



Vol. 285  
February  
2015

*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](mailto: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

♪...Yama Wa Shirogane... ♪  
(... mountains blanketed with silver ...)





## The Koshi Kôgen Ski Area With a Commanding Superb View of the Surrounding Landscape


From the summit of the Koshi Kôgen Ski Area, skiers and snowboarders can enjoy a 360-degree panoramic view including the Three Mountains of Echigo: Hakkaisan, Nakanotake, and Komagatake. (January 14)




Population and Households  
As of January 1, 2015  
(compared to the previous month)

  
278,892  
(- 146)

  
136,026  
(- 76)

  
142,866  
(- 70)

  
104,185  
(- 15)

### Major Features:

Enjoy Nagaoka in Winter-----	p. 2
The Peace-Culture Exchange Program-----	p. 3
A Downtown Revitalization Program-----	p. 3
Important Information about Annual Income Reports----	p. 6
TANITA CAFE-----	p. 7
The Social Security and Tax Number System-----	p. 7
Major Emergency Medical Facilities-----	p. 8
Nagaoka's Shining Stars-----	p. 8

# Play in the Snow

## Enjoy Nagaoka in Winter

### Let's Go to Winter Festivals!

#### Tochio Yûsetsu Matsuri

(Playing in the Snow Festival)

Feb. 7 (Sat.) 5:00 p.m. – 9:00 p.m.

Feb. 8 (Sun.) 10:00 a.m. – 3:00 p.m.

Michi no Eki (Roadside Station) R290

\* Candle Lights in the Snow

\* Fireworks (Feb. 7 8:00 p.m.)

Information: Tochio Tourism Association

Phone: 0258-51-1195



#### Snow Festival in Koshiji

Feb. 8 (Sun.) 10:30 a.m. – 3:30 p.m.

Narude Sport Park

Snow Sculpture Competition

Information: Koshiji Branch Office

Phone: 0258-92-5903



#### Nagaoka Yukishika Matsuri

“Yukishika” was the name of a store that used to preserve snow in a pyramid-like structure throughout the year. They sold this snow for refrigeration up until 1950s.

Feb. 14 (Sat.) 10:00 a.m. – 7:00 p.m.

Feb. 15 (Sun.) 10:00 a.m. – 4:00 p.m.

Senshûgahara Furusato no Mori

and the Hive Nagaoka Area

\* Making 100 Snowmen

\* Wampaku (Wild Kids) Plaza

- Jumbo Snow Slide

- Snow Wall Climbing

- Rice Cake Pounding

\* Alpaca Farm

\* Food, Drinks, and Regional Products

\* Helicopter Rides (tentative)

Feb. 14 (Sat.) 1:00 p.m. – 4:00 p.m.

Feb. 15 (Sun.) 10:00 a.m. – 4:00 p.m.

\* Stage Show

\* Candle Lights on the Snowy Ground

Feb. 14 (Sat.) 5:00 p.m. – 7:00 p.m.

\* Fireworks

Feb. 14 (Sat.) 6:00 p.m.

\* Snow Queen Contest

Feb. 15 (Sun.) 1:30 p.m. – 3:00 p.m.

Information: Tourism Division, Nagaoka City

Phone: 0258-39-2221



#### Oguni Yuki Matsuri and

#### Oguni Setsujô Enduro Taikai

Feb. 21 (Sat.) and 22 (Sun.)

Oguni Sport Park

\* Illumination in the Snow

Feb. 21 (Sat.) 5:30 p.m.

\* Motorcycle Race in the Snow

Feb. 22 (Sun.) 8:15 a.m. – 3:30 p.m.

\* Stalls for Local Products

Feb. 22 (Sun.) 9:00 a.m. – 2:00 p.m.

30-minute bus ride from JR Tsukayama Station

10-minute drive from Nagaoka IC

Information: Oguni Branch Office

Phone: 0258-95-5906



#### Echigo Kawaguchi Setsudô (snow hut)

#### Hibotarusai (Firefly Festival)

Feb. 28 (Sat.) 12:00 p.m. – 7:30 p.m.

