



ICHIGO  
いちご



Seika's English Language Newsletter

No. 324 July 2022

## Seika Town's New Coordinator for International Relations

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Seika Town Mascot  
**KYOMACHI SEIKA**



"Welcome to Seika Town, Katie!"

### Publication of the Ichigo Newsletter has Resumed!

Starting this month, the Ichigo newsletter will be published every month and distributed as normal. We are sure that all of the readers of Ichigo have missed the monthly publications and we are happy to announce that publications can now continue as normal.

The new Coordinator for International Relations (CIR) can now assist with all translation, interpretation, and other support requests. Please reach out to the Planning and Coordinating Division should you need any assistance in English. Additionally, if you have any suggestions regarding additional information that should be included in this newsletter, please send any comments and suggestions to the following email, [cir@seika.town.lg.jp](mailto:cir@seika.town.lg.jp).



### Introduction to the New CIR of Seika Town

My name is Kaitlyn Trombly and I am the 14th CIR in Seika Town. I am the first female CIR that has been employed by Seika Town. I arrived to Seika in late May and have been learning the duties and responsibilities of a CIR. I hope to continue where Gavyn left off and provide support to all of those who need it.

I would now like to give a brief self introduction of myself to you all. I am from the state of Michigan in the United States. For those of you not familiar, Michigan is located in the Mid-West region of the United States and is surrounded by four of the five great lakes. I was born and raised in a small town in Southeast Michigan about 35 miles north of Detroit called New Haven. Although the town of New Haven is considered to be located in the suburbs of Detroit, the town greatly contrasts the hustle and bustle of the city and it quite similar to Seika Town in that way.

I first became interested in Japanese in the fourth grade when I was introduced to the language by my teacher. From a young age, I decided that I wanted to pursue a career relating to Japan. I graduated from Oakland University in Rochester, Michigan with a major in Project Management and a minor in Japanese language. During my time at Oakland University, I had the opportunity to study abroad at the Japanese Center for Michigan Universities in Hikone in Shiga Prefecture for two months. I also had the experience of working for a Japanese automotive supplier as both an intern and a full time employee. During my time there, I worked in the Human Resources department as a Human Resources Representative. At the time, my role mainly centered around supporting both local and expatriate employees. I am looking forward to getting to know you all soon!





## Coronavirus Vaccination Information

### Fourth Round of Coronavirus Vaccination

Research has shown that the elderly and individuals with preexisting conditions are more susceptible to serious illness if infected with the coronavirus. Based on the data and trends in other counties, a fourth coronavirus shot will become available to applicable residents in Seika Town. In order to ensure speedy distribution of a fourth shot of the coronavirus vaccination to residents, a vaccination ticket will be sent to all residents age 18 and older after 5 months has passed since they have received their third shot. However, this will only apply to individuals age 18 to 59 who are immunocompromised. If this does not apply to you, there is a chance that you will become eligible in the future, so please hold onto the vaccination ticket that will be sent to your home address. Individuals age 60 and older, will be sent information regarding the date and time of their fourth vaccination, so an appointment will not be necessary. (If you would like to cancel or make a change to your appointment, please visit the website listed on the documents you receive with your vaccination ticket or call the Seika Town Coronavirus Call Center.)

### Vaccination Ticket Distribution Schedule

Date of Third Vaccination-2022	Vaccination Ticket Tentative Distribution Date
Tuesday, March 1st through Thursday, March 31st	Early July
Friday, April 1st through Saturday, April 30th	Late July

\*Dates listed above are subject to change. It may take up to a week to receive depending on how busy the post office is. Details for the distribution schedule following July will be communicated at a later date.

### Vaccine Type: Pfizer

\*If you are considering receiving a fourth dose of the coronavirus vaccine, please consult with your health care provider. Please also review a medical history questionnaire with your healthcare provider to confirm if you would benefit from a fourth vaccination based on your health condition.

\*Age of individual will be determined based on the tentative date vaccination will be received.



