



Seika's English Language Newsletter  
No. 355 March 2025

## Check Right Away! Cautions for "Phishing"

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There have been many consultations continuously coming to the Soraku Consumer Affairs Center which involve SMS or emails pretending to be pre-existing organizations like business operators, official institutions, etc. sending emails, swindling personal information like your password or ID, PIN number, credit card number, etc. and illegally using them (phishing). Even in our center we have employees consulting, asking "I have received emails attempting phishing scams using a fake delivery man's email address. If I click the URL it will direct me. Is this OK to ignore?" It is important to be prepared in your daily life to countermeasure phishing. Check the following examples and countermeasures, and please be careful more than ever before.

#### Example:

- You receive a nonexistent notification from a delivery man and, in order to confirm your details, you login using the link sent in the email and input your password. After that, an online game you do not recognize charges you around 15,000 yen by carrier payment and gives you a charge details email from the platform. You want the money returned.
- You received an email with your bank's name on it and when you input your password, money gets remitted from your bank account. You want the remitted money back.

#### Countermeasures:

- Even if the email is from a business you use regularly, let's make it a habit to first be suspicious of phishing and then access the official app or the official website you bookmarked.
  - If you accidentally input your information into a phishing website, change your ID and password, including other services that use the same information, and contact your credit card company or financial institutions.
  - Diligently check your account statement for your credit card! Let's set a bare minimum to the credit card usage limit.
- If you ever feel unsure, contact the consumer affairs center right away.

Seika Town Mascot

**KYOMACHI SEIKA**



"Everyone, be careful of  
phishing scams!!"

### Consult with the Soraku Consumer Affairs Center

The Soraku Consumer Affairs Center will transfer to the Kyoto Prefecture Kizu General Government Building from 4/28.

When you're in trouble, please consult with the Soraku Consumer Affairs Center. Reception hours are weekdays from 9:00 a.m. - 12:00 p.m. and 1:00 p.m. - 4:00 p.m. Please use the "Consumer Affairs Hotline" TEL: 188 on weekends and holidays (excluding year-end).



**Inquiries** Soraku Consumer Affairs Center TEL: 72-9955



### Nationwide Springtime Fire Prevention Campaign in Operation!

#### ★Nationwide Springtime Fire Prevention Campaign

The "Nationwide Springtime Fire Prevention Campaign" will occur nationwide from March 1st (Sat.) until March 7th (Fri.).

From winter to spring, the atmosphere is extremely dry, and it is the season in which fires are particularly easily occurring within the whole year.

The Firefighting Headquarters is cooperating with businesses in the town and carrying out combined training aligning with the fire prevention campaigns.

The goal of this campaign is to prevent the start of fires, stop them with the least amount of damage, and protect lives, bodies and assets by increasing awareness about fire prevention and fire prevention conduct ability in the town's residents. Please be careful when handling fire.

2024 National Unified Fire Prevention Slogan: "I want to protect. Because we have a future, be careful of fires."

#### ★The Cause of Forest and Field Fires!

In 2024, there were 1920 cases of forest and field fires, with those cases having increased more than previous years. When looking at the list of causes, around 30% of the causes are "Bonfires," with others like "Igniting," "Suspicious of Arson," and "Tobacco" also becoming a large amount of the causes. Forest and field fires also occur due to lightning strikes or natural phenomenon; however, the cause of fires is also due to human negligence and dangerous activities.

#### ★Be Careful of Field Burning!

In recent years, fires which spread from field burning to agricultural buildings, etc. is increasing in the town. Excluding unavoidable reasons in order to manage agriculture, as a law and general rule, field burning is illegal. Let's stop illegal field burning, as it can be the cause of trouble or toxic substances for the residents around you.

- ① When there is an official announcement for strong wind advisory and dry air advisory, do not start bonfires or field burning.
- ② Prepare extinguishers like water buckets or a fire extinguisher and do not leave from that place.
- ③ Consider the direction of the wind and the time of day and incinerate in small amounts.
- ④ When field burning is finished, make sure and check that the fire is completely extinguished.

#### ★Report to the Fire Station!

A report is required to the fire station based on the fire prevention regulations as conduct for concern about fire, confusing smoke, or a blaze possibly generating when field burning happens. This report is in order to understand beforehand to avoid confusion like the dispatch of firefighting organizations due to false reports. Acceptance of the notification does not authorize the act of incineration in relation to other laws and regulations.

