

Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation

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Mail magazine: email us at kyokai@nief.or.jp to receive this newsletter every month

Our blog: www.niigataej.wordpress.com



It is that time of year again! The Niigata Pageant of Lights runs from 12/8 through 1/31. Check it out if you get the chance!

NCIEF Contact Info

• 025-225-2727

• kyokai@nief.or.jp

Notices & Upcoming NCIEF Events

Free Legal Consultation for Foreign Residents

Need legal advice? On Thursday, December 7th the Niigata Prefecture Bar Association will be providing an opportunity to visit with a lawyer and receive free consultation regarding legal matters such as divorce, problems with your landlord, car accidents, and so on. If you don't speak Japanese, an interpreter can be provided for you. Walk-ins are okay but reservations are encouraged.



Date: December 7th (Thu) 13:00~16:00

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

Length of Consultation: 40 minutes per person

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

For more info/reservations: 025-225-2727

E-mail: kyokai@nief.or.jp



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. This session will be food, clothing and shelter in Russia.

When: Jan. 9th (Tue) 14:00~15:00

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

Oshaberi Salon- China

This will be led by Jinling Yang, the city's Chinese CIR. This session will be education in China.

When: Jan. 18th (Thu) 14:00~15:00

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



2017 Literakoya Niigata Winter Study Group

Literakoya Niigata is an academic support group for children to improve their language skills. Students should bring their own study materials and writing instruments. They can even get help with their homework. If it is their first time, please contact Ms. Sasaki in advance.

Dates: December 26th, 27th, 28th, January 4th and 5th

Time: 13:30~16:30

Place: Bandai City Hall (Bandai Shimin Kaikan) (Higashibandai-cho, Chuo Ward)

Fee: Free

For more info call: 090-6684-2346 (Ms. Sasaki)

E-mail: literakoya_niigata@yahoo.co.jp



More notices

PSA: Battling High Blood Pressure During Winter

The cold of winter, and how you try to warm yourself up, can have effects on your blood pressure, especially if you already have hypertension. Take extra care to take it slow and stay warm when going outside or from your warm room to the cold bathroom. Additionally, getting into a really warm bath when the rest of the bathroom is cold is a bad idea as well. Taking these precautions can help prevent your blood pressure from rising due to the temperature difference and hopefully prevent fainting, a heart attack, or a stroke.

Tips for avoiding high blood pressure (hypertension) in the first place:

- 1.Reduce your salt intake (Despite ramen being great for winter, it is high in salt- be careful!)
2.Lose weight- obesity increases your chances of high blood pressure
3.Destress and get enough sleep
4.Regularly exercise
5.Reduce your alcohol intake and tobacco use

Christmas Events

Family Christmas Party-Bakutei

The Singapore-Niigata Friendship Association is hosting this Christmas Party at Bakutei- a Singaporean restaurant in Higashi Ward (See the post we made about it on the EJ blog: niigataej.wordpress.com/2017/06/05/bakutei/).

There will be games, prizes, gift exchange, and chances to meet new people-even chat with Singaporeans over Skype.

- Date: Dec. 15 (Fri) from 7pm
Location: Singaporean Dining Bakutei
Cost (including all you can drink):
General- ¥4500 (alcohol) or ¥4000 (no alcohol)
Elementary Students: ¥2500
Children under 5: ¥1000

Singapore-Niigata Association Members get 10% off

*We ask that each person brings a gift that costs about ¥500

Charity Christmas Concert for Cambodia

- Date: Dec. 17 (Sun) from 12:00-2:00pm
Location: Restaurant SORA (6 Higashibori-dori, Chuo Ward)
Cost: ¥2700 (¥1000 goes to charity)
Performance by: Samba Quatro (Latin music)
Reservations: by Dec. 14 email kanbojia730@yahoo.co.jp (Ms. Sanbayashi)
Sponsor: Niigata Cambodian Support Project 730

Charlie's Recipe Corner

Nabe



You must have known that a nabe recipe was coming sooner or later. It is winter again and I literally made this recipe three times in one week because it was so satisfying.