### Facilities Providing Individual Vaccinations: 1-3 Shot for Adults and Children

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	Vaccination Times
Kuwahara Children's Clinic Seikadai 4-21-14	0774-98-2788	Residents of Seika 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.	Every Sat. 9:00a.m. - 9:45 a.m.
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.	Every Tues. 2:00p.m. - 4:00 p.m.
Yoshikawa Clinic Sakuragaoka 3-24-7	0774-71-0014	Residents of Seika 12 yrs. and older	Mon. - Wed., Fri.: 4:00 p.m. - 7:00 p.m.	Every Sat. 1:00 p.m. - (Third shot only)
Gakkentoshi Hospital Seikadai 7-4-1	050-7116-7125	Residents of Seika 12 yrs. and older	Mon. - Sat.: 2:00 p.m. - 4:00 p.m.	Every Tues., Thurs., Sat. 2:30 p.m. - 4:00 p.m.
Seika Town Public Hospital Hosono Sunakoda 7	0570-056732	Residents of Seika 18 yrs. and older	Mon. - Fri.: 9:00 a.m. - 5:00 p.m.	Every Thurs. 3:00p.m.- (Appointments not available: 6/23,6/30, and 7/7)

**Note:** Appointments can only be made by phone. Depending on available staff, the above facilities may only be able to provide services in Japanese. The above information regarding clinics providing individual vaccination are subject to change. Please refer to the QR codes below to view the latest information on the Seika Town Homepage (right) and Official Line (left).





## Preventing Heatstroke and the Spread of Coronavirus During Summer

### What is Heatstroke?

Heatstroke is when you suddenly start to feel ill after having been in a place where the temperature or humidity is high. Heatstroke can happen not only when you are outdoors, but there are many cases in which heatstroke occurs indoors as well. It is said that it is more likely for someone to have heatstroke indoors when the humidity setting on an air conditioner is not working properly, than if someone is outside directly being exposed to sunlight. It is important to be cautious of humidity both in and outdoors in order to prevent heatstroke.



### Heatstroke Prevention During the Coronavirus Pandemic

Wearing a mask is recognized as a way to prevent the spread of the Coronavirus. When wearing a mask, the risk of heatstroke occurring increases due to the fact that it is more difficult to breathe and because you are more likely to feel hot. The following are four key things that you can do in order to prevent heatstroke during the Coronavirus pandemic.

#### **1. Drink Water Frequently**

Summer is a season in which you will sweat more than usual due to high temperatures. During this time, it is important to make an effort to drink about one liter of water. It is specifically important to make sure that you are hydrating prior to your mouth becoming dry and hydrating with beverages that contain salt.



#### **2. Monitor and Adjust the Level of Humidity Indoors**

In order to prevent the spread of the Coronavirus, you must use a ventilation fan or open a window, but if your air conditioner's humidity setting is working well then you should be able to adjust the humidity in your room by using your air conditioner.

#### **3. Be Cautious When Wearing a Mask While Exercising**

It is important to be particularly cautious of wearing a mask during high temperatures because it can cause you to have trouble breathing and also restrict breathing. If you can maintain social distance (2 meters) between yourself and others when outdoors, you can take off your mask when exercising. Another viable option is to not push yourself too hard during the hottest parts of the day and instead make an effort to go out when the temperature is cooler in the morning or evening.



#### **4. Monitor Your Health Regularly**

Take your temperature and monitor the condition of your health regularly. It is important to make sure that you are eating enough and getting a sufficient amount of sleep every night. Do not overdo it when you are not feeling well, instead rest at home. It is said that heatstroke is more likely to occur among children and the elderly, so it is important to be aware of your surroundings and help others when needed.



### My Number Information

#### **Please use the My Number Certificate Delivery Service offered at Convenience Stores**

Individuals who have a My Number Card or digital My Number certificate can obtain certificates such as their residence certificates through copy machines located in convenience stores and supermarkets.

**Note:** My Number cards can also be used at the Town Hall and the Resident Service Counter (Inside the Sakuragaoka Esperoma Takanohara). You cannot use your Seika resident card or seal registration certificate when utilizing the certificate issuing service at convenience stores.



Obtainable Certificates	Participating Locations	Service Availability Times
<ul style="list-style-type: none"> <li>● Family Registry certificate of information for each individual family member (for individuals whose registered domicile is Seika)</li> <li>● Certified copy of Certificate of Residence/Certificate of Residence</li> <li>● Seal Registration Certificate (only for yourself)</li> <li>● Income Statement</li> <li>● Tax Statement/Tax Exemptions (only for yourself)</li> </ul>	<ul style="list-style-type: none"> <li>● 7-11</li> <li>● Lawson's</li> <li>● Family Mart</li> <li>● Mini Stop</li> <li>● Aeon Retail</li> <li>● Heiwado, etc.</li> </ul> <p>*Locations with copy machines</p>	<ul style="list-style-type: none"> <li>● Town Hall/Resident Service Counter: 8:15 a.m. - 5:15 p.m.</li> <li>● Convenience Stores: 6:30 a.m. - 11:00p.m. (depends on hours of each location)</li> </ul> <p>*These service times are all year round except during the New Year Holiday and scheduled maintenance</p>

### Appointments for My Number Pick Up Can Now Be Made Online

For individuals who have still not applied and received their My Number Card, you can make an appointment online to pick up your My Number Card. You can make an appointment by clicking on the My Number Card Pick Up Appointment section under Online Service tab on the town website. Or you can make an appointment by scanning the QR located on the right.

