



Seika's English Language Newsletter
No. 358 June 2025

Kyomachi Seika's Birthday 2025

TABLE OF CONTENTS

- 1 KYOMACHI SEIKA'S BIRTHDAY 2025
- 2 KEIHANNA FUREAI CONCERT 2025
- 3 COOKING AND HEALTH
- 4 TOWN NEWS & EVENTS
- 8 TOWN/SISTER CITY NEWS

Kyomachi Seika is the town's PR character who informs everyone about information the town publishes in an easy-to-understand manner. She has been active in various different aspects like PR publications and the town homepage, as well as public awareness campaigns, social media, original birth registration and marriage registration, and all kinds of publications. July 5th marks the 12th "birthday" of Kyomachi Seika's arrival from the future.

We are currently looking for celebrational illustrations and messages with the theme of "Kyomachi Seika's Birthday 2025." More information will be posted onto the town homepage's Kyomachi Seika special page, so please check it out using the QR code below.



← Town Homepage

Seika Fest 2025

A "Video, Song, and Illustration" Post Festival sponsored by the Kyomachi Seika Fan Club (Kyomachi Seika's supporters) will be hosted in conjunction with Kyomachi Seika's birthday. This is a fan event in the form of a contest that will be held to see everyone's imagined Kyomachi Seika. For more information, please view the announcement video using the QR Code below. Further inquiries can be made using the "Question Box" in the announcement video's description.

Event Period: 7/1 (Tues.) - 7/10 (Thurs.)

Seika Town Mascot

KYOMACHI SEIKA



"I'd be happy if we could
celebrate my birthday
together!"



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



The "Keihanna Fureai Concert," a concert where parents and children can enjoy music during summer vacation, will be hosted on August 3rd (Sun.) at the Keihanna Plaza Main Hall. It is a concert where you can enjoy well known tunes from classics to anime music through a performance by the Osaka Shion Wind Orchestra Soloists. There is no age limit, and infants can attend (there is a nursing room where you can listen to the performance). Please attend with your whole family!

Time and Date: 8/3 (Sun.) 2:00 p.m. - 3:15 p.m. (est.)
(Doors open at 1:15 p.m.)

Place: Keihanna Plaza Main Hall

Performance: Osaka Shion Wind Orchestra Soloists
Music List: Bling-Bang-Bang-Born, Anpan Man March, Jamboree Mickey, When the Saints Go Marching In, Overture (from Dragon Quest IV) and more
*Music list may change

Tickets: Advance Tickets 1500 yen/ Same-day Tickets 2000 yen (All Seats Reserved)
*If 1000 seats of advance tickets are sold, there will be no same-day tickets

Other:

- If children 3 yrs. or younger can sit on their guardian's lap, they can attend for free.
- Excluding cases of performance cancellation, tickets cannot be refunded.
- Parking is available (Please do not park in neighboring business's parking lots).

Advance Ticket Sales Locations

● **Seika Town Hall Planning and Coordinating Division (5th Floor)**

Sale Period: 6/17 (Tues.) - 8/1 (Fri.) on weekdays from 9:00 a.m. - Noon/1:00 p.m. - 5:00 p.m.
(From 10:00 a.m. on 6/17 (Tues.) only) *Payment is cash only

● **Keihanna Online Ticket Service**

Sale Period: 6/17 (Tues.) 10:00 - 7/31 (Thurs.) at Noon
Sale: 7/11 Convenience Store (Fee Required for Issuance of Ticket)
*Please issue the ticket before the "Reservation Validity Date" in the 'Reservation Completion' email



Keihanna Online
Ticket Service



Concert details are on
the town homepage

Inquiries Keihanna Fureai Concert Executive Committee (within the Planning and Coordinating Division) TEL: 95-1900



Let's learn how to make **Mixed Vegetable Fry** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

Ingredients (4 Servings)

1(70g) Small Sweet Potato 1/2(100g) Medium-sized Onion 2(30g) Bell Peppers 60g Soybeans (Steamed) 1/2(40g) Medium-sized Carrot 60g Fish Sausage 1 Egg 80g Wheat Flour 80ml Water Salad Oil (suitable amount)



Instructions

- 1) Cut the sweet potato, onion, bell pepper, and carrot into 1 cm squares. Cut the fish sausage into thin slices.
- 2) Add (1) and the soybeans into a bowl, add the eggs, wheat flour and water and mix until your desired firmness.
- 3) Add the salad oil to the fry pan, scoop up (2) with a ladle, and drop into the pan using cooking chopsticks.
- 4) Add sauce or salt to your liking.

Nutrition Information (per serving)

Calories	205 kcal	Calcium	67 mg
Protein	10.9 grams	Dietary Fiber	4.9 grams
Fat	6.0 grams	Sodium	0.4 grams

Nutrition Education Tip No. 60

"Why are Soy Beans Called the Meat of the Garden?"

Japanese people have had a grain-based diet, and intake a diet of few animal-based products. In that context, because soy beans have a high content of protein and lipids, they have been called "meat of the garden" as an alternative to animal-based products. The protein in soy beans acts in lowering cholesterol. Also, there is a lot of linoleic acid in soybean oil which decreases cholesterol in the blood, making it very different from animal-based products.