Kawaguchi Sport Park

\* Snow Piling Contest

\* Recreational Activities in the Snow

\* Stalls serving food with locally grown ingredients

\* Illumination in the Snow

4:00 p.m. ~

After sunset, approximately 20,000 candles in the snow will create a mystical world of lights.

\* Fireworks 7:30 p.m.

10-minute taxi-ride from

JR Echigo Kawaguchi Station

Information: Kawaguchi Branch Office

Phone: 0258-89-3113



#### Koshi no Himatsuri (Bonfire Festival)

March 7 (Sat.) 11:00 a.m. – 6:30 p.m.

Tanesuhara, Yamakoshi District

\* Alpaca Farm \* Stage Shows

\* Little Kids Plaza

(tubing down a snowy slope)

11:00 a.m. – 4:00 p.m.

\* Bullfighting in the Snow

1:00 p.m. – 2:00 p.m.

\* Kindling Sai no Kami

(a 25-meter-high bonfire)

6:00 p.m.

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

\* Fireworks 6:15 p.m.

\* Food, Drinks, and Local Products

Information: Yamakoshi Branch Office

Phone: 0258-59-2343



#### Tochio Hodare Matsuri

March 8 (Sun.) 11:00 a.m. – 2:30 p.m.

Shimoraiden Area, Tochio

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



#### Special Bus Tour

March 8 (Sun.) 10:00 a.m. – 4:00 p.m.

Meet at Nagaoka Station (East Exit) or

Auditorium in Saiwai-chô

Fee: ¥3,500 (including lunch)

Application: By Feb. 25 (Wed.)

Tochio Tourism Association

Phone: 0258-51-1195 Fax: 0258-51-1190



## Creating Educational Programs with Enthusiasm, Excitement, and for Building Dreams The Peace-Culture Exchange Program in the City of Honolulu, Nagaoka's Sister City

A total of ten first-year junior high school students from Nagaoka visited the City of Honolulu, Hawaii and stayed there for eight days starting on January 10<sup>th</sup>. Having experienced the misery of war, our cities have continued to promote exchange programs especially focusing on peace education since 2007.

The purpose of this program was to help our youths

realize the significance of peace in the world and better understand cultural differences. The students, who were participating in the second year of this program, learned about the history of the Pearl Harbor attack and the Pacific War and also interacted with local middle school students.



- (1) In front of a monkeypod tree
- (2) Listening to a Japanese American who experienced hardships while working for the sugar producing industry at Hawaii Plantation Village
- (3) Learning about Hawaiian History at the Bishop Museum
- (4) Ukulele lessons at the Bishop Museum
- (5) Checking the bullet marks left on the walls of a building at the Hickam Air Force Base during the Pearl Harbor attack
- (6) Presenting flowers at the National Cemetery of the Pacific
- (7) & (8) Visiting Kawanānakoā Middle School
- (9) & (10) Aboard the USS Missouri, listening to explanations about the documents of the formal surrender of the Empire of Japan
- (11) Looking at the memorial monument of the Arizona Memorial
- (12) Aboard the Arizona Memorial, watching some oil still leaking from the bottom of the USS Arizona, which was sunk during the Pearl Harbor attack

## A Downtown Revitalization Program Is Making Progress The Headquarters for Health Care and Social Welfare Programs Will Open in 2016

Based on the concept “a multi-generational hub for making ties among citizens,” a 55-meter high complex will be built in the Ōtedōri Omote-machi West Area. The building will include various social welfare related

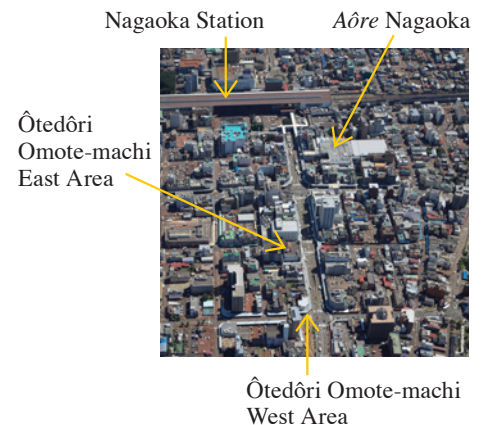
facilities such as a nursing home, condominiums, and the Social Welfare Center (tentatively named) which will provide welfare services for the elderly and people who are physically or mentally challenged.