\*This page is in Japanese. Please reach out if you need any assistance regarding this matter.



### My Number Appointments On Weekends

During the below specified times, the service desk will be handling the following items: My Number Card application submissions, issuance of My Number Cards, and renewal of digital My Number certificates.

Date	Time
Saturday, July 16th	9:00 a.m. - 11:45 a.m., 1:00 p.m. - 4:45 p.m.
Sunday, July 31st	9:00 a.m. - 11:45 a.m., 1:00 p.m. - 4:45 p.m.
Saturday, August 13th	9:00 a.m. - 11:45 a.m., 1:00 p.m. - 4:45 p.m.
Sunday, August 28th	9:00 a.m. - 11:45 a.m., 1:00 p.m. - 4:45 p.m.

**Note:** You must make an appointment in advance to utilize My Number card services on the days listed above. Please prepare a postcard and make an appointment via phone, email, or online. Digital My Number certificates can be renewed up to three months prior to expiration.



### Communicating Through Japanese Sign Language

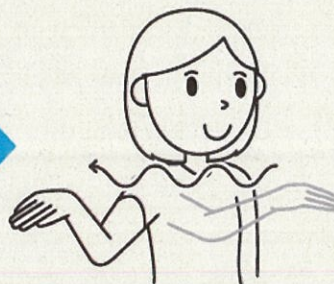
#### The Origins of Sign Language

Japanese Sign Language is based on hand gestures, facial expressions (where someone is looking, the lowering and raising of eyebrows, neck angle, mouth shape), and upper body movements. These gestures represent the shapes of objects or the shapes of the kanji that represent a specific word, concept, or idea. Sign Language is language that you can see, not hear. Therefore, there are limits to communicating through writing and lip reading. It takes time to communicate ideas through writing and it is difficult to convey exactly what you want to say. When lip reading, it can be easy to mistake words that have similar mouth shape when speaking. It also generally takes much concentration to read lips, so it can be tiring. However, with Sign Language someone can immediately become aware of what is being discussed or what someone would like to convey.

This month's word is **the sea!**



To sign "sea" in Japanese Sign Language, first touch your lip with the tip of your right pinky and then move to the right slightly.



Then, take your right hand and make sure that your palm is flat at about chest height while making slight up and down wave motions.

### 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.

Feel free to check out Ichigo Ichie's activities on Facebook, Instagram, and their homepage as well!

Facebook: <https://www.facebook.com/sgnhiroba>

Instagram: [https://www.instagram.com/ichigo\\_ichie\\_sgn/](https://www.instagram.com/ichigo_ichie_sgn/)

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



### Information on COVID-19 (Coronavirus)

#### CLAIR

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

#### Japan Ministry of Justice

[http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10\\_00055.html](http://www.moj.go.jp/nyuukokukanri/kouhou/nyuukokukanri10_00055.html)

#### Coronavirus Consultation Center Contact Information

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





## Recommended Books for This Month

### Delicious Walking Tour of Famous Architecture in Kyoto

Minori Kai



Synopsis: There are many historical buildings in Kyoto that have been preserved and restored to look modern. It is wonderful to be able to look at all of the old-fashioned buildings within the streets of Kyoto, but you may not know where to go. This book introduces different restaurants and cafes that you can go to as well as a recommendation of what to order.

### Connections Created by Japanese Candles

Nobuo Onishi



Synopsis: This is a book about how Japanese candles are created and examines how materials such as wax and Japanese paper are made.. This book touches also on the importance of caring about things and the old-fashioned "no waste" mindset.

