



Vol. 333  
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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

## Nice pose!



On January 19<sup>th</sup>, the Nagaoka Junior Football Club, an NPO, organized a sport event at City Hall Plaza – *Aôre* Nagaoka. Children enjoyed participating in athletic activities with the Teikyo Nagaoka High School girls' soccer team and the cheerleaders.



## Teikyo Nagaoka High School Made the Final Four in the 2018 Winter Cup

The 2018 National High School Basketball Winter Cup 2018 was held in Tokyo at the end of December. The Teikyo Nagaoka team has made the Final Four three years in a row. Nearly 4,300 local teams joined the nationwide preliminary competitions. The Teikyo Nagaoka team has represented Niigata Prefecture five years in a row.

In the quarterfinal game, Teikyo Nagaoka High School defeated Meisei High School of Miyagi Prefecture (the 2017 champion team), 69 to 60. The team's incredible efforts have helped the City of Nagaoka become known as a "Town of Basketball" throughout Japan.







"Even though it was regrettable that we were not able to become the champion, I'm proud of my team. We came together and gave it our best against all opponents. The tremendous support provided by our parents, school, community, and many people via SNS was the vital source of our strength during the games."



Tsubasa Yamaguchi  
Team Captain (Senior)

Population and Households  
As of January 1<sup>st</sup>, 2019  
(compared to the previous month)

 271,011 (-162)	 132,410 (-100)	 138,601 (-62)	 107,463 (+8)
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# Nagaoka-Based Technological Innovation Projects

## A Robot Manufacturing Entrepreneur



Mr. Oishi (second from left), Associate Professor Murakami (center), and students

The city's project to help students launch new businesses has welcomed the birth of the first student-entrepreneur.

Based on the new technology of cycloid reducers, which are used in the joints of industrial robots, students and graduates of the National

Institute of Technology, Nagaoka College established a robot-manufacturing company and named it Ju-ichi, Big Stone Corporation. Mr. Katsuki Oishi (a fifth-year student) is the president. The City of Nagaoka provided financial support for the corporation to establish its business.

A cycloid reducer is a device attached to a motor that efficiently produces power at a lower rotational speed. Renovating the basic structure and gears, the company has

achieved higher strength along with downsizing and lightening the device. This technological renovation allows the device to be applied in nursing-care robots and household electrical appliances.

A patent application and further development in collaboration with other major manufacturers are in the works. On January 9<sup>th</sup> at Nadec BASE (on Ote Street), they introduced the newly established corporation. Mr. Oishi emphasized their determination stressing, "Many people of Nagaoka from academic institutions, firms, banks, and the municipal office of Nagaoka helped us establish this corporation and further develop robot technology. We will endeavor to become a well-known robot manufacturer."



A newly-developed cycloid reducer and a motor equipped with a reducer (front row)  
A conventional cycloid reducer (back row)  
A one-yen coin (lower left)

## The Minister's Award

### National Institute of Technology, Nagaoka College

On December 15<sup>th</sup>, 2018, the 3<sup>rd</sup> Nuclear Decommission Challenge Robot Competition for the Fukushima Daiichi Nuclear Power Plant was held at the Japan Atomic Energy Agency in Naraha Town in Fukushima Prefecture. Contestants competed with each other with their cutting edge approaches to decommission nuclear facilities.

Out of 16 teams, the team from the National Institute of Technology, Nagaoka College was the only team able

to clear all the assignments and won the Minister's Award, the grand prize of the competition.



On January 11<sup>th</sup>, 2019, they were happy to report about their recent accomplishment to Mayor Tatsunobu Isoda, expressing that they gained confidence because their technological innovation was highly evaluated.

## An Endeavor Leading Other Municipalities An Experimental Introduction of "RPA" in Nagaoka City Office



RPA stands for Robotic Process Automation, which is a form of business process automation technology utilizing the idea of software robots. RPA allows business operations with personal computers to be completely automated.

In order to achieve efficiency of business processes, the city experimented on data processing operations through utilizing RPA as part of the Nagaoka-based technological innovation project.

For instance, at one of the divisions of the city office, the data of employees' health checkups were processed via RPA, which can reduce manual working hours on personal computers by 117 hours per year. Therefore, the staff would be able to use these hours for other more human-based services.

