



Vol. 291
August
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

**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**



Conveying Our Messages of Peace Toward the World and the Future

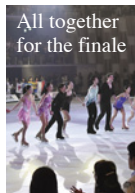
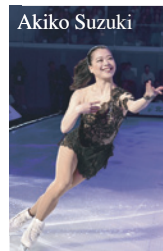
Releasing paper lanterns onto rivers or seas with messages in memory of the deceased is a traditional Japanese custom to comfort departed souls. A lantern-floating ceremony is held annually on August 1st on the Kaki River to remember the 1945 Nagaoka Air Raid victims.

The Beauty on Ice Fascinated the Crowd

On July 11th and 12th on the rink set up in the arena of *Aôre* Nagaoka, 14 top Japanese and international skating stars showed their most splendid skills of figure skating to nearly 10,500 spectators.

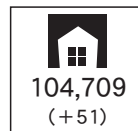
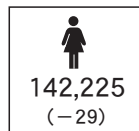
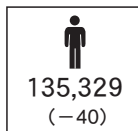
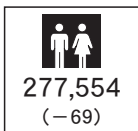


Yuzuru Hanyû
(2014 Winter Olympics
Gold Medalist)



On the rink
specially set up
in *Aôre* Nagaoka's
arena

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



Major Features:

- Nagaoka Fireworks-----p. 2
- The Nagaoka-Honolulu Peace Exchange Commemorative Project---p. 3
- Temporary Welfare Benefits-----p. 3
- Seasonal Events-----pp. 6-7
- Health Checkups for Children Enrolling in Elementary School---p. 8
- Major Emergency Medical Facilities-----p. 8

Nagaoka Fireworks

Conveying Our Messages of Peace Toward the World and the Future

- Nagaoka City is the only city in Niigata Prefecture to experience the misery of war devastation. On August 1st, 1945, American bombers flew over the city and dropped more than 163,000 firebombs. The air raid claimed 1,486 lives, including approximately 300 school children, and burned down 80 % of the city.
- In order not to forget this tragic fact, the city declared itself an Anti-Nuclear Peace-Advocating City on August 1st, 1984, which is earlier than any of the other municipalities in Niigata Prefecture. The city opened the Nagaoka War Damage Exhibit Hall on July 12th, 2003. This year, 2015, which marks the 70th year since the end of the Pacific War, the city enacted an ordinance to recognize August 1st as “Everlasting Peace Day.”
- It is reported that war victims from Nagaoka City during the Pacific War totaled 9,596.
- The annual Nagaoka Festival has its origin in the Nagaoka Festival for Restoration from War Devastation, which was held in 1947. This initial festival provided the war-affected people with indomitable strength for reconstructing their damaged land. Nagaoka Fireworks are always launched in memory of war victims, in appreciation of the people who contributed to the safe recovery from war damage, and with prayers for world peace.



It has been 70 years since that tragic incident took place in Nagaoka. We would like to convey our messages of peace toward the world and the future.

The citizens of Nagaoka who experienced the misery of war continue to convey the importance of peace to young generations who have never personally experienced war.

Both having experienced the misery of war, the sister cities of Nagaoka and Honolulu will collaborate in presenting Nagaoka Fireworks at Pearl Harbor, Honolulu, Hawaii

where the conflict between Japan and the United States broke out in 1941.

This historic event of launching Nagaoka Fireworks at Pearl Harbor after a span of 70 years truly symbolizes peace and signifies friendship between our two cities that are firmly bonded through continued peace-oriented exchange programs.

We would like to convey to the children of the world the preciousness of peace by displaying Nagaoka Fireworks in our city as well as around the world.

The Nagaoka-Honolulu Peace Exchange Commemorative Project

In memory of war victims and with prayers for world peace, the Nagaoka Civic Delegation consisting of approximately 230 members and approximately 200 people from the U.S. Military and the City and County of Honolulu will take part in various historic events to be held on Ford Island, Honolulu as follows:

- August 15 (Japan time)
 - The Memorial Service for the 70th Year Since the End of the Pacific War (Floral Tributes, Releasing Paper Lanterns with Peace Messages into Pearl Harbor, and a Display of Three Shots of White Chrysanthemum Fireworks)



A Warning about *Kakû Seikyû* かくうせいきゅう・架空請求

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 (2nd Floor of the Nagaoka Civic Center) or the Nagaoka City International Affairs Center, *Chikyû Hiroba* (1st Floor of the Nagaoka Civic Center. See p. 4)