On January 21<sup>st</sup>, there was a ground-breaking ceremony to wish for the safe completion of the construction. Mr. Yoshiharu Fujii, the Downtown Renovation Corporation Board Director (left), and Mayor Tamio Mori (right)



An artist's conceptual drawing of a 55-meter high building (14 stories and one basement floor) to be constructed on the approximately 3,500m<sup>2</sup> site.



# 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.



*Mochitsuki*, rice-cake pounding at the Cross-Cultural New Year Get-Together (January 18, 2015)

## 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 a.m. (60 minutes)

##### \* Class II

(Lesson 13 – Lesson 25 of *Minna no Nihongo*)

9:30 a.m. – 10:30 a.m. (60 minutes)

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)

Feb.	1, 8, 15, 22	¥1,600
Mar.	1, 8, 15, 12, 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.



## Forthcoming Events

### ~A Relaxing World Tour to China~

Saturday, February 21 2:30 p.m. – 3:45 p.m.

Limited to: 30 participants

Registration is required.

Mr. Koh Un Hou, a Chinese chef, will talk about the Chinese New Year's Day celebration according to the lunar calendar and introduce some Chinese cuisine.



## Enjoy the World Cafe, a Multilingual Broadcast!



Chinese and Easy Japanese: 6:30 p.m. – 7:00 p.m.

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays

English and Easy Japanese: 6:30 p.m. – 7:00 p.m.

2<sup>nd</sup> and 4<sup>th</sup> Wednesdays

Rebroadcast: 5:00 p.m. – 5:30 p.m.

The Following Sundays

Special Interview and Music Program:

6:30 p.m. – 7:00 p.m.

5<sup>th</sup> Wednesdays

The Nagaoka City International Affairs Center, *Chikyû Hiroba*, provides a multilingual broadcast on FM Nagaoka at 80.7 Mhz. Some useful information on daily living and seasonal events in Nagaoka is provided for international residents in Chinese, English, and easy Japanese. International residents are also invited to talk about their impressions of Japan and the traditions and culture of their countries. Enjoy listening to interesting talks presented by international residents living in Nagaoka.

## Recent Events

### Cross-Cultural New Year Get-Together

Over 100 participants (including international residents from 13 countries and Nagaokans) joined the Cross-Cultural New Year Get-Together on Sunday, January 18<sup>th</sup>. They enjoyed a hands-on experience of rice cake pounding and tasting, and Japanese calligraphy.





# 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
- \* **Healthy Tea Time** 1:30 p.m. – 2:30 p.m. Feb. 5 (Thurs.)
- \* **Cooking Class: “Nina,” Delicious Regional Speciality**  
11:00 a.m. – 12:00 p.m. Feb. 6 (Fri.)
- \* **Craftwork Cafe**  
10:00 a.m. – 11:30 a.m. Feb. 12 (Thurs.) and 26 (Thurs.)
- \* **Waku Waku Time** 10:45 a.m. – 11:15 a.m. Feb. 18 (Wed.)
- \* **Child-Rearing Salon**  
10:30 a.m. – 11:30 a.m. Feb. 19 (Thurs.) 
- \* **Happy Birthday Party**  
10:45 a.m. – 11:15 a.m. Feb. 20 (Fri.)
- \* **Consultations about Vaccinations and Health Checkups**  
11:00 a.m. – 12:00 p.m. Feb. 23 (Mon.) and March 6 (Fri.)
- \* **Mothers’ Chat Cafe** 11:00 a.m. – 12:00 p.m. Feb. 23 (Mon.)
- \* **Kira Kira Time: Playing to the Rhythms**  
11:00 a.m. – 11:30 a.m. Feb. 25 (Wed.)
- \* **Happy Hina Doll Festival**  
10:45 a.m. – 11:15 a.m. March 2 (Mon.)
- Free Child-Rearing Counseling**  
10:30 a.m. – 11:30 a.m. Feb. 18 (Wed.) Child-Rearing Advisor  
10:30 a.m. – 11:30 a.m. Feb. 27 (Fri.) Childcare Committee Chief

