



Seika's English Language Newsletter  
No. 359 July 2025

## TOJ (Tour of Japan) 2025

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The "Tour of Japan 2025" Kyoto Stage, the largest international bicycle road race in the country, was held on May 19th (Mon.). 16 teams & 95 athletes participated as this close race unfolded, and the athlete who secured the victory for this section was Atsushi Oka of Utsunomiya Blitzen!

Alongside the course, there were about 46,000 spectators who cheered on the athletes.

Also, gourmet and local specialty booths bustling with spectators were gathered at Keihanna Plaza near the finish line and near Higashibata Meeting Hall/Mina no Genki Juku. At the event, we received so much support from the volunteers, including the citizens and businesses in the surrounding areas, and there were no large accidents, so the Tour of Japan was able to commence safely. Thank you so much. We appreciate your continued support and cooperation hereafter.

Inquiries: Local Administration Promotion Division Regional Collaboration Subsection TEL: 95-1934



Seika Town Mascot  
**KYOMACHI SEIKA**



"Thank you for your support concerning the commencement of the "Tour of Japan!""

## Be Careful of Heat Stroke!



Even in Seika Town, there has been a large number of people who have required emergency transport due to heatstroke every year. Because intense heat, temperatures, and humidity have risen, let's be careful of heatstroke.

### What are the Symptoms of Heatstroke?

Heatstroke is the symptoms that appear if you begin to feel unwell when you are in a hot or humid place. Common examples of heatstroke symptoms include:

- ① Dizziness
- ② Excessive Sweating
- ③ Sudden Increase in Body Temperature

If you leave those symptoms as is and they worsen, symptoms including headaches and vomiting can appear. Furthermore, symptoms that disturb consciousness like convulsions and fainting can occur, and in the worse case, there are **cases of death** as well.

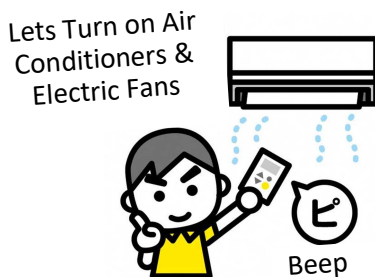
### Ways to Deal With & Prevent Heatstroke

It is predicted that this summer will also have intense heat exceeding 40°C. One method of preventing heatstroke is to frequently hydrate. Even if your throat does not feel dry, it is important to frequently drink water. Another method is to avoid the heat. Avoid the outdoors or places that receive strong sunlight, and even if you are inside, adjust your surroundings and use an air conditioner or electric fan. Using cold packs and things that cool your body off is also another prevention method.

### The Elderly and Young Children Should be Especially Careful!

It is easy for young children and elderly people who cannot regulate their body temperature well or find it difficult to notice changes in their body's condition to get heatstroke. Therefore, let's make sure to help each other out without leaving young children or the elderly alone. If you determine that their life is in danger, please call 119 without hesitation and request for an ambulance.

If you get heatstroke, move to a place with good airflow or indoors where a cooler is working, hydrate, and rest. Also, removing any removable clothing and loosening tight neckties and belts makes airflow better and your body is able to cool down effectively. Furthermore, you can reduce a fever even more by placing cooling packs, etc. on places like your neck, armpits, or thighs.



Inquiries: Fire Department Security Section 1 TEL: 94-5630

### 2025 First-Class Fire Prevention Management New Training Course will be Hosted.

A first-class fire prevention management new training course by the Seika Town Fire Department along with the Soraku Chubu Firefighting Association Fire Department will occur. This training is for the purpose of learning important knowledge about the duties of firefighting management as well as technical skill.

(Those who completed the entire course will receive a certificate of completion).

**Date and Time:** 8/19 (Tues.) & 8/20 (Wed.) (two days)

**Course Location:** Mukunoki Center 4th floor multi-purpose hall

**Reception Time:** 7/1(Tues.) - 31 (Thurs.)

**Reception Location:** Fire Department Prevention Division (TEL: 94-4397)

\*For more information, please check the town homepage.





