



Seika's English Language Newsletter
No. 357 May 2025

Promotion of Safe Bicycle Usage Campaign for Prefectural Residents

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May is 'Promotion of Safe Bicycle Usage' Month

There is a campaign occurring in Kyoto Prefecture aiming to prevent traffic accidents due to dangerous or troublesome bicycle riding by the spread and promotion of consideration for pedestrians and correct bicycle riding. Bicycles are considered vehicles, so let's try to adhere to traffic rules and practice traffic manners.

The Campaign's Slogan

"Bicycle Selfishness and Willfulness is the Source of Accidents"

Implementation Details (Excerpt)

- Bicycle or motorbike riders, let's be mindful of bicycle's movements, and strive to predict danger while driving to prevent traffic accidents with bicycles.
- For those using bicycles, let's adhere to the traffic rules and practice traffic manners along with wearing a helmet.
- Let's not only stop distracted driving, but also stop the use of earphones, smartphones, etc. while riding.
- The enrollment into bicycle general insurance is required in Kyoto Prefecture. Let's make sure to enroll. Also, let's take bicycles in for periodic maintenance checks.

Inquiries Local Autonomy Promotion Division Local Autonomy Support Section TEL: 95-1934

Seika Town Mascot

KYOMACHI SEIKA



"Let's adhere to traffic laws
and practice traffic
manners!"



May 19th (Mon.) 9:45 Start Fugen-ji Fureai Station
~12:45 Goal Keihanna Plaza West Side

The 'Tour of Japan (TOJ)' Kyoto Stage, one of the Union Cycliste Internationale (UCI)'s officially recognized international bicycle races, will occur on May 19th (Mon.). The Tour of Japan is the most prestigious bicycle road race in Japan along with being the best in Asia in terms of scale and level, and is a lively event with many attendees.

(Last Year) Right After the Goal



Kyoto Stage
Homepage



Official Competition
Home Page

Traffic Regulations from 9:15 a.m. to around 1:00 p.m.
There will be traffic restrictions enacted in the course and areas around the course on the day of the race. We ask for your understanding and cooperation.

Notice of Traffic Regulations and Certain Bus Stop Embarkation/Disembarkation Regulations & Relocation

Road traffic regulations along with regulations/relocation for embarking and disembarking at certain bus stops will occur during the time period of the race. This might inconvenience those who live in the area, but we ask for your understanding and cooperation.

Nara Kotsu Route Buses

The bus stops "Hikaridai 4-chome," "Hikaridai 3-chome," and "Keihanna Plaza" for the bus heading east of Seika Odori will be unavailable for embarkation and disembarkation, so please use "Hikaridai 7-chome" or "ATR" instead. For the bus heading west-ward, you will be able to use these bus stops.

Seika Kururin Bus

During the implementation time of traffic regulations, the bus will not stop at "Kashinoki-en." Also, the "Keihanna Plaza" stop for the bus heading towards Hosono Station will be relocated to the Nara Kotsu "ATR" bus stop. Due to the operation circumstances of the day, there may be instances of large delays in the bus timetable. This might inconvenience those using the bus, but we ask for your understanding and cooperation.

Inquiries Local Autonomy Promotion Division Regional Cooperation Section TEL: 95-1934

An Extra 'Small Seika Trip' - "TOJ Kyoto" Experience Tour

Trace and walk the race's course. Exciting! Heart-pounding! At Higashibata-no-Sato, watch the emotions dash close to you and feel the world run by in this encouragement tour!

Date: May 19 (Mon.) **Meet time:** 8:45 a.m. [in front of Keihanna Plaza East Entrance (Vierra Town Side) (Nara Kotsu Bus Stop "ATR")] **End time:** 1:00 p.m. in front of Keihanna Plaza *Will occur if light rain (will be postponed if severe weather alert is announced).

Course: Keihanna Plaza → ①Toridaniike Entrance/Ridge Climbing Trail → ②Higashibata Hairpin Curve → ③S Curve in front of Higashibata Assembly Hall → ④in front of Genki Juku → ⑤Higashibata Akamizu crosswalk corner curve → ⑥Higashibata Kitanozoki crosswalk → ⑦Goal/ in front of Keihanna Plaza (dispersal) = around 5 kilometers
*due to the circumstances of the day, the viewing spots and information route may change.

