



Seika's English Language Newsletter
No. 361 September 2025

September is "Eating Habit Improvement Awareness Month"

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"First, add One More Plate of Vegetables and Fruit Each Everyday" - During this occasion, would you like to reconsider the following 4 points and improve your everyday eating habits?

Meals with a Good Balance of Staple Foods, Main Dishes, and Side Dishes

Increasing the Amount of People who Consume a Good Balance of Food

The percentage of town residents who "consider nutritional balance and caloric intake when eating" is 66.4%. Within the opposite sex, the percentage of males tends to be lower in comparison to females. Also, when looking at the differences in age groups, men in their 30s are particularly low. (From the results of the 2022 town resident questionnaire)

Increasing Amount of Vegetable Intake

The Goal is 350g or More Each Day!

The average amount of vegetables consumed nationally is 256.0g per day, with males consuming 262.2g, and females 250.6g. When looking at the past ten years, male's consumption amount has significantly declined, and the female's amount has significantly declined following 2015. When looking at the difference in age groups, the lowest is both males and females in their 20s, with the amount increasing by ascending age groups. (From the results of the 2023 national health & nutrition survey)

Reducing Amount of Table Salt Intake

The Goal is Below 7.5g for Men, and 6.5g for Women!

The average amount of salt consumed nationally is 9.8g per day, with males consuming 10.7g, and females at 9.1g. Looking at these past 10 years, a significantly large increase or decrease for both males and females has not been seen. When looking at the difference in age groups, the highest amount is both males and females in their 60s. (From the results of the 2023 national health & nutrition survey)

Seika Town Mascot
KYOMACHI SEIKA



Increasing Amount of Fruit Intake

The Goal is 200g Each Day!

The average intake of fruit nationally is around 93g per day. (From the 2023 national health and nutrition survey)

Inquiries: Health Promotion Division Health and Medical Care Section TEL: 95-1905

Decide Today's "Plus 1 Plate" to be Vegetables or Fruit

Let's start out by adding one plate of vegetables or fruit to our meal. Vegetables and fruits are rich in vitamins, minerals, and dietary fibers. Incorporate them into your daily meals, and continue proper eating habits.

SMART LIFE PROJECT

First -2

To Deliciously Reduce Salt, First Minus 2g Each Day

A Healthy Life by Reducing Salt

The goal is to reduce your current intake amount by 2g. Use dashi, citrus fruits, spices, etc. to reduce salt in a delicious way. Check the nutritional information and reduce salt wisely.

SMART LIFE PROJECT 厚生労働省

Eat a Balanced Meal with Staple Foods, Main Dishes, and Side Dishes

SMART LIFE PROJECT

"Let's Improve our Everyday Eating Habits Together!!"

Influenza Immunization/New Coronavirus Vaccine Immunization for The Elderly -Beginning From October 1 (Wed.)-



Immunization can be received from 10/1 (Wed.) until 2026/1/31 (Sat.). The immunization shot is done once.

Eligible Persons (Common)

- Persons aged 65 or older on the day of the immunization
- Persons from ages 60-64 on the day of the immunization that have a disability affecting the functions of the heart, kidney, or respiratory organs, those who have a disability of immunization functions due to HIV, and/or those who have disabilities that correspond to grade 1 of a physical disability (Application is required before (*1))

Fees

Influenza: 1500¥, New Coronavirus: 4500¥ (Free for those in households receiving public assistance who apply in advance (*1))

Immunization Method

The procedures will differ depending on the medical institutions and facilities you wish to receive immunization from.

• For Medical Institutions Operating Within Town (See Table Below)

The required medical questionnaires for immunization are in each of the operating medical institutions/facilities, so after making a reservation, please bring your health insurance card, etc. when you receive the immunization.

• For Medical Institutions in Kyoto Prefecture/Nara Prefecture

The necessary medical questionnaires for the immunization can be issued by the Health Promotion Division, so please visit their window. In addition, an application is required for some medical institutions. (*1) For those in a hurry, please inquire with the Health Promotion Division.

