



Vol. 297
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2016

Konnichiwa!

NAGAOKA

International Affairs Division, Nagaoka City Office
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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

Working Hard to Pursue Her Dream



Winter Is the Best Season for Relaxing at Echigo Kawaguchi Onsen (hot springs)

Enjoy a blissful moment sitting in an *onsen*, the hot spring bath of Echigo Kawaguchi Hotel Sun Rolla. The fine quality of the hot spring water has moisturizing and warming effects.

Echigo Kawaguchi Hotel Sun Rolla

2515-3 Kawaguchi Nakayama

Phone: 0258-89-3000

<http://www.hotel-sunrolla.jp>

Hours: 10:00 a.m. – 9:00 p.m.

Closed: 1st, 3rd, and 5th Tuesday

(opens if it is a national holiday)

Bathing Fees:

¥700/junior high school student and above

¥550/3-year old and above







Chef's specialties



The cozy atmosphere of the restaurant

Population and Households
As of January 1, 2016
(compared to the previous month)

 276,742 (-130)	 134,992 (-82)	 141,750 (-48)	 104,971 (+53)
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Major Features:

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Promoting Nagaoka for the 2020 Tōkyō Olympics

On January 16th, a women’s W-League All-Star basketball game was held at the arena of *Aōre* Nagaoka. It has been 13 years since the last women’s All-Star game, and Nagaoka is the first city to host a national level match.

The world-class speedy and dynamic play fascinated approximately 4,000 spectators who enthusiastically cheered and applauded the 25 top players. They included Ms. Ramu Tokashiki, who played a leading role in the Asian Championship in which Japan beat China to take the crown and garner a spot in the 2016 Rio de Janeiro Summer Olympics.

Mr. Saburō Kawabuchi, the President of the Japan Basketball Association, also visited Nagaoka and highly praised Nagaoka’s arena in *Aōre* Nagaoka by saying, “The arena is the best in Japan. No other facilities are so conveniently situated in the city center than Nagaoka’s

arena. Even though I have heard a lot of good things about it, I was amazed to experience it personally. Prior to the 2020 Tōkyō Olympics, our association would like to make the best use of the arena and I will be most happy to help promote Nagaoka to the world.”

Supported by Mr. Kawabuchi’s encouraging words, the city will work hard to welcome many athletic teams, including the Japanese Women’s Basketball Team, to Nagaoka for training as well as international friendly matches.



The intensity of illumination of the arena will be improved to meet international standards, which will enable the city to host many world-class athletic events.



Mayor Tamio Mori (left)
Mr. Saburō Kawabuchi (right)

Nagaoka Is One of the Best Locations for Shooting Films

Nagaoka has many attractive features especially for shooting films. Over the past eight years, various scenes of movies, TV dramas, and commercials were shot at a number of sites in Nagaoka.

These occasions have also provided opportunities for enthusiastic citizens to join the shooting as extras. The Nagaoka Film Commission, whose secretariat is in the Nagaoka Incorporated Association of Tourism and Conventions, has promoted shooting at various locations in the city. Here are some examples.



“AKB 48 – So Long”
At the Nagaoka Institute of Design



“Kono Sora no Hana, the Story of Nagaoka Fireworks”
At Peace Memorial Forest Park



“Ten Chi Jin,” a long running TV drama
At Kayatōge Ranch in the Yamakoshi District



“The Story of Mari and Her Puppy”
At the Nagaoka High School playground



“The Last Message – *Umizaru*”
At a gas plant in the Koshiji District



A commercial for an automaker
On Route 402 along the Sea of Japan

Food Scraps Can Be an Energy Source A Quick Charger at the Food Scrap Biogas Power Generation Center

The construction of a facility to produce biogas from food scraps was completed at the Environmental Sanitation Center (3-chôme Kotobuki) and full operations for producing biogas from food scraps started in July 2013. This system uses microorganisms that convert food scraps into biogas through fermentation and resolution.

