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Journal for all the Mariners

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Photo courtesy: TOKOKAI



Japanese Lighthouses Watch over Ships and Seafarers

Shirasu Lighthouse

Shirasu is a white-sand shoal located approximately 2.5 nautical miles northwest of the western entrance to the Kanmon Strait. It lies at the point where the Hibiki Current converges toward the strait, and the surrounding waters are dotted with shoals such as Ichino-se, Karei-se, and Sazae-se. Since the era of the *Kitamae-bune* (Northbound Ships) from the Edo Period (1603-1868) to the Meiji Era (1868-1912), this area has been feared as one of the most treacherous stretches of water in Western Japan.

In 1862, toward the end of the Edo Period, Iwamatsu Sukezaemon—an official of the Kokura Domain responsible for maritime affairs and shipwreck rescue operations—petitioned the domain to construct a lighthouse on Shirasu to protect sailors from the dangers of the reefs. Investing his own money and over-

coming numerous obstacles, including scarce capital and opposition from local fishermen, he successfully completed the foundation in 1870. In 1871, however, the lighthouse project was taken over by the newly established Meiji government. Full-scale construction began in 1872, and the lighthouse was completed in September 1873.

Sukezaemon, who had devoted himself wholeheartedly to this long-cherished mission of safeguarding human life, passed away in April 1872 at the age of 69, before he could witness the lighthouse's completion. Today, in recognition of his achievements, a monument commemorating Iwamatsu Sukezaemon stands at Matsuno-maru in Kokura Castle, while a memorial plaque has been erected beside Shirasu Lighthouse.

Location: Shirasu, Kokurakita-ku, Kitakyushu City, Fukuoka Prefecture

Start of operation: September 1, 1873

Structure: Steel upper section, stone lower section

Height: 17 m

Illumination: Fl W 4s

(Single white flash every 4 seconds)

Range: 7.5 nautical miles (approx. 14 km)





Future Japanese and Filipino Maritime Officers Participate in Exchange Program at NTMA

From August 23 to September 6, NYK conducted a global maritime student-exchange program that brought together future maritime leaders from Japan and the Philippines. Participants included students from the NYK-TDG Maritime Academy (NTMA), a merchant marine academy jointly operated by NYK and the Transnational Diversified Group (TDG) in the Philippines, and Japanese maritime students. A total of 32 students from eight institutions visited NTMA and interacted with their peers. Participating institutions included Kagoshima University, which joined the program for the first time this year, as well as Kobe University, Tokyo University of Marine Science and Technology, Nagasaki University, National Institute of Technology (KOSEN), Toyama College, Hiroshima College, Yuge College, and Oshima College.

The program aims to cultivate an international mindset among students aspiring to

become seafarers in Japan and the Philippines, while building networks with like-minded peers beyond national boundaries. By visiting each other's countries and participating in classroom lectures, practical training, and sightseeing activities over a week or so, students gain firsthand experience of differences in language and culture. Launched in 2015, this year marks the eighth iteration of the program.

Students took part in a variety of practical training activities, including voyage planning exercises using an electronic chart display and information system (ECDIS), ship-handling training using simulators, and pump disassembly exercises using actual equipment. They also toured the adjacent NYK-Fil Maritime E-Training Inc. (NETI) facility and gained a deeper understanding of its educational infrastructure, including its state-of-the-art ballast water management training facilities.

In addition, participants visited the National Museum of Natural History and other locations in Manila to learn about the Philippines' nature, culture, and history. Through this combination of practical exercises, facility visits, and exchange activities, students from Japan and the Philippines broadened their knowledge of the maritime field while gaining exposure to each other's cultures and values, strengthening mutual understanding and friendship.

A Japanese student commented, "Experiencing different cultures and values broadened my perspective," and "Interacting with friends from different countries deepened my understanding of other cultures." Some also noted that "Building relationships with Filipino students who may become future colleagues in the maritime industry was an invaluable experience."

