



Seika's English Language Newsletter
No. 365 January 2026

The Seika Town Disaster Prevention & Health Center has been Completed

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The Seika Town Disaster Prevention and Health Center - a comprehensive health hub fostering smiles and vitality through connecting and nurturing - has been completed. To foster familiarity with the center, we held a nickname contest and vote, resulting in the selection of the nickname "Mirappu." A total of 174 entries were submitted, with many participants thoughtfully creating names reflecting their expectations and affection for the center. We extend our heartfelt gratitude to everyone who submitted entries and cast votes.



"Mirappu" Applicant
Miki Kato (Hikaridai Resident)
Reason for Nickname: Combining "Mirai" (future) and "Genki Up" (energize) which means to energize the future.

Seika Town Mascot

KYOMACHI SEIKA



The new center will serve as a hub providing comprehensive support for health promotion and parenting from pregnancy through childhood. It will also function as a base for public health activities during disasters, supporting health and parenting through "smiles" and "energy." Details will be announced in future newsletters and other publications.

"The New Disaster Prevention & Health

Center has been completed! Please use it!"



Notice from the Uji Tax Office

- You can easily complete your tax return preparation and submission to the tax office from home using your smartphone.
 - You can prepare your tax return anytime, anywhere, easily, using just your smartphone and My Number Card without visiting the tax office.
 - Simply follow the instructions on the “Tax Return Preparation Corner” screen to create your return and complete it in no time.
 - Furthermore, by linking to My Number Portal, information such as your withholding tax statement for salary income, medical expenses, and hometown tax donations will be automatically entered, making filing your tax return even easier.
- You can also complete your tax payment online.
 - For details on the simple and convenient cashless payment method, scan the QR code.
 - For individuals, we recommend “Direct Debit Payment,” where tax is automatically deducted on the payment date from a bank account you registered in advance.



To Those Visiting the Uji Tax Office

The Uji Tax Office will begin accepting “Income Tax and Special Income Tax for Reconstruction” (hereinafter referred to as Income Tax) returns. Entry to the tax filing venue is available via one of the following methods:

1. Online advance reservation via LINE. For detailed instructions, please scan the QR code below.
2. Entry tickets distributed on the day

*The number of tickets distributed is limited. Consultation acceptance will end once tickets are distributed.

For filing, you will generally need: a smartphone, your My Number Card, and two My Number passwords [the PIN for the user authentication digital certificate (4-digit number) and the PIN for the signature digital certificate (6-16 alphanumeric characters)]. (If you do not have these, bring your number confirmation documents and identity verification documents.) Withholding tax statements, each type of deduction certificates, proof of bank account details for refunds (if applicable), and any other documents required for filing. Please remember to bring these items.

Note: Income from selling land, buildings, stocks, etc. (capital gains), blue-form tax returns, donation tax filings, amendments to tax returns, and requests for tax reassessment are only accepted at the Uji Tax Office.

*There are no copy services available at the Uji Tax Office or in the surrounding area. Please make copies of any documents you need in advance.

*When visiting the office, please use public transportation whenever possible. If arriving by car, the office parking lot (excluding disabled parking spaces) cannot be used. Please use the temporary parking lot (approximately 500 meters west).

*For those wishing to consult about tax filing at the office before February 13, service will be provided at the regular counter. Therefore, a reservation via LINE or phone is required in advance.

*We do not stamp receipt dates on copies of tax returns or other documents. Please submit only the original (for submission).

For mail submissions, send to: "Osaka Regional Taxation Bureau Business Center Hanshin Branch (〒661-8521 3-11-46 Nakoji, Amagasaki City, Hyogo Prefecture)".

Inquiries: Uji Tax Office TEL: 44-4141

Add the official tax office LINE account as a friend here!



Individuals Primarily Required to File a Tax Return

- Individuals whose salary income exceeds 20 million yen
- Individuals receiving a salary from one employer whose total income from various sources (excluding salary and retirement income) that exceeds 200,000 yen
- Individuals receiving a salary from two or more employers whose total income from salary not subject to year-end adjustment and income from various sources (excluding salary and retirement income) that exceeds 200,000 yen
- Individuals who resigned mid-year or part-time workers who did not undergo year-end tax adjustment
- Individuals with business income or real estate income, etc.

Individuals Eligible for Income Tax Refunds via Tax Filing

Refund claims apply to individuals such as those listed below. Note that salaried workers or individuals with miscellaneous income from public pensions (pension recipients) who are not required to file a tax return must also report other types of income when filing for a refund.

A. Individuals with salary income who have an amount listed in the “Withholding Tax Amount” field of their withholding tax statement (excluding cases where the amount is ¥0) and who claim income deductions not listed on the statement, such as medical expense deductions.



