



Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation
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We are koinobori, carp shaped windsocks. We symbolize strength and courage, traits that parents want their children to have. We help people to celebrate Children's Day (May 5th).

Notices & Upcoming NCIEF Events

OUTDOOR FESTIVAL

This is the annual event that your city CIRs put on. This year will be in the same place as always and will feature beach volleyball, capoeira, dodgeball and other various games! It should be great weather (not too hot or chilly) but in the case of rain we will be holding our event at CrossPal Niigata.

Date : Saturday, May 27th, 2017

Registration : 10:00~

Main Event : 10:30~15:30

Place : Sekiya-Hama-chuo-iriguchi (Center Entrance, Nishi Kaigan Park)

Access:

By train: 20 min walk from Hakusan station

By bus: take the #12 bus at Niigata station (toward Hamaura-cho) and get off at Matsunami-cho iccho-me

By car: free parking available

Cost: Adult- ¥300; Jr. high & younger- ¥100

Reservations : Made to the NCIEF in person, by phone or by e-mail (info below)



Please include: name, number of people, country of origin, contact info, how you learned about this event

Sign Up Deadline : May 25th (Maximum of 70 participants, first-come basis)

In the case of rain : the event will be held indoors at CrossPal.

***Lunch is bring your own food.** There will be coolers available.

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- Korea

This will be led by Cheri, the city's Korean CIR. This session will be about food in Korea.

When: May 9th (Tue) 14:00~15:00

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

Oshaberi Salon- China

This will be led by Kin Rei You, the city's new Chinese CIR. This session will be about food in China.

When: May 18th (Thu) 14:00~15:00





More events

Free Legal Consultation for Foreign Residents



Need legal advice? On Friday, April 22nd there will be an opportunity to visit with a lawyer and interpreter will be provided for you.

Date: June 16th (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

Places Available: 5 (reservations required)

Length of Consultation: 45 minutes per person

Reservations: Please tell us your name, nationality, phone number, sex, and what you wish to discuss

For more info/reservations @252252727 or email kyokai@nief.or.jp



Free Medical Consultation for Foreign Residents

There will be free mini health check-ups available (chest xray, blood pressure check, weight check, etc) along with various medical professionals that will be available to talk with: dentist, social worker that will help with understanding medical care, insurance and welfare, and others.

Date: June 4th, (Sun) 10:00-14:30 Place: CrossPal Niigata 2nd floor

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

Language Support Available: English, Chinese

Reservations: Applications can be found on our HP or from the email below. Please fill it out, and return it in person or via email.

For more info/reservations @252252727 or email kyokai@nief.or.jp

Charlie's Recipe Corner

Tomato Soup and Grilled Cheese

This is a classic recipe from my childhood. Usually would use canned soup but since it is expensive and hard to find made it on my own!

As always, I just gave example measurements for the seasonings. As a tip for seasoning before you serve. In addition to the seasonings listed, you could add soup base powder, tomato paste, oregano, basil, and maybe some onions in the pan before you add the tomatoes.

For the grilled cheese get some good cheese that melts. Mixing and matching cheese is great too. Just make sure you have enough to cover the entire slice of bread. Cheese is the star so use a little! And be afraid to dip the grilled cheese in the soup, that is what it is there for!



Ingredients (2 servings)

Table with 2 columns: Ingredient, Amount. Rows include Tomatoes, Milk, Garlic powder, Onion powder, Sugar, Pepper, Red pepper, Bread, Cheese, Butter, and Garlic powder.

METHOD

- 1. Pour the canned tomato into a pan and add the garlic powder, onion powder, pepper, sugar, and any other seasonings you like.
2. Simmer until for 10 min, stirring occasionally
3. Butter 1 side of each slice of bread and sprinkle on garlic powder
4. Put bread (butter sided down) in a frying pan on medium, add cheese, top with another piece of bread (butter side up)
5. Once golden brown on the bottom, flip and brown the other side. Your grilled cheese is ready
6. Blend either in a blender or with a stick blender (be careful! If you don't have a blender, just smash the tomatoes as you stir)
7. Add the milk, heat through
8. Serve in a bowl with the grilled cheese on the side!



Events

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

Niigata International Friendship Center Exchange Salon

Exhibition of the International Painting Competition
Date: May 19th (Fri) ~ June 30th (Fri) 9:00~17:00
Closed: Sundays, Holidays, and the 4th Mon. of every month
Place: Niigata International Friendship Center (Crosspal 2F)
For more info: 025-225-2727(NCIEF)

The 27th Niigata International Film Festival

7 films from 5 different countries will be shown.
 This film festival is run by Niigata citizen volunteers.
Date: June 2nd (Fri) ~ 9th (Fri)
Place: Crosspal Niigata & Cine Wind (2-1-1 Yachiyo Chuo-ku)
Admission Fee: In advance ¥1,000, at the door ¥1,100
URL: <http://www.niffec.com>
For more info call: 080-3312-8699
 (Niigata Kokusai Eigasai Jikko linkai)

The 3rd Mongolian Sumo Wrestling Tournament

The event will also feature Mongolian folk costumes, folk dances, etc.
Date: June 10th (Sat) 13:00~
Place: Yasuragitei bank of Shinano River (in front of Ryutopia)
Fee: Free
For more info call: 025-267-4843
 (Niigata Uchi Mongol Jichiku Shinzen Koryu Kyokai)

Yum Yum Market in Fresh Honcho

Beautiful things around Niigata city will be sold in the historic Shimo Honcho street. There will be about 30 booths selling products and food.
Date: May 21st (Sun) 11:00~16:00
Place: Chuo-ku Honcho 12 bancho street
For more info call: 080-6676-1967
 (Ms.Akiyama)