• For Medical Facilities Outside Kyoto Prefecture (excluding Nara Prefecture)

An application made in advance is absolutely required. (*1)

• For Medical Facilities Outside Seika Town

Excluding some facilities, an application made in advance is absolutely required. (*1)

Medical Institutions within Seika where Immunization can be Received

Name of Medical Institution	Address	Phone Number
Oku Medical Internist Clinic	Sakuragaoka 3 chome 2-1 Esperoma Takanohara West Building 1	72-7023
Gakkentoshi Hospital	Seikadai 7 chome 4-1	98-2123
Kishida Internist Clinic	Seikadai 2 chome 17-10	95-1771
Komada Clinic	Miyagawahara-10 Hishida	93-1787
Shimatani Clinic	Sakuragaoka 4 chome 25-4	66-1850
Shimozato Medical Clinic	Shimokawahara 22-2 Yamada	72-1212
Seika Town National Insurance Hospital	Sunakoda 7 Hosono	94-2076
Takeuchi Family Clinic	Komada 2 chome 5-5	95-2020
Hirata Internist Clinic	Hikaridai 7 chome 14-3	95-3400
Fujiki Clinic	Hosononishi 1 chome 24-15	94-2006
Furuta Clinic	Kadota 8 Hosono	93-2216
Muranishijunkanki Clinic	Komada 1 chome 13-16 (SunFresh Supermarket Komada)	74-8133
Yamadanaika Clinic	Seikadai 2 chome 10-94	98-3660
Yoshikawa Internist Clinic	Sakuragaoka 3 chome 24-7	71-0014

(*1) Requirements for Application

Please bring the application (can be downloaded from the town homepage) to the Health Promotion Division's window. For those aged 60-64, a physical disability medical booklet, etc., or documents confirming the extent of the disability are also required. For those applying via mail, input the required information on the application, and if you mail it to the Health Promotion Division, they will send back the necessary documents.

*Things to Note

It takes around two weeks calculated from the when the necessary documents are mailed until the day they are accepted. Please understand this in advance.

Inquiries: Health Promotion Division
Health and Medical Planning Section
TEL: 95-1905

*The implementation period differs depending on the medical institution. Please contact the medical institutions.



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

Ingredients (2 Servings)

1/2(80g) Lotus Root 4 segments (60g) Broccoli 40g Bacon
 1/2(40g) Cucumber 30g Salad Leaves 3(60g) Mini Tomato
 A: 20g Grain Mustard 2tbsp(30g) Vinegar 1 heaping tbsp(10g) Sugar
 1/4 tsp(1.5g) Salt 1/2tsp(3g) Pepper 2tsp(8g) Salad Oil

Instructions

- 1) Cut the lotus root into 3mm-thick round slices.
- 2) Separate the broccoli from the stalk, scald in boiling water, drain the water, and cool.
- 3) Cut the mini tomatoes into fourths.
- 4) Cut the cucumber and salad leaves into bite-sized pieces.
- 5) Cut the bacon into 1 cm pieces.
- 6) Add a small amount of salad oil (excluding amount above) into a fry pan, and after cooking both sides of the lotus root, add the bacon and lightly cook.
- 7) Mix in the ingredients from A
- 8) Heap the salad leaves, broccoli, cucumber, and mini tomatoes on a dish and top with the cooked lotus root and bacon, and dress with (7)

Nutrition Information (per serving)

Calories	223 kcal	Calcium	60 mg
Protein	6.6 grams	Dietary Fiber	3.2 grams
Fat	13.8 grams	Sodium	1.6 grams



Nutrition Education Tip No. 63

"The Reason Lotus Roots have Holes"

There are multiple vertical, open holes in lotus roots, and these holes function as air vents. Lotus roots can take in oxygen even within the dirt through this structure, and are able to continue their growth. The lotus that comes from lotus roots spreads its roots within the water, which is an environment that is lacking in oxygen. For that reason, it has these air vents in order to efficiently absorb oxygen.



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

COOP Hosono Station Bakery Pan COCCO

Address: Hosono Nishi 1cchome 9-46 Seika Garden City

Tel: 98-3040 (Representative)

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

Days Closed: No Days Closed

*However January 1-3 is closed for the holidays

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)





Important Information for the 2025 Tax Revision

For the 2025 tax revision, the below revision will occur and be applied to the income of the entire year of 2025 (1/1/2025 - 12/31) that is subject to the income tax for 2025, and the 2026 (4/1/2026 - 3/31/2027) residence tax.

Revision Overview

① Review of the Deduction from Employment Income (Income Tax and Residence Tax)

The lowest guaranteed amount will be raised to 650,000 ¥ (currently 550,000¥)

② Review of the Basic Deduction (Only for Income Tax)

An individual's deduction of income with a total sum lower than 23,500,000¥ will be raised to 950,000¥ at most (currently 480,000¥).

*For individuals (without dependents) with salary income only, it has been revised so that, according to

- ① above, the residence tax is exempted from 1,030,000 ¥ or less (currently 930,000¥), and according to
- ① · ② the income tax is exempted from 1,600,000 ¥ or less (currently 1,030,000¥)

③ Raising of the Income Requisite Concerning Dependent Family Members, etc.

