



Vol. 330
November
2018

Konnichiwa!

NAGAOKA

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English (Nagaoka International Affairs Center) →
地球広場 (International Affairs Center) → Konnichiwa Nagaoka



The 400th Anniversary of the Establishment of Nagaoka Chapter 8

長岡開府400年
ROOTS
400

A film entitled “*Tôge, the Last Samurai Warrior*” is being produced, based on a book entitled *Tôge*, meaning a mountain pass, written by Ryotaro Shiba. The production of the film is drawing attention to the life of Tsuginosuke Kawai (1827-1868), the chief retainer of the Nagaoka feudal domain. He is known as the last *samurai* warrior of Japan.

Determined to become a prominent leader for the Nagaoka feudal domain, Tsuginosuke went to Edo (present-day Tokyo) to study politics and traveled through the western parts of Japan to further enrich his learning under many mentors. Upon returning to Nagaoka, he held important posts in the administration of the feudal domain.

Ryotaro Shiba wrote, “Advocating neutralism upon the outbreak of the *Boshin* Civil War (1868-1869) between the Tokugawa Shogunate and the New Imperial Government, Kawai negotiated with the leader of the New Government forces, but the negotiations broke off.”

The troops of the Nagaoka Domain fought against the New Imperial Government forces under the leadership of Tsuginosuke Kawai. However Nagaoka was defeated and Nagaoka Castle fell. The Nagaoka troops were forced to retreat. Due to a serious injury to his left leg, Tsuginosuke died while fleeing through a mountain pass to an allied province located in present-day Fukushima Prefecture.



The film “*Tôge, the Last Samurai Warrior*” is scheduled to be released in 2020. We look forward to the completion of the film that will fully depict Tsuginosuke’s footsteps and ambition during the turbulent times.

The Statue of Tsuginosuke Kawai (in the Tsuginosuke Kawai Memorial Museum)

The Nagaoka Kome Hyappyô Music-Fest

A big event was held at the Higashiyama Family Land on October 6th and 7th. A total of 24 singers and groups attracted about 11,000 fans from in and around Niigata Prefecture for two days. As soon as the concert started, the audience got into the music, jumping and clapping to the rhythm.

Many visitors also lined up to get regional specialties at various food stalls. The organizing committee is aiming to develop this event into a big seasonal program in Nagaoka. The 2019 event has already been scheduled to be held on Saturday, October 12th and Sunday October 13th. Don’t miss it!

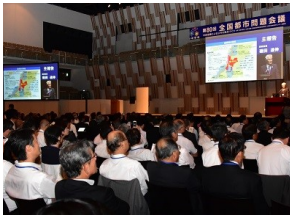
Population and Households
As of October 1st, 2018
(compared to the previous month)

271,444 (-15)	132,633 (+10)	138,811 (-25)	107,374 (+101)

Major Features:

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The National Conference of Urban Issues Held in Nagaoka



On October 11th and 12th, approximately 2,000 attendees including mayors and city council members from various locations around Japan assembled at City Hall Plaza – *Aôre* Nagaoka to join a national conference. They discussed various issues

mainly focusing on how to develop a hub based on administrative and civic cooperation.

Mayor Tatsunobu Isoda introduced the city's progressive projects with unique policies and strategies such as the development of child-rearing support facilities and NaDeC BASE, which is a facility connecting academia, businesses, and entrepreneurs.

Mr. Kengo Kuma (the architect who designed the city hall complex), Ms. Chie Morimoto (an art director), and Mr. Tamio Mori (the former city mayor) also took the podium and talked about the basic concept of the establishment of

the city hall complex and the citizens' positive commitments in promoting their creative activities there.

Booths and stalls were set up at *Nakadoma*, the roofed plaza of the complex, where visitors enjoyed local delicacies including Tochio's *aburage* (deep fried tofu) and Teradomari's *banya jiru* (fisherman's seafood soup).

