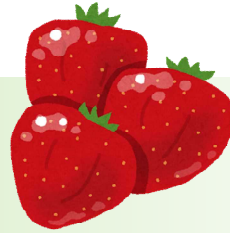




ICHIGO
いちご



Seika's English Language Newsletter

No. 340

November 2023

119 Automatic Emergency Dialing

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Seika Town Mascot
KYOMACHI SEIKA



"Call 119 if you have an
emergency!"

119 Day

Starting in 1987, November 9th was established as 119 day in order to promote the correct understanding and knowledge of fire departments, while also increasing awareness and hopefully contributing to the establishment of a community-wide disaster prevention system.

Calling 119 only when necessary will allow for the firefighters who protect everyone's life, health, and assets to act more swiftly and accurately.

Calling via Smartphone

The amount of calls received by the fire department from smartphones has increased in the past few years. Using the GPS feature in smartphones, the fire department is able to determine the location of the caller.

119 Emergency Calling Feature

There are models of smartphones and smartwatches that are equipped with a function that can detect collisions, or if you press the on/off button you can easily call 119 if there is an emergency.

When Using the 119 Emergency Call Feature

The emergency call feature is extremely helpful when incidents like car accidents occur.

However, there are times when you may accidentally drop your phone or it falls over and it is mistaken for a collision, so 119 is dialed automatically. If this happens, do not hang up the phone and let the operator know that it was an accident. There are also times when the fire department may call you back. If this happens, please answer your phone and let the operator know if you need a firetruck or ambulance.

Depending on the kind of phone you have, a noise or warning may appear on your screen prior to the automatic call being made. If you do not need an ambulance or firetruck, you can simply cancel the call.

Tips When Calling

①Fire or Emergency

Clearly state if there is a fire or you have an emergency.

②Location

Communicate your location correctly and calmly. If you do not know the address look for any nearby stores or intersections that would help to determine the location.

③Current State of a Fire or Accident

Communicate accurately what has happened to who. Ex: "There is a fire in a two-story house".

④Caller Contact Information

Communicate your contact information again so you can be reached. Ex: "My name is ---- and my phone number is -----".

If you need to ask about nearby hospitals, contact the emergency calls and dispatch division. If you call 119 just to ask about hospitals, it can prevent someone with a real emergency from getting the assistance they need.

Inquiries: Fire Department Headquarters Emergency Calls and Dispatch Division
TEL: 94-4197

119番





Coronavirus Fall Vaccinations

Vaccinations given are 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. Vaccinations tickets will not be issued by Seika Town again. If you have lost your vaccination ticket, please submit an application to have it re-issued.

• Eligible Individuals

Individuals age 6 months and older who have received their first series of Coronavirus vaccinations and at least 3 months has passed since prior dose.* (6 months need to have passed if dose of Novavax vaccination was received)

*First Vaccination: Ages 5 and older, first and second vaccination.

6 months to 4 years, first through third vaccination.

Vaccination Omicron XBB1.5 1 Dose Vaccine

Time Frame September 20th to the end of March 2024

Group Vaccination Appointment Scheduling

Scheduling an Appointment Online

<https://jump.mrso.jp/263664/>

Scheduling an Appointment by Phone

Hours: 9:00 a.m. - 5:00 p.m.

TEL: 0570-056732 (Call Center)



Seika Town Group Vaccination Schedule

Group Vaccination Date and Time	Location
Saturday, November 11th 2:00 a.m.	KICK
Sunday, November 12th 9:00 p.m.	KICK
Wednesday, November 15th 2:00 p.m.	Kashinoki-en
Thursday, November 16th 2:00 p.m.	Kashinoki-en

*Depending on the amount of appointments, dates may be added or removed from the schedule above.

*Kashinoki-en ... Community Welfare Center Kashinoki-en, Mukunoki ... Mukunoki Center, KICK ... Keihanna Open Innovation Center

Individual Vaccinations

You can receive individual vaccinations at medical facilities in Seika Town. The table below shows the medical facilities where you can receive vaccinations on an individual basis.



