



Vol. 277  
June  
2014

Konnichiwa!

# NAGAOKA

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English (Nagaoka International Affairs Center) →  
地球広場 (International Affairs Center) → Konnichiwa Nagaoka



## Let's Explore the Era of Two Million Years Ago! Mother Myôshii and Her Baby *Kaigyû* at Saiwai Plaza

On May 9<sup>th</sup>, children from Tôbu Nursery School visited the Science Museum that moved to the newly established Saiwai Plaza, the former city hall at Saiwai-chô. They shouted with joy at the sight of an 8-meter long replica of a *kaigyû* nicknamed Myôshii and her baby *kaigyû*. Pieces of a *kaigyû* (a prehistoric herbivorous marine mammal) fossil were discovered during restoration efforts at the landslide site of Myôken-machi in 2007. The children had a special hands-on experience of touching pieces of a *kaigyû* fossil.



Population and Households  
As of May, 1, 2014  
(compared to the previous month)

279,793 (+286)	136,494 (+206)	143,299 (+80)	103,992 (+406)

### Major Features:

The Museum of the Makinos, Lords of Nagaoka *Han* Will Open --- p. 2  
Dogwood Trees Planted----- p. 2  
Prepare for the Rainy Season----- p. 3  
Sign Up for the Nagaoka Summer Festival Now----- p. 6  
Tickets for the 2014 Nagaoka Grand Fireworks Show----- p. 7  
Major Emergency Medical Facilities ----- p. 8  
Warnings against Sun-Stroke or Heat-Stroke----- p. 8  
Warnings against Food Poisoning ----- p. 8  
Vaccinations for Infants and Young Children ----- p. 8

## The Museum of the Makinos, Lords of Nagaoka *Han* (Feudal Domain) Will Open on Sunday, June 15<sup>th</sup>

The Makinos were appointed as the local lords of Nagaoka *Han* by the Tokugawa Shôgunate Government and moved to Nagaoka from Mikawa (present-day Toyokawa City in Aichi Prefecture) in 1618. Old Nagaoka flourished under the reign of the Makinos for 250 years until the Meiji Restoration of 1868.

The Makinos' family tradition has been handed down to the present-day philosophical mindset of the people of Nagaoka, including the teaching of “常在戦場” (じょうざいせんじょう – *Jôzai Senjô* – always have the spirit of being on a battlefield). This teaching developed into the Spirit of One Hundred Sacks of Rice (米百俵 – こめひゃっぴょう – *Kome Hyapppyô*), another traditional way of thinking cherished by Nagaokans.

The museum houses various precious items related to the

Makinos, which describe the history, traditions, and culture of Nagaoka. Mr. Tadamasu Makino, the Honorary Director of the museum and the 17<sup>th</sup> generation leader of the Makinos expressed, “I am very happy to have had my dream of opening the museum finally come true. I am hoping that many visitors to this museum can learn about the history of their community and the progress of its development.”

### The Museum of the Makinos, Lords of Nagaoka *Han*

3<sup>rd</sup> Floor, Saiwai Plaza

2-1-1 Saiwai-chô Phone: 0258-32-0546

Hours: 9:00 a.m. – 5:00 p.m.

Closed: 1<sup>st</sup> and 3<sup>rd</sup> Mondays

(or Tuesdays in weeks with a holiday on Monday)

Year-End and New Year's Holidays

#### Some of the special displays are:

- A reproduction of the former Nagaoka Castle Site

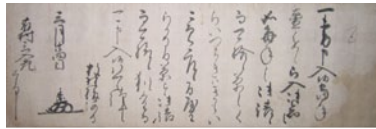


Mr. Tadamasu Makino

- An *inrô*, a medicine case owned by Tadahiro Makino, the eighth lord of Nagaoka *Han*



- A letter written by Tadanari Makino, the first lord of Nagaoka *Han*, which describes the relationship between the Tokugawas and the Makinos



- The audience chamber of the former Nagaoka Castle reproduced in accordance with the drawing depicting a year-end courtesy visit by Makino clansmen

Pieces of wooden materials from Mr. Tadamasu Makino's childhood house in Kyôto were used to reproduce this chamber.



