



Vol. 270
November
2013

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/>

A Pleasant and Heart-Warming Relaxing Time



In Japan, fall is the season for reading books. The Nagaoka Central Library has “Story-Telling Time” every week, Tuesday through Saturday. Children are glued to the *kamishibai* (large picture-card story) and picture storybooks presented by volunteers. They are really enjoying the season for reading books.

Memorial Programs for the 9th Anniversary of the 2004 Great Chûetsu Earthquake Wednesday, October 23rd, 2013

In Expression of Our Condolences to the Victims,
Our Appreciation for Support, and Our Prayers for Further Recovery



- ① **Mountains Collapsed, Roads Disappeared**
The Yamakoshi Recovery Exhibit Hall, nicknamed “*Orataru*,” opened on October 23rd. Various materials showing the damage caused by the 2004 earthquake and the traditional lifestyle of the people living in Yamakoshi, a mountainous area, are on display at “Forest of Testimony” on the 2nd floor.
- ② Tolling the Bell of Hope with prayers for further recovery during the Yamakoshi Reconstruction Event (Yamakoshi Branch Office, Oct. 23rd)
- ③ Gathering for silent prayers at the exact time when the 2004 earthquake hit (City Hall Plaza – *Aôre* Nagaoka, Oct. 23rd)
- ④ Sending out messages at the “Song of the Earth” event in appreciation of support (Kawaguchi Sport Park, Oct. 23rd)
- ⑤ Discussing the necessity of community strength during the Recovery Commemoration Forum (City Hall Plaza – *Aôre* Nagaoka, Oct. 14th)

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

281,286 (-93)	137,221 (-44)	144,065 (-49)	103,689 (+14)

Major Features:

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Phoenix Ôhashi, a New Bridge for the NagaokaTôzai (East-West) Road and the Sagan (West Riverside) Bypass Will Open on Sunday, November 24th, 2013



The bridge is a part of the Nagaoka Tôzai (East-West) Road connecting the east riverside area and the west riverside area of the city. The road is approximately 10 kilometers long with the 1.3-kilometer bridge over the Shinano and Shibumi Rivers in its center. The problems of constant traffic congestion on Chôsei Bridge and Ôte Ôhashi Bridge are expected to be solved, providing easier access to the Nagaoka Interchange.

Commemorative Events

- * Pre-Visiting Hours
Nov. 23 (Holiday) 9:00 a.m. – 12:00 p.m.
Parking Lots: Municipal Auditorium
Kibôgaoka Swimming Pool
Shuttle Bus Service: Between Municipal Auditorium and Phoenix Ôhashi
- * Opening Ceremony for the Nagaoka Tôzai (East-West) Road and Sagan (West Riverside) Bypass
- Nov. 24 (Sun.) 10:00 a.m. – 11:00 a.m.
City Hall Plaza – Aôre Nagaoka
- Nov. 24 (Sun.) 11:30 a.m. – 12:00 p.m.
East End of Phoenix Ôhashi

*** Phoenix Ôhashi will open to the public at 3:30 p.m. on Sunday, November 24th.**

The City's First Nuclear Disaster Drill

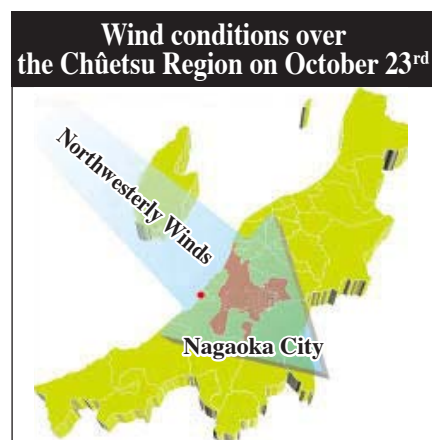
In assumption of a nuclear accident at the Kashiwazaki-Kariwa Nuclear Power Plant, the city conducted its first nuclear disaster drill in the areas of Ôzumi, Miyamoto, and Aobadai from 7:00 a.m. to 10:00 a.m. on Sunday, October 13th. These areas, with a total population of approximately 6,300, are located approximately in the 10- to 15-kilometer-radius zone.

