

Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation

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This month is setsubun! Did you know that some places in Japan throw beans at the oni but in Niigata they use peanuts? Look at page 2 for a peanut themed recipe to try for Valentines Day!

NCIEF Contact Info

•025-225-2727

•kyokai@nief.or.jp

Notices & Upcoming NCIEF Events

Free Legal Consultation for Foreign Residents

Need legal advice? On Friday, February 14th there will be an opportunity to visit with a lawyer and receive free consultation regarding legal matters. If you don't speak Japanese, an interpreter can be provided for you. The next free legal consultation will be on March 19th at the Foreign Resident Consultation Center of Niigata

Date: February 14th (Fri) 13:00–17:00

Place: CrossPal Niigata 2nd floor

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

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

Places Available: 5 (reservation required)

Length of Consultation: 40 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



Oshaberi Salon

Your neighborhood Niigata City CIRs each host conversation (oshaberi) hours in the Exchange Salon inside the Friendship Center 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!

Superstitions in South Korea

Cheri will talk about superstitions in Korea.

Date: Feb. 4th (Tue)

Regional Cities in France

Ibrahim will be talking about the charms of different cities outside of Paris.

Date: Feb. 20th (Thu)

Time: 14:00–15:00

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



Nishi Ward Fureai Winter Festival

This event is absolutely packed full of things that are sure to keep your kids entertained. In addition to the picture books read by your English and Korean CIRs (Charlie and Cheri) there will be a hospital for broken toys, magic and balloon show, a lottery, sports and games challenges including floor curling and Paralympics sports experience, police cars and fire trucks you can get in, and so much more.

Date: February 15th (Sat)

Times: 10:00 am–2:00 pm

(Picture book reading: 10:15-11:00)

Location: Nishi Sogo Sports Center

(1-6368-48 Ikarashi, Nishi Ward)

For more info: call 025-268-1000

Note: Bring your indoor shoes!

URL: www.city.niigata.lg.jp/event/shi/event_nishi/fureaifuyumatsuri.html



Niigata Winter Food Festival ~Shoku no Jin~

You can enjoy Niigata's local dishes and other great food at this annual winter event. The Shoku no Jin event itself actually runs from October 2019 through the end of March 2020. Participating restaurants and establishments have created dishes just for this event.

The Festival is a weekend-long event where various restaurants set up booths in various parts of the city to bring the food to you. There will be a huge array of food so there is bound to be something you will like!



Date: February 8th (Sat) – 9th (Sun)

Times: 10:00 am–6:00 pm
(until 4 pm on Sun.)

Places: Furumachi, Bandai City,
Niigata Furusato-mura

For more info: call 025-286-9112

URL: <http://www.shokuno-jin.com/>



Charlie's Recipe Corner



METHOD

1. Crush the cookies and spoon some into each individual portion sized cups (you may have some cookie crumbs leftover)
2. Whip the cream to medium stiff peaks
3. Beat cream cheese and confectioners' sugar together in a medium bowl.
4. Mix in the Peanut Butter and beat until smooth.
5. Fold in whipped cream in 3 parts
6. Spoon into the cups and drizzle with chocolate syrup if desired
7. Refrigerate until firm, at least 1-2 hours.

*adapted from

<https://www.skinnytaste.com/skinny-no-bake-peanut-butter-pie/>

No-bake Peanut Butter Cheesecake Cups

A few years ago, I made a similar no bake cheesecake but this one is simpler and uses peanut butter! Even though it doesn't call for a huge amount of peanut butter, the little goes a long way and has a proper peanut butter flavor that goes well with the cream cheese.

Adjust the amount of sugar to taste but 70 grams was a neutral sweetness: some thought it was too sweet, others thought it was perfect. As for the cookie base, I just used a biscuit-style cookie that I thought would work; this time I used chocolate almond cookies (pictured) but butter cookies and chocolate chip cookies would also work. Happy cooking!



Ingredients (10- 110 ml cups)	
300 ml	Whipping cream
200 g	Cream cheese
100 g	Peanut butter
70 g	Powdered sugar
1 box (15 cookies)	Chocolate chip cookies or butter biscuits
To taste	Chocolate syrup



Events

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

International Friendship Center Exchange Salon Exhibition: Introduction of JICA Japanese Overseas Cooperation Volunteers

Through this exhibition, JICA will introduce their activities.

