



ICHIGO
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Seika's English Language Newsletter

No. 339

October 2023

Increase Preparations for Large-Scale Disasters

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Seika Town Mascot
KYOMACHI SEIKA



"Prepare for a natural
disaster before it
happens!"

First, Let's Learn About Earthquakes!

It is predicted that there is about an 80% chance that the Nankai Trough Earthquake (Magnitude 8-9) will happen in the next 30 years and cause enormous damage. This September was the 100th year anniversary since the Great East Earthquake caused catastrophic damage. We can learn a lot from past disasters so it is important to rerecognize the significance of preparing for large earthquakes since we do not know when they will occur. With the aging population, self-help, mutual aid, and public assistance are also very important during large-scale disasters.

Preparing for Earthquakes in Everyday Life

① Are there any safety hazards in your home?

During the Great Hanshin-Awaji Earthquake, many individuals were injured by furniture that fell or was thrown around. Secure furniture to surfaces such as walls so that they do not fall during strong tremors. Take precautions such as: review the layout of furniture in your house to make sure that you would not be stuck if it were to fall and place shatter-resistant film on windows and food in glass containers to prevent glass from shattering inside your home.

② Where should you evacuate?

It is important to confirm nearby evacuation shelters and safe routes with your family in advance. Dangerous areas are indicted on hazard maps by disaster type. You can view the hazard map on the Seika Town website.



③ What items are necessary when evacuating?

When an earthquake cuts off electricity, gas, and water, there are cases when it can take a lot of time for these utilities to be restored. You should prepare at least three days worth of food and water for each member of your family in case aid is not provided nationally or locally.

When there is a disaster in your area, you will have to spend some time in an evacuation shelter. Prepare the items that you will need to live in an evacuation shelter (medicine, clothes, items to help prevent illness spread or infection) and pack them in a bag that you can easily take with you in case of emergency.



When Large-Scale Disasters Occur...

If a large-scale natural disaster occurs, it is difficult for the government to provide adequate assistance and aid through public assistance. Support via mutual aid from emergency response teams and local volunteers is essential for: assisting the elderly evacuate, rescue operations and fire extinguishing immediately following a disaster, and operation of evacuation shelters. Be conscious of the need for everyone to protect their community and increase preparedness for disasters in your community on a daily basis.



Coronavirus Fall Vaccinations

The fall session of the Coronavirus vaccinations began on September 20th and will tentatively run until the end of March 2024. Vaccinations given during this session 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. Individuals who received a vaccination during the spring session will have their vaccination tickets sent out around the middle of September. All other individuals should use the vaccination ticket distributed prior.

• 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

Accepting appointments now!

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

Scheduling an Appointment by Phone

Accepting appointments now!

TEL: 0570-056732 (Call Center)



Seika Town Group Vaccination Schedule

Group Vaccination Date and Time	Location
Saturday, October 7th 2:00 p.m.	Mukunoki
Sunday, October 8th 9:00 a.m.	Mukunoki
Saturday, October 21st 2:00 p.m.	KICK
Sunday, October 22nd 9:00 a.m.	KICK
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.



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)	(Third - Seventh Vaccination) *Schedule after Friday, September 20th: Every Mon., Tues., and Fri. 5:00 p.m. (Except on October 20th and 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. (except during Sept.) and every 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 **Grilled Fish Cake** with this recipe.

Ingredients (2 servings)

Fish Cake ... 2 pieces (200 grams)
Perilla ... 6 leaves (100 grams)
Dried Young Sardines ... (10 grams)
Red Ginger ... (10 grams)
Potato Starch ... 2 teaspoons
Pinch of Salt
Olive Oil (Moderate amount)

Instruction

- 1 Finely chop the perilla.
- 2 Put the fish cakes, potato starch, and salt into a plastic bag and massage potato starch and salt in fish cakes.
- 3 Add the perilla, dried sardines, and red vinegar and massage into fish cakes gently.
- 4 Shape the contents of the bag into a cylindrical shape and divide into eight equal parts.
- 5 Spread the olive oil onto a frying pan and cook each side of the eight pieces until well done.