An NTMA student observed, "We learned that cultural differences are not barriers but

opportunities to learn and grow together," and "The exchange deepened mutual understanding and international friendship through interaction with students from another country." Others remarked that "As future maritime professionals, we realized the importance of working with people from diverse backgrounds," highlighting the meaningful outcomes of the global exchange program.

NTMA President Jan Soledad Asuncion said, "The NYK Global Maritime Exchange Program highlights the strong bond and shared passion for the maritime profession between Japanese and NTMA cadets. Beyond the exchange of knowledge, this shared learning experience fosters genuine camaraderie, deepens mutual understanding, and contributes significantly to the personal and professional growth of our future maritime leaders. We are truly grateful for this continued partnership and the enduring relationships it builds."

MLIT Chief Visits MOL Training Center in Philippines

Japanese Minister of Land, Infrastructure, Transport and Tourism Yasushi Kaneko visited MOL Magsaysay Maritime Academy Inc. (MMMA), a merchant maritime academy operated by Mitsui O.S.K. Lines, Ltd. (MOL) in the Philippines, on August 12, to observe the company's maritime human resource development initiatives. The visit was conducted as part of a Ministry of Land, Infrastructure, Transport and Tourism (MLIT) official visit to the Philippines.

MMMA is a merchant maritime academy jointly operated by MOL and the Magsaysay Group. It plays a key role in developing seafarers who support world-class vessel operating safety and serves as a symbol of maritime human resource development cooperation between Japan and the Philip-

pines. Since opening in 2018, MMMA has produced many graduates who have gone on to contribute not only to MOL but also to the broader maritime industry.

During the visit, Minister Yasushi Kaneko toured MMMA's state-of-the-art training facilities, including the "Ship in Campus" built to replicate the structure of an actual vessel and the simulator training room. He also observed practical maritime education programs and gained a deeper understanding of MMMA's internationally recognized seafarer education delivered under an STCW-compliant curriculum.

In his remarks, Kaneko expressed his appreciation to MOL and all those involved for their long-standing efforts in developing maritime human resources that connect Ja-



Minister of Land, Infrastructure, Transport and Tourism Yasushi Kaneko
(Third from the right in the front row)

pan and the Philippines. He also exchanged views with MMMA cadets and expressed his expectations that MMMA students will make significant contributions to Japan's maritime industry and the global shipping industry in the future.

The Philippines is one of the world's leading suppliers of seafarers, with Filipino seafarers playing a vital role in supporting maritime transportation in Japan and around the world. In recent years, MMMA has also promoted the

development of a diverse and inclusive maritime workforce, including expanding opportunities for women cadets. In 2026, MMMA welcomed a record 31 women cadets, bringing the cumulative number of women admitted since its establishment to more than 100.

Through MMMA, the MOL Group will continue to foster the next generation of maritime professionals who will support the maritime industry and contribute to the further development of the shipping industry.

'K' Line Holds 20th Shipowners' Safety Measures Liaison Meeting

On September 2, Kawasaki Kisen Kaisha, Ltd. ("K" Line) held its 20th Shipowners' Safety Measures Liaison Meeting in Fukuyama City, Hiroshima Prefecture. Domestic and international shipowners and ship management companies come together at this meeting to enhance their mutual awareness of safety in navigation and cargo operations.

A total of 71 participants from 38 companies attended the meeting and engaged in lively discussions on specific case studies regarding the latest industry trends and issues in operations. Topics included the tightening of environmental regulations in the marine transportation industry and port state inspections, the diversification of types of cargo, geopolitical risks, and the increasingly complex operational environment.

The post-meeting reception featured an awards ceremony honoring outstanding initiatives and achievements based on the re-



Shipowners' safety measures liaison meeting

sults of the company's vessel inspections and comprehensive evaluations. Seven companies received Excellent Shipowner Awards, two received Good Practice Awards, and one received a Special Award.

