



ICHIGO
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Seika's English Language Newsletter

No. 332

March 2023

Who Does the Road Belong To?

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Seika Town Mascot
KYOMACHI SEIKA



"Follow the rules to protect the well being of everyone !"

Nowadays, there are many people concerned with accidents and damages to buildings due to children running around and playing with balls in the road. Let's consider what not to do in the middle of the road and the associated danger of such actions.

Things That Should not be Done in the Road

Playing in the road may violate traffic laws. For example, the following actions are against the Road Traffic Act.

- Any action that would interfere with traffic such as sitting or standing in one place
- Playing with a ball, roller skating, or skateboarding on frequently used roads



Playing in the Road can Cause....

What are the hidden dangers of playing in the road?

● Traffic Accidents

Cars travel on the road, but they cannot stop immediately. Playing in the road not only is an obstruction to drivers, but makes it more difficult for the driver to predict hazards, ultimately causing more accidents.

● Damage to Personal Property (Buildings, Vehicles, etc.)

There are no big fences or nets in between roads and building like at playing fields. Breaking glass or scratching a car due to playing with a ball may cause you to be liable for large damage fees.

● Noise

Hitting a ball on the road or on a wall may not bother the person playing, but may be unpleasant to others. As a result, this can cause problems in the neighborhood.

If you own a dog, it is mandatory for you to register your dog. Also, after registering, you will need to submit notifications for the following scenarios: moving-in, change of address, and death. If there is any change, please make sure to submit a notification to the Environmental Promotion Division.



The Road is Everyone's!

In order to make roads that are easy and safe for everyone to use, play at a nearby park or playing field instead of in the road. **Note: There are parks and playing fields where playing with balls is strictly prohibited. Make sure to follow the rules of each park and playing field while playing!**

A Message to Parents and Guardians

To protect your child from danger, avoid allowing them from playing in the road. Also, think about road safety with your child.

Coronavirus Vaccination Information



Coronavirus Vaccinations will be Offered Until the End of March

As of February 16th, Coronavirus vaccinations will be offered until Friday, March 31st. Individuals who have not received their first two vaccinations will not be able to receive the Omicron coronavirus vaccination. Individuals interested in receiving a Coronavirus vaccination can call one of the medical facilities below to make an appointment. Additionally, every person is only able to receive the Omicron vaccination once. Details regarding the schedule for vaccinations following April will be announced via the Seika Town website or town newsletter once finalized.

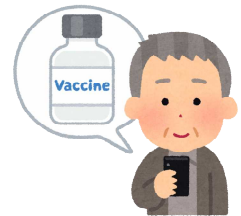


Be Careful of Coronavirus Vaccine Scams and Other Fraud

There have been calls all over the country whereby scammers are trying to obtain personal information and money by deceiving individuals into thinking that they need to provide this information in order to receive the Coronavirus vaccine. You will not be asked to give any personal information or money through phone or mail for the Coronavirus vaccine. Please be cautious of the following scenarios:

[Examples]

- A person who claims they work at the town hall comes to your house to make an appointment.
- You receive a call saying that the person on the phone will make a reservation for you if you pay them.



Facilities Offering Individual Coronavirus Vaccines (First Through Fifth 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/Fourth/Fifth 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/Fourth/Fifth Vaccination): Every Sat. starting at 1:00 p.m. (Questions can be asked 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.	(First/Second Shot): Every Thurs. 2:30p.m. - 4:00 p.m. (Third/Fourth/Fifth Vaccination): Every Tues. and Sat. 2:30p.m. - 4:00 p.m.
Seika Town Public Hospital Hosono Sunakoda 7	0570-056732 (Seika Town Call Center)	Residents of Seika 18 yrs. and older	Mon. - Fri.: 9:00 a.m. - 5:00 p.m. (Appointment must be made by noon on the day prior)	(First/Second Shot) Every Tues. starting at 2:30p.m. (Third/Fourth/Fifth Vaccination) Every Wed. and Thurs. starting at 2:30p.m.

*There is a chance that the medical facilities listed above have changed. Please check the Seika Town website or the Seika Town Official Line account for the most up-to-date information.



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 **Ground Beef and Mushroom Doria** with this recipe.



