



# Niigata English Journal

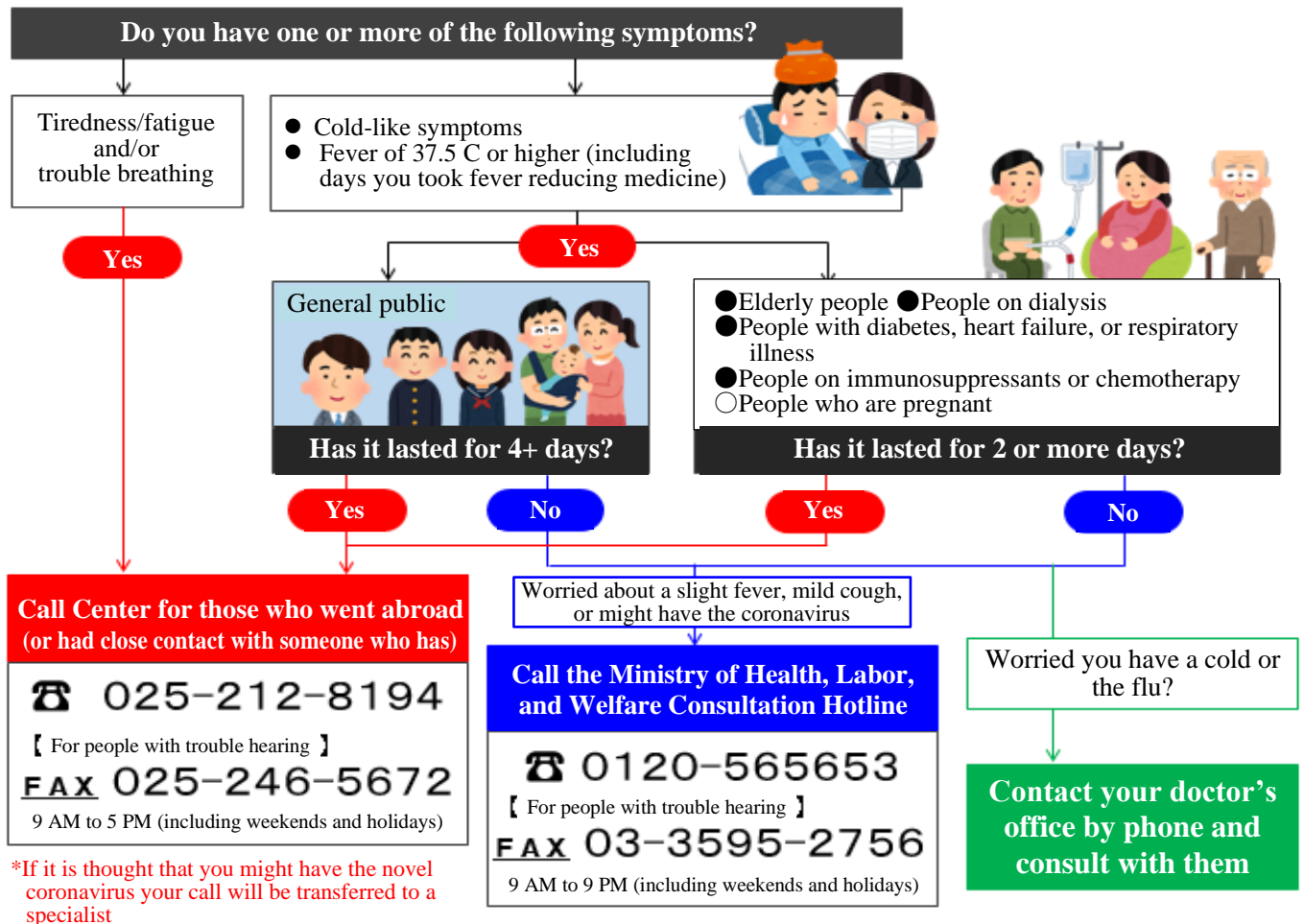
Edited & Issued by the Niigata City International Exchange Foundation  
 ★★ Discover more of Niigata on our blog: [www.niigataej.wordpress.com](http://www.niigataej.wordpress.com) ★★  
 Don't forget to subscribe to it while you are there and never miss a post!

If you are bored chilling at home like me, check out page 2 and 3 of this newsletter, there are things to do!

