



Vol. 332  
January  
2019

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

## I Got It! It's Mine!



あつくなれ  
ぜんりよく だしきり まるたぎり

*Atsukunare  
Zenryoku Dashikiri Marutagiri*

Get Excited and  
Give It Your All  
At the Log-Sawing Competition!  
(Mishima District)



うつくしい  
やまのにしきごい みにきてね

*Utsukushii  
Yama no Nishikigoi Minikitene*

Come See the Beautiful  
Nishikigoi in Mountainous Yamakoshi!  
(Yamakoshi District)



てらどまり  
かに や はまやき おいしいな

*Teradomari  
Kani ya Hamayaki Oishiina*

Teradomari's Crab and  
Grilled Seafood Are Very Delicious.  
(Teradomari District)

## Playing with Karuta Cards

In order to introduce the many charming aspects of our city, elementary school children joined a "Community Karuta" creation project. The word "karuta" is derived from the Portuguese *karta* (card).

The children made two sets of 44 cards. One set has pictures and the other has *haiku*, 5-7-5 syllable poems. Many school children proposed their promotion *haiku* and

paintings focusing on the special features treasured in each of the city's 11 districts. Each message begins with Japanese syllables such as あ(a), い(i), う(u), え(e), お(o).

When playing this *karuta* game, the leader reads a *haiku* from one of cards and the players try to pick out the matching card from the set of picture cards spread out on the floor.

Population and Households  
As of December 1<sup>st</sup>, 2018  
(compared to the previous month)

271,173 (-135)	132,510 (-52)	138,663 (-83)	107,455 (+26)

### Major Features:

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## A Talk for the New Year

### Moving Forward with a Renewed Spirit of One Hundred Sacks of Rice

Celebrating the beginning of the New Year, Mayor Tatsunobu Isoda had a talk with Ms. Tomoko Hoshino (an actress and essayist from Nagaoka) and Takanori-San (the leader of Hinata, a duo of musicians from Nagaoka). Here are some highlights from their impressive and inspiring talk focusing on plans for the next 100 years in order for us to move forward with a renewed Spirit of One Hundred Sacks of Rice.

**Mayor:** The people of Nagaoka have cherished the philosophical teaching known as the Spirit of One Hundred Sacks of Rice, which originated in a historic incident occurring in 1870. This teaching emphasizes the essential role of education to nurture younger generations.

**Hoshino:** We learned about the Spirit of One Hundred Sacks of Rice during our days in elementary school. I believe that we all realized that Nagaoka is a great city to have such a commitment. The story of One Hundred Sacks of Rice still remains deep in my heart.

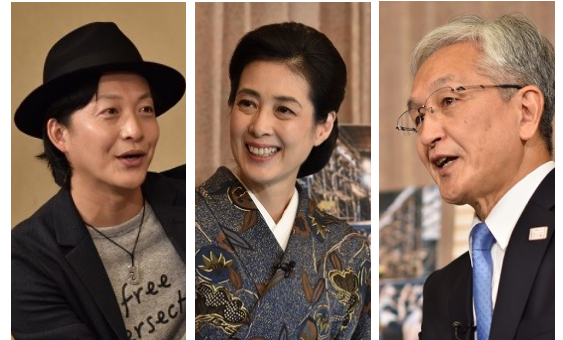
**Takanori:** When the city asked *Hinata* to write and compose a school song for the newly-formed Konan Elementary School, we were honored to receive such an offer and felt the warmth of the people of Nagaoka, who helped us complete the song.

**Mayor:** Focusing on Nagaoka's traditions and culture, we celebrated the 400<sup>th</sup> anniversary of the establishment of Nagaoka last year. In collaboration with the citizens of Nagaoka, I would like to move forward with a renewed Spirit of One Hundred Sacks of Rice this year by investing in various projects to nurture human resources. There are over 5,000 college students, including nearly 400 international students, in Nagaoka. Their contributions to the city will be great in the future.

**Takanori:** We are organizing a musical event named "Nagaoka *Oto Musubi Fesu*," to promote communication and bonds among citizens. The participation of energetic young people is an essential part of this kind of event.

**Hoshino:** Welcoming students from various parts of Japan and the world, Nagaoka can offer precious learning opportunities to them, which can also benefit the city.

