



Vol. 253
June
2012

Konnichiwa!

NAGAOKA

International Affairs Division, Nagaoka City Office
2-2-6 Ôte Street, Nagaoka City Phone: 0258-39-2207 Fax: 0258-39-2280
E-mail: intlexchange@city.nagaoka.lg.jp

URL: <http://www.city.nagaoka.niigata.jp/> (長岡市ウェブサイト) →
English (Nagaoka International Affairs Center) →
地球広場 (International Affairs Center) → Konnichiwa Nagaoka



The Nagaoka Flower Marché

The Nagaoka Flower Marché (Market) was held at *Nakadoma* (roofed open plaza) in *Aôre* Nagaoka on May 20th. Various colorful flowers were on display and visitors enjoyed purchasing plants and making cake-shaped decorations using flowers in a craft class.

Population and Households
As of May1, 2012
(compared to the previous month)

281,062 (+322)	137,232 (+257)	143,830 (+65)	101,577 (+453)

Major Features:

Prepare for the Rainy Season-----	p. 2
Join the International Folk Dance Parade-----	p. 3
The City's Safety Measures against Radiation Contamination -----	p. 3
Sign Up for the Nagaoka Summer Festival Now -----	p. 6
Seasonal Events -----	p. 7
A New Resident Registration System for Foreign Residents-----	p. 7
Major Emergency Medical Facilities-----	p. 8
Warnings against Food Poisoning-----	p. 8
Some Advice to Protect from Sun-Stroke and Heat-Stroke -----	p. 8

Prepare for the Rainy Season

The rainy season usually starts in June and continues until the middle or the end of July. In order to protect citizens from flood damage as early as possible, the city will issue a three phase-evacuation system for flooding. You are advised to protect yourself from any possible disaster by preparing for it well in advance by getting information from TV broadcasts, radio broadcasts, or a mobile phone.



The flooded Omote-machi area
(July 30, 2011)

Information Regarding Preparation for Evacuation (*Hinan Junbi Jôhō*)

- Begin preparations for evacuation.
- Pay attention to TV and radio broadcasts for information.
- At this time, shelters will be established. People who require extra time to evacuate should use their own judgment and can begin evacuating.

Evacuation Recommendations (*Hinan Kankoku*)

- Begin evacuation to a designated evacuation facility.
- The second floor of your house may also be safe.
- If you have any neighbors who have difficulty in evacuating, please help them as the need arises.

Evacuation Orders (*Hinan Shiji*)

- Evacuate immediately to a designated evacuation facility.



EXIT



EVACUATION SHELTER

Ways to get evacuation information

- Radio Broadcasts: FM Nagaoka (80.7MHz), FM Niigata (77.5MHz), FM PORT (79.0MHz), NHK (83.7 kHz), and BSN (1116kHz)
FM Nagaoka will interrupt regular programming to broadcast disaster information provided by Nagaoka City.
- Nagaoka Disaster Prevention Information
(Website) <http://www.bousai.city.nagaoka.niigata.jp>
(Mobile Phone Website)
<http://www.bousai.city.nagaoka.niigata.jp/i/>
- Emergency E-Mail Service via NTT docomo, au, and SoftBank
You can automatically receive emergency information without prior registration or paying any extra charges.
- Information Service Vans
- TV broadcasts



Landslides

During prolonged rainfalls or heavy downpours, it is advisable to be well aware of the dangers of landslides. There were some cases in which lives have been saved by predicting possible landslides through observing precursory phenomena and evacuating before landslides occurred. The following types of phenomena have been the decisive factors. Take due precaution and try to evacuate as soon as possible if you feel any danger.

- Runoff from cliffs becomes muddy.
- Cracks develop in cliffs.
- Pebbles start falling.
- Cracks develop on ground surfaces.
- Water from wells or mountain streams becomes muddy.
- Water splashes out from slope surfaces.



