



Seika's English Language Newsletter
No. 370 June 2026

Keihanna Fureai Concert 2026

TABLE OF CONTENTS

- 1 KEIHANNA FUREAI CONCERT 2026
- 2 DON'T FORGET THE NATIONAL HEALTH INSURANCE TAX PAYMENT
- 3 TOWN NEWS
- 4-7 COOKING & HEALTH & EVENTS
- 8 TOWN/SISTER CITY NEWS

The "Keihanna Fureai Concert", a music concert that both children and parents can enjoy during summer vacation, will take place on 8/1 (Sat.) in the Keihanna Plaza Main Hall. Through the performance by the Kansai Philharmonic Orchestra, you can enjoy many different songs, from classical to current hits, have talks, move your body with the music, and more. There is no age-limit, and children age 0 can enter. (There is a nursing room where you can listen to the performance). Please come with all your family!

Date & Time: 8/1 (Sat.) 2:00 p.m. - 3:20 p.m. (Scheduled) (Venue opens at 1:15 p.m.)
 Place: Keihanna Plaza Main Hall
 Performance: Kansai Philharmonic Orchestra
 Song Names: Peter and the Wolf, Turkish March, That's Good Too (*Sore mo iine*), The Sound of Music Medley, and more
 *Songs may change
 Ticket: Advance Ticket: 1500 yen, Same-Day Ticket: 2000 yen (All Assigned Seats) (If 1000 seats of the advance tickets are sold, there will be no same-day tickets)
 Other

- Children under 3 yrs. old can attend for free if they can sit on top of guardian's lap.
- Excluding cases of cancellations, there will be no refund.
- There is a parking lot. (Please refrain from using the surrounding business's parking lots)

Advance Ticket Sales Locations

- Seika Town Hall Planning and Coordinating Division (5th Floor)
 Sales Period: 6/16 (Tues.) - 7/31 (Fri.) Weekdays from 9:00 a.m. - Noon & 1:00-5:00p.m. (Only 6/16 (Tues.) starts from 10:00 a.m.) *Cash Only
- Keihanna Online Ticket Service
 Sales Period: 6/16 (Tues.) 10:00 a.m. - 7/30 (Thurs.) Noon
 Ticket Issuance: Seven-Eleven (Ticket Issuance Fee Required)
 *Please issue the ticket before the "Reservation Expiration Date" in the Reservation Confirmation email.

Seika Town Mascot
KYOMACHI SEIKA



"Please come to the Keihanna Fureai Concert!"



Keihanna Online Ticket Service

Concert Details on the Town's Homepage



Keihanna Fureai Concert
Illustration: twotwotwo
Possible for children aged 0 to enter

Don't Forget the National Health Insurance Tax Payment



For Those Enrolled in the National Health Insurance

The tax notice for the national health insurance tax (hereinafter health insurance tax) of Reiwa 8 (2026) will be sent to those enrolled in the town's national health insurance (hereinafter health insurance) in mid-June.

Health Insurance Tax is a Valuable Source of Funds for the Operation of the Health Insurance

As the health insurance tax is the country's subsidy, it is set aside for medical payment when those enrolled get medical care. Please do not forget to pay before the payment deadline.

The Taxpayer of the Health Insurance

The taxpayer of the health insurance tax is the head of the household. For that reason, even if the head of the household is not enrolled in the health insurance, if there is someone else in the same household enrolled, the tax notice will be sent to the head of the household.

Payment Due Date for the Health Insurance Tax

The annual tax amount is calculated as an enrollment period from April until the following March. In the case of general collection, payment is made 10 times from the first period (June) to the tenth period (March of the following year), and for special collection, payment is made 6 times in the months in which the pension is paid. If, during the fiscal year, acquisition of a qualification, loss, change to amount of income, etc. occurs, that year's national health insurance tax will be recalculated depending on the income after the change and the amount of months enrolled in the national health insurance, and you will be informed by a national health insurance decision (change) notice each time.

Payment Methods

[①General Collection] (statement of payment (delivery) or direct debit payment)

