

Niigata English Journal



Edited & Issued by the Niigata City International Exchange Foundation
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 Don't forget to subscribe to it while you are there and never miss a post!

Out with the bad (oni) and
in with the good!

Notices & Upcoming NCIEF Events

Intercultural Cooking Class: Family Edition

This is cooking class for families and we will be making kid friendly dishes to help get the little ones into the kitchen. We will be making food from America AND Korea (tacos and kimbap respectively). You can sign up as parent-child pairs but if you have a second child, please let us know and we can figure out your cost.

When: March 4st (Sat) 10:30~14:00

Where: CrossPal Niigata 5nd floor Cooking Room (調理室)

For Questions or Reservations: 025-225-2727

Cost: 1,300 yen per parent child pair
(if more children please let us know)

Spots available: 12 pairs (first come first serve)



Oshaberi Salon

Your neighborhood Niigata City CIRs each host conversation (oshaberi) hours where they talk and lead discussions in Japanese about topics related to their home country and cross-cultural understanding. Here are this month's events!

Oshaberi Salon- Russia

This will be led by Yuriya, the city's Russian CIR. The topic will be about festivals in Russia.



When: Feb. 7th (Tues)
14:00~15:00

Place: CrossPal Niigata 2nd
floor Exchange Salon
(NCIEF)

Oshaberi Salon- China

This will be led by Cui, the city's Chinese CIR. The topic will be about popular traditional medicine in China.

When: Feb. 23rd (Thurs)
14:00~15:00

Place: CrossPal Niigata
2nd floor Exchange Salon (NCIEF)



Free Legal Consultations for Foreign Residents

Need legal advice? On Friday, February 24th 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: February 24th (Fri.) 13:00~17:00

Place: CrossPal Niigata 2nd floor

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



**More Notices & Upcoming NCIEF Events****Disaster Support for Foreign Residents**

Anyone and everyone is invited and encouraged to come to this event. There will be a seminar on what to do and how to support foreign residents during disasters such as earthquakes or typhoons. That will be followed by practice simulations to help you to prepare.

When: Feb. 18th (Sat.) 13:00-17:00

Where: Toki Messe 3rd floor meeting rooms 306 and 307

Apply: By Feb. 8th (Weds) by fax or email

Contact: TEL 025-290-5650; FAX 025-249-8122; E-mail nia21c@niigata-ia.or.jp

**Niigata 2017 Lunar New Year Celebration and Shoku-no-Jin**

Over one full weekend in the middle of this month there will be double the fun going down in Furumachi. And Honcho. There will be food and other booths all over the 6th block of Honcho Street for the Lunar New Year Celebration. There will be a variety of performances going on throughout both days as well on the main stage.

On the 5th block of Furumachi, on the same days, during the same times will be the Shoku-no-Jin food festival. Double the food. Double the things to see. What more could you want? Come check it out!

When: Feb. 11th (Sat.) 10:00-17:00 & Feb 12th (Sun) 10:00-16:00

Where: 6th blocks of Honcho Street (本町通 6 番町)

Admission: Free

Contact: TEL 025-226-1621 (Niigata city Foreign Affairs Division)

**Legal Consultation Phone Interpretation Services**

The Japan Legal Support Center (法テラス) is now providing interpretation services. It will be a three-way (not toll-free) call with the interpreter and an employee of the Center. Available languages include English, Mandarin, Portuguese, Spanish, and Korean. The call centers are open from 9AM to 5PM. Please use this phone number 0570-078377

Charlie's Recipe Corner**Basic Muffins Recipe**

Just last month, we held a cooking class and figured that we would share on of the recipes just in case you couldn't come!

This is a basic recipe for plain muffins. Feel free to add other toppings and mix-ins like cinnamon, vanilla, or chocolate chips. Powders should be mixed in with the dry ingredients, essences with the wet ingredients, and chunky items halfway through mixing the wet with the dry.

If you don't have a muffin tin, don't worry! You can get disposable muffin cups at the 100 yen store that work perfectly! These are ready to go so you don't have to line or grease them. This recipe works for any of the various sizes from small to extra-large that they have too.