For further information:

Crisis Management and Disaster Prevention Headquarters
(0258-39-2262)

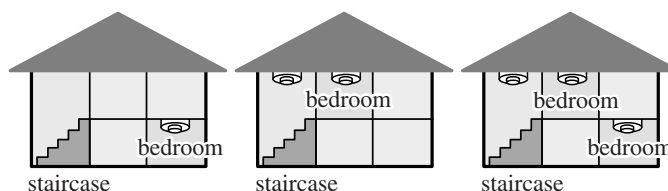
Does Your House Have Fire Alarm Devices?

It has been one year since the law was changed requiring every house, condominium, apartment building, or other type of residential building to have fire alarm devices installed. If your household has not been equipped with fire alarm devices yet, they should be immediately installed. Fire alarms can be purchased at electrical appliance stores or DIY shops (Home Centers) for ¥3,000 - ¥5,000 per unit.

For further information:

Fire Prevention Division
Fire Department Headquarters
Phone: 0258-35-2190

 = fire alarm



Join the International Folk Dance Parade ~ Dancing with Friends from around the World ~

The Nagaoka City International Affairs Center, *Chikyû Hiroba*, invites you to participate in a folk dance parade (*Dai Minyô Nagashi*) that will be held on Ôte Street during the *Zenyasai* Celebration on the first night of the Nagaoka Festival on Wednesday, August 1st. Everyone is most welcome to join Nagaoka's traditional dance parade in the summer evening.

On the festival night, you can borrow a yukata, a summer cotton outfit, and an assistant will help you put it on.

Registration: June 1 (Fri.) – July 7 (Sat.), 2012

Fill out an application form and bring/send/fax/e-mail it to *Chikyû Hiroba*, or call us at 0258-39-2714.

Maximum: 70 participants
(on a first-come, first-served basis)

Fee: ¥500

For Further Information and Registration:

Nagaoka City International Affairs Center, *Chikyû Hiroba*

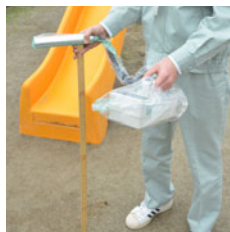
Nagaoka Civic Center, 2-2-6 Ôte Street

Phone: 0258-39-2714 Fax: 0258-39-2715

E-mail: kouryu-c@city.nagaoka.lg.jp

The City's Safety Measures against Radiation Contamination

The city monitored atmospheric radiation levels at 179 locations including community centers and children's halls from April 18th to May 1st. The results showed that the measured values of all the monitored areas were within the prefecture's designated safe standard level (0.016 – 0.16 microsievert/hour).



Using a Nal scintillation counter for accurate monitoring

Radiation contamination of the soil from rice paddies at 22 locations in the city's 11 districts was also monitored in April and May. The measured values at 17 locations were much lower than the national designated safe standard level and no radioactive materials were detected at the rest of the locations.

From April 9th, the city has also been monitoring radiation contamination for ingredients to be used for school lunch four times a week. So far no radiation contamination has been detected.

For further information:

Genshiryoku Anzen Taisaku Shitsu (0258-39-2305)

Nuclear Safety Countermeasures Office

Atmospheric Radiation Monitoring Information

<http://www.kishou.city.nagaoka.niigata.jp/Radiation>

Dance Practice Schedule

Dates	Hours	Sites
July 8 (Sun.)	10:00 a.m. – 12:00 p.m.	<i>Chikyû Hiroba</i>
July 11 (Wed.)	7:00 p.m. – 8:30 p.m.	<i>Chikyû Hiroba</i>
July 18 (Wed.)	7:00 p.m. – 8:30 p.m.	<i>Chikyû Hiroba</i>
July 21 (Sat.)	10:00 a.m. – 12:00 p.m.	<i>Chikyû Hiroba</i>
July 22 (Sun.)	10:00 a.m. – 12:00 p.m.	<i>Chikyû Hiroba</i>
July 25 (Wed.)	7:00 p.m. – 8:30 p.m.	<i>Chikyû Hiroba</i>
July 28 (Sat.)	10:00 a.m. – 12:00 p.m.	<i>Chikyû Hiroba</i>
July 29 (Sun.)	10:00 a.m. – 12:00 p.m.	Citizens' Interaction Hall (Aôre Nagaoka 3F)

Please join us at least three times. Everyone is requested to attend the final session on Sunday, July 29th for a line-up practice.



