



Vol. 334
March
2019

Konnichiwa!

NAGAOKA

International Affairs Division, Nagaoka City Office
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URL: <http://www.city.nagaoka.niigata.jp/> (長岡市ウェブサイト) →
English (Nagaoka International Affairs Center) →
地球広場 (International Affairs Center) → Konnichiwa Nagaoka

How Fluffy!



First graders at Wakinomachi Elementary School in the Mishima district are going to miss Shokora and Bambi, their alpaca friends. Shokora and Bambi came to the elementary school in September 2018. They “graduated” from the school in February. “Sayonara! See you again! Take care!” (February 18)

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

The City Hall Plaza – *Aôre* Nagaoka arena is home to the Niigata ALBIREX Basketball Club, a Japanese professional basketball team.

As of March 1, 2019, the team has had 40 games (2/3 of all scheduled matches) with a league-leading 29 wins and 11 losses, five games ahead of the second place team.

In its third year in the B league, the Niigata ALBIREX team is expected to advance to the finals this season. Citizens of Nagaoka, a basketball city, let’s support the team in the hopes that they continue to keep up the great work and bring home the 2019 championship. A total of eight matches are scheduled to be held at the *Aôre* Nagaoka arena in March and April.





“We’d appreciate your enthusiastic support! We’ll do our best!”


Shinsuke Kashiwagi is expected to best his personal records.


Dates		Opponents
March 16 (Sat.)	15:05 p.m.	KAWASAKI BRAVE THUNDERS
17 (Sun.)	14:05 p.m.	
27 (Wed.)	19:05 p.m.	
April 3 (Wed.)	19:05 p.m.	TOYAMA GROUSES
6 (Sat.)	15:05 p.m.	SEA HORSE MIKAWA
7 (Sun.)	14:05 p.m.	
20 (Sat.)	18:05 p.m.	YOKOHAMA B-CORSAIRS
21 (Sun.)	14:05 p.m.	

Population and Households
As of February 1st, 2019
(compared to the previous month)


270,878
(-133)


132,367
(-43)


138,511
(-90)


107,518
(+55)

Major Features:

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Introductory Tours of Facilities in Vietnam



university in Ho Chi Minh, and ESUHAI Co., Ltd. Career Training Center, which has sent nearly 4,000 Vietnamese workers to Japan. These introductory tours helped the delegation grasp the current business and market trends in Vietnam.

In Nagaoka, over 100 Vietnamese students are studying at the Nagaoka University of Technology in a partnership with the Ho Chi Minh University of Technology, a member of the Vietnam National University. This partnership was set up in 2006 to train more engineering students.



Mayor Isoda expressed, “We would like to provide as many job opportunities as possible for international students to stay in Nagaoka even after graduating from Nagaoka’s academic institutions. The city will play a leading role in connecting Nagaoka with various firms in Vietnam.”

Exploring business opportunities and searching for overseas human resources with expert knowledge and high technology, Mayor Tatsunobu Isoda and representatives from the Nagaoka University of Technology and the Nagaoka Chamber of Commerce and Industry visited some cities in Vietnam for four days from January 13, 2019.

They had tours of the Japan External Trade Organization (JETRO) office, Sorimachi Co., Ltd. factory (with their headquarters in Nagaoka), Abe Industrial Vietnam (a Nagaoka-based construction material manufacturer), a

Chikyû Hiroba

The Nagaoka City International Affairs Center

First Floor in the Nagaoka Civic Center on Ote Street

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 E-mail: kouryu-c@city.nagaoka.lg.jp

URL: www.city.nagaoka.niigata.jp/kurashi/cate13/chikyuhiroba/

According to currently statistics, approximately 2,350 international residents from China, Vietnam, the Philippines, and others (in order of population) are living in Nagaoka.

Chikyû Hiroba in the Nagaoka Civic Center on Ote Street is a place where international residents can find help and support throughout the year. The staff members are ready to respond to visitors either in Chinese, English, or easy Japanese every day. Consultations in Vietnamese will also be available in the not-too-distant future. No appointment is necessary for consultations.

Chikyû Hiroba will help Nagaoka develop into a comfortable city in which Nagaokans and our international friends can happily work, study, and live.

