



Vol. 279  
August  
2014

*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/> (長岡市ウェブサイト) →  
English (Nagaoka International Affairs Center) →  
地球広場 (International Affairs Center) → Konnichiwa Nagaoka



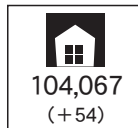
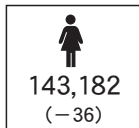
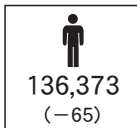
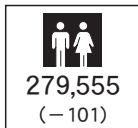
## ♪ With Lively Smiles ♪

The children of Himawari Nursery School in the Oguni District are enjoying practicing the city's official song entitled "Lively Smiles" in sign language. This is a part of a project in which the elder children of the city's nursery schools learn how to sing the song in sign language. In 2006, the song was released in commemoration of the 100<sup>th</sup> anniversary of the modern municipality and municipal consolidation. (July 11<sup>th</sup>)

### ♪ Lively Smiles ♪ (Literal Translation)

- ♪ From Mt. Sumon to the Sea of Japan
- ♪ The Shinano River heals the Chûetsu Region
- ♪ Reflecting people's smiles
- ♪ Nurturing the four seasons
- ♪ The Shinano absorbs and washes away our grief
- ♪ With lively smiles
- ♪ Be graceful, Nagaoka
- ♪ Be resilient, Nagaoka

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



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# Messages from Mayor Tamio Mori and Mayor Kirk Caldwell



The August issue of *Shisei Dayori* (City Newsletter) carried the following two messages by Mayor Tamio Mori of Nagaoka City and Mayor Kirk Caldwell of the City and County of Honolulu prior to the Nagaoka Grand Fireworks Show, which was already held on August 2<sup>nd</sup> and 3<sup>rd</sup>, 2014. The editor of *Konnichiwa Nagaoka* would like to convey their messages, just as they were written prior to the event, to our readers in this August issue even though the 2014 Nagaoka Fireworks Show is already finished.

## **Nagaoka Fireworks in Memory of War Victims, in Determination of Further Recovery from Disasters, and in the Pursuit of Peace**

I believe the Nagaoka Grand Fireworks Show is the best in the world. That is because Nagaokans' special thoughts about the fireworks are always shared with a tremendous number of spectators watching the fireworks. Our thoughts based on our condolences for the August 1<sup>st</sup> air-raid victims, our pursuit of peace, and our prayers for further recovery from war devastation and disasters seem to have been well-received and shared extensively, both at home and abroad. We would like to continue to send out our messages to the world through the annual Nagaoka Festival.

### **Marking the 70<sup>th</sup> Year since the End of the Pacific War**

2015 will mark the 70<sup>th</sup> year since the end of the Pacific War. To celebrate this year's Nagaoka Grand Fireworks Show, we are happy to welcome the Honolulu Delegation with Mayor Kirk Caldwell and the many representatives who are promoting our sister city programs. The City and County of Honolulu has supported the launching of white chrysanthemums at the beginning of this year's show in expression of our condolences to war victims. Having both experienced the misery of war, our cities will continue moving toward the future while respecting each other.

### **It Has Been 10 Years since the July 13<sup>th</sup> Flood and the Great Chûetsu Earthquake**

One year after the Great Chûetsu Earthquake, the citizens of Nagaoka created the Phoenix Fireworks with their enthusiasm and strength, which has inspired and encouraged the disaster-affected people. Marking the 10<sup>th</sup> year since the disaster, this year's Phoenix Fireworks will be launched in expression of our encouragement for the people in disaster-affected areas at home and abroad and in appreciation for the support and encouragement extended to us during our difficult times.

### **With the Future in Mind**

With its citizens' indomitable spirit as strong as the legendary Phoenix, the City of Nagaoka has overcome various hardships caused by wars and disasters as strong as the legendary Phoenix. The city will step boldly toward the future with the power of the citizens' bonds and community strength that resulted from our effort in recovery operations from disasters.

Last but not least, I would like to express my deepest appreciation to everyone for the forthcoming fireworks show that will convey our special messages to the world.

Tamio Mori  
Mayor of Nagaoka City

## **Our Cities Can Come Together and Step Toward the Future**

Dear Citizens of Nagaoka:

I understand Nagaoka's fireworks are always launched in memory of the victims who perished during the air raid over Nagaoka on August 1<sup>st</sup>, 1945 and also for the pursuit of peace, while fireworks in the United States are launched to celebrate Independence Day and the arrival of the New Year.

