



## Bring a Water Bottle When Going Out

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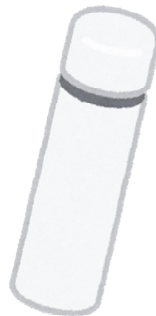
Concerns about heatstroke rise with the rising temperatures. In order to diligently hydrate when going out, let's all bring our favorite water bottle from home.

If you buy plastic bottles or canned drinks while you are out, the container becomes garbage after you have finished drinking.

If you use a personal water bottle, it won't just reduce trash, but it is also very economical because you do not need to buy a drink when you are out. Also, there are some stores where you can purchase a drink for a cheaper price if you bring a personal water bottle.

Let's use our favorite personal water bottles and overcome the hot summer in a smart way.

Inquiries: Environmental Promotion Division Resources Recycling Section  
TEL:95-1925



Seika Town Mascot  
**KYOMACHI SEIKA**



“Let's Bring a Water Bottle when Going Out!!”



## About Disability Pension



Disability Pension is a pension that people whose life and work is limited due to an illness or injury, including those who are still working, can receive. Within Disability Pension, there are two types - "Basic Disability Pension" and "Employees' Disability Pension." Claims can be made for "Basic Disability Pension," if the person is enrolled in the National Pension service at the time they first receive a doctor's medical care for the sickness or injury (including the period in which those younger than 20 yrs. are not enrolled in the pension system), or "Employees' Disability Pension" if the person is enrolled in Employees' Pension.

### Basic Disability Pension

Basic Disability Pension will be granted to applicants who are found to be disabled due to illness or injury with an initial diagnosis date (the date when the illness or injury that caused the disability was first treated by a doctor), according to the table of disability grades established by laws (grades 1 & 2) during the following ①-③

- ① Period of Enrollment in the National Pension
- ② Period of time before 20 years of age (the period of unenrollment in the pension system)
- ③ Period of living within Japan when they are above 60 but less than 65 yrs. of age (the period when not enrolled in the pension system)

#### Insurance Payment Requirements

In order to receive the Basic Disability Pension, A or B must be met regarding the days before the initial diagnosis date. However, there are no payment requirements for the ② time period above.

A. The applicant paid or was exempted from insurance premium for 2/3 or more of the period of official enrollment in the pension 2 months before the month of the initial diagnosis date.

B. The applicant is less than 65 yrs. at the time of the initial diagnosis date, and have no overdue payments during 1 year 2 months before the initial diagnosis date.

#### Payment Amount

Basic Disability Pension (2025 fiscal year)

- Grade 1: 1,039,625¥ (Yearly)
- Grade 2: 831,700¥ (Yearly)

Upon application, the amount to be received is listed above for cases in which the payment of the Basic Disability Pension is determined. Also, for situations in which a child fulfills the following ① ②, an additional 239,300¥ (yearly) for 1 child, and 79,800¥ for the 3rd child and onwards will be added to each of the amounts above.

- ① Children who are under the age of 18 before the end of the fiscal year (March 31st) passes.
- ② Children under 20 yrs. of age that are found to meet the conditions of a grade 1 or 2 disability.

#### Application Procedures

Apply at the Service Counter (Town Hall 2nd Floor) on weekdays from 8:30 a.m. - noon, or 1:00 p.m. - 5:00 p.m.

### Employees' Disability Pension

When the applicant has a disability that falls under the requirements for grade 1 or 2 in the Basic Disability Pension and has an illness or injury with an initial diagnosis date during the time the applicant is enrolled in employees' pension, they can be granted Employees' Disability Pension in addition to the Basic Disability Pension. Also, for a disability that doesn't fall under grade 2 and is less severe, a grade 3 Employees' Disability Payment will be granted. In addition, if the illness or injury recovers within 5 years of the initial diagnosis date, rather than receiving the Employee's Disability Pension, a disability compensation (lump sum) will be granted when the condition of the disability improves. \*Please directly contact the pension office for a consultation/application for the Employees' Disability Pension.

### Special Disability Benefits

Those who are not voluntarily enrolled in the national pension, therefore do not receive the Basic Disability Pension etc., will receive an allowance as a welfare installation if the applicant has an initial diagnosis date during the following ①-② periods

- ① Applicants who were a student eligible for voluntary enrollment in the national pension before March 1991
- ② Applicants who were the spouse of an employee, etc. who was eligible for voluntary enrollment before March 1986 and did not voluntarily enroll at that time.

#### Benefit Amount

- Basic monthly amount for applicants whose disability falls under grade 1 corresponding to the Basic Disability Pension: 56,850¥ (1.25x grade 2)
- Basic monthly amount for applicants whose disability falls under grade 2 corresponding to the Basic Disability Pension: 45,480¥

#### Application Procedures

Apply at the Service Counter (Town Hall 2nd Floor) on weekdays from 8:30 a.m. - noon, or 1:00 p.m. - 5:00 p.m.

