



Vol. 313  
June  
2017

*Konnichiwa!*

# NAGAOKA

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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


## Let's Celebrate the 80<sup>th</sup> Anniversary of Chosei Bridge


Cherished by the Citizens of Nagaoka, Chosei Bridge, a symbolic landmark of Nagaoka that spans the Shinano River, will see its 80<sup>th</sup> anniversary in October, 2017. A committee to organize various commemoration projects for the bridge was formed in April.


The original consisted of two wooden bridges constructed in 1876, each going from both banks to an island in the river. Another wooden bridge replaced it in 1915. The present-day 13-truss iron structure (length: 850 meters, width: 7 meters) was built in 1937.




Population and Households  
As of May 1<sup>st</sup>, 2017  
(compared to the previous month)

  
274,006  
(+125)

  
133,734  
(+75)

  
140,272  
(+50)

  
106,258  
(+445)

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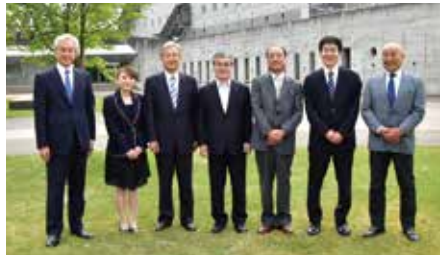
# Nagaoka's Endeavor to Revitalize Local Industry

In order to revitalize the city's industry, representatives from the city administration, the private sector, and academic institutions came together to discuss strategies on how to institute the city's innovation programs.

(from left to right)

**Mayor Tatsunobu Isoda (Nagaoka City):**  
In 2018, the city will celebrate the 400<sup>th</sup> anniversary of the establishment of Nagaoka. The city's current revitalization project could be another "One Hundred Sacks of Rice" education-oriented program in which children can acquire a fundamental knowledge of innovation and learn about new technology.

**Executive Manager Reiko Miyashita (Kobayashi Co., Ltd.):**  
We would like to provide various opportunities for children to experience and become interested in creating and manufacturing a variety of products.



**President Okito Ohara (Ohara Corporation):**  
I would like to revitalize Nagaoka's industry in collaboration with the three universities and the one national institute of technology situated here in Nagaoka.

**President Nobuhiko Azuma (Nagaoka University of Technology):**  
We should establish a stronghold to foster globally-active engineers in collaboration with the local private and academic sectors.



**Principal Motomu Takeshige (National Institute of Technology, Nagaoka College):**  
Students can experience problem-solving-style internships at locally-based companies rather than seeking job opportunities in the metropolitan areas.

**President Mitsuhiro Murayama (Nagaoka University):**  
Students and faculty who are willing to get involved with the local private sector can help make various innovation programs for the city possible.

**President Hiromu Wada (Nagaoka Institute of Design):**  
It would be interesting if we could have a laboratory where everyone from different businesses can share ideas and work together.

## ALBIREX BB Kept Up the Great Work

The City Hall Plaza - Aôre Nagaoka Arena is home to the Niigata ALBIREX Basketball Club, a professional Japanese basketball team. Many home-games and away-games were held during the season through May of this year. The team finished fourth among the six teams of the Naka (Central) Division within the B1 League. The **ALBIREX BB** Team has truly livened Nagaoka up with its basketball sensation.

A total of 24 games were held at Aôre Nagaoka Arena, drawing a total of 74,000 spectators. Four out of every five visitors from other prefectures stayed overnight to watch the home-games at the arena. We will continue to support the team in the hopes that they will keep up the great work and get into the championships in the upcoming season.



The roar of the crowd of nearly 4,100 fans cheered on the **ALBIREX BB** Team during the season's final game against the Yokohama B-Corsairs held on May 7<sup>th</sup>.

## Interacting with Australian Swimmers

From May 15<sup>th</sup> to 18<sup>th</sup>, the Australia Queensland State Swimming Team with 14 swimmers (17 - 25 years old) and 8 staffers stayed in Nagaoka for their training camp. They were here to prepare for the Japan Open 2017, which was held in Tokyo from May 19<sup>th</sup> to 21<sup>st</sup>. We were happy to learn that four of the swimmers won medals, including one gold, in five swimming events. We are most happy if their training in Nagaoka has helped them achieve these successful results.