**NCIEF Contact Info**  
 • 025-225-2727  
 • kyokai@nief.or.jp

## Notices & Upcoming NIEF Events

## Flow Chart for if you think you may have Covid-19



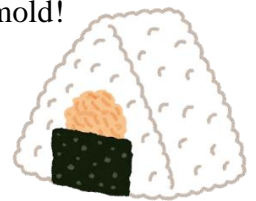
## Charlie's Recipe Corner

Because of last month's tuna casserole, I was inspired to revisit one of the most popular onigiri and see if I have grown to like it. Turns out, I do! I hope you give this simple recipe a try. If you find it hard to form the rice ball, look for hacks and tricks online, there are tons including using a rice bowl as a mold!

Ingredients (4-5 rice balls)
400g warm cooked rice (~2 rice cups pre-cooked)
1 can of tuna (drained)
2 TBSP mayonnaise
1 tsp soy sauce
4 nori sheets

### METHOD

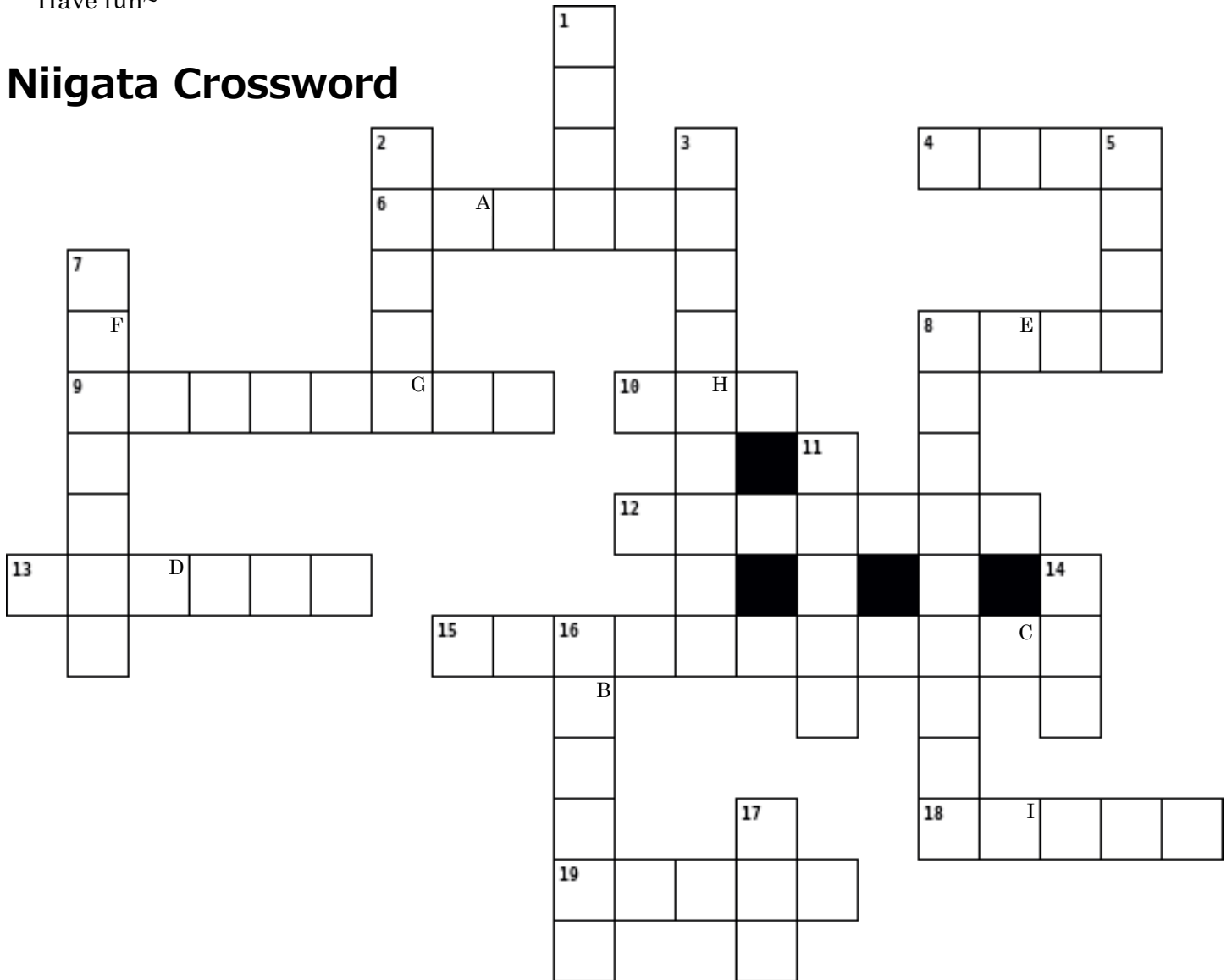
1. Combine the tuna, mayonnaise, and soy sauce
2. Wet your hands and sprinkle salt on them
3. Put some of the rice into your hand and spread it flat
4. Put about 1 tsp of the filling into the middle of the rice
5. Bring the sides of the rice up and together to cover the filling and shape into a ball or triangle as desired
6. Wrap with nori and eat!