Nutrition Information (per serving)

Calories	68	kcal	Calcium	49	mg
Protein	12.1	grams	Dietary Fiber	0.3	grams
Fat	7.2	grams	Sodium	2.1	grams



Food Education Tip No. 40

Why is olive oil thought to be good for your health?

①Olive oil contains the monounsaturated fatty acid, oleic acid. Oleic acid reduces bad cholesterol, but not good cholesterol which aids in preventing lifestyle diseases such as heart attacks, strokes, and high blood pressure. ②Olive oil also contains polyphenol which prevents oxidation. The anti-oxidation properties prevents oxidation of cholesterol in the blood and helps to prevent cardiovascular illnesses. ③Olive oil contains fatty acids which is one of the three major macronutrients. It mainly consists of omega 9 fatty acids, some of which are essential fatty acids that cannot be produced by the body such as linoleic and linolenic acid.



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.

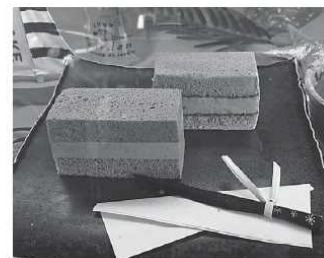
This restaurant lists which of the seven most common allergens are contained in each product.



Participating Restaurant

Patisserie Le Fruitier

Address: Hosono Nishi 1 Chome 9-46
Seika Garden City
Business Hours: 9:30 a.m. - 8 p.m.
Tel: 0774-95-0809
Closed: Open 365 days a year



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 decrease the amount of garbage disposed and further promote recycling efforts, research was conducted in cooperation with Kyoto Prefecture University. Through this research, it was found that reducing the amount of food thrown out by individual families is an effective way to decrease the amount of total garbage disposed. For the months of October and November, Seika Town will be launching a food loss reduction campaign. This campaign will help families to not only learn about food loss, but will also help families practice methods that can be used to reduce the amount of food discarded.

● What is Food Loss?

In general, the concept of food loss is throwing away food that could still be eaten. In Seika Town, 20% of burnable garbage is related to food loss.

● Benefits of Food Loss Reduction

In reducing the amount of food loss, you can make a big contribution to the reduction of garbage. Additionally, you can save money by using the food that you have until it is gone. You can also reduce the amount of certain food items that you buy in the future if you do not use it as much as you thought you would.

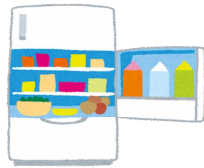
Campaign 1

Organize your refrigerator once a week

Three Tips for Organizing Your Refrigerator

1. Use food ingredients that go bad first
2. Put items that you will use immediately in the front
3. Confirm what you have in your refrigerator prior to going shopping

You can reduce the amount of food loss by using these three tips as well as by organizing your refrigerator regularly.



Campaign 2

Submit photos of your reorganized refrigerator by November 30th

● Entry Qualifications

1. Must currently reside in Seika Town
2. Must agree to let the submitted picture be used in any future educational purposes regarding food loss



● How to Apply

Fill in the necessary items on the application form under "Campaign 3" and submit it along with a picture of your refrigerator before and after you have organized it.

Campaign 3

Requesting Ideas on How to Reduce Food Loss (Must be submitted by November 30th)

● Entry Qualifications

1. Must currently reside in Seika Town
2. Must agree to let the submitted picture be used in any future educational purposes regarding food loss

● How to Apply: Fill out the necessary items on the application form and submit it via the QR code below.

Share your ideas on how you practice food loss reduction with your family.

- Create a plan for organizing your refrigerator (examples from last year)
 - Place food items close to their expiration date in front and use food items from front to back
 - Separate food into different categories
 - Put items with lower amounts remaining in a place that will stand out to you etc.

Food Loss Reduction



Campaign 4

Help with the Food Drive!

During the campaign, a food drive will be held. All of the food received will be given to families via the food drive.

There will also be a booth set up for the food drive during the Seika Festival on November 19th. Please contribute!

