

# SHINJUKU NEWS

No. 17

**Publishing Date:** June 25, 2009  
**Published by:** Culture, Tourism and International Affairs Division, Regional and Cultural Affairs Department, Shinjuku City  
**Tel:** 03-5273-3504  
**Fax:** 03-3209-1500  
1-4-1 Kabukicho, Shinjuku City, Tokyo 160-8484



Foreign Language Website <http://www.city.shinjuku.tokyo.jp/foreign/english/>

Please make your inquiries in Japanese when calling the coordinating division.

## Let's Be Prepared for Earthquakes

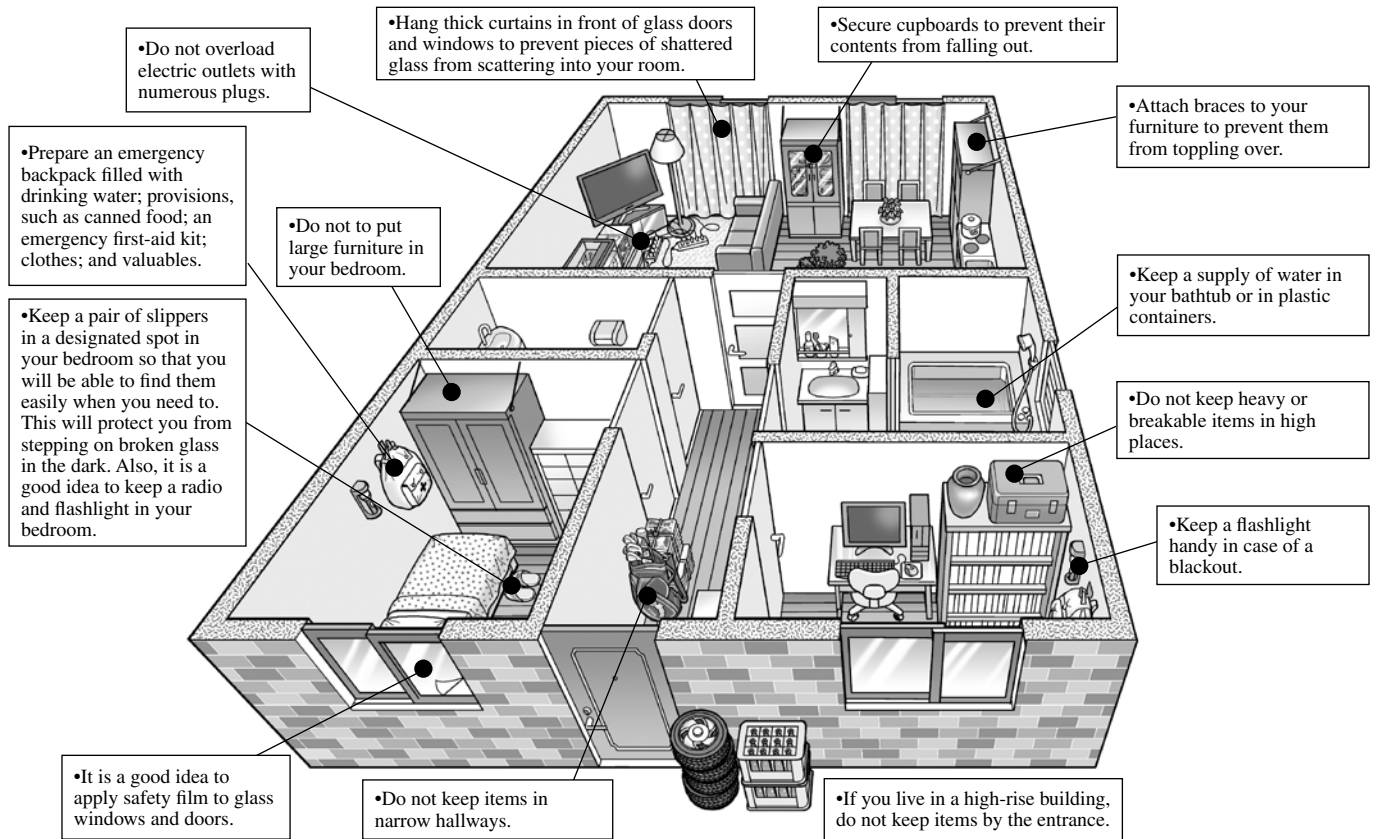


Japan is a land of frequent earthquakes, and no one knows when an earthquake will strike. It is a good idea to be prepared on a regular basis so that you will be able to remain calm and take proper action in case of emergency.



### Is Your Home Safe?

In 1995, approximately 6,500 lives were lost in the Great Hanshin-Awaji Earthquake, which registered an intensity of seven on the Japanese seismic scale. About 80% of the deaths were attributable to buildings collapsing and furniture toppling over. First of all, check your home to ensure that you will be able to evacuate quickly and safely.



### Where Should I Go if I Have to Evacuate?

After an earthquake strikes, there is no need to evacuate as long as there is no danger of a major fire or a building collapsing. However, if there is a high possibility of a major fire spreading, you should evacuate to a regional evacuation site (a large park or public square). In addition, if you no longer have a place to live because your home was destroyed, you should evacuate to an evacuation site (such as a municipal elementary or junior high school). Confirming the location of the evacuation site nearest you in advance is recommended. Every year, evacuation sites conduct disaster prevention drills around September or October. It is a good idea to participate in them to familiarize yourself with your community disaster prevention system so that you can cooperate with your neighbors in times of disaster.

For more details, please read "Preparing for Disasters" in *Information on Everyday Living for Foreign Residents of Shinjuku City*. Additionally, Shinjuku City Office publishes a safety card on which basic Japanese expressions for emergencies are printed. On the card, there are places for you to write your name, contact information, blood type, and any prescriptions you are currently taking. It is a good idea to keep this card with you at all times.