## Dogwood Trees Planted Symbolizing the Bonds of Friendship between Japan and the U.S.A.

On April 29<sup>th</sup>, the Japan-U.S.A. Friendship Dogwood Tree Commemorative Planting Ceremony was held on the campus of the Nagaoka Institute of Design. The U.S.A. presented 3,000 saplings of dogwood trees to Japan as a symbol of the U.S.-Japan friendship and also in return for the 3,000 cherry trees that Japan presented to Washington, D.C. in 1912.

Among many cities, including the 2011 earthquake-stricken cities in the northeastern region, the City of Nagaoka was chosen to receive 100 saplings, since the U.S. government highly evaluated our efforts to promote the friendly relations between our countries through developing sister city exchange programs with the Cities of Fort Worth and Honolulu, focusing on our youth for the pursuit of world peace. The 2012 display of Nagaoka's fireworks in Washington, D.C. to celebrate the 100<sup>th</sup> Anniversary of the National Cherry Blossom Festival was also praised.

Approximately 500 participants joined the planting ceremony. They included Ms. Sara Harriger (Education and Exchanges Officer from the U.S.A. Embassy), Mr. Masakazu Asanuma (Board Member of the America-Japan Society of Hawaii), Mr. Akio Hoshino (Secretariat Director of the

Honolulu Festival Foundation), Mr. Nobuhiko Higashikuni (Honorary Advisor of the Committee for Developing a Bridge of Japan-U.S.A. Friendship), some American residents in Nagaoka, and elementary school children representing 11 of the city's schools.



Mayor Tamio Mori showing the dogwood tree catalog delivered by Ms. Sara Harriger, who represented the U.S.A. Embassy

Mayor Mori: “I hope the children will contribute to the pursuit of world peace with their memories of this tree planting ceremony deep in their hearts.”

Ms. Harriger: “I am happy to see many children participating in the ceremony because they will be goodwill ambassadors for our countries in the future.”

Ms. Harriger conveyed to the audience Ambassador Caroline Kennedy's message, which stated, “As these dogwoods blossom each spring across Japan, they will bear witness to the bond - the *kizuna* - between our two peoples.” (excerpt)



## Safety Measures against Nuclear Disasters

The city's officials in charge of nuclear safety, representing the Nuclear Safety Countermeasures Study Group (formed by



all 30 municipal governments in Niigata Prefecture) visited the neighboring prefectures of Fukui and Ishikawa on April 22<sup>nd</sup> and 23<sup>rd</sup>. With their counterparts, they discussed

plans for indoor sheltering and evacuation in case of a nuclear emergency.

The City of Nagaoka requested the immediate acquisition of iodine from the Niigata Prefectural Government. Storing the necessary amount of iodine at the Nagaoka Health Center was completed on May 16<sup>th</sup>. The amount is enough for one dose for residents in the areas within the 5- to 30-kilometer-radius from the Kashiwazaki-Kariwa Nuclear Power Plant.



## Prepare for the Rainy Season Earlier Actions Can Help You Protect Yourself and Save Your Life

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.

### 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.



The Nishidani River burst its banks.  
(July 30<sup>th</sup>, 2013)



A muddy stream of the Otoyoshi River with rocks, fallen trees, and twigs damaged 75 households.  
(July 30<sup>th</sup>, 2013)

### Ways to get evacuation information

- Radio Broadcasts: FM Nagaoka (80.7 MHz), FM Niigata (77.5 MHz), FM PORT (79.0 MHz), NHK (83.7 KHz), and BSN (1116 KHz)
- 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
- Information Service Vans
- TV broadcasts



## Extraordinary Exceptional Benefits for Child-Rearing Households *Kosodate Setai Rinji Tokurei Kyûfukin* (こそだて せたい りんじ とくれい きゅうふきん・ 子育て世帯臨時特例給付金)

As the consumption tax rate was raised in April, some benefits will be provided for child-rearing households. The amount of the benefit for each eligible child is ¥10,000. Application forms will be sent to households with eligible children in July. The application form can be returned in the enclosed envelope. Applications will be accepted from July 1<sup>st</sup> to December 24<sup>th</sup>.

