



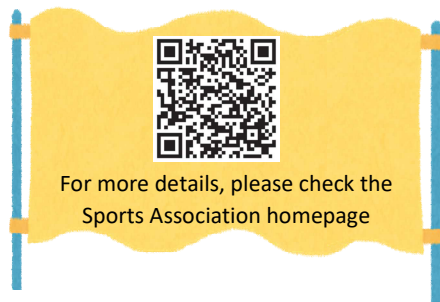
Seika's English Language Newsletter  
No. 362 October 2025

## 2025 Health & Sports Exchange Festival

Improve your Health and Deepen Exchange Through Sports!

# 11/9 (Sun.)

10:00 a.m. - 3:30 p.m.



《Venue》 Mukunoki Center Fureai /Exchange Plaza  
《Participation Fee》 Please Confirm, as it Differs Depending on Event Registration

**Sponsor:** Specified Nonprofit Organization  
Seika Town Sports Association  
**Cosponsor:** Seika Town/Seika Town Education Committee/ Seika 365  
**Inquiries:** Inquire at the Seika Town Sports Association Office (in Mukunoki Center) or from "Inquiries" on the Sports Association Homepage

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The entry has required events. Check the homepage for more information.

### Marathon Competition

- 1500 meters
- Entry possible for elementary school students and above (there is a 30 meter race for pre-schoolers)

### Kizugawa Upstream Purification Center Facility Special Public Opening

### Food Truck/Bento Corner

- Delicious cooking, bentos, and sweets will be sold

### Boccia Experience Corner

- Registration unnecessary
- Beginners can participate

### Fun Corner

- Annual Rock, Paper, Scissors tournament will also occur

Seika Town Mascot  
**KYOMACHI SEIKA**



“Let's Deepen Exchange through Sports Together!!”

\*Please understand beforehand that you may have to wait for your turn in some instances.



An evacuation behavior/evacuation center management drill will be carried out at Yamadasho Elementary School in Seika on 11/16 (Sun.) from 9:00 a.m. - noon (scheduled). In anticipation for mainly large-scale earthquake disasters, drills for town residents' evacuation behavior and for opening and operating the elementary school's gymnasium for use as an evacuation shelter, etc. will occur, which you can be able to learn from by observing.

### Target

Yamadasho Elementary School area neighborhood council/local disaster prevention organizations will do the drill, but anyone can come and watch to learn.

### Main Drills

Disaster information transmission drills, evacuation behavior drills, evacuation center management drills, and disaster medicine aid drills

\* At 9:00 a.m., a transmission of an emergency alert email (area mail) and a disaster administration wireless drill broadcast will occur within all areas of the town. The emergency alert mail (area mail) will be transmitted to every compatible type of smartphone and mobile phone. It will be transmitted to neighboring or bordering towns as well as instances where someone may be passing through Seika. Depending on the type of device, the alert may ring even if the phone is on silent mode, so please be careful.

"Practicing Disaster Preparedness While..."

Within your daily life, imagine how you would prepare for a disaster "while you..." and you will be equipped with your own personal drill during a real disaster. You can freely arrange your drill alone, with your family, in your area, and at work. Let's challenge ourselves to do the "Practicing Disaster Preparedness while..." drill while paying attention to safety.

### Examples of "Practicing Disaster Preparedness While..."

- While you are walking, confirm the nearest evacuation center and evacuation route.
- While you are cleaning your house, check your furniture's stability in necessary places.
- While you are eating with your family, talk about what you would do if a disaster occurs.

Also, let's habitually greet the people in your neighborhood and become a familiar face so that, when the time comes, you will be able to easily call out to them.



"Practicing Disaster Preparedness While..." Report

### Helpful Information for Disaster Preparedness

- You can confirm the hazard map and weather information from the official LINE account.
- For those who wish to register for the disaster preparedness email, please use the following QR code (multiple language options available).



