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Japan Maritime Public Relations Center
2-12-6 Minato, Chuo-ku, Tokyo 104-0043 Japan
Tel: 03-3552-5034
Fax: 03-3553-6580
E-mail: kaijo-no-tomo@kaijipr.or.jp

Photo courtesy: TOKOKAI



Japanese Lighthouses Watch over Ships and Seafarers

Iragomisaki Lighthouse

The Atsumi Peninsula and Chita Peninsula form Mikawa Bay, and this white lighthouse stands on the shore where the old mountain falls into the sea.

Because the Irago Channel off the coast of the Atsumi Peninsula was a difficult place to navigate due to its swift currents and reefs extending far out to sea, the Ministry of Communications' Lighthouse Bureau built this lighthouse, which was first lit on November 20, 1929, and to this day serves as an important first landmark at the mouth of Ise Bay.

Tahara City has built a walking

trail around Cape Irago, allowing visitors to see this lighthouse up close and enjoy a spectacular view of the triangular-shaped Kamishima Island in the distance.

Nearby, there is a stone gate just offshore with caves formed by wave erosion, and another stone gate at the water's edge, called *Hii no Ishimon* (Sunrise Stone Gate), and on the cliff above stands a monument inscribed with the poem *Yashinomi* (The Coconut) by Japanese poet Toson Shimazaki, which is famous for the line "A single coconut drifting from an unknown island..."

Location: Irago-cho, Tawara-shi, Aichi Prefecture
Start of operation: November 20, 1929
Structure: Concrete
Height: 15m
Illumination: Iso W 6s (white light flashing isophase every 6 seconds)
Range: White light 5.5 nautical miles (about 10 km)



The Association for Promoting Safety and Sanitation for Seafarers

'Maritime Workers' Health and Safety Month' to Start in September with Slogan 'One Hand for Work, One Hand for Safety'

September 2025 marks the 69th Seafarers' Occupational Safety and Health Month. This campaign aims to prevent workplace accidents among maritime workers by promoting a deeper understanding of occupational safety and health at sea and encouraging shipowners and maritime workers to take voluntary safety and health measures.

This fiscal year, based on the "Plan for Implementation of Seafarers' Disaster Prevention," the Association for Promoting Safety and Sanitation for Seafarers will work to raise awareness of safety and health among shipowners, crewmembers, and other concerned parties, and further promote accident prevention measures.

This year's English slogan is "One Hand for Work, One Hand for Safety," created by Sario Joey Masangkay of Idemitsu Tankers.

Following are the key points based on this year's implementa-

tion plan.

1. Measures to prevent workplace accidents
2. Measures to prevent fatalities caused by falling into the sea or marine casualties
3. Measures to prevent accidents on fishing boats
4. Promotion of safety measures from a hardware perspective, such as for ship equipment
5. Measures to ensure the health of crewmembers
6. Measures to prevent infectious diseases such as COVID-19
7. Prevention of harassment and ensuring mental health
8. Promotion of health management using IT
9. Other initiatives on health management
10. Measures to prevent fatal accidents and illnesses based on age composition
11. Other health and safety measures



MOL Magsaysay Maritime Academy Links up with 5 Japanese Institutes to Promote International Exchange

In July, MOL Magsaysay Maritime Academy Inc (MMMA) in the Philippines signed a comprehensive agreement with five National Institutes of Technology (KOSEN) —Toyama College, Toba College, Hiroshima College, Oshima College, and Yuge College in Japan—with the aim of further development and cooperation in international exchange programs. MMMA will work to increase exchange opportunities through the exchange of faculty members, students, and academic information among each academy, strengthen mutual research and educational processes, and cultivate a global perspective for future seafarers.

Before signing this agreement, MMMA

accepted four students (including one woman student) and two faculty members from Oshima College and six students (including two women students) from Tokyo University of Marine Science and Technology for one week each in March to conduct an international exchange program. In this program, the Japanese students shared meals and living quarters with MMMA students, attended the same lectures, and participated in practical training using simulators and actual ship equipment in the bridge and engine room at MMMA's "Ship in Campus."