During the drill, information regarding the drill was sent out throughout the city via an emergency warning program on FM radio and area mail service.

The Outcomes:

- Following the guidelines given by the national government, the residents in the 5- to 30-kilometer-radius zone are advised to stay inside of houses or buildings right after an accident since an excessive amount of radiation will not be emitted right away.
- Evacuation should be conducted depending on the wind direction in the sky on that day.

For further information: Nuclear Safety
Countermeasures Office
Phone: 0258-39-2305



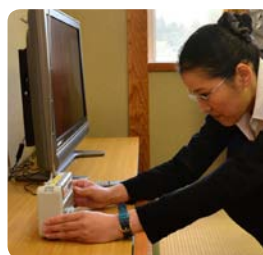
7:00 a.m.

Information was distributed.



7:15 a.m.

Doors, windows, and ventilators were shut.



9:00 a.m.

Evacuation started.



8:15 a.m.

Information about evacuation shelters was given to neighborhood associations.



10:00 a.m.

Evacuees arrived at an evacuation facility in the Nakanoshima District in approximately 20 – 45 minutes in buses, their own vehicles, or rented cars. The disaster drill concluded.

Disaster Prevention Systems from Nagaoka Will Be Introduced Overseas

Capitalizing on the city's subsidy named "Frontier Challenge Subsidy," e-Trust Co. and Wakiya Giken Co., both located in Nagaoka City, developed a river-level monitoring camera and emergency-warning radio, respectively. JICA (Japan International Cooperation Agency) has recently adopted these disaster prevention systems for its overseas projects.

In order to prevent flood damage, the river-level monitoring cameras will be installed in the Republic of the Philippines. The effectiveness of the camera will be examined in the People's Republic of Bangladesh. The effectiveness of emergency-warning radio



will be examined in the Republic of Indonesia where volcanic activities often cause tremendous damage. It is expected that these technologies developed here in Nagaoka will be sent out to the world and contribute to the further promotion of local industries.



A river-level monitoring camera installed on the riverbank in the Hoshiba area

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 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 (Tuesdays & Fridays)

* Class I

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

11:00 a.m. – 12:00 p.m. (60 minutes)

* Class II

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

9:30 a.m. – 10:30 a.m. (60 minutes)

Nov.	1, 5, 8, 12, 15, 19, 22, 26, 29	¥1,800
Dec.	3, 6, 10, 13, 17, 20, 24, 27	¥1,600
Jan.	7, 10, 14, 17, 21, 24, 28, 31	¥1,600
Feb.	4, 7, 14, 18, 21, 25, 28	¥1,400
Mar.	4, 7, 11, 14, 18, 25, 28	¥1,400

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)

Nov.	3, 10, 17, 24	Jan.	5, 12, 19, 26
Dec.	1, 8, 15, 22	Feb.	2, 9, 16, 23
		Mar.	2, 9, 16, 23

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.



Recent Events

The 8th Annual International Athletic Meet

The Nagaoka City International Affairs Center, *Chikyû Hiroba*, held their annual athletic meet with international residents and Nagaokans on Saturday, October 19th. Many participants from 9 countries had a great time making the event very exciting. Blessed with cool autumnal weather, approximately over 80 participants in two teams competed against each other in a variety of games such as tossing beanbags in baskets, a borrowing-person race, a big ball passing race, a tug-of-war, and many others.

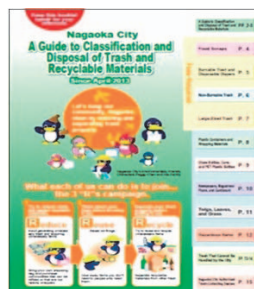


The athletic meet will be organized again next year. We hope there will be more participants including returnees and those who missed this year's event. You are welcome to take a look at the snapshots of the athletic meet on display at *Chikyû Hiroba*.

