



Vol. 273
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2014

Konnichiwa!

NAGAOKA

International Affairs Division, Nagaoka City Office
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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

Beckoning Cats (*maneki neko*) Will Bring You Good Luck and Happiness



On January 13th, at the Tochio Art Museum children enjoyed painting *papier-mâché* cats with various patterns, in the hopes that their cats bring them good luck and happiness. These ornamental cat figures are always beckoning with their left or right front paws raised to their ears.



Ms. Junko Hoshino from Nagaoka will compete in the Sochi Olympics freestyle mogul skiing! Let's get together and cheer her on at the city's public viewing site.

Venue: City Hall Plaza Aôre Nagaoka

Hours (tentative):

Feb. 6 (Thurs.) 11:00 p.m. – 11:45 p.m. (preliminary)

Feb. 8 (Sat.) 11:00 p.m. – 11:30 p.m. (preliminary)





Feb. 9 (Sun.) 3:00 a.m. – 4:35 a.m. (final)

Participants: 200 (on a first-come, first-served basis)

Population and Households

As of January 1, 2014

(compared to the previous month)

			
280,892 (-147)	137,010 (-63)	143,882 (-84)	103,674 (-47)

Major Features:

The Hometown Vitalization Fund	p. 2
Students Visited Our Sister City, Honolulu	p. 2
Important Information about Annual Income Reports	p. 3
Local Snow Festivals and Seasonal Events	p. 6
Safety Tips for Snowy Winter Months	p. 7
Suggestions for Safe Snow Removal Operations	p. 7
Major Emergency Medical Facilities	p. 8
The School Attendance Support System	p. 8

The Hometown Vitalization Fund for Revitalizing Our Community

The City of Nagaoka has succeeded in uniting with neighboring municipalities to form a new city with a harmonious blend of the special features of each district. The Nagaoka City Hometown Vitalization Fund (approximately ¥4 billion) was established during

the municipal consolidations and its investment profits (approximately ¥60 million per year) are being used for revitalization projects in the city's 11 districts. Their unique projects are introduced here:



Nakanoshima District
Hands-on Experience of Harvesting Lotus Roots (Fiscal 2006 – 2013)



Kawaguchi District
Catching Fish in the Uono River (Fiscal 2012)



Koshiji District
Exploring Cultural and Historic Sites including a Natural Gas Plant (Fiscal 2012)



Yoita District
Setting up Signs for Historic Sites (Fiscal 2013)



Mishima District
Promoting Sports and Recreational Programs (Fiscal 2013 - 2014)



Oguni District
Hands-on Experience of Creating *Washi* (Traditional Japanese Paper) Art Works



Washima District
Planting Flowers in various parts of the district (Fiscal 2013)



Teradomari District
Hands-on Experience of Preparing Salmon (Fiscal 2013)



Yamakoshi District
Recreational Programs Mixing with All Generations (Fiscal 2011)



Tochio District Publication of a comic book about the local legendary figure known as Akiha Sanjaku Bô (Literally: Akiha's Deity at the Three-Foot Temple Pavilion) (Fiscal 2013)



Central Nagaoka
Hosting the Echigo Nagaoka Japanese *Taiko* Drumming Festival (Fiscal 2007 – 2013)



Students Visited Our Sister City, Honolulu ~ for Cultural Exchange and the Pursuit of Peace ~

A group of ten junior high school students from Nagaoka enjoyed their stay in Honolulu, Nagaoka's sister city, for six days starting on January 11th. In order to deepen their understanding about our cultural differences and the significance of world peace, they

visited Honolulu and learned about the Pearl Harbor Attack and the Pacific War, and had opportunities to interact with local middle school students. When visiting historic sites, their enthusiasm for learning was highly appreciated.



(1)



(2)



(3)



(4)



(5)



(6)



(7)

- (1) Mr. Paul Heintz, the Education Director at the Arizona Memorial Hall moved the students deeply. He stressed, "the Pacific War broke out only during a brief period of time in the long history of friendship between Japan and the U.S.A. We need to take steps toward the future without only looking back on the past."
- (2) On the Battleship Missouri, where Japan signed the document of its surrender to the U.S.A. during the Pacific War.
- (3) & (7) Hands-on experience of Hawaiian culture (making leis and playing the ukulele)
- (4) Offering flowers at the National Memorial Cemetery of the Pacific
- (5) & (6) Enjoying exchange programs at Kawanakoa Middle School

Important Information about Annual Income Reports ~ Tax Withholding Slips and Filing Final Tax Returns ~

If you are a registered resident in Nagaoka City as of January 1st, 2014, you are required to report your annual income to the City Office by Monday, March 17th, 2014.

