



Seika's English Language Newsletter
No. 354 February 2025

Let's Go Strawberry Picking!

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Strawberry picking season has begun. They are sweet and delicious, so please enjoy the seasonal flavor of Seika Town! Both strawberry farms have a reservation system, so please make a reservation.

Hanayagi Farm

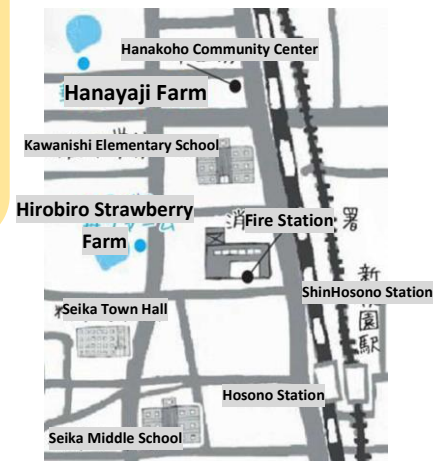
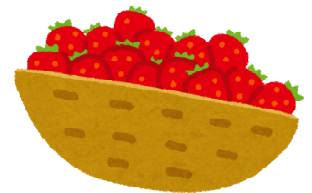
Every Tuesday, Wednesday, Thursday, Saturday & Sunday until the end of May. Reservation Times: 1) 9:00 a.m.- 2) 10:00 a.m.- 3) 11:00 a.m.- 4) 1:30 p.m.- 5) 2:30 p.m.-

*For time slot 5, the farm will be open depending on the circumstances.

⇒ **Reservation Method (possible to reserve 2 months in advance)**

Reservation by Phone: 93-4811 (Reception Time: 9:30 a.m. - 4:00 p.m.)

Online Reservation: Use the QR code to the right.



Hirobiro Strawberry Farm

Every Tuesday, Wednesday, Saturday & Sunday until the end of May (Only Sat./Sun. in February)

1) 10:15 a.m.- 2) 11:30 a.m.- 3) 1:30 p.m.- 4) 3:00 p.m.-

*The farm will be open for time slot 4 from March onwards

Reservation Method (possible to reserve 2 months in advance)

Reservation by Phone: 090-2107-3887 (Reception Time: 9:00 a.m. - 5:00 p.m.)

Online Reservation: Use the QR code to the right.



Seika Town Mascot
KYOMACHI SEIKA



"Let's Go and Pick
Strawberries Together!"

Do Your Tax Returns Before the Due Date



The reception for Income Tax Returns for income during 2024, Special Income Tax for Reconstruction (hereafter income tax), and municipal tax/prefectural tax (hereafter residence tax) has begun in the Uji Tax Office and Seika Town Exchange Hall (Town Hall 2nd floor.)

The amount of tax for the individual residence tax is calculated based on tax returns, and after taxpayers are notified and pay their taxes, it becomes the structure of financial resources for administrative services. This year's return period is until March 17 (Mon.). Use the following return charts as reference and do your tax returns before the due date.

Is Resident Tax Returns Necessary or Unnecessary for you?

Have you resided in Seika Town presently from 1/1/2025?



Yes



A residence tax return to Seika Town is unnecessary. Please inquire if a return is necessary to the municipality in which you currently reside as of 1/1/2025.

Did you receive income from 1/1/24-12/31/2024?



Yes

No



Generally, a residence tax return is unnecessary **. If a return was delivered to your residence, please fill out "17. Last year, I did not receive income etc." on the back of the return before submitting it.

Do you receive Business (Enterprise) Income, Agricultural Income, Real Estate Income, or Occasional Income?



No

Yes



Generally, a final income tax return for income tax is required. In the case that there are larger deductions than income and no income tax, a residence tax return is necessary.

For persons with pension income look at (A), and for persons with salary income look at (B)

(A) Does the total of your public pension income amount exceed 4,000,000 yen?



No

Yes



It is generally required for a final income tax return for residence tax.

Do you have any other income besides public pension?