Date: February 1st (Sat) – March 13th (Fri) 9:00–17:00

Closed: Sun., Holidays, and the 4th Mon. each month

Place: Niigata International Friendship Center (CrossPal 2F)

For more info: 025-225-2727 (NIEF)

Lectures & International Exchange Party

Sponsored by the Niigata Japan-America Society, a representative from the US Embassy will give a talk about "Olympic Games and International Friendship" and will be at the dinner party.

Date: February 14th (Fri) Lecture 17:30–, Party 19:20–

Place: Bandai Silver Hotel

Fee: Lecture: Free, Party: ¥5,500

Application: Please make a phone call

For more info call: 025-240-0820

URL: <http://www.n-nichibei.com/>

(the Niigata Japan-America Society)

Niigata AJET Charity Musical ~ Frankenstein ~

The show will be performed in English by ALTs from all over the prefecture, and includes Japanese narration.

Date: February 16th (Sun) 14:00 –

Place: Bandai City Hall

(Higashibandai-cho, Chuo Ward)

Fee: Free (donations welcome)

URL: <https://www.facebook.com>

Sake no Jin

There will be over 500 different types of rice wine from all 80+ Niigata breweries to sample for only 2,500 yen at the door (for all you can drink!). Check out the information on their website.

Date: March 14th (Sat) & 15th (Sun)

Times: 10:00–18:00

Place: Toki Messe

Fee: pre-order: ¥2,000, at the door: ¥2,500

URL: <http://www.niigata-sake.or.jp/sakenojin/>

Notices

Immigration Procedures Consultation

Aimed at foreign residents living in the prefecture, the Immigration Bureau is holding a temporary information and consultation center once a month. Come and ask questions related to immigration and residency status.

Date: February 18th (Tue) 13:00–17:00

Languages: Japanese, Thai, Vietnam, Chinese

Place: Foreign Resident Consultation Center of Niigata
(2nd floor of Toki Messe)

Reservations: Only Walk-ins or Phone consultations

For more info: 025-241-1881 (Niigata International Association)

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

◆ Gyoseishoshi Association of Niigata

Date: February 26th (Wed) 10:00–17:00

Place: Foreign Resident Consultation Center of Niigata
(2nd floor of Toki Messe)

Contact: 025-241-1881 (Niigata International Association)

Notice Regarding Enrollment in Municipal Elementary & Junior High School

The Niigata City Board of Education sent admission notices on January 22nd to children who will enroll in elementary or junior high school in April 2020. Please bring or send the notification to the designated school to enroll.

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

For more info call: 025-226-3168

Lecture for Japanese Teachers

This lecture is provided for teachers who teach Japanese to non-native speakers.

Date: March 14th (Sat) 13:00–16:00

Place: CrossPal Niigata 5F Exchange Hall

Fee: ¥500

Numbers of Participants: 50 (first-come first-served)

Application: Please make a phone call or send an email

For more info: call 025-225-2727 or email kyokai@nief.or.jp

Notice: Smoking ban

Starting April 2020, to reduce secondhand smoking, as a general rule all establishments (restaurants, offices, factories, hotels, etc) will be smoke free unless they have a designated smoke room or area outside. The smoke rooms will be for smoking only, no eating or drinking will be allowed.

Enrolling in the National Pension System

All people ages 20 through 60 with an address in Japan, including foreign nationals, are required by law to be enrolled in the pension system. If you are financially unable to pay into the system, you may consult with the pension division of the city office to fill out an exemption form to protect your rights to collect your pension later.

If you have any questions, contact the National Pension Service Niigata west office (TEL 225-3008)

Intro to JLPT N3 & N4

There are classes for introduction to the skills needed for the N3 and N4 levels of the Japanese Language Proficiency Test (JLPT). Contact the NIEF for more information and to get the application form.

Date: March 16th (Mon) – 19th (Thu) 10:00–12:00

Place: CrossPal Niigata

Fee: ¥2,770

Class size: 10 people each

Contact: Tel: 025-225-2727; Email: kyokai@nief.or.jp

Magazine Giveaway

The Lifelong Learning Center Library is giving away old magazines for free. Come and take as many as you want.