"K" Line will continue to enhance its collaboration with shipowners and ship management companies to improve safety, environmental measures, and quality control while also contributing to the sustainable development of the global marine transportation industry.

Whistling at Sea: Bad Luck or an Essential Way to Communicate?

Classic Stories of the Sea

By Akinori Sugiura

Just as people say that whistling indoors at night invites snakes into the house, whistling on board a ship is considered taboo because it is believed to summon storms. In the age of sailing ships, when the wind died and the ship could no longer move, the crew were said to whistle together in hopes of calling the wind back. In fact, ship's whistles were originally used as signals when the roar of wind and waves drowned out human voices, making it difficult to convey

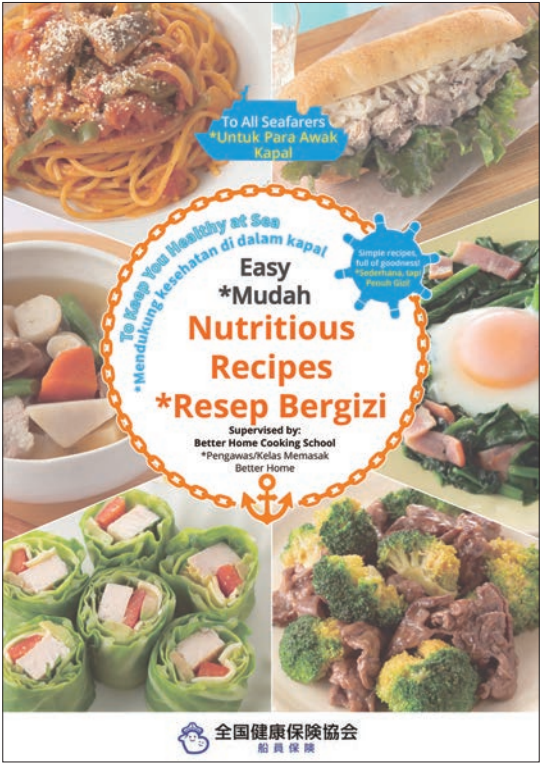
orders. To avoid confusion, whistling—which could be mistaken for the ship's whistle—was strictly forbidden. Even after steamships became common, the signal whistle worn on the bosun's chest—known as the bosun's whistle, bosun's pipe, or bosun's call—remained a symbol of authority. In English, the word *whistle* can refer to steam whistles, signal whistles, and ordinary whistling, and it also carries the meaning "to summon" the wind.

Easy Nutritious Recipes for a Healthy Body
Published by the Japan Health Insurance Association

Do you ever find yourself worrying about consuming too many calories, overdoing it on fat or salt, irregular mealtimes, or the food served on board your ship?