No

Yes



A residence tax return is required. If the other income exceeds 200,000 yen, a final income tax return is necessary.

For those without an income, look at (C)

(B) During 2024, did you receive income payments and was a payroll report submitted to the town hall by your place of work? (Please inquire with your place of work if reports were submitted or not.)



Yes

No



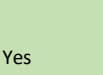
A residence tax return is required. If the year-end tax adjustment has not been completed, A final income tax return is required.

Are you earning a salary from two or more places of work, or do you have other sources of income besides your salary?



No

Yes



A final income tax return for income tax is required if the income other than the finished year-end tax adjustment and the total of earnings (for salary, the earning of that salary) exceeds 200,000 yen. if you earn less than 200,000 yen and a payroll report was not submitted, a residence tax return is required.

(C) Generally, a residence tax return is unnecessary**

*Please get in contact with the Uji Tax Office for earning other than the above examples (capital gains, etc.)

*Generally, a final income tax return for income tax is required if you are receiving medical expenses deductions, social insurance premiums, life insurance premiums, deductions for earthquake insurance premiums, etc. (Excluding the year-end adjusted amount.)

Tax Return Necessities

- My Number Card (For those without a card, please bring the confirmation document of your identity number and/or identification documents) (*1) (*2)
- Something to identify yearly earnings (statement of earnings for salary or public pension, statement of accounts for agriculture/enterprise/real estate, etc. Please create a statement of account in advance).
- Necessary certificates if you receive any type of deductions (National health insurance, voluntary continuation insurance, national pension deduction certificates, life insurance/earthquake insurance deduction certificates, receipts/proof of donation (*3), disability certificate, specifications/medical fee notifications on medical expense deductions (*4), etc.)
- Bank book or something indicating your bank account number (Declarant's name only. Will be used if there is a refund.)
- Electric calculator and writing utensils.
- Duplicate of a final tax return document if filed before (for reference).
- Notice of final income tax return slip from the tax office, and please bring the written notification that will be delivered

(*1) For reporting deductions for dependents, something to identify the dependent's my number is required.

(*2) For those using their smartphone, the 2 My Number Passwords (PIN number used for user authentication for digital certificates (4 digits) & password used for signature certification of digital certificates (6-16 letter/number)) are required.

(*3) Receipts/Proof of donation must belong to the person in question.

(*4) It is necessary to create certificates including the recipient's name, name of the medical institution, treatment, amount of payment, high medical expenses, amount of compensation for life insurance etc.

**There are some instances in which, although they didn't have income in 2024, a residence tax report is necessary for persons receiving subsidies for medical care for the elderly, child rearing allowance, school aid, etc., those enrolled in national health insurance, later-stage elderly healthcare system, national pension, and nursing insurance, and for those who require certificate of taxation (tax exemption)/proof of earnings.



Let's learn how to make **Chopped Mackerel and Cabbage Salad** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

Ingredients (Four Servings)

1/4 (240g) Cabbage 1 can (140g) Water-Boiled Canned Mackerel
1 tbsp (12g) Mayonnaise A small amount of Sesame Seeds



Instructions

- 1) Cut the cabbage up into chunks and parboil.
- 2) Wring out the cabbage and put into a bowl, add the water-boiled canned mackerel and mayonnaise as the dressing.
- 3) place (2) on a plate and sprinkle sesame seeds on top.

Nutrition Information (per serving)

Calories	94 kcal	Calcium	117 mg
Protein	8.1 grams	Dietary Fiber	1.1 grams
Fat	6.1 grams	Sodium	.4 grams

Nutrition Education Tip No. 56

"What's Nutritional Value Difference Between Raw Mackerel and Water-Boiled Canned Mackerel?"

The calcium content of raw mackerel is about 6mg per 100g, while water-boiled canned mackerel has 260mg per 100g, making the included amount around 43x more than the raw mackerel. Also, it improves the activity of your bloodstream, neutral fat, and cholesterol when you are bleeding. There is a lot of EPA and DHA included as well, which reduces the risk of arteriosclerosis and high blood pressure. When water-boiled canned mackerel is prepared using high temperatures/pressure, even the bones become soft and edible, making water-boiled canned mackerel have a higher nutritional value than raw mackerel.



