

# 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](mailto:kyokai@nief.or.jp) to receive this newsletter every month

Our blog: [www.niigataej.wordpress.com](http://www.niigataej.wordpress.com)



Happy Year of the Dog!! Did you buy any fukubukuro (luck grab bags) this year?

NCIEF Contact Info

• 025-225-2727

• [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)

## Notices & Upcoming NCIEF Events

### 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. 9<sup>th</sup> (Tue) 14:00~15:00

**Place:** CrossPal Niigata 2<sup>nd</sup> floor Exchange Salon (NCIEF)

#### Oshaberi Salon- China

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

**When:** Jan. 18<sup>th</sup> (Thu) 14:00~15:00

**Place:** CrossPal Niigata 2<sup>nd</sup> floor Exchange Salon (NCIEF)



### 31<sup>st</sup> Niigata Jazz Street

This is a full day of filling the Furumachi and Honcho areas of the city with jazz music. Literally dozens of live performances are held throughout the day at cafes, restaurants, and community spaces all over with many venues holding a number of performances in a row. With the one day pass, you can enter all of the venues and drinks cost 500 yen. See the website for more details!

**Date:** January 20<sup>th</sup> (Sat)

**Time:** Various from 10:00–23:00

**Place:** Various locations in the Furumachi and Honcho areas

**Costs:** One Day Pass-1,000 yen, One Drink-500 yen

**For more info:** [niigata-jazzstreet.com/](http://niigata-jazzstreet.com/) (Japanese only)



### PSA: Trash Collection around New Year's

There will be a special collection time for burnable trash on **Dec. 31<sup>st</sup> (Sat)** in all areas of the city. You should have received a notice in the mail (with the character on the left) about this.

Morning Collection Areas: depending on the area, be sure to have your trash out by **8 or 9 am**.

Afternoon Collection Areas: be sure to have your trash out by **12 pm**.

Normal collections will resume on **Jan. 4<sup>th</sup> (Thu)**.

**For more info call:** 025-243-4894 (Niigata City Office Call Center 8:00 ~ 21:00)



### Call Centers for Emergencies during the Year-end & New year Holidays

Emergency Medical Care Center (Kyukan Shinryo Center) 025-246-1199 (24/7)

Dental Health Center (Koku Hoken Fukushi Center) 025-212-8020 (24/7)

Niigata Prefecture Emergency Children Telephone Consultation

025-288-2525 (7pm–8am) for kids up to 15

025-284-7119 (7pm–8am) for teens 15+



主催: (公財)新潟市国際交流協会クロスパルにいがた 2階 〒951-8055 新潟市中央区礎町通 3-2086  
Niigata City International Exchange Foundation CrossPal 2F, 3-2086 Ishizuecho-dori, Chuo-ku  
TEL: 025-225-2727 E-mail: [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp) Website: <http://www.nief.or.jp/>



More Info

Niigata Tea Festival

The first ever international tea event in Niigata will be held the first weekend in February. Teas of all kinds from both near (such as Murakami) and far will be available for sample and purchase. There will also be an array of foods and presentations on tea in other parts of the world such as Africa, Korea, Turkey, and India. If you get the chance, why not stop by!

Dates: February 3rd (Sat) & 4th (Sun)

Time: 10:30-17:00

Place: Media Ship 1st floor

Costs Admission is free. 10 pack of tickets for sampling 500 yen

For more info search "Niigata Tea Festival 2018" on Facebook

& K D U O L H V 5 H

Eggnog

Just like Japan, winter in the U.S. has a variety of seasonal dishes and products only available during the cold months. One of my favorites of these limited time things is eggnog.

This is a thick, creamy, and sweet drink that I had never had homemade. However, as eggnog is not at any grocery store or convenience store in Japan I had to try making it myself if I wanted to drink some of my favorite drinks for the first time in over 2 years.

This recipe is based on the one written by Alton Brown (a famous TV chef in the U.S.) and modified to what I could easily find at my local store.

It turned out less thick than the eggnog sold in stores in the US but it was amazing!