A Guide to Classification and Disposal of Trash and Recyclable Materials

Copies of the newly published **A Guide to Classification and Disposal of Trash and Recyclable Materials** are available here at the Nagaoka City International Affairs Center, *Chikyû Hiroba*. Details about how to sort and dispose of trash and recyclable materials are given in this booklet in English. Copies of **A Calendar of Collection Days for Household Trash and Recyclable Materials** (2013 version) are also available in Chinese, English, and Japanese.

Your trash should be separated properly and put out in the appropriate bags at your assigned collection site, by 8:30 a.m. on the designated days in your neighborhood. Otherwise, your trash will not be collected and will be left out at the “gomi station,” the trash collection sites. Please follow the city's trash collection rules described in the information booklet. Your cooperation is most appreciated.



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

* Craftwork Cafe

10:00 a.m. – 11:30 a.m. Nov. 14 (Thurs.) and 28 (Thurs.)

* Happy Birthday Party

10:45 a.m. – 11:15 a.m. Nov. 15 (Fri.)

* Enjoy Playing in English With Monica

10:45 a.m. – 11:15 a.m. Nov. 20 (Wed.)

* Child-Rearing Salon

10:30 a.m. – 11:30 a.m. Nov. 21 (Thurs.)

* Making Mayudama

(Small pieces of cocoon-shaped rice cake for New Year’s decorations)

11:00 p.m. – 12:30 p.m. Dec. 4 (Wed.)

* Healthy Tea Time

1:30 p.m. – 2:30 p.m. Nov. 7 (Thurs.) and Dec. 5 (Thurs.)

* Free Child-Rearing Counseling

10:30 a.m. – 11:30 a.m. Nov. 13 (Wed.) Child-Rearing Advisor

Nov. 27 (Wed.) Nursery School Teacher



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 (Large Picture Card Story) Nov. 18 (Mon.)

* Pre-Event for Special Picture Storybook Reading Time

11:00 a.m. – 11:30 a.m. Nov. 3 (Sun.)

* Wai Wai Chatting

11:00 a.m. – 12:00 p.m. Nov. 5 (Tues.), 26 (Tues.), and Dec. 3 (Tues.)

* Time for Chibikko Kids and Birthday Party

11:00 a.m. – 11:15 a.m.

Nov. 6 (Wed.), 13 (Wed.), 20 (Wed.), 27 (Wed.), and Dec. 4 (Wed.)

Birthday Party: Nov. 27 (Wed.)

* Smiley Kids’ Day

9:00 a.m. – 12:00 p.m. Nov. 8 (Fri.), 15 (Fri.), 22 (Fri.), 29 (Fri.), and Dec. 6 (Fri.)

* Special Storybook Reading and Recreational Time

10:30 a.m. – 12:00 p.m. Nov. 10 (Sun.)

* Playing with Grandmothers

11:00 a.m. – 11:30 a.m. Nov. 11 (Mon.)

* Chatting Time for Expecting Mothers

2:00 p.m. – 3:00 p.m. Nov. 15 (Fri.)

* Let’s Play with Blocks

11:00 a.m. – 12:00 p.m. Nov. 16 (Sat.)

* Wai Wai Mini-Lecture:

Teaching about the Preciousness of Life

10:00 a.m. – 11:30 a.m. Nov. 19 (Tues.)

* First-Aid for Emergency

11:00 a.m. – 11:40 a.m. Dec. 10 (Tues.)

* Free Child-Rearing Counseling

10:30 a.m. – 11:30 a.m. Nov. 7 (Thurs.) Child-Rearing Advisor

Nov. 21 (Thurs.) Experienced Mother

Dec. 5 (Thurs.) Child-Rearing Advisor

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)

* Story Telling Time

1:00 p.m. – 1:30 p.m. Every Monday

* Nakayoshi Time

10:45 a.m. – 11:00 a.m. Every Friday

* Teku Teku Mini-Concert

1:00 p.m. – 1:30 p.m. Every Friday

* Kome Hyappyô Bookmobile

11:00 a.m. – 11:30 a.m. Nov. 1 (Fri.) and Dec. 5 (Thurs.)

