

# ふれあい通信



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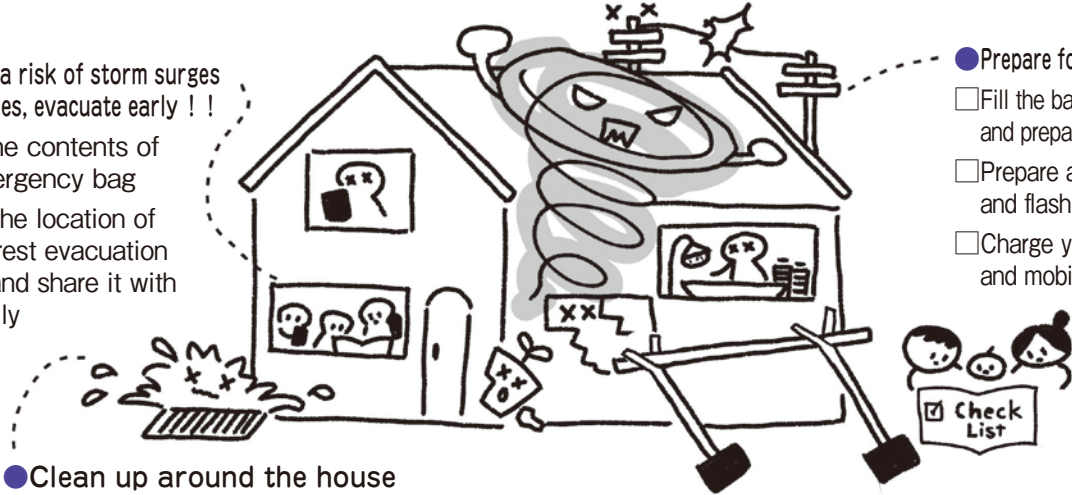
WEBSITE▶



## Disaster Preparedness for Foreign Residents ②

Typhoons always come to Japan from summer to autumn, so in this issue, we are featuring preparations for typhoons. Are you prepared well at home? Check with the following checklist. (Detailed explanations are on the next page)

- If there is a risk of storm surges or landslides, evacuate early !!
- Check the contents of your emergency bag
- Confirm the location of your nearest evacuation shelter, and share it with your family



- Prepare for power outages
- Fill the bathtub with water, and prepare drinking water
- Prepare a portable stove and flashlights
- Charge your smartphone and mobile batteries

- Clean up around the house

- Bring laundry poles and potted plants into your house
- Clean gutters and drains
- Close shutters and storm doors

### Evacuation Shelter Map Vol. 2 Naruo~Nishinomiya-hama area

Before a typhoon comes, check the list of evacuation shelters on the Nishinomiya City website. Check the nearest evacuation shelter as well.

Hamawaki Elementary School

Yougai Elementary School

Nishinomiya-Kofu Senior High School

Imazu Junior High School

Imazu Elementary School

Naruo-Kita Elementary School

Gakubun Junior High School

Naruo Elementary School

Nishinomiya-Higashi High School

Takasu Junior High School

Naruo-Minami Junior High School

Takasu Elementary School

Nishinomiya Compulsory Education School

Minami Koshien Elementary School

Koshien Stadium

Kyū Kokudo

Nakatsuburama-sen Street

Kosone-sen Street

Mukogawa

Evacuate early.

Quiz: What is the difference between a storm surge and a tsunami?

Please check the city's Disaster Reduction Map (Hazard Map) and evacuation shelters.

○ Evacuation shelters open :  
before evacuation information is issued.

□ when the risk of floods increases

◇ when the risk of storm surges increases

◊ when the risk of either storm surges or floods increases

Remember that evacuation is not always a safer choice. Check alerts carefully in your region using resources like "Hyogo Emergency Net," which also provides information about shelter openings.



## Preparing for a Typhoon



Among natural disasters, typhoons can be predicted to some extent in terms of when and how severe they will be. Therefore, we can prepare for it. Let's take early measures while monitoring weather information.

