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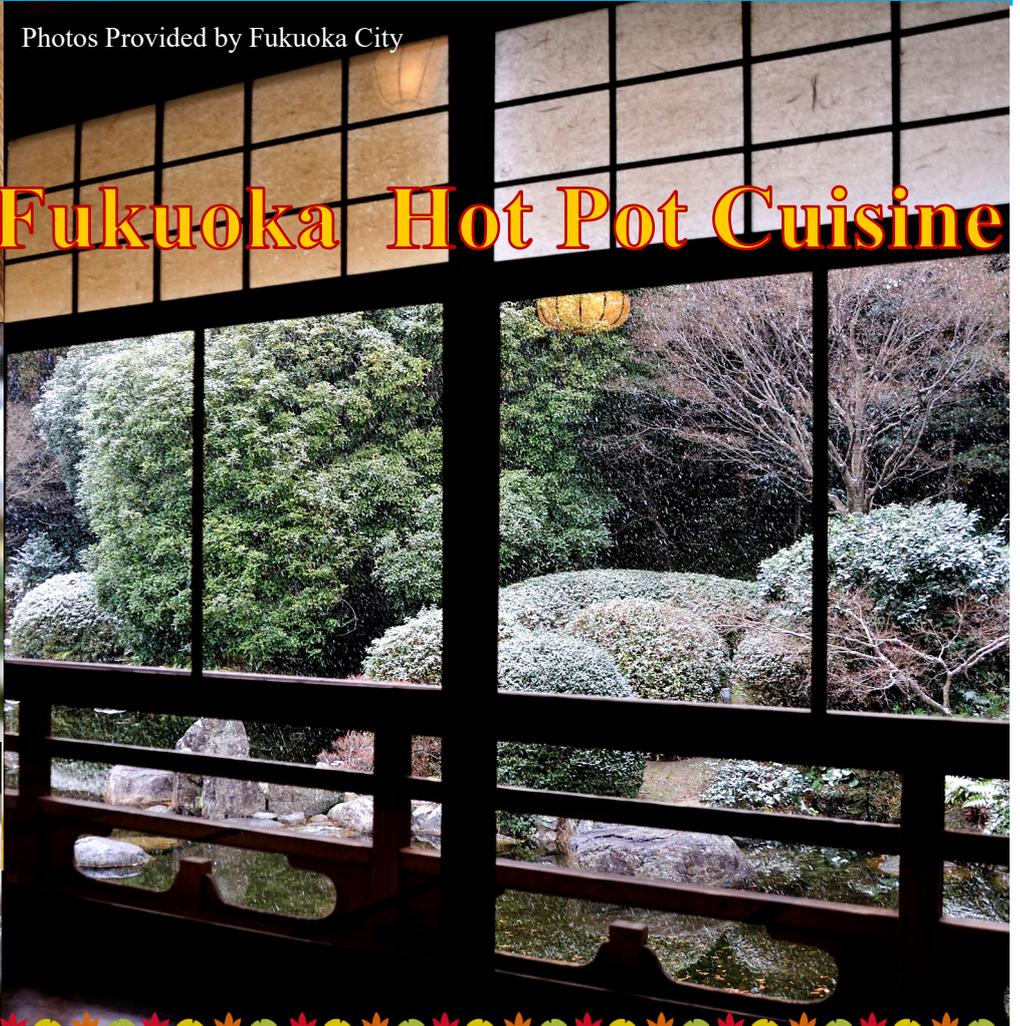
FCIC Office is open on weekdays 8:45~18:00



公益財団法人
福岡よかとぴア国際交流財団
Fukuoka City International Foundation

Photos Provided by Fukuoka City

Fukuoka Hot Pot Cuisine



Fukuoka Nabe (Hot Pot) Cuisine

As the days grow colder, the nabe season approaches. This healthy dish is easy to prepare—use any broth you like, chop up a bunch of ingredients, and throw them into the soup. Boil and it's ready to serve. Recently, single portion ceramic nabe pots have become available in shops, along with soup cubes.