In March this year, Nagaoka's fireworks with such special messages were displayed off the shores of Waikiki Beach and many citizens of and visitors to Honolulu enjoyed watching the spectacular show. This event symbolizing the Japan-U.S. friendship was quite significant because it can help the Japan-U.S. bonds of friendship further develop.

The City and County of Honolulu proposed to join Nagaoka City to launch white chrysanthemums in expression of our condolences to the Nagaoka air-raid victims. Both having experienced the misery of war devastation, our cities can come together to step forward with the future in mind for the pursuit of everlasting peace.

Kirk Caldwell  
Mayor of the City and County of Honolulu



Mayor Kirk Caldwell  
(left)  
Mayor Tamio Mori  
(right)



## A New Healthcare Project Will Start in Downtown Nagaoka



Nagaoka will be a healthcare-oriented city where everyone, young and old alike, can stay in good health. A research group to establish a multi-generational healthcare project has discussed a plan to promote citizens' healthcare in collaboration with the industrial, academic, and administrative sectors.

Various helpful ideas and suggestions regarding a healthy diet, exercises, and relaxation will be provided

at a key station to be set up in Downtown Nagaoka. It is scheduled to open this fall.

Seminars under a variety of themes relating to good healthcare will be held in central Nagaoka and the Districts of Nakanoshima and Teradomari starting in September 2014, based on the know-how provided by Tanita Restaurant, which is well-known for its health-oriented dietary programs.

## A Warning about *Kakû Seikyû* (架空請求・かくうせいきゆう)

Here is a warning about a fake business called "*Kakû Seikyû*" in Japanese. There has been an increasing number of such cases via e-mail. "*Kakû Seikyû*" is a fake notice demanding a false payment, which you do not have to make. If you have received any bill demanding a payment with which you have nothing to do, just ignore it and do not try to contact the sender. If

you contact the sender, they will continually demand payments or they will threaten to sue you.

If you receive such an e-mail and do not know what to do, please contact the Consumers' Center (2<sup>nd</sup> Floor of the Nagaoka Civic Center) or the Nagaoka City International Affairs Center, *Chikyû Hiroba* (1<sup>st</sup> Floor of the Nagaoka Civic Center. See p. 4)

## This Month's Useful Japanese Expressions

*Chûihô* ちゅういほう・注意報

*Keihô* けいほう・警報

"*Chûihô*" means a cautionary announcement or advisory and "*Keihô*" means an alert. "*Chûihô*", an advisory, is announced for possible heavy rain and strong winds. "*Keihô*", an alert, is announced for possible serious disasters. As weather conditions are always likely to change, you are advised to stay up-to-date via TV, radio, or Internet.

Heavy rainfalls are expected between July and October, due to typhoons. You are advised to check the locations of evacuation shelters, how to communicate with your family members, and how to get information. If *chûihô* (an advisory) or *keihô* (an alert) is announced, you are advised to act well in advance.

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

## Warnings against River Water Levels Suddenly Rising



You are advised to be watchful for the sudden rising of river water levels when enjoying outdoor activities nearby or in a river. You should always check emergency warning information about river water levels, rainfall, and landslides. Make sure to leave the area as soon as

possible if it starts raining when you are nearby or in a river.

Disaster Prevention Information:

<http://doboku-bousai.pref.niigata.jp/>

## *Nagaoka Mon*, Nagaoka's Special Products by the Nagaoka Plant of Hokuetsu Kishû Paper Co., Ltd.

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

In order to meet customers' specific needs, the Nagaoka Plant of this paper-product manufacturing company has developed "special-use" paper, such as paper for sand paper, paper spoons, and insoles. The special character of this plant is to offer high satisfaction to their customers. The chip-carrier tape is one such example.

It is used to deliver chips or tiny components assembled in electronic circuit cards for automobiles and mobile phones. Chips are stored in small square holes bored into the tape. After being covered with film, chips can be safely shipped to electronic-circuit-card-assembling plants.

Combinations of different kinds of fibers from wood materials and their density are major concerns at the Nagaoka Plant in order to offer their customers with the best quality tapes. Depending on the sizes of chips (the smallest being 0.4 mm x 0.2 mm) to be delivered to assembling factories, the Nagaoka Plant provides tapes in approximately 20 different dimensions.