Capacity: 30 people

Items to Bring: drinks, rain gear, plastic tarp, etc.

Fee: 500 yen (elementary school students: 100 yen, preschool students: free) comes with commemorative badge.

How to Apply: You can apply until the day before by the following phone number or by email.

Inquiries NPO Seika Town Furusato Guide Association TEL: 090-8877-4991 ✉furusato_seika@yahoo.co.jp



Let's learn how to make **Pumpkin and Potato Potage** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

Ingredients (2 Servings)

1/8 (140g) Pumpkin 1/2 (60g) Potato 1/4 (40g) Onion 5g Butter
1tsp (4g) Consomme (granules) 180ml Water 120ml Milk
Small Amount of Pepper Parsley (to your liking)

Instructions

- 1) Remove the pumpkin's seed and insides and slice off the rind.
Peel the potato's skin and cut both the potato and pumpkin into different slices 5 mm or thinner.
- 2) Cut the onion into thin slices.
- 3) Add butter to the pot and fry the onions on low heat. Once they are soft, add the pumpkin and potato and fry, making sure not to burn it.
- 4) Add water and consomme to (3) and stew on low heat. When it becomes soft, remove from heat and stir with a mixer.
- 5) Return it to the pot and add the milk as you stir slowly, simmering on low heat. Add the pepper and adjust flavor.
- 6) Sprinkle the parsley to your liking.

Nutrition Information (per serving)

Calories	110 kcal	Calcium	85 mg
Protein	3.9 grams	Dietary Fiber	4.9 grams
Fat	4.5 grams	Sodium	0.7 grams



Nutrition Education Tip No. 59

"Why We Eat Pumpkin at Winter Solstice"

If you place pumpkins in cool areas with good ventilation, they will be able to last for a long time, so in the past, pumpkins that were harvested in the summer were specially preserved and eaten in the winter. It is said that the tradition of eating pumpkins on the winter solstice as the cold season began started around the Edo period because pumpkins are rich in nutrients and thus prevents against colds.



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

Bread Gallery Maruhoshido

Address: Hikaridai 5 chome 25-6

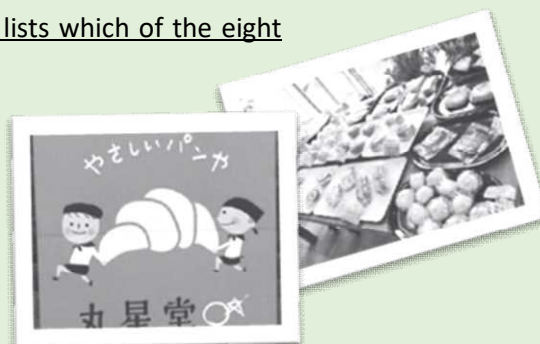
Tel: 26-3280

Hours: 6:30 a.m. - 6:30 p.m.

Closed: Tuesdays and Wednesdays

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)





Please Follow City Park Manners

City parks are everyone's facilities, so for everyone to be able to use the parks well, let's follow the rules and manners. Also, the following actions are illegal in the parks in our town.

Illegal Actions According to Local Regulation

- Damaging or dirtying park facilities
- Breaking or digging up bamboo, trees, flowers or bushes
- Altering the landscape or digging up the ground
- Capturing or killing birds or animals
- Displaying advertisements, flyers or announcements
- Entering 'No Trespassing' areas
- Entering or parking your car in areas outside the designated parking spaces
- Using the park for an unintended purpose
- Bonfires or having and playing with fire starters
- Other actions that would hinder the park's usage and management

Requests Concerning Manners

- When using the park to walk your dog, please attach a leash and adjust the length of it for the consideration of people who are difficult with animals and small children. Also, please carry disposal tools for feces, and when your dog defecates, please clean it up and take it home with you.
- Riding in the park with bicycles and motorbikes is not allowed. Also, please make sure to not cause inconvenience to those around you when parking your bicycle, etc. at the park entrance.
- As a general rule, using fire starters in the park is not allowed. Fireworks and barbecues are also not allowed.
- Let's bring our individual trash home.
- Let's stop dangerous activity or other activities that would cause an inconvenience to park users.