Did you know that there are several kinds of nabe unique to Fukuoka? Here we introduce a few of the most well known. If this whets your appetite, why not go out and find a local restaurant that serves nabe?

Motsu Nabe

Motsu Nabe is a hot pot dish that features beef offal and heaps of cabbage and Chinese chive. You can choose a soy sauce or miso soup flavoring. This type of nabe often contains garlic and chili pepper, and is a great dish for when you need stamina. A common way to finish the dish, after



the offal and vegetables are gone, is to put Champon noodles into the soup and slurp the rest down.



Mizutaki

Mizutaki is a dish that features chicken, vegetables, and tofu boiled in a chicken bone stock soup made from chunks of chicken boiled in water. Try the well-steeped soup, then you can dip the contents in a dish of ponzu sauce with added spices. After eating the meat and vegetables, add rice and/or beaten eggs to the soup and finish the meal with a tasty gruel.

Bonus Dish

Ara Nabe (Longtooth Grouper Hot Pot)

Ara Nabe is a dish that uses a rare, prized fish, the longtooth grouper (kue), which can grow in size to over 20 kg and has flesh that contains collagen-rich gelatin, making it ideal for hot pot.



Eliminating Drunk Driving—If Drinking, Don't Drive; If Driving, Don't Drink

Christmas and the New Year's holiday season present many opportunities for drinking alcohol. The one thing you must never forget is that if you have a drink, do not get behind the wheel of a motor vehicle, or ride a motorized bike or even a pedal bicycle. Drunk driving (as well as two-wheel riding) is against the Japan's Road Traffic Law and comes with severe penalties. You can also incur a severe penalty if you serve alcohol to person who you know will be driving, or even if you ride in vehicle that you allow to be driven by a person under the influence.

What is often overlooked is driving the next morning after drinking alcohol at night. Even after a full night's sleep, the alcohol in one's body does not completely break down, but remains in the body. If you think this does not apply to you, read the information below carefully. It takes only the slightest carelessness to be caught driving drunk. So after you have had a drink, take public transportation or a taxi to your destination, even if it is a short distance away. And if you plan to drive the next day, drink less or change your plans. Take proper steps and have a good New Year!

Drunk Driving by Law

According to the Road Traffic Law, a person is considered to be driving under the influence (DUI) with a breath alcohol level of 0.15 mg/L. This is the blood alcohol equivalent of 0.3 mg/mL (0.03%). This concentration of alcohol in your blood comes from drinking one large can or one medium bottle of beer (500 ml). Don't try to calculate.

No matter how much you drink, even if just a little, it is NOT okay to drive.

Examples of Penalties

- A person driving under the influence rammed the car in front of him/her, causing the car to fall into the sea. The person left the scene of the accident without attempting a

rescue and three children in the car drowned. The person was sent to prison for 20 years.

- A person had drunk the night before and alcohol remained in his/her system. The next day the person drove to work and caused a traffic accident resulting in property damage. The person was arrested.

- A person had been drinking and he/she took a train to get home, but from the nearest station to his/her home he/she rode a motorbike and was detained by police.

- A person asked a friend for a ride to the nearest train station, knowing that the friend had been drinking. For that, he/she was detained by police.

- The owner of a restaurant served a guest alcohol, knowing that the person had driven a car to the restaurant. The owner had his/her driver's license suspended.

Penalties for the Driver

- Driving Under the Influence (DUI) (driving with a certain breath alcohol concentration (BrAC) or blood alcohol concentration (BAC) in the body) is punishable by up to 3 years in prison or a fine of up to 500,000 yen

- Driving While Intoxicated (DWI) (driving in an alcohol-impaired state regardless of the alcohol concentration in the body) is punishable by up to 5 years in prison or a fine of up to 1,000,000 yen.

