



Vol. 256
September
2012

Konnichiwa!

NAGAOKA

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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

Enjoy Locally-Grown Ingredients



A dish served at SUZUDELI, a restaurant where plenty of locally-grown vegetables are the main ingredients.

On August 18th and 19th, a food festival named “The Nagaoka *Chishô-Chisan** Festa” was held. During a program hosted at the Nagaoka Grand Hotel, approximately 90 participants were amazed and fascinated by French and Turkish dishes that were served one after another. A Japanese chef from the hotel and an owner-chef from a prestigious Turkish restaurant in Tokyo prepared all the dishes, from hors d’oeuvres to dessert by using locally-grown *kinchaku nasu* (round eggplant) in artistic ways.



Chef Minoru Takahashi (left) and Chef Mehmet Dikmen (right) preparing a variety of dishes

**Chishô-Chisan* refers, specifically in Nagaoka, to a concept of producing things that can meet the needs of local consumers.



A traditional Turkish sweet: Baked eggplant glacé, mille-feuille style, served with lemon syrup

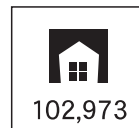
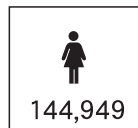
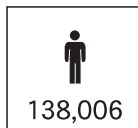
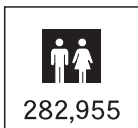


Veal filet mignon with béchamel sauce



Terrine of prawns and grilled eggplant

Population and Households
As of August 1, 2012
(compared to the previous month)



Major Features:

In the Pursuit of Peace-----	p. 2
What’s New at City Hall Plaza – <i>Aôre</i> Nagaoka-----	p. 2
What to Do with Recyclable Materials-----	p. 3
Japanese Learning Programs-----	p. 4
The 7 th Annual International Athletic Meet-----	p. 4
Seasonal Events-----	pp. 6-7
Enrollment in Kindergartens and Nursery Schools-----	p. 7
Fitness Classes-----	p. 8
Major Emergency Medical Facilities-----	p. 8

Nagaoka, Ishinomaki, and Hawaii United in the Pursuit of Peace with Prayers for a Complete Recovery in Areas Affected by the East Japan Earthquake



On August 2nd, the 2012 Nagaoka Fireworks Show was graced with approximately 1,000 consecutive shots of wide star mines (a special form of fireworks in Japan) launched to the soundtrack of “*Kono Sora no Hana* (Flowers of This Sky), the Story of Nagaoka’s Fireworks.” The colorful flowers with our thoughts for the pursuit of peace were in full bloom over Nagaoka.

In appreciation of the support provided by many people throughout Japan during the time of our disaster in 2004, phoenix-shaped fireworks were also launched. The lively phoenix flew over Nagaoka this year as well, inspiring and encouraging catastrophe-affected people.



During the Ishinomaki River Opening Festival in Miyagi Prefecture on August 1st, a mini-version of Nagaoka’s phoenix-shaped fireworks took flight this year as well with prayers for a complete recovery of the disaster-affected areas. Oblong message cards sent by Mayor Mori of Nagaoka City, Mr. Obayashi (the film director of *Kono Sora no Hana*, the Story of Nagaoka’s Fireworks), and children from Yamakoshi were attached to this year’s phoenix-shaped fireworks shells, expressing our encouragement for the disaster-stricken people in East Japan.

At City Hall Plaza – *Aôre* Nagaoka, a section to remember the 1945 Nagaoka air-raid victims was set up for three days from August 1st. Many visitors dedicated flowers there in memory of the 1,482 air-raid victims. Ms. Sharon Weiner and five other representatives from the Japan America Society of Hawaii also visited the site and presented white chrysanthemums. The cities of Honolulu and Nagaoka became sister cities in March, 2012.