Congratulatory Cards

In commemoration of the opening of the City Office General Service Desks in Aôre Nagaoka, special congratulatory cards designed by Ms. Chie Morimoto, an art director, are being presented for marriage or child-birth registrations.



Nagaoka's First Toki (Japanese crested ibis) Chicks Hatched

The Nagaoka City Regional Toki Breeding Center (Natsudo, Teradomari District) began its breeding program in October 2011 after receiving two breeding pairs that were transported from Sado Island. There were 13 eggs laid and six chicks hatched in artificial incubation in April and May. The first two chicks hatched on April 26th. The rest of the eggs were incubated by the two pairs.



The Nagaoka Civic Center

2-2-6 Ôte Street, Nagaoka City (0258-39-2763)

Hours: Every Day Except for the Year-End and the New Year's Holidays

Monday – Friday 8:30 a.m. – 9:00 p.m. Saturdays, Sundays, and National Holidays 9:00 a.m. – 6:30 p.m.



Nagaoka City International Affairs Center (*Chikyû Hiroba*) (1st Floor)

Monday – Friday 8:30 a.m. – 7:00 p.m.

Saturdays, Sundays, and National Holidays 9:00 a.m. – 6:30 p.m.

Phone: 0258-39-2714 Fax: 0258-39-2715

E-mail: kouryu-c@city.nagaoka.lg.jp



Consultations Offered for International Residents

Various services are provided for international residents. The center is a place where international residents can find help and support. The staff members are ready to respond to you either in English or easy Japanese. No appointment is necessary for consultations. Feel free to stop by if you have any difficulties, worries, or questions.



Japanese Learning Programs

Nihongo Kôza

Morning Classes

* Class I

(Lesson 1 – Lesson 12 of *Minna no Nihongo*)

Tuesdays & Fridays 9:30 a.m. – 10:30 a.m. (60 minutes)

* Class II

(Lesson 13 – Lesson 25 of *Minna no Nihongo*)

Tuesdays & Fridays 10:45 a.m. – 11:45 a.m. (60 minutes)

June	1, 5, 8, 12, 15, 19, 22, 26, 29
July	3, 6, 10, 13, 14, 20, 24, 27, 31
Aug.	7, 10, 17, 21, 24, 28, 31
Sept.	4, 7, 11, 14, 21, 25, 28

Sunday Classes

* Class I

(Lesson 1 – Lesson 12 of *Minna no Nihongo*)

10:00 p.m. – 12:00 p.m. (120 minutes)

* Class II

(Lesson 13 – Lesson 25 of *Minna no Nihongo*)

1:00 p.m. – 3:00 p.m. (120 minutes)

June	3, 10, 17, 24
July	1, 8, 22, 29
Aug.	5, 12, 19, 26
Sept.	2, 9, 23, 30



Nihongo Hiroba

Volunteers help international residents learn Japanese at this free program during the following sessions:

- Sundays 2:00 p.m. – 4:00 p.m.
- Tuesdays 10:00 a.m. – 12:00 p.m.
- Fridays 10:00 a.m. – 12:00 p.m.

A Relaxing World Tour Introduction to Sudan

~ Let's Get to Know More about Sudan and Africa ~

June 30 (Sat.) 1:00 p.m. – 3:00 p.m.