Tax Returns Have Begun (Continued)

Individuals Eligible for Income Tax Refunds via Tax Filing (Continued)

B. Individuals with miscellaneous income such as public pensions, where an amount is listed in the withholding tax amount field of the withholding tax statement (excluding cases where the amount is ¥0), and who claim income deductions not listed on the withholding tax statement, such as medical expense deductions.

C. Individuals who did not undergo year-end tax adjustments, such as those who retired during the year.

D. Individuals receiving tax credits (Note)

(Note) Tax credits refer to items such as the Special Deduction for Housing Loans and the Special Deduction for Donations to Political Parties, etc. They involve deducting a specific amount from the income tax calculated by applying the tax rate to taxable income.

*Please check the National Tax Agency website in advance for the conditions and required attachments for each deduction.

For Those Claiming Medical Expense Deductions

Submitting medical expense receipts is not required, but you must attach a detailed statement (including medical expense notifications from each insurer). Keep receipts at home for five years so you can present or submit them if requested by the tax office.

For Those Who Made Hometown Tax Donations

If you made a hometown tax donation and are filing a tax return, attach either the "Donation Receipt Certificate" issued by the recipient organization or the "Certificate for Donation Deduction" issued by a designated business operator.

*Please note that if you applied for the One-Stop Special Exemption and then file a tax return, the One-Stop Special Exemption will become invalid.

*The "Receipt for Application for Special Tax Return Procedure for Donation Tax Credit" does not serve as a substitute for the donation deduction certificate.

Individuals receiving public pensions

Individuals not required to file an income tax return

- Individuals whose income from public pensions, etc., is 4 million yen or less, and whose income other than miscellaneous income from public pensions, etc., is 200,000 yen or less

*However, filing a tax return is required to receive an income tax refund.

Individuals who are not Required to File a Regular Tax Return but must File a Personal Resident Tax (Municipal/Prefectural tax) Return

- Individuals with income other than miscellaneous income from public pensions, etc.
- Individuals claiming deductions such as life insurance premiums

Regarding the Digitization of Resident Tax Filing

Using your My Number Card, you will soon be able to file your individual resident tax electronically via eLTAX or the town's website using your smartphone or computer. Details will be posted on the town's website as soon as they are finalized.

You can Estimate Your Resident Tax Amount

You can estimate your resident tax amount via the town website. By entering information from documents such as tax returns created on the National Tax Agency website, you can estimate your resident tax amount. Additionally, if you are not required to file a tax return, you can use this system to create your resident tax return. Please print it out and submit it along with the necessary documents to the Tax Division of Seika Town Hall (by mail or in person). Use this alongside the aforementioned electronic filing system. (Those who have filed an income tax return do not need to file a resident tax return.)

*Estimates for fiscal year 2026 will be available from early January onwards.

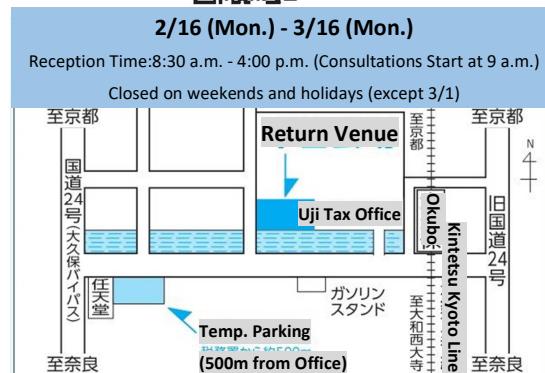
Inquiries: Tax Division, Resident Tax Section TEL: 95-1916



Estimation can be Done Here



Depending on the distribution status of admission tickets, consultation services may close early. Please check the National Tax Agency website for information on admission tickets before visiting.



※The Seika Town Exchange Hall will also host a tax filing venue from Monday, February 16 to Monday, March 16 (excluding Saturdays, Sundays, and holidays). Detailed information will be published in the February issue of the town newsletter.



Details for the
MyNumber Portal Here



Let's learn how to make a "Canned Tuna Salad with Beans" with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

Ingredients (2 Servings)

1 can(70g) Canned Tuna (boiled) 1/2(50g) Cucumber
70g Steamed Salad Beans 1 tbs(12g) Mayonnaise



Instructions

- 1) Drain the water from the boiled canned tuna.
- 2) Dice the cucumber into pieces the size of the salad beans.
- 3) Put (1), (2), and the salad beans into a bowl and top with mayonnaise.

Nutrition Education Tip No. 67

"Bean's Nutrients"

Beans are called the "meat of the garden" due to their abundant amounts of plant-based protein, and are helpful in maintaining muscle strength. Other than that, beans are also full of minerals like dietary fibers, vitamin B groups, potassium, and magnesium. Also, because they include isoflavone which has a similar function to female hormones, it is thought to reduce conditions caused by menopause, protect against osteoporosis, and is effective for clear skin.



