



Seika's English Language Newsletter  
No. 367 March 2026

## Use Your Seika Town Regional Revitalization Gift Certificates

### Usage Period: Until May 31st

In order to reduce the financial burden for families due to the rise in prices of groceries in town, by utilizing the country's priority support regional grant, we will be distributing 6000 yen worth of Seika town regional revitalization gift certificates that can be used at participating stores (retail & restaurant). The period of use is until May 31st, so please use them quickly.

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Participating Stores are marked on this poster!

**Distributed Amount:** 6000 yen per 1 person (12 500 yen tickets)

**Distribution Target:** Every person who has their residence registered in Seika since Feb. 1st

**Usage Period:** Until May 31st

**Participating Stores:** Previously registered retail shops and restaurants within the town

#### Things to Note

- Remaining change will not be given.
- When the usage period passes it will become invalid.
- There will be no reissuance due to loss or damage, so please be careful when handling them.
- Resale or conversion of tickets for profit is strictly forbidden.
- Within participating stores, there are some items that do not apply to the certificate, like tradable coupons or tobacco.
- This will be delivered via Yu-Pack (Japan Post) to each household. If you have still not received the package, please contact the executive office.

Seika Town Mascot

**KYOMACHI SEIKA**



For more Information about the Gift Certificate and about Participating Stores →



"Let's use our Seika Town Regional Revitalization Gift Certificates!"

**Inquiries:** Seika Town Regional Revitalization Gift Certificate Executive Office TEL: 075-284-0141  
Hours of Operation: Weekdays from 9:30 a.m. - 5:30 p.m. (excluding Saturdays, Sundays, and Holidays)

## Town/Prefectural Residence Tax Declaration is until the 16th



Tax Declaration occurring at the Seika Town Hall Seika Hall (Town Hall 2F) will end on March 16th (Mon.) Those who have not finished their declaration, please make haste to do so. The subjects of declaration are the Town Residence Tax/Prefectural Residence Tax (unnecessary for those who have declared income tax), and simplified income tax declarations.

Hours of Reception are on weekdays from 9:00 a.m. - 11:00 a.m. and 1:00 p.m.-4:00 p.m., with only Monday the 16th being until 11:00 a.m. You cannot enter outside of these hours (not open on the weekends and public holidays).

Declarations concerning capital gains like land, buildings, stocks, etc., first-year declarations of special mortgage tax deductions (loan deductions) etc., declarations of miscellaneous losses deductions, declarations of those who have passed away (semi-final declaration), blue-paper income-tax returns, requests for correction, amended returns, and declarations or consultations about inheritance tax/donation tax/consumption tax cannot be accepted. Please visit the Uji Tax Office.

Uji Tax Office income tax declarations are on weekdays from 9:00 a.m. - 4:00 p.m. until March 16th (Mon.). A numbered ticket is required for entrance into the final tax declaration hall, so for those considering declaring at the Uji Tax Office, please confirm on the National Tax Agency's homepage before going. There are also cases in which consultation reception closes early due to conditions of the numbered ticket distribution.

For more information, please confirm using the "Hanaso" February 2026 edition (Pg. 9) as well as the town homepage.

**Inquiries:** Taxation Division Residence Tax Section TEL: 95-1916

\*For inquiries concerning the final tax declaration hall, contact the Uji Tax Office (TEL:44-4141), and for inquiries concerning income tax declaration, use the exclusive national tax dial (TEL: 0570-00-5901).

Final Tax Declaration Special Page



Town Homepage

## National Pension Insurance Premium Electronic Payment

In addition to payments for the National Pension Insurance Premiums by cash, direct debit, Pay-Easy, etc., you can also use electronic payment methods (cashless) on your smartphone to pay the premium.

Electronic payments are compatible payment apps installed on an information access device like a smartphone, etc., which reads the bar-code printed on the statement of payment, and can pay the premiums immediately.

### Compatible Payment Apps

- AEON Pay
- au PAY
- dbarai (d払い)
- PayB (Including apps offered by financial institutions)
- PayPay
- Rakuten Pay

\*Electronic payment cannot be used for statements of payment that do not have a bar-code printed on them (statements of payment exceeding 300,000 yen, etc.)

\*Please contact the payment company you use for questions on how to operate each payment app.