The total income sum requisite for spouses living in the same household and dependent family members has been raised to 580,000 ¥ or lower (currently 480,000¥)

④ Review of Exemptions for College-Aged Children, etc.

The following deduction amount has been newly deducted from the taxpayer's total income amount, even in cases where the taxpayer of the resident tax per income levy exceeds the income limit of the dependent family member subject to deduction - such as a family member between the ages of 19 - 22 who shares the same livelihood.

Family Members aged 19-22 who Share the Same Livelihood, etc. (Dependents, Children, etc.)		Taxpayer (Dependents, Parents, etc.)	
Total Income Amount	Income Amount for Salary Income Only	Deduction for Income Tax Purposes	Deductions for Resident Tax Purposes
Below 580,000¥	less than 1,230,000¥	630,000¥	450,000¥
from 580,000¥ up to 850,000¥	from 1,230,000¥ up to 1,500,000¥		
from 850,000¥ up to 900,000¥	from 1,500,000¥ up to 1,550,000¥		
from 900,000¥ up to 950,000¥	from 1,550,000¥ up to 1,600,000¥	510,000¥	
from 950,000¥ up to 1,000,000¥	from 1,600,000¥ up to 1,650,000¥	410,000¥	
from 1,000,000¥ up to 1,050,000¥	from 1,650,000¥ up to 1,700,000¥	310,000¥	
from 1,050,000¥ up to 1,100,000¥	from 1,700,000¥ up to 1,750,000¥	210,000¥	
from 1,100,000¥ up to 1,150,000¥	from 1,750,000¥ up to 1,800,000¥	110,000¥	
from 1,150,000¥ up to 1,200,000¥	from 1,800,000¥ up to 1,850,000¥	60,000¥	
from 1,200,000¥ up to 1,230,000¥	from 1,850,000¥ up to 1,880,000¥	30,000¥	
more than 1,230,000¥	more than 1,880,000¥	0 (No Deductions)	

*Note: Excluding the taxpayer's spouse and blue-return filers, etc.

Inquiries: Taxation Division TEL: 95-1916

Town Events



Ujicha/Yamashiro Gochisou Festa

Date and Time: 9/21(Sun.) 9:30 a.m. - 3:00 p.m.

*No postponement due to rain/ will cancel due to stormy weather

Place: Joyo Gorigori-no-Oka (Kyoto Prefectural Kizugawa Sports Park)

Event Details: This is a gourmet event where the food of Kyoto/Yamashiro area like Uji tea is assembled all in one place. This is great gathering of 100 booths where Uji tea, food made with delicious home-grown ingredients like Kyoto vegetables, sweets and more is sold and fresh Kyoto vegetables can be bought. A Yamashiro tea party (classrooms for brewing Uji tea and serving tea), crafts, a fun stage, etc. will also occur.

Inquiries: Ujicha/Yamashiro Gochisou Festa Executive Committee Office (Kyoto Prefecture Yamashiro Area Promotion Office Planning & Cooperation Promotion Division) TEL:21-2049



Kizugawa Art 2025 (Keihanna Commemorative Park Venue)

Date & Time: 9/27(Sat.) - 10/13(Hol./Mon.) 9:00 a.m. - 5:00 p.m. (other venues are 10:00 a.m. - 4:00 p.m.)

*Will be held despite rain

Place: Keihanna Commemorative Park Suikei-en

Event Details: The theme for Kizugawa Art 2025 is "Doorway." This is the 9th exhibition, and this year it will take part in the Keihanna Banpaku, and will display works from Kizugawa city as well. The artworks created from each artist's interpretation of the theme "Doorway" will appear in the town's everyday life. Open the "doorway" to the future, and encounter scenery you can only see here.

Fee: Park entrance fee

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



Moon Viewing Evening

Date & Time: 10/4 (Sat.) 5:00 - 9:00 p.m. (the lawn venue is open until 8:30 p.m.)

*A portion will be postponed to 10/5 (Sun.) due to rain

Place: Keihanna Commemorative Park Suikei-en, Lawn Plaza

Event Details: This annual moon viewing event will get upgraded for the park's 30th anniversary. A concert performed by Shinto priests and shrine maidens, drone show, "tsuki dorobo" where you can receive free snacks, art exhibition, sky viewing, and more will occur. It is both calm and fun, so please relax and enjoy the moon viewing.

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



Bonfire Night in Mebuki-no-Mori

Date & Time: 10/17 (Fri.), 18 (Sat), 19 (Sun.), 24 (Fri.) 25 (Sat.) 26 (Sun.) 5:00 - 9:00 p.m.

