



Seika's English Language Newsletter  
No. 350 October 2024

## Please Properly Sort Your Trash

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### A Friendly Reminder

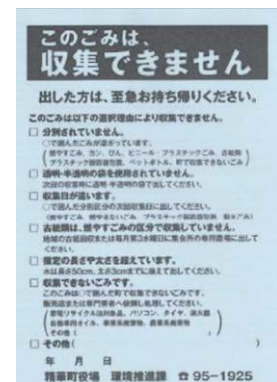
The combustible waste that is produced within the city is being handled with safety and stability by Environment Forest Center - Kizugwa. When trash besides combustible waste is thrown away, it is thought to impact the incinerator's functionality and lifespan.

For example, in a situation where incombustible waste like bottles and cans are mixed in, it cannot completely incinerate the garbage and leaves residue behind. In the case of wire and wire gauges, it wraps up other trash and creates a mound left over when burned, clogging up the inside of the machine at the emission stage of the process.

Also, in situations where thermometers, blood pressure machines, etc. containing mercury are mixed in, it is assumed to influence the disposal of exhaust gas and forces an emergency stop of the incinerator.



Remaining trash mound with incombustible trash and wire mixed in.



"This Trash Cannot be Collected" warning seal that will appear on incorrectly sorted trash.

Seika Town Mascot

**KYOMACHI SEIKA**



"Everyone, let's all sort our trash properly!"

### When Throwing out Trash

Please check and confirm the area's trash separation and collection days. In situations where, for several reasons, the trash couldn't be collected (like the wrong trash was thrown out on the wrong day, etc.), a warning seal like the one printed above will be stuck onto the bag and left there as is.

The remaining trash that was not collected should be brought back home by the person who threw it out, correctly fixed, and the warning seal either ripped off or crossed out with an X mark, etc. in order for the garbage man to understand when collecting it the next time. Thank you for your cooperation.



Operation of the "Seika Kururin Bus" Community Bus will begin in the town, and the initiative for inner-town public transportation environmental reforms, current initiative state-of-affairs, and more will be shared in "Seika Town Traffic News" for everyone. This time, we are once again informing you about the operation time-table starting in October for the "Seika Kururin Bus."

## About the Revised Seika Kururin Bus Time Table (October 1st, 2024)

From October onward, the information about the Seika Kururin Bus has changed following the start of the Demand Public Transportation service. The reasoning for the changes are as follows:

- ① To make everyday use of the bus easy, earlier service ending times and shortened intervals between operation during the day will be changed.
- ② When using the bus for Kashinoki-en, the arrival and departure times will be changed to fit the coming and going of users.
- ③ Earlier arrival and departure times for the first departure at Yamadagawa station will be changed for ease of use in the mornings.

The operation time-table after the changes are as shown below.