When a large typhoon approaches, various disasters can occur, such as power outages due to strong winds knocking down utility poles, flooding of roads due to river overflows from heavy rain, landslides, and house inundation due to storm surges. First, check the Nishinomiya City Disaster Hazard Map to understand what to be cautious about around your home, and consider those measures.

### ◎Things to Do at Home in Advance

Before a typhoon comes to your area, the first thing you need to do is a safety inspection around

your home. Power outages may cause gas and water supply interruptions. It is reassuring to have a stockpile of water and food. Check with the checklist on the first page. Also, confirm with your family where the nearest evacuation shelter is.

### ◎“First Warning Area of Storm Surge” and Evacuation

The area (south of National Route 43) shown on the first page is at risk of immediate flooding in the event of a storm surge. Therefore, evacuation information will be issued for that area first.

From summer to autumn, the tide level is the highest of the year, so if a typhoon or low-pressure system coincides with high tide, the water level will be even higher. This means there is a high possibility of damage such as flooding under the floor, above the floor, and road flooding. Check the hazard map to

understand the risk level of your home.

The hazard map includes methods to determine the necessary evacuation actions based on the situation of your home. It can determine whether to evacuate to the second floor or higher, the fifth floor or higher, or if staying at home is dangerous. The evacuation shelters marked with a circle on the first page will be opened before evacuation information is issued. It is reassuring to walk the evacuation route from your home in advance. (Y. I)

#### Quiz Answer

- A storm surge is a phenomenon where the sea level rises due to a typhoon or developed low-pressure system.
- A tsunami is a phenomenon where seawater forms a large mass and rushes to the coast due to an earthquake or underwater volcanic activity.



## Nyonya Kueh from Singapore

Sweets have a way of melting people's hearts with both the young and adults. This column will introduce you to various sweets from around the globe, and are associated with seasonal events.

### Ingredients

(for a 15cm square 5cm high cake mold)

A { Rice powder ..... 80g

(Thai rice powder if possible)

B { Tapioca powder ..... 180g

C { Coconut-milk ..... 400cc

Water ..... 300cc

D { Sugar ..... 180g

Salt ..... a half teaspoon

Food coloring ..... 2 colors

\* Prepare a food steamer and a tube-cake mold, and place a suitable oven-sheet in it

\* Pandan leaf or Vanilla essence

\* 2 colors (red and green or any favorite color) of food colorings

⑥ Divide the batter from step ④ into three equal parts. Add your preferred coloring to two of the parts and measure out three equal portions for each with using a ladle.

⑦ Pour the well-mixed first layer of batter into the warmed mold and steam for 6 minutes.

⑧ Mix the batter for the second layer well, then pour it over the first layer and steam for 6 minutes. Repeat the process, changing the colors for each layer, steaming each for 6 minutes. After pouring in the ninth layer, steam for 15 minutes. (Add more water to the steamer to avoid it running out water during steaming)

⑨ Remove the mold from the steamer, let it cool to room temperature, then remove the cake from the mold and cut it into pieces.

① Put C into a pot and heat it. Once the sugar and salt have dissolved, turn off the heat and add a few drops of essence.

② Add B into the pot from step ① and mix well.

③ In a bowl, mix A well, then pour it in the contents of step ② and mix thoroughly.

④ Pass the mixture from step ③ through a fine sieve 2-3 times.

⑤ Place the square mold in a steamer, turn on the heat, and warm it up.



