

## ふれあい通信



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## The new fiscal year of 2021 (Reiwa 3) has started



Chairperson Tanaka Kyoko

It's a pleasant time of the year with hydrangeas blooming in vivid colors and I would like to extend my best wishes to all of you. I would also like to thank you for your understanding and cooperation in the operation of our association.

The world has changed drastically due to the spread of the new coronavirus infection. It became an opportunity for us to realize once again how precious our daily lives, our daily socioeconomic activities, and the free flow of people and goods that we used to take for granted are. It has been a year in which we have been forced to review and revise our activities comprehensively.

I am concerned that the environmental changes caused by this pandemic disaster may be giving damaging effects on the lives of foreign residents. We hope that providing vaccinations will progress and the spread of the infection will end as soon as possible. While working to prevent the spread of the infection, we are considering the implementation of our projects as much as possible by combining "online" and "real" activities, and are resuming various projects that have been stopped so far.

Currently, Nishinomiya City has a foreign population of over 7,100 and it is increasing every year. With more and more opportunities to meet people from many countries and regions, the ways of people's interactions are becoming more diverse, and the needs for international exchanges, mutual understanding, and efforts to realize a multicultural society are increasing. In particular, improving the distribution of multilingual information is an initiative that will lead to the promotion of a multicultural society.

It is necessary to create an environment in which foreign residents can live in peace and can transcend language and cultural barriers, so that they can enjoy living and exercise their abilities. To this end, we will strive to strengthen our system by providing information in multiple languages in the event of disasters such as earthquakes or typhoons.

This year marks the 10th anniversary of this association's new start as a public interest incorporated foundation. Thanks to the understanding and cooperation of our volunteers, supporting members, and many citizens, we have been able to carry out our activities smoothly without any major problems or accidents. I would like to express my heartfelt gratitude.

Although the future is not quite clear due to the pandemic, we will continue to work together to promote the internationalization of Nishinomiya City with the aim of making it a comfortable place for all citizens to live. Your continual cooperation would be greatly appreciated.

## Income and Expenditure Budget for Fiscal 2021

## [Income]

(Unit: Thousands of Yen)

From investing in basic assets	746
From membership fees	1,355
From projects, etc.	500
From subsidies, etc.	22,672
Other	8,094
Total	33,367

## [Expenditure]

(Unit: Thousands of Yen)

Operating expenses for the above-mentioned projects	30,163
Renting conference rooms, subsidy program	1,819
Administrative expenses	6,490
Total	38,472

## Cherry Blossom Viewing with Multicultural Parents and Children

~ at a park as usual ~

Nishinomiya International Kids Club is a volunteer group for babies/pre-school children with foreign roots and their parents, organized mainly by mothers who are now raising their children. The club usually meets once a month to enjoy seasonal events and games for parents and children. Since the activities are held with small children, they proceed with a relaxed atmosphere.

“Hanami” is an essential Japanese event held every year when cherry blossoms are in bloom. In recent years, they have met at Ikeda Park located near to both the JR Nishinomiya Station and the NIA office as our hanami site. It is a small park and not many people visit. Last year, they had to give up holding the event due to the declaration of a state of emergency. This year we decided that there was no need to worry about crowds or being in a densely populated closed space there, so we held the event paying full attention to the prevention of infection.

It was a perfect day for cherry blossom viewing. The blossoms were just about

beginning to fall since they started to bloom early this year. As the meeting time approached, parents and children began to gather gradually. There were 9 pairs registered for the day, 11 adults and 13 children. The children ranged from an eight-month-old baby to five-year-old



kindergarteners, and the parents were from various countries. When all the participants were present, the representative called out to everyone to gather and introduce themselves.

Then we laid out picnic sheets wherever we liked and did some simple crafts. Cherry petals that had started to fall and

torn colored paper were pasted on the provided paper and placed in a small frame. A variety of age-appropriate works were made.

The participants had learned about this event in various ways - Some were invited by their kindergarten friends, others found out about it from the NIA website, and so on. There was no end to the chatting as everyone talked about their child-rearing problems and exchanged information. At the end of the meeting before parting, they made an announcement about the next meeting.