Featured Programs:

- Japanese Language Classes
- *Nihongo Hiroba* (free Japanese learning sessions)
- Language Support for Overseas Children at Local Schools
- Relaxing World Tours
- Cross-Cultural Presentations
- Cross-Cultural Seasonal Events



Visit us any time at **Chikyû Hiroba!**

The Newly Designed Logo of Chikyû Hiroba



We would like to introduce the newly designed logo of the Nagaoka City International Affairs Center, **Chikyû Hiroba**.

On January 26, 2019, **Chikyû Hiroba** announced the new logo created by Ms. Miyu Ishida, a student of the Nagaoka Institute of Design.

Under the motto, “Support Each Other,” the logo symbolizes the diversity of nationality by using a design of four interlocking hands, which represents people joining together in unity.

We will use this logo to promote the **Chikyû Hiroba** website and publications.

Tennis Rackets Made in Nagaoka for the World’s Top Players

Naomi Osaka is the Japanese professional tennis player who recently won the U.S. Open Women’s Singles Championship, followed by the 2019 Australian Women’s Open.

The tennis racket that Osaka used for the grand slams was a product based on the EZONE 98, a model manufactured by YONEX, whose headquarters is located in the Koshiji district of Nagaoka City.

Not only Osaka but also other top tennis players from around the world used YONEX rackets in the 2019 Australian Open, including nine of the 23 champions for 15 events such as men’s doubles, men’s wheelchair singles, and others.

Among worldwide tennis racket manufacturers, YONEX was the most successful in terms of the number of rackets used in the 2019 Australian Open.

These YONEX rackets were all manufactured at the factory of the Niigata Headquarters in the Koshiji district of Nagaoka City. These top players chose YONEX rackets manufactured with the firm’s long-cherished cutting edge technology.



Photo: Courtesy of YONEX

Introducing Admiral Isoroku Yamamoto throughout the U.S.A. via PBS (Public Broadcasting Service)

Representatives from the World War II Foundation, an NPO in the U.S.A., visited Nagaoka for six days from February 2nd to collect information related to Admiral Isoroku Yamamoto (the Commander-in-Chief of Combined Fleet of the Japanese Imperial Navy), the architect of the Pearl Harbor attack and the Battle of Midway.

The American foundation is currently producing a documentary film to convey facts about World War II. Since its establishment of 2012, the foundation has produced 22 war-related documentary films in order to pass on the history of war to younger generations of the U.S.A. These films were broadcast on PBS and DVDs have also been distributed to schools and libraries throughout the U.S.A.

The six visiting crew members included Mr. Tim Gray, the founder of the foundation, and two historians who also visited Bougainville Island in Papua New Guinea, the site of Yamamoto's death. They had tours of the Nyozezo Museum, the Admiral Isoroku Yamamoto Memorial Museum, the Nagaoka War Damage Exhibit Hall, and other facilities, as well as interviews with some people associated with the film project. The film mainly focusing on Yamamoto is scheduled to be shown on PBS throughout the U.S.A. in November this year.

Mr. Gray emphasized, "Many Americans are well informed of the Pearl Harbor attack but not much about Admiral Isoroku Yamamoto, the commander of the attack.

I understand that he opposed the outbreak of the war and was well aware of the significance of aviation despite his responsibility as a naval officer. In this documentary film, we would like to focus on his true intention and feelings about war as well as the unknown side of his personality."

Having experienced the misery of war, the Cities of Honolulu, the site of the Pearl Harbor attack, and Nagaoka, the home of Isoroku Yamamoto, united as sister cities in 2012. The film is expected to trace the life of Isoroku Yamamoto, a man of affection and integrity, and convey his thoughts to the people of the United States.



Mr. Takashi Hoshi (a museum committee member) talking about the left wing of the wrecked plane that carried Admiral Yamamoto on his fatal inspection tour

A Business Collaboration between the Sister Cities of Nagaoka and Honolulu



The sister cities of Nagaoka and Honolulu have promoted peace-oriented educational programs for the youth since 2012, followed by a recent business collaboration. Yamanobu Textile Co., Ltd. of Tochio, Nagaoka, and IOLANI, Inc. (a long-standing aloha shirt manufacturer) of Honolulu, Hawaii, created aloha shirts in a joint project. IOLANI, Inc. designed and made aloha shirts with Yamanobu fabric.



The two companies have been working together to create aloha shirts since March 2017, when representatives from Yamanobu visited an IOLANI factory during the Honolulu Festival and proposed a business

collaboration. In August 2017, President Lloyd Kawakami of IOLANI visited Yamanobu and was impressed with their technology of manufacturing high-quality fabrics.