Besides their training sessions here, the team members offered a special training program for young local swimmers, which was made possible by the Deed of Cooperation established between Swimming Australia Limited and the City of Nagaoka in March of this year.

From July 2018 to August 2020, Nagaoka will be the training camp site for Australian swimmers who will compete in four upcoming international swimming championships to be held in 2018, 2019, and 2020, including the 2020 Tokyo Olympic Games and Paralympic Games.

"We can conveniently access Nagaoka from the Tokyo metropolitan area. The swimming facilities and hotel accommodations in Nagaoka are superb. The city is clean and the training environment is excellent. We are deeply moved by the warm hospitality extended by the warm-hearted people of Nagaoka."



"It was my first time to practice under a coach from overseas. It was a precious opportunity to be coached by Mr. Baker."



"I learned how to use my elbows effectively. I will make the best use of this technique I learned from the coach."

Head Coach Glenn Baker  
Yukumi Hasegawa, a 3<sup>rd</sup>-year student at Tsutsumioka Junior High School (left)  
Ginshi Maruyama, a 3<sup>rd</sup>-year student at Miyauchi Junior High School (right)

# Prepare for the Rainy Season (*Tsuyu*)

## Earlier Actions Can Help You Protect Yourself and Save Your Life

The rainy season, *tsuyu* in Japanese, usually starts in June and continues until the middle or the end of July. During *tsuyu*, we usually have light rain, heavy rain, or even rainstorms. You are advised to pay due attention during heavy rains.

Temperatures are not stable during *tsuyu*, which may make you uncomfortable. Be aware of your health conditions and take care of yourself. There is also a higher risk of food poisoning. Mold grows easily in this season. You are advised to keep an eye on foodstuffs.

In order to protect citizens from flood damage as early as possible, the city will issue a three phase-evacuation system for flooding. You are advised to protect yourself from any possible disaster by preparing for it well in advance by getting information from TV broadcasts, radio broadcasts, or a mobile phone.



Flood-affected Otoyoshi River  
(July 30, 2013)

### Orders to Prepare for Evacuation and Orders for the Elderly and Others Needing Assistance to Begin Evacuating (*Hinan Junbi-Kôreishatô Hinan Kaishi*)

- The possibility of disaster is increasing.
- Begin preparations for evacuation.
- At this time, shelters will be established. People who require extra time to evacuate should use their own judgment and can begin evacuating at this time.
- Pay attention to TV and radio broadcasts for information.

#### Evacuation Recommendations (*Hinan Kankoku*)

- Begin evacuation calmly.
- If you have any neighbors who have difficulty in evacuating, please help them as the need arises.

#### Emergency Evacuation Orders (*Hinan Shiji-Kinkyû*)

- If you are in the process of evacuation, please complete evacuating.
- If you have not evacuated, please evacuate immediately.

### Ways to get evacuation information

- Emergency Flash E-Mail (Area Mail)
- Nagaoka Landslide Warning D Mail
- Radio Broadcasts: FM Nagaoka (80.7 MHz), FM Niigata (77.5 MHz), FM PORT (79.0 MHz), NHK (83.7 KHz), and BSN (1062 KHz)  
FM Nagaoka will interrupt regular programming to broadcast disaster information provided by Nagaoka City.
- Nagaoka Disaster Prevention Information  
<http://www.bousai.city.nagaoka.niigata.jp>
- In some districts, information will be provided by communication networks of neighborhood associations, volunteer disaster prevention groups, wireless systems for disaster prevention, and the Off-Talk communication system.
- Information Service Vans
- TV broadcasts



### 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 ¥15,000. An eligible person should:

- be a registered resident in Nagaoka City as of January 1, 2016
- be exempt from the 2016 residential tax (except for a person who is a dependent of a residential tax payer)
- not be eligible for the livelihood protection system

In March and May, the city sent application forms to households with members who may be eligible. Please submit your application form to the city office by using the enclosed return envelope by Friday, June 30th, 2017.

