

Rainbow

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Fall Events in Fukuoka

Plenty of events are held in Fukuoka in the autumn. The heat of summer has broken, and the weather is amenable to outings, flower viewing, music and experiencing culture. Why not go out and enjoy one of these activities? In this issue, Rainbow introduces a few interesting spots and events to check out.

Hojoya Festival September 12 (Wed.) to 18 (Tues.)
One of the three major festivals of Hakata, it is the only one held in autumn in Kyushu. The festival is held every year at the Hakozaki Shrine. It dates back more than 10 centuries and is a Shinto ritual held to express gratitude for rich harvests of autumn and care for all living things, and to provide a warning against needless killing. During the festival, the road to the shrine has about 500 street stalls offering a variety of attractions and food such as a haunted house, freak show, and fresh ginger.

Time: Afternoon to around 10:00 p.m. (depends on the event)
Venue: The Hakozaki Shrine
1-22-1, Hakozaki, Higashi-ku, Fukuoka
Access: 3 minutes on foot from Hakozaki Miyamae Station on the subway Hakozaki Line

Sumiyoshi Shrine Reitaisai
October 12 (Fri.) to 14 (Sun.)

An annual harvest festival that features elementary school



children's sumo wrestling and horseback archery (*yabusame*). A procession of kimono-clad children is another feature. This is a rare chance to witness horseback archery in Fukuoka. Sumiyoshi Shrine has a long relationship to sumo, and you'll find a statue of an ancient sumo wrestler on the grounds. The dohyo-iri ceremony is performed here by a yokozuna every year for the Kyushu basho held in November.
Venue: 3-1-51 Sumiyoshi, Hakata-ku, Fukuoka

Hakata Old Town Light-Up Walk 2018 Sennen Koya
October 31 (Wed.) to November 4 (Sun.)
5:30 p.m. to 9:00 p.m.

This year "Old Town" was added to the name for the annual light-up walk. This popular event draws crowds to see temples, shrines and gardens lit up at night, creating a magical atmosphere that one cannot experience in the daytime.

For more information, check out the website:
<http://www.hakata-light.jp/>





“Autumn is for...” Expressions in Japanese

In Japanese, “Autumn is for such-and-such” is a common type of expression. In this essay, we will explore how such expressions as “Autumn is for good food” (or “Autumn is for good appetites; sports; outings; the arts; or reading”) came to be.

Since ancient times Japan has been an agrarian culture, and people working the land are always busy raising crops from the spring until early autumn. In the autumn, with the approach of the harvest, there is a slowdown in agricultural tasks and people have more time to relax and enjoy life. That is how “Autumn is for...” (or “Autumn is the season for”) expressions first came into existence.

Where does the expression “Autumn is for good food” come from? Autumn is the season for harvesting rice and many other crops. Food prepared from freshly harvested crops are full of nutrition. “Autumn is for good appetites” means that our appetites increase as the body instinctively prepares for the coming of winter. So, be sure to enjoy fresh seasonal foods in the autumn.

A seafood dish typically prepared in

the autumn is Pacific saury (*sanma*). The Chinese ideograms for the fish individually mean “autumn-blade-fish.” As they indicate, the saury is shaped like a blade and is most delicious in the autumn. Pacific saury is often eaten broiled with salt and served with grated daikon radish and lemon. Another autumn food is the king of mushrooms—matsutake—an expensive delicacy with a sublime aroma. Autumn fruits include Asian pears (*nashi*), persimmons (*kaki*), grapes and apples. In the harvest season you can visit fruit farms that welcome visitors to pick fruits off the vine or trees. Also keep an eye out for sweets that are available only in the autumn and are made with autumn-harvested chestnuts, sweet potatoes, or pumpkins.

“Autumn is the season for sports.” Traditionally, school field days were held in the autumn when harvesting was mostly over. After the 1964 Tokyo Olympics were held in October, autumn became equated with sports in the public’s mind and the expression gained traction. Clear, fine days in autumn are perfect for sports, including hiking, and

are also perfect for nature outings like gathering and watching colorful fallen leaves. Many music and art-related events are held in the autumn, earning popular acceptance of the expression “Autumn is for the arts.” The cooler fall temperatures are easier for concentrating, so it might be a good time to explore an artistic endeavor of your own.

