



Vol. 281
October
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

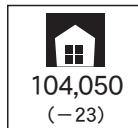
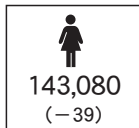
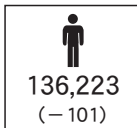
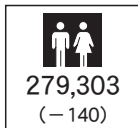
URL: <http://www.city.nagaoka.niigata.jp/> (長岡市ウェブサイト) →
English (Nagaoka International Affairs Center) →
地球広場 (International Affairs Center) → Konnichiwa Nagaoka

Congratulations on Your Longevity!



On September 15th, the Respect-for-the-Aged Day, seven 100-year-old senior citizens were invited to City Hall Plaza – Aôre Nagaoka. They said the key to long life is not to worry too much about things and to enjoy having a good time every day.

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



Major Features:

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To Commemorate the 10th Year Since the Great Chûetsu Earthquake

~ We will never forget the catastrophe! ~
 ~ We will think of tomorrow! ~
 ~ We will take steps boldly toward the future! ~



It has been 10 years since the great Chûetsu Earthquake hit the Chûetsu Region (including Nagaoka City) beginning at 5:56 p.m. on October 23rd, 2004. A series of powerful tremors destroyed hills, mountains, fields, and roads. We lost so many things that were precious to us all at once. In Nagaoka City, 28 people lost their lives. However, we have overcome many hardships by helping and encouraging each other.

In Appreciation of Great Support

There are no words to express our appreciation to numerous groups and volunteers from home and abroad for their generous support. We have nurtured strong ties with these generous people, which help us realize the preciousness of our own traditions and culture.

Citizens' Strength to Restore the Disaster-Stricken Community

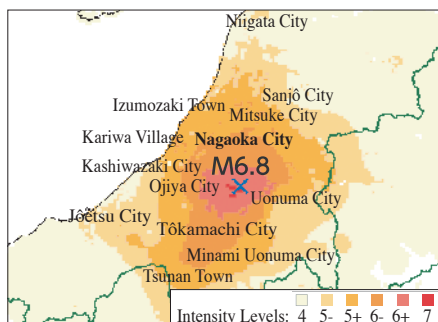


The motto "We will return to Yamakoshi, our hometown" and the Phoenix Fireworks for a Safe Recovery express the citizens' strong wishes for the reconstruction of their disaster-stricken communities. These became the driving force behind the reconstruction of earthquake-affected areas.

Determination of Stepping Toward Further Reconstruction

We will come together to further restore the disaster-affected areas. We will help the people of the disaster-affected areas in east Japan, sharing the lessons we acquired from our experiences of disasters.

Tamio Mori
Mayor

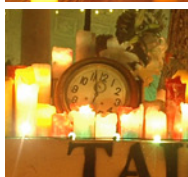


Intensity Levels of the main earthquake on the Japanese Seismic Scale on October 23, 2004

7	Kawaguchi (Magnitude 6.8 on the Richter Scale)
6+	Yamakoshi, Oguni
6-	Nagaoka, Tochio, Mishima, Koshiji
5+	Nakanoshima, Yoita, Washima
4	Teradomari

Major Memorial Events on Thursday, October 23, 2014

- **The 10th Joint Memorial Ceremony**
1:00 p.m. – 2:30 p.m.
- Silent Prayers - Flower Dedications
- Children's Choirs
- **The 10th Get-Together for Restoration**
4:00 p.m. – 7:15 p.m.
City Hall Plaza – *Aôre* Nagaoka
- Candle Lights - Food
- Recovery-Related Material and Photo Exhibits
- **Phoenix Concert by Ayaka Hirahara**
7:15 p.m. – 8:00 p.m.
City Hall Plaza – *Aôre* Nagaoka
- **Uniting Our Hearts in Yamakoshi**
9:00 a.m. – 8:00 p.m.
*Yamakoshi Sports Gym
Concert by Sachiko Kobayashi (7:15 p.m.)
**Arigatô Hiroba*
- Candle Lights - Balloon Releasing
- Sales of Local Products
- Display of *Nishikigoi* Carp
- **We'll Never Forget That Day**
4:00 p.m. – 8:00 p.m.
Kawaguchi Community Hall
Concert by Chikako Sawada (7:15 p.m.)
Lighting Events, Emergency Cooking Drills
- **Song of the Earth 2014**
3:00 p.m. – 8:00 p.m.
Kawaguchi Sports Park
- Candle Lights with Messages
- Balloon Releasing



A Comprehensive Disaster Drill

The city will conduct a comprehensive disaster drill for members of neighborhood associations and self-disaster prevention associations in the Shibumi Elementary School District of the Oguni District from 7:45 a.m. to 11:30 a.m. on Sunday, October 19th.