For further information: *Kodomo Katei Ka*  
(Child and Family Affairs Division)  
Phone: 0258-39-2300

### “Nagaoka Bus i”

If you are anxious to know how soon your bus will arrive at your bus stop, the website named “Nagaoka Bus i” is very helpful. Information about serviced routes and departure-arrival timetables of all bus lines starting from Nagaoka Station can be searched via PC, mobile phone, or smartphone.  
ながおかバス i 検索(click)  
(Nagaoka Basu Ai)

ながおかバス i

検索



## 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 todoke*/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 16<sup>th</sup> and June 30<sup>th</sup>. For further information:

*Kodomo Katei Ka* (Child and Family Affairs Division)  
Phone: 0258-39-2300

# 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*) (1<sup>st</sup> 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)

June	3, 6, 10, 13, 17, 20, 24, 27	¥1,600
July	1, 4, 8, 11, 15, 18, 22, 25, 29	¥1,800
Aug.	5, 8, 12, 15, 19, 22, 26, 29	¥1,600
Sept.	2, 5, 9, 12, 16, 19, 26	¥1,400

#### Sunday Classes

##### \* 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)

June	1, 8, 15, 22, 29	¥1,200
July	6, 13, 20, 27	¥1,600
Aug.	10, 17, 24, 31	¥1,600
Sept.	7, 14, 21, 28	¥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 ~

The Nagaoka City International Affairs Center, *Chikyû Hiroba*, invites you to participate in a folk dance parade (*Dai Minyô Nagashi*) that will be held on Ôte Street during the *Zenyasai* Celebration on the first night of the Nagaoka Festival on Friday, August 1<sup>st</sup>. Everyone is most welcome to join Nagaoka's traditional dance parade in the

summer evening.

On the festival night, you can borrow a *yukata*, a summer cotton *kimono* outfit, and an assistant will help you put it on. Everyone is also welcome to join some practice sessions that have already been scheduled. We look forward to your participation.

Registration Deadline: Sunday, July 6

Fill out an application form and bring/send/fax/e-mail it to *Chikyû Hiroba*, or call us at 0258-39-2714.

Limited to: 70 Participants (on a first-come, first-served basis)  
Fee: ¥500

Please join us at least three times. Everyone is requested to attend the line-up practices on July 26<sup>th</sup> (Sat.) and July 30<sup>th</sup> (Wed.)



### Dance Practice Schedule

Dates	Hours	Sites
July 12 (Sat.)	10:00 a.m. – 12:00 p.m.	<i>Chikyû Hiroba</i>
July 13 (Sun.)	10:00 a.m. – 12:00 p.m.	<i>Chikyû Hiroba</i>
July 16 (Wed.)	7:00 p.m. – 9:00 p.m.	<i>Chikyû Hiroba</i>
July 19 (Sat.)	10:00 a.m. – 12:00 p.m.	<i>Chikyû Hiroba</i>
July 20 (Sun.)	10:00 a.m. – 12:00 p.m.	<i>Chikyû Hiroba</i>
July 23 (Wed.)	7:00 p.m. – 9:00 p.m.	<i>Chikyû Hiroba</i>
July 26 (Sat.)	4:00 p.m. – 7:00 p.m.	Sakanoue Elementary School
July 27 (Sun.)	10:00 a.m. – 12:00 p.m.	<i>Chikyû Hiroba</i>
July 30 (Wed.)	7:00 p.m. – 9:00 p.m.	The City Gym (Gakkô-chô)

For Further Information and Registration:

