



Vol. 265
June
2013

Konnichiwa!

NAGAOKA

International Affairs Division, Nagaoka City Office
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E-mail: intlexchange@city.nagaoka.lg.jp

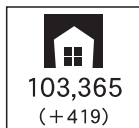
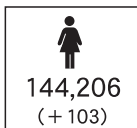
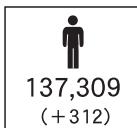
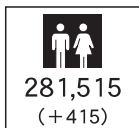
URL: <http://www.city.nagaoka.niigata.jp/> (長岡市ウェブサイト) →
English (Nagaoka International Affairs Center) →
地球広場 (International Affairs Center) → Konnichiwa Nagaoka



To Nagaoka with Love

On April 23rd, Mr. Ryûdô Uzaki, a singer and composer, created a calligraphic sign, “**AORE Mi Amore Nagaoka**” which means “The People of Nagaoka Who Love Aôre – Nagaoka.” This sign is a prelude to an upcoming event, scheduled on Sunday, September 22nd, for which Mr. Uzaki will be the executive producer.

Population and Households
As of May 1, 2013
(compared to the previous month)



Many citizens, who are enthusiastic about preserving local traditions and vitalizing their community, have come together to prepare for a big event scheduled to be held on Sunday, September 22nd. Over 500 performers are expected to show their talent in 12 programs such as singing, dancing, baton twirling, acrobatics on ladders, large-scale calligraphy performance, and many other interesting acts. The arena and *Nakadoma* at City Hall Plaza *Aôre* – Nagaoka, will be connected together to form an expanded stage for all these performances. On May 21st, the details of this exciting event were announced at a press conference.



Ms. Yôko Aki
(Executive MC, Writer)

Mayor Tamio Mori

Mr. Ryûdô Uzaki
(Executive Producer)

Mr. Morihisa Ôi
(Organizing Committee Chair)

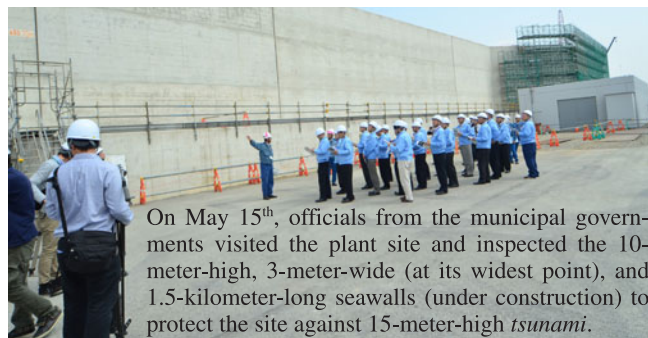
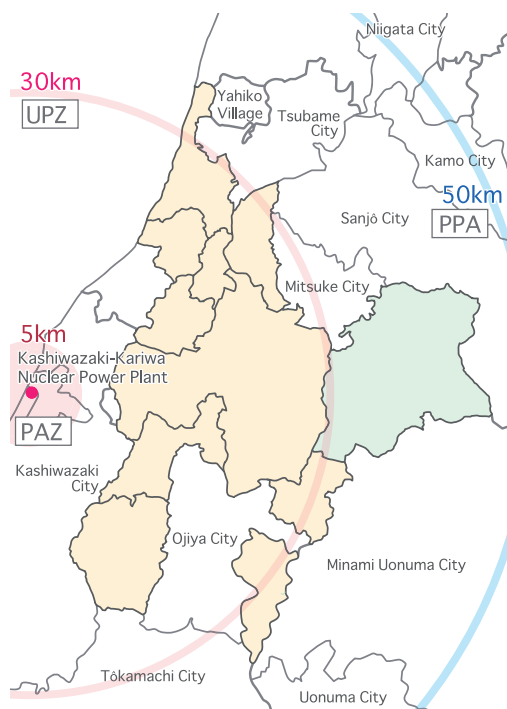
Major Features:

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Nuclear Safety Countermeasures Strengthened

The city's basic concept for nuclear safety countermeasures is to continually confirm the latest safety countermeasures with national and prefectural governments as well as Tokyo Electric Power Company.