You can check the Ministry of Health, Labour, and Welfare website for further information about eligibility requirements and necessary documents for the Temporary Welfare Benefits. For further information:

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

<http://www.city.nagaoka.niigata.jp/fukushi/cate04/rinji-kyufu.html>

### The Child Allowance System

#### *Jidô Teate*

じどう てあて・児童手当

The city offers a child allowance to a guardian of a child with a resident registration in Nagaoka City. This system is available for any resident irrespective of nationality. The eligibility is limited to children up to and including 15 years of age until they graduate from junior high school. The monthly allowances vary depending on age groups.

Guardians who are receiving child allowances are required to submit a document (*genkyô todoke*/げんきょう とどけ・現況届) to prove that they are still eligible to receive the allowances from this June onward as well.

An official form will be sent to applicable guardians in the middle of June. After filling out the form, it should be sent back in the enclosed envelope by Friday, June 30<sup>th</sup>.

For further information:

*Hoiku Ka* (Child-Care Division)

Phone: 0258-39-2355



# The Nagaoka Civic Center

2-2-6 Ote 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 (*Chikyū 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 Kōza*

#### Weekday 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)

June	2, 6, 9, 13, 16, 20, 23, 27, 30	¥1,800
July	4, 7, 11, 14, 18, 21, 25, 28	¥1,600
Aug.	4, 8, 18, 22, 25, 29	¥1,200
Sept.	1, 5, 8, 12, 15, 19, 22, 26, 29	¥1,800

#### 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)

June	4, 11, 18, 25	¥1,600	Aug.	6, 20, 27	¥1,200
July	2, 9, 16, 23, 30	¥2,000	Sept.	3, 10, 17	¥1,200

### Short-Term Japanese Language Class



Sundays, May 7 – Aug. 27

11:45 a.m. – 1:45 p.m.

Room 2B Nagaoka Civic Center 2<sup>nd</sup> Floor

An intensive short-term Japanese language class is being offered from Sunday, May 7<sup>th</sup> to Sunday, August 27<sup>th</sup> so that you can brush up on 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.

June	4, 11, 18, 25	¥1,600
July	2, 9, 16, 23, 30	¥2,000
Aug.	6, 20, 27	¥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.



## Join the International Folk Dance Parade ~ Dancing with Friends from around the World ~

The Nagaoka City International Affairs Center, *Chikyū Hiroba*, invites you to participate in a folk dance parade (*Dai Minyō Nagashi*) that will be held on Ote Street during the *Zen'yasai* Celebration on the first night of the Nagaoka Festival on Tuesday, August 1<sup>st</sup>. Everyone is most welcome to join Nagaoka's traditional dance parade in the summer evening.

On the festival night, you can borrow a *yukata*, a summer cotton kimono outfit, and an assistant will help you put it on. Everyone is also welcome to join some practice sessions that have already been scheduled. We look forward to your participation.

Registration: June 9 (Fri.) – July 3 (Mon.)

Fill out an application form and bring/send/fax/  
e-mail it to *Chikyū Hiroba*, or call us at 0258-39-2714.

Limited to: 70 participants (on a first-come, first-served basis)  
Fee: ¥500

(The fee is collected before putting on *yukata* on August 1<sup>st</sup>.)

### Dance Practice Schedule

July 5 (Wed.)	7:00 p.m. - 8:30 p.m.	<i>Chikyū Hiroba</i>
July 12 (Wed.)	7:00 p.m. - 8:30 p.m.	<i>Chikyū Hiroba</i>
July 15 (Sat.)	10:00 a.m. - 11:30 a.m.	<i>Chikyū Hiroba</i>
July 16 (Sun.)	4:30 p.m. - 6:00 p.m.	<i>Chikyū Hiroba</i>
July 19 (Wed.)	7:00 p.m. - 8:30 p.m.	<i>Chikyū Hiroba</i>
July 22 (Sat.)	10:00 a.m. - 11:30 a.m.	<i>Chikyū Hiroba</i>
July 23 (Sun.)	4:30 p.m. - 6:00 p.m.	<i>Chikyū Hiroba</i>
July 24 (Mon.)	7:00 p.m. - 8:30 p.m.	<i>Aōre Nagaoka</i>

Please join us at least three times. Everyone is required to attend the line-up practices on July 24<sup>th</sup> (Mon.).

