



# Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation  
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## Notices & Upcoming NCIEF Events

NCIEF Contact Info  
 • 025-225-2727  
 • kyokai@nief.or.jp

### Free Legal Consultations for Foreign Residents

**Need legal advice?** On Tuesday, November 15<sup>th</sup> there will be an opportunity to visit with a lawyer and receive free consultation regarding legal matters. If you don't speak Japanese, then an interpreter will be provided for you.



**When:** November 15<sup>th</sup> (Tues) 13:00~16:00

**Place:** CrossPal Niigata 2<sup>nd</sup> floor

**Sponsor:** Niigata Bar Association

**Requirements:** Must be non-Japanese resident living and working in Niigata

**Language Support Available:** English, Chinese, Korean, French, and Russian

**Spots Available:** 5 (reservations required)

**Length of Consultation:** 45 minutes per person

**Reservations:** Tell us your name, nationality, phone number, sex, and what you wish to discuss.

**For more info/reservations:** 025-225-2727 or email [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)



### Japanese Class Social

Students who are studying Japanese through Japanese Language classes will be showing off what they have learned at this social. They will be giving presentations, speeches, a kimono fashion show, sharing songs and dance from their countries and also hope to use this opportunity to meet new people. Feel free to join!

**Date:** November 19<sup>th</sup> (Sat) 10:30~14:00

**Place:** CrossPal Niigata 5<sup>th</sup> floor Exchange Hall

**Admission:** 500 yen \*plus one food dish\*

**Spots available:** 80 people (first come first serve)

**For more info call/reservations:** 025-225-2727 or email [r.saito@nief.or.jp](mailto:r.saito@nief.or.jp)



### Cultural Experience Class

Experience how New Year's is celebrated in Japan! Learn how to play games such as hukuwarai (a game that is similar to "pin the tail on the donkey") and kendama. You can also make your own new year's cards and more!

**Date:** December 3<sup>rd</sup> (Sat) 13:00~16:00

**Place:** CrossPal 5<sup>th</sup> floor Exchange Hall

**Admission:** 300 yen

**For more info:** 025-225-2727 or email [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)



### Let's Talk About Schools in Japan

This is an information session for parents and guardians of children with ties to other countries. Going to school in a foreign country is already hard enough but to these children, moving onto high school here can be a real challenge. This is a session to provide guidance for students up to 3<sup>rd</sup> year of middle school, and their parents or guardians.

Topics include- the Japanese education system and entrance exams, experiences from former students, opinion exchange, and individual consultations.

**Date:** November 13<sup>th</sup> (Sun) 13:30~15:40

(ending time will vary on your individual consultation)

**Place:** Hayadori Community Center Lecture Hall (Kita-ku Hayadori 37-1)

**Admission:** free

**Reservation deadline:** November 4<sup>th</sup> (Fri). Application form is required. Email for more details.

**For more info/reservations:** 025-290-5650 or email: [nia21c@niigata-ia.or.jp](mailto:nia21c@niigata-ia.or.jp)





### Earthquake Emergency Procedures Part 1

1. Stay calm and seek safety
  - Secure an exit- door can be warped and stuck because of an earthquake
  - Seek safety- get away from falling items and get under a table or cover your head with a pillow
  - Don't rush outside- wait for the shaking to stop, it will usually end in less than a minute
2. Prevent Fires
  - Put out open flames such as the stove if you are cooking
  - Turn off the gas main and electric breakers so that aftershocks or falling items won't cause a fire
  - If something catches fire, extinguish it immediately- do not wait for it to spread
3. Stay safe during and after an earthquake
  - Stay away from narrow streets, walled streets, cliffs and river banks as an earthquake can trigger landslides and roofing, bricks, glass, etc. to fall
4. Have and follow an evacuation procedure
  - Evacuate on foot with minimal belongings- pack an emergency pack with just the essentials just in case
5. .... To be continued!

