



2020 Miss Japan Marine Day

Interview with the determined Miu Moriya

She obtains 2nd-grade license for piloting small ships, and speaks of her hopes for the ocean and ships

The 52nd Miss Nippon Contest was held on Monday, Jan. 20, 2020 at the Keio Plaza Hotel in Shinjuku, Tokyo. Ms. Miu Moriya, a student at Yamagata University, was named Miss Japan Marine Day. In February, she tried to obtain a license for a second-grade small-ship pilot as part of the studies and activities that she had begun since becoming Miss Japan Marine Day, although it was still very cold. She spoke of a memory of acquiring her small-ship pilot license.



Above: Miu Moriya learns how to tie a rope (how to make a bowline knot). Right: Ms. Moriya is crowned Miss Japan Marine Day.



Feeling nervous but looking forward to operating a ship

Spending two days on Feb. 14-15, I acquired a license for a second-grade small-ship pilot. I learned immediately after being named Miss Japan Marine Day that I would make an attempt to have one. I was worried at that time, as I only knew a little about the ocean and ships. However, I realized that I would have a deeper understanding of the ocean if I could operate a ship by myself. Then, I started looking forward to obtaining a license.

Day 1 of the license-acquisition camp began with a course on practical skills. I first learned ship inspections and rope tying, including pre-sailing inspections, and speed accelerations and zig-zag operations when at sea. I still remember it was very pleasant to feel the wind—although I was still nervous—when I first grasped a helm to run a ship on my own.

Then, I learned from lectures how to leave and be docked at

land and rescue human lives. I had a tough time controlling speed considering the waves that my ship would generate, but when I did it well, it was much more fun than anything else.

Important to do sufficient research and other preparatory work when operating a ship

When completing my course on practical skills and relevant examinations, I attended lectures to prepare for written examinations in the afternoon of Day 1 and the whole of Day 2. I experienced great difficulties when being faced with names that I had never been familiar with. But I enjoyed studying nautical charts more than anything else. I heard when learning maritime traffic rules and others that nautical charts are used when ships are operated. By measuring distances to the destinations that you want to arrive at from all four points of

the compass, routes are selected. Before I knew these, I had feared going out to sea by ship. But now that I realized that even I can go to sea if I fully complete research and other preparatory work, I felt the fun of operating a ship and was very excited to do so.

Growing with friends and having a new goal now

During the camp, I met and studied with a husband and a wife. I cannot get them out of my mind. Although I only spent two days with the couple, we all increased our knowledge and became more and more attracted to the sea, shared questions and others, and grew into each other. I learned that activities for Marine Day would be more fun if I took steps forward with you.

I have a dream of running a ship by myself and visiting islands, which is an activity I love to do. Hoping that some day, I

can sail to Tobishima, an island in Yamagata Prefecture, where I live, and islands in the Seto Inland Sea, I will renew my license every five years and continue to work hard to have a first-grade license so that I will be able to go farther from shore.

PROFILE

Ms. Miu Moriya is a college student who was born in Yamagata Prefecture. She loves to travel and take pictures with film cameras. She is good at dancing, as she has been doing it for 15 years now. Her motto is that smiling is a tip for living an exciting life. We are having a tough time now due to the COVID-19 pandemic. That is why it is time now that I needed to keep smiling. I want to become an announcer in the future and a woman who can send powerful messages on her own. I began working as a reporter when I was a freshman. I have since learned how fun it is to deliver information. This is the reason why I would like to become an announcer.



Miu participates in bean-throwing to drive away evil spirits and prevent diseases at the last-day-of-winter ceremony held on Feb. 3 at Takahata Fudosen Kongoji Temple in Tokyo. "May the novel coronavirus and influenza viruses be driven away."



"I want to run a ship some day to visit islands."

On-board Exercises

Actress **Kaoru Yumi** presents the **Nishino Breathing Method**

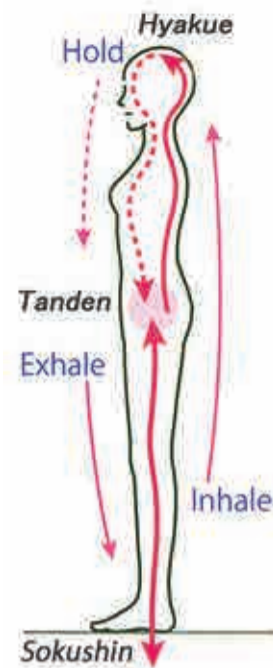


Gyoka—have an image of energy generated in your body spreading as if it were haze.