Penalties for Non-Drivers

- A person who provides a vehicle to an intoxicated driver is subject to the same penalties as the driver

- A person who serves drinks to the driver or who rides in the car with the intoxicated driver is subject to punishment:

- (1) For DUI of up to 2 years in prison or a fine of up to 300,000 yen.

- (2) For DWI of up to 3 years in prison or a fine of up to 500,000 yen.

Do you know about "Japanese National Pension System" ? November is "Nenkin Month" !

Important Points of the Japanese Public Pension system:

- All people who are registered to reside in Japan and aged between 20 and 59, irrespective of their nationality, must be covered by the National Pension system and pay contributions by law.

- The public pension systems are designed with a financial intergenerational support mechanism.

- The public pension systems pay not only the old age pension, but also the disability pension and the survivors' pension when you have unexpected financial difficulties.

- The Japanese government subsidizes part of the pension benefits fund.

- Your public pension contributions are subject to tax deduction as "social insurance contribution."

National Pension Benefits:

Old age basic pension - If you have paid the National Pension contributions for at least 10 years and meet the requirements, the Old age Basic Pension is paid to you when you become 65 years old.

Disability Basic Pension - The Disability Basic Pension is paid to you if you become sick or get injured while you are covered by the National Pension system and the sickness or injury eventually causes such disability as specified as Grade 1 or Grade 2 disability.

Survivors' Basic Pension - When an insured person of the National Pension system dies, the Survivors' Basic Pension is

paid to his/her dependent spouse taking care of child (ren) or to his/her dependent child(ren).

Compulsory Coverage

All registered residents of Japan aged 20 to 59 years must be covered by the National Pension system. The insured are categorized according to their status as follows:

Category I insured persons:

All registered residents of Japan aged 20 to 59 years who are not Category II or III insured persons (agriculture, forestry, or fishery business operators, self-employed persons, students, etc.)

Category II insured persons:

Persons enrolled in the Employees' Pension Insurance system or Mutual Aid Associations (except for persons aged 65 to 69 years who are eligible to receive a pension due to old age or retirement)

Category III insured persons:

Category II insured person's dependent spouses aged 20 to 59 years.

For more information, please contact Japanese Pension System Branch office or your municipal office which covers your address.

<https://www.nenkin.go.jp/international/english/nationalpension/nationalpension.html>



Dr. Nishiyama's Column

Light headedness or episodes of fainting, let alone sudden death are often explained by the accidents of brain itself or brain blood vessels. However, we should remind another cause; skipped heart beats.

The heart does not stop its beating day and night throughout ones life, and people do not usually know his own heart beats. The heart rhythm, however, sometimes falls into disorder in various physical conditions. Some are harmless, but some others may possibly be fatal,

Some persons show abnormally slow heart beats, and those hardly increase even by exercise or by medications, and become even slower during sleep. In the right atrium of the heart, there is an area of special muscle cells called sinus node, and this is the natural pace-maker. Here are produced regular electrical impulses, which are conducted via special route of heart muscle, and eventually bring about heart contraction to pump out the blood to the brain and whole body. The above sinus node and conduction route are affected by some pathological conditions, such as poor blood flow by arteriosclerosis in aged groups, or by myocarditis in young groups. Too slow or conversely too fast heart rate, or both may develop alternatively. If the impulse does not come from the upstream, lower area exerts autonomic heart beat by compensatory rhythm; thus saving

Artificial Pacemaker

the life. The heart no longer beats in case even this autonomy is lost.

The patients may not be aware of their own arrhythmia. Holter ECG, namely 24 hours monitoring, can reveal abnormal heart rhythm. The patients who have the episodes of fainting may show several seconds of cardiac arrest. Among a variety of arrhythmias, a pause longer than 5 seconds is possibly life threatening. If heart stimulating medicines are no longer effective to these conditions, the installation of the artificial pace-maker is considered. Pace-maker is also the must in cases of having heart failure; insufficient pumping function. There are many kinds of artificial pace –makers for specific functions, and the choice of device depends the results of precise electrophysiological studies. Although the device needs a regular check-up of its function or renewal of a battery every several years, it promises a good quality of life.