A quick charging device for electric vehicles will be installed at the Food Scrap Biogas Power Generation Center. Electricity generated from food scraps will be used for quick charging electric vehicles, which will be available from March 1st, 2016.

Charging Station: Food Scrap Biogas Power Generation Center

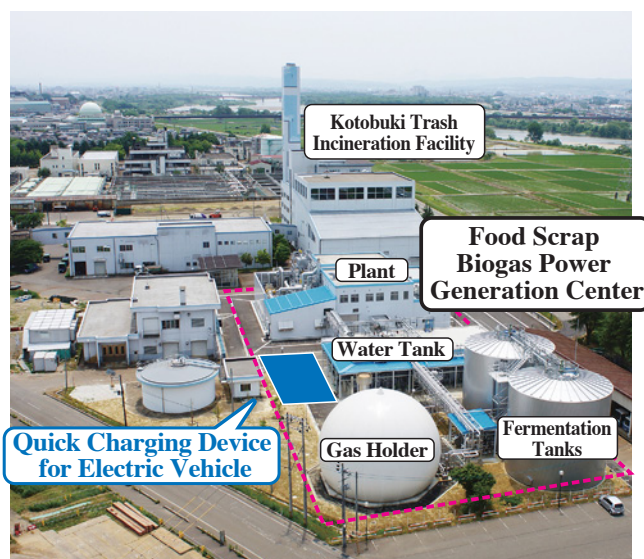
Hours: 8:00 a.m. – 8:00 p.m.

Fee: Free

Charging Time:

Approximately 30 minutes

(about 80% charged)



Time-Honored *Hina* Dolls on Display

Approximately 100 *Hina* dolls and pieces of their miniature furniture that have been carefully preserved and cherished for many years by the Makino Family (Lords of Nagaoka *Han*-Feudal Domain) will be on display at the Municipal Museum of Science. The dolls' elegant ancient *kimonos* and elaborately-made pieces of furniture are the highlights of the display.



The Municipal Museum of Science

1st Floor, Saiwai Plaza

2-1-1 Saiwai-chô Phone: 0258-32-0546

Hours: February 20 (Sat.) – March 13 (Sun.)

9:00 a.m. – 5:00 p.m.

Closed: 1st and 3rd Monday

***Hinamatsuri* (*Hina* Doll Festival) Mini Concert with *Koto* (a 13-stringed traditional instrument)**

February 28 (Sun.) 2:00 p.m. and 3:30 p.m.

The Tsuginosuke Kawai Memorial Hall Welcomed Its 100,000th Visitor

It will be almost 10 years since the Tsuginosuke Kawai Memorial Hall opened on December 27th, 2006 in Naga-chô where Kawai's residence was once located. On January 18th, the memorial hall welcomed its 100,000th visitor. Mayor Tamio Mori presented a commemorative gift to the 100,000th visitor, Mrs. Eri Suzuki who came with her son Yûto. The gift was a copy of a calligraphic writing that Tsuginosuke Kawai cherished as his motto.

During the *Hokuetsu Boshin* Civil War of 1868, the Nagaoka *Han* (a feudal domain) fought against the New Meiji Government Forces under the leadership of Tsuginosuke Kawai (1827-1868), the military general of the Makino Clan. Under the reign of the Makino Clan, old Nagaoka flourished as a castle town for 250 years from 1618 to 1868.

The memorial hall houses various historic items related to Tsuginosuke Kawai, including a replica of the Gatling gun that was purchased by the Nagaoka *Han* during the civil war.



Warnings against PM 2.5

Atmospheric particles less than 2.5 micrometers in diameter are referred to as PM 2.5, which are air pollutants. Because of their small size, the fine particles can enter deeply into the lungs, which can cause health problems such as asthma and bronchitis. The atmospheric concentration of PM 2.5 is constantly checked at 12 monitoring stations in Niigata Prefecture including Jôoka Monitoring Station in Nagaoka City.