When standing on your knees, draw in breaths using the sokushin breathing method, while moving both hands at the same time. Hold breaths gently when they have reached the top of your head. When breaths have gone down to your lower abdomen, let them out long and slowly. Then, bend your upper body with both hands on the floor. Slide your palms forward until your chin also touches the floor. In doing this, try not to feel your weight at all as if your body were haze. Gyoka refreshes your entire body and stimulates visceral movements.

Points to do 'Sokushin' breathing

Imagine a big tree absorbing water from its roots and deliver to each leaf. Inhale as if breaths were taken from sokushin (the soles of your feet) and up through your knees, thighs, tanden (lower abdomen). While keeping attention on your anus lightly, continue to breathe in through your backbone all way to hyakue (the vertex of your head). Then hold your breath lightly until your breathing traverse through your tanden. And then take breaths out toward sokushin.



1. Get on your knees with your feet together, and relax your entire body.



5. While exhaling through your mouth, stretch your left leg to your left. Try to keep the sole of your feet on the floor.



9. Keep inhaling and keep your left leg back, then begin to lift your hands off the floor.



2. While breathing in through your nose using the sokushin breathing method, move your hands up slowly.



6. Continue to exhale, and slide your hands on the floor.



10. While continuing to breathe in, bring your knees together. Turn your palms upward and raise them to chest level. Bring your breath up to the top of your head, hold it gently and let it down to your lower abdomen. Repeat steps 4 to 10 with your right leg.



3. Lift your hands to the level of your chest. Hold your breath gently when they have reached the top of your head, and then bring it down to your lower abdomen.



7. Move your hands forward. In doing so, try to touch your chin on the floor.



11. While breathing out, lower your hands, and return to the starting position in 1.

4. While holding your breath, bend your upper body forward, and place your hands on the floor with your fingers facing inward.



8. While breathing in, raise your upper body and bring your left leg back, Keeping the sole of your left foot touching the floor.





Junkai—imagine that energy generated from the lower abdomen, the main source of energy for the body, circulates across the whole body.

Even if you are lying on your back on the floor, pay attention to your abdomen and the soles of your feet, and do the sokushin breathing method.

When you twist your upper and lower bodies, make your body feel as if slightly elastic. Just do what you can do without overdoing it. Junkai is effective for backaches and cold constitutions.

1. Lie on your back on the floor, and relax your entire body with your knees bent.



2. While taking breaths in through your nose using sokushin breathing method, lock your hands behind your head and pull in your knees. Hold your breath gently when it has reached the top of your head, and then bring it down to your lower abdomen.



3. While breathing out through your mouth, twist your upper body to your right and lower body to your left.



4. While continuing to exhale, return your upper and lower bodies.



5. Then twist your upper and lower bodies in the other directions with your upper body to your left and lower body to your right.



6. While breathing in again, return your upper and lower body positions. Hold the breath gently when it has reached the top of your head, and then bring it down to your lower abdomen.



7. Keep holding your breath gently, and extend your legs upward.



8. While keeping the position, move your toes toward your head.



9. While exhaling, lower your legs.



10. Exhale completely, and return to the starting position.



Institute of Nishino Breathing Method

Email:
info@nishinojuku.com

Internet:
https://www.nishinojuku.com/english/e_top.html

ALL JAPAN SEAMEN'S UNION
15-26, Roppongi 7-Chome,
Minato-Ku, Tokyo 106-0032

Tel.: (03) 5410-8320
Fax: (03) 5410-8336
E-mail: iss@jsu.jp
Internet: <http://www.jsu.or.jp>

Publisher: Hiroyuki Tachikawa

Send inquiries to the attention of
Mr. Hiroyuki Watanabe,
Director, International Dept.

VOICES from SEAFARERS

**Officers and Crew of MV TSUKUBA MARU**

Although this pandemic has set us apart on the extended time, insure everybody is safe and healthy when we get home. Please observe physical distancing, it is important to avoid infection from corona virus.

**Officers and Crew of MV IYO**

Whatever the situation may entail, may we kindly ask everyone to observe safety with the proper hygiene and to wear the required protective gears at all times.

**Officers and Crew of MV MALAYSIA BRAVE**

Most of the essential products are transported by ships. As seafarers directing its courses, we would like to ask our love ones to stay at home for a while to prevent the spread of the pandemic. With this sense of peace of mind, we could easily steer the ship safely throughout its destination.