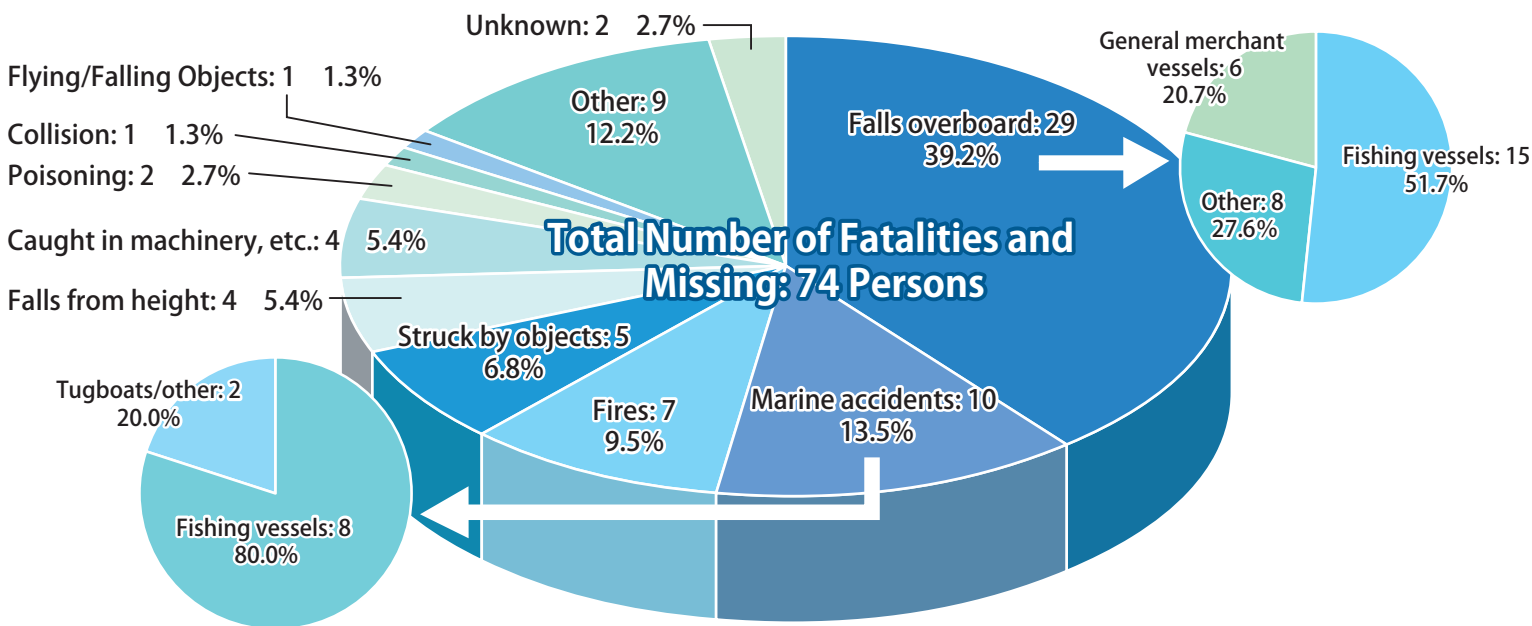


An unbalanced diet can increase the risk of high blood pressure, obesity, and other lifestyle-related diseases. A new cookbook, *Easy Nutritious Recipes*, published by the Japan Health Insurance Association, introduces healthy dishes that make use of seasonal ingredients along with creative cooking methods and seasonings. The recipes are available in both English and Indonesian on the association's website. You can enjoy these dishes throughout the year by adjusting the ingredients to each season, and the recipes include plenty of practical tips that make them easy to incorporate into onboard meal preparation. You can access the recipes by scanning the 2D code on the right.



