



**Have Fun Singing Together with Friends! 🎵**  
**Boys & Girls Choir / Choir Member Recruitment**  
There are so many fun events. Would you like to sing in the choir together?

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In Seika, the "Seika Town Boys & Girls Choir" was established, which aims for children to better their friendships through choir, and grow as a person in a fulfilling way. The elementary/middle school students enthusiastically do their choir activities at Kashinoki-en every Saturday. Tours and experiences are accepted at any time, so please feel free to inquire.

**Eligibility:** Elementary & middle school students  
**Practice Day:** Every Saturday from 2:00 - 4:30 p.m.  
**Practice Venue:** Kashinoki-en, etc.  
**Fee:** Group Fee (Monthly) 2000 yen (Recital Fees, Management Fees, etc.)

\*The cost of the uniforms is around 10,000-14,000 yen (Some are available for 1-year loans)  
Inquiries: Lifelong Learning Division TEL: 0774-95-1907  
✉seika.bgc.jimu@town.seika.lg.jp



**2 Generations of Family Choir Members! Interviewing a New Choir Member!**

To Souma Matsumoto (New Choir Member)

**1. What was your reason for joining, and how do you like it? Is it fun?**

"I wanted to sing together with my older sister. It's difficult but it's fun!"



From the Left: Kazuki, Haruka, and Souma

To Haruka Matsumoto (Older Sister)

**2. How do you like the choir activities? Is it fun? Is it hard? Have you made friends?**

It's fun to practice and be able to sing a lot of different songs with older kids from different schools. My younger brother (and new friends) have joined, so I want to get along and sing together!

**3. Are there any events that left an impression on you?**

The Kuroneko Concert, where we sang together with an orchestra, was really good.

To Kazuki Matsumoto (Father)

**4. Do you have any thoughts about the choir, or its' 20th year anniversary?**

When the choir was founded 20 years ago, I never imagined that I would one day become a parent and be involved with this choir again. I am so happy to be able to participate in this 20th anniversary milestone, not only as a graduated member but also as a parent. I hope that the children's bright voices will continue to resonate throughout Seika Town, and that the choir will continue to grow as a beloved part of the community. I will be watching over them with warm support.

Seika Town Mascot  
**KYOMACHI SEIKA**



"Please Participate in the Seika Town Boys & Girls Choir!"

## Heat Illness Prevention Measures - Frequently Hydrate -



### What is Heat Illness?

It is an acute impairment caused by a high temperature and high humidity environment, and has been increasing in recent years. The cause of heat illness is not only high temperatures, but also cited to be from the increase in "people vulnerable to heat illness."

### Who are People Vulnerable to Heat Illness?

#### ①The Elderly

By nature, elderly people have low amounts of water in their body, and because it is difficult for them to sweat, it becomes difficult for them to escape the heat. Also, the amount of water intake lessens due to it being difficult for them to feel if their mouth is dry, therefore becoming easy for them to get heat illness.

#### ②Those with a Chronic Illness

It becomes easy for those with chronic illnesses to get heat illness because the amount of water in the body decreases, which is caused by many different things like taking diuretics or polyuria from diabetes, etc.

#### ③Those who Live Alone

Because they do not have their family watching over them, it is difficult to notice slight abnormalities, and there are many cases that, when they do notice, the heat illness gets worse.

**In your everyday life, frequently hydrate before your throat becomes dry. If possible, intake sports drinks that contain sodium.**

### In the Worst-Case Scenario...

There are 3 levels of heat illness severity.

#### ①Level I Heat Cramps

The person's visible condition includes dizziness, frequent sweating, and cramps in the leg. In this case, recovery can be achieved by resting in a cool area, cooling down the body, and hydration.

#### ②Level II Heat Exhaustion

The person's visible condition includes headaches, vomiting, and the decline of discernment. In this case, a medical examination at a medical institution is required.