In January 2013, 28 of the 30 municipal governments in Niigata Prefecture finalized the establishment of the Nuclear Safety Treaty with Tokyo Electric Power Company. The treaty allows the municipal governments to acquire accurate information from the power company, to have opportunities to discuss the safety of the residents with the power company, and to enter the Kashiwazaki-Kariwa Nuclear Power Plant to confirm current situations.



On May 15th, officials from the municipal governments visited the plant site and inspected the 10-meter-high, 3-meter-wide (at its widest point), and 1.5-kilometer-long seawalls (under construction) to protect the site against 15-meter-high *tsunami*.



Inspecting the inside of the Unit 6 reactor building



Municipal government officials asked Tokyo Electric Company many questions regarding safety countermeasures.

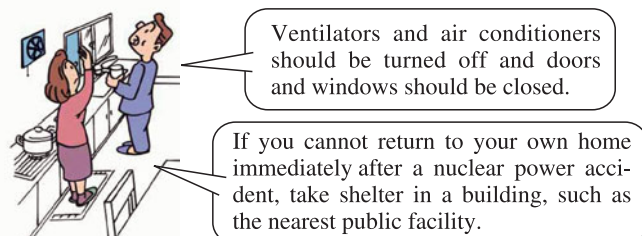
Nuclear Safety Countermeasures will be applied separately in one area and two zones according to the distances from the nuclear power plant as follows:

- **PAZ (Precautionary Action Zone)**
Precautionary actions, such as immediate evacuation prior to possible emissions of radioactive substances, are required.
- **UPZ (Urgent Protective Action Planning Zone)**
Urgent protective actions are required.
- **PPA (Plume Protection Planning Area)**
Protective actions against drifting radioactive plumes are required.

Radii	5-kilometer radius – 30-kilometer radius	30-kilometer radius – 50-kilometer radius
Districts	Nagaoka, Nakanoshima, Koshiji, Mishima, Yamakoshi, Oguni, Washima, Teradomari, Yoita, and Kawaguchi	Tochio
Basic Countermeasures	People within a 5- to 30-kilometer radius from the power plant should stay inside their houses or buildings, followed by gradual evacuation to other safe areas, considering the wind direction and data on monitored levels of radiation. If necessary, stabilized iodine tablets should be taken.	Preparations should be made for accepting evacuees. If necessary, people within a 30- to 50-kilometer radius should stay inside their houses or buildings and take stabilized iodine tablets.

Three Basic Countermeasures in Case of an Emergency

- 1 Collect accurate information ->
Stay indoors -> Evacuate to safer areas

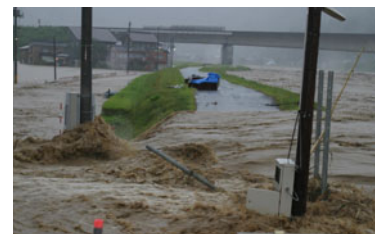


- 2 - Secure children's safety at school
- Have guardians take their children home immediately

- 3 Promote citizens' fundamental knowledge on nuclear disasters by:
 - conducting evacuation drills
 - publishing countermeasure leaflets to be distributed to every household

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 overflowing Uono River (July, 2011)
Rivers overflowed and riverbanks collapsed at 94 locations in the city during the 2011 Niigata-Fukushima Downpours, causing tremendous damage to residential areas.

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>
- Emergency E-Mail Service via NTT docomo, au, and SoftBank

You can automatically receive emergency information without prior registration or paying any extra charges. A test message will be sent out on Friday, June 14th at noon.

- In some districts, information will be provided by communication networks of neighborhood associations, volunteer disaster prevention groups, wireless systems for disaster prevention, and the OFF-Talk communication system.

- Information Service Vans
- TV broadcasts



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 15 years of age until they graduate from junior high school. The monthly allowances vary depending on age groups.

Guardians who are receiving child allowances are required to submit a document (*genkyô todokel* 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 14th (Friday) and June 25th (Tuesday).

For further information:

Kodomo Katei Ka (Child and Family Affairs Division)

Phone: 0258-39-2300

The Basic Resident Register Network System

International residents will also be subject to the Basic Resident Register (*Jûmin Kihon Daichô*) Network System, starting on July 8th (Mon.), 2013. Your resident register code, *jûminhyô kôdo*, will be entered in your resident's card, *jûminhyô*. A notification about your resident register code will be sent to you after it is entered in your resident's card. You can also get your basic resident register card, *Jûmin Kihon Daichô Kôdo*, for ¥500.