**Inquiries:** Kyoto Minami Pension Office Customer Consultation Office TEL: 075-644-1165 (Representative) Seika Town Hall Service Counter Division Pension Section TEL: 95-1915



Let's learn how to make **Lettuce Shira-ae Salad** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

### **Ingredients (2 Servings)**

80g Firm Tofu 1/6 Head(50g) Lettuce 1/4(40g) Red Onion  
 30g Canned Tuna 1tsp(2) Ground Toasted Sesame Seeds (white)  
**A:** 1/4tsp(1.5g) Salt 1/2tsp(1.5) Sugar 1tsp(5g) Vinegar  
 1/2tsp (3g) Light Soy Sauce 1/2tbsp(6g) Olive Oil Garlic (to taste)



### **Instructions**

- 1) Wrap the firm tofu in a paper towel, weigh it down, and drain it.
- 2) Cut the lettuce into chunks, thinly slice the red onions, then drain thoroughly after soaking both in water together.
- 3) Add A, the tuna, and the sesame seeds in a bowl and mix together. While breaking down the dried tofu by hand, mix it in with the seasoning, add the lettuce and red onion, quickly dress the salad and put it on a dish.

### **Nutrition Information (per serving)**

|          |           |               |           |
|----------|-----------|---------------|-----------|
| Calories | 87 kcal   | Calcium       | 59 mg     |
| Protein  | 5.8 grams | Dietary Fiber | 1.2 grams |
| Fat      | 5.7 grams | Sodium        | 1.1 grams |

### **Nutrition Education Tip No. 62**

#### "About the Nutritional Value of Lettuce"

Lettuce is composed of more than 90% water with 12 kc per 100g, making it a low-calorie vegetable. However, although they are each in small amounts, lettuce contains a good balance of  $\beta$ -Carotene, Vitamin C, Different Vitamins such a Vitamin E, Potassium, Calcium, Magnesium & more minerals, and dietary fibers. Presently, there are many types, but dark leafy lettuce like butterhead lettuce and red-leaf lettuce contain close to around 10x more  $\beta$ -Carotene than iceberg lettuce.



## 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**

#### **Japanese Confectionery Store Futaba**

**Address:** Hosononishi 1cchome 40-4

**Tel:** 29-4529

**Hours:** 9:00 a.m. - 6:00 p.m.

**Days Closed:** Mondays (If Monday is a holiday they will operate, but will be closed the Wednesday of that week)

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)





## Prevent Electrical Fires!

Electrical fires are fires caused by electronic devices, wiring, outlets, etc., and are one type of fire that often occurs within our daily life. The electronic devices we use in our everyday life are very convenient, but on the other hand can unknowingly be linked to the cause of fires depending on the way we use and manage them. Specifically, in recent years there has been an increasing trend of electronic fires being the cause of fires.

### What if an Electrical Fire Occurs?

In the event of an electrical fire occurring, **if you pour water on it, it may electrocute you**, so first turn off the breaker, and douse the fire using a fire extinguisher or water after the electricity is cut off.

Causes and Countermeasures of Electrical Fires

#### ① Tracking Phenomenon

Leaving things in outlets leads to dust accumulating? It is called "Tracking Phenomenon" when that dust causes a fire. Let's periodically clean our outlets and take measures to unplug things. Also, if you use something without securely plugging in it, it can become the cause of a fire. Therefore, let's make sure our things are not loosely plugged-in.

#### ② Electric Short Circuit (Short), Partial Burn-Out

Are electric cords pinned under furniture? If you use electric cords that are trampled on or bundled together, damage to the cord or an increase in temperature can become the cause of a fire. Also, if you overload the determined capacity on an electrical circuit, it can also be the cause of a fire. Let's make sure to not pin cords under furniture and/or use them when they are bundled up. Let's also keep in mind our energy consumption when using electrical cords.

### The Cause of Fires due to Earthquakes

Although the cause of fires due to earthquakes is electric stoves, kerosine, and gas, out of all of them, the majority are caused by electrical fires. To protect against electrical fires caused by earthquakes, it is important to cut off electricity quickly when large shaking occurs. Because of that, please consider researching the installation of a **seismic breaker**.

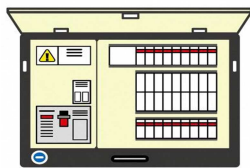
### What is a Seismic Breaker?

A Seismic Breaker is a breaker that senses large shaking and automatically turns the breakers off and cuts power. For that reason, even if an earthquake were to occur while you are out of the house, it suppresses fire outbreaks in your home, and prevents a house fire. Also, although seismic breakers prevent against house fires, it is important to have a plan of action for when the power is out because they automatically cut off electricity. Let's be sure to habitually prepare flashlights or any lighting equipment and a radio, etc. to receive information during the time of a disaster.