Mr. Masayuki Kuribayashi, the shop manager, expresses, "The smoothness and strength of paper can be applied to various functions. We will continue to produce high quality paper-products which our customers can enjoy using safely."



# 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.

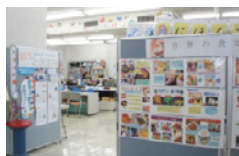
Saturdays, Sundays, and National Holidays 9:00 a.m. – 6:30 p.m.

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)

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)

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.



## The City's Renewed Website



The website of Nagaoka City was renewed on July 7<sup>th</sup>. You can search for information more easily on the new website. The city's website is also available in Chinese, English, Korean, and Portuguese. Some of the website's addresses were also changed. If you have the city's website in your "お気に入り favorites" or "Bookmark," please update them to use the new addresses.

## Free Legal Consultations for Foreign Nationals

The Niigata Prefecture *Gyôseishoshi* (Certified Administrative Procedures Specialist) Association and the Nagaoka City International Affairs Center will provide legal consultations free of charge for anyone including individuals or corporate representatives.

**Date: Saturday, September 5, 2014 12:30 p.m. – 4:00 p.m.**

**Venue: Nagaoka City International Affairs Center, Chikyû Hiroba**

*Gyôseishoshi* (Certified Administrative Procedures Specialist) specializing in immigration procedures can give consultations on:

procedures for entry into Japan, residence status, permanent residence, naturalization, corporate establishment, permission to start a business, international marriage or divorce, inheritance, student' working visas, etc.

Available Languages: Chinese, English, and Japanese

Consultations will be conducted only in person. Consultations over the phone will not be available. No appointment is necessary for consultations.

For Further Information:

Niigata Prefecture *Gyôseishoshi* Association

Phone: 025-255-5225

## The 9<sup>th</sup> Annual International Athletic Meet ~Sports Festival with Our Friends from around the World~



The Nagaoka City International Affairs Center, *Chikyû Hiroba* will organize an athletic meet in which international residents and Nagaokans can join together. Everyone is welcome. It will be a great opportunity for you to meet with friends from various countries through enjoying sports.

**Date: Sunday, September 28 10:30 a.m. – 3:30 p.m.**

**Venue: Nagaoka Civic Prevention Park**

Participation Fees (drinks and other necessary materials):

¥300 for junior high school students and above

¥200 for elementary school children and under

Application Period: Aug. 22 (Fri.) – Sept. 21 (Sun.)

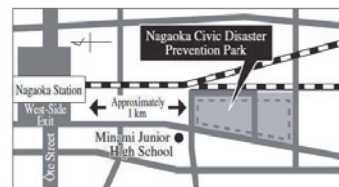
Detailed information will be given when you sign up at Nagaoka City International Affairs Center, *Chikyû Hiroba*

Phone: 0258-39-2714

Fax: 0258-39-2715

E-mail:

