



ICHIGO  
いちご



Seika's English Language Newsletter No. 328 November 2022



## Ear Problems and Dizziness Increasing in Young People

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Tinnitus, problems hearing, feeling of having plugged ears, and dizziness are all symptoms of Meniere's disease. This disease was prevalent among adults with stress and common fatigue due to child rearing, caregiving, and work, but recently these symptoms have become prevalent among individuals in their teens and 20s and even children as young as elementary school age.



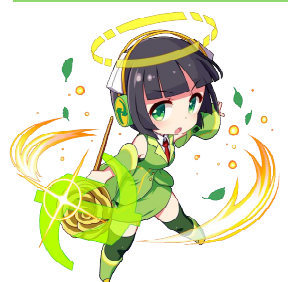
Tinnitus, difficulty hearing, and dizziness occur more frequently when the flow of blood in the inner ear is not good. This, along with insufficient sleep, stress, and changes in hormones trigger stiff neck and shoulders and suppresses the body's nervous system. The nervous system is responsible for regulating blood flow as well as other regulatory bodily functions.

The reason why this disease may be increasing in young people is due to tired eyes which may or may not be coupled with a stiff neck. The following situations are examples of when these symptoms appear often: doing work using a computer or tablet for many hours in the same position or getting too absorbed into your smartphone or a game. These situations are also closely linked with eyestrain and neck stiffness.

Also, the ear pressure in individuals who do not drink much water or who live a fairly sedentary lifestyle rises in order for lymphatic fluid inside their ear to stop. This is due to the fact that the water in their body cannot circulate properly and leads to the symptoms common to Meniere's disease. Individuals with these symptoms would be observed more frequently during rainy and typhoon season when the atmospheric pressure dropped in the past, but after the beginning of the Coronavirus pandemic individuals with these symptoms would become prevalent at any given time of the year, especially in people who work from home.

Medicine used to improve blood flow within the ear and reduce inner ear swelling are possible treatment options, but symptoms of this disease can often be prevented by: making sure that you get good sleep, reducing the stress on your neck and shoulders, drinking plenty of water, resting your eyes, and getting sufficient exercise.

### Seika Town Mascot KYOMACHI SEIKA



"Make sure to take good care of yourself!"

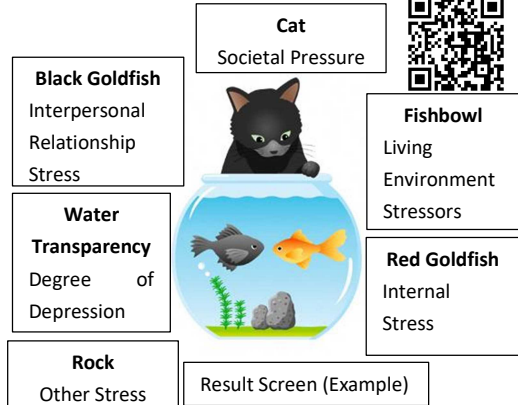
Do you feel anxious or tired? It is easy to feel overwhelmed when you overwork yourself for a long period of time. With this mental health survey, you will be able to check what stressors are in your life, what stressors may be affecting your family or loved ones, and if you may be depressed. Please use this to help take care of your mental health.

Mental health survey (For yourself):

With this survey, you will be able to check your stress levels related to your physical health, relationships, and living situation. As well as evaluate if you have depression or not. These stressors are displayed as shown in the situation in the picture on the right with the cat and the fish swimming in a fishbowl.

- Family Mode: Understand the mental health of your loved ones.
- Baby Mother Mode: Understand the uneasiness that occurs after childbirth.
- Alcohol Check Mode: Understand what affect alcohol has on your mental health.
- Stress Test: How do you deal with stress?

Mental Health Survey can be accessed using the QR code below.