For further information and registration:  
Nagaoka City International Affairs Center, *Chikyū Hiroba*  
Phone: 0258-39-2714 Fax: 0258-39-2715  
E-mail: kouryu-c@city.nagaoka.lg.jp




# 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** 10:30 a.m. – 10:45 a.m. Every Day
- \* **Picture Storybook Reading Time**  
3:00 p.m. – 3:15 p.m. Every Day 
- \* **Spot Time** 10:30 a.m. – 11:00 a.m.  
Helpful Tips for Times of Disaster June 12 (Mon.)  
Happy Birthday Party June 19 (Mon.)
- \* **Mini-Library** 10:45 a.m. – 11:45 a.m. June 14 (Wed.)
- \* **Toy Plaza** 10:00 a.m. – 12:00 p.m. June 14 (Wed.)
- \* **Craftwork Cafe** 10:00 a.m. – 11:30 a.m. June 15 (Thurs.)
- \* **Let's Sow Yellow Cosmos Seeds**  
11:00 a.m. – 11:30 a.m. June 16 (Fri.)
- \* **Child-Rearing Salon**  
11:00 a.m. – 12:00 p.m. June 22 (Thurs.)
- \* **Child-Rearing Salon:**  
**How to Help Your Child's Self-Confidence Develop**  
11:00 a.m. – 12:00 p.m. June 25 (Sun.)
- \* **Pounding Rice Cake with Yomogi (herb)**  
11:30 a.m. – 12:00 p.m. June 26 (Mon.)
- \* **Individual Differences in Child's Growth**  
11:00 a.m. – 12:00 p.m. June 30 (Fri.) 

**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
June 14 (Wed.) Child-Rearing Advisor

## Kids' Plaza (Chibikko Hiroba)

Phoenix Ote West 2<sup>nd</sup> Floor and 3<sup>rd</sup> Floor 2-5 Ote 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)** June 21 (Wed.)
- \* **Smiley Kids Day** 10:00 a.m. – 12:00 p.m. Every Friday
- \* **Time for Chibikko Kids and Birthday Party**  
11:00 a.m. – 11:15 a.m.  
June 12 (Mon.) and 26 (Mon.)
- \* **How to Care for Child's Speech Development**  
11:00 a.m. – 11:40 a.m. June 15 (Thurs.)
- \* **Let's Play with Blocks**  
11:00 a.m. – 12:00 p.m. June 17 (Sat.) 
- \* **Mothers' Chat Cafe**  
11:00 a.m. – 12:00 p.m. June 19 (Mon.)
- \* **Playing with Picture Stories (Ehon no Tobira)**  
11:00 a.m. – 11:30 a.m. June 20 (Tues.)
- \* **It's Dad's Turn for Talking with Babies**  
11:00 a.m. – 12:00 p.m. June 25 (Sun.)
- \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. June 27 (Tues.)

**Temporary Day-Care for Preschool-Aged Children:** ¥300/hour

## Kosodate no Eki, Senshu (Teku Teku)

1-99-6 Senshu 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.  
June 23 (Fri.) and 30 (Fri.)
- \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.  
June 22 (Thurs.) 
- \* **Let's Enjoy Singing** 10:45 a.m. – 11:15 a.m.  
June 12 (Mon.), 19 (Mon.), and 26 (Mon.)
- \* **Let's Enjoy Drawing Pictures**  
2:00 p.m. – 3:00 p.m. June 12 (Mon.)
- \* **Mothers' Chat Cafe**  
10:30 a.m. – 11:30 a.m. June 13 (Tues.)
- \* **Teku Teku Walk**  
10:30 a.m. – 11:00 a.m. June 15 (Thurs.)
- \* **Smiley Birthday Party**  
10:45 a.m. – 11:15 a.m. June 16 (Fri.)
- \* **Toy Box Sunday**  
10:45 a.m. – 11:45 a.m. June 18 (Sun.)
- \* **Lecture for Families: Let's Enjoy Rhythm Games**  
10:30 a.m. – 11:15 a.m. June 24 (Sat.)
- \* **Let's Play at the Kids' Land**  
10:30 a.m. – 11:30 a.m. June 27 (Tues.) 