If you do not report your income by submitting a final income tax return form, various documents might not be issued including income verification certificates, which are necessary when applying for children's enrollment in nursery school, public housing, or business fund loans. Premiums for your National Health Insurance or Nursing Care Insurance and nursery school fees might not be calculated either.

In Japan, income earners are required to pay income tax (*shotokuzai* しょとくぜい・所得税) and residential tax (*jûminzei* じゅうみんぜい・住民税). The income tax is customarily deducted from your earnings when a payment is made by your employer. Then, the deducted amount for the income tax is paid to the government's tax office (*zeimusho* ぜいむしょ・税務署). This custom of prior deduction of income tax from your earnings is called *gensen chôshû* (げんせん ちょうしゅう・源泉徴収).

In principle, in the Japanese tax system, income tax is collected in advance through prior deduction and the appropriate annual amount of income tax to be paid is finally computed when all the earnings of the year are determined to find out whether you have paid too much or too little.

In Japan, individual income tax is based on the self-assessment system, under which each taxpayer is required to compute his/her tax base and tax amount, file a final return to a tax office, and pay the tax amount accordingly.

Thus, you are required to file a final income tax return if you have received payments from multiple employers. This filing is called *kakutei shinkoku* (かくてい しんこく・確定申告). For your earnings in 2013, you can file a final income tax return from Monday, February 17th to Monday, March 17th, 2014.

Tax withholding slips (*gensen chôshûhyô* げんせん ちょうしゅうひょう・源泉徴収票) that were sent to you from your employer(s) are needed when you file a final income tax return. If the total amount of your earnings is relatively small, there is a possibility that you will be able to have some of your income tax returned. This practice is called *kampu* (かんぷ・還付).

On the contrary, you may be required to pay additional income tax if income taxes have not been deducted from relatively large amounts of your other additional earnings.

As for the residential tax, no prior deduction is made. A bill (*nôzei tsûchisho* のうぜい つうちしょ・納税通知書) for the residential tax will be sent to you in June (in June 2014 for earnings in 2013) when your total amount of earnings is determined. If your total

amount of income for the year is relatively small, you will not be required to pay the residential tax. In such a case, a residential tax bill will not be sent to you.

Every individual working in Japan is required to pay the residential tax, regardless of his or her nationality. In principle, it is imposed on your total annual income beginning on January 1st of every year.

The residential tax must be paid to the municipality where you were registered as a resident on January 1st of that year. There are two ways of paying the tax. It may be deducted from your monthly wages, or you can pay directly to the city at a financial institution.

When paying at a financial institution, you have the choice of a one-time payment or a four-time installment payment.

The residential tax for this year is calculated based on your total annual income for the year 2013. If you do not report your income by submitting a final income tax return form, the residential tax for the year cannot be determined. Please be sure to report your annual income of the previous year to the Citizens' Tax Division of the Nagaoka City Office or the Tax Division of each district office by Monday, March 17th, 2014.

For further information, please contact:
Nagaoka Tax Office/Nagaoka Zeimusho

ながおかぜいむしょ・長岡税務署

(1-3-88 Senzai, adjacent to the Civic Disaster Prevention Center)

Phone: 0258-35-2070

Citizens' Tax Division, Nagaoka City Office

Nagaoka Shiyakusho Shiminzei Ka

ながおかしやくしょ しみんぜいか

長岡市役所市民税課

Phone: 0258-39-2212

National Tax Agency's Web Site:

Japanese

<http://www.nta.go.jp/index.htm>

English

http://www.nta.go.jp/foreign_language/index.htm

Consultations are being offered at:

Room 301

3rd floor

of the East Wing

City Hall Plaza – Aôre Nagaoka



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



Mochitsuki, rice-cake pounding at the Cross-Cultural New Year Get-Together (January 12, 2014)



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.



Let's Get to Know More about Nepal संघीय लोकतान्त्रिक गणतन्त्र नेपाल



Saturday, February 8 1:30 p.m. – 2:30 p.m.

Limited to: 40 participants (on a first-come, first-served basis)
Ms. Shreejana Prajapati, a Nepalese student, will introduce her country's traditions and culture.

Japanese Proficiency Tests

* Test of Practical Japanese (J Test)

Test Date: Sunday, March 16, 2014

Test Fee: ¥3,600

Application Period: By February 19 (Wed.)

