



Vol. 293
October
2015

Konnichiwa!

NAGAOKA

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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



Aôre Nagaoka was chosen as the home arena for the Niigata Albirex Basketball Club, a Japanese professional basketball team. On September 9th, Captain Kimitake Satô, whose hometown is Nagaoka, showed his excellent shooting ability and enjoyed interacting with nearly 400 local fans including high school students and elementary school children.

In fall 2016, the team will play in the first section of the newly established B League of the Japanese Professional Men's Basketball Championship, which is considered to be the most prestigious competition in Japan. The team was able to get this spot due to the fact that *Aôre* Nagaoka became its home arena. The city is expected to welcome a large number of people including top players and spectators from various parts of Japan.



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

277,330 (-143)	135,232 (-52)	142,098 (-91)	104,818 (+46)

Major Features:

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The Nagaoka Rejuvenation Project

In order to prevent depopulation and turn the city into a place where the citizens, especially young generations, can enjoy their life, the City of Nagaoka will inaugurate a comprehensive strategic project named the “Nagaoka Rejuvenation” Project at

Developing the city into a place where:

I. young generations can create an attractive community by participating in, organizing, and accomplishing various things by themselves.



II. quality education is provided for children, all of whom will be responsible for the future.

III. many employment opportunities are available by inviting, supporting, and creating various industrial and business sectors.

the end of October.

This project aims to ensure that young generations continue to live in Nagaoka, return to Nagaoka, and move into Nagaoka. Under this project, the city has come up with three rejuvenation ideas.

The Municipal Mayoral Election

Japanese municipal mayoral elections are held every four years. All candidates must be 25 years or older. Voters must be aged 20 or older. The City of Nagaoka will hold a mayoral election on November 8th, 2015. In Japan, there are no term restrictions for mayoral offices. Each term lasts four years.

The “My Number” ID 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 start the Social Security and Tax Number System in January, 2016. Its purpose is to increase efficiency in various areas of administration including social security, tax, and disaster relief.

In November 2015, a notice card (*Tsûchi Kâdo* / 通知カード・つうちカード) with your 12-digit Social Security and Tax Number will be sent to your residential address via registered mail. Please make sure to keep this notice card with you. Don't lose it! Because this ID number will be used throughout your lifetime.

Starting in January 2016, the national government will issue, on request, a photo identification card (*Kojin Bangô Kâdo* / 個人番号カード・こじんばんごうカード) with your “My Number” printed on it. The application form along with an instruction pamphlet will be included in the piece of registered mail.

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

The Personal Information Disclosure Notice System

Documents containing your personal information such as copies of your resident registration card or family register can be issued to a third party without your permission. However, if you apply for the Personal Information Disclosure Notice System, you will be notified of what information is disclosed and to whom it was disclosed.

How To Apply for This System

Application Period: Starting from November 2

8:30 a.m. – 5:15 p.m. (weekdays only)

Location: Citizens' Affairs Division of City Office
(*Aôre* Nagaoka)

Citizens' Affairs and Service Division
of District Offices

Eligibility: Residents Registered on the Nagaoka City
Resident Register

Necessary Document: ID Card (Driver's License or Passport)
For further information: 0258-39-7512

If you need any assistance, please contact the Nagaoka International Affairs Center, *Chikyû Hiroba* (Phone: 0258-39-2714) in the Nagaoka Civic Center.

The Sagan (West Riverside) Bypass

The Nagaoka *Tôzai Dôro* (East-West Road) Phoenix Ôhashi Bridge connecting the east riverside area and the west riverside area opened on November 24th, 2013. The Sagan (West Riverside) Bypass also opened on November 24th, 2013.

The extension of the *Tôzai Dôro* is underway in order to promote communication between various areas as well as to ensure safety measures for disaster prevention.

The Sagan Bypass will be extended to Nagaoka Kita Smart Interchange in the north and to Nagaoka Minami Koshiji Smart Interchange in the south. The northern part of the road is expected to be completed in 2016.



~ We will never forget the catastrophe! ~ To Commemorate the 11th Year Since the Great Chûetsu Earthquake

It has been 11 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 a lot of our precious property all at once. However, in the 11th year the citizens have come together again to organize

commemorative events and send our thoughts to many parts of Japan in expression of our condolences to victims of natural disasters, our appreciation for the generous support provided by many people, and our prayers for further reconstruction of disaster-stricken communities.