## 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)** Feb. 24 (Tues.)
- \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.  
Feb. 3 (Tues.), 17 (Tues.), and March. 3 (Tues.) 
- \* **Time for Chibikko Kids and Birthday Party**  
11:00 a.m. – 11:15 a.m.  
Feb. 4 (Wed.), 18 (Wed.), 25 (Wed.), and March 4 (Wed.)  
**Birthday Party:** Feb. 25 (Wed.)
- \* **Smiley Kids’ Day** 9:00 a.m. – 12:00 p.m.  
Feb. 6 (Fri.), 13 (Fri.), and 20 (Fri.)
- \* **Let’s Play to the Rhythms**  
11:00 a.m. – 11:15 a.m. Feb. 9 (Mon.)
- \* **Reading Picture Storybook and Playing Time (Ehon no Tobira)**  
11:00 a.m. – 11:30 a.m. Feb. 10 (Tues.) 
- \* **Mother’s Chat Cafe**  
11:00 a.m. – 12:00 p.m. Feb. 16 (Mon.) and March 9 (Mon.)
- \* **Let’s Play with Blocks**  
11:00 a.m. – 12:00 p.m. Feb. 21 (Sat.) and March 7 (Sat.)
- \* **“Picture Storybook Therapy” for Adults**  
10:30 a.m. – 12:30 p.m. Feb. 26 (Thurs.)
- \* **Hina Doll Festival**  
11:00 a.m. – 11:40 a.m. Feb. 27 (Fri.)
- \* **Let’s Play with Grandmothers**  
11:00 a.m. – 11:30 a.m. March 2 (Mon.) 

- Free Child-Rearing Counseling**  
11:00 a.m. – 12:00 p.m. Feb. 19 (Thurs.) Speech Therapist  
10:30 a.m. – 11:30 a.m. March 5 (Thurs.) Child-Rearing Advisor
- Temporary Day-Care for Preschool-Aged Children:** ¥300/hour

## Kosodate no Eki, Senshû (Teku Teku)

1-99-6 Senshû Phone: 0258-21-3860

Hours: 9:00 a.m. – 6:00 p.m. Every Day Except for Wednesdays

(Open on Wednesday if it is a national holiday)

- \* **Story Telling Time**  
1:00 p.m. – 1:30 p.m. Every Monday 
- \* **Enjoy Drawing Pictures**  
2:00 p.m. – 3:00 p.m. Feb. 2 (Mon.) and 16 (Mon.)
- \* **Nakayoshi Time** 10:45 a.m. – 11:00 a.m.  
Feb. 6 (Fri.), and 20 (Fri.), and 27 (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. Feb. 7 (Sat.) and March 7 (Sat.)
- \* **Playing with Paint**  
11:00 a.m. – 12:00 p.m. Feb. 9 (Mon.) and 10 (Tues.)  
1:30 p.m. – 2:30 p.m. Feb. 12 (Thurs.) and 13 (Fri.)
- \* **Wai Wai Chatting**  
11:00 a.m. – 12:00 p.m. Feb. 12 (Thurs.) and 26 (Thurs.)
- \* **Mothers’ Chat Cafe**  
11:00 a.m. – 12:00 p.m. Feb. 12 (Thurs.)
- \* **“Toy Hospital” for Fixing Broken Toys**  
10:00 a.m. – 2:00 p.m. Feb. 13 (Fri.) 
- \* **Smiley Birthday Party**  
10:45 a.m. – 11:15 a.m. Feb. 13 (Fri.)
- \* **Valentine’s Concert** 11:00 a.m. – 11:30 a.m. Feb. 14 (Sat.)
- \* **Sunday Toy Box** 11:00 a.m. – 12:00 p.m. Feb. 15 (Sun.)
- \* **Paintings on Display** Feb. 16 (Mon.) – 22 (Sun.)
- \* **Lecture on Health: Exploring the Inside of Your Body**  
10:30 a.m. – 11:30 a.m. Feb. 17 (Tues.)
- \* **Let’s Play at the Kids’ Land**  
10:30 a.m. – 11:30 a.m. Feb. 19 (Thurs.) 
- \* **Lecture for Fathers and Mothers:**  
**Tips on How to Cooperate in Child-Rearing**  
10:30 a.m. – 11:30 a.m. Feb. 21 (Sat.)
- \* **Happy Hina Doll Festival**  
10:30 a.m. – 11:00 a.m. March 2 (Mon.) 
- Free Child-Rearing Counseling**  
10:30 a.m. – 11:30 a.m. Feb. 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