Application and Inquiries: J Test Office

* Test of Practical Japanese for Business

Test Date: Sunday, March 16, 2014

Test Fee: ¥4,500

Application Period: By February 19 (Wed.)

Application and Inquiries: J Test Office

Phone: 03-3633-2212 Fax: 03-3633-4412

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

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)

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)

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.



Minna no Nihongo



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
- * **Bean-Throwing Time** 10:45 a.m. – 11:15 a.m. Feb. 3 (Mon.)
- * **Healthy Tea Time**
1:30 p.m. – 2:30 p.m. Feb. 6 (Thurs.) and March 6 (Thurs.)
- * **Craft Work Cafe**
10:00 a.m. – 11:30 a.m. Feb. 13 (Thurs.) and 27 (Thurs.)
- * **Toy Plaza** 10:00 a.m. – 12:00 p.m. Feb. 19 (Wed.)
- * **Baby Massage** 1:00 p.m. – 1:30 p.m. Feb. 20 (Thurs.)
- * **Child-Rearing Salon** 10:30 a.m. – 11:30 a.m. Feb. 20 (Thurs.)
- * **Happy Birthday Party** 10:45 a.m. – 11:15 a.m. Feb. 21 (Fri.)
- * **Mini-Lecture:**
Child’s Speech Development and Communication
10:30 a.m. – 11:30 a.m. Feb. 28 (Fri.)
- * **Happy Hina Doll Festival**
10:45 a.m. – 11:15 a.m. March 3 (Mon.)
- * **Mini-Lecture: Child’s Dietary Problems**
10:30 a.m. – 12:00 p.m. March 9 (Sun.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Feb. 5 (Wed.) Nurse
Feb. 12 (Wed.) Child-Rearing Advisor
Feb. 14 (Fri.) Public Health Nurse
(Vaccinations and Health Check-ups)
11:00 a.m. – 12:00 p.m.
Feb. 26 (Wed.) Childcare Committee Chief
March 5 (Wed.) Nutritionist



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)** Feb. 13 (Thurs.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Feb. 4 (Tues.), 18 (Tues.) and March 4 (Tues.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m.
Feb. 5 (Wed.), 19 (Wed.), 26 (Wed.) and March 5 (Wed.)
Birthday Party: Feb. 26 (Wed.)
- * **Smiley Kids’ Day** 9:00 a.m. – 12:00 p.m.
Feb. 7 (Fri.), 14 (Fri.) and 21 (Fri.)
- * **Reading Picture Storybooks and Playing Time**
(*Ehon no Tobira*) 11:00 a.m. – 11:30 a.m. Feb. 12 (Wed.)
- * **Let’s Play with Blocks** 11:00 a.m. – 12:00 p.m. Feb. 15 (Sat.)
- * **“Picture Storybook Therapy” for Adults**
10:30 a.m. – 12:30 p.m. Feb. 17 (Mon.)
- * **Lecture for Fathers: Picture Storybook Reading Time**
1:30 p.m. – 3:30 p.m. Feb. 23 (Sun.)
- * **Mini-Lecture: Toilet Training**
10:30 a.m. – 11:30 a.m. Feb. 25 (Tues.)
- * **Hina Doll Festival** 11:00 a.m. – 11:40 a.m. Feb. 28 (Fri.)
- * **Let’s Play with Grandmothers**
11:00 a.m. – 11:30 a.m. March 4 (Tues.)
- * **Useful Tips on How to Start Oral Care for Babies**
11:00 a.m. – 11:40 a.m. March 10 (Mon.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Feb. 6 (Thurs.) Child-Rearing Advisor
Feb. 20 (Thurs.) Speech Therapist
March 6 (Thurs.) Child-Rearing Advisor
- * **Temporary Day-Care for Preschool-Aged Children:** ¥300/hour



Child-Rearing Support Facilities



Kosodate no Eki, Senshû (Teku Teku)

1-99-6 Senshû Phone: 0258-21-3860
Hours: 9:00 a.m. – 6:00 p.m. Every Day Except for Wednesdays
(Open on Wednesday if it is a national holiday)

