



Seika's English Language Newsletter
No. 372 September 2026

Seika Town's New Coordinator for International Relations

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Publication of the Ichigo Newsletter has Resumed

We apologize for any inconvenience to the monthly readers of Ichigo during the time Ichigo was not published. However, we are happy to announce that the Ichigo newsletter will resume publishing and distributing as normal going forward!

The new Coordinator for International Relations (CIR) can now assist with all translation, interpretation and other support requests. Please reach out to the Planning and Coordinating Division should you need any assistance in English. Additionally, if you have any suggestions regarding additional information that should be included in Ichigo, please send any comments or suggestions to the following email: cir@town.seika.lg.jp.



Introduction to the New CIR of Seika Town

Hello, my name is Lucas Schattenmann and I am the 16th Coordinator for International Relations (CIR) for Seika Town. I first arrived here in Seika on July 27th, and have been undertaking my new role and duties as a CIR since then. I hope to be able to follow in the footsteps of the previous CIR, Emily, to provide support to those in need, and will do my best to help the town and its community going forward. I look forward to working with you all!



First, I would like to give a brief self-introduction. I am from the state of Minnesota in the United States. For those who are unfamiliar, Minnesota is in the very north of the country, in what is known as the Midwest region, and is close to the Great Lakes. I lived with my family in Minneapolis, which is the biggest city in Minnesota, I attended Carleton College in a town called Northfield. My hobbies include photography, gaming, reading, programming, and going on hikes.

I have enjoyed Nintendo games and anime such as Evangelion since I was a kid, but it was not until I entered college that I began seriously studying Japanese language and culture. In autumn 2024 I had the opportunity to study abroad at Doshisha University in Kyoto, which led me to decide to major in Japanese along with my friends. Through researching with my professors and some work experience last December in Tokyo, as well as through the support of my friends and family, I successfully applied to be a CIR through the JET program, and now find myself in my new life in Seika.

I am so grateful to be able to work with you all in Seika, and I will do my best to be of use to the town and its community going forward. Thank you!

Seika Town Mascot

KYOMACHI SEIKA



"Welcome to Seika Town,
Lucas!"

Influenza Immunization/New Coronavirus Vaccine Immunization for The Elderly -Beginning From October 1 (Thu.)-



Immunization can be received from 10/1 (Thu.) until 2027/1/31 (Sun.). The immunization shot is done once.

Eligible Persons (Common)

- Persons aged 65 or older on the day of the immunization
- Persons from ages 60-64 on the day of the immunization that have a disability affecting the functions of the heart, kidney, or respiratory organs, or those who have a disability of immune functions due to HIV, which are disabilities that correspond to grade 1 physical disability (Application is required before)

Fees

Influenza: 2000 yen, COVID-19: 5,000 yen (Free for those in households receiving public assistance who apply in advance)

Immunization Method

• For Designated Medical Institutions (See Table Below)

The required medical questionnaires for immunization are in each of the operating medical institutions/facilities, so after making a reservation, please bring your My Number card (used as a health insurance card), etc. when you receive the immunization.

• For Institutions Not Designated In Table Below

An application at the Health Promotion Division is absolutely necessary. Before making a reservation at the medical institution, please submit an inquiry to the Health Promotion Division.

If you receive a vaccination without first submitting an application, it will be treated as a voluntary vaccination. You will be responsible for the full expenses out-of-pocket, so please keep this in mind.