## Seika Town Facility Schedules

### Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
7/3 (Sun.)	Internal medicine	7/31 (Sun.)	Internal medicine
7/10 (Sun.)	Internal medicine / Pediatrics	8/7 (Sun.)	Internal medicine
7/17 (Sun.)	Internal medicine	8/11 (Hol./Thurs.)	Internal medicine
7/18 (Hol./Mon.)	Pediatrics	8/14 (Sun.)	Internal medicine
7/24 (Sun.)	Internal medicine / Pediatrics	※Please call before visiting Soraku Emergency Medical Clinic (TEL: 0774-73-9988)	

### Health Center

Date	Time	Details
7/13 (Wed.)	12:30 p.m.-	2-yr. 4-mon. Health Check (born February 2020)
7/14 (Thurs.)	12:30 p.m.-	3-yr. 6-mon. old Health Check (born December. 2018)
7/26 (Tues.)	12:30 p.m.-	9-10 mon. old Health Check (born Sept. 2021)
7/27 (Wed.)	12:30 p.m.-	3-4 mon. old Health Check (born March 2022)
8/2 (Tues.)	12:30 p.m.-	3-yr. 6-mon. Health Check (born Jan. 2019)
8/4 (Thurs.)	12:30 p.m.-	2-yr. 4-mon. old Health Check (born March 2020)

### Mukunoki Center

Date	Time	Details
7/13 (Wed.)	3:00 pm-5:00pm	Table Tennis Day
7/18 (Holiday/ Mon.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
7/20 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
7/27 (Wed.)	—	Closed
8/3 (Wed.)	3:00-5:00 p.m.	Table Tennis Day
8/10 (Wed.)	3:00-5:00 p.m.	Table Tennis Day

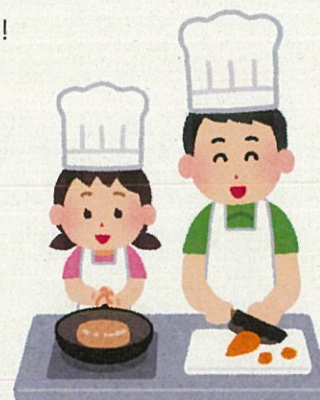


## Cooking and Health

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 **Crispy Fish Toast** with this recipe.

### Ingredients (2 servings)

Bread・・・ 2 pieces  
Dried Sardines・・・ 20 grams  
Cucumber・・・・・・ 1/2 of one (50 grams)  
Tomato・・・・・・ 1/2 of one (100 grams)  
Cabbage・・・・・・ 20 grams  
Mayonaise・・・・・・ 2 Tablespoons



### Instructions

1. Thinly slice the cucumbers diagonally. Then, cut the tomato into 5 millimeter slices and finely cut the cabbage into small pieces.
2. Spread 1 tablespoon of mayonaise on half of each of the pieces of bread and then place 10 grams of dried sardines on each piece of bread.
3. Put each piece of bread in an oven toaster for 3 minutes.
4. Take the toasted pieces of bread and put cabbage, cucumber, and tomato in the following order on each piece of toast. Top with remaining mayonaise.
5. Slice into your preferred size and enjoy.



### Nutrition information (per serving)

Calories	263 kcal	Protein	10.3 g
Calcium	81 mg	Dietary Fiber	3.5 g
Fat	12 g	Sodium	1.6 g

## 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, provide caloric values 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

Kissa Kokoro

Located in the Kashinoki Welfare Center, this cafe displays allergens for all their products.

Address: Minamiinayazumasunadome 22-1

Hours: 11:00 a.m. - 3:00 p.m.

Closed on Sunday, Monday, the first Saturday of every month, and holidays

Tel: 0774-95-3203



\*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.

## Sister City News



### The Future of Fresh Drinking Water

The Norman City's Water Reclamation Facility has been working on a multi-year research initiative called the Indirect Potable Reuse (IPR) project in order to find a new way to create safe drinking water for the residents of Norman. The goal of this project is to aid in water conservation efforts and to decrease utilization of water from local lakes such as Lake Thunderbird. With the increase in droughts in Norman and other places around the world, this kind of technology could be utilized to help provide fresh drinking water to communities all around the world.

### 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 Shimogyo-ku Higashinotoin Shichijo Meruparuku Kyoto B1F). Consultations can be made in English, Japanese, Chinese, Vietnamese, Tagalog, and 15 other languages.

TEL: 075-343-9666 Homepage: <https://kpic.or.jp>

### **Find us online!**

#### **Facebook**



#### **Town Website**



#### **Kyoto CIR Blog**



Date	Event	Cost	Registration
Saturday, July 9th 2:00pm-3:00 pm	Colors of Summer Concert	Cost to enter Keihanna Park	No registration required (event at Keihanna Memorial Park)
Sunday, July 16th 9:30am-12:30 pm	93rd Annual: Tour of Seika	Adults: 300 yen Children: 100 yen	Email: <a href="mailto:furusato_seika@yahoo.co.jp">furusato_seika@yahoo.co.jp</a> for more details
Sunday, July 24th 10:00am-4:00pm	Keihanna Memorial Park Craft Fair	N/A	No registration required (event at Keihanna Memorial Park)