Hosono Station West Gate	7:47	9:47	11:57	13:17	15:17	16:17
Town Hall/Library	7:50	9:50	12:00	13:20	15:20	16:20
Minamiinayazuma	7:51	9:51	12:01	13:21	15:21	16:21
Minansho	7:52	9:52	12:02	13:22	15:22	16:22
Kashinoki-en	-	9:55	12:05:00	13:25	15:25	16:25
Seikadai	7:54	9:58	12:08	13:28	15:28	16:28
Seikadainishi	7:55	9:59	12:09	13:29	15:29	16:29
Apita/Kohnan	7:57	10:01	12:11	13:31	15:31	16:31
Keihanna Plaza	8:00	10:04	12:14	13:34	15:34	16:34
Higashibataguchi	8:04	-	-	-	-	-
Higashibata	8:05	-	-	-	-	-
Higashihikari Elementary School	8:10	-	-	-	-	-
Hikaridai Community Hall	8:12	10:07	12:17	13:37	15:37	16:37
Hikaridai Minami	8:13	10:08	12:18	13:38	15:38	16:38
Zakuro	8:16	10:11	12:21	13:41	15:41	16:41
Inuidani	8:20	10:15	12:25	13:45	15:45	16:45
Seika Minami Middle School	8:22	10:17	12:27	13:47	15:47	16:47
Iketani Park	8:23	10:18	12:28	13:48	15:48	16:48
Sakuragaoka	8:24	10:19	12:29	13:49	15:49	16:49
Inuidani	8:28	10:23	12:33	13:53	15:53	16:53
Hikarigaoka Kindergarten	8:29	10:24	12:34	13:54	15:54	16:54
Yamada	8:30	10:25	12:35	13:55	15:55	16:55
Yamada Takahashi	8:31	10:26	12:36	13:56	15:56	16:56
Yamadagawa Station	8:35	10:30	12:40	14:00	16:00	17:00
Yamadagawa Station	8:52	11:02	12:17	14:17	15:17	17:12
Yamada Takahashi	8:54	11:04	12:19	14:19	15:19	17:14
Yamada	8:55	11:05	12:20	14:20	15:20	17:15
Hikarigaoka Kindergarten	8:56	11:06	12:21	14:21	15:21	17:16
Inuidani	8:57	11:07	12:22	14:22	15:22	17:17
Sakuragaoka	9:01	11:11	12:26	14:26	15:26	17:21
Iketani Park	9:02	11:12	12:27	14:27	15:27	17:22
Seika Minami Middle School	9:04	11:14	12:29	14:29	15:29	17:24
Inuidani	9:06	11:16	12:31	14:31	15:31	17:26
Zakuro	9:09	11:19	12:34	14:34	15:34	17:29
Hikaridai Minami	9:12	11:22	12:37	14:37	15:37	17:32
Hikaridai Community Hall	9:14	11:24	12:39	14:39	15:39	17:34
Higashibataguchi	-	-	-	-	-	-
Higashibata	-	-	-	-	-	-
Higashihikari Elementary School	-	-	-	-	-	-
Keihanna Plaza	9:17	11:27	12:42	14:42	15:42	17:37
Apita/Kohnan	9:20	11:30	12:45	14:45	15:45	17:40
Seikadai Nishi	9:22	11:32	12:47	14:47	15:47	17:42
Seikadai	9:23	11:33	12:48	14:48	15:48	17:43
Kashinoki-en	9:27	11:37	12:52	14:52	15:52	-
Minansho	9:28	11:38	12:53	14:53	15:53	17:45
Minamiinayazuma	9:29	11:39	12:54	14:54	15:54	17:46
Town Hall/Library	9:31	11:41	12:56	14:56	15:56	17:48
Hosono Station West Gate	9:35	11:45	13:00	15:00	16:00	17:52



Let's learn how to make **Dried Young Sardine Crispy Toast** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

### Ingredients (Two Servings)

Bread 2 slices  
Butter or Margarine 4 teaspoons  
Dried Young Sardines 3 tablespoons (12 grams)

### Instructions

- 1 Spread the butter or margarine on top of the bread slices.
- 2 Place the dried young sardines on the top of the bread from Step 1.
- 3 Put in the toaster and cook for 3 minutes.



It's very easy & perfect for breakfast!

Scan here for  
Recommended  
Breakfast Recipes



### Nutrition Information (per serving)

Calories	307 kcal	Calcium	39 mg
Protein	10 grams	Dietary Fiber	4.0 grams
Fat	11.5 grams	Sodium	1.5 grams

### **Nutrition Education Tip No. 52**

#### "Dried Young Sardines' Nutritional Value"

Dried young sardines contain around 5 times the amount of calcium milk has, and during growing periods, intaking a sufficient amount of calcium makes healthy bones and teeth. Bone density reaches its' peak at around 20 years old and maintains itself until around 40 years old, but gradually decreases after. In order to prevent bones breaking, it is important to accumulate bone density during growth periods as much as possible.

## 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

#### **Le Pâtissier Yamada**

**Address:** Hikaridai 9 chome 8-8 (1st Floor)

**Tel:** 95-0555

**Hours:** 9:30 a.m. - 7:00 p.m.

**Closed:** Tuesdays (Open during national/substitute holidays)



Please note that business hours are subject to change and there may be temporary closures as well. For more information about hours and dates of operation, please contact the restaurant.