* Enjoy Drawing Pictures

2:00 p.m. – 3:00 p.m. Nov. 4 (Mon.) and 18 (Mon.)

* Playing Games from the Old Days

10:30 a.m. – 11:30 a.m. Nov. 5 (Tues.) and Dec. 3 (Tues.)

* Wai Wai Chatting

11:00 a.m. – 12:00 p.m. Nov. 7 (Thurs.) and 21 (Thurs.)

* Smiley Birthday Party

10:45 a.m. – 11:15 a.m. Nov. 8 (Fri.) and Dec. 6 (Fri.)

* Mothers’ Get-Together

10:30 a.m. – 11:30 a.m. Nov. 11 (Mon.)

* Lecture for Parents: Infant Skin Care

10:30 a.m. – 11:30 a.m. Nov. 12 (Tues.)

* Making Wreaths with Sweet Potato Vines

1:30 p.m. – 2:30 p.m. Nov. 12 (Tues.)

* Day for One-Year-Old Kids

10:30 a.m. – 11:30 a.m. Nov. 14 (Thurs.)

* Let’s Travel Overseas

10:30 a.m. – 11:30 a.m. Nov. 16 (Sat.)

* A Walk in the Park

10:30 a.m. – 11:30 a.m. Nov. 18 (Mon.)

* Lecture for Families:

Recreational Story-Time with Life-Sized Dolls

10:30 a.m. – 11:30 a.m. Nov. 23 (Sat.)

* Story Time by a Librarian

10:30 a.m. – 11:00 a.m. Nov. 25 (Mon.)

* Baby Massage

①10:30 a.m. – 11:10 a.m. ②11:30 a.m. – 12:10 p.m.

Dec. 5 (Thurs.)

* Free Child-Rearing Counseling

10:30 a.m. – 11:30 a.m. Nov. 19 (Tues.) Child-Rearing Advisor

Dec. 10 (Tues.) Nursery School Teacher

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

* Suku Suku Tea Time

11:00 a.m. – 11:30 a.m.

Nov. 1 (Fri.), 20 (Wed.), and Dec. 6 (Fri.)

* Nakayoshi Plaza

9:30 a.m. – 11:30 a.m. Nov. 1 (Fri.) and Dec. 6 (Fri.)

* Fuwa Fuwa Plaza

10:00 a.m. – 11:30 a.m. Nov. 6 (Wed.) and Dec. 4 (Wed.)

* Wanpaku Plaza

9:30 a.m. – 11:30 a.m. Nov. 20 (Wed.)

* Let’s Play Together

10:30 a.m. – 11:30 a.m. Nov. 9 (Sat.)

* Baby Massage

1:30 p.m. – 2:30 p.m. Nov. 13 (Wed.)

* Birthday Party

11:00 a.m. – 11:30 a.m. Nov. 27 (Wed.)

* Free Child-Rearing Counseling

10:30 a.m. – 12:00 p.m. Nov. 6 (Wed.) and Dec. 4 (Wed.) Maternity Nurse

10:30 a.m. – 11:30 a.m. Nov. 15 (Fri.) Public Health Nurse



Seasonal Events

The *Tenkomorigô* Sightseeing Bus Service

~ You can tour the city's sightseeing spots on the *Tenkomorigô* ~

The *Tenkomorigô* sightseeing bus is making round trips from Nagaoka Station to the city's various sightseeing spots on Saturdays, Sundays, and holidays until November 23rd.

Round Trip Course:

Yomogihira *Onsen* - Nagaoka Station Ôte (West-Side) Exit - Yamaguchi *Teien* (Garden in Oguni) - Asahi *Shuzô* (Sake Brewery) - *Momijien* (Maple Garden in Koshiji) - Nagaoka Station Ôte (West-Side) Exit

The Bus will leave Nagaoka Station, Ôte Exit terminal, at 9:30 a.m. and 1:30 p.m.

