  
This is a message board where you can enter and confirm messages via the internet.  
Visit <https://web171.jp> (Look up "web171") to access the message board and follow the instructions on the screen to record your message.

- ★ Trial Day (There are cases where it cannot be used during disasters)  
The 1st and 15th day of every month  
Sanganichi (January 1st through January 3rd)  
Disaster Prevention Week (August 30th at 9:00 a.m. to September 5th at 5:00 p.m.)  
Disaster Prevention Volunteer Week (January 15th at 9:00 a.m. to January 21st at 5:00 p.m.)

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### Prepare Emergency Supplies

Supplies should be consolidated into one bag for each person based on how much they can carry (standard is about 10-15 kilograms) and stored in a place that is easy to access. Also, stock up on three days worth of food, water, and daily necessities.

- Valuables (bank booklet, personal seal (inkan), money, health insurance card, etc.)
- Clothes (underwear, sweater, jacket, raincoat, gloves, etc.)
- First-Aid Supplies (bandage, dressing, antiseptic solution, household medicine, etc.)
- Portable radio, spare batteries
- Emergency food supplies (cup ramen, canned foods, cookies,/crackers, chocolate)
- Lighting equipment (flashlight, candle, matches, lighter, etc.)
- Utensils (can opener, bottle opener, disposable chopsticks, knife, rope, tarp, etc.)

\*Families with infants should also prepare milk, diapers, and baby bottles.

### **If you see or hear an Earthquake Early Warning**

An earthquake early warning is an alert issued moments prior to an earthquake via television or radio that contains information regarding the location, scale, and expected intensity of the earthquake. If you see or hear an earthquake early warning, do not panic and go to a safe location.

### **If an earthquake happens**

- Stay calm and find safety.
- Once the tremors have subsided, quickly put out any fires
- Open a door or window to secure an escape route
- Evacuate immediately if there is a chance of landslide or building collapse



- Confirm the safety of family members
- Prepare emergency supplies
- Put on shoes
- Confirm current situation via radio, etc.
- To prevent the outbreak of a fire, turn off the gas valve and circuit breaker



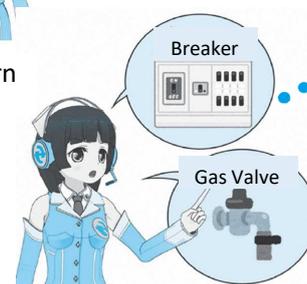
- Work with your neighbors to put out fires and help others
- Pay attention to information released from the town hall



Find safety



Stay calm and turn off the heat



Check!



## Town News

### When Moving...

#### ① Moving-out Notification (Outside of Seika Town)

Submit a notification 14 days prior to or after moving. Notifications can also be submitted via mail (For individuals who do not have a My Number Card, a return envelope is necessary).



Moving-out Form

- Moving-out notice
- Personal identification document of applicant

#### ② Change of Address Notification (Within Seika Town)

Submit a change of address form within 14 days.

- Change of address form
- My Number Card (For all family members)
- Personal identification document of applicant (in case of no My Number card)

#### ③ Moving-in Notification (to address in Seika Town)

Submit a change of address form within 14 days.

- Moving-in notice
- Transfer notification
- My Number Card (For all family members)
- Personal identification document of applicant (in case of no My Number card)

\*Notification can be submitted by applicant or family member of applicant. A consent form is needed in other cases.

### The One Stop Moving Service Has Begun

Individuals who have a My Number Card can submit a moving notice without going to the town hall via the My Number Portal. After submitting a moving-out notice on the My Number Portal, a separate moving-in notice with need to be submitted at the government office of your new address. For more information, scan the QR code to the right.



### 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, March 9th; Saturday, April 20th  
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.



Scan to make an appointment

### Starting March 1st, the Application for Family Register Certificates will Become More Convenient

1. It is now possible for family register certificates to be issued in other areas. Even if you are far away from your registered domicile, you can visit the closest city hall and apply for your family register certificate to be issued.

2. There is no need to attach a copy of a family register certificate when submitting family register notifications (marriage, transfer, etc.).



For more information, visit the Ministry of Justice website

### 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>



### 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 Information

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





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 **strawberry!**



Put the five fingers of your right hand on the tip of your nose (The nose represents a strawberry)

**The First Step Toward A Harmonious Hearing Society**  
**(Fourth Issue)**

What does it look like when a person with hearing disabilities is experiencing trouble? For example: "I can't hear car horns"; "I can't understand the announcements on the train"; "It is hard for me to assess the situation during natural disasters", are just some troubles individuals with hearing disabilities may face among many others. In times like these, assess the situation around you and if you see someone who looks uneasy, reach out to them in a way that is easy for them to understand such as lightly tapping their shoulder or waving at them. In an emergency, take the other person's hand and act together. It is important to want to communicate and understand in these situations. Cooperation helps to create connections between people and is the first step towards creating a cohesive society.

**Seika Town Facility Schedules**

Soraku Emergency Medical Clinic Schedule			
Date	Specialty	Date	Specialty
3/3 (Sun.)	Internal medicine	3/31 (Sun.)	Internal medicine / Pediatrics
3/10 (Sun.)	Internal medicine / Pediatrics	4/7 (Sun.)	Internal medicine / Pediatrics
3/17 (Sun.)	Internal medicine	4/14 (Sun.)	Internal medicine
3/20 (Hol./Wed.)	Internal medicine	4/21 (Sun.)	Internal medicine
3/24 (Sun.)	Internal medicine / Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center		
Date	Time	Details
3/12 (Tues.)	12:30 p.m.-	9 - 10 mon. Health Check (born May 2023)
3/15 (Fri.)	12:30 p.m.-	1-yr. 6 mon. Health Check (born August 2022)
3/21 (Thurs.)	12:30 p.m.-	3 - 4 mon. Health Check (born November 2023)
4/11 (Thurs.)	12:30 p.m.-	2-yr. 4 mon. Health Check (born November 2021)
4/12 (Fri.)	12:30 p.m.-	3-yr. 6 mon. Health Check (born September 2020)

Mukunoki Center		
Date	Time	Details
3/13 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
3/17 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Hiroba
3/27 (Wed.)	-	Closed
4/1 (Mon.)	-	Closed
4/3 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis



## Town/Sister City News

### Japan Winter Festival Month in Norman

In Norman, February is Japan Winter Festival Month. All throughout the month of February, different classes and workshops are held with the goal of sharing the rich culture of Japan with the community while giving participants a hands-on cultural learning experience. The classes and workshops held during this time include cooking, tea tasting, origami, sumie, ikebana, and calligraphy. All of these activities led up to the Japan Winter Festival which was held on February 24. The Japan Winter Festival was organized by OU's Anne and Henry Zarrow School of Social Work, the Japan America Society of Oklahoma, and the Japan Outreach Initiative Program. This festival was first held in 2019 to celebrate the beginning of an exchange program between OU and Ritsumeikan University.



### 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 Terra) 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



### Debrief on Support to Evacuation Shelters as a Result of the 2024 Noto Peninsula Earthquake

From Saturday, January 13th to Wednesday, January 17th, Seika Town Hall employees were dispatched to Nanao City, an area affected by the 2024 Noto Peninsula Earthquake, in Ishikawa Prefecture. A debriefing session was held on Friday, January 19th to hear about the situation at the shelters in



Nanao City to more efficiently provide support in the future. At the debriefing session, a report was given on the current state of the evacuation shelter regarding the specifics on support activities such as: the acquisition and organization of supplies, the structure of areas within the shelter, garbage disposal, restroom waste collection, and bathroom reception procedures.