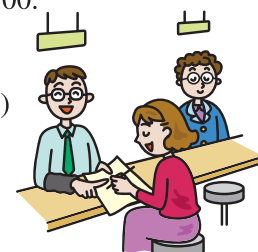
For further information:

Jûmin Kiroku Gakari

(Resident Register Section)

Citizens' Affairs Division

Phone: 0258-39-7514



Sign Up for the Nagaoka Summer Festival Now!

You are most welcome to join:

Mantô Mikoshi

(Portable Shrine Parade)

August 1 (Thurs.)

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 with your name, gender, and address:

Kome Hyappyô Mikoshi Kai

Uchiyama-San (Cell: 090-6194-6517 Fax: 35-3677)

Ôtedôri Shôtengai Mikoshi

(Portable Shrine Parade)

August 1 (Thurs.)

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

Fee: Free

You can borrow a *happi* coat.

Registration: By July 5 (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. 6)

(Folk Dance Parade)

August 1 (Thurs.)

7:25 p.m. – 8:45 p.m.



The National Log-Sawing Competition

Aug. 16(Fri.) 9:00 a.m.

Venue: Parking lot beside the Nagaoka City Mishima Sports Gym

The team of two contestants (in three categories of men or mixed pairs, women only, and elementary school children pairs) who can saw a *sugi* (Japanese cedar) log the fastest are the champions.

Prizes:

- Participation Prizes for each contestant

- Prizes for Runners-up

- Special Prizes for the Champions

60 kilograms of Rice

20 kilograms of *Miso* (Bean Paste)

15 1.8-liter bottles of Japanese *Sake*



Application Period:

June 24 (Mon.) - July 29 (Mon.)

Fax or e-mail with a team name and its representative's name, address, and phone number to:

Fax: 0258-42-3534

E-mail: msm-sangyo@city.nagaoka.lg.jp

Group Registration: By June 21 (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 (Thurs.)

7:00 p.m. – 8:30 p.m.

Between Ichinohashi Bridge and Kakigawa Bridge on the Kaki River
1,482 lanterns on a first-come-first-served basis

Nagaoka *Seinen Kaigisho* (Junior Chamber of Commerce)

0258-34-0069



Flea Market

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

11:30 a.m. – 3:00 p.m.

Suzuran Street

Fee: ¥500/3m x 1.8m

Registration: June 10 (Mon.) - July 30 (Tues.)

Suzuran Dôri *Shôtengai Jimukyoku*

(Suzuran St. Shopping Mall Office)

Phone: 0258-32-2480

(9:00 a.m. – 4:00 p.m./weekdays)



Hotaru (Firefly) Watching

* **Koshiji Hotaru (Firefly) Festival**

June 22 (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)**

Late June – Early July, 7:00 p.m. – 9:00 p.m.

Meet at Koshiji District Office

(free shuttle bus service provided to the site)

Limited to: 60 participants

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

Registration: From June 13 (Thurs.)

Sangyô Kensetsu Ka

(Industrial Construction Division)

Koshiji District Office

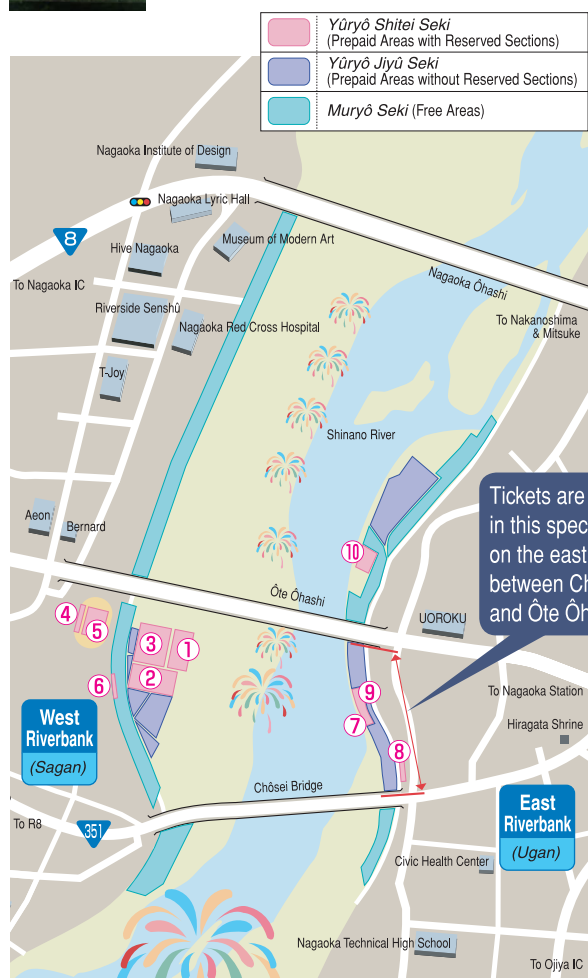
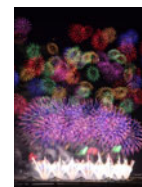
Phone: 0258-92-5903