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

Patisserie Le Fruitier

Address: Hosono Nishi Ichhome 9-46

Seika Garden City

Tel: 95-0809 (Representative)

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

Closed: No closing days

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.

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)





Tax Notices will be Sent Mid-June

For Those Enrolled in the National Health Insurance

The tax notice for the national health insurance tax (hereinafter health insurance tax) of Reiwa 7 (2025) will be sent to those enrolled in the town's national health insurance (hereinafter health insurance) in mid-June.

Health Insurance Tax is a Valuable Source of Funds for the Operation of the Health Insurance

As the health insurance tax is the country's subsidy, it is set aside for medical payment when those enrolled get medical care. Please do not forget to pay before the payment deadline.

The Taxpayer of the Health Insurance

The taxpayer of the health insurance is the head of the household as recorded in the resident register. For that reason, even if the head of the household is not enrolled in the health insurance, if there is someone else in the same household enrolled, the tax notice will be sent to the head of the household.

Payment Due Date for the Health Insurance Tax

The annual tax amount is calculated as an enrollment period from April until the following March. In the case of general collection, payment is made 10 times from the first period (June) to the tenth period (March of the following year), and for special collection, payment is made 6 times in the months in which the pension is paid. If, during the fiscal year, acquisition of a qualification, loss, amount of income changes, etc. for national health insurance occurs, that year's national health insurance tax will be recalculated depending on the income after the change and the amount of months enrolled in the national health insurance, and you will be informed by a national health insurance decision (change) notice each time.

Payment Methods

[①General Collection] (statement of payment (delivery) or direct debit payment)

For those requesting direct debit payment, it is required to register a bank account. For those who have not registered a bank account, a statement of payment will be sent along with the tax notice.

[②Special Collection] (payment from pension)

Those subject to special collection are the heads of the household and/or those in the household enrolled in national health insurance who are over 65 years old and under 75 years old, and are the head of the household receiving public pension above a certain amount.

Following the previous year, In April, June, and August, those subject to special collection will pay the same amount as February (February 2025) by special collection (this is called provisional collection). In October, December, and February of the following year, the annual national health insurance tax amount minus the total provisional collection amount will be paid in three separate installments by special collection.

Inquiries National Health Insurance and Medical Services Division Health Insurance Section TEL:95-1929

Town/Prefectural Residence Tax Notice

The town/prefectural residence tax notice for 2025 is scheduled to be sent to the taxpayer * after June 10 (Tues.) (olive green envelope). If you have not received the tax notice before June 20th even though you are expecting to be taxed, please contact the Taxation Division Residence Tax Section. **

If the document is sent by ordinary mail or by correspondence delivery, it is assumed to have arrived when it should have reached its destination, and is considered to be sent to the addressee as long as it is not returned to the town hall (Article 20, Paragraph 4 of the Local Tax Law.) For that reason, if it is not returned to the town hall with no previous correspondence and payment is not made before the due date, you become subject to demand, so please be careful. If you are moving or relocating, a report of address change occurs, and those whose payment due date arrives during a stay abroad need to appoint a tax agent.

*Those who are the taxpayer for the town/prefectural residence tax (general collection), those who's payment methods for town/prefectural residence tax are direct payment to a financial institution, etc. and/or those who withdrawal from their pension (special collection).

** Those who are not subject to pay the town/prefectural residence tax (tax-exempt people) will not receive a tax notice.

Inquiries Taxation Division Residence Tax Section TEL: 95-1916

Town Events



Table Tennis Day

Date & Time: 6/18, 7/2, 7/16, 7/30 each Wednesday at 3:00 p.m. - 5:00 p.m.

Place: Mukinoki Center Arena

Attendees: Elementary school students or older
(elementary school students must have adult supervision)

Capacity: Around 16 people

Items to Bring: Gym shoes

Fee: Elementary school students - 200 yen High school students and older - 300 yen
(price doubled for those living outside Seika town)

Inquiries: Mukunoki Center TEL:98-0200



Sports Association
Homepage

Culture School - Filter Holder Using Leather

Date & Time: 6/22 (Sun.) 10:00 a.m. - Noon

Place: Mukinoki Center Arts and Craft Room

Attendees: 18 or older

(Attendance possible for those outside of Seika town)

Capacity: First 8 people

Event Details: Patch together colorful leather and create a paper coffee filter holder.

There are 3 types of color combinations ((A) Brown & Yellow-Green (B) Navy & Pink (C)Off-White & Navy).

Fee: 4800 yen

How to Apply: Choose your color combination and apply using Mukunoki Center's home page before 6/20 or at the building's reception window with the event fees before 6/13.

Inquiries: Mukunoki Center TEL: 98-0200



Mukunoki Center's Homepage

Wind Instrument Summer Concert

Date & Time: 6/29 (Sun.) 2:00 p.m. - 4:00 p.m.

