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Headline:

- **English Cafe**
6/5
- **"It's a Small World" Lecture**
6/19

RUBELLA VACCINE FEE ASSISTANCE

This year, Seika Town will be continuing its fee payment assistance for Rubella, covering two thirds of the cost. Assistance can be received once per person. Pregnant women may not receive the vaccine. Also, you will not be able to get pregnant one month before, or two months after the vaccination.

The assistance is offered until the 31st of March (Friday) of next year. Amounts less than 100 yen will be rounded down.

▶ **Target Applicants**

People who are registered as residents of Seika, received or will receive an MR (Measles and Rubella) Vaccine or a Rubella vaccine and meet one or more of the following requirements.

- A female wishing to get pregnant, who has been diagnosed as having a low Rubella antibody count based on an antibody test taken at a clinic or hospital.
- A person living with a pregnant women who has been diagnosed as having a low Rubella antibody count based on an antibody test taken at a clinic or hospital.

▶ **How to Apply**

After paying the full cost and receiving the vaccination at the medical facility please come to the Seika Town Office, Health Promotion Division to complete the necessary procedures. The following things are necessary to complete the procedures.

- Payment Assistance Application Form 【Note】
- The original receipt and/or vaccination completion certificate (a document that lists the vaccine name, date of vaccination, cost of vaccination, your name, and the organization name)
- Something that indicates you have a low antibody count
- Personal seal (*inkan*)
- Bank book, or some other document that shows your account number.

※For someone living with a pregnant women the following is also necessary.

- Something that demonstrates that the pregnant women you are living with has a low antibody count.
- Something that demonstrates that you live with a pregnant woman (like your insurance card that has your address on it)

▶ **Other Details**

- For families on welfare, the full cost will be covered.
- The rubella antibody test can be done at Kyoto health centers and at some medical organizations for free. For more information contact Yamashiro Health Center (TEL: 0774-72-4300) or use the contact info listed on the next page. This does not include people who have already taken the antibody test, people who have had more than 2 rubella vaccinations and people who have had rubella before. For more information use the contact info on the next page.



Note for People Between the Ages of 27 and 37

Women who don't have an immunity to rubella and catch it during pregnancy have a 50% chance of their child contracting Congenital Rubella Syndrome. This can result in eye issues, deafness and other severe symptoms, so it is important to be careful especially 1 month prior to giving birth. Please make sure to get vaccinated prior to getting pregnant.

People born between April 2nd, 1979 and March 31st, 1990 especially need to be careful because they generally have a lower vaccination rate, and therefore run the risk of having a lower antibody count.

In recent years, the amount of adults contracting rubella has increased. In 2013, Rubella was prevalent, particularly amongst men between the ages of 20 and 40. If a pregnant woman was born between the dates listed in the paragraph above, the people living with her should get vaccinated as well.

【Note】 It can be downloaded from the Town home page.

Contact: Town Office, Health Promotion Division Prevention Section (TEL: 0774-95-1905)

IF YOU SEE A REDBACK SPIDER

The redback spider is an invasive species originally from Australia. However, recently, they have been found to be living in a large range of places in Japan. Even around standard houses in Seika, they can be found occasionally in drains, under grates, behind flower pots and in the small openings on the outer portions of air conditioners.

Redback spiders have only a small amount of venom, and for the most part are calm, so as long as you do not touch them with your bare hands you will not be bitten. However, if you are bitten, rinse water on the wound to cleanse it and then go to the hospital as soon as possible to receive treatment. If possible, bring the spider that bit you with you as well to help identify the proper treatment as quickly as possible.

Avoid areas such as the ones mentioned above where spiders might live and if you do happen to find a spider or its eggs, make sure to spray it with commercially available bug spray or crush it with your feet.

Contact: Environmental Promotion Division (TEL: 0774-95-1925)

BEE PROTECTIVE CLOTHING FREE RENTAL

Protective clothing to wear when handling bees nests can be rented from the town office for free. Please feel free to rent it when removing bees or other pests on public or private property. If you would like to rent it, please confirm by phone with the department listed below if the clothing is available, before going to pick it up. If you cannot handle the removal by yourself, please contact a specialist company 【Note】 to ask for advice.

Nests that appear in public establishments such as parks will be removed by the respective managers of those establishments. Please contact the manager of the establishment regarding such issues.

【Note】 Pest Control Association, Inc. (TEL: 075-752-8071, Reception: 10 AM - 5 PM)

Contact: Environmental Promotion Division (TEL: 0774-95-1925)

QUICK LIST

Hello and welcome to the Quick List! Each week we will present a short list of vocabulary that you can quickly put to use in daily life.

This Week's Theme: **Sushi!**

Next Week's Theme is **The Beach!**

Please send me feedback! Is this list at a good level? Too hard? Too easy? Also, if you have topic suggestions please tell me what you want to learn!

1. まぐろ — Tuna
2. サーモン — Salmon
3. ハマチ — Young Yellowtail
4. さば — Mackerel
5. ほたて — Scallops
6. うなぎ — Eel
7. 醤油 — しょうゆ — Soy sauce
8. 醤油皿 — しょうゆざら — Soy sauce plate
9. 生姜 — しょうが — Ginger
10. 回転寿司 — かいてんすし — Conveyer Belt Sushi





THIS MONTH'S EVENTS

Day	Time	Details	Place
June 9th (Thu)	16:00 - 17:15	Disabled Persons Craft Fair*	In front of Town Library (Town Hall 2nd Fl.)
June 19th (Sun)	14:00 - 16:00	"It's a Small World" Lecture	Seika Exchange Hall (Town Hall 2nd Fl.)

