



Seika's English Language Newsletter  
No. 366 February 2026

## Let's Go Strawberry Picking!

### TABLE OF CONTENTS

- 1 LET'S GO STRAWBERRY PICKING!
- 2 BEWARE OF ELECTRICITY & GAS DOOR-TO-DOOR SALES
- 3 TOWN NEWS
- 4 COOKING & HEALTH & EVENTS
- 8 TOWN/SISTER CITY NEWS

Strawberry picking season has begun. They are sweet and delicious, so please enjoy the seasonal flavor of Seika Town! Both strawberry farms have a reservation system, so please make a reservation.

### Hanayagi Farm

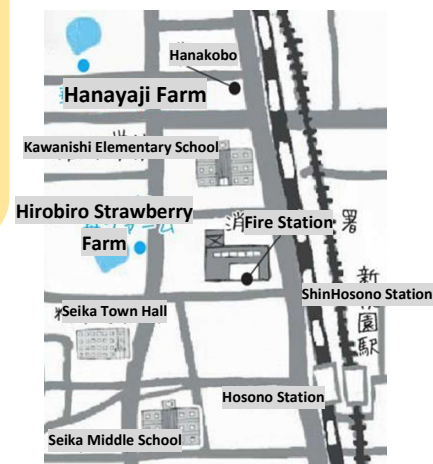
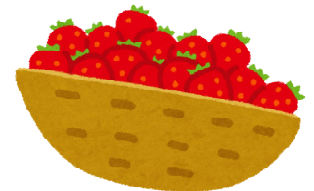
Every Tuesday, Wednesday, Thursday, Saturday & Sunday until late May. Reservation Times: 1) 9:00 a.m.- 2) 10:00 a.m.- 3) 11:00 a.m.- 4) 1:30 p.m. 5) 2:30 p.m.-

\*For time slot 5, the farm will be open depending on the circumstances.

⇒ **Reservation Method (possible to reserve 2 months in advance)**

**Reservation by Phone:** 93-4811 (Reception Time: 9:30 a.m. - 4:00 p.m.)

**Online Reservation:** Use the QR code to the right.



### Hirobiro Strawberry Farm

Every Tuesday, Wednesday, Saturday & Sunday until mid-May (Only Sat./Sun. in February)

1) 10:15 a.m.- 2) 11:30 a.m.- 3) 1:30 p.m.- 4) 2:30 p.m.-

\*Time slot 3 will start at 1:15 p.m. after March

\*The farm will be open for time slot 4 from March onwards

**Reservation Method (possible to reserve 2 months in advance)**

**Reservation by Phone:** 090-2107-3887 (Reception Time: 9:00 a.m. - 5:00 p.m.)

**Online Reservation:** Use the QR code to the right.



Seika Town Mascot

**KYOMACHI SEIKA**



"Let's go Strawberry Picking!"

## New Life! Beware of Electricity/Gas Door-to-Door Sales that Suddenly Come



**There has been an uprising trend of trouble concerning electricity and gas contracts when starting a new chapter of life, like moving, etc.**

### [Examples]

- You were persuaded when they said tenants in the same apartment complex also signed the contract, but that was false.
- You were told that your electricity/gas bill would become cheaper, but instead it became more expensive.

### [Countermeasures]

- When you are solicited by a sudden visit, thoroughly confirm the business' name, contact information, details, and more without signing a contract then and there.
- There is information like customer number, supply point identification number, etc. necessary for changing contracts written on the electricity or gas meter inspection slip. If there is no intention of the contract, clearly refuse and be cautious handling the information listed on your meter inspection slip.
- Confirm with the management company, etc. in cases where you are told that "the entire apartment complex has signed the contract."
- When they persuade you by saying your bills will become cheaper, confirm the details of your plan and investigate & compare with other businesses.
- For cases in which the door-to-door sales fall under the Act on Specified Commercial Transaction, you can take time to make a decision within 8 days after receiving a suitable contract from the business.