Nutrition Information (per serving)

Calories	125 kcal	Calcium	25 mg
Protein	11 grams	Dietary Fiber	3.5 grams
Fat	6.5 grams	Sodium	0.6 grams

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, and either have 3 or more items that are either full of vegetables, low in sodium, or have calorie information, as well as display food allergy information of the menu.



Participating Restaurant

"Kissa Kokoro"

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

Address: Sunadome 22-1 Minamiinayazuma (within Kashinoki-en)

Tel: 95-3203

Cafe Hours: 11:00 a.m. - 2:30 p.m.

Bread Hours: 11:00 a.m. until stock runs out

Days Closed: Sunday, Monday, Holidays (Temporary Breaks as well)

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)





International Exchange Salon "Let's Make American Sweets!" Cooking Class

Date and Time: 2/7 (Sat.) 1:00 - 3:00 p.m.

Place: Mukunoki Center Cooking Classroom 3F

Audience: Those Living, Working, or Studying in Seika

Capacity: 20 people

*4th year elementary school students and younger must be accompanied by an adult

*A lottery will be held if capacity is reached

Event Details: Let's make popular American sweets with Emily, the Coordinator for International Relations! Hear about American Valentine's Day as you enjoy the sweets.

Things to Bring: Apron, Bandana, Towel, Slippers, Mask

Fee: 400 yen (free for small children)

How to Apply: Apply using the QR code from 1/12 (Hol./Mon.) until 5:00 p.m. on 2/4(Wed.)

*Please consult before applying if you have any food allergies

Inquiries: Planning and Coordinating Division/ TEL:95-1900



Application Form

Concert by Biwako Yoshibue (Flute) Performance Unit "Hottorain"

Pandora's Box of Sound vol 22

Date & Time: 2/8(Sun.) 2:00-3:30 p.m. (doors open at 1:30 p.m.)

Place: Seika Town Event Hall (Town Hall 2F)

Event Details: "Hottorain" will perform tranquil melodies with the "yoshibue" flute and "kocarina" flute at this concert.

Inquiries: Seika Town Culture Association Music League / TEL:94-3946 (Nakajima)



Let's Cook Bonfire-Roasted Sweet Potatoes!

Date & Time: January 17 (Sat.), 18 (Sun.), 31(Sat.), February 1 (Sun.) 1:00 p.m. - 4:00 p.m.

*Will occur if light rain. Will be postponed due to heavy rain.

Place: Keihanna Commemorative Park Mebuki no Mori

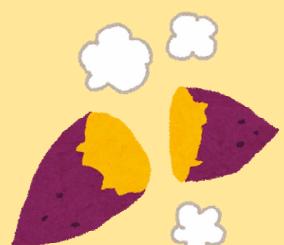
Event Details: A characteristic of the park in wintertime. Let's gather around the campfire and enjoy delicious baked sweet potatoes. It is OK to bring it other items you would like to cook.

Fee: 600 yen (Park entrance fee and 1 potato included)

Capacity: First 70 people per time

How to Apply: Please apply from the park homepage

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



Setsubun

～Bean Throwing and Origami Games～

Date & Time: 2/1 (Sun.) 1:00 p.m. - 3:00 p.m.

Place: Keihanna Commemorative Park Visitor Center

Participants: To fit with the day of Setsubun, bean-throwing and origami games will occur. (Beans will be free for throwing for the first 100 people.)

Inquiries: Keihanna Commemorative Park Management Office/

TEL: 93-1200 FAX:93-2688





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: 1/25 (Sun.) & 2/14 (Sat.)

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

※An appointment needs to be made in advance. (No same-day reservations)

※Reservations can be made 45 days prior and up until the day the town hall is open before the desired day.

- **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

Temporary Suspension of the Certificate Issuance Service using the My Number Card from Issuing Machines

There will be a full-day temporary suspension of the certificate issuing service using the My Number Card from the issuing machines at the Town Hall, Town Residence Service Center (within Esperoma Takanohara), and convenience stores due to system maintenance. The maintenance days are as follows:

Jan. 23 (Fri.)	}	Suspension of all the town's certificate issuance services via issuing machine
24 (Sat.)	}	----- Suspension of town family register certificates and utilization registration applications via issuing machine
25 (Sun.)		

We request for your understand and cooperation to prepare required certificates in advance. In addition, certificate issuance will occur at the service counter on 1/23 (Fri.).

Receive your My Number Card Early!

After you receive the My Number Card issuance notification (postcard), **we request that those who have yet to come and receive their card please quickly make a reservation to do so.** If a certain period of time passes before you pick it up, you will be re-notified, but cards that have not been picked up for around 3 months after the re-notification will be disposed. If you wish to have a previously disposed of My Number Card issued, re-application procedures are required, so please keep that in mind.