Even if you don't try this recipe, I encourage you to experiment with different soups and ingredients when making nabe. The same stuff can get boring after a while but the world of nabe has a lot of variety! Not to mention they are a great way to get your vegetables which are necessary if you don't want to catch a cold!

This recipe, as usual, is just a guideline (mostly because I typically just throw stuff together.

For one serving (in a 2 person nabe) you will need:

Table with 2 columns: Ingredient and Quantity. Includes items like 400ml water, 1 TBSP mentsuyu, 1 TBSP liquid dashi soup base, 1 tsp chicken stock paste or powder, 1 tsp tube garlic, 1 tsp tube ginger, 2 inches of daikon, 1 welsh onion or negi, 100g cubed chicken, and a note to remember to add things that cook longer first.

Method

- 1. In a nabe or other heavy pot add the water, mentsuyu, dashi base, and chicken stock base
2. Add the daikon and other root vegetables and simmer for 15 minutes
3. Add the chicken, and negi and cook for 10 min
4. Add the garlic and ginger, cook for a few more minutes
5. Enjoy!



Events

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

**Niigata International Friendship Center Exchange Salon
~ Cambodian Kids Photo Exhibition ~**

A collection of amateur photos put together by the Niigata Cambodian Support Project 730.

Date: November 6th (Mon) ~ December 22nd (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)**Ikutopia Shoku Hana
Growing Illumination 2017 Winter
~ Light Forest ~**

This gorgeous illumination takes over the garden at Ikutopia.

Date: November 3rd (Fri) ~ February 12th (Mon) 16:00~20:00**Place:** Ikutopia Shoku Hana (Seigoro Chuo Ward)**Fee:** G- ¥500 J/E- ¥300**For more info call:** 025-384-8732**teamLab★ Dance! Art Exhibition,
Learn & Play! Future Park**

Come see how the lights change when you dance in this exhibit!

Date: November 23rd (Thu) ~ March 4th (Sun) 10:00 ~18:00**Place:** The Niigata Bandaijima Art Museum**For more info call:** 025-290-6655**URL:** <https://banbi.pref.niigata.lg.jp/>**2017 Niigata Pageant of Light**

This is an annual winter event held on the south side of Niigata station. 260,000 bulbs will light up about 200 zelkova trees.

Date: December 8th (Fri) ~ January 31st (Wed) 17:00 ~ 24:30**Place:** JR Niigata South Exit**For more info call:** 025-282-7108**Mongolia Lecture & Traditional Performance
~ Message from Students from Inner Mongolian ~**

Come and learn about sumo, traditional music and dance performances, and hear from Mongolians living in Niigata.

Date: December 10th (Sun) 13:00 ~ 17:00**Place:** CrossPal Niigata 4F Visual Hall**Fee:** Free**For more info call:** 025-267-4843

(Niigata Mongolia Friendship Association)

Let's Talk China!

Sponsored by the Niigata Harbin Committee, a speaker from China will talk about his hometown in Japanese.

Date: December 13th (Wed) 15:00 ~ 16:30**Place:** Niigata International Friendship Exchange Salon**Fee:** ¥200 (CrossPal 2F)**For more info:** call 025-225-2727 or email y.ohno@nief.or.jp**Niigata International Dance Festival 2017****「NINA—materialize sacrifice」**By Noism1—RYUTOPIA Residential Dance Company
(Niigata, Japan)**Date:** December 15th (Fri) 19:00~, 16th (Sat) 17:00~,
17th (Sun) 15:00~**Place:** RYUTOPIA (Ichibanboridori-cho, Chuo Ward)**For more info call:** 025-234-4530 (Arts Council Niigata)**URL:** <https://artscouncil-niigata.jp/nidf/>**International Understanding Presentation Contest**

Junior and high school students of Niigata prefecture will make presentations about international cooperation, global peace, and foreign culture understanding.

Date: December 16th (Sat) 12:00 ~ 17:30**Place:** Toki Messe Marin Hall (Bandaijima Chuo Ward)**Fee:** Free**For more info call:** 025-290-5650

(Niigata International Association)

Japanese Traditional Culture Workshop

You can experience flower arrangement, tea ceremony and putting on kimono.

