

ふれあい通信



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Feature Article : Disaster Preparedness for Foreign Residents ①

1
The year 2024 began with an earthquake...

2
Let's take a moment to reconsider disaster preparedness.

3
The Hanshin-Awaji Earthquake struck us tremendously on January 17, 1995. We need to share what we learned with foreign residents.

4
That's why from this issue, we are starting a series featuring disaster preparedness specifically tailored for foreign residents.

We don't know when disasters happen. They might occur tomorrow. So, as the first article, we will introduce disaster information tools that are easy for foreigners to use:

①Hyogo Emergency Net:
Available in 12 languages. It provides emergency information such as weather alerts and updates from various cities and towns. To access it, search for "hyogo bosai (disaster preparedness)" on your mobile device and register your residence. When emergency information is issued, you'll receive email notifications in English, along with links to translated pages.



②Japan Meteorological Agency Website:
Available in 14 languages. This website offers weather warnings, advisories, typhoon information, hazard distribution, earthquake details, and tsunami alerts. Simply search for "Japan Meteorological Agency" to find it. On the homepage, you'll find a language selection button in the center.



Evacuation Shelter Map Vol.1 Northern region

Nishinomiya's evacuation shelters are listed on the city's official website. It is crucial to know the nearest shelter during a disaster. In our serial articles we introduce location of such shelters in Nishinomiya. Let's start with those in the northern region.

Evacuation shelters are generally opened under the following conditions:

- → Before issuing evacuation orders
- → High risk of landslides
- ★ → Potential flooding due to overflow from Mukogawa and Arimagawa rivers

Now, let's check the colors depicted along riversides and highways. What do they represent? The answer and explanation can be found on the next page.

Please note that JR Line may stop its operation in time of heavy rain warning etc.

Please refer to "Bosai Map" published by the city.

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.



Preliminary Knowledge for Evacuation



Japan experiences frequent natural disasters such as earthquakes, typhoons, heavy rain, and floods. In our serial articles, we show what precautions to take in your local area and how to respond during disasters. Let's update your knowledge and share it with people from overseas.

Identify Safe Locations:

When facing risks like heavy rain-induced landslides or potential earthquake damage to your house, it's crucial to evacuate to a safe place.

But where should you go? In Nishinomiya City, evacuation shelters are established based on the type and severity of the disaster.

Check the "Nishinomiya City Bosai (Disaster Reduction) Map" provided by the city, which lists evacuation

centers by region and disaster type. These centers include public schools and community centers. Remember that some shelters may not open depending on the specific disaster, so check your nearest shelters with your family members.

Confirm Evacuation Shelter Availability:

When you need to evacuate, first check the status of evacuation shelters.

You can receive evacuation shelter opening information via email through "Nishinomiya Emergency Net" or via the app, "Hyogo Emergency Net." Make sure to register your mobile phone or smartphone in advance.

Once you have confirmed shelter availability, evacuate promptly. Bring essential items like food, water, medications, and a change of clothes.

If you have pets, note that spaces for pets are different from those for people. For those preferring to stay in their vehicles, shelter parking lots may be available.

Consider Alternatives to Evacuation Shelters:

Evacuating to a shelter isn't the only option. Consider staying in a safe area within your home or evacuate to a home of one of your relatives or acquaintances in a different region.

Before leaving your house, make sure to turn off the gas valve, switch off the electrical breakers, and lock your doors and windows.

(Y. I)

Answer to the quiz on the cover page

The colors depicted along riversides and highways represent areas at risk of landslides.



Ashure from Turkey

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.

Provided by Mr. ISMAIL BULBU from Turkey

Ingredients (for 5 to 6 people)

- Pearl Barley..... 1 cup (150g) with 300cc of water
- Chickpeas 1 cup (200cc)
- White turtle beans 1 cup (200cc)
- Nuts 1 cup (walnut, almond, hazel nuts etc.)
- Dried Fruits 1 cup (raisin, apricot, fig etc.)
- Salt pinch
- Sugar..... 2 tablespoons or more if desired
- Topping : cinnamon, raisin, pistachio, cranberry, pomegranate, orange, etc. as desired

How to cook

- ①Put cooked pearl barley in a large pot, add 500cc of water, and heat. Once it boils, reduce the heat, and occasionally stir. Continue to add water and simmer until the mixture

become soft. Add the beans and cook until they become tender, and the mixture thickens.

- ②Chop dried fruits roughly, and put them in a different pot, add enough water to cover, lightly boil, then add them with the broth to the pot of ① and mix them.
- ③Chop nuts roughly, put them in the pot of ① and mix them. Add a pinch of salt and the desired amount of sugar. Add more water if needed.
- ④When it reaches porridge-like consistency, sprinkle cinnamon and turn off the heat. Once cooled, put it in a bowl and sprinkle your favorite toppings.