# Coronavirus Vaccination Information



November/December Schedule		Location	Vaccine
Saturday, November 26th	2:00 pm - 6:00 pm	KICK	Pfizer Omicron Vaccine
Sunday, November 27th	9:00 am - 4:00 pm		
Saturday, December 3rd	2:00 pm - 6:00 pm		
Saturday, December 17th	2:00 pm - 6:00pm		
Sunday, December 18th	9:00am - 4:00pm		



**Eligible individuals will be sent a vaccination registration ticket and instructions in the order they become eligible. There may be changes made to the schedule above based on the amount of vaccines available and due to domestic policy. Any changes will be communicated via the Seika Town website.**

**Eligible Individuals:** Individuals age 12 and older who have completed their first series of Coronavirus vaccinations (1st and 2nd)

### Booster Shot for Children Ages 5-11

Children ages 5 to 11 are now eligible to receive a third Coronavirus vaccine. Registration tickets will be distributed 5 months after receiving a second vaccination.

**Time In Between Vaccinations:** 5 months must have passed since receiving a second vaccination

**Vaccination Type:** Pfizer

### First Shot for Young Children and Infants Ages 6 Months to 4 Years

The Coronavirus vaccine has been approved for use for infants and young children ages 6 months to 4 years. Eligible individuals will be sent vaccination registration tickets individually. If you are interested in having your children receive a vaccination, please call one of the clinics listed below and make an appointment.

**Number of Vaccinations:** 3 times

**Vaccination Type:** Pfizer

### First Vaccination for Individuals Who Have Not Been Vaccinated (1st and 2nd Shot)

You cannot receive the Omicron Coronavirus vaccination unless you have received your first and second dose of the Coronavirus vaccine. This vaccination will no longer be available next year. If you would like to receive the Omicron Coronavirus vaccine, please make sure to get the original Coronavirus vaccine within this year in order to be eligible.

### Facilities Offering Individual Coronavirus Vaccines (First through Third Dose · Child Vaccinations)

If you are an adult and would like to receive your first through third dose of the coronavirus vaccine or if you have a child between the ages of 5 and 11 and would like them to be vaccinated, please contact any of the medical facilities below to make an appointment.

Medical Facility and Address	Phone Number	Applicable Persons	Appointment Reception Dates and Times (Excluding Sunday and Holidays)	Vaccination Times (Remarks)
Kuwahara Children's Clinic Seikadai 4 Chome 21-14	0774-98-2788	Children who are residents of Seika either 6 months to 4 years of age or 5 to 11 years of age	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.	Infants: Will be informed when making reservation Children: Every Sat. 9:00a.m. - 9:45 a.m. (Time of appointment will be communicated when making reservation)
Komada Clinic Hishida Miyagawahara 10	0774-93-1787	Residents of Seika 12 years 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.	Every Tues. 2:00p.m. - 4:00 p.m. *Third shot only
Yoshikawa Clinic Sakuragaoka 3 Chome 24-7	0774-71-0014		Mon. - Wed., Fri.: 4:00 p.m. - 7:00 p.m.	Every Sat. 1:00 p.m. (Questions starting at noon) *Third shot only
Gakkentoshi Hospital Seikadai 7 Chome 4-1	050-7116-7125 (For reservations)		Mon. - Sat.: 2:00 p.m.- 4:00 p.m.	First and Second Shot: Every Thurs. Third Shot: Every Tues. and Sat. 2:30 p.m. - 4:00 p.m.
Seika Town Public Hospital Hosono Sunakoda 7	0570-056732 (Seika Town Call Center)	Residents of Seika 18 years and older	Mon. - Fri.: 9:00 a.m. - 5:00 p.m. ※ By noon on the day prior to appointment	First and Second Shot: Every Thurs. Third Shot: Every Thurs. 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 **Roast Pork** with this recipe.

### Ingredients (2 servings)

Pork Shoulder Roast Block    ··· 300 grams  
Grated Ginger                ··· 1/2 teaspoon  
Salt and Pepper              ··· A pinch  
A: Soy Sauce 1/2 tablespoon, Mirin 1 teaspoon, Sugar 1 teaspoon



### Instructions

- 1 Use a fork to poke holes on the front side of the pork shoulder roast block.
- 2 Place the pork, ginger, salt, and pepper into a plastic bag and rub into the meat.
- 3 Add A into the plastic bag, remove the air and tie tightly.
- 4 Place a heat-resistant plate at the bottom of a large pot and bowl. Place the plastic bag containing the pork and spices and bowl for 30 minutes.
- 5 Remove the pot from heat and let it sit for 15 minutes before serving.