● Accepted Donation Conditions

- Food items that can be stored at room temperature
- Unopened and undamaged food items
- Food items with an expiration date listed (There must still be at least one month until the expiration date)

● Locations Accepting Donations

- Environment Promotion Division (Third Floor of the Seika Town Hall): during business hours on week days 8:30 am - 12:00 pm; 1:00 pm - 5:15 pm
- Kashinoki-en: Tuesday through Saturday from 8:30 am - 12:00 pm; 1:00pm - 5:15pm





Regarding Unregistered Individuals

When a child is born, their name is registered to a family when a birth notification is submitted. If a birth notification is not submitted for any reason, the baby will not be registered and will be considered an unregistered individual.

If someone is considered unregistered, they will not be able to register their domicile or apply for a passport. These individuals may also not be able to prove eligibility or proof of relation to family members.

In order to register someone who is considered unregistered, it is important to first speak with the bureau of regional legal affairs. Even if a birth notification can not be submitted for an individual, there are cases where the domicile registering process can still be completed. If you are experiencing this issue, please come to the town hall and speak with someone at the resident service counter.

For more information, scan the QR code below.



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.

※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(+)) 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.



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, October 22nd; Saturday, November 11th; Sunday, November 26th
Appointment Hours: 9:00 a.m. - 11:45 a.m.

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

※Electronic certificates up to three months prior



Reservations can be made by scanning the QR code



International Playgroup "Ichigo Ichie" Foreign Resident Support Chat Notice

The Ichigo Ichie Foreign Resident Support Chat will be closed at the end of October. We apologize for the inconvenience this causes to individuals using the chat and appreciate your understanding.

If you have any questions or issues that you need help with, please direct them to the Coordinator for International Relations's email (cir@town.seika.lg.jp) instead of the support chat.

The next Ichigo Ichie event will be on Sunday, November 5th. It will be a Halloween experience event. More details will be posted to the three websites listed below. The deadline to apply is Tuesday, October 31st.

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





Town Events

105th Seika Short Tour

Let's Look for a Good Place! 「Casual Walk in Keihanna」

~Visiting the pond that protect Seika Town from demise by the uprising in Yamashiro Province~ 「Discover Seika」 Joint Project

Date and Time: Saturday, October 28th Meet at 9:00 a.m. at the Seika Town Hall North Parking Lot (will end at noon)

*Will be canceled in the event of weather advisory

Route: Seika Town Hall North Parking Lot->Takeuchi Shrine->Amida Temple ->Inayatsuma Castle Ruins (Shiroyama)->Asakura Family Graves-> Monuments for the deceased caused by Yamashiro Uprising-> Seika Town Hall North Parking Lot

Maximum Participants: 30 people

What to Bring: Something to drink, rain coat/boots, plastic sheet, etc.

Participation Fee: 500 yen (Elementary school children: 100 yen, Preschool and younger: Free)

Commemorative can badge included

How to Apply: Send an email to the address below or call the number below by the day prior.

Inquiries: NPO Seika Town Hometown Guide Association

Tel: 090-8877-4991

Email: furusato_seika@yahoo.co.jp



27th Annual Chikyukko Class

「What Color is This?」 Illiteracy Experience Game

Date and Time: Sunday, October 29th 1:30 p.m. - 3:30 p.m.

Place: Seika Town Hall 2nd Floor Exchange Hall

Maximum Participants: First 40 people *Children under fourth grade should be accompanied by a parent or guardian

Event Details: Experience what it is like to not be able to read and understand the difficulties of living in another country. Let's consider what approaches can be used to help people who cannot read Japanese!

Participation Fee: Free

Application Period: Monday, October 9th to Friday, October 20th

How to Apply: Apply by filling out the application form on the Seika Global Net Website. After applying, you will be sent more details regarding the event.



Suikeien Special Nighttime Autumn Foliage Light Up

~Reflection of autumn colors in the lake~

Date and Time: Fridays, Saturdays, Sundays, and National Holidays between Friday, November 3rd thru Sunday, November 26th from sunset to 9:00 p.m.

Place: Keihanna Memorial Park Suikeien

Event Details: Take in the beauty of the picturesque garden laden with autumn leaves and waterfalls. At night, the waterfalls stop flowing, making the surface of the lake become like a mirror. The red colors of the leaves are reflected by this mirror. Enjoy a magical night walking in the garden.