If PM 2.5 levels become elevated:

- The Niigata Prefectural Government Office will issue warning information.
- Information will be distributed via radio and TV broadcast.
- Nagaoka City will distribute information via its website and information vans as well as to schools and welfare facilities.

If PM 2.5 warnings are issued:

- Refrain from going outside and avoid intense physical activities.
- Wear a surgical mask when going outside.
- Avoid opening windows or using ventilation unless absolutely necessary.
- Children, the elderly, and patients with respiratory or circulatory problems are advised to be careful when moving around by carefully considering their health condition.

For PM 2.5 Warning Information:

Prefectural Website <http://www.niigata-taiki.jp/>

Mobile Phone <http://www.niigata-taiki.jp/m/>

Telephone Service 025-280-5104

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)

Feb.	2, 5, 9, 12, 16, 19, 23, 26	¥1,600
Mar.	1, 4, 8, 11, 15, 18, 22	¥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)

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.



Forthcoming Events

A Relaxing World Tour to Canada

~ Let's Get to Know about Pancake Day ~

Date: Saturday, February 27
2:00 p.m. – 3:00 p.m.

Limited to: 30 participants

Registration is required.

Application Deadline: Feb. 13 (Sat.)

Mr. Morgan Salvesen from Canada will introduce Canadian traditions, culture, and Pancake Day.



Enjoy the World Cafe, a Multilingual Broadcast!



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.

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

1st and 3rd Wednesdays

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

2nd and 4th 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.

5th Wednesdays

Recent Events

Cross-Cultural New Year Get-Together



Mochitsuki, rice-cake pounding

Over 120 participants (including international residents from 14 countries and Nagaokans) joined the cross-cultural get-together on Sunday, January 17th. The event was held at *Machinaka Campus Nagaoka* in the Phoenix Ôte East Building on Ôte Street. They enjoyed a hands-on experience of rice-cake pounding and tasting, Japanese calligraphy, and traditional games.

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)

- * **Toy Plaza** 10:00 a.m. – 12:00 p.m. Feb. 10 (Wed.)
 - * **Child-Rearing Salon: Child-Rearing with Siblings**
10:30 a.m. – 11:30 a.m. Feb. 18 (Thurs.)
 - * **Happy Birthday Party**
10:45 a.m. – 11:15 a.m. Feb. 19 (Fri.)
 - * **Let's Enjoy Exercising!**
10:45 a.m. – 11:15 a.m. Feb. 22 (Mon.)
 - * **Mini-Lecture: Children's Dietary Problems**
10:30 a.m. – 11:30 a.m. Feb. 24 (Wed.)
 - * **Craftwork Cafe** 10:00 a.m. – 11:30 a.m. Feb. 25 (Thurs.)
 - * **Mini-Lecture: Jumping Around with Rody Yoga**
10:30 a.m. – 11:15 a.m. Feb. 28 (Sun.)
 - * **Happy Hina Doll Festival**
10:45 a.m. – 11:15 a.m. March 3 (Thurs.)
 - * **Healthy Tea Time**
1:30 p.m. – 2:30 p.m. March 3 (Thurs.)
 - * **Mini-Lecture: Fully-Clothed Baby Massage**
10:30 a.m. – 11:30 a.m. March 4 (Fri.)
 - * **Helpful Tips for Times of Disaster**
10:45 a.m. – 11:00 a.m. March 7 (Mon.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Feb. 10 (Wed.) Child-Rearing Advisor
Feb. 17 (Wed.) Childcare Committee Chief
March 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)** Feb. 15 (Mon.)
 - * **Smiley Kids' Day** 9:00 a.m. – 12:00 p.m. Every Friday
 - * **Reading Picture Storybooks and Playing Time (Ehon no Tobira)** 11:00 a.m. – 11:30 a.m. Feb. 9 (Tues.)
 - * **Time for Chibikko Kids' and Birthday Party**
11:00 a.m. – 11:15 a.m.
Feb. 10 (Wed.), and 24 (Wed.)
Birthday Party: Feb. 24 (Wed.)
 - * **Lecture on Healthy Child-Rearing for Mothers**
It's Fathers' Turn for Talking with Babies
10:30 a.m. – 12:00 p.m. Feb. 13 (Sat.)
 - * **Lecture on Healthy Recipes for Children**
10:30 a.m. – 12:00 p.m. Feb. 16 (Tues.) and March 9 (Wed.)
 - * **Dental Care and Oral Care for Children**
11:00 a.m. – 11:40 a.m. Feb. 17 (Wed.)
 - * **Let's Play to the Rhythms**
11:00 a.m. – 11:15 a.m. Feb. 18 (Thurs.)
 - * **Let's Play with Blocks**
10:00 a.m. – 12:00 p.m. Feb. 20 (Sat.)
 - * **Toilet Training** 11:00 a.m. – 12:00 p.m. Feb. 23 (Tues.)
 - * **"Picture Storybook Therapy" for Adults**
10:30 a.m. – 12:30 p.m. Feb. 25 (Thurs.)
 - * **Hina Doll Festival** 11:00 a.m. – 11:40 a.m. Feb. 29 (Mon.)
 - * **Making Your Own Picture Storybook (Ehon no Tane)**
11:00 a.m. – 12:00 p.m. March 8 (Tues.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
March 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)