Mr. Shinji Takami Newly Appointed Vice Mayor

As of July 16th, 2015, Mr. Shinji Takami assumed the post of city vice mayor, which had been vacant since April 2015. Along with the other Vice Mayor Tatsunobu Isoda, Vice Mayor Takami will be responsible for the city’s various administrative functions. Mr. Takami formerly served as Director for the Urban Building Division (Housing Bureau of the Ministry of Land, Infrastructure and Transport), Director of the Regional Creation Promotion Office of the Cabinet Office, and Director of the Registration Promotion Office for World Heritage Sites of the Cabinet Secretary.

- The Signing Ceremony for Student Exchange Programs between the Nagaoka Institute of Design and the University of Hawaii
- August 16 (Japan time)
The Peace Friendship Commemorative Ceremony (Stage Performances, Cultural Introductions, and Fireworks Display)
The fireworks program will include:
 - “In Honor of War Victims and with Our Prayers for the Pursuit of Peace” (single-shot White Chrysanthemum fireworks)
 - “Toward a Peaceful Future for Children” (star mine)
 - “Phoenix” (star mine)
 - “America the Beautiful” (star mine)
 - “The Bridge of Friendship” (big fireworks shells in sequence)
 - “*Ten Chi Jin*” (star mine)
- July 31 – August 3 (Japan time)
The Youth Peace Exchange Summit in Nagaoka
- August 13 – 16 (Japan time)
The Youth Peace Exchange Summit in Honolulu

Temporary Welfare Benefits *Rinji Fukushi Kyûfukin*

りんじ ふくし きゅうふきん・臨時福祉給付金

In order to alleviate the impact of the increase in the consumption tax rate to 8% enforced in April 2014, the national government will provide low-income earners with Temporary Welfare Benefits. The amount of this benefit for each eligible person is ¥6,000. Only people who are exempt from residential tax in 2015 are eligible. The city will send application forms to households with possible eligible persons. Please submit your application form to the city office by using the enclosed return envelope. The application period is from Tuesday, August 4th to Friday, November 20th.

For further information: *Fukushi Sômu Ka*
(Social Welfare General Affairs Division)
Phone: 0258-39-2992

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/>



The Nagaoka Civic Center

2-2-6 Ôte Street, Nagaoka City (Phone: 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. The 1st term of classes for the 2015 fiscal year is being offered from April 2015 to September 2015.

Morning Classes (Tuesdays & Fridays)

* Class I

(Lesson 1 – Lesson 12 of *Minna no Nihongo*)

9:30 a.m. – 10:30 a.m. (60 minutes)

* Class II

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

11:00 a.m. – 12:00 p.m. (60 minutes)

Aug.	4, 7, 11, 18, 21, 25, 28	¥1,400
Sept.	1, 4, 8, 11, 15, 18, 25, 29	¥1,600

Sunday Classes

* Class I

(Lesson 1 – Lesson 12 of *Minna no Nihongo*)

9:30 a.m. – 11:30 a.m. (120 minutes)

* Class II

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

2:00 p.m. – 4:00 p.m. (120 minutes)

Aug.	9, 16, 23, 30	¥1,600
Sept.	6, 13, 20	¥1,200



Nihongo Hiroba

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

- Sundays 1:00 p.m. – 3:00 p.m.
- Tuesdays 10:00 a.m. – 12:00 p.m.
- Fridays 10:00 a.m. – 12:00 p.m.



The Provisional Consulate of Brazil in Nagaoka Consulado do Brasil - Itinerante em Nagaoka

No dia 22 de agosto, o Consulado estará atendendo o público no Centro de Atividades Internacionais de Nagaoka. Não há necessidade de marcar hora, venha diretamente ao local.

Data: 22 de agosto (sábado) das 9:00 ~ 13:00 horas

* Serão distribuídas senhas por ordem de chegada.

Local: Centro de Atividades Internacionais *Chikyû Hiroba* (Centro Cívico)

Atendimento: solicitações de passaportes e de título de eleitor. Os pedidos de alistamento militar, atestados, legalizações, procurações, registros de nascimento, casamento ou óbito, serão processados e entregues no dia.

Informações: Consulado do Brasil em Tóquio,
e-mail: admin.cgtoquio@itamaraty.gov.br
fax: 03-5488-5614

Obs: Não há estacionamento gratuito no local.