A cultural show brought both schools together, showcasing lively performances of contemporary dance, pop music, and tradi-



Briefing for third year navigation department students before use of bridge simulator

tional dances representing Japan and the Philippines. Following the program, students from both institutions mingled and shared joyful moments. Although their interaction was brief, they successfully bridged gaps in lifestyle, culture, and teaching approaches, fostering meaningful new connections.



Scene from the Cultural Show exchange

The agreement will enable all five schools to participate in the program, which was previously open to only one school. In addition, MMMA will further deepen international exchange and diversify learning to support the young people who will play a leading role in the future of the shipping industry.

Newly Built LPG Carrier Named *Luna Pathfinder*



Luna Pathfinder

On August 5, a naming ceremony took place at the Kawasaki Heavy Industries Ltd. Sakaide Works for a newly built very large gas carrier (VLGC). Upon its completion, the ship will be chartered by Astomos Energy Corporation, one of the world's leading LPG companies, for the domestic and global transportation of LPG.

About 50 people were on hand for the ceremony, including Astomos Energy Vice President Toshinobu Sato and NYK Managing Executive Officer Hironobu Watanabe. Sato officially named the vessel the *Luna Pathfinder*, after which his wife performed the ceremonial ribbon-cutting.

The vessel's name reflects NYK's commitment to a future path toward decarbonization, as the VLGC is designed to also carry ammonia. "Pathfinder" denotes a guiding marker, while "Luna," the Roman goddess of the moon, evokes imagery of tranquility and peaceful voyages under the night sky.

The vessel is equipped with a dual-fuel engine that can run on both heavy oil and LPG. By utilizing the rotation of the shaft

connected from the main engine to the propeller to generate electricity, the diesel generators can be shut down during regular navigation, enabling operation primarily on LPG fuel. When using LPG, emissions of sulfur oxides (SOx) are reduced by more than 95% and greenhouse gases (GHG) by over 20% compared to conventional heavy fuel oil. Moreover, in addition to LPG the vessel can carry ammonia, for which demand is expected to increase thanks to its potential as an alternative fuel contributing to the realization of decarbonized society in the future.

MOL, MAAP, and Magsaysay a Team up to Launch Dynamic Positioning Training Center in the Philippines

In a remarkable maritime undertaking between Japan and the Philippines, Mitsui O.S.K. Lines, Ltd. (MOL) Group company MOL Maritex Co., Ltd. (MOLMAT), the Maritime Academy of Asia and the Pacific (MAAP), and Magsaysay Training Center (MTC) of the Magsaysay Group have opened a dynamic positioning (DP) training

'K' Line Participates in Onboard Fire Response Drill at Laem Chabang Port

On June 24, Kawasaki Kisen Kaisha, Ltd. ("K" Line) participated in an onboard fire response at Namyong Terminal PCL in Laem Chabang Port, Thailand. The drill was held onboard the "K" Line-operated car carrier *Baltimore Highway*, to simulate a realistic onboard emergency and verify inter-agency coordination and strengthen emergency response capabilities. The drill involved the ship's crew, Namyong Terminal PCL, the Vessel Traffic Control and Maritime Security Office (VTCMSO) under the Marine Department of Thailand, Port Authority of Thailand, as well as the local fire department and port emergency medical services.

The exercise simulated a complex emergency scenario in which a fire breaks out onboard during cargo handling operations and one worker goes missing. The drill encompassed not only firefighting operations conducted by the vessel's crew in coordination with the local fire department but also search and rescue efforts—resulting in comprehensive emergency response training.

By practicing fire response procedures, information-sharing protocols, and coordinated actions, participating organizations confirmed their ability to respond swiftly and safely in the event of an emergency. The drill offered a valuable opportunity to strengthen practical safety measures and improve inter-agency collaboration.



Photos from the drill

trainees to undergo training in highly realistic environment that closely mirrors actual ship operations. The DP training center will train seafarers and engineers to meet the requirements for offshore wind power generation and for special vessels involved in offshore and ocean development. All six courses offered at the new training center are accredited by the Nautical Institute (NI).