- * **Story Telling Time and Mini-Concert**
10:45 a.m. – 11:15 a.m. Every Monday
- * **"Toy Hospital" for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. Feb. 12 (Fri.)
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. Feb. 12 (Fri.)
- * **Valentine's Concert**
1:00 p.m. – 1:30 p.m. Feb. 14 (Sun.)
- * **Let's Enjoy Drawing Pictures**
2:00 p.m. – 3:00 p.m. Feb. 15 (Mon.)
- * **Health Lecture for Mothers: About Lipids (body fat)**
10:30 a.m. – 11:10 a.m. Feb. 18 (Thurs.)
- * **Nakayoshi Time**
10:45 a.m. – 11:00 a.m. Feb. 19 (Fri.) and 26 (Fri.)
- * **Lecture for Families: Enjoy Playing to the Rhythms**
10:30 a.m. – 11:30 a.m. Feb. 20 (Sat.)
- * **Sunday Toy Box** 11:00 a.m. – 12:00 p.m. Feb. 21 (Sun.)
- * **Let's Play at the Kids' Land**
10:30 a.m. – 11:30 a.m. Feb. 23 (Tues.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. Feb. 25 (Thurs.)
- * **Happy Hina Doll Festival**
10:30 a.m. – 11:00 a.m. March 3 (Thurs.)
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. March 5 (Sat.)

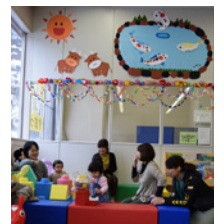


- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Feb. 23 (Tues.) Child-Rearing Advisor
March 8 (Tues.) Child-Rearing Advisor
Temporary Day-Care for Preschool-Aged Children: ¥300/hour

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

- * **Let's Play in the Temari Hall**
10:30 a.m. – 11:30 a.m. Feb. 9 (Tues.)
 - * **Making Toys**
10:30 a.m. – 11:30 a.m. Feb. 12 (Fri.)
 - * **Wampaku Plaza**
9:30 a.m. – 11:30 a.m. Feb. 17 (Wed.)
 - * **Suku Suku Tea Time**
11:00 a.m. – 11:30 a.m. Feb. 17 (Wed.) and March 4 (Fri.)
 - * **Birthday Party**
11:00 a.m. – 11:30 a.m. Feb. 24 (Wed.)
 - * **Happy Hina Doll Festival**
10:30 a.m. – 11:30 a.m. March 1 (Tues.)
 - * **Fuwa Fuwa Plaza**
10:00 a.m. – 11:30 a.m. March 2 (Wed.)
 - * **Nakayoshi Plaza**
9:30 a.m. – 11:30 a.m. March 4 (Fri.)
- Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.
Feb. 19 (Fri.) Public Health Nurse
March 2 (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 1st, 2016, you are required to report your annual income to the City Office by Tuesday, March 15th, 2016.