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 on the second floor of the Town Hall offers a menu displaying calories and a reduced-salt menu. (You can reserve a bento box as well.)

Participating Restaurant

Coconi

Address: Minami Inayazuma Kitajiri 70 (Town Hall 2nd Floor)

Tel: 95-7902 (Representative)

Hours: 11:00 a.m. - 2:00 p.m.

Closed: Saturdays, Sundays, Holidays

(There are also temporary closures.)



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.



Be Careful of Norovirus Food Poisoning

There will be a large outbreak of Norovirus, a virus due to food poisoning, during the months of December until around March. Let's all prevent it and be thorough in washing our hands and gargling. In order to not spread the infection, please be careful to follow the following points:

- Wash your hands thoroughly with soap.
- Wash your kitchen utensils after every use and disinfect with heat.
- Cook your food thoroughly to the middle (middle temperature must be 85° - 90° , applied to heat for more than 90 seconds).
- When handling an infected person's feces or vomit, wear gloves.

Norovirus is transferred from person to person, and symptoms like violent nausea, vomiting, stomach-ache, diarrhea, fever etc. will start to appear 1-2 days after the virus enters your body. Usually, you recover within 2 days, and there are no after-effects. However, it takes about one week for you to fully recover. Even though your symptoms have recovered, do not immediately return to school, work, or any group activities. Also, your excrement can contain the virus for up to 1 month, so please be careful.

If you have symptoms appear that you are concerned about, please visit a medical facility and see a doctor right away. This food poisoning is cured by hydrating and protecting yourself from dehydration. If you simply take antidiarrheal medicine, the virus will be stuck in your body, making the recovery longer, so let's all be careful.

Inquires: Health Promotion Division Health and Medical Planning Section TEL: 95-1905

The Power to Carefully Read the World Media Creates

Not only media like television and newspaper, but digital media like the Internet and social media have become something close to us in our daily lives. If you do not have the skills to determine the message included in the information within that media, you will put yourself at risk to be manipulated by a biased influence. In order to live in the world that media creates, let's think about the power of questioning.

◆ What is Behind this Information?

During the Noto Peninsula Earthquake in 2024, although there was a lot of information posted on social media of those seeking assistance or showing the amount of damage, there was also a lot of false information that circulated and spread which became a topic of conversation as it ultimately hindered rescue and lifesaving. Behind that information, false information spread, the number of posts increased, and ad revenue was made, which was identified as the other goal for these posters. Just like this case, there are things that are different from reality, and motives are hidden cleverly behind information.

◆ What is Media Literacy?

Media literacy is the power to understand the characteristics and meaning of various media based on their goals and situations and proactively analyze, pick apart, and inform others if the information in the media is correct. It is important to become habitually aware of information, and ask questions like "Who is posting this and why?" "What type of expression techniques do they use to garner interest?" "What are the values or viewpoints shown?" "What kind of bias is within this post?" etc. concerning information within your daily life.

◆ Gender Equality and Media Literacy

When you hear the phrases "a person with a kind smile, wearing an apron and drying the laundry," and "a firefighter with a dignified expression, facing the scene of the fire," which person are we imagining the "woman" or the "man" as? We are affected by the information created by media, in which our minds can unfortunately adopt a biased and fixed gender consciousness. To bring about a society of gender equality, let's improve our media literacy and have the ability to realize gender-neutral expressions as well as discrimination against women.

