



Vol. 272
January
2014

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



Happy New Year!
May Your New Year Be Filled
with
Joy, Peace, Love, and Good Health


Celebrating the New Year **with *Habotan***


Habotan (literally leaf peony, but translated as ornamental cabbage) is traditionally used as a decoration to celebrate the arrival of the New Year.


At the Greenery and Flower Center in the Nagaoka Disaster Prevention Park, visitors enjoy arranging *habotan* with pine needles and heads of rice in their own creative ways, hoping that their new year will be blessed with joy and happiness.




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


281,039
(-178)


137,073
(-133)


143,966
(-45)


103,721
(+11)

Major Features:

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Mayor Mori's Message for the New Year Nagaoka Will Boldly Step Towards the Future

Happy New Year to you all. It has been ten years since the 2004 flood and Great Chûetsu Earthquake caused serious damage to our city, municipal consolidations took place uniting us with our neighboring communities, and the establishment of an educational program under the motto: “Creating Educational Programs with Enthusiasm, Excitement, and for Building Dreams.”

With our condolences to the earthquake victims, our appreciation for support, and our prayers for further recovery, we have strived to promote city development based on our traditional ways of cooperation among citizens. We have also focused on educational programs based on the teaching originating from the historic event of One Hundred Sacks of Rice.

City Hall Plaza – *Aôre* Nagaoka has become a symbolic landmark where people from all generations can come together to express their own ideas, create a variety of interesting programs, and enjoy various events, allowing us to show the value of our community resources and our community's attractiveness to not only all of Japan, but the entire world.

The completion of the Yamakoshi Recovery Exhibit Hall (named *Orataru*) in October, 2013 put the finishing touches on the Chûetsu Memorial Corridor, a strip of land dotted with sites and facilities that show details of damage caused by the 2004 Great Chûetsu Earthquake. By conveying our experiences and lessons learned from disasters to the rest of Japan, we hope Nagaoka's efforts to recover from disasters can encourage many people in other catastrophe-stricken areas.

In the presence of the Emperor and Empress, the National Tree Planting Festival will be held here in Nagaoka in June of this year, the first time for Niigata Prefecture to host this event in 42 years. We will be happy to show the Emperor and Empress the state of our safe and complete recovery from the disasters in our community.

The citizens of Nagaoka have overcome various hardships caused by war devastation and disasters with their resilience and strength. We will continue to step forward with the strong ties established among the people in our community and look forward to the future of our precious hometown, Nagaoka, for the next ten years and more.



A Talk for the New Year



The Phoenix Fireworks Wishing for a Complete Recovery are the highlight of the Nagaoka Fireworks Festival held annually in the memory of war victims and for the pursuit of peace. This year also marks the 10th anniversary of the Phoenix Fireworks. With the Phoenix Fireworks in mind and looking towards Nagaoka's future, Mayor Mori had a talk with Ms. Ayaka Hirahara, who sings the song entitled “Jupiter,” which accompanies the Phoenix Fireworks, and two representatives from the Phoenix Fireworks supporting organization, Mr. Higuchi and Mr. Ishida.



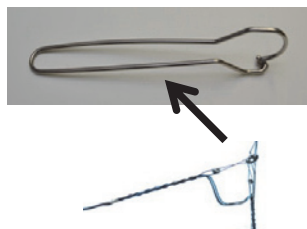
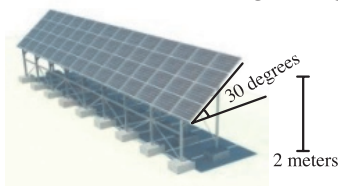
White Chrysanthemums

In order to express our wishes to convert all the bombs of the world to fireworks, fireworks including three shots of “White Chrysanthemums” were launched on the riverbanks of the Shinano on December 8th, the day the Pacific War between Japan and the U.S.A. broke out in 1941. At Suidô Park, citizens volunteered to light candles with prayers for peace.

Mega Solar Power Plant



A mega solar power plant will begin operations in the East Zone of the West Hillside Area in 2014. A total of 9,408 photovoltaic panels at the approximately 3.8-hectare site will be able to generate nearly 2,000,000 kilowatts annually, which is enough power for 600 households. In order to cope with the heavy snowfalls common in Nagaoka, the panels will be installed at a 30-degree angle on 2-meter-high racks.