Representatives from Honolulu looking at panel displays depicting the 1945 air raid on Nagaoka

Nagaoka’s Ancient Pottery on Display at the British Museum



A piece of *Kaengata Doki* (Flame-Type Pottery) and a piece of *Ôkangata Doki* (Crown-Type Pottery) from Nagaoka will be on display at the British Museum in London, UK, from October 4th, 2012 to January 20th, 2013. The display will be titled “Special Exhibition—Flame and Water Pots: Prehistoric Ceramic Art from Japan.”

The British Museum asked the Nagaoka Science Museum for permission to display these two pieces of ancient earthenware vessels that were excavated at the Iwanohara historic site in Nagaoka. The British Museum appreciates that a number of ancient pots discovered in Nagaoka are highly valued.



The British Museum

Nagaoka’s historic pottery, which will be on display in the special exhibition hall situated next to the main entrance of the British Museum, will certainly draw the attention of many visitors. Since approximately six million people visit the museum annually, this will provide a great opportunity for Nagaoka to convey to the world the proud beauty of Nagaoka’s ancient earthenware.

What’s New at City Hall Plaza – *Aôre* Nagaoka



*** Ice Skating Rink - “Rink De *Aôre*”**
 Arena
 - Opening Ceremony and Skating Show with Ms. Miki Andô (2011 World Championship gold medalist):
 Sept. 17 (Monday/Holiday)
 1:00 p.m. – 2:00 p.m.
 Admission: Free
 - Open to the public:
 Sept. 17* (Monday/Holiday) – Sept. 30 (Sun.)
 (1) 10:00 a.m. – 12:00 p.m. (not on weekdays)
 (2) 1:00 p.m. – 3:00 p.m.
 (3) 3:30 p.m. – 5:30 p.m.
 (4) 6:00 p.m. – 8:00 p.m.
 *From 2:30 p.m. on Sept. 17
 Fee: ¥500 (including rental shoes and protectors) per session









*** Echigo Nagaoka Sake no Jin (Sake Tasting Event)**
 Enjoy tasting a variety of sake produced exclusively by local sake breweries
 - Oct. 1 (Mon.) 5:30 p.m. – 7:00 p.m.
 Traditional *Kagamibiraki* Sake Cask Opening
 Free tasting (limited to 400 cups) will be offered.
 - Oct. 6 (Sat.) 11:30 a.m. – 5:00 p.m.
 Tickets: in advance, ¥1,000 for 11
 at the door, ¥1,000 for 10
 Tickets can be purchased from Sept. 15 (Sat.) at:
Machinaka Kankô Plaza (next to *Aôre* Nagaoka)



0258-32-1187

What to Do with Recyclable Materials

The following recyclable materials are being collected free of charge at seven locations in the city on Saturdays and Sundays.

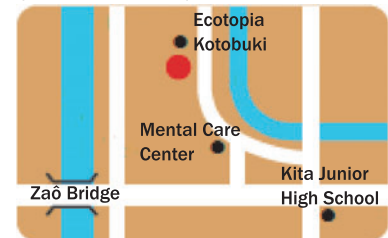
Items	Specifications	How to Put Out
Reusable Glass Bottles 	Bottles (720ml/300ml) with an "R" mark, brown or green bottles (1,800ml), and beer bottles	They should be rinsed out with water and put out (with their lids on) in bags or cardboard boxes.
Used Clothing 	Clean clothing in good condition including stockings, socks, underwear, kimono, etc.	They should be washed and put out in transparent bags that are tied shut.
Used Tableware 	Ceramic, metal, and glass tableware in good condition (except for chopsticks)	They should be wrapped with paper and put out in bags or cardboard boxes.
Small Electrical Appliances 	Their length, width, and height should be a maximum of 50 centimeters each.	They should be put out (with no batteries) as is or in transparent bags.
Glass Bottles, Cans, and PET Plastic Bottles Waste Paper, Newspapers, Magazines, Flyers, and Cardboard	They should be put out in the same manner as putting them out at trash collection sites in your neighborhood on your designated days.	
Cooking Oil 	Used or unused cooking oil	Solid substances should be removed and oil should be put out in transparent or translucent containers. Unused cooking oil should be put out as is.
Footwear 	Shoes and sneakers in good condition (except for boots, wooden clogs, sandals)	Soil should be removed from the soles. Clean shoes and sneakers should be put out in transparent bags that are tied shut.
Bags and Belts 	Bags and belts in good condition (except for hard bags such as suitcases)	Bags and belts can be put out together in transparent bags that are tied shut.
Mixed Paper (paper combined with other materials such as coatings) 	Shredded paper, processed paper such as milk cartons, detergent cartons, photos, and envelopes with plastic windows, etc. (excluding silvery coated paper, oiled paper, tissue paper, stickers)	Milk cartons packs or detergent cartons should be washed and dried. All-mixed paper should be put out in transparent bags that are tied shut.