Inquiries: Human Rights Division Gender Equality Section TEL: 95-1919



Town Events



Handmade Classroom "Himmeli" - a Nordic Ornament

Date & Time: 2/25 (Tues.), 2/28 (Friday) (either day) 10:00 a.m. - Noon

Place: Mukunoki Center Training Room

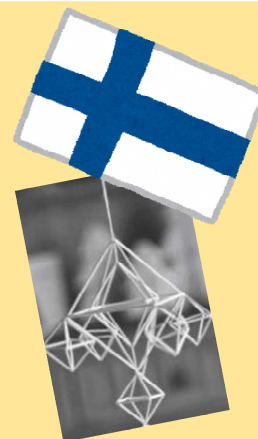
Participants: those 18 years or older (excluding high school students)

Capacity: First 6 people (must have at least 2 participants to occur)

Event Details: We will make a "Himmeli," a light ornament originating from the Nordic country of Finland. We will create multiple sides from straw, connect them all together and hang it up like a mobile.

Fee: 2000 yen

How to Apply: Apply using the form on the Seika Town Sports Association Homepage. *Phone reservations unavailable



Doll Festival ～Sweet Rice-Flour Treats and Origami Hina Doll Making～

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

Place: Keihanna Commemorative Park Suikei-en Kangetsurou Basement

Event Details: This event will be held to match with the Doll Festival Day. You can make origami Hina dolls and enjoy looking at the Hina dolls as well. There will be sweet rice-flour cakes (hina-arare) given out to the first 100 participants aged middle school or younger.

Let's enjoy the Doll Festival!

Fee: Park Entrance Fee



Pocket Marche in Keihanna Commemorative Park

Date & Time: 3/8 (Sun.), 3/9 (Mon.) 9:30 a.m.-4:00 p.m.

※May be cancelled due to rain (the decision will be made the day before at 6:00 p.m.)

Place: Keihanna Commemorative Park Grass Square

Event Details: A mini version of the Pocket Marche. A market with antiques, miscellaneous items, and greens. There will also be food stalls as well. Please enjoy shopping in the park!

Inquires: Pocket Marche Executive Committee/TEL: 080-5364-2345



Exchange Hall Concert - J.S. Bach and French Music (Organ Concert)

Date & Time: 3/22 (Sun.) 2:00 p.m. - 3:00 p.m. (Doors open at 1:30 p.m.)

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

Capacity: 120 people (if capacity is reached, there will be a lottery)

Performer: Ms. Seiko Takahashi (Doshisha University Part-Time Lecturer)

How to Apply: Apply using the QR Code or from the reply card attached to the postcard (if received) until 3/10 (must be received by then).

*For those with a postcard: On the first half of the reply card, please write your address, full name, phone number, and number of attendees with you (up to 3), and "I would like to attend the March Exchange Hall Concert." On the reply side, please write your reply address and your full name. *You will be informed of the results of the lottery until 3/17 *4 people can attend with one postcard

Inquires: Planning and Coordinating Division Future Planning Section / ☎619-0285(individual number/address entry unavailable) TEL: 95-1900





Weekend Appointments for My Number-Related Matters

Appointments on the following days are available for My Number Card application, issuance, and digital certificate renewals.
Dates: 2/15 (Sat.) & 3/9 (Sun.)

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 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 (PIN) can be renewed up to three months prior to expiration.



Appointments to receive your card can be made here

Please Utilize the Convenience Store Certificate Issuance

Those who have a My Number Card (a card equipped with digital certificates for user's verification) can receive Proof of Residency copies and other certificates from multi-copy machines installed in convenience stores and supermarkets. *You cannot use the convenience store services to issue Seika Town Residence Card/Registration of Personal Seal papers. The machines in the Town Hall and Resident Service Corner (Sakuragaoka Esperoma in Takanohara) are for My Number Cards only.

○ Certificates you can Receive

Certificate of Items of Family Register (Individual) (This is limited to those whose registered domicile is in Seika Town. For those with a registered domicile outside of Seika Town, please contact that municipality), Copy of Proof of Residence and certificate of items listed on it, Certificate of Registration of Personal Seal (only for the individual who registered the seal), Certificate of Acquisition, and Certificate of Taxation (Tax-Exemption) (Individual only)

*For those who live in Seika and whose registered domicile is outside of Seika, please contact the municipality in which that registered domicile is in.