According to a survey conducted by the Ministry of Public Management, Home Affairs, Posts and Telecommunications, less than 4% of municipalities across Japan have so far introduced RPA in their data processing operations.

At a session held at City Hall Plaza – Aôre Nagaoka on January 10, 2019, the city gave reports about the experimental results of utilizing RPA. Mayor Tatsunobu Isoda stressed that the city would be able to provide better services for citizens based on such business efficiency acquired through utilizing RPA.

## A Special FM Test Broadcast



Around 11:00 a.m. on February 20<sup>th</sup>, FM Nagaoka will broadcast a special test for the nationwide instantaneous alert system known as J-Alert, which is issued by the Fire and Disaster Management Agency in case of an emergency. The contents of the announcement, which will be easily recognizable as a drill, will be repeated three times. You are advised to pay due attention to the broadcast, but do not confuse it with a real announcement of a disaster.



## A Guide about Labor Consultations

Consultations regarding various employment problems are available at the Nagaoka Labor Consultation Office (Nagaoka *Rôdô Sôdanjo*) in the Nagaoka Regional Promotion Bureau (Nagaoka *Chiiki Shinkôkyoku*) near Ote High School on the east side of Nagaoka Station. Consultations are available in person or over the phone.

Hours: Monday - Friday 8:30 a.m. - 5:15 p.m.

Phone: 0258-37-6110

In addition to this consultation service, there will be a special consultation day with consultations in person. An expert specializing in employment can give you some advice concerning employment problems. There will be no charge for consultations. The contents of the consultations will be kept confidential.

Date: Saturday, February 23<sup>rd</sup>

Hours: 1:00 p.m. - 4:30 p.m.

Venue: 5<sup>th</sup> Floor of Machinaka Campus Nagaoka on Ote Street

Telephone consultations will also be available on Saturday, February 23<sup>rd</sup> at the Nagaoka Labor Consultation Office (Nagaoka *Rôdô Sôdanjo*). Phone: 0258-37-6110



## Important Information about Annual Income Reports ~Tax Withholding Slips and Filing Final Tax Returns~

If you are a registered resident in Nagaoka City as of January 1<sup>st</sup>, 2019, you are required to report your annual income to the City Office by Friday, March 15<sup>th</sup> 2019.

If you do not report your income by submitting a final income tax return form, various documents might not be issued including income verification certificates, which are necessary when applying for children's enrollment in nursery school, public housing, or business fund loans. Premiums for your National Health Insurance or Nursing Care Insurance and nursery school fees might not be calculated either. In Japan, income earners are required to pay income tax (*shotokuzei* しょとくぜい・所得税) and residential tax (*juminzei* じゅうみんぜい・住民税). The income tax is customarily deducted from your earnings when a payment is made by your employer. Then, the deducted amount for the income tax is paid to the government's tax office (*zeimusho* ぜいむしょ・税務署). This custom of prior deduction of income tax from your earnings is called *gensen choshu* (げんせん ちょうしゅう・源泉徴収).

The appropriate annual amount of income tax to be paid is finally computed when all the earnings of the year are determined at the end of the year to find out whether you have paid too much or too little.

You are required to file a final income tax return if you have received payments from multiple employers. This filing is called *kakutei shinkoku* (かてい しんこく・確定申告). For your earnings in 2018, you can file a final income tax return from Monday, February 18<sup>th</sup> to Friday, March 15<sup>th</sup>, 2019.

Tax withholding slips (*gensen choshuhyo* げんせん ちょうしゅうひょう・源泉徴収票) that were sent to you from your employer(s) are needed when you file a final income tax return. In addition to this, due to the introduction of the Individual Number (*Kojin Bangō/My Number*) System, your individual number and personal identification documents (such as your residence card) are needed when you submit your final income tax return form and other necessary documents.

If the total amount of your earnings is relatively small, there is a possibility that you will be able to have some of your income tax returned. This practice is called *kampu* (かんぷ・還付).

On the contrary, you may be required to pay additional income tax if income taxes have not been deducted from relatively large amounts of your other additional earnings.

