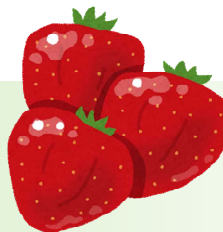




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Seika's English Language Newsletter

No. 346

May 2024

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Seika Town Mascot
KYOMACHI SEIKA



"Be careful not to become a
victim of a scam when
shopping online!"

Be Careful of Scams Using Cashless Pay Apps

In addition to scams involving online shopping and not receiving the items that you ordered, there have been a rise in scams involving vendors trying to steal your money when giving you a refund by using cashless payment applications. There have been reports of money being sent instead of receiving a refund from the vendor as promised.

If you are told by a vendor that you will be refunded through a cashless payment application, you may be at risk of being scammed!

〈Example Scenario〉

You bought an accessory for 7000 yen online. You can only pay by transferring the funds from your bank account. Once you have inputted your bank information and you have received a confirmation email that the money was sent, you receive an email that says that the order will have to be canceled because the item that you ordered is out of stock. In the email, you were told that you would be refunded through a cashless payment app and that you would need to add the vendor on LINE. In a video call, you were given instructions to enter the numbers in the cashless payment app as you were told. An error saying that the payment could not be completed occurred multiple times and as a result, you accidentally transferred about 100,000 yen.

〈Advice〉

Even if you pay for an item that you bought online directly through your bank account, it is not normal for refunds to be done through cashless payment applications.

If you are told that you will be refunded through a cashless payment application, be aware that it might be a scam. Do not follow the instructions of the person that contacted you and instead contact the nearest consumer advice center or police station.

Consumer Affairs Festival 2024

Date and Time: Saturday, May 18th from 11:00 a.m. to 4:00 p.m.
Place: Aeon Mall Takanohara 3rd Floor

Consult the Consumer Advice Center

When you need help, consult the Soraku Consumer Advice Center (Jogo-15 Kizu, Kizugawa City Soraku Kaikan First Floor). The Soraku Consumer Advice Center is open on weekdays from 9:00 a.m. to noon and 1:00 p.m. to 4:00 p.m.

On weekends or holidays (excluding the new year holiday), call the consumer hotline by dialing 188.



Monday, May 20th

9:45 a.m.

Start Fugenjifureai no Eki

Around 12:45 p.m.

Goal Keihana Plaza (West Side)



Official Race
Page

Kyoto Stage
Home Page



Picture
from
last
year's
race

The "Tour of Japan" is one of the bicycle races internationally recognized by the International Cycling Union (UCI). The Kyoto Stage of the race will be held on Monday, May 20th.

This bicycle road race has the highest elevation gain in Japan and is the biggest and highest caliber race of its kind in Asia. It is an event that attracts many spectators. While this may cause an inconvenience for residents in the area, we ask for your understanding and cooperation.

From around 9:15 a.m. to 1:00 p.m.

Traffic Restrictions

On the day of the race, there will be traffic restrictions both on and around the course. We appreciate your cooperation and understanding.

Partial Suspension • Relocation of Bus Stops

Road closures and partial bus stop suspension • relocation will take place during the duration of the cycle race. While this may cause an inconvenience for residents in the area, we ask for your understanding and cooperation.

▶ Nara Kotsu Bus Route

Buses traveling east on Seika Oodori will not be able to stop at the following bus stops: Hikari-dai 4 Chome, Hikari-dai 3 Chome, and Keihanna Plaza. Please utilize the bus stops at Hikari-dai 7 Chome or ATR. There will be no disruption to the operation of buses traveling west.

▶ Seika Kururin Bus

Buses will not stop at Kashinoki-en, Higashibata, or Higashibata Guchi during the duration of the traffic restrictions. Also, the "Keihanna Plaza" stop for buses leaving Yamadagawa Station bound for the west entrance of Hosono Station will be moved to the "ATR" Nara Kotsu bus stop. Depending on the traffic, there may be significant delays in the bus schedule. While this may cause an inconvenience to users, we ask for your understanding and cooperation.

Special Small Trip in Seika

Would you like to experience pro racing first hand with us? See the different viewing spots of the race in Higashibata and enjoy an international race that features a competitive slope corner!

