



ICHIGO
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Seika's English Language Newsletter

No. 338

September 2023

Ambulances are a Limited Medical Resource!

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Seika Town Mascot

KYOMACHI SEIKA



"Let's learn the correct way to use an ambulance!"

There has been an increasing number of ambulance dispatches due to the aging population, the spread of the Coronavirus, and heatstroke caused by intense heat. It is expected that the amount of dispatches will continue to increase moving forward.

救急車は無料だから



★Seika Town has Two Ambulances

The population of Seika Town is about 37,000 people. There are two ambulances at the Town Fire Department headquarters. It is important for ambulances to be available when people need them in order to save lives. Last year in Seika Town, the ambulances were dispatched 1,448 times which equals to about five incidents per day. Of these, over half of the times an ambulance was dispatched was for individuals who did not require hospitalization.

There are people who claim that there is an emergency and call an ambulance because they believe that they will receive care faster or because it costs money to go to a hospital by taxi. As a result, there may be cases where people who are fighting for their lives and need urgent medical attention will not be able to have an ambulance transport them immediately. Please take into consideration the correct time and way to use an ambulance so that the people who really need an ambulance are able to have one available to them.

Ambulances are an important medical resource. In order to save lives, it is essential that all residents understand and cooperate by calling an ambulance only when absolutely necessary.

September 9th is Emergency Relief Day

In Japanese, September 9th (9/9) or "kyu kyu" sounds like the Japanese word for emergency, "kyu kyu", so it is called Emergency Relief Day. Medical Care Week includes September 9th, and runs from Sunday, September 3rd to Saturday, September 9th of this year.

Medical Care Week was established in 1982 with the goal of promoting correct understand and awareness of emergency services and care among citizens while also raising awareness among emergency medical personnel.

During this period, incentives such as "First Aid Awareness" and "Proper Ambulance Use" are conducted.

Take this opportunity to discuss first aid and proper ambulance use with your friends and family! If you are not sure whether you need an ambulance or not call #7119.

正しい救急車の
使い方を学ぼう





Coronavirus Fall Vaccinations

The fall session of the Coronavirus vaccinations will begin 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) and at least 3 months has passed since prior dose.

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.

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

Appointments can be made starting at 9:00 a.m. on Wednesday, September 13th.

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

Scheduling an Appointment by Phone

Appointments can be made starting at 9:00 a.m. on Friday, September 15th.

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.

Spring 2023 Vaccination Session

The spring vaccination session was originally only until the end of August, but now you can receive a vaccination until Tuesday, September 19th.

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 **Colorful Kinpira** with this recipe.

Ingredients (2 servings)

Carrot ... 2/3 of a whole (100 grams)
Pumpkin ... 1/8 of a whole (100 grams)
Green Pepper ... 2 (60 grams)
Black Sesame Seeds ... 2 teaspoons (6 grams)
Sesame Oil ... 2 teaspoons (8 grams)
A: Soy Sauce 1/4 tablespoon (4.5 grams), Mirin 1 tablespoon (18 grams), Vinegar 1/2 tablespoon (7.5 grams)



Instructions

- 1 Cut carrot, pumpkin, and pepper into thick slices.
- 2 Heat up the sesame oil in a fry pan and saute the carrots and pumpkin. Add the ingredients listed in A, black sesame seeds. Add the peppers last and saute. Put into a bowl.

Food Education Tip No. 39

What is β -Carotene?

The carrots, pumpkin, and peppers in this recipe all contain the nutrient, β -Carotene. It controls the amount of reactive oxygen, a common cause of lifestyle diseases, generated and removes it. Yellow and green vegetables contain a lot of this nutrient, and it can be absorbed more effectively if eaten with fats.



Nutrition Information (per serving)

Calories	147	kcal	Calcium	65	mg
Protein	2.7	grams	Dietary Fiber	4.9	grams
Fat	6.0	grams	Sodium	0.4	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 restaurant lists which of the seven most common allergens are contained in each product.



Participating Restaurant

Bread Gallery Maruhoshido

Address: Hikaridai 5 Chome 25-6

Business Hours: 6:30 a.m. - 6:30 p.m.

Tel: 0774-26-3280

Closed: Tuesday and Wednesday



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.



Childcare Consultations

Consultations regarding childcare and development of your child are provided.

◆ In-person Consultations

- Location: Parenting Support Center (Tel: 98-4001)

*Please call to make an appointment in advance.

◆ Phone Consultations

- Date/Time: Monday thru Friday 10:00 a.m. - 4:00 p.m.
- Location: All Nursery Schools in Seika Town and the Parenting Support Center

*The nursery schools below also provide consultations on Saturday.