**Mayor:** In order to develop Nagaoka into one of the most comfortable cities in which to live in Japan, we would like to make the best use of innovative ideas and cutting-edge technology such as AI and IoT in the areas of social welfare, industry, education, and culture including music.



**Takanori:** I think that the spacious NaDeC BASE on Ote Street (a newly established facility connecting academia, businesses, and entrepreneurs) can provide various opportunities for everyone to come together to organize something new and interesting.

**Mayor:** On December 7<sup>th</sup>, 2018, I was honored to be invited to attend the 77<sup>th</sup> Pearl Harbor Remembrance Day Commemoration in Honolulu, Hawaii. I think the citizens of Nagaoka, which is the hometown of Admiral Isoroku Yamamoto and which experienced bombing in 1945, are responsible for sending out to the world our messages of peace.

**Hoshino:** I have enjoyed Nagaoka Fireworks since my childhood. I believe Nagaoka Fireworks are precious treasures that always remind us to come together to remember war victims and pray for everlasting peace in the world.

**Mayor:** A plan to build the Nagaoka Fireworks Exhibit Hall (tentatively named) and a renovation project for a former liqueur distillery in Settaya are underway in the hopes to further promote tourism.

**Takanori:** I'm happy to know that Nagaoka has many interesting things in which Nagaokans take pride. I'd like to support my beloved Nagaoka through music.

**Hoshino:** I'm always grateful to the people of Nagaoka for their efforts to make Nagaoka a nice place to live. I hope we can all come together to move forward into the future with a renewed spirit of One Hundred Sacks of Rice.

**Mayor:** We will work together to make Nagaoka a place where everyone can say, "I'm happy to be here!"



## The 77<sup>th</sup> Anniversary

### National Pearl Harbor Remembrance Day Commemoration



On December 7<sup>th</sup> (8<sup>th</sup> in Japan), a commemoration was held in Honolulu to honor the fallen of the 1941 Pearl Harbor attack. The City of Nagaoka was the only municipality from Japan

invited to attend the ceremony. The Nagaoka delegation led by Mayor Tatsunobu Isoda consisted of 20 members including City Council Chairman Katsufusa Maruyama, city council members and officials, six high school students, and two college students.

The Cities of Nagaoka and Honolulu have continued to promote various peace-oriented exchange programs since 2007. In 2012, our cities united as sister cities.

Mayor Isoda stressed, "It is important for us to convey our experience of the misery of war to younger generations. The City of Nagaoka will continue to send out to the world our messages of everlasting peace."



As part of a business exchange, Mayor Isoda visited Iolani Sportswear, Ltd., a long-established apparel manufacturer in Honolulu. A fabric manufacturer in the Tochio district of Nagaoka and the Hawaiian apparel firm have recently started developing new products in order to promote a new area of exchanges such as industrial exchanges between our cities.

At the University of Hawaii, the student delegation had a discussion with students there and deepened their understanding about the pursuit of peace by focusing on educational approaches.



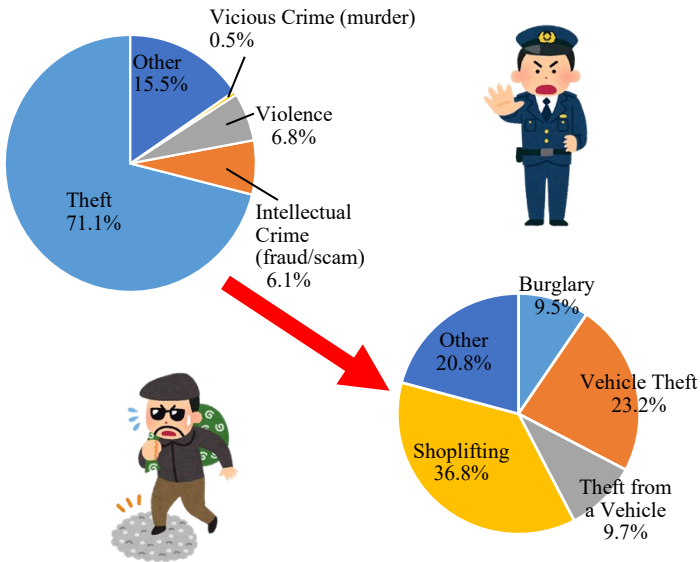
## Warnings Against Theft

In 2017, 1,454 criminal cases were reported in Nagaoka. Theft accounts for about 70% of these offensive cases. Buildings, vehicles, or bicycles which were not properly locked were the targets of theft or burglary.

