



Vol.188  
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*Konnichiwa!*

# NAGAOKA

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## Learning How to Play Cat's Cradle

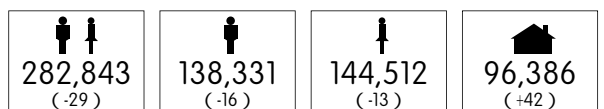
A hands-on Japanese culture session for international residents was held at the Nagaoka City International Affairs Center, *Chikyû Hiroba* on December 10th, 2006.

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Wishing You  
A Very Happy New Year  
May 2007 Bring You  
Happiness, Success,  
and  
the Best of Health

Population and Households  
As of December 1st, 2006  
(the ratio to the previous month)



# To Renovate Nagaoka's *Machinaka*, the Center of the Downtown Area



In the beginning of the New Year, 2007, Mr. Kyô Toyoguchi (the Chairman of the Board of Directors of the Nagaoka Institute of Design) discussed the future of Downtown Nagaoka with Mr. Fumio Morohashi from Tochio, Ms. Mayumi Nakagawa from Yoita, and Mr. Kunio Ôhara from Nagaoka.

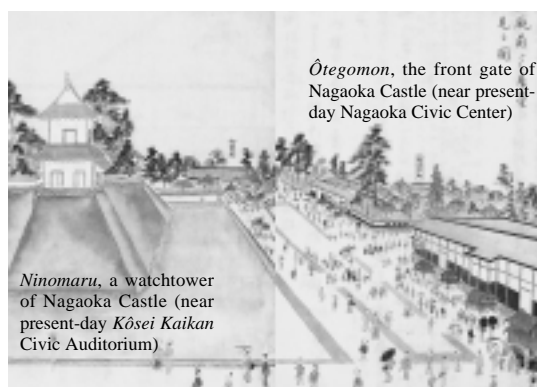
## Mr. Toyoguchi:

The Nagaoka Civic Center on Ôte Street seems to have become a kind of headquarters where citizens can participate in the city's administrative functions by using their wisdom, strength, and enthusiasm. Back in the *Edo* Period (1600-1868) ordinary citizens were allowed to visit inside Nagaoka Castle on some festive occasions. Nagaoka's city planning should be based on this people-friendly tradition.

Therefore, it would be ideal and also convenient for the citizens if Nagaoka City Hall were located in an area where they can easily access and feel welcomed.

## Ms. Nakagawa:

Ôte Street now seems to attract fewer visitors than before. Many people prefer to visit large suburban shopping centers where free parking lots are available. But fun events held in the downtown area such as *hokoten* (pedestrians' paradise), a vehicle-free promenade, can draw many visitors even though parking is not free.



The downtown area around the Nagaoka Castle during the Edo period when old Nagaoka flourished as a castle town under the reign of the Makino Clan from 1618 to 1868.

## Mr. Morohashi:

Ôte Street should be more lively and attractive. It would be wonderful if Ôte Street were to become a site for a periodic open-air market that provided various regional specialties such as fresh seafood from Teradomari, fried bean curd

straight from Tochio, wild vegetables from Yamakoshi and Oguni and cooked rice from Nagaoka.

## Mr. Ohara:

The keyword for successful business opportunities is being *genki* (enthusiastic and energetic.) We hope the plan to relocate the Main City Hall and to revitalize Downtown Nagaoka will inspire shops and stores in the downtown area to change their ways of conducting businesses, which will eventually help the downtown area rejuvenate and become more attractive.

## A New Historic Landmark ~ The Tsuginosuke Kawai Memorial Hall ~

During the *Hokuetsu Boshin* Civil War of 1868, the Nagaoka *Han* (a feudal domain) fought against the New Meiji Government Forces under the leadership of Tsuginosuke Kawai (1827-1868), the military general of the Makino Clan. Under the reign of the Makino Clan, old Nagaoka flourished as a castle town for 250 years from 1618 to 1868.

The Tsuginosuke Kawai Memorial Hall opened on December 27, 2006 in Naga-chô where Kawai's residence was once located. The opening of the hall was a part of the projects to commemorate the 100th Anniversary of Nagaoka's Modern Municipality. Over 40 of Kawai's personal belongings and documents

describing his accomplishments are on display.

The hall is also equipped with a multi-purpose conference room for citizens to use for their activities.