~~The complete information can be found at our office in a booklet form so come and pick one up~~

### Charlie's Recipe Corner

#### Chicken and Noodles

I wanted to share with you all another recipe I learned to make growing up. This is a super simple recipe (despite my long explanations) that is great for using leftover chicken or turkey- this was a common meal the week after thanksgiving. You can also make beef and noodles with stew meat instead!



#### Egg Noodles Method

1. Scramble eggs in a medium bowl
2. Add in seasonings
3. Add flour by the handful, mixing the flour in completely before added the next handful (this will prevent lumps). Keep adding flour until the dough is no longer sticky.
4. Let rest for 5~30 minutes.
5. Pour out the dough onto a floured surface and roll out into a sheet that is about 2 mm (1/8 in) thick.
6. Cut the dough into desired length and width. I do this by
  - ① dividing the sheet into 4~6 strips (that are as wide as I ultimately want my noodles to be long)
  - ② stacking those strips upon each other (making sure there is a layer of flour in between)
  - ③ cutting down the log, cutting them to the desired width
7. Shake the noodles loose and separate those that are stuck together.
8. Cook them!



#### Ingredients (2 servings)

Ingredient	Recipe below
Egg noodles	Recipe below
Chicken stock	2.5 cups
Chicken (cut into chunks)	200 grams
Seasoning*	As needed
Extras (other veggies such as onions, carrots, mushrooms, etc.)	As needed

#### Egg noodle ingredients (2 servings)

Eggs	2
Flour	1.5~3 cups
Seasoning*	As needed
*I typically just use salt and pepper in the noodles, and salt, pepper, garlic powder and onion powder in the soup but feel free to add what feels right and sounds good!	

#### Putting it all together

1. Put your chicken stock (or broth, or the powdered stuff and water) in a pot along with the chicken if it is raw, as well as your extra vegetables and seasonings.
  2. Bring to a boil then simmer for 15 min. Skim the scum as necessary.
  3. Bring back to a boil once everything is cooked.
  4. Add the raw noodles (make sure to pick up flour too!) and cook, stirring occasionally, for 7~12 minutes depending on the thickness of the noodles
  5. Add more flour (or other starch) dissolved in water if you want it thicker
- Serve in a bowl or over mashed potatoes and enjoy!



## Events

Key: G-General; U-University Students; H-High School; J-Junior High School; E-Elementary School

**2016 Kita-ku Fall Festival**

This year is 10th anniversary of the event. There will be more kids events than annual year.

**Date:** Nov. 3rd (Holi.) 10:00~15:30

**Place:** JRA Niigata Keibajo (Horse racing track)

**Admission fee:** free

**Contact:** 025-386-1212 (Kita-ku Kanko Kyokai)

**Northern Culture Museum Colored Leaves Illumination**

Come and see beautiful Japanese garden in the evening.

**Date:** Nov.18th (Fri)~23th (Wed) 17:00~19:00

**Place:** Northern Culture Museum (Konan-ku)

**Admission fee:** 800 yen

**Contact:** 025-385-2001 (Northern Culture Museum)

**Former Saito Family Summer Villa Garden Illumination**

The light up event will be open on weekends of nice viewing colored leaves.

**Date:** the middle of Nov

**Place:** Former Saito Family Summer Villa (Chuo-ku Nishi Ohata 576)

**Admission fee:** 300 yen

**Contact:** 025-210-8350 (Former Saito Family Summer Villa)

**The Lecture of China**

~ Romance, Wedding, Vogue-word, Travel situation~

**Date:** Nov. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> (Sat) 10:00~11:30

**Place:** CrossPal Niigata 4F Seminar room

**Participation fee:** 100 yen per lecture

Application is not necessary. Please come up on the day.

**Contact:** 025-225-2727 (NIEF)

**2016 Niigata International Festival**

Introducing International cooperative groups in Niigata with performances, booths and more!