Nagaoka City International Affairs Center, *Chikyû Hiroba*

Phone: 0258-39-2714

Fax: 0258-39-2715 E-mail: kouryu-c@city.nagaoka.lg.jp



## Kosodate no Eki, Gun Gun

Nagaoka Civic Disaster Prevention Center, 1<sup>st</sup> 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. June 5 (Thurs.) and July 3 (Thurs.)
  - \* **Mini-Lecture: First-Aid for Emergency**  
10:30 a.m. – 12:00 p.m. June 6 (Fri.)
  - \* **Kira Kira Time: Playing to the Rhythms**  
11:00 a.m. – 11:30 a.m. June 11 (Wed.)
  - \* **Craftwork Cafe** 10:00 a.m. – 11:30 a.m.  
June 12 (Thurs.), 26 (Thurs.) and July 10 (Thurs.)
  - \* **Survival Cooking** 10:15 a.m. – 12:00 p.m. June 15 (Sun.)
  - \* **Waku Waku Time** 10:45 a.m. – 11:15 a.m. June 18 (Wed.)
  - \* **Child-Rearing Salon** 10:30 a.m. – 11:30 a.m. June 19 (Thurs.)
  - \* **Happy Birthday Party** 10:45 a.m. – 11:15 a.m. June 20 (Fri.)
  - \* **Useful Tips on How to Start Baby Food**  
10:30 a.m. – 11:30 a.m. June 27 (Fri.)
  - \* **Consultations about Vaccinations and Health Checkups**  
11:00 a.m. – 12:00 p.m. June 30 (Mon.)
  - \* **Mothers’ Chat Cafe** 11:00 a.m. – 12:00 p.m. June 30 (Mon.)
  - \* **Exploring Fire Department Headquarters**  
10:45 a.m. – 11:45 a.m. July 2 (Wed.)
  - \* **Tanabata (Star Festival) Day**  
10:45 a.m. – 11:15 a.m. July 7 (Mon.)
  - \* **Toy Plaza** 10:00 a.m. – 12:00 p.m. July 9 (Wed.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
June 2 (Mon.) Nursery School Teacher  
June 11 (Wed.) and July 9 (Wed.) Child-Rearing Advisor



## Kids’ Plaza (Chibikko Hiroba)

Phoenix Ôte West 2<sup>nd</sup> Floor and 3<sup>rd</sup> 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)** June 23 (Mon.)
  - \* **“Picture Storybook Therapy” for Adults**  
10:30 a.m. – 12:30 p.m. June 2 (Mon.) and July 6 (Sun.)
  - \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.  
June 3 (Tues.), 17 (Tues.) and July 8 (Tues.)
  - \* **Time for Chibikko Kids and Birthday Party**  
11:00 a.m. – 11:15 a.m.  
June 4 (Wed.), 11 (Wed.), 18 (Wed.), 25 (Wed.), and July 2 (Wed.)
  - \* **Birthday Party:** June 25 (Wed.)
  - \* **Smiley Kids Day** 9:00 a.m. – 12:00 p.m.  
June 6 (Fri.) and 27 (Fri.)
  - \* **Reading Picture Storybook and Playing Time (Ehon no Tobira)**  
11:00 a.m. – 11:30 a.m. June 10 (Tues.)
  - \* **Let’s Play to the Rhythms**  
11:00 a.m. – 11:15 a.m. June 13 (Fri.)
  - \* **Mothers’ Chat Cafe** 10:30 a.m. – 11:30 a.m. June 16 (Mon.)
  - \* **Playing with Grandmothers**  
11:00 a.m. – 11:30 a.m. June 17 (Tues.)
  - \* **Mini-Lecture: Child’s Dietary Problems**  
11:00 a.m. – 11:40 a.m. June 19 (Thurs.)
  - \* **Chatting Time for Expecting Mothers**  
2:00 p.m. – 3:00 p.m. June 20 (Fri.)
  - \* **Lecture for Families:**  
It’s Father’s Turn to Enjoy Playing with Blocks  
11:00 a.m. – 12:00 p.m. June 21 (Sat.)
  - \* **Making Tanabata (Star Festival) Decorations**  
July 1 (Tues.) – July 6 (Sun.)
  - \* **Celebrating Tanabata (Star Festival)**  
11:00 a.m. – 11:20 a.m. July 4 (Fri.)
  - \* **Basic Tips on How to Start Baby Food**  
10:30 a.m. – 11:30 a.m. July 9 (Wed.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
June 5 (Thurs.) and July 3 (Thurs.) Child-Rearing Advisor  
June 16 (Mon.) Public Health Nurse  
June 9 (Mon.) Maternity Nurse
- 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
  - \* **Enjoy Drawing Pictures**  
2:00 p.m. – 3:00 p.m. June 2 (Mon.), 16 (Mon.), and July 7 (Mon.)
  - \* **Lecture for Parents: How to Start Oral Care for Babies**  
10:30 a.m. – 11:30 a.m. June 5 (Thurs.)
  - \* **Nakayoshi Time** 10:45 a.m. – 11:00 a.m.  
June 6 (Fri.), 20 (Fri.), 27 (Fri.), and July 4 (Fri.)
  - \* **Mini-Concert** 12:30 p.m. – 1:00 p.m. Every Friday
  - \* **Play with Big Brothers and Sisters**  
2:00 p.m. – 3:00 p.m. June 6 (Fri.)  
10:30 a.m. – 11:30 a.m. June 10 (Tues.), 16 (Mon.), and 26 (Thurs.)
  - \* **Playing Games from the Old Days**  
June 7 (Sat.) and July 5 (Sat.)
  - \* **Let’s Take a Walk**  
10:30 a.m. – 11:30 a.m. June 9 (Mon.)
  - \* **Mothers’ Chat Cafe** 10:30 a.m. – 11:30 a.m.  
June 12 (Thurs.) and July 10 (Thurs.)
  - \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.  
June 12 (Thurs.), 26 (Thurs.), and July 10 (Thurs.)
  - \* **Smiley Birthday Party**  
10:45 a.m. – 11:15 a.m. June 13 (Fri.)
  - \* **“Toy Hospital” for Fixing Broken Toys**  
10:00 a.m. – 2:00 p.m. June 13 (Fri.)
  - \* **Hello from Different Countries**  
10:30 a.m. – 11:30 a.m. June 14 (Sat.)
  - \* **Sunday Toy Box** 11:00 a.m. – 12:00 p.m. June 15 (Sun.)
  - \* **Story Telling Time with Babies**  
10:30 a.m. – 11:00 a.m. June 17 (Tues.)
  - \* **Let’s Play at the Kids’ Land**  
10:30 a.m. – 11:30 a.m. June 19 (Thurs.) and July 3 (Thurs.)
  - \* **Look-and-Touch Time (things from the Shinano River)**  
10:30 a.m. – 11:30 a.m. June 21 (Sat.)
  - \* **Baby Massage** July 1 (Tues.)  
① 10:30 a.m. – 11:20 a.m.  
② 12:45 p.m. – 1:35 p.m.
  - \* **Twinkle Twinkle Tanabata (Star Festival) Day**  
10:30 a.m. – 11:00 a.m. July 7 (Mon.)
  - \* **Lecture for Parents: Helpful Tips for Toilet Training**  
10:30 a.m. – 11:30 a.m. July 8 (Tues.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
June 17 (Tues.) Child-Rearing Advisor
- Temporary Day-Care for Preschool-Aged Children:** ¥300/hour