Effects of Alcohol Consumption on Oral Health

Seamen’s Insurance Fukuoka Health Care and Research Center, Health Care Department

Have you ever thought about how drinking alcohol affects your teeth and mouth? Although drinking alcohol can be an enjoyable experience for many people, it also poses serious risks to oral health.

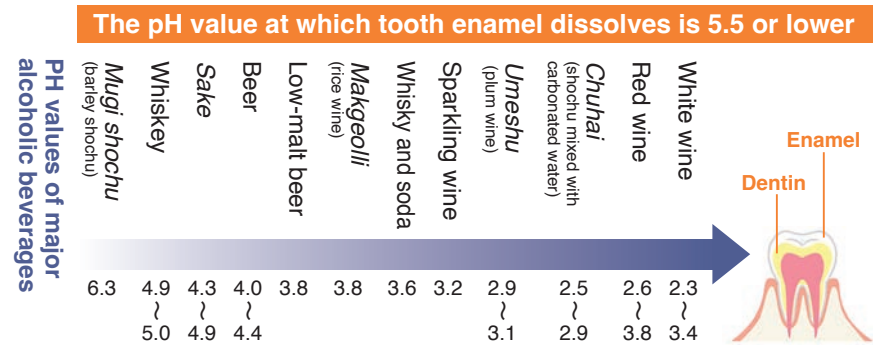


Dry mouth

First of all, alcohol has a diuretic effect and causes the body to expel water, which leads to dry mouth and reduced saliva secretion. Saliva has antibacterial properties and protects teeth from acid, as well as washing away food debris and bacteria from the mouth. When saliva production decreases, bacteria proliferate. This increases the risk of tooth decay and periodontal disease and can also cause bad breath.

Increased risk of tooth decay

Alcohol is highly acidic, so continued consumption over long periods of time can weaken tooth enamel, leading to tooth decay, sensitivity, and staining. Sweet cocktails and liqueurs also contain high levels of sugar, which further increases the risk of tooth decay. The inside of the mouth is maintained at a neutral pH of around 7, but since the pH of most alcoholic beverages is below 5.5, they affect the enamel.



Neglecting to brush your teeth

When you get drunk, even taking a bath or brushing your teeth becomes a chore. It’s not a major problem for a day or so, but if it continues every night or every week, it will have a significant impact on tooth decay and periodontal disease.

Bad breath

Acetaldehyde can cause strong bad breath. The diuretic effect reduces saliva, causing bacteria to proliferate and leading to bad breath.

Alcohol and cancer

Alcohol is known to increase the risk of oral cancer, throat cancer, esophageal cancer, and other cancers of the mouth and throat. Acetaldehyde is carcinogenic and damages the mucous membranes in the mouth, making it easier for cancer cells to develop.

Five ways to prevent your oral health from worsening due to drinking alcohol

1. Brush your teeth immediately after drinking alcohol

After drinking alcohol, the mouth becomes more acidic, and saliva production decreases, reducing the mouth’s self-cleaning function and allowing bacteria to multiply. Therefore, brush your teeth as soon as possible. If you can’t do that, rinse your mouth with water and be sure to brush your teeth by the next morning at the latest.

2. Drink water frequently

Be sure to drink plenty of water during and after drinking. Drinking water promotes saliva secretion and neutralizes acidity in the mouth. Drink at least as much water as the amount of alcohol you consume.

3. Don’t drink for an extended time

Prolonged drinking causes the mouth to remain acidic for long periods of time, which dissolves teeth and worsens the oral environment due to alcohol and sugar, leading to the proliferation of cavity-causing bacteria. Acetaldehyde damages the gums and increases the risk of periodontal disease.

4. Drink alcohol in moderation

Avoid alcoholic beverages that are high in acidity or sugar, and do not drink excessively. It is advisable to take a day off from drinking for the sake of your overall health.