“Nyonya Kueh” is a traditional dessert of the Peranakan people from the Malay Peninsula. It is a vibrant, coconut-flavored, sticky dessert. The term “Peranakan” refers to the descendants of immigrants who had migrated from southern China to the Malay Peninsula for several centuries starting from the 15th and married local women. The men are called “Baba” and the women “Nyonya”, while “Kueh” means “sweets”. Therefore, Nyonya Kueh refers to sweets made by Peranakan women, and these traditional desserts have been passed down through generations in households. The recipe introduced here is for the most popular Singaporean sweets, “Kueh Lapis (layer)”. It is a dessert steamed in nine layers of pink, white, and green dough. The colorful dyes used are safe, as they come from plants such as pandan leaves and rose syrup. Recently, the number of specialty stores selling Peranakan sweets has increased, offering a variety of kuehs and even opportunities to experience making them. Enjoy the colors, aromas, and sticky texture! (Y. U)

The interviewee in this issue is Mr. Ismail Bülbül from Turkey. He currently resides in Nishinomiya City and works for a company in the food industry. Recently, he served as an instructor of Turkish cuisine for NIA's food culture exchange volunteer group.

### Enchanted by traditional folk dance

Meeting something you love is truly a blessing. Whether it's a job or a hobby, passion becomes the driving force that helps you continue through any hardships for a lifetime. This time, I spoke with Mr. Ismail, who has devoted his life to the traditional folk dance of his homeland, Turkey.

Mr. Ismail was born in a rural town near Ankara, the capital of Turkey. A few years later, his family moved to a downtown area in Ankara, where he received his education in the city. During breaks, he helped with the family farm, engaging in physically demanding tasks like caring for livestock and transporting wheat. In college, he majored in geological surveys, but alongside his studies, he was deeply passionate about Turkish folk dance, which he had started in high school. He

was a member of an amateur folk-dance troupe, where he not only performed as a dancer, but also created original works, directed, and choreographed. Even after graduating from university, he continued to participate in numerous dance and cultural festivals both in Turkey and abroad while working various jobs, including as an embassy staff member. At the age of 28, he was invited to the



Turkish Cultural Village, which was then in Kashiwazaki City, Niigata Prefecture, Japan, to direct performances for about six months.

Turkish folk dances vary by region, with each type having its unique characteristics. There are many dances including a dance in the Black Sea region that mimics the leaping of a large catch of sardines, a bold men's dance of the Aegean region, the agricultural dances of the inland areas, dances where people

hold hands to face nature, wedding dances, and male-female interaction dances. All these performances are known for their cheerful and uplifting nature, bringing joy to the audience.

At the age of 32, Mr. Ismail married a Japanese woman he had met in Turkey, and they were blessed with two children. While continuing his involvement in traditional Turkish dance, he worked in the construction industry. However, due to the impact of the COVID-19 pandemic, he decided to move to Japan with his family.

In 2023, he came to Japan to reunite with his family, who had returned earlier. He currently lives in Nishinomiya City with his wife's family. To work in Japan, he completed a Japanese language training course offered by the Ministry of Health, Labor and Welfare at a technical college in Kobe. He continues to study reading and writing Japanese at NIA.

Despite the change in environment, Mr. Ismail's positive attitude and continuous efforts attract many kind people around him. Now, he has adapted to life in Japan and is dedicated to his work, but introducing Turkish dance and cuisine remains his passion and source of motivation. (M. M)

## NIA Information Box

## INFORMATION

Japanese language classes for foreigners (10 classes each)			Place: NIA Conference Room
"Let's Speak and Learn Japanese"	Japanese Language Course for Foreigners	Japanese Language Chat Square for Foreigners	
Sep.8-Nov.24 Every Sunday 10:00~11:30	Sep.30-Dec.16 Every Monday 18:30~20:00	Sep.19-Nov.21 Every Thursday 10:30~12:00	
Intermediate: Those who have completed the beginner level Capacity: 10 students Instructor: Japanese language teacher Fee: 5,000 yen (including textbooks)	Elementary: Focus on daily conversation Intermediate: Advanced daily conversation Capacity: 15 students per class Instructor: Japanese language teacher Fee: 5,000 yen (including textbooks)	Class 1: Studies Japanese for the first time, or have studied a little Class 2: Able to read and write <i>hiragana</i> and <i>katakana</i> and manage simple conversation Capacity: 7 students per class Fee: 2,000 yen	

### Free Consultation for Non-Japanese residents

A judicial scrivener and an administrative scrivener will provide consultations free of charge (under seal of secrecy). Please make an appointment by email or by telephone.