Ryôtarô Shiba, a well-known Japanese author wrote a book entitled "*Tôge* (the Pass)" describing Kawai's efforts and fate during the civil war. The Nagaoka Force was defeated and Kawai died in Shiozawa Village in Fukushima while fleeing to Aizu.



## Warning! ~Nondara Noruna の飲んだら乗るな~ (Don't Drive Drunk!)

Drunk driving is prohibited by law. However, fatal traffic accidents caused by drunk driving have been increasing. As of December 5, 2006, 2,837 drunk drivers were arrested and 17 people lost their lives due to drunk driving in Niigata Prefecture in 2006.

Violators are severely punished by law. In addition to paying a huge amount of fines and compensation fees, they have to stay behind bars for up to 20 years or more, depending on their situation.

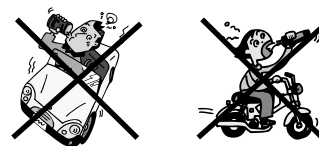
There are two types of drunk driving. One is called *shukiobi unten* (酒気帯び運転) and the other is *sakeyoi unten* (酒酔い運転). Driving with a blood alcohol level of over 0.15 measured by a breathalyzer (0.15 mg of alcohol per liter of exhaled breath) or over 0.3 measured by a blood test (0.3 mg of alcohol per ml of blood) is categorized as *shukiobi unten*. If a heavily drunken driver who cannot walk or speak properly tries to drive, this is designated as *sakeyoi unten*. This law applies to bicycles as well as cars.

Recently, drunk driving has been more strictly checked and punished than ever before because tragic accidents caused by reckless drivers have been increasing.

You are advised never to drive if you have drunk any alcoholic beverages and you should not let anyone who has drunk even a small amount drive a vehicle.

Alcohol checkers, devices that detect the level of your alcohol intake, are now available at supermarkets or discount stores. Also you might want to check your health condition with this device if you have a hangover the following morning.

If you need to drive after drinking, you are encouraged to use a service called *daikô unten* (代行運転) which is provided by taxi companies. Two taxi drivers come to pick you up and one of them takes your car to your home while the other one takes you home in a taxi.



### Multilingual Disaster Information

Japan is a land where earthquakes happen frequently. A powerful earthquake with an intensity level of 6 minus on the Japanese scale hit Nagaoka City in October, 2004, causing tremendous damage to many areas.

In order for international residents to evacuate safely when a disaster such as an earthquake happens, the Nagaoka City International Affairs Center plans to give necessary information in seven languages. Your e-mail address must be registered in order to receive this service.

In addition to disaster information, some useful information about daily living and events to be held at the Nagaoka City International Affairs Center will be provided.

The Nagaoka City International Affairs Center, *Chikyû Hiroba* will provide detailed information about registering for this multilingual service as soon as it is ready.

### A Day for Not Driving Privately Owned Cars

In order to ease traffic congestion and prevent global warming, the city designated October 13, 2006 as a Day for Not Driving Privately Owned Cars. This campaign was extended to areas that were united with Nagaoka City through recent municipal mergers.

Thanks to many commuters' cooperation, 4,227 people reported that they had either walked or used buses or bicycles on that day. Comparing these numbers with those of the previous year, the participants increased by 34%.

Accordingly, it was estimated that emission of carbon dioxide was reduced by approximately 8.5 tons. This amount corresponds to the carbon dioxide emission of nearly 300 households in one day. This is the same amount that a 94-hectare forest of beech trees would process in one day. The city plans to continue this campaign in 2007 as well.

Commuters getting on a bus in front of Nagaoka Station



### The 100-Year Chronology of Nagaoka Viewed through Photographs ~The Kariyada River Weir~



This photograph shows the 1908 Inauguration Ceremony of the Kariyada River Weir that was newly reinforced with a brick lock. A weir is a kind of dam in a stream to raise the water level or divert its flow.

Originating in Mt. Sumon, the Kariyada River flows through the Nakanoshima area. The people living along the river receive many benefits from the river.

In the beginning of the *Edo* Period (1600-1868) it was difficult to irrigate fields in the Nakanoshima area by

using water from the river because the river bed was too shallow for the purpose.

Chôuemon Ôtake, a village head of the Nakanoshima area took the initiative of constructing the weir to raise the water level and irrigate rice paddies in the area in 1656.