Let's always do fire prevention measures in our daily life, and prevent electric fires before they happen!

Inquiries: Fire Department Security Section 2 TEL: 94-5630

**Let's Install a Seismic Breaker!**



**Be Careful of Electric Fires at the Time of an Earthquake**

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

It is now required by fire prevention laws that all houses have a **home fire alarm** installed. Also, in the cases of 10 years passing since installation, there is a chance that the battery is dead or broken, so please replace it **around every 10 years**.

<Main Installation Places for a Home Fire Alarm>

① Bedroom ② Kitchen ③ The Ceiling Above the Stairs  
(if the house has bedrooms on the 2nd floor)

Inquiries: Fire Department Prevention Division TEL: 94-4397

★ **Seika Town Fire Department Official Instagram Account has Begun**

The fire department will post information to let many know about the fire department's charm and everyday life, so please give them a follow!



@SEIKASHOUBOU

## Town Events



### Keihanna Commemorative Park - Yokai-en

**Date and Time:** 8/23 (Sat.)/24 (Sun.) 6:00 p.m. - 9:00 p.m. (Last Entry: 8:30 p.m.)

\*Will be partially held if it rains

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

**Event Details:** Yokai turned the Suikei-en into a "Yokai-en?!" Listen to ghost stories, make a yokai uchiwa fan, eat cool food...please enjoy a night of all kinds of yokai.

**Fee:** 300¥ (free for preschoolers)

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



### Kyoto Hannaryz "UMEKOJI BLUE FESTIVAL - All Kyoto's Summer Festival"

**Date & Time:** 8/29(Fri.) 5:00-7:00 p.m. (before the festival) 8/30 (Sat.) 10:00 a.m. - 4:30 p.m.

**Place:** Umekoji Park Shichijo Entrance Square (Kyoto City)

**Event Details:** Seika Town is a hometown of the Kyoto Hannaryz! Kyoto Hannaryz, together with the hometown municipalities, will highlight the charm of different places in Kyoto with appearances of Kyoto Hannaryz athletes, and will host a midsummer outdoor event with free admission that anyone can enjoy!

· Introductions/selling of the hometowns' specialty goods · Unveiling of the Kyoto Hannaryz 2025-26 season athletes and new uniform · Official cheer performance & presentation of the kids cheer · Family summer games, etc.

**Inquiries:** Kyoto Hannaryz [info@sckyoto.jp](mailto:info@sckyoto.jp)



### 2025 Seika Town Volleyball League Tournament

**Date & Time:** 9/21 (Sun.) 9:45 a.m. - (Reception Time: 9:00 a.m. -)

**Place:** Mukunoki Center Arena

**Applicants:** Women's teams (league participants, invitation teams, teams in/playing in Seika Town)

**Capacity:** 8 teams (150 people)

**Fee:** 2000¥ (collected day-of)

**How to Apply:** Apply directly to Mukunoki Center by fax (FAX: 98-0118) or mail (〒619-0245 Seikacho Shimokoma Kaminoki 8) from 8/12 (Tues.) until 8/22 (Fri.)

**Inquiries:** Seika Town Volleyball League/TEL:090-1955-3994 (Nishimura/7:00 a.m. - 10:00 a.m.)



### Flower Arrangement Classroom

**Date & Time:** 9/24 (Wed.) 10:30 a.m. - Around Noon

**Place:** Seikacho Shirubajinzai Center

**Event Details:** Make a botanical candle holder. Place a candle or aroma candle in the middle, and decorate your room with it. The instructor will teach everything very kindly, so even new-comers can have fun.

**Things to Bring:** Handicraft Scissors

**Instructor:** Tomoko Nakaïke

**Fee:** 2500¥ per person (fee for materials included)

**How to Apply:** Apply by phone at the following number before 9/16 (Tues.)

**Host:** Shirubajinzai Center

**Inquiries:** Seikacho Shirubajinzai Center TEL: 34-0940





**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:** 8/16 (Sat.) & 9/7 (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

**Receive your My Number Card Early!**

After the My Number Card issuance preparations are arranged and you are notified by letter, if a certain period of time passes before you pick it up, you will be re-notified. However, cards that have not been picked up for around 3 months after the re-notification will be sequentially disposed as per the instructions of the country (Ministry of Internal Affairs and Communications), so please be careful. In addition, if you wish to have a previously disposed of My Number Card issued, re-application procedures are required, so we request those who have yet to receive their card to quickly do so.

