

Rainbow

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Fukuoka City International Center 4-1 Tenyamachi, Hakata-ku, Fukuoka City
TEL: 092-262-1799 <http://www.rainbowfia.or.jp>



公益財団法人
福岡よかトピア国際交流財団
Fukuoka City International Foundation

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



Sumo Kyushu Basho

The Kyushu Basho is a regular sumo tournament held every November. Before the tournament is to begin, the rikishi (wrestlers) relocate temporarily to Fukuoka. Their appearance is distinctive—they are physically huge, with samurai-like hair that smells of camellia oil. Perhaps you've seen one or two walking around town? In this issue of Rainbow we cover sumo and its rikishi.

Sumo

Sumo is an ancient sport mentioned in the myths and legends of the Kojiki and Nihonshoki (Japanese history books written in the 8th century). In the Kamakura Period (1185–1333), sumo became a training method for warriors. In the Edo Period (1603–1868), sumo became a profession and rules were established, setting the foundation for the sport that exists today. Sumo became a popular form of entertainment among the masses, along with kabuki theater.

Rikishi Hairstyle: The Topknot

There are two types of topknots. One is the called an oicho, or ginkgo leaf style, where the end of the topknot is splayed out to form a semicircle. This elaborate form is worn only by wrestlers in the highest two divisions for official tournaments and public events. The other type is the chonmage. If you have seen any samurai dramas, you will recognize the style—

though the pate is no longer shaved, the hair is long, oiled, tied, and folded onto the top of the head. This is the style worn normally by upper ranking wrestlers, including during training. Who is their hairdresser? Each sumo stable has a specialist hairdresser called a tokoyama. There are about 50 in total.

A Day in the Life of the Rikishi

Their day begins as early as 5:00 a.m., and no later than 6:00. Training comes before breakfast. As with the matches in a tournament, the lower ranks face off first. Practice matches for the sekitori (the top two echelons and only salaried fighters), generally begin between 8:00 and 9:00. Once the sweaty sessions are over, they hit the baths and finally get to eat the morning meal. The top rank starts first, and so on down the rankings. After the meal is siesta time. To relieve fatigue from their hefty frames, the rikishi take a daytime nap. The rest of the day consists of cleaning, more training, free time, and meal preparation. Dinner starts around 5:30 in the evening. You would be correct to say that a sumo wrestler seems to eat only two meals a day. Many people might have assumed that to put on so much weight they would have to eat more than three meals a day. But that's not the lifestyle. After dinner is free time, then preparation for the next day, which starts early, so the men always go to sleep early.

Chanko

The meals traditionally eaten by sumo wrestlers are called “chanko” in general, of which the chankonabe stew is the most well known. Every stable has its own unique version, a nutritious mix of vegetables, meat, and seafood thrown in together. This one-pot dish is an essential part of sumo life. After retiring, wrestlers sometimes open chankonabe restaurants. If you are curious, you should go to one of those restaurants and try eating like a rikishi.

**Watch Sumo Practice**

Some sumo stables allow visitors to watch training sessions. The training ring where rikishi combat takes place is a sacred space, so etiquette must be observed strictly when present at these real practice sessions.

Rules for Watching

- Check in advance if visitors are allowed to watch, what time, and other details.
- Turn off your mobile phone to avoid disturbing the wrestlers’ training.
- Flash photography is prohibited. Sometimes no photos are allowed at all.
- Remove your hat and sunglasses inside a sumo stable.
- Never speak to a wrestler during practice; don’t chat, or whisper; and don’t ask for an autograph or to take a photo with them.
- There is no eating or drinking allowed in the training area.

**Kyushu Basho Sumo Tournament**

Nov. 11 (Sun.) to Nov. 25 (Sun.), 2018

Fukuoka Kokusai Center

2-2, Chikkohonmachi, Hakata-ku, Fukuoka

Held every year since 1958, the Kyushu Basho starts on the second Sunday of November.

Participants Wanted for 14th Annual Welcome Event for International Students

The Fukuoka International Students’ Support Association is arranging a welcome event for international students residing in the Fukuoka metropolitan area. Enjoy a variety of fun activities with Fukuoka locals.

Time/Date: 10:00-14:00, November 17th, 2018 (Saturday)

Location: Reisen Park (Kamikawabatamachi 7, Hakata-ku, Fukuoka City)

(7 min. walk from Nakasu-Kawabata Subway Station)

Activities: Recreational events

Participation fee: Free (bring your own drink)

Application deadline:

Apply by 17:00, November 9th, 2018 (Fri.)

Enrollment limit: first 150 applicants for international students

How to apply: By phone, fax or email (please tell us your

name, phone number, email address, and if you are an international student, the name of your school)

Apply to: Kubokura, Stead, Yamashita

Fukuoka International Students’ Support Association
Fukuoka City International Center

4-1 Tenyamachi, Hakata-ku, Fukuoka
City

Tel : 092-262-1799 Fax:092-262-2700

Email: kangei-af@rainbowfia.or.jp

http://www.rainbowfia.or.jp/event/welcome_event/



Stay warm during winter in Japan!