## Kosodate no Eki, Tochio (Suku Suku)

Tochio Sangyô Kôryû Center, 2<sup>nd</sup> Floor 1765 Miyazawa, Tochio  
Phone: 0258-51-1022 Hours: 9:30 a.m. – 3:30 p.m.  
Tuesdays, Wednesdays, Fridays, and Saturdays

- \* **Fuwa Fuwa Plaza**  
10:00 a.m. – 11:30 a.m. June 4 (Wed.) and July 2 (Wed.)
  - \* **Nakayoshi Plaza** 9:30 a.m. – 11:30 a.m.  
June 6 (Fri.) and July 4 (Fri.)
  - \* **Suku Suku Tea Time**  
11:00 a.m. – 11:30 a.m. June 6 (Fri.), 18 (Wed.), and July 4 (Fri.)
  - \* **Special Tochio Fair Day**  
10:00 a.m. – 3:00 p.m. June 8 (Sun.)
  - \* **Baby Massage** 1:30 p.m. – 2:30 p.m. June 11 (Wed.)
  - \* **Wampaku Plaza**  
9:30 a.m. – 11:30 a.m. June 18 (Wed.)
  - \* **Birthday Party**  
11:00 a.m. – 11:30 a.m. June 25 (Wed.)
  - \* **Making Toys** 10:30 a.m. – 11:30 a.m. June 27 (Fri.)
  - \* **Making Chimaki**  
(Rice Dumplings Wrapped in Sasa Bamboo Grass)  
10:00 a.m. – 1:00 p.m. June 28 (Sat.)
- Free Child-Rearing Counseling**  
10:30 a.m. – 12:00 p.m. June 4 (Wed.) Maternity Nurse  
10:30 a.m. – 11:30 a.m. June 20 (Fri.) Public Health Nurse







### **Mantô Mikoshi**

(Portable Shrine Parade)

**August 1 (Fri.)**

**8:50 p.m. – 10:00 p.m.**

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: 0258-35-3677)

### **Ôtedôri Shôtengai Mikoshi**

(Portable Shrine Parade)

**August 1 (Fri.)**

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

Fee: Free

You can borrow a *happi* coat.