From 7:45 a.m. to 8:15 a.m. during the drill, various kinds of information regarding the drill will be distributed throughout the city via an emergency warning program on FM radio or area mail service.

For Further Information:
Crisis Management Disaster Prevention Headquarters
Phone: 0258-39-2262

A Hub for Health-Conscious Programs TANITA CAFE Will Open in the Nagaoka Civic Center on Sunday, November 2nd, 2014

In collaboration with business, academic, and administrative sectors, the city formed a research team to discuss multi-generational programs for healthy lifestyles in the 2013 fiscal year. One of the programs, TANITA CAFE, will open in the Downtown Nagaoka area. Visitors can enjoy various health-conscious programs focusing on well-balanced elements of “diet,” “exercise,” and “relaxation.”

Venue: 1st Floor, Nagaoka Civic Center
2-2-6 Ôte Street

Hours: 7:00 a.m. – 8:30 p.m. Weekdays

9:00 a.m. – 8:30 p.m. Saturdays, Sundays, and National Holidays

Features:

- Relaxation Corner equipped with:

- foot bath - hammocks
- screen display with music and sounds of streams

- * Healthy Menu

- original coffee with chlorogenic acid
- healthy sandwiches with locally-produced ingredients
- low-calorie sweets
(yogurt cake - ¥480/piece, banana pound cake ¥430/piece)

- Health Counseling Corner

A registered dietitian can offer health advice by using body composition meters and manometers.

- Providing Updated Health-Related Information

- Organizing Health-Concerned Lectures, Seminars, and Events



An artist's conceptual drawing of TANITA CAFE



banana pound cake
¥430/piece



yoghurt cake
¥480/piece

Two New Sports Facilities Opened

- **A Facility for Practicing Gymnastics**

1-2-1 Gakkô-chô (adjacent to the City Gym)

Hours: 9:00 a.m. – 9:30 p.m.

Closed: 3rd Monday of every month

Equipped with: floor, pommel horse, rings, vaulting horse, horizontal bars, parallel bars, uneven parallel bars, and balance beams



- **The New Town Sports Park with Roofed Multi-Purpose Courts**

5-3 Yôkôdai (adjacent to two soccer courts)

Hours: 9:00 a.m. – 10:00 p.m.

Closed: December 28 – January 4

Can be used for:
futsal, tennis, gateball,
ground golf, and
other outdoor sports



Movies

- * **Yamakoshi's Mari and Her Three Little Puppies**

(Japan 2006)

Oct. 22 (Wed.) 2:00 p.m. – 2:55 p.m.

- * **Wendy & Lucy**

(U.S.A. 2008)

Nov. 7 (Fri.) 2:00 p.m. – 3:35 p.m.

- * **Nov. 25 Jiketsu no Hi (The Day of Self-Determination)**

(Japan 2012)

Nov. 24 (Mon.) 2:00 p.m. – 4:10 p.m.

- * **Shinjuwan kara no Kikan**

(A return from Pearl Harbor)

(Japan 2011)

Dec. 9 (Tues.) 2:00 p.m. – 3:40 p.m.