Participation Fee: Park entrance fee

*Entrance to the park on Friday, November 3rd is free (see details below)

Culture Day Free Entrance to the Suikeien

Date and Time: Friday, November 3rd 9:00 a.m to 9:00 p.m.

Event Details: In accordance with Culture Day, the Suikeien will be open to the public for free. Enjoy a walk through the garden with the autumn leaves.





Communicating Through Sign Language

Sign language is a way to communicate with those who are hard of hearing. The Seika Sign Language Club is registered 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 Persimmon!



Bend all five fingers on your right hand and place in front of your mouth. Then, move your hand in a downward motion.

Sign Language for the Hearing Impaired and Deaf

This column introduces sign language. It is one of the important communication methods for the hearing impaired and deaf. The communication and information processing disorders caused by not being able to hear causes many individuals to become depressed because they cannot keep up with conversations. During the recovery process, individuals are introduced to sign language and it opens up their world so that they can once again engage in conversation with a smile. Unprocessable auditory information is now obtained using sign language and it becomes a beacon of hope to these individuals in their life moving forward. We would like to express respect for deaf persons who use sign language as their first language, and hope that this language will become more widespread in society.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
10/1 (Sun.)	Internal medicine / Pediatrics	10/29 (Sun.)	Internal medicine
10/8 (Sun.)	Internal medicine / Pediatrics	11/3 (Hol./Fri.)	Internal medicine
10/9 (Hol./Mon.)	Internal medicine / Pediatrics	11/5 (Sun.)	Internal medicine
10/15 (Sun.)	Internal medicine / Pediatrics	11/12 (Sun.)	Internal medicine / Pediatrics
10/22 (Sun.)	Internal medicine / Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
10/24 (Tues.)	12:30 p.m.-	9-10 mon. Health Check (born December 2022)
10/27 (Fri.)	12:40 p.m.-	3-4 mon. Health Check (born June 2023)
11/2 (Thurs.)	12:30 p.m.-	3-yr. 6 mon. Health Check (born April 2020)
11/7 (Tues.)	12:30 p.m.-	2-yr. 4 mon. Health Check (born June 2021)
11/10 (Fri.)	12:30 p.m.-	1-yr. 6 mon. Health Check (born April 2022)

Mukunoki Center

Date	Time	Details
10/18 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
10/22 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
10/25 (Wed.)	-	Closed
10/29 (Sun.)	-	Use Restricted (Closed Following Event)
11/1 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis



Annual Porch Festival Held in Historic District of Norman

The Porch Fest is an annual festival where musicians gather to perform on the porches of houses in the Miller Historic District of Norman. The Porch Fest originally began in Ithaca, New York, in 2007. Norman began hosting a Porch Festival of its own when a resident of the Miller Historic District and owner of a music school for over two decades, Wess McMichael, was told about it by his friend. This year was the sixth year that the Porch Fest was hosted in Norman. McMichael had long been involved in Oklahoma's music community and this help him bring together various musicians for the festival. The Porch Fest is built entirely of volunteers and has been able to return year after year as a result of the positive response from the Norman community. According to McMichael, there were about 600 to 700 attendees last year. Performances are held on a total of 12 different porches simultaneously by professional musicians, most of which have albums and are on Spotify.



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>

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Town Website



Kyoto CIR Blog



Rakugo Performance Experience



As a part of the Keihanna Intensive Course Series, "The First Kansai Edo Period Rakugo Event" was held on Sunday, August 20th in the Nile Conference room at Keihanna Plaza.

Three young members from the Katsu Beicho Rakugo Group came and talked about rakugo. After, the audience was able to listen to and compare the sounds of the different

accompanying instruments to rakugo performances such as the shamisen, flute, and taiko drum before experiencing an actual performance. Also, all of the children and parents in the audience were challenged to recreate a steaming hot sweet potato and the act of eating soba using a hand towel and folding fan. During the second half of the event, there were two different rakugo performances and the hall was filled with laughter the entire time. There will also be another rakugo performance by Kichinojo on Saturday, October 14th at Keihanna Plaza. Please come see the performance!