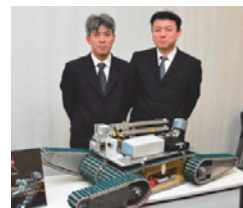
Nagaoka Mon, Nagaoka's Special Products

This section is a series that introduces high-quality products and technologies exclusively developed by various local industrial corporations. This installation brings you pieces of metal wire made of rust-free stainless steel produced by Nagaoka Spring Co. They are excellent devices for distributing power to buildings and households more efficiently than conventional ways.

Utilizing the rebounding force of springs, pieces of metal wire with springs attached to both ends can eliminate the need for extra utility poles when extending electricity distribution lines in different directions. This can reduce the maintenance costs for distribution lines. Nagaoka Spring Co. has been receiving monthly orders of 70,000 pieces, up from the 40,000 in their first months of production.

Next Generation Robots

Capitalizing on the city's "Frontier Challenge Subsidy," a local research group for next-generation robots has developed an exploration robot in collaboration with the Nagaoka University of Technology. The robot was designed to explore disaster-stricken confined areas humans cannot enter. The robot participated in a world-class robot competition held in the U.S.A. in December 2013, where it helped to promote high-level technology developed in Nagaoka.



Nagaoka Fireworks in the ANA 2014 Calendar

ANA, one of Japan's leading airlines, chose a photo of Nagaoka Fireworks for one of 12 selected views of the world in their 2014 calendar. Applications for 10 free copies of the calendar are being accepted at *Seisaku Kikaku Ka* (the Policy Planning Division) until Wednesday, January 15th. Winners will be decided by lottery. Please call 0258-39-2204 and say, "Moshi Moshi calendar ga hoshii desu. (Hello, I'd like to get a calendar.)"

The Honolulu Festival

"We are the members of the Organizing Committee for the National Log-Sawing Competition held annually in the Mishima District. Our log-sawing event will be one of the highlights of the Honolulu Festival in March of this year. We are looking forward to welcoming any participants interested in trying to saw logs with a huge saw that we are taking to Honolulu." Oguni's *origami* art (the art of paper folding) and Yamakoshi's *nishikigoi* (multi-colored ornamental carp) will also be introduced at the Nagaoka Booth during the festival.

Nagaoka Fireworks will be displayed again with the song "Jupiter" by Ayaka Hirahara during the Honolulu Festival in March.



(Waikiki Beach, March 4, 2013)

Seijin Shiki (Coming-of-Age Day Celebration)



On May 3rd, August 14th, and August 15th in the city's districts, annual Coming-of-Age Day celebrations will be held for those who were born between April 2nd, 1993 and April 1st, 1994. Detailed information will be given in the April and August issues of the City Newsletter. A letter of invitation will be sent to eligible people.

Districts	Dates
Nagaoka, Koshiji, Oguni, Tochio, and Kawaguchi	May 3 (Holiday)
Yamakoshi	August 14 (Thurs.)
Nakanoshima, Mishima, Washima, Teradomari, and Yoita	August 15 (Fri.)

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)

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)

Jan.	5, 12, 19, 26
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.



こくさいこうりゅう

国際交流のつどい

Kokusai Kôryû no Tsudoi

The 11th Cross-Cultural Get-Together for Nagaokans and International Residents

Saturday, February 22 6:30 p.m. – 8:30 p.m.

Registration: 6:00 p.m.

Nagaoka Grand Hotel

You can enjoy taking part in fun and interesting programs such as:

- * Music by the Alpine Music Band (from Tôkyô)
- * Tasting cuisine from Nagaoka's sister cities including Hawaiian, German, Swiss, and Texan dishes
- * Raffles



Admission: ¥2,500 for adult members

¥1,000 for student members

¥5,000 for adult visitors

¥2,500 for student visitors

¥500 for elementary school children

You can register for annual membership

(¥1,000/students and ¥2,000/adults) at the door.

Registration: Please sign up from Jan. 8 (Wed.)

to Feb. 18 (Tues.)

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

Nagaoka International Exchange Association

1st Floor, Nagaoka Civic Center on Ôte Street

Phone: 0258-39-2207 Fax: 0258-39-2280

E-mail: intlexchange@city.nagaoka.lg.jp

(Sat. & Sun.: Nagaoka International Affairs Center)

(1st Floor, Nagaoka Civic Center on Ôte Street)

(Phone: 0258-39-2714)



Multilingual Broadcast on FM Nagaoka

(80.7 MHz) 6:30 p.m. – 7:00 p.m.