Talk by Mr. Tomonobu Haga, the Director of the Nagaoka International Affairs Center, focusing on the newly established nation South Sudan



The Cross-Cultural Citizens Club

If you are interested in introducing your country's traditions and culture, if you want to join various events, if you want to enjoy meeting many people from various countries, and if you are ready to take part in volunteer activities by using the languages you are good at, you are most welcome to become a member of the Cross-Cultural Citizens Club. Nagaokans and international residents can come together to increase international understanding through various cross-cultural activities. There is no membership fee.

For further information:

Chikyû Hiroba (0258-39-2714)

Nagaoka City International Affairs Center



Multilingual Broadcast on FM Nagaoka
(80.7 MHz) 6:30 p.m. – 7:00 p.m.



Chinese and Easy Japanese: 1st and 3rd Wednesdays
English and Easy Japanese: 2nd and 4th Wednesdays



Kosodate no Eki, Gun Gun

Nagaoka Civic Disaster Prevention Center, 1st Floor, 1-3-85 Senzai

Phone: 0258-30-1025 Hours: 9:00 a.m. - 6:00 p.m.

Every Day Except for Tuesdays (Open on Tuesday if it is a national holiday)



- | | | |
|--|-------------------------|-------------------------------------|
| * Fureai Time | 10:45 a.m. – 11:00 a.m. | Every Day |
| * Picture Storybook Reading Time | 3:00 p.m. – 3:15 p.m. | Every Day |
| * Gun Gun “Spot Time” | 10:45 a.m. – 11:00 a.m. | Every Monday |
| * Helpful Tips for Times of Disaster | 10:45 a.m. – 11:00 a.m. | June 4 (Mon.) and July 2 (Mon.) |
| * Healthy Tea Time | 1:30 p.m. – 2:30 p.m. | June 7 (Thurs.) and July 5 (Thurs.) |
| * Craftwork Cafe | 10:00 a.m. – 11:30 a.m. | June 14 (Thurs.) and 28 (Thurs.) |
| * Happy Birthday Party | 10:45 a.m. – 11:15 a.m. | June 15 (Fri.) |
| * Mini-Concert | 2:00 p.m. – 2:30 p.m. | June 16 (Sat.) |
| * Child-Rearing Salon Helpful Tips for Toilet Training | 10:30 a.m. – 11:30 a.m. | June 21 (Thurs.) |
| * Helpful Tips for Breast Feeding | 10:30 a.m. – 11:30 a.m. | June 22 (Fri.) |
| * Disaster Prevention Workshop
What to do if a magnitude-9 earthquake hits | 10:30 a.m. – 12:00 p.m. | June 25 (Mon.) |
| * Mini-Lecture Health Care for Babies | 10:30 a.m. – 11:30 a.m. | June 29 (Fri.) |
| * Twinkle Twinkle Tanabata (Star Festival) Day | 10:45 a.m. – 11:15 a.m. | July 4 (Wed.) |



- | | | |
|--------------------------------------|-------------------------|--|
| Free Child-Rearing Counseling | 10:30 a.m. – 11:30 a.m. | June 6 (Wed.) Nursery School Teacher
June 13 (Wed.) Child-Rearing Advisor |
|--------------------------------------|-------------------------|--|

Child-Rearing Support Facilities

Kosodate no Eki, Senshû (Teku Teku)

1-99-6 Senshû Phone: 0258-21-3860

Hours: 9:00 a.m. – 6:00 p.m.

Every Day Except for Wednesdays

(Open on Wednesday if it is a national holiday)

