



Seika's English Language Newsletter
No. 352 December 2024

Administrative Services' End of Year Schedule

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Division	December												January				
	20th (Fri.)	21st (Sat.)	22nd (Sun.)	23rd (Mon.)	24th (Tues.)	25th (Wed.)	26th (Thurs.)	27th (Fri.)	28th (Sat.)	29th (Sun.)	30th (Mon.)	31st (Tues.)	1st (Hol./Wed.)	2nd (Thurs.)	3rd (Fri.)	4th (Sat.)	5th (Sun.)
City Hall	O	x	x	O	O	O	O	O	x	x	x	x	x	x	x	x	x
Municipal Library	O	O	O	x	O	O	x	O	x	x	x	x	x	x	x	x	O
Convenience Store Credential Issuance Service (City Hall, Seika Town Residence Service Corner (Sakuraaoka) Included)	O	O	O	O	O	O	O	O	O	x	x	x	x	x	x	O	O
Seika Town Exchange Hall (City Hall 2nd Floor)	O	O	O	O	O	O	O	O	O	x	x	x	x	x	x	O	O
Kashinokien	O*	O	O	x	O	O	O	x	x	x	x	x	x	x	x	x	x
Mukunoki Center	O	O	O	O	O	▲	▲	▲	x	x	x	x	x	x	x	x	O
Uchikoshidai Sports Grounds/Tennis Court	O	O	O	O	O	△	△	△	x	x	x	x	x	x	x	△	O
Iketani Park Tennis Court	O	O	O	O	O	△	△	△	x	x	x	x	x	x	x	△	O
Seika Town West Middle School Sports Ground/Tennis Court/Gymnasium	O	O	O	O	O	x	x	x	x	x	x	x	x	x	x	x	x
Seika Town Community Hall	O	O	O	O	O	O	O	O	O	x	x	x	x	x	x	O	O
Seika Town Southern Community Hall (Sakura Hall)	O	O	O	O	O	O	O	O	O	x	x	x	x	x	x	O	O
Human Rights Center	O	O	x	O	O	O	O	O	O	x	x	x	x	x	x	O	x
Seika Town National Health Insurance Hospital	O	O	x	O	O	O	O	O	O	x	x	x	x	x	x	O	x
Waste Pick-up	O	x	x	O	O	O	O	O	x	x	x	x	x	x	x	x	x
Seika Kururin Bus	O	O	O	O	O	O	O	O	O	x	x	x	x	x	x	O	O
Water and Sewer System Services Department's Office	O	x	x	O	O	O	O*	O	x	x	x	x	x	x	x	x	x

○ - Usual Operation × - Closed ▲ - Window Reception only Available until 5:00 p.m.

△ - Usage Available until 5:00 p.m. (Application Required until the 25th)

For those wanting to turn off their sewage within the year, please apply before Tuesday, December 26 (Sewer System Department, Business Administration Division TEL: 94-2049).

* Last Pool Day * Last Day to Request to turn off Sewage



"Everyone, please take a thorough
look at the Administrative Services'
End of Year Schedule!"

Year-End Trash Collection



Please do not forget to take your trash for year-end collection. Please take it out to the decided place in your area before 8 a.m. Please refrain from putting your trash in another area, as it will cause trouble for the landlords and those living there. The following information is the same as the "2024 Trash Collection Schedule" that was distributed in March. You are able to bring burnable trash directly to Kankyo no Mori・Kizugawa on weekdays other than the schedule. [Fees apply/The last collection day of the year is December 27 (Fri.), and the first day of the New Year is January 6 (Mon).] For more details, contact Dou Center (TEL:72-1010). There are many instances where the Year-End dates are different from the usual days. Please confirm using the "2024 Trash Collection Schedule" and the Seika Town Trash Separation App. Also, every year, there is trash that is taken out past the final collection day but cannot be picked up, so please be aware.

Burnable Trash

Section	Last Collection Day of the Year	First Collection Day of the Year
Soubou, Tani, Sugai, Kitanodo, Babuchi, Naka (Area on the East Side of Noumen Road), Higashi, Nishikita, Yamada, Inuidani, Zakuro, Higashibatake, Sakuragaoka	December 28 (Sat.)	January 6 (Mon.)
Hishida, Takinohana, Fune, Sato, Asahi, Kitainayazuma, Minami, Nakakubota, Naka (Area on the west side of Noumen Road), Hikaridai, Seikadai, Hosono Nishi Icchome Komada Icchome, Komada Nichome	December 27 (Fri.)	January 4 (Sat.)
Minamiinayazuma, Ueda	December 30 (Mon.)	January 8 (Wed.)