It is getting to be that time when you need to start preparing for winter. Japanese houses are built to have good ventilation in order to cope with the high humidity of the Japanese summer, so it is well known that they are cold inside in wintertime. But you can stay warm indoors if you start preparing now.

1. Switch to thick curtains (for an insulating effect)

The layer of air created between curtains and window keeps in heat. Choose a thick fabric, and make the curtains long so that there is no gap between the bottom of the curtain and the floor.

2. Stop drafts from doors and windows

Even the smallest gap around a door or window can let cold air in. Seal those gaps with items you can buy at a 100-yen store. Weather stripping will seal gaps, while bubble wrap or insulating panels can be stuck on to keep cold air from getting in and warm air from getting out.

3. Use air conditioners and fans smartly (circulate warm air)

Air conditioners are also heaters that provide efficient heat with relatively low electricity



costs. The problem is that the heat from an overhead air conditioner stays up by the ceiling, so it is important to circulate the warm air by pointing a fan or circulator upwards.

4. Raise the humidity level in the room

Use a humidifier or hang wet laundry or wet towels indoors to add moisture to a room, which will raise the effective temperature.

5. Change the interior to warm colors

Reds, oranges, and yellows are warm colors that give the impression of sunlight or fire, thereby creating a warming effect. You might also try using reddish lighting.

6. Wear warm clothing

When you feel cold inside, wearing warmer clothing is another step you can take. Fleece and flannel-like microfiber are good materials for house wear that both look and feel warm.

7. Take hot foot baths

Japanese people take a hot bath every night to warm the body, but even if you don’t soak your entire body, a foot bath alone can have a warming effect. Try it; you’ll sleep a lot more soundly.

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. 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 (Sat.) 2:00 p.m. to 3:00 p.m.

Location: Chuo-ku Public Health Center

(5F Airef, 2-5-1 Maizuru, Chuo-ku, Fukuoka)

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.

<http://www.city.kitakyushu.lg.jp/soumu/01800070.html>

<https://www.worldaidsday.org/the-red-ribbon>

Dr. Nishiyama's Column Vol. 39

First Aide at Home

At the scene of medical emergencies, it takes some time until the ambulance arrives. In the meanwhile, we by-standers should do something for the victims or patients. Very often, prompt care given by lay-people brings a better result than wasting precious time to expect the treatment by professionals.

At a time, there were many law-suits of incomplete treatments done by non-medical professionals. The good will of the ordinary people was no longer praised, but was punished. Nevertheless, we have to take care of the unlucky victims of accidents or sudden disease.

Bleeding: Stanch the bleeding by any means available, if possible. Compression of bleeding wound by pieces of cloth such as a hand towel. In many cases, however, possible means at home or in the street are limited.

Heart attack: If someone lost his or her consciousness and fell down, and if he or she does not seem to have heart beat or respiration, cardiopulmonary resuscitation (CPR) should immediately be started. First, call the help of others, and an extracorporeal defibrillator (AED) should be brought in. He or she may have had an attack of heart or brain. Keep always in mind that stability of neck prevails ensuring of airway and subsequent CPR. Do not hesitate to try cardiac massage, artificial ventilation and the operation of AED. You will be safe, so far as you are obeying the audio guidance. If AED is not applicable for the patient, you will be told after the automatic analysis of the pattern of electrocardiogram. Heart attack stops the blood flow to the brain, and resultant brain ischemia for several minutes may leave a permanent brain damage with loss of consciousness and/ or movement.

More than a few people have recovered from their sudden falls by use of AED, or life-saving procedures done by lay-people. Thanks to the good will of by-standers, such patients have retained most of their kinetic and intellectual activities.



Thermal burn: Just cool the damaged area as soon as possible with running water. Do not waste time, otherwise the ugly scar will be left permanently. All the hospital cares are second ones. Freezing temperature is not recommended, because they may cause another tissue damage or nerve injury.

Drowning: To save a drowning person, one has to protect his own life. Unconscious victims should receive cardiopulmonary resuscitations (CPR). Avoid the delay of CPR by trying to let him vomit water. CPR for the infants should be continued, because the infants have more chance of recovery especially those drowned in the cold water. Don't give up in the early stage.

Small wounds: Cleanse the wounds under running water, and remove "foreign bodies" such as soil from the wounds. Otherwise, the wounds hardly heal, and entail infection and suppuration. Today, hydrogen peroxide, iodine or mercurochrome should not be used, because they are too strong, or mask the inflammation. For advanced treatment, patients should be taken to a hospital within 6 hours. Dirty wounds, especially stab wounds need a shot of toxoid tetanus.