## Let's All Decrease our Food Waste!

Food Waste is food that is still able to be eaten but is thrown out. The town is working to reduce trash and promote recycling, and joint research with Kyoto Prefectural University has found that reducing food waste at home is incredibly effective reduction method. A Food Waste Reduction Campaign in Seika Town will occur during October and November, the months included in Food Waste Month. This is an opportunity to learn about food waste, so will you try to reduce individual family's food waste?

### Campaign Details

#### Part 1 Let's Organize the Fridge Once a Week!

You can reduce food loss by periodically organizing your refrigerator.

##### "3 Tips for Refrigerator Organizations"

1. **Prioritize using ingredients that bruise/damage easily!**
2. **Place ingredients you will use soon at eye-level!**
3. **Before grocery shopping, check your fridge!**

#### Part 3 Submit Ideas on How to Reduce Food Waste!

Please submit your ideas on how you practice food waste reduction with your family. Strategies for refrigerator rules, placing food with the closest expiration date in front, separating food into categories, placing food that has been used in obvious places, etc. are some examples from last year.

**Submission Period:** Tuesday, October 1st - (received by) Friday, November 29

##### **Entry Qualifications:**

1. Must reside in Seika Town
2. Must agree to let the submitted ideas be used in any future education purposes concerning food loss.

**How to Submit:** Please fill out the necessary items on the application form and submit it via. e-mail, postal mail, or at the Environmental Promotional Division counter.

\*Application form can be downloaded from the town homepage or received from the Environment Promotion Division Counter.  
**Inquiries:** Environment Promotion Division Resource Recycling System (Town Hall 3rd Floor) ☎619-0285 (Address Entry Unnecessary)  
 TEL : 95-192 ✉kankyo@town.seika.lg.jp

#### Part 2 Submit Photos of Your Reorganized Refrigerator!

We are collecting the before and after photos of family's reorganized refrigerators.

**Submission Period:** Tuesday, October 1st - (received by) Friday, November 29

##### **Entry Qualifications:**

1. Must reside in Seika Town
2. Must agree to let the submitted pictures be used in any future educational purposes concerning food waste.

**How to Submit:** Please fill out the necessary items on the application form and submit it along with the before and after photos taken of your refrigerator organization. (via. e-mail, postal mail, or submit at the Environmental Promotional Division counter.)

Participants  
Receive an  
Eco-bag!

#### Part 4 Help with the Food Drive!

During the campaign, to reduce food waste and effectively use food, a food drive will be held. Please bring food that has not been used. The food brought here will be distributed to food drives around the town and individual families will be able to receive it. There will also be a booth at Seika Matsuri, held on November 17th, so we appreciate your cooperation.

##### **Places Accepting Donations:**

**Environment Promotion Division (3rd Floor)** - during business hours on weekdays 8:30 a.m. -5:15 p.m. (excluding 12:00 p.m. - 1:00 p.m.)

**Kakinoki-en** - Tuesday-Saturday from 8:30 a.m. - 5:15 p.m. (excluding 12:00 p.m. - 1:00 p.m.)

**Accepted Food Items:** can store at room temperature, expiration date is clearly printed and at least one month until expiration date, and must be unopened and undamaged \*Home-made processed foods, and alcohol are not allowed.

## Town Events



### Keihanna Music Festival 2024

**Date & Time:** October 13 (Sun.) 12:00 p.m. - 4:00 p.m.

**Place:** Keihanna Plaza Main Hall

**Event Details:** 18 chorus groups in the Keihanna and surrounding areas will perform beautiful melodies. From Seika Town, groups "Chorus Hana," "Chorus Seika," "Shouka Circle Uta・Uta・Uta," "Kyoyukirin," "Ruru ♪ Keihanna will perform.

You can also enjoy a performance by wind instrument orchestra Berry's Keihanna.

**Inquiries:** Keihanna Society of Music and Culture/TEL: 93-1491 (Nakao-san)/Homepage <https://heihanna-m.jimodofree.com/>



### Ikebana for Everyone

**Date & Time:** October 26 (Sat.) 2:00 p.m. - 3:30 p.m.

**Place:** Suikei-en Kanmitsurou

**Capacity:** max. 20 people

**Event Details:** An event where everyone can become familiar with flower arrangement culture and plants. No difficult flower arrangement rules. This event offers a valuable Japanese cultural activity you can't experience anywhere else.

