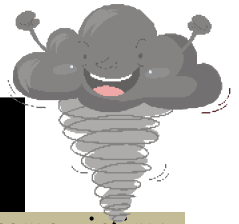


# Typhoon season



How to protect yourself against natural disaster?

The answer is,

## “Family ties”

Many people has become victims of the unusual weather in various regions over recent years. Natural disaster such as earthquake, typhoon, flood or landslide has occurred frequently. It is vital to understand what could happen to you and your family in case of a disaster. Disaster preparedness will be the key for you and your family's safety.

### ●Vital 4 points for disaster prevention

**Point 1:** Discuss where you and your family will meet, how to get in touch with family members, and safety route to a evacuation site

Decide where you and your family will meet in case of a disaster. A local evacuation site or a neighborhood relative's home would be OK. It may be difficult to make a phone call to your family in case of a disaster. Family members should talk about the safety route to the place where family will meet.

**Point 2:** Determine the division of roles between family members.

Family members should talk about the division of roles.  
 ●Who will take out emergency supplies kit. ●Who will turn off the breaker. ●Who will turn off the gas. ●Who will take care of the elderly or children. ●Who will take care of a pet.

You should always consider the division of roles between family members. Then you will react to a disaster without panic.

**Point 3:** Eliminating Danger Spots around the Home

Find danger spots around the home in case of earthquake, windstorm or flood. Are you piling up things? These may be dangerous. Are you putting something around the house? These may be washed away by a flood. Please check out inside and outside your home.

**Point 4:** Consider what items you will need in emergency situations.

Prepare emergency supplies kit. Your emergency supplies kit should contain the essential items for your family members, such as a radio, foods and etc. It varies by the individual. Don't forget to check the expiration date of the foods. A radio is essential for information collection.



### ●3 points to preparedness for evacuation

Some people go out and look around without reason in a time of earthquake, windstorm or flood. Sometimes, familiar landscapes change to area at high risk by fury of the elements. Be sure to confirm the following:

**Point 1:** First, listen to the TV or radio for information on local weather.

Please listen carefully for news, and get information about rainfall forecast or possibility of flood. If you regard the situations as dangerous, you should go to evacuation site voluntarily. Do not fail to escape otherwise you will have to wait for rescuers.

**Point 2:** Do what you must do before evacuation.

Contact an acquaintance or a relative and explain your situation and evacuation site that you will stay. Make sure you turn off the breaker and gas. Also be sure that you hung up the phone. Take out your families emergency supplies kit as planned.

**Point 3:** Evacuation Tips

Avoid acting alone. If possible, you should contact family members of the neighborhood and evacuate together. Wear athletic shoes. Wearing boots will be dangerous because water get inside the boots. And, watch out for manholes.

[www.ficcc.jp/foreign/](http://www.ficcc.jp/foreign/)

●FICEC's office moved to new location. The new address is on the last page.

**Essential Items for an emergency.**

●Keep in mind the specific needs of your household. Prepare essential items for each member of your household.

- ★Foods...Drinking water, Foods(cans, retort foods, dietary supplements, candy, etc.) · Milk for baby (baby bottles, etc.)
- ★Clothes...Outer clothes · Underwears · Rain apparel · Towels · Blankets, etc.
- ★Medical supplies...Regular medication · Band-Aids · Digestive medicines · Vulnerary · Bandages · Gauze · Antiseptic substance
- ★Daily goods...Portable radio (electrically-lighted) · Sanitary protection · Disposable diapers · Cotton work gloves · Knife · Can opener · Lighter · Flashlight · Batteries · Portable gas stove · Disposable body warmer · Tissues · Pen-and-pencil set · Garbage bags · Rope · Blue plastic sheets
- ★Valuables...Cash(including small change) · Savings passbooks · Seal · Copy of health insurance card

●Ayumi Kanda's

Strange Japanese custom for foreigners

"Autumn is the season for ○○." What do you think about events of autumn? In Japan, many schools hold a cultural festival or a sport festival in this season because of the good weather. Also seasonal foods are easily-available in this season. We cook delicious dishes using them and enjoy our meal. Autumn is the season for sport, art, appetite, reading, etc. Although we can enjoy them in every season, we often come across an expression like this "autumn is the season for ○○." There are a lot of autumn events in Japan. It is said that Japanese people are good at event planning. (I don't know whether we can enjoy an event or not.) We often plan events, especially for commercial purposes. It seems to be difficult to gather the autumn crops because of an extremely hot summer. However, I want to enjoy "appetite-autumn". What do you like to do most in the autumn season?

Have you finished antenna installation for DTV?

The switchover to digital TV for the whole country will be in less than a year. Analog broadcasting will end. Antenna installation companies begin to receive a rush of orders. If you procrastinate about preparing for DTV transition, you will not be able to watch TV after next July. It's strongly recommended that you install a digital TV antenna well in advance. Please receive quotation from your neighbor's electronics shops.

Renewal of national health insurance card

Health insurance card, which is considered an ID, is renewed on October 1st. Renewed health insurance card was mailed by Kani Kakitome (recorded delivery, which is used to mail an important things) in September. Be sure to check that you receive it. You can't use the old card any more. If you have not received the renewed card please confirm with the city office.

Let's go to the event with your family.

Fujimi-city International Cultural Exchange Forum

Let's have an opportunity of international exchange from every angle. The popular annual event "International Cultural Exchange Forum" will be held. This year, you can enjoy Ryukyuan dance, Philippine songs and foods, Time for tasting various sweets around the world, etc. Please come and join this autumn event with the whole family.

■Date & Time : November 14th (Sun.)  
12:00 - 16:00

■Place: Fujimino Koryu Center  
(10 minutes walk from Fujimino station East exit)

■Contents:

★Experiencing and exchanging corner

Tai-chi chuan · Trying on foreign native dress or kimono and photographing · Ikebana and Wadaiko experience · Tenkoku (seal engraving) · The world's cuisines tasting corner · Card game for cross-cultural understanding · Foreign language conversation salon · Old-Thai massage

★Tea time and attraction

The world's sweets and teas · Ryukyuan dance · Philippine songs and foods, etc.

★Speech of foreign residents

Speech in Japanese by foreign nationals living in Japan.



[www.ficcc.jp/living/](http://www.ficcc.jp/living/)

●A new office is a 20-minute walk from Fujimino station. Please see the last page for details.