The last expression we will cover is “Autumn is for reading,” believed to have originated from a poem by the Tang Dynasty poet Han Yu. Known from the proverb “Tōka shitashimu beshi” in Japanese, the poem means: “Autumn is a season with comfortable weather, ideal for reading a book by lamplight at night.” The poem is said to have become more widely known in modern times thanks to its appearance in the novel *Sanshirō* by Japanese writer Natsume Sōseki, published in 1908–09. Reading is well suited to the autumn season, when the days become shorter and the nights longer.

However you look at it, autumn is a cool, comfortable season. How will you spend the fall this year?



Autumn is for Music in Fukuoka

Fukuoka has many annual music events in the autumn, concentrated this year especially on weekends in September. With many live performances available for free, it’s a great time to enjoy music weekends!

Nakasu Jazz

<http://nakasujazz.net/>

September 14 (Fri.) and 15 (Sat.)

Venue: Nakasu Area

Free admission

Nakasu Jazz began when someone gave voice to the feeling “Jazz suits Nakasu.” This year will be the 10th anniversary of the event, with jazz performed live all around Nakasu. In 2017, approximately 100,000 people attended over a two-day period. It’s a great chance to see big-name artists perform for free!

Kyushu Gospel Festival

<http://fmfukuoka.co.jp/gospel/>

September 15 (Sat.) and 16 (Sun.)

Venue: JR Hakata Station Plaza

Free admission

Kyushu’s largest gospel concert will be held again this year in the plaza in front of Hakata Station.

Music City Tenjin 2018

<http://www.musiccitytenjin.com/>

September 29 (Sat.), 30 (Sun.)

12:00 p.m. to 8:00 p.m.

Venue: Fukuoka City Hall Fureai Park

1-8-1 Tenjin, Chuo-ku, Fukuoka and special venues set up around Tenjin

Free admission

* Excluding some programs such as support events

* Rain or shine, but canceled if stormy Professional and amateur musicians of various genres will perform on stages set up around the Tenjin area.

ACROS Classic Festa

<https://www.acros.or.jp/events/9526.html>

Venue: ACROS Fukuoka

1-1-1 Tenjin, Chuo-ku, Fukuoka

October 6 (Sat.) and 7 (Sun.)

Two days of classical music from a chamber ensemble and full symphony

orchestra, including a concert for the entire family starting with preschoolers.

October 6 (Sat.) 5:00 p.m.

The Ludwig Chamber Players offers a performance for an admission fee of just 1,000 yen.

October 7 (Sun.) 3:00 p.m.

Symphonic Pop with admission also for preschoolers. The theme songs from *My Neighbor Totoro* and *Star Wars* and other kids’ favorites are performed by an orchestra. The admission is 1,000 yen. A two-day ticket costs 1,500 yen.

A free concert will also be held at Stuttgart Arena Hall.



September 24 – 30 Tuberculosis Prevention Week

In 2017 there were more than 20,000 new cases of tuberculosis (TB) in Japan. The onset of this “modern disease” is recognized even in younger generations. If identified in its early stages, TB can be cured with regular hospital treatments with little effect on patients’ daily lifestyles. However, if left untreated, TB may be transmitted to other people around the infected person and can even lead to death.

About one-quarter of the world’s population has latent TB. The symptoms of TB include coughing, phlegm, fever and lethargy, and are similar to symptoms of the common cold. If a cough lasts for longer than two weeks, or if you have any concerns about your symptoms, visit a medical facility as soon as possible for a diagnosis.

* In Fukuoka City, international students temporarily residing in Japan and enrolled at Japanese language institutions (as well as

the family members of said students) who do not normally have the opportunity to undergo a health check, are eligible for a free chest X-ray within their first five years of entering the country. Be sure to take advantage of this opportunity!

Appointments are required. See below for details.

