



Seika's English Language Newsletter  
No. 373 October 2026

## Are You Fully Prepared for an Earthquake?

### TABLE OF CONTENTS

- 1 ARE YOU FULLY PREPARED FOR AN EARTHQUAKE?
- 2 LET'S ALL REDUCE OUR FOOD WASTE!
- 3 COOKING AND HEALTH
- 4-7 TOWN NEWS & EVENTS
- 8 TOWN/SISTER CITY NEWS

Seika Town Mascot

**KYOMACHI SEIKA**



"Let's All Practice Earthquake Preparedness Together!!"

Japan is the most earthquake-prone country in the world, and has experienced significant damage from disasters in the past. Also, on July 28th of this year, an earthquake occurred in the Kumamoto region of Kumamoto prefecture which registered as a magnitude 7. Soon, an enormous earthquake between the Kurile Trench and Japan Trench, significant damage from an earthquake directly underneath Tokyo, an earthquake with widespread impact from the Nankai Trough, and more are expected to occur. It is thought that damage from tsunamis, the destruction of homes and sparking of large-scale fires, and difficulty in performing rescue work or distributing emergency supplies due to damaged roads are all caused by large-scale earthquakes.

It is not unusual for an earthquake to occur anywhere and at any time. Once an earthquake has already happened, it is too late for preparations. Thus, it is crucial that we all take time in each of our daily lives to make preparations for earthquakes.

We will now introduce some personal preventative measures and initial actions you can take in preparation for earthquakes.

### What are you doing to prepare for earthquakes?

#### ● Let's Prevent Furniture from Toppling or Falling Over

Toppled furniture can cause injuries or obstruct emergency exits, so let's make sure our furniture is secured and take measures to prevent them from toppling or falling over.

#### ● Let's Take Action to Prevent Injuries

Prepare for power outages by placing a flashlight in an easily accessible location. Also, make sure to place slippers or sneakers nearby to prevent injuries from scattered objects like glass.

#### ● Let's Make Sure of the Strength of Our Walls

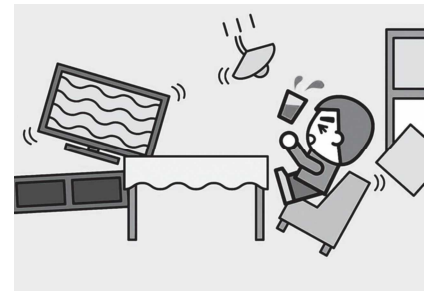
Concrete and concrete-block walls have the potential to collapse during an earthquake. Let's make a habit of checking for cracks or leaning walls in our homes.

#### ● Let's Notice Potential Fires Early and Take Preventative Measures

In order to detect fires in the home quickly, let's make sure we have a smoke alarm installed in our homes. To prevent against electrical fires, let's also consider installing an earthquake-sensitive circuit breaker.

#### ● Let's Stock Up on Emergency Supplies

Let's make sure to do things such as making a bag of emergency supplies and putting it somewhere easily accessible, as well as preparing necessities such as a backup battery for your smartphone. Make sure to include any items necessary to prevent infectious diseases.



According to the disaster prevention guidelines of the Cabinet Office, it is recommended to prepare at least 3 days worth, and if possible up to a week's worth of drinking water, food, and disposable toilets.

**Inquiries:** Seika Town Fire Defense Headquarters Fire Defense Division / TEL: 0774-94-4387

# Let's All Reduce our Food Waste!



The town is working hard on reducing waste and promoting recycling. However, it is known from research up until now that one of the most effective ways to reduce waste is to eliminate household food waste. Accordingly, in October and November, the town will be implementing a Food Waste Elimination Campaign. Let's use this as an opportunity to learn more about food waste and work on eliminating food waste in every household.

- **What is Food Waste?**

Food waste is food that gets thrown away, despite still being able to be eaten. In Seika, **roughly 20%** of all burnable trash is comprised of food waste.

- **Benefits to Reducing Food Waste**

- Waste reduction is a factor in reducing overall greenhouse gas emissions.
- Waste disposal is easier, as your overall waste will be lighter.
- Purchasing and consuming goods without any waste leads to lower overall grocery costs.

## Campaign 1: Let's Organize the Fridge Once a Week!

### "3 Tips for a Well-Organized Fridge"

1. Prioritize using ingredients that bruise/damage easily!
2. Place ingredients you plan to use soon within your line of sight!
3. Check your fridge before going grocery shopping!