The morning route and afternoon route will be reversed.

Tickets: ¥500 for junior high school students and above

¥200 for elementary school children

Free for pre-school aged children (admission to the facilities not included)

Ticket Outlets:

Echigo Kôtsû Co. Information Desk

- Nagaoka Station Ôte (West-Side) Exit

Phone: 0258-32-2809

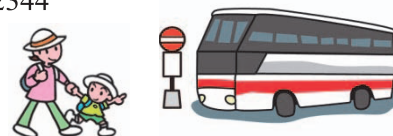
- Nagaoka Station East Exit

Phone: 0258-34-3251

For further information:

Kankô Kikaku Ka (Tourism Planning Division)

Phone: 0258-39-2344



* Noh Theater

Traditional Japanese Performing Art

Nov. 16 (Sat.) 3:00 p.m. – 6:00 p.m.

Arena of City Hall Plaza

Aôre Nagaoka

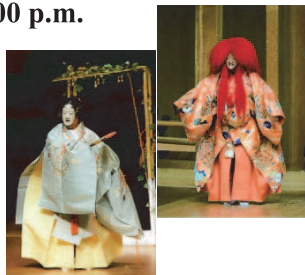
Tickets: ¥2,000 - ¥3,000

Available at Lyric Hall,

Bunshindô Bookstore

(in CoCoLo), etc.

Information: 0258-29-7715



* The 2013 Echigo Nagaoka

Japanese *Taiko* Drumming Festival

Dec. 7 (Sat.)

9:30 a.m. – 4:30 p.m.

Arena and *Nakadoma*

City Hall Plaza

Aôre Nagaoka



Drumming will be performed by over 500 drummers from the city's 18 teams. The annual event is one of the most exciting *taiko* drumming festivals in Nagaoka, being performed by many drummers from various age groups such as nursery school children, elementary school children, junior and senior high school students, and adults. Come and enjoy the powerful sounds of Japanese drums. There will be various booths serving dishes prepared with local ingredients.

Admission: Free

Information: 0258-39-2260

* Cooking Class for *Osechi Ryôri*

Special Dishes for the New Year Holidays

Aguratte Nagaoka, Suyoshi-machi

(Hometown Agricultural Experience Center)

Dec. 4 (Wed.) 10:00 a.m. – 12:00 p.m.

Dec. 7 (Sat.) 10:00 a.m. – 12:00 p.m.

Fee: ¥1,500

Information: 0258-34-5360



* Movies

- Pearl Harbor Attack (Japan 2001)

Dec. 8 (Sun.) 2:00 p.m. – 2:40 p.m.

- Pearl Harbor (Japan-USA 1991)

Dec. 8 (Sun.) 2:50 p.m. – 4:20 p.m.

2F, Nagaoka Central Library

Gakkô-chô

Admission: Free

Information: 0258-32-0658

Sending Out Our Thoughts to the World

Fireworks in Memory of War Victims and

for the Pursuit of World Peace

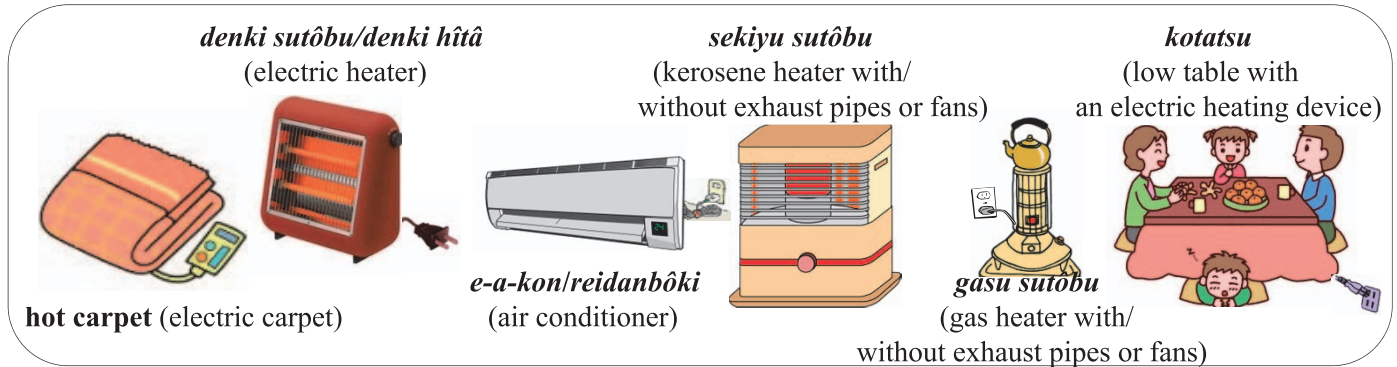
Sunday, December 8th 6:00 p.m.