Official Town LINE



Disaster Preparedness Mail Registration Page (Multiple Language Options Available)



Let's learn how to make a "Sunset Potage even Those who Dislike Vegetables will Heartily Eat" with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

### Ingredients (2 Servings)

2/3 (140g) of a Carrot 1/5 (40g) of an Onion 7g Butter 130ml milk  
5g Fresh Cream (vegetable fat) 2/3tsp (2g) Consomme



### Instructions

- 1) Cut the carrots into thin semi-circles and thinly slice the onion.
  - 2) Heat up the butter in a fry pan, fry the onions, then add and fry the carrots when the onions become soft. Add 200ml of hot water and consomme, and when it is simmered until soft, mix it with a mixer.
  - 3) After mixing with a mixer, add the milk and warm it up. Lastly, add the fresh cream and stir.
- \*If you do not have a mixer, it is OK to put it in a strainer and crush it up with a wooden mixing spoon.

### Nutrition Information (per serving)

Calories	103 kcal	Calcium	95 mg
Protein	3.0 grams	Dietary Fiber	2.0 grams
Fat	6.4 grams	Sodium	0.6 grams

### **Nutrition Education Tip No. 64**

#### "Why is the Color of Milk White?"

The protein and fat that are components of milk produce the color of milk. Protein particles are evenly scattered throughout the liquid portion of milk, and because each of these innumerable particles diffuse the reflection of light, milk looks white and opaque. It is also the reason that clouds and snow, which are made up of water and water droplets, also look white.



## 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.



### Participating Restaurant

#### **Hikaridai Boulangerie "La Terre D'or"**

This restaurant offers a menu displaying nutrition facts and lists which of the eight most common allergens are contained in each product.

**Address:** Hikaridai 7-chome 27-11 Royal Court Hikaridai 1st floor

**Tel:** 95-3357

**Hours:** 8:00 a.m. - 7:00 p.m.

**Days Closed:** Mondays, Every 3rd Tuesday of the month



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.

**Inquiries:** Seika 365 Office (Health Promotion Division/Elderly Welfare Division/National Health Insurance and Medical Services Division/Lifelong Learning Division/Planning and Coordinating Division) TEL: 95-1905 (Health Promotion Division)

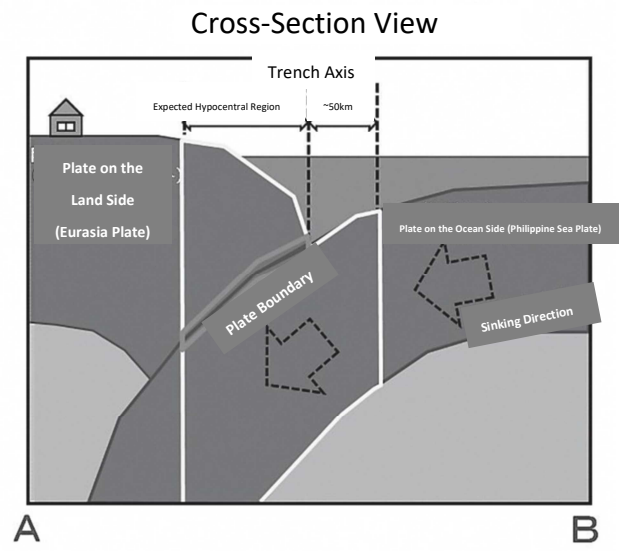
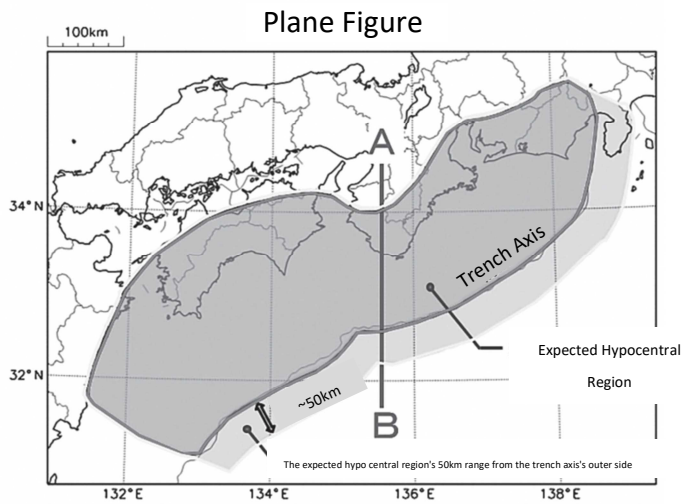