As for the residential tax, no prior deduction is made. A bill (*nozei tsuchisho* のうぜい つうちしょ・納税通知書) for the residential tax will be sent to you in June (in June 2019 for earnings in 2018) when your total amount of earnings is determined. If your total amount of income for the year is relatively small, you will not be required to pay the residential tax. In such a case, a residential tax bill will not be sent to you.

Every individual working in Japan is required to pay the residential tax, regardless of his or her nationality. In principle, it is imposed on your total annual income beginning on January 1<sup>st</sup> of every year.

The residential tax must be paid to the municipality where you were registered as a resident on January 1<sup>st</sup> of that year. There are two ways of paying the tax. It may be deducted from your monthly wages, or you can pay directly to the city at a financial institution.

When paying at a financial institution, you have the choice of a one-time payment or a four-time installment payment.

The residential tax for this year, 2019, is calculated based on your total annual income for the year 2018. If you do not report your income by submitting a final income tax return form, the residential tax for the year cannot be determined. Please be sure to report your annual income of the previous year to the Citizens' Tax Division of the Nagaoka City Office or the Tax Division of each district office by Friday, March 15<sup>th</sup>, 2019.



For further information: Nagaoka Tax Office/Nagaoka *Zeimusho* ながおか ぜいむしょ・長岡税務署

Phone: 0258-35-2070

Citizens' Tax Division, Nagaoka City Office/Nagaoka *Shiyakusho Shiminzei Ka*  
ながおか しゃくしょ しみんぜいか・長岡市役所市民税課

Phone: 0258-39-2212

National Tax Agency's Web Site:

Japanese: <http://www.nta.go.jp/index.htm>

English: <http://www.nta.go.jp/english/index.htm>

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



# 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

### 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)

Feb.	3, 10, 17, 24	¥1,600
March	3, 10, 17, 24	¥1,600

### 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)

Feb.	1, 5, 8, 12, 15, 19, 22, 26	¥1,600
March	1, 5, 8, 12, 15, 19, 22, 26	¥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.

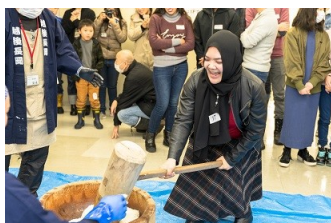
Fridays 10:00 a.m. – 12:00 p.m.



## Recent Events

### Cross-Cultural New Year Get-Together

Over 81 participants (including international residents from 11 countries and Nagaokans) joined the Cross-Cultural New Year Get-Together on Saturday, January 26<sup>th</sup>. The event was held at Nagaoka Civic Center Basement Hall on Ote Street. They enjoyed a hands-on experience of rice-cake pounding and tasting and traditional games.



### A Relaxing World Tour to Sri Lanka

Feb. 16 (Sat.) 2:00 p.m. – 3:30 p.m.

*Chikyū Hiroba*

Limited to: 30 participants, registration is required. Application Deadline: Feb. 11 (Mon.)

Mr. Chathura from Sri Lanka will introduce Sri Lankan traditions and culture.