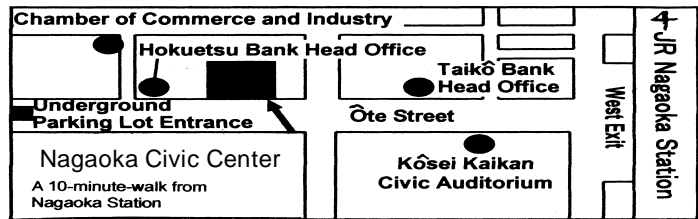
However, as only raw materials like *kaya* (a graminaceous plant) were used for the early construction of the weir, it was not strong enough for heavy rain, which resulted in the area flooding.

Afterwards, several reinforcing constructions were added to the weir until the present concrete movable weir was completed in 1972.

# What's New at the Nagaoka Civic Center



2-2-6 Ôte Street, Nagaoka City 940-0062 (Phone: 39-2763)



## INTERNATIONAL AFFAIRS CENTER (*Chikyû Hiroba*)

First Floor of the Nagaoka Civic Center Phone: 39-2714 Fax: 39-2715  
E-mail: [kouryu-c@city.nagaoka.lg.jp](mailto: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. On some Sunday afternoons, Chinese or Portuguese speaking advisors are available.

No appointment is necessary for consultations. Just feel free to stop by if you have some difficulties, worries, or questions.

### Recent Events

Cross-Cultural Christmas Get Together  
Sunday, Dec. 17<sup>th</sup>, 2006 11:00 a.m. - 4:30 p.m.



Over 200 visitors celebrated the festive season by participating in this annual cross-cultural event. The program included a mini concert performed by the Nagaoka Boys and Girls Choir, fun games, rice cake pounding and other activities.



### Japanese Learning Programs

#### [*Nihongo Hiroba*]

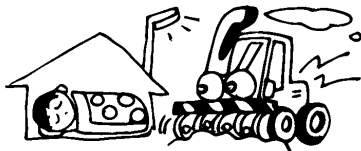
At the *Nihongo Hiroba*, you can learn some useful Japanese for daily living or you can brush up on your Japanese through chatting with language volunteers. Despite your levels of Japanese proficiency, you can join this free program whenever you are available. Each session lasts approximately two hours, beginning from 10 a.m., 1 p.m., 3 p.m., 5 p.m., and 7 p.m. on weekdays. On Saturdays, Sundays, and Holidays, the 2-hour sessions begin from 10 a.m., 1 p.m., 3 p.m., and 5 p.m. If you wish to join this program, sign up at the Nagaoka International Affairs Center and put your name on the time table posted at the *Chikyû Hiroba*.

#### [*Nihongo Kôza* (Japanese Language Classes)]

*Nihongo Kôza*, the Japanese Language Classes are graded courses in which you can learn basic levels of Japanese useful for your daily life in Japan. The classes are taught by licensed or experienced instructors. The 2nd term of classes for this fiscal year is being offered from October, 2006 to March, 2007. A small fee (¥300/lesson) is necessary.

## Snow-Removal Operations

Your kind understanding and cooperation are most appreciated.



Snow-removal operations 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.



Lumps of snow left by snowplows in front of your house should be removed by each household.

Vehicles parked on the street hamper efficient snow-removal operations. Please do not park your vehicles on the street.



Please drive slowly and carefully when driving behind snowplows.



Please do not dump snow to roads.



It is appreciated if you remove snow from pedestrian crossings.

6-month Course (October 2006 ~ March 2007)

**JAPANESE LANGUAGE CLASSES**

**AULAS DE JAPONES**

**SALITANG HAPON KLASSE**

sponsored by

**THE NAGAOKA CITY INTERNATIONAL**

**EXCHANGE ASSOCIATION**

co-sponsored by **THE NIIGATA INTERNATIONAL ASSOCIATION**

**- Morning Classes**

Class Tuesday & Friday 11:00 a.m. - 12:00 noon  
Room: 204

Jan.	5, 9, 12, 16, 19, 23, 26, 30	¥ 2,400
Feb.	2, 6, 9, 13, 16, 20, 23, 27	¥ 2,400
Mar.	2, 6, 9, 13, 16, 20, 23, 27, 30	¥ 2,700