Tickets for the 2013 Nagaoka Fireworks Show

How to Get Tickets for Prepaid Areas with and without Reserved Sections



Yûryô Shitei Seki (Prepaid Areas with Reserved Sections)

As previously announced in the May issue of *Konnichiwa Nagaoka*, all applications from May 17th to June 5th were decided by lottery. However, canceled tickets from these applications will be resold on a first-come-first-served basis:

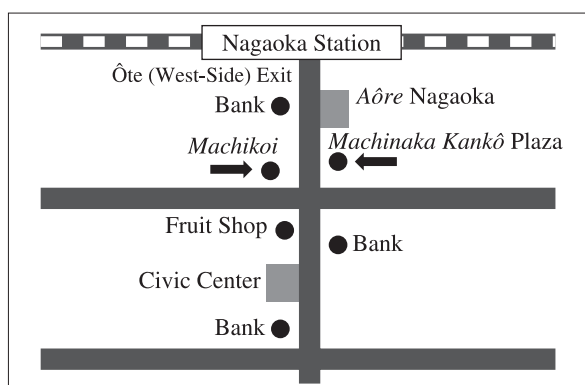
- * June 28 (Fri.) from 10:00 a.m.
Nakadoma, City Hall Plaza - Aôre Nagaoka
- * After June 29 (Sat.), from 10:00 a.m.
Machinaka Kankô Plaza

- ① For Large Groups: ¥110,000 per plot for 50 people
¥ 60,000 per plot for 25 people
- ② At Tennis Courts: ¥20,000 per plot for 5 people
- ③ Chairs: ¥3,000 per person
- ④ Bleachers at the Athletic Field: ¥2,500 per person
- ⑤ Grounds at the Athletic Field:
¥4,000 per table for 2 people
- ⑥ 50 Plots only: ¥10,000 per plot for 5 people
- ⑦ Terraced Benches: ¥3,000 per person
- ⑧ Towered Plots: ¥27,000 per plot for 4 people
- ⑨ For Photographers: ¥4,000 per plot for 2 people
- ⑩ Parking and Viewing Area
for physically-challenged people:
¥1,000 per vehicle (Applications are accepted only
via postal mail or fax between May 13 and May 27.)

Yûryô Jiyû Seki (Prepaid Areas without Reserved Sections)

will be sold for ¥1,500 per person (free for pre-school aged children) on a first-come-first-served basis:

- * July 1 (Mon.) – July 30 (Tues.) from 10:00 a.m.
- Lawson (L code 33300)
- Seven Eleven
- * July 1 (Mon.) from 10:00 a.m.
Nakadoma, City Hall Plaza - Aôre Nagaoka
- * July 2 (Tues.) – July 30 (Tues.) from 10:00 a.m.
- Machinaka Kankô Plaza
- Machikoi
- * August 2 (Fri.) and 3 (Sat.)
Ticket Outlets near West-Ends of Chôsei Bridge and
Ôte Ôhashi Bridge



The 2013 African Festa in Nagaoka

June 23 (Sun.) 10:00 a.m. – 5:00 p.m.

City Hall Plaza – Aôre Nagaoka

There will be a variety of programs including movies, music, dances, talk sessions, and stalls all related to Africa. This will be a good opportunity for you to get to know more about African cultures.