In order to express our wishes to convert all the bombs of the world to fireworks, fireworks including three shots of "White Chrysanthemums" will be launched on the riverbanks of the Shinano on the day the Pacific War between Japan and the U.S.A. broke out in 1941.



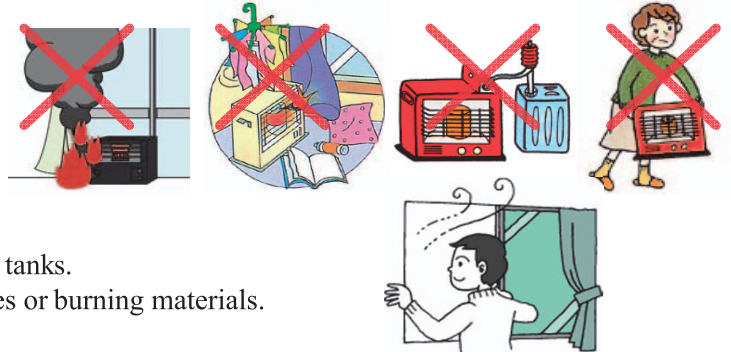
Safety Tips on How to Use Space Heaters

Most Japanese houses are not centrally heated. Space heaters and room air conditioners are widely used. Typical heating devices usually used in Japanese houses are:



If your heater is not equipped with a pipe for exhaust fumes, please be sure to ventilate your room. You are likely to feel sick or dizzy and even become unconscious if you stay too long in a room filled with carbon monoxide caused by imperfect combustion. Check and maintain the safety of space heaters before using them.

- * Do not use space heaters near flammable items.
- * Do not place heaters near doors or curtains.
- * Do not dry your laundry using space heaters.
- * Do not hang your laundry over space heaters.
- * Do not move space heaters while they are on.
- * Keep a proper distance between you and space heaters.
- * Be sure to ventilate your room.
- * Turn off kerosene heaters when refilling their kerosene tanks.
- * Fill kerosene tanks in a safe place away from any flames or burning materials.
- * Turn off space heaters before you go to bed.



Warnings against Traffic Accidents

There have been an increasing number of serious and fatal traffic accidents happening in the area under the Nagaoka Police Jurisdiction.

Drivers are advised to drive carefully by keeping the following tips in mind:

- Pay due attention to your forward view and try to anticipate any possible hazards including bicycle riders or pedestrians.
- Be sure to make a complete stop at a stop sign and check the surrounding area.
- Keep a safe distance between your car and the car in front.
- Turn your lights on early at dusk.
- Drive carefully at night even if traffic is not so heavy.
- All drivers and passengers are required by law to wear seat belts. Child seats should also be properly installed.



Pedestrians are advised to walk carefully by keeping the following tips in mind:

- Pay due attention to the left and the right when crossing a street.
- Try to avoid going out in the dark.
- Wear bright clothes or reflectors when going out at night.



Penalties for Illegal Bicycle Riding

Bicycles are considered to be light vehicles by the Road Traffic Law. Violators will be punished. Intoxicated riders will receive a sentence of a maximum of five years in prison or a maximum fine of 1 million yen. There is a maximum penalty of ¥50,000 for riding at night with no lights. There is also a maximum penalty of ¥50,000 for riding while using a cell phone, smartphone, or headphones. You are always encouraged to ride safely by following the traffic rules.