- * **Picture Storybook Reading Time**
Every Monday 1:00 p.m. – 1:30 p.m.
- * **Nakayoshi Time**
Every Friday 10:45 a.m. – 11:00 a.m.
- * **Teku Teku Mini Concert**
Every Friday 1:00 p.m. – 1:30 p.m.
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. June 4 (Mon.) and July 3 (Tues.)
- * **Lecture for Mothers – Dental Care**
10:30 a.m. – 11:30 a.m. June 5 (Tues.)
- * **Birthday Party**
10:45 a.m. – 11:15 a.m. June 8 (Fri.) and July 9 (Mon.)
- * **Let's Take a Walk with Many Friends**
10:30 a.m. – 11:15 a.m. June 11 (Mon.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. June 14 (Thurs.) and 28 (Thurs.)
- * **Let's Play with Big Brothers and Sisters**
10:30 a.m. – 11:30 a.m. June 19 (Tues.)
- * **Time for One-Year-Old Kids**
10:00 a.m. – 11:30 a.m. June 21 (Thurs.)
- * **Look-and-Touch Time (things from the Shinano River)**
10:30 a.m. – 11:30 a.m. June 23 (Sat.)
- * **Tanabata Kai (Star Festival)**
10:30 a.m. – 11:00 a.m. July 6 (Fri.)



- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
- June 12 (Tues.) Speech Therapist
- June 19 (Tues.) Child-Rearing Advisor
- Temporary Day-Care for Preschool-Aged Children:
¥300/hour

Kids' Plaza (Chibikko Hiroba)

Phoenix Ôte West 2nd Floor and 3rd Floor

2-5 Ôte Street Phone: 0258-39-2775

Hours 9:00 a.m. – 6:00 p.m. Every Day

- * **Story Telling Time**
Every Day 11:00 a.m. – 11:15 a.m.
- Kamishibai* (Giant Picture Card Story) June 14 (Thurs.)
- * **Smiley Kids' Day Special**
11:00 a.m. – 11:40 a.m. June 2 (Sat.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m.
- June 5 (Tues.), 19 (Tues.), and July 3 (Tues.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:30 a.m.
- June 6 (Wed.), 13 (Wed.), 20 (Wed.), 27 (Wed.), and July 4 (Wed.)
- Birthday Party: June 27 (Wed.)
- * **Smiley Kids' Day Special Making a picture storybook**
11:00 a.m. – 11:30 a.m. June 12 (Tues.)
- * **Let's Play with Blocks**
10:30 a.m. – 12:00 p.m. June 16 (Sat.)
- * **Smiley Kids' Day**
9:00 a.m. – 12:00 p.m. June 22 (Fri.) and July 2
- * **Making Star Festival (Tanabata) Decorations**
9:00 a.m. – 6:00 p.m. June 25 (Mon.) – July 6 (Fri.)
- * **Consultation Time with a Maternity Nurse**
10:30 a.m. – 11:30 a.m. June 26 (Tues.)



- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
- June 7 (Thurs.) Child-Rearing Advisor
- June 21 (Thurs.) Public Health Nurse
- July 5 (Thurs.) Child-Rearing Advisor
- Temporary Day-Care for Preschool-Aged Children:
¥300/hour

Sign Up for the Nagaoka Summer Festival Now!

You are most welcome to join:

Mantô Mikoshi

(Portable Shrine Parade)

August 1 (Wed.)

8:50 p.m. – 10:00 p.m. (tentative)

Meet in front of Nagaoka Grand Hotel at 6:30 p.m.

You can borrow a *happi* coat.

Fee: ¥1,000 (drinks and laundry fee for a *happi* coat)

Registration: Ueguri-San

(Cell: 090-6937-4678 Fax: 35-3677)

Ôtedôri Shôtengai Mikoshi

(Portable Shrine Parade)

August 1 (Wed.)

1:00 p.m. and 7:00 p.m.

Fee: Free

You can borrow a *happi* coat.

Registration: By July 6 (Fri.)

Ôtedôri Shôtengai Jimukyoku

(Ôtedôri Shopping Mall Office)

Phone: 0258-30-5590

(9:00 a.m. – 6:00 p.m./weekdays)



Dai Minyô Nagashi (see p. 3)

(Folk Dance Parade)

August 1 (Wed.)

7:30 p.m. – 8:50 p.m.

Fee: Free



Registration: By June 17 (Fri.)

Nagaoka Shôkô Kaigisho

(Nagaoka Chamber of Commerce and Industry)

Phone: 0258-32-4500

Tôrô Nagashi

(floating paper lanterns in memory of the 1945 air raid victims)

August 1 (Wed.)