Major Memorial Events

Friday, October 23

Silent Tribute at 5:56 p.m. at each event location

- **Gathering for Recovery in Yamakoshi**
3:00 p.m. – 7:00 p.m.
Yamakoshi Sports Gym
-Memorial Service (5:50 p.m.)
- **Song of the Earth 2015 in Kawaguchi**
3:00 p.m. – 9:00 p.m.
Kawaguchi Sports Park
-Memorial Service (5:00 p.m.)
- **We Will Never Forget 10. 23**
3:30 p.m. – 7:00 p.m.
City Hall Plaza – Aôre Nagaoka



The Bell of Hope (Yamakoshi)

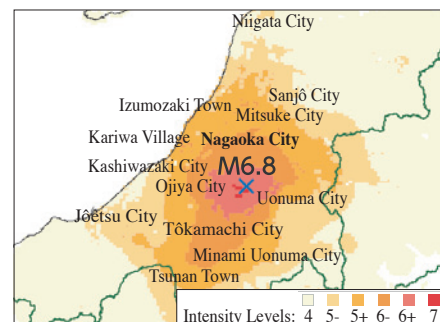
Sunday, October 25

- **Nishikigoi Ornamental Carp Exhibit**
12:30 p.m. – 3:30 p.m.
Yamakoshi Branch Office
- **Bullfighting**
1:00 p.m.
Yamakoshi Bullfighting Ground

Monday, October 26

- **Tokyo Philharmonic Orchestra Concert**
4:30 p.m. – 5:15 p.m.
Yamakoshi Orataru

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

Comprehensive Disaster Drills

On October 18th, the city will send emergency messages throughout the city via FM radio broadcast and area e-mail twice between 7:45 a.m. and 8:15 a.m. Your kind understanding is most appreciated.

Automatic Fire Alarm Devices

Every household was required to be equipped with automatic fire alarm devices by May 31st, 2011. 80% of the city's households have fire alarms installed. We will visit again households that didn't have fire alarms installed the first time we visited and households that were unoccupied when we visited before.



Nagaoka Fire Department
Headquarters Staff

Enrollment in Nursery Schools and Kindergartens

Enrollment in Nursery Schools (保育園・ほいくえん / Hoikuen)

Applications for enrollment in nursery schools for the 2016 fiscal year (from April 2016 to March 2017) will be accepted from November 4th (Wed.), 2015. 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

Enrollment in Kindergartens (幼稚園・ようちえん / Yôchien)

Applications for enrollment in kindergartens for the 2016 fiscal year (from April 2016 to March 2017) will be accepted from November 4th (Wed.), 2015. Children aged three, four, and five years old as of April 1st, 2016 are eligible for enrollment.

Hours and fees differ for each kindergarten. For further detailed information, please contact the kindergarten in which you wish to enroll your child. Your application can be submitted directly to the kindergarten in which you wish to enroll your child.

For further information: *Hoiku Ka* (Child-Care Division)

Saiwai Plaza
Phone: 0258-39-2219



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 2nd term of classes for the 2015 fiscal year is being offered from October 2015 to March 2016.



Weekday 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.	2, 6, 9, 13, 16, 20, 23, 27, 30	¥1,800
Nov.	6, 10, 13, 17, 20, 24, 27	¥1,400
Dec.	1, 4, 8, 11, 15, 18, 22, 25	¥1,600
Jan.	5, 8, 12, 15, 19, 22, 26, 29	¥1,600
Feb.	2, 5, 9, 12, 16, 19, 23, 26	¥1,600
Mar.	1, 4, 8, 11, 15, 18, 25	¥1,400

Sunday Classes

* Class I

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

2:00 p.m. – 4:00 p.m. (120 minutes)

* Class II

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

9:30 a.m. – 11:30 a.m. (120 minutes)

Oct.	4, 11, 18, 25	¥1,600
Nov.	1, 8, 15, 22, 29	¥2,000
Dec.	6, 13, 20, 27	¥1,600
Jan.	10, 24, 31	¥1,200
Feb.	7, 14, 21, 28	¥1,600
Mar.	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.
- Monday 9:15 a.m. – 10:15 a.m. (intermediate level)
- Tuesdays 10:00 a.m. – 12:00 p.m.
- Fridays 10:00 a.m. – 12:00 p.m.



Short-Term Japanese Language Class

Sundays, Oct. 4 – Dec. 20

11:45 a.m. – 1:45 p.m.