## Campaign 2: Help Out with the Food Drive!

During the campaign, we will hold a food drive. A food drive is an activity where you can bring leftover food to collection points (such as supermarkets or local governments) or events and donate them to groups in need of support such as welfare facilities and community kitchens. The food received from everyone will be delivered to single parent households, etc. through community kitchens and support groups.

There will also be a booth set up at Seika Matsuri (November 15th (Sun.)), so your collaboration is appreciated.



## **Food which was donated last year**



- **Foods Which Can Be Donated**

- Rice (within two years of harvest)
- Dried noodles (udon, soba, pasta, etc.)
- Instant foods, retort pouch foods
- Powdered milk, baby food etc.

- **Collection Points**

- Environmental Promotion Division Service Counter (Town Hall 3F):  
During Town Hall Business Hours (Monday through Friday, 8:30 a.m. - 12:00 p.m. and 1:00 p.m. - 5:15 p.m.)
- Kashinoki-en Service Counter:  
Tuesday through Saturday, 8:30 a.m. - 12:00 p.m., 1:00 p.m. - 5:15 p.m.

- **Accepted Foods**

- Foods which can be stored at room temperature
- Foods which are not opened or damaged
- Foods which have a clearly printed expiration date, and which do not expire within a month

※ Homemade foods as well as alcohol cannot be donated.

**Inquiries:** Environment Promotion Division Resource Circulation Section (Town Hall 3F)

☎ 619-0285 (address entry unnecessary) / TEL: 0774-95-1925 / mail: kankyo@town.seika.lg.jp



### Every Month on the 19th is Food Education Day

Let's learn how to make **Western-Style Boiled Potato and Carrot** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

#### Ingredients (4 Servings)

|                |                      |                      |                 |
|----------------|----------------------|----------------------|-----------------|
| Bacon (40g)    | Butter 2tsp (8g)     | 4 potatoes (400g)    | 1 carrot (150g) |
| 1 onion (200g) | Water (300ml)        | 1 bouillon cube (5g) | Salt and pepper |
| Milk (200ml)   | Melting cheese (20g) | Dried parsley        |                 |

#### Instructions

- 1) Fry the bacon in butter. Cut the potatoes into your desired size, then add the potatoes, carrot, and onion and saute together.
- 2) Add the water, bouillon cube, and salt and pepper. Once the ingredients have gone soft, add the milk. Once it boils, turn off the heat and add the melting cheese on top.
- 3) Once the cheese has melted, serve in a bowl with parsley on top.



### **Nutrition Education Tip No. 76**

#### "Let's Reduce our Waste!"

Throwing away food that can still be eaten -- food waste. The first step towards proper nutritional education is to value the food you eat. Let's try to do things such as buying only what you need and eating all your leftovers, in order "not buy too much," "not make too much," and "eat everything." Let's all keep in mind our feelings of gratitude towards food and do our best to do everything we can to reduce food waste!

#### Nutrition Information (per serving)

|          |           |               |            |
|----------|-----------|---------------|------------|
| Calories | 173 kcal  | Calcium       | 112 mg     |
| Protein  | 7.3 grams | Dietary Fiber | 10.7 grams |
| Fat      | 6.7 grams | Sodium        | 0.9 grams  |

## Healthy Diet, Healthy You

### **What is a "Healthy Diet, Healthy You" Participating Store?**

Restaurants/stores 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 stores have this purple sign posted somewhere in their establishment.

This store offers a menu displaying nutrition facts and lists which of the eight most common allergens are contained in each product.



#### Participating Store

#### **Open Sesame**

**Address:** Seikadai 2 chome 10-17

**TEL:** 0774-93-1969

**Hours:** 8:30 a.m. - 5:30 p.m.

**Days Closed:** Saturdays, Sundays, and 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 store.

**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: 0774-95-1905 (Health Promotion Division)



## The Available Cashless Payment Methods Have Been Improved!

### The Town Hall Service Counter Has Gotten More Convenient!

Alongside PayPay, those making payments for the issuance of certificates or other expenses at the town hall service counter are able to use credit cards, electronic money, or other QR code payment services.

### Summary of Cashless Payment Services Which Are Now Available

| Credit Card                                                              | Electronic Money                                                                                              | QR Code Payments                                                                       |
|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|
| Visa, Mastercard, American Express, Diners Club, JCB, UnionPay, Discover | iD, WAON, nanaco, Rakuten Edy, QUICPay, Suica, Kitaca, PASMO, TOICA, manaca, ICOCA, SUGOCA, nimoca, Hayakaken | PayPay, Merpay, dBarai, Rakuten Pay, au PAY, WeChat Pay, Alipay, Alipay +, UnionPay QR |

※ QR Code is a registered trademark of Denso Wave.