7:00 p.m. – 9:00 p.m.

Between Ichinohashi Bridge and Kakigawa Bridge on the Kaki River

Fee: ¥800/lantern

Nagaoka Seinen Kaigisho (Junior Chamber of Commerce)

0258-34-0069



Flea Market

August 2 (Thurs.) and August 3 (Fri.)

11:30 a.m. – 3:00 p.m.

Suzuran Street

Fee: ¥500/3m x 1.8m

Registration: June 11 (Mon.) – July 30 (Mon.)

Suzuran Dôri Shôtengai Jimukyoku

(Suzuran St. Shopping Mall Office)

Phone: 0258-32-2480

(9:00 a.m. – 4:00 p.m./weekdays)



Tickets for the Fireworks Show

For viewing the Nagaoka's Grand Fireworks Show on August 2nd and 3rd, tickets for three reserved areas (A, B, and C) will be sold for ¥1,500/person (free for elementary school children and under) from 10:00 a.m. between July 2nd (Mon.) and July 30th (Mon.)

Ticket Outlets:

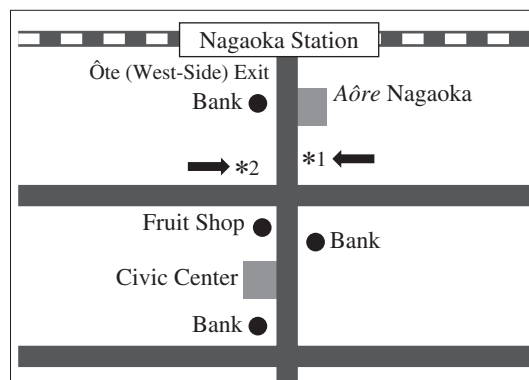
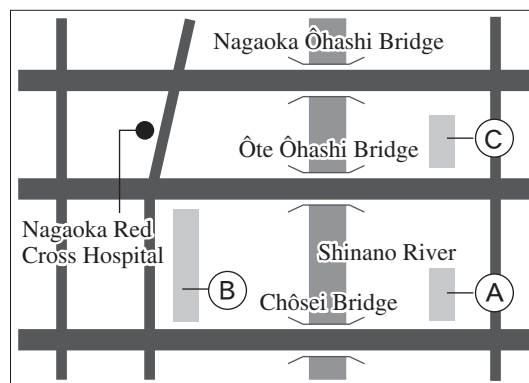
- Nagaoka Kankô Konbenshon Kyôkai 1-chôme Ôte Street (Nagaoka Incorporated Association of Tourism and Conventions) 1-chôme Ôte Street *1
- Fukkô Shien Nettowaku Fenikkusu Jimusho 1-chôme Ôte Street (Reconstruction Support Network Phoenix Office) 1-chôme Ôte Street *2
- Lawson (L code 39100)
- Seven Eleven

For further information:

Information Center
for Reserved Areas
0258-31-6200

(June 15 – Aug. 3)

<http://nagaokamatsuri.com/>



The Child Allowance System (*Jidô Teate*/じどう てあて・児童手当)

The city offers a child allowance to a guardian of a child with a resident registration in Nagaoka City. This system is available for any resident irrespective of nationality. The eligibility is limited to children up to and including 12 years of age.

Guardians who are receiving child allowances are required to submit a document (*genkyô todokei* げんきょうとどけ・現況届) to prove that they are still eligible to receive the allowances from this June onward as well.

An official form will be sent to applicable guardians in the middle of June. After filling out the form, it should be sent back in the enclosed envelope between June 14 (Thurs.) and June 29 (Fri.)

For further information:

Kodomo Katei Ka (0258-39-2300)

(Child and Family Affairs Division)

Taikyokuken (Tai Chi / Tai Ji)

Wednesdays and Saturdays 7:00 a.m. – 7:30 a.m.