## Let's Raise Awareness for Disaster Preparedness to Reduce Damage from Earthquakes!

From the time of the Hanshin Awaji great earthquake 30 years ago, the Tottori Prefecture Western Earthquake (2000), Geiyo Earthquake (2001), Niigata Prefecture Transcendental Earthquake (2004), Eastern Japan Great Earthquake (2011), Kumamoto Earthquake (2016), Osaka Prefecture Northern Earthquake and Hokkaido Iburi Eastern Earthquake (2018), Noto Peninsula Earthquake (2024), and more large earthquakes have also occurred in various parts of Japan. Also, recently published information states that the chance of the Nankai Trough large earthquake occurring, which has been a topic of conversation in recent years, is around 80% within the next 30 years from now, and the seismic intensity in even Seika is expected to be a low 6 or a high 6 with larger shakes than the Hanshin Awaji Great Earthquake.

At the start of the Reiwa year, the "Expected Hypocentral Region of the Nankai Trough Earthquake" and the monitoring area 50km from that region has been newly determined. A system has been established in which earthquake experts investigate and publish information on whether or not phenomena would be related to the Nankai Trough earthquake when irregular phenomena and a earthquake with a magnitude of 6.8 or higher occurs. On August 8 of last year, "Temporary Information (Caution for Huge Earthquakes)" was first published when an earthquake with a 6.9 magnitude occurred in the Hyuganada Sea by Miyazaki Prefecture.

A huge earthquake could occur at any time. **Although you cannot prevent the occurrence of earthquakes, you are able prevent and reduce damage.** For that reason, habitually raise your own disaster preparedness awareness. For **self-reliance** (protecting yourself), earthquake proofing buildings, securing furniture, etc., obtaining emergency food along with facilitating **mutual help** (helping out fellow residents) to initiate the revitalization of the community becomes important. In order to protect yourself and those important to you, try and make time to talk together about earthquake preparation once more.



A plane figure and cross-section view of the expected hypocentral region/monitoring area from the Japanese Meteorological Agency homepage

## Town Events



### Seika Global Net Cultural Awareness Workshop "Chikyukkokoza"

"Different, yet the Same The Same, yet Different"

- The Practical Workshop for Exploring Cultural Diversity and Building Inclusive Communities -

**Date and Time:** 10/19 (Sun.) 1:30 p.m. - 3:30 p.m.

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

**Capacity:** First 40 people (adult supervision required for 4th year elementary school children and younger)

**Event Details:** Think about important things and color meanings that differ depending on the country, meanings in Japanese that cannot be translated to foreign languages/ foreign languages that cannot be translated to Japanese with a French speaker. Think about a multi-cultural society through this workshop.

**Guest Speaker:** Mr. Rudy Salgarolo (Director of Multicultural Symbiosis Network)

**How to Apply:** Apply using the "Chikyukkokoza Application Form" on the Seika Global Net homepage from 10/6 (Mon.) to 10/17 (Fri.)