Non-burnable Trash

* The area's collection days for the last of the year and the first of the year are different than normal, so please confirm the dates. If you take out the trash on the wrong day, it cannot be collected.

(Cans, Scrap Iron, Bottles, Glass,
Plastic Bags, Plastic Trash)

Plastic Container Wrapping

Plastic Bottles

Area	Last Collection Day of the Year
①	12/16 (Mon.)
②	12/17 (Tues.)
③	12/19 (Thurs.)
④	12/20 (Fri.)
⑤	12/23 (Mon.)
⑥	12/24 (Tues.)
⑦	12/26 (Thurs.)
⑧	12/27 (Fri.)
⑨	12/25 (Wed.)
⑩	12/18 (Wed.)

Area	Last Collection Day of the Year
① ⑤	12/23 (Mon.)
② ⑥	12/24 (Tues.)
③ ⑦	12/26 (Thurs.)
④ ⑧	12/27 (Fri.)
⑨ ⑩	12/25 (Wed.)

Area	Last Collection Day of the Year
① ⑤	12/25 (Wed.)
② ⑥	12/19 (Thurs.)
③ ⑦	12/24 (Tues.)
④	12/27 (Fri.)
⑧	12/20 (Fri.)
⑨	12/16 (Mon.)
⑩	12/23 (Mon.)

Area Collection Table

*Noumen Road is the Sugai/Hishida line. * Kyufu Road was previously line No. 22 (Yawatakizu Line).

①	Hishida (Noumen Road East Side), Takinohana, Fune (Noumen Road East Side), Nakakubota
②	Kitanodo, Babuchi, Naka (Noumen Road East Side), Higashi, Nishikita (Noumen Road East Side)
③	Hishida (Old Prefectural Road East Side), Sato, Soubou (Old Prefectural Road East Side), Fune (Noumen Road West Side), Komada Icchome, Komada Nichome
④	Hishida (Old Prefectural Road West Side), Soubou (Old Prefectural Road West Side), Tani, Kitainayazuma (Old Prefectural Road West Side), Asahi
⑤	Minami (Old Prefectural Road East Side), Sugai, Kitainayazuma (Old Prefectural Road East Side) Nishikita, (Noumen Road West Side), Naka (Noumen Road West Side)
⑥	Minami (Old Prefectural Road Road West Side), Minamiinayazuma, Ueda, Hosono Nishi Icchome
⑦	Inuidani, Zakuro, Higashibatake
⑧	Yamada, Sakuragaoka
⑨	Hikaridai
⑩	Seikadai



Let's learn how to make **Chinese Yam Dak-galbi** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

Ingredients (Two Servings)

180g Chicken Leg Meat A little Salt 1/2 Onion 1 Pepper 100g Cabbage
 1/2 pack (50g) Shimeji Mushrooms 150g Chinese Yam 2 Leaves Beefsteak Plant (Ooba)
(A): 1 tbsp Gochujang 1.5 tbsp Tomato Ketchup 0.5 tsp Light Soy Sauce 2cm tube of
 Garlic • Ginger each 1 tsp Chicken Broth 100 ml Water

Instructions

- 1) Remove the skin off the chicken leg meat and cut into bite-sized pieces.
 After it is cut, shake salt on the meat.
- 2) Thinly cut the onion and the cabbage into chunks. Break apart the shimeji mushrooms and remove the seeds from the pepper and cut into bite-sized pieces.
- 3) Put the onion, cabbage, shimeji mushrooms, pepper, and chicken meat in the frypan in that order and mix in **(A)**.
- 4) Cover and simmer on medium heat for about 8 minutes.
- 5) Pile onto a plate and sprinkle grated Chinese yam on the top and garnish with Beefsteak (Ooba) leaves.

Nutrition Information (per serving)

Calories	333 kcal	Calcium	66 mg
Protein	20.6 grams	Dietary Fiber	4.3 grams
Fat	18.2 grams	Sodium	2.5 grams



Nutrition Education Tip No. 54

"Chinese Yam Fun Facts"

Chinese Yams, which are full of starch, are fine to eat raw because, like potatoes, are full of the enzyme amylase which breaks down oxygen.

When choosing out Chinese Yams, points to keep in mind is the surface having a skin-like color, the root of the "hairs," and it being very heavy. To store it, wrap it in newspaper and store it in a cold, dark place to make it last long.

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, located on the 4th floor of the Kansai-kan of the National Diet Library, displays Nutrition Facts.

*The ramen soup changes weekly

Participating Restaurant

Kansai-kan of the National Diet Library Cafeteria

Address: Seikadai Hacchome 1-3

Tel: 93-4225

Hours: 11:00 a.m. - 1:30 p.m.