#### ③Level III Heat Stroke

This is the stage in which it is called heatstroke, where convulsions and impairments to consciousness can be seen as well as impairments to the liver and kidney appear. In this case, hospitalization and medical treatment are required.

Inquiries: Fire Department Headquarters Emergency Dispatch Division TEL: 0774-94-4197

Let's Intake Salt if you Sweat



Emergency Relief Center Kyoto/

Should you Call and Ambulance? When you Don't Know What to Do...

# CALL #7119

Phone Consultation Window for Emergencies (Available 24hrs./365 days)

Inquiries: Fire Department Headquarters Emergency Dispatch Division

TEL: 0774-94-4197





**Seika Festival 2026 - To be Hosted 11/15 (Sun.) & Recruitment for Gakken Music Street Performers!**

**Performance Genre, etc.**

- ① Music Performances or Choruses like Pop, Rock, Jazz etc.
- ② Stage Performances like Dance, Traditional Dance, etc.

**Venue/Time (Planned)**

- **Venue** Keihanna Commemorative Park Grass Square (from hereinafter, "Grass Square")  
**Time** 9:30 a.m. - 3:30 p.m.
- **Venue** Keihanna Plaza Main Hall (from hereinafter "Main Hall")  
**Time** 1:15 - 3:30 p.m.

**Performance Time**

15 minutes per 1 group

**Number of Performing Groups (Recruiting)**

- Grass Square - 15 groups
- Main Hall - 8 groups

\*When there are a large number of groups wishing to perform, the performance time will be shortened or a raffle may occur.

**How to Apply**

The "Performance Application Form, performer's picture, and media including details about activities (DVD, CD, etc.)" must be received via mail or direct delivery to the Seika Festival Executive Committee before 5:00 p.m. on 8/20 (Thurs).

\*Please download the "Performance Application Form" from the town's web page.

\* The photos will be printed in a pamphlet. Please use a photo that is 10 cm tall x 14 cm wide or larger, and for data, a photo that is 1440 pixels tall x 2030 pixels wide or larger.

\*After the reception ends, you will be notified about the raffle results in the middle of September after a review has taken place.

\*Please limit 1 application to 1 group.

**Other**

- Space is limited on the stage.
- The audio equipment and drums for ① will be provided by the executive office.
- There is no cost for performing, however the performer themselves must be responsible for the transportation fees to get to the venue and necessary fees for performing.
- Performing groups will consist of those who support the goal of the Seika Festival and Gakken Music Street. Political or religious groups, groups that infringe on the law, and groups who violate public order will not be accepted.
- The private information written on the "Performance Application Form" will not be used for any other purpose than the management of the Gakken Music Street.
- As a general rule, the media including information about activities will not be returned.
- The rights for songs, etc. must be handled by the performer.

**○Applications & Inquiries**

〒619-0285 (full address unnecessary)

Seika Festival Executive Committee Office (within the Local Administration Promotion Division)

TEL: 0774-95-1934



Town Web page



Seika Festival is a festival that is held with the goal of exchange with the revitalization of the area and the people both in and outside the town as a enjoyable event the people of the town can take pride in. We are currently recruiting people that can enliven the "Gakken Music Street," which adds a bright and splendid flair to Seika Festival. Please feel free to apply!



Let's learn how to make a "Sesame Seed Pudding" with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

### Ingredients (4 Servings)

30g Ground Toasted Sesame Seeds 100g Sugar  
250ml Milk 5g Powder Gelatin



### Instructions

- 1) Add the sesame seeds, sugar, and milk into a pot and stir while heating up on medium heat until the sugar dissolves.
- 2) When the sugar dissolves, sprinkle in and heat up the powder gelatin on low heat until it dissolves (without boiling).
- 3) Put (2) in a container, and let cool slightly after cooking. Once it is cooled, cool and let it firm up in the refrigerator.

