



Seika's English Language Newsletter
No. 364 December 2025

Administrative Services' End of Year Schedule

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

Seika Town Mascot
KYOMACHI SEIKA



○ - 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 on/off their sewage within the year, please apply before Thursday, December 25 (Inquiries: Business Administration Division TEL: 94-2049).
 * Last Pool Day ‡ Last Day to Request to turn on/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. You are able to bring burnable trash directly to Kankyo no Mori · Kizugawa on weekdays other than those on the schedule. [Fees apply/The last collection day of the year is December 26 (Fri.), and the first day of the New Year is January 5 (Mon).] For more details, contact the center (TEL:72-1010). There are many instances where the Year-End dates differ from the usual days. Please confirm with the "2025 Trash Collection Schedule" and the Seika Town Trash Separation App. Also, please keep in mind that trash that is taken out past the final collection day cannot be picked up.

Burnable Trash

Section	Last Collection Day of the Year	First Collection Day of the Year
Soubou, Tani, Sugai, Kitanodo, Babuchi, Naka (Noumen Road East Side), Higashi, Nishikita, Yamada, Inuidani, Zakuro, Higashibata, Sakuragaoka	December 27 (Sat.)	January 5 (Mon.)
Hishida, Takinohana, Fune, Sato, Asahi, Kitainayazuma, Minami, Nakakubota, Naka (Noumen Road West Side), Hikaridai, Seikadai, Hosono Nishi 1-chome Komada 1-chome, Komada 2-chome	December 29 (Mon.)	January 6 (Tues.)
Minamiinayazuma, Ueda	December 30 (Tues.)	January 7 (Wed.)

Non-burnable Trash

(Cans, Scrap Iron, Bottles, Glass,

Plastic Bags, Plastic Trash)

Plastic Container Wrapping

Plastic Bottles

Area	Last Collection Day of the Year
①	12/15 (Mon.)
②	12/16 (Tues.)
③	12/18 (Thurs.)
④	12/19 (Fri.)
⑤	12/22 (Mon.)
⑥	12/23 (Tues.)
⑦	12/25 (Thurs.)
⑧	12/26 (Fri.)
⑨	12/24 (Wed.)
⑩	12/17 (Wed.)

Area	Last Collection Day of the Year
① ⑤	12/22 (Mon.)
② ⑥	12/23 (Tues.)
③ ⑦	12/25 (Thurs.)
④ ⑧	12/26 (Fri.)
⑨ ⑩	12/24 (Wed.)

Area	Last Collection Day of the Year
① ⑤	12/24 (Wed.)
② ⑥	12/18 (Thurs.)
③ ⑦	12/23 (Tues.)
④	12/26 (Fri.)
⑧	12/19 (Fri.)
⑨	12/15 (Mon.)
⑩	12/22 (Mon.)

Seika Trash Sorting App



Download Here!

*Let's recycle old paper. Please cooperate by reducing trash and promoting recycling.

Area Collection Table

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 1-chome, Komada 2-chome
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 1-chome
⑦	Inuidani, Zakuro, Higashibata
⑧	Yamada, Sakuragaoka
⑨	Hikaridai
⑩	Seikadai

*Noumen Road is the Sugai/Hishida line.

*The Old Prefectural Road was previously line No. 22 (Yawatakizu Line).

Inquiries: Environment Promotion Division Resource Recycling

Section TEL: 95-1925



Let's learn how to make a "**Hearty Tomato Soup**" with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

Ingredients (2 Servings)

1/3 (50g) Medium-sized Carrot 50g Cabbage 1/4 (50g) Onion
 1/2 (50g) Medium-sized Celery 1tsp Consomme
 1/2 can (200g) Canned Chopped Tomato
 2tbsp (36g) Ketchup A Pinch of Coarse Black Pepper



Instructions

- 1) Peel the skin off the carrots and cut into quarter rounds.
- 2) Cut the cabbage, onion, and celery into 2cm pieces.
- 3) Add step 1, step 2, consomme and the canned chopped tomatoes to a pan and simmer until softened.
- 4) Finally, adjust the flavor by adding the ketchup and coarse black pepper.

Nutrition Education Tip No. 66

"Celery's Nutrients"

Celery is a vegetable with a unique smell that is either liked or disliked, but the polyphenol apiin contained within the smell has a calming effect and is understood to increase appetite and has a sleep-inducing effect. Also, the aromatic compound pyrazine found in the leaves thins blood and functions as a protection against blood circulation promotion and arteriosclerosis.