Place: Doshisha Women's College Kyotanabe Campus Nijima Commemorative Auditorium

Performers: Conductor: Katsuyuki Ushiwata (Professor at Doshisha Women's University) Wind

Instruments: Doshisha Women's College Music Department Wind Orchestra

Inquiries: Doshisha Women's University Office of the School of Liberal Arts (Music Department) TEL: 0774-65-8501



Keihanna International Kids Camp

Date & Time: 7/27 (Sun.) - 31 (Thurs.) (4 nights 5 days)

Place: Uji City General Outdoor Activity Center

Attendees: Elementary school students grades 4-6

Capacity: 15 boys/15 girls (Total of 30)

Event Details: Spend time with foreigners from different countries for 4 nights and 5 days, listen to stories about their home country and experience nature walks, science experiments, games, cooking rice with outdoor camping utensils, and more together.

Fee: 49,800 yen

How to Apply: Apply using the QR code on the right before 6/30 (Mon.)

Inquiries: Keihanna Cultural and Academic Organization/ 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 issuance, application, and digital certificate renewals.

Dates: 6/14 (Sat.) & 7/13 (Sun.)

Possible Reservation Hours: 9:00 a.m. - 11:45 a.m.

※An appointment needs to be made in advance.

※Reservations can be made 45 days prior to the desired date.

○ **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

Pre-Register to Receive Alerts - Prevention of Unauthorized Acquisition of Certificate of Residence, etc.

If an agent or third-party acquires your family register or copies of certificate of residence, you are able to receive an alert informing you. This is in order to prevent unauthorized requests or acquisition of your family register etc. Pre-registration is required to receive alerts. This is for those who have their domicile registered in town, and also those who have registered in the past. Please bring an application form* and personal identification documents (documents issued by public agencies like My Number Card, driver's license, Certificate of Eligibility, etc.) to the Service Counter Division (town hall 2nd floor).

Certification Subject to Alerts

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

Cases Where Alerts will not be Received

- Requests for an official copy of the family register, etc. from the person themselves, a person on the same register, and/or lineal ascendants/descendants.
- Requests for a Certificate of Residence, etc. from the person themselves or those 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's homepage

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.

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



(Doing) Judo



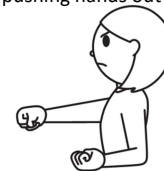
Clasp both hands and bring them down from the shoulder to the left diagonally at the same time.

(Doing) Karate

Position both hands, and represent the form of Karate movements through pushing hands out



Face both fists with the palm facing up, positioning them on both sides of hips,



Leave your right hand, rotate the back of your left hand up, and push it in front of your right hand.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
6/8 (Sun.)	Internal Medicine, Pediatrics	7/13 (Sun.)	Internal Medicine, Pediatrics
6/15 (Sun.)	Internal Medicine	7/20 (Sun.)	Internal Medicine, Pediatrics
6/22 (Sun.)	Internal Medicine, Pediatrics	7/21 (Hol./Mon.)	Internal Medicine
6/29 (Sun.)	Internal Medicine	7/27 (Sun.)	Internal Medicine, Pediatrics
7/6 (Sun.)	Internal Medicine	*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)	

Health Center

Date	Time	Details
6/18 (Wed.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 11/2021)
6/25 (Wed.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born 2/2025 & 8/2024)
6/26 (Thurs.)	12:30 p.m.-	1 yr. 6mon. Health Check (Infants born 11/2023)
7/2 (Wed.)	12:30 p.m.-	2-yr. 4mon. Health Check (Toddlers born 2/2023)
7/8 (Tues.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 12/2021)

Mukunoki Center

Date	Time	Details
6/11 (Wed.)	-	Closed
6/18 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
6/22 (Sun.)	9:00 a.m.- Noon	Arena Open (Hohoemi Sports Hiroba)
6/25 (Wed.)	-	Closed
7/2 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)



"Seika, Japan : The 20th Anniversary of Our Sister City" Exhibition Opens in Norman City in May

"Seika, Japan : The 20th Anniversary of Our Sister City," an exhibition commemorating the 20th anniversary of Norman and Seika Town's sister city relations, began on May 9 and ran through May 30th at Norman's MAINSITE gallery. The show featured the history of the sister city relationship, traditional textiles from the Soraku Area, and traditional craft from Kyoto Prefecture. Two artists from Kyoto Prefecture also presented their work and hosted an Artist Talk, demonstration, and interaction, where visitors learned more about traditional Japanese crafts, viewed the artists work, and were able to make bookmarks out of traditional fabric from the Soraku area. As both cities welcome this commemorative year, the people of Norman were able to experience Seika's culture through this interesting exhibition!



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

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



The 25th Road Race with History

The "U-Spirit Uepa Cup Keihanna Cycle Race" occurred on April 20th (Sun.) in the area of Seika Odori. The executive committee composed of general incorporated association Kyoto Syaren, Keihanna, Seika Town and others open it every year, so this time welcomes the 25th time it was held.

There is influence from the Tour of Japan Kyoto Stage, and over 300 athletes from both elementary school children and adults gathered from different places across Japan and participated. They dashed around the course with Keihanna Plaza being the starting and end line. One lap of the course was 1.9 kilometers.

Many onlookers crowded at the sidelines, and the event was very exciting.