# 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
- \* **How to Prepare Baby Food**  
1:30 p.m. – 2:30 p.m. Feb. 4 (Mon.)
- \* **Mini-Library** 10:45 a.m. – 11:45 a.m. Feb. 6 (Wed.)
- \* **Local Cuisine (Nina) Cooking Class**  
11:00 a.m. – 11:30 a.m. Feb. 7 (Thurs.)
- \* **Toy Plaza** 10:00 a.m. – 12:00 p.m. Feb. 13 (Wed.)
- \* **Health Talk Tea Time**  
1:30 p.m. – 2:30 p.m. Feb. 14 (Thurs.)
- \* **Safety Tips for Protecting Children in Case of a Disaster**  
10:45 a.m. – 11:15 a.m. Feb. 15 (Fri.)
- \* **Happy Birthday Party**  
10:30 a.m. – 11:00 a.m. Feb. 18 (Mon.)
- \* **Child-Rearing Salon: Tips for Getting Back to Work**  
11:00 a.m. – 12:00 p.m. Feb. 20 (Wed.)
- \* **Handicraft Cafe**  
10:00 a.m. – 11:30 a.m. Feb. 21 (Thurs.)
- \* **Mothers' Chat Cafe**  
10:45 a.m. – 11:45 a.m. Feb. 8 (Fri.)
- \* **Hina Doll (Girls' Day) Festival**  
10:30 a.m. – 11:15 a.m. March 1 (Fri.)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
 Feb. 13 (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)** Feb. 6 (Wed.)
- \* **Time for Chibikko Kids and Birthday Party**  
11:00 a.m. – 11:15 a.m. Feb. 4 (Mon.)
- \* **Birthday Party:** Feb. 25 (Mon.)
- \* **Smiley Kids' Day** 10:00 a.m. – 12:00 p.m.  
Feb. 8 (Fri.), 15 (Fri.), and 22 (Fri.)
- \* **Let's Start Reading Books**  
10:00 a.m. – Feb. 9 (Sat.) and 17 (Sun.)
- \* **Let's Play with Pla-Rail Toy Trains**  
11:00 a.m. – 3:00 p.m. Feb. 11 (Mon./Holiday)
- \* **Enjoy Playing to the Rhythm**  
11:00 a.m. – 11:15 a.m. Feb. 13 (Wed.)
- \* **Let's Play with Grandmothers**  
11:00 a.m. – 11:30 a.m. Feb. 14 (Thurs.)
- \* **Let's Play with Blocks**  
11:00 a.m. – 12:00 p.m. Feb. 16 (Sat.)
- \* **Mothers' Chat Cafe**  
11:00 a.m. – 12:00 p.m. Feb. 18 (Mon.)
- \* **Playing with Picture Stories (Ehon no Tobira)**  
11:00 a.m. – 11:30 a.m. Feb. 19 (Tues.)
- \* **Wai Wai Chatting**  
11:00 a.m. – 12:00 p.m. Feb. 26 (Tues.)
- \* **Hina Doll (Girls' Day) Festival**  
11:00 a.m. – 11:30 a.m. March 1 (Fri.)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
 Feb. 7 (Thurs.) Child-Rearing Advisor

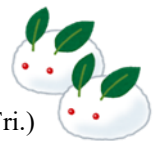
**Temporary Day-Care for Preschool-Aged Children:** ¥300/hour

## February

### 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)

- \* **Playing Games from the Old Days**  
10:30 a.m. – 11:30 a.m. Feb. 2 (Sat.)
- \* **A Kingdom for Snow Country Kids**  
10:30 a.m. – 3:00 p.m. Feb. 3 (Sun.)
- \* **Let's Enjoy Singing Together**  
10:45 a.m. – 11:15 a.m. Every Monday
- \* **Lecture by a Speech Therapist: Tips on How to Enjoy Verbal Communication with Your Child**  
10:30 a.m. – 11:30 a.m. Feb. 5 (Tues.)
- \* **"Toy Hospital" to Fix Broken Toys**  
10:00 a.m. – 2:00 p.m. Feb. 8 (Fri.)
- \* **Nakayoshi Time**  
10:45 a.m. – 11:00 a.m. Feb. 8 (Fri.) and 22 (Fri.)
- \* **Let's Enjoy Drawing Pictures**  
2:00 p.m. – 3:00 p.m. Feb. 11 (Mon./Holiday)
- \* **Mothers' Chat Cafe**  
10:30 a.m. – 11:30 p.m. Feb. 12 (Tues.)
- \* **Wai Wai Chatting**  
11:00 a.m. – 12:00 p.m. Feb. 14 (Thurs.) and 21 (Thurs.)
- \* **Smiley Birthday Party**  
10:45 a.m. – 11:15 a.m. Feb. 15 (Fri.)
- \* **Toy Box Sunday**  
10:45 a.m. – 11:45 a.m. Feb. 17 (Sun.)
- \* **Let's Play at the Kids' Land**  
10:30 a.m. – 11:30 a.m. Feb. 19 (Tues.)
- \* **Picture Storybook Reading Time with Babies**  
10:30 a.m. – 11:00 p.m. Feb. 26 (Tues.)
- \* **Hina Doll (Girls' Day) Festival**  
10:30 a.m. – 11:00 a.m. March 1 (Fri.)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 p.m.  
 Feb. 19 (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  
**Special Event Day:** Feb. 3 (Sun.) 10:00 a.m. - 3:00 p.m.