A replica of ancient pottery (*Kaendoki*, flame-type pottery), excavated in Nagaoka was on display. Many participants also joined introductory tours of the downtown area, the mountainous Yamakoshi District, and the Food Scrap Biogas Power Generation Center.



The conference provided a great opportunity for the City of Nagaoka to share its charms and special features with municipalities across Japan.

Productions of Two Films Related to Nagaoka's Prominent Leaders from the Past

"*Tôge, the Last Samurai Warrior*"

This film is based on Ryotaro Shiba's *Tôge* (published in 1968), which means mountain pass. It depicts the life of Tsuginosuke Kawai (1827-1868), the chief retainer of the Nagaoka feudal domain. He is known as the last *samurai* warrior of Japan.

Actor Koji Yakusho plays the role of Tsuginosuke. In 2011, Yakusho also played the role of Admiral Isoroku Yamamoto, the Commander-in-Chief of the Combined Fleet of the Japanese Imperial Navy during World War II.

"*Tôge, the Last Samurai Warrior*" is being filmed in various locations including Nagaoka. A total of 2,000 local extras joined a battle scene that was shot on the riverbanks of the Shinano. The film will be released in 2020.



"*The Great War of Archimedes*"

This film is based on Norifusa Mita's serial comic (since 2015) entitled "*The Great War of Archimedes*."

It depicts a battle of intelligence based on ingenuity, strategy, and mathematics for constructing the Battleship Yamato. In the story, Admiral Isoroku Yamamoto places a mathematics genius in an important post in order to disclose wrongdoings and prevent injustice in the construction of the battleship.

Actor Hiroshi Tachi plays the role of Isoroku Yamamoto, the Commander-in-Chief of the Combined Fleet of the Japanese Imperial Navy during World War II. The film will be released in the summer of 2019.



Sending Out Our Thoughts to the World Fireworks in Memory of War Victims and for the Pursuit of World Peace Saturday, December 8th 5:30 p.m.

In order to express our wishes to convert all the bombs of the world to fireworks, fireworks including several shots of White Chrysanthemums fireworks will be launched on the riverbanks of the Shinano on the day the Pacific War between Japan and the U.S.A. broke out in 1941.

Current Topics in Nagaoka



Mayor Tatsunobu Isoda has sent a civil engineer (a city employee) to flood-affected Takahashi City in Okayama Prefecture. The engineer will be staying there for six months from October and helping locals with various restoring operations. A total of five city employees from Nagaoka were also sent to earthquake-stricken Abira-Town in Hokkaido up to the end of October. They helped with inspections of damaged buildings and houses.

(September 26)



The Nagaoka Thermal Power Plant Company began its operation in the West Hillside East Area of the city. The company is supplying to the city the full amount of electricity they are producing by utilizing the natural gas in the South Nagaoka Gas Field. At the plant inauguration ceremony, Mayor Tatsunobu Isoda stressed that the energy-supply system based on the idea of "locally-produced, locally-consumed" can promote Nagaoka's unique industrial commitments.

(October 1)



It has been 14 years since the Great Chuetsu Earthquake hit the Chuetsu Region including Nagaoka on October 23, 2004. Memorial ceremonies were held at various locations of the city on October 23rd. Locals of the Kawaguchi District, the epicenter of the quake, flew about 1,000 balloons from Kawaguchi Sport Park in memory of the victims, in appreciation of the support provided by many people, and with wishes for a complete recovery

(October 23)

Keep Up the Great Work, ALBIREX BB! The Niigata ALBIREX Basketball Club



The City Hall Plaza - Aôre Nagaoka arena is home to the Niigata ALBIREX Basketball club, a professional Japanese basketball team. On October 17th, the kick-off game for the season was held against the San-En Neo-Phoenix. Last season, the Niigata ALBIREX were equally matched with the San-En NeoPhoenix and finished with 3 wins in 6 games.