A presentation of the newly created aloha shirts was held at the Nagaoka Convention Center, Hive Nagaoka, during the *Yukishika* Snow Festival on February 17th, 2019. Mayor Kirk Caldwell of the City and County of Honolulu attended the event and expressed, "Our first

business collaboration symbolizes a new bond of friendship between our cities, both of which experienced the misery of war. I hope their effort in promoting business collaboration will help us further strengthen the bonds between our cities."

Starting in June 2019, the aloha shirts in three different colors will be available on the IOLANI website for around \$130 and at the Downtown Tourism Plaza (*Machinaka Kankô Puraza*), a souvenir shop next to City Hall Plaza, *A ôre* Nagaoka on Ote Street.



Mayor Caldwell (second from left) and the representatives from IOLANI and Yamanobu showing off their aloha shirts in three different colors

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 Kôza

The 1st term of classes for the 2019 fiscal year will be offered from April 2019 to September 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 1

Minna no Nihongo Basic Level I Vol. I

(Lesson 1 – Lesson 12)

9:30 a.m. – 11:30 a.m. (120 minutes)

Basic Level I - Class 2

Minna no Nihongo Basic Level I Vol. I

(Lesson 13 – Lesson 25)

2:00 p.m. – 4:00 p.m. (120 minutes)

Basic Level II - Class 1

Minna no Nihongo Basic Level I Vol. II

(Lesson 26 – Lesson 36)

11:45 a.m. – 1:45 p.m. (120 minutes)

Weekday Classes (Tuesdays & Fridays)

Basic Level I - Class 1

Minna no Nihongo Basic Level I Vol. I

(Lesson 1 – Lesson 12)

9:30 a.m. – 10:30 a.m. (60 minutes)

Basic Level I - Class 2

Minna no Nihongo Basic Level I Vol. I

(Lesson 13 – Lesson 25)

11:00 a.m. – 12:00 p.m. (60 minutes)

March	1, 5, 8, 12, 15, 19, 22, 26	¥1,600
April	2, 5, 9, 12, 16, 19, 23, 26	¥1,600
May	7, 10, 14, 17, 21, 24, 28, 31	¥1,600
June	4, 7, 11, 14, 18, 21, 25, 28	¥1,600
July	2, 5, 9, 12, 16, 19, 23, 26, 30	¥1,800
Aug.	6, 9, 16, 20, 23, 27, 30	¥1,400
Sept.	3, 6, 10, 13, 17, 20, 24, 27	¥1,600

March	3, 10, 17, 24	¥1,600
April	7, 14, 21, 28	¥1,600
May	12, 19, 26	¥1,200
June	2, 9, 16, 23, 30	¥2,000
July	7, 14, 21, 28	¥1,600
Aug.	4, 18, 25	¥1,200
Sept.	1, 8, 15, 22, 29	¥2,000

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.



Child-Rearing Support Facilities

March

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
- * **My Relaxing Time: KEG Cafe**
10:45 a.m. – 11:45 a.m. March 6 (Wed.)
- * **Mini-Library**
10:45 a.m. – 11:45 a.m. March 13 (Wed.)
- * **Handicraft Cafe**
10:00 a.m. – 11:30 a.m. March 14 (Thurs.)
- * **Happy Birthday Party**
10:30 a.m. – 11:00 a.m. March 18 (Mon.)
- * **Mothers' Chat Cafe**
10:45 a.m. – 11:45 a.m. March 20 (Wed.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
 March 13 (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
Kamishibai (Large Picture-Card Story) March 16 (Wed.)
- * **Time for Chibikko Kids and Birthday Party**
11:00 a.m. – 11:15 a.m.
March 4 (Mon.), 11 (Mon.), and 25 (Mon.)
- * **Let's Play with Grandmothers**
11:00 a.m. – 11:30 a.m. March 5 (Tues.)
- * **Workout Time with Parents and Children**
1:30 p.m. – 2:30 p.m. March 7 (Thurs.)
- * **Smiley Kids Day**
10:00 a.m. – 12:00 p.m. March 8 (Fri.) and 29 (Fri.)
- * **Let's Start Reading Books**
10:00 a.m. – March 9 (Sat.) and 17 (Sun.)
- * **Let's Play to the Rhythms**
11:00 a.m. – 11:15 a.m. March 16 (Sat.)
- * **Mini Lecture: Disaster Prevention**
11:00 a.m. – 12:00 p.m. March 14 (Thurs.)
- * **Let's Play Doctor (and other jobs)**
9:00 a.m. – 6:00 p.m. March 15 (Fri.) – 24 (Sun.)
- * **Chatting Time for Expecting Mothers**
2:00 p.m. – 3:00 p.m. March 15 (Fri.)
- * **Let's Play with Blocks**
11:00 a.m. – 12:00 p.m. March 16 (Sat.)
- * **Mothers' Chat Cafe**
11:00 a.m. – 12:00 p.m. March 18 (Mon.)
- * **Live Concert with Games and Picture Storybook**
Reading by Massan & Keichan (Mr. & Mrs. Hirata, the Authors) 1:30 p.m. – 3:00 p.m. March 23 (Sat.)
- * **Making Your Own Picture Storybook (Ehon no Tane)**
11:00 a.m. – 11:30 a.m. March 24 (Sun.)
- * **Wai Wai Chatting**
11:00 a.m. – 12:00 p.m. March 26 (Tues.)