For further information: Organizing Committee for the African Festa in Nagaoka
Phone: 0258-36-6233



Fun Programs on the Teradomari Coast

* “E-Boat” (Rubber Raft) Race

200-meter Time Trial Race

June 30 (Sun.) 9:00 a.m. – 4:00 p.m.

Teams: 30 teams with 10 rowers each

* One-Hour Sail Boat Cruising

June 30 (Sun.) 9:00 a.m. – 11:00 a.m.

Participants: 30

Application: By June 21 (Fri.)

Teradomari Kankô Kyôkai
(Tourism Association)
Phone: 0258-75-3363



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

The 1st term of classes for the 2013 fiscal year is being offered from April 2013 to September 2013. A trial lesson is offered. Please call ahead.

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 11:00 a.m. – 12:00 p.m. (60 minutes)

June	4, 7, 11, 14, 18, 21, 25, 28	¥1,600
July	2, 5, 9, 12, 16, 19, 23, 26, 30	¥1,800
Aug.	6, 9, 13, 16, 20, 23, 27, 30	¥1,600
Sept.	3, 6, 10, 13, 17, 20, 24	¥1,400

Sunday Classes

* Class I

* Class I 10:00 a.m. – 12:00 p.m. (120 minutes)

(Lesson 1 – Lesson 13 of *Minna no Nihongo*)

* Class II

* Class II 1:00 p.m. – 3:00 p.m. (120 minutes)

(Lesson 14 – Lesson 25 of *Minna no Nihongo*)

June	2, 9, 16, 23, 30	¥2,000
July	7, 14, 21, 28	¥1,600
Aug.	4, 11, 18, 25	¥1,600
Sept.	1, 8, 15, 22	¥1,600

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.



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

Dance Practice Schedule

Dates	Hours	Sites
July 10 (Wed.)	7:00 p.m. – 9:00 p.m.	Chikyû Hiroba
July 13 (Sat.)	10:00 a.m. – 12:00 p.m.	Chikyû Hiroba
July 17 (Wed.)	7:00 p.m. – 9:00 p.m.	Chikyû Hiroba
July 20 (Sat.)	10:00 a.m. – 12:00 p.m.	Chikyû Hiroba
July 21 (Sun.)	10:00 a.m. – 12:00 p.m.	Chikyû Hiroba
July 24 (Wed.)	7:00 a.m. – 9:00 p.m.	Chikyû Hiroba
July 27 (Sat.)	10:00 a.m. – 12:00 p.m.	Chikyû Hiroba
July 28 (Sun.)	10:00 a.m. – 12:00 p.m.	Machinaka Campus 4F

Please join us at least three times. Everyone is requested to attend the final session on Sunday, July 28th for a line-up practice.



The Cross-Cultural Citizens Club

~Chikyû Shimin no Kai (ちきゅうし민의かい)~

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



Child-Rearing Support Facilities



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
- * **“Spot Time”** 10:45 a.m. – 11:15 a.m. Every Monday
- * **Toy Plaza** 10:30 a.m. – 11:30 a.m. June 12 (Wed.)
- * **Craftwork Cafe** 10:00 a.m. – 11:30 a.m. June 13 (Thurs.)
- * **Mini-Lecture: Child-Rearing for One-Year-Old Children**
10:30 a.m. – 11:30 a.m. June 14 (Fri.)
- * **Enjoy Playing in English with Monica**
10:45 a.m. – 11:15 a.m. June 19 (Wed.)
- * **Child-Rearing Salon** 10:30 a.m. – 11:30 a.m. June 20 (Thurs.)
- * **Happy Birthday Party** 10:45 a.m. – 11:15 a.m. June 21 (Fri.)
- * **Lecture: First-Aid for Emergency**
10:30 a.m. – 12:00 p.m. June 24 (Mon.)
- * **Consultations about Vaccinations and Health Checkups**
11:00 a.m. – 12:00 p.m. June 26 (Wed.)
- * **Talking about Nursing and Baby Food**
10:30 a.m. – 11:30 a.m. June 28 (Fri.)
- * **Healthy Tea Time** 1:30 p.m. – 2:30 p.m. July 4 (Thurs.)
- * **Tanabata (Star Festival) Day** 10:45 a.m. – 11:15 a.m. July 5 (Fri.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
June 12 (Wed.) and July 10 (Wed.) Child-Rearing Advisor