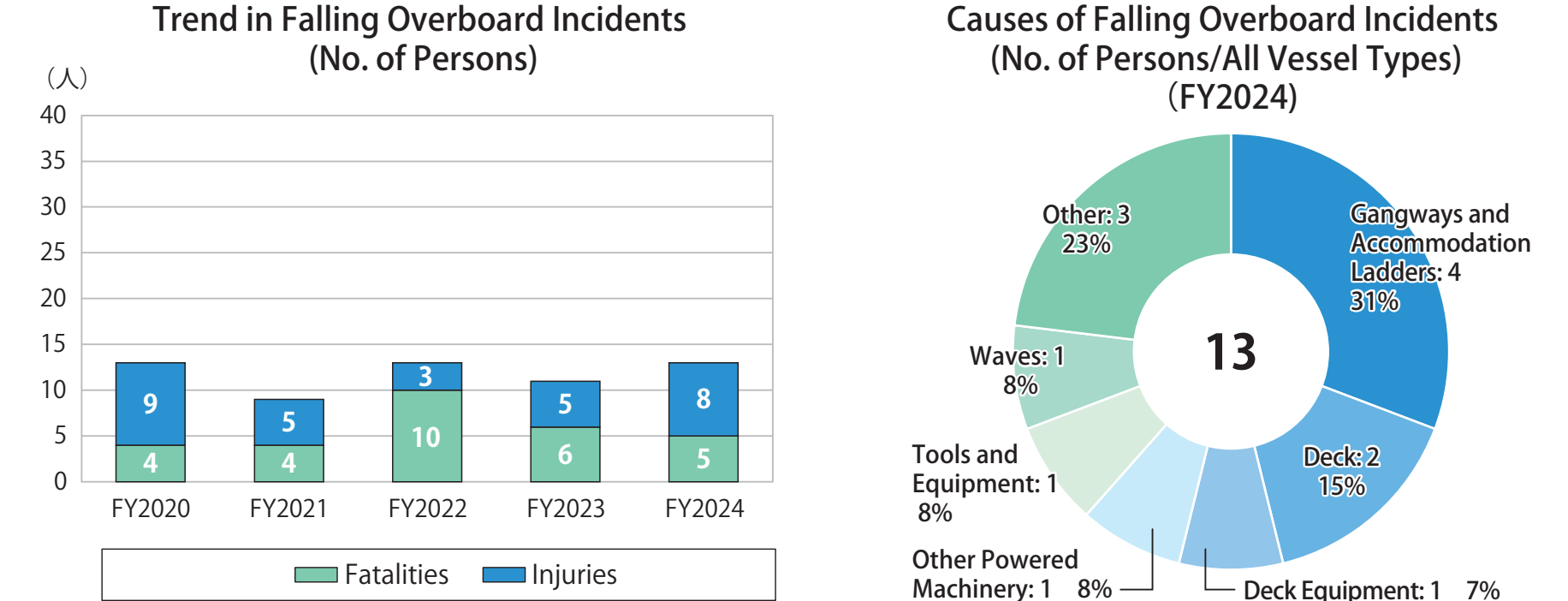
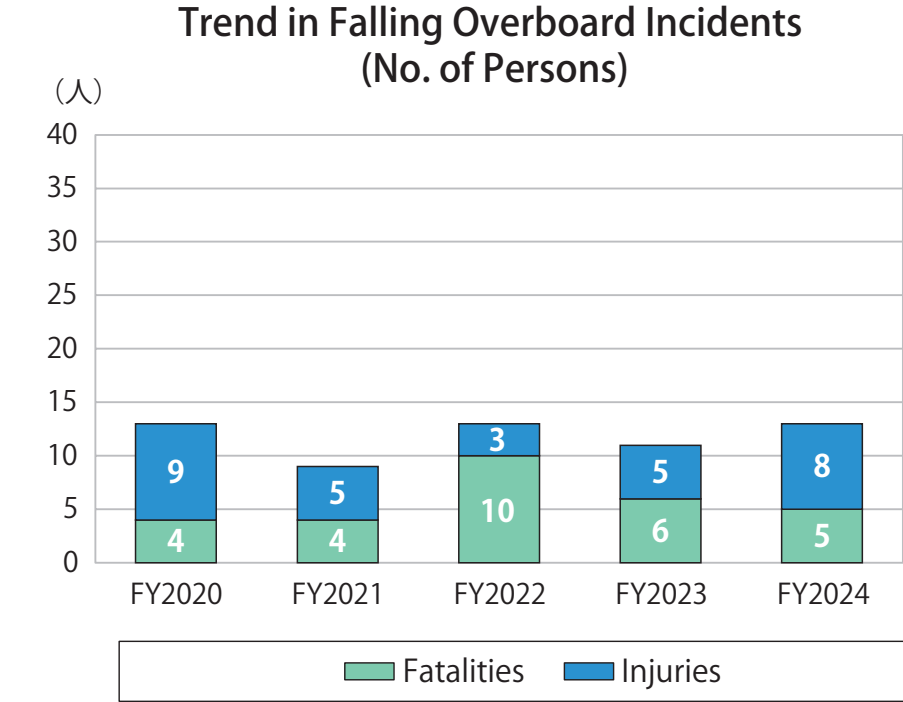
Prevent Falls Overboard
Source: The Data from Association for Promoting Safety and Sanitation for Seafarers