**Master and Signing Off Crew of MV HOKKAIDO BULKER**

Our gratitude goes to the concerned authorities who formalized this crew change to happen. We wish this ongoing pandemic would vanish thus to lead us to safety and to bring us back to normal life. Take care everyone!

**Signing off Crewmembers of MV CATTLEYA ACE**

We highly appreciate the efforts of the labor unions in supporting every company to enact the wish of the signing off crewmembers during this outbreak of the pandemic. We reassure you of our support in avoiding the threats of the covid-19 virus.

**Signing off Crewmembers of MV MARGUERITE ACE**

Special thanks to the authorities and to our company who have initiated this crew change to take place in Yokohama. Nothing is impossible when things are well coordinated. Bear in mind to think safety at all cost.

Top court rules on seafarer health in extreme weather

Seafarers have to brave storms, typhoons and high waves during the vessel's journey which could have dramatic impact on quality of their life at sea. The job entails laborious manual tasks conducted in a moving ship along with the sudden change of climate and temperature as the vessel crossed territories.

The Supreme Court recognized that prolonged and continued exposure to the changes in temperatures could probably expose the seafarers of the risk of suffering from illnesses or accidents. The seafarer is entitled to compensation for certain diseases through the aggravation principle wherein his work conditions caused or, at least, increased the risk of contracting the disease. The Court noted that reasonable proof of work connection is sufficient—direct causal relation is not required. Thus, probability, not the ultimate degree of certainty, is the test of proof in compensation proceedings.

In *Atienza v. OROPHIL Shipping Intl.* (G.R. No. 191049, August 7, 2017), the seafarer, an Able Seaman, was diagnosed to be suffering from right cavernous sinus inflammation or Tolosa Hunt Syndrome (THS). The Court considered said illness as compensable since he was called to keep watch at sea during navigation, and to observe and record weather and sea conditions, among others. In the performance of his duties, the seafarer was constantly exposed to cold, heat, and other elements of

exposure to different temperature and unpredictable weather conditions that accompanied his work on board an ocean-going vessel, the likelihood to suffer a viral infection—a possible risk factor—is not far from impossible.

In *Grace Marine Shipping Corp. vs. Alarcon* (G.R. No. 201536, September 9, 2015), the Supreme Court attributed the seafarer's psoriasis to the stress and climate changes that permeate his working environment. The Court also noted that the seafarer used strong detergent, fabric conditioner, special soap and chemicals in performing his duties as a steward. Despite the declaration in the medical reports that psoriasis is not contagious, the Court emphasized that no profit-minded employer will hire the seafarer considering the repulsive physical manifestation of the disease, its chronic nature, lack of long-term cure and the vulnerability of the

patient to cardiovascular diseases and some cancers. Its inevitable impact on the seafarer's chances of being hired and capacity to continue working as a seafarer cannot be ignored entitling him to permanent total disability benefits. In *Fil-Pride Shipping Company, Inc., et al. v. Balasta*, (728 Phil. 297), the Supreme Court

and harmful chemicals, dust, fumes/ emissions, and other irritant agents. The Court said that these tasks could very well cause the illness that the seafarer, then already 47 years old, suffered from six months into his employment contract with company.

In *Teodoro vs. Teekay Shipping Phil.* (G.R. No. 244721 February 5, 2020), the Supreme Court considered the loss of vision of the cook's left eye as attributable to the sudden extreme changes in temperature from the upper deck to the freezer during the hauling and storage process for the food provisions. The panel of voluntary arbitrators pointed out that the company's personnel were exposed to extreme temperatures without the proper protective clothing, thus, creating a more dangerous work environment that resulted to the seafarer's permanent blindness in the left eye and his incapacity to resume the same line of work. Being exposed to adverse climate conditions and other forces of nature at sea can be challenging but it is in these types of situations that Filipino mariners continue to thrive. (Source: CDN by Atty. Dennis Gorecho)

Being exposed to adverse climate conditions and other forces of nature at sea can be challenging but it is in these types of situations that Filipino mariners continue to thrive.

reiterated its ruling in several cases that cardiovascular disease, coronary artery disease, as well as other heart ailments were held to be compensable since the work of a seafarer is both physically and mentally stressful. The Court pointed out that the seafarer was constantly exposed to harsh weather conditions as well as to varying temperatures of extreme hot and cold as the ship crossed ocean boundaries. In the performance of his duties as Able Seaman, he inhaled, was exposed to, and came into direct contact with various injurious