Change to Call Center Hours

After December 1st, the Call Center hours will be as follows.

Before change: 9:00 a.m. - 5:00 p.m. (excluding weekends and holidays)

After change: 9:00 a.m. - 12:00 p.m., 1:00 p.m. - 5:00 p.m. (excluding weekends and holidays)

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.	(Third - Seventh Vaccination): Every Tues., Thurs, and Sat. 2:30p.m. - 4:00 p.m.
Fujiki Clinic Hosono Nishi 1cchome 24-15	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 (If you would like your appointment to be on Monday, then make the appointment by noon on Friday)	(Third - Seventh Vaccination) : Every Mon., Tues., and Fri. 5:00 p.m. (Except on 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	(First/Second Shot)1st, 3rd, and 5th Tues. starting at 2:30p.m. (Third - Seventh Vaccination) 2nd and 4th Tues., every Wed. and Thurs. starting at 2:30 p.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 **Tofu and Mizuna Salad** with this recipe.

Ingredients (3 servings)

Mizuna ... 1/2 bushel (100 grams)
Imitation Crab Meat ... 50 grams
White Sesame Seeds ... Used as a topping (a pinch)
Dressing (A): Silken Tofu 150 grams; Sugar 1-2 teaspoons; Sesame Oil 2 teaspoons; Shirodashi 1-1.5 tablespoons; Grated Ginger 1 teaspoon

Instruction

- 1 Rinse the mizuna thoroughly and remove any moisture. Cut the mizuna into 3 centimeter long pieces.
- 2 Cut the imitation crab in two and tear into smaller pieces.
- 3 Put the ingredients from (A) into a bowl. Use a whisk to mix thoroughly (Taste the dressing and add more ingredients to modify to your preference).
- 4 Add the mizuna and imitation crab into the dressing mixture and combine.
- 5 Serve on a plate and finish by topping with white sesame seeds.

Nutrition Information (per serving)

Calories	113	kcal	Calcium	135	mg
Protein	6.4	grams	Dietary Fiber	2.0	grams
Fat	7.3	grams	Sodium	1.1	grams



Food Education Tip No. 41

What is the difference between silken tofu and firm tofu?

Firm tofu is made by adding bittern to soy milk and allowing it to harden. It is then crushed and reformed by using pressure. On the other hand, silken tofu is made just by adding bittern to soy milk and allowing it to harden. Since firm tofu has had all of the liquid removed, the nutrients have become condensed making it have more rich in protein, calcium, and fiber than silken tofu. However, the water-soluble nutrients contained in silken tofu make it more rich in B vitamins and potassium than firm tofu. Silken tofu also contains less calories than firm tofu, so it is recommended for when you are on a diet or if you would like an easy way to add protein to your diet.



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 lists which of the seven most common allergens are contained in each product.



Participating Restaurant

Futaba

Address: Hosono Nishi 1 Chome 40-4

Business Hours: 9:00 a.m. - 6:00 p.m.

Tel: 0774-29-4529

Closed: Monday (Open on holidays, closed on the Wednesday following a holiday)



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.

Enrollment for Nursery Schools in Seika Town Start Monday, December 4th



Enrollment for the 2024 school year (beginning in April) for nursery schools in Seika Town will take place from Monday, December 4th to Friday, December 8th. Please first read the details regarding enrollment for nursery schools for the 2024 school year prior to applying.

Confirm the Necessity of Daycare

Individuals who can apply to have their child at a nursery school cannot take care of their child for one of the reasons below.

- ☐ Work
- ☐ Pregnancy/Giving Birth
- ☐ Illness/Disability
- ☐ Caring for Sick Relatives
- ☐ Disaster Recovery
- ☐ Looking for Work
- ☐ Attending School
- ☐ Concerns of Abuse or Domestic Violence
- ☐ Other Circumstances Recognized by Seika Town



* If you have a child already going to nursery school or you are on maternity leave, your child can continue going to the nursery school they had been attending without re-enrolling.