Let's learn how to make **Horse Mackerel Curry Saute with Summer Vegetables** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

### Ingredients (2 Servings)

2 Slices(200g) Medium-Sized Horse Mackerel (fillet)  
 A Pinch of Salt & Pepper 1tbsp Wheat Flour 1tbsp Curry Power  
 1/2tbsp(6g) Olive Oil 1/6(25g) Medium Tomato 1/4(20g) Cucumber  
 1/4(15g) Onion 1/8(15g) Paprika  
 ★ 1tsp Olive Oil 1tbsp Vinegar 0.8g Sugar 1.5g Salt



### Instructions

- 1) Remove the moisture from the horse mackerel with a paper towel, sprinkle with salt & pepper and cover with the mixed curry powder and flour.
- 2) Pour olive oil into a fry pan and heat it, add the horse mackerel and cook until both sides are well-done.
- 3) Cut the tomato and paprika into 1cm chunks, cut the cucumber into chunks, and finely chop the onion.
- 4) Add Step 3 and ★ into a bowl and mix well.
- 5) Place the horse mackerel on a plate and top with Step 4. Eat after letting it cool.

### Nutrition Information (per serving)

Calories	196 kcal	Calcium	89 mg
Protein	20.8 grams	Dietary Fiber	1.7 grams
Fat	10 grams	Sodium	1.0 grams

### Nutrition Education Tip No. 61

#### "About the Nutritional Value of Horse Mackerel"

Horse mackerel contains EPA, which works to lower the amount of neutral fat in the blood and prevents against blood clots, making blood flow smoothly and DHA, which functions to rejuvenate the brain. Other than that, it also contains taurine, which works to lower neutral fat and cholesterol, accelerates the secretion of bile acid in the liver, and promotes the regeneration of hepatocytes.



## 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 full of vegetables.



### Participating Restaurant

#### **Shukran**

**Address:** Minamiinayazuma Taninoike 51-4

**Tel:** 090-3445-1515

**Hours:** Mondays, Thursdays, and Fridays

11:00 a.m. - 3:30 p.m.

(Advanced Reservation Required only at lunchtime)

Please inquire by direct messaging on Instagram.

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)





## A Part of the National Health Insurance Tax Levy Limit has Increased

Since April 1st, 2025, the tax levy limit (upper limit of taxation amount) has been increased for the medical care section and late-stage elderly assistance allowance section of the national health insurance. There is no change for the nursing section.

- Medical Care 650,000¥ → 660,000¥
- Late-Stage Elderly Assistance Allowance 240,000¥ → 260,000¥

### Tax Rate Table for the 2025 National Health Insurance Tax

	Medical Care (0yrs. - 74yrs.)	Late-Stage Elderly Assistance Allowance (0yrs. - 74yrs.)	Nursing Section (40yrs. - 64yrs.)
①Amount per Income Levy	(sum of total income, etc. in 2024—430,000¥)×7.58%	(sum of total income, etc. in 2024—430,000¥)×2.45%	(sum of total income, etc. in 2024—430,000¥)×2.20%
②Amount per Capita Rate	26,000¥ × number of insured persons	9000¥ × number of insured persons	9500¥× number of insured persons
③Equal Percentage Amount	25,000¥	7000¥	5500¥
Subtotal	Subtotal A【①+②+③】 tax levy limit 660,000¥	Subtotal B【①+②+③】 tax levy limit 260,000¥	Subtotal C【①+②+③】 tax levy limit 170,000¥
<b>Household National Health Insurance Tax Amount = Subtotal A + Subtotal B + Subtotal C</b>			

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

## Change in Criteria for Determined Reduction of the National Health Insurance Tax

The national health insurance reduces the per capita rate and equal percentage amount for the national health insurance tax (hereafter "health insurance tax") for households in which the combined income amount of the head of the household and those enrolled in the national health insurance is below the criteria that determines the amount of reduction. From April 1st, 2025, the criteria for the determined amount of reduction for the health insurance tax will be partially changed, and the number of those eligible for reduction has been expanded.