Nutrition Information (per serving)

Calories	59 kcal	Calcium	42 mg
Protein	2.1 grams	Dietary Fiber	3.3 grams
Fat	0.4 grams	Sodium	1.2 grams

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

"Sweets Studio Gateaux Galerie"

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

Address: Sakuragaoka 2-chome 8-9

Tel: 73-6894

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

Days Closed: No Regular Days Closed



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)



Sister Cities Seika X Norman's 20th Anniversary

Norman City is...
the 3rd largest city in the state of Oklahoma, located in the central-southern region of the United States. (The population is approx. 130,000 with an area of 490.8 km²). Within the city, there is Oklahoma University, a thriving music and art scene, as well as a museum famous for its' dinosaur fossils.

Friendship relations between the two cities began, sparked by the sister state relations between Kyoto Prefecture and Oklahoma in 1985, and the official sister-city alliance was established on September 1, 2005.



Course of 20th Anniversary Events

Jan.

Video Letter Exchange between the Students of Kawanishi Elementary School and Roosevelt

-

Mar.

Courtesy Call by Mrs. Marles Bradley, a Representative of Norman's International Exchange Group PASSPORTS

May

Commemorative Exhibition about the Sister-City Relation's 20th Anniversary held in Norman

Sept.

20th Anniversary of the Sister City Relations

Oct.

Booth about Norman Displayed at Seika Matsuri
A workshop occurred with the help of Seika Global Net

Seika Global Net

Seika Global Net is a volunteer group based in Seika that takes part in cultural exchange and permanent foreign resident support activities. They are also involved in sister-city exchange. If you would like to be a part of these activities as a staff member, please contact them via the following. They will not inquire about foreign language abilities or nationality.

Inquiries: Seika Global Net
✉ seikaglobalnet@gmail.com

Seika Global Net
Homepage



An Event Commemorating the Sister-City's 20th Anniversary will be Held!

Date & Time: 12/20 (Sat.) 1:00 - 5:00 p.m.
21(Sun.) 10:00 a.m.-5:00 p.m.
22(Mon.)10:00 a.m.-5:00 p.m.

*There will be no workshop on the 22nd (Mon.)

Place: Seika Town Exchange Hall (Town Hall 2F)

Event Details: • Exhibition of works done by local Norman artists and paintings and calligraphy by children living in Oklahoma
• Dinosaur Paper Craft Workshop(Only the 20th (Sat.) & 21st (Sun.))
• Sister City history and Norman introduction display, video broadcasting, etc.

Attendance Gift: Original Norman goodies

*While supplies last

Inquiries: Planning and Coordinating Division Future Planning Section TEL: 95-1900

The very popular Seika Matsuri dinosaur paper craft will occur!

More info here!



Workshop Image



Artworks by Local Norman Artists
(one part)

Town Events



Keihanna Children's Christmas Party 2025 - an SOS from Santa Claus Laboratory -

Date and Time: 12/20 (Sat.) 10:00 a.m. - 12:30 p.m.

Place: Keihanna Academy of Science and Culture (KASC) 3F Manabi no Lab

Audience: Elementary School Children - (adults can also participate)

*Small children will need the support of a guardian as there are handicrafts that involve heat

Capacity: First 20 people

Event Details: A puzzle-solving workshop that everyone can challenge! Finish what Santa calls the "Magic Candle!" For more information, please take a look at the homepage.

Fee: 2000¥

How to Apply: Apply using the QR code

Inquiries: Keihanna Academy of Science and Culture/
✉ keihannakasc@gmail.com



LivePocket
- Ticket-
Homepage



DODOLABO
Homepage



Everyone's Ikebana

Date & Time: 12/27 (Sat.) 2:00 p.m. - 3:30 p.m.

Place: Keihanna Commemorative Park Visitor Center

Event Details: An Ikebana experience where anyone can become close with flower arranging culture and plants. There is no difficult flower arrangement rules. You can experience a valuable part of Japanese culture you can't find anywhere else.

Fee: 1000¥

How to Apply: Call the Park Management Office.

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



Jinjitsu no Sekku - Nanakusa Manju Treat and Origami Games -

Date & Time: 2026/1/6 (Tues.) 1:00 p.m. - 3:00 p.m.

Place: Keihanna Commemorative Park Visitor Center

Event Details: The first 50 attendees will receive a Nanakusa Manju treat in accordance with Jinjitsu no Sekku. You can make seasonal origami in the origami corner.

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



28th "Soubi Exhibition"

Hosted by Soraku Art Association

Date & Time: 2026/1/6 (Tues.) - 11 (Sun.) 10:00 a.m. - 5:00 p.m.

