

FCIF

Fukuoka City
International Foundation

Newsletter

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

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



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

FREE Entrance

- KENDAMA Painting
- Ethnic Costumes
- Indonesian Musical Instruments
- BON Dance
- Can badge making

August 26th, 2021
(Thursday)

AM 10:00 ~ PM12:00

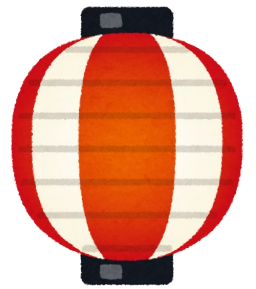
Let's get together with Global Kids !!

FCIF Family Summer Festival

FUKUOKA CITY INTERNATIONAL FOUNDATION



Place: Fukuoka City International Center
(4-1, Tenyamachi, Hakata-ku, Fukuoka City)



TEL:092-262-1744

Email: event-kids@fcif.or.jp

Who can apply:

Parents and children from 3 years old to elementary school students



Give away party !!

We will have children's clothes and unused stationeries !! Please bring an eco-bag to take your favorite item with you on that day !

Child rearing counseling is also available !!

Would you like to come and talk about your child rearing concern? Public health nurses and other professional counselors are waiting for you ! International students volunteers will be waiting for you as well !

Mom and Dad Meeting

Why don't you come and meet other mom and dad who are also raising children?

How to Apply:

Applications will only be accepted from the website. If there are too many applications, we will hold a lottery.

Apply from the website:



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Watch Out for Dangers from Heavy Rains and Other Natural Disasters

In 2018 between June 28 and July 8, a series of torrential downpours occurred nationwide, mainly in western Japan, resulting in the “July 2018 Japan floods,” which caused serious damage in Fukuoka City. Record-high three-day precipitation levels were recorded in 123 separate locations. Many rivers breached their banks, causing large-scale flooding. It was the deadliest freshwater flood-related disaster in the country since 1989, with more than 200 victims. In Fukuoka City, there are still areas where an evacuation order is in effect.



In recent years, disasters caused by torrential rains have occurred with great frequency, and public caution is particular critical from the rainy season on through to the end of the typhoon season. Based on the criteria of once-in-50-years weather event, a Heavy Rain Emergency Warning was issued in Fukuoka Prefecture in two consecutive years—in July 2018 and July 2017, when there were torrential rains in Northern Kyushu. Although Fukuoka has relatively few natural disasters compared to other regions, residents understand that disasters caused by heavy rain are not something that happens only to other people.

Torrential downpours concentrate heavy rains in limited areas, causing the flooding of rivers, landslides, and mudslides, depending on the location. Make sure you are prepared ahead of time, stay alert to disaster- and weather-related information, and evacuate early.

Prepare in Advance

- Check your local flood hazard map.
- Confirm your evacuation shelter and evacuation route.
- Check weather information and disaster information.

In Heavy Rains

- Evacuate early.
- Watch out for manholes and ditches on flooded roads.
- Stay out of underground malls and basements that could become flooded.
- When it is too dangerous to try to reach a shelter, stay safe inside a building. Go to the upper floors, or if the building is against a mountainside or cliff in danger of landslide, move to a room on the other side of the building.

Get Disaster-related Information

Fukuoka City has a disaster prevention e-mail distribution service, which provides information related to disaster prevention by e-mail. (Japanese language only)

1. Send a blank e-mail to entry@fukuoka-city.jp
2. You will receive a registration email within a few minutes.
3. Access the registration page from the received email.
4. Select which categories you want to receive information on and submit. A registration page appears that completes the process.

Let's be careful of heat stroke!!

The hot summer has arrived. Since many people are wearing a mask, there is a bigger chance of getting heat stroke. Wearing a mask can trap heat and make it hard to regulate body temperature. This can lead to dehydration before you even realize you are getting thirsty. Let's be careful of heat stroke and get through the summer!!



Prevention of heat stroke

- Drink plenty of liquid.
- If you get sweaty, take a drink and salt.
- Use a hat or parasol when you go outside.
- Refrain from going out when the heat is intense.
- Use an air conditioner to control the indoor temperature.
- When wearing a mask, avoid heavy exercise.



Municipal inhabitant tax notification

Municipal inhabitant tax payment notice letter has been sent out in June. You will need to pay the tax four times a year (June, August, October, and January of the following year). You can pay the tax at financial institutions, convenience stores, credit cards, LINE Pay, and account transfers. If you are residing in Fukuoka City on January 1 this year, you will be taxed on the current year's municipal inhabitant tax. If you leave Japan after that, you will still need to pay the full amount of the current year's municipal inhabitant tax. Keep it in your mind when you decide to return to your home country completely in the middle of the year.

Hakata-ben series



“TO” “Chan” “Tai and “Bai” endings.

This is how to use endings in Hakata dialect so that you can easily become a master of the Hakata-ben!

The first one is "TO".

Try adding "to" to the end of a question to raise the intonation.

For example, “Dokoni ikuto?” (“Where are you going?)