### Service Counters and Charges/Fees For Which Cashless Payment Can Be Used

| Service Counters                                                                                            | Charges/Fees                                                                                          |
|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| General Service Counter<br>Inquiries: General Services Division<br>TEL: 0774-95-1915                        | Issuance charges for Residence Certificate Copies, Family Registers, and any other certificates, etc. |
| Tax Division Service Counter<br>Inquiries: Taxation Division<br>TEL: 0774-95-1916                           | Issuance charges for Tax Declaration Certificates and any other certificates, etc.                    |
| Environmental Promotion Service Counter<br>Inquiries: Environmental Promotion Division<br>TEL: 0774-95-1925 | Dog Registration Handling Fees, Administration Fees for Rabies Vaccine Shot for Dogs                  |

※ Please confirm the details of all relevant fees at their respective points of contact.

#### Important Points Regarding Use of Cashless Payment Methods

- When using a cashless payment method, you will not receive a receipt (ryōshūsho).
- You cannot use both cash and cashless payment at the same time.
- When using a credit card, you must pay the whole fee at once.
- You are unable to charge your electronic money at the counter.
- You are unable to use points with your cashless payments.
- You cannot receive a refund after a cashless payment.

Additional details can be found here ->



## Seika Global Network's 25th Japanese Message Contest!

In order to promote international understanding, Seika Global Network is hosting its 25th Japanese Message Contest!

**Date and Time:** December 13th (Sun.) 2:00 p.m. - 4:30 p.m.

**Place:** Seika Town Exchange Hall (Town Hall 2F)

**Details:** This is a speech contest for foreigners living in Japan to express their thoughts in Japanese and deepen mutual understanding. Winners will be decided based on votes from the audience and a panel of judges.

**Theme:** "What does Japan mean to you? - Your experience in Japan till today and for the future -"

**Speech Time Limit:** Roughly 5 minutes

**Judging:** Evaluation will be mostly based on the contents rather than on grammatical correctness.

**Prizes:** Grand Prize: 10,000 yen (1 contestant) / Runners-up: 5,000 yen (2 contestants) / Participation Award (every contestant)

**Eligible Applicants:** Those whose native language is not Japanese.

**Application Submission:** Due by 5:00 p.m. on October 23rd (Fri.)

- Please apply at the Seika Global Net Homepage (<https://seikaglobalnet.wixsite.com/japanese/>) "Message Contest in Japanese Contest Entry"

**Manuscript Submission:** Due by 5:00 p.m. on November 27th (Fri.)

**Inquiries:** Seika Global Network Office / [seikaglobalnet@gmail.com](mailto:seikaglobalnet@gmail.com) [Application QR code→](#)



## Town Events



### Culture Day - Suikei-en Free Entry

**Date and Time:** 11/3 (Hol. / Tue.) 9:00 a.m. - 9:00 p.m.

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

**Event Details:** The Suikei-en will be open for free entry for Culture Day. Please enjoy a walk in the park with the leaves as they begin to change color.

**Inquiries:** Keihanna Commemorative Park Administrative Office

TEL: 0774-93-1200 / FAX: 0774-93-2688



### Hoshizora Cafe

**Dates & Time:** 10/18 (Sun.) 5:30 p.m. - 7:00 p.m.

\* Cancelled in case of rainy/cloudy weather (decided by 3:00 p.m. the day of)

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

**Event Details:** Let's look into an astronomical telescope in the park at night. A guide will show you around the night sky.

**Co-sponsor:** Astronomy Club

**Inquiries:** Keihanna Commemorative Park Administrative Office

TEL: 0774-93-1200 / FAX: 0774-93-2688



### Seika Exchange Hall Concert

Doshisha Women's College Collaborative Performance

Surrounded in the Autumn Light - Pipe Organ x Brass Quartet

**Date & Time:** 11/21 (Sat.) 2:00 p.m. - around 3:00 p.m. (doors open at 1:30 p.m.)

**Place:** Seika Exchange Hall (Town Hall 2F)

**Performers:** Students of Doshisha Women's College, Faculty of Liberal Arts, Department of Music

**Seating Capacity:** 120 people (chosen by lottery if capacity is exceeded)

**Application:** Applications must arrive no later than 11/2 (Mon.). Apply at the following QR code, or with a return postcard.