*1/6 (Tues.) starts from noon, and 1/11 (Sun.) ends at 4:00 p.m.

Place: Seika Exchange Hall (town hall 2F)

Event Details: An exhibition of a great variety of paintings, sculptures, pottery, and textiles from artists in the Soraku area.

Inquiries: Soraku Art Association/ TEL: 76-7500 (Fukui)





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: 12/20 (Sat.) & 2026/1/25 (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

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

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

- ★ It can be made quickly! (as quick as 5 days (usually 1 month))
- ★ It can be received by mail! (Can be received at a temporary lodging like when visiting parents for a period of time, etc.)
- ★ When you apply, identity verification is more relaxed!
- ★ You can apply without you or your child going to the town office!
- ★ A representative can bring both the Birth Registration and the application form!



Town HP

Receive the application form written in the application column on the bottom right of the Birth Registration or from the town homepage. For more information, please check the town homepage

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 disposed. If you wish to have a previously disposed of My Number Card issued, re-application procedures are required, so please keep that in mind.

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

This month will introduce summary note-taking.

Summary note-taking is summarizing a conversation's contents and transmitting it into written language for those who are hard of hearing.

Simultaneous Summary Note Taking a Speaker's Words

Summary note-taking can be done by hand or a computer, and can be used when going to the hospital for regular treatment, important ceremonial occasions in the family, driver's license renewals, lectures, and more. Because there is Japanese summary note-taking, elderly people that are hard of hearing particularly can use it easily without studying again. Also, this service is safe because summary note-takers take a special orientation, receive professional certification from Kyoto Prefecture to work, and rigidly adhere to confidentiality.

Example: At the hospital, the doctor will sometimes only talk to the family if the person is accompanied only by family members. When a summary note-taker goes with the patient, they will write the doctor's words and transmit them. The person in question can agree to undergo treatment because the conversation is directly transmitted to them, and they are able to ask questions to the doctor.

For more details, contact the Seika Town Hall Public Welfare Division or the Soraku Hearing & Language Disability Center.



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

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



This Month's Sign Language

Personal Computer



With your left hand, make the Japanese character "Pa" with finger spelling, and move the 5 fingers of your turned-down right hand like you are typing.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
12/7 (Sun.)	Pediatrics	1/1 (Hol./Thurs.)	Internal Medicine
12/14 (Sun.)	Internal Medicine	1/2 (Fri.)	Internal Medicine
12/21 (Sun.)	Internal Medicine, Pediatrics	1/3 (Sat.)	Internal Medicine
12/28 (Sun.)	Internal Medicine, Pediatrics	1/4 (Sun.)	Internal Medicine, Pediatrics
12/31 (Wed.)	Internal Medicine		

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

Health Center

Date	Time	Details
12/16 (Tues.)	12:30 p.m.-	1-yr. 6mon. Health Check (Infants born 05/2024)
12/17 (Wed.)	12:30 p.m.-	5-yr. Health Check (Toddlers born 12/2020)
12/19 (Fri.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born 08/2025 & 2/2025)
1/8 (Thurs.)	12:30 p.m.-	2-yr. 4mon. Health Check (Toddlers born 08/2023)
1/9 (Fri.)	12:30 p.m.-	5-yr. Health Check (Toddlers born 1/2021)

Mukunoki Center Arena Temporarily Closed

The area will not be available for use 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



Parade and Ceremony Hosted in Norman in Accordance to Veterans Day

An Annual Veterans Day Parade and Memorial Ceremony was hosted in Norman on Nov. 10. Although Veterans Day is celebrated on the 11th, the parade is hosted on a Sunday so that people can attend without worrying about community schedules and school events. The event was divided into two parts: the parade and a ceremony that happens after to recognize veterans. Important people like the mayor, ceremony speakers, and more rode within the parade, and the parade ended at a memorial in the park. Visitors attended and showed respect to those who have served in the US military, so for many people it was a special day. In accordance Veterans Day, the people of Norman celebrated through this parade and ceremony.



Source: '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



Seika's Children with Disabilities Fureai Gathering

An executive committee composed of the town, Public Welfare Association, Soraku Welfare Association, and Seika Association for the Physically Disabled hosted this event in the Seikadai Elementary School gym.

About 250 people including persons with disabilities and their families participated and had fun playing with a parachute and fishing for items.

Also, a performance by the Osumi Symphonic Band and a conductor hands-on experience occurred, and it became a fun day.

