



Seika's English Language Newsletter
No. 353 January 2025

Would You Like the Photos You've Taken to be Published in the Town Summary?

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"The Outline of Seika" is being created as a booklet to inform those outside of town about the town's charm, policies and more, and commemorates the 70th anniversary of the town's administration. Therefore, we are looking for photos to be used in the photograph page "My Favorite Seika Scenery."

How To Apply: Please specify the ①Photo ②Place it was taken ③Name of applicant ④Contact Information and mail or bring your photos to the Planning and Coordinating Division PR Officer, or use the QR Code before January 31st.

Inquiries: Planning and Coordinating Division Public Relations Officer TEL: 95-1900



Application Period: until 1/31/2025 (Fri.)

Participants: Anyone

Submitted Photo Requirements:

1. The applicant must have taken the photo of nature, rural landscape, townscape, scenery, etc. within Seika Town (we will not inquire about when it was taken. Besides present photos, you can also submit nostalgic pictures from the past).
2. Please mention the place the photo was taken.
3. For digital pictures, one picture must be under 10MB (Under 100MB for all) in JPEG format.
4. The photos must not be applicable to the following:
 - ① A violation of public policy
 - ② Submission with the purpose of commercialization such as advertisement, publicity, recruitment, business activities, etc.
 - ③ An infringement on privacy, copyright, or rights to usage of one's likeness.
 - ④ Discriminating/Defamation of another person
 - ⑤ Photos taken in restricted places
 - ⑥ Other reasons deemed inappropriate by the mayor.

Important Points

- When the photos are published, the layout, size, etc. is left up to the town.
- Photos may be cropped and published according to the page of the booklet.
- Photos will be used on pages other than the photography page.
- All submitted photographs will not necessarily be published. Also, any photos deemed inappropriate by the town cannot be published.
- Photographers' names will not be printed on the pages of "The Outline of Seika."
- The town possesses the right to use the submitted photos without compensation.
- As a general rule, when submitting physical photos, they will not be returned.
- The town will not be held responsible for any complaints or objects from third parties regarding infringement of rights or compensation for damages.

Seika Town Mascot

KYOMACHI SEIKA



"Everyone, will you submit your photos taken in Seika Town?"



Seika Matsuri was hosted on November 17 (Sun.). The Children's Festival, Sub-Culture Festa, and more were held at the same time and were bustling with attendees.

35,000
People
Attended!

"Study and
Research Music
Street" was also
lively!

Kids played a
lot!





Let's learn how to make **Quick Breakfast Sunny-Side Up Fried Egg Toast** with this recipe from Seika Town Diet Improvement Association Asunaro-kai! Anyone can make this easy-to-make, filling breakfast!

Ingredients (Two Servings)

1 Slice of 6 Slice Cut Bread 2 tsp Mayonnaise 2 tbsp (15g) Melting Cheese
1 Slice Bacon 1 Small-size Egg (40g) A Pinch of Pepper



Instructions

- 1) Place the slice of bread onto aluminum foil, remove the bread crust and make a depression in the middle with your hand.
- 2) Similar to making a frame, rim the edges with mayonnaise.
- 3) Crack an egg on the middle of the bread, break the yolk a little bit, place the 1cm cut bacon and melting cheese on the bread, and sprinkle pepper on top. Bake in the oven toaster for 8-10 minutes. (When it looks like it is about to burn, cover the top with aluminum foil.)

Nutrition Information (per serving)

Calories	325 kcal	Calcium	129 mg
Protein	17.8 grams	Dietary Fiber	2.7 grams
Fat	15.5 grams	Sodium	2.4 grams

Nutrition Education Tip No. 55

"Why Does the Egg Yolk Color Vary?"

The color of an egg yolk is determined by the eaten feed. When there is a lot of strong yellow-colored grass and corn, the yellow color becomes stronger, and when there is a lot of feed rice and grain sorghum (grain for feed), the yellow color becomes pale. When paprika and crab shell pigment is mixed in the feed, a red color becomes stronger.



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

Participating Restaurant

Open Sesame

Address: Seikadai Nichome 10-17

Tel: 93-1969

Hours: 8:30 a.m. - 5:30 p.m.

Closed: Saturdays, Sundays, Holidays



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



National Pension - When You Turn 20

Japan's Public Pension System is a system created with a social insurance way of thinking which supports everyone's livelihood when one retires, when a disability is incurred from an accident, and when a family's financial supporter passes away.

Those living in Japan aged 20-60 become insured in the National Pension and National Pension Plan 1 Insured Persons are required to pay the National Pension Insurance Premium every month.

However, in situations where one's earnings are low and are unable to pay the premium before the payment deadline, it is possible to apply for "Special Exceptions for Student Payments" and "Exception and Determent of Payment," so please consult about this.

The 3 Pension Benefits

It is thought that the pension is only for retirement, however there are benefits that can be received by those still working.