Children 6 months and Older are Eligible

Children who are at least 6 months old as of April 1st, 2024, or children ages 0 to 5 who were born after April 2, 2018 can apply to be enrolled.

There are only a few openings for each age group.

The nursery schools in Seika Town are as follows.

- Hosono Nursery School
- Komada Nursery School
- Iketani Nursery School
- Hikaridai Nursery School (Private)
- Seikadai Nursery School (Private)

Applications will be Available Starting Monday, November 6th

On weekdays starting Monday, November 6th, the application confirming necessity of daycare, enrollment application, and guidebook for enrollment at nursery schools for the 2024 school year will be available at all nursery schools in Seika Town and the Childcare Support Division (Kosodate Shien Ka) on the second floor of the town hall. You can also download all of the forms from the Seika Town website.

Enrollment for This School Year Until the End of November

Acceptance for children into nursery schools in the middle of this school year is difficult as there are few to no openings. As a rule, children cannot be enrolled following Friday, December 1st of this year. For more information, please direct inquiries to the Childcare Support Division.

Additionally, if you apply to have your child enrolled into a nursery school, but are not accepted for this year, then you will have to reapply and obtain approval in order to apply again for next school year.

Applications will be Accepted at all Nursery Schools and at the Town Hall (Mail-ins are also Accepted)

The location and date/time applications can be submitted are as follows. If you do not have all of the necessary documents, the application will not be accepted.

Date	Time	Location
Monday, Dec. 4th	2:00 p.m.- 3:00 p.m.	Iketani Nursery School
Tuesday, Dec. 5th	2:00 p.m. - 3:00 p.m.	Hikaridai Nursery School
Wednesday, Dec. 6th	2:00 p.m. - 3:00 p.m.	Seikadai Nursery School
Thursday, Dec. 7th	2: 00 p.m.- 3:00 p.m.	Komada Nursery School
Friday, Dec. 8th	2:00 p.m. - 3:00 p.m.	Hosono Nursery School
Monday, Dec. 4th thru Friday, Dec. 8th	9:00 a.m. - 11:30 a.m. • 1:00 p.m. - 4:00 p.m.	Childcare Support Division (Town Hall 2nd floor)

*If mailing-in your application, applications must arrive to the Childcare Support Division at the Seika Town Hall by Friday, December 8th. When mailing in the application, mail to the Childcare Support Division at the Town Hall. There is no need to write the full address.

Smaller Childcare Facilities Also Accepting Applications

Smaller childcare facilities, "Childroom Hina" (Located north of Seikadai Nursery) and "Sumomo-en (Located south of the Seika Town Fire Department Headquarters), also are accepting applications for a few openings.

Both of the facilities listed above are for children ages 0 to 2. Each of the facilities provide childcare on a small group basis with the capacity of "Childroom Hina" at 9 children and the capacity of "Sumomo-en" at 19 children. To apply, procedures to obtain approval are necessary. Applications will be distributed and accepted only by the Childcare Support Division.

Both facilities are run by the Kyoto Nagaokai Social Welfare Corporation. All usage fees (childcare costs) should be made out to Kyoto Nagaokai.

Inquiries: Childcare Support
Division Daycare Section
TEL: 95-1917



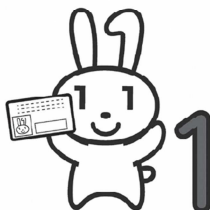


Apply for Your My Number Card at the Seika Festival!

There will be a My Number Card application booth set up at the Seika Festival. Individuals who apply for their My Number on the day of the festival will be given exclusive Kyomachi Seika merchandise as a present. A head shot needed for the application can also be taken at the booth for free.