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



Vietnamese



Portuguese



Korean



Chinese (Traditional)



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.

From November until January we will deliver a message from Soraku Association for the Deaf and Hard of Hearing and Seika Town Summary Notes Circle "Himawari"



Summary Note-Taking- For Those Worried About Listening

Many of those who are hard of hearing that have used the summary note-taking dispatch express that "It was very reassuring because [they] listened to the conversation and gave the information, so there was no mishearing or information lost." Summary note-takers possess the technical skill and knowledge to make information accessible to those with hearing disabilities in order to accomplish being the mediator of reciprocal communication as a social welfare service. We have also heard those who have expressed that "Now that [they] have access to this information, they may be able to participate in meetings that they used to give up on due to difficulty hearing." Those who are worried about listening could try to consult about a dispatch application. For inquiries, please contact the Seika Town Social Welfare Division or the Soraku Hearing and Language Disability Center.



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

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

Hardness of Hearing



Face the thumb-side of your right hand to the center of your face, and lower your raised right hand downwards

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
1/18 (Sun.)	Internal Medicine	2/15 (Sun.)	Internal Medicine, Pediatrics
1/25 (Sun.)	Internal Medicine, Pediatrics	2/22 (Sun.)	Internal Medicine, Pediatrics
2/1 (Sun.)	Pediatrics	2/23 (Hol./Mon.)	Internal Medicine
2/8 (Sun.)	Internal Medicine		
2/11 (Hol./Wed.)	Internal Medicine		

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

Health Center

Date	Time	Details
1/15 (Thurs.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 06/2022)
1/16 (Fri.)	12:30 p.m.-	5-yr. Health Check (Toddlers born 1/2021)
1/27 (Tues.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born 09/2025 & 3/2025)
1/29 (Thurs.)	12:30 p.m.-	1-yr. 6mon. Health Check (Infants born 06/2024)
2/3 (Tues.)	12:30 p.m.-	2-yr. 4mon. Health Check (Toddlers born 09/2023)

Mukunoki Center Arena Temporarily Closed

The area will not be available for use until March 2026 due to construction for earthquake-proofing the ceiling, etc.
The other facilities within the center are available for use.
We ask for your understanding and cooperation.

Inquiries: Lifelong Learning Division Public Physical Education Section TEL:95-1907



"Winterfest On Main" Christmas Event Hosted in Norman City

"Winterfest on Main," one of Norman's Holiday Traditions, was hosted on December 6 within the city. There was the "Norman Holiday Parade," which was a parade of various trucks and cars decorated in Christmas lights. Santa waved and smiled to everyone at the end of the parade. After that, attendees went to Main Street to see the annual tree lighting. Once that was done, there were opportunities to meet Santa, enjoy cocoa and cookies, create crafts, take photos, and watch performances. Food trucks were also available for delicious food. Attendees were able to enjoy the holidays in Norman by participating in this fun, festive event!



Source: 'OU Daily'

About Our Sister City- Norman, Oklahoma

Seika Town has maintained a sister city relationship with Norman, a city in Oklahoma, USA, since 2005, and a friendly relationship through Kyoto Prefecture's sister state connection since 1985. The two municipalities work together to promote international exchange and cultural understanding to create more globally-minded communities.

Seika Town Office

Planning and Coordination Division

Kyoto-fu, Sōraku-gun, Seika-cho

Minami-Inayazuma, Kitajiri 70

TEL: 0774-95-1900

FAX: 0774-95-3971

EMAIL: cir@town.seika.lg.jp

What to do if...

You have a question about something in Ichigo...

Call the Coordinator for International Relations at Seika Town Office if you have a question about any of the content featured in Ichigo. Also, if you know someone in Seika that would like to receive Ichigo in the mail, please contact us!

You have a problem with life in Japan...

If you have any questions or problems concerning life in Japan not related to an article in Ichigo, please contact the Coordinator for International Relations at Seika Town Office.

TEL: 0774-95-1900 FAX: 0774-95-3971 EMAIL: cir@town.seika.lg.jp or kikaku@town.seika.lg.jp (Planning and Coordinating Division)

Kyoto Prefecture Multilingual Daily Life Consultation Service

If you have any questions about housing, work, government processes, health, or any other aspects of daily life, try contacting the Kyoto Prefectural International Center (Kyoto-shi Minami-ku Higashikujo Shimotonon 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



Barrier Free Classroom

The "Barrier Free Classroom" was hosted for the Seikadai Elementary School 4th graders for them to become aware of the inconveniences elderly and disabled people experience. The students had a hands-on experience helping wheelchairs and a visit to see the barrier free installations on a non-step bus after listening to a talk about barrier free practices. Through this experience, the students deepened their understanding about the importance of offering help to those in trouble help and being considerate.