The prototype is “Dokoni ikuno?” (“Where are you going?)

Just by changing the ending to "to," it sounds completely like Hakata dialect. It also has a dialectal cuteness.

Next is "Chan"

The meaning of this word is the same as "~desu" “~da yo”. When you change the ending to "chan," it sounds same as the Hakata dialect that you often hear on the street!

For example, “Kono Sweets Suki chan” (“I like this sweets!")

The prototype is “Kono Sweets Suki dayo” (I like this sweets.)

Just by changing the ending to "chan", doesn't it sound more friendly?

The last two are "Tai" and "Bai".

Prototype: “Ashita Eiga wo mini ikimasu” (I'm going to see a movie tomorrow.)

If you change the ending to "Tai", you can easily change it to Hakata dialect: "Ashita Eiga Wo mini ikutai", and if you change it to "Bai", you can easily change it to Hakata dialect: "Ashita Eiga wo Mini Ikubai" Try both with smile!

Dr.Nishiyama's Column Small Cell Lung Cancer, Its Diagnostic Process



Lung cancer is a formidable disease. Everybody tries to find it in its early stage, yet, because of its no specific symptoms, it is difficult to find it. Tumor of small size or faint shadow can hardly be found on the ordinary chest X-ray film. Sometimes, it lurks behind the heart or the diaphragm. CT-scan definitely show the presence of tumor mass, but the problem is its cost and relatively big exposure to radiation.

The author, an aged physician, was a heavy smoker for long years. He has now been suffered from emphysema of low pulmonary function. For this reason, lung CT-scan was opted for his yearly physical check-up. Here, a shadow of a small mass was seen unexpectedly in the lower back of right lung where ordinary chest X-ray cannot show this CT finding. When abnormal shadow is found, the possibility of the worst disease should be eliminated first.

The author now suffers from no symptoms, except shortness of breath due to emphysema. Biochemical studies showed nothing, either. Only tumor marker CEA was as elevated as frequently seen in smokers.

At this point, the diagnosis still remains obscure. The possibility of pneumonia cannot be excluded. The expert team of lung diseases decided, after discussions, to recheck the present case after three months.

Two and a half months passed, but the author still had no symptoms. On the CT-scan of the chest, "original" lung mass showed no change, either. However,

enlarged lymphnodes were seen for the first time in the deep chest close to trachea. The value of tumor marker was a little elevated during this period.

Here is necessary the PET-CT examination. This is an expensive, but an easy examination which enables to show malignant lesions on the whole body image, although this does not determine the malignancy. As a result, PET-CT showed strong uptake of the radioactive chemicals into the above enlarged lymphnodes and submandibular mass. The original lung lesion and hilar node showed positive, but relatively weak up-take.

As a next step, a safe method, echo-guided needle biopsy of the submandibular lymphnode was undertaken without anesthesia. The aspirated fluid containing the constituent of the mass was examined for pathology. Cytological diagnosis was metastatic small cell carcinoma. All the information thus far collected showed the diagnosis; small cell lung carcinoma.

As this type of lung cancer develops so rapidly, metastases into the brain should promptly be examined by contrast-enhanced MR. The study showed multiple small masses in the brain. Thus, the final diagnosis was small cell lung cancer with multiple brain metastases. The stage of cancer is judged as stage IV, because distant metastases were evident. Every lesion is still tiny, or of the size of microscopic level, but will surely be present throughout the body. Even at this stage, organ damage by the cancer is little, and the author still showed no symptoms.

Surgery no longer means at this stage,

and so, chemotherapy is the treatment of choice. At first, whole brain radiation to destroy brain metastases was scheduled. It takes about two weeks, but brain damage will only rarely develop.

In the present case, after vigorous discussion, chemotherapy prevailed to radiation, because the brain lesions are still small. The regimen of chemotherapy for the lung cancer is different depending on the pathological types, but is standardized under international consensus. The representative combination for the small cell lung cancer is; (1) carboplatin, made from precious metal (2) etoposide, originally the extract of a plant, and (3) atezolizumab, a genetically recombinant monoclonal antibody which facilitate the immunity of the body against cancer. The third agent is very expensive, but is known to be effective, and can be covered by public health insurance.

Now, the first course of the chemotherapy was over. So far, the author has had no side-effects. Submandibular lymphnode decreased its size, and long-suffered shortness of breath has somehow become light. He can go-up stairways with no troubles.

The effect and side-effect of medicines are idiosyncratic. Will his condition be kept for long years? That will be too optimistic. The battle with cancer has just begun. The subsequent experience will come after a few months, if he is lucky to live long.

Beware of Accidents at Sea

Rip Currents

A rip current is a strong current that moves directly away from the shore and that occurs near beaches with breaking waves. Incoming waves break upon the shore and when the water builds up on the shoreline, it has to return to sea from some point. When the return flow is fast, localized and narrow, flowing like a river out to sea, that is a rip current. A rip current can flow at a speed of up to two meters per second (almost 4.5 mph/7.2 kph), and if you get caught in one, you will be swept out to sea in no time at all. Rip currents are said to form easily along shorelines that are shallow out to a considerable distance from the shore or that have a manmade shoreline, but it is often difficult to know there is a rip current. You can be swept out to sea before you know it, so be careful. If you do get caught in a rip current, stay calm and do not panic. You can signal for help by waving your arms, which is a universal signal. Don't try to swim against the current. Instead, swim parallel to the shore and you will be able to get out of the current.