**Reservations Reception for Official Visits for New Applications of My Number Cards will Occur (By Reservation)**

The campaign for town hall employees to make an official visit to your house for application reception is once again occurring for those living in Seika who wish to have a new application of a My Number Card, but find it difficult to visit the town hall. The photographing of the face photo that is required for the application will also occur. The available times for a visit is from 8/1 (Friday)~10/31(Fri.) (\*Excluding Weekends & Holidays). For those who wish to have a visit, please reserve by telephone.



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.

**Basketball**

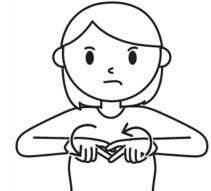


Bend your fingers slightly, and lift and lower your open right hand at the side of your waist,



Face both open fists with fingers slightly curled in front of you, and raise them diagonally above

**Wrestling**



Face the back of your hands up, intertwine two fingers on both hands, and twist together in opposite directions.

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

**Seika Town Facility Schedules**

**Soraku Emergency Medical Clinic Schedule**

| Date             | Specialty                     | Date             | Specialty                     |
|------------------|-------------------------------|------------------|-------------------------------|
| 8/3 (Sun.)       | Internal Medicine             | 8/31 (Sun.)      | Internal Medicine             |
| 8/10 (Sun.)      | Internal Medicine, Pediatrics | 9/7 (Sun.)       | Internal Medicine, Pediatrics |
| 8/11 (Hol./Mon.) | Pediatrics                    | 9/14 (Sun.)      | Internal Medicine, Pediatrics |
| 8/17 (Sun.)      | Internal Medicine             | 9/15 (Hol./Mon.) | Internal Medicine             |
| 8/24 (Sun.)      | Internal Medicine, Pediatrics |                  |                               |

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

**Health Center**

| Date         | Time        | Details  |
|--------------|-------------|--|
| 8/19 (Tues.) | 12:30 p.m.- | 3-4 mon. and 9-10 mon. Health Check (Infants born 04/2025 & 10/2024) |
| 8/22 (Fri.)  | 12:30 p.m.- | 1-yr. 6mon. Health Check (Infants born 01/2024)                      |
| 9/2 (Tues.)  | 12:30 p.m.- | 5-yr. Health Check① (Toddlers born 09/2020)                          |
| 9/5 (Fri.)   | 12:30 p.m.- | 5-yr. Health Check② (Toddlers born 09/2020)                          |
| 9/9 (Tues.)  | 12:30 p.m.- | 3-yr. 6mon. Health Check (Toddlers born 02/2022)                     |

**Mukunoki Center**

| Date        | Time                | Details                            |
|-------------|---------------------|------------------------------------|
| 8/6 (Wed.)  | 3:00 p.m.-5:00 p.m. | Arena Open (Table Tennis)          |
| 8/13 (Wed.) | -                   | Closed                             |
| 8/20 (Wed.) | 3:00 p.m.-5:00 p.m. | Arena Open (Table Tennis)          |
| 8/24 (Sun.) | 9:00 a.m.- Noon     | Arena Open (Hohoemi Sports Hiroba) |
| 8/27 (Wed.) | -                   | Closed                             |



### Sam Noble Museum Hosts "Dinosaur Day"

The Sam Noble Museum hosted a "Dinosaur Day" to celebrate the appearance of a dinosaur in the new Jurassic World movie that Oklahoma researchers discovered the fossil of. The dinosaur's only known fossil is currently in a Sam Noble Museum exhibition, where visitors can see the real fossil that inspired the adorable dinosaur companion in the new film. At the event, there were dinosaur-themed experiences like photo opportunities, crafts, dinosaur story time, presentations by paleontologists, and more. There was even a group which attended with Jurassic Park-inspired Jeeps and performers wore Jurassic Park costumes and used dinosaur puppets. Many experiences were offered at the events for attendees to learn more about dinosaurs. Since the dinosaur used in the movie is a special one to the Sam Noble Museum, they celebrated their 30-year-old discovery with this event.



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



## Let's Deepen our Understanding & Awareness of Human Rights Issues

The Seika Town Human Rights Awareness Promotion Committee general meeting/commemorative speech was held in the Town Hall's Exchange Hall.

Mr. Yoshihisa Sakata, a registered researcher at the World Human Rights Issues Research Center was invited as the lecturer. The theme was "Think about the Topic of Human Rights Through an Animated Movie - What is Buraku Discrimination?", a national animated movie with a historical subject that has changed in present day. It explained how facing discrimination has changed from time periods with a lifestyle of "If I cannot hide, I cannot live," to a lifestyle of "If I don't fight, I cannot live," as well as a life style of "I hope to live normally," through how the characters in the movie lived.

The event ended with very good reception, and some participants voiced their opinions like "When comparing the history of discrimination and the present situations, the explanation was good and very easy to understand," "I feel like I looked at the deepest parts of human rights," and, "Art overcomes human rights."