An application does not need to be submitted in advance. Please stop by!

Come learn about the My Number Card!



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 11th; Sunday, November 26th; Saturday, December 9th; Sunday, December 24th

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. For all other matters, please call to make an appointment.

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



Make an appointment by scanning the QR code

It takes about 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 to your home address.

※Your My Number 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(+)) and a document that contains your legal name and birthday or your legal 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.

(+) For more details, ask questions when applying.



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/

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



Information on COVID-19 (Coronavirus)

CLAIR

<http://www.clair.or.jp/tabunka/portal/info/contents/114517.php>

Japan Ministry of Justice

http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html

Coronavirus Consultation Center Contact Information

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





The 22nd Annual Japanese Message Contest

When: Sunday, December 10th, 2023 2:00 p.m. - 4:30 p.m.

Where: Exchange Hall (Seika Town Hall 2nd Floor) *7 minute walk from JR Hosono / Kintetsu Shin-Hosono Stations

Theme: "ANATA Ni TOTTE NIPPON TOWA? - KORE MADE TO KORE KARA - /

What does Japan mean to you? - Considering how Japan is part of your past and how Japan will continue to be a part of your future -"

Judging: All prizes will be awarded based on the evaluation from the judges and audience.

Judges will mainly focus on evaluating the message being conveyed in each participant's speech.



Event Information: This event is a speech contest where foreigners living in Japan will give a speech in Japanese regarding topics such as differences they have felt in culture and traditions as well as experiences or memories they have had in Japan. There will also be presentations regarding international exchange activities at local middle schools and study abroad experiences from local residents.

Inquiries: Seika Global Network Office

E-mail: seikaglobalnet@gmail.com / Website: <https://seikaglobalnet.wixsite.com/english/>

For Individuals Interested In Observing

Capacity: First 50 people

Participation Fee: Free

Application Window: Applications will be accepted on the Seika Global Net website from Friday, November 3rd to Friday, November 17th. You can apply by filling out the form titled, "22nd Annual Foreigner Japanese Message Contest".



Free Admission to Suikeien

When: Sunday, November 19th, 2023 9:00 a.m. - 9:00 p.m.

Information: Coinciding with the Seika Festival, the suikeien at Keihanna Commemorative Park will be open to the public for free!

Location: The Seika Festival will be held at Keihanna Commemorative Park and Keihanna Plaza.





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 from August to November.

This month's word is Acorn!



Cup both of your hands and put them together, then shake side to side.

Try Using Summary Writing!

Summary writing is turning spoken words into written ones in order to communicate information to individuals who have hearing impairments. Note taking can be used for up to two people at a time. It requires that two notetakers be present to relay information back and forth by writing it on a piece of paper. Because this type of communication only requires a pen and paper, it can be used in various types of scenarios such as medical exams at hospitals, meetings, and community events. Real-time transcription is used when there are three or more individuals. This is done by using an overhead projector to show what is being said in writing or by typing on a computer and projecting the information onto a screen. Everyone is able to read the same information at the same time so this method is often used during lectures and meetings for associations for the hearing impaired. There has been an increase in the trend in the amount of people who feel they can no longer hear well as they get older. Use the letters that people are familiar with in their everyday lives to effectively communicate information in writing.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
11/3 (Hol./Fri.)	Internal medicine	11/26 (Sun.)	Internal medicine / Pediatrics
11/5 (Sun.)	Internal medicine	12/3 (Sun.)	Internal medicine
11/12 (Sun.)	Internal medicine / Pediatrics	12/10 (Sun.)	Internal medicine / Pediatrics
11/19 (Sun.)	Internal medicine / Pediatrics	12/17 (Sun.)	Internal medicine
11/23 (Hol./Thurs.)	Internal medicine	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
11/10 (Fri.)	12:30 p.m.-	1-yr. 6 mon. Health Check (born April 2022)
11/16 (Thurs.)	12:40 p.m.-	3-4 mon. Health Check (born July 2023)
11/21 (Tues.)	12:30 p.m.-	3-4 mon. Health Check (born January 2023)
12/6 (Wed.)	12:30 p.m.-	2-yr. 4 mon. Health Check (born July 2021)
12/8 (Fri.)	12:30 p.m.-	1-yr. 6 mon. Health Check (born May 2022)