TOWN
HOMEPAGE



Designated Medical Institutions within Seika where Immunization can be Received

Name of Medical Institution	Address	Phone Number
Oku Internal Medicine Clinic	Sakuragaoka 3 chome 2-1 Esperoma Takanohara West Building 1	0774-72-7023
Gakkentoshi Hospital	Seikadai 7 chome 4-1	0774-98-2123
Kishida Internal Medicine Clinic	Seikadai 2 chome 17-10	0774-95-1771
Shimatani Clinic	Sakuragaoka 4 chome 25-4	0774-66-1850
Shimosato Clinic	Shimokawahara 22-2, Yamada	0774-72-1212
Seika Town National Insurance Hospital	Sunakoda 7, Hosono	0774-94-2076
Takeuchi Family Clinic	Komada 2 chome 5-5	0774-95-2020
Hirata Internal Medicine Clinic	Hikaridai 7 chome 14-3	0774-95-3400
Fujiki Clinic	Hosononishi 1 chome 24-15	0774-94-2006
Furuta Clinic	Kadota 8, Hosono	0774-93-2216
Muranishi Cardiovascular Clinic	Komada 1 chome 13-16 (SunFresh Supermarket Komada)	0774-74-8133
Yamada Internal Medicine Clinic	Seikadai 2 chome 10-94	0774-98-3660
Yoshikawa Internal Medicine Clinic	Sakuragaoka 3 chome 24-7	0774-71-0014

***The implementation period differs depending on the medical institution.
Please contact the medical institutions.**

Important Points Regarding Elderly Immunizations

When receiving one of the following immunizations from a medical institution not designated in the table, you must submit an application beforehand. It will take roughly 1-2 weeks before you will be able to receive the immunization.

If you receive a vaccination without first submitting an application, it will be treated as a voluntary vaccination. You will be responsible for the full expenses out-of-pocket, so please keep this in mind.

Relevant Immunizations

Shingles, pneumococcal disease, influenza, infectious novel coronavirus



TOWN
HOMEPAGE

Inquiries: Health Promotion Division
Health and Medical Planning Section
TEL: 0774-95-1905



Every Month on the 19th is Food Education Month

Let's learn how to make **Shirasu and Hijiki Salad with Tofu Dressing** with this recipe from Seika Town Diet Improvement Association Asunaro-kai!

Ingredients (2 Servings)

Firm tofu (200g) Dried hijiki (2g) 1/4 carrot (30g)
 Dried shirasu (15g) Spring onion (5g) Mentsuyu (3x concentrated) 2tsp (10g)
 A: Ground sesame 1tbsp (5g) Sugar 1/2tsp (1.5g) Dark soy sauce 1/2tsp (3g)

Instructions

- 1) Rinse the hijiki with cold water. Rehydrate in water and pat dry.
- 2) Peel the carrot and cut into fine strips. Thinly slice the spring onions.
- 3) Wrap the tofu in a paper towel and place in a microwave-safe container. Microwave at 600W for two minutes.
- 4) Add the hijiki, carrot slices, and mentsuyu into a bowl and mix. Wrap and microwave at 600W for one minute.
- 5) Add (3), (4), and the shirasu to a mortar, as well as the additional seasoning (A), and mix well.
- 6) Arrange everything in a bowl, top with spring onions and enjoy!



Nutrition Education Tip No. 75

"The Nutritional Value of Hijiki"

Hijiki contains an abundance of calcium, a nutrient which is necessary for bone and tooth growth. Calcium is not easily absorbed by the body, so it is recommended to eat alongside foods containing Vitamin D (fish, mushrooms, and eggs) and Vitamin E (nuts and pumpkins).

On top of that, hijiki contains beta-carotene, which promotes skin and stomach lining health as well as the immune system, and dietary fiber, which is important for stomach health.



Nutrition Information (per serving)

Calories	113 kcal	Calcium	162 mg
Protein	9.9 grams	Dietary Fiber	2.4 grams
Fat	6.5 grams	Sodium	1.1 grams

Healthy Diet, Healthy You

What is a "Healthy Diet, Healthy You" Participating Store?

Restaurants/stores 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 stores have this purple sign posted somewhere in their establishment.

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



Participating Store

Kasendou Seika

(This store only sells Japanese sweets)

Address: Seikadai 1 chome 25-2

Tel: 93-4377

Hours: 9:30 a.m. - 6:00 p.m.