If you have any concerns, please consult with the Consumer Affairs Center

\*Other than that, please consult the Ministry of Land, Infrastructure, Transport, and Tourism (MLIT)'s "Disputes and Guidelines Concerning Restoration to the Original Condition" for cases in which you are billed for expenses you were unable to consent to when ending the contract.

**The Soraku Consumer Affairs Center  
has been temporarily relocated to the  
Kyoto Prefecture Kizu General  
Government Office Building.  
Address: Jogo-18-1 Kizu, Kizugawa**

### Consult at the Consumer Affairs Center

If you have concerns, please consult with the Soraku Consumer Affairs Center (Jogo-15 Kizu, Kizugawa Soraku Assembly Hall 1F) Reception Time is on weekdays from 9:00 a.m. - noon and from 1:00 - 4:00 p.m.

On weekends and holidays (excluding end-of-year and New Year holidays), please use the "Consumer Hotline"  
TEL:188





## Be Cautious of Norovirus Food Poisoning

There are many outbreaks of food poisoning due to the Norovirus in December - March, so please be careful of the following:

- Wash your hands thoroughly with soap
- Wash kitchen utensils with each use and disinfect with heat.
- Apply ample heat to the middle of food items (85-90°C for 90 seconds or more)
- When disposing an infected person's feces or vomit, wear gloves/a mask.

The Norovirus is passed from person to person, and symptoms such as violent nausea, vomiting, stomach pain, diarrhea, and fever appear 1-2 days after the virus enters your body.

Because it takes about a week to fully recover, even if the symptoms clear up, please do not return to group settings such as school, work, etc. right away. Also, please be cautious as the virus is still contained in excrement for as long as 1 month.

If you have questionable symptoms, please see a doctor at a medical institution immediately. This food poisoning can be healed and dehydration can be prevented mainly by water intake. If you simply take antidiarrheal medicine, the virus gets trapped in your body, delaying recovery, so please keep that in mind.

Inquiries: Health Promotion Division Healthcare Planning Section TEL: 95-1905



## Childcare Support Allowance in Response to Inflation

We are providing a "Childcare Support Allowance in Response to Inflation" of about 20,000 yen for each eligible child for guardians raising children from ages 0 until high-school age.

### ⇒Eligible Persons

The following eligible recipients of the child eligible for allowance

① Children eligible for Child Allowance for September 2025 (payment for October 2025)

\*Children born in September 2025 are eligible for the October 2025 payment

② Children born between October 1, 2025 and March 31, 2026

### ⇒Allowance Amount

Around 20,000 yen per child

### ⇒About Application Procedures

- As a general rule, an application is unnecessary for ① Child Allowance recipients.
- An application is necessary for ② Child Allowance recipients. Information documents as well as application forms will be sequentially sent from the Childcare Support Division.
- Application is also necessary for public servants and persons receiving a Childcare Allowance from their place of work. Please receive the application documents from your place of work.

### ⇒Application Deadline

April 30th (Thurs.)

For more details about the application, please check the Town homepage.

Inquiries: Childcare Support Division Childcare Support Section TEL: 95-1917



Town Homepage



Let's learn how to make a **"Root Vegetable Stir-Fry"** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

### Ingredients (2 Servings)

1/2 (70g) Medium-Sized Gobo 40g Lotus Root 1/5 (30g) Carrot  
20g Green Beans 4g Ginger 1tsp (2g) Sesame Oil 40g Boiled Soybeans  
175ml Dashi Broth  
A: 1/2 tbsp (4.5g) Sugar 1/2 (9g) Soy Sauce 1 tsp (5g) Cooking Sake

### Instructions

- 1) Cut the gobo diagonally and quickly boil in hot water.
- 2) Cut the lotus root and carrots into quarter rounds.
- 3) Boil the green beans and cut them diagonally.
- 4) Cut the ginger into finely cut strips.
- 5) Heat the sesame oil in a pan, fry the ginger and add (1),(2), and the dashi broth when you smell the ginger.
- 6) Once (5) has simmered, add the boiled soybeans and A.
- 7) Cover the pan and simmer until the vegetables soften, then when completed add (3) and bring to a boil.