Ingredients (1.5 liters)
4 egg yolks
1/3 cup and 1 TBSP sugar
500 ml milk
200 ml whipping cream
80 ml bourbon or rum (optional)
1 tsp grated nutmeg
1/2 tsp ground cinnamon
4 egg whites

NOTES:

1. Traditionally served cold but you can totally have it warm.
2. I included the alcohol in the recipe for those who want to try it but it is by no means necessary. I left it out of mine.
3. You can do all the mixing by hand with a whisk but I recommend a mixer.
4. You do not have to cook the mixture; I just like thicker eggnog so I chose this recipe. Search for Alton Brown's recipe for how to make it without using heat.

Method

1. In a mixing bowl, beat the egg yolks until they lighten in color
2. Little by little add the 1/3 cup of sugar and beat until completely dissolved
3. In a saucepan mix together the milk, cream, nutmeg, and cinnamon
4. Warm over high heat, stirring often, until it just starts to boil
5. Remove from heat
6. Temper the egg yolk mixture by slowly adding the milk mixture while stirring vigorously
7. Stir in the alcohol (optional)
8. Pour back into the mixing bowl cool to room temperature
9. Chill thoroughly in the refrigerator
10. In a clean mixing bowl, beat the egg whites to soft peaks
11. Slowly add the 1 TBSP of sugar to the egg whites while continuing to whisk until stiff peaks form
12. Mix the egg whites into the completely chilled milk and egg mixture
13. Drink it all



## Events

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

### Ikutopia Shoku Hana Growing Illumination 2017 Winter ~ Light Forest ~

This gorgeous illumination takes over the garden at Ikutopia.  
**Date:** November 3<sup>rd</sup> (Fri)–February 12<sup>th</sup> (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 23<sup>rd</sup> (Thu)–March 4<sup>th</sup> (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 8<sup>th</sup> (Fri)–January 31<sup>st</sup> (Wed) 17:00–24:30  
**Place:** JR Niigata South Exit  
**For more info call:** 025-282-7108

### Niigata International Friendship Center Exchange Salon ~ Galveston Friendship Tour Photo Exhibition ~

A collection of amateur photos put together by the Niigata Galveston Committee of their November trip to Galveston.  
**Date:** January 5<sup>th</sup> (Fri)–February 16<sup>th</sup> (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)

### Japanese Traditional Culture Workshop

You can experience flower arrangement, tea ceremony, and putting on kimono.  
**Date:** January 13<sup>th</sup> (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 7<sup>th</sup> (Sun)  
**For more info call:** 090-4526-5344  
Email: [cooljapan.kado@gmail.com](mailto:cooljapan.kado@gmail.com)

## Community Bulletin Board

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

- Niigata Prefectural Gyosei Shoshi Niigata Branch Office**  
**Date:** January 21<sup>st</sup> (Sun) 11:00–15:00  
**Place:** Higashi Ward Plaza (Shimokido, Higashi Ward)  
**Contact:** 070-1189-8555 (Ms. Aiba)
- Gyoseishoshi Association of Niigata**  
**Date:** January 24<sup>th</sup> (Wed) 10:00–14:00  
**Place:** Toki Messe  
**Contact:** 025-290-5650 (Gyoseishoshi Association of Niigata)

### PSA-Abnormal Behavior in Influenza Patients

Flu medication may cause abnormal behavior, especially in children, so watch them to make sure they don't hurt themselves. Abnormal behavior can be any sudden excitement or strange and erratic behavior such as:

- Jumping out of the window or the door
- Being overly excited suddenly
- Suddenly doing or saying things they normally wouldn't

### Niigata City Foreign Students Promotion Video Contest

Foreign students make original Niigata promotion videos.  
**Date:** January 20<sup>th</sup> (Sat) 13:00–16:00  
**Place:** CrossPal Niigata 4F Visual Hall  
**Fee:** Free  
**Numbers of Participants:** 50 (first-come first-served basis)  
**Application:** Please make a phone call  
**Contact:** 025-226-1677 (Foreign Affairs Division)

### Let's Speake English! (English Salon)

Sponsored by the Niigata Galveston Committee, EJ author and Niigata City CIR Charlene will lead this conversation hour and communicate with participants in English.  
**Date:** January 20<sup>th</sup> (Sat) 14:00–15:30  
**Place:** Niigata International Friendship Exchange Salon  
**Fee:** ¥300 (CrossPal 2F)  
**Numbers of Participants:** 15 People  
**Application:** Please make a phone call or send an email  
**For more info:** call 025-225-2727 or email [r.saito@nief.or.jp](mailto:r.saito@nief.or.jp)