Ingredients (2 servings)

Ground Beef	...	100 grams
Shimeji Mushroom	...	100 grams
Onion	...	1/2 of a whole (100 grams)
Garlic	...	1 clove
Assorted Shredded Cheese	...	10 grams
Panko Crumbs	...	1 tablespoon
Rice	...	260 grams
Olive Oil	...	1 tablespoon

A: 1 tablespoon of Sake; 2.5 tablespoons of Ketchup; 1.5 tablespoons of Worcester Sauce; pinch of salt and pepper



Instructions

- 1 Remove the bottom part of the mushrooms, thinly slice the onion, and dice the garlic.
- 2 Add the olive oil into a pan and heat up the garlic. Once the garlic becomes fragrant add the ground beef. After the ground beefs browns, add the onions and mushrooms.
- 3 Add A to the pan and cook onions and mushrooms until softened.
- 4 Put the rice on a heat resistant plate and pour the contents of the pan over it. Then add the cheese and panko crumbs and bake in a toaster until browned.

Nutrition Information (per serving)

Calories	508	kcal	Protein	15.9	grams
Fat	18.7	grams	Calcium	60	mg
Dietary Fiber	5.1	grams	Sodium	2.0	grams

Food Education Tip No. 33 **The Meaning of the Three Colors in Hishi Mochi**

When thinking of Hishi Mochi, it is well known that it has three different colors: pink, white, and green. In order, these colors stand for peach blossoms, snow, and grass in addition to meanings such as warding off evil spirits, purity, and health among other various interpreted meanings.



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 has information regarding which of the seven most common allergens are contained in their products (Due to the Coronavirus, this restaurant is not currently serving lunch).



Participating Restaurant (Only Selling Traditional Japanese Confectioneries)

Kasendo Seika

Address: Seika-dai 1 Chome 25-2

Business Hours: 9:30 am - 6:00 pm

Tel: 0774-93-4377

Closed: Tuesday (Open on national holidays)



*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.



Let's go Strawberry Picking!



The season for strawberry picking is starting. Please enjoy the sweet and delicious flavor of this seasonal Seika flavor. Both locations below require reservations, so please make a reservation.

Hanayagi Kankou Nou-en

Reservations can be made on Tuesdays, Wednesdays, Thursdays, Saturdays, and Sundays until the end of May for the following times: ① 10:00a.m.~; ② 11:00a.m.~; ③ 1:30 p.m.~; ④ 2:30 p.m.~; ⑤ 3:30 p.m.~

• **Reservation Method (Can be made two months in advance)**

By Phone: 93-4811 (Hours: 9:00 a.m. - 4:00 p.m.)

Online: Scan the QR code to the right.



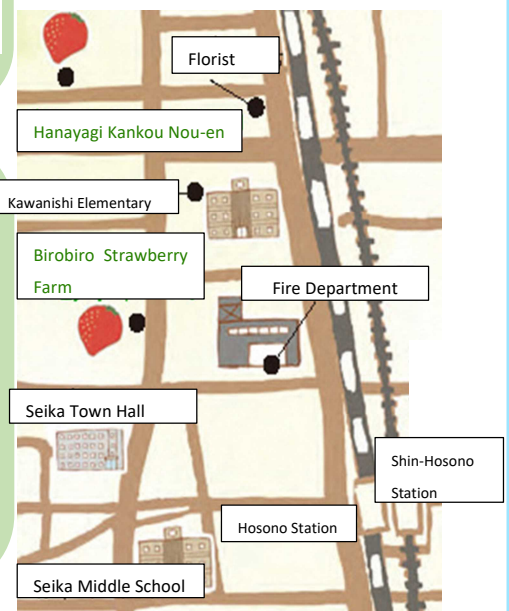
Birobiro Strawberry Farm

Reservations can be made on Fridays, Saturdays, Sundays, Mondays, Tuesdays, and national holidays until the middle of May for the following times: ① 10:15 a.m.~; ② 11:30a.m.~; ③ 1:00 p.m.~; ④ 2:00 p.m.~

• **Reservation Method (Can be made two months in advance)**

By Phone: 090-2107-3887 (Hours: 9:00 a.m. - 5:00 p.m.)

Online: Scan the QR code to the right.



Would you Like to Join a Nursery Group?

There are 16 nursery groups in Seika Town, with one in each area of the town. Parents of children around the same age can get together and mingle! Many of the nursery groups are looking for more people to join! If you are interested and think you may want to join a nursery group, do not hesitate to call the Child Care Support Center at 98-4001. All of the nursery groups within Seika Town introduce the nursery groups in other areas of the town. For more information regarding the nursery groups, visit the Seika Town website or scan the QR code below.