Inquires Construction Division Management Section TEL: 95-1901



Temporary Halt of Certificate Issuance at Convenience Stores

To accompany the changing of the fiscal year of certificate of earnings and/or tax (tax-exempt) declaration forms, the following service for certificate issuance at convenience stores that used the My Number Card will be temporarily suspended. We ask for your understanding and cooperation.

Planned Date of Temporary Halt of Issuance

June 9th (Mon.) (all day)

*There may be a possibility that the temporary halt day may be before or after this day due to operation circumstances.

Certificates that will Halt Issuance

Certificate of earnings, tax (tax-exempt) declaration forms

*After June 10th, only certificate of earnings and tax (tax-exempt) declaration forms for Reiwa 7 (2025) (Reiwa 6 (2024) middle income equalization) will be issued at convenience stores. The town hall can issue certificates for Reiwa 6 (2024) and before, so please keep this in mind.

Inquiries Taxation Division Residence Tax Section TEL: 95-1916



Town Events



Bonfire Night at Mebuki-no-Mori

Date & Time: 5/23 (Fri.), 5/24 (Sat.), 5/25 (Sun.), 5/30 (Fri.), 5/31 (Sat.), 6/1 (Sun.) 5:00 p.m. - 9:00 p.m.

Place: Keihanna Commemorative Park Mebuki-no-Mori

Capacity: 3 groups each day

Event Details: An event where you can freely enjoy bonfires in Mebuki-no-Mori.

For more information, please check the official park's homepage.

Fee: 1 group 1500 yen

How to Apply: Please apply from the official park's homepage.



Picture Book Picnic at Keihanna Commemorative Park

Date & Time: 5/25 (Sun.) 10:00 a.m. - 2 p.m.

*To be cancelled in case of rain

Place: Keihanna Commemorative Park Grass Square

Event Details: Would you like to sit on the grass freely and enjoy a picture book? The moving library will come to the park. There will also be a panel theater by a child specialist and a picture book read-aloud.



Yoga & Zoomba Gold

Date & Time: Every Tuesday on 6/10,17,24 (3 times total) 10:00 a.m. - 11:30 a.m.

Place: Mukunoki Center Dojo

Attendees: Persons 18 yrs. or older

Event Details: Relax with yoga and enjoy dancing along to the music with Zoomba Gold. Yoga is 60 mins. long and Zoomba Gold is 30 mins.

Things to Bring: Towel, indoor shoes (with laces), yoga mat (lending available), drink

Fee: 3000 yen (lump payment)

How to Apply: Apply using the [Mukunoki Center] association's home page or at the building's reception window along with the class fees.



"The 5th Sports Day" Seika Global Net's International Exchange Event

Date & Time: 6/8 (Sun.) 1:30 p.m. - 3:30 p.m.

Place: Mukunoki Center Arena

Capacity: First 40 people (children in the 4th year or younger must be accompanied by caretaker)

Event Details: An event with foreigners included where kids and adults can overcome the age and language barrier and enjoy interaction through both foreign and Japanese sports and games. Families are welcome to participate.

How to Apply: Use the "Sports Day Application" on the Seika Global Net homepage from 5/7 (Wed.) - 5/23 (Fri.).

Inquiries: from the Seika Global Net homepage inquiries form



Sports Day



Seika Global Net Homepage

Keihanna Commemorative Park Craft Festa - 100 Sosaku Festival -

Date & Time: 5/25 (Sun.) 10:00 a.m. - 4:00 p.m.

*Will be cancelled in case of rain

Place: Keihanna Commemorative Park Grass Square

Event Details: A market full of various artists and handmade items. Please enjoy shopping in the park!

Inquiries: 100 Sosaku Festival Executive Committee/ <https://100sosaku.com/>





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: 5/25 (Sun.) & 6/14 (Sat.)

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

※**An appointment needs to be made in advance.**

After receiving and preparing your My Number Card Postcard, please make a reservation online or by phone. Reservations can be made 45 days prior to the desired date.