- * **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
- * **Bean-Throwing Time**
10:30 a.m. – 11:00 a.m. Feb. 3 (Mon.)
- * **Enjoy Drawing Pictures**
2:00 p.m. – 3:00 p.m. Feb. 3 (Mon.) and 17 (Mon.)
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. Feb. 4 (Tues.) and March 4 (Tues.)
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. Feb. 7 (Fri.) and March 7 (Fri.)
- * **“Toy Hospital” for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. Feb. 7 (Fri.) and March 7 (Fri.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Feb. 13 (Thurs.) and 27 (Thurs.)
- * **Lecture for Expecting Mothers: Preparations for Childbirth**
10:30 a.m. – 11:30 a.m. Feb. 17 (Mon.)
- * **Day for One-Year-Old Kids**
10:30 a.m. – 11:30 a.m. Feb. 20 (Thurs.)
- * **Happy Hina Doll Festival**
10:30 a.m. – 11:00 a.m. March 3 (Mon.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Feb. 6 (Thurs.) Nursery School Teacher
Feb. 10 (Mon.) Public Health Nurse
Feb. 18 (Tues.) Child-Rearing Advisor
March 4 (Tues.) Childcare Committee Chief
- * **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

- * **Bean-Throwing Time**
11:00 a.m. – 12:00 p.m. Feb. 1 (Sat.) and 4 (Tues.)
- * **Fuwa Fuwa Plaza**
10:00 a.m. – 11:30 a.m. Feb. 5 (Wed.) and March 5 (Wed.)
- * **Nakayoshi Plaza**
9:30 a.m. – 11:30 a.m. Feb. 7 (Fri.) and March 7 (Fri.)
- * **Suku Suku Tea Time** 11:00 a.m. – 11:30 a.m.
Feb. 7 (Fri.), 19 (Wed.) and March 7 (Fri.)
- * **“Snow Play” Festival**
10:00 a.m. – 3:00 p.m. Feb. 9 (Sun.)
- * **Wampaku Plaza**
9:30 a.m. – 11:30 a.m. Feb. 19 (Wed.)
- * **Get-Together for Recreational Programs**
10:30 a.m. – 11:30 a.m. Feb. 22 (Sat.)
- * **Birthday Party**
11:00 a.m. – 11:30 a.m. Feb. 26 (Wed.)
- * **Making Toys**
10:30 a.m. – 11:30 a.m. Feb. 28 (Fri.)
- * **Free Child-Rearing Counseling**
10:30 a.m. – 11:30 a.m. Feb. 21 (Fri.) Public Health Nurse
10:30 a.m. – 12:00 p.m. March 5 (Wed.) Maternity Nurse



Local Snow Festivals and Seasonal Events

Snow Festival in Koshiji

Feb. 8 (Sat.) 10:00 a.m. – 3:30 p.m.
Narude Sport Park
Snow Sculpture Competition
Information: Koshiji Branch Office
Phone: 0258-92-5903



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



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
- * Wampaku (Wild Kids) Plaza
 - Jumbo Snow Slide
 - Snow Wall Climbing
 - Rice Cake Pounding
- * Visiting with alpacas
- * Food, Drinks, and Regional Products
- * 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 Show
- * 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.) 1:30 p.m. – 3:00 p.m.



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

Oguni Yuki Matsuri and Oguni Setsujô Enduro Taikai

Feb. 22 (Sat.) and 23 (Sun.)
Oguni Sport Park
* Illumination in the snow Feb. 22 (Sat.) 5:30 p.m.
* Motorcycle Race in the Snow
Feb. 23 (Sun.) 8:15 a.m. – 3:30 p.m.
* Stalls for Local Products
Feb. 23 (Sun.) 9:00 a.m. – 3:00 p.m.
30-minute bus ride from JR Tsukayama Station
10-minute drive from Nagaoka IC
Information: Oguni Branch Office
Phone: 0258-95-5906



Echigo Kawaguchi Setsudô (snow hut) Hibotarusai (Firefly Festival)

Feb. 22 (Sat.) 12:00 p.m. – 7:30 p.m.
Kawaguchi Sport Park
* Stalls serving food with locally grown ingredients
* Recreational activities in the snow
* Snow Piling Contest
* Illumination in the snow
After sunset, approximately 20,000 candles in the snow will create a mystical world of lights.
* Fireworks (7:30 p.m.)
10-minute drive from Echigo Kawaguchi IC
5-minute taxi-ride from JR Echigo Kawaguchi Station
Information: Kawaguchi Branch Office
Phone: 0258-89-3113



Koshi no Himatsuri (Bonfire Festival)

March 8 (Sat.) 11:00 a.m. – 6:30 p.m.
Tanesuhara, Yamakoshi District
* Alpaca Farm * Stage Shows
* Little Kids Plaza (tubing down a snowy slope) 11:00 a.m. – 4:00 p.m.
* Bullfighting in the Snow 1:00 p.m. – 2:00 p.m.
* Kindling Sai no Kami (a 25-meter-high bonfire) 6:00 p.m.