Dates: Sept. 3 (Mon.) – Sept. 28 (Fri.)
(excludes Sat., Sun., holidays)

Check-up times: 1:30pm – 3:00pm

Location: Fukuoka Tuberculosis Prevention Centre
(2-4-7 Daimyo, Chuo-ku, Fukuoka City)

Check-up contents: Chest X-ray examination

Cost: Free

Appointments:

Fukuoka Tuberculosis Prevention Centre

Tel: 092-761-5466

Fax: 092-761-5467



Dr, Nishiyama’s Column Vol. 38

Measles has long been known as a familiar disease of viral infection. In recent years, only few cases of measles were reported, and consequently, measles has been believed to be no longer a terrifying disease.

Recently, however, a new case of measles first emerged in Okinawa, then spread to mainland Japan. Many fear the outbreak of the “old” viral disease; measles. Fortunately, the number of the cases did not increase as was feared, but left a notion that measles was still formidable. The measles virus spreads by the droplets of body fluid from a cough or sneeze of an infected person. The virulence of the virus is so strong that it can hardly be eliminated by use of a surgical mask or hand-washing. The only effective method of prevention is the scheduled vaccination. Today, in Japan most of the children are sufficiently immunized by a double inoculation of the measles vaccine, and so, need not fear the outbreak.

Some young adults, between the ages of 27 to 40 are however, at a high risk of measles infection. In their childhood, they received only a single shot of the vaccine or none leaving low immunity to measles today. In their childhood, a series of unlucky adverse effect of the combined vaccine was reported, and then parents hesitated with the vaccination of their children. Now, those young adults are about to face on outbreak with neither immunity nor effective medicines.

Measles first resembles the common cold in its symptoms. At the onset of the disease, red eyes, and small white spots may be seen in the cheek mucosa in the mouth. After 3 to 4 days,

Possible Outbreak of Measles

however, the patient develops high fever and small red spots behind the ears and neck. Red spots rapidly spread to cover the face, trunk, and extremities successively. Dark-reddish hot patients are prostrated, and really appear almost deadly. In fact some develop a fatal complication such as pneumonia or encephalitis.

It is advisable to avoid crowds such as at the air port or a site of a rock concert, if the occurrence of measles has been reported by the government in the destination area.

If only a single patient is there, that can entail explosive break out of the measles infection. You can know whether you are already immune to measles from the records of vaccination in your Maternal and Child Health Handbook, if available. Otherwise, you can check your antibody at the hospital. If the situation is urgent, and you are at a high risk of infection, you can get vaccination at a medical institution. MR vaccine is a combination of inactivated living viruses of measles and rubella. It is no problem to get an “unnecessary” vaccination, even if you are already fully immunized. Pregnant women, however, cannot get this combined vaccine. Pregnancy should be avoided for 2 months after this vaccination, because the vaccine contains the living rubella virus.

A disbelief in the vaccine prevailed all over Japan a few decades ago. The government was somehow opportunistic, and temporarily changed the way of vaccination of the measles, which eventually brought the turmoil of today.



Specialized Counseling

	Legal Counseling	Immigration, Residency, and Nationality	Personal (Psychological) Counseling
	1st Saturday 3rd Wednesday	2nd Sunday of every month	Mon., Tue., Thur.
Dates	Sept. 1st, 19th	Sept. 9th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
	Oct. 6th, 17th	Oct. 14th	
Time	Saturday 10:30~13:30 Wednesday 13:00~16:00	13:00~16:00	
Appointment	Required	Not Required (Reception until 3:30)	Required
Language	An interpreter is available upon request.	English & Chinese interpreters are available.	An English speaking professional is available.

Fukuoka City Science Museum

Have you been to this science museum yet, which opened last October? It's great to visit on a rainy day, a place to experience state-of-the-art technologies. ★

The 6th floor has a planetarium—a dome theater that uses both a cutting-edge opto-mechanical projector and digital projector. A range of programs are held daily, some available on a seasonal basis only. Some programs use aroma; you can also enjoy a concert played through the stereophonic sound system in the theater. The seats recline and the spacious theater makes it seem like the real night sky is over your head.

The 5th floor has the basic exhibition room with hands-on exhibits organized in five themes: Space, Environment, Life, Organisms, and The Future. Science shows are held daily; there is an “open lab” and more. Lots of different kinds of robots are also on exhibit.