kouryu-c@city.nagaoka.lg.jp



# Child-Rearing Support Facilities

## 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
- \* **Playing with Water** 10:30 a.m. – 11:30 a.m. Monday-Friday
- \* **Waku Waku Day** Aug. 4 (Mon.) – 11 (Mon.)
- \* **Healthy Tea Time**  
1:30 p.m. – 2:30 p.m. Aug. 7 (Thurs.) and Sept. 4 (Thurs.)
- \* **Waku Waku Time** 10:45 a.m. – 11:15 a.m. Aug. 20 (Wed.)
- \* **Craftwork Cafe** 10:00 a.m. – 11:30 a.m. Aug. 21 (Thurs.)
- \* **Happy Birthday Party**  
10:45 a.m. – 11:15 a.m. Aug. 22 (Fri.)
- \* **Lecture for Family: Blowing Soap Bubbles**  
4:00 p.m. – 5:00 p.m. Aug. 24 (Sun.)
- \* **Consultations about Vaccinations and Health Checkups**  
11:00 a.m. – 12:00 p.m. Aug. 25 (Mon.)
- \* **Mothers’ Chat Cafe** 11:00 a.m. – 12:00 p.m. Aug. 25 (Mon.)
- \* **Kira Kira Time: Playing to the Rhythms**  
11:00 a.m. – 11:30 a.m. Aug. 27 (Wed.)
- \* **Child-Rearing Salon** 10:30 a.m. – 11:30 a.m. Aug. 28 (Thurs.)
- \* **A Fire Drill** On the morning of Sept. 1 (Mon.)
- \* **Mini-Lecture: Child’s Speech Development and Communication**  
10:30 a.m. – 11:30 a.m. Sept. 5 (Fri.)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
 Aug. 6 (Wed.) Nursery School Teacher  
 Sept. 10 (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)** Aug. 21 (Thurs.)
- \* **Celebrating the 4<sup>th</sup> Anniversary**  
11:00 a.m. – 11:40 a.m. Aug. 1 (Fri.)
- \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.  
Aug. 5 (Tues.), Aug. 12 (Tues.), and Sept. 2 (Tues.)
- \* **Time for Chibikko Kids and Birthday Party**  
11:00 a.m. – 11:15 a.m. Aug. 6 (Wed.), 13 (Wed.), 20 (Wed.),  
27 (Wed.), Sept. 3 (Wed.), and 10 (Wed.)
- \* **Birthday Party:** Aug. 27 (Wed.)
- \* **Smiley Kids’ Day** 9:00 a.m. – 12:00 p.m.  
Aug. 8 (Fri.), 15 (Fri.), 22 (Fri.), 29 (Fri.), Sept. 5 (Fri.)
- \* **Let’s Play to the Rhythms**  
11:00 a.m. – 11:15 a.m. Aug. 11 (Mon.)
- \* **Let’s Play with Blocks** 11:00 a.m. – 12:00 p.m. Aug. 16 (Sat.)
- \* **Mothers’ Chat Cafe** 11:00 a.m. – 12:00 p.m. Aug. 18 (Mon.)
- \* **Beginning of Child’s Self-Awareness**  
11:00 a.m. – 11:40 a.m. Aug. 19 (Tues.)
- \* **Chatting Time for Expecting Mothers**  
2:00 p.m. – 3:00 p.m. Aug. 22 (Fri.)
- \* **Summer Holiday Special Week**  
9:00 a.m. – 6:00 p.m. Aug. 23 (Sat.) – 31 (Sun.)
- \* **Story Telling Time Special**  
11:00 a.m. – 11:30 a.m. Aug. 24 (Sun.)
- \* **Playing with Grandmothers**  
11:00 a.m. – 11:30 a.m. Sept. 8 (Mon.)
- \* **Reading Picture Storybooks and Playing Time**  
(Ehon no Tobira) 11:00 a.m. – 11:30 a.m. Sept. 9 (Tues.)

**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
 Aug. 7 (Thurs.) Nursery School Teacher  
 Aug. 26 (Tues.) Childcare Committee Chief  
 Sept. 4 (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)

- \* **Playing in Mini-Pool**  
July 26 (Sat.) – Aug. 31 (Sun.) 10:00 a.m. – 3:30 p.m.
- \* **Nakayoshi Time** 10:45 a.m. – 11:00 a.m.  
Aug. 1 (Fri.), 15 (Fri.), 22 (Fri.), 29 (Fri.), and Sept. 5 (Fri.)
- \* **Mini-Concert** 12:30 p.m. – 1:00 p.m. Every Friday
- \* **Week for Enjoying Festive Events in Summer**  
Aug. 4 (Mon.) – 10 (Sun.)
- \* **Story Telling Time**  
1:00 p.m. – 1:30 p.m. Every Monday
- \* **Enjoy Drawing Pictures** 2:00 p.m. – 3:00 p.m.  
Aug. 4 (Mon.), 18 (Mon.), and Sept. 1 (Mon.)
- \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.  
Aug. 7 (Thurs.) and 21 (Thurs.)
- \* **Mothers’ Chat Cafe** 11:00 a.m. – 12:00 p.m.  
Aug. 7 (Thurs.)
- \* **“Toy Hospital” for Fixing Broken Toys**  
10:00 a.m. – 2:00 p.m. Aug. 8 (Fri.)
- \* **Smiley Birthday Party**  
10:45 a.m. – 11:15 a.m. Aug. 8 (Fri.)
- \* **Sunday Toy Box** 11:00 a.m. – 12:00 p.m. Aug. 17 (Sun.)
- \* **Lecture for Families:**  
**Making My Own Dolls, Finding My Good Points**  
10:30 a.m. – 11:30 a.m. Aug. 23 (Sat.)
- \* **Waku Waku Picture Storybook Reading Time**  
10:30 a.m. – 11:30 a.m. Aug. 25 (Mon.)
- \* **Playing Games from the Old Days**  
10:30 a.m. – 11:30 a.m. Sept. 6 (Sat.)