**Inquires:** Fire Department, Prevention Division TEL: 94-4397



### Let's Install a Home Fire Alarm!

It is required by the Fire Service Act that all homes must have a Home Fire Alarm installed. Also, if 10 years have passed after the installation, it is possible that the batteries have died or it has broken, so please change it approximately every 10 years.

- Main Places to Install Home Fire Alarm -

- ① Bedroom
- ② Kitchen
- ③ The ceiling above the stairs (if there are bedrooms on the second floor)

**Inquiries:** Fire Department Prevention Division TEL: 94-4397





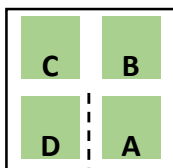
Let's learn how to make **Easy Rice Ball** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

## Ingredients (2 Servings)

80g Beef 2 slices Sliced Cheese 20g Carrots 8g(2 leaves) Korean Lettuce  
2 sheets Toasted Seaweed 300g Rice 1.5tbsp(27g) Yakiniku Sauce A little Salad Oil

## Instructions

- 1) Pour a little oil into a fry pan, cook the meat, and flavor it with the yakiniku sauce.
- 2) Finely cut the carrots into 3cm strips and parboil quickly.
- 3) Wash the Korean lettuce, and sufficiently drain the water.
- 4) Cut the toasted seaweed on the dotted line like the guide to the right.
- 5) Place the ingredients on the toasted seaweed from step 4 like the guide (make two). Split the rice between C and D, and place the ingredients on top (see right graph for reference).
- 6) fold in the order of A→B→C→D, sufficiently wrap it up and let in all blend in for over 5 minutes.
- 7) Cut the wrap the way it is either vertically or horizontally.



A.Sliced Cheese  
B.Korean Lettuce  
C.Rice and Carrots  
D.Rice and Meat



## Nutrition Education Tip No. 57

### "3 Points to Improve the Balance in Your Breakfast"

- ① Let's always have ingredients on hand that are simple to eat. (Examples: natto, eggs, yogurt, mini tomatoes, fruit, etc.)
- ② Let's make more food than usual for dinner, and start to eat it for breakfast as well. (Examples: Miso Soup, Soup, boiled food, boiled vegetables, etc.)
- ③ Let's use the ingredients sold well. (Examples: cut vegetables and frozen vegetables, canned food and retorted food, etc.)

For more recommended breakfast recipes, check here:



## Nutrition Information (per serving)

Calories	470 kcal	Calcium	121 mg
Protein	14.7 grams	Dietary Fiber	3.7 grams
Fat	19.9 grams	Sodium	1.4 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.

At this restaurant, they offer a menu full of vegetables (they also do take-out).



### Participating Restaurant

#### Cafe Kokoraku

**Address:** Hosono Nishi Icchome 8-1

**Tel:** 95-7902 (Representative)

**Hours:** 11:30 a.m. - 2:00 p.m.

**Closed:** Saturday-Monday, 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.



## Are you Enrolled in Bicycle Insurance?

Within the decreasing amounts of car accidents occurring per year, the percentage of accidents due to bicyclists has seen an increase. In Kyoto Prefecture, in order to seek aid for the victim along with reducing the perpetrator's financial responsibility, the enrollment into "Bicycle General Insurance etc. (hereinafter referred to as bicycle insurance) according to the Regulations Concerning Promoting the Safe Usage of Bicycles (hereinafter referred to as registration)" is required.

If an accident occurs in which a person gets injured by a bicycle, there are cases which result in an immense amount of compensation, and both the victim and the perpetrator bear the difficult costs. For everyone's and your own sake, let's all enroll in bicycle insurance. It is possible to include special contracts like Disability Insurance, Disaster Insurance, Bicycle Insurance, etc. to your "Individual Liability Insurance," so please confirm if possible.

For those who are not enrolled in bicycle insurance or do not know if they are, please contact "Kyoto Bicycle Insurance Specialist Call Center (Kyoto Prefecture Non-Life Insurance Agents Cooperative Association)."

\*This is mutual aid or insurance to compensate for the injuries of the other person or your own that resulted from an accident involving bicycle usage.