Date and Time: Monday, May 20th

Meeting at 9 am in front of the Keihanna Plaza Entrance/Exit (On the Vierra Town side), ends at 1 pm (In front of the Keihanna Plaza)

*Event will still be held in light rain (Suspended in the event a weather alert is issued)

Course: Keihanna Plaza -> Higashibata Community Center (toilet) -> in front of Toridani Pond -> Higashibata Hairpin Curve -> in front of Genkijuku Care Plan Center -> Higashibata Akamizu Intersection -> Higashibata Nozoki Intersection -> Around the front of Keihanna Plaza (Disperse)= About 5 kilometers *Based on the situation on the day of the event, the viewing location and course may change

Capacity: 30 people

What to Bring: Something to drink, umbrella/raincoat, plastic sheet

Fee: 500 yen

How to Apply: Call or send an email to the following by Sunday, May 19th:

NPO Seika Town Furusato Guide Association/ TEL:090-8877-4491 • furusato_seika@yahoo.co.jp



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 **Egg in a Spinach Nest** with this recipe.
Point With the green from the spinach, the yellow from the egg,
and the red from the mini tomatoes, it is a very colorful and appetite stimulating dish.
It is perfect for breakfast and goes well with either rice or bread.



Scan for recommended
breakfast recipes



Ingredients (Easy amount to make- 6 servings)

| | | |
|-------------------|-----|---------------------|
| Eggs | ... | 2 |
| Bacon | ... | 2 pieces (20 grams) |
| Shredded Cheese | ... | 20 grams |
| Spinach | ... | 80 grams |
| Mini Tomatoes | ... | 4 |
| Whole Kernel Corn | ... | 20 grams |
| Butter | ... | 4 grams |
| Salt/Pepper | ... | As desired |

Instructions

- 1 Boil the spinach and cut into two centimeter pieces. Cut the bacon into one centimeter pieces.
- 2 Cut the mini tomatoes in half.
- 3 Melt the butter in a fry pan and heat the corn. Sprinkle with salt and pepper.
- 4 In a heat-resistant dish, add the corn, but leave space in the center to add the egg. Break the egg, making sure that it is in the center. Put the mini tomatoes around the egg and sprinkle with cheese.
- 5 Bake in an oven toaster for five to six minutes.

Nutrition Education Tip No. 47

When You Eat Breakfast Good Things Happen ②「Benefits of Raising Your Body Temperature」

Eating breakfast causes your body temperature to rise and your blood circulation to improve. The action of chewing stimulates your brain and digestive organs and awakens your brain and body.



Nutrition Information (per serving)

| | | | | | |
|----------|------|-------|---------------|-----|-------|
| Calories | 157 | kcal | Calcium | 125 | mg |
| Protein | 11.7 | grams | Dietary Fiber | 1.8 | grams |
| Fat | 10.9 | grams | Sodium | 0.6 | 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 which of the seven most common allergens are contained in each product.



Participating Restaurant

Bakery Cafe Brot

Address: Seikadai 2 Chome 10-19

Tel: 0774-94-9252

Hours: 10:00 a.m. - 4:30 p.m.

(Or until all items are sold out)

Closed: Monday thru Thursday, Sunday



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.



Seika Transportation News

The Seika Transportation News communicates information regarding the Seika Kururin community bus, improvements to public transportation methods, and the current state of public transportation in Seika Town to its readers.

This month's article will discuss the 18th Annual Seika Town Community Public Transportation Meeting that was held on Thursday, March 28th.

The Seika Town Community Public Transportation Meeting was held.

The purpose of this meeting was to discuss how to create a demand bus that fills the need of routes that are necessary for the everyday life of Seika Town residents. Experts in this field, resident committee members, and transportation company employees attended the meeting.

In the meeting held in the previous fiscal year, a policy for the implementation of a demand bus in the Higashibata area in the northern part of Seika Town was presented. However, in the meeting this year more specific details were debated and plans to implement the demand bus (replacement for the Kururin Bus) during the second half of the fiscal year were made.

Once a transportation company has been decided upon, the details and information on how to use the demand bus will be communicated via the town newsletter and information session among other means.

During this meeting, a debate was also held regarding the usage of the Kururin Bus since fiscal year 2021.