You might think that you do not have to lock up because

you are leaving your house for a short period of time for shopping or some errands, or that there are no suspicious people around your neighborhood because it's in a peaceful rural area. However, locking up is absolutely essential to prevent theft.

### Criminal Cases in Nagaoka in 2017

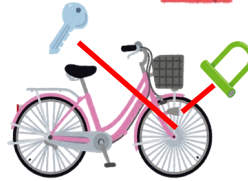


### Useful Tips for Preventing Theft



#### Burglary

- Lock windows.
- Attach security film on windowpanes.
- Attach window frame stoppers.



#### Bicycle Theft

- Lock your bicycle with two locks.



#### Vehicle Burglary

- Use a brightly lit parking lot.
- Always lock your vehicle.

### The Consultation Support Center for Foreign Residents



The Consultation Support Center for Foreign Residents provides consultation services regarding various matters including your status of residence and daily living. Free multilingual consultations are offered. Consultations are available at the office or over the telephone.

Location: 11<sup>th</sup> floor of the Tokyo Metropolitan Health Plaza, Hygeia 2-44-1 Kabuki-cho, Shinjuku-ku, Tokyo

Phone: 03-3202-5535

Hours: 9:00 a.m. - 4:00 p.m. Monday through Friday (except for the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays)

Closed: Saturdays, Sundays, and National Holidays Year End and New Year's Holidays

Languages	Days					
	Mon.	Tues.	Wed.	Thurs.	Fri.	
Bengali		○				
Chinese	○	○	○	○	○	
English	○	○	○	○	○	
Indonesian		○				
Portugues				○		
Spanish	○			○		
Vietnamese				○	○	

### Seijin Shiki (Coming-of-Age Day Celebration)

On May 3<sup>rd</sup> (Fri./Holiday), August 14<sup>th</sup> (Wed.), and August 15<sup>th</sup> (Thurs.) in the city's districts, annual Coming-of-Age Day celebrations will be held for those who were born between April 2<sup>nd</sup>, 1998 and April 1<sup>st</sup>, 1999. Detailed information will be given in the April and August issues of the City Newsletter. A letter of invitation will be sent to eligible people.

Districts	Dates
Nagaoka, Koshiji, Oguni, Tochio, and Kawaguchi	May 3 (Fri./Holiday)
Yamakoshi	August 14 (Wed.)
Nakanoshima, Mishima, Washima, Teradomari, and Yoita	August 15 (Thurs.)

For further information:

*Seishonen Ikusei Ka*

(Youth Education and Guidance Division)

Phone: 0258-39-2393



### Multilingual Human Rights Hotline

This telephone consultation service is available in several languages including Chinese, English, Filipino, Korean, Portuguese, and Vietnamese. If you have any difficulties due to cultural differences, we recommend you use this telephone consultation service. Please dial

0570-090911 on weekdays from 9:00 a.m. to 5:00 p.m. Call rates to the call center will be charged. Internet consultation service is also available in Chinese and English.

# 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* (1<sup>st</sup> 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 2<sup>nd</sup> 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)

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)

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.



## Health Seminar for International Residents

(with consecutive translation in Chinese and English)

Is Staying in a Sitting Position for a Long Time Good for Your Health?



If you sit for a long time and do not move around, what will happen to your body?

- Various unhealthy examples will be introduced.
- Simple exercises to stay in good health will be introduced.
- Discount drinks will be available at Tanita Cafe.

Date: Saturday, January 19, 2019 1:30 p.m. – 3:00 p.m.