Place: Keihanna Commemorative Park Mebuki-no-Mori

Capacity: 3 groups per day

Event Details: This is an event where you can freely enjoy a bonfire in Mebuki-no-Mori. For more information, please check the official homepage.

Fee: 5000 ¥ per 1 group

How to Apply: Apply on the official homepage

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



Keihanna
Commemorative
Park Homepage →





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: 9/7 (Sun.) & 10/25 (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

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 national instructions (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 Home 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 9/1 (Mon.)~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

This year, the Tokyo 2025 Deaflympics will be hosted.

The difference between the Deaflympics and the Olympics/Paralympics is that signals for starting and refereeing are not sounds, but are lights or flags instead. They were devised for athletes who cannot hear to see them with their eyes. Also, the refereeing and the explanations of directions are communicated through sign language as well. For interactions with athletes from abroad, they use an artificial language called international sign language which is based on the sign languages of countries all over the world.

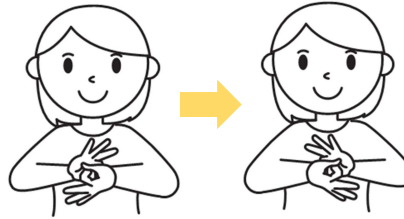
Every year on September 23 is "International Sign Language Day." It was decided at the United Nations General Assembly on December 19, 2017. In the written resolution, it recognized sign language to be on equal standing with sound-based language, and countries within the UN will promote taking measures to increase the understanding of sign language within society in order to completely guarantee the rights of deaf people. In Japan, "Sign Language Day" on 9/23 was determined in laws which promote measures concerning sign language that was put into effect in June of this year.



Previously printed sign language is currently being introduced on the home page.

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

Deaflympics



After making a circle with each hand's thumb and pointer finger, overlap the circle with the middle, ring, and little fingers of the right hand on top and the fingertips of the left hand on the bottom. After that, in the opposite direction, overlap the circle made with your left hand on top and the fingertips of the right hand on bottom.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
9/7 (Sun.)	Internal Medicine, Pediatrics	9/28 (Sun.)	Internal Medicine, Pediatrics
9/14 (Sun.)	Internal Medicine, Pediatrics	10/5 (Sun.)	Internal Medicine
9/15 (Hol./Mon.)	Internal Medicine	10/12 (Sun.)	Internal Medicine
9/21 (Sun.)	Internal Medicine, Pediatrics	10/13 (Hol./Mon.)	Internal Medicine
9/23 (Hol./Mon.)	Internal Medicine		

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

Health Center

Date	Time	Details
9/25 (Thurs.)	12:30 p.m.-	1-yr. 6mon. Health Check (Infants born 02/2024)
9/30 (Tues.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born 05/2025 & 11/2024)
10/3 (Fri.)	12:30 p.m.-	5-yr. Health Check (Toddlers born 10/2020)
10/7 (Tues.)	12:30 p.m.-	2-yr. 4mon. Health Check (Toddlers born 05/2023)
10/9 (Thurs.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 02/2022)

Mukunoki Center

Date	Time	Details
9/10 (Wed.)	-	Closed
9/17 (Wed.)	3:00 p.m.-5:00 p.m.	Arena Open (Table Tennis)
9/24 (Sun.)	-	Closed
10/8 (Wed.)	-	Closed
10/22 (Wed.)	-	Closed



Ghost Tour of Norman Hosted on August 16th

On August 16th, a "ghost tour" was held around Norman's Main Street. This tour highlighted spooky tales from Norman's history, and visited spots said to be haunted by ghosts. The tour met on Main Street and lasted around one hour and twenty minutes, and participants walked around the area while learning about this interesting side of Norman's history. Some stories included a barber still working in the shop despite his death 100 years ago, a gangster buried near his hideout outside of town, and information about various haunted restaurants and buildings of Norman! All the stories told were researched from the public archives of Norman. It was not a haunted house tour, rather it aimed to show people the history of Norman many might not know about. There may have been instances where participants unknowingly caught a ghost on camera, but the tour's main goal was to inform people about Norman's interesting history!



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



Fun Exchange! A Fun Exchange Cooking Course held by Asunaro-kai

Seika Town Eating Habits Improvement Promotion Committee (Asunaro-kai) invited the Coordinator for International Relations Emily to a cooking class held at Kashinoki-en. As members listened to Emily's memories of the home cooking her mother made for her in her home country of America, everyone made "Mac and Cheese," and "Chirashizushi," a Japanese home-cooked dish. Members were asked their thoughts, and they said "It was the first time I had made that food, but it was easy and very delicious," and "We do not have a lot of chances to talk with the Coordinator for International Relations, but it was a valuable time to interact a lot together while cooking."