The pace-makers, other than those of up-to-date model, are sensitive to magnetic power or electromagnetic wave. And so MR examination should be avoided. In extremely aged or severely debilitated cases with no hope of future life, the installation of an artificial pace-maker is questionable.



December 1st: World AIDS Day

A special same-day HIV test (free and anonymous) is being given at the Chuo-ku Public Health Center in conjunction with World AIDS Day. An English interpreter will be there. To obtain accurate results, three months or more must have passed from the day an infection is likely to have occurred.

Date and time: December 1 (Sun.) 2:00 p.m. to 3:00 p.m.

Location: Chuo-ku Public Health Center (5F Airef, 2-5-1 Maizuru, Chuo-ku, Fukuoka)

Test Items. HIV test, Syphilis test

Tests available: First 50 people (no reservations)

* Results will be given directly to the tested person approximately one hour after collecting the blood sample.

Inquiries: Fukuoka City Public Health and Welfare Bureau, Health and Medical Affairs Department, Public Health and Disease Prevention Division

Tel: 092-711-4270

The red ribbon is the universal symbol of awareness and support for people living with HIV/AIDS



Do you know about the prefectural system for getting information by email on natural disasters such as earthquakes and heavy rain, along with other safety information?

The Disaster Prevention Email Service Mamoru-kun is available in English, Chinese, Korean, and Easy Japanese.

The Disaster Prevention Email Service Mamoru-kun provides information by email for use in times of natural disaster. Register to receive these types of information:

1. Weather warnings/advisories and evacuation advisories/directives due to earthquake, tsunami, typhoon, heavy rain, etc.
2. Safety confirmation email to let family/friends know of your safety in a disaster
3. Safety-related information for your area
4. Fukuoka Prefecture evacuation support map

Register for safety and peace of mind in times of emergency.

Register using this link:

<http://www.bousaimobile.pref.fukuoka.lg.jp/en/>

Specialized Counseling

	Legal Counseling	Immigration, Residency, and Nationality	Personal (Psychological) Counseling
	1st Saturday 3rd Wednesday	2nd Sunday of every month	Mon., Tue., Thur.
Dates	November 2nd, 20th	November 10th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
	December 7th, 18th	December 8th	
Time	Saturday 10:30~13:30 Wednesday 13:00~16:00	13:00~16:00	
Appointment	Required	Not Required (Reception until 15:30)	Required
Language	An interpreter is available upon request.	English & Chinese interpreters are available.	An English speaking professional is available.

Fukuoka City Museum
Special Exhibition UKIYOE that Challenges Kuniyoshi, Yoshitoshi...and More!

Dates: November 16 to December 22, 2019
 Hours: 9:30 a.m. to 5:30 p.m. (Admission until 5:00 p.m.)
 Closed: Mondays
 Location: 3-1-1 Momochihama, Sawara-ku, Fukuoka
 Admission fee: Adults: 1,400 yen
 High school and university students: 900 yen
 Elementary and junior high school students: 500 yen
 Preschoolers: free admission
 Advance tickets/Groups:
 Discounts are available for advance ticket purchases, groups of 20 or more, seniors (65 or older with proof of age), and foreigners (with proof of nationality such as passport or residence card).

Utagawa Kuniyoshi (1797-1861) was one of the last great ukiyo-e woodblock masters, known for his dynamic portraits

of legendary samurai heroes and unique caricature prints (*giga*). His whimsical portrayals in the last days of the shogunate were an innovative form of social commentary. This exhibition features approximately 150 selected works from the extensive ukiyo-e collection belonging to the Nagoya City Museum. Kuniyoshi's uncontained curiosity, pliant imagination, and expressive articulation broke fresh ground in woodblock printing in his day. See how his disciplines carried forward the tradition in some cases and in others moved in new directions. * Some images contain graphic content.