Forthcoming Events ~A Relaxing World Tour to Eritrea~

Saturday, August 29

2:00 p.m. – 3:30 p.m.

Limited to: 30 participants

Registration is required.

Students from Eritrea will introduce Eritrean traditions and culture.



Recent Events:

The International Folk Dance Parade

On the evening of August 1st, during the *Zenyasai* celebration of the Nagaoka Festival, members of the *Chikyû Hiroba* Group took part in the folk dance parade. A total of 67 dancers from 10 countries participated in this year's folk dance parade. The participants previously made preparations for the performances by joining practice sessions, which were held eight times in the Nagaoka Civic Center.


Everyone, in a uniform *yukata* cotton *kimono*, enjoyed the dancing that lasted for a rather long time of one hour and 20 minutes without intervals. The dance music was entitled Nagaoka *Jinku* and *Ôhanabi Ondo*. The *Chikyû Hiroba* Group is looking forward to joining the folk dance parade next year as well. We hope that there will be more participants for next year's event.





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
- * **Fun Summer Vacation Programs**
Aug. 3 (Mon.) – 9 (Sun.)
- * **Mother’s Chat Cafe** 1:30 p.m. – 2:30 p.m. Aug. 7 (Fri.)
- * **Craftwork Cafe** 10:00 a.m. – 11:30 a.m.
Aug. 20 (Thurs.) and Sept. 10 (Thurs.)
- * **Happy Birthday Party**
10:45 a.m. – 11:15 a.m. Aug. 21 (Fri.)
- * **Lecture for Families: Let’s Blow Bubbles**
4:00 p.m. – 5:00 p.m. Aug. 23 (Sun.)
- * **Child-Rearing Salon**
10:30 a.m. – 11:30 a.m. Aug. 27 (Thurs.)
- * **Playing with Water**
10:30 a.m. – 11:30 a.m. Every Day ~ Aug. 31 (Mon.)
- * **A Fire Drill** On the morning of Sept. 2 (Wed.)
- * **Healthy Tea Time** 1:30 p.m. – 2:30 p.m. Sept. 3 (Thurs.)
- * **Exploring Fire Department Headquarters**
10:45 a.m. – 11:45 a.m. Sept. 11 (Fri.)
- * **Toy Plaza** 10:00 a.m. – 12:00 p.m. Sept. 9 (Wed.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Sept. 9 (Wed.) Child-Rearing Advisor



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)** Aug. 27 (Thurs.)
- * **Mothers’ Chat Cafe**
11:00 a.m. – 12:00 p.m. Aug. 10 (Mon.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. Aug. 11 (Tues.) and Sept. 1 (Tues.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m.
Aug. 12 (Wed.), 19 (Wed.), 26 (Wed.), and Sept. 2 (Wed.)
Birthday Party: Aug. 26 (Wed.)
- * **Smiley Kids Day** 9:00 a.m. – 12:00 p.m. Every Friday
- * **The Beginning of a Child’s Self-Awareness**
11:00 a.m. – 11:40 a.m. Aug. 18 (Tues.)
- * **Chat Time for Expecting Mothers**
2:00 p.m. – 3:00 p.m. Aug. 21 (Fri.)
- * **Let’s Play with Blocks**
11:00 a.m. – 12:00 p.m. Aug. 22 (Sat.)
- * **Special Summer Holiday Week** Aug. 22 (Sat.) – 31 (Mon.)
- * **Story Telling Time Special**
11:00 a.m. – 11:30 a.m. Aug. 23 (Sun.)
- * **Chat Time for Fathers**
11:00 a.m. – 12:00 p.m. Sept. 5 (Sat.)
- * **Reading Picture Storybook and Playing Time**
(*Ehon no Tobira*) 11:00 a.m. – 11:30 a.m. Sept. 7 (Mon.)
- * **Teaching about the Preciousness of Life**
10:30 a.m. – 11:30 a.m. Sept. 8 (Tues.)
- * **Making Your Own Picture Storybook (*Ehon no Tane*)**
11:00 a.m. – 12:00 p.m. Sept. 9 (Wed.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Aug. 20 (Thurs.) Nutritionist
Sept. 3 (Thurs.) Child-Rearing Advisor
- * **Temporary Day-Care for Preschool-Aged Children:** ¥300/hour