**Free Child-Rearing Counseling**

- 2:00 p.m. – 3:00 p.m. Aug. 19 (Tues.) Child-Rearing Advisor
- 10:30 a.m. – 11:30 a.m. Sept. 9 (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

- \* **Nakayoshi Plaza**  
9:30 a.m. – 11:30 a.m. Aug. 1 (Fri.) and Sept. 5 (Fri.)
- \* **Suku Suku Tea Time**  
11:00 a.m. – 11:30 a.m.  
Aug. 1 (Fri.), 20 (Wed.), and Sept. 5 (Fri.)
- \* **Fuwa Fuwa Plaza**  
10:00 a.m. – 11:30 a.m. Aug. 6 (Wed.) and Sept. 3 (Wed.)
- \* **Wampaku Plaza**  
9:30 a.m. – 11:30 a.m. Aug. 20 (Wed.)
- \* **Making Toys**  
10:30 a.m. – 11:30 a.m. Aug. 22 (Fri.)
- \* **Birthday Party**  
11:00 a.m. – 11:30 a.m. Aug. 27 (Wed.)



**Free Child-Rearing Counseling**

- 10:30 a.m. – 12:00 p.m. Aug. 6 (Wed.) Maternity Nurse
- 10:30 a.m. – 11:30 a.m. Aug. 15 (Fri.) Public Health Nurse



## Summer in Nagaoka Is a Summer of Festivals

### *Furusato Washima Matsuri*

**Aug. 14 (Thurs.) – Aug. 16 (Sat.)**

Roadside Station, *Ryôkan no Sato* Washima and Unagushi Shrine

*Bon* Dances, Fireworks Show, 4,000 Bamboo Lanterns, School Band Music, Stage Shows, Traditional *Yumi Odori* (Bow Dance) Parade and many other fun programs

For Further Information: Washima Branch Office

Phone: 0258-74-3114



### *Mishima Matsuri*

**Aug. 15 (Fri.) and Aug. 16 (Sat.)**

Parking lot beside the Nagaoka City Mishima Sports Gym, Portable Shrines, School Band Music, *Taiko* Drumming, Magic Tricks, Mini Concert, *Bon* Dances, Log Sawing Competition, *Yosakoi* Dances, Fireworks Show, Stalls, and many other fun programs

For Further Information: Mishima Branch Office

Phone: 0258-42-2249

<http://www.3shima.net/>



### *Tochio Matsuri*

**Aug. 23 (Sat.) and Aug. 24 (Sun.)**

Akiba Park, Tochio District

Portable Shrines, Tug-of-War Competitions, Fireworks Show, Folk Dance Parade, and many other fun programs

For Further Information: Tochio Tourism Association

Phone: 0258-51-1195



### *Mochihito Matsuri*

**Aug. 24 (Sun.)**

Oguni Branch of Kashiwazaki Farmers' Cooperative  
To celebrate the historic legend of Prince Mochihito from the *Heian* Period (794-1185)

Stalls, Stage Shows, *Heian* Costume Procession, Portable Shrines, Torchlight Parade, *Kagura* Sacred Dances, Fireworks Show, and many other fun programs

For Further Information: Oguni Branch Office

Phone: 0258-95-5906

## Nagaoka *Hokoten* / *Hokôsha Tengoku* on Ôte Street (Vehicle-Free Pedestrians' Paradise)

**Saturday, Sept. 6 11:30 a.m. – 4:30 p.m.**

### \* Street Performances

### \* Kids' Plaza

### \* Flea Market

Application for Flea Market:

By Sept. 5 (Fri.)