- \* **Suku Suku Tea Time**  
11:00 a.m. – 11:30 a.m. Feb. 1 (Fri.) and 20 (Wed.)
- \* **Let's Play in the Temari Hall**  
10:30 a.m. – 11:30 a.m. Feb. 12 (Tues.)
- \* **Making and Playing with Hand-Made Toys**  
11:00 a.m. – 11:30 a.m. Feb. 15 (Fri.)
- \* **Let's Make Hina Doll Festival (Girls' Day) Decorations**  
11:00 a.m. – 11:30 a.m. Feb. 19 (Tues.)
- \* **Mini-Library** 11:00 a.m. – 11:30 a.m. Feb. 26 (Tues.)
- \* **Birthday Party** 11:00 a.m. – 11:30 a.m. Feb. 27 (Wed.)
- \* **Hina Doll (Girls' Day) Festival**  
11:00 a.m. – 11:30 a.m. March 1 (Fri.)



**Free Child-Rearing Counseling** 10:30 a.m. – 11:30 a.m.  
 Feb. 6 (Wed.) Maternity Nurse  
 Feb. 22 (Fri.) Public Health Nurse





# Local Snow Festival and Seasonal Events



## Nagaoka Yukishika Matsuri

Feb. 16 (Sat.) 10:00 a.m. – 6:30 p.m.

Feb. 17 (Sun.) 10:00 a.m. – 4:00 p.m.

*Senshūgahara Furusato no Mori* and the Hive Nagaoka Area “Yukishika” was the name of a store that used to preserve snow in a pyramid-like structure throughout the year. They sold this snow for refrigeration up until 1950s.

- *Wampaku* (Romping Kids) Plaza  
Feb. 16 (Sat.) and 17 (Sun.) 10:00 a.m. – 4:00 p.m.  
- Jumbo Snow Slide  
- Snow Wall Climbing
- Making 100 Snowmen  
Registration: 10:00 a.m. – 3:00 p.m.
- Food, Drinks, and Regional Products
- Stage Shows
- Fireworks Feb. 16 (Sat.) 6:00 p.m. –
- Snow Queen Contest  
Feb. 17 (Sun.) 1:30 p.m. – 3:30 p.m.



For further information:

Nagaoka Chamber of Commerce and Industry

Phone: 0258-32-4500

<https://www.city.nagaoka.niigata.jp/kankou/event/yukishika.html>

## Echigo Kawaguchi Setsudō (snow hut) Hibotarusai (Firefly Festival)

Feb. 23 (Sat.) 12:00 p.m. – 6:30 p.m.

Kawaguchi Sport Park

- Snow Piling Contest
- Recreational Activities in the Snow
- Stalls serving food with locally grown ingredients
- Illumination in the Snow 3:50 p.m. –  
After sunset, approximately 10,000 candles in the snow will create a mystical world of lights.
- Fireworks: 6:00 p.m. –



15-minute drive from Echigo Kawaguchi IC  
5-minute taxi-ride from JR Echigo Kawaguchi Station

For further information: Kawaguchi Branch Office

Phone: 0258-89-3113

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

## Koshi no Himatsuri (Bonfire Festival) March 9 (Sat.)

11:00 a.m. – 6:30 p.m.

Tanesuhara, Yamakoshi District

- Alpaca Farm 11:00 a.m. – 3:00 p.m.
- Little Kids Plaza  
(tubing down a snowy slope)  
11:00 a.m. – 4:00 p.m.
- Bullfighting in the Snow: 1:00 p.m. – 2:00 p.m.
- Kindling *Sai no Kami* (a 25-meter-high bonfire) 6:00 p.m.  
*Sai no Kami* is a traditional event to pray for good health and bumper crops by making a bonfire of straw and thatched grass in a tall conical pile.
- Fireworks: 6:00 p.m. –
- Food, Drinks, and Local Products



For further information: Yamakoshi Branch Office

Phone: 0258-59-2343

<https://www.city.nagaoka.niigata.jp/kankou/event/kosihimatsuri.html>

## Presentation of a Business Collaboration between the Sister Cities of Nagaoka and Honolulu along with Hawaiian Music

Feb. 17 (Sat.) 10:50 a.m. – 12:00 p.m.