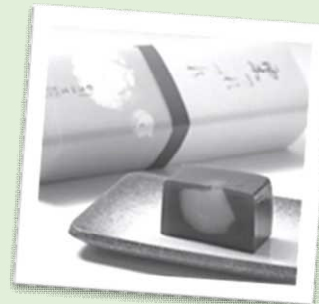
Days Closed: Tuesdays (Open during holidays)

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 store.

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)



* Strawberry daifuku is sold from the end of November onward.





September is "Eating Habit Improvement Awareness Month"

"First, add One More Plate of Vegetables and Fruit Each Everyday" - During this occasion, would you like to reconsider the following 4 points and improve your everyday eating habits?

Meals with a Good Balance of Staple Foods, Main Dishes, and Side Dishes

Increasing the Amount of People who Consume a Good Balance of Food

The number of people who eat balanced meals at least twice a day almost every day is 52.8%, being 52.3% for men and 53.2% for women. In particular, it seems that both men and women in their 20s report the lowest rates. (From the 2024 national health and nutrition survey)

The Goal is 350g or More Each Day! Let's Add a Plate of Vegetables Every Day

Increasing Amount of Vegetable Intake

The average amount of vegetables consumed nationally is 258.7g per day, with men consuming 268.6g, and women consuming 250.3g. In terms of age groups, men in their 20s and women in their 30s consume the least vegetables, with older generations consuming more. (From the results of the 2024 national health & nutrition survey)

The Goal is 2g Less Per Day!

Reducing Amount of Table Salt Intake

The average amount of salt consumed nationally is 9.6g per day, with men consuming 10.5g, and women consuming 8.9g. In terms of age groups, men and women in their 60s consume the most table salt daily. (From the results of the 2024 national health & nutrition survey)

The Goal is 200g Each Day! Let's Eat Fruit Every Day

Increasing Amount of Fruit Intake

The average intake of fruit nationally is 78.1g per day. On average, men consume 70.4g, and women consume 84.7g of fruit every day. In terms of age groups, men and women aged 70 and above consume the most fruit per day. (From the 2024 national health and nutrition survey)

Inquiries: Health Promotion Division Health and Medical Care Section TEL: 0774-95-1905

Eat a Balanced Meal with Staple Foods, Main Dishes, and Side Dishes



SMART LIFE PROJECT

First -2
To Deliciously Reduce Salt, First Minus 2g Each Day

A Healthy Life by Reducing Salt

The goal is to reduce your current intake amount by 2g. Use dashi, citrus fruits, spices, etc. to reduce salt in a delicious way. Check the nutritional information and reduce salt wisely.

健康寿命をのびそう
SMART LIFE PROJECT

厚労省
厚生労働省



Decide Today's "Plus 1 Plate" to be Vegetables or Fruit

Let's start out by adding one plate of vegetables or fruit to our meal. Vegetables and fruits are rich in vitamins, minerals, and dietary fibers. Incorporate them into your daily meals, and continue proper eating habits.

SMART LIFE PROJECT

Your Residence Card, etc. Can Be Combined With Your My Number Card!

When you are looking to renew documents such as your residence card or special permanent resident certificate, it will be changed to a new design. (You can use your current residence card, etc. up until its expiration date.)

You can also change it to a new specified residence card/specified special permanent resident certificate which **integrates the functionality of a My Number card**.

Those who currently have separate My Number cards and residence cards, or those who do not yet have a My Number card but are considering creating one, feel free to change to this new integrated card.

Inquiries: Family Register and Citizen Section of the Service Counter Division TEL: 0774-95-1905



Town Events



Ujicha/Yamashiro Gochisou Festa

Date and Time: 9/27(Sun.) 9:30 a.m. - 3:00 p.m.