Appointments to receive your card can be made here

Printing of Family Registers with Furigana has Begun

Up until this point, furigana on legal names was not authorized on family registers, but due to the revised family register law that will be carried out on 5/26/2025, it has decided to be added as recorded contents on new family registers. After the date it will be put into effect, a "notification of planned furigana to be printed on family registry" will be delivered by mail from the municipality of your permanent domicile. It is planned that this notification of furigana will be sent around July of this year to those whose permanent domicile is in Seika Town.

When you receive your notification, first check the furigana.

If the correct furigana is on the notice, a report is not required.

After 5/26/26, the notified furigana will be printed all at once. In addition, If you would like a family register with furigana printed on it before that time, it can be printed by reporting.

If the notified furigana is different from the one you usually use, a report with the correct furigana is required within one year.

For more details about the furigana system and the report, check here



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

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

The Deaflympics is the words Deaf + Olympics. Deaf is the English word for those who cannot hear. The Deaflympics is the international Olympics for those who cannot hear or who are hard of hearing.



The first Deaflympics was held in Paris, France in 1924.

The Tokyo 2025 Deaflympics is a tournament commemorating the 100th year anniversary, and it is the first time Japan is hosting the event. We will introduce sign language for the different sports that occur at the Deaflympics from April until August.



So far, previously printed sign language is currently being introduced on the home page.

(Playing) Table Tennis



Move the two-fingered ring (ball) made with your left hand forward as you hit with the back of your right hand

(Playing) Golf



Bring both hands together, and swing in an arc going from the right to the top left.

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

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
5/3 (Hol./Sat.)	Internal Medicine	5/18 (Sun.)	Internal Medicine
5/4 (Hol./Sun.)	Internal Medicine	5/25 (Sun.)	Internal Medicine, Pediatrics
5/5 (Hol./Mon.)	Internal Medicine	6/1 (Sun.)	Internal Medicine
5/6 (Hol./Tues.)	Internal Medicine	6/8 (Sun.)	Internal Medicine, Pediatrics
5/11 (Sun.)	Internal Medicine, Pediatrics	*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)	

Health Center

Date	Time	Details
5/13 (Tues.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born 1/2025 & 7/2024)
5/14 (Wed.)	12:30 p.m.-	5 yr. Health Check (Children born 5/2020)
5/15 (Thurs.)	12:30 p.m.-	5 yr. Health Check (Children born 5/2020)
6/10 (Tues.)	12:30 p.m.-	2-yr. 4mon. Health Check (Toddlers born 1/2023)
6/13 (Fri.)	12:30 p.m.-	5 yr. Health Check (Children born 6/2020)

Mukunoki Center

Date	Time	Details
5/14 (Wed.)	-	Closed
5/21 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
5/25 (Sun.)	9:00 a.m.- Noon	Arena Open (Hohoemi Sports Hiroba)
5/28 (Wed.)	-	Closed
6/4 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)



The 'Oklahoma Native American Youth Language Fair' Occurred in Norman

The annual Oklahoma Native American Youth Language Fair occurred in the Sam Noble Oklahoma Museum of Natural History in Norman from Monday, April 7, to Tuesday, April 8. The fair is the museum's largest event, and students from various Native American tribes and cultures presented projects about their heritage and language completely in an Indigenous language. These projects included skits or short plays, spoken prayer, modern and traditional songs, performances, posters, comics, etc. It first began in 2003 and has grown to be one of the biggest events of the museum, with many students from Oklahoma participating and many people in the community attending. Admission was free and the projects were presented throughout the museums, so viewers were able to enjoy learning and listening to the students and their projects about their Native American language.



Photo by 'The Norman 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!

Town Web site



Facebook



Kyoto CIR Blog



Kyoto CIR Instagram



Keihanna Transportation Fair

The Keihanna Transportation Fair was hosted in Keihanna Plaza on March 15 (Sat.) with the goal of encouraging the use of public transportation.

There were various, lively events like the selling of railway and bus company's official merchandise, experiences where children could try on uniforms, an exhibition of a bus, a railroad diorama exhibition, Yukino Saito's talk show, a miniature train ride, and more. On the day of the event, over 2000 people attended.

