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公益財団法人
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Fukuoka City International Foundation

HAPPY NEW YEAR!! 2020

Photos: Provided by Fukuoka City



あけまして
おめでとう
ご多幸ます



We have finally entered 2020, an Olympic year. Last year, Rugby World Cup 2019 was held in Japan, and Fukuoka was one of the match venues that generated great excitement! This year, the Tokyo 2020 Olympic and Paralympic Games will kick off on July 24, and the Olympic mood is heightening from day to day. The torch relay will reach the city of Fukuoka on May 12 (Tuesday). Also, Sweden and Norway will have training camps in Fukuoka prior to the start of the Games. A shop will open in Fukuoka selling official goods of the Tokyo 2020 Olympic and Paralympic Games on the first floor of the Bic Camera Tenjin 1st Store.

Tokyo 2020 Olympic and Paralympic Games

Tokyo Olympics schedule

July 24 Opening ceremony
August 9 Closing ceremony

For the competition schedule by session, please click on the link below.

<https://tokyo2020.org/jp/games/schedule/olympic/>

Tokyo Paralympics schedule

August 25 Opening ceremony
September 5 Closing ceremony

For the competition schedule by session, please click on the link below.

<https://tokyo2020.org/jp/games/schedule/paralympic/>

In 2019, the public was treated to an exciting world rugby competition. On January 12, the Japan Rugby Top League will kick off its 2020 season. The Top League 2020 season will have 16 teams play each opponent once in a round-robin format with the league championship going to the team with the best record. Based in Fukuoka Prefecture, the Munakata Sanix Blues will play in the league. Their home stadium will be the Global Arena in Munakata. On this team will be James Moore, who played for the Japanese national team in the Rugby World Cup. Come out and see one of their matches!

Draw an Omikuji Fortune!

Have you ever drawn an Omikuji fortune?

Omikuji is a personal fortune-telling system, offering details of how good or bad fortune will manifest in different aspects of your life, such as money or romance. After reading their fortune, many people tie the paper to a tree on the shrine grounds, but you can also take it home with you. Visiting a Buddhist temple or Shinto shrine at the beginning of the year is called Hatsumode, and many people draw a fortune at this time. Explained below are the general types of fortunes one might get.

Good or Bad Fortune

From best to worst:

大吉 (daikichi) Great Blessing > 中吉 (chūkichi) Middle Blessing > 小吉 (shōkichi) Small Blessing > 吉 (kichi) Blessing > 未吉 (suekichi) Near Blessing > 凶 (kyō) Curse > 小凶 (shō-kyō) Small curse > 大凶 (daikyō) Great Curse

Also in the middle sometimes there will be 半吉 (han-kichi) Half-Blessing and 半凶 (han-kyō) Half-Curse.

待人 (machibito) – someone you are waiting for

失物 (usemono) – something you have lost

旅行 (tabidachi) – travel

商売 (akinai) – business dealings

学問 (gakumon) – study or learning

相場 (sōba) – market speculation

争事 (arasoigoto) – disputes

恋愛 (ren'ai) – romance

転居 (yautsuri) – changing residence

縁談 (endan) – marriage proposal

These days, many shrines offer Omikuji in English and other languages. Would you like to find out what your fortune is?



Etiquette for Visiting Shrines and Temples

Here we present the common actions that people perform when visiting a Shinto shrine or Buddhist temple. Please understand that the actions may vary depending on the sect. Shrines and temples are holy places and not tourist facilities. Please observe proper etiquette when you visit them.

How to visit a Shinto shrine

1. Bow once before passing through the torii gate.
2. Scoop the water with a ladle and pour into each hand to symbolize purification of mind and body.
3. Bow once in front of the offertory box. Drop a coin or coins into the offertory box. (Do not throw coins in from a distance.)
4. Bow twice, clap twice, bow once more. Bow slightly before turning to leave.