The first match between the two teams this season started as a close game, drawing nearly 3,000 spectators even it was a weekday. Thanks to a great number of points scored especially by Davante Gardner (the team's top scorer) and other players' efforts, the Niigata ALBIREX battled through to win the game 61 to 48. The enthusiasm and roars of the crowd cheered on the ALBIREX BB by making "ALBI Calls" throughout the game.

Many home games and away games are scheduled to be held during this season until April or May of 2019. Here is a list of home games in November and December.

Dates		Opponents
Nov. 7 (Wed.)	7:05 p.m.	SEA HORSE MIKAWA
Dec. 8 (Sat.)	6:05 p.m.	ALVARK TOKYO
9 (Sun.)	2:05 p.m.	
26 (Wed.)	7:05 p.m.	YOKOHAMA B-CORSAIRS
29 (Sat.)	2:05 p.m.	TOYAMA GROUSES
30 (Sun.)	2:05 p.m.	

Collecting Recyclable Materials Nov. 17 (Sat.) 9:00 a.m. – 12:00 p.m. Saiwai Bunsitsu (Saiwai-cho)

The following recyclable materials will be collected free of charge.

Items	How to Put Out
Reusable Glass Bottles	Put in transparent or translucent bags
Used Clothing	
Glass Bottles, Cans, and PET Plastic Bottles	
Footwear	
Bags and Belts	
Mixed Paper (paper combined with other materials such as coatings)	
Small Electrical Appliances	
Used Tableware	Wrap with paper and put in a box
Waste Paper, Newspapers, Magazines, Flyers, and Cardboard	Tie with paper cords
Cooking Oil	Put in transparent or translucent containers



For further information:
Kankyô Gyômu Ka (Environmental Management Division)
Phone: 0258-32-5000

The Phoenix Net System (An Emergency Medical Network)



In case of emergencies such as a sudden illness or an accident, it may be difficult for you to accurately talk about yourself or your family due to confusion or your condition.

If you have registered in the Phoenix Net System, your personal information about the medical institutions you often visit and your emergency contact can be shared with associated rescue teams.

Your registration in the Phoenix Net System allows the rescue team staff to confirm your information on site in order to immediately perform any necessary treatment or to transport you to an appropriate medical institution.

There is no charge for registration. You can apply at Aôre Nagaoka Fukushi Madoguchi (the Welfare Information

Desk at City Hall Plaza Aôre Nagaoka), Saiwai Puraza Chôju Hatsuratsu Ka (the Longevity and Liveliness Support Division at Saiwai Plaza), or Shimin Seikatsu Ka (the Citizens' Affairs and Service Division of each branch office).

Copies of an information brochure about the Phoenix Net System are available at these offices as well as the city's community centers and offices of the Social Welfare Association.



For further information: Chôju Hatsuratsu Ka
(the Longevity and Liveliness Support Division at Saiwai Plaza)
Phone: 0258-39-2268

Important Information about Tax Deductible Social Insurance Premiums



Your premiums or payments for the National Health Insurance, the Medical Insurance System for the Elderly Aged 75 or Over, the Public Nursing-Care Insurance System, and the National Pension Plan are all deductible on your tax return. You need to follow the proper procedures to claim your payments as a tax deduction.

Tax deductible social insurance premiums include:

- National Health Insurance
(国民健康保険・こくみんけんこうほけん/Kokumin Kenkô Hoken)
- Medical Insurance for the Elderly
- Nursing Insurance for the Elderly
- National Pension
(国民年金・こくみんねんきん/Kokumin Nenkin)

At the beginning of November, the Japan Pension Service will send out the Social Insurance Premium Deduction Certificates(社会保険料控除証明書・しゃかいほけんりょうこうじょしょうめいしょ/Shakai Hokenryô Kôjo Shômeisho).

When applying for a tax deduction, attach the certificate to the application form (Return Form for Insurance Premium Deduction/保険料控除申告書・ほけんりょうこうじょしんこくしょ/Hokenryô Kôjo Shinkokusho).