Suku Suku Playroom Open Hours

A place where parents and children can play carefree and leisurely. There are also plenty of toys!

◆Yochi Yochi Hiroba

Ages: 0 to about 1 and a half

Day and Time: Every Monday from

10:00 a.m.- Noon

Place: Kosodate Shien Center (Child Care Support Center)

◆Tottoko Hiroba

Ages: 1 and a half to Preschool age

Day and Time: Every Tuesday from 10:00 a.m.-Noon

Place: Kosodate Shien Center (Child Care Support Center)

◆Nikkori Hiroba (Closed: April and August)

Ages: 0 to Preschool



Dates and Times:

① First and Second Thursday from 10:00 a.m. - 11:30 a.m.

② Every Monday and Thursday from 1:30 p.m. - 3:30 p.m.

Place: ① Iketani Hoikusho ② Kosodate Shien Center (Child Care Support Center)

Application Period: Monday thru Wednesday the week prior



Once You Have Decided to Move....

① Moving Notice (When moving outside of Seika Town)

Please submit a moving notice within 14 days of or after moving. Moving notices can also be submitted through the mail (If you do not have a My Number Card, you will need to use a reply envelope). If you have a My Number Card, you can also submit a moving notice through the My Number Portal (Moving One-Step Service).

- Moving-Out Notice
- Personal Identification Documents
- (ex. My Number Card, Driver's License, etc.)



My Number Portal
QR Code

② Change of Address (Within Seika Town)

Please submit a notification within 14 days after moving.

- Change of Address Notification
- My Number Card (For all Family Members)
- Personal Identification Documents for the Individual Applying

③ Change of Address (Outside Seika Town)

Please submit a notification within 14 days after moving.

- Moving-In Notice
- Certificate of Change of Address
- My Number Card (For all Family Members)
- Personal Identification Documents for the Individual Applying (If not in possession of a My Number Card)

※ The notification form can be submitted by the person applying or by someone in the same family. If someone outside the family will be submitting the notification a consent form is needed.

You can download or print the notification form from this QR code.



Moving One-Step 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. For more specifics regarding this new procedure please visit the digital government agency website.

Scan the QR code below to visit the digital government agency website



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, March 11th; Sunday, March 26th; Sunday, April 23rd

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 online, by phone or by email.

For online appointment scheduling scan here.



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 Informatio

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





★The National Spring Fire Prevention Campaign

The National Spring Fire Prevention Campaign will be implemented from Wednesday, March 1st to Tuesday, March 7th.

During the times of the year when the air is dry and when fires occur easily, it is important for residents of Seika Town to be aware of fire prevention measures in order to prevent fires from occurring. Taking advantage of the Fire Prevention Campaign, let's use caution when handling fire and strive to create a town where no fires occur.

★Preventing Forest and Field Fires

Fortunately, there have not been any major forest or field fires in Seika Town in recent years, but there are over 1,000 forest and field fires nationwide every year. The reason why there are many forest and field fires in spring is mainly due to seasonal factors including less rainfall, drier air, and strong winds.

Additionally, with the spread of the coronavirus, there has been an increase in the number of people who participate in outdoor activities such as camping and hiking, which has led to an increase in forest and field fires due to smoking outdoors and camp fires.

Many forest and field fires are caused by human error when a fire is not completely put out. This is particularly true in mountain regions with dense forests and can lead to major fires due to fires being spotted too late.

In order to prevent forest and field fires, it is important that everyone is conscious of fire prevention measures.



★How to Prevent Forest and Field Fires

- ① On days where there are strong wind or dry air alerts, avoid activities such as camp fires or anything else involving handling fire outdoors.
- ② Always have water or a fire extinguisher nearby.
- ③ When handling fire outdoors, do not leave that location and make sure that the fire does not spread. Once you are done, make sure that the fire has been completely extinguished.



★Training with the Kyoto City Fire Brigade

When forest or field fires occur, there are cases where the fire can develop into a major fire and affect a very large area. The Seika Fire Department is training with the Kyoto City Fire Brigade in order to be able to deal with disasters other than fires.

In occasionally training with the fire brigade, Seika Town Fire Department will strive to handle large natural disasters including forest and field fires.