Convention Center Hive Nagaoka 1<sup>st</sup> Floor Exhibition Hall  
Admission: Free

- Stage presentation of aloha shirts newly created in a collaboration between Yamanobu Textile Co., Ltd. from Tochio, Nagaoka and IOLANI, Inc. (a long-standing aloha shirt manufacturer) from Honolulu, Hawaii (IOLANI, Inc. designed and made aloha shirts with Yamanobu fabric.)
- Live concert by ManoaDNA (Lloyd and Alx Kawakami, the owners of IOLANI, Inc.), a popular Hawaiian band from Honolulu
- There will be a special treat from Honolulu to the 100 first guests



Organized by: Nagaoka International Exchange Association

Phone: 0258-39-2207

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

## Oguni Yuki Matsuri and Free-Style Motocross Show

Feb. 24 (Sun.)

10:00 a.m. – 3:30 p.m.

Oguni Forest Park



- Free-Style Motorcross Show  
Feb. 24 (Sun) 11:00 a.m. and 2:00 p.m.
- Food, Drinks, and Regional Products
- *Wampaku* (Romping Kids) Plaza

25-minute bus ride from JR Tsukayama Station

20-minute drive from Ojiya IC

For further information: Oguni Branch Office

Phone: 0258-95-5906

<http://www.city.nagaoka.niigata.jp/kankou/event/oguni-yukimatsuri.html>

## Tochio Hodare Matsuri March 10 (Sun.)

11:00 a.m. – 2:00 p.m.

Shimoraiden Area, Tochio



“Hodare” literally means rice plants drooping with heavy heads of grain. During this unique festival, people carry around a 600-kilogram 2.2-meter-long wooden object of worship, which is believed to ensure a safe childbirth and good fortune for people.

For further information: Tochio Tourism Association

Phone: 0258-51-1195

<https://www.city.nagaoka.niigata.jp/kankou/rekishi/gyouji/hodarematsumi.html>

# Echigo Kyûryô Kôen (Hillside Park)

## Winter Festa

Feb. 9 (Sat.) - 11 (Mon./Holiday)

- Snow Rafting, and other games on the snow.
- Penguins will come from Tearadomari Aquarium on Feb. 10 (Sun.)



## Christmas Rose Festa

Feb.23 (Sat.) - March 3 (Sun.)

For further information:  
Echigo Hillside Park Management Center  
Phone: 0258-47-8001  
<http://echigo-park.jp/event/index.html>



## Echigo Nagaoka Hina Doll Displays

Feb. 14 (Thurs.) – March 6 (Wed.)

Time-honored *hina* dolls, which have been preciously kept and cherished for many years by their owners, will be displayed at approximately 50 locations including the Nagaoka Grand Hotel, *Aôre* Nagaoka, and store windows around the Ote Street area.



## Time-Honored Hina Dolls on Display

Feb. 14 (Thurs.) – March 10 (Sun.)

Approximately 500 *Hina* dolls and pieces of their miniature furniture that have been carefully preserved and cherished for many years by the Makino Family (Lords of Nagaoka *Han*-Feudal Domain) will be on display at the Municipal Museum of Science. The dolls' elegant ancient *kimonos* and elaborately-made pieces of furniture are the highlights of the display.

The Municipal Museum of Science  
1<sup>st</sup> Floor, *Saiwai* Plaza  
2-1-1 Saiwai-cho  
Phone: 0258-32-0546  
Hours: 9:00 a.m. – 5:00 p.m.  
Closed: February 18 (Mon.)  
and March 4 (Mon.)



## Information Regarding Payment of Premiums for the National Health Insurance Policy

- Please be sure to pay the premium for your national health insurance policy for each term by the due date.
- If you do not complete your payment by the due date, you may receive a letter of reminder or a demand notice.

The National Health Insurance System is a mutually supporting system in which members share their premiums to cover their medical expenses for injuries or illnesses.