Date: February 26th (Wed) – March 7th (Fri)

Place: Lifelong Learning Center Library (CrossPal)

ADVERTISEMENT

Legal Consultation in English

Takashi Soma, attorney at law

Niigata Kokusai Law Office

025(255)6006

somat@rainbow.plala.or.jp

<https://www.nklaw.info>





Classes

Japanese Courses offered by the Niigata City International Exchange Foundation

Beginner through Intermediate 2	-Classes of varying difficulties are available at different times throughout the week. -Pricing info & the Autumn Session Schedule are available in the "Support for Foreign Nationals" section of the NCIEF website: http://www.nief.or.jp/	Ms. Ayako Homma 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	202	This Japanese study circle offers support to children in the international community who are struggling with Japanese and other school studies.	Ms. Kiyoko Tanaka Tel: (025) 225-2727
Every Wed 9:30 – 11:30	202	To help students get the Japanese language skills needed to go to school in Japan.	

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

Every Wed & Sat	15:00 - 18:00	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

Day of the week	Hours	Room No.	Level	Fee	Organizations & Info
Every Wed	13:00 - 14:30	201 or 202	Beginners	¥500/ month	Niigata Nihongo Kaiwa Kyoshitsu
Every Thu	13:00 - 14:30	201 or 202	Beginners		
Every Fri	13:00 - 14:30	201, 202, 306 or 309	Beginners & Advanced Beginners	Cost of materials	Niigata Nihongo Gakushu Kai
Every Sat (but Feb. 29 th)	10:30 - 12:00	201 or 306	Advanced Beginners	¥500/ month	Waon
First & Third Sat: Feb. 1 st & 15 th	10:30 - 12:00	309	Newspaper Class (Intermediate)	Cost of materials	Yaponika
Every Sun	15:00 - 16:30	201	Introduction - Beginners	Cost of textbook	Niigata Nihongo Volunteer

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

First & Third Tue of the month: Feb. 4 th & 18 th	10:00–14:00	Beginners–	Fee: ¥300/ time	Ms. Takenaka Tel: (025) 277-3621
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Nihongo for Foreign Residents at Ekinan Community Center (4-12-20 Yoneyama, Chuo Ward)

Every Sun (but Feb. 23 rd)	10:00 – 12:00	Beginners – Advanced	Fee: ¥2,000/month	Ms. Nagai Tel: (090) 2849-8425
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Konnichiwa! Nihongo at Kobari Elementary School Volunteer Room (2-36-1 Kobari, Nishi Ward)

Every Thu	10:00 – 11:30	Beginners – Advanced	Fee: ¥300/month	Ms. Wakatsuki Tel: (080)8431-0310
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Taiken Nihongo Kyoshitsu at Nishi Chiku Kominkan (603 Uchino, Nishi Ward)

Every Tue (but Feb. 11 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)

Every Sat	10:00 – 12:00	Beginners – Advanced	Fee: ¥1,000/month	Mr. Hasegawa Tel: (080) 4058-6640
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Akiha Nihongo Kyoshitsu at Niitsuchiku Kominkan (2-5-6 Niitsu Higashi-cho, Akiha Ward)

Every Thu	13:00 – 15:00	Beginners – Advanced	Fee: ¥1,000/month	Mr. Hasegawa Tel: (080) 4058-6640
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Maki Nihongo Kyoshitsu at Makichiku Kominkan (635 Makiko, Nishikan Ward)

Every Thu	19:00 – 20:45	Introduction – Advanced	One term ¥3,500 + Textbook & Copy fee	Ms. Fujita Tel: (090) 4072-3840
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NEW! Shirone Nihongo Volunteer at Shironechiiki Seikatsu Center (1136-1 Shirone, Minami Ward)

Every Sun (but Feb. 23 rd)	10:00 – 11:30	Beginners – Intermediate	Fee: ¥200 + copy fee / time	Ms. Takeishi Tel: (090) 6624-5126
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Cultural Classes

International Cooking Class	When: Feb. 22 nd (Sat) & 23 rd (Sun) 11:00 – 14:00	Fee: Foreign residents, students- ¥1,800; Japanese citizens- ¥3,800
	Where: Ms. Ueno's residence (3-4-16 Ogijima, Akiha Ward)	Menu: Japanese seasonal dishes (Pork with seasonal vegetables, veggie & fruit salad, fried mochi soup, steamed sushi, and more!)
	Please sign up at least three days before class.	For more info call: 0250-24-6859 Ms. Ueno

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: Mon & Thu 10:00–14:00 Thai: Tue 10:00–14:00 Chinese: Wed 10:00–14:00 Tagalog: Mon 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 City)	1 st – 4 th Wed 13:00 – 16:00 English & Chinese



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(Written and edited by Charlene Woolson & Ayako Homma)

CrossPal will be closed on February 25th.