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

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)

- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. March 2 (Sat.)
- * **Let's Enjoy Singing Together**
10:45 a.m. – 11:15 a.m. Every Monday
- * **Wai Wai Chatting** 11:00 a.m. – 12:00 p.m.
March 7 (Thurs.) and 19 (Tues.)
- * **"Toy Hospital" for Fixing Broken Toys**
10:00 a.m. – 2:00 p.m. March 8 (Fri.)
- * **Nakayoshi Time** 10:45 a.m. – 11:00 a.m.
March 8 (Fri.), 22 (Fri.), and 29 (Fri.)
- * **Let's Enjoy Drawing Pictures**
2:00 p.m. – 3:00 p.m. March 11 (Mon.)
- * **Mothers' Chat Cafe**
10:30 a.m. – 11:30 a.m. March 12 (Tues.)
- * **Lecture for Expecting Mothers: "Maternity Yoga"**
10:30 a.m. – 11:30 a.m. March 14 (Thurs.)
- * **Smiley Birthday Party**
10:45 a.m. – 11:15 a.m. March 15 (Fri.)
- * **Toy Box Sunday**
10:45 a.m. – 11:45 a.m. March 17 (Sun.)
- * **Let's Play at the Kids' Land**
10:30 a.m. – 11:30 a.m. March 26 (Tues.)
- * **Playing Games from the Old Days**
10:30 a.m. – 11:30 a.m. April 6 (Sat.)



Free Child-Rearing Counseling 10:30 a.m. – 11:30 a.m.
 March 7 (Thurs.) Childcare Committee Chief
 March 19 (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**
11:30 a.m. – 12:00 p.m. March 20 (Wed.)
- * **Birthday Party**
11:00 a.m. – 11:30 a.m. March 19 (Tues.)
- * **Let's Learn about Emergency First Aid**
10:30 a.m. – 11:30 a.m. March 20 (Wed.)
- * **Baby Massage**
1:30 p.m. – 2:30 p.m. March 13 (Wed.)
- * **Let's Play in the Temari Hall**
10:30 a.m. – 11:30 a.m. March 29 (Fri.)



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



Orataru The Yamakoshi Recovery Exhibit Hall Reopened

Orataru was renovated and reopened on March 9th, on the occasion of the *Koshi no Himatsuri*, the Bonfire Festival. The facility, which first opened on October 23rd, 2011, welcomed approximately 30,000 visitors in 2018.

In order to welcome more visitors from home and abroad, the facility was renovated with more attractive features such as:

- Adding English audio guide devices to the displays
- Enriching display contents
- Expanding the topographical model theater
- Establishing a terraced paddy and pond viewing site
- Setting up a souvenir shop full of local products

Orataru (Literally: “My Place” in the local dialect)

2835 Takezawa, Yamakoshi

(Next to the Yamakoshi Branch Office)

Phone: 0258-41-1203

Hours: 9:00 a.m. – 5:00 p.m.

Closed: Tuesdays



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

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.