Since our volunteers also came with children, we asked them how they had planned and prepared for the event. They said, “It is difficult for us to get together because we have small children and the coronavirus issue, so we use LINE to consult with each other. We roughly divide up our roles and each of us thinks about it. It’s not difficult because we don’t make any firm rules so that the children can enjoy their time freely.” The young mothers seem to have a natural and easy way of interacting. (Y. I)



## “Fruit Daifuku” from Japan

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 8 to 10 pieces)

- Shiratamako (sweet rice flour) ..... 100g
- Sugar ..... 50g
- Water ..... 140cc
- Shiro-an (white bean paste) ... 150g  
(sweet bean-paste if you like)
- Katakuri(ko) (potato starch) ..adequate
- Favorite fruits (strawberry, kiwi, muscat, tangerine etc.)

### How to make

- ① Divide shiro-an into 10 equal pieces and flatten them into a disk shape. Wrap a piece of fruit up with each one.
- ② Put an ample amount of the potato starch in a flat container.
- ③ Put shiratamako into a microwave safe bowl and pour 100cc water little by little and mix well with a spatula.
- ④ Add sugar and the rest of water in the bowl and mix them again.
- ⑤ Loosely cover the bowl with plastic wrap, and heat it at 600W in a microwave oven for 2 and 1/2 min.
- ⑥ Take the dough of ⑤ out of the oven and knead it firmly with a wet

spatula, cover it with plastic wrap again, heat it again at 600W in a microwave oven for 1 and 1/2 min.

- ⑦ Take it out from the microwave oven and knead it firmly again until it becomes smooth in texture. Then place it in the container of ②, powder it with the starch by using a strainer. Spread the dough with hands that are dredged in starch-powder.

- ⑧ Divide the dough into 10 pieces and make them into 8cm circular shapes. Put one in your palm and place the fruit of ① on the dough, then pull up the edge of it to wrap the fruit. Turn it over to smooth it out and finish it.



“Ichigo-Daifuku” has often been seen at Japanese-style confection stores for around 10 years. A strawberry surrounded by sweet bean paste is enclosed in a soft rice-cake layer. The sweet and sour taste of the fruit and the sweet taste of the bean paste blend nicely with the soft texture of the doughy wrapping. This delicacy that bursts in your mouth has come to be known as the new “Daifuku”.

Daifuku appears to have roots from a snack people made at home over 400 years ago called “腹太餅” (harabuto-mochi stomach/fat/mochi). At that time, it was more salty in flavor. However, in the middle of the Edo Era (late 18th century), sugar became available to ordinary people. Making it more sweet caused the treat to become more popular and to change its name in kanji from “大腹餅” (daifuku-mochi big/stomach/mochi) to “大福餅” (daifuku-mochi big/luck/mochi).

At that time, Daifuku-mochi became stiff easily and it had to be toasted when eaten. But its texture became softer around 50 years ago, thanks to the liberal addition of sugar. Adding sugar to mochi-powder has resulted in making mochi softer as time goes by. Wrapping fruits with a high-water content has also become possible. Nowadays, Daifuku stuffed with ice-cream or fresh cream can also be seen. Since you can make it easily with a microwave oven, feel free to try making it with your children. (Y. U)

The interviewee in this issue is Ms. L' Shawn Howard from Colorado in the U.S.A. With her husband and two children, she lives in a neat housing area situated on a small hill in northern Nishinomiya and is in the middle of child rearing in a foreign country with a lot of challenges.

## Life is a challenge

At precisely the time when the whole country of Japan and every other country was fighting the spread COVID-19, the excessive burden was not only on the medical professions, the economic world, and on many adults but it was also on weak little children. Ms. L' Shawn and her family were forced to change their life plan because of COVID-19. They had planned to leave Japan for their children's education when the pandemic hit.