If you are living in Nagaoka and are a member of the National Health Insurance Policy, you are required to pay your insurance premium by the due date. There is no exception for international residents.

When receiving medical treatment at a hospital, a holder of a national health insurance card usually has to pay only 30% of the costs. The members' insurance premiums are an important source to cover the rest (70%) of the costs.

If you do not pay your premium by the due date, you may be requested to return your health insurance card or your property may be seized.

If you do not have a national health insurance card due to not paying your premiums on time, you will have to pay 100% of the treatment costs.

If it is difficult for you to pay your premium, please contact the consultation desk of *Kokuho Nenkin Ka*, the National Health Insurance and Pension Division at your earliest convenience.

### Payment Consultation Desks

- *Kenkô Hoken/Nenkin Madoguchi* (Health Insurance and Pension Desk)  
Desk No. 5, City Hall Plaza – *Aôre* Nagaoka (East Wing) 1<sup>st</sup> Floor

- Citizens' Affairs and Service Division at District Branch Offices  
Hours: 8:30 a.m. – 5:15 p.m. Monday - Friday

If it is not possible for you to consult during these hours due to your work situation, consultations will be available until 7:00 p.m., Monday through Friday, and 9:00 a.m. – 5:00 p.m. on Saturdays, Sundays, and National Holidays at Desk No. 5, City Hall Plaza – *Aôre* Nagaoka (East Wing) 1<sup>st</sup> Floor. Please bring an identification card.

For further information: *Kokuho Nenkin Ka* (National Health Insurance and Pension Division)  
Social Welfare and Health Care Department  
1-4-10 Otedori, Nagaoka City, 940-8501  
Phone: 0258-39-2220

Hours: 8:30 a.m. – 7:00 p.m. Monday – Friday

9:00 a.m. – 5:00 p.m. Saturdays, Sundays, and National Holidays

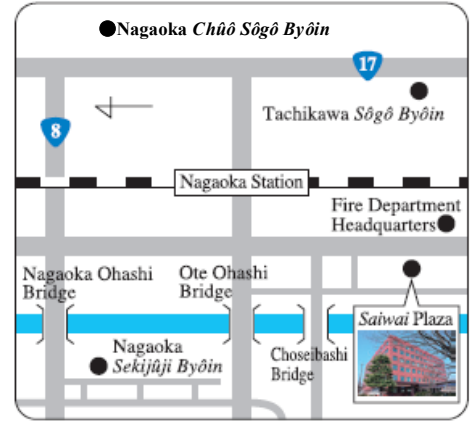




# Major Emergency Medical Facilities

## 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.

## This Month’s Useful Japanese Expressions

*Nadare* なだれ・雪崩 (avalanche)

*Nadare Chûihô* なだれちゅういほう・雪崩注意報 (avalanche watch)

“*Nadare*” means avalanche, a phenomenon in which snow slides down hillsides. Avalanches happen when there is a heavy snowfall or the temperature suddenly rises. When skiing or mountain climbing, keep an eye on the different kinds of snowfall and pay due attention to temperature changes. You are also advised to be careful when driving along slopes with accumulated snow.

If a lot of snow starts falling and accumulating, weather forecasts often announce “*nadare chûihô*” meaning avalanche watch. Avalanches may happen even on clear days without any snowfall.

You are advised to check the areas in your neighborhood where avalanches are likely to happen. The disaster prevention map on the Niigata Prefecture Disaster Website shows locations where possible “*nadare*,” or avalanches, are likely to happen. You can also access the map via your smartphone. You are advised to check for any hazardous areas around you with this map.

Niigata Prefecture, Avalanche Hazardous Place Map  
<http://www.pref.niigata.lg.jp/sabo/1263848484968.html>



## Warnings against PM 2.5

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

### If PM 2.5 levels become elevated:

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

### If PM 2.5 warnings are issued:

Refrain from going outside and avoid intense physical activities

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

### For PM 2.5 Warning Information:

- Prefectural Website <http://www.niigata-taiki.jp/>
- Mobile Phone <http://www.niigata-taiki.jp/m/>
- Telephone Service 025-280-5104

