



HELLO OKAYA

OKAYA INTERNATIONAL EXCHANGE ASSOCIATION

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This newsletter is distributed four times a year by the Okaya International Exchange Association, with the aim of providing local foreign residents with information necessary for daily life, as well as insight into aspects of Japanese culture. Please feel free to contact us with your feedback or any questions you may have.

「The importance of helping your Neighbors」

It is impossible for residents to try and solve garbage, traffic safety, crime and disaster prevention, and environmental beautification related problems on their own. To find solutions to such issues, residents must pull together and cooperate with each other. Most municipalities are made up of wards or 'ku', self-governing bodies that work together to create a resident-friendly community. In Okaya, there are 21 wards, and in addition to tackling community problems, they deliver the city news (also available at convenience stores), distribute notices, and convey information from the city, as well as perform their own activities in hope of creating a safe, vibrant and easy-to-live-in community. The activities of the ward not only support local communities, but also the City of Okaya.



Do you know why it is important for people living in the same community to help each other? When you need to rely on someone, it is your neighbors and community who will be there for you. Normally, people go about their separate lives and don't have much chance to interact with each other, however, so you can help each other in a disaster or time of emergency, it is important to interact on a regular basis. If you don't, then it is likely that you will not be able to help

each other in an emergency situation.

With the need to protect people from disasters, the recent spate of incidents involving children or elderly, or accidents, the 'importance of helping your neighbors,' is all the more important here in Japan.

Instead of making excuses such as 'you are not a member of the ward' or that 'you can't communicate in Japanese,' if you see your neighbors around, why don't you try saying 'Ohayo Gozaimasu' (Good morning), 'Konnnichi wa' (Hello), or 'Konbanwa' (Good evening) at the various times throughout the day and let the people know that of your presence in the neighborhood. This kind of interaction is important.

Not only is it important to know about the ward you live in, but also it is necessary for you to make yourself known to others in your community. Out of respect for your neighbors, you should also try and observe the rules of Japan. Take into consideration that behavior such as partying and making a lot of noise at night as if you were in your own country, or parking on the street can be considered a disturbance to others. If you are in Japan, try to observe the rules of the community you live in.

Lastly, Okaya City was the victim of a torrential rain disaster last year. You never know when or what kind of disaster will occur. So as to live a safe and peaceful, make sure you know about disasters.



☆ JAPANESE FALL TRADITIONS

~One Point Japanese Culture~

秋 FALL (Aki)

There are four seasons in Japan. One of the seasons, fall, comes after summer and before winter. Not only is fall the most comfortable season of the year, there are also many events such as 'fall festivals' and 'sports days' take place, making it a very lively time of year. You will often hear people refer to 'fall eating (*shokuyoku no aki*),' 'fall sports (*spōtsu no aki*),' 'fall reading (*dokusho no aki*),' and 'fall art (*geijutsu no aki*).' As fall is the season leading up to the long cold winter, the mornings and evenings are often somewhat cold, however, it is also a time to enjoy the beautiful tinted foliage as the leaves of the maple and ginkgo trees turn brilliant colors.



October, is also the time for *koromogae*, the seasonal change of clothes, where people put away their summer clothes and bring out their winter wear. With the mornings and evenings being rather chilly during this season, be sure to try to stay warm.

運動会 Sports Day (Undokai)

'Undokai' are sports meetings run mainly by schools and other educational institutions, as well as throughout the community. At elementary schools, children take part in various competitions and games in the school grounds. There are also competitions that parents can take part in, and children are usually divided into two teams, 'red' and 'white,' to compete against each other, with a cheering squad also being formed. At junior and senior high schools, these events are sometimes called 'Taiikusai' or sports festivals. Sports days and sports festivals are often held in the fall, however, in places such as Hokkaido, they are usually take place in spring, due to bad weather in the fall. As many events take place in the fall these days, most elementary schools in the Suwa region opt to have their sports days in spring also. On the day, parents, grandparents and other relatives pack their lunch and go down to watch and cheer on their children.