Date: January 13th (Sat) 10:00 ~ 12:00, 13:00 ~ 15:00**Place:** Tenjuen (Seigoro Chuo Ward)**Fee:** Japanese-¥1,000 Foreign Residents and Tourists-¥500**Application:** Please make a phone call or send an email**Application dead line:** January 7th (Sun)**For more info call:** 090-4526-5344Email: cooljapan.kado@gmail.com

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:** December 17th (Sun) 11:00~15:00**Place:** Kurosaki City Hall (Toppara, Nishi Ward)**Contact:** 070-1189-8555 (Ms. Aiba)**2. Gyoseishoshi Association of Niigata****Date:** December 20th (Wed) 10:00~14:00**Place:** Toki Messe**Contact:** 025-290-5650 (Gyoseishoshi Association of Niigata)**Niigata City Foreign Students Promotion Video Contest****Date:** January 20th (Sat) 13:00 ~**Place:** CrossPal Niigata 4F Visual Hall**~ Videos Wanted! ~**

Niigata City is holding this contest under the theme of:

Niigata City through the Eyes of Foreign Students

Put together an original video introducing your favorite places in Niigata City to the people of your home country. What places and things do you like about Niigata City? What do you find interesting or fun? Prize will be awarded to winning videos!

Participant Requirements:

Must be a foreign student attending school in Niigata City

Video Requirements:

Must be 5 minutes original videos created by participants

Narrate in your mother language

Submission Deadline: January 12th (Fri)**Contact:** 025-226-1677 (Foreign Affairs Division)Email: kokusai@city.niigata.lg.jp



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 Dec. 23 rd , 30 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	202	To support the Japanese studies of high school-age children	

Kotonoha at Hayadori Community Center (37-1 Hayadori, Kita Ward)

Every Wed & Sat (but Dec. 23 rd , 30 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 Dec. 27 th)	13:00 - 14:30	201or 202	Beginners	Niigata Nihongo Kaiwa Kyoshitsu ¥500/ month
Every Thu (but Dec. 28 th)	13:00 - 14:30	201, 202, 306 or 307	Beginners	
Every Fri (but Dec. 29 th)	13:00 - 14:30	201, 202 or 309	Beginners & Advanced Beginners	Niigata Nihongo Gakushu Kai
Every Sat (but Dec. 30 th)	10:30 - 12:00	201, 306 or 307	Advanced Beginners	Waon ¥500/ month
Every Sat (but Dec. 23 rd , 30 th)	10:30 - 12:00	307 or 309	Newspaper Class (Intermediate)	Yaponika
Every Sat (but Dec. 23 rd , 30 th)	13:00 - 14:30	307 or 309	Advanced Beginners	Yaponika
Every Sun (but Dec. 31 st)	15:00 - 16:30	201	Introduction - Beginners	Niigata Nihongo Volunteer

Nihongo Kyoshitsu Waon II at Higashi Ward Plaza (1-4-1 Shimokido, Higashi Ward)

First & Third Tue of the month: Dec. 5 th & 19 th	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 Ward)

Every Sun (but Dec. 31 st)	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 Ward)

Every Thu (but Dec. 28 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 Ward)

Every Tue (but Dec. 19 th , 26 th)	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 Ward) URL: irohanihongo.jimdo.com

Every Sat (but Dec. 23 rd , 30 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 Higashi-cho, Akiha Ward)

Every Thu (but Dec. 28 th)	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 Ward)

Every Thu (but Dec. 28 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: Dec. 16 th (Sat) & 17 th (Sun) 11:00~14:00 Fee: Foreign residents, students ¥1,800; Japanese citizens ¥3,500 Where: Ms. Ueno's residence (3-4-16 Ogijima, Akiha Ward) Menu: New Year's party menu (sushi, nabe, and more!) Please sign up at least three days before class. For more info call: Ms. Ueno 0250-24-6859
Tai Chi	Dec. 7 th , 14 th , 21 st , 28 th (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 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 Ward, 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
Dec. 25th &
Dec. 29th ~ Jan. 3rd.