Install a Fire Detector in Your Home!

In accordance with fire prevention laws, it is mandatory that all house are equipped with fire detectors. Additionally, 10 years after installing a fire detector, there is a chance that the batteries have died or that the detector no longer works. Make a habit of replacing your fire detector every 10 years.

< Main Installation Locations of Fire Detectors in Homes >

- ①Bedroom ②Kitchen ③On the Ceiling Above a Staircase (2nd Floor Bedroom)

Direct Inquires to the Fire Department Prevention Department
Tel: 94-4397

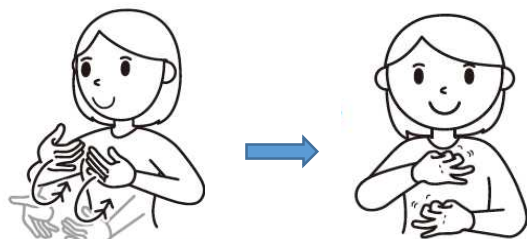




Communicating Through Sign Language

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 in February and March.

This month's word is **Spring Equinox Day!**



Face the palms of your hands upward in front of your chest and repeatedly pull your arms close to your body in a circular motion.

Hold both of your hands in front of your body making sure that one hand is above the other. Starting with your thumb, bend your fingers inward on both hands.

Obtaining Peace of Mind Through Text Information

Text information is displayed inside of trains and subtitles are now being added to television programs, commercials, and videos online. Text information regarding a destination can also easily be obtained by using a device everyone is familiar with, a smartphone. Since spoken words can easily be turned into text, it is easier for those who have lost their hearing or who are hard of hearing individuals to live in today's society. However, this does not mean that these types of services can be used by everyone everywhere. If you happen to see someone who is having difficulty because they cannot hear, ask if they need any help in writing. Your small act of kindness can help to provide great relief to those who need it.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
3/5 (Sun.)	Internal medicine /Pediatrics	4/2 (Sun.)	Internal medicine /Pediatrics
3/12 (Sun.)	Internal medicine	4/9 (Sun.)	Internal medicine
3/19 (Sun.)	Internal medicine	4/16 (Sun.)	Internal medicine
3/21 (Hol./Tues.)	Internal medicine	4/23 (Sun.)	Internal medicine /Pediatrics
3/26 (Sun.)	Internal medicine/ Pediatrics	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
3/14 (Tues.)	12:40 p.m.-	1-yr. 6-mon. Health Check (born August 2021)
3/17 (Fri.)	12:40 p.m.-	9-10 mon. Health Check (born May 2022)
3/23 (Thurs.)	12:40 p.m.-	3-4 mon. Health Check (born November 2022)
4/7 (Fri.)	12:40 p.m.-	1-yr. 6-mon. Health Check (born September 2021)
4/11 (Tues.)	12:50 p.m.-	2-yr. 4 mon. Health Check (born November 2020)

Mukunoki Center

Date	Time	Details
3/15 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
3/19 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Arena
3/22 (Wed.)	-	Closed
3/29 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
4/3 (Wed.)	-	Closed



Norman Mardi Gras Parade

The Norman Mardi Gras Parade was held on Saturday, February 18th for the first time in two years. This is the 23rd time that the night-time parade has been held in the streets of downtown Norman since the event was started by Jeanne Flanigan in 1994. Mardi Gras parades are held all over the United States, but Norman incorporates has its own traditions such as "Unidentified Rolling Objects" and "Doggiegras". The theme of the parade changes every year and this year's theme was "Phoenix Rising". This parade acts as a celebration of arts and community in Norman and features Mardi Gras specials at local businesses. Different from most parades, it is common to throw beads as pictured to the right to attendants to Mardi Gras parades. Another common tradition related to Mardi Gras is eating donuts or sweets such as beignets, paczkis, or king cake and then fasting the following day.



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



Finnish Cultural Experience



An International Exchange event was held on Sunday, January 22nd at Mukunoki Center and was hosted by the Coordinator for International Relations, Katie Trombly. This event was centered around the Heikki Lunta Festival (a Finnish-American winter festival) that takes place in Ms. Trombly's home state of Michigan. The 10 adults and children in attendance of the event were able to experience parts of Finnish culture and

learn about the connection between Michigan and Finland. All of the participants were able to enjoy their time at the event through the spring time dance, known as the May Pole Dance, and by making Finnish Stars out of paper.