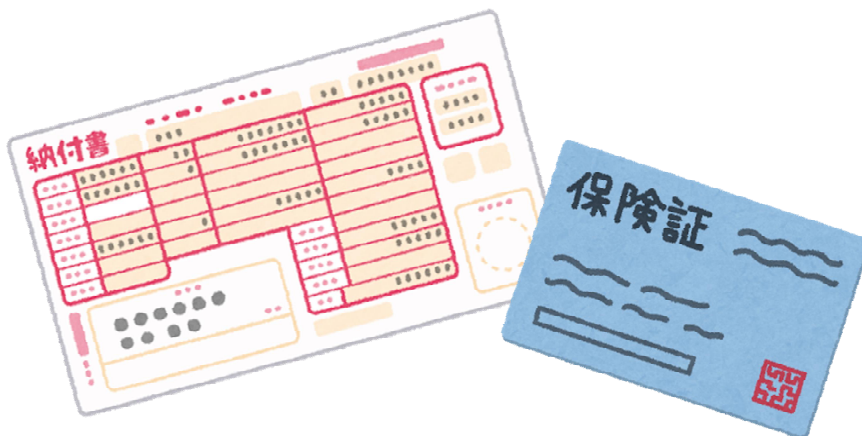
For those requesting direct debit payment, it is required to register a bank account. For those who have not registered a bank account, a statement of payment will be sent along with the tax notice.

[②Special Collection] (payment from pension)

Those subject to special collection are the heads of the household and/or those in the household enrolled in national health insurance who are 65 years old or older and below 75 years old, and are the head of the household receiving public pension above a certain amount.

Following the previous year, in April, June, and August, those subject to special collection will pay the same amount as February (February 2026) by special collection (this is called provisional collection). In October, December, and February of the following year, the annual national health insurance tax amount minus the total provisional collection amount will be paid in three separate installments by special collection.

Inquiries National Health Insurance and Medical Services Division Health Insurance Section
TEL:0774-95-1929





Town/Prefecture Residence Tax Notice

The town/prefectural residence tax notice for the 2026 fiscal year is scheduled to be sent to the taxpayer* after June 10 (Wed.) (olive green envelope).

If you have not received the tax notice before June 19th (Fri) even though you are expecting to be taxed, please contact the Taxation Division Residence Tax Section.** If there are no previous correspondence and payment is not made before the due date, you become subject to demand.***

If you are moving or relocating, a report of address change must occur. Those whose payment due date arrives during a stay abroad must appoint a tax agent.

* Those who are the taxpayer for the town/prefectural residence tax (general collection), those whose payment methods for the town/prefectural residence tax are direct payment to a financial institution, etc. and/or those who withdrawal from their pension (special collection).

** Those who are not subject to pay the town/prefectural residence tax (tax-exempt people) will not receive a tax notice.

***If the document is sent by ordinary mail or by correspondence delivery, it is assumed to have arrived when it should have reached its destination, and is considered to be sent to the addressee as long as it is not returned to the town hall (Article 20, Paragraph 4 of the Local Tax Law.)

Inquiries Taxation Division Residence Tax Section TEL: 0774-95-1916

Pay Insurance Premium Payments by the Deadline

National Pension Premiums

The monthly National Pension premium for the period from April 2026 to March 2027 is 17,920 yen. You can pay your premiums at financial institutions, post offices, or convenience stores by using the payment slip sent by the Japan Pension Service. In addition to credit card payments and online or smartphone payments, convenient and cost-effective direct debit is offered as well. The Japan Pension Service will notify individuals who have not paid their National Pension premiums by the deadline via phone, mail, or in-person visits to encourage early payment. If premiums are left unpaid, they will issue demands through compulsory collection procedures. If payment is not made by the specified deadline, not only will late payment penalties be imposed, **but the assets of taxpayer may be seized. Therefore, please pay as soon as possible.***

If you are having difficulty paying your premiums, there are systems in place to exempt or defer payment. If you wish to apply, please go to the General Services Division (2nd floor) for consultation.

*The person paying the premiums is insured person themselves, and the head or the household, or spouse that takes responsibility for the collective payment.

Inquiries: General Services Division National Pension Section TEL: 0774-95-1915

Payment of Pension via Bank Deposit Transfer/Sending of Amount Revision Notice

The Japan Pension Service will mail you a "Pension Payment via Bank Deposit Transfer Notice" and a "Pension Amount Revision Notice."

The "Pension Payment via Bank Deposit Transfer Notice" lists the pension payment amounts for April 2026 and May 2026 (payable in June), as well as the amounts of various insurance premiums and taxes subject to special collection (deducted from your pension). Please note that the amounts listed for these premiums and taxes are estimates - please confirm the final amounts in the notice sent by the relevant division in the town office.

The "Pension Amount Revision Notice" informs you of your revised pension amount from April 2026. Please store this notice in a secure place.