**Things to Bring:** Bag for taking flowers home.

**Fee:** 1000 yen (park entrance fee included)

**How to Apply:** Call the Park Management Office



### Suikei-en Special Nighttime Opening - Autumn Foliage Light-up - The "Water Mirror" Pond Reflecting the Foliage

**Date & Time:** Friday, Saturday, Sunday, and Holidays during November 3 - 24 from sunset till 9:00 p.m. (Reception closes at 8:30 p.m.)

※Will occur regardless of rain (Free entry November 3rd and 17th)

**Place:** Suikei-en

**Event Details:** Appreciate the beauty of the garden interwoven with gorgeous scenery of autumn leaves and waterfalls. When night falls, the waterfall stops and the pond becomes a water mirror with the red of the leaves reflecting on the surface. Please enjoy strolling in this dream-like night garden.

**Fee:** Park Entrance Fee



### Seika Global Net's Cultural Understanding Course "Chikyukko Lecture"

- Earthquake! I don't know the language? What would you do? -

**Date & Time:** October 27 (Sun.) 1:30 p.m. - 3:30 p.m.

**Place:** Seika Town Hall Exchange Hall (Town Hall 2nd Floor)

**Capacity:** 40 people (children in the 4th grade and below requires guardian supervision)

**Event Details:** A workshop where you can experience a simulation of being in a country where you do not understand the language during a natural disaster, think about foreigner's feelings and consider what we can do during a natural disaster.

**How to Apply:** During October 7-18, submit the "Chikyukko Application Form" on the Seika Global Net Homepage.

**Inquiries:** Inquire from the Seika Global Net Homepage Contact Form





### Weekend Appointments for My Number-Related Matters

Appointments on the following days are available for My Number Card application, electronic certificate renewals, and receiving your card as well.

Dates: Saturday, October 19th, Sunday, November 24th

Appointment Hours: 9:00 a.m. - 11:45 a.m.

※**An appointment needs to be made in advance.**

- Appointments for applications and renewals->

call to make an appointment.

- Appointments for My Number Card issuance->

fill out the notification card you receive in the from the town hall and make an appointment by phone or online.

\*Digital certifications can be renewed up to three months prior to expiration.



Appointments to receive your card can be made here

### Concerning Unregistered Individuals

When a child is born, their name is added to the family register when a birth notification is submitted. Due to any reason, if the birth notification is not submitted, the child will be not be registered and be considered "Unregistered."

If an individual does not have a register, there is a risk of being unable to receive adequate administrative services and they may experience disadvantages in social life.

The Civil Law concerning presumption of legitimacy, which is when the child born of a married couple is presumed to be the child of the father - one of the causes for the problem of unregistered people - has been revised. It now allows mothers and children procedures for rebuttal of legitimacy, which is denying presumption of the child's father - something previously only the father could do.

Children born after April 1st, 2024, are entitled to rebuttal of legitimacy court procedures if done within 3 years after their birth. For persons born before April 1st, 2024, these procedures are available until March 3, 2025.

To create a register, please go to the Regional Legal Affairs Bureau and the General Affairs Counter. View more details using the QR code to the right.

\*Even if a person is unregistered, there are situations in which they can be listed in a Certificate of Residence. Please consult the General Affairs Counter for more information.



Direct inquiries to: Family Register Section of the Service Counter Division (Sougoumadoguchi-ka Koseki Jumin- Kakari) TEL: 95-1915

### Seika Global Net's Multicultural Playgroup "Ichigo Ichie"

This is a playgroup for foreign and Japanese families who are raising children in southern Kyoto prefecture and northern Nara prefecture. Come meet families raising children who live in this area!

Various workshops including ones regarding parenting, information exchange, etc. in easy Japanese and English are offered. Come and join us! This will give you the opportunity to expand your circle of friends along with your children.

Ichigo Ichie events are held once every two months. For information regarding past and future events, please refer to the links below.

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>



### Seika Global Net Japanese Learning Support

Would you like to study Japanese in a fun way? You can also talk about your living situation in Japan and experience different aspects of Japanese culture while making friends. Children can participate in the morning class. If you would like to join one of the classes, please scan the QR code and fill out the "contact form".