The notice regarding your premiums for the 9th term of fiscal 2018 was sent to you in the middle of January 2019. Please be sure to pay your premium for the 9th term by April 1st, 2019. You can pay your premium at convenience stores throughout Japan, *Yûcho Ginkô* (the Japan Post Bank) in Niigata Prefecture, or a branch or the head office of any financial institution in Nagaoka City. Detailed information about payment is on the back of the notice.

If you have been unemployed due to bankruptcy or displacement, your premium may be reduced. In this case, you are required to apply for premium reduction. If it is difficult for you to pay your premium due to some specific reasons, please contact *Kokuho Nenkin Ka*, the National Health Insurance and Pension Division.

For further information, please contact *Kokuho Nenkin Ka*, the National Health Insurance and Pension Division (Phone: 0258-39-2220) or the Citizens' Affairs and Service Division of each district branch office.

The Niigata Prefecture Mutual Aid Traffic Casualty Insurance Plan

交通災害共済・こうつう さいがい きょうさい

This plan is a mutual insurance system managed by all the municipalities in Niigata Prefecture. The membership fee is ¥500 a year. A compensation payment is provided when a member is injured in a traffic accident.

The amount of the payment varies ranging from ¥30,000 to ¥1.5 million depending on the number of days that are required for treatment. The compensation payment can be claimed even when you are injured in a bicycle accident.

The application form is available at *Aôre* Nagaoka, the city's district branch offices, or most banks. You can also get an English version of the information leaflet at the Nagaoka City International Affairs Center, *Chikyû Hiroba* in the Nagaoka Civic Center.

Application Period:

February 1 (Fri.) – March 29 (Fri.), 2019
(Entry after April 1st is also possible.)

For further information:

Shimin Katsudô Suishin Ka
(Citizens' Affairs Promotion Division)
Phone: 0258-39-2206

<http://www.sinsogo.jp/koutu/koutu.html>
<http://www.city.nagaoka.niigata.jp/kurashi/cate15/koutusaigai/kyousai.html>



A Light Automobile Tax Notice



Owners (as of April 1st) of motorbikes (mopeds, scooters, and motorcycles), farming vehicles, and light automobiles must pay a light automobile tax. If you receive a light automobile tax notice, please pay the tax by the designated date.

If you purchase a new light automobile and register it as of April 1st in 2019, the new tax rate for the 2019 fiscal year will be applied. If you purchase a new light automobile and register it on and after April 2nd in 2019, the new

tax rate for the 2020 fiscal year will be applied, which means you do not have to pay your light automobile tax in the 2019 fiscal year.

If you have transferred ownership or discarded the vehicle, please notify the Citizens' Tax Division (Phone: 0258-39-2212) by Friday, March 29th, 2019.

For further information about the new tax rates, please contact the Citizens' Tax Division.

Phone: 0258-39-2212

Seasonal Events

Nagaoka City International Affairs Center, *Chikyû Hiroba*

A Relaxing World Tour of Australia March 16 (Sat.) 1:30 p.m. – 3:00 p.m.

Limited to: 30 participants, registration is required.
Application Deadline: March 11 (Mon.)
Mr. Hamish Austin from Australia will introduce Australian traditions and culture.



For further information:
Nagaoka City International Affairs Center, *Chikyû Hiroba*
Phone: 0258-39-2714

“Smile Project”



A panel display entitled “Smile Project” will be held at the Citizen Gallery on the first floor of the Nagaoka Civic Center on Ote Street from Tuesday, March 26th to Monday, April 8th.

Featuring interviewees who participated in a special program for the multilingual broadcast on FM Nagaoka, the contents of the interviews will be on display along with photos of interviewees. Please come visit the Citizen Gallery to see the smiles of our friends from around the world.

Echigo *Kyûryô Kôen* (Echigo Hillside Park)

Hours: 9:30 a.m. - 4:30 p.m. (until the end of March)
9:30 a.m. - 5:00 p.m. (from April)
Closed: March 4 (Mon.), 11 (Mon.), 18 (Mon.),
and 25 (Mon.)

Yukiwarisô (a kind of primrose) Festival

March 9 (Sat.) - April 14 (Sun.)

Shakunage (rhododendron) on Display

March 26 (Tues.) - April 14 (Sun.)

Katakuri (dogtooth violet) Festival

April 6 (Sat.) - 14 (Sun.)