Nagaoka Central Library Hall

1-chôme, Gakkô-chô

Phone: 0258-32-0658

Admission: Free



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)

Oct.	3, 7, 10, 14, 17, 21, 24, 28, 31	¥1,800
Nov.	4, 7, 11, 14, 18, 21, 25, 28	¥1,600
Dec.	2, 5, 9, 12, 16, 19, 26	¥1,400
Jan.	6, 9, 13, 16, 20, 23, 27, 30	¥1,600
Feb.	3, 6, 10, 13, 17, 20, 24, 27	¥1,600
Mar.	3, 6, 10, 13, 17, 20, 24, 27	¥1,600

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)

Oct.	5, 12, 19, 26	¥1,600
Nov.	2, 9, 16, 23, 30	¥2,000
Dec.	7, 14, 21	¥1,200
Jan.	4, 11, 25	¥1,200
Feb.	1, 8, 15, 22	¥1,600
Mar.	1, 8, 15, 22, 29	¥2,000

Nihongo Hiroba

Volunteers help international residents learn Japanese at this free program during the following sessions:

- Sundays 2:00 p.m. – 4:00 p.m.
- Tuesdays 10:00 a.m. – 12:00 p.m.
- Fridays 10:00 a.m. – 12:00 p.m.



Recent Events

The 9th Annual International Athletic Meet

From 10:30 a.m. to 3:30 p.m. on September 28th, the Sports Festival with Our Friends around the World was held at Nagaoka Civic Disaster Park. A total of 85 participants from 14 countries had a great time enjoying a variety of games such as tossing bean-bags in baskets, a big-ball-passing race, a disaster-prevention race, a trash-collection race, etc.

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



Forth Coming Events

A Relaxing World Tour to Afghanistan

Saturday, November 1

1:30 p.m. – 3:00 p.m.

Students from Afghanistan will introduce Afghan traditions and culture. Mr. Tomonobu Haga, the Director of the Nagaoka City International Affairs Center, *Chikyû Hiroba*, will share his experience of living in Afghanistan.



How to Enroll in High Schools in Japan

The Niigata Prefecture International Association gives detailed multi-lingual information about the Japanese school system including how to enroll in high schools in Japan. The English site entitled "The Japanese School System – Going to High School" is at:

http://www.niigata-ia.or.jp/jp/ct/004_siryou/001_siryou/001_siryou.html





Child-Rearing Support Facilities



Kosodate no Eki, Gun Gun

Nagaoka Civic Disaster Prevention Center, 1st Floor 1-3-85 Senzai
Phone: 0258-30-1025 Hours: 9:00 a.m. – 6:00 p.m.



Every Day Except for Tuesdays
(Open on Tuesday if it is a national holiday)

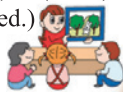
- * **Fureai Time** 10:45 a.m. – 11:00 a.m. Every Day
 - * **Picture Storybook Reading Time**
3:00 p.m. – 3:15 p.m. Every Day
 - * **“Spot Time”** 10:45 a.m. – 11:15 a.m. Every Monday
 - * **Healthy Tea Time** Oct. 2 (Thurs.) and Nov. 6 (Thurs.)
1:30 p.m. – 2:30 p.m.
 - * **Mini-Athletic Meet** 10:45 a.m. – 11:45 a.m. Oct. 3 (Fri.)
 - * **Craftwork Cafe** 10:00 a.m. – 11:30 a.m.
Oct. 9 (Thurs.) and 30 (Thurs.)
 - * **Autumn Family Concert** 11:00 a.m. – 11:30 a.m. Oct. 12 (Sun.)
 - * **Waku Waku Time** 10:45 a.m. – 11:15 a.m. Oct. 15 (Wed.)
 - * **Child-Rearing Salon** 10:30 a.m. – 11:30 a.m. Oct. 16 (Thurs.)
 - * **Exploring Fire Department Headquarters**
10:45 a.m. – 11:45 a.m. Oct. 16 (Thurs.)
 - * **Happy Birthday Party**
10:45 a.m. – 11:15 a.m. Oct. 17 (Fri.)
 - * **Making Dried Persimmons**
1:30 p.m. – 2:30 p.m. Oct. 19 (Sun.)
 - * **Kira Kira Time: Playing to the Rhythms**
11:00 a.m. – 11:30 a.m. Oct. 22 (Wed.)
 - * **Consultations about Vaccinations and Health Checkups**
11:00 a.m. – 12:00 p.m. Oct. 27 (Mon.)
 - * **Mini-Lecture: How to Start Toilet Training**
10:30 a.m. – 11:30 a.m. Nov. 5 (Wed.)
 - * **Mothers’ Chat Cafe** 11:00 a.m. – 12:00 p.m. Oct. 27 (Mon.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Oct. 8 (Wed.) Child-Rearing Advisor
Nov. 6 (Thurs.) Childcare Committee Chief