米 RICE (Kome)

Rice has a very special meaning to the Japanese. Many years ago, rice was used as a 'tax,' being seen as a symbol of a family's power. Out of the countries where rice is the staple food, other than in Japan, there are no other examples of this. The Japanese people have been eating rice as part of their diet for more than 2000 years. Accordingly, rice is the most important food of all agricultural products in Japan, and aspects basic to Japanese culture are related to rice. Sake, rice crackers and rice cakes are all made from rice. On auspicious occasions, Japanese eat rice steamed together with red beans. Japanese bring rice balls along on picnics and mix this rice with vinegar so as it won't spoil and make various kinds of sushi. Nowadays, despite being able to eat food from all over the world, the Japanese people's fondness of rice remains unchanged.



DISASTER PREVENTION

Knowledge • Preparation • Action

~ Know What to Expect ~

☆DISASTERS☆

Earthquake (*Jishin*)

Simply put, an earthquake is 'the shaking of the earth's surface.' Compared to other countries around the world, Japan has a relatively high number of earthquakes, with reportedly about 10 % of all earthquakes occurring in Japan. An earthquake can devastate buildings, communities, as well as people's lives. So let us explain in a little more detail as to what an earthquake actually is.



The earth is made up of large pieces of rock called plates, which drift atop of the part of the earth called the mantle. Boiling matter inside the earth comes out from the sea floor, cools, the hot matter forming the oceanic plate. This plate moves slowly and when it collides with the continental plate, the heavier more powerful oceanic plate is forced under the continental plate. When this happens, the continental plate bends until it reaches its limit. The stored energy of the bent plate as it moves back into its original position, is what causes an earthquake. This is known as an 'inter-plate earthquake.' Earthquakes also occur due to strains inside the earth's plates. This is referred to as an 'intra-plate earthquake.' Seismic intensity (*shindo*) refers to the strength of shake, and 'magnitude' refers to the size of quake.

Tsunami (*Tsunami*)

A tsunami is a large wave in the sea caused by an earthquake, volcanic activity, landslide or some other kind of non-meteorological occurrence, with the potential to cause damage to coastal areas. The waves grow in size as they approach the shallow waters, and the size also varies depending on land formations such as bays. While 'Tsunami' may be a Japanese word it is commonly used throughout the world.



Fire (*Kasai*)

A fire (*kasai*) refers to something that is burning, and needs to be put out. The burning of garbage in a field or a bonfire to cook *yakiimo* (roast sweet potato) is not classified as a fire. However, there are many cases where that in fact burn up into fires that cannot be extinguished. Fires can take lives and destroy property in a matter of seconds. As some fires occur as a result of an earthquake, it is necessary to take fire prevention measures on a daily basis. You also need to be aware of the dangers of smoke. Most people who die in building fires, die as a result of smoke inhalation. Be sure to know where your emergency escape exit is.



Typhoons (*Taifuu*)

A typhoon is a kind of tropical cyclone, or a large circulation of air. About 28 typhoons form each year, with an average of 3 of these storms passing across Japan, typically occurring in late summer or early fall. They usually strike from the pacific side of Japan, with the potential to cause significant damage. When typhoons get closer to Japan, seasonal and autumnal rain fronts hover around the Japan vicinity, bringing rain even when the typhoon is still far offshore. This then leads to heavy rainfall, and the potential for a torrential rain disaster.



Landslide Disaster (*Dosha Saigai*)

A landslide disaster is a dangerous natural disaster where mountains or cliffs collapse and dirt and rocks mixed with water come flowing down rivers, causing damage to homes, farmland and other property, and on occasions taking lives.