Date & Time	Subject	Place
Nov.17(Sun.), 2024 13:00~16:00	Legal matters	NIA Conference Room
Jan.19(Sun.), 2025 13:00~16:00	Visa status	

## ◇Volunteers Wanted◇

NIA is seeking volunteers for the following works:

- **Newsletter volunteers:**  
Preparation work before shipping (4 times a year)
- **Volunteer interpreters and translators**  
(Korean, Chinese, Vietnamese and Portuguese etc.):  
We are seeking volunteers with different levels of ability.  
The work ranges from simple interpretation of daily conversation to translation of the NIA newsletter.



## ◇Sponsor Members Wanted◇

To promote activities of the international exchange program, we need your support.

- **Annual membership fee:**  
Group : ¥20,000 Individual: ¥3,000  
Volunteer: ¥ 2,000
- **Privileges:** Books can be borrowed for free. Conference rooms and the exhibition corner can be rented at a discount price. Other privileges include invitations to events run by NIA and discount tickets to Nishinomiya based facilities.

Events and disaster information etc. are provided in multiple languages.

**Nishinomiya City International Association (NIA) Facebook**



We recommend that you to register for our Facebook page.

## Current Number of Foreign Residents in Nishinomiya ※as of Aug. 2024

Nationality	Number	Percent
South and North Korea	3,092	35.83%
China	1,445	16.74%
Vietnam	1,195	13.85%
The Philippines	404	4.68%
Nepal	368	4.26%
Indonesia	302	3.50%
U.S.A.	249	2.89%
Myanmar	229	2.65%
Taiwan	174	2.02%
Brazil	126	1.46%
Thailand	102	1.18%
Bangladesh	87	1.01%
England	83	0.96%
Other	774	8.97%
<b>Total</b>	<b>8,630</b>	<b>100.00%</b>

Total Nishinomiya population 481,687

The percentage of foreign residents in Nishinomiya 1.79%

## WANTED:

Volunteers to Edit our PR Paper

"*Fureai Tsushin*" is produced by volunteers and NIA staff. We are looking for volunteers to work with us. If you are interested, please contact us with your comments on our newsletter.



## Advertisement wanted!

- ◆ Our newsletter is issued four times a year in Japanese, English, Chinese and Korean.
- ◆ It's distributed among NIA supporters, foreign members, volunteers, the general public, other international associations, public halls in Nishinomiya, citizens'halls, libraries, high schools and colleges in the city.
- ◆ It is also posted on our website for one year after being issued.

### ◆ FEES

Price
L: 40,000 yen /year (including a 20,000 yen organization membership fee)
S: 32,000 yen /year (including a 20,000 yen organization membership fee)



NISHINOMIYA

**Frente Nishinomiya**

〒662-0911 11-1, Ikeda-cho, Nishinomiya City

**Tel.0798-32-8550**

HPアドレス <http://www.frente-nishinomiya.com/>

Official Facebook information are now distributed

<https://www.facebook.com/frentenishinomiya>



## Specialty Shops of Frente Nishinomiya



Worth more than the price



Business hours of the Specialty Shops

**10:00 ▶ 20:00**

The gourmet street on the 1st floor is open after 20:00.

Official Application Information is now distributed



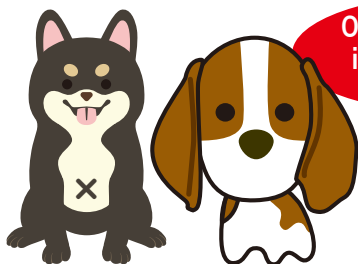
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- 設立年月日：昭和40年10月27日
- 事業内容：○建物管理運営事業 ○住宅管理運営事業 ○環境施設管理事業 ○不動産ファンドマネジメント事業 ○その他の事業

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