Venue: Tanita Cafe (Nagaoka Civic Center 1F)

### Seminar Contents:

- The relationship between your health and not moving
- Some useful advice when visiting hospitals in Japan

Participants: 30 (on a first-come, first-served basis)

Participation Fee: Free

Application Deadline: Wednesday, January 16, 2019

For further information:

Nagaoka City International Affairs Center, *Chikyū Hiroba*

Phone: 0258-39-2714

# Child-Rearing Support Facilities

January 

## 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
- \* **Mini-Library**  
10:45 a.m. – 11:45 a.m. Jan. 9 (Wed.)
- \* **Handicraft Cafe**  
10:00 a.m. – 11:30 a.m. Jan. 17 (Thurs.)
- \* **Happy Birthday Party**  
10:30 a.m. – 11:00 a.m. Jan. 21 (Mon.)
- \* **Frosting Cookies with Dad**  
2:00 p.m. – 3:00 p.m. Jan. 27 (Sun.)
- \* **Gun Gun Kitchen Time**  
11:00 a.m. – 11:30 a.m. Jan. 28 (Mon.)
- \* **Mothers' Chat Cafe**  
10:45 a.m. – 11:45 a.m. Jan. 11 (Fri.)
- \* **Bean-Throwing (Mamemaki) Time to Drive Away Evil Spirits** 10:30 a.m. – 11:15 a.m. Feb. 1 (Fri.)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 p.m.  
Jan. 23 (Wed.) Childcare Committee Chief

\*\*\*\*\*

## 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)** Jan. 9 (Wed.)
- \* **A Week for Playing New Year's Games**  
Jan. 5 (Sat.) – 11 (Fri.)
- \* **Let's Start Reading Books**  
10:00 a.m. – Jan. 12 (Sat.) and 20 (Sun.)
- \* **Mini-Concert**  
1:30 p.m. – 2:00 p.m. Jan. 14 (Mon./Holiday)
- \* **Enjoy Playing to the Rhythm**  
11:00 a.m. – 11:15 a.m. Jan. 16 (Wed.)
- \* **Chatting Time for Expecting Mothers**  
2:00 p.m. – 3:00 p.m. Jan. 18 (Fri.)
- \* **Smiley Kids' Day**  
10:00 a.m. – 12:00 p.m. Jan. 18 (Fri.) and 25 (Fri.)
- \* **Let's Play with Blocks**  
11:00 a.m. – 12:00 p.m. Jan. 19 (Sat.)
- \* **Mothers' Chat Cafe**  
11:00 a.m. – 12:00 p.m. Jan. 21 (Mon.)
- \* **Public Health Nurse's Lecture:**  
**How to Use Multimedia Properly with Children**  
11:00 a.m. – 11:40 a.m. Jan. 22 (Tues.)
- \* **Making Your Own Picture Storybook (Ehon no Tane)**  
11:00 a.m. – 12:00 p.m. Jan. 27 (Sun.)
- \* **Birthday Party**  
11:00 a.m. – 11:15 a.m. Jan. 28 (Mon.)
- \* **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m. Jan. 29 (Tues.)
- \* **Bean-Throwing (Mamemaki) Time to Drive Away Evil Spirits** 11:00 a.m. – 11:30 a.m. Feb. 1 (Fri.)



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)

- \* **A Week for Playing New Year's Games**  
Jan. 4 (Fri.) – Jan. 8 (Tues.)
- \* **Let's Enjoy Singing Together** 10:45 a.m. – 11:15 a.m.  
Jan. 7 (Mon.), 14 (Mon./Holiday), 21 (Mon.), and 28 (Mon.)
- \* **Let's Play with Pla-Rail Toy Trains**  
9:00 a.m. – 12:00 p.m. Jan. 8 (Tues.)
- \* **Wai Wai Chatting**  
11:00 a.m. – 12:00 p.m. Jan. 10 (Thurs.) and 24 (Thurs.)
- \* **"Toy Hospital" for Fixing Broken Toys**  
10:00 a.m. – 2:00 p.m. Jan. 11 (Fri.)
- \* **Nakayoshi Time**  
10:45 a.m. – 11:00 a.m. Jan. 11 (Fri.) and 25 (Fri.)
- \* **Let's Enjoy Drawing Pictures**  
2:00 p.m. – 3:00 p.m. Jan. 14 (Mon./Holiday)
- \* **Mothers' Chat Cafe**  
10:30 a.m. – 11:30 a.m. Jan. 15 (Tues.)
- \* **Smiley Birthday Party**  
10:45 a.m. – 11:15 a.m. Jan. 18 (Fri.)
- \* **Toy Box Sunday** 10:45 a.m. – 11:45 a.m. Jan. 20 (Sun.)
- \* **Let's Play at the Kids' Land**  
10:30 a.m. – 11:30 a.m. Jan. 22 (Tues.)
- \* **Disaster Prevention Seminar:**  
**How to Protect Your Child in Case of an Emergency**  
10:30 a.m. – 11:30 a.m. Jan. 29 (Tues.)
- \* **Bean-Throwing (Mamemaki) Time to Drive Away Evil Spirits**  
10:30 a.m. – 11:00 a.m. Feb. 1 (Fri.)