**Kyoto Bicycle Insurance Specialist Call Center (Kyoto Prefecture Non-Life Insurance Agents Cooperative Association)**

TEL: 0120-670-022 (Reception Hours: Weekdays 9:00 a.m. - 6:00 p.m.)

## Electronic Payment for the National Pension Insurance Premium

In addition to cash, direct debit, credit card, and Pay-Easy, you can now electronically pay (cashless) for the National Pension Insurance premium by utilizing smart phone apps. Electronic payment is a service where you scan the bar code printed on the payment notice and pay using the information access device on supported payment apps installed on your smartphone.

Supported Payment Apps (in alphabetical order)

- AEON Pay
- AU Pay
- dpay (d払い)
- LINE Pay (service will terminate on 4/30/2025)
- PayB (apps that financial institutions offer included)
- PayPay
- Rakuten Pay

\*You may not use this function for payment notices that do not have a bar code printed on it (payment notices in which the amount exceeds 300,000 yen, etc.).

\*For each payment app's operating methods, please contact the payment company that you are using.

**Further Inquiries:** Kyoto Minami Pension Office National Pension Division TEL:075-644-1165 (representative),  
Seika Town Hall Service Counter Division Pension Section TEL: 95-1915

## Draining Water from Raw Garbage Makes Trash Bags Lighter

Generally, the weight of "raw garbage" is said to be around 80% water. Raw garbage including water is heavy and stinks, with no merits whatsoever. To reduce the amount of garbage and prevent foul odors, let's throw away our trash after we have amply drained the water from our raw garbage. Even just gently squeezing it or drying it out is very effective.

**Inquiries:** Environment Promotion Division Resource Circulation Section  
TEL: 95-1925





## Town Events



### Pocket Marche in Keihanna Commemorative Park

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

\*Will be delayed due to rainy weather (the decision will be made the previous day 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



### Harumachi Concert

**Date & Time:** 3/15 (Sat.) 2:00 p.m. - 3:00 p.m.

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

**Performers:** Mr. Chikara Honma (Voice) Mr. Noriko Kojima (Piano)

**Event Details:** Voice and Piano meet the Suikei-en, and Japan's beautiful lullabies, traditional songs, and melodies famous world-wide will be performed.

**Fee:** Park Entrance Fee



### Saganaka Momen's 15th Works Exhibition

**Date & Time:** 3/17 (Mon.) - 3/23 (Sun.) 10:00 a.m. - 5:00 p.m. (until 4:00 p.m. on the last day)

**Place:** Keihanna Commemorative Park Suikei-en Tsuki no Niwa Gallery

**Event Details:** An exhibition of Saganaka Momen no Kai's works, a group which aims to restore and pass down the art of cotton works made in the Saganaka area from the beginning of the Meiji Period-1930s. In addition, works done by students of the Saganaka Momen weaving machine classroom, sponsored by the same association, will also be exhibited.

**Fee:** Park Entrance Fee



### Night Sakura Festival

**Date & Time:** 3/29 (Sat.) 5:00 p.m. - 8:30 p.m.

\*Will be postponed to 3/30 (Sun.) if there is rainy weather

**Place:** Keihanna Commemorative Park Grass Square

**Event Details:** This year, Keihanna Commemorative Park's flower viewing event will continue even into the night. Please enjoy the sakura, which, different from day time, will be illuminated by lanterns. A night market and live music will also occur.



### Park Photography Classroom's 3rd Exhibition

**Date & Time:** 3/29 (Sat.) - 4/6 (Sun.) 9:00 a.m. - 5:00

**Place:** Keihanna Commemorative Park Suikei-en Tsuki no Niwa Gallery

**Event Details:** An exhibit of the yearlong class "Park Photography Classroom." Photos with different themes, taken both inside and outside the park, will be on display.

**Fee:** Park Entrance Fee





## 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:** 3/9 (Sun.) & 4/26 (Sat.)

**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

## If You Decide to Move...

### Notification of Moving Out (Moving Outside of Seika Town)

Please report that you are moving by the time you move, or within 14 days after your move. You can report via mail. (For those who do not have a My Number Card, a self-addressed stamped envelope (SASE) is required.)

- Notification of Moving Out, the person in question's Identification Documents for the Notification of Moving Out (My Number Card, Driver's License, etc.)