Registration: By July 4 (Fri.)

Ôtedôri Shôtengai Jimukyoku

(Ôtedôri Shopping Mall Office)

Phone: 0258-30-5590

(9:00 a.m. – 6:00 p.m./weekdays)



## **The National Log-Sawing Competition**

**August 16 (Sat.) 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 champions.

Prizes:

- Participation Prizes for each contestant

- Prizes for Runners-up

- Special Prizes for the Champions

60 kilograms of Rice

20 kilograms of *Miso*

15 1.8-liter bottles of Japanese Sake

Application Period:

June 23 (Mon.) – July 28 (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](mailto:msm-sangyo@city.nagaoka.lg.jp)

For further information: Organizing Committee for the National Log-Sawing Competition

Phone : 0258-42-2249



### **Dai Minyô Nagashi** (see p. 4)

(Folk Dance Parade)

**August 1 (Fri.)**

**7:25 p.m. – 8:45 p.m.**

Group Registration: By June 13 (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 (Fri.)**

**7:00 p.m. – 8:30 p.m.**

Between Ichinohashi Bridge and Oimawashibashi Bridge on the Kaki River

1,484 lanterns on a first-come-first-served basis

Nagaoka Seinen Kaigisho (Junior Chamber of Commerce)

Phone: 0258-34-0069



### **Flea Market**

**August 2 (Sat.) and August 3 (Sun.)**

**11:30 a.m. – 3:00 p.m.**

Suzuran Street

Fee: ¥500/3m x 1.8m

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

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 21 (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)

Would you like to enjoy a mystical world where twinkling fireflies float and dance along in the dark? Visitors can enjoy watching the twinkling of fireflies as well as live choir and hand-bell performances. 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)**

**June 23 (Mon.), 24 (Tues.), 26 (Thurs.), 27 (Fri.),**

**July 1 (Tues.), 3 (Thurs.) and 4 (Fri.)**

**6:45 p.m. – 9:15 p.m.**

Meet at City Hall Plaza - Aôre Nagaoka (free shuttle bus service provided to the site)

Limited to: 25 participants per day

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

Registration: June 9 (Mon.) – 17 (Tues.)

Sangyô Kensetsu Ka

(Industrial Construction Division)

Koshiji District Office

Phone: 0258-92-5903



# Tickets for the 2014 Nagaoka Grand Fireworks Show

## Five Possibilities of Getting Tickets for Prepaid Areas with Reserved Sections:

1. Applications for priority tickets ~~only~~ by citizens of Nagaoka  
Deadline: May 13 (Tues.)  
All applications will be decided by lottery. **Sold Out**
2. Applications by general public including citizens of Nagaoka  
June 3 (Tues.) – June 12 (Thurs.)  
All applications will be decided by lottery.
3. Applications to claim canceled applications from 1 and 2 applications will be accepted.  
All applications will be decided by another lottery.  
June 30 (Mon.) (tentative)
4. Internet purchases for unsold tickets from above 1, 2, and 3 will be available on a first-come, first-served basis.  
From July
5. Tickets can be purchased at the designated area on West Riverside on Aug. 2<sup>nd</sup> and 3<sup>rd</sup> on a first-come, first-served basis.

For further information:  
*Matsuri Yoyaku Sentā*  
(Festival Booking Center)  
Phone: 0258-35-9244

## Fun Programs on the Teradomari Coast

- \* **“E-Boat” (Rubber Raft) Race**  
200-meter Time Trial Race  
July 6 (Sun.) 9:00 a.m. – 4:00 p.m.  
Teams: 30 teams with 10 rowers each
- \* **One-Hour Sail Boat Cruising**  
July 6 (Sun.) 9:00 a.m. – 11:00 a.m.  
Participants: 30



Application: By June 27 (Fri.)  
Teradomari *Kankō Kyōkai* (Tourism Association)  
Phone: 0258-75-3363

## ロング・ヒルの秘宝 “Nagaoka’s Treasures”

UX 新潟テレビ (Niigata TV) 21  
Every Friday  
11:10 p.m. – 11:15 p.m.  
(for 2.5 minutes)



## The Kids’ Festival at Aôre Nagaoka

June 22 (Sun.) 9:00 a.m. – 3:00 p.m.  
City Hall Plaza - Aôre Nagaoka and its vicinity on Ôte Street  
- Quizzes and games  
- Making PET plastic bottle robots  
- Monkey bridges  
- Mazes  
- Aikidô demonstrations  
- Making ancient *magatama* (comma-shaped beads)  
Fee: ¥300 per person (includes a bowl of pork soup)  
Registration: By June 16 (Mon.)