For further information: Nagaoka Nenkin Jimusho
(Nagaoka Pension Office)
Phone: 0258-88-0003

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

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 Program

Nihongo Kōza

The 2nd term of classes for the 2018 fiscal year is being offered from October 2018 to March 2019. A free trial lesson will be offered. Please call ahead.



Basic Level I Vol. I

Basic Level I Vol. II

Weekday Classes (Tuesdays & Fridays)

Basic Level I - Class 2

Minna no Nihongo Basic Level I Vol. I (Lesson 13 – Lesson 25)

9:30 a.m. – 10:30 a.m. (60 minutes)

Basic Level I - Class 1

Minna no Nihongo Basic Level I Vol. I (Lesson 1 – Lesson 12)

11:00 a.m. – 12:00 p.m. (60 minutes)

Nov.	2, 6, 9, 13, 16, 20, 27, 30	¥1,600
Dec.	4, 7, 11, 14, 18, 21, 25, 28	¥1,600
Jan.	8, 11, 15, 18, 22, 25, 29	¥1,400
Feb.	1, 5, 8, 12, 15, 19, 22, 26	¥1,600
March	1, 5, 8, 12, 15, 19, 22, 26	¥1,600

Sunday Classes

Basic Level I - Class 2

Minna no Nihongo Basic Level I Vol. I (Lesson 13 – Lesson 25)

9:30 a.m. – 11:30 a.m. (120 minutes)

Basic Level I - Class 1

Minna no Nihongo Basic Level I Vol. I (Lesson 1 – Lesson 12)

2:00 p.m. – 4:00 p.m. (120 minutes)

Basic Level II - Class 2

Minna no Nihongo Basic Level I Vol. II (Lesson 37 – Lesson 50)

11:45 a.m. – 1:45 p.m. (120 minutes)

Nov.	4, 11, 18, 25	¥1,600
Dec.	2, 16, 23	¥1,200
Jan.	6, 13, 20, 27	¥1,600
Feb.	3, 10, 17, 24	¥1,600
March	3, 10, 17, 24	¥1,600

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.

Mondays 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.



Telephone Consultation Service for Overseas Workers

The Ministry of Health, Labour and Welfare has been offering a telephone consultation service in five languages for overseas workers since June 1st, 2015.

The service provides information about laws related to working conditions and also introduces organizations that can help workers solve various labor-related problems.

*1 Except for national holidays and December 28 – January 3

*2 Callers will be responsible for applicable telephone charges.

Languages	Days *1	Hours	Phone Numbers *2
English	Mon. – Fri.	10:00 a.m. - 12:00 p.m. 1:00 p.m. - 3:00 p.m.	0570-001701
Chinese			0570-001702
Portuguese			0570-001703
Spanish	Tues., Thurs., & Fri.		0570-001704
Tagalog	Tues. & Wed.		0570-001705
Vietnamese	Wed. & Fri.	0570-001706	



Child-Rearing Support Facilities

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** 10:30 a.m. – 10:45 a.m. Every Day
- * **Picture Storybook Reading Time** 3:00 p.m. – 3:15 p.m. Every Day
- * **Parent-Child Disaster Prevention Fair** 10:00 a.m. – 12:00 p.m. Nov. 3 (Sat./Holiday)
- * **Lecture: Basic Tips for Communicating with Children** 11:00 a.m. – 12:00 p.m. Nov. 9 (Fri.)
- * **Mini-Library** 10:45 a.m. – 11:45 a.m. Nov. 14 (Wed.)
- * **Toy Plaza** 10:00 a.m. – 12:00 p.m. Nov. 14 (Wed.)
- * **Handicraft Cafe** 10:00 a.m. – 11:30 a.m. Nov. 15 (Thurs.)
- * **Safety Tips for Protecting Children in Case of a Disaster** 10:45 a.m. – 11:15 a.m. Nov. 16 (Fri.)
- * **Happy Birthday Party** 10:30 a.m. – 11:00 a.m. Nov. 19 (Mon.)
- * **Child-Rearing Salon for Mothers Around 40 and 50** 11:00 a.m. – 12:00 p.m. Nov. 21 (Wed.)
- * **Eurhythmics with a Music Therapist** 11:00 a.m. – 11:45 a.m. Nov. 22 (Thurs.)
- * **Making Konnyaku (arum root starch cake)** 1:30 p.m. – 2:30 p.m. Nov. 23 (Fri./Holiday)
- * **Lecture for Parents: Parents' Magic Words for Children's Self-Awareness** 10:30 a.m. – 12:00 p.m. Nov. 25 (Sun.)
- * **Health Talk Tea Time: Parent-Child Yoga** 1:30 p.m. – 2:30 p.m. Nov. 29 (Thurs.)
- * **Mothers' Chat Cafe** Mother-Child Healthcare Advisor 10:45 a.m. – 11:45 a.m. Nov. 2 (Fri.)