The Seven Collection Sites
Saturdays and Sundays
9:00 a.m. – 12:00 p.m.
(Except for National Holidays and the Year End and New Year's Holidays)



This sign shows that recyclable items are being collected.

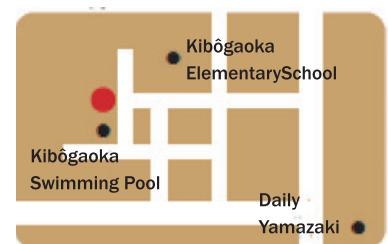
- Environmental Sanitary Center
(3-6-1 Kotobuki)



- Nakanoshima Recyclable Item Storage
(565-110 Nakanoshima)

- Tochio Kane-machi Garage
(2-3-13 Kane-machi)
(Closed from December to March)

- Kibōgaoka Recyclable Item Station
(2227-7 Nishizu-machi)



- Koshiji Branch Office Parking Lot
(715 Ura)

- Mishima Branch Office
(1261-1 Kamiyai)

- Washima Branch Office
(3434-4 Ojimaya)

Special Collection Day

Saturday, September 15
9:00 a.m. – 12:00 p.m.

Fountain Plaza
(Near the main entrance of the former City Hall)
2-2-1 Saiwai-chō

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

A free trial lesson is being offered. Please call ahead.

Morning Classes (¥1,600 for a month)

Tuesdays & Fridays

* Class I

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

10:45 a.m. - 11:45 a.m. (60 minutes)

* Class II

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

9:30 a.m. - 10:30 a.m. (60 minutes)

Oct.	5, 9, 12, 16, 19, 23, 26, 30
Nov.	2, 6, 9, 13, 16, 20, 27, 30
Dec.	4, 7, 11, 14, 18, 21, 25, 28
Jan.	4, 8, 11, 15, 18, 22, 25, 29
Feb.	1, 5, 8, 12, 15, 19, 22, 26
Mar.	1, 5, 8, 12, 15, 19, 22, 26

Sunday Classes (¥1,600 for a month)

* Class I

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

1:00 p.m. – 3:00 p.m. (120 minutes)

* Class II

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

10:00 a.m. – 12:00 p.m. (120 minutes)

Oct.	7, 14, 21, 28	Jan.	6, 13, 20, 27
Nov.	4, 11, 18, 25	Feb.	3, 10, 17, 24
Dec.	2, 9, 16, 23	Mar.	3, 10, 17, 24

Nihongo Hiroba

Volunteers help international residents learn Japanese.



- 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.

The 7th Annual International Athletic Meet ~ Sports Festival with Our Friends around the World ~



The Nagaoka City International Affairs Center, *Chikyû Hiroba*, will organize an athletic meet in which international residents and Nagaokans can join together. Every-

one is welcome. It will be a great opportunity for you to meet with friends from various countries through enjoying sports.

Date: Saturday, October 20 10:00 a.m. – 3:00 p.m.