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 (*juminzei* じゅうみんぜい・住民税). Residential tax (*juminzei* 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 choshu* (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 2015, you can file a final income tax return from Tuesday, February 16th to Tuesday, March 15th, 2016.

Tax withholding slip (*gensen choshuhyo* 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 (*nouzei tsuchisho* 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 2016 for earnings in 2015) 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/her nationality. In principle, it is imposed on your total annual income beginning on January 1st of every year.

The residential tax must be paid to the municipality where you were registered as a resident on January 1st 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, 2016, is calculated based on your total annual income for the year 2015. 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 Tuesday, March 15th, 2016.

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*
ながおかしやくしよしみんぜいか・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



Consultations are being offered at:
Basement of the Nagaoka Civic Center
on Ôte Street



Snow Festival in Koshiji

Feb. 13 (Sat.) 9:30 a.m. – 3:30 p.m.

Narude Sport Park

- * Snow Sculpture Competition
- * Stage Show
- * Mini-Concert

* Stalls serving food with locally grown ingredients

Information: Koshiji Branch Office

Phone: 0258-92-5903

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



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. 20 (Sat.) 10:00 a.m. – 7:00 p.m.

Feb. 21 (Sun.) 10:00 a.m. – 4:00 p.m.

Senshûgahara Furusato no Mori and the Hive Nagaoka Area

- * Making 100 Snowmen

Registration: 10:00 a.m. – 3:00 p.m.

- * Wampaku (Wild Kids) Plaza

Feb. 20 (Sat.) 11:00 a.m. – 4:00 p.m.

Feb. 21 (Sun.) 10:00 a.m. – 4:00 p.m.

- Jumbo Snow Slide

- Snow Wall Climbing

- Rice-Cake Pounding

- * Food, Drinks, and Regional Products

- * Helicopter Rides (tentative)

Feb. 20 (Sat.) 1:00 p.m. – 4:00 p.m.

Feb. 21 (Sun.) 10:00 a.m. – 4:00 p.m.

- * Stage Shows
- * Alpaca Farm

- * Candle Lights on the Snowy Ground

Feb. 20 (Sat.) 5:00 p.m. – 7:00 p.m.

- * Fireworks Feb. 20 (Sat.) 6:00 p.m.

- * Snow Queen Contest

Feb. 21 (Sun.) 1:30 p.m. – 3:00 p.m.

Information: Festival Promotion Division

Phone: 0258-39-2221

<http://www.nagaokacci.or.jp/business/sightseeing/yukishika/>



Echigo Kawaguchi Setsudô (snow hut)

Hibotarusai (Firefly Festival)

Feb. 27 (Sat.) 12:00 p.m. – 7:30 p.m.

Kawaguchi Sport Park

- * Snow Piling Contest

- * Stalls serving food with locally grown ingredients

- * Recreational activities in the Snow

- * 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 drive from Echigo Kawaguchi IC

5-minute taxi-ride from JR Echigo Kawaguchi Station

Information: Kawaguchi Branch Office

Phone: 0258-89-3113

<http://www.city.nagaoka.niigata.jp/kankou/event/kawa-winter.html>



Local Snow Festivals and Seasonal Events!

Oguni Yuki Matsuri and Oguni Setsujô Enduro Taikai

Feb. 27 (Sat.) and 28 (Sun.)

Oguni Sport Park

- * Illumination in the Snow

Feb. 27 (Sat.) 5:30 p.m.