Wednesdays



Chinese and Easy Japanese: 1st and 3rd Wednesdays

English and Easy Japanese: 2nd and 4th Wednesdays

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
- * **Healthy Tea Time**
1:30 p.m. – 2:30 p.m. Jan. 9 (Thurs.) and Feb. 6 (Thurs.)
- * **Craftwork Cafe**
10:00 a.m. – 11:30 a.m. Jan. 16 (Thurs.) and 30 (Thurs.)
- * **Baby Massage**
1:00 p.m. – 1:30 p.m. Jan. 16 (Thurs.)
- * **Happy Birthday Party**
10:45 a.m. – 11:15 a.m. Jan. 17 (Fri.)
- * **Mini-Lecture: Making and Tasting Homemade Snacks**
10:30 a.m. – 11:30 a.m. Jan. 22 (Wed.)
- * **Child-Rearing Salon**
10:30 a.m. – 11:30 a.m. Jan. 23 (Thurs.)
- * **Mini-Lecture: Dental Care**
10:30 a.m. – 11:30 a.m. Jan. 24 (Fri.)
- * **Bean-Throwing Time**
10:45 a.m. – 11:15 a.m. Feb. 3 (Mon.)

Free Child-Rearing Counseling

10:30 a.m. – 11:30 a.m. Jan. 8 (Wed.) Child-Rearing Advisor
11:00 a.m. – 12:00 p.m. Jan. 16 (Thurs.) Public Health Nurse
(Vaccinations and Health Check-ups)
10:30 a.m. – 11:30 a.m. Feb. 5 (Wed.) Nurse

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)** Jan. 16 (Thurs.)
- * **A Week for Playing New Year's Games**
Jan. 2 (Thurs.) – 7 (Tues.)
- * **Special Story Telling Time**
11:00 a.m. – 11:40 a.m. Jan. 5 (Sun.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Jan. 7 (Tues.), 21 (Tues.), and Feb. 4 (Tues.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m.
Jan. 8 (Wed.), 15 (Wed.), 22 (Wed.), 29 (Wed.) and Feb. 5 (Wed.)
Birthday Party: Jan. 29 (Wed.)
- * **Smiley Kids' Day** 9:00 a.m. – 12:00 p.m.
Jan. 10 (Fri.), 17 (Fri.), 24 (Fri.) and Feb. 7 (Fri.)
- * **Let's Play with Blocks**
11:00 a.m. – 12:00 p.m. Jan. 18 (Sat.)
- * **Baby Clover Club Get-Together**
Baby Weighing-Measuring and Child-Rearing Consultations
10:00 a.m. – 11:30 a.m. Jan. 21 (Tues.)
- * **Bean-Throwing Time**
11:00 a.m. – 11:40 a.m. Jan. 31 (Fri.)

Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
Jan. 9 (Thurs.) Child-Rearing Advisor
Jan. 28 (Tues.) Nursery School Teacher
Feb. 6 (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
- * **Mini-Concert**
1:00 p.m. – 1:30 p.m. Every Friday
- * **A Week for Playing New Year's Games**
Jan. 3 (Fri.) – 7 (Tues.)
- * **Enjoy Drawing Pictures**
2:00 p.m. – 3:0 p.m. Jan. 6 (Mon.) and 20 (Mon.)
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. Jan. 7 (Tues.) and Feb. 7 (Fri.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Jan. 9 (Thurs.) and 23 (Thurs.)
- * **“Toy Hospital” for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. Jan. 10 (Fri.) and Feb. 7 (Fri.)
- * **Lecture for Parents: Tips on Easy Exercises**
10:30 a.m. – 11:30 a.m. Jan. 14 (Tues.)
- * **Day for One-Year-Old Kids**
10:30 a.m. – 11:30 a.m. Jan. 16 (Thurs.)
- * **Playing in the Snow**
10:30 a.m. – 11:30 a.m. Jan. 21 (Tues.) and 28 (Tues.)

- * **Kingdom of Snow**
10:30 a.m. – 3:30 p.m. Jan. 26 (Sun.)
- * **Kome-Hyappyô Bookmobile**
11:00 a.m. – 11:30 a.m. Jan. 28 (Tues.)
- * **Bean-Throwing Time**
10:30 a.m. – 11:30 a.m. Feb. 3 (Mon.)
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. Feb. 4 (Tues.)

Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
Jan. 21 (Tues.) Child-Rearing Advisor
Jan. 30 (Thurs.) Nutritionist
Feb. 6 (Thurs.) Nursery School Teacher
Feb. 10 (Mon.) Public Health Nurse

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.