Inquiries: Kyoto Minami Pension Office National Pension Division TEL: 075-644-1165 (representative), Seika Town Hall General Affairs Division Pension Section TEL: 95-1915





## About the Sale of Human Waste Collection Vouchers at the Mobile Library "Aozora-go"

Starting June 1, 2026, a reservation made in advance will be required in order to purchase human waste collection vouchers from the mobile library "Aozora-go." Those who are wishing to purchase vouchers must contact the following before 5:00 p.m. on the day before the mobile library's scheduled tour (If the day before is a day in which the town hall is closed, please contact on a day before when the town hall is open).

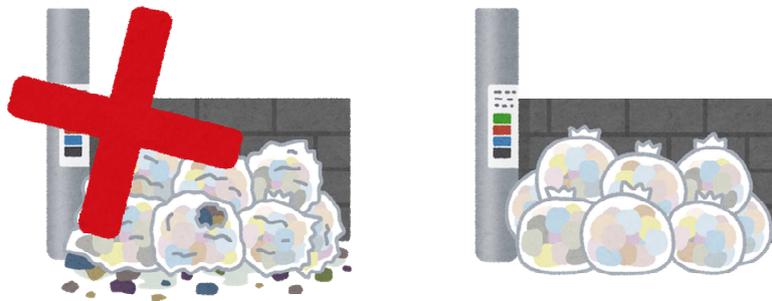
Contact: Environmental Promotion Division Resource Recycling Section TEL: 95-1925



## Keep the Trash Stations Clean

The cleaning and management of trash stations is done by those who use it in the area. When you use it in an incorrect way, it causes trouble for the other users and those on duty, so please cooperate and maintain the cleanliness. Also, trash that cannot be collected for a variety of reasons such as incorrect separation and incorrect collection day will be left there and have a yellow or blue warning sticker attached to it. Please bring back remaining trash that was not collected, correctly separate it, and take it out on the next collection day.

Inquiries: Environmental Promotional Division Resource Recycling Section TEL: 95-1925



## Draining the Water from Raw Trash Makes the Bag Lighter

The weight of "raw trash" is said to be about 80% water. Raw trash including water has only demerits such as weight, foul smell, etc. In order to reduce waste and prevent foul odors, let's take out our trash after thoroughly draining the water. Even only slightly squeezing it and letting it dry has a sufficient effect.

Inquiries: Environmental Promotional Division Resource Recycling Section TEL: 95-1925





Let's learn how to make a "Minestrone Full of Vegetables" with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

### Ingredients (2 Servings)

2 slices(40g) Bacon 1/4 (50g) Medium-sized Onion 1/4 (25g) Celery 3 (50g) Medium-Sized Carrots  
 1/5 (40g) Zucchini 80g Cabbage 4g Garlic 1/2 tbsp (6g) Olive Oil 300ml Water  
 1tsp (4g) Consomme 200g Canned Whole Tomatoes A pinch of Salt & Pepper  
 1tsp (2g) Powdered Cheese A pinch of Parsley

### Instructions

- 1) Cut the bacon into 1 cm slices. Then, cut the onion, celery, carrot and zucchini into 1cm cubes, and the cabbage into 2cm cubes. Finely chop the garlic.
- 2) Add and heat the olive oil and garlic in a pan, adding the bacon and onion when you can smell the garlic. Once softened, add and fry the celery, carrot, zucchini and cabbage.
- 3) Add the 300ml of water, consomme and canned tomatoes and simmer on medium heat, then simmer on low heat for 20 minutes when it begins to boil. Adjust the flavor with salt and pepper.
- 4) Place on a dish and sprinkle with powdered cheese and parsley.

### Nutrition Information (per serving)

Calories	124 kcal	Calcium	63 mg
Protein	6.3 grams	Dietary Fiber	3.6 grams
Fat	6.2 grams	Sodium	1.4 grams



### Nutrition Education Tip No. 69

#### "About the Nutrients in Zucchini"

Although the shape of a zucchini is similar to a cucumber, it is actually in the same family as pumpkins. Comparatively, zucchini is full of Vitamin K. Vitamin K is a component that coagulates blood, and not only does it act in the stopping of blood, it also functions to aid bones taking in absorbed calcium, so it is effective as a countermeasure to osteoporosis.