*No postponement due to rain, will cancel due to stormy weather

Place: Joyo Gorigori-no-Oka (Kyoto Prefectural Kizugawa Sports Park)

Event Details: This is a gourmet event where the food of the Kyoto/Yamashiro area like Uji tea is assembled all in one place. This is great gathering of roughly 90 booths where Uji tea, food made with delicious home-grown Yamashiro ingredients, sweets and more are sold and fresh Kyoto vegetables can be bought. A hands-on Uji tea experience and taste-testing opportunity, a fun stage, and more will also occur.

Inquiries: Ujicha/Yamashiro Gochisou Festa Executive Committee Office (Kyoto Prefecture Yamashiro Area Promotion Office Planning & Cooperation Promotion Division) TEL: 0774-21-2049



Suikei-en Jazz Live

Dates & Time: 9/19 (Sat.), 10/3 (Sat.), 10/10 (Sat.) 6:00 p.m. - 7:00 p.m.

* Will be held inside in case of rain

Place: Keihanna Commemorative Park Suikei-en

Event Details: Won't you enjoy a jazz live at the Suikei-en at night? Feel the light-hearted yet impactful sound of jazz move you like the breeze that welcomes early autumn.

Fee: 200 yen (Free of charge for pre-schoolers)

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



Moon Viewing

Date & Time: 9/26 (Sat.) 5:00 p.m. - 9:00 p.m.

* Postponed to 9/27 (Sun.) in case of rain (contents may change)

Place: Keihanna Commemorative Park Suikei-en

Event Details: A moon concert (performed by the famous erhu player Chen Min), a 'tsukimi dorobou' event where children can win prizes, stargazing, an art exhibit themed around the moon, and more will take place in this event-packed night. Please enjoy a moon viewing in the garden at night.

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



Pocket Marche in Keihanna Commemorative Park

Dates & Time: 9/20 (Sun.), 9/21 (Hol./Mon.) 9:30 a.m. - 4:00 p.m.

* Cancelled in case of rain (decided by 6:00 p.m. the day prior)

Place: Keihanna Commemorative Park Hiroba

Event Details: A market for antiques, plants, and other miscellaneous goods. Food and drink stalls will also be open. Please enjoy shopping in the park!

Inquiries: Pocket Marche Executive Committee - TEL: 080-5364-2345



Hohoemi Sports Hiroba

Date & Time: 9/20 (Sun.) 9:00 a.m. - 12:00 p.m.

Place: Mukunoki Center Arena

For ages 3 and up (1st and 2nd graders must be accompanied by a guardian)

Event Details: Enjoy badminton (in shifts), table tennis, basketball, volleyball, and more in the public access area, and Mōlkky and pickeball inside the New Sports Area!

Bring gym shoes. Fee: Elementary/middle school: 100 yen; High school and up: 200 yen

※ Free for pre-schoolers ※ Double price for those living outside of Seika

Inquiries: Mukunoki Center - TEL: 0774-98-0200





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: 9/13 (Sun.) & 10/17 (Sat.)
Possible Reservation Hours: 9:00 a.m. - 11:45 a.m.

※An appointment needs to be made in advance. Same-day appointments are not possible.

※Reservations can be made 45 days prior to the desired date.

○ **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

Regarding the Suspension of Certificate Issuance Services using My Number Card

Due to system maintenance, certificate issuance services using the My Number Card will be unavailable for use, in accordance to the following schedule.

Service Suspension: 9/24 (Thu.) 5:00 - 11:00 p.m.

10/6 (Tue.) All Day

The My Number Card certificate issuance machines at the Citizen Service Corner (in Takanohara Esperoma) and Seika Town Hall, as well as the copy machines found within convenience stores will all be unavailable during this time. Those in need of a certificate, please visit the service counter in the town hall. We deeply apologize for the inconvenience and appreciate your understanding and cooperation.