Katakuri

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

The 35th Annual Mishima Nishiyama Mountain Range Marathon Race

Date: May 26 (Sun.) 10:00
There will be 17 different events for various age and gender groups, including 2-km, 3-km, 11-km, and half-marathon (21.0975km) courses.
Registration Deadline: March 31 (Sun.)
Fee: ¥3,300 for adults and pairs



¥1,500 for junior high school students and elementary school children

Flyers with application forms are available at the city's each district branch office and sports facilities or apply via website (<http://runnet.jp>).

For further information: Mishima Branch Office
Phone: 0258-42-2242



Yukiguni Shokubutsu En (Snowy Region Botanical Gardens)

March 16 (Sat.) - November 15 (Fri.)
3-chome Miyamoto
Hours: 9:00 a.m. - 5:00 p.m.
Admission: ¥400 for adults ¥50 for students



Yukiwarisô

For further information: *Yukiguni Shokubutsuen*
Phone: 0258-46-0030
<http://www.niks.or.jp/syokubut/>

 **Fitness Classes** 
at Shinmin Taiikukan City Gym
1-2-1 Gakko-cho Phone: 0258-34-2700
April - June

The city gym will offer various classes such as yoga, lower backache prevention exercises, Pilates exercises, pelvic exercises, hula dance, healthy calisthenics, shape-up boxing, aerobics, hip-hop dancing, taichi, rhythm exercises, etc. Sign up by March 15 (Fri.) with an application form at City Gym.

For further information and registration, please contact the staff of the Nagaoka International Affairs Center in the Nagaoka Civic Center on Ote Street. (refer to p.4)

Movie

Nagaoka Central Library, 2nd Floor

The War of the Worlds (1953 U.S.A.)
March 19 (Tues.) 2:00 p.m. - 3:30 p.m.
Admission: Free



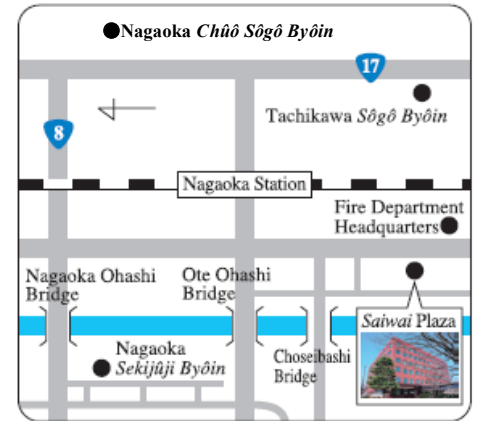
For further information: Central Library, Gakko-cho
Phone: 0258-32-0658



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

In this section, you can get some useful information for daily living and learn related Japanese expressions.

- Fushin/ふうしん・風疹 (rubella or German measles)**
- Mashin/ましん・麻疹 or hashika/はしか (measles)**

Fushin and *mashin* are infectious diseases that are transmitted from human to human via the *fushin* virus (the rubella virus) and the *mashin* virus (the measles virus), respectively.

The symptoms include a fever, rash, headache, runny nose, coughing, and others. A patient diagnosed with *fushin* has a rash when being diagnosed. The rash usually disappears in about three days.

A patient diagnosed with *mashin* or *hashika* develops a rash on the face, body, and even inside the mouth about several days after being diagnosed. The rash usually lasts about two weeks.

Vaccinations can help you raise your immunity against these infectious diseases of *fushin* (rubella or German measles) and *mashin* (measles).



A Partial Subsidy for Measle Vaccinations



The City of Nagaoka provides adults with a partial subsidy for rubella, also known as German measles, vaccinations.

Adults with a low rubella antibody count can apply for this subsidy. An examination to check your rubella antibody count is necessary prior to application.

Adults who have already contracted rubella or who had a rubella vaccination before cannot apply for this subsidy. Women who want to conceive can apply for this subsidy along with their housemates.

The partial subsidy will be ¥6,000 for a combined vaccination and ¥4,000 for a single rubella vaccination.

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

Multilingual Broadcast on FM Nagaoka (80.7 MHz) 6:30 p.m. – 7:00 p.m. Wednesdays

- Chinese and Easy Japanese: 1st and 3rd Wednesdays
- English and Easy Japanese: 2nd and 4th Wednesdays

These programs are being rebroadcast on the following Sundays from 5:00 p.m. to 5:30 p.m. They provide information about various projects, events, and Japanese learning programs offered at the Nagaoka City International Affairs Center, *Chikyû Hiroba*.