How to Visit a Buddhist Temple

1. Bow before the main temple gate and step over the threshold sill, not on it, when entering.
2. Scoop the water with a ladle and pour into each hand to symbolize purification of mind and body.
3. If there is a bell tower, ring the bell.
4. Raise the incense sticks and bow your head.
5. Raise the pinch of incense or incense sticks and bow your head.
6. Place a coin or coins in the offertory box and put your hands together in a gesture of prayer.
7. Bow once before turning to leave.

New Year's Eve Bell-Ringing (Joya no kane)

This is a Buddhist temple ritual of ringing out the old year in the last hour of New Year's Eve. The bell is rung 108 times to cleanse people of the 108 earthly desires they are said to be afflicted with. Many temples allow visitors to ring the bell once if they so desire.

Be sure of how to dispose of spray cans and gas canisters

The cold winter season provides a good opportunity to use a tabletop gas cooker to make hot pot dishes. Are you sure that you are disposing of spray cans and gas canisters properly?

Not disposing of spray cans and gas canisters properly can cause accidents, injury, and even lead to fires. These are the steps to take for spray cans such as bug killer sprays or hair spray, as well as for gas canisters for tabletop gas cookers:

1. Use up the contents completely
2. Place inside the blue bag marked "Non-burnable trash"

* You do not have to punch a hole in the can or canister to release the gas. * If any gas remains, it can cause a fire when garbage is collected. * When releasing the gas inside, always do so in a well-ventilated area outdoors where there is no flame present. * Never release gas in a sink. The gas could build up, causing a very dangerous situation. * After releasing the gas, do not use any flame for a short while.

Gas canisters

1. Tabletop gas cookers manufactured since April 2007 have a feature (a heat panel) for completely using up the gas in a gas canister.
2. Point the canister at a piece of cloth or paper and spray the remaining gas out. (Put the cloth or paper that soaks up the gas with burnable trash.)



gas in the burnable trash.)

• How to check that all the gas has been used up
When you shake the can or canister, if there is no sound, the gas has been used up. (There is no need to punch a hole in the can or canister.)



• If you are unable to release all of the gas:

1. Consult with a maker of spray cans or gas canisters
2. Consult with the Household Waste Reduction Promotion Section of the Environmental Agency or the Consumer and Environmental Protection Division at your local ward office.

Aerosol cans (spray cans)

1. Use the gas-release cap on the spray can to release all of the gas before disposing.
2. Point the spray can at a piece of cloth or paper and spray the remaining gas out. (Put the cloth or paper that soaks up the

Be safe and dispose of these things properly.

Dr. Nishiyama's Column Anti-Biotics Resistant Bacteria



The discovery of antibiotics has brought humans an immense boon. Soon after the WWII, many Japanese died of bacterial infection due to malnutrition and the poor hygienic environment. At that time, some people who luckily got only a single shot of precious antibiotics saved their lives just like a miracle.

As the economy began to flourish again, with the permeation of public health insurance, antibiotics came to be commonly used nation-wide. Naturally, the mortal rate of the infectious diseases, which was the main cause of death at that time, reduced dramatically. In the course of several decades, however, the effectiveness of the certain antibiotics has become somehow doubtful. The bacteria acquired a new property to resist the antibiotics. This is namely the emergence of antibiotic-resistant bacteria.

Bacteria are also living creatures, and are always contriving to obtain new abilities such as to evade antibiotics for their survival. They never wait to be killed with no means to resist. Even a healthy body is never aseptic. Many kinds of countless bacteria in the body exist in a good balance by mutual control. The antibiotics hit the "weak" antibiotics-sensitive bacteria or useful flora, and the balance of co-existence is destroyed. As a result, the resistant bacteria prevails all over the body.