Major Emergency Medical Facilities

Major General Hospitals

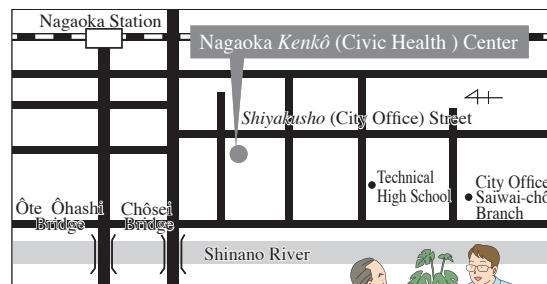
Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700

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)		



Tax Deductible Social Insurance Premiums

Tax deductible social insurance premiums include:

- National Health Insurance
(国民健康保険・こくみん けんこう ほけん / *Kokumin Kenkô Hoken*)
- National Pension
(国民年金・こくみん ねんきん / *Kokumin Nenkin*)
- Medical Insurance for the Elderly
- Nursing Insurance for the Elderly

At the beginning of November, the Japan Pension Service will send out the Social Insurance Premium Deduction Certificates (社会保険料控除証明書・しゃかい ほけんりょう こうじょ しょうめいしょ / *Shakai Hokenryô Kôjo Shômeisho*). When applying for a tax deduction, attach the certificate to the application form (Return Form for Insurance Premium Deduction/ 保険料控除申告書・ほけんりょう こうじょ しんこくしょ / *Hokenryô Kôjo Shinkokusho*).

For further information: Nagaoka *Nenkin Jimusho*
(Nagaoka Pension Office)
Phone: 0258-88-0003

If you need any assistance, please contact the Nagaoka City International Affairs Center, *Chikyû Hiroba*. (See p. 4)

The Minimum Hourly Wage in Niigata Prefecture

The Minimum Wages Law in Japan stipulates that a lower limit of wages should be enacted in every prefecture, and that employers are required to pay their employees the same amount of wages or more, no matter what kind of job the employees are engaged in, and no matter what employment pattern (including temporary employment, part-time job, and piece-rate work) they work under.

The minimum hourly wage in Niigata Prefecture was raised to ¥701 (effective as of October 26th, 2013).

When you compare this amount with the rest of your wages after subtracting the following wages from the total amount of wages you are actually paid, the remainder (calculated hourly) must be equal to or more than the present minimum wage.

- 1) Temporary wages (marriage allowance, etc.)
- 2) Wages paid at regular intervals of more than one month (bonus, etc.)
- 3) Increased wages for overtime work, work on rest days, and night work
- 4) Perfect attendance allowance, commuting allowance, and family allowance

♪ “Okome Wa Kamisama (Rice is Our Precious Blessing)” ♪

On October 11th, four children of the Nagaoka Boys' and Girls' Choir sang, a cappella, a song entitled “Okome Wa Kamisama (Rice Is Our Precious Blessing)” in front of Mr. Yoshimasa Hayashi, the Minister of Agriculture, Forestry, and Fisheries. In order to promote the song, which expresses the preciousness of rice traditionally cultivated in Japan, the children visited the Ministry in Tokyo with Mayor Tamio Mori of Nagaoka City, Ms. Yôko Aki who wrote the lyrics, and Mr. Ryûdô Uzaki who composed the music.

Minister Hayashi was very much impressed by the song and expressed his wish to popularize the song throughout Japan. The recorded song is being played at local rice stores and downtown Nagaoka.



Preventing Child Abuse

A child abuse prevention promotion campaign is scheduled for November. If you have any worries or stress about childbirth or child-rearing, you are encouraged to consult the Child and Family Affairs Center in the Child and Family Affairs Division (Phone: 0258-36-3790). If you have noticed children who seem to have been abused, please contact the center.