5. Get regular dental checkups

Regular dental checkups and cleanings are important preventive measures. Cavities and periodontal disease often progress without noticeable symptoms in their early stages, so it is important to catch them early. If you drink alcohol regularly, it is important to be aware of the effects alcohol has on your teeth and mouth, and to take special care when it comes to oral hygiene.

It is important to maintain good oral health, so you enjoy eating and having lively conversations for as many years as possible. Excessive drinking can lead to alcohol dependence, which can cause you to reject all foods other than alcohol and lead to serious oral diseases. For the sake of your oral and overall health, please drink alcohol in moderation.



The Origin of Figureheads

Classic Stories of the Sea

By Akinori Sugiura

The origin of figureheads on ships dates back to ancient times. A plaster model ship excavated from Tutankhamun’s tomb is on display at the Cairo Museum. The bow and stern of this model ship, estimated to date back to around 135 BC, are modeled after the heads of wild goats from Syria. The shape of the bow and stern of the ship depicted on an Egyptian jar from several thousand years ago, housed in the British Museum, also suggests the use of animal heads. The custom of offering sacrifices at ship launching ceremonies reportedly began with the practice of decorating the bow of the ship with the heads of slaughtered animals. Even today, in the southern coastal region of Portugal, a spherical decoration made of lamb-skin called a fleece is attached to the bows of new fishing boats. Imitation fleeces have become more common in recent years but this custom, which is widespread along the Mediterranean coast, is clearly a remnant of the tradition of decorating ships with the heads and necks of sacrificial animals.

Captain Jima's Fun Pilot Diary

25 Extreme Weather! Sometimes You Can Spot Mysterious Phenomena at Sea! 200728-1318-LNG-NA-OUTSIDE THE PORT-L1

Working at sea for as long as I have, I occasionally encounter some extremely rare weather phenomena.

A large iceberg resembling a glass pyramid seen east of the Kamchatka Peninsula. At night in the equatorial calm zone, The sea surface looks like milk has been spilled on it, stretching for hours and hours. The entire navigable sea area was filled with noctilucent organisms that glowed brightly throughout the night. And more...

The weather phenomenon I experienced off the coast of Nagoya Port was just as impressive, and it was something very rare that I had never seen before.

At 7:00 a.m. on July 28, 2000, we departed the port on a tugboat to board an LNG carrier (120,000 tons, 290 meters in LOA) heading for Nagoya Port. As we passed through the breakwater, a haze began to appear in front of me. Soon, we couldn't see more than a few dozen meters ahead. However, when we looked up at the sky, there was just a light cloud cover, and we could clearly see the surrounding scenery.

Only a few meters above the sea surface were covered in thick fog. This phenomenon, in which warm air flows into cold seawater, is called advection fog, and it was

particularly prominent on that day.

The photo was taken with a smartphone just before boarding the ship, but the fog was much thicker to the naked eye.

I boarded the ship, went up to the bridge, and looked ahead to see a view I had never seen before. It was as if thick dry ice was spread all around the ship, and I couldn't see the sea surface at all. Only the tops of the beacons and the ship's masts were visible through the pure white clouds.

Entering the Nagoya East Channel, with only a few miles to go, we turned right at a right angle and berthed at the pier. Thinking that we would have no choice but to turn while watching the radar and electronic chart display and information system (ECDIS) in this situation, the uncertainty we had been facing suddenly disappeared, and the surroundings returned to normal.

This L1 pier, together with L2 to the south, is an important pier for discharging LNG into onshore tanks to supply power in the Chubu region. But getting there requires us to change course at a right angle due to its proximity to the eastern shipping lane.

There is a buoy in the shallow waters ahead on the right, and as we are approaching it, we tend to turn too easily out of fear. This would result in a congested route to the pier, making subsequent maneuvering extremely difficult. In addition, if the



Capt. Masujima



Advection fog. In real life, it looks even thicker than in the photo!

course change was delayed, there was a risk of not being able to turn completely, resulting in contact with buoys or running aground in shallow waters, so the turn had to be precise. For this reason, two escort tugs accompanied the ship to keep the area around the turning point clear.

