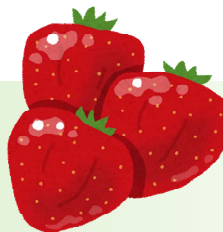




ICHIGO
いちご



Seika's English Language Newsletter

No. 347

June 2024

Seika Town Water Rates

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Seika Town Mascot

KYOMACHI SEIKA



"Be aware that the water
rates are changing!"

<<The fee for water service in Seika Town will change starting with your bill for the month of October.>>

The water rates in Seika Town has been the same for the most part since 2011, with the exception of a small increase due to the rise in the consumer tax percentage. In order for sustainable operations to be maintained and for water to be reliably supplied to residents, there will be an increase made to the water rates starting with your water bill for October.

Why are the Water Rates Changing?

The fee that Seika Town is charging to residents for water is not enough to cover the actual cost to supply water. Due to this, insufficient funds have prevented the renovation of out of date facilities and have caused emergency funds for crises such as natural disasters to run dry.

Additionally, the increase of devices reducing water usage in recent years has caused the demand for water to decrease. The decrease in water usage has caused the amount received for these services to decrease and since an increase in the amount received cannot be foreseen, increases to utility fees such as electricity will need to be increased.

An increase to these fees can no longer be avoided (More details regarding this will be explained in next month's issue).

The fee for your water bill will change starting with your water bill for October (Usage starting the day after water usage for the month of September has been recorded and the amount that you will need to pay in November).

*Depending on the situation, you may be charged the old or new water usage fee if you start or stop your water service in September or October.

What are the Specifics Regarding the Rate Change?

The new rate of your water bill will be on average 1.3 times the amount of your current bill. To help decrease the fee incurred by the average family, the standard rate for a meter diameter of 13.20 millimeters will be about 1.15 times the old rate.



Inquiries: Accounting and Sales Division
TEL: 94-2049
Water and Sewer Services Division
TEL: 95-1912

Japan Water Works
Association Character
Dr. Suido



The family summer concert, Keihanna Fureai Concert, is celebrating its 20th anniversary this year.

At this concert, you can enjoy familiar compositions ranging from the classics to nursery rhymes. There is no age restriction for this concert, so please attend the concert with your whole family (There will be a nursing room that you can hear the concert from available).

Date and Time: Saturday, August 17th tentatively from 2:00 p.m. to 3:30 p.m. (Venue will open starting at 1:15 p.m.)

Location: Keihanna Plaza Main Hall

Musical Performance by: Zoorasian Brass and others (23 total performers)

Song titles: Eine kleine Nachmusik, Zoorasian Medley, The Other Day I Met a Bear, Cherry Blossom Journey Around the World, Railroad Fantasy!, etc.

*Changes may be made to the program.

Tickets:

Pre-sale: 2000 yen/ Day-of tickets: 2500 yen

【All seats are assigned】 (If tickets for the available 1000 seats are sold during the pre-sale, there will be no tickets sold on the day of the concert)

Other:

- Children under the age of 3 can attend for free if they sit on a parent/guardian's lap.
- There will be no ticket refunds unless the concert is canceled.
- Parking is free. (Please do not use the parking spaces of companies in the surrounding area)

Pre-sale Ticket Selling Locations

- Seika Town Hall Planning and Coordinating Division (5th Floor)
Ticket Sales Period: From 9:00 a.m. to noon and from 1:00 p.m. to 5:00 p.m. on weekdays from Tuesday, June 18th through Friday, August 16th. (On Tuesday, June 18th ticket sales will begin at 10:00 a.m.)
- Keihanna Online Ticket Service
Ticket Sales Period: Starting at 10:00 a.m on Tuesday, June 18th until noon on Thursday, August 15th
Ticket Issuance: Seven Eleven (There will be a fee to have the tickets issued)
*If the issue by date has passed on the confirmation email, please be aware that you will no longer be able to have your ticket issued.

Contact the Keihanna Fureai Concert Executive Committee
(In the Planning and Coordinating Division) if you have any questions.
Tel: 95-1900



Keihanna Online
Ticket Service



Concert Details



Looking for new recipes to incorporate into your cooking repertoire?
Learn recipes from the Seika Town Diet Improvement Association Asunaro-kai!