### Nutrition Information (per serving)

Calories	372	kcal	Protein	26.0	grams
Fat	28.8	grams	Calcium	58	mg
Dietary Fiber	0	grams	Sodium	0.9	grams

### **Food Education Tip No. 29**

#### **How to Count Crab in Japanese**

November is the beginning of crab season. There are various ways to count crab and the way it is counted depends on whether the crab is alive or not. When the crab is alive the counter "hiki" is used, but when the crab is being sold in the store or at a market, the counter "hai" is used.



## 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.



### **Participating Restaurant**

#### **La Meily**

Address: Sakuragaoka 1cchome 23-4

Hours: 10:00 am~

Closed: Wednesday (Occasionally closed on other days)

Tel: 0774-72-4505



\*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.



In order to promote garbage reduction and recycling as well as improve practices regarding the emission of gases related to garbage disposal, a smartphone application specific to Seika Town was created to assist with garbage sorting. There are many features of this app, including a garbage collection calendar, a garbage sorting dictionary which allows you to confirm how to sort your garbage correctly, and an alert system which informs you of upcoming garbage collection days. Please try and use this app!

## [Main Features]

### ■ Home Screen

You can confirm when what kind of garbage will be collected during the current week.



### ■ Garbage Sorting Dictionary

You can look up how to dispose a particular item.



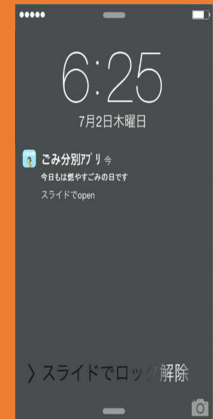
### ■ Garbage Disposal Procedure

You can confirm how to throw away garbage by type.



### ■ Alert Function

You will be alerted of the garbage collection days.



## [How to Download the App]

You can scan either one of the QR codes located to the left or you can look up Seika Town Garbage Sorting App in the App Store or Google Play Store.

[For iPhone]



[For Android]



## Food Drive Booth at Seika Festival!



The food loss reduction campaign is continuing into the month of November. There will be a food drive booth at the Seika Festival.

・Time Sunday, November 20th

from 9:00 am to 3:30 pm

・Place Pinos Fitness Club

Keihanna Parking Lot

・Accepted Food Donations

① Food items that: can be stored at room temperature, have an expiration date clearly displayed, and have at least one month until expiration date ② Unopened, undamaged items

・Unaccepted Food Donations

① Homemade food items ② Alcohol/Any items in alcohol (Cooking wine and mirin are okay)

Also, please send in pictures of your organized refrigerator as well as practical ideas that you and your family practice in order to reduce food loss. Please confirm the details listed on the town website.



## Year End Large Garbage Collection

Thursday, December 1st	Hishida (east of Nomen Rd.), Takinohana, Fune (east of Nomen Rd.), Nakakubota
Friday, December 2nd	Minami (east of Yawata Kizu Rd.), Sugai, Kitainayazuma (east of Yawata Kizu Rd.), Nishikita (west of Nomen Rd.), Naka (west of Nomen Rd.)
Wednesday, December 7th	Minami (west of Yawata Kizu Rd.), Minamiayazuma, Ueda, Hosononishi Ichome
Thursday, December 8th	Hikaridai
Saturday, December 10th	Yamada, Sakuragaoka
Tuesday, December 13th	Kitanodo, Babuchi, Naka (east of Nomen Rd.), Higashi, Nishikita (east of Nomen Rd.)
Wednesday, December 14th	Hishida, Sobo (west of Yawata Kizu Rd.), Tani, Kitainayazuma (west of Yawata Kizu River), Asahi
Friday, December 16th	Hishida, Sato, Sobo (east of Yawata Kizu Rd.), Fune (west of Nomen Rd.), Komada Ichhome, Komada Nichome
Wednesday, December 21st	Inuidani, Zakuro, Higashibata
Thursday, December 22nd	Seikadai

※ This is the same schedule as what is written on the Reiwa 4th Year Garbage Collection schedule that was distributed in March of this year.