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) Oct. 3 (Fri.)
 - * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m. Oct. 1 (Wed.), 8 (Wed.), 15 (Wed.),
22 (Wed.), 29 (Wed.), and Nov. 5 (Wed.)
Birthday Party: Oct. 29 (Wed.)
 - * **Autumn Festival for Little Kids**
10:00 a.m. – 3:00 p.m. Oct. 4 (Sat.)
 - * **Consultations by Maternity Nurse**
10:30 a.m. – 11:30 a.m. Oct. 6 (Mon.)
 - * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Oct. 7 (Tues.), 28 (Tues.), and Nov. 4 (Tues.)
 - * **How to Start Oral Care for Babies**
11:00 a.m. – 11:40 a.m. Oct. 9 (Thurs.)
 - * **Picture Storybook Reading Time for Babies**
11:00 a.m. – 11:40 a.m. Oct. 16 (Thurs.)
 - * **Chatting Time for Expecting Mothers**
2:00 p.m. – 3:00 p.m. Oct. 17 (Fri.)
 - * **Let’s Play with Blocks** 11:00 a.m. – 12:00 p.m. Oct. 18 (Sat.)
 - * **Mother’s Chat Cafe** 11:00 a.m. – 12:00 p.m. Oct. 20 (Mon.)
 - * **Mini-Lecture: Baby/Infant Skincare**
11:00 a.m. – 12:00 p.m. Oct. 21 (Tues.)
 - * **Let’s Play to the Rhythms**
11:00 a.m. – 11:15 a.m. Oct. 27 (Mon.) and Nov. 10 (Mon.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Oct. 2 (Thurs.) and Nov. 6 (Thurs.) Child-Rearing Advisor
- Temporary Day-Care for Preschool-Aged Children:** ¥300/hour



Kosodate no Eki, Senshû (Teku Teku)

1-99-6 Senshû Phone: 0258-21-3860

Hours: 9:00 a.m. – 6:00 p.m. Every Day Except for Wednesdays
(Open on Wednesday if it is a national holiday)

- * **Nakayoshi Time** 10:45 a.m. – 11:00 a.m.
Oct. 3 (Fri.), Oct. 24 (Fri.), and 31 (Fri.)
- * **Mini-Concert** 12:30 p.m. – 1:00 p.m. Every Friday
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. Oct. 4 (Sat.) and Nov. 1 (Sat.)
- * **Digging for Sweet Potatoes**
10:30 a.m. – 11:30 a.m. Oct. 6 (Mon.)
- * **Story Telling Time**
1:00 p.m. – 1:30 p.m. Every Monday
- * **Enjoy Drawing Pictures**
2:00 p.m. – 3:00 p.m. Oct. 6 (Mon.) and 20 (Mon.)
- * **Mothers’ Chat Cafe**
11:00 a.m. – 12:00 p.m. Oct. 9 (Thurs.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. Oct. 9 (Thurs.) and 23 (Thurs.)
- * **“Toy Hospital” for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. Oct. 10 (Fri.)
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. Oct. 10 (Fri.)
- * **Enjoy Riding Mini-Working Cars**
10:00 a.m. – 3:00 p.m. Oct. 11 (Sat.)
- * **Let’s Play at the Kids’ Land**
10:30 a.m. – 11:30 a.m. Oct. 16 (Thurs.)
- * **Athletic Meet**
10:30 a.m. – 11:30 a.m. Oct. 17 (Fri.)
- * **Sunday Toy Box**
11:00 a.m. – 12:00 p.m. Oct. 19 (Sun.)
- * **Enjoy Communicating with Your Family**
10:30 a.m. – 11:30 a.m. Oct. 28 (Tues.)