Old-Age Pension

- this is a pension-benefit plan that can be received from 65 years old until the end of one's life. This is what is generally thought of as a pension.

Disability Pension

- When a disability remains from a sickness or injury, this disability pension-benefit plan can be received according to the degree of disability.

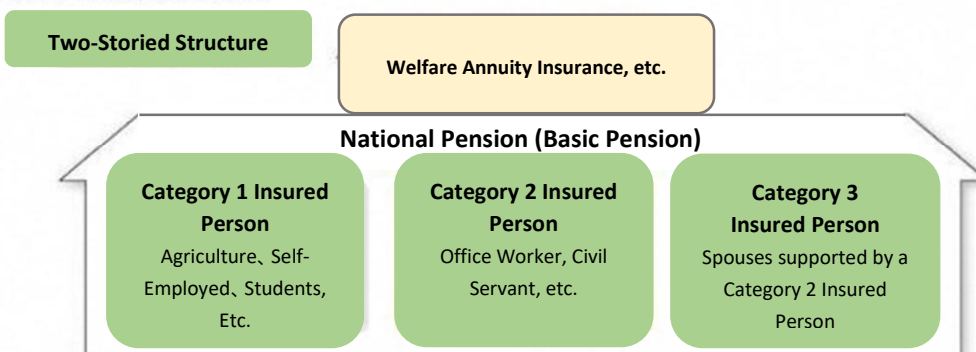
Survivor's Pension

- This is a pension-benefit plan that can be received by a spouse with children and/or children when the family's financial supporter passes away.

Pension is Generation to Generation Support

Japan's Public Pension System operates based on "Generational to Generation Support," in which the pension is supported by the insurance paid by the current working generation (Taxation System). Also, Japan's Public Pension System is a Two-Storied Structure like the illustration below.

Structure of the Public Pension System



Issuance of Basic Pension Number Notification

In Japan's Public Pension System, a Basic Pension Number is shared and used between all the pension systems, and manages accession records, insurance premium payment status, and more. After April 2022, New Insured Persons under the National Pension Plans 1-3 are issued a "Basic Pension Number Notification" instead of a delivered pension book. It has become required for procedures concerning the pension, so please store it safely. However, a Basic Pension Number Notification is not issued to those who already have a pension book. In addition, pension books can continue to be used as a document to confirm the basic pension number. If lost, a Basic Pension Number Notification will be issued without the reissuance of a pension book.

Inquiries Kyoto South Pension Office National Pension Division TEL: 075-644-1165 (Representative), Seika Service Counter Division Pension Officer TEL: 95-1915

Town Events



Seika Global Net's International Understanding Course

Date & Time: 1/26 (Sun.) 1:30 p.m.- 3:30 p.m.

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

Capacity: First 40 people

Event Details: There will be an explanation about JICA Overseas Cooperation Volunteers, a report of activities as well as activities in their communities based on the experiences of Bangladesh Dispatch Overseas Cooperation Volunteers OB, and online activity reports by current volunteers from their appointed locations.

How to Apply: apply via mail or the QR code on the right until 1/17

Inquiries: Seika Global Net/✉Seikaglobalnet@gmail.com



Application Form



Inquires Form

Setsubun

～Bean Throwing and Origami Games～

Date & Time: 2/2 (Sun.) 1:00 p.m. - 3:00 p.m.

※Will be Held Despite Rain

Place: Suikei-en Kangetsurou Basement

Participants: To fit with the day of Setsubun, bean-throwing and origami games will occur. (Beans will be free for throwing for the first 100 people.)

Fee: Park Entrance Fee



Valentines Concert Saxophone Quartet

Date & Time: 2/9 (Sun.) 2:00 p.m. - 3:00 p.m.

※Will be Held Despite Rain

Place: Suikei-en Kangetsurou Basement

Event Details: You can hear perform famous pop and classical music performed by a saxophone quartet.

Fee: Park Entrance Fee



Keihanna Global Camp "The World's Festivals"

Learn About the World's Festivals from SDGs's Point of View at this 1 Day Camp

Date & Time: 2/15 (Sat.) 10:30 a.m. - 4:30 p.m.

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

Participants: 3rd Year Elementary School Students and Above

Capacity: 30 people

Event Details: Why do people like festivals? Even if we quarrel, the things we like don't change. Would you like to learn about your community and international communities while interacting with current study abroad students?

Fee: 3000 yen

How to Apply: Please apply using the QR code to the right 7 days before the event.

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





Weekend Appointments for My Number-Related Matters

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

Dates: 1/26 (Sun.) & 2/15 (Sat.)

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

※An appointment needs to be made in advance.

- Appointments for applications and renewing your digital certificates (PIN Number) ->

- call to make an appointment.