### Nutrition Information (per serving)

Calories	89 kcal	Calcium	50 mg
Protein	4.3 grams	Dietary Fiber	4.4 grams
Fat	2.4 grams	Sodium	0.8 grams



### **Nutrition Education Tip No. 68**

#### "Gobo's Nutrients"

The edible part of the root is a rich source of dietary fiber, and besides regulating the intestinal environment, it also is effective in the removal of toxic substances and lowering cholesterol. Among these, insoluble lignin is expected to be effective for the prevention of colorectal cancer due to its function of removing carcinogens in the intestines.



## 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

#### **"Serendipity" a Cafe Restaurant in Sakuragaoka**

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

**Address:** Sakuragaoka 2-chome 4-1

**Tel:** 72-7700

**Cafe Hours:** 9:30 a.m. - 9:00 p.m.

(Reservations past 5:00 p.m.)

**Days Closed:** Mondays & Tuesdays

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)



## Town Events



### Wild Game Day

**Date and Time:** 2/14 (Sat.)

\*The time differs depending on the event

\*Will be postponed to 2/15 (Sun.) if there is rainy weather

**Place:** Keihanna Commemorative Park Mebuki no Mori/Visitor Center

**Event Details:** Would you like to try wild game meat as you warm up next to the fire? Enjoy a day full of wild game through a talk event by hunters, a workshop using deer skin, and more.

\*The first 200 people will receive free deer meat

**Fee:** Differs depending on the event

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



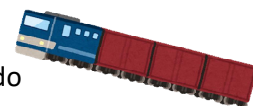
### Kansai-kan of the National Diet Library Material Exhibition

#### Delivery! - The History of Transporting Things and Information

**Date & Time:** 2/19 (Thurs.) - 3/17 (Tues.) 9:30 a.m. - 6:00 p.m. \*Excluding Sundays and holidays

**Event Details:** Our lives are built upon how things and information are transported. Those transportation methods developed along with time, starting in ancient times with the use of human power or livestock, water transportation in the Middle Ages, merchant boats in the Edo period, and finally railways and automobiles in the Modern Age. This exhibition will introduce the change of transporting things and information from ancient times until the modern day.

**Inquiries:** Seika Town Kansai-kan of the National Diet Library/Material Information/TEL:98-1341



### Doll Festival ～Sweet Rice Flour Treats and Origami Fun～

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

**Place:** Keihanna Commemorative Park Visitor Center

**Event Details:** In addition to the Doll Festival, the first 100 people will receive a sweet rice flour treat. You can also do seasonal origami fun.

\*The sweet rice flour treat is intended for attendees aged middle school students and younger

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



### Seika Town Tennis Spring Competition

**Date & Time:** 3/20 (Hol./Fri.) 9:00 a.m. - 5:00 p.m.

\*You will be contacted an hour before the event starts if the decision to cancel due to weather is decided before.

**Place:** Uchikoshidai Tennis Court

**Participants:** Pairs incl. those living/working in Seika or pairs incl. members of the Seika Town Tennis Association

**Capacity:** The first 12 pairs

**Assortment:** Century Doubles (Pairs of males = 100 yrs or more, pair incl. male and female = 80 yrs. or more, female pairs = 60 yrs. or more)

**Fee:** 2000 yen per pair (collected day-of)

**How to Apply:** Please send the names in your pair, address, telephone number, & email address with the subject "Tennis Association Spring Competition" to the following email before 3/8 (Sun.)