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

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## 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

- \* **Making Mayudama (cocoon-shaped rice cakes for New Year's decorations) and Pounding Rice Cake**  
10:30 a.m. – 11:30 a.m. Jan. 11 (Fri.)
- \* **Suku Suku Tea Time**  
11:00 a.m. – 11:30 a.m. Jan. 11 (Fri.), 23 (Wed.)
- \* **Let's Make Demon's Masks**  
11:00 a.m. – 11:30 a.m. Jan. 22 (Tues.)
- \* **Mini-Library** 11:00 a.m. – 11:30 a.m. Jan. 22 (Tues.)
- \* **Let's Cook Nina and Zenmaini (regional vegetable dish)**  
11:00 a.m. – 11:30 a.m. Jan. 23 (Wed.)
- \* **Let's Play in the Temari Hall**  
10:30 a.m. – 11:30 a.m. Jan. 25 (Fri.) and Feb. 12 (Tues.)
- \* **Birthday Party** 11:00 a.m. – 11:30 a.m. Jan. 30 (Wed.)
- \* **Bean-Throwing (Mamemaki) Time to Drive Away Evil Spirits** 10:30 a.m. – 11:30 a.m. Feb. 1 (Fri.)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
Jan. 9 (Wed.) Maternity Nurse  
Jan. 18 (Fri.) Public Health Nurse





# Seasonal Events

## “White Season”

**Jan. 2 (Wed.) – March. 3 (Sun.)**  
**Echigo Kyûryô Kôen (Hillside Park)**  
**9:30 a.m. – 4:30 p.m.**

Skiing, Sledding, Snowboarding, and Snowshoe course  
 Closed: Mondays

(Open on Monday if it is a national holiday)

Admission and Parking: Free until the end of March

Rope-Lift: Free on Saturdays, Sundays, and Holidays

10:00 a.m. – 4:00 p.m.

For further information:

Echigo Hillside Park Management Center

Phone: 0258-47-8001

<http://echigo-park.jp/event/news/1742.html>



## Snow Festival in Koshiji

**Feb. 9 (Sat.) 9:30 a.m. – 2:00 p.m.**

Narude Sport Park

• Snow Sculpture Competition

• Stage Show

• Mini-Concert

• Stalls serving food with locally grown ingredients

Application Deadline: Jan. 12 (Fri.)



For further information: Koshiji Branch Office

Phone: 0258-92-5903

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

## Setsubun, the Bean-Throwing Ceremony

**Sunday, February 3 5:00 p.m. and 8:00 p.m.**

Setsubun is held throughout Japan on February 3<sup>rd</sup>. It is known as a day to drive away evil spirits and wish for everyone's happiness and good health. As roasted soybeans (or sometimes peanut shells) are thrown, good luck is invited in and bad luck is driven away by shouting, “Oni wa soto, fuku wa uchi (Evil out, good luck in).”

Bean-throwing ceremonies (*mamemaki*) are held at homes, shrines, and temples. Senzoin (千蔵院) Temple in Nagaoka City invites you to its bean-throwing ceremony. Senzoin: 1-chome, Kashiwa-cho (Phone: 0258-33-1962)



## Tochio Yûsetsu Matsuri

(Playing in the Snow Festival)

**Feb. 2 (Sat.) 5:00 p.m. – 8:30 p.m.**

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

Michi no Eki (Roadside Station) R290 Tochio

• Candle Lights in the Snow and Fireworks: Feb. 2 (Sat.)

• Sled Race

• Stalls



For further information:

Tochio Tourism Association

Phone: 0258-51-1195

<http://tochiokankou.jp/matsuri/yuusetsu.html>



## The 2019 Monozukuri (Making Things) Fair In commemoration of the 400<sup>th</sup> Anniversary of the Establishment of Nagaoka

**Feb. 9 (Sat.) 10:00 a.m. - 5:00 p.m.**

**Feb. 10 (Sun.) 10:00 a.m. - 4:00 p.m.**

Venue: Hive Nagaoka

(Ride the bus named “Kururin” from bus stop No. 8 on the Ote Exit Side (West Side) of Nagaoka Station.)