Mukunoki Center

Date	Time	Details
11/15 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
11/22 (Wed.)	-	Closed
11/29 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
10/29 (Sun.)	3:00 p.m. - 5:00 p.m.	Table Tennis
11/1 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis



The History of the Sooner Theatre

The Sooner Theatre was built in 1929 and was the first theater in the region to display sound films and had only one screen. This theatre has provided performance opportunities in acting and dance to youth in Norman for more than a century. Back when the theatre was originally built, the building contained the city's first air conditioner and water cooler which was what attracted so many people to the theatre. In the 1930s and 1940s, people would park their cars along the street early in the morning to watch movies inside the theatre before street car races started later in the evening. The theatre remained popular until the 1970s when other nearby cinemas were built with



more screens causing it to close its doors. The Sooner Theatre was almost demolished, but in 1979 a group of individuals pleaded with the city to turn the theatre into a nonprofit organization and performing arts center. The city agreed and the theatre was reopened in 1982. It now hosts over 55 year-round classes in dance, acting, singing, behind the scenes production work and strength training for ages 3 and up.

About Our Sister City- Norman, Oklahoma

Seika Town has maintained a sister city relationship with Norman, a city in Oklahoma, USA, since 2005, and a friendly relationship through Kyoto Prefecture's sister state connection since 1985. The two municipalities work together to promote international exchange and cultural understanding to create more globally-minded communities.

Seika Town Office

Planning and Coordination Division

Kyoto-fu, Sōraku-gun, Seika-cho
Minami-Inayazuma, Kitajiri 70

TEL: 0774-95-1900

FAX: 0774-95-3971

EMAIL: cir@town.seika.lg.jp

What to do if...

You have a question about something in Ichigo...

Call the Coordinator for International Relations at Seika Town Office if you have a question about any of the content featured in Ichigo. Also, if you know someone in Seika that would like to receive Ichigo in the mail please contact us!

You have a problem with life in Japan...

If you have any questions or problems concerning life in Japan not related to an article in Ichigo, please contact the Coordinator for International Relations at Seika Town Office.

TEL: 0774-95-1900 FAX: 0774-95-3971 EMAIL: cir@town.seika.lg.jp or kikaku@town.seika.lg.jp (Planning and Coordinating Division)

Kyoto Prefecture Multilingual Daily Life Consultation Service

If you have any questions about housing, work, government processes, health, or any other aspects of daily life, try contacting the Kyoto Prefectural International Center (Kyoto-shi Minami-ku Higashikujo Shimotono Dacho 70 Kyoto Prefectural Exchange Plaza (Kyoto Terrsa) Third Floor East Wing). Consultations can be made in English, Japanese, Chinese, Vietnamese, Tagalog, and 15 other languages. TEL: 075-681-4800 Homepage: <https://kpic.or.jp>

Find us online!

Facebook



Town Website



Kyoto CIR Blog



Providing Support Through Unwanted Books

Implementing the Honoring Program

Honoring is an initiative of the National Network for Victim Support that takes book donations and uses the money collected from selling the books to provide assistance to crime victims.

- ▶ Book Collection Time Frame:
Monday, November 27th - Monday,
December 4th
- ▶ Donations Accepted at:
Social Welfare Division Counter

(Town Hall 2nd Floor)

▶ Books Accepted:

Books published in 2011 or after with an ISBN (Standard Book Number). **It does not matter if there is a bar code or not.** *Books published prior to 2011 will not be accepted. Please confirm the publication date listed on the final page of each book.