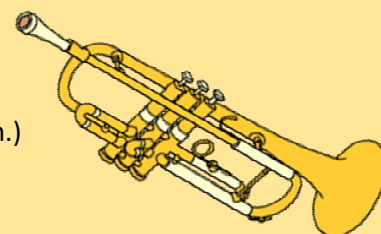
※Please write your address, name, phone number, accompanying persons (up to 3), and "11 月交流ホールコンサート参加希望" within the postcard, and your return address and name in the return section.

※Up to four people can apply with one postcard.

※Results of the lottery will be announced by November 13th (Friday).

**Inquiries:** Planning and Coordinating Division Future Planning Section

〒619-0285 (address entry unnecessary) / TEL: 0774-95-1900



Application QR Code

### Pocket Marche in Keihanna Commemorative Park

**Dates & Time:** 11/7 (Sat.), 11/8 (Sun.) 9:30 a.m. - 3:00 p.m.

\* Cancelled in case of rain (decided by 6:00 p.m. the day prior)

**Place:** Keihanna Commemorative Park Hiroba

**Event Details:** A market for antiques, plants, and other miscellaneous goods. Food and drink stalls will also be open.

**Inquiries:** Pocket Marche Executive Committee / TEL: 080-5364-2345



### Keihanna Plaza Petite Concert

**Date & Time:** 10/14 (Wed.), 10/28 (Wed.) 12:15 p.m. - 12:45 p.m.

**Place:** Keihanna Plaza Atrium

※ For more information on the songs which will be performed, please check the Keihanna Plaza Homepage.

**Inquiries:** Keihanna Plaza Petite Concert Executive Committee Keihanna / TEL: 0774-95-5115





## Weekend Appointments for My Number-Related Matters

Appointments on the following days are available for My Number Card application, issuance, and digital certificate renewals.

**Dates:** 10/17 (Sat.) & 11/8 (Sun.)

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

※An appointment needs to be made in advance. Same-day appointments are not possible.

※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

## Regarding the Suspension of Certificate Issuance Services using My Number Card

Due to system maintenance, certificate issuance services using the My Number Card will be unavailable for use, in accordance to the following schedule.

**Service Suspension Days: 10/14 (Wed.) ・ 10/23 (Fri.) ~ 10/25 (Sun.)**

### Coverage of Suspension

- My Number Card certificate issuance machines at the Citizen Service Corner (inTakanohara Esperoma) and Seika Town Hall
  - Copy machines found within convenience stores
- Also, on 10/14 (Wed.) and 10/23 (Fri.), certificate issuance will take place at the town hall service counter.

The service suspension dates announced in September's edition of Ichigo have changed. On 10/6 (Tue.), certificate issuance services will be available for use.

We deeply apologize for the inconvenience and appreciate your understanding and cooperation.

### Implementing the My Number Card Application Home Visit Service

A town worker will visit your residence to assist you in a My Number Card application. They will also take the face picture necessary for the application. Those who wish to make use of this service, please make a reservation by telephone.

#### Conditions for Home Visit

- Those who own a Certificate of Residence, and have never made a My Number Card before
- Those who would like to make a My Number Card, but cannot go to the town hall

#### Home Visit Time Period

- Until 10/30 (Fri.), during town hall hours

Direct inquiries to: Family Register and Citizen Section of the Service Counter Division  
(Sougoumadoguchi-ka Koseki Jumin- Gakari) TEL: 0774-95-1915



## 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: 0774-95-1928

## Seika Global Network 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 Hall, etc.

**Fee:** 1,000 yen for 6 months

For more information, please scan the QR code to the right.





### Please Sort Your Trash Properly

Combustible waste produced within the town is being handled safely and stably at the Environment Forest Center - Kizugawa, but when trash that is not burnable is included, it is feared to negatively impact the incinerator's functionality and lifespan.

#### If you don't handle your waste properly...

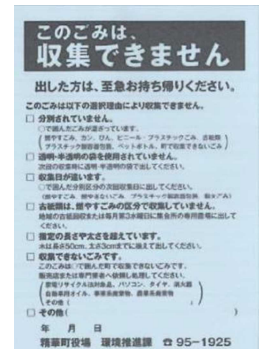
- Incombustible waste like cans and bottles: do not get incinerated and is ejected as is
- Lithium ion batteries (mobile batteries): become the source of fires in collection vehicles and at incineration facilities
- Wires, etc.: get wrapped up in other trash and cause conveyor belt stoppages
- Thermometers, etc. using mercury: causes an increase in mercury levels in exhaust fumes, necessitating an emergency stop of the incinerator

#### When Throwing Out Trash

Please consult your area's trans separation guides and collection days. In cases where trash could not be collected, such as when trash was not sorted properly or taken out on the wrong day, a blue or yellow colored warning seal such as the one on the right will be stuck to it and it will be left as is.