The major cause of the emergence of resistant bacteria is retrospectively attributed to the use of antibiotics in a half-finished way. Discontinuation of antibiotics without the direction of physicians, let alone the prolonged usage of medicines facilitate bacteria to acquire the resistance. The development of new effective antibiotics by drug makers and

the resistance of bacteria makes a vicious cycle, and inevitably needs large budgets.

"Antibiotics contre flu" often seems to represent the mediocre medical practice. Certainly, most of the mild flu may rarely be caused by bacterial infection and cannot be treated by antibiotics. However, the more severe flu and bacterial upper respiratory infection are, in fact, they are not so easily differentiated. In cases of infants, X-ray examination should be avoided, and just similarly, we should be cautious to use antibiotics with infants. This discretion may sometimes in turn yield a delay of correct diagnosis and treatment, and may possibly end with a poor prognosis. In Japan, the media as apt to criticize the "over-use" of antibiotics at medical scenes. In many cases, however, appropriate use of antibiotics has successfully saved lives.

It is difficult to prevent the spread and diffusion of antibiotics resistant bacteria. To control the spread of bacteria, disposable instruments, or other expendable medical supplies should be employed at huge expense in both personal and office levels.

Aggressive, or forced life-saving of terminal cases such as aged people or advanced cancer patients readily creates resistant bacteria, and readily spread to other patients. From the sober view-point of public health, aggressive treatment for the terminal cases should be abandoned. Remember; The most simple and complete method to eradicate the dreadful pathogen is the incineration of contaminated materials. Of course, there lies a big conflict ethically. Yet, only repeating noble lines by pro-lifers may possibly lead to the victory of resistant bacteria, and even the extinction of humans.

Team Lab Fukuoka Castle Ruins Light-Up Festival

Date: Nov. 29, 2019 (Fri) – Feb. 2, 2020 (Sun)
 Time: 6:00 p.m. – 10:00 p.m. (Last entry at 9:30 p.m.)
 Open on New Year's Eve (Tues. Dec. 31) until 1:00 a.m.
 Venue: Maizuru Park, Fukuoka Castle Ruins
 Admission Fee
 Adults: ¥1,200, Junior/senior high school student: ¥800,
 Children (Age 4 to elementary school): ¥400
 Age 3 or younger: Free

"The Mammoth—Can it be Brought Back to Life?"

Dates: November 23, 2019 (Sat.) – February 23, 2020 (Sun.)
 Hours: 9:30 a.m. – 6:00 p.m.
 Venue: Fukuoka City Science Museum
 (4-2-1 Ropponmatsu, Chuo-ku, Fukuoka)
 Closed: Tuesdays and New Year holiday
 (December 28 to January 1)
 Admission Fee : Adults (high school and up): ¥1,200, High school/university student: ¥1,000, Junior high student and younger (4 and up): ¥500



Tax Return WHEN AND WHERE TO FILE

You must file your final tax return with the tax office in the district of your *jusho* (domicile) or *kyosho* (residence) during the period from February 17 (Mon.) to March 16 (Mon.), 2020. For more information: <https://www.nta.go.jp/english/index.htm>



Specialized Counseling

	Legal Counseling	Immigration, Residency, and Nationality	Personal (Psychological) Counseling
	1st Saturday 3rd Wednesday	2nd Sunday of every month	Mon., Tue., Thur.
Dates	January 15th	January 12th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
	February 1st, 19th	February 9th	
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.

The 31st Annual Exhibition of New Acquisitions: Fukuoka History and Living
Materials are presented that were collected in fiscal 2016

Dates: January 11 (Sat.) – February 16 (Sun), 2020

Closed: Mondays (open if Monday is a holiday; then closed Tuesday)

Hours: 9:30 a.m. – 5:30 p.m. * Last entry at 5:00 p.m.