Learn how to make delicious **refreshing rice bowl with plum** with this recipe.
This recipe will help keep you refreshed even during the most humid time of the year.
It is also easy to eat even when you do not feel like eating. Please try this recipe!



Scan for recommended
breakfast recipes

Ingredients (Easy amount to make- 6 servings)

Rice	...	150 grams
Okra	...	4
Pickled Plum	...	1
Natto	...	1 pack
Included Sauce	...	1
Shredded Nori (Seaweed)	...	As needed
Bonito Flakes	...	As needed



Nutrition Education Tip No. 48 When You Eat Breakfast Good Things Happen ③ 「 Preventing and Easing Constipation」

Eating breakfast stimulates your bowels and allows you to use the bathroom. Creating a rhythm in your daily life will allow you to have regular bowel movements.



Instructions

- 1 Put the rice in a bowl and mix the natto with the included sauce before putting on top of the rice.
- 2 Put a half a teaspoon of salt (not listed in ingredients) on the okra and rub it in. Remove the hairs on the outside of the okra and wash off the salt.
- 3 Remove the hard top part of the okra and cut the remaining part into small pieces. Put the cut pieces into a heat-resistant bowl and cover it with plastic wrap. Heat for 50 seconds on 500 watts.
- 4 Remove the pit of the pickled plum and finely chop.
- 5 Mix the okra, pickled plum, and bonito flakes and put it on top of the ingredients in step 1.
- 6 Top with shredded nori (seaweed).

Nutrition Information (per serving)

Calories	355	kcal	Calcium	73	mg
Protein	13.9	grams	Dietary Fiber	5.8	grams
Fat	5.1	grams	Sodium	2.4	grams

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.

This establishment lists the amount of calories that are in every menu item.



Participating Restaurant

Soba Jin

Address: Hikaridai 4 chome 45-10

Tel: 0774-94-5332

Hours: 11:00 a.m. - 2:00 p.m.

Closed: Wednesdays



Please note that business hours are subject to change due to the coronavirus pandemic. Please contact the restaurant for more information regarding their hours and operating dates.



Kyomachi Seika Birthday Celebration 2024

Seika Town's PR character, Kyomachi Seika, has been used to help communicate information to residents in a way that is easy to understand. Until now, Kyomachi Seika has been used in a variety of different instances from the town newsletter and town website to public awareness initiatives, social media platforms, original birth and marriage notification documents among other publications. Friday, July 5th is the 11th year since Kyomachi Seika was created.

We are accepting submissions of illustrations or messages for this year's celebration, Kyomachi Seika Birthday Celebration 2024.

For more information, visit the Kyomachi Seika page on the town website. You can view this page by scanning the QR code to the right.

Inquiries: Coordinating and Planning Division Public Relations Section TEL: 95-1900



Seika Festival 2024

To coincide with Kyotomachi Seika's birthday, the Kyomachi Seika Fan Club (Kyomachi Seika Fan Club volunteers) will be hosting a video, song, and illustration submission festival.

We would like to see how everyone imagines Kyomachi Seika in this contest-style fan event. For more information, scan the QR code to the right and watch the announcement video. Submit any questions you have to the question box located below the video.

Submissions will be accepted from Monday, July 1st through Wednesday, July 10th



Wednesday, June 26th is Seika Town Home Town Day with Kyoto Sanga F.C.

Seika Town is Kyoto Sanga F.C.'s home town.

In expressing Kyoto Sanga F.C.'s appreciation toward everyone for their support, reduced price tickets and free admission for elementary school-aged children will be provided to residents of Seika Town to provide inspiration to attendants.

■ Game Information

Date and Time: Wednesday, June 26th 7:00 p.m. kick off (Opponent: Kashiwa Reysol)

Location: Sanga Stadium by Kyocera (Kameoka City Kameoka Station Kita 1 Chome 8-2)

Seat Type	Ticket Type	Pricing
Home Upper Level Assigned Seats	Adult	2,520 yen (Normal pricing: 2,800 yen)
	Junior High/High School Students	900 yen (Normal pricing: 1000 yen)
	Elementary School Students	Free
Home Upper Level Assigned Seats (South side)	Adult	2,340 yen (Normal pricing: 2600 yen)
	Junior High/High School Students	810 yen (Normal pricing: 900 yen)
	Elementary School Students	Free



Home Town Day Special
Pricing Website



Keihanna Movie Screening ~Totto-chan: The Girl at the Window~

Date and Time: Friday, June 11th and Saturday, June 15th at 10:30 am and 2:00 pm

Place: Keihanna Plaza Main Hall

About the Movie: This is a new story about a mother and son who never change.