Room 2A Nagaoka Civic Center 2nd Floor

An intensive short-term Japanese language class is being offered from Sunday, October 4th to Sunday, December 20th so that you can brush up your Japanese skills. International residents who have completed the Japanese Language Class II at the Civic Center or who have mastered a basic level of the Japanese language are recommended to join this intensive class.

Oct.	4, 11, 18, 25	¥1,600
Nov.	1, 8, 15, 22, 29	¥2,000
Dec.	6, 13, 20	¥1,200



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

Multilingual Broadcast on FM Nagaoka (80.7 MHz)

6:30 p.m. – 7:00 p.m.

Wednesdays



Chinese and Easy Japanese: 1st and 3rd Wednesdays
English and Easy Japanese: 2nd and 4th Wednesdays

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
- * **Helpful Tips for Times of Disaster**
10:45 a.m. – 11:05 a.m. Oct. 5 (Mon.)
- * **Mini-Lecture: Enjoy Playing with Rhythm**
10:30 a.m. – 11:30 a.m. Oct. 7 (Wed.)
- * **Craftwork Cafe** 10:00 a.m. – 11:30 a.m. Oct. 8 (Thurs.)
- * **Child-Rearing Salon**
10:30 a.m. – 11:30 a.m. Oct. 15 (Thurs.)
- * **Happy Birthday Party**
10:45 a.m. – 11:15 a.m. Oct. 16 (Fri.)
- * **Making Dried Persimmons**
11:00 a.m. – 12:00 p.m. Oct. 18 (Sun.)
- * **Mini-Library** 11:00 a.m. – 12:00 p.m. Oct. 21 (Wed.)
- * **Workshop Lecture: First Childbirth for Expecting Parents**
10:00 a.m. – 12:00 p.m. Oct. 25 (Sun.)
- * **Mini-Lecture: How to Start Toilet Training**
10:30 a.m. – 11:30 a.m. Oct. 28 (Wed.)
- * **Helpful Tips for Times of Disaster**
10:45 a.m. – 11:00 a.m. Nov. 2 (Mon.)
- * **Mini-Lecture: Basic Tips on How to Start Baby Food**
1:30 p.m. – 2:30 p.m. Nov. 4 (Wed.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Oct. 14 (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)** Oct. 20 (Tues.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m.
Oct. 7 (Wed.), 14 (Wed.), 21 (Wed.), 28 (Wed.) and Nov. 4 (Wed.)
- * **Birthday Party:** Oct. 28 (Wed.)
- * **Smiley Kids' Day** 9:00 a.m. – 12:00 p.m. Every Friday
- * **Let's Play with Blocks**
11:00 a.m. – 12:00 p.m. Oct. 10 (Sat.)
- * **Mini-Lecture: Baby/Infant Skincare**
11:00 a.m. – 11:30 a.m. Oct. 13 (Tues.)
- * **Chat Time for Expecting Mothers**
2:00 p.m. – 3:00 p.m. Oct. 16 (Fri.)
- * **Chat Time for Fathers** 11:00 a.m. – 12:00 p.m. Oct. 17 (Sat.)
- * **Pre-Event for Special Picture Storybook Reading Time**
11:00 a.m. – 11:30 a.m. Oct. 18 (Sun.)
- * **Mothers' Chat Cafe** 11:00 a.m. – 12:00 p.m. Oct. 19 (Mon.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. Oct. 20 (Tues.) and Nov. 10 (Tues.)
- * **Enjoy Picture Storybook**
11:00 a.m. – 11:40 a.m. Oct. 22 (Thurs.)
- * **Reading Picture Storybook and Painting**
10:30 a.m. – 12:00 p.m. Oct. 24 (Sat.)
- * **Let's Play to the Rhythms**
11:00 a.m. – 11:15 a.m. Oct. 26 (Mon.)
- * **Let's Play with Grandmothers**
11:00 a.m. – 11:30 a.m. Nov. 9 (Mon.)

- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Oct. 8 (Thurs.) Maternity Nurse
Oct. 29 (Thurs.) Childcare Committee Chief
Nov. 5 (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)

- * **Nakayoshi Time**
10:45 a.m. – 11:00 a.m. Oct. 2 (Fri.), 23 (Fri.), and 30 (Fri.)
- * **Enjoy Drawing Pictures**
2:00 p.m. – 3:00 p.m. Oct. 5 (Mon.) and 19 (Mon.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. Oct. 8 (Thurs.) and 22 (Thurs.)
- * **“Toy Hospital” for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. Oct. 9 (Fri.)
- * **Smiley Birthday Party** 10:45 a.m. – 11:15 a.m. Oct. 9 (Fri.)
- * **Story Telling Time and Mini-Concert**
10:45 a.m. – 11:15 a.m. Oct. 12 (Mon.), 19 (Mon.), and 26 (Mon.)
- * **Let's Take a Walk** 10:30 a.m. – 11:30 a.m. Oct. 15 (Thurs.)
- * **Athletic Meet** 10:30 a.m. – 11:30 a.m. Oct. 16 (Fri.)
- * **Sunday Toy Box** 11:00 a.m. – 12:00 p.m. Oct. 18 (Sun.)
- * **Lecture for Fathers and Mothers:**
Tips on How to Communicate with Babies
10:30 a.m. – 11:30 a.m. Oct. 20 (Tues.)
- * **Let's Play at the Kids' Land**
10:30 a.m. – 11:30 a.m. Oct. 27 (Tues.)
- * **Happy Halloween**
10:30 a.m. – 11:00 a.m. Oct. 31 (Sat.)
- * **Lecture for Family: Enjoy Storybook Reading Time**
10:30 a.m. – 11:30 a.m. Nov. 5 (Thurs.)
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. Nov. 7 (Sat.)
- * **Lecture for Family: Protecting Your Children from Infectious Diseases in Fall and Winter**
10:30 a.m. – 11:30 a.m. Nov. 10 (Tues.)

- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Oct. 13 (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

- * **Nakayoshi Plaza** 9:30 a.m. – 11:30 a.m.
Oct. 2 (Fri.) and Nov. 6 (Fri.)
- * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m. Oct. 14 (Wed.) and Nov. 6 (Fri.)
- * **Fuwa Fuwa Plaza** 10:00 a.m. – 11:30 a.m.
Oct. 7 (Wed.) and Nov. 4 (Wed.)
- * **Special Event Days**
 - **Road Festival**
10:00 a.m. – 3:00 p.m. Oct. 11 (Sun.)
 - **Agricultural Festival**
10:00 a.m. – 3:00 p.m. Oct. 25 (Sun.)
- * **Let's Play in the Temari Hall**
10:30 a.m. – 11:30 a.m. Oct. 13 (Tues.)
- * **Wampaku Plaza** 9:30 a.m. – 11:30 a.m. Oct. 14 (Wed.)
- * **Making Toys** 10:30 a.m. – 11:30 a.m. Oct. 23 (Fri.)
- * **Birthday Party** 11:00 a.m. – 11:30 a.m. Oct. 28 (Wed.)
- * **Baby Massage** 1:30 p.m. – 2:30 p.m. Nov. 18 (Wed.)

- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Oct. 16 (Fri.) Public Health Nurse
Nov. 4 (Wed.) Maternity Nurse

Seasonal Events

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

* *Bara Matsuri* (Rose Festival)

Oct. 3 (Sat.) – Nov. 3 (Tues./Holiday)

9:30 a.m. – 5:00 p.m.

Echigo Kyûryô Kôen (Hillside Park)

2,287 plants of 652 different species are being on display.

Information: 0258-47-8001

<http://echigo-park.jp/event/news/1165.html>



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

Oct. 11 (Sun.)

10:00 a.m. – 4:00 p.m.

Teradomari Minato (Port) Park

Information: 0258-75-3363

<http://www.city.nagaoka.niigata.jp/kankou/event/sakana-fes.html>



* *Koshiji Aki Matsuri* (Autumn Festival)

Oct. 11 (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

<http://www.city.nagaoka.niigata.jp/kankou/event/kosiji-aki.html>



* *Echigo Kaidô Matsuri* (Highway Festival)

Oct. 11 (Sun.)

10:00 a.m. – 3:00 p.m.

Michi no Eki R290 Tochio

Information: 0258-51-1195

<http://www.city.nagaoka.niigata.jp/kankou/event/kaidoumatsuri.html>



* *Nakanoshima Sangyô Matsuri* (Industrial Festival)

Oct. 18 (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

<http://www.city.nagaoka.niigata.jp/kankou/event/sangyomatsuri.html>



* *Koshihikari Matsuri*

Oct. 18 (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

<http://todonomori.com/koshihikari-matsuri/index.html>

* *Kawaguchi Aki Matsuri* (Autumn Festival)

Oct. 18 (Sun.) 10:00 a.m. – 4:00 p.m.