Venue: Nagaoka Civic Disaster Prevention Park

Fees: ¥300 for adults for drinks and other necessary materials

¥200 for elementary school children and under

Free: 3-year-old children and under

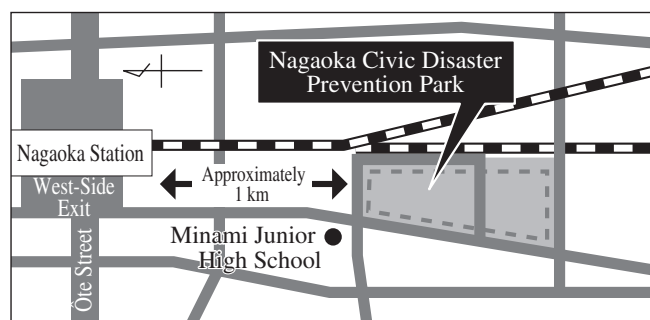
Application Period: Sept. 10 (Mon.) – Oct. 14 (Sun.)

Detailed information will be given when you sign up at:

Nagaoka City International Affairs Center
Chikyû Hiroba

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

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



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. – 11:15 a.m. Every Monday
- * **Disaster Evacuation Drill**
On the morning of Sept. 3 (Mon.)
- * **Healthy Tea Time**
1:30 p.m. – 2:30 p.m. Sept. 6 (Thurs.) and Oct. 4 (Thurs.)
- * **Artwork Workshop and Display**
10:30 a.m. – 11:30 a.m. Sept. 12 (Wed.) – Sept. 14 (Fri.)
- * **Craftwork Cafe**
10:00 a.m. – 11:30 a.m.
Sept. 13 (Thurs.) and Oct. 11 (Thurs.)
- * **Pounding Rice Cake with Yomogi (mugwort)**
11:30 a.m. Sept. 14 (Fri.)
- * **Mini-Lecture: Enjoy Playing with Rhythm**
10:30 a.m. – 11:30 a.m. Sept. 19 (Wed.)
- * **Child-Rearing Salon: Health Care after Childbirth**
10:30 a.m. – 11:30 a.m. Sept. 20 (Thurs.)
- * **Happy Birthday Party**
10:45 a.m. – 11:15 a.m. Sept. 21 (Fri.)
- * **Mini-Athletic Meet**
10:45 a.m. – 11:45 a.m. Oct. 3 (Wed.)
- * **Mini-Lecture: Basic Tips on How to Prepare Baby Food**
1:30 p.m. – 2:30 p.m. Oct. 5 (Fri.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Sept. 12 (Wed.) Child-Rearing Advisor
Oct. 10 (Wed.) Child-Rearing Advisor



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. Sept. 3 (Mon.) and Oct. 2 (Tues.)
- * **Birthday Party**
10:45 a.m. – 11:15 a.m. Sept. 7 (Fri.) and Oct. 9 (Tues.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. Sept. 13 (Thurs.) and 27 (Thurs.)
- * **Kome Hyappyô Bookmobile**
2:30 p.m. – 3:00 p.m. Sept. 13 (Thurs.) and Oct. 2 (Tues.)
- * **Child-Rearing Festival**
9:30 a.m. – 3:30 p.m. Sept. 15 (Sat.)
- * **Day for One-Year Old Kids**
10:00 a.m. – 11:30 a.m. Sept. 20 (Thurs.)
- * **Enjoy Catching Insects**
10:30 a.m. – 11:30 a.m. Sept. 22 (Sat.)
- * **Lecture for Mothers:**
Tips on How to Shift from Baby Food to Infant Food
10:30 a.m. – 11:30 a.m. Sept. 27 (Thurs.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Sept. 18 (Tues.) Child-Rearing Advisor
Temporary Day-Care for Preschool-Aged Children:
¥300/hour