Implementing the My Number Card Application Home Visit Reservation Service

For those living in Seika who wish to apply for a My Number Card but have difficulties visiting the town hall, we are once again implementing the service for town hall employees to make an official visit to your house for application reception. The necessary face photograph will also be taken. The in-person visit campaign will last from 9/1 (Tue.) ~ 10/30 (Fri.) (excluding weekends and holidays). Those interested in an My Number Card application visit, please make a reservation by telephone.

TEL: 0774-95-1915

Direct inquiries to: Family Register and Citizen Section of the Service Counter Division
(Sougoumadoguchi-ka Koseki Jumin- Gakari) 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

Chinese (Traditional)

Portuguese

Korean

Vietnamese

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 Hall, etc.

Fee: 1,000 yen 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

9/23 is Sign Language Day

Every year, September 23 is "International Sign Language Day." It was decided at the United Nations General Assembly on December 19, 2017. In the written resolution, sign language was recognized to be on equal standing with sound-based language, and countries within the UN will promote taking measures to increase the understanding of sign language within society in order to completely guarantee the rights of deaf people.

In Japan, based on the 'Law Regarding the Promotion of Policy Related to Sign Language' put into effect on June 25th, 2025, **September 23rd was established as Sign Language Day.** In the Sign Language Policy Promotion Law, sign language is regarded as an important method of mutual communication, and it is specified that the country and local governments have an obligation to create an environment in which sign language can be used in daily life.

Since 2022, a blue-themed light-up illumination has taken place, in a color similar to that found in logos of the United Nations and World Federation of the Deaf, which signifies world peace.

In Seika, from 9/14 (Mon.) to 9/25 (Fri.), public awareness regarding Sign Language Day will be taking place within the town hall as well as Shin-Hosono Station. Also, on 9/17 (Thu.), tissue distribution for public awareness will also be taking place within Shin-Hosono Station.



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

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

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
9/6 (Sun.)	Internal Medicine	9/23 (Hol./Wed.)	Internal Medicine
9/13 (Sun.)	Internal Medicine, Pediatrics	9/27 (Sun.)	Internal Medicine, Pediatrics
9/20 (Sun.)	Internal Medicine	10/4 (Sun.)	Internal Medicine
9/21 (Hol./Mon.)	Internal Medicine	10/11 (Sun.)	Internal Medicine, Pediatrics
9/22 (Hol./Tue.)	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
9/9 (Wed.)	-	Closed
9/16 (Wed.)	3:00 p.m. - 5:00 p.m.	Arena Open (Table Tennis Day)
9/20 (Sun.)	9:00 a.m. - 12:00 p.m.	Arena Open (Hohoemi Sports Square)
9/30 (Wed.)	-	Closed
10/7 (Wed.)	3:00 p.m. - 5:00 p.m.	Arena Open (Table Tennis Day)



Annual Cleveland County Fair in Norman

The Cleveland County Fair will be taking place in Norman from September 10-13, 2026. This free fair has been held in Norman for over one hundred years. The official fairgrounds include a kitchen for fair meals, an arena and concessions area, an exhibit hall, an auditorium, and more.

This year, the county fair will include many free activities, such as a petting zoo with goats, donkeys, baby ducks, chickens, and more, as well as various races for children and babies. There will also be a carnival, and some paid events such as a cow milking contest and arm wrestling competition.

This fair has grown quite a bit since its beginnings over a century ago, but the welcoming spirit of the event will always remain for those in the Norman community.



from Cleveland County Fairgrounds

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



Fun Learning Edutainment Science Show

The Lifelong Learning Lecture "Fun Learning Edutainment Science Show" was held for roughly 150 participants.

Professor Ryouji Fukuoka, acting as Science Jr., and Jun-chan Nishikawa together demonstrated science experiments such as a toy air cannon made out of a garbage bin and a big floating ball. The event hall was filled with voices of surprise and laughter.

When asked about their thoughts, one participant said, "it was such an up-close look at science experiments that I thought I might do them at home myself."