This will be a great opportunity for you to enjoy making a variety of things while experiencing the beauty of Nagaoka's traditional craftsmanship. Local professionals and firms specializing in traditional arts and crafts will demonstrate their skills. Visitors can try hands-on-experiences of creating things. You can also buy their handiworks. Admission is free. However, at some booths, you may have to pay for materials if you want make your own product.

For further information:

Kôgyô Shinkô Ka (Industry Promotion Division)

Phone: 0258-39-2222



## The 16<sup>th</sup> Cross-Cultural Get-Together for Nagaokans and International Residents

こくさいこうりゅう

国際交流のつどい/Kokusai Kôryû no Tsudoï

**Saturday, February 16 7:00 p.m. – 9:00 p.m**

Admission:

¥3,000 for adult members

¥1,500 for adult international residents

¥1,500 for student members ¥1,000 for international students

¥5,500 for adult visitors ¥3,500 for student visitors

You can register for annual membership

(¥1,500/students and ¥2,000/adults) at the door.

Registration Deadline: Feb. 8 (Fri.)

Nagaoka International Exchange Association

1<sup>st</sup> Floor, Nagaoka Civic Center on Ote Street

Phone: 0258-39-2207 Fax: 0258-39-2280

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

Venue: Hotel New Otani Nagaoka

You can enjoy taking part in fun and interesting programs such as:

• Performance show

• Tasting cuisine from Nagaoka's sister cities including, Hawaiian, German, Swiss, and Texan dishes

• Raffles



February 17, 2018





# A Guide to Ski Areas (Ski Jô) (depending on snow conditions)



## (1) Nagaoka Shiei (Municipal) Ski Jô

3300 Suyoshi (Phone: 0258-34-2225)  
Open: Dec. 22 (Sat.) – Mar. 3 (Sun.)  
(except for Feb. 18 (Mon.) – 22 (Fri.),  
Feb. 25 (Mon.) – Mar. 1 (Fri.))  
Hours for Chair-Lift: 9:00 a.m. – 5:00 p.m.  
Ski Rentals are available.

### • Snowboard Classes:

Jan. 19 (Sat.) and 26 (Sat.)  
10:00 a.m. – 12:00 p.m.  
Fee: ¥4,000

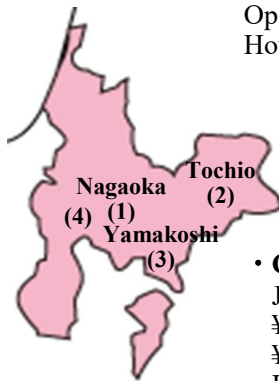
(including snowboard rental fee, chair-lift)  
Registration: Jan. 7 (Mon.) – Jan. 11 (Fri.)

### • Ski Classes

Saturdays, Sundays, and National Holidays

Age	Time	Fee (including chair lift)
Elementary school students and above	10:00 a.m. – 12:00 p.m.	¥2,500
	1:30 p.m. – 3:30 p.m.	¥2,500
	One day 10:00 a.m. – 12:00 p.m. and 1:30 p.m. – 3:30 p.m.	¥4,000
4 - 6 years old children	10:00 a.m. – 11:30 a.m.	¥2,000
	1:30 p.m. – 3:00 p.m.	¥2,000

<http://www.shiei-ski.com/ski/>



## (2) Tochio Family Ski Jô

6044 Tochibori, Tochio (Phone: 0120-33-0773)

Open: Dec. 22 (Sat.) – Mar. 10 (Sun.)

Hours for Chair Lift: 9:00 a.m. – 5:00 p.m.  
9:00 a.m. – 9:00 p.m.

(Friday, Saturdays, and the day before holidays)

### • Ski Classes for Beginners:

Sundays (Jan. 13 – March 3)

10:30 a.m. – 12:00 p.m. ¥1,500

2:00 p.m. – 3:30 p.m. ¥1,500

### • Civic Ski Classes (for Elementary School Students):

Jan. 26 (Sat.) and 27 (Sun.) 10:00 a.m. – 3:30 p.m.

¥1,000 for one day

¥1,500 for two days

Registration: From Jan. 4 (Fri.)