- \* **Bean Throwing to Drive Away Devils**  
10:00 a.m. – 12:00 p.m. Feb. 3 (Tues.) 
- \* **Fuwa Fuwa Plaza**  
10:00 a.m. – 11:30 a.m. Feb. 4 (Wed.) and March 4 (Wed.)
- \* **Nakayoshi Plaza**  
9:30 a.m. – 11:30 a.m. Feb. 6 (Fri.) and March 6 (Fri.)
- \* **Suku Suku Tea Time**  
11:00 a.m. – 11:30 a.m. Feb. 6 (Fri.) and 18 (Wed.)
- \* **“Snow Play” Festival** 10:00 a.m. – 3:00 p.m. Feb. 8 (Sun.)
- \* **Let’s Play Together!**  
**Rhythm Games for the Whole Family**  
10:30 a.m. – 11:30 a.m. Feb. 14 (Sat.) 
- \* **Wampaku Plaza** 9:30 a.m. – 11:30 a.m. Feb. 18 (Wed.)
- \* **Birthday Party** 11:00 a.m. – 11:30 a.m. Feb. 25 (Wed.)
- \* **Making Toys** 10:30 a.m. – 11:30 a.m. Feb. 27 (Fri.)
- Free Child-Rearing Counseling**  
10:30 a.m. – 11:30 a.m. Feb. 20 (Fri.) Public Health Nurse  
10:30 a.m. – 11:30 a.m. March 4 (Wed.) Maternity Nurse

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

If you are a registered resident in Nagaoka City as of January 1<sup>st</sup>, 2015, you are required to report your annual income to the City Office by Monday, March 16<sup>th</sup>, 2015.

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

In Japan, income earners are required to pay income tax (*shotokuzei* しょとくぜい・所得税) and residential tax (*jûminzei* じゅうみんぜい・住民税). Residential tax (*jûminzei* じゅうみんぜい・住民税) is a generic term for the city tax (*shiminzei* しみんぜい・市民税) imposed by Nagaoka City and the prefectural tax (*kenminzei* けんみんぜい・県民税) imposed by Niigata Prefecture.

Income tax is customarily deducted from your earnings when a payment is made by your employer. Then, the deducted amount for the income tax is paid to the government's tax office (*zeimusho* ぜいむしょ・税務署). This custom of prior deduction of income tax from your earnings is called *gensen chôshû* (げんせん ちょうしゅう・源泉徴収).

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

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

Thus, you are required to file a final income tax return if you have received payments from multiple employers. This filing is called *kakutei shinkoku* (かくてい しんこく・確定申告). For your earnings in 2014, you can file a final income tax return from Monday, February 16<sup>th</sup> to Monday, March 16<sup>th</sup>, 2015.

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

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

As for the residential tax, no prior deduction is made.

A bill (*nôzei tsûchisho* のうぜい つうちしょ・納税通知書) for the residential tax will be sent to you in June (in June 2015 for earnings in 2014) when your total amount of earnings is determined. If your total amount of income for the year is relatively small, you will not be required to pay the residential tax. In such a case, a residential tax bill will not be sent to you.

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

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

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

The residential tax for this year, 2015, is calculated based on your total annual income for the year 2014. If you do not report your income by submitting a final income tax return form, the residential tax for the year cannot be determined. Please be sure to report your annual income of the previous year to the Citizens' Tax Division of the Nagaoka City Office or the Tax Division of each district office by Monday, March 16<sup>th</sup>, 2015.