**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
June 20 (Tues.) Child-Rearing Advisor

**Temporary Day-Care for Preschool-Aged Children:** ¥300/hour

## Kosodate no Eki, Tochio (Suku Suku)

Tochio Sangyō Kōryū 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

- \* **Suku Suku Tea Time**  
11:00 a.m. – 11:30 a.m. June 21 (Wed.)
- \* **Let's Play in the Temari Hall**  
10:30 a.m. – 11:30 a.m. June 13 (Tues.) 
- \* **Making Toys** 10:30 a.m. – 11:30 a.m. June 16 (Fri.)
- \* **Let's Make Triangular Chimaki**  
(rice dumplings wrapped in sasa bamboo grass)  
10:00 a.m. – 1:00 p.m. June 24 (Sat.)
- \* **Making Tanabata (Star Festival) Decorations**  
10:30 a.m. – 11:30 a.m. June 27 (Tues.)
- \* **Baby Massage** 1:30 p.m. – 2:30 p.m. June 27 (Tues.)
- \* **Suku Suku Birthday Party** July 1 (Sat.)
- \* **Suku Suku Tea Time** July 7 (Fri.)
- \* **The First Day for Playing with Water** July 14 (Fri.)

**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
June 7 (Wed.) Maternity Nurse  
June 16 (Fri.) Public Health Nurse  
July 5 (Wed.) Maternity Nurse



## Sign Up for the Nagaoka Summer Festival Now! You are most welcome to join:

### **Mantô Mikoshi (Portable Shrine Parade)**

**August 1 (Tues.) 8:50 p.m. – 10:00 p.m. (tentative)**  
Meet in front of Nagaoka Grand Hotel at 6:30 p.m.

You can borrow a *happi* coat.

Fee: ¥1,000 (drinks and laundry fee for a *happi* coat)

Registration with your name, gender, address and telephone number:

*Kome Hyappyô Mikoshi Kai*

Uchiyama-San

(Cell: 080-4070-5591 Fax: 35-3677)



### **Tôrô Nagashi**

(releasing paper lanterns in memory of the 1945 air raid victims)

**August 1 (Tues.) 6:30 p.m. – 8:30 p.m.**

Between Ichinohashi Bridge and Oimawashi Bridge on the Kaki River

1,486 lanterns on a first-come, first-served basis

Nagaoka *Seinen Kaigisho* (Nagaoka Junior Chamber)

Phone: 0258-34-0069

### **Otedori Shôtengai Mikoshi (Portable Shrine Parade)**

**August 1 (Tues.) 1:00 p.m. and 7:00 p.m.**

Fee: Free

You can borrow a *happi* coat.

Registration: By July 7 (Fri.)

Otedori *Shôtengai Jimukyoku*  
(Otedori Shopping Mall Office)

Phone: 0258-30-5590

(9:00 a.m. – 6:00 p.m./weekdays)



### **Dai Minyô Nagashi (Folk Dance Parade) → refer to p. 4**

**August 1 (Tues.) 7:25 p.m. – 8:45 p.m.**

Group Registration: By June 12 (Mon.)

Nagaoka *Shôkô Kaigisho*

(Nagaoka Chamber of Commerce and Industry)

Phone: 0258-32-4500



### **Stage Performances**

**August 2 (Wed.) 11:30 a.m. – 3:00 p.m.**

Ote Street

Registration: By June 16 (Fri.)