The main types of landslide can be classified as follows: 1) *Yama(gake)kuzure*, 2) *Dosekiryu*, 3) *Jisuberi*

Name of Disaster	Forewarnings
<p>(1) <i>Yama(gake)Kuzure</i> ... Steep slopes rapidly collapse all of a sudden.</p>	<ul style="list-style-type: none"> ➤ Water from the mountain becomes muddy ➤ Cracks form on the mountainside and small stones fall down ➤ Noises come from the mountain (cliff)
<p>(2) <i>Dosekiryu</i> ... Soil, stones and sand built up in valleys or slopes flows down the mountain along with water from heavy rain. As the debris comes down very fast and is highly destructive, it is likely to cause severe damage over a wide area.</p>	<ul style="list-style-type: none"> ➤ Noises come from the mountain ➤ Even though it is raining continuously, the water level of rivers decreases ➤ Rivers become murky and driftwood floats downstream.
<p>(3) <i>Jisuberi</i> ... Clay layers of a comparatively gentle slope move slowly. As landslides occur over a wide area all at the same time, there is often severe damage to houses, roads, railways etc.</p>	<ul style="list-style-type: none"> ➤ Cracks form in the ground ➤ Well and stream water become murky ➤ Water seeps from cliffs and slopes

☆ DISASTER PREVENTION ☆

Evacuation Facilities/Evacuation Safety Areas (Hinan Shisetsu/Hinan Basho)

Evacuation facilities and evacuation safety areas are places where people go seek shelter in order to protect themselves when disaster strikes. In the city and wards, various facilities such as schools and ward-run community buildings have been designated as evacuation sites in the area around where you live. However, should a large-scale earthquake strike, you may not be able to seek shelter in one of your areas designated evacuation sites. On such an occasion, you will need to evacuate to the nearest available evacuation site, so be sure to check the designated evacuation facilities in your area. Know which ward you live in, and find out where the nearest elementary and junior high schools are. 'Protecting your self' is the key to disaster prevention. Therefore, in addition to getting together a supply of water and food for your family, and coming up with a prevention and safety plan, make sure you know where your designated evacuation site is so that you can go there should a disaster strike or should one be predicated.

When a landslide disaster or flood is predicated due to heavy rain or an earthquake, your local municipal office will issue warnings in the following order. So you are prepared, be sure to familiarize yourself with the following vocabulary.

Disaster Vocabulary

Shingen	Seismic Center	The underground source of an earthquake
Yoshin	Aftershock	A small earthquake that happens after a bigger one
Yure	Tremor	An earthquake
Chuiho	Advisory	A warning issued when there is a high risk of a disaster occurring.
Keiho	Alert	A warning issued when there is a high risk of a major disaster.
Keikai Suru	To Exercise Caution	To be careful
Dansui	Water Outage	You cannot use the water. Water supply has been cut off.
Hinanjo	Evacuation Shelter	A place where you live temporarily when it is unsafe to be at home in a disaster.
Risaishomei	Damage Report	A document that certifies that a building has suffered damage in a disaster. (Necessary for exemption of tax.)
Anpi no Kakunin	Confirmation of Safety	To look into whether someone is okay or not
Higai	Damage	To be injured or have something break
Giseisha	Victim	Those people who are dead or have been injured
Yukuefumei	Missing	Not knowing the whereabouts of someone
Kichohin	Valuables	Things that are precious to you



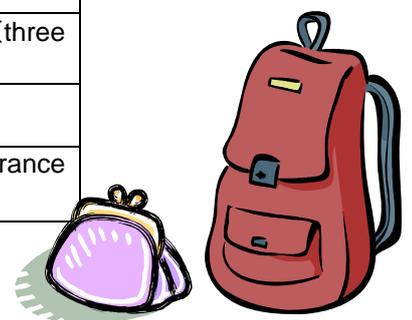
The meaning of

HINAN JUMBI → **HINAN KANKOKU** → **HINAN SHIJI**

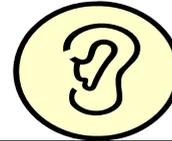
'HINAN JUMBI' Evacuation Preparation Advisory	Issued when it is determined that the chances of a disaster are high, based on river water levels and weather. This advisory gives citizens a chance to prepare for evacuation.
'HINAN KANKOKU' Evacuation Warning	Issued to local residents in a disaster stricken area when there is a threat of them being in harms way. It is recommended that you evacuate or prepare to evacuate.
'HINAN SHIJI' Evacuation Directive	More serious than an 'Evacuation Warning,' an 'Evacuation Directive' is the same as an 'Evacuation Order.' When an 'Evacuation Directive' is issued, it is imperative that you evacuate immediately.