○ Shops you can Receive your Certificates at

7-11, Lawson, Family Mart, Ministop, Aeon Retail, Heiwado, Komada Super Sun Fresh Store, etc. that service a multi-copy machine. (Country-wide)

○ Usage Times (Excluding Year-end and maintenance days)

8:30 a.m.-5:15 p.m. (Town Hall or Residence Service Corner)

6:30 a.m. - 11:00 p.m. (Convenience store)

*Supermarket machines follow hours of operation.

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.

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.

〈**This month's sign language**〉 When you combine two signs together, it creates a new word.

February and March's sign language is "Not～," and combining two words expresses the negative form. You can switch and change words. For example, ㊤ "Spicy" + "Not" makes "Not Spicy." ㊦ "Painful" + "Not" makes "Not Painful."



㊤ Spicy



Bend the 5 fingers of your right hand, face it towards your mouth, and rotate your hand.

㊦ Painful



Face the fingers of your right hand up and repeatedly bend your fingers shortly.

Not～



Spread both hands open, raise them, and quickly half-rotate them.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
2/2 (Sun.)	Internal Medicine	2/24 (Hol. /Mon.)	Pediatrics
2/9 (Sun.)	Internal Medicine, Pediatrics	3/2 (Sun.)	Internal Medicine
2/11 (Hol./Tues.)	Internal Medicine, Pediatrics	3/9 (Sun.)	Internal Medicine, Pediatrics
2/16 (Sun.)	Internal Medicine	3/16 (Sun.)	Internal Medicine
2/23 (Sun.)	Internal Medicine, Pediatrics	*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)	

Health Center

Date	Time	Details
2/25 (Tues.)	12:30 p.m.-	2-yr. 4 mon. Health Check (Toddlers born 9/2022)
2/28 (Fri.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 7/2021)
3/6 (Thurs.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born 11/2024 & 5/2024)
3/13 (Fri.)	12:30 p.m.-	2-yr. 4 mon. Health Check (Toddlers born 10/2022)
3/14 (Thurs.)	12:30 p.m.-	1-yr. 6 mon. Health Check (Infants born 8/2023)

Mukunoki Center

Date	Time	Details
2/19 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
2/23 (Hol./Sun.)	9:00 a.m.-12:00 p.m.	Arena Open (Hohoemi Sports Hiroba)
2/26 (Wed.)	-	Closed
3/5 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
-	-	-



Wichita Culture Celebrated in Local Art Exhibition 'We Had Dreams'

A collection of art from both elders and youth of the Wichita Native American tribe opened on January 10 and celebrated art, culture, and tradition at the gallery on Norman city's Main Street. The following day, a talk featuring artists from the Oklahoma City Indian Art Club took place. The title of the exhibition was 'We Had Dreams,' with the theme of art's nature as a visualization place for dreams. There were photographs, paintings, mixed media works and more on display. The exhibition celebrated Wichita culture and community, as the town resides within the historic homelands of the Wichita tribe. The exhibition occurred until February 1st, and many people enjoyed experiencing a part of Native American Culture through art.



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



SGN's 23rd Japanese Message Contest

The "23rd Japanese Message Contest" was held in the Seika Town Exchange Hall. 11 foreigners from 7 different countries living in Japan presented their presentations about life and feelings about Japan, with the theme being "What is Japan to You? Until Now and From Now." 78 attendees listened carefully to their valuable messages. There was also a presentation from a person who studied abroad in Finland by utilizing the Seika Town Overseas Experience Grant, a "National Anthem" presentation and quiz by Seika Nishi Middle School, and a "Japanese Folk Tale" presentation and quiz by Kizu Minami Middle School, creating an amicable atmosphere within the hall. For those who would like to participate as an internationalization volunteer staff in Seika Global Net, please use the QR code on the right. There will be no inquiries about language proficiency or nationality.

Inquiries: Seika Global Net seikaglobalnet@gmail.com