### Let's Talk China!

Sponsored by the Niigata Harbin Committee, a speaker from China will talk about his hometown in Japanese.  
**Date:** January 24<sup>th</sup> (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](mailto:y.ohno@nief.or.jp)

### Enjoy Korean New Year!

You can enjoy Korean music, dance, and food!  
**Date:** January 27<sup>th</sup> (Sat) 11:00–14:00  
**Place:** CrossPal Niigata 5F Exchange Hall  
**Fee:** ¥1,000  
**Numbers of Participants:** 50 (first-come first-served basis)  
**Application:** Please make a phone call or send an email  
**For more info:** call 025-225-2727 or email [a.homma@nief.or.jp](mailto:a.homma@nief.or.jp)  
(Ulsan Friendship Association)

### International Cooperative Human Resource Development Lecture & Workshop

**Date:** February 3<sup>rd</sup> (Sat) 13:30–16:30  
**Place:** CrossPal Niigata  
**Fee:** Free  
**Numbers of Participants:** 50 People  
**Application:** Please fax or send an email  
**For more info:** Tel & Fax 025-247-2478 (Niigata NGO Network)  
Email: [obata-m@ma.tlp.ne.jp](mailto:obata-m@ma.tlp.ne.jp)

### Free Legal Consultation for Foreign Residents

Need legal advice? On Friday, February 16<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.

**Date:** February 16<sup>th</sup> (Fri) 13:00–17:00  
**Place:** CrossPal Niigata 2<sup>nd</sup> 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:** 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](mailto:kyokai@nief.or.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: <a href="http://www.nief.or.jp/">http://www.nief.or.jp/</a>	Ms. Rika Saito 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 Jan. 3 <sup>rd</sup> )	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 Jan. 3 <sup>rd</sup> , 6 <sup>th</sup> ) 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 Jan. 3 <sup>rd</sup> )	13:00 - 14:30	201 or 202	Beginners	Niigata Nihongo Kaiwa Kyoshitsu ¥500/ month
Every Thu (but Jan. 4 <sup>th</sup> )	13:00 - 14:30	201, 202 or 306	Beginners	
Every Fri	13:00 - 14:30	201, 202, 306 or 309	Beginners & Advanced Beginners	Niigata Nihongo Gakushu Kai
Every Sat	10:30 - 12:00	201 or 306	Advanced Beginners	Waon ¥500/ month
Every Sat	10:30 - 12:00	309	Newspaper Class (Intermediate)	Yaponika
Every Sat	13:00 - 14:30	201	Advanced Beginners	Yaponika
Every Sun	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: Jan. 16 <sup>th</sup> (but Jan. 2 <sup>nd</sup> )	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	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 Jan. 4 <sup>th</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 Ward)

Every Tue (but Jan. 2 <sup>nd</sup> , 9 <sup>th</sup> )	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](http://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 Higashi-cho, Akiha Ward)

Every Thu (but Jan. 4 <sup>th</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 Ward)

Every Thu (but Jan. 4 <sup>th</sup> )	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

<b>International Cooking Class</b>	No class in January		
<b>Tai Chi</b>	Jan. 11 <sup>th</sup> , 18 <sup>th</sup> , 25 <sup>th</sup> (Thu) 13:00 – 14:30 Fee: Instructor's transportation expenses	Led by Mr. So For more info call: 025-229-0140	CrossPal Niigata 5F Exchange Hall 2 Mr. Itoda

## Consultation Services

<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> TEL: 025-241-1881 Email: <a href="mailto:nia21c@niigata-ia.or.jp">nia21c@niigata-ia.or.jp</a> 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>Thai:</b> Tue 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>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 Ward, 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 Ward, Niigata City 951-8055  
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(Written and edited by Charlene Woolson & Ayako Homma)

CrossPal will be closed  
Dec. 29<sup>th</sup> – Jan. 3<sup>rd</sup> &  
Jan. 22<sup>nd</sup>.