Scan the QR code to the right to view the article on the 18th Annual Seika Town Community Public Transportation Meeting.



Temporary Suspension of Certificate Issuance at Convenience Stores

The issuance of proof of income and tax/tax exemption certificates at convenience stores using your My Number Card will be temporarily suspended due to the change in fiscal year. We appreciate your understanding and cooperation.

► Date of Suspension

Friday, June 7th (all day)

► Suspended Certificates

Proof of Income/ Tax (Tax Exemption) Certificate
*Following Monday, June 10th, only proof of income and tax (tax exemption) certificates for fiscal year 2024 (income received during 2023) will be issued at convenience stores. For information prior to fiscal year 2023, please visit the town hall to have your certificate issued.

Direct inquiries to: Taxation Division Resident Tax Section

Tel: 95-1916

Follow the Rules of Public Parks

In order for everyone to enjoy public parks, follow the rules (laws) and make sure to be cordial to others. The following actions are prohibited at public parks in Seika Town:

► Action Prohibited by Local Ordinances

- Damaging or soiling facilities within the park
- Snapping the branches of or removing bamboo, trees, or flowers
- Changing any characteristics of the park grounds or removing any dirt
- Capturing or killing birds or other wild animals
- Putting up any papers, signs, or advertisements
- Entering a no trespassing area
- Driving or parking in any area that is not a designated area
- Using the park for other purposes
- Starting a bonfire or using anything with fire
- Any other actions that may obstruct others from using and maintaining the park

Requests Regarding Public Park Rules

Riding bicycles and motorbikes inside parks is strictly prohibited. Additionally, be careful not to cause problems for other people when you park your bicycle near the park entrance. You cannot use fire works or have a barbecue in the park. Take any garbage that you have home with you. Do not do anything that may be dangerous or cause problems for other people using the park.



Pocket Marche at the Keihanna Commemorative Park

Date and Time: Saturday, May 11th and Sunday, May 12th from 9:30 am to 4:00 pm

*Decision to cancel due to rain will be made by 6:00 pm on the day prior

Place: Keihanna Commemorative Park Grass Square

Event Details: A market selling antiques, miscellaneous goods, and environment-friendly products. Enjoy shopping in the park!

Inquiries: Pocket Marche Executive Committee/Tel: 080-5364-2345



Taiko Drum Class

Date and Time: Sunday, May 26th from 10:30 am to 12:30 pm

Place: Kashinoki-en Hall

Capacity: 10 people

Event Details: The Seika Taiko group, Hafuri, will be hosting a taiko drum class.

Taiko drumming can help improve stiff shoulders and build muscle while also being a good exercise for the brain.

What to Bring: Something to drink and a towel

How to Apply: Send an email to the address below.

Inquiries: Seika Taiko Hafuri (Representative: Atarashi) Email: atarashi110@yahoo.co.jp



Picture Book Picnic

Date and Time: Sunday, May 26th from 10:30 am to 2:00 pm

Place: Keihanna Commemorative Park Grass Square

Event Details: Enjoy picture books while relaxing in the grass square.



Bonfire Night at the Budding Tree Forest

Date and Time: Friday, May 31st; Saturday, June 1st; Friday, June 7th; Saturday, June 8th from 5:30 pm to 9:00 pm

*Will be canceled in the event of rain

Place: Keihanna Commemorative Park Budding Tree Forest (Mebuki-no-Mori)

Capacity: First 3 groups

Event Details: Enjoy an experience you cannot normally have by sitting around the bonfire in the budding tree forest

*Fee and application method can be found on the keihanna commemorative park website.



4th Annual Sports Day ~International Exchange Through Easy Sports~

Date and Time: Sunday, June 2nd from 1:30 pm to 3:30 pm

Place: Mukunoki Center Arena

Capacity: First 40 people (Children in and below the 4th grade will need to be accompanied by a guardian)

Event Details: Interact with people of all ages and nationalities and overcome age and language barriers in a fun and casual environment through sports and games from Japan and abroad! Event fun for the whole family!

How to Apply: Apply by scanning the QR code to the right and filling out the registration form in between Tuesday, May 7th and Friday, May 24th



Seika Global Net
Website



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: Sunday, May 26th; Saturday, June 22nd

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.