Mukunoki Center		
Day	Time	Details
6/5 (Sun)	9:00 - 17:00	Sports Festival Volley Ball
6/12 (Sun)	9:00 - 12:00	Smile Sports Arena
6/17 (Sun)	-	Mukunoki Center Use Restriction (until the 19th)
6/18 (Sat)	10:00 - 16:00	Cultural Association 15th Anniversary Festival
6/19 (Sun)	10:00 - 16:00	Cultural Association 15th Anniversary Festival
6/22 (Wed)	-	Closed
6/29 (Wed)	15:00 - 17:00	Table Tennis Day

Health Center		
Day	Time	Details
6/16 (Thu)	13:00 -	3.5 Yr-Old Checkup
6/20 (Mon)	13:00 -	2 Yr-Old Dental Health Checkup
6/23 (Thu)	13:00 -	1.5 Yr-Old Checkup
6/24 (Fri)	13:00 -	3 ~ 4 Month-Old Checkup
6/28 (Tue)	13:00 -	9 ~ 10 Month-Old Checkup
6/29 (Wed)	13:00 -	9 ~ 10 Month-Old Checkup

*The Disabled Person's Craft Fair is an event where citizens of Seika with disabilities create a variety of crafts and edible goods that are put on sale in front of the library.

EVENTS

English Cafe

Time: June 5th, 10:00 AM to 12:00 PM

Place: Mukunoki Center Training Room TEL 0774-98-0200

Details: Watch an English presentation, freely speak in English, listen to music, sing songs and enjoy meeting other people. Foreign participants are welcome!

Cost: No cost (Bring your own drink and snacks)

※No reservation required, just show up

Contact Info: Seika Global Network Representative Wakita

TEL: 090-2191-9864

Ajisai Concert

~Horn Ensemble Melodies~

Time: June 19th (Sun) 2:00 PM to 3:00 PM

Location: Keihanna Commemorative Park Kangetsuro Basement

Details: Listen to Horn Ensemble Bambizz as they play horn music that feels like it should be echoing throughout the mountains.

KEIHANNA PLAZA SMALL CONCERT

In the Atrium Lobby

Dates: ① June 22th (Wed)

② June 29th (Wed)

③ July 6th (Wed)

Time: 12:15 PM - 12:45 PM

Songs: ① Tosti "Ideale", Duparc "Phidylé"

(Soprano, Mesosoprano, Piano)

② Clara Schumann "Drei Roman-
zan Op.22", Sergei Prokofiev

"Op. 35a" (Violin, Piano)

③ Mozart "Una donna a quindici
anni! from Così fan tutte"

Liszt "Liebesträume" (Soprano,
Piano)

Contact: Keihanna Plaza

Puchi Concert Committee

TEL: 0774-95-6128

SEIKA TOWN OFFICE
PLANNING AND
COORDINATION DIVISION

Kyoto-fu, Sōraku-gun, Seika-cho

Minami-Inayazuma, Kitajiri 70

TEL: 0 7 7 4-95-1 9 0 0

FAX: 0 7 7 4-9 5-3 9 7 1

EMAIL cir@town.seika.kyoto.jp

SŌRAKU EMERGENCY MEDICAL CLINIC SCHEDULE

Date	Specialty	Date	Specialty
June 5th (Sun)	IM	July 10th (Sun)	IM
June 12th (Sun)	IM	July 17th (Sun)	IM
June 19th (Sun)	IM・PD	July 18th (Hol/Mon)	IM
June 26th (Sun)	IM・PD	July 24th (Sun)	IM・PD
July 3rd (Sun)	IM	July 31st (Sun)	IM・PD

Please call in advance to confirm.

QUESTIONS: Sōraku Emergency Medical Clinic (Sōraku Hall)

そうらくきゅうじつおうぎゅうしんりょうじょ そうらくかいかんない

相楽休日応急診療所 (相楽会館内) TEL: 0774-73-9988

What to do if...

You have a question about something in Ichigo:

Call Jacob Biros, Coordinator for International Relations at the Seika Town Office. You may also call if you need an interpreter, as most of the events and classes in Ichigo will be in Japanese.

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 Jacob Biros, Coordinator for International Relations at the Seika Town Office.

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

You have an issue with your visa or other questions:

The Kyōto City International Foundation (located at 2-1 Toriichō Awataguchi, Sakyō-ku, Kyōto-shi) , offers advice and consultation on visa issues and general problems. **Visa consultations are available on the 1st and 3rd Saturdays of every month (appointment required). Consultations can be done in English, Chinese, Korean, and Spanish.** General counseling is available Tuesday to Sunday from 9:00 to 21:00.

TEL: 075-752-3511 Homepage: <http://www.kcif.or.jp/en>

ONLINE INFO

Facebook



Town Website



あじさい
Hydrangea

Check out the Kyōto CIR blog: <http://tabunkakyoito.wordpress.com/>