The 4th floor has a library with science books of all kinds, and a “science navigation” system to help you search for information. There are also 3 laboratory rooms and 2 multipurpose rooms that are open for meetings on days when

no other events are being held. You can also study on your own here. “Oyako-hiroba”, a family play space provides toys for small children.

The 3rd floor has the ticket counter, an information desk, a special exhibition hall, and a “collaboration square.” This square often has hands-on exhibits featuring technologies developed by local companies or universities. The square is open to the public at no charge.



Address: 4-2-1 Ropponmatsu, Chuo-ku, Fukuoka

Hours: 9:30 a.m. to 9:30 p.m.

5F Basic exhibition room 9:30 a.m. to 6:00 p.m. ★

Dome Theater Hours depend on show schedule

Closed Tuesdays and Year-end/New Year holiday

Admission to 5F Basic exhibition room

Adults: ¥500 High School: ¥300 Elementary and Junior

High School: ¥200

The Best Places to See Cosmos Flowers

Cosmos flowers represent autumn in Japan and will soon be blooming everywhere. Here we introduce the best places to see cosmos in the vicinity of Fukuoka.

Nokonoshima

1624 Noko, Nishi-ku, Fukuoka

From the Noko ferry landing in Meinohama, Fukuoka, the boat ride takes about 10 minutes.

Nokonoshima Island Park is a special place in Fukuoka Prefecture to see cosmos. Clear weather days are ideal for enjoying a picnic together with views of the blue ocean and seasonal flowers. Approximately 500,000 early-blooming cosmos and 300,000 late-blooming cosmos are in bloom between early October and early November. Some time during this blooming period a nighttime light-up of cosmos fields occurs, creating a magical landscape not to be missed.



Uminonakamichi Seaside Park

18-25 Saitozaki, Higashi-ku, Fukuoka

The park offers flower viewing all year round. The best time to see cosmos are between late September and early November, when the Uminakanamatsuri festival is held. A number of rare varieties have been cultivated and nearly 1.5 million flowers are in bloom across a wide expanse of land. In mid-October you will also see scarlet red shrubs commonly called Kochia-burning bushes, while autumn roses come into bloom in late October. Rent a bicycle to ride around the park and view the flowers in style!



Kanzeon-ji Mae

5-6-1 Kanzeonji, Dazaifu-shi, Fukuoka Pref.

In front of Kanzeon-ji Temple, which is a five-minute walk from Dazaifu Station on the Nishitetsu train line, is a field of 3 million cosmos. This famous temple appears in The Tale of Genji. It has Japan's oldest temple bell—a national treasure—cast about 1300 years ago. Here, you can feel the weight of history. On nice days, you can stroll around and enjoy both nature and history.

Kirin Beer Park Fukuoka

3601 Mada, Asakura-shi, Fukuoka Pref.

Kirin Beer's Fukuoka brewery is open for visitors, giving insight into how beer is made. The adjacent flower park has approximately 10 million cosmos, and is open to the public at no charge.

Okura Collection

Kyushu National Museum

October 2 (Tues.) to December 9 (Sun.)

An exhibition of the Okura Collection, which focuses on Japanese art from the Heian Period to modern works. The business entrepreneur Okura Kihachiro, whose life spanned the end of the Edo Period and beginning of the Meiji Era, collected Japanese and Oriental antiques, and opened Japan's first private art museum in 1917. Kihachiro's son, Kishichiro, is noted for having founded the Hotel Okura. Carrying on his father's wishes, he collected modern Japanese paintings and introduced them to the world as an active purveyor of Japanese culture around the world.

The exhibition features approximately 100 famous works

saved from leaving Japan following the Meiji Restoration (including 3 national treasures, 10 important cultural properties and 16 important art treasures).

Closed on Mondays

Exception: Open on October 8 (national holiday) and closed October 9 (Tues.)

Hours: 9:30 a.m. to 5:00 p.m.

(Last admission: 4:30 p.m.)

* Open until 8:00 p.m. on Fridays and Saturdays.

Admission fee

Adult: 1,500 yen

High school: 1,000 yen

Elementary and junior high school: 600 yen

4-7-2 Ishizaka, Dazaifu, Fukuoka Pref.