**Inquiries:** Inquiry Form on the Seika Global Net Homepage



**Seika Global Net Homepage**

### Seika Global Net Cultural Understanding "24th Japanese Message Contest" Participant Recruitment

**Date & Time:** 12/14 (Sun.) 2:00 p.m. - 4:30 p.m. (1:00 p.m. meeting time)

**Place:** Seika Town Hall Exchange Hall (7 min. walk from Kintetsu Shin-Hosono Station/JR Hosono Station)

**Application Requirements:** Persons whose native language is not Japanese

**Theme:** "ANATA NI TOTTE NIPPON TOWA? - KORE MADE TO KORE KARA - What Does Japan Mean to You? Considering how Japan is Part of Your Past and how Japan will Continue to be a Part of your Future

**Time:** Within 5 minutes

**Judging Criteria:** Message Devised Expression Correct Japanese

**Prize:** Top Prize (1 person): 10,000¥ Runner-up Prize (2 people): 5,000¥ Participation Prize: everyone

**Schedule:** Entry Deadline: 10/24 (Fri.)

Speech Deadline: 11/28 (Fri.)

**How to Apply:** Apply using the "24th Japanese Message Contest Application Form" from the Seika Global Net Homepage

**Inquiries:** Seika Global Net/ seikaglobalnet@gmail.com



### Culture Day Suikei-en Free Entry

**Date & Time:** 11/3 (Hol./Mon.) 9:00 a.m.-9:00 p.m.

\*Will open despite rain

**Place:** Keihanna Commemorative Park Suikei-en

**Event Details:** Suikei-en park will be free to enter for Culture Day. Please enjoy a walk in the park with the leaves as they just begin to change color.

**Inquiries:** Keihanna Commemorative Park Management Office TEL:93-1200 FAX: 93-2688



### Keihanna Plaza - Petite Concert

**Date & Time:** 10/22 (Wed.) 12:15 - 12:45 p.m.

**Place:** Keihanna Plaza Atrium

\*For more information on the songs to be performed, please check the Keihanna Plaza Homepage

**Inquiries:** Keihanna Plaza Puchi Concert Executive Committee Keihanna/ TEL: 95-5115





**Weekend Appointments for My Number-Related Matters**

Appointments on the following days are available for My Number Card issuance, application, and digital certificate renewals.

**Dates:** 10/25 (Sat.) & 11/9 (Sun.)

**Possible Reservation Hours:** 9:00 a.m. - 11:45 a.m.

※An appointment needs to be made in advance. (No same-day reservations)

※Reservations can be made 45 days prior and up until the day the town hall is open before the desired day.

- **Applications & Renewals** → Please reserve by phone.
- **Reservation for Receiving Card** → After receiving and preparing your My Number Card Postcard, please make a reservation online or by phone.

※Renewals for digital certificates can be made 3 months prior to the expiration date.



Appointments to receive your card can be made here

**Receive your My Number Card Early!**

After you receive the My Number Card issuance notification (postcard), we request that those who have yet to come and receive their card please quickly make a reservation to do so.

If a certain period of time passes before you pick it up, you will be re-notified, but cards that have not been picked up for around 3 months after the re-notification will be sequentially disposed as per the national instructions (Ministry of Internal Affairs and Communications). If you wish to have a previously disposed of My Number Card issued, re-application procedures are required, so please keep that in mind.

**Reservations Reception for Official Home Visits for New Applications of My Number Cards will Occur (By Reservation)**

The campaign for town hall employees to make an official visit to your house for application reception is once again occurring for those living in Seika who wish to have a new application of a My Number Card, but find it difficult to visit the town hall. The photographing of the face photo that is required for the application will also occur. The available times for a visit is from 10/1 (Wed.)~10/31(Fri.) (Excluding Weekends & Holidays).

For those who wish to have a visit, please reserve by telephone.