For further information, please contact:

Nagaoka Tax Office/Nagaoka Zeimusho

ながおかぜいむしょ・長岡税務署

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

Phone: 0258-35-2070

Citizens' Tax Division, Nagaoka City Office/

Nagaoka Shiyakusho Shiminzei Ka

ながおかしやくしょ しみんぜいか・長岡市役所市民税課

Phone: 0258-39-2212

National Tax Agency's Web Site:

Japanese

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

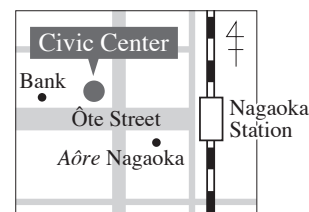
English

[http://www.nta.go.jp/foreign\\_language/index.htm](http://www.nta.go.jp/foreign_language/index.htm)

Consultations are being offered at:

Basement of the Nagaoka Civic Center

on Ôte Street



## The Nagaoka City Multi-Generational Health-Conscious Urban Development Project

### ~ A Hub for Maintaining Your Healthy Lifestyle ~

TANITA CAFE, the first of its kind in Japan, opened in the Nagaoka Civic Center on Ôte Street in November 2014 as a part of the Nagaoka City Multi-Generational

#### TANITA CAFE

Nagaoka Civic Center on Ôte Street First Floor

Phone: 0258-86-7867

Hours: 8:30 a.m. – 8:30 p.m. (weekdays)

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

Closed: Year-End and the New Year's Holidays

#### Features:

- \* Relaxation Corner
  - foot bath -hammocks -screen display with music
- \* Healthy Menu
- \* Health Counseling Corner (10:00 a.m. – 3:00 p.m.)
  - A registered dietitian can offer health advice by using body composition meters and sphygmomanometers.
- \* Updated Health-Related Information
- \* Health-Related Lectures, Seminars, and Events
- \* Free Health-Related Lectures on Tuesdays and Fridays
  - 10:00 a.m. – 11:00 a.m. (Registration Not Necessary)



Health-Conscious Urban Development Project. TANITA CAFE is designed to be a hub that supports good health by focusing on balancing the elements of “diet,” “exercise,” and “relaxation.”



#### An Onigiri Set Lunch

##### ● Two Onigiri Rice Balls

TANITA CAFE uses highly-nutritious rice that is polished with a special method in which the rice germs are not completely scraped off. You can choose two kinds of rice balls filled with:

- slices of locally-grown lotus roots stir-fried and seasoned with soy sauce
- slices of locally-grown spicy green peppers and burdock roots stir-fried and seasoned with soybean paste
- grilled salmon
- a pickled Japanese apricot

##### ● A Bowl of Soup

¥ 650 for the set (tax included)

Hours: 11:00 a.m. – 2:00 p.m.



## Be Healthy and Enjoy Yourself at the Nagaoka TANITA Health Club

#### Membership Fee:

¥3,000 for the first year. This special price is only available until the end of March, 2015. After March, the fee for the first year of membership will be raised.  
¥2,500 per year after the first year

#### Membership Benefits:

- \* Membership Card
  - A card-like pedometer that can help you track how many calories you burn every day. Your measured data will be transmitted from designated checkpoints (including the TANITA CAFE) to an Internet server where you can check your progress.

- \* Health related information exclusive to members on the TANITA CAFE website (graphs of your health-related data, healthy recipes, and tips on daily exercise are available.)
- \* Collect points with good results (including prizes)
- \* Discounts at the TANITA CAFE



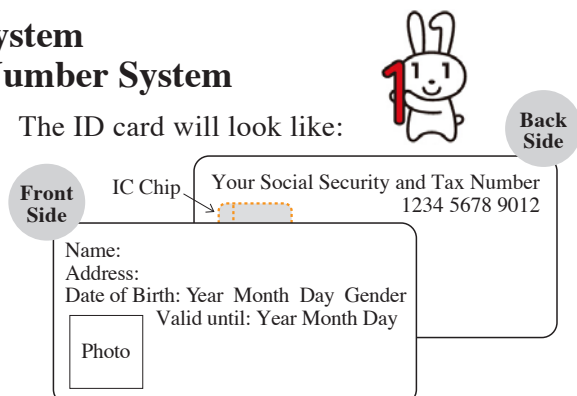
## The “My Number” System The Social Security and Tax Number System

According to the Act on the Use of Numbers to Identify a Specific Individual in Administrative Procedures, the Japanese government will adopt the Social Security and Tax Number System starting in January, 2016. Its purpose is to increase efficiency in various areas of administration including the social security, tax and disaster relief.