### Nutrition Information (per serving)

|          |           |               |           |
|----------|-----------|---------------|-----------|
| Calories | 186 kcal  | Calcium       | 159 mg    |
| Protein  | 4.7 grams | Dietary Fiber | 0.9 grams |
| Fat      | 6.4 grams | Sodium        | 0.1 grams |

### Nutrition Education Tip No. 73

#### "About the Nutrients in Sesame Seeds"

Sesame seeds contain the component particular to sesame seeds, sesame lignan, as well as many other nutrients like Vitamin E, etc. Sesamine, sesamol, and more strong antioxidants are also included, which supports liver functions, prevents lifestyle disease, and is expected to aid in anti-aging.



## 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 full menu.



### Participating Store

#### **Momofuku**

This store offers a **menu full of vegetables.**

**Address:** Yamada Shimokawahara 3-6 Best Yamadagawa Building 1F  
(1 minute away by foot from the Kintetsu Yamadagawa Station)

**Hours:** 11:00 a.m. - 3:00 p.m.

**Days Closed:** Tuesdays and every 1st and 3rd Monday



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: 0774- 95-1905 (Health Promotion Division)

## Town Events



### Coordinator for International Relations Emily's Farewell Party

**Date & Time:** 7/11 (Sat.) 11:20 a.m. - 12:40 p.m.

**Place:** Mukunoki Center Orientation Room

**Event Details:** There will be a farewell party for the Coordinator of International Relations, Emily Bierma, who will finish her term at the end of July. Songs, Dances, and Chatting will occur. There will be sandwiches prepared for lunch. Please each bring a snack or light food.

**Fee:** 500 yen (Lunch Fare)

**How to Apply:** Apply via telephone using the following number.

**Inquiries:** Seika Global Net / TEL: 090-2191-9864 (Wakita)



### Orchestra Concert

**Date & Time:** 7/12 (Sun.) 2:00 - 4:00 p.m.

**Place:** Doshisha Women's College of Liberal Arts - Kyotanabe Campus Niijima Commemorative Auditorium

**Performers:** Conductors: Kaori Mori & Hiroshi Sekiya (Doshisha Women's College of Liberal Arts Music Professors)

Orchestra: Doshisha Women's College of Liberal Arts Music Department Orchestra Group

**Inquiries:** Doshisha Women's College of Liberal Arts Liberal Arts Department Office (Music Department) TEL: 0774-65-8501

### Blueberry Picking - Would you like to experience picking blueberries at Zakuro Iki-iki Farm?

**Date & Time:** 7/24 (Fri.) - 9/10 (Thurs.) (scheduled)

**Place:** Seika Town Zakuro area

**Things to Bring:** Bag for picking, (wear) long sleeves, long pants, and long shoes, bug repellent

**Fee:** Entrance fee 1500 yen (includes up to 1 kg of picked blueberries) - each 1kg over the first 1kg amount will be 1500 yen

**How to Apply:** Apply using the phone number below no later than 3 days before your planned picking day

**Inquiries:** Zakuro Iki-iki Farm Association/ TEL: 0774-72-6101 (Representative: Fujihara)



### Yokai You Can Play With - A Cool and Enjoyable Hands-On Exhibition -

**Date & Time:** 7/25 (Sat.) - 8/30 (Sun.) 9:00 a.m. - 5:00 p.m.

**Place:** Keihanna Commemorative Park Suikei-en Gallery Tsuki-no-Niwa

**Event Details:** An exhibition for children where they can enjoy playing in a yokai, or Japanese monster, space that also doubles as a cool-down spot will occur. Play with the interestingly cute yokai! There are also plans for reservation-based workshops.