The first time L' Shawn from Colorado came to Japan was in 2002, when she applied for the JET program as a senior at Colorado State University and was accepted. She was quite interested in the Japanese culture because she was attracted by the Japanese animation that was introduced by a Japanese student who stayed in her home when she was a teenager. She was placed in Yamagata prefecture to be an assistant language teacher at public

senior high schools. Even though she had become familiar with that area and made close friends, she had to return to Colorado 3 years later as the program finished. She returned to the University to get a master's degree in Teaching English to Speakers of Other Languages (TESOL). In 2008, she was invited by Kobe Kaisei Women's College to teach in their English department



and made a contract for 3 years. At that time, she was planning to open a language school in Yamagata after the contract. In March of 2011, the East Japan Earthquake happened just before they moved to Yamagata. Their move was delayed, and the plan was not actualized. They lived in Yamagata only one year but returned to Kobe as Kobe Kaisei Women's college asked L' Shawn to return in 2012, and they have lived in

the area since then.

During her stay in Japan, she conceived two children and has been raising the children with her supportive husband. Even though parental care has been always cooperative work with her husband who is willing to handle most household chores, they had face challenging period as their daughter was diagnosed with ADHD when she was in the first grade. A person with ADHD has difficulty working in a group or concentrating, so a child with ADHD might have trouble fitting in at school. This was the case with L' Shawn's daughter. Therefore, they are looking for alternative learning environment with teachers and staff that will support and understand their daughter's learning differences. She had decided to go back to Colorado, but it is difficult because the pandemic happened.

She also started to train to be a "Life Coach" in 2017. This is a job that one might help to lead a person who wants to live one's life seriously. There is no limit of living places as online training and business is possible. She is looking for all the possible ways to use her ability and think about her children's future. She is always positively living, even if she must overcome natural disasters, pandemics, and handling other pains for special childcare. "Life is a challenge" she says with a big smile. (M. M)

## NIA Information Box

### Free Consultation for Non-Japanese residents

A judicial 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.18 (Sun.), 2021 13:00~16:00	Visa Status	NIA Conference Room
Sep.19 (Sun.), 2021 13:00~16:00		

## INFORMATION

### "Bridges across World Communities" - A multilingual radio program -



**【Portuguese】**

3<sup>rd</sup> Saturday

from 12:00 noon to 12:15

**【Chinese】**

1<sup>st</sup> Saturday

from 12:00 noon to 12:15

**【English】**

2<sup>nd</sup> and 4<sup>th</sup> Saturdays

from 12:00 noon to 12:15

Gives practical information for our daily living and disaster prevention. The monthly guest interviews are very popular among listeners. Please download the free Sakura FM app and enjoy the clear audio.



### ◇Volunteers Wanted◇

NIA is seeking volunteers for the following works:

- Newsletter volunteers A:  
Preparation work before shipping (4 times a year)
- Newsletter volunteers B:  
Delivery to near-by institutions (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.

## Tadashi Takata Administrative scrivener's Office

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Feel free to call the office of Tadashi Takata, an administrative scrivener. ●E-mail: takatajimusy@nifty.com

### Current Number of Foreign Residents in Nishinomiya

※as of May, 2021

Nationality	Number	Percent
South and North Korea	3,182	44.4%
China	1,262	17.6%
Vietnam	904	12.6%
U.S.A.	234	3.3%
The Philippines	229	3.2%
Nepal	185	2.6%
Taiwan	140	2.0%
Brazil	121	1.7%
84 Other countries	905	12.6%
<b>Total</b>	<b>7,162</b>	<b>100%</b>

Total Nishinomiya population 484,254  
The percentage of foreign residents in Nishinomiya 1.48%



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>

Official Application Information is now distributed

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○不動産ファンドマネジメント事業 ○その他の事業

To upgrade your company's image and to promote your business!

## Advertisement wanted !

▶ If you are interested in publishing your ads in our Newsletter, feel free to contact NIA at 0798-32-8680.

- ◆ NIA publishes 1,800 Japanese copies, 1,200 English copies, 900 Chinese copies and 800 Korean copies of its newsletter four times a year.
- ◆ 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.
- ◆ We will also publish issues on the website for one year after being issued.

### ◆FEES

Ad size	Colors	Price	Publication times
L: 110mm×65mm	2 colors	40,000 yen /year (including a 20,000 yen organization membership fee)	4 times a year (June, September, December, & March)
S: 65mm×65mm	2 colors	32,000 yen/year (including a 20,000 yen organization membership fee)	4 times a year (June, September, December, & March)