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



Kids' Plaza (Chibikko Hiroba)

Phoenix Ote West 2nd Floor and 3rd 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
- * **Smiley Kids' Day** 10:00 a.m. – 12:00 p.m. Nov. 2 (Fri.), 9 (Fri.), 16 (Fri.), and 30 (Fri.)
- * **Time for Chibikko Kids & Birthday Party** 11:00 a.m. – 11:15 a.m. Nov. 5 (Mon.), 12 (Mon.), and 26 (Mon.)
Birthday Party Nov. 26 (Mon.)
- * **Kamishibai (Large Picture-Card Story)** 11:00 a.m. – 11:15 a.m. Nov. 6 (Tues.)
- * **Let's Play with Grandmothers** 11:00 a.m. – 11:30 a.m. Nov. 7 (Wed.)
- * **Let's Start Reading Books** 10:00 a.m. – 10:40 a.m. Nov. 10 (Sat.) and 18 (Sun.)
- * **Enjoy Playing to the Rhythms** 11:00 a.m. – 11:15 a.m. Nov. 14 (Wed.)
- * **Chatting Time for Expecting Mothers** 2:00 p.m. – 3:00 p.m. Nov. 16 (Fri.)
- * **Let's Play with Blocks** 11:00 a.m. – 12:00 p.m. Nov. 17 (Sat.)
- * **Mothers' Chat Cafe** Mother-Child Healthcare Advisor 11:00 a.m. – 12:00 p.m. Nov. 19 (Mon.)
- * **Wai Wai Chatting Time** 11:00 a.m. – 12:00 p.m. Nov. 27 (Tues.)
- * **Workout Time with Parents and Children** 11:00 a.m. – 11:40 a.m. Nov. 29 (Thurs.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
 Nov. 1 (Thurs.) Child-Rearing Advisor

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

November

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. Nov. 2 (Fri.), 9 (Fri.), and 30 (Fri.)
- * **Playing Games from the Old Days** 10:30 a.m. – 11:30 a.m. Nov. 3 (Sat./Holiday)
- * **Let's Enjoy Singing Together** 10:45 a.m. – 11:15 a.m. Every Monday
- * **Teku Teku Walk** 10:30 a.m. – 11:00 a.m. Nov. 6 (Tues.)
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. Nov. 8 (Thurs.) and 22 (Thurs.)
- * **"Toy Hospital" for Fixing Broken Toys** 10:00 a.m. – 2:00 p.m. Nov. 9 (Fri.)
- * **Let's Enjoy Drawing Pictures** 2:00 p.m. – 3:00 p.m. Nov. 12 (Mon.)
- * **Mothers' Chat Cafe** Mothers-Child Healthcare Advisor 10:30 a.m. – 11:30 a.m. Nov. 13 (Tues.)
- * **Lecture: Tips on How to Enjoy Baby Food** 10:30 a.m. – 11:30 a.m. Nov. 15 (Thurs.)
- * **Smiley Birthday Party** 10:45 a.m. – 11:15 a.m. Nov. 16 (Fri.)
- * **Sunday Toy Box** 10:45 a.m. – 11:45 a.m. Nov. 18 (Sun.)
- * **Let's Make Decoupage Soap Bars and Handkerchiefs** 10:30 a.m. – 11:30 a.m. Nov. 20 (Tues.)
- * **Let's Play at the Kids' Land** 10:30 a.m. – 11:30 a.m. Nov. 27 (Tues.)