**Distribution Locations:** Shinjuku City Office Main Bldg. 1F and Shinjuku Multicultural Plaza (*Information on Everyday Living* is available at branch offices as well.)

Note: This information can be found on Shinjuku City's foreign-language Web site.

[www.city.shinjuku.tokyo.jp/foreign/english/](http://www.city.shinjuku.tokyo.jp/foreign/english/)

The next issue of *Shinjuku News* will be published in September 2009. *Shinjuku News* is available at various public facilities such as Shinjuku City Office, Shinjuku Multicultural Plaza, Branch Offices and public libraries.

## Apply for Your Supplementary Income Payment (Teigaku Kyufukin) as Early as Possible

•The application period for the Supplementary Income Payment ends October 6 (Tue.).

If you have received an application in the mail but have not yet filed it, please do so as early as possible. Please note that even if you received an application, you will not be considered eligible to receive the cash benefit if the term of residence under your visa expires at the time when Shinjuku City Office makes its final decision on the payment.

○ If you move out of Shinjuku City to another municipality on or before the standard date (February 1, 2009) and complete change-of-address registration procedures after the standard date, your Supplementary Income Payment will be issued by Shinjuku City. If this applies to you, please call the number below.

**Inquiries:** Shinjuku City Supplementary Income Payment Call Center, Tel: 03-5949-1020 (weekdays, 9 a.m. to 5 p.m.; English-, Chinese-, and Korean-speaking staff available.)  
Countermeasure Headquarters for Supplementary Income Payments (Shinjuku City Office Annex 1, 8F),  
Tel: 03-5273-4503

## Do You Know about *Chi-Deji* (Digital Terrestrial Broadcasting)?

Analog TV broadcasting will end July 24, 2011, and all broadcasting will be switched over to digital terrestrial broadcasting (abbreviated as *chi-deji* in Japanese). Once the

switchover is complete, you will no longer be able to watch programs on an analog TV.