For those interested, please use this QR code



#### Classes

##### ◆ Japanese Learning Room

Tuesday: 10:15 a.m. - 11:45 a.m.

##### ◆ Japanese Class

Tuesday: 7:00 p.m. - 8:45 p.m.

**Location:** Seika Town Hall Exchange Hall, etc.

**Fee:** 1000¥ for 6 months

For more information, please scan the QR code to the right.





## Communicating Through Sign Language

Sign language is often referred to as the language you can see. Not all individuals who have hearing disabilities use sign language, but we are introducing it as one way of communicating with these individuals. We hope that sign language will help to raise awareness of hearing disabilities.



〈This month's sign language〉 There are vocabulary whose expressed meaning changes by changing the strength/weakness of the hand movements. In October, the word "rain" will be used to demonstrate. The sign language movement that represents "rain" is the base. If you do the same movement weakly or strongly, it becomes "drizzle" and "downpour" respectively.

**weakly/slowly**

**A. Drizzle**

Spread out your fingertips and bring them down with palms facing down.  
Repeat the movement two times slowly.

**strongly/quickly**

**B. Rain**

Spread out your fingertips and bring them down with palms facing down.  
Repeat the movement two times.

**C. Downpour**

Spread out your fingertips and bring them down with palms facing down.  
Repeat the movement two times quickly.

## Seika Town Facility Schedules

### Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
10/6 (Sun.)	Internal Medicine	11/3 (Sun.)	Internal Medicine
10/13 (Sun.)	Internal Medicine/Pediatrics	11/4 (Hol. /Mon.)	Internal Medicine/Pediatrics
10/14 (Hol. /Mon.)	Internal Medicine	11/10 (Sun.)	Internal Medicine/Pediatrics
10/20 (Sun.)	Internal Medicine/Pediatrics	11/17 (Sun.)	Internal Medicine
10/27 (Sun.)	Internal Medicine/Pediatrics	*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)	

### Health Center

Date	Time	Details
10/9 (Wed.)	12:30 p.m.-	2-yr. 4 mon. Health Check (Toddlers born May 2022)
10/24 (Thurs.)	12:30 p.m.-	3-4 mon. Health Check (Infants born June 2024)
11/8 (Fri.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born July 2024 & January 2024)
11/11 (Mon.)	12:30 p.m.-	2-yr. 4 mon. Health Check (Toddlers born June 2022)
11/12 (Tues.)	12:30 p.m.-	1-yr. 6 mon. Health Check (Infants born April 2023)

### Mukunoki Center

Date	Time	Details
10/9 (Wed.)	-	Closed
10/13 (Sun.)	9:00 a.m.-12:00 p.m.	Hohoemi Sports Hiroba
10/16 (Wed.)	3:00 p.m.-5:00 p.m.	Table Tennis
10/23 (Wed.)	-	Closed
11/4 (Hol. /Mon.)	10:00 a.m. - 3:30 p.m.	2024 Seika Health and Sports Exchange Festival



### Norman City Held its 7th Annual "Porch Fest" Music Festival

The Miller Historic District in Norman, Oklahoma held its 7th annual Porch Fest. The festival featured over 40 local artist performances on 13 different house's porches which were used as stages. The festival was started in 2016 in Norman, and is run completely by volunteers. Residents offered their porches to be used as stages and musicians also volunteered to perform. T-shirt and merch sales went towards funding for city permits, barricades, etc. for the event. Around 700 people attended last year's festival, with the community looking forward to the event every year. There was a variety of genres and performers, ranging from jazz to American country music. Attendees brought their own lawn chairs and enjoyed listening to the music.



Rachel Nichols/OU Daily

### 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 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**



### **Cool Down with "Uchimizu!!"**

On Tuesday, August 27, an "Uchimizu," or "Sprinkling Water" hands-on experience took place at Komada Nursery School.

27 4-year-olds and 28 5-year-olds participated and experienced "Uchimizu," an old practice thought to help keep cool in the summer by sprinkling water in the garden or in front of the entryway, making the area feel cooler by taking the heat from the ground when the water evaporates.

The children utilized the remaining water from the pool by carrying it in buckets and used ladles and water guns. Everyone cooled down and was able to learn while having fun.