Fee: General admission: 1100 yen, Over the age of 60: 800 yen

(Showing the Pura Zo coupon will allow you to enter at a reduced rate of 800 yen)



Ikebana for Everyone

Date and Time: Saturday, June 29th from 2:00 pm to 3:30 pm

Place: Keihanna Commorative Park Suikei-en Kangetsuro Hall

Capacity: First 20 people

Event Details: This is a workshop that has been planned so that everyone can enjoy the art of flower arranging through ikebana. There is nothing complex about flower arranging. Experience a valuable part of Japanese culture that cannot be experienced anywhere else!

What to Bring: A bag to take your flower arrangement home

Fee: 1000 yen (Fee to enter the park is included)

How to Apply: Call the park management office by Tuesday, June 25th.



International Exchange Salon ~「Experience American Independence Day」 Cooking Class~

Date and Time: Sunday, June 30th from 10:00 am to 12:00 pm

Place: Mukunoki Center Third Floor Cooking Room

Eligible Participants: Individuals residing, work, or going to school in Seika Town

Capacity: 24 people

*If there are more than 24 applicants, a drawing will be conducted.

*Children in the fourth grade and younger will need to be accompanied by a guardian

Event Details: Cook food that is often eaten on American Independence Day with the Coordinator of International Relations to experience celebrating the holiday.

What to Bring: Apron, bandana, slippers or indoor shoes, and a towel

Fee: 300 yen (children preschool age and younger are free)

How to Apply: Apply through the application form on the Seika Town website by Friday, June 21st. (Scan the QR code to the right to apply)

*If you have concerns about allergies, please contact the Coordinating and Planning Division before applying.



Annual Tanabata Festival ~Making Tanbata Festival Decorations~

Date and Time: Sunday, July 7th from 2:00 pm to 4:00 pm

*Held rain or shine

Place: Keihanna Commemorative Park Suikei-en Kangetsuro Hall

Capacity: First 40 people (Children in the fourth grade and below will need to be accompanied by a guardian)

Event Details: Coinciding with the Tanabata Festival, the first 100 children middle school age and younger will be given bamboo to create decorations and konpeito (a small sugar candy). The tanabata festival decorations will be made in the origami corner.

Fee: Park entrance fee





Town News

Weekend Appointments for My Number-Related Matters

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

Dates: Saturday, June 22nd; Sunday, July 28th

Appointment Hours: 9:00 a.m. - 11:45 a.m.

※**An appointment needs to be made in advance.** For appointments related to My Number Card issuance, please fill out the notification card you receive in the mail and make an appointment by phone or online. For all other appointments (applications, renewals, etc.), please make an appointment by phone.

*Digital certifications can be renewed up to three months prior to expiration.



Appointments to have your card issued can be made here



Register to Receive Notifications ~Prevent Improper Acquisition of Documents Such as Residence Certificates~

You can receive a notice if a representative or third party obtains an official copy of your family register or copy of your residence certificate. These notifications are used to prevent improper application submissions and acquisition of documents. To receive these notifications you will need to submit an application in advance. Individuals eligible include those whose registered domicile or address is in Seika Town, as well as individuals who had an address in Seika Town in the past. Bring the application form* along with a personal identification document issued by the government (my number card, driver's license, health insurance card, etc.) to the service counter on the second floor of the town hall.

- ▶ Certificates that Qualify for Notifications
 - Copy/Shortened version of all or part of your official family register, residence certificate, address record, etc.
- ▶ You will not Receive Notifications if...
 - You, someone in your family, or relatives apply for a copy of your official family register
 - You or one of your family members apply for your residence certificate
 - National or municipal government offices submit an application
 - A lawyer, judicial clerk, etc. applies for use of your personal information during a legal trial or dispute

* Application form can be downloaded from the Seika Town website.