- Appointments to receive My Number Card ->

- fill out the notification card you receive in the form 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

Pre-register in Person - Prevent Unauthorized Acquisition of

Notifications/Certificate of Residence

You can receive a notification when copies of your family register, certificate of residence and more are acquired by an agent or third-party. This is to prevent unauthorized acquisition and false claims, so it is required to pre-register to receive alerts. This is for those who have their domicile or address registered in the town, and/or those who have registered in the past. Please bring an application form* and Personal Identification Documents (identification issued by public agencies like My Number Card, Driver's License, Health Insurance Card, etc.) to the Service Counter Division (Town Hall 2nd Floor).

Certificates Subject to Notification

- Your official family register/excerpt (All or one part of the certificate), copies of your Certificate of Residence, Supplementary Family Register, etc.

Instances where Notifications will not be Received

- Requests for an official copy of the family register from the person themselves, a person on the same register, lineal ascendant, etc.
- Requests for a Certificate of Residence from people in the same household
- Requests from public institutions like national or regional public organizations
- Requests from lawyers, and judicial clerks to use for court and dispute resolution procedures

*You can download the form from the Town Homepage

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** 〉 January's sign language is "I see," a conversational interjection you use when you understand information. This is even used in sign-language conversation, like "I see."

"I see"



Place the thumb of your right hand on your chin and bend your extended pointer finger towards your thumb 2 times.

What Really is Necessary Accommodation

Reasonable Accommodation is when disabled people express their wish to be helped and are accommodated to the extent that it does not become an excessive responsibility.

Now, let's explain Reasonable Accommodation by the alphabet based on a real-life example. A person who is hard of hearing loses both their hearing aids, so in order to get help finding them they request to communicate by writing with the station employee, however the employee did not communicate by writing. That station employee explained that that person was able to do silent mouthing, so they did not communicate by writing. Even though it is simply called "hard of hearing," the extent of hearing ability and ways of communication is varied from person to person. Reasonable Accommodation would be to match the person in question's desired communication methods, wouldn't it?

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
1/1 (Hol. /Wed.)	Internal Medicine	1/13 (Hol. /Mon.)	Internal Medicine, Pediatrics
1/2 (Thurs.)	Internal Medicine	1/19 (Sun.)	Internal Medicine
1/3 (Fri.)	Internal Medicine	1/26 (Sun.)	Internal Medicine, Pediatrics
1/5 (Sun.)	Internal Medicine	2/2 (Sun.)	Internal Medicine
1/12 (Sun.)	Internal Medicine	*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)	

Health Center

Date	Time	Details
1/20 (Mon.)	12:30 p.m.-	2-yr. 4 mon. Health Check (Toddlers born August 2022)
1/21 (Tues.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born September 2024 & March 2024)
1/20 (Thurs.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born June, 2021)
1/31 (Fri.)	12:30 p.m.-	1-yr. 6 mon. Health Check (Infants born June 2023)
2/13 (Thurs.)	12:30 p.m.-	1-yr. 6 mon. Health Check (Infants born July 2023)

Mukunoki Center

Date	Time	Details
1/15 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
1/22 (Wed.)	-	Closed
1/26 (Sun.)	9:00 a.m.-12:00 p.m.	Arena Open (Hohoemi Sports Hiroba)
1/29 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
2/5 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)



Norman Celebrates the New Year with Family Fun and Music

As the New Year Approached the City of Norman, there were many fun events being held for both family fun and evening enjoyment. The Moore Library's Free Rockin' Noon Year's Eve Dance party was held for children and families from 11 a.m.-12 p.m. on New Year's Eve with crafts, music, dancing, and a "Balloon Drop" at noon. This event offered a creative and musical way for families to celebrate during the day with their kids. For the evening, local musician Mike Hosty performed his New Year's Eve Show at 9:30 p.m. and attendees enjoyed drinks and pizza while listening to the performance. Norman celebrated New Years with the aforementioned events and many more than made citizens excited for the New Year.



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



Asunaro-kai's Cooking Classroom

Asunaro-Kai did a cooking classroom at Seika Minami Middle School. Seika Town Council of Dietary Improvement Promoters "Asunaro-Kai" is a volunteer group who, with their slogan "Our Health is with our Hands," initiates awareness within the community about promoting our health through food with cooking classes, etc. Nutrition Education at Seika Minami

Middle School is one of the things they have done within their initiative for around 20 years. This year, they were entrusted with the project "Let's Extend our Healthy Life Expectancy as ONE TEAM of residents" from the country, an implementation of dietary education activities for the younger generation. The first year's theme was "A Lot of Calcium," and the second year's was "Easy Breakfast." The importance of nutrition and breakfast for growth, and they enjoyment of everyone making something was expressed. A teacher was at every table, and taught the lesson with the students, smiling the whole way through. "I want to try and make this at home" "It was difficult, but the teacher kindly taught me, so I was able to make it" "I want to tell the people who make this for me every day thank you" were thoughts shared by students who from now on have received new motivation for their activities.