TVs and recording devices currently on the market that can only receive analog TV broadcasting will have a sticker attached (shown below). To prepare for the switchover, you must take one of the following steps:

**2011年** アナログテレビ放送終了  
アナログテレビ放送が終了するにあたり、視聴者の方へお知らせいたします。お困りの方は、お問い合わせください。 総務局

- Buy a compatible TV.
- Buy a separate digital tuner to connect to your analog TV.
- Ask your cable TV company (if you subscribe to cable TV).

For more information, please read the notification flier posted at Shinjuku City Office. Alternatively, the flier can be viewed on the following Web site:

[www.soumu.go.jp/main\\_sosiki/joho\\_tsusin/dtv/pamphlet/pdf/kokuchi-e.pdf](http://www.soumu.go.jp/main_sosiki/joho_tsusin/dtv/pamphlet/pdf/kokuchi-e.pdf)

**Inquiries:** MIC Terrestrial Digital TV Broadcast Reception Call Center, Tel: 0570-07-0101

(weekdays, 9 a.m. to 9 p.m.; Saturdays, Sundays, and national holidays, 9 a.m. to 6 p.m.)

# Municipal Elementary and Junior High School Enrollment in April 2010

Compulsory education in Japan comprises six years of elementary school and three years of junior high school for a total of nine years for children from 6 to 15 years of age. Although foreign residents are not obliged to go to a Japanese elementary or junior high school, parents can apply for their children's admission to a Japanese school if they so desire. (There are currently about 420 foreign children attending public schools in Shinjuku.)

Please note that a child may not enroll in a Japanese junior high school if he/she did not graduate from a Japanese elementary school. If you would like to enroll your child in a municipal elementary or junior high school, please file an application for admission.

In addition, there is a school selection system for those starting the first grade of elementary school or first year of junior high school. Under this system, you may choose from a selection of schools outside the regular school district. If you would like to choose such a school, you will be issued a school selection application form at the time of application.

Elementary schools hold open-house events in September, and junior high schools hold them in October. This is an opportunity to see a school and observe a class in session. Please call for more information on the date and time.

**Eligibility for Entering Elementary School:** Those born between April 2, 2003, and April 1, 2004

**Eligibility for Entering Junior High School:** Those born between April 2, 1997, and April 1, 1998

**Application Period (for submitting an application for an optional school)**

For Elementary School—September 1 (Tue.) through 30 (Wed.)  
For Junior High School—October 1 (Thu.) through 30 (Fri.)

**To Apply:** Bring the notice mailed by the School Operations Division and your child's foreign resident registration card to the School Operations Division of the Board of Education. If you cannot speak Japanese, please come with someone who can.

**Application/Inquiries:** School Operations Division, Tel: 03-5273-3089

**Shinjuku City Office has completed compiling the Guide to Living in Shinjuku, Shinjuku City Guide Map, and foreign-language editions of the video and DVD Nice to Meet You Shinjuku. Now, all city residents can learn about Japanese culture and customs and lead fulfilling lives in their local community.**

Details can be viewed on Shinjuku City's foreign language Web site.  
[www.city.shinjuku.tokyo.jp/foreign/english/](http://www.city.shinjuku.tokyo.jp/foreign/english/)





# Annual Events— Let's Go to Summer Festivals!



## Yakuo-ji/Yanagicho Tanabata Star Festival

July 5 (Sun.), 1 to 5 p.m.

*Tanzaku* (oblong cards) with wishes written on them will decorate large bamboo branches—a Tanabata Star Festival tradition—along the full 430-meter length of the street. The annual Samba Parade will be winding its way along this street with authentic samba dancing. Along the sidewalk, there will be rows of various vendors, such as those providing goldfish scooping, *yakisoba* (fried noodles), and water balloon yo-yos.