Dangerous Sea Creatures

Some creatures that are dangerous to human beings inhabit the ocean. After the middle of



August in Japan the population of jellyfish in the ocean greatly increases and people sometimes get stung in the ocean. If you are stung by a jellyfish, do not rub it or try to rinse it with fresh water or scrub it with sand. Lightly rinse in seawater, removing any tentacles. If there is pain, cool the area with ice or the like.

Also, the blue-ringed octopus, which has the same deadly poison as the blowfish, has been spotted off the coast in the Fukuoka City vicinity. The blue-ringed octopus is about 10 cm (4 inches) in length with a blue rings all over its body. If you see this type of octopus, do not touch it.

If You See Someone in Danger of Drowning

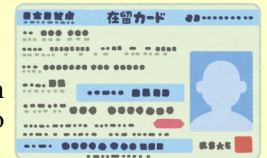
If you see someone in danger of drowning, do not go into the water to try to save them. Many people who try to save others from drowning also drown. First, shout to people around you and alert them to the drowning person, then have them call 119 (river accident) or 118 (ocean accident). The best thing for a person to do when in danger of drowning is not to swim hard but to grab onto something that floats, and wait for a rescue, so if you see a person in trouble in the water, throw something to them that will float. Use a 1.5-liter plastic bottle or plastic bag and put some water in it for weight, and throw it to the person in trouble. If you have a rope or belt, extend it to them so that you can pull them to shore.

Fukuoka City International Foundation holds various consultations for foreign residents in Fukuoka.
If you are not sure about which consultation you should go to, or if you have any problems or concerns, please do not hesitate to call us at 092-262-1799.

Legal Consultation
(45 minutes per consultation)
Legal consultations are held twice a month on the first Saturday and the third Wednesday of the month. This is co-sponsored by the Fukuoka Prefecture Bar Association. Legal consultation is available for people who face labor problems, divorce, custody, inheritance, traffic accidents or other problems, and it is free of charge. Appointments are required and interpreters can be arranged.

Gyoseisyoshi (Administrative Scriveners) Consultation
Gyoseishoshi (Administrative Scriveners) from Fukuoka Prefecture Gyoseishoshi Lawyers Association holds consultations on the second Sunday of every month at Fukuoka City International Center. If you have any problem or question about the procedures for status of residence, period of stay, bringing in family to Japan, permanent residence, naturalization, or entry into Japan, you can ask about it at the Gyoseishoshi Consultation. English and Chinese interpreters are always available. For any other language, please inquire in advance. No appointment is necessary.

Psychological Counseling
A Japanese clinical psychologist provides counseling in Japanese or English for 1 hour per consultation. You need to make an appointment.



Information from the Volunteer Bank
Have you registered with the Volunteer Bank?
The Volunteer Bank aims to provide support through a variety of activities so that both foreign and Japanese residents can live safely together. There will be a various training programs in near future, so we are looking forward to your registration! Also, we would like to know if you have any suggestion for volunteer activities. We are looking forward to hearing from you. We are giving away novelties to those who register!

Covid-19 Vaccination Started

Vaccination notice “Sesshuken” has been sent to the people under 65 since June 30 to make an appointment for the shot.

Appointment Schedule		
Age	Date	Time
60 to 64	notice arrival date ~	8:30a.m.~
50 to 59	Mon.Jul.12~	
40 to 49	Thu.Jul.15~	
30 to 39	Mon.Jul.19~	
16 to 29	Thu.Jul.22~	

Two Appointment Options

1 Internet <https://vaccines.sciseed.jp/fukuokacity/login>

2 Call Center at 092-260-8405 every day 8:30~17:30 (Fax 092-260-8406)
Make sure the number before calling

Available in English, Chinese, Korean, Vietnamese, Nepalese, Spanish, Portuguese

Specialized Counseling Services at Fukuoka City International Center

Legal Counseling
July 3rd and 21st
August 7th and 18th
Date and Time
1st Saturday 10:30 ~ 13:30
3rd Wednesday 13:00 ~16:00
Appointment: Required
Language: An interpreter is available upon request.

Immigration, Residency, and Nationality
July 11th and August 8th
Date and Time
2nd Sunday 13:00 ~ 16:00 (Reception until 15:30)
Appointment: Not required
Language: English & Chinese interpreters are available.

Personal (Psychological) Counseling
Date and Time
Monday 8:45 ~ 17:45
Tuesday 8:45 ~ 11:45
Thursday 8:45 ~ 12:45
Appointment: Required
Language: An English speaking professional is available.

Please visit our website at :
<https://www.fcif.or.jp/en/>



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<https://www.facebook.com/fukuokacityinternationalcenter/>