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

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

Kosodate no Eki, Tochio (Suku Suku)

Tochio Sangyō Kōryū Center, 2nd 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. Nov. 2 (Fri.) and 21 (Wed.)
- * **Dietary Talks** 10:30 a.m. – 11:30 a.m. Nov. 14 (Wed.)
- * **Mini-Library** 11:00 a.m. – 11:30 a.m. Nov. 16 (Fri.)
- * **Let's Play with Pla-Rail Toy Trains** 10:00 a.m. – 2:00 p.m. Nov. 17 (Sat.)
- * **Baby Massage** 1:30 p.m. – 2:30 p.m. Nov. 21 (Wed.)
- * **Birthday Party** 11:00 a.m. – 11:30 a.m. Nov. 28 (Wed.)
- * **Let's Play in the Temari Hall** 10:30 a.m. – 11:30 a.m. Nov. 30 (Fri.)
- * **Christmas Mini Concert** 11:00 a.m. – 11:30 a.m. Dec. 1 (Sat.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
 Nov. 7 (Wed.) Maternity Nurse
 Nov. 21 (Wed.) Public Health Nurse



Seasonal Events

Echigo Kyûryô Kôen (Hillside Park)

Nagaoka Fireworks Winter Fantasy

Dec. 1 (Sat.) 5:30 p.m. – 6:30 p.m.



Admission:

¥1,500 for Adults
 ¥700 for elementary and junior high school students
 ¥3,000 in the area with chairs
 Free for pre-school aged children

Parking:

¥1,000 for regular passenger cars
 ¥3,000 for larger vehicles for over 30 passengers

Admission and parking tickets are only available in advance at Seven-Eleven stores until Friday, November 30th, 2:00 p.m. or at Echigo Kyûryô Kôen (Hillside Park).

Winter Illumination

Nov. 23 (Fri.Holiday) - 25 (Sun.),
 Dec. 2 (Sun.), 7 (Fri.) - 9 (Sun.),
 14 (Fri.) - 16 (Sun.), and 21 (Fri.) – 25 (Tues.)
 Hours: 4:30 p.m. – 9:00 p.m.

- About 400,000 LED lights illuminate a huge zelkova tree.
- A six-meter high champagne-glass tree



For further information: Echigo Hillside Park
 Phone: 0258-47-8001



Movie

Nagaoka Central Library, 2nd Floor Gakko-cho

Sing Street (2015 Ireland, U.K., and U.S.A.)
 Nov. 18 (Sun.) 2:00 p.m. - 3:55 p.m.



Admission: Free
 For further information: Nagaoka Central Library
 Phone: 0258-32-0658

Cooking Class for Osechi Ryôri Special Dishes for the New Year Holidays

Dec. 12 (Wed.) 10:00 a.m. – 12:00 p.m.
 Dec. 15 (Sat.) 10:00 a.m. – 12:00 p.m.

Aguratte Nagaoka, Suyoshi-machi
 (Hometown Experience Agricultural Center)

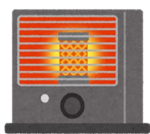
Registration is required.
 Fee: ¥1,500



For further information: Aguratte Nagaoka
 Phone: 0258-34-5360

Safety Tips on How to Use Space Heaters

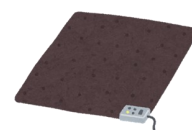
Most Japanese houses are not centrally heated. Space heaters and room air conditioners are widely used. Typical heating devices usually used in Japanese houses are:



sekiyu sutôbu
 (kerosene heater with/without exhaust pipes or fans)



gasu sutôbu
 (gas heater with/without exhaust pipes or fans)



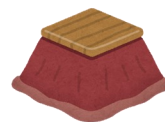
hot carpet
 (electric carpet)



denki sutôbu/denki hîtâ
 (electric heater)



e-a-kon/reidanbôki
 (air conditioner)



kotatsu
 (low table with an electric heating device)

Here are some safety tips on how to use space heaters.