Starting in October, 2015, a notice card with your 12-digit Social Security and Tax Number will be sent to your residential address.

Starting in January, 2016, you can apply for an identification card with your Social Security and Tax Number printed on it.

The ID card will look like:



For further information in English, please dial 0570-20-0291.



## Major Emergency Medical Facilities

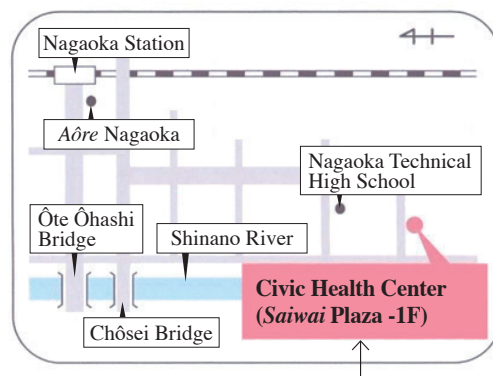
### Major General Hospitals

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)  For obstetrics and gynecology ( <i>san fujin ka</i> ), the staff at this facility will give information about which clinic is assigned for each Sunday or holiday.	Internal Medicine ( <i>Naika</i> )	(Monday – Friday) 6:45 p.m. – 9:30 p.m. (Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.
	Pediatrics ( <i>Shônika</i> )	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.
	Surgery ( <i>Geka</i> )	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 4:30 p.m.
	Dentistry ( <i>Shika</i> )	(Sundays and Holidays) 9:00 a.m. – 11:30 a.m. 1:00 p.m. – 3:30 p.m.
Dental Clinic for Sundays and Holidays (0258-33-9644)	Pediatrics ( <i>Shônika</i> )	(Monday – Saturday) 6:45 p.m. – 9:30 p.m.
Chûetsu Center for Children's Emergency Treatment (0258-86-5099)		



**Nadare** なだれ・雪崩 (avalanche)  
**Nadare Chûihô** なだれちゅういほう・  
雪崩注意報 (avalanche watch)

“Nadare” means avalanche, a phenomenon in which snow slides down hillsides. If a lot of snow starts falling and accumulating, weather forecasts often announce “*nadare chûihô*,” meaning avalanche watch. Avalanches may happen

even on clear days without any snowfall. You are advised to check the areas in your neighborhood where avalanches are likely to happen. “Nadare” will be a useful word for the snowy months.

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

## Suggestions for Safe Snow Removal Operations

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



## Nagaoka's Shining Stars ~Preserving and Creating Nagaoka's Treasures~

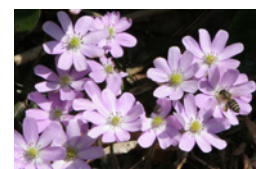
Mr. Hiroshi Kobayashi of the Washima District  
Representing the History Preservation Group for the Former Site of Muraoka Castle

Approximately 700 years ago, Administrator Nobuaki Kazama, a commander in the *Namboku-Chô* Era (the Period of the Northern and Southern Dynasties), built Muraoka Castle in the present-day Washima District where various historical sites remain.

A promenade has been set up in and around the former castle site so that tourists can enjoy visiting the historical sites and recreational facilities while enjoying beautiful flowers such as *yukiwarisô* (hepatica/mealy primrose) and *katakuri*

(dogtooth violet.)

Mr. Hiroshi Kobayashi: Deepening ties between local residents, young and old alike, we are trying to make sure our community continues to be a nice place to live and visit by making the best use of our local resources such as historical sites, festivals, and flower gardens of *yukiwarisô* and *katakuri*. When we hear visitors saying, “We'll be back again,” we are very happy, which is the driving force for us to continue our community activities.



*Yukiwarisô* is at its best from mid- to late-March.