Welcome to Fukuoka Event/Fukuoka City International Center Festival 2019

Participant Wanted

Let's enjoy variety of fun activities with Japanese citizens and International students.

Time/Date: November 24th (Sun.)

10:00a.m. to 3:00p.m.

Venue: Reisen Park,
 Fukuoka City International Center
 (Tenyamachi 4-1, Hakata-ku, Fukuoka City)



Apply: By phone, fax or email (state your name, gender, birth day, nationality, and if you are an international student, name of your school)

Application deadline is on November 15th (Fri.)

Inquiry: Fukuoka City International Foundation

URL: <http://www.fcif.or.jp/>

Email: kangei-af@fcif.or.jp

TEL : 092-262-1799 FAX : 092-262-2700

Grand Sumo Tournament in Kyushu

Dates: November 10 (Sun.) to November 24 (Sun.)

Fukuoka Kokusai Center 2-2 Chikko Honmachi, Hakata-ku, Fukuoka

The time of year for sumo has arrived again! When you see the portly figures of sumo wrestlers in the streets, you know that winter is coming.

Have you ever attended a sumo tournament live in an arena? The head-to-head competition is intense with every bout. The sumo actually starts at around 8:30 in the morning. First up are the preliminary bouts with unranked wrestlers. These are followed by middle ranking rikishi. When four o'clock rolls around, the upper ranks mount the dohyo and the arena starts to buzz as people get to see their favorite rikishi fight. The strongest appear last—including the yokozuna grand champions. The ring closing ceremony after the last bout named bow twirling performed by Yumitori sumo wrestler is another spectacle to observe. Everything is over by around 6:00 p.m.



If you have the time, it can be fun to go and watch from the morning to cheer on some of the younger wrestlers and give them encouragement. Find a new favorite and cheer him on. It will boost your enjoyment of the sumo tournament even more!

Attend a Japanese language class in your area!

About 50 classes are offered around Fukuoka City for resident foreigners to study Japanese. The classes are primarily run by volunteers and are held once a week for two hours at a time. The venues may be local public halls or community centers. Most charge about 500 yen a month and provide a fun way to study Japanese in small groups joined by both Japanese volunteers and foreign language learners. Other types of classes are also held, such as Japanese culture experiences or other events, providing a chance for cultural exchange with local Japanese residents. The Fukuoka City International Foundation website features a "Japanese Class Map" that shows where Japanese language classes are held around the city and in neighboring towns. It can help you locate a class to attend in your area. Why not give Japanese classes a try?

Japanese Class Map page

<http://www.fcif.or.jp/language/japanese-language-class/>
 (Japanese)

<http://www.fcif.or.jp/en/en-language/japanese-language-class/>
 (English)

The following Japanese classes are offered at the Fukuoka City International Center.

Please feel free to participate in them.

Tuesdays 10:00 a.m. to 12:00 p.m.

Fukuoka Nihongo Yuko no Kai

1:30 p.m. to 3:30 p.m.

Nihongo Kyoshitsu Global Friendship

Wednesdays 10:00 a.m. to 12:00 p.m.

Fukuoka Nihongo Yuko no Kai

1:00 p.m. to 3:00 p.m.

Chiisana Kokusai Koryu no Kai Conversation Class

Thursdays 2:00 p.m. to 4:00 p.m.

Sakura Nihongo Kyoshitsu

Fridays 1:30 p.m. to 3:30 p.m.

Chiisana Kokusai Koryu no Kai Intermediate to Advanced Conversation Class

If you would like to attend a class, please contact the person listed on the Japanese Class Map in advance or show up at a class (on the 4th floor of the Fukuoka City International Center).