- Do not place any flammable objects around space heaters.
- Do not place heaters near doors or curtains.
- Do not dry your laundry using space heaters.
- Do not move space heaters while they are on.
- Stay a proper distance away from space heaters.
- Be sure to ventilate your room.
- Turn off kerosene heaters when refilling their kerosene tanks.
- Make sure to close the lid of the tank tightly after refilling it.
- Fill kerosene tanks in a safe place away from any flames or burning materials.
- Turn off space heaters before you go to bed.



Bus Fare Discount Services



There are three types of bus fare discount service. They are *kaimono kaisūken* (coupons for shopping), gold *menkyo waribiki* (discount for gold driver's license holders), and *kyūjitsu norihōdai* (unlimited rides on holidays).

You can get a book of *kaimono kaisūken* (coupons for shopping) with 13 tickets for the price of 10 tickets. You can use this *kaimono kaisūken* every day. However, on weekdays you can only use it between 10:00 a.m. and 4:00 p.m.

If you have a gold driver's license and if you show it to the bus driver, your fare will be ¥50 off all day on Saturdays, Sundays, national holidays, and December 29th and to December 31st.

You can use a *kyūjitsu norihōdai* (unlimited rides all day on holidays) pass on Saturdays, Sundays, national holidays, and from December 29th to 31st of December as well as during school holidays. This pass is ¥500 for elementary school children and younger and ¥1,000 for junior high school students and older.

However, please remember that these special bus fare discount services are not available for express buses or buses on some local routes.



For further information: Echigo Kotsu Bus Company.
Phone: 0258-29-1110

Traffic Rules for Cyclists

Cyclists should always observe and follow traffic lights and signs.

Cyclists who repeatedly commit these hazardous acts two or more times within a span of three years are required to attend a cyclist safety lecture session. Cyclists who refuse to attend the lecture session will be fined up to ¥50,000.

Major Hazardous Acts

- Disregarding traffic lights.
- Ignoring stop signs.
- Violating riding rules in walkways.
- Riding while intoxicated.
- Entering a railroad crossing after the crossing bars have been lowered.
- Riding a bicycle that is not equipped with properly-functioning brakes.
- Riding while using a cell phone or holding an umbrella / parasol.



Some Useful Tips for Protecting Yourself from Catching Influenza



We are more likely to come down with a cold when it gets chilly. This is also the season in which many people catch the flu. The common cold virus and influenza virus are different. When you have a cold, you may have some symptoms in your throat or nose. Influenza usually brings about high fevers ranging from 38 to 40 degrees Celsius (100.4 – 104 degrees Fahrenheit) and affects your whole body with symptoms such as headaches, joint pains, or muscle pains. Here are some useful tips for preventing the flu.

- Wash your hands and gargle when you return home.
- Sufficient sleep and nutrition will help you resist diseases.
- Avoid crowds.
- You are advised to get a vaccination against influenza prior to the flu season. Getting a vaccination will reduce the possibility of being affected by the flu.

The flu season is usually from November to April. You are advised to get a vaccination against influenza prior to the flu season. Please contact a clinic for an appointment.

Here is a useful Japanese expression. If you want to get a vaccination against the flu, you can say “Influenza *no yobō sesshu o uketai desu* (I want to get a vaccination against the flu).”

You are advised to get proper treatment within two days after being infected by the flu. If you have symptoms such as high fever, muscle pains, joint pains, etc., immediately visit a clinic and get treatment as soon as possible.