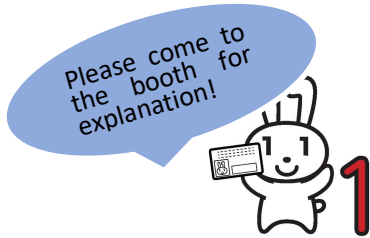


**Apply for a My Number Card at the Seika Festival**

A "My Number Card" application booth will be set up at the Seika Festival. Individuals who apply on the day of the festival will be given an item featuring the mascot of Seika Town, Kyomachi Seika. A face picture needed for the application can also be taken at the booth. Individuals who bring the "My Number Application" shown below will also be given a present. Support can also be provided to those who wish to apply for a My Number Card via smartphone. Please come and visit the booth if interested!



My Number Card Application Form



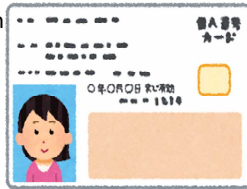
**Weekend Appointments for My Number Related Matters**

Appointments on the following days are available for My Number Card application, issuance, and electronic certificate renewals.

Dates: Saturday, November 12th; Sunday, November 27th; Saturday, December 10th; Sunday, December 25th

Appointment Hours: 9:00 am - 11:45 am, 1:00 pm - 4:45 pm

※An appointment needs to be made in advance during business hours. Please write all necessary information on the postcard-sized document that you receive in the mail and call or email the help desk to set up an appointment.



It takes one month from the time of application for a My Number Card to be issued. You can come to the town hall to pick up your My Number Card or you can have your My Number Card sent via mail.

※ You will be required to pick up your My Number card prior to the date listed or the card will be sent via registered mail to your home address.

**What to Bring**

- ① Notification Card
- ② Two Forms of Personal Identification (Items such as your Driver's License or Passport.

Note: These items must contain your legal name and birthday or your name and address.

For example, it would be acceptable to bring your Driver's License and Health Insurance Card

- ③ Resident Registration Card · My Number Card (if applicable)

※ The person applying should be present during the application process.

Note: For any questions, please inquire when making your reservation.

**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

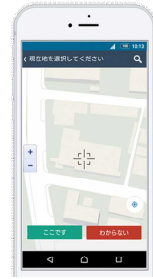




"Net 119 Emergency Notification System" For Individuals Who Cannot Understand the Audio Emergency System

★NET 119 Emergency Notification System

The "NET119" Emergency Notification is for individuals who have a hearing or speaking disability that makes it difficult for them to obtain information in the event of an emergency. This service allows these individuals to use their phone or smartphone in order to obtain information quickly from the 119 emergency notification line.



★Obtain Emergency Information with Ease

① You can use this service from anywhere in Japan!

By using the GPS function on your smartphone, you can receive emergency notices from 119 via chat message no matter where you are in Japan.

② You can communicate via the chat function!

In response to a notification, you can press the "yes" or "no" button to answer questions about your current situation.

Target Individuals

Individuals troubled by audio emergency notifications (Must reside, work, or study in Seika Town)

※ You do not need to have a disability certificate in order to be able to use this service.



How to Use

It is necessary to register in advance prior to downloading.

You will need to submit the application form to the Fire Department Headquarters Command Division or send it via mail. It will take about a week for the application to be reviewed and for your information to be registered into the system.

※You can obtain the application form by going to the Fire Department Headquarters or by downloading it off of the Seika Town website.

You also need to make sure that your phone/smartphone is equipped with the following functions in order to be able to utilize the application.

- Capability to connect to the internet
- Ability to send and receive email
- GPS location function



Individuals interested in registering can direct all of their inquiries to the following department.

Fire Department Headquarters Command Division  
 Postal Code: 619-0244 Seika Town Kitainayazuma  
 Yoritacho 31  
 Phone Number: 94-4197



NET119 Information (Japanese)

Install a Fire Detector!