Free Child-Rearing Counseling

10:30 a.m. – 11:30 a.m. Oct. 16 (Thurs.) Child-Rearing Advisor

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

- * **Fuwa Fuwa Plaza**
10:00 a.m. – 11:30 a.m. Oct. 1 (Wed.) and Nov. 5 (Wed.)
 - * **Nakayoshi Plaza**
9:30 a.m. – 11:30 a.m. Oct. 3 (Fri.) and Nov. 7 (Fri.)
 - * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m.
Oct. 3 (Fri.), 15 (Wed.), and Nov. 7 (Fri.)
 - * **Special Event Days**
 - **Road Festival**
10:00 a.m. – 3:00 a.m. Oct. 12 (Sun.)
 - **Agricultural Festival**
10:00 a.m. – 3:00 p.m. Oct. 26 (Sun.)
 - * **Wampaku Plaza**
9:30 a.m. – 11:30 a.m. Oct. 15 (Wed.)
 - * **Birthday Party** 11:00 a.m. – 11:30 a.m. Oct. 22 (Wed.)
 - * **Making Toys** 10:30 a.m. – 11:30 a.m. Oct. 24 (Fri.)
- Free Child-Rearing Counseling**
10:30 a.m. – 11:30 a.m. Oct. 1 (Wed.) Maternity Nurse
10:30 a.m. – 11:30 a.m. Oct. 17 (Fri.) Public Health Nurse
10:30 a.m. – 11:30 a.m. Nov. 5 (Wed.) Maternity Nurse



Seasonal Events

~It's the Season for Enjoying Local Festivals and Regional Specialties~

* *Bara Matsuri (Rose Festival)*

Oct. 4 (Sat.) – Nov. 3 (Holiday)

9:30 a.m. – 5:00 p.m.

Echigo *Kyûryô Kôen* (Hillside Park)

2,225 plants of 626 different species are being on display.

Information: 0258-47-8001



* *Nô to Sakana (Agriculture and Fishery) Festival in Teradomari*

Oct. 12 (Sun.)

10:00 a.m. – 4:00 p.m.

Teradomari *Minato* (Port) Park

Information: 0258-75-3363



* *Koshiji Aki Matsuri (Autumn Festival)*

Oct. 12 (Sun.) 10:00 a.m. – 3:30 p.m.

Koshiji Branch Office Area

The highlight is the serving of soup cooked in a huge pot that is large enough to serve 10,000 bowls of soup.

Information: 0258-92-5903

* *Echigo Kaidô Matsuri (Highway Festival)*

Oct. 12 (Sun.)

10:00 a.m. – 3:00 p.m.

Michi no Eki R290 Tochio

Information: 0258-51-1195



* *Nakanoshima Sangyô Matsuri (Industrial Festival)*

Oct. 19 (Sun.) 9:00 a.m. – 3:00 p.m.

Nakanoshima *Kôminkan*

(Community Hall) Area

The highlight is a 1.7-meter high and 2-meter wide jumbo *onigiri* rice ball.

Information: 0258-61-2013



* *Koshihikari Matsuri*

Oct. 19 (Sun.) 10:00 a.m. – 3:00 p.m.

Todo no Mori Meisui Park, Tochio

The highlight is a competition of eating *inarizushi*, fried bean curd stuffed with *Koshihikari* sushi rice.

Information: 0258-58-3050

* *Nagaoka Nôgyô Matsuri (Agricultural Festival)*

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

10:00 a.m. – 4:00 p.m.

Hive Nagaoka (Senshû)

Information: 0258-35-1304



* *Yûkyû Sai*

(Nagaoka University Campus Festival)

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

- Stalls full of original goods and ideas

- Live concert

Information: 0258-39-1600

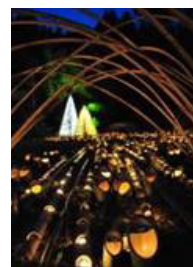
* *Echigo Mishima Take Akari Kaidô (Illuminated Bamboo Lantern Road)*

Oct. 25 (Sat.)

4:00 p.m. – 9:00 p.m.

The 800-meter road will be illuminated by 50 LED lighting units and 20,000 bamboo lanterns.