Please take trash which has been left without being collected and take it back with you to be properly sorted and taken out on the next collection day. We appreciate everyone's cooperation.

"This Trash Cannot be Collected" warning seal.



Inquiries: Environmental Promotion Division Resource Circulation Section TEL: 0774-95-1925

## Seika Town Facility Schedules

### Soraku Emergency Medical Clinic Schedule

| Date              | Specialty                     | Date             | Specialty                     |
|-------------------|-------------------------------|------------------|-------------------------------|
| 10/4 (Sun.)       | Internal Medicine             | 11/1 (Sun.)      | Internal Medicine, Pediatrics |
| 10/11 (Sun.)      | Internal Medicine, Pediatrics | 11/3 (Hol./Tue.) | Internal Medicine             |
| 10/12 (Hol./Mon.) | Internal Medicine             | 11/8 (Sun.)      | Internal Medicine             |
| 10/18 (Sun.)      | Internal Medicine             | 11/15 (Sun.)     | Internal Medicine             |
| 10/25 (Sun.)      | Internal Medicine, Pediatrics |                  |                               |

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

### Weekday Nights/Holiday Pediatric Emergency Care

**Mon.-Wed., Fri.:** Tanabe Central Hospital  
(TEL: 0774-63-1111)  
**Thurs.:** Kyoto Yamashiro General Medical Center  
(TEL: 0774-72-0235)  
**Sat.:** Gakkentoshi Hospital (TEL: 0774-98-2123)  
**Sun., Hol.:** Kyoto Yamashiro General Medical Center (TEL: 0774- 72-0235)

\*Before seeing a doctor, please confirm with the medical institutions listed above via phone.  
 \*Medical Examination times are from 5:00 p.m. to the following 8:30 a.m. on weekdays and 8:30 a.m. to the following 8:30 a.m. on weekends and holidays.

**Inquiries:** Yamashiro Minami Health Care Center Planning and Coordinating Office TEL: 0774-72-4301

**Dial #8000 if your Child Catches a Sudden Illness**

### Mukunoki Center

| Date         | Time                   | Details                               |
|--------------|------------------------|---------------------------------------|
| 10/7 (Wed.)  | 3:00 p.m. - 5:00 p.m.  | Arena Open<br>(Table Tennis Day)      |
| 10/14 (Wed.) | -                      | Closed                                |
| 10/18 (Sun.) | 9:00 a.m. - 12:00 p.m. | Arena Open<br>(Hohoemi Sports Hiroba) |
| 10/21 (Wed.) | 3:00 p.m. - 5:00 p.m.  | Arena Open<br>(Table Tennis Day)      |
| 10/28 (Wed.) | -                      | Closed                                |



### Two-Day Anime Convention Held In Norman

On September 12th and 13th, the inaugural Anime Island anime convention was held at the Jim Thorpe Multicultural Center in Norman. Jeremy Haltom, hosting the convention alongside his partner Christina Haltom, graduated from the Price College of Business at the University of Oklahoma. The idea for this convention started as his capstone project while he was a student. Now, it has turned into a two-day long event, featuring professional voice actors as well as cosplay contests. Artists and vendors were also able to share and sell their work at the convention. The Haltoms hope that this event is just the first of many events which celebrate anime in Norman.



from 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 Coordinating 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!



Please apply here if you would like to receive future issues of Ichigo!

#### **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



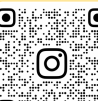
Facebook



Kyoto CIR Blog



Kyoto CIR Instagram



### **With Wishes for Peace**

The "Seika Town Peace Festival" was held at Keihanna Plaza and other locations as an opportunity for everyone to think about peace. At this festival, the movie YUKIKAZE was screened as a peace movie on August 16th (Sun.). Also, alongside pictures taken within the town during wartime, materials for learning about peace and collections of war stories gathered by Seika Junior High were displayed, and a corner for creating origami cranes with prayers for peace was also set up.

Also, on September 5th (Sat.), Ootoshi-san, a second-generation nuclear bomb survivor, recounted their family's lived experiences as a lecture. Exhibitions, etc. also took place at the Exchange Space in front of the town library from August 18th (Tues.) to 31st (Mon.).