Tuesdays, Wednesdays, Fridays, and Saturdays

- * **Making New Year's Decorations**
10:30 a.m. – 11:30 a.m. Jan. 7 (Tues.)
- * **Fuwa Fuwa Plaza**
10:00 a.m. – 11:30 a.m. Jan. 8 (Wed.) and Feb. 5 (Wed.)
- * **Nakayoshi Plaza**
9:30 a.m. – 11:30 a.m. Jan. 10 (Fri.) and Feb. 7 (Fri.)
- * **Suku Suku Tea Time** 11:00 a.m. – 11:30 a.m.
Jan. 10 (Fri.), 22 (Wed.) and Feb. 7 (Fri.)
- * **Making Mayudama** (Small pieces of cocoon-shaped rice cake
for New Year's Decorations)
11:00 a.m. – 12:00 p.m. Jan. 14 (Tues.)
- * **Wanpaku Plaza**
9:30 a.m. – 11:30 a.m. Jan. 22 (Wed.)
- * **Birthday Party**
11:00 a.m. – 11:30 a.m. Jan. 29 (Wed.)
- * **Bean-Throwing Time**
11:00 a.m. – 12:00 p.m. Feb. 4 (Tues.)
- * **Free Child-Rearing Counseling**
10:30 a.m. – 12:00 p.m. Jan. 8 (Wed.) Maternity Nurse
10:30 a.m. – 11:30 a.m. Jan. 17 (Fri.) Public Health Nurse
10:30 a.m. – 12:00 p.m. Feb. 5 (Wed.) Maternity Nurse

A Guide for Ski Areas (Ski Jô)

(1) Nagaoka Shiei (Municipal) Ski Jô

3300 Suyoshi (Phone: 0258-34-2225)

Open: Dec. 21 (Sat.) – Mar. 9 (Sun.)

Closed:

Dec. 24 (Tues.) – 27 (Fri.), Jan. 6 (Mon.) – 10 (Fri.),
Feb. 24 (Mon.) – 28 (Fri.) and Mar. 3 (Mon.) – 7 (Fri.)

Hours for Chair-Lift 9:00 a.m. – 5:00 p.m.

Ski Rentals are available.

* Snowboard Classes:

Jan. 18 (Sat.) and 25 (Sat.)

10:00 a.m. – 12:00 p.m.

Fee: ¥4,000

(including snowboard rental fee, chair-lift,
and insurance)

Registration: Jan. 6 (Mon.) – Jan. 15 (Wed.)

* Ski Classes:

Saturdays, Sundays, and National Holidays

Hours and Fees:

10:00 a.m. – 12:00 p.m. ¥2,500

1:30 p.m. – 3:30 p.m. ¥2,500



(2) Tochio Family Ski Jô

6044 Tochibori, Tochio (Phone: 0120-33-0773)

Open: Every Day

Hours for Chair Lift: 9:00 a.m. – 5:00 p.m.

9:00 a.m. – 9:00 p.m.

(Fridays and Saturdays)

* Ski Classes for Beginners:

Sundays (Jan. 12 – March 9)

10:30 a.m. – 12:00 p.m. ¥1,500

2:00 p.m. – 3:30 p.m. ¥1,500

* Civic Ski Classes:

Jan. 18 (Sat.) and Jan. 19 (Sun.) or

Jan. 25 (Sat.) and Jan. 26 (Sun.)

10:00 a.m. – 3:30 p.m.

¥1,000 for one day

¥1,500 for two days

Information: Tochio Branch Office

(Phone: 0258-52-1117)



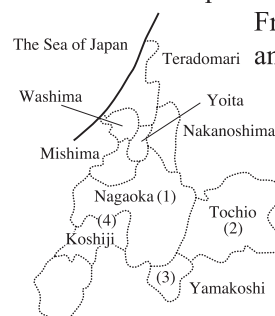
(4) Echigo Kyûryô Kôen (Hillside Park)

1921-2 Nakayama, Higashikata-machi,
Miyamoto (Phone: 0258-47-8001)

Open: Jan. 2 (Thurs.) – Mar. 2 (Sun.)

Hours for Rope Lift: 10:00 a.m. – 4:00 p.m.

Free on Saturdays, Sundays,
and National Holidays



(3) Koshi Kôgen Ski Jô

910 Takezawa, Yamakoshi

(Phone: 0258-59-3500)

Open: Wednesdays, Thursdays, Fridays,
Saturdays, Sundays, and National Holidays

Hours for Chair-Lift: 9:00 a.m. – 5:00 p.m.

9:00 a.m. – 9:00 p.m.