### Information about Change of Criteria for Determined Reduced Income

Percent of Reduction	After Revisions (2025)	Before Revisions (2024)
70%	430,000¥ + {100,000 × (number of salaried employees, etc. - 1)} households below	430,000¥ + {100,000 × (number of salaried employees, etc. - 1)} households below
50%	430,000¥ + (number of insured persons × 305,000¥) + {100,000 × (number of salaried employees, etc. - 1)} households below	430,000¥ + (number of insured persons × 295,000¥) + {100,000 × (number of salaried employees, etc. - 1)} households below
20%	430,000¥ + (number of insured persons × 560,000¥) + {100,000 × (number of salaried employees, etc. - 1)} households below	430,000¥ + (number of insured persons × 545,000¥) + {100,000 × (number of salaried employees, etc. - 1)} households below

However, the "salaried employee, etc." listed in the table refers to people who receive payment from a fixed salary, public pension, etc. Also, the "number of insured persons" listed in the table also includes those within the same household who have transferred from the national health insurance to the latter-stage elderly healthcare system.

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

## Town Events



### ARTCOM 2025

**Date and Time:** 7/12 (Sat.) - 24 (Thurs.) 9:00 a.m. - 5:00 p.m.  
(until 3:00 p.m. on the 24th)

**Place:** Keihanna Commemorative Part Suikei-en

**Event Details:** The works with the theme of "Environment and Expression" made by students in the Kyoto University of the Arts composite art course will decorate Suikei-en and Kangetsuro in Keihanna Commemorative Park. Please enjoy the Japanese garden and art collaboration.

**Fee:** Park entrance fee

**Inquiries:** Keihanna Commemorative Park Management Office/TEL: 93-1200 FAX: 93-2688



### Summer Colors Concert

**Date & Time:** 7/12 (Sat.) 2:00 p.m. - 3:00 p.m.  
(will be hosted despite rain)

**Place:** Keihanna Commemorative Park Suikei-en Kangetsuro Basement

**Event Details:** A performance by a mixed chorus and piano. They will sing J-Pop, children's songs, music class songs, musical songs, and more.

**Performance by:** epoc

**Fee:** Park entrance fee

**Inquiries:** Keihanna Commemorative Park Management Office/TEL: 93-1200 FAX: 93-2688



### Blueberry Picking

**Would you like to experience picking blueberries at Zakuro Iki-iki Farm?**

**Date & Time:** 7/25 (Fri.) - 9/5 (Fri.) (scheduled)

**Place:** Seika Town Zakuro area

**Things to Bring:** Bag for picking, (wear) long sleeves, long pants, and long shoes, bug repellent

**Fee:** Entrance fee 1500¥ (includes up to 1 kg of picked blueberries) - each 1kg over the first 1kg amount will be 1500¥

**How to Apply:** Apply using the phone number below no later than 3 days before your planned picking day

**Inquiries:** Zakuro Iki-iki Farm Association/ TEL: 090-7113-3542 (Representative: Fujihara)



### Japanese Harp 'Taishogoto' Experience

**Date & Time:** 7/27(Sun.) ①10:30 a.m. - noon ②1:30 p.m. - 3:00 p.m.

experience possible any time during time period

**Place:** Garden Mall Kizugawa 1st floor central court

**Capacity:** 30 people each time

**Event Details:** Most instruments were transported south on the continental Silk Road, imported into Japan, and evolved into what they are today, but the Taishogoto is the only instrument created in Japan. Would you like to experience the Taishogoto created in Japan?

**Inquiries:** Kindenryu Taishogoto Gakuyu / TEL: 090-8380-4805 (Murakami)





**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:** 7/13 (Sun.) & 8/16 (Sat.)

**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

**Acquire Certificates with the Helpful Convenient Store Issuance Service**

Those who have a My Number Card (equipped with digital certificates for owner's verification) can receive Proof of Residency copies and other certificates from multi-copy machines located in convenience stores and supermarkets. \*The machines in the Town Hall/citizen service corner (within Sakuragaoka Esperoma Takanojohara) are also exclusively used for My Number Cards.