- * Motorcycle Race in the Snow

Feb. 28 (Sun) 8:15 a.m. – 4:00 p.m.

30-minute bus ride from JR Tsukayama Station

10-minute drive from Nagaoka IC

Information: Oguni Branch Office

Phone: 0258-95-5906

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



The 15th Taiko Drumming Performances

Sôshun no Jin

(Literally: Early Spring Formation)

Feb. 27 (Sat) 12:30 p.m. ~

City Hall Plaza – Aôre Nagaoka

Admission: Free

The city's several groups of taiko drummers will perform.

Information: Wadaiko Sôshun no Jin Commission

E-mail: sousyunnojin@gmail.com

<http://sousyunnojin.blogspot.jp/>



Koshi no Himatsuri (Bonfire Festival)

March 12 (Sat.) 11:00 a.m. – 6:30 p.m.

Tanesuhara, Yamakoshi District

- * 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.

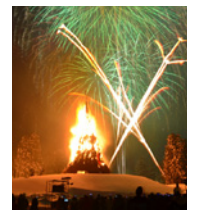
- * Fireworks 6:00 p.m.

- * Food, Drinks, and Local Products

Information: Yamakoshi Branch Office

Phone: 0258-59-2343

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



Tochio Hodare Matsuri

March 13 (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.



A Guided Bus Tour to Washima and Teradomari

Enjoy visiting Washima and Teradomari blessed with historic sites and local traditions.

March 26 (Sat.) 8:30 a.m. – 4:30 p.m.

Meet at: Saiwai Plaza or City Hall Plaza – Aôre Nagaoka

Fee: ¥2,000

Registration: By March 4 (Fri.)

Chiiki Shinkô Senryaku Bu

(Regional Promotion

Strategy Department)

Phone: 0258-39-2260



Major Emergency Medical Facilities

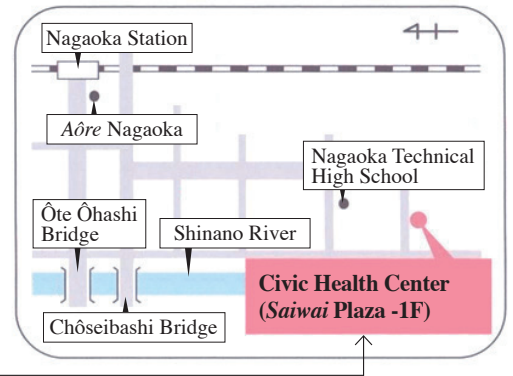
Major General Hospitals

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.
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.

This Month’s Useful Japanese Expressions

Nadare だだれ・雪崩 (avalanche)

Nadare Chûihô だだれちゅういほう・

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.

Cracks on slopes signify possible risks of *nadare*. If you find such cracks, you are advised to inform us, the Crisis Management and Disaster Prevention Headquarters.

Phone: 0258-39-2262



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

Mahiro Takano (9 years old)

A third grader at Sekihara Elementary School

“My ambition is to become an Olympic gold medalist and also to become a karate instructor.”



Members of the Yûkûkai Karate Club

Mahiro Takano won three consecutive championships in the National Elementary School Grade Level Karate Competition. She started practicing karate at the age of four. Being a member of the Yûkûkai Karate Club, Mahiro continues to practice karate for about two hours every day.

Karate practice is divided into *kata* (pre-arranged forms simulating combat situations) and *kumite* (sparring matches). The yell “*Kankûdai*” referring to a pre-arranged form and the flapping sounds of karate uniforms whipping around

bring to the training hall a spirited atmosphere.

Mahiro Takano: I am very happy when I perform perfect thrusting forms with an explosion of my full concentration. I want to focus on my power and presentation of my forms. I want to be stronger by practicing a lot more.

As an ambassador to promote karate to be chosen as an authorized event for the 2020 Tôkyô Olympics, Mahiro is performing at various nationwide karate events.