For further information: Tochio *Taiikukan*

Phone: 0258-52-5571

<http://www.tochio.net/ski/>

## (3) Koshi Kôgen Ski Jô

910 Takezawa, Yamakoshi (Phone: 0258-59-3500)

Open: Wednesdays, Thursdays, Fridays, Saturdays,  
Sundays, and National Holidays

Hours for Chair-Lift: 9:00 a.m. – 5:00 p.m.  
9:00 a.m. – 9:00 p.m.

(Wednesdays, Fridays, and Saturdays)

## (4) Echigo Kyûryô Kôden (Hillside Park)

1921-2 Nakayama, Higashikata-machi, Miyamoto  
Phone: 0258-47-8001

Open: Jan. 2 (Wed.) – Mar. 3 (Sun.)

Hours for Rope Lift: 9:00 a.m. – 4:00 p.m.

Free on Saturdays, Sundays, and National Holidays

<http://echigo-park.jp/event/news/1374.html>



## Snow-Removal Operations

Your kind understanding and cooperation are most appreciated.



• Please do not dump snow on the roads.



• Snow-removal operations on roads are conducted in the daytime, the middle of the night, and early in the morning. Some noise is expected when removal operations are carried out.



• Please drive slowly and carefully when driving behind snowplows.



• Lumps of snow left by snowplows in front of houses should be removed by each household.



• It is appreciated if you remove snow from pedestrian crossings.



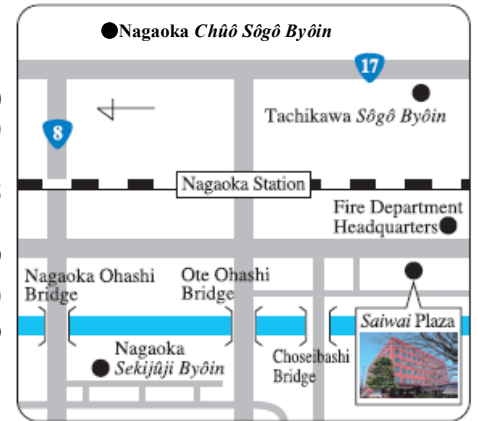
• Vehicles parked on the street make it difficult for snow-removal operations. Please do not park your vehicles on the street.



# 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.

## Warnings against Norovirus

Norovirus is a contagious virus that causes inflammation in your stomach and intestines. Winter is the season in which many people are affected by Norovirus. The virus enters your digestive system through your mouth via your fingers, hands, or virus-contaminated food. You may be affected by eating Norovirus-contaminated food or coming into contact with the vomit of infected patients.

Some Helpful Tips to Prevent Norovirus Infection:

- Wash your hands thoroughly with soap before eating and after using the bathroom.
- Cook oysters and other shellfish thoroughly before eating them. Norovirus can be destroyed at temperature of 85 degrees Celsius for at least one minute.
- Different cooking utensils should be used for each ingredient and they should be cleaned and disinfected after each use. Do not use the same utensils for raw seafood and raw vegetables.
- If you have any symptoms of gastroenteritis, make sure to refrain from touching food directly.
- Please dispose of vomit carefully in order to avoid spreading the virus.



## This Month’s Useful Japanese Expressions

*Ozôni* (おぞうに・お雑煮), *Hatsumôde* (はつもうで・初詣), and *Kakizome* (かきぞめ・書き初め)



*Ozôni*, *Hatsumôde*, and *Kakizome* express traditional Japanese culture for *Oshôgatsu*, the New Year’s Holidays.

*Ozôni* is a soup made with a variety of ingredients such as chicken, pounded rice cake, radish, carrots, and many others. Seasoning and ingredients differ from region to region. When eating *ozôni*, people wish for safety and happiness throughout the year.

*Hatsumôde* is the first visit to a Shinto shrine or a Buddhist temple during the New Year’s holidays. People express their gratitude for being blessed with good harvests and happiness in the previous year and pray for safety and peace throughout the new year.

*Kakizome* is the first calligraphic writing of the year during the New Year’s holidays. People write some auspicious words or New Year’s resolutions with a brush and ink. You can try a hands-on-experience of *Kakizome* at the New Year Get-Together scheduled on Saturday, January 26<sup>th</sup>. For further information about the get-together, please contact the Nagaoka City International Affairs Center, *Chikyû Hiroba*. (see p.4)