(Fridays and Saturdays)



Snow-Removal Operations

Your kind understanding and cooperation are most appreciated.



Snow-removal operations on roads are conducted in the daytime, the middle of the night, and early in the morning. Some noise is expected when removal operations are carried out.



Vehicles parked on the street make it difficult for snow-removal operations. Please do not park your vehicles on the street.



Please do not dump snow on the roads.



Lumps of snow left by snowplows in front of houses should be removed by each household.



Please drive slowly and carefully when driving behind snowplows.



It is appreciated if you remove snow from pedestrian crossings.

Fitness Classes

(If you need any assistance for registration, please contact the International Affairs Center, *Chikyû Hiroba*.)

Hokubu Taiikukan

2-2-72 Higashizaô (0258-24-6116)
yoga, pilates exercises,
soft volleyball and hip-hop dancing



Shinsan Taiikukan

2-1-9 Shinsan (0258-46-4601)
yoga, healthy calisthenics, pilates exercises,
balance ball training, waist shape-up exercises,
tennis, etc.



Local Snow Festivals and Seasonal Events

“White Season” (Jan. 2 (Thurs.) – Mar. 2 (Sun.))

Echigo Kyûryô Kôen (Hillside Park)

9:30 a.m. – 4:30 p.m.

Closed: Jan. 6 (Mon.), 14 (Tues.), 20 (Mon.), 27 (Mon.)
and Feb. 3 (Mon.)

* Skiing * Sledding * Snowboarding * Craft Classes
* Alpine Ski Classes * Snowshoe Classes

Admission and Parking: Free until the end of March

Rope Lift: Free on Saturdays, Sundays, and Holidays

10:00 a.m. – 4:00 p.m.

Information: Echigo Hillside Park Management Center
(Phone: 0258-47-8001)

Tochio Yûsetsu Matsuri

(Playing in the Snow Festival)

Feb. 8 (Sat.) 5:00 p.m. – 9:00 p.m.

Feb. 9 (Sun.) 10:00 a.m. – 3:00 p.m.

Michi no Eki (Roadside Station) R 290

* Candle lights in the snow

* Fireworks (Feb. 8 8:00 p.m.)

Information: Tochio Tourism Association
(Phone: 0258-51-1195)



Snow Festival in Koshiji

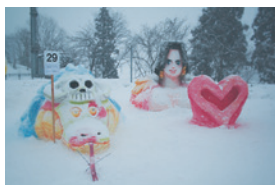
Feb. 8 (Sat.) 10:00 a.m. – 3:30 p.m.

Narude Sport Park

Snow Sculpture Competition (10:00 a.m. – 2:30 p.m.)

Application: By Jan. 17 (Fri.)

Information: Koshiji Branch Office
(Phone: 0258-92-5903)



International Snowball Fight

Feb. 9 (Sun.) 8:45 a.m. – 3:00 p.m.

Yuki no Koroshiamu in Koide

* 1-minute drive from Kan-Etsu Expressway Koide IC to
Hibiki no Mori Kôen Yuki no Koroshiamu (Colosseum)

* Shuttle bus services from JR Koide Station

Information: Tourism Division, Uonuma City Office
(Phone: 025-792-9754)

<http://seinenbu.uonumakoide.com/yuki/>
(Applications are available at this site.)

Tôkamachi Yuki Matsuri

Feb. 14 (Fri.) 6:00 p.m. – 16 (Sun.) 4:00 p.m.

Carnival: Feb. 15 (Sat.) 5:00 p.m. – 6:30 p.m.

Various Sites (Jôgaoka Pure Land) in Tôkamachi City

20-minute walk from JR Tôkamachi Station

25-minute drive from Echigo Kawaguchi IC

Information: Tôkamachi Tourism Association
(Phone: 025-757-3345)

Nagaoka Yukishika Matsuri

“Yukishika” was the name of a store that used to preserve
snow in a pyramid-like structure throughout the year.

They sold this snow for refrigeration up until 1950s.

Feb. 15 (Sat.) 11:00 a.m. – 7:00 p.m.

Feb. 16 (Sun.) 10:00 a.m. – 4:00 p.m.

Senshûgahara Furusato no Mori and the Hive Nagaoka
Area

* Making 100 Snowmen

Registration 10:00 a.m. – 3:00 p.m.

* *Wanpaku* (Wild Kids) Plaza

Feb. 15 (Sat.) 11:00 a.m. – 4:00 p.m.

Feb. 16 (Sun.) 10:00 a.m. – 4:00 p.m.