Closed: Follows the schedule of the library

*To use the cafeteria, the procedures to enter the library are required.
 As a general rule, those 18 years or younger cannot enter.

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 Avoid Gas Stove Fires!

During the winter season, there is this image that heaters are the main cause of residential fires, however, another main cause of many fires occurring is gas stoves. The main cause of most gas stove fires is said to be due to careless mistakes during food preparation. Also, winter time is very dry, so in the event of a fire, it burns and spreads incredibly quickly due to wooden houses becoming dry. Now, let's check and see what kind of actions can cause the beginning of a fire.

★Risk of Fire for Gas Stove Check★

- Leaving the kitchen during food preparation.
- Placing easily burnable things next to the gas stove.
- Trying to take things out of the inside of the stove while the heat is still on.
- Oil, scraps of burnt residue, and more grime accumulating inside the grill.
- Using an old gas stove that does not have a safety sensor.

If even one of these is applicable, it is very easy for a fire to occur.

Let's think about what actions we can do to avoid the start of a fire.



★What's the Method for Preventing Gas Stove Fires?★

- ① When using the gas stove during food preparation, do not leave from that place.
- ② Do not place paper, fabric items, or easily-burnable things near the gas stove.
- ③ If you do something else while the heat is still on, the fire can spread onto your clothes, so when doing things around the gas stove, be sure to extinguish the heat.
- ④ Regularly clean out the inside of your grill.
- ⑤ Exchange your gas stove for one that has an overheating prevention safety sensor feature.



Inquiries: Fire Station TEL: 94-5630

★Year-End Patrol by the Fire Department will Occur★

Year-end fire prevention campaigns will be deployed from December 20 (Fri.) until the 31st (Tues.). "Year-end Patrol" by the Fire Department will occur in the town from December 26 (Thurs.) to the 30th (Mon.). The Fire Department will patrol the different areas in the town during the night with the goal of raising awareness about fire prevention and precaution for the area's residence.

Inquiries: Fire Department, General Affairs Section TEL: 94-4473

Emergency Relief Center Kyoto/
Should I call an ambulance? For when you are unsure...

#7119

Also 0570-00-7119 (Dial Line, IP Phone)

Emergency Phone Consultation (24/7 support)

Inquiries: Fire Department Headquarters Command and Control Section TEL: 94-4197



Town Events



Keihanna Children's Christmas Party 2024

Date & Time: December 21 (Sat.) 10:30 a.m. - 12:30 p.m.

Place: Keihanna Plaza Lab Ridge "Children's Laboratory" (3rd Floor)

Participants: 5 yr. or older children (preschoolers must be accompanied by caretaker)

Fee: 1 person - 1000 yen (Fee also Required for Accompanying Caretakers)

Capacity: First 20 people

Event Details: This year, it is an event where we are making ornaments and getting to know our fellow participants, all the while having fun while fostering curiosity.

How to Apply: Apply from the QR Code.

Inquiries: Keihanna Academy of Science and Culture TEL: 95-5110 ✉ antares@kvc.keihanna.ne.jp HP:

<https://dodolabo.com/news/Xmas2024>



Homemade Classroom "Flower Art Shimekazari"

Date & Time: December 22 (Sun.), 23 (Mon.) 10:00 a.m. - Noon both days

Place: Mukunoki Center Training Room

Participants: People 18 yrs. or older (excl. high school students)

* Parents and children older than elementary school can participate on the 22nd

Capacity: First 8 people (At least 3 participants are needed to occur)

Fee: 3000 yen

How to Apply: Apply using the application form on the

Seika Town Sports Organization homepage *registration by phone unavailable



Seika Town Sports

Organization Homepage

Athletic Concert - Let's Have Fun with the Orchestra! -

Date & Time: January 11 (Sat.), 2025 2:00 p.m. - 3:30 p.m.

Place: Keihanna Plaza Main Hall

Capacity: First 800 people (Free)

Event Details: A concert where the sounds of the hall are felt in your whole body though the musical fun that uses various compositions and rhythms by the improv performance group and orchestra.

How to Apply: Use the QR Code

Inquiries: Kyoto: Re-Search Executive Committee (Kyoto Prefecture Yamashiro Regional Promotion Bureau) TEL: 21-2049



Let's Cook Bonfire-Roasted Sweet Potatoes!

Date & Time: January 18 (Sat.), 19 (Sun.), February 15 (Sat.), 16 (Sun.), 2025 1:00 p.m. - 4:00 p.m.

Will occur if light rain. Weather postponement days are Jan. 25 (Sat.), 26 (Sun.), Feb. 22 (Sat.), 23 (Sun.)

Place: Meet in front of Suikei-en Reception.

Capacity: First 70 people per time

Event Details: A characteristic of the park in wintertime. Let's gather around the campfire and enjoy delicious baked sweet potatoes.