## 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

#### **Bakery Cafe Brot**

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

**Address:** Seikadai 2-chome 10-19

**Tel:** 94-9252

**Cafe Hours:** 10:00 a.m. - 4:30 p.m. (Sales will end if sold out)

**Days Closed:** Monday - Thursday, Sunday



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)

## Town Events



### Keihanna Commemorative Park Craft Festa - 100 Sosaku Festival -

**Date and Time:** 3/15 (Sun.) 10:00 a.m. - 4:00 p.m.

\*May be cancelled due to rain (decision will be made at 8:00 p.m. the night before)

**Place:** Keihanna Commemorative Park Lawn Plaza

**Event Details:** A market with artist's handmade works. Please enjoy shopping in the park.

**Inquiries:** 100 Sosaku Festival Executive Committee <https://100sosaku.com/>



### Esports Adventure

**Date & Time:** 3/20 (Hol./Fri.) 10:30 a.m. - 2:30 p.m.

**Place:** Keihanna Plaza 3F Mass Meeting Hall Nile

**Event Details:** Anyone can enjoy this event regardless of age through genuine racing experiences, an experience where you can freely draw and see the drawing move on a screen and more.

Esport Experience: Gran Turismo 7, Taiko no Tatsujin, and more

Scientific Experience: Futuristic Drawing Experience

**Collaboration:** Kyoto Kogakkan High School

**Inquiries:** Finance Division Finance Section 1 TEL:95-1914



Town Homepage



### Pocket Marche in Keihanna Commemorative Park

**Date & Time:** 3/20 (Hol./Fri.) 3/21 (Sat.) 9:30 a.m. - 4:00 p.m.

\*May be cancelled due to rain (decision will be made at 6:00 p.m. the day before)

**Place:** Keihanna Commemorative Park Lawn Plaza

**Event Details:** Antique, miscellaneous goods, and floral market. There will also be food stalls. Please enjoy shopping in the park.

**Inquiries:** Pocket March Executive Committee TEL: 080-5364-2345



### Seika Town Boys & Girls Choir Group 19th Regular Recital

**Date & Time:** Performance at 1:30 p.m. on 3/22 (Sun.) (venue opens at 1:00 p.m.)

**Place:** Kashinoki-en 2F Fureai Grand Hall

**Event Details:** This choir, including elementary school 1st years until middle schoolers, will pour their heart into every note they sing. It is a program that a wide variety of generations can enjoy from fun, energetic songs to chorus songs close to our heart. Please enjoy a moment enveloped by singing voices together with your family and friends.

**Inquiries:** Seika Town Boys & Girls Chorus Group Office (within the Lifelong Learning Division) TEL: 95-1907



### Night Sakura Festival

**Date & Time:** 4/4 (Sat.) 5:00 p.m. - 8:30 p.m.

\*May be postponed to 4/5 (Sun.) due to rain

**Place:** Keihanna Commemorative Park Lawn Plaza

**Event Details:** Please enjoy the mystical sakura illuminated by lanterns, a sight different to daytime. There will be games where you can receive candy and juice, a night market and live performances hosted.

**Inquiries:** Keihanna Commemorative Park Maintenance 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:** 3/8 (Sun.) & 4/18 (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

**If You Decide to Move...**

**① Notification of Moving Out (Moving Outside of Seika Town)**

Please report that you are moving by the time you move, or within 14 days after your move. You can report via mail. (For those who do not have a My Number Card, a self-addressed stamped envelope (SASE) is required.)

- Notification of Moving Out, the person in question's Identification Documents for the Notification of Moving Out (My Number Card, Driver's License, etc.)

**② Notification of One's Change of Address (For Moving Within Seika Town)**

Please report within 14 days after you move.

- Resident Transfer Notification (Notification of Change of Address), My Number Card (All those who have one), the person in question's Identification Documents for the Notification (if no My Number Card).

**③ Notification of Moving In (Moving into Seika Town)**

Please report within 14 days after you move.

- Notification of Moving out, Change of Address Certificate (for those who received one at previous place of residence), My Number Card (all who have one), the person in question's identification documents for notification (if no My Number Card)

\*The person in question or someone in the same household can report.