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

**Helpful Information for Disaster Prevention**

For those wishing to sign up for the disaster prevention email, please use the QR codes below (offered in multiple languages)

Japanese

English

Vietnamese

Portuguese

Korean

Chinese (Traditional)

Chinese (Simplified)



Inquiries Crisis Management Office Crisis Management Section TEL:95-1928

**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 year, the Tokyo 2025 Deaflympics will be hosted.

Hosting Period: 11/15 (Sat.) - 11/26 (Wed.) Participants: ~6000 Participating Countries: 70-80 countries (regions)

**At last, the Tokyo 2025 Deaflympics will start next month. Many deaf athletes from all over the world will visit Japan. They may even come to Seika Town. At that time, try greeting them with a smile and the following sign language expression "Hello" (international sign language). In addition, this time, anyone can watch the Deaflympics for free. You can also watch it online, so during this time please search for the differences between hearing and non-hearing sports.**



Previously printed sign language is currently being introduced on the home page.

Inquiries: Public Welfare Division Inclusive Society Section TEL: 95-1904



Hello (International Sign Language)



Bring your left hand positioned diagonally from your temple forward.

International Sign Language is sign language developed as a "Common Communication Method" to be used by deaf people all over the world at international gatherings (international conferences, Deaflympics, etc.)

**Seika Town Facility Schedules**

**Soraku Emergency Medical Clinic Schedule**

Date	Specialty	Date	Specialty
10/5 (Sun.)	Internal Medicine	11/2 (Sun.)	Internal Medicine
10/12 (Sun.)	Internal Medicine	11/3 (Hol./Mon.)	Internal Medicine, Pediatrics
10/13 (Hol./Mon.)	Internal Medicine	11/9 (Sun.)	Internal Medicine, Pediatrics
10/19 (Sun.)	Internal Medicine, Pediatrics	11/16 (Sun.)	Internal Medicine
10/26 (Sun.)	Internal Medicine, Pediatrics		

\*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)

**Health Center**

Date	Time	Details
10/21 (Tues.)	12:30 p.m.-	1-yr. 6mon. Health Check (Infants born 03/2024)
10/22 (Wed.)	12:30 p.m.-	5-yr. Health Check (Toddlers born 10/2020)
10/28 (Tues.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born 06/2025 & 12/2024)
11/5 (Wed.)	12:30 p.m.-	2-yr. 4mon. Health Check (Toddlers born 06/2023)
11/11 (Tues.)	12:30 p.m.-	5-yr. Health Check (Toddlers born 11/2020)

**Mukunoki Center Arena Temporarily Closed**

The area will not be available for use from October 2025 until March 2026 due to construction for earthquake-proofing the ceiling, etc. The other facilities within the center are available for use. We ask for your understanding and cooperation.

**Inquiries:** Lifelong Learning Division Public Physical Education Section TEL:95-1907



### Norman's 8th Annual Music Festival "Porch Fest" Held

On September 13th, the Miller Historic District's 8th annual "Porch Fest" music festival occurred. This festival featured 38 bands and 11 different porches.

Porch Fest started in 2007 in Ithaca, New York as a free local music festival that used porches of houses in the neighborhood as stages for the musicians. It soon became popular within different communities around the United States. The tradition came to Norman in 2016 and has been continuing annually. The event is a way to facilitate community within Norman while listening to local artist's performances. Attendees could relax on lawn chairs as they listened to music. It was a lively event to celebrate the end of summer and start of fall.



Photo by '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

### **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!**

Town Web site



Facebook



Kyoto CIR Blog



Kyoto CIR Instagram



### NHK Nodo Jiman

NHK Nodo Jiman was hosted in Keihanna Plaza's Main Hall. It has been 11 years since the last time it was held in Seika. On the day of the event, 20 groups chosen from both inside and outside the town participated. They performed in front of about 800 people, and the venue was surrounded in applause and warm support. Also, singers

Eiko Segawa and Yuuto Katsumi took to the stage as the program's guests. The incredible chorus power and the talk from the guests enlivened the both the venue and attendees, and it became a stage that would remain in everyone's hearts.

This year marks the 70th anniversary of the establishment of the town's organization, so for the town, this was a perfect and lively event to commemorate this.