**METHOD**

- Set the oven to 200°
- Line or grease (with butter then coat in flour) muffin tin
 - ◇ Or just use the 100 yen store muffin cups!
- Beat the egg in a bowl, add milk, oil and any liquid extras (like vanilla extract)
- In a separate bowl, sift the flour, sugar, baking powder, salt, and any dry extras (like cinnamon)
 - ◇ POINT! You can mix the wet and dry ingredients as much as you want before you mix the two bowls.
- Add wet ingredients to the dry ingredients
 - ◇ DO NOT overmix. It should be wet but still lumpy, just make sure all the flour is mixed in. No more than 15 stirs!!!
 - ◇ Add your chunky items (like chocolate chips) halfway through this step to avoid overmixing
- Fill muffin cups 2/3rds of the way to the top
- Bake 13~18 min or until they are lightly golden brown and if you stick a toothpick in, it comes out mostly clean but still has some crumbs.
- Let cool a few minutes and enjoy hot or cold!

Ingredients (5~10 muffins)

Eggs	1
Milk	120 ml
Vegetable oil	4 TBSP
Flour (小麦粉)	200 g
Sugar	100 g
Baking powder	10 g
Salt	1/2 tsp
Extras (see above)	As needed



Events

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

9th Niigata French Speech Contest

There is an exchange party after the contest.

Date: Feb. 18th (Sat) 13:00~18:00**Place:** CrossPal Niigata Visual Hall**Level:** Beginner, Primary, Free Speech**Fee:** Free**For more info call:** 025-225-2727

(French Speech Contest Jikko Iinkai)

Video Contest Viewing Party

Exchange Student will introduce Niigata city by their own making videos.

Date: Feb. 4th (Sat.) 13:00~16:00**Place:** CrossPal Niigata 5F Exchange Hall**Fee:** Free**Number of people:** 30 (first come first serve)**For more info & Application:** 025-226-1677

(Foreign Affairs Division)

Let's Speak English! (English Salon)

The Niigata Galveston Committee invite a native speaker as a guest.

Date: March 4th (Sat) 14:00~15:30**Place:** Niigata International Friendship Center Exchange Salon**Fee:** ¥300**Number of People:** 15 (First-come first-serve)**For more info & Application:** 025-225-2727

(Niigata Galveston Committee)

Niigata International Friendship Center Exchange Salon ~Toru Kondo Starting off Mustang Kingdom~

Mr. Kondo spent many years and his life in Mustang Kingdom, next to Nepal. This is an exhibit of photographs and other things he gathered.

Date: Feb. 13th (Mon) – March 28th (Tue) 9:00~17:00**Closed:** Sun & Hol, Feb. 27th**Contact:** 025-225-2727 (NIEF)

Community Bulletin Board

**Notification of Municipal Elementary & Junior High School for Foreign Children**The Niigata City Board of Education sent admission notices on January 20th to children who will enroll in elementary or junior high school in April 2017. Please bring the notification to proceed at designated school. Sending the documents is allowed not bring them there.

If you haven't received the notification, please make a phone call to the Niigata City Board of Education Gakumu-ka.

For more info call: 025-226-3168

Around the time of the year, be careful of norovirus. Please check the English version of brochure "Stop the Spread of Norovirus"

For more info: <http://www.niigata-ia.or.jp/>

Niigataken Fukushi Hoken bu

The 58th International Speech Contest in Japanese**Date:** June 17th (Sat) 2017 13:00~**Place:** Tsukuba Shiritsu Nova Hall (Tsukuba city Azuma 1-10-1)**Application:** application form, recorded speech, speech manuscripts, photo, etc.**Application deadline:** April 25th (Tue)**For further information:**

The international Education Center at 03-3359-9620 Mon – Fri 9:00~17:00

E-mail: benron@iec-nichibei.or.jp**URL:** <http://www.iec-nichibei.or.jp>**Performers of La Folle Journee Wanted!**

This year's them is 'La Dance'. We are wanting performers who play along the them.