Class Tuesday & Friday 9:30 a.m. - 10:30 a.m.  
Room: 204

Jan.	5, 9, 12, 16, 19, 23, 26, 30	¥ 2,400
Feb.	2, 6, 9, 13, 16, 20, 23, 27	¥ 2,400
Mar.	2, 6, 9, 13, 16, 20, 23, 27, 30	¥ 2,700

**- Evening Classes**

Monday 7:00 p.m. - 8:00 p.m.  
Room: 204

Jan.	9, 15, 22, 29	¥ 1,200
Feb.	5, 13, 19, 26	¥ 1,200
Mar.	5, 12, 19, 26	¥ 1,200



**- Sunday Classes**

2:15 p.m. - 3:15 p.m.  
Room: 204

Jan.	7, 14, 21, 28	¥ 1,200
Feb.	4, 11, 18, 25	¥ 1,200
Mar.	4, 11, 18, 25	¥ 1,200



**Hiragana and Katakana Course**

**1st Session**

Sunday, 1:00 p.m. - 2:00 p.m.

Oct.	8, 15, 22, 29	¥ 1,200
Nov.	5, 12, 19, 26	¥ 1,200

**2nd Session**

Sunday, 1:00 p.m. - 2:00 p.m.

Dec.	3, 10, 17, 24	¥ 1,200
Jan.	7, 14, 21, 28	¥ 1,200

**3rd Session**

Sunday, 1:00 p.m. - 2:00 p.m.

Feb.	4, 11, 18, 25	¥ 1,200
Mar.	4, 11, 18, 25	¥ 1,200

A trial lesson is offered. Please call ahead.

**REGISTRATION / INFORMATION**

For your registration and further information, please contact:

Nagaoka International Exchange Association  
Nagaoka Civic Center, 2-2-6 Ôte street  
Phone:39-2714 Fax:39-2715

**KIDS' PLAZA (Chibikko Hiroba)**

Fourth Floor of the Nagaoka Civic Center Phone: 39-2775

**Hours: 9:00 a.m. - 8:30 p.m. Monday - Friday**  
**9:00 a.m. - 6:00 p.m. Saturdays, Sundays & National Holidays**

\* **Bean-Throwing**

Feb. 3 (Sat) 11:00 a.m. - 12:00 noon

\* **Mini Lecture on Child-Rearing:**

- How to Enjoy Picture Storybooks (Librarian)

Jan. 17 (Wed) 11:00 a.m. - 11:30 a.m.

- Children's Growth and Development of Speech (Speech Therapist)

Jan. 26 (Fri) 10:30 a.m. - 11:10 a.m.

- Tips on Dental Care (Dental Hygienist)

Feb. 8 (Thurs) 10:30 a.m. - 11:10 a.m.

\* **Wai Wai Chatting 11:00 a.m. - 12:00 noon**

For children under 11 months and their guardians

Jan. 12 (Fri), 16 (Tues), 25 (Thurs), and 31 (Wed)

\* **Time for Chibikko Kids and Picture Drawing/Painting**

11:00 a.m. - 11:45 a.m.

Jan. 24 (Wed) and Feb. 7 (Wed)

Finger plays and hand games. Exercises for parents and children

Enjoy drawing/painting, using materials donated to the Civic Center.

< Free Child-Rearing Counseling > 10:30 a.m. - 11:30 a.m.

Jan. 11 (Thurs) Children's Growth and Domestic Problems

(Child-Rearing Advisor)

Feb. 1 (Thurs) Children's Growth and Domestic Problems

(Child-Rearing Advisor)

Child-rearing advisors or specialists are happy to discuss any difficulties or anxieties concerning child rearing. Please feel free to visit us for any helpful advice. Counseling in English is available. Free child-rearing counseling is also provided by a licensed child-rearing specialist anytime during office hours. Please call in advance for appointments at 39-2775.



**This Month's Useful Japanese Expressions**

Many Japanese learners may wonder which preposition should be used for which case. There are a large number of prepositions for a variety of occasions. Here are some examples.

Example 8: the preposition

"bakari/bakkari/bakash/bakkashi

(ばかり・ばっかり・ばかし・ばっかし)"

There are several versions of the preposition "bakari" as shown above depending on persons or situations.

*Nijikan bakari hima ga arimasu.*

(I'm free for about two hours.)

*Ima Nagaoka eki ni tsuita bakari desu.*

(I've just arrived at Nagaoka Station.)