For further information: *Kenko Ka* (Health Division)
Phone: 0258-32-5000

This Month's Useful Japanese Expressions

***Kuruma no Taiya Kōkan* (車のタイヤ交換・くるまのタイヤ こうかん)**



In this section you can learn Japanese expressions and get information useful for your daily life in Japan.

Before the snowy months arrive, you are advised to replace regular tires with special tires for winter. Tires you use in winter are called studless tires or snow tires.

Snow-covered and icy roadways are very slippery and you cannot easily stop your car on such roadways. Therefore, you need to replace regular tires with special winter tires before the arrival of winter. Otherwise, driving with regular tires in snowy months is very hazardous.

Kuruma no taiya kōkan (tire replacing) services are available at car dealers, repair shops, service stations, or gas stations. When snow starts falling, these places will be

crowded with many drivers who rush to have their tires replaced all at once. We recommend you finish *taiya kōkan* as early as possible.

If you keep a snow brush in your car, it will be useful to remove any snow accumulated on the windshield, windows, and the roof of your car because the snow may obstruct your front view, which is very hazardous. Please drive very carefully on slippery snow-covered and icy roadways.

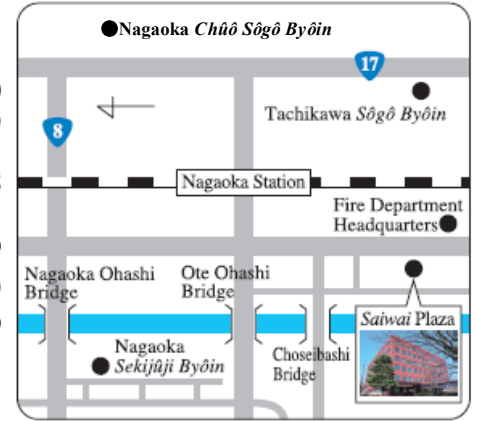




Major Emergency Medical Facilities

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 (in *Saiwai Plaza*) 0258-37-1199
 - Nagaoka Medical Society 0258-22-5600
 - Nagaoka Fire Department Headquarters 0258-36-0119



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 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 – Saturday) 6:45 p.m. – 9:30 p.m.

2018 Information Session about School Enrollment for Children of Foreign Nationals

November 23rd (Friday/Holiday) 1:00 p.m. - 3:30 p.m.
 Nagaoka City International Affairs Center, *Chikyû Hiroba*
 Nagaoka Civic Center (2-2-6 Ote Street)

An information session about Japanese schools will be held for children originally from overseas and their parents or guardians. This session will cover information about the education system, school enrollment, and school life in Japan. Students who wish to enroll in a Japanese school are welcome to join this session along with their parents and guardians.

If you or your children have had any difficulties or worries at school or about school enrollment, you are also welcome to join this session. This program aims at forming a network connecting parents and guardians, communities, and educators in order to support school education for children originally from overseas.

This Session is for:

Elementary school and junior high school students originally from overseas and living in Niigata Prefecture (mainly in the Chuetsu and Kaetsu regions), their parents and guardians, educators, supporters, and others who are interested in this issue.

Major Contents:

- Introduction of the education system and high school entrance examinations in Japan (by staff from the High School Education Division, Niigata Prefecture Board of Education)
- A high school student originally from overseas talking about her experience followed by a question and answer session
- Group discussions
- Summary

The session will be held in easy Japanese with occasional consecutive interpretation if necessary.

Organized by: Niigata International Association (a public interest incorporated foundation)

In Cooperation with: Nagaoka City International Affairs Center, *Chikyû Hiroba*

With Support from: Niigata Prefecture Board of Education

Nagaoka City Board of Education

For further information: Nagaoka City International Affairs Center, *Chikyû Hiroba* (refer to p. 4) in the Nagaoka Civic Center (2-2-6 Ote Street)

Phone: 0258-39-2714