Nagaoka Association of Tourism and Conventions

Phone: 0258-32-1187 (9:30 a.m. – 6:30 p.m./weekdays)

## Tickets for the 2017 Nagaoka Grand Fireworks Show How to Get Tickets for Prepaid Areas



### • The Phoenix Area Exclusively for Contributors to the Phoenix Fireworks

- From May 7 (Sun.):

Tickets can be purchased at convenience stores (Seven- Eleven or Lawson) on a first-come, first-served basis.

### Other Areas

• July 1 (Sat.) – July 9 (Sun.)

Internet purchases for unsold/canceled tickets will be available on a first-come, first-served basis.

• July 15 (Sat.) – July 30 (Sun.)

Unsold/canceled tickets can be purchased at Machinaka Kankô Plaza on Ote Street.

• Aug. 2 (Wed.) and Aug. 3 (Thurs.)

Unsold/canceled tickets can be purchased at the designated sites on a first-come, first-served basis.

The proceeds will be used for setting up fireworks viewing sites and for maintaining a safe and secure environment.

<http://nagaokamatsuri.com/>

For further information: Nagaoka Fireworks Ticket Center Phone: 0258-35-9244



Enjoy the Nagaoka Fireworks via  
the Nagaoka Fireworks Official App



The city has provided an app exclusively for smartphone users. The app provides updated information about various things such as the fireworks launching schedule, tickets for the pre-paid areas, transportation, traffic restrictions, traffic congestion, parking lots, etc.

## Tochio Special Sunday Market

**June 11 (Sun.) 10:00 a.m. – 3:00 p.m.**

*Michi-no-Eki* (Roadside Station) Route 290, Tochio

Come and enjoy watching a giant *aburage*, deep-fried soybean curd, being made. There will be a line-up of all Tochio's special products and regional specialties.

For further information:

Tochio *Kankô Kyôkai* (Tourism Association)

Phone: 0258-51-1195

<http://tochiokankou.jp/matsuri/jimanichi>



## Rose Festival at Echigo Kyuryo Koen

**May 20 (Sat.) - June 18 (Sun.)**

**9:30 a.m. – 6:00 p.m.**

**June 4 (Sun.) and 11 (Sun.)**

**7:00 a.m. – 6:00 p.m.**

Enjoy the sweet fragrance of nearly 700 different species of gorgeous roses blooming on about 2,400 plants.

Echigo *Kyuryo Koen* (Echigo Hillside Park)

Phone: 0258-47-8001

<http://echigo-park.jp/event/news/1441.html>



## The Beer Garden at Tachibana Park in Yoita

A beer garden has been set up under a large tent at Tachibana Park in Yoita, where visitors can enjoy beer, soft drinks, and barbecued food. Yoita is the birthplace of Mr. Seibei Nakagawa, who is known as the father of Japanese beer and who promoted the basic technology of brewing beer in Japan.

To honor this son of Yoita, a beer garden was first set up last July. This year, local farmers and store owners came together to establish a company to run the beer garden.

Period: April 22 (Sat.) – October 21 (Sat.)

Hours: 11:00 a.m. – 3:00 p.m. and 5:00 p.m. – 9:00 p.m.

Transportation:

- Local bus for Yoita: Bus stops No. 2, 3, 6, and 12 at the Ote (West) Exit Side of Nagaoka Station
- Chartered bus: For groups of 10 or more  
Booking at *Kankô Kikaku Ka* 0258-39-2344  
(Tourism Planning Division)

Reservations: 050-5835-0493

<http://herofield.com/bbq/nakagawaseibeieren>



## Movies

### Son of Babylon (*Babylon no Yôkô*)

(2010 Iraq-U.K.-France-Netherlands-Palestine-U.A.E.-Egypt joint production)

June 23 (Fri.) 2:00 p.m. – 3:35 p.m.

Admission: Free

Nagaoka Central Library, 2<sup>nd</sup> Floor  
Gakko-cho (Phone: 0258-32-0658)



## Hotaru (Firefly) Watching

### Koshiji Hotaru (Firefly) Festival

June 17 (Sat.) 4:30 p.m. – 9:00 p.m.