*Uchi no musuko wa terebi bakari mite nanimo shimasen.*

(My son only spends time watching TV and does nothing else.)














*Yamada san wa eigo bakaridenaku Chûgokugo mo hanasemasu.*

(Mr. Yamada can speak not only English but also Chinese.)

*Tanaka san wa yasetai bakarini daietto shiteimasu.*

(Ms. Tanaka is on a diet simply because she wants to lose weight.)

## ~Where to Take Recyclable Materials~ Be Environmentally Friendly Consumers

Stores	Locations	Food Trays	Milk Cartons	Aluminum Cans	Steel Cans	Returnable Glass Bottles	Batteries	Plastic Shopping Bags	PET Plastic Bottles	Used Telephone Cards	Bell Mark Labels	Used Stamps	Rechargeable Batteries Printer Ink Cartridges	
														
Aeon Jusco Nagaoka Branch	1-249-1 Koshôji	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Itô Yôkadô Marudai Nagaoka Branch	2-3-12 Jônai-chô	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Uoroku Kaname-machi Branch	2-1-17 Kaname-cha	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Uoroku Kitayama Branch	3-5-1 Kitayama	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Uoroku Nagaoka Branch	2-6-1 Nisseki-chô	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
E-den (エーデン)	2-5-3 Akebono	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
E-den Niibo Branch (エーデン)	3-11-20 Niibo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Kamera no Isobe Main Store	3-1-14 Higashi Sakanoue-machi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Kamera no Isobe Nagaoka Higashi Branch	1-3-24 Higashi Kanda	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Narusu Ôjima Branch	3-1-57 Ôjima Honcho	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Kawasaki Branch	1-1-1 Horigane	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Kesajiro Branch	2-5-15 Kesajiro	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Koshôji Branch	20-1 Koshôji-machi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Saiwai-chô Branch	1-3-25 Saiwai-chô	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Niibo Branch	6-113 Niibo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Sekihara Branch	1-957-1 Sekihara-machi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Tochio Branch	3-41 Takinoshita-machi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Nishi Ara-machi	1-10-13 Izumi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Please	1-4-3 Sakanoue-machi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Miyauchi Branch	3278 Miyauchi-machi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Miyazeki Branch	1-2-19 Miyazeki	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Harashin Raikôji Branch	610 Ura	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Lamd Club Nagaoka	53-9 Minami Nanoka-machi	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	



### Some Helpful Tips on What to Do during Disasters



This month's guide gives you some tips on how to prevent fires during winter months.

Walls of accumulated snow sometimes block exits of your house. Please be sure to secure safe exits. If exits are blocked when a fire or an earthquake happens, it will be difficult for you to evacuate.

You are advised to secure emergency exits in case of an emergency. It's better to be safe than sorry. If earthquakes hit during winter months, the hazard may double, leading to a secondary disaster due to fires possibly caused by space heaters that are being used.

If a fire breaks out, immediately dial 119. Please be sure to clearly state your name and address. You are advised to write down your address on a piece of paper and post it beside your telephone in case of an emergency.

If an earthquake happens, immediately turn off any gas appliances and heaters that are being used. Shut off the stopcocks of gas appliances. Pull out the plugs of electrical appliances as well. Before leaving home for an evacuation facility after an earthquake, be sure to turn off the circuit breaker of the switch board.

# The 19th International Snowball Fight Championship in Koide “Kokusai Yuki Gassen Taikai”



February 11 (Sun) 8:45 a.m.-  
Hibiki no Mori Kôen Yuki no Koroshiamu (Colosseum)

## Rules:

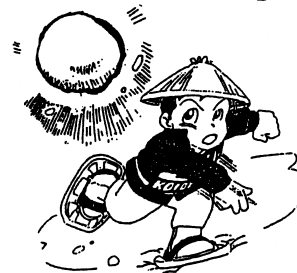
Two teams, each consisting of 5 members, fight each other for 3 minutes by throwing snowballs. Each woman starts with 5 points and each man with 3 points. They lose one point each time a snowball hits them. A player who loses all his/her points must leave the court. The team which makes the opponent's leader leave the court first is the winner. The teams can be dressed in unique costumes.

## Prizes:

Certificates, Championship Cup, Unuma *Koshihikari* Rice, Locally Brewed *Sake*, and many other regional products.