Child-Rearing



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)** Sept. 28 (Fri.)
- * **Smiley Kids' Day** 9:00 a.m. – 12:00 p.m.
Sept. 2 (Sun.), 24 (Mon.), and Oct. 2 (Tues.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Sept. 4 (Tues.), 18 (Tues.), and Oct. 2 (Tues.)
- * **Baby Clover Club: Baby Weighing-Measuring and Child-Rearing Consultations**
10:00 a.m. – 11:30 a.m. Sept. 4 (Tues.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:30 a.m.
Sept. 5 (Wed.), 11 (Tues.), 20 (Thurs.), 26 (Wed.), Oct. 3 (Wed.), and 10 (Wed.)
- * **Birthday Party:** Sept. 26 (Wed.)
- * **Smiley Kids' Day Special**
11:00 a.m. – 12:00 p.m. Sept. 12 (Wed.)
- * **Dancing with Babies**
10:45 a.m. – 11:45 a.m. Sept. 13 (Thurs.)
- * **When to Start Oral Care for Babies**
11:00 a.m. – 12:00 p.m. Sept. 14 (Fri.)
- * **Let's Play with Blocks**
11:00 a.m. – 12:00 p.m. Sept. 15 (Sat.)
- * **Storybook Library for Expecting Mother**
2:00 p.m. – 3:00 p.m. Sept. 21 (Fri.)
- * **In Case of a Disaster**
10:30 a.m. – 11:30 a.m. Oct. 1 (Mon.)
- * **Autumn Festival for Little Kids**
10:00 a.m. – 3:00 p.m. Oct. 8 (Mon.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Sept. 6 (Thurs.) Child-Rearing Advisor
Sept. 27 (Thurs.) Mother-Child Health Care Advisor
Oct. 4 (Thurs.) Child-Rearing Advisor
Temporary Day-Care for Preschool-Aged Children: ¥300/hour



Support Facilities

Kosodate no Eki, Tochio (Suku Suku)

Tochio Sangyô Kôryû Center, 2nd Floor

1765 Miyazawa, Tochio

Phone: 0258-51-1022

Hours: 9:30 a.m. – 3:30 p.m.

Wednesdays, Fridays, and Saturdays

(Closed on national holidays)



- * **Wanpaku Plaza**
9:30 a.m. – 11:30 a.m. Sept. 5 (Wed.), 19 (Wed.), and Oct. 3 (Wed.)
- * **Fuwafuwa Plaza**
10:00 a.m. – 11:30 a.m. Sept. 12 (Wed.), 26 (Wed.), and Oct. 10 (Wed.)
- * **Nakayoshi Plaza**
9:30 a.m. – 11:30 a.m. Sept. 7 (Fri.), 21 (Fri.), and Oct. 5 (Fri.)
- * **Telling Stories from the Old Days**
10:30 a.m. – 11:00 a.m. Sept. 8 (Sat.)
- * **Let's Play Together**
10:00 a.m. – 11:30 a.m. Sept. 15 (Sat.)
- * **Free Child-Rearing Counseling**
10:30 a.m. – 11:30 a.m.
Sept. 14 (Fri.) Public Health Nurse



Seasonal Events

Yoita Jûgoya (Full Moon) Festival

Sept. 14 (Fri.) – Sept. 16 (Sun.)

Noboriyatai Float: Sept. 15 and 16 7:15 p.m.

Tsuno *Shinto* Shrine

The highlight of this annual festival is the exciting event in which the 250-year-old tradition of dedicating a *noboriyatai* float to Tsuno *Shinto* Shrine takes place. Spectators line the road to the shrine, and cheer and praise the bearers of the float for their hard effort in pushing and pulling the huge float, which is full of locals up the slope to the shrine.

For further information:
0258-72-2303



Nagaoka International Festival

Sept. 15 (Sat.) and Sept. 16 (Sun.)

10:00 a.m. – 5:00 p.m.