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

¥500/2m x 2m

*Shôtengai Jimukyoku*

(City Shopping Mall Office)

Phone: 0258-32-7002



### \* Nagaoka City Fire Department First-Aid Fair

An ambulance (high standard HIMEDIC), a ladder truck, and an earthquake simulation vehicle will be on display. You can board these vehicles or experience earthquake simulations. There will be a section for experiencing how to use a fire extinguisher or first-aid treatment using CPR (Cardio-Pulmonary Resuscitation) or an AED (Automated External Defibrillator). The fire brigade band will play music. Come and enjoy learning about what to do in case of an emergency.

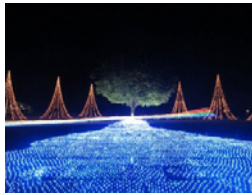
## Special Summer Events at Echigo Hillside Park

Phone: 0258-47-8001

### \* Summer Illumination

6:30 p.m. – 9:00 p.m.

Aug. 9 (Sat.) ~ 17 (Sun.), 23 (Sat.),  
24 (Sun.), 30 (Sat.), and 31 (Sun.)



## Echigo Nagaoka Two-Day March

### ① Sept. 13 (Sat.)

9:00 a.m.

### ② Sept. 14 (Sun.)

7:30 a.m.

Course: ① 18 kilometers and 11 kilometers

② 22 kilometers and 16 kilometers

Fee: ¥2,000 for high school students and above

Application: By Aug. 25 (Mon.)



For Further Information: *Chiiki Shinkô Senryakubu*  
(Regional Promotion Strategy Department)

Phone: 0258-39-2515

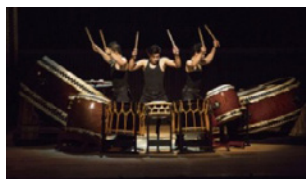
## Kodô Heart-Beat Drumming Project

Nov. 30 (Sun.) 2:30 p.m.

Arena of City Hall Plaza-

*Aôre* Nagaoka

Ticket: ¥6,000



For Further Information:

Foundation for Art and Culture Promotion

Phone: 0258-29-7715

## Applications for Runners of the *Kome Hyappyô* (One Hundred Sacks of Rice) Relay

Oct. 4 (Sat.)

Course: 46.6 kilometers (17 sections)

Nishikan Ward, Niigata City (former Maki Town) →  
Yahiko → Bunsui → Nakanoshima → Yoita → Ôte Street

Assigned Distance for Each Runner:

An average of 3 kilometers

Eligibility: Anyone living, working, or studying in Nagaoka  
City, and able to run 1 kilometer in about 6  
minutes and 30 seconds

Participants: 60

Application Deadline: Sept. 5 (Fri.)

Application forms are available at the city's gyms, branch  
offices, community centers, or *Aôre* Nagaoka.

For Further Information: *Kome Hyappyô* Festival

Organizing Committee

Phone: 0258-39-2221

## Teradomari Seaside Marathon Race

Oct. 19 (Sun.) 9:00 a.m.

Venue: Teradomari Port Park

Courses: There will be 18 different events for various age  
and gender groups, including 2-km, 5-km, 10-km, and  
half-marathon (21.0975km) courses.

Fees:

¥4,000 for adults

¥2,000 for high school students

¥1,000 for junior high school students

¥2,000 for pairs with elementary school child and parent

¥500 for elementary school children



Application: By Aug. 29 (Fri.)

For Further Information: Teradomari Branch Office

Phone: 0258-75-3111

## Warnings against Arson

There were 12 fires that were caused or suspected to be caused  
by arson in 2013 in the area under the jurisdiction of the Nagaoka  
Fire Department Headquarters. Here are some useful tips to keep in  
mind to protect your house from arson.

- Do not leave flammable articles around the outside of your house  
or shared areas (halls, stairs, and bicycle parking spaces) of  
apartment buildings and condominiums.
- Put out trash on designated days and do not leave trash uncollected.
- Lock all entrances, garages, and storage areas.
- Do not leave newspapers or postal materials uncollected in your  
mail box.
- Install lights around your house.

For Further Information:

Nagaoka Fire Department Headquarters

Phone: 0258-35-2190

## Movies



\* *Fort Saganne* (France 1984)  
Sept. 17 (Wed.) 1:00 p.m. – 4:10 p.m.

\* *Tanztraume – Jugendliche tanzen*  
*Kontaktthof von Pina Bausch*  
(Germany 2010)  
Sept. 27 (Sat.) 2:00 p.m. – 3:40 p.m.