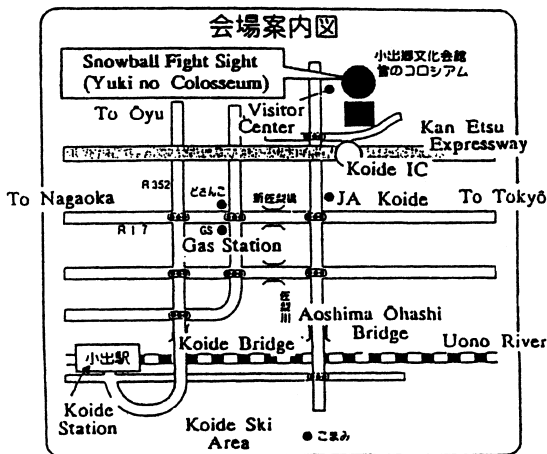
## Fees:

¥5,000/team (5 adults)  
¥3,000/team (5 children)  
(includes insurance, prizes, & lunch)



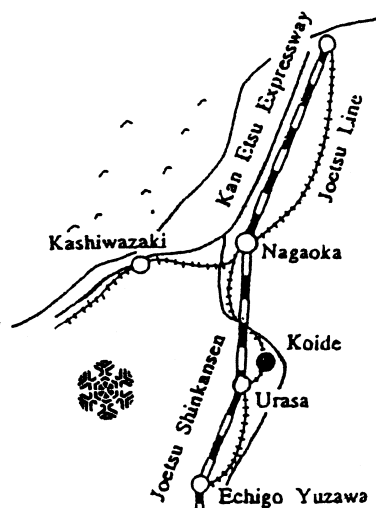
## Registration:

By January 15 (Monday)  
Fill out the application form and send/fax to or call:  
Koide Yukimatsuri Jikko Inkai  
Kanko Ka, Unuma City Office  
213-1 Osawa, Unuma City, 946-8601  
Phone: 025-792-9754 Fax: 025-793-1016



## Transportation:

- 1-minute drive from *Hokuriku Kan Etsu Expressway* Koide IC to *Yuki no Koroshiamu (Colosseum)*
- Shuttle Bus Services from Koide Station



## 2007 Nagaoka Yukishika Snow Festival

Feb. 17 (Sat) , 11:00 a.m. – 7:00 p.m.

Feb. 18 (Sun) , 10:00 a.m. – 4:00 p.m.

Around Hive Nagaoka Convention Hall  
Senshûgahara *Furusato no Mori*

- Snow Structures ● *Taiko* Drumming
- Fun Programs ● Fireworks
- Nagaoka 100 *Daruma* Snowman Competition

## Awards:

- ¥ 100,000 travel coupon--general public or firm group
- ¥ 50,000 travel coupon--family or children's group

## Application:

By Feb. 8 (Thurs)

1 team/3 persons and more

Nagaoka Tourism and Convention Association

Phone: 0258-32-1187 Fax: 0258-31-1777



## A Special Seasonal Program

~Ski Classes at the Echigo Hillside National Government Park~

### Ski Classes for Beginners:

10:30 a.m. -12:00 noon

Jan. 27 (Sat), 28 (Sun), Feb. 3 (Sat), 4 (Sun), 17 (Sat), and 18 (Sun)

The lesson will be the same on each of these days. Come and join any of these lessons whenever you are available.

Limit: 50 people for each class

Fee: ¥ 1,500/lesson

### Cross-Country Style Nordic Ski Classes

1:30 p.m. - 3:00 p.m.

Jan. 27 (Sat), 28 (Sun), Feb. 3 (Sat), 4 (Sun), 17 (Sat), and 18 (Sun)

Limit: 30 people for each class

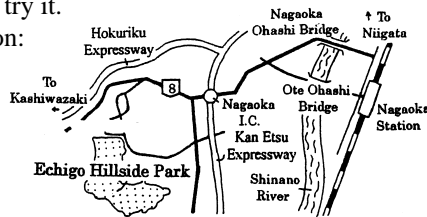
Fee: Free

If you have never skied before, this would be a wonderful opportunity for you to try it.

For Further Information:

Management Center  
Echigo Hillside National  
Government Park

Phone: 0258-47-8001



## A Mini Concert

Jan. 28 (Sun)

3:00 p.m. - 4:30 p.m.