Specialized Counseling

	Legal Counseling	Immigration, Residency, and Nationality	Personal (Psychological) Counseling
	1st Saturday 3rd Wednesday	2nd Sunday of every month	Mon., Tue., Thur.
Dates	Nov. 3rd, 21st	Nov. 11th	Monday: 8:45~17:45 Tuesday: 8:45~11:45 Thursday: 8:45~12:45
	Dec. 1st, 19th	Dec. 9th	
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.

Uminaka Christmas Candle Night

Uminonakamichi Seaside Park

18-25 Saitozaki, Higashi-ku, Fukuoka

December 23 to December 25, 5:30 p.m. to 9:30 p.m. (admission until 9:00 p.m.)

Fee: Night park entry fee after 5:30 p.m.

Adults (15 and over): ¥290, Silver (65 and over): ¥210, Junior high and under: Free

Thousands of glass candles in colored bags are laid out by volunteers on a grassy knoll in winning designs from a public contest, creating candle art. A fireworks show lights the night sky on each of the three nights, for an unusual winter event. It is a fun time to enjoy the beauty of candles and fireworks together.



Hakata and Tenjin Christmas Markets

Venues: Fukuoka City Hall West Side (Fureai) Hiroba and Hakata Ekimae Hiroba

The Fukuoka Christmas Markets held in Hakata and Tenjin are becoming a seasonal tradition. A festive Christmas mood greets you upon entering the venue. Stalls resembling wooden huts sell lots of things including hot wine with cinnamon spice. With so many Santas and red Santa hats around, you'll forget you're in Fukuoka. Many traditional Christmas foods are available, including stollen, a traditional German fruit bread, and German sausages. Mugs with a new design each year are so popular that they sell out regularly. A special Christmas illumination light-up attracts thousands of people taking photos. Live music on stage further heightens the atmosphere that extends until Christmas.



MARK IS Fukuoka Momochi Shopping Mall

2-2-1 Jigyohama, Chuo-ku, Fukuoka
Scheduled to open on November 21st

MARK IS Fukuoka Momochi is a new shopping mall built on the former Hawks Town site next to Fukuoka Dome. The curved, wavy exterior has a dome-like look and is designed with lines of flow to downtown. The mall will be connected directly to the Fukuoka Yahuoku Dome via a passageway on the second floor.

This large shopping complex will be home to 163 stores and establishments, many of them are new to Fukuoka. There will be 49 establishments on the ground floor, including a supermarket, furniture store, and casual wear shops. The 2nd floor will have 52 establishments, including interior shops, cafés, and the Zepp Fukuoka concert hall. The 3rd floor will primarily have children's stores, including an animal petting café and food court. The 4th floor will have a cinema complex and a major electronics store. The complex includes a movie theater and kids' space, so it is sure to be a popular destination in the cold weather and on rainy days.

Detective Conan : Scientific Investigation

Fukuoka City Museum

3-1-1 Momochihama, Sawara-ku, Fukuoka 814-0001

Tel: 81+(0)92-845-5011

http://museum.city.fukuoka.jp/en

Dates:

November 17, 2018 (Sat.) to January 14, 2019 (Mon. holiday)

Days closed: Mondays (If Monday falls on a national holiday, closed the next day), December 28, (Fri.) - January 4, (Fri.) for the New Year Holidays

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

(admitted until 5:00 p.m.)

Admission Charge

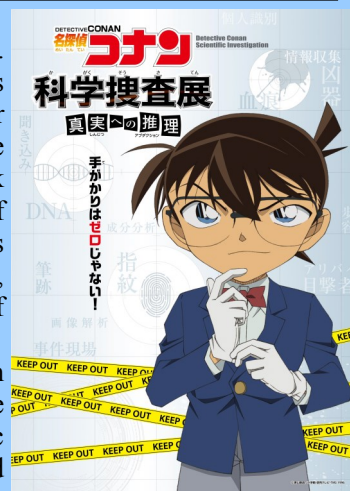
	Same-day ticket	Advance-sale ticket	Advance-sale ticket plus offer
Adults	¥1,300	¥1,100	¥1,600
High School/University	¥1,000	¥800	¥1,300
Junior high/Elementary	¥600	¥400	¥900

No charge for children under elementary school age; must be accompanied by parent or guardian. Admission charge required for Detective's Notebook (half price of junior high/

elementary admission). Advance-sale ticket rate is available for groups of 20 or more, seniors 65 years of age or older (with Silver Notebook or other form of identification), and foreigners (upon display of passport, residence card, or other ID of foreign nationality).

This special exhibition engages visitors in the experience of a scientific criminal investigation, based on the world of Detective Conan, a detective manga and anime series. One uses the Detective's Notebook as a guide to go around to different areas, trying to find out the truth. One collects evidence at the "Crime Scene Inspection Area", gathers new information at the "Information - Gathering Area" and scientifically evaluates evidence at "Lab Area" The exhibition presents a story uniquely found here that is not in the original series.

Through the processes of gathering evidence, which involves observation, collecting and analyzing information, and checking its validity, you get the chance to see with your own eyes the importance of using science and technology to investigate a crime.



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