Appointments Are Now Being Accepted for Home Visits for New My Number Card Applications

If you live in Seika Town and would like to apply for a My Number card for the first time, but have difficulty coming to the town hall, a town hall employee will visit your house to complete the application. The face picture needed for the application will also be taken during your appointment. Appointments can be scheduled any time from Tuesday, May 7th to Friday, June 28th (excluding weekends and holidays).



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 April and May, we will introduce how to express "want to" by using a verb in combination with "like".

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

B. Using the sign language for [to drink] and [like] in this order means, "I want to drink".



A. To See



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

B. To Drink



OR



Like



Take your right pointer finger and thumb and face toward your throat. Pull away from your body in a forward motion and put your pointer finger and thumb together.

Seika Town Facility Schedules

Soraku Emergency Medical Clinic Schedule

| Date | Specialty | Date | Specialty |
|-----------------|--------------------------------|---|--------------------------------|
| 5/3 (Hol./Fri.) | Internal medicine | 5/19 (Sun.) | Internal medicine |
| 5/4 (Hol./Sat.) | Internal medicine | 5/26 (Sun.) | Internal medicine / Pediatrics |
| 5/5 (Hol./Sun.) | Internal medicine | 6/2 (Sun.) | Internal medicine |
| 5/6 (Hol./Mon.) | Internal medicine | 6/9 (Sun.) | Internal medicine |
| 5/12 (Sun.) | Internal medicine / Pediatrics | ※Please call prior to visiting the Soraku Emergency Medical Clinic (TEL : 0774-73-9988) | |

Health Center

| Date | Time | Details |
|---------------|-------------|---|
| 5/10 (Fri.) | 12:30 p.m.- | 2-yr. 4 mon. Health Check (Toddlers born December 2021) |
| 5/16 (Thurs.) | 12:30 p.m.- | 3-yr. 6 mon. Health Check (Toddlers born October 2020) |
| 5/17 (Fri.) | 12:30 p.m.- | 1-yr. 6 mon. Health Check (Toddlers born October 2022) |
| 6/13 (Thurs.) | 12:30 p.m.- | 2-yr. 4 mon. Health Check (Toddlers born January 2022) |
| 6/14 (Fri.) | 12:30 p.m.- | 3 - 4 & 9 - 10 mon. Health Check (Infants born February 2024 & August 2023) |

Mukunoki Center

| Date | Time | Details |
|-------------|-----------------------|--------------|
| 5/15 (Wed.) | 3:00 p.m. - 5:00 p.m. | Table Tennis |
| 5/22 (Wed.) | - | Closed |
| 5/29 (Wed.) | 3:00 p.m. - 5:00 p.m. | Table Tennis |
| 6/5 (Wed.) | 3:00 p.m. - 5:00 p.m. | Table Tennis |
| 6/12 (Wed.) | 3:00 p.m. - 5:00 p.m. | Table Tennis |



Medieval Fair 2024 in Norman

From Friday, April 5th to Sunday, April 7th the annual Medieval Fair in Norman was held at Reaves Park. Norman's Medieval Fair has been held every year since 1977 and is the largest weekend event in Oklahoma, usually attracting 200,000 attendents from all over the country. The fair allows attendees to be transported back in time to the Middle Ages through an immersive experience of medieval culture and entertainment that people of all ages can enjoy. There are many different activities at the fair including: a marketplace selling handmade clothing and goods, food, jousting tournaments, live theatrical and musical performances, and a costume contest. A 13-century village is reconstructed on the grounds of Reaves Park filled with people dressed in Middle-Ages attire taking on roles as knights, jesters, or the royal court.



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



Concert at the Seika Town Exchange Hall

The concert, Johann Sebastian Bach and All of the Twinkling Stars that Surrounded Him, was held at the Seika Town Exchange Hall.

World renowned pipe organ player, Ms. Mana Usui, played a variety of compositions from Bach to individuals that followed him such as Felix Mendelssohn.

The unique sound of the Seika Town pipe organ combined with the vibrant expression and superior playing skills of Ms. Usui received praise from attendents in the form of comments such as, "I was moved by the very warm and deep sound of the organ" and "The sound made me feel like I had been transported to another country".