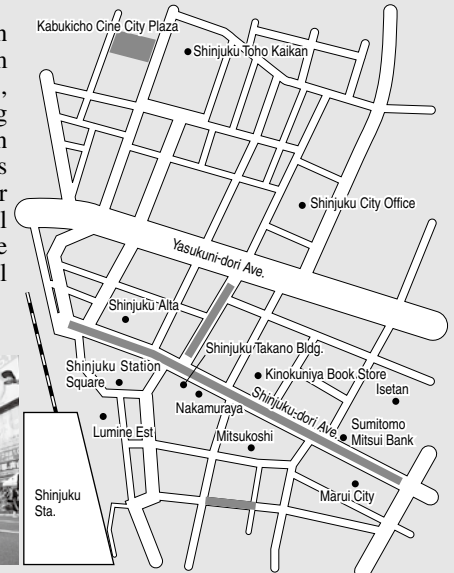
**Location:** Gaienhighashi-dori Avenue (Yanagicho Intersection to Nakanochi Intersection)

**Inquiries:** Yakuo-ji/Yanagicho Tanabata Star Festival Executive Committee, Tel: 03-3353-1461

## Shinjuku Eisa Festival

July 25 (Sat.), 1:30 to 9 p.m. (tentative)

More than 1,000 people from Okinawa, Shinjuku, and neighboring areas will perform in teams. The dancers will look spectacular in their colorful kimonos while dancing to festival drums.



**Location:** Shinjuku-dori Ave., Kabukicho Cine City Plaza, and other locations

**Inquiries:** Kabukicho Shopping Area Promotion Union, Tel: 03-3209-9291  
<http://shinjuku-eisa.jp/> (in Japanese only)

## Kagurazaka Festival

**Ground Cherry Plant Market**  
July 22 (Wed.) and 23 (Thu.), 5 to 10 p.m.

Potted *hozuki* (ground cherry plants) with their vivid vermilion-colored flowers will be on sale, and a refreshing beer garden will be open. There will also be a *yukata* (summer cotton kimono) dress up service and information on strolling through the Kagurazaka area.

**Awa-Odori Dancing**  
July 24 (Fri.) and 25 (Sat.), 7 to 9 p.m.



A total of approximately 15 groups (each consisting of dozens of people) will dance along the slope to the sound of the shamisen, flute, and Japanese drum.

**Location:** Kagurazaka-dori Ave.  
**Inquiries:** Kagurazaka-dori Merchants Association Office,  
Tel: 03-3268-2802  
[www.syouutengai-web.net/kagura/maturi14.htm](http://www.syouutengai-web.net/kagura/maturi14.htm)  
(in Japanese only)



## Recruiting Students for Shinjuku City Japanese-Language Class—2<sup>nd</sup> Term

Let's learn basic Japanese for everyday living! If there is an opening, you can start in the middle of the year.

**Eligibility:** Beginning level—Those who need to learn basic Japanese necessary for everyday living (However, those who are of junior high school age and younger are not permitted to join the class.)

**Date and Time:** Weekdays, September through December, 9:30 to 11:30 a.m. and 6:30 to 8:30 p.m. (Evening classes are on Thursdays only.) There are classes that meet once a week and those that meet twice a week. Schedules vary depending on the class location.

**Location:** Eight locations in the city, including Shinjuku Multicultural Plaza

**Fee:** Classes that meet once a week—¥2,000  
Classes that meet twice a week—¥4,000

Note: There will be no refunds of fees.

**To Apply:** Send a postcard, fax, or e-mail to the address below between June 25 and August 7, giving (1) your address, (2) your name (with *furigana*), (3) your telephone number, (4) your nationality, and (5) the day of the week and time of the Japanese-language class you wish to participate in. All applicants will be notified of the results by mail by August 24.

**Inquiries:** Shinjuku Multicultural Plaza  
Hygeia 11F, 2-44-1 Kabukicho, Shinjuku-ku 160-0021

Tel: 03-5291-5171

Fax: 03-5291-5172

E-mail: [kokusai@shinjukubunka.or.jp](mailto:kokusai@shinjukubunka.or.jp)

## Living Together

“Multicultural living” refers to people of different nationalities and ethnic races living together, and accepting and understanding the differences between their cultures.