- Hosono Nursery School: 8:30 a.m. - 12:00 p.m.
- Iketani Nursery School: 8:30 a.m. - 12:00 p.m.
- Komada Nursery School: 8:30 a.m. - 12:00 p.m.
- Hikaridai Nursery School: 9:00 a.m. - 11:30 a.m.
- Seikadai Nursery School: 8:30 a.m. - 4:00 p.m.



Making Connections Outdoors "Nakayoshi"

※No reservation required.

Enjoy the outdoors in autumn while getting to know other participants at a local park!

- Date/Time:
A: October 27th
B: November 10th
Every Friday
10: 15a.m. - 11:30 a.m. (Check-in starts at 10 a.m.)
- Location:
A: Keihanna Memorial Park (Hikaridai 6 Chome)
B: Toritani Park (Hikaridai 7 Chome)
- Eligible Participants: Parents and children under age 3 living in Seika Town
- Details: Activities involving moving your body, etc.

*Event will start and end at the park and may be canceled in the event of bad weather. (Decision to cancel event will be made by 8:30 a.m. the day of. If you are not sure whether the event has been canceled or not, call the Parent Support Center between 8:30 a.m. and 8:50 a.m.)

*A: There is a limit in the amount of parking spaces available at the Keihanna Memorial Park (Paid). Please walk or use public transportation when going to the park.

*B: There is no parking lot at Toritani Park. Please come to the park by foot, bike, or public transportation.

How to Apply

Scan the QR code or visit the town website to apply for all events besides those that do not require reservations.



Suku Suku Playroom Dates

*No reservation required.

Play with your child in a room full of toys!

◆ Yochi Yochi Hiroba

Play time for children up to about 1 and a half years old.

- Date/Time: Every Monday 10:00 a.m. - 12:00 p.m.
- Location: Parenting Support Center

◆ Tottko Hiroba

Play time for children for children from age 1 and a half to 3 years old.

- Date/Time: Every Tuesday 10:00 a.m. - 12:00 p.m.
- Location: Parenting Support Center

◆ Nikkori Hiroba

- Date/Time: ① First/Fourth Thursday 10:00 a.m. - 11:30 a.m.
② Every Monday and Thursday 1:30 p.m. - 3:30 p.m.
- Location: ① Iketani Nursery School
② Parenting Support Center
- Age Groups:
① First Thursday (Ages 2 and under)
Fourth Thursday (Ages 3 and under)
② Every Monday (Ages 3 and under)
Every Thursday (Ages 2 and under)



Dad and Baby

Kids grow up so fast. Are you a father and would like to enjoy quality time with your child? Meet other fathers of young children in the area and have a fun time!

- Date/Time: Saturday, October 21st 10:00 a.m. - 11:30 a.m.
- Location: Health Center
- Age group: Fathers and children (2 months to 1 year and 2 months as of October 1st) living in Seika Town
- Maximum participants: 15 father/child groups
- Details: Enjoy games with your child and interact with other fathers.
- Instructor: Mrs. Ikuyo Oka (Midwife)
- Application Period: Monday, October 2nd - Wednesday, October 11th





One-Stop Moving Service

Individuals with a My Number Card can submit a moving-out notice through the My Number Portal. Once you have submitted your moving-out notice, you will need to visit the resident help desk at the city or town hall of the place you have relocated to. Starting July 13th, using the My Number Card Smart Phone Service, you will also be able to use the one-stop moving service. (Only for supported devices) For more information, visit the digital agency website.

Scan the QR code below to visit the digital agency website



Pick up Your My Number Card

Individuals who applied for a My Number card by the end of February are able to apply for My Number Points. Once you have picked up your card, you have until the end of September to apply.

It is expected that the helpdesk will become more busy as the deadline at the end of September approaches. If you have not picked up your My Number Card yet, make sure to pick it up with plenty of time before the deadline.

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: September 9th; Sunday, August 24th; Sunday, October 22nd

Appointment Hours: 9:00 a.m. - 11:45 a.m., 1:00 p.m. - 4:45 p.m.

※An appointment needs to be made in advance.

※Please fill out the application postcard and make an appointment by phone, email, or online.

※When making an appointment online, make your appointment two business days prior to your desired appointment date. Ex. If you want your appointment to be next Monday, schedule your appointment by Thursday of this week.

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



Reservations can be made by scanning the QR code



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/

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





Suikeien Jazz Live

Date and Time: Saturday, September 16th; Saturday, September 23rd (Holiday); Saturday, October 7th
6:00 p.m. - 7:00 p.m.