Sai no Kami is a traditional event to pray for good health and bumper crops by making a bonfire of straw and thatched grass in a tall conical pile.

* Fireworks 6:15 p.m.
* Food, Drinks, and Local Products
Information: Yamakoshi Branch Office
Phone: 0258-59-2343



Tochio Hodare Matsuri

March 9 (Sun.) 11:00 a.m. – 2:30 p.m.
Shimoraiden Area, Tochio

This unique festival is believed to bring good fortune to the people in the snowy region.



Special Bus Tour

March 9 (Sun.) 10:00 a.m. – 4:00 p.m.
Meet at Nagaoka Station (East Exit) or Auditorium in Saiwai-chô
Fee: ¥3,000 (including lunch)
Application: By Feb. 25 (Tues.)
Tochio Tourism Association
Phone: 0258-51-1195 Fax: 0258-51-1190

ロング・ヒルの秘宝 “Nagaoka’s Treasures”

UX 新潟テレビ (Niigata TV) 21
Every Friday until March 14, 2014
11:10 a.m. – 11:15 a.m. (for 2 minutes)



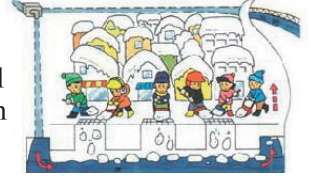
Safety Tips for Snowy Winter Months

In snow regions, there are roadside ditches or gutters called “*ryûsetsukô* りゅうせつこう・流雪溝” into which people dump snow. When walking along roads, please be careful not to fall into these ditches, as they can be very hazardous.

Also, accumulated snow on the roofs of houses or buildings may slide down and fall on you. Please be careful when walking near houses or buildings with snow-covered roofs.

Drivers are advised to remove accumulated snow from their vehicles and warm up their engines before starting to drive.

If you keep a shovel or a scoop in your vehicle, it will be helpful in case your vehicle gets stuck in the snow.



Suggestions for Safe Snow Removal Operations

- Do not work alone. Keep your mobile phone handy and refrain from working only by yourself.
- Do not work too hard. Take it easy. Warming-up exercises are recommended before you start removing snow. Take breaks from time to time and quit working if you are too tired or don't feel well.
- Watch out for falling lumps of snow. Be careful not to fall off roofs.
Be sure to wear a helmet and gloves to protect yourself.
- If you use a ladder, be sure to firmly set the ladder to prevent it from tumbling over or falling.
- You are advised to use an anchor rope to protect yourself from falling off roofs.
- When removing snow, be sure to work carefully and protect yourself from any accidents.



This Month's Useful Japanese Expressions

Fubuki/ふぶき・吹雪
Jifubuki/じふぶき・地吹雪

“*Fubuki*” means snowstorm or blizzard, a meteorological phenomenon in which strong winds blow falling snow or accumulated snow into the air, making it almost impossible to see.

During a powerful snowstorm or blizzard, the snow blocks the sunlight, making the immediate area completely invisible. Even if snow is not falling, gusts of strong winds can whip up accumulated snow from the

ground, which is called *jifubuki*.

It is quite hazardous to walk or drive during *fubuki*. You are advised to refrain from going out if *fubuki* warnings or watches are announced. Check weather forecasts from time to time.

Disasters are unpredictable. We hope this section that provides Japanese expressions and information about disasters helps you protect yourself from disasters.

How to Deal with Used Cooking Oil

You are advised not to dispose of used cooking oil in drainpipes in order to help keep the city's drainage in good condition. The city's drainpipes connected to kitchens seem to be badly soiled by used cooking oil. This has resulted in the obstruction of drainpipes and connected pumps, causing some damage to the city's water treatment facilities.

Used cooking oil should be put out at the city's design-

ated collection sites on designated days, or absorbed with paper, rag, or solidified with a coagulant, and then put out as burnable trash.