Nakadoma (roofed open plaza) in *Aôre* Nagaoka

Everyone is welcome.

No registration is necessary.

Information:

Nagaoka *Taikyokuken* Association

Aiba-san (090-5562-8718)



Tanabata (Star Festival) Dome Theater (Planetarium Celestial Show)

July 7 (Sat.) 11:00 a.m., 1:30 p.m., and 3:20 p.m.

Admission: Free

Seats: 94 for a show (on a first-come, first-served-basis)

Seishônren Bunka (Youth Culture) Center

1-1-1 Kesajiro (0258-34-1305)

A New Resident Registration System for Foreign Residents Will Begin on July 9th, 2012

The law regarding foreign residents has been changed. From July 9, 2012, foreign residents will be subject to the Basic Resident Registration System, which currently only applies to Japanese nationals. In accordance with this new system, the alien registration system will be abolished and resident records (*jûminhyô*/じゅうみんひょう・住民票) for foreign residents will be made in the same way as for Japanese people. If Japanese residents and foreign residents are members of the same household, they will be recorded in the same resident records.

For further information: *Shimin Ka* (0258-39-7514)

Citizens' Affairs Division

Employment Information and Consultations for International Residents

1st, 2nd, 3rd, and 4th Wednesdays

1:00 p.m. – 5:00 p.m.

Translators (Chinese and English) are available.

Service Section for International Residents

Hello Work Niigata

Misaki Gôdôchôsha No.2 (1F)

1-2-1 Misaki-chô, Chûku-ku, Niigata City

025-280-8609

Job Opportunity

Assistant Language Teacher (ALT) applications are being accepted.

Application Deadline: June 29 (Fri.)

Interview: July 13 (Fri.)

For further information: *Gakkô Kyôiku Ka*

(School Education Division)

(0258-39-2249)

Hotaru (Firefly) Watching

* *Koshiji Hotaru* (Firefly) Festival

June 30 (Sat.) 4:30 p.m. – 9:00 p.m.

- Mini Concert (music of choirs and handbells) at Tsukayama Nambu Sports Center

- Firefly Watching at the Ushi no Kubi Area (a 10-minute walk from the sports center)

Visitors can enjoy watching the twinkling of firefly dances as well as live music of choirs and handbells. To get to the event site, you can catch a bus bound for Oguni from Nagaoka Station and get off at "Hasegawatei Mae."

* *Hotaru Fantasy* (Visit to a Firefly Watching Site)

July 3 (Tues.) 7:00 p.m. – 9:00 p.m.

Meet at Koshiji District Office

(free shuttle bus service provided to the site)

Maximum: 60 participants

(on a first-come, first-served basis)

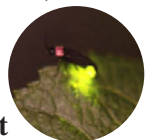
Registration: From June 11 (Mon.)

Sangyô Kensetsu Ka

(Industrial Construction Division)

Koshiji District Office

Phone: 0258-92-5903



* *Firefly Watching in the Mishima District*

June 16 (Sat.) 7:30 p.m. – 9:00 p.m.

A 3-minute walk to the firefly watching site from the free parking lot in front of the Mishima District Branch Office

Sangyô Kensetsu Ka (Industrial Construction Division)

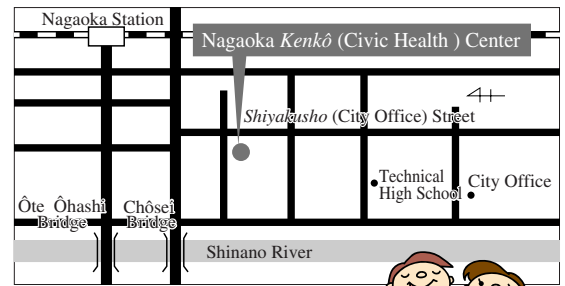
Mishima District Office

Phone: 0258-42-2249

Major Emergency Medical Facilities

Major General Hospitals

Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700
 Nagaoka *Sekijûji Byôin* (Red Cross Hospital) 0258-28-3600
 Tachikawa *Sôgô Byôin* (General Hospital) 0258-33-3111
 Nagaoka *Kenkô* (Civic Health) Center 0258-32-5000
 2-5-1 Nishi Senju