Information: 0258-42-2249



* *Kawaguchi Aki Matsuri (Autumn Festival)*

Oct. 26 (Sun.) 10:00 a.m. – 4:00 p.m.

Kawaguchi *Undô Kôen* (Sports Park)

Information: 0258-89-3113

* *Tochio Nôgyô Matsuri (Agricultural Festival)*

Oct. 26 (Sun.) 10:00 a.m. – 3:00 p.m.

Orinasu, Tochio *Sangyô Kôryû* Center

Information: 0258-52-5847



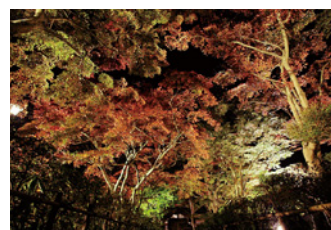
* *Koshiji's Momijien (Maple Garden)*

Oct. 31 (Fri.) – Nov. 24 (Holiday)

A 10-minute walk from the JR Raikôji Station.

The garden will be illuminated by approximately 30 LED lighting units. The illumination starts from sunset and ends around 9:00 p.m. At the temporary parking lot in front of the maple garden, you can purchase local products and food.

Information: 0258-92-5903



*** Nagaoka City Aki Matsuri
(Autumn Festival)**

Nov. 1 (Sat.) – 6 (Thurs.)

City Hall Plaza – *Aôre* Nagaoka

- Chrysanthemum Exhibit

Nov. 1 (Sat.) 1:00 p.m. – 4:00 p.m.

Nov. 2 (Sun.) – 6 (Thurs.) 9:00 a.m. – 4:00 p.m.

- *Nishikigoi* (ornamental carp) Exhibit and Sale

Nov. 1 (Sat.) – 3 (Holiday) 9:00 a.m. – 4:00 p.m.

- *Ranchû* Goldfish Exhibit and Sale

Nov. 1 (Sat.) – 3 (Holiday) 9:00 a.m. – 4:00 p.m.

- Sales of Locally Grown Vegetables and Rice

Nov. 1 (Sat.) – 3 (Holiday) 10:00 a.m. – 4:00 p.m.

Information: 0258-39-2221



*** Sekihara Rakuichi and Jômon Matsuri**

Nov. 2 (Sun.) 10:00 a.m. – 3:00 p.m.

Umataka *Jômon Kan*

Information: 0258-39-2228

*** Oguni Aki Matsuri (Autumn Festival)**

Nov. 3 (Holiday)

9:00 a.m. – 3:00 p.m.

Oguni Community Hall

Information: 0258-95-5906



*** Mishima Sangyô Matsuri
(Industrial Festival)**

Nov. 3 (Holiday) 10:00 a.m. – 3:00 p.m.

Mishima *Kaikân* (Hall) Area

Information: 0258-42-2249

*** Yamakoshi Sangyô Matsuri
(Industrial Festival)**

Nov. 3 (Holiday) 10:00 a.m. – 2:00 p.m.

Yamakoshi Branch Office Parking Lot

Information: 0258-59-2343

*** Yoita Iki Iki Festival**

Nov. 9 (Sun.) 10:00 a.m. – 3:00 p.m.

Yoita *Taiikukan* (Gym)

The highlight is the serving of mushroom soup.

Information: 0258-72-3201

Fitness Classes

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

Nakanoshima Taiikukan (Gym)

3807-3 Nakanoshima (Phone: 0258-66-1711)

shape-up boxing, inner muscle training, etc.

Hokubu Taiikukan (Gym)

2-2-72 Higashizaô (Phone: 0258-24-6116)

yoga, pilates exercises, soft volleyball,
hip-hop dancing, etc.



Mishima Taiikukan (Gym)

1434 Mishimanakajô (Phone: 0258-41-2133)

yoga, pilates exercises, hip-hop dancing, healthy walking,
etc.

Shinsan Taiikukan (Gym)

2-1-9 Shinsan (Phone: 0258-46-4601)

yoga, healthy calisthenics, pilates exercises, balance
ball training, waist shape-up exercises, tennis, etc.