**Fee:** Park Entry Fee

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



### Fun Learning Edutainment Classroom Science Show

**Day & Time:** 7/25 (Sat.) 10:00 a.m. -

**Place:** Kashinoki-en Fureai Large Hall

Application Form



**Attendees:** Those living or working in Seika

**Capacity:** 50 people

**Professor:** Prof. Ryouji Fukuoka (Osaka Seikei University Department of Education Associate Professor)

**How to Apply:** Apply via phone or the following QR Code before 7/21 (Tues.).

**Inquiries:** Lifelong Learning Division Society Education Section TEL: 0774-95-1907





**Weekend Appointments for My Number-Related Matters**

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

**Dates:** 7/12 (Sun.) & 8/22 (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

**About the Suspension of Certificate Issuing Services Using the My Number Card**

You will be unable to use the town's certificate issuing services that use the My Number Card all day on the following dates due to system maintenance.

**Service Suspension Days: 7/28 (Tuesday) and 29th (Wednesday), 2026**

You will be unable to use all the My Number Card exclusive automatic certificate issuing machines in the town hall and the residence service corner (within Esperoma Takanohara) as well as multi-copy machines in convenience stores, etc. country-wide.

We apologize for the inconvenience, but we ask for your understanding and cooperation in preparing any necessary certificates as soon as possible.



**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



This ordinance aims to broaden sign-language and other communication methods and create a society where anyone can live without worry. The town aims to be a town where every person, whether they have a disability or not, can live together while respecting each other. The important thing is "expression" and "understanding each other" through ways that suit the other person.

**Information**




Bring the back of your right hand toward your ear twice while closing your spread-out 5 fingers.

**Guarantee**



Rotate your right hand, which should be the shape of the sign "Ho" in the finger alphabet, around your raised thumb of your left hand like you are enclosing it.

 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         |
|------------------|-------------------------------|-------------------|-------------------|
| 7/5 (Sun.)       | Internal Medicine             | 8/2 (Sun.)        | Internal Medicine |
| 7/12 (Sun.)      | Internal Medicine             | 8/9 (Sun.)        | Internal Medicine |
| 7/19 (Sun.)      | Internal Medicine, Pediatrics | 8/11 (Hol./Tues.) | Pediatrics        |
| 7/20 (Hol./Mon.) | Internal Medicine             | 8/16 (Sun.)       | Internal Medicine |
| 7/26 (Sun.)      | Internal Medicine, Pediatrics |                   |                   |

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

**Weekday Nights/Holiday Pediatric Emergency Care**

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

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

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

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

**Mukunoki Center**

| Date        | Time          | Details                                       |
|-------------|---------------|---|
| 7/8 (Wed.)  | -             | Closed  |
| 7/15 (Wed.) | 15:00 - 17:00 | Table Tennis Day (Arena General Opening)      |
| 7/22 (Wed.) | -             | Closed  |
| 7/26 (Sun.) | 9:00 - 12:00  | Hohoemi Sports Hiroba (Arena General Opening) |
| 7/29 (Wed.) | 15:00 - 17:00 | Table Tennis Day (Arena General Opening)      |
| 8/5 (Wed.)  | 15:00 - 17:00 | Table Tennis Day (Arena General Opening)      |



**"Jazz in June" - A Summer Festival in Norman**

Jazz in June, one of Norman's summer festivals, has offered free concerts at parks in Norman for over 40 years. A committee organizes the event and reviews 200-250 bands a year and selects them. They focus on diversity in order to showcase a variety of types of Jazz. It is supported by sponsorship, grants, donors, and various types of support from people in the community, making it free for all event-goers. It was first created in 1984 as a way to respect African American culture in America, and has since grown to be one of Norman's longest-running free festivals. There are evening performances and daytime workshops that the whole family can enjoy!



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 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 Shimotonodacho 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



**Seika Town Fureai Festival**

This event, hosted at Kashinoki-en was enjoyed by both town residents and the elderly and disabled through volunteer work, and the goal of the event was to foster interaction and broaden the ring of social services.



On the day of the event, it was bustling with many visitors, and there were various events like a public recognition of the efforts of those in the town who do social service activities, explanations of clubs and volunteer introductions, stages for rakugo, etc., a shopping corner, and more. In addition, a portions of the proceeds from good sold there will be donated to the Japan Red Cross as charity.