**Receivable Certificates**

Certificate of Items of Family Register (individual) (those whose registered domicile is in Seika Town), Copy of Proof of Residence, Proof of Residence and certificate of items listed on it, Certificate of Registration of Personal Seal (registered individual only), Certificate of Income (individual only), Certificate of Taxation (or Tax-Exemption) (individual only)

\*For those who live in Seika Town with a permanent domicile in a place outside of Seika Town, an application to the municipality of your permanent domicile for registration of convenience store issuance of your family register certificate from a multi-copy machine is required.

**Stores you can Receive your Certificates at**

Stores that service a multi-copy machine like Seven-Eleven, Lawson, Family Mart, Ministop, Aeon Retail, Heiwado, Komada Super Sun Fresh, etc. (country-wide)

**Operation Hours (excluding year-end and maintenance days)**

8:30 a.m. - 5:15 p.m. (Town Hall, citizen service corner)

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

\*Supermarket machines follow store's hours of operation

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.

**Bicycle, Cycling**



Place your both fists above and below and draw circles in the air, alternating rotations. (Like you are peddling a bicycle)

**Bowling**



Bend your thumb, middle, and ring finger and act like you are throwing a bowling ball.

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

**Seika Town Facility Schedules**

**Soraku Emergency Medical Clinic Schedule**

Date	Specialty	Date	Specialty
7/6 (Sun.)	Internal Medicine	8/3 (Sun.)	Internal Medicine
7/13 (Sun.)	Internal Medicine, Pediatrics	8/10 (Sun.)	Internal Medicine, Pediatrics
7/20 (Sun.)	Internal Medicine, Pediatrics	8/11 (Hol./Mon.)	Pediatrics
7/21 (Hol./Mon.)	Internal Medicine	8/17 (Sun.)	Internal Medicine
7/27 (Sun.)	Internal Medicine, Pediatrics		

\*Please call prior to visiting the Soraku Emergency Medical Clinic  
TEL:(0774-73-9988)

**Health Center**

Date	Time	Details
7/10 (Thurs.)	12:30 p.m.-	5-yr. Health Check① (Toddlers born 07/2020)
7/11 (Fri.)	12:30 p.m.-	5-yr. Health Check② (Toddlers born 07/2020)
7/29 (Tues.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born 03/2025 & 09/2024)
8/5 (Tues.)	12:30 p.m.-	5-yr. Health Check (Toddlers born 08/2020)
8/7 (Thurs.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 01/2022)

**Mukunoki Center**

Date	Time	Details
7/9 (Wed.)	-	Closed
7/16 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
7/23 (Wed.)	-	Closed
7/27 (Sun.)	9:00 a.m.- Noon	Arena Open (Hohoemi Sports Hiroba)
8/6 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)



### Youth Sports in Norman Ramping Up as Summer Begins

Summer has come to Norman, and it is the season for youth sports. The Norman Optimist Club hosts baseball and softball for kids up to 15 and as young as 4-years-old. Games are played on Monday, Tuesday, and Thursday evenings, and Tournaments will be hosted every weekend until July 20. This club offers many kids in Norman their first opportunity to participate in sports. It is a great way to not only grow their athletic abilities, but also learn the importance of values like sportsmanship, teamwork, and perseverance. For parents who help as coaches, they can learn patience as well. There are various leagues for baseball and basketball, as well as leagues for adults. In Norman, both kids and adults have the chance to learn a sport or participate in a team through these summer sports and leagues!



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](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!

Town Web site



Facebook



Kyoto CIR Blog



Kyoto CIR Instagram



## 5th Sports Day



The 5th "Sports Day," an international exchange event co-hosted by Seika Global Net, was held at Mukunoki Center, and there were 67 citizens from the region and foreigners who participated as well as 14 volunteer staff members.

Through each game and sport like Vietnamese games, an American dance, running tama-ire, a chopstick relay and more, all the participants exercised and connected with others.

For those who want to work as an international exchange volunteer staff in Seika Global Net, please use the following contact information. They will not ask about language ability or nationality.

Inquiries: Seika Global Net/[✉seikaglobalnet@gmail.com](mailto:seikaglobalnet@gmail.com)