Child-Rearing Support Facilities



Kosodate no Eki, Senshû (*Teku Teku*)

1-99-6 Senshû Phone: 0258-21-3860

Hours: 9:00 a.m. – 6:00 p.m. Every Day Except for Wednesdays
(Open on Wednesday if it is a national holiday)
(Closed at 3:00 p.m. on Aug. 2nd (Sun.) and 3rd (Sun.)
due to the Nagaoka Fireworks Show)

- * **Playing in Mini-Swimming Pool**
10:00 a.m. – 3:30 p.m. July 25 (Sat.) – Aug. 30 (Sun.)
- * **Week for Enjoying Festive Events of Summer**
Aug. 4 (Tues.) – Aug. 10 (Mon.)
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. Aug. 7 (Fri.) 
- * **Enjoy Drawing Pictures**
2:00 p.m. – 3:00 p.m. Aug. 10 (Mon.) and 24 (Mon.)
- * **Nakayoshi Time** 10:45 a.m. – 11:00 a.m.
Aug. 14 (Fri.), 21 (Fri.), and 28 (Fri.)
- * **Sunday Toy Box**
11:00 a.m. – 12:00 p.m. Aug. 16 (Sun.) 
- * **Story Telling Time and Mini-Concert**
10:45 a.m. – 11:15 a.m. Aug. 17 (Mon.) and 31 (Mon.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
Aug. 20 (Thurs.) and Sept. 10 (Thurs.)
- * **Waku Waku Picture Storybook Reading Time**
10:30 a.m. – 11:30 a.m. Aug. 24 (Mon.)
- * **Lecture for Families: Making My Own**
10:30 a.m. – 11:30 a.m. Aug. 29 (Sat.)
- * **Mother’s Chat Cafe**
10:30 a.m. – 11:30 a.m. Sept. 3 (Thurs.) 
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. Sept. 5 (Sat.)
- * **Picture Storybook Reading Time with Babies**
10:00 a.m. – 11:00 a.m. Sept. 8 (Tues.)
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Sept. 8 (Tues.) 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. Aug. 5 (Wed.) and Sept. 2 (Wed.)
- * **Nakayoshi Plaza**
9:30 a.m. – 11:30 a.m. Aug. 7 (Fri.) and Sept. 4 (Fri.)
- * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m. Aug. 19 (Wed.) and Sept. 4 (Fri.)
- * **Wampaku Plaza**
9:30 a.m. – 11:30 a.m. Aug. 19 (Wed.)
- * **Birthday Party**
11:00 a.m. – 11:30 a.m. Aug. 26 (Wed.)
- * **Making Toys**
10:30 a.m. – 11:30 a.m. Aug. 28 (Fri.) 
- * **Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Aug. 21 (Fri.) Public Health Nurse
Sept. 2 (Wed.) Maternity Nurse 

Seasonal Events

Summer in Nagaoka Is a Summer of Festivals

Teradomari Minato Matsuri

Aug. 6 (Thurs.) and Aug. 7 (Fri.)

Teradomari Harbor Park

Stage Shows, *Taiko* Drumming,

Fireworks Show, and many other fun programs

For further information: Teradomari Branch Office

Phone: 0258-75-3363



Nakanoshima Natsu Matsuri

Aug. 9 (Sun.)

Nakanoshima Branch Office

Stalls, Portable Shrines, *Taiko* Drumming, *Bon* Dances, Fireworks, and many other fun programs

For further information: Nakanoshima Branch Office

Phone: 0258-61-2010



Furusato Washima Matsuri

Aug. 14 (Fri.) – Aug. 16 (Sun.)

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 (Sat.) and Aug. 16 (Sun.)

Mishima District

Portable Shrines, School Band Music, *Taiko* Drumming, 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. 22 (Sat.) and Aug. 23 (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. 23 (Sun.)

Oguni Branch of Kashiwazaki Farmers' Cooperative's Silo Celebrating 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. 5 11:30 a.m. – 4:30 p.m.



* Street Performances

* Kids' Plaza

* Flea Market

Application for Flea Market: by Sept. 4 (Fri.)