*Kodomokai Renraku Kyōgikai*  
Neighborhood Children’s Club League  
Phone: 0258-32-0581

The staff of *Chikyū Hiroba*  
(see p. 4) can help you if you need registration assistance.



## Nagaoka Mon, Nagaoka’s Special Products Wet Blasting Technology by Macoho Co., Ltd.

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

Macoho has developed wet blasting technology for washing and grinding metal parts of automobiles such as engines and brake pads. A liquid mixture of water and abrasives is blasted onto metal surfaces at extremely high speeds with compressed air. Macoho’s wet blasting can achieve a desired finish as fine as 1/1,000 mm on a chosen surface, which is recognized in the world as a unique technology developed exclusively by this company.

Washing, grinding, and polishing the surfaces of any metallic materials can be performed by utilizing various

blasting speeds and abrasives. Macoho enjoys its 100% nationwide market share of devices for processing anti-vibration rubber metal fittings. The wet blasting technology is also environmentally friendly, because chemicals are not used to remove stains or oil substances from metal surfaces, unlike the conventional ways.

Mr. Sachito Matsubara, the company president, expresses, “Our wet blasting technology has unlimited possibilities. We will further evolve our technology in order to meet our customers’ needs.”



## Major Emergency Medical Facilities

### Major General Hospitals

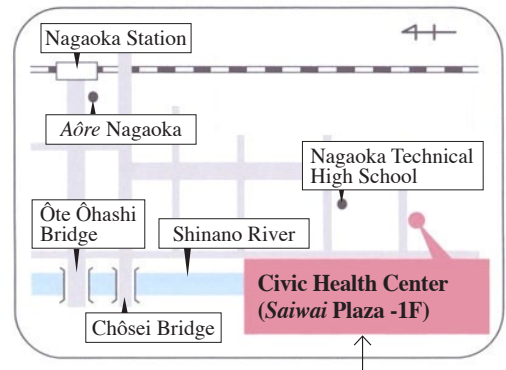
Nagaoka *Chû Sôgô Byôin* (Central General Hospital) 0258-35-3700

Nagaoka *Sekijûji Byôin* (Red Cross Hospital) 0258-28-3600

Tachikawa *Sôgô Byôin* (General Hospital) 0258-33-3111

Civic Health Center (*Saiwai Plaza -1F*)

2-1-1 Saiwai-chô (0258-39-7508)



### Civic Health Center (*Saiwai Plaza -1F*)

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

### Warnings against Sun-Stroke or Heat-Stroke (*Netchûsho*・ねっちゅうしょう熱中症)

Here is some important advice on 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 with high temperatures.

#### Some Precautions to Reduce the Risk of Sun-Stroke or 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.



#### Signs and Symptoms of Heat-Stroke

##### Minor Cases:

- Dizziness
- Dizziness when standing up
- Muscle pain
- Continuous sweating

##### Intermediate Cases:

- Headache
- Nausea
- Fatigue
- Lethargy (Powerless/Helplessness)

##### Serious Cases:

- Unconsciousness
- Convulsions
- High fever
- No response
- Unable to walk or run straight

#### If You Feel Symptoms of Sun-Stroke or Heat-Stroke:

- Drink plenty of liquids
- Loosen up your clothing
- 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. If a patient seems to be fading in and out of consciousness or is not able to respond clearly, immediately call an ambulance. 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.

For further information: *Kenkô Ka* (Health Division)

Phone: 0258-39-7508

### Warnings against Food Poisoning (*Shokuchûdoku*・しょくちゅうどく食中毒)

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



### Vaccinations for Infants and Young Children

The special combination vaccinations (*sanshu kongô*) for diphtheria, whooping cough, and tetanus will be discontinued when these vaccines are out of stock. Children under 7 and a half years of age who have not been completely vaccinated with these three vaccines four times should complete their regimen.

### Apology

The July issue of *Konnichiwa Nagaoka*, which will include detailed information about the Nagaoka Festival, will be published on July 28<sup>th</sup> 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.