### Notification of One's Change of Address (For Moving Within Seika Town)

Please report this within 14 days after you move.

- Resident Transfer Notification (Notification of Change of Address), My Number Card (All those who have one), the person in question's Identification Documents for the Notification (if no My Number Card).

### Notification of Moving In (Moving into Seika Town)

Please report this within 14 days after you move.

- Notification of Moving out, Change of Address Certificate (for those who received one at time of transfer), My Number Card (all who have one), the person in question's identification documents for notification (if no My Number Card)

\*The person in question or someone in the same household can report. For someone reporting that is not in the same household, a power-of-attorney is required.

### One Stop Service for Moving has Begun

For those who have a My Number Card, instead of going to the Town Hall to report moving out, you can now report via the My Number Portal. After you submit your report in the portal, it is required to do procedures for Notification of Moving in, etc. by either separate mail or that municipality's town hall. For more details, visit the Digital Agency's homepage.

**Direct inquiries to:** Family Register and Section of the Service Counter Division (Sougoumadoguchi-ka Koseki Jumin- Kakari) 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

Chinese (Traditional)

Portuguese

Korean

Vietnamese

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 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, ㊤ "Cold" + "Not" makes "Not Cold." ㊤ "Hot" + "Not" makes "Not Hot."



㊤ Cold



Draw both your arms to your body, face both fists upward, and shake left and right.

㊤ Hot



On your right hand, place your thumb on top of your pointer finger and move like you are fanning the nape of your neck (move like you are using a fan).

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
3/2 (Sun.)	Internal Medicine	3/30 (Sun.)	Internal Medicine, Pediatrics
3/9 (Sun.)	Internal Medicine, Pediatrics	4/6 (Sun.)	Internal Medicine, Pediatrics
3/16 (Sun.)	Internal Medicine	4/13 (Sun.)	Internal Medicine, Pediatrics
3/20 (Hol. /Thurs.)	Internal Medicine	4/20 (Sun.)	Internal Medicine
3/23 (Sun.)	Internal Medicine, Pediatrics	*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)	

### Health Center

Date	Time	Details
3/18 (Tues.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 8/2021)
4/8 (Tues.)	12:30 p.m.-	2-yr. 4 mon. Health Check (Toddlers born 11/2022)
4/11 (Fri.)	12:30 p.m.-	1-yr. 6 mon. Health Check (Infants born 9/2023)
4/15 (Tues.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 9/2021)
-	-	-

### Mukunoki Center

Date	Time	Details
3/19 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
3/23 (Sun.)	9:00 a.m.- Noon	Arena Open (Hohoemi Sports Hiroba)
3/26 (Wed.)	-	Closed
4/2 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
4/9 (Wed.)	-	Closed



### Lunar New Year Celebrations Occurred at Oklahoma University in Norman

Oklahoma University Asian American Student Association in Norman city hosted a Lunar New Year celebration. Lunar Year begins on the lunar calendar's first new moon until the first full moon. It is celebrated with food, parades, and fireworks in many Asian countries. Norman city's Lunar New Year included student organization booths, live music, student performances, and opportunities to try Asian dishes for free from local restaurants. This event occurred with the hope to provide a space for international students to celebrate their culture, as many could not return home during spring semester to celebrate Lunar New Year. Many, not just international students enjoyed celebrating and participating in this cultural event.



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](mailto: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](mailto:cir@town.seika.lg.jp) or [kikaku@town.seika.lg.jp](mailto: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**



### **Aim for a Society that Respects Human Rights**

On January 27th, Bukkyo University's Vice President Mr. Kiyoharu Hara was invited as a speaker for the 2024 Seika Town Human Rights Meeting that was held at the Exchange Hall in the Town hall. There were 62 attendees that participated.

In the lecture, the increase in cyberbullying due to children's relationships with their peers becoming weaker, which has been influenced by COVID-19 and increased smartphone usage was discussed as well as about the possibility of attracting trouble due to children's careless posting on SNS and social media.

This event received high praise, with participants sharing their opinions like "I fully realize how difficult it is to draw a line at what is bullying and what isn't," and "It was important to think about how it is not just discrimination or bad-mouthing, but also about what kind of emotions comes to mind by those looking at photos."