Sale of Recycled Items

Discarded recyclable items such as bicycles and furniture will be repaired and put on display for sale at reasonable prices (e.g. ¥500 – ¥1,500 per bicycle). As there are usually many applicants, purchases will be decided by lottery. Lottery winners can pick up their items at a later date. Only residents of Nagaoka City can apply for the lottery.

Oct. 20 (Mon.) – Oct. 24 (Fri.)

9:00 a.m. – 4:00 p.m.

Recycling Plaza, Environmental Sanitary Center

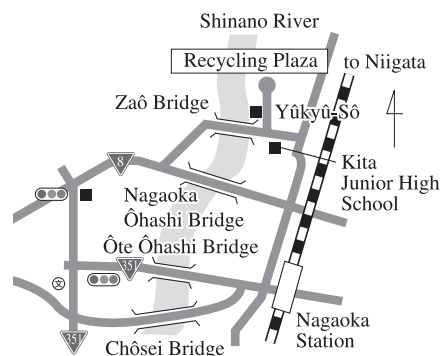
Environmental Management Division

3-chôme Kotobuki (0258-24-2837)

Bus: A 20-minute bus ride from Nagaoka Station Ôte (West-Side)

Exit Terminal No. 13 to Ecotopia Kotobuki (エコトピア寿)

Leaves at: 9:00 a.m., 10:00 a.m., 11:00 a.m., 12:00 p.m., and 2:40 p.m.



Major Emergency Medical Facilities

Major General Hospitals

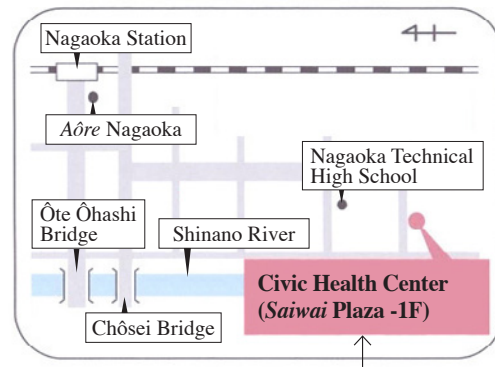
Nagaoka *Chû Sôgô Byôin* (Central General Hospital) 0258-35-3700

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)	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.

Enrollment in Nursery Schools

Applications for enrollment in nursery schools for the 2015 fiscal year (from April 2015 to March 2016) are being accepted from October 1st (Wed.), 2014. Eligibility extends to infants and preschool-aged children whose parents or guardians cannot take care of them at home due to employment duties or medical reasons. Some nursery schools accept infants aged two months old and above.

Hours differ for each nursery school and fees differ depending on each household's previous year's income. For further detailed information, please contact the nursery school in which you wish to enroll your child or the Child-Care Division of the Nagaoka City Office. For Further Information: *Hoiku Ka* (Child-Care Division)
Saiwai Plaza
Phone: 0258-39-2219

Fall Cleaning Operation

Oct. 17 (Fri.) – Nov. 30 (Sun.)

The city conducts biannual cleaning campaigns in spring and fall. We encourage you to join your neighborhood community in cleaning roads, parks, and roadside gutters. Your cooperation is appreciated if you always try to keep the environment of our city tidy and clean.

For Further Information: *Kankyô Gyômu Ka*
(Environmental Management Division)
Phone: 0258-24-2837



Subsidies for Childbirth *Shussan Ikuji Ichijikin*

(しゅっさん いくじ いちじきん・出産育児一時金)

The city has a system to provide subsidies for childbirth. If you are a member of the National Health Insurance Policy (*Kokumin Kenkô Hoken*・こくみん けんこう ほけん・国民健康保険), you are eligible to apply for a subsidy for each child.

The subsidy 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 medical institution out of the fixed subsidy. A recipient can also receive the subsidy directly from the city by taking necessary steps. The rest of the amount will be given to the recipient. If medical charges exceed ¥420,000, the remaining balance should be paid directly to the medical institution. Members of any other types of insurance policy are also eligible to apply for their own childbirth subsidies.

For Further Information: *Kokuho Nenkin Ka*
(National Health Insurance-Pension Division)
Phone: 0258-39-2006

A Flowchart of a Payment (e.g. ¥500,000 needed for childbirth)