**Inquiries:** Seika Town Tennis Association/TEL:090-1675-5306/✉yosshi@icloud.com







## 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:** 2/14 (Sat.) & 3/8 (Sun.)

**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

## 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

From November 2025 until January 2026 we have introduced "Summary Note-Taking," however this month we conducted an interview with a summary note-taker and asked about the reason for becoming a summary note-taker, as well as the good things and difficult things concerning the work of a summary note-taker.

### Summary Note-Taking I Came Across in a PR Magazine

40 years ago, I learned about "summary note-taking" in the PR magazine of the town I lived in before, so I started with the simple feelings to do it for myself. While I was doing it, I met with people who were hard of hearing, interacted with them, and learned a lot about hearing disabilities. One thing that still remains deep in my heart even now was when I, who was a new summary note-taker at that time, received a 2 meter long fax from a person who worked until retirement without access to information. It was a moment where I strongly felt the importance of summary note-taking expressed through writing. Difficulty I've had with interpreting is when a doctor will talk to me, not the person in question, during a medical examination. I make continuous efforts to help people understand the roll of a summary note-taker. I moved to Seika and, for 30 years, have belonged to a summary note-taking and sign language club, and have been able to support different people. I am thankful I have been able to continue so far.

From Seika Town Summary Note-Taking  
Club "Himawari" Summary Note-Taker  
Chikako Takeuchi



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

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



Fax



Put two fingers of your left hand up to your  
ear and mouth and put your right hand out  
in front of you with the palm facing down  
(like you are sending a fax)

## Seika Town Facility Schedules

### Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
2/8 (Sun.)	Internal Medicine	3/1 (Sun.)	Internal Medicine
2/11 (Hol./Wed.)	Internal Medicine	3/8 (Sun.)	Internal Medicine
2/15 (Sun.)	Internal Medicine	3/15 (Sun.)	Internal Medicine
2/22 (Sun.)	Internal Medicine, Pediatrics	3/20 (Hol./Fri.)	Internal Medicine
2/23 (Hol./Mon.)	Internal Medicine	*Please call prior to visiting the Soraku Emergency Medical Clinic TEL:(0774-73-9988)	

### Health Center

Date	Time	Details
2/24 (Tues.)	12:30 p.m.-	1-yr. 6mon. Health Check (Infants born 07/2024)
2/27 (Fri.)	12:30 p.m.-	3-4 mon. and 9-10 mon. Health Check (Infants born 10/2025 & 04/2025)
3/3 (Tues.)	12:30 p.m.-	5-yr. Health Check (Toddlers born 3/2021)
3/10 (Tues.)	12:30 p.m.-	3-yr. 6mon. Health Check (Toddlers born 06/2022)
3/12 (Thurs.)	12:30 p.m.-	2-yr. 4mon. Health Check (Toddlers born 10/2023)

### Mukunoki Center Arena Temporarily Closed

The area will not be available for use until the end of April 2026 (estimate) 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



## 50th Annual Norman "Chili Supper" Benefit Dinner

On January 29th, the 50th annual Chili Supper Benefit Dinner occurred. This event was held in partnership with the Cleveland County Sheriff's Office, the Norman Fire Department, and Norman Public Schools. Attendees could enjoy warm chili with local first responders (those whose job is to be first on the scene of an accident or sudden illness). Attendees made donations to a local volunteer group, and could enjoy chili by either dining in, drive-thru, or through take-out. It occurred at Norman High School. During these cold winter months, attendees enjoyed a nice warm bowl of chili with those who are an essential part of the community.



Source: 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://kpcc.or.jp>

## Find us Online!

Town Web site



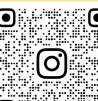
Facebook



Kyoto CIR Blog



Kyoto CIR Instagram



## Railroad Diorama-Making!

A railroad diorama-making classroom occurred at Kashinoki-en. The instructors, railway diorama enthusiasts, were active in events such as the Fureai Festival, Healthy Kids "Sukusuku" Festa, and more. Participants made their own dioramas to each of their liking, and it was a fun day.