\*For someone reporting that is not in the same household, a power-of-attorney is required.

**Do you Know About the One Stop Service for Moving?**

For those who have a My Number Card, instead of going to the Town Hall of your previous residence to report moving out, you can now report via the My Number Portal. After you submit your report in the portal, it is required to do procedures for Notification of Moving in, etc. at the town hall of the municipality you are moving in to. For more details, visit the Digital Agency's homepage.

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.

This month, we have interviewed Naomi Kitao who belongs to the Seika Town sign language club "Taketonbo," and asked about her sign language history, the reason she became a sign language interpreter, and both the good and difficult things.

**Sign Language Expressions Full of Expression**

Her sign language interpretation history starts from 2002, and this year will mark 24 years. When she was working part-time at the Seika town hall, she saw a deaf female employee talk with other employees using sign language, and she wanted to join in too. After that, she took sign language courses, entered a sign language club, participated in various events, and had fun connecting with deaf people in the area. Within that, her horizon about sign language expressions full of expression and disability welfare was expanded. She interprets, and she always reflects on whether or not she was able to convey the correct information, or if she should have used a different expression, etc. She thinks it would be good for many people to be interested in sign language and the amount of people who can use even simple greeting to increase.



**Sign Language**



Face both hand's pointer fingers right and left and place them above and below, alternately rotating them vertically.



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

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

**Seika Town Facility Schedules**

**Soraku Emergency Medical Clinic Schedule**

Date	Specialty	Date	Specialty
3/8 (Sun.)	Internal Medicine	4/5 (Sun.)	Internal Medicine, Pediatrics
3/15 (Sun.)	Internal Medicine	4/12 (Sun.)	Internal Medicine
3/20 (Hol./Fri.)	Internal Medicine	4/19 (Sun.)	Internal Medicine
3/22 (Sun.)	Internal Medicine, Pediatrics	4/26 (Sun.)	Internal Medicine, Pediatrics
3/29 (Sun.)	Internal Medicine, Pediatrics		

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

**Mukunoki Center's Closed Days**

All day March 11 & 25

\*The arena will be temporarily closed until the end of April (scheduled) due to construction.

In conjunction with the extension of the construction schedule, we have ceased the reception of reservations for use in April. In addition, reservations for use will be available from May 1st onward.

**About the Temporary Closure of Uchikoshidai Grounds/Tennis Court**

In conjunction with the maintenance activities of the Culture/Sport Activity Base (disaster relief support facility) in Uchikoshidai, the Uchikoshidai grounds and tennis court will be temporarily closed according to the following below. This will be terribly inconvenient for those using it, but we ask for your understanding and cooperation.

**Uchikoshidai Tennis Court**

**Period of Closure:** About 1 year after 4/2026 (Plan)

\* Usage of the nighttime lighting will be unavailable for about a year after 4/2027

**Uchikoshidai Grounds**

**Period of Closure:** About 2 years after 4/2026 (Plan)

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



**"Small Wonders: Insects in Focus" Exhibition Began January 28th at Norman Public Library**

"Small Wonders: Insects in Focus" is a display that started on January 28 and will last until March 16th in the Ronald J. Norick Downtown Library in Norman. The free exhibition will show the works of Bob Sober, who takes photos of insects up-close. The exhibition aims to bring the hidden beauty of insects into striking clarity, and hopes to offer a new way of looking at them. Sober uses advanced photographic techniques to create his art and creates it through a mix of hundreds of photos. The exhibition invites visitors to slow down and look more closely not only at his art, but at the world around us and the small things, like insects, existing within it.



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

**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



**Aim for a Society that Respects Human Rights**

The 2025 Seika Town Human Rights Lecture was hosted in the Seika Town exchange hall, and 61 people participated. Yukimi Miki of Toyonaka International Exchange Association, a public interest incorporated foundation that serves as a lecturer, talked about the "three barriers foreign minorities living in Japan face - "Law and Systematic Barriers," "Language Barriers," and "Heart Barriers." Even when overcoming these barriers, the society that is difficult for them to live in doesn't change. Instead of the skills to survive through it, I want to create a society in which "living through" is unnecessary." Opinions from the participants were received, such as "This was my first time hearing the stories of foreign people living in Japan, and I had a lot of sympathy."