Kawaguchi Undô Kôen (Sports Park)

Information: 0258-89-3113

<http://www.city.nagaoka.niigata.jp/kankou/event/kwg-bussan.html>



* *Yûkyû Sai* (Nagaoka University Campus Festival)

Oct. 24 (Sat.) and 25 (Sun.)

Stalls full of original goods and ideas

Authentic Chinese dishes that will be served by international students from China

Information: 0258-39-1600

http://www.nagaokauniv.ac.jp/news_topics/news141008/

* *Nagaoka Nôgyô Matsuri* (Agricultural Festival)

Oct. 24 (Sat.) 9:00 a.m. – 4:00 p.m.

Hive Nagaoka (Senshû)

Information: 0258-35-1304

<http://www.ja-echigo.or.jp/contents/echigo/info/festival.htm>



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

Oct. 24 (Sat.) 4:00 p.m. – 9:00 p.m.

The 1-kilometer road will be illuminated by 50 LED lighting units and 25,000 bamboo lanterns.

Information: 0258-42-2249

<http://mishimatakeakari.com/>



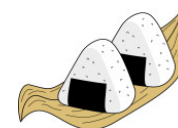
* *Tochio Nôgyô Matsuri* (Agricultural Festival)

Oct. 25 (Sun.) 10:00 a.m. – 3:00 p.m.

Orinasu, Tochio Sangyô Kôryû Center

Information: 0258-52-5847

<http://www.ja-echigo.or.jp/contents/echigo/info/festival.htm>



* *Koshiji's Momijien* (Maple Garden)

Oct. 30 (Fri.) – Nov. 23 (Mon./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

<http://www.city.nagaoka.niigata.jp/kankou/miru/kouen/momiji.html>



* Sekihara *Rakuichi* and *Jômon Matsuri*

Nov. 1 (Sun.) 10:00 a.m. – 3:00 p.m.

Umatoka *Jômon Kan*

Information: 0258-39-2228



* Yoita *Iki Iki Festival*

Nov. 1 (Sun.) 10:00 a.m. – 3:30 p.m.

Yoita *Taiikukan* (Gym)

The highlight is the serving of mushroom soup.

Information: 0258-72-3201

<http://www.city.nagaoka.niigata.jp/kankou/event/y-ikiiki.html>

* Oguni *Aki Matsuri* (Autumn Festival)

Nov. 3 (Tues./Holiday) 9:00 a.m. – 3:00 p.m.

Oguni Community Center

Information: 0258-95-5906

<http://www.city.nagaoka.niigata.jp/kankou/event/o-akimaturi.html>

* Yamakoshi *Sangyô Matsuri* (Industrial Festival)

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

Yamakoshi Branch Office Parking Lot

Final Bullfighting 1:00 p.m. ~

Yamakoshi Bullfighting Ground

Information: 0258-59-2343

<http://www.city.nagaoka.niigata.jp/kankou/event/kosi-sangyou.html>

* Mishima *Sangyô Matsuri* (Industrial Festival)

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

Mishima *Kaikan* (Hall) Area

Information: 0258-42-2249

<http://www.city.nagaoka.niigata.jp/kankou/event/m-sangyou.html>



* Nagaoka City *Aki Matsuri* (Autumn Festival)

Nov. 6 (Fri.) – 10 (Tues.)

City Hall Plaza – *Aôre* Nagaoka

- Chrysanthemum Exhibit

Nov. 6 (Fri.) 1:00 p.m. – 4:00 p.m.

Nov. 7 (Sat.) – 9 (Mon.) 9:00 a.m. – 4:00 p.m.

Nov. 10 (Tues.) 9:00 a.m. – 12:00 p.m.

- *Nishikigoi* (ornamental carp) Exhibit and Sale

Nov. 7 (Sat.) and 8 (Sun.) 9:00 a.m. – 4:00 p.m.

- *Ranchû* Goldfish Exhibit and Sale

Nov. 7 (Sat.) and 8 (Sun.) 9:00 a.m. – 4:00 p.m.

- Sales of Locally Grown Vegetables and Rice

Nov. 7 (Sat.) and 8 (Sun.) 10:00 a.m. – 4:00 p.m.

Information: 0258-39-2221

<http://www.city.nagaoka.niigata.jp/kankou/event/aki-matsuri.html>



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.

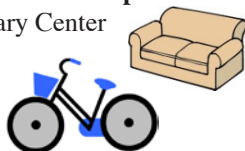
Oct. 19 (Mon.) – Oct. 23 (Fri.) 9:00 a.m. – 4:00 p.m.