Ashure, one of the Turkey's most traditional sweets, is made with wheat, beans, nuts, dried fruits, and more. It is a celebratory food created by cooking together all the remaining ingredients with gratitude to God when Noah's Ark reached land after drifting for such a long time, hence it's also known as "Noah's Ark Pudding". The name "Ashure" comes from the Arabic numeral "10" called "Ashura", as the day Noah's group landed was January 10th of the Islamic calendar. During the month-long Ashure festival, households cook Ashure and share it with neighbors. Large pots are set up in front of temples or in markets, distributing Ashure to passersby with wishes for blessings. This tradition, spanning thousands of years, likely communicates the teachings that sharing brings abundance and healing to people. It's a gentle-tasting porridge with various nuts. Why don't you try it?

(Y. U)

The interviewee in this issue is Mr. James Cusick from New York in the United States. He currently lives in Nishinomiya City and has been enjoying freelance style of working after retiring from his official job. He is also studying the Japanese language at NIA.

Global IT Consultant

In recent years, as the average life expectancy approaches 80 worldwide, the way people live after retirement has become a significant issue in life planning. In this interview, I felt I was shown a wonderful example. Although retired, Mr. James Cusick, a senior member of the world's largest technical professional organization, IEEE (a specialized academic society in the field of electrical and electronic engineering), also serves as a freelance IT consultant and applied researcher targeting the global market. His choice to reside in Japan was due to family circumstances. His connection with Japan dates back about 40 years.

Mr. James first visited Japan in 1985, during the economic boom and bubble economy era. He worked for a Japanese company as a manga artist and even helped at a friend's vegetable stand. After returning to America in 1987, he eventually married a Japanese woman whom he had met during his time in Kansai.



Upon returning to the US, he dedicated himself to his original career, working as an engineer and researcher, and concurrently teaching as an assistant professor at Columbia University. Leveraging his expertise in the computer science industry, he steadily climbed the ranks at companies like AT&T Labs, Bell Labs, Dell, and

finally Wolters Kluwer. While based in NY, he traveled the world, making technical contributions to his field.

Upon retiring, he relocated to Japan again in 2022. He wanted to be closer to his spouse's aging father. He is also grateful to his wife for accepting living in New York away from her hometown for over 30 years. Unlike his previous stay in Japan, he now enjoys the freedom of being a freelancer, as well as learning about the current situation in Japan. He studies Japanese at his own pace and owns a villa in Nose where he enjoys gardening. He works as an IT consultant and volunteers in board activities at an economics college in New York City.

Although Mr. James enjoys his life in Japan with his wife, he wishes for unsightly telegraph poles and wires to be buried underground for aesthetic and practical reasons. Additionally, he advocates for Japan to contribute more to the world in terms of technology and talent and encourages greater female participation in society. His advice is commendable. (M. M)

NIA Information Box

INFORMATION



Would you like to join Sakura FM radio program "Genki Jirushi Kokusai Koryu" ?



This program is broadcasted

It is the program in which you talk in Japanese about your hometown and daily life in Japan. If you are willing to take part in the program, please contact NIA.

on the third and fourth Saturday every month, from 11:30 am to 11:50 am.

International Kids Club

~For babies / pre-school children with foreign roots & their parents~

Date	Contents	location
Sep. 7 (Sat) 10:30~11:30	Exercise for Kids and Parents	NIA Conference Room

*Participation fee: Free



Cooking Class YouTube

Let's cook Japanese seasonal dishes and foreign dishes.

Cooking class video on Youtube



Date & Time	Contents	Subject	Venue
Sep. 8 (Sun) 10:00~14:00	Tsukimi	Foreign residents	Wakatake Life and Culture Center



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
July.21 (Sun.), 2024 13:00~16:00	Visa Status	NIA Conference Room
Sep. 8 (Sun.), 2024 13:00~16:00		

◆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 May, 2024

Nationality	Number	Percent
South and North Korea	3,117	36.37%
China	1,456	16.99%
Vietnam	1,136	13.26%
The Philippines	400	4.67%
Nepal	335	3.91%
Indonesia	281	3.28%
U.S.A.	266	3.10%
Myanmar	231	2.70%
Taiwan	176	2.05%
Brazil	124	1.45%
Thailand	109	1.27%
England	87	1.02%
Bangladesh	79	0.92%
Other	773	9.02%
Total	8,570	100.00%

Total Nishinomiya population 481,941

The percentage of foreign residents in Nishinomiya 1.78%

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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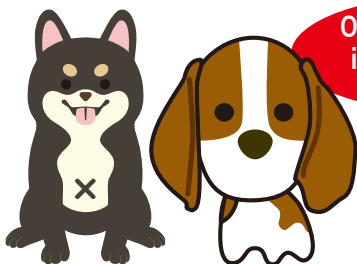
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Feel free to call the office of Tadashi Takata, an administrative scrivener.

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