\* *1911* (Hong Kong 2011)  
Oct. 10 (Fri.) 2:00 p.m. – 4:15 p.m.

Admission: Free

Nagaoka Central Library Hall

1-chôme, Gakkô-chô

(Phone: 0258-32-0658)



## Major Emergency Medical Facilities

### Major General Hospitals

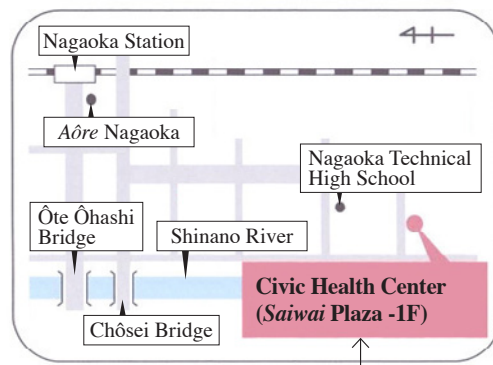
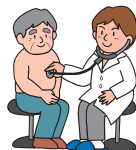
Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700

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

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

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)	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.
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.	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.

## Papa Can Do a Good Job “Papa Mama Circle” (A Club for Expecting Parents)



This program offers opportunities for expecting parents to learn about childbirth, child-rearing, and how to bathe a baby.

- ① Sept. 19 (Fri.) 6:45 p.m. – 8:45 p.m.
- ② Oct. 4 (Sat.) 10:00 a.m. – 12:00 p.m.

*Saiwai Plaza*

Participants: 35 couples  
(on a first-come, first-served basis)

Registration: ① Aug. 19 (Tues.) ~  
② Sept. 4 (Thurs.) ~



*Kodomo Katei Ka*

(Child and Family Affairs Division)  
Phone: 0258-39-2300

## Health Checkups for Children Enrolling in Elementary School



There will be a health checkup for children to enroll in elementary school in April, 2015. The checkup will be offered at each elementary school of the city sometime in October.

An information postcard regarding a notice of a health checkup will be mailed to guardians in late August. If you don't receive a postcard by Friday, September 5<sup>th</sup>, please contact the School Affairs Division (Phone: 0258-39-2239).

In principle, a health checkup will be offered at a school situated in the school district where a child's residence is registered as of the date of the checkup. However, if a child is expected to move to another district, a health checkup will be possible at a school in the district.

If you do not understand the content of the postcard and need some help, please contact the staff of the Nagaoka City International Affairs Center, *Chikyû Hiroba*. (See p. 4)

For Further Information: *Gakumuka* (School Affairs Division)  
Phone: 0258-39-2239

## Medical Subsidies for Children

The city has a system to provide subsidies for child birth, hospitalized children, and children's in- and out-patient treatment.

### Subsidies for Child Birth

If you are a member of the city's health insurance policy, you are eligible to apply for the subsidy for each child. The system is known as, in Japanese, 出産育児一時金受領委任払制度(しゅつさん いくじ いちじきん じゅうりょう いにんばらい せいど), meaning the system for receipt of a subsidy and commission of payment for child birth.

The amount to be subsidized is ¥420,000 per child. After an application for this system is made at the medical institution where the child was born, the city will make the necessary payment directly to the institution out of the fixed subsidy. The rest of the amount will be given to the recipient.

For Further Information, please contact *Kokuho Iryô Ka* (National Health Insurance and Medical Subsidy Division).  
Phone: 0258-39-2220

### Subsidies for Hospitalized Children

In accordance with the newly revised regulation, elementary school children are also eligible for in-patient treatment. However, these subsidies are only offered to households whose total income for the previous year is lower than the standardized amount just like the child allowance subsidies.

For Further Information, please contact *Kodomo Katei Ka* (Child and Family Affairs Division).  
Phone: 0258-39-2300

### Children's In- and Out-Patient Treatment Subsidies

#### Out-Patient Treatment

- Households with one or two children  
Subsidies are available for children up to and including the third grade of elementary school.
- Households with three or more children  
Subsidies are available for children up to and including 15 years of age.

#### In-Patient Treatment

- Households with one or two children  
Subsidies are available for children up to and including 12 years of age.
- Households with three or more children  
Subsidies are available for children up to and including 15 years of age.

For Further Information: *Fukushi Ka* (Welfare Division)  
Phone: 0258-39-2319