Inquiries: Kyoto Minami Pension Office Customer Consultation Office TEL: 075-644-1165 (Representative)/ Seika Town General Services Division National Pension Section TEL: 0774-95-1915



Let's learn how to make a "**Sardines and Vegetables with Sweet & Sour Sauce**" with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

Ingredients (2 Servings)

1 can (150g) Sardines 1/2 (100g) Medium-sized Onion 1 (40g) Bell Pepper
 1/4 (50g) Tomato 30g Corn 1/2 tbsp (6g) Sesame Seed Oil
 1 tsp (3g) Dissolvable Potato Starch
 A: 100ml Water 1 tsp (3g) Chicken Broth 1 tbsp (18g) Tomato Ketchup
 1 tbsp (18g) Soy Sauce 2 tbsp (30g) Vinegar 1 1/2 (13.5g) Sugar



Instructions

- 1) Cut the onion, bell pepper, and tomato into easy-to-eat pieces.
- 2) Mix the seasoning A in preparation.
- 3) Pour the sesame seed oil into a preheated fry pan and stir-fry the onion and bell pepper.
- 4) Put (3) into (2) and simmer.
- 5) Once it comes to a boil, add the dissolvable potato starch, then add the tomato, sardines, and corn in after it has thickened. It will be done when it is warmed.

Nutrition Information (per serving)

Calories	381 kcal	Calcium	279 mg
Protein	17.2 grams	Dietary Fiber	2.4 grams
Fat	26.3 grams	Sodium	1.5 grams

Nutrition Education Tip No. 72

"About the Nutrients in Bell Peppers"

Bell Peppers are rich in nutrients, especially Vitamin C and carotene, which is effective for clear skin and antioxidant capacity. It is said that generally, Vitamin C is easily lost when heated. However, in the case of bell peppers, their special characteristic is the reduced loss of Vitamin C when heated due to the thickness of the pepper's flesh.



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 Store

Boulangers Yamada

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

Address: Hikaridai 1-chome 4-1

Tel: 0774-95-2008

Hours: 8:00 a.m. - 7:00 p.m.

Days Closed: Tuesday (Will operate on Holidays and close the following day)

(Temporary closure on one Wednesday each month)

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: 0774- 95-1905 (Health Promotion Division)



Town Events



All Kinds of Goods & Creations Festival at Keihanna Commemorative Park

Date & Time: 6/28 (Sun.) 10:00 a.m. - 4:00 p.m.

*Will be cancelled in case of rain (Decision will be made at 8:00 p.m. the day before)

Place: Keihanna Commemorative Park Grass Square

Event Details: A market full of various artists and handmade items. Please enjoy shopping in the park!

Inquiries: All Kinds of Goods & Creations Festival Executive Committee/ <https://100sosaku.com/>



Tanabata no Sekku - Konpeito Treat and Origami Fun

Date & Time: 7/5 (Sun.) 2:00 - 4:00 p.m.

Place: Keihanna Commemorative Park Suikei-en Kangetsuro Basement

Event Details: In correlation with the day of Tanabata, the first 100 children aged middle school or younger will receive a konpeito treat. Make Tanabata decorations at the origami corner!

Fee: Park Entrance Fee

Inquiries: Keihanna Commemorative Park Management Office TEL: 0774-93-1200 FAX: 0774-93-2688



Keihanna International Kids Camp

Date & Time: 7/26 (Sun.) - 30 (Thurs.) (4 nights 5 days)

Place: Uji City General Outdoor Activity Center

Attendees: Elementary School Children in years 4-6

Capacity: 15 girls & 15 boys

Event Details: As you live together with study abroad students from different countries, foster international understanding, communication skills, and the skills to think and do things by yourself through cooking, nature experiences, and group activities.

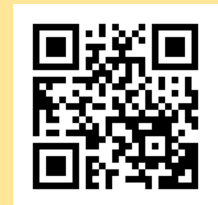
Fee: 49,800 yen

How to Apply: Apply using the QR code to the right before 6/30 (Tues.)

Inquiries: Keihanna Cultural and Academic Organization/ TEL: 0774-95-5110 ✉ keihannakasc@gmail.com



DODOLABO
Homepage



Pianica Magician's Magical Concert

Entertainment Music Show with a Focus on the Pianica that You Feel in Your Heart and 5 Senses

Date & Time: 9/19 (Sat.) 2:00 p.m. (Venue opens at 1:15 p.m.)

Place: Keihanna Plaza Main Hall

Ticket Price: General: 2500 yen, PuraZO Members: 2300 yen,

Elementary School Children or younger: 1500 yen

*Free for children under 3 yrs. of age who can sit on top of guardian's lap.

Ticket Sales: Ticket Sales Start - 6/19 (Fri.) 10:00 a.m. (Keihanna Online Ticket)

Inquiries: Keihanna TEL: 0774-95-5115



Kyoto Prefectural Hall Opening Anniversary

Suikei-en Free Entry

Day & Time: 6/19 (Fri.) 9:00 a.m. - 5:00 p.m.