Nagaoka University of Technology Campus Courtyard
The international students from the Nagaoka University of Technology will host the Annual Nagaoka International Festival during the *Gidaisai*. Traditional ethnic costumes and photographs of international students' homelands will be on display. Dances from various countries will be performed. You can also purchase ethnic dishes from 11 countries. The event will be a



wonderful opportunity for you to get to know more about various cultures of the world while living in Nagaoka.

For further information:
0258-47-9285

Cosmos Festival

Sept. 15 (Sat.) – Oct. 21 (Sun.)

Echigo *Kyûryô Kôen*
(Hillside Park)

Approximately 300,000 cosmos plants of 21 different species will be on display.

Handicraft Classes: 10:00 a.m. – 3:30 p.m.

For further information: 0258-47-8001



The 17th Nagaoka Film Festival

Sept. 17 (Mon.) – Sept. 23 (Sun.)

Nagaoka Lyric Hall Theater

A total of 23 films from Bangladesh, China, France, Iran, Japan, and Korea will be shown. There will be talk sessions by guests and international students. The detailed program information is available at the Nagaoka City International Affairs Center, *Chikyû Hiroba* in the Nagaoka Civic Center on *Ôte* Street. (See p. 4)

Tickets: in advance, ¥900 for 1 film for adults
¥2,500 for 3 films for adults
¥3,800 for 5 films for adults
¥500 for 1 film for students
at the door, ¥1,000 for 1 film for adults
¥500 for 1 film for students

Free for junior high school students and under
Tickets are available at ticket outlets including Bunshindô Bookstore (CoCoLo), Aeon Nagaoka, Pulse, Lyric Hall, etc.
For further information:

Community Cinema Nagaoka

Phone/Fax: 0258-33-1231

<http://cinemanagaoka.blog.fc2.com>

Nagaoka Agricultural Festival

Sept. 23 (Sun.) 10:00 a.m. – 3:00 p.m.

Aguratte Nagaoka and Higashiyama Family Land
(Suyoshi-machi, next to the Municipal Ski Area)

* Rice Harvesting * Sweet Potato Digging

* Pony Riding * Handicraft Classes

* Tasting Regional Specialties

* Sale of Locally-Grown Vegetables

* Sale of *Natane* (rapeseed) Cooking Oil

* Collecting Used Cooking Oil

For further information: *Nôsei Ka* 0258-39-2223

(Agricultural Affairs Division)

Digging for Renkon (Lotus Roots)

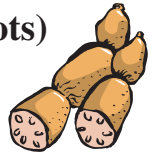
Sept. 29 (Sat.), 10:00 a.m. – 2:00 p.m.

Renkon lunch will be served.

Fees: ¥2,000 - ¥3,000

Sign up by Sept. 18 (Tues.) by sending a postage-paid return postcard with your name, address, age, phone number, etc. to:

954-0192 Nakanoshima *Shisho Chiiki Shinkô Ka*



Shoku no Jin (Regional Specialty Festival)

Oct. 7 (Sun.) 10:00 a.m. – 3:00 p.m.

Shinsan Central Park and Shinsan *Taiikukan* (Gym)

- Cuisine booths full of regional specialties

- Stage Shows

- Sale of Local Products

Shuttle Bus Service:

¥100 (one way) between *Aôre* Nagaoka and Shinsan

For further information: *Nôsei Ka* 0258-39-2223

(Agricultural Affairs Division)

Nagaoka Civil Engineering Festival

Oct. 21 (Sun.) 9:30 a.m. – 4:00 p.m.

Echigo *Kyûryô Kôen*

(Hillside Park) 0258-47-1488

Display and Demonstration of Machinery for Civil Engineering and Disaster Prevention

Admission: Free



Kome Hyappyô Matsuri (One Hundred Sacks of Rice Festival)

Saturday, October 6 11:30 a.m. – 5:00 p.m.
Ôte Street, Suzuran Street, and Central Street

The One Hundred Sacks of Rice Festival is a celebration of the autumnal harvest. It is also an occasion to hand down to future generations Nagaoka's historic event cherished by the Spirit of One Hundred Sacks of Rice.