- Jumbo Snow Slide

- Snow Wall Climbing

- Rice Cake Pounding

- Alpaca Farm

* Food, Drinks, and Regional Products

Feb. 15 (Sat.) 11:00 a.m. – 5:50 p.m.

Feb. 16 (Sun.) 10:00 a.m. – 4:00 p.m.

* Helicopter Rides (tentative)

Feb. 15 (Sat.) 1:00 p.m. – 4:00 p.m.

Feb. 16 (Sun.) 10:00 a.m. – 4:00 p.m.

* Stage Shows

Feb. 15 (Sat.) 1:00 p.m. – 5:00 p.m.

Feb. 16 (Sun.) 10:00 a.m. – 4:00 p.m.

* Candle Lights on the Snowy Ground

Feb. 15 (Sat.) 5:00 p.m. – 7:00 p.m.

* Fireworks

Feb. 15 (Sat.) 6:00 p.m.

* Snow Queen Contest

Feb. 16 (Sun.) 1:10 p.m.

Information: Tourism Division, Nagaoka City
(Phone: 0258-39-2221)



Major Emergency Medical Facilities

Major General Hospitals

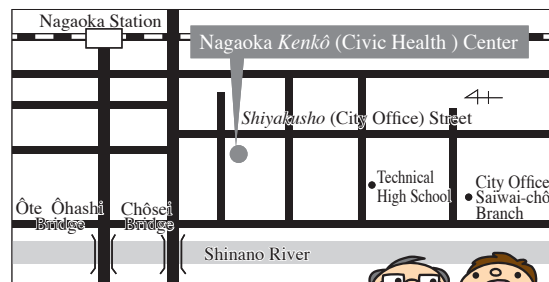
Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700

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)		
Chûetsu Center for Children's Emergency Treatment (0258-86-5099)	Pediatrics (<i>Shônika</i>)	(Monday – Saturday) 6:45 p.m. – 9:30 p.m.

You Are Encouraged to Reduce Electricity Consumption

Setsuden/せつでん・節電

The consumption of electricity in winter usually soars due to excessive use of electrical appliances such as air conditioners and space heaters. In order to keep a stable supply of electricity, you are encouraged to economize your electricity consumption as much as possible, especially during peak hours (from 9:00 a.m. to 9:00 p.m.).

Warnings against Norovirus

Norovirus causes food contamination or infectious diseases that usually spread in winter months. The virus multiplies only in human intestines, not in foodstuffs. Once affected, patients may have symptoms such as severe nausea, diarrhea, and a fever.

Norovirus can be destroyed at a temperature of 85 degrees Celsius for at least one minute. The virus is transmitted via contaminated foodstuffs, cooking utensils, and other virus carriers. You are advised to wash your hands thoroughly, gargle, and use clean and decontaminated utensils. Do not use the same utensils for raw seafood and raw vegetables.



The National Health Insurance System

The National Health Insurance System is a mutually supporting system in which members share their premiums to cover their medical expenses for injuries or illnesses.

Company employees or organization members can use employees' health insurance policies. Those who are not members of these insurance policies are required to apply for National Health Insurance.

Registered foreign nationals whose authorized period of stay is one year or more are required to apply for the National Health Insurance Policy.

The notice regarding your premiums for 7th – 9th terms in Fiscal 2013, from January 2014 to March 2014, will be sent to you in the middle of January. If your premium is paid by being deducted from your pension or if your premium is transferred from your bank account, you will not receive a notice. Please be sure to make your payment by the due date.

If you have been unemployed due to bankruptcy or displacement, your premium may be reduced. In this case, you are required to apply for premium reduction. If it is difficult for you to pay your premium due to some specific reasons, please contact *Kokuho Nenkin Ka*, the National Health Insurance and Pension Division.

For further information: *Kokuho Nenkin Ka*

National Health Insurance and Pension Division

Phone: 0258-39-2220

Movies

Admission: Free

- The Golden Compass (U.S.A. 2007)
Jan. 12 (Sun.) 10:00 p.m. – 12:50 p.m.
- Krabat (Germany 2008)
Jan. 12 (Sun.) 2:00 p.m. – 4:00 p.m.

- Staten Island (France 2008)
Jan. 21 (Tues.) 2:00 p.m. – 3:30 p.m.
- *Inochi no Visa* (Japan 1992)
Feb. 5 (Wed.) 2:00 p.m. – 3:55 p.m.

Nagaoka Central Library, 2nd Floor Gakkô-chô Phone: 0258-32-065