Seafarer Fatalities and Missing Persons: Five-Year Cumulative Accident Statistics (FY2020-FY2024)



The pie chart illustrates accidents resulting in fatalities and missing persons during the past five years. Falling overboard accounted for 29 fatalities and missing persons, representing 39.2% of the total. When performing over-the-side work or fishing operations on deck, be sure to take safety measures such as wearing a fall-arrest system or a life jacket, refraining from operations in rough weather, and avoiding solo work.

Falling Overboard Incidents



Captain Jima's Fun Pilot Diary

38 Captain Jima Creates Winning Tagline Featured on Pilots' Website!
220516 - Nagoya Port

On December 1, 2021, our Ise Mikawa Wan Pilots' Association office relocated to the top floor of a newly constructed 17-story building situated very close to the bay. At the same time, we completely revamped our website. To mark the occasion, we invited pilots and administrative staff to submit ideas for taglines to be featured on the website. Out of many submissions, mine was selected.

“PILOTs Who Love the Sea and Protect Ships and the Bay: Supporting Ise Bay and Mikawa Bay, a Major Logistics Hub!!”

Seeing my own words displayed on the website fills me with pride and genuine joy. The announcement noted that “a small token of appreciation will be presented to the selected entrant,” and I received a 3,000-yen gift card. That was certainly appreciated, but above all, having my tagline chosen was an exceptionally happy moment for me.

I've included a 2D code at the end of this post, so please take a look at the website.

To be precise, the opening words, “Love the Sea and ... Ships,” were taken from a text written by Ms. H, a member of our administrative staff. The phrase “Protect the Harbor ...,” which I had written, was then added, and the resulting combination was adopted as the association's slogan, according to the Selection Committee.

Our new building also features a stylish, spacious restaurant that occupies the entire 10th floor and faces south. Because it is reserved exclusively for building personnel—using a sys-



Ise-Mikawa Wan Pilots' Association Website



Restaurant view and “Chinese-style stir-fried vegetables”

tem where you load money onto an access card and settle the payment afterward—it is difficult for the general public to dine there.

The view from the restaurant is truly remarkable. It offers a sense of openness and an exhilarating panorama that I genuinely want people to experience.

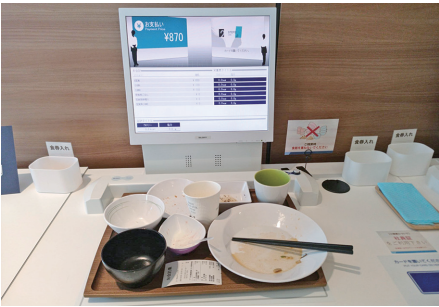
Directly below and in front of you is a cove where pilot boats (the orange ones) and other vessels dock, and in the distance to the right, we can see the Nagoya Port Central Bridge. It's an outstanding location. The menu is quite varied,



Capt. Masujima



Nagoya Port Building



A surprising payment system

ranging from single dishes such as noodles and small side dishes to several types of lunch sets and daily specials. The “Chinese-style stir-fried vegetables & more” shown in the photo was 870 yen—very reasonably priced.

What surprised me most, though, was the payment system. After finishing my meal, I place my plates and small bowls on a tray—making sure not to stack them—and arrange them in the designated spots. Within seconds, the total amount for my meal appears, just like in the photo, and all I have to do is swipe my card to complete the payment. I was genuinely amazed.



NUMBER PLACE
Level: Easy

	2					8		
	5							4
			8	9	1	2		
			4		9		3	
7					2			
2	1						6	4
		8				4		7
	4	2	6	8		9		
1	9			5				3

This Month's 'Number Place' Puzzle

How to Play

“Number Place” is a puzzle where you fill empty cells with the numbers 1 through 9, ensuring that no number repeats in any row, column, or 3×3 block. Use the given hints to fill every cell consistently and complete the puzzle.