**Date:** Nov.20<sup>th</sup> (Sun) 11:00~16:00

**Place:** Media Ship (Chuo-ku)

**Fee:** Free

**Contact:** 025-247-2478 Mail: [obata-m@ma.tlp.ne.jp](mailto:obata-m@ma.tlp.ne.jp)

**Message from Students from Inner Mongolian**

**Date:** Dec.3<sup>rd</sup> (Sat) Registration 13:00~14:20

"The Birth of Mongolia" 14:00~

"Our Experiences Living in Japan" 15:30~

Traditional performance 16:10~

**Place:** CrossPal Niigata 4F Visual Hall **Fee:** Free

**Contact:** 025-267-4843 (Niigata Mongolia Friendship Assoc.)

**Niigata Flower Decorations Exhibit**

Enkikan, a traditional Japanese-style mansion, will be decorated with beautiful flowers.

**Date:** Nov. 3rd (Thu)~5th (Sat) 9:00~17:00

Nov. 6th (Sun) 9:00~16:00

**Place:** Enkikan (Chuo-ku Ichibanbori dori 1-2)

**Admission Fee:** free

**Contact:** 025-224-6081 (Enkikan)

**Russian Speech Contest**

Come and enjoy the speeches!

**Date:** Nov. 5th(Sat) 13:00~16:30

**Place:** CrossPal Niigata 4F Visual Hall

**Admission fee:** free

**Contact:** 025-225-2727 (NIEF)

**Japan-China Friendship Ping Pong Meeting**

Please come and see these athletes play ping pong in the name of friendship.

**Date:** Nov. 12th (Sun) 9:00~17:00

**Place:** Niigata City Kameda Sogo Gymnasium

**Admission fee:** free

**Contact:** 090-4076-5822

**Kodo ~One Earth Tour 2016~**

**Date:** Dec. 1st (Thu) 19:00~

**Place:** Niigata Prefectural Civic Hall

**Admission fee:** S – 6,000yen

A – 5,000yen

**Contact:** 025-281-8000 (TeNY)

**The World of Picture Books in Niigata 2016**

Let's enjoy reading picture books.

**Date:** Nov.13th (Sun) 9:30~16:30

**Place:** Toki Messe (Chuo-ku Bandaijima 6-1)

**Admission fee:** free

**Contact:** 025-385-7473 (Niigata Nippo)

**Let's Speak English! ~English Salon~**

**Date:** Nov 26<sup>th</sup> (Sat) 14:00~15:30

**Place:** Niigata International Friendship Center Exchange Salon (CrossPal 2F)

**Fee:** ¥300

**Numbers of people:** 15 (first-come first-served basis)

**For more info and application:** 025-225-2727

## Community Bulletin Board

**Niigata Prefectural Gyosei Shoshi (Administrative Clerk)  
Main Office Free Consultation for Foreign Nationals  
(Reservations Required)**

**1. Niigata Prefectural Gyosei Shoshi Niigata Branch Office**

**Date:** Nov.20<sup>th</sup> (Sun) 10:00~16:00

**Place:** Higashi-ku Plaza (Higashi-ku)

**Contact:** 090-2227-0401 (Ms. Nakazawa)

**2. Gyoseishoshi Association of Niigata**

**Date:** Nov. 21<sup>st</sup> (Mon) 10:00~15:00

**Place:** Conference room Niigata Airport CIQ building 2F

**Contact:** 025-255-5225 (Gyoseishoshi Association of Niigata)

**Niigata International Friendship Center Exchange Salon  
~ Russian Art Craft Exhibition~**

**Date:** Nov. 7<sup>th</sup> (Mon) ~ Dec. 24<sup>th</sup> (Sat) 9:00~ 17:00  
\*(Nov. 24<sup>th</sup> until 15:00)

**Closed:** Sun, Holi. The 4<sup>th</sup> Monday of Every month

**Place:** Niigata International Friendship Center Exchange Salon (CrossPal 2F)

**Contact:** 025-225-2727 (NIEF)

Niigata Prefecture Minimum Wage **753yen per one hour** on a prefectural and industry basis as of Oct. 1<sup>st</sup> 2016.