Fire laws dictate that all homes must have a fire detector installed. 10 years after installing a fire detector, there is a chance that the batteries have died or that it has become faulty. In case of an emergency, it is important to exchange or inspect your fire detector every 10 years.

Direct inquiries to the Fire Department Headquarters Prevention Division.

Fall Disaster Prevention





### Communicating Through Sign Language

Sign language is a way to communicate with those who are hard of hearing.  
This month's word is **maple tree!**



Red



Tree



Using your right pointer finger, point to your lips and move to the right (This sign represents a typical red-colored lipstick).

Spread out the fingers on your left hand in front of you and trace three half circle-shaped leaves with your right pointer finger

### What To Do If You See Someone Who Cannot Hear

Have you ever met someone who cannot hear? For example, if someone at a hospital or bank does not respond after someone calls their name numerous times, they may not be able to hear. Recently, displays for call numbers and devices that vibrate have been used to notify these individuals. While these devices are helpful, what can be done in the case that a train stops suddenly? Individuals unable to hear the announcements from staff spend time in the train car wondering what is going on and may start to feel uneasy. It is okay to do this once you have calmed down yourself, but try and have a look at the people around you. If you happen to see someone anxiously looking around, please try and talk with them.

### Seika Town Facility Schedules

#### Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
11/6 (Sun.)	Internal medicine	12/4 (Sun.)	Internal medicine
11/13 (Sun.)	Internal medicine /Pediatrics	12/11 (Sun.)	Internal medicine /Pediatrics
11/20 (Sun.)	Internal medicine /Pediatrics	12/18 (Sun.)	Internal medicine /Pediatrics
11/23 (Hol./Wed.)	Internal medicine	12/25 (Sun.)	Internal medicine /Pediatrics
11/27 (Sun.)	Internal medicine/ Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

#### Health Center

Date	Time	Details
11/22 (Tues.)	12:40 p.m.-	9-10 mon. old Health Check (born January 2022)
11/24 (Thurs.)	12:40 p.m.-	3-4 mon. Health Check (born July 2022)
12/7 (Wed.)	12:50 p.m.-	2-yr. 4-mon. Health Check (born July 2020)
12/8 (Thurs.)	12:40 p.m.-	1-yr. 6-mon. Health Check (born May 2021)
12/14 (Wed.)	12:40 p.m.-	3-yr. 6-mon. Health Check (born May 2019)

#### Mukunoki Center

Date	Time	Details
11/16 (Wed.)	3:00 pm - 5:00pm	Table Tennis
11/23 (Hol./Wed.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
11/30 (Sun.)	—	Closed
12/7 (Wed.)	3:00 pm - 5:00pm	Table Tennis
12/14 (Wed.)	3:00 pm - 5:00pm	Table Tennis



## Town/Sister City News

### Norman's First International Festival

On October 23rd, Norman held their first ever International Festival. This event was centered around showcasing the diversity of Norman by displaying the culture and traditions of individuals from other countries and backgrounds who live in Norman. Individuals of all ages who came to the festival were able to watch dances and other cultural presentations common to other countries. The event featured performances from a Mariachi band, and traditional Indian and Native American dances among other performances. These performances gave the audience an opportunity to experience and understand other cultures while also interacting with people from various cultural backgrounds. It was a very successful and fulfilling event enjoyed by all in attendance.



Members of the Norman Sainrithya Dance Academy dressed in traditional Indian clothing

### 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



### The First Fierce Competition in Three Years



On September 19th, the "2022 Keihanna U-Spirit Uepa Cup Cycle Race" was held and ran the entire length of Seika Odori (main street). The event is organized by Kyoto Sharen, Keihanna Corporation, and Seika Town. Due to the coronavirus, the race had been cancelled for three years, but this year was the 22nd time the race had been held in Seika Town. There were over 400

participants in the race from all over Japan. The ages of the participants ranged from elementary school-aged students to adults. The race featured a 2.36 kilometer circular route that started and ended at Keihanna Plaza. There were about 1,500 spectators cheering while watching the race from the side of the road.