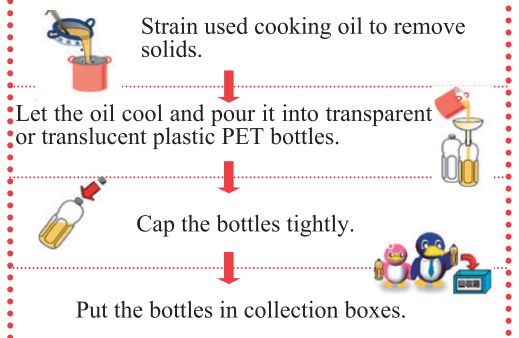
If you wipe off the oil on your tableware or cooking utensils before washing them, you can also reduce water and detergent consumption.

Your cooperation helps us protect the environment. Look for this sign!



Tempura abura (oil used for deep frying) from your home is being collected here!

Collection Sites	Days
District Branch Offices 1st Floor	Mon. – Fri. 8:30 a.m. – 5:15 p.m.
Tochio Clean Center	Mon. – Fri. 8:30 a.m. – 5:00 p.m.
Kawaguchi <i>Kôminkan</i> Teradomari Center Ôkôzu Teradomari Culture Center	Every Day 8:30 a.m. – 10:00 p.m.
Recyclable Item Station Environmental Sanitary Center (3-6-1 Kotobuki) (Nakanoshima, Tochio, Kibôgaoka, Koshiji, Mishima, & Washima)	Saturdays and Sundays 9:00 a.m. – 12:00 p.m.
Community Center (Kawasaki, Miyauchi, Ôzumi, & Fusoki)	Mon. – Fri. 9:00 a.m. – 4:00 p.m.



Major Emergency Medical Facilities

Major General Hospitals

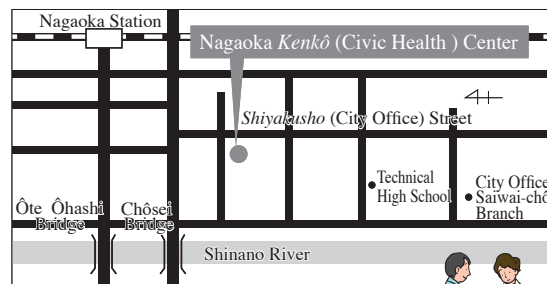
Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700

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.

The School Attendance Support System

This system provides subsidies for school supplies and activities to parents or guardians who have financial difficulties. These subsidies will offset expenses incurred by households with children attending elementary school or junior high school and whose total incomes for the previous year are lower than the standardized amount. If you wish to receive these subsidies, please complete the application as shown below. Applications must be filed annually even if you were approved the year before.

Subsidies are offered for:

school materials, things used for commuting, school materials for new enrollment, materials for physical education, school trips, field trip activities, transportation, school lunch, student council & PTA membership fees, and medical treatment of diseases specifically designated by the city's school education system

Application Procedures:

Application forms are distributed at school. Fill out the form with the necessary information and affix your personal seal. Submit the application form to the School Affairs Division or the Regional Promotion Division of each district branch office.

Application Desk

- Educational Affairs Section
School Affairs Division
Nagaoka City Board of Education
(Saiwai Plaza 4th Floor)
2-1-1 Saiwai-chô, Nagaoka City
(Phone: 0258-39-2239)
- Regional Promotion Division of Each District Branch Office

Necessary Items:

- Mitomein/Hanko* (your personal seal)
- Guardian's Deposit Bankbook

Application Period:

From April 1st, 2014 to April 30th, 2014

- * Hours for application in April are between 8:30 a.m. and 7:00 p.m. (except for Saturdays, Sundays, and National Holidays)
- * Even if your application is past the aforementioned period, it may be accepted at any time. In such a case, the designated date for the approval will be the first day of the following month after the application is submitted.

Nagaoka Mon, Nagaoka's Special Products

Metal Fittings for Solar Power Panels by Sakata Seisakusho Co., Ltd.

This section is part of a series that introduces high-quality products and technologies developed exclusively by various local industrial corporations.

In 2008, Sakata Seisakusho started manufacturing metal fittings for solar power panels installed on the large metal roofs of airports, factories, stores, and other large buildings.

Their metal fittings are easy to install without making any holes in the roofs, and their products can be used with panels produced by all Japanese manufacturers. Sakata Seisakusho has cornered the market due to their expert knowledge of metal roofs. Sakata Seisakusho is the only

company in Japan that has business relations with all roof manufacturers across Japan, through which they can get all kinds of necessary information about metal roofs.

They take orders from Hokkaido in the north to Okinawa in the south, responding to their climatic differences. It can be said that Sakata Seisakusho indeed supports the roofs of Japan.