Fee: 600 yen (Park entrance fee and 1 potato included)

*Free for children under 3 yrs. (no potato included)

How to Apply: Please apply from the park homepage after December 21st.





Weekend Appointments for My Number-Related Matters

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

Dates: Saturday, December 14 & Sunday, January 26

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

You can Apply for Your Child's My Number Card at the Same Time as the Birth Registration

When your child is born, you are now able to apply for your child's My Number Card at the same time as the Birth Registration. The merits for applying at the same time are listed below.

- ★ It can be made quickly! (Instead of the usual 1 month, the quickest can be 5 days)
- ★ It can be received by mail!
- ★ When you apply, identity verification is more relaxed!
- ★ You can apply without needing to go to your town office (normally it is required to go)!
- ★ A representative can bring both the Birth Registration and the application form!

For more details, please check

the town homepage

You can also download the application form from here



Direct inquiries to: Family Register and 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/

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.





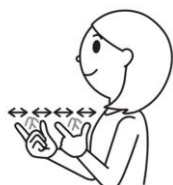
Communicating Through Sign Language

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. From November till January, we will receive stores from Soraku Association for the Deaf and Hard of Hearing and Seika Town Digest Transcription Circle "Himawari."



〈 **This month's sign language** 〉 December's sign language is "Yes, yes" a conversational interjection that expresses agreement. This is even used in sign-language conversation, like "Yes, yes, it is used a lot, right?"

"Yes, yes"



Face both your thumb and pointer fingers up, line them up from the front and behind, and repeat opening and closing the thumb and pointer at the same time.

Reasonable Accommodation for the Hearing Impaired with Sign Language

Hearing-impaired people learning sign language is increasing, and if there is Reasonable Accommodation using Sign Language, options for information security will broaden. One of those is a phone relay service, which was implemented for hearing-impaired people to have real-time exchange through interpreting with a phone. It can be used 24/7 and be used for possible hospital or store reservations, conversations with non-deaf people who cannot use sign languages, contacting emergency services, etc. From 2024, Reasonable Accommodations for businesses has become required. On the homepage, there is also a list of companies under "Sign Language Desk", with supervisors who specialize in company's various questions and procedures who can be directly corresponded with. We have received happy reports from those hard of hearing who said "All my confidence problems have been solved."

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
12/8 (Sun.)	Internal Medicine/Pediatrics	1/1 (Hol. /Wed.)	Internal Medicine
12/15 (Sun.)	Pediatrics	1/2 (Thurs.)	Internal Medicine
12/22 (Sun.)	Internal Medicine/Pediatrics	1/3 (Fri.)	Internal Medicine
12/29 (Sun.)	Internal Medicine/Pediatrics	1/5 (Sun.)	Internal Medicine
12/31 (Tues.)	Pediatrics	*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)	

Health Center

Date	Time	Details
12/17 (Tues.)	12:30 p.m.-	1-yr. 6 mon. Health Check (Infants born May 2023)
-	-	-
-	-	-
-	-	-
-	-	-

Mukunoki Center

Date	Time	Details
12/11 (Wed.)	-	Closed
12/18 (Wed.)	3:00 p.m.- 5:00 p.m.	Arena Open (Table Tennis)
12/22 (Sun.)	9:00 a.m.- 12:00 p.m.	Arena Open (Hohoemi Sports Hiroba)
-	-	-
-	-	-



Christmas is Coming to Norman!

City of Norman workers are preparing a large Christmas tree on Norman City's Main Street for the "Winterfest on Main" event on December 7. An official tree lighting ceremony will bring the Christmas atmosphere to the town, and many more fun events will follow. The event will start with the Norman Holiday parade, followed by the aforementioned tree lighting. Afterwards, attendees can meet Santa Claus, enjoy performances, make crafts, and read stories with the Grinch. All these events and more welcome Christmas time into the city.



Photo by The Transcript

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



Sports Bike Safety Classroom for Children

There was a sports bike safety classroom for children hosted on October 12 at the Keihanna Open Innovation Center (KICK)'s parking lot. It was hosted to commemorate the execution of an arrangement on May 11 between Seika Town and Merida Japan. Former pro athlete Masahiro Shinagawa was invited as the lecturer, and used Merida Japan sports bikes to teach the kids how to use the brakes and balance. After, practice by going through obstacles placed on a hill occurred as well. Also, a reconciliation by the Kyoto Police Headquarters about importance of classes concerning bicycle accident circumstances within Kyoto prefecture and family traffic rules occurred as well. "The sports bikes were cool," and "The hill was scary, but when I rode the bicycle, it was fun" were some thoughts shared by the participating children.