Admission fee Adults: 200 yen (150 yen), High school/university students: 150 yen (100 yen), Junior high students and younger: free

Ticket valid for both permanent exhibition and special exhibition

* For discounts etc., please inquire with the Fukuoka City Museum

Venue Special Exhibition Room A
 [Fukuoka City Museum logo]
 3-1-1, Momochihama, Sawara-ku,

Fukuoka

TEL: 81+(0)92-845-5047

FAX: 81+(0)092-845-5019

<http://museum.city.fukuoka.jp>



Additional Exhibition

Name Seven Lucky Gods of the Kuroda Family—Strange, Delightful Things

Venue Special Exhibition Room B

Dates January 11 (Sat.) – February 16 (Sun.)

Admission fee Permanent exhibition and special exhibition ticket

Open for the New Year!

Seven Lucky Gods of the Kuroda Family—Strange, Delightful Things

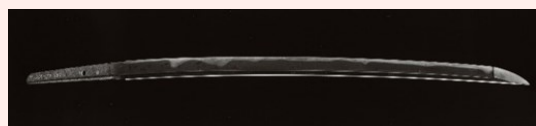
National treasure Sword Heshikiri-Hasebe

January 5 (Sun.) – Feb. 2 (Sun.)

A sword (*katana*) bestowed upon Kuroda Yoshitaka (Kanbei/Josui) by the daimyō Oda Nobunaga

National treasure Long sword Nikko-Ichimonji

February 4 (Tues.) – March 1 (Sun.)



Setsubun Festivals in Fukuoka

February 3rd is Setsubun in Japan. The name literally means “to separate the seasons.” In the traditional lunar calendar, the start of the new year was a day called “Risshun” and Setsubun was a sort of New Year's Eve.

Origins of the Bean-Scattering Ritual (*Mame-maki*)

On the cusp of a change in seasons, it is easy for evil spirits to materialize. Setsubun once involved a ceremony for driving out evil spirits and bad luck by chasing away a person wearing a demon's mask with bow and arrow. This ritual is said to be the roots of *Mame-maki*.

Fukuoka's Setsubun Festival

Mame-maki (bean scattering) is an event held at many shrines and other locations in Fukuoka on Setsubun.



Photo: Provided by Fukuoka City

Tōchō-ji Temple (2-4 Gokusho-machi, Hakata-ku, Fukuoka)

Access: About 1 min. walk from Gion Station on the subway line.

Tōchō-ji Temple is the first temple in Japan founded by Kukai. The Great Buddha Statue at the temple is one of the largest wooden statues in Japan. Brave visitors can enter beneath the statue to experience a “Hell Realm-to-Heaven Walk.” Approximately 30,000 people attend Setsubun at Tōchō-ji every year. A Buddhist fire offering ceremony is held at the temple on February 2, the night before Setsubun. The next day, exchange students dressed up as the Seven Lucky Gods make an appearance. Not only are beans tossed out, but also

chocolate and candy. It is also a chance to see an important cultural property, the thousand-armed Kannon statue, which is shown to the public just three times a year.

Kushida Shrine (1-41 Kamikawabata-machi, Hakata-ku, Fukuoka)

Kushida Shrine houses the local guardian deity of Hakata and its display of *kazariyama* floats is well known, along with the major summer festival, Hakata Gion Yamakasa. Every year in the pre-spring season, large Otafuku (Shinto goddess) masks are erected at the shrine's three gates. Each mask has a different happy facial expression. Visitors enter through its mouth, which is said to bring good fortune. On the day

of Setsubun, men and women born in the same year of the twelve-year Chinese zodiac cycle as the current year scatter the beans, together with performers from the running kabuki production at the Hakataza Theatre.



Sumiyoshi Shrine (3-1-51 Sumiyoshi, Hakata-ku, Fukuoka)

The Shinto ritual of symbolically driving out demons is performed at the shrine as it has since the Heian period (794–1185). This is followed by Mame-maki (bean scattering) every hour from 10:00 a.m. to 6:00 p.m. Some of the items tossed out are lottery tickets, and lucky visitors have the chance to win a hotel stay voucher or other prizes.