- Mini Concert (choirs and handbell music) at Tsukayama Nambu Sports Center
- Firefly Watching at the Ushi no Kubi Area (a 10-minute walk from the sports center)

Nagaoka's naturally blessed environment provides many habitats for fireflies. One of these is Koshiji, which is known as a land of fluttering fireflies. The mystical world of twinkling fireflies fluttering and dancing along in the dark, a special seasonal feature in summer, is a must-see!

Firefly-watching events are held in the Koshiji District every summer. Visitors can enjoy watching the twinkling of fireflies as well as live choir and handbell performances. To get to the event site, you can catch a bus bound for Oguni from Nagaoka Station and get off at "Hasegawatei Mae."

### Hotaru Fantasy (Bus Tour to a Firefly Watching Site)

June 19 (Mon.) – 22 (Thurs.), and 24 (Sat.)

7:15 p.m. – 9:45 p.m.

Meet at *Aôre* Nagaoka or Koshiji Branch Office

Limited to: 20 participants per day

(on a first-come, first-served basis)

Fee: ¥500 (¥250 for elementary school children and under)

Registration: June 6 (Tues.) – June 12 (Mon.)

*Sangyô Kensetsu Ka* (Industrial Construction Division)

Koshiji Branch Office Phone: 0258-92-5903

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

## Fun Programs on the Teradomari Coast

### "E-Boat" (Rubber Raft) Race

July 9 (Sun.) 9:00 a.m. – 4:00 p.m.

200-meter Time Trial Race

Teams: 30 teams with 10 rowers each

Application: By June 23 (Fri.)

Teradomari *Kankô Kyôkai* (Tourism Association)

Phone: 0258-75-3363

## The National Log-Sawing Competition

Date: Aug. 16 (Wed.) 9:00 a.m.

Venue: Parking lot beside the Nagaoka City  
Mishima Sports Gym

The team of two contestants (in three categories of men or mixed pairs, women only, and elementary school children) who can saw through a *sugi* (Japanese cedar) log the fastest will be crowned the champions.

Prizes:

- Participation Prizes for each contestant
- Prizes for Runners-up
- Special Prizes for the Champions
  - 60 kilogram of rice
  - 20 kilogram of *miso* (bean paste)
  - 15 1.8-liter bottles of Japanese sake



Application Period: June 19 (Mon.) - July 18 (Tues.)

180 teams (on a first-come, first-served basis)

Fill out an application form (available at the Nagaoka Civic Center) and send, fax or e-mail it to:

*Sangyô Kensetsu Ka* (Mishima Branch Office)

1261-1 Kami Iwai

Phone: 0258-42-2249

Fax: 0258-42-3534

E-mail: [msh-sangyo@city.nagaoka.lg.jp](mailto:msh-sangyo@city.nagaoka.lg.jp)

## A Relaxing World Tour to Venezuela - The Nation of Glory and Charm -

Date: June 17 (Sat.) 2:00 p.m. - 3:30 p.m.

Limited to: 30 participants

(on a first-come, first-served basis)

Registration is required.

Application Deadline: June 13 (Tues.)

Mr. Juan Jesus Perez, an international student from Venezuela, will share Venezuelan traditions and culture with you.



## A Domestic Violence Consultation and Support Center

The Nagaoka City Spousal Violence Counseling and Support Center helps victims of domestic violence. If you would like a consultation, please call the center for initial counseling.

Hours: Monday - Saturday 10:00 a.m. - 4:30 p.m.

Wednesdays 10:00 a.m. - 7:00 p.m.

Phone: 0258-33-1233

If you need any language assistance, please contact the staff of the Nagaoka City International Affairs Center, *Chikyû Hiroba*, in the Nagaoka Civic Center on Ote Street.