In this issue, we will report from the front lines of multicultural living.

Sushi, tempura, sukiyaki, soba—what do you think of the food culture here in Japan? Japanese cuisine, which highly values dishes prepared without too much fuss but in a way that brings out the best of its ingredients, is known for its benefits toward health and longevity.

In this issue, we had Stephen Nathanael Purcell, who is from Arizona in the United States and currently studies at the Graduate School of Global Information and Telecommunications Studies at Waseda University, experience *soba-uchi* (making soba from scratch).



## Becoming Familiar with the Food Culture of Japan by Experiencing Soba-Uchi

As soon as I arrived at the soba restaurant, I changed into a cook's uniform, put on an apron, and entered the *soba-uchi* kitchen. The *soba-uchi* kitchen was spotless and made me realize that it is important for the environment to be absolutely clean if one wishes to prepare really delicious noodles. After washing my hands thoroughly, I was ready to start *soba-uchi*!



First of all, I began mixing the buckwheat flour with water in a kneading bowl. As the restaurant staff says, “This is the moment when the buckwheat smells the strongest.” The fragrance seemed unusually strong and filled the restaurant with a pleasant aroma. Using the fingertips of both hands, I kneaded the mixture over and over again—clockwise with my right hand, counterclockwise with my left—as if I were creating linked-ring patterns in the sand. There were

some things that I needed to be careful about, such as not pouring in too much water, but to my surprise, it soon came out rather well.

Next, I stretched and flattened the dough with a *menbo* (noodle stick). I am told that at this stage, it is important to roll the stick with clenched fists. After stretching and flattening the dough, I was supposed to fold it. Interestingly, when it was time to fold the dough, a restaurant staff started to say, “Fold it as if you were folding a futon—” but then stopped when he remembered he was talking to an American. Instead, he asked, “You sleep in a bed, don't you?” To which I answered to his surprise, “Actually, I sleep in a futon.” I guess when people from different cultures and customs interact, everyone ends up learning from one another.

Finally, I was supposed to cut the folded dough into noodles, but it was very difficult to cut thin slices. I ended up making soba noodles that were as thick as *udon* noodles.

The noodles that I made were then boiled in the restaurant's kettle, and it was finally time for the taste test.



I am convinced that food tastes better if you make it yourself! After eating the noodles, I mixed the broth with *soba-yu* (hot water in which the noodles were boiled) and drank it. Because *soba-yu* contains nutrients from the buckwheat, it is said to be very good for your health. In this *soba-uchi* experience, even a beginner who cuts noodles as thick as mine can make delicious soba because buckwheat flour is

of such high quality. Why not try making your own?

Back home in the United States, there are people of all races living together, and you can try all kinds of different food. There is Italian, Irish, Indian, and Mexican, to name a few. In recent years, Japanese cuisine has grown in popularity. There is an increasing number of opportunities to try not just sushi but all kinds of Japanese food. Still, not too many people know about Japanese noodles. I think most people are only familiar with instant noodles that come in a Styrofoam cup. Even though I used to work in a Japanese restaurant in the United States, there is still a lot that I do not know, and I am beginning to realize that there is so much more to explore. Now that I live in Japan, I hope to continue learning about the food culture here and enjoy making new discoveries in the future.



### Kikouchitei (Soba Restaurant)

**Address:** 10 Nandomachi

**Closed:** Mondays

**Hours:** 11:30 a.m. to 2:30 p.m. and 5:30 to 9 p.m. (last order at 8:30 p.m.)

**Soba-Uchi Class:** Please call for more information (in Japanese only).

**How to Get There:** A five-minute walk from Ushigome-Kagurazaka Station on the Toei Oedo Line or an eight-minute walk from JR Ichigaya Station

Tel: 03-3235-7177 (in Japanese only)

Web site: [www.kikouchitei.jp/index.html](http://www.kikouchitei.jp/index.html)