Recycling Plaza, Environmental Sanitary Center

Environmental Management Division

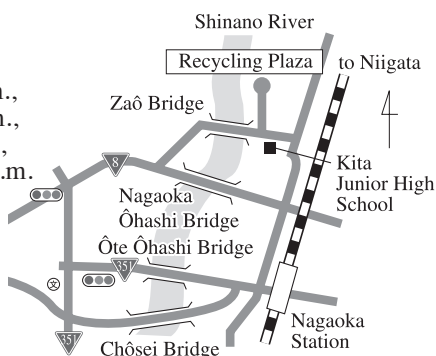
3-chôme Kotobuki

Phone: 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: 9:20 a.m.,
10:00 a.m., 10:20 a.m.,
11:20 a.m., 12:00 p.m.,
12:20 p.m., 1:20 p.m.,
2:20 p.m., and 2:40 p.m.



Sports and Fitness Classes

October – November

• Nakanoshima *Taiikukan* (Gym)

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

shape-up boxing, inner muscle training, etc.



• Mishima *Taiikukan* (Gym)

1434 Mishimanakajô (Phone: 0258-41-2133)

yoga, pilates exercises, hip-hop dancing, shape-up boxing, etc.

October – December

• Hokubu *Taiikukan* (Gym)

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

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

• Nambu *Taiikukan* (Gym)

564 Magari Aramachi (Phone: 0258-39-3600)

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

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

Major Emergency Medical Facilities

Major General Hospitals

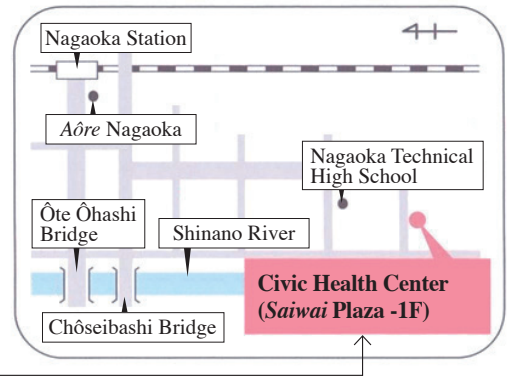
Nagaoka *Chûô Sôgô Byôin* (Central General Hospital) 0258-35-3700

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)		

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.

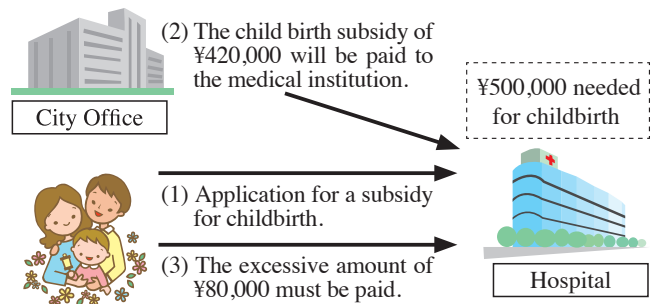
The amount to be subsidized is ¥420,000 per child. After an application for this system is made at the medical institution where the child was born, the city will make the necessary payment directly to the institution out of the fixed subsidy. The rest of the amount will be given to the recipient. If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



Mr. Fumio Sasagawa

Representing the Association to Preserve the Umataka-Sanjûinaba Historic Site

Nagaoka's Shining Stars

~Preserving and Creating Nagaoka's Treasures~

The *Kaendoki*, a flame-shaped ancient pot, was discovered in 1936 at the Umataka Historic Site, the area believed to have flourished during the middle of *Jômon* Period (ca 10,000 B.C. – ca 300 B.C.).

The projections of the rim of the earthenware look like flames rising up, which makes this artifact very unique among ancient pottery. Along with 299 other items which were discovered at this historic site, the national government designated the *Kaendoki* as an important cultural monument.

Mr. Sasagawa: We established the association 50 years ago because we wanted to preserve and hand down this precious

historic site to the following generations. We erected the *Kaendoki* monument by raising funds. We are also working hard to develop the proper environment for the monument area. Our dreams finally came true when the Umataka *Jômon* Kan Hall, a historical museum, opened six years ago. We are also planting oak trees in the hopes that this area becomes a deep forest like the one in which the *Jômon* people enjoyed living 5,000 years ago. One of our other dreams is that the design of *Kaendoki* be chosen for the 2020 Olympic flameholder.