**Contact:** 0120-009-229 (Pref. Min. Wage Consultation Center)

**Zero-interest Loan for High School Fees****Conditions:**

1. There are qualifications such as restriction of income.
2. Their child(ren) will enter high school, technical school in April 2017

**Application numbers:** 30

**The Amount of Loan:** Public schools 150,000yen

Private schools: 150,000 yen or 300,000 yen

**Application Term:** Until Nov.11<sup>th</sup> (Fri)

**Contact:** 025-226-3168 (Gakumu-ka)

**Telephone Consultation Service for Foreign Workers**

By Ministry of Health, Labor and Welfare

**TEL:** 0570-001701 (English)

**Date:** Mon. ~ Fri. 10:00~15:00 (except 12:00~13:00)

**Closed:** Holi. & Dec. 28<sup>th</sup> ~ Jan. 3<sup>rd</sup>

The service will address problems with respect to work conditions by explaining laws and making referrals to concerned organizations.





## Classes

## Japanese Courses offered by the Niigata City International Exchange Foundation

Beginner through Intermediate 2	-Classes of varying difficulty are available at different times throughout the week. -Pricing info & the Autumn Schedule are available in the "Support for Foreign Nationals" section of the NCIEF website: <a href="http://www.nief.or.jp/">http://www.nief.or.jp/</a>	Ms. Chiyoko Takahashi Tel: (025) 225-2727
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## Japanese Study Support Group for Children &amp; Students: Niko Pal Club (Free of charge)

Day of the week & Hours	Room No.	Content	For more info.
Every Sat 10:00 - 14:30	202	This Japanese study circle offers support to children in the international community who are struggling with Japanese and other school studies.	Ms. Rika Saito Tel: (025) 225-2727
Every Wed 10:00 - 12:00 (but Nov.23 <sup>rd</sup> )	201	To support the Japanese studies of high school-age children	

## Japanese Classes by Volunteer Groups at Crosspal Niigata

(Free of charge except for material costs! Just show up at the location listed below!)

Day of the week	Hours	Room No.	Level	Organizations & Info
Every Wed (but Nov. 23 <sup>rd</sup> )	13:00 - 14:30	201or 202	Beginners	Niigata Nihongo Kaiwa Kyoshitsu ¥500/ month
Every Thu (but Nov.3 <sup>rd</sup> )	13:00 - 14:30	201 or 202	Beginners	
Every Fri	13:00 - 14:30	201 or 202 or 309	Beginners & Advanced Beginners	Niigata Nihongo Gakushu Kai
Every Sat	10:30 - 12:00	201 or 306	Advanced Beginners	Wacon ¥500/ month
Every Sat	10:30 - 12:00	201 or 307 or 309	Newspaper Class (Intermediate)	Yaponika
Every Sun	15:00 - 16:30	201	Introduction - Beginners	Niigata Nihongo Volunteer

## Nihongo Kyoshitsu Waon II at Higashi-ku Plaza (1-4-1 Shimokido Higashi-ku)

Nov.1 <sup>st</sup> (Tue) & 15 <sup>th</sup> (Tue)	10:00 - 14:00	Fee: ¥300 per a time	Ms. Takenaka Tel:(025) 277-3621
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## Nihongo for Foreign Residents at the Ekinan Community Center 2F (4-12-20 Yoneyama Chuo-ku)

Every Sun (but Nov.13 <sup>th</sup> )	10:00 - 12:00	Fee: ¥2,000/month	Ms. Motomura Tel:(080) 5485-3796
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## Konnichiwa! Nihongo at Kobari Elementary School Volunteer Room (2-36-1 Kobari Nishi-ku)

Every Thu (but Nov.3 <sup>rd</sup> )	10:00 - 11:30	Beginners - Advanced Fee: ¥300	Ms. Wakatsuki Tel: (025) 265-3140
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## Taiken Nihongo Kyoshitsu at Nishi Chiku Kominkan (603 Uchino Nishi-ku)

Every Tue	10:00 - 12:00	Beginners - Advanced One term ¥3,500+ Textbook & Copy Fee	Nishi Chiku Kominkan Tel: (025)261-0031
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## Iroha Nihongo Kyoshitsu at Kuzutsuka Community Center (1-1-18 Toeicho Kitaku) URL: irohanihongo.jimdo.com