Nagaoka *Kenkô* (Civic Health) Center

Facilities	Departments	Hours
Clinic for Sundays, Holidays, and Nights (0258-37-1199) For obstetrics and gynecology (<i>san fujin ka</i>), the staff at this facility will give information about which clinic is assigned for each Sunday or holiday.	Internal Medicine (<i>Naika</i>)	(Monday – Friday) 6:45 p.m. – 9:30 p.m. (Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 5:30 p.m.
	Pediatrics (<i>Shônika</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 5:30 p.m.
	Surgery (<i>Geka</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 5:30 p.m.
Dental Clinic for Sundays and Holidays (0258-33-9644)	Dentistry (<i>Shika</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 3:30 p.m.
Chûetsu Center for Children’s Emergency Treatment (0258-86-5099)	Pediatrics (<i>Shônika</i>)	(Monday – Saturday) 6:45 p.m. – 9:30 p.m.

Warnings against Food Poisoning

Food poisoning is likely to break out when it gets warm. You are advised to protect yourself from food poisoning. When preparing meat, make sure that it is fully cooked, to the center of the meat. The center of the meat should reach 75 degrees Celsius for at least one minute. When grilling or barbecuing meat, make sure you have one set of utensils specifically for cooking and another set of utensils specifically for eating. After preparing raw meat, make sure to wash and disinfect your hands and fingers.

For further information about food poisoning:
 Health, Social Welfare, and Environmental
 Administration Department
 Nagaoka Regional Promotion Bureau
 Phone: 0258-33-4930



Some Advice to Protect from Sun-Stroke and Heat-Stroke

You are likely to suffer from sun-stroke or heat-stroke not only in the summer but also when the temperature suddenly rises and humidity increases. In order to reduce the risk of sun-stroke or heat-stroke, you are advised to rest in the shade and drink liquids from time to time.

For further information:
 Health Division (0258-32-5000)



Information from the Niigata Labor Bureau

Consultation Hours:
 Thursdays 8:30 a.m. – 4:30 p.m. (English and Japanese)
 (Please call us in advance to make sure the consultants are available.)
 Department of Inspection (*Kantoku Ka*)
 Niigata Labor Bureau Gôdôchôsha No.2 (3F)
 1-2-1 Misaki-chô, Chuô-ku, Niigata City 950-8625
 Phone: 025-288-3503
 Fax: 025-288-3515 (Please write, “Attention to *Kantoku Ka*.”)

Q&A for resolving conflicts between employers and non-Japanese employees from abroad

Q: I work from 9:00 a.m. to 5:00 p.m. with a one-hour lunch break every day. The other day I accepted a request from my boss to work an extra hour and worked the additional hour. But I found that I haven’t received any increased overtime wages for that. I think that the Labor Standards Law stipulates increased wages for overtime work.

A: The Labor Standards Law stipulates increased wages for overtime work when it exceeds legal working hours, which is usually 8 hours a day or 40 hours a week.

In your case, you worked an extra hour but ended up working 8 hours in total that day. (Lunch break is unpaid.) You should be paid the wages for all the hours you actually worked, but there is no need to be paid increased overtime wages because your working hours didn’t exceed 8 hours.

If the rules of employment in your company provide increased overtime wages saying, “Workers who work beyond fixed working hours of the company shall be paid increased wages,” then you are entitled to be paid overtime wages from the company.

Apology

The July issue of *Konnichiwa Nagaoka*, which will include detailed information about the Nagaoka Festival, will be published on July 27th at the latest. The reason for this delay is that we are usually able to get updates about the festival after mid-July. The editor would like to apologize for any inconveniences that may be caused by the delay.