Nagaoka City Central Library

2-chôme Gakkô-chô

The music will be played with the *koto*, a traditional Japanese string instrument, the recorder, and the keyboard by the Nagaoka *Ongakko Juku*, a group of music admirers. A number of pieces depicting the special features of the four seasons of Japan will be sung or played.

Admission: Free



## Readers' Forum

Everyone Is Welcome to the Readers' Forum

Some of our readers have suggested that they are interested in contributing their articles to this monthly publication of the city newsletter. Your writing such as essays, letters, views, opinions, etc. are most welcome except for political, religious, or business related articles. We look forward to hearing from you in a maximum of approximately 250 words as the space for this column is limited.

The Editor

Fax: 39-2280 E-mail: design@city.nagaoka.niigata.jp

I moved to Nagaoka two years ago with my in-laws (Mother and Father) and of course with my husband.

I didn't work, it was boring and I didn't know what to do every day. Then my mother-and father-in-laws decided to go to Nagaoka City Hall to ask where to study Japanese. Then Nagaoka City Hall introduced us to the Nagaoka Civic Center. I started to study Japanese and also learned how to write *hiragana* and *katakana*. It's very difficult for me but exciting, especially when I started the *Hiragana* and *Katakana* Course. The staff of the Nagaoka Civic Center are friendly and they can assist you.

Edna A. T.

## A Guide to the City's Ski Areas



### \* The Nagaoka Municipal Ski Area

Hours (chair lifts): 8:30 a.m. - 5:00 p.m.

Saturdays, Sundays, and Holidays

Phone: 0258-34-2225

### \* Oguni Sports Park Ski Area

Hours (rope lifts): Jan. 20 - March 21

Saturdays: 1:00 p.m. - 4:00 p.m.

Sundays/Holidays: 9:00 a.m. - 12:00 noon and 1:00 p.m. - 4:00 p.m.

Phone: 0258-95-5911

### \* Tochio Family Ski Area

Hours (chair lifts):

Sunday - Saturday: 9:00 a.m. - 5:00 p.m.

Friday/Saturday: 9:00 a.m. - 9:00 p.m.

Phone: 0120-33-0773

## Information from the Niigata Labor Bureau

If you have any problems or questions involving wages, working hours, or injuries sustained on the job, you are encouraged to see or call an English speaking advisor for non-Japanese employees. Booklets outlining the Labor Standards Law of Japan are available in English, Chinese, Portuguese, Spanish, Tagalog and Korean.

Consultation Hours:

Tuesday & Thursday 8:30 - 17:00 (English & Japanese)

(Please call us in advance to make sure the consultants are available.)

Location:

Department of Inspection (*Kantoku Ka*), Labor Bureau 3F

1-56 Kawagishi-chô, Niigata City 951-8588

Phone: 025-234-5922 Fax: 025-234-3151

(Please write, "Attention to *Kantoku Ka*".)

## Q & A for resolving conflicts between employers and non-Japanese employees from abroad.

**Q:** I am going to resign from my company next month. I have 10 days of paid annual leave remaining. Is it possible to take these 10 days' leave before I resign?

**A:** The section regarding annual leave with pay in Article 39 of the Labor Standards Law has no restriction on its usage. Only when the requested period would interfere with the normal operation of the enterprise, the employer may grant the leave in another season. Other than that, workers are able to use their leave as they wish, even when it is immediately before their resignation date.

## Multilingual Broadcasts on FM Nagaoka (76.4 MHz)

Multilingual broadcasts are being offered on FM Nagaoka (76.4 MHz) from 6:30 to 7:00, every Wednesday evening. Some useful information on daily living and seasonal events is provided for international residents in Chinese, English, Portuguese, or easy Japanese. These multilingual broadcasts are offered by the City of Nagaoka.

Broadcasts in Chinese and Portuguese: 1<sup>st</sup> & 3<sup>rd</sup> Wednesdays

Broadcasts in English and Easy Japanese: 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays

## City Newsletter, *Konnichiwa Nagaoka*

If you or someone you know would like to be on the mailing list for the free city newsletter, *Konnichiwa Nagaoka*, please contact: International and Cultural Affairs Division  
Nagaoka City Office 2-4-9 Ote Street  
Phone: 39-2207 Fax: 39-2280  
E-mail: design@city.nagaoka.lg.jp