Every Sat	10:00 - 12:00	Beginners Fee:¥500/month	Mr. Hasegawa Tel: (080) 4058-6640
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## Akiha Nihongo Kyoshitsu at Niitsu Chiiki Gakuen (2-5-6 Niitsu Higashicho Akiha-ku)

Every Thu (but Nov. 3 <sup>rd</sup> )	13:00 - 14:30	Beginners Fee:¥500/month	Mr. Hasegawa Tel: (080) 4058-6640
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## Maki Nihongo Kyoshitsu at Makichiku Kominkan (635 Makiko Nishikan-ku)

● Every Thu (but Nov. 3 <sup>rd</sup> )	18:30 - 20:30	Beginners - Intermediate	¥3,500 for the Sept~Dec term	Ms. Fujita Tel: (090) 4072-3840
● Nov.5 <sup>th</sup> (Sat) & 19 <sup>th</sup> (Sat)	14:00 - 16:00	Let's have fun practicing Japanese!	¥2,000 for the Sept~Dec term	

## Cultural Classes

<b>International Cooking Class</b>	<b>When:</b> Nov. 26 <sup>th</sup> (Sat) & 27 <sup>th</sup> (Sun) 11:00~14:00 <b>Where:</b> Ms. Ueno's residence (3-4-16 Ogikawa Akiha-ku) <b>Menu:</b> Christmas Party Menu (Marinated shrimp and chicken, Corn soup, Paella, Pizza and more) Please sign up at least three days before class. <b>For more info call:</b> Ms. Ueno 0250-24-6859	<b>Fee:</b> Foreign residents ¥1,500; Japanese citizens ¥3,000
<b>Tai Chi</b>	Nov. 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> (Thu) 13:00 - 14:30 Fee: Instructor's transportation expenses	Led by Mr. So For more info call: 025-229-0140

## Consultation Services

<b>Niigata City International Exchange Foundation</b> Crosspal 2F (3-2086 Ishizuecho-dori, Chuo-ku) TEL: 025-225-2727 Email: kyokai@nief.or.jp URL: <a href="http://www.nief.or.jp">http://www.nief.or.jp</a>	Mon - Fri 9:00-16:00 (excluding holidays) English, Chinese, Korean, French, Russian
<b>Niigata Help Association</b> TEL: 025-228-2212	Every Day: 9:00-23:00 Spanish, English, Korean, Tagalog, Thai, Chinese, etc.
<b>Niigata International Association</b> Bandaijima Bldg. 2F (5-1 Bandaijima, Chuo-ku) TEL: 025-241-1881 Email: nia21c@niigata-ia.or.jp URL: <a href="http://www.niigata-ia.or.jp/">http://www.niigata-ia.or.jp/</a>	<b>English:</b> Thu 10:00-14:00 <b>Chinese:</b> 1 <sup>st</sup> , 3 <sup>rd</sup> , 5 <sup>th</sup> Wed 10:00-14:00 <b>Thai:</b> Tue 10:00-14:00
<b>Helpline for Foreigners</b> TEL: 0120-279-338	Call the toll-free number and press 2 after the Japanese guidance
<b>Niigata Medical Care Information Network</b> URL: <a href="http://qq.niigata-iyaku.jp/">http://qq.niigata-iyaku.jp/</a>	Site available in Japanese Only
<b>Hello Work, Foreigner Advisory Service</b> TEL: 025-280-8609 Niigata Misaki Godo Chosha #2 (1-2-1 Misaki-cho, Chuo-ku, Niigata-shi)	1 <sup>st</sup> ~ 4 <sup>th</sup> Wed 13:30-16:00 English & Chinese

**Edited and Issued by the Niigata City International Exchange Foundation**  
3-2086 Ishizuecho-dori, Chuo-ku, Niigata-shi 951-8055  
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(Written and edited by Charlene Woolson & Rika Saito)

CrossPal will be  
closed on  
Nov. 28<sup>th</sup>.