The Spirit of One Hundred Sacks of Rice is a concept stressing that city development is dependent on education. Nagaokans take pride in and draw courage from this teaching, which originated in a historic event that took place after the end of the civil war of 1868.

The festival will have many fun-filled programs including street performances, a 46.6-km relay, and a

flea market. There will also be a parade (starting around 3:00 p.m.) of approximately 500 people dressed in *samurai* warrior costumes from the *Boshin*



Civil War of 1868 and ancient gorgeous costumes of the Makino Clan going up to Edo (present-day Tokyo) for alternate-year attendance to the *Shôgun*. A skit dramatizing the historic One Hundred Sacks of Rice story will also be performed.

For further information:

Kankô Ka (Tourism Division) 0258-39-2221

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

Used Clothes and Unwanted Gift Items for Sale

Sunday, October 7 10:00 a.m. – 3:00 p.m.

Carnation Plaza (the former Daiwa Department Store building) on Ôte Street
Please donate your clean used clothes or unwanted gift items. Proceeds will benefit a welfare fund.



When and Where to Bring in Used Clothes or Unwanted Gift Items:

Saturday, October 6 10:00 a.m. – 4:00 p.m.

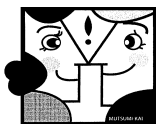
Carnation Plaza (the former Daiwa Department Store Building) on Ôte Street

Information: Nagaoka City Consumers' Association

Phone: 0258-32-0022

The 24th Annual Japanese Speech Contest for Non-Native Speakers

Hosted by *Mutsumi Kai* and Nagaoka International Exchange Association



Mutsumi Kai is looking forward to welcoming you all. The contest will be followed by a party for the speakers and the audience to get together.

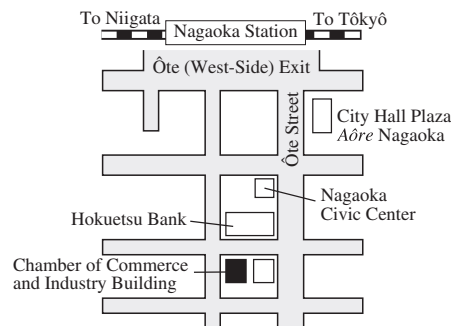
Date: Sunday, September 30 1:00 p.m. - 4:00 p.m.

Venue: Nagaoka *Shôkô Kaigisho* Building 2F

(Nagaoka Chamber of Commerce and Industry Building) 2-1-1 Sakanoue-machi

0258-32-4467

Party Ticket: ¥500



Enrollment in Kindergartens and Nursery Schools

Enrollment in Kindergartens

(幼稚園・ようちえん/*Yôchien*)

Applications for enrollment in kindergartens for the 2013 fiscal year (from April 2013 to March 2014) will be accepted from October 1st (Mon.) to November 1st (Thurs.), 2012. Children aged three, four, and five years old as of April 1st, 2013 are eligible for enrollment. Hours and fees differ for each kindergarten. For further detailed information, please contact the kindergarten in which you wish to enroll your child. Your application can be submitted directly to the kindergarten in which you wish to enroll your child.

For further information:

Child-Care Division

Nagaoka City Office

(Phone: 0258-39-2219)



Enrollment in Nursery Schools

(保育園・ほいくえん/*Hoikuen*)

Applications for enrollment in nursery schools for the 2013 fiscal year (from April 2013 to March 2014) will be accepted from November 1st (Thurs.) to mid-November, 2012. Eligibility extends to infants and pre-school-aged children whose parents or guardians cannot take care of them at home due to employment duties or medical reasons. Some nursery schools accept infants aged two months old and above. Hours differ for each nursery school and fees differ depending on each household's previous year's income. For further detailed information, please contact the nursery school in which you wish to enroll your child or the Child-Care Division of the Nagaoka City Office.