*Will be held inside in the event of rain

Place: Keihanna Memorial Park Suikeien Moon Viewing Bridge Nagatani Pond Deck

Event Details: Would you like to enjoy jazz by the lakeside garden at night? You can see who will be performing each day by visiting the park website. No reservations are needed.

Participation Fee: 200 yen (Preschool children can attend for free · No other discounts are offered)



Keihanna Memorial Park Craft Festival

Date and Time: Sunday, September 17th 10:00 a.m. - 4:00 p.m.

*Rainy weather will be determined at 8 p.m. on the day prior

Place: Keihanna Memorial Park Grass Field

Event Details: Handmade craft and art market. Enjoy workshops and shopping!



Seika 365 Asunaro Cooking

Cooking Class for Men ~Easy and Authentic Italian That can be Made at Home~

Date and Time: Saturday, October 21st 10:00 a.m.

Place: Kashinoki-en Cooking Room

Eligible Individuals: Males living in Seika Town

Maximum Participants: First 12 people

Event Details: Make handmade pizza from fresh dough, minestrone, salad, and panna cotta.

*Menu subject to change

What to Bring: Apron, bandana, mask, hand towel, writing utensils

Participation Fee: 300 yen per person

How to Apply: Go directly to or call the phone number below during weekdays from 8:30 a.m. - 12:00 p.m. or 1:00 p.m. - 5:00 p.m. by Thursday, October 12th.

Inquiries: Health Promotion Division Health Care Planning Section
Tel: 95-1905



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.





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 **Cosmos!**



Spread out your fingers on your right hand. Put your left pointer finger on the bottom of your right palm and move your hands back and forth.

Becoming Hard of Hearing -Sensory Disorders-

In today's society, we have a lot of information available at our fingertips. We make decisions and actions based on the information that we take receive from our eyes and ears. Hearing provides an important role in helping us to decide what actions we should take. When hearing becomes difficult, an individual can recognize that there is sound, but cannot understand what is being said. Fundamental things such as decisions that lead to actions or receiving the information necessary to make decisions can no longer be completed as normal. This means that someone cannot obtain information for their job or to protect themselves. We should strive to create a society where audio information can be see to allow hard of hearing individuals to live a vibrant life.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
9/3 (Sun.)	Internal medicine / Pediatrics	9/24 (Sun.)	Internal medicine / Pediatrics
9/10 (Sun.)	Internal medicine / Pediatrics	10/1 (Sun.)	Internal medicine / Pediatrics
9/17 (Sun.)	Internal medicine	10/8 (Sun.)	Internal medicine / Pediatrics
9/18 (Hol./Mon.)	Internal medicine	10/9 (Hol./Mon.)	Internal medicine / Pediatrics
9/23 (Hol./Sat.)	Internal medicine / Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
9/14 (Thurs.)	12:40 p.m.-	2-yr. 4 mon. Health Check (born April 2021)
9/26 (Wed.)	12:40 p.m.-	9-10 mon. Health Check (born November 2022)
9/28 (Thurs.)	12:40 p.m.-	3-4 mon. Health Check (born May 2023)
10/5 (Thurs.)	12:40 p.m.-	2-yr. 4 mon. Health Check (born May 2021)
10/10 (Tues.)	12:40 p.m.-	3-yr. 6 mon. Health Check (born March 2020)

Mukunoki Center

Date	Time	Details
9/13 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
9/20 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
9/24 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
9/27 (Wed.)	-	Closed
10/2 (Wed.)	-	Closed



Closing of a Norman Local Favorite, the Service Station Restaurant

Open since November 18, 1978, the Service Station Restaurant, located just north of Oklahoma University, closed after 44 years of business on July 31, 2023. Kenton and Betty Johnson, the owners of the establishment, decided to close the restaurant due to Kenton's decision to retire. This decision was met by much pushback from local residents especially because the Service Station was voted "best lunch place in Norman" in 2019. Part of the success of the restaurant was due to how Johnson always made time to get to know his customers and employees regardless of age. Johnson says that some of his best memories at the Service Station were interacting with and watching young employees grow up. Johnson attended the weddings of many young employees and watched them grow their own families. While many locals in Norman were disappointed, they are hoping that someone will continue the legacy of the restaurant in the future.



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



American Breakfast Cooking Class

24 people attended an International Salon hosted by Coordinator of International Relations, Katie Trombly, was held at Mukunoki Center on Sunday, July 30th.

At the event, attendees made and ate breakfast quesadillas and pico de gallo, which are commonly eaten in the United States.

The individuals in attendance thought that the food was very delicious and different from what they thought American breakfast was like.