It's October now. The heat has eased, and we can sense the arrival of autumn. In Japan, we've been seeing increasingly frequent news reports about natural disasters in recent years, such as heavy rains and earthquakes. When a disaster occurs, television, the internet, and social media are filled with a flood of information. While this can be convenient, some of that infor-

mation may be unreliable. It's important not to make hasty decisions and to make a habit of checking information against trustworthy sources. Taking a step back from the news to clear your mind is also valuable. I hope you enjoy this month's puzzle. (The answers will appear in next month's issue.)

The answers to last month's (September Issue) puzzle are below

9	8	4	6	7	2	1	3	5
2	5	7	8	3	1	9	4	6
6	1	3	5	4	9	7	2	8
5	6	1	9	2	8	4	7	3
4	2	9	7	6	3	5	8	1
3	7	8	4	1	5	2	6	9
8	3	2	1	5	7	6	9	4
1	9	6	2	8	4	3	5	7
7	4	5	3	9	6	8	1	2

Use the Floor For This Easy Stretch!
Try This Chest-Opening Shoulder and Back Stretch!

- (1) Get on all fours, placing your hands directly under your shoulders and your knees under your hips.

(2) Reach one arm under the opposite armpit and lower your shoulder and the side of your head toward the floor, as shown in the illustration on the left.

(3) Keep your other hand on the floor and gently rotate your torso.

(4) Hold for 10–30 seconds, feeling the stretch in your chest and between your shoulder blades.

(5) Slowly return to the starting position on all fours, then repeat steps 1–4 on the opposite side.

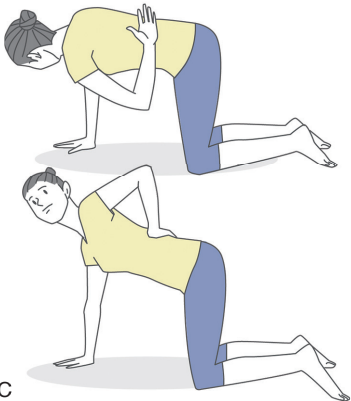


Illustration courtesy: illustAC

Today's Delicious Dish: Tekone Zushi

Enjoy this dish with fresh, seasonal fish such as sea bream, Spanish mackerel, and yellowtail.

■ Ingredients (4~6 servings)

Bonito or tuna

- 300–400 g loin

A: Marinade

- 4 tablespoons soy sauce
- 2 tablespoons brown sugar
- 2 tablespoons mirin

Rice

- 2 cups (uncooked)

B: Vinegar Mixture

- 4 tablespoons vinegar

- 2 tablespoons sugar
- 2 tablespoons water

Other Ingredients

- 2 tablespoons chopped wakame
- 2 tablespoons toasted sesame seeds
- 1 piece ginger, thinly sliced
- 10 shiso leaves

■ How to Cook

1. Rinse the rice and let it soak for 30 minutes.
2. To make the marinade, add the soy sauce, brown sugar, and mirin to a small saucepan. Heat gently, stirring until the sugar dissolves. Bring to a boil, then let it cool.
3. Slice the fish thinly and marinate it in the

cooled mixture from step 2 for about 10 minutes. Remove and set aside.

4. Prepare the seasoned vinegar and soak the wakame in it to rehydrate.
5. Five minutes before the rice finishes cooking, open the rice cooker and add 2 tablespoons of the marinade. Once the rice has finished cooking, add the seasoned vinegar, transfer the rice to a tray, and mix with cutting motions to cool it.
6. Once the vinegared rice has cooled, roughly mix in the ginger, sesame seeds, chopped shiso, and marinated fish, reserving some for garnish. Top with the reserved fish, ginger, sesame seeds, and shiso.



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