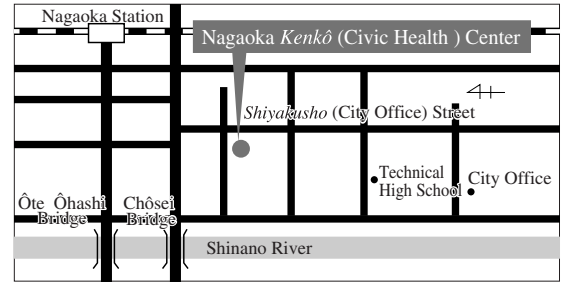
(Phone: 0258-39-2219)

Major Emergency Medical Facilities

Major General Hospitals

Nagaoka <i>Chûô Sôgô Byôin</i> (Central General Hospital)	0258-35-3700
Nagaoka <i>Sekijûji Byôin</i> (Red Cross Hospital)	0258-28-3600
Tachikawa <i>Sôgô Byôin</i> (General Hospital)	0258-33-3111
Nagaoka <i>Kenkô</i> (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.

Fitness Classes

Oct. 1 (Mon.) – Dec. 27 (Thurs.)
City Gym (1-2-1 Gakkô-chô 0258-34-2700)



The city gym will offer various classes such as pelvic exercises, pilates exercises, technical hula, yoga, healthy calisthenics, aerobic walking, shape-up boxing, hip-hop dancing, lower backache prevention exercises, tai chi, rhythm exercises, etc. For further information and registration, please contact the staff of the Nagaoka International Affairs Center in the Nagaoka Civic Center on *Ôte* Street. (See p. 4)

Warnings against Arson

Under the jurisdiction of the Nagaoka Fire Department Headquarters, there were 19 fires that were caused or suspected to be caused by arson in 2011. Arson is the primary cause of fires. Here are some useful tips for you to keep in mind to protect your house from arson.

- Do not leave flammable articles around the outside of your house.
- Put out trash on designated days and do not leave trash uncollected.
- Lock all entrances, garages, and storage areas.
- Do not leave newspapers or postal materials uncollected in your mail box.
- Install lights around your house.

For further information:

Nagaoka Fire Department Headquarters 0258-35-2190

The Nationwide Traffic Safety Campaign Friday, September 21 – Sunday, September 30

An increasing number of traffic accidents are likely to happen in fall because it is the season for outings and it gets dark earlier than in summer. All pedestrians and drivers are advised to keep the following safety tips in mind.

- Pedestrians and bicycle riders should wear reflectors.
- Turn your lights on early at dusk when driving a vehicle and riding a bicycle.
- All drivers and passengers are required by law to wear seat belts. Child seats should also be properly installed and used.

- Never drive a vehicle if you have drunk any alcoholic beverages and never let anyone who has drunk alcohol (even a small amount) drive a vehicle.

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, Chûô-ku, Niigata City 950-8625

Phone: 025-288-3503

Fax: 025-288-3515 (Please write, “Attention: *Kantoku Ka*”)

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

Q: I work for seven and a half hours a day from Monday to Friday. During this summer holiday, my employer asked me to work on some holidays and I worked for seven and a half hours each day. I was paid the normal wages for the day against my assumption that I should be paid increased wages for working on holidays. Is it lawful for my employer to do that?

A: The Labor Standards law stipulates that it is legal for employees to be paid normal wages instead of increased ones for overtime work when they have worked for eight hours or less a day, and 40 hours or less a week regardless of their working on company rest days.

If you work on company rest days and end up working more than the legal working hours (40 hours a week), you are entitled to be paid at a rate of 25% or more above your normal wages for excess hours.

If you work on rest days (legally designated as one day a week, or four days or more for four weeks), you are entitled to be paid at a rate of 35% or more above your normal wages. (Article 37)