On this day, there was a weak southerly wind (which brought warm air, resulting in the formation of localized advection fog) and no tidal currents. We overcame our fear of the buoy approaching on our right front and were able to head for the pier at the planned speed and course at the planned location, which was fairly good maneuvering.

The Croatian captain was also delighted, saying, "It's perfect!" I think this set a good example for my junior co-pilot, Mr. Y.

That day ended with just this one ship. After eating a late lunch, I returned home and enjoyed a cup of tea from my favorite teapot, which was exceptional. The moment I enjoyed eating Brie cheese from France, which I learned about from my fel-



low travelers, was a truly exquisite experience.

Brain Teaser Let's find out! Who's out of Your League?

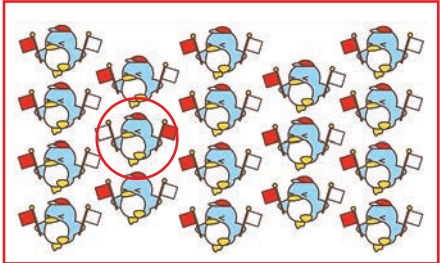


Illustration courtesy: illustAC

September has arrived! According to the calendar, it is autumn, but the hot days continue. This month's "Brain Teaser" comes from an illustration of owls. These are nocturnal birds of prey, characterized by their silent, stealthy flight and their ability to turn their heads a full 360 degrees. In Japan, owls are thought to bring good fortune," but in some countries, they are regarded as a symbol of wisdom, and they are even considered unlucky in some places. Depending on the species, some have ears that are misaligned on the left and right sides because they rely heavily on their hearing. This allows them to accurately detect the direction and distance of sounds. Owls' unique characteristics are truly amazing.

So... if you look closely, you will see that one owl is different from the others. Which one is it? (The answer will be in next month's issue.)

Here is the answer to last month's (August) Brain Teaser.



One of them is holding the red and white flag upside down.

Use the Floor for this Easy Stretch! Relieve Lower Back Pain with This 'Cat-Cow' Pose

- (1) Get on all fours, placing your hands under your shoulders and your knees under your hips.
- (2) Exhale and round your back (cat pose). Look down at your belly button and lift your spine toward the ceiling.
- (3) Inhale and arch your back (cow pose). Open your chest and arch your back as if lifting your tailbone.
- (4) Repeat movements (2) and (3) slowly several times. Try this for a few minutes in the morning or before bed.



Illustration courtesy: illustAC

Today's Delicious Dish: Stir-fried Eggplant and Chicken with Black Vinegar

Black vinegar has a wealth of minerals. Its rich flavor and moderate acidity make it a popular flavor among both children and adults.

- Ingredients (4 servings)
- 5 eggplants
 - 2 green bell peppers
 - 250 grams of chicken thigh meat
 - A pinch of salt and pepper
 - 1 tablespoon brown sugar
 - 2 tablespoons black vinegar
 - 2 tablespoons soy sauce

- 1 tablespoon salad oil
 - Salad greens as desired
- How to cook
1. Remove the stem from the eggplant, cut it in half lengthwise, and then slice it diagonally into 1.5 cm thick slices. Cut the green pepper in half, remove the seeds, and chop it into small pieces.
 2. Cut the chicken into bite-sized pieces and season both sides with salt and pepper. Heat a frying pan, add the chicken skin-side down, and fry both sides over

medium heat until golden brown. Once browned, remove from the pan, add oil, and fry the eggplant and green peppers. Lightly season with salt and pepper, stir-fry quickly, and return the chicken to the pan before it becomes tender.

3. Sprinkle brown sugar on (2), mix roughly, then pour in black vinegar and add soy sauce. Simmer until the mixture thickens. Serve in a bowl and garnish with Boston lettuce.



Source: Ministry of Agriculture, Forestry and Fisheries website (Recipe, perfectly matched for rice)
<https://www.maff.go.jp/j/seisan/kakou/me-zamasi/recipe/index.html>