(refer to p. 4)



# Major Emergency Medical Facilities

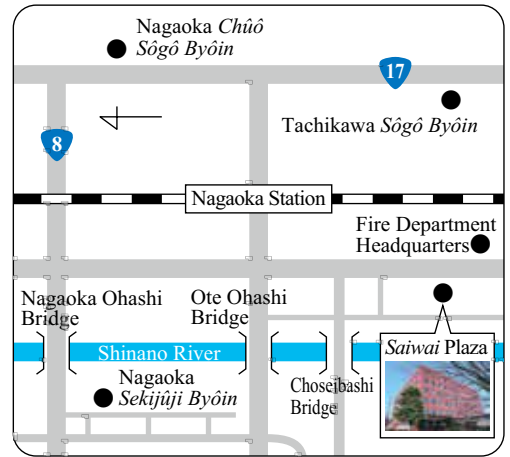


## Major General Hospitals

- 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)** 0258-39-7508

### Information about clinics in charge of specific Sundays or holidays:

- Clinic for Sundays, Holidays, and Nights (Phone: 0258-37-1199) (in Saiwai Plaza)
- Nagaoka Medical Society (Phone: 0258-22-5600)
- Nagaoka Fire Department Headquarters (Phone: 0258-36-0119)



## Civic Health Center (Saiwai Plaza - 1F)

Facilities	Departments	Hours
Clinic for Sundays, Holidays, and Nights (0258-37-1199)  For obstetric and gynecology ( <i>san fujin ka</i> ), the staff at this facility will give information about clinics in charge of specific Sundays or holidays.	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.
Chuetsu Center for Children's Emergency Treatment (0258-86-5099)	Pediatrics ( <i>Shônika</i> )	(Monday – Friday) 6:45 p.m. – 9:30 p.m.

## Warnings against Sun-Stroke or Heat-Stroke (*Netchûshô*・熱中症)

You are likely to suffer from sun-stroke or heat-stroke during hot summer days with high temperatures. Here is some important advice on how to protect yourself from sun-stroke or heat-stroke.



### Some Precautions to Reduce the Risk of Sun-Stroke or Heat-Stroke:

- Use a sunshade, such as a parasol or a hat.
- Wear light, loose-fitting clothing.
- Drink plenty of liquids from time to time.
- Rest in the shade from time to time.



### If You Feel Symptoms of Sun-Stroke or Heat-Stroke:

- Drink plenty of liquids.
- Loosen up your clothing.
- Evacuate to a cool, shaded area.

Liquids for sports activities are advisable. Supplements of salt will be helpful as you may have lost salt when perspiring. Putting a wet towel on your hands, legs, and feet will cool down your body temperature. If a patient seems to be fading in and out of consciousness or is not able to respond clearly, immediately call an ambulance. You may suffer from sun-stroke or heat-stroke again, even if you feel you have recovered from it. Please make sure to seek medical treatment even if you feel you have recovered.

## Rubella Vaccinations for Adults

The City of Nagaoka provides adults with a partial subsidy for rubella, also known as German measles, vaccinations. Adults with a low rubella antibody count can apply for this subsidy. An examination to check your rubella antibody count is necessary prior to application.

Adults who have already contracted rubella or who had a rubella vaccination before cannot apply for this subsidy. Women who want to conceive can apply for this subsidy along with their housemates. The partial subsidy will be ¥6,000 for a combined vaccination and ¥4,000 for a single rubella vaccination.

For further information: *Kenkô Ka* (Health Division)  
 Phone: 0258-39-7508

## Warnings against Food Poisoning (*Shoku Chûdoku*)

Food poisoning often makes you sick. You may have an upset stomach or a stomachache. During the upcoming season with high temperatures, bacteria are likely to grow in food, which makes food go rotten quickly. Do not leave cooked food untouched too long. You are advised to keep any leftover food in a refrigerator.

Wash your hands thoroughly with soap before cooking or eating in order to prevent food poisoning. Avoid eating raw food. When preparing any food, make sure that it is fully cooked. If you feel nauseous or have diarrhea, you are advised to visit a clinic and get treatment.

### Apology

The July issue of *Konnichiwa Nagaoka*, which will include detailed information about the Nagaoka Festival, will be published on July 26<sup>th</sup> at the latest. The reason for this delay is that we are usually able to get updates about the festival after mid-July. The editor would like to apologize for any inconveniences that may be caused by the delay.