Place: Keihanna Commemorative Park Suikei-en

Inquiries: Keihanna Commemorative Park Management Office TEL:0774-93-1200 FAX:0774-93-2688





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: 6/20 (Sat.) & 7/12 (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

Pre-Register to Receive Alerts - Prevention of Unauthorized Acquisition of Certificate of Residence, etc.

If an agent or third-party acquires your family register or copies of certificate of residence, you are able to receive an alert informing you. This is in order to prevent unauthorized requests or acquisition of your family register etc. Pre-registration is required to receive alerts. This is for those who have a legal domicile, their domicile registered in town, and also those who have registered in the past. Please bring an application form* and personal identification documents (documents issued by public agencies like My Number Card, driver's license, Certificate of Eligibility, etc.) to the Service Counter Division.

* You can download the form from the town's homepage

Certification Subject to Alerts

- Your official family register/excerpt (all or one part of the certificate), copies of Certificate of Residence, Family Register History, etc.

Cases Where Alerts will not be Received

- Requests for an official copy of the family register, etc. from the person themselves, a person on the same register, and/or lineal ascendants/descendants.
- Requests for a Certificate of Residence, etc. from the person themselves or those in the same household
- Requests from public institutions like national or regional public organizations
- Requests from lawyers and judicial clerks to use for court and dispute resolution procedures

Inquiries: General Services Division Family Register Section 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

Vietnamese

Portuguese

Korean

Chinese (Traditional)

Chinese (Simplified)



Inquiries Crisis Management Office Crisis Management Section TEL:0774-95-1928

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

The "Seika Town Ordinance Concerning the Promotion of Sign Language and the Use of Diverse Communication Methods Tailored to the Characteristics of Disabilities" was established in April 2026. Ordinance Nickname: Expressing Feelings, Connecting the Future - Seika Town Sign Language & Diverse Communication Ordinance



Website Version Barrier-Free/Disaster Prevention Map



Seika Hatofuru Navi
<https://seika-hf.jp>

Barrier-Free



Lower both hands whose fingertips are touching at the same time, and rotate wrists so that your fingertips are facing forward.

"Seika Hatofuru Navi" is a homepage where you can view information about facilities, stores, public transportation and more within the town and the surrounding area through easy-to-understand maps.



Previously printed sign language is currently being introduced on the homepage.

Inquiries: Public Welfare Division Inclusive Society Section TEL: 0774-95-1904

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
6/7 (Sun.)	Internal Medicine	7/12 (Sun.)	Internal Medicine
6/14 (Sun.)	Internal Medicine	7/19 (Sun.)	Internal Medicine, Pediatrics
6/21 (Sun.)	Internal Medicine	7/20 (Hol./Sun.)	Internal Medicine
6/28 (Sun.)	Internal Medicine, Pediatrics	7/26 (Sun.)	Internal Medicine, Pediatrics
7/5 (Sun.)	Internal Medicine		

*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
6/10 (Wed.)	-	Closed
6/14 (Sun.)	9:00 - 12:00	Hohoemi Sports Hiroba (Arena General Opening)
6/17 (Wed.)	15:00 - 17:00	Table Tennis Day (Arena General Opening)
6/24 (Wed.)	-	Closed
7/1 (Wed.)	15:00 - 17:00	Table Tennis Day (Arena General Opening)
7/8 (Wed.)	-	Closed



Bizarre Headgear - Exhibition at Sam Noble Museum

The exhibition "Bizarre Headgear," occurring from May 9 to August 23 at the Sam Noble Museum in Norman, presents the how extreme evolution could be. The museum is exhibiting the "headgear" (antlers, horns, etc.) of many animal bones, with some notable examples such as 12ft (3.6m) antlers, and billboard-sized skulls. At the exhibition, attendees can see the amazing ways evolution equipped the prehistoric world for combat and reproduction.



Source: Norman Transcript

This exhibit traces evolution of bizarre head structures throughout time. From the evolution of giant-horned dinosaurs to outrageous mammals of prehistoric time, viewers can enjoy this unique exhibition in Norman!

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

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



26th Historic Road Race

The "2026 U-Spirit Uepa Cup Keihanna Cycle Race" occurred in an area of Seika Oodori. This race is hosted every year by the executive committee composed of general incorporated association Kyoto Syaren, Keihanna, Seika Town and others.

It is also influenced by the Tour of Japan Kyoto Stage, and over 300 athletes, ranging from elementary school children to adults, came from places all across Japan and participated. They dashed around the course, with one lap being 1.9 kilometers and Keihanna Plaza being the starting and end line.

Many viewers crowded the sides of the road and it was a very exciting event.