(on a first-come, first-served 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

* Summer Illumination

6:30 p.m. – 9:00 p.m.
Aug. 8 (Sat.) – 16 (Sun.),
22 (Sat.), 23 (Sun.),
29 (Sat.), and 30 (Sun.)
Phone: 0258-47-8001



Echigo Nagaoka Two-Day March

① **Sept. 12 (Sat.) 9:00 a.m. Yamakoshi Branch**

② **Sept. 13 (Sun.) 7:30 a.m. Aôre Nagaoka**

Course: ① 16 kilometers and 11 kilometers

② 23 kilometers and 16 kilometers

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

Application: By Aug. 24 (Mon.)

For further information: *Chiiki Shinkô Senryakubu*
(Regional Promotion Strategy Department)
Phone: 0258-39-2515

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

Oct. 3 (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. 4 (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. 18 (Sun.) 8:45 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.

Guest Runners: Ms. Masako Chiba

Mr. Eric Wainaina



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

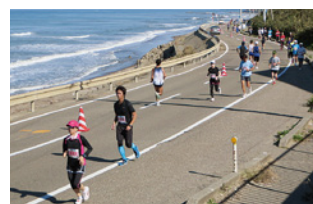
¥500 for elementary school children

Application: By Aug. 28 (Fri.)

For further information:

Teradomari Branch Office

Phone: 0258-75-3111



The 10th Annual International Athletic Meet ~ Sports Festival with Our Friends 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.

Oct. 10 (Sat.) 10:30 a.m. – 3:30 p.m.

Venue: Nagaoka Civic Disaster Prevention Park

Participation Fees (drinks and other necessary materials):

¥300 for adults for drinks and other necessary materials

¥200 for elementary school children and under

Application Period: Sept. 4 (Fri.) – Oct. 4 (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



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

Mr. Tadayuki Kawauchi

Representing the National Log Sawing Competition Organizing Committee

The highlight of the Mishima Festival on August 16th is the Log Sawing Competition that has been held annually since 1991. The team of two contestants (in three categories of men/mixed pairs, women only, and elementary school children) who can saw through a *sugi* (Japanese cedar) log the fastest are the champions. *Sugi* is one of the major products of the Mishima District. During the final competition, contestants make the best use of all their might to saw through an approximately 70-centimeter-wide cedar log with a giant saw.



The log and giant saws for the final showdown

Mr. Kawauchi: We wanted to create something special for our community by using saws, which are well-known quality products in Wakino Town of the Mishima District. We came up with the idea of organizing a National Log Sawing Competition. I often shed tears when seeing children and grown-ups working hard and sweating their guts out to saw through a log, which is a driving force for our commitment to this event. A mini-version of the competition was also held in Honolulu in March 2014. We would like to treasure and hand down to future generations this exciting event as a regional cultural tradition.

Major Emergency Medical Facilities

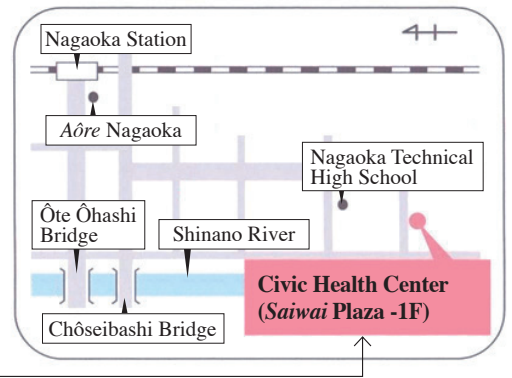
Major General Hospitals

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)

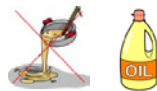
Facilities	Departments	Hours
Clinic for Sundays, Holidays, and Nights (0258-37-1199) For obstetrics and gynecology (<i>san fujin ka</i>), the staff at this facility will give information about which clinic is assigned for each Sunday or holiday.	Internal Medicine (<i>Naika</i>)	(Monday – Friday) 6:45 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.

How to Deal with Used Cooking Oil

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

Used cooking oil should be put out at the city’s designated collection sites on designated days, or absorbed with paper, rag, or solidified with a coagulant, and then put out as burnable trash.

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



Health Checkups for Children Enrolling in Elementary School



There will be a health checkup for children to enroll in elementary school in April, 2016. 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 Monday, September 7th, 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 childbirth, hospitalized children, and children’s in- and out-patient treatment.

Subsidies for Child Birth

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 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: *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: *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 (including 18 years of age)
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 (including 18 years of age)
Subsidies are available for children up to and including 15 years of age.

For further information: *Fukushi Ka* (Welfare Division)
Phone: 0258-39-2319