EMERGENCY KIT... Carry the following items in your backpack when you evacuate.

■ Everyday Items	Flashlight (handheld), lighter, matches, candles, portable radio, batteries, first aid kit, medication, cold protection, waterproof sheet, work gloves, helmet or headwear, rope etc.
■ Food	Drinks (approx. 3 liters of water per day per person), Food (three days worth per person), knife, can opener
■ Clothing etc.	Underwear, socks, towels, rainwear
■ Valuables etc.	Cash (including small change), copy of your Health Insurance Card, passport, alien registration card, bankbook



☆ INFORMATION ☆



Guide to Disaster Prevention Information

Home Page	Okaya City Disaster Box	http://www.city.okaya.nagano.jp/okaya-bousai/index.html
	Meteorological Agency	http://www.jma.go.jp/jma/index.html

■ Mail Delivery @ Okaya

This is a service provided to promptly notify residents of urgent information (fires, weather, earthquakes etc), by email to cellular phones or personal computers. (Available only in Japanese) To use this service you first need to register from your computer or cellular phone.

Register from the Okaya Homepage	http://www.city.okaya.nagano.jp/okaya-bousai/link/index_system.html
Register from your Cellular Phone	http://www.city.okaya.nagano.jp/mail/regist/ce/

...If you hear the word 'Hinan' coming from the radio, RUN !.....

Okaya City 'BOUSAI RADIO'

Okaya city is currently selling 'Bousai Radio,' handy for the people who are unable to hear the city announcements inside their homes and for use when disaster strikes. While announcements are only in Japanese, they are available for purchase at the Okaya City Hall 1F Information counter and 5F Disaster Management Office for 1000 yen. If you do not know where to go then please feel free to drop by the Okaya City International Exchange Association on the 4F.



■ Radio Frequencies

AM	Shinetsu Broadcasting (SBC) 1197 kHz	FM	FM Nagano	81.8 (79.9) MHz
	NHK Nagano No. 1 1584 kHz		NHK FM Nagano	85.3 MHz
	NHK Nagano No. 2 1359 kHz	Community FM	LCV FM	76.9MHz

NTT Disaster Emergency Message Dial ~When you want to get in touch with family~

NTT Disaster Emergency Message Dial is a voice message board that is provided by NTT when a disaster occurs, and is necessary when communication traffic to a disaster stricken area increases and it is difficult to get through. The start of this service will be announced in the TV and Radio soon after a major disaster has occurred. To use the service simply dial 171, following the Japanese guidance to record and listen to the message of the disaster victim.

Recording a Message	Listening to a Message	1 #	1 #
1 7 1	1 7 1	↓	↓
↓ (Japanese Guidance)	↓	(Japanese Guidance)	
1	2	Record a Message (Up to 30 secs)	Replay Message
↓ (Japanese Guidance)	↓	↓ (Japanese Guidance)	↓
Telephone Number of Disaster Victim (XXX) XXX-XXXX		9 #	9 #
↓ (Japanese Guidance)	↓	↓ (Japanese Guidance)	↓
		End	End

Cellular Phone Disaster Emergency Message Board Service

You can use packet communication provided by your cellular phone company to access this service, which is provided so that families or friends can confirm your safety from anywhere in the country. For details, please enquire with your cellular phone company.



Electricity/Gas/Water/Telephone		Telephone
◆ Electricity ◆	Chubu Denryoku: Suwa Office	0266-27-8282
◆ Gas ◆	Suwa Gas: Okaya-Shimosuwa Office	0266-22-7666
◆ Water & Sewerage ◆	Okaya City Hall Waterworks Division	0266-23-4811
◆ Telephone ◆	NTT East Japan (Enquiries)	0120-158-116