7th Niigata Classic Street

Series of classical music performances.
Date: May 5th (Fri) 12:00~20:00
Place: 27 places around Furumachi or Hakusan areas
Admission Fee: ¥1,000(for one day)/One drink ¥500
URL: <http://www.niigata-classicstreet.com/>
For more info call: 025-223-4349 (Jimukyoku Swan)

Disney Hawaiian Concert

To commemorate the latest Disney film, Moana
Date: May 9th (Tue) 18:30~
Place: Niigata Prefectural Civic Hall
Fee: S - ¥9,500 A - ¥8,500
For more info call: 025-281-8000 (TeNY)

The 2nd Joint Concert

Classical Concert by Mixed Choir You Try & Mixed Choir Rin-yu-kai.
Date: May 14th (Sun) 14:00~
Place: Niigata City Ongaku Community Hall
 (3-2 Ichibanbori-dori cho Chuo-ku)
Fee: In advance ¥1,000, at the door ¥1,200
For more info call: 025-224-5811
 (Niigata City Ongaku Community Hall)

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: May 21st (Sun) 11:00~15:00
Place: Higashi-ku Plaza (Higashi Ward)
Contact: 090-2227-0401 (Ms. Nakazawa)

2. Gyoseishoshi Association of Niigata

Date: May 24th (Wed) 10:00~14:00 **Place:** Toki Messe
Contact: 025-290-5650 (Gyoseishoshi Association of Niigata)

Niigata International Association Tagalog consultation now available

The Niigata International Association offers foreign language consultation in multiple languages in order to better support foreign nationals in their lives here. In addition to Thai, Chinese, and English, starting April 3, 2017, we will also offer Tagalog consultation.

Consultation Days:

- Monday: Tagalog, English, Japanese
- Tuesday: Thai, Japanese
- Wednesday: Chinese, Japanese
- Thursday: English, Japanese

Hours: 10:00 ~14:00**Contact:** 025-241-1881**The 14th Japanese Speech Contest in Niigata Speakers Wanted**

Date: June 24th (Sat) 12:30~16:00
Place: Toki Messe (Bandaijima Chuo-ku)
Theme: Message from the ocean
Application: application form, speech manuscripts, photo, etc.
Application deadline: June 10th (Sat)
Condition:

- Non-Japanese native speakers
- At least N3 level
- Person who has not been received awards of other contests

How to apply: Please download, fill out the form and email it to kokusai-bu@nsg.gr.jp
For more info: <http://www.air.ac.jp>

Study Abroad at High School: Scholarship Students Wanted *Counseling in Niigata

Date: 1. May 13th (Sat) 13:00~15:30
 2. June 17th (Sat) 13:00~15:30
Place: 1. Bandai Shimin Kaikan (Higashi Bandai-cho Chuo-ku)
 2. Crosspal Niigata
Contact: 025-233-7963 (AFS Japan Association Niigata Branch)
 E-mail: info-niigata@afs.or.jp
For more info: <http://www.afs.or.jp>

New Editor for the English Journal: Ayako Homma

Hi, everyone! I'm Ayako Homma. I'm a new staff member for the Niigata City International Exchange Foundation. I'm from Niigata. I like to go various events, especially art events in Niigata. I will introduce various events to you via this English Journal. I hope you enjoy it.



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 Spring 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 May 6 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 (but May 3 rd)	202	To support the Japanese studies of high school-age children	

Kotonoha at Hayadori Community Center (37-1 Hayadori Kita-ku)

Every Wed & Sat (but May 3 rd & 6 th)	15:30 - 17:30	Japanese Study Support for children Copy Fee	Ms. Kawasaki Tel:(090) 2756-0967
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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 May 3 rd)	13:00 - 14:30	201 or 202	Beginners	Niigata Nihongo Kaiwa Kyoshitsu ¥500/ month
Every Thu (but May 4 th)	13:00 - 14:30	201 or 202	Beginners	
Every Fri	13:00 - 14:30	201, 202, or 309	Beginners & Advanced Beginners	Niigata Nihongo Gakushu Kai
Every Sat (but May 13 th)	10:30 - 12:00	201, 306, or 308	Advanced Beginners	Waon ¥500/ month
Every Sat (but May 27 th)	10:30 - 12:00	308 or 309	Newspaper Class (Intermediate)	Yaponika
Every Sat	13:00 - 14:30	308 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)

May 2 nd & 16 th (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 (but May 4 th)	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 Toei-cho Kita-ku) URL: irohanihongo.jimdo.com

Every Sat (but May 13 th)	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 (but May 4 th)	19:00 – 20:45	Beginners - Intermediate One term ¥3,500+ Textbook & Copy fee	Ms. Fujita Tel: (090) 4072-3840
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Cultural Classes

International Cooking Class	When: May 27 th (Sat) & 28 th (Sun) 11:00~14:00 Fee: Foreign residents ¥1,800; Japanese citizens ¥3,500 Where: Ms. Ueno's residence (3-4-16 Ogikawa Akiha-ku) Menu: seasonal dishes (California rolls, grilled fish, cucumber & fish salads, soup, and more !) Please sign up at least three days before class. For more info call: Ms. Ueno 0250-24-6859		
Tai Chi	May 11 th , 18 th , 25 th (Thu) 13:00 – 14:30 Fee: Instructor's transportation expenses	Led by Mr. So	CrossPal Niigata 5F Exchange Hall 2 For more info call: 025-229-0140 Mr. Itoda

Consultation Services

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 & Ayako Homma)

CrossPal will be closed on May 22nd.