Direct inquiries to: Resident Family Register Section of the Service Counter Division (Sougoumadoguchi-ka Koseki Jumin- Kakari) TEL: 95-1915

Seika Global Net's Multicultural Playgroup "Ichigo Ichie"

This is a playgroup for foreign and Japanese families who are raising children in southern Kyoto prefecture and northern Nara prefecture. Come meet families raising children who live in this area!

Various workshops including ones regarding parenting, information exchange, etc in easy Japanese and English are offered. Come and join us! This will give you the opportunity to expand your circle of friends along with your children.

Ichigo Ichie events are held once every two months. For information regarding past and future events, please refer to the links below.

Facebook: <https://www.facebook.com/sgnhiroba>

Instagram: https://www.instagram.com/ichigo_ichie_sgn/

Homepage: <http://www.sgnhiroba.blogspot.com>



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".



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 yen 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's sign language> Put two words together to make a new word.

In June and July, we will introduce how to express the past tense of a verb by using it in combination with "to end".

A. Using the sign language for [to see] and [to end] in this order means, "I saw."

B. Using the sign language for [to hear] and [to end] in this order means, "I heard".

A. To see



Stick out the pointer and middle finger on your right hand and move forward starting just below your right eye.

OR

B. To hear



Put your right palm in front of your right ear with your fingers pointing upward.



To end



Face the five fingers of both of your hands upward in an open position. Lower the all of your fingers on both hands at the same time and put your fingers together once completely lowered.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

Date	Specialty	Date	Specialty
6/2 (Sun.)	Internal medicine	7/7 (Sun.)	Pediatrics
6/9 (Sun.)	Internal medicine	7/14 (Sun.)	Internal medicine / Pediatrics
6/16 (Sun.)	Internal medicine	7/15 (Sun.)	Internal medicine
6/23 (Sun.)	Internal medicine / Pediatrics	7/21 (Sun.)	Internal medicine
6/30 (Sun.)	Internal medicine	※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988)	

Health Center

Date	Time	Details
6/21 (Fri.)	12:30 p.m.-	3-yr. 6 mon. Health Check (Toddlers born November 2020)
6/25 (Tues.)	12:30 p.m.-	1-yr. 6 mon. Health Check (Toddlers born November 2022)
7/1 (Mon.)	12:30 p.m.-	2-yr. 4 mon. Health Check (Toddlers born February 2022)
7/2 (Tues.)	12:30 p.m.-	3 - 4 mon. Health Check (Infants born March 2024)
7/2 (Tues.)	12:30 p.m.-	9 - 10 mon. Health Check (Infants born September 2023)

Mukunoki Center

Date	Time	Details
6/19 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
6/23 (Sun.)	9:00 a.m. - 12:00 p.m.	Hohoemi Sports Hiroba
6/26 (Wed.)	-	Closed
7/3 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis
7/10 (Wed.)	3:00 p.m. - 5:00 p.m.	Table Tennis



Norman Music Festival 2024

The Norman Music has been held annually in downtown Norman since 2008 on the third Thursday through Saturday of April. It is the largest music festival in Oklahoma and it is free to attend. Every year nearly 100,000 people go to downtown Norman to attend outdoor and indoor concerts held over the three days of the festival. All genres ranging from indie to rock to comedy are featured during the festival. The festival is run almost entirely by volunteers and contributions from local businesses and individuals make it possible for the festival to be free to attend. The volunteers have even developed a smartphone application and website to help attendees enjoy the festival more. This year, the festival was planned to be held from April 25th to April 27th and feature about 300 bands, but had to be ended early due to dangerous weather, including a tornado, that came into the Norman area. Luckily, there were no serious injuries or damages caused by the storm according to the news.



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!

Facebook



Town Website



Kyoto CIR Blog



Maker Faire

Many people attended Maker Faire Kyoto 2024, an exhibition and networking event for engineers to gather and display their unique and groundbreaking inventions. This event was held over a two-day period from Saturday, April 27th and Sunday, April 28th at the Keihanna Open Innovation Center (KICK). At the venue, inventors from all over Japan and across the global gathered to unveil their new tools and unique ideas. The event featured different activities such as exhibitions with state of the art robots and programming workshops, which made for an exciting two days that was even popular among kids.