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** 11:00 a.m. – 11:15 a.m. Every Day
Kamishibai (Giant Picture Card Story) June 24 (Mon.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
June 4 (Tues.), 18 (Tues.), and July 2 (Tues.)
- * **Making Your Own Picture Storybook**
11:00 a.m. – 12:00 p.m. June 5 (Wed.)
- * **Smiley Kids' Day** 9:00 a.m. – 12:00 p.m.
June 7 (Fri.), 14 (Fri.), 21 (Fri.), 28 (Fri.), and July 5 (Fri.)
- * **Maternity Nurse's Consultations**
10:30 a.m. – 11:30 a.m. June 10 (Mon.)
- * **Reading Picture Storybooks and Playing Time**
11:00 a.m. – 11:30 a.m. June 12 (Wed.)
- * **Children Eating with Their Hands**
11:00 a.m. – 11:40 a.m. June 13 (Thurs.)
- * **Chatting Time for Expecting Mothers**
2:00 p.m. – 3:00 p.m. June 14 (Fri.)
- * **Lecture for Families:**



- It's Father's Turn to Enjoy Playing with Blocks
11:00 a.m. – 12:00 p.m. June 15 (Sat.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m. June 19 (Wed.) and 26 (Wed.)
Birthday Party: June 26 (Wed.)
- * **Let's Play with Grandmothers**
11:00 a.m. – 11:30 a.m. June 25 (Tues.)
- * **Making Tanabata (Star Festival) Decorations**
9:00 a.m. – 6:00 p.m. July 2 (Tues.) – July 6 (Sat.)
- * **Celebrating Tanabata (Star Festival)**
11:00 a.m. – 11:20 a.m. July 4 (Thurs.)
- * **“Picture Storybook Therapy” for Adults**
10:30 a.m. – 12:30 p.m. July 6 (Sat.)
- * **Useful Tips on How to Start Baby Food**
10:30 a.m. – 11:30 a.m. July 10 (Wed.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
June 6 (Thurs.) and July 8 (Mon.) Child-Rearing Advisor
June 20 (Thurs.) Public Health Nurse
June 27 (Thurs.) Nursery School Teacher
Temporary Day-Care for Preschool-Aged Children:
¥300/hour

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)

- * **Enjoy Drawing Pictures** For two hours in the afternoon
1st and 3rd Mondays
- * **Story Telling Time**
1:00 p.m. – 1:30 p.m. Every Monday
- * **Teku Teku Mini-Concert**
1:00 p.m. – 1:30 p.m. Every Friday
- * **Teku Teku Birthday Concert**
10:30 a.m. – 11:00 a.m. May 5 (Sun.)
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. June 4 (Tues.) and July 2 (Tues.)
- * **Lecture for Parents: Let's Enjoy Brushing Teeth**
10:30 a.m. – 11:30 a.m. June 6 (Thurs.)
- * **Birthday Party**
10:45 a.m. – 11:15 a.m. June 7 (Fri.) and July 9
- * **Let's Take a Walk** 10:30 a.m. – 11:10 a.m. June 10 (Mon.)
- * **Playing with Big Brothers and Sisters**
10:30 a.m. – 11:30 a.m. June 11 (Tues.) and June 24 (Mon.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. June 13 (Thurs.) and 27 (Thurs.)
- * **Nakayoshi Time**
10:45 a.m. – 11:00 a.m. June 14 (Fri.), 21 (Fri.), and 28 (Fri.)
- * **Baby Massage**
10:30 a.m. – 11:10 p.m. and 11:30 a.m. – 12:10 p.m.
June 18 (Tues.)
- * **Day for One-Year-Old Kids**
10:30 a.m. – 11:30 a.m. June 20 (Thurs.) and July 4 (Thurs.)
- * **Look-and-Touch Time (things from the Shinano River)**
10:30 a.m. – 11:30 a.m. June 22 (Sat.)
- * **Let's Enjoy Tanabata Kai (Star Festival)**
10:30 a.m. – 11:00 a.m. July 5 (Fri.)
- * **Lecture for Parents: How to Deal with Child's Growth**
10:30 a.m. – 11:30 a.m. July 8 (Mon.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
June 11 (Tues.) Speech Therapist
June 18 (Tues.) Child-Rearing Advisor
Temporary Day-Care for Preschool-Aged Children:
¥300/hour