Date: April 29th (Sat) or 30th (Sun)**Length of playing:** 15min.~20min.**Numbers of groups:** 15 groups**Application deadline:** Feb.24th (Fri)**Application:** please submit the documents and your own played CD.**For more info call:** 025-226-2560

(Niigata city Bunka Seisaku Ka)

Niigata Prefectural Gyosei Shoshi (Administrative Clerk) Main Office Free Consultation for Foreign Nationals (Reservations Required)**1. Niigata Prefectural Gyosei Shoshi Niigata Branch Office****Date:** Feb. 19th (Sun) 11:00~15:00 **Place:** Kurosaki Shimin Kaikan (Nishi-ku)**Contact:** 090-2227-0401 (Ms. Nakazawa)**2. Gyoseishoshi Association of Niigata****Date:** Feb 22nd (Wed) 10:00~14:00 **Place:** Toki Messe**Contact:** 025-290-5650 (Gyoseishoshi Association of Niigata)**Russian Culture Lecture+ Cooking class**

This event is held with Japanese.

Date: March 11th (Sat) 10:30~11:30 & 18th (Sat)

10:30~13:30

Place: CrossPal Niigata Room 405 or cooking room**Fee:** ¥1,000**Number of people:** 20 people (first come first serve)**For more info & Application:** 025-225-2727 please make a phone call (NIEF)**Skill Up Lecture for Teaching Japanese**

The them is Sound direction while teaching grammar.

Date: March 11th (Sat) 13:30~16:30**Place:** CrossPal Niigata 5F Exchange Hall **Fee:** ¥500**Conditions:** people who are teaching Japanese**Number of People:** 50 (first come first serve)**For more info & Applications:** 025-225-2727 please make a phone call .(NIEF)**International Job Fair****Date:** March 18th (Sat) & 19th (Sun) 11:00~17:00**Place:** UDX in Akihabara Tokyo**Conditions:** Exchange students who will graduate from university or graduate school from April 2017 to March 2018

Reservations are required.

For more info call: 03-6264-9641Email: jobfair@globalleadernavi.comURL: www.globalleadernavi.com



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: http://www.nief.or.jp/	Ms. Rika Saito Tel: (025) 225-2727
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Japanese Study Support Group for Children & Students: Niko Pal Club (Free of charge)

Day of the week & Hours	Room No.	Content	For more info.
Every Sat 10:00 – 14:30 (but Feb. 11 th)	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	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	13:00 - 14:30	201	Beginners	Niigata Nihongo Kaiwa Kyoshitsu ¥500/ month
Every Thu	13:00 – 14:30	201	Beginners	
Every Fri	13:00 - 14:30	201 or 202	Beginners & Advanced Beginners	Niigata Nihongo Gakushu Kai
Every Sat	10:30 – 12:00	201 or 307	Advanced Beginners	Wacon ¥500/ month
Every Sat (but Feb.11 th)	10:30 - 12:00	306 or 309	Newspaper Class (Intermediate)	Yaponika
Every Sat (but Feb.11 th)	13:00 – 14:30	306 or 309	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)

Feb. 7 th & 21 st (Tue)	10:00 - 14:00	Fee: ¥300 per 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	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	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	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	18:30 – 20:30	Beginners - Intermediate One term ¥3,500+ Textbook & Copy fee	Ms. Fujita
Feb. 4 th (Sat) & 18 th (Sat)	14:00 – 16:00	Let's have fun practicing Japanese! ¥2,000	Tel: (090) 4072-3840

Cultural Classes

International Cooking Class	When: Feb. 25 th (Sat) & 26 th (Sun) 11:00~14:00 Fee: Foreign residents ¥1,500; Japanese citizens ¥3,000 Where: Ms. Ueno's residence (3-4-16 Ogikawa Akiha-ku) Menu: Hina doll festival's dishes (Steamed Sea bream, cooked rice with clams and more) Please sign up at least three days before class. For more info call: Ms. Ueno 0250-24-6859
Tai Chi	Feb. 2 nd , 9 th , 16 th , 23 rd (Thu) 13:00 – 14:30 Led by Mr. So CrossPal Niigata 5F Exchange Hall 2 Fee: Instructor's transportation expenses For more info call: 025-229-0140 Mr. Itoda

Consultation Services

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

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(Written and edited by Charlene Woolson & Rika Saito)

CrossPal will be closed on Feb. 27th.