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

- * **Fuwa Fuwa Plaza** 10:00 a.m. – 11:30 a.m. June 5 (Wed.)
- * **Nakayoshi Plaza** 9:30 a.m. – 11:30 a.m. June 7 (Fri.)
- * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m. June 7 (Fri.) and 19 (Wed.)
- * **Special Tochio Fair Day** 10:30 a.m. – 3:00 p.m. June 9 (Sun.)
- * **Wanpaku Plaza** 9:30 a.m. – 11:30 a.m. June 19 (Wed.)
- * **Baby Massage** 1:30 p.m. – 2:30 p.m. June 12 (Wed.)
- * **Birthday Party** 11:00 a.m. – 11:30 a.m. June 26 (Wed.)
- * **Making Toys** 10:30 a.m. – 11:30 a.m. June 28 (Fri.)
- * **Making Chimaki**
(Rice Dumplings Wrapped in Sasa Bamboo Grass)
10:00 a.m. – 1:00 p.m. June 29 (Sat.)
- * **Free Child-Rearing Counseling**
June 5 (Wed.) 10:30 a.m. – 12:00 p.m. Maternity Nurse
June 21 (Fri.) 10:30 a.m. – 11:30 a.m. Public Health Nurse



Major Emergency Medical Facilities

Major General Hospitals

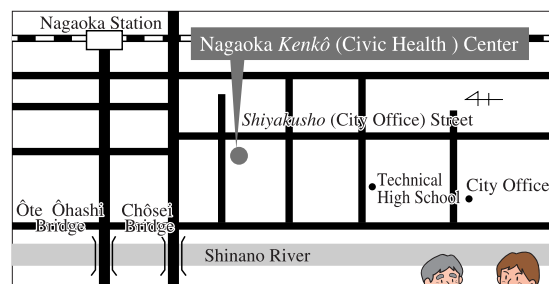
Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700

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. – 4:30 p.m.
	Pediatrics (<i>Shônika</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.
	Surgery (<i>Geka</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.
	Dentistry (<i>Shika</i>)	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 3:30 p.m.
Dental Clinic for Sundays and Holidays (0258-33-9644)	Pediatrics (<i>Shônika</i>)	(Monday – Saturday) 6:45 p.m. – 9:30 p.m.
Chûetsu Center for Children's Emergency Treatment (0258-86-5099)		

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



Movies

- John and Yoko's Years of Peace (U.S.A. 2002)
June 21 (Fri.) 2:00 p.m. – 2:55 p.m.
- Back Beat (U.K. 1994)
June 21 (Fri.) 3:05 p.m. – 4:45 p.m.
Nagaoka Central Library, 2nd Floor
Gakkô-chô (Phone: 0258-32-0658)
Admission: Free



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

These programs are being rebroadcast on the following Sundays from 5:00 p.m. to 5:30 p.m. They provide information about various projects, events, and Japanese learning programs offered at the Nagaoka City International Affairs Center, *Chikyû Hiroba*.

How to Protect Yourself from Sun-Stroke or Heat-Stroke

You are likely to suffer from sun-stroke or heat-stroke during hot summer days. If you feel symptoms of sun-stroke or heat-stroke, drink plenty of liquids, loosen your clothing, and evacuate to a cool, shaded area. Liquids for sports activities are advisable. Supplements of salt will be helpful as you may have lost salt when perspiring. Putting a wet towel on your hands, legs, and feet will cool down your body temperature.

You may suffer from sun-stroke or heat-stroke again even if you feel you have recovered from it. Please make sure to seek medical treatment even if you feel you have recovered.

Some Precautions to Reduce the Risk of Sun-Stroke and Heat-Stroke:

- Use a sunshade, such as a parasol or a hat.
- Wear light, loose-fitting clothing.
- Drink plenty of liquids from time to time.
- Rest in the shade from time to time.

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
Phone: 0258-32-5000



Apology

The July issue of *Konnichiwa Nagaoka*, which will include detailed information about the Nagaoka Festival, will be published on July 26th 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.