This is a Niigata-themed crossword I made to fill this page and give you something to do while you stay safe at home. The full puzzle will be revealed on the NIEF website or you can email us but for now, the answer to the question under the puzzle can be found on page 4 so you can check your work. Have fun~

# Niigata Crossword



Fill in the boxes to the right with the letter that appears in the respective boxes:

(Answer can be found on page 4)

What is a popular gift on the 2<sup>nd</sup> Sunday of May?

A	B	C	D	E	F	G	H	I	

### Across

- 4. City bird of Niigata
- 6. \_\_\_hime strawberry, \_\_\_ Plain
- 8. Sasagawa Nagare is famous for this seasoning
- 9. Niigata's other island
- 10. Colorful fish that originated in Ojiya
- 12. One of Japan's first municipal parks
- 13. \_\_\_ City, \_\_\_ Bridge
- 15. Niigata is Japan's #1 producer of this rice
- 18. Tsukioka, Iwamuro
- 19. Shinano, Agano, Nakano

### Down

- 1. Crested ibis; \_\_\_ Messe
- 2. Niigata's Geisha: the Furumachi \_\_\_
- 3. Stick-like sweet often found at food stalls in Niigata
- 5. The tall building that houses the Chuo Ward Office: \_\_\_ 21
- 7. Niigata fast food, not from Europe
- 8. Local sweet made with mugwort
- 11. City flower of Niigata
- 14. Niigata Airport
- 16. Cherry blossoms
- 17. White, yellow, green... cannot be grown north of Murakami



**Notices**

**Foreign Resident Consultation Center of Niigata**

They provide various free consultations for foreign residents. See below for information about upcoming events.

**Reservations:** Please make a reservation by phone call or email in advance.

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

**TEL:** 025-241-1881

**Email** [nia10@niigata-ia.or.jp](mailto:nia10@niigata-ia.or.jp)

◆ **Immigration Procedures Consultation**

The Immigration Bureau holds a temporary information and consultation once a month. Come and ask questions related to immigration and residency status.

**Date:** May 12<sup>th</sup> (Tue) 13:00–17:00

**Languages:** Japanese, Thai, Vietnam, Chinese

◆ **Gyoseishoshi Association of Niigata Consultation**

Niigata Prefectural Gyosei Shoshi (Administrative Clerk) main office provides a free consultation once a month.

**Date:** May 27<sup>th</sup> (Wed) 10:00–17:00

**Languages:** Japanese, Chinese

◆ **Free Legal Consultation for Foreign Residents**

There will be an opportunity to visit with a lawyer and receive free consultation regarding legal matters.

**Date:** May 21<sup>st</sup> (Thu) 13:00–17:00

**Language:** Japanese, English, Spanish, Portuguese, Mandarin Chinese

**Length of Consultation:** 40 minutes per person

The head of the NIEF, Mr. Mashima, drew this picture for you to color! Take in the scenery of Bandai Bridge and carp wind socks on display for children's day.

**Event Cancellations due to the Coronavirus**  
To prevent the spread of the novel coronavirus, many events have been and are being cancelled. Call ahead and check if the event you were going to go to has been cancelled or postponed before going.  
\*NIEF Event Cancellations  
◆ Oshaberi Salons in May & June

**International Friendship Center Exchange Salon Exhibition: Scenery of Niigata & Manga Culture**  
We have, on exhibit, oil paintings done by the head of NIEF, Mr. Mashima, of scenery in Niigata City and pictures by manga artists from Niigata.  
**Date:** March 16<sup>th</sup> (Mon) – June 13<sup>th</sup> (Sat) 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)



## 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 Spring Session Schedule are available in the "Support for Foreign Nationals" section of the NCIEF website: <a href="https://www.nief.or.jp/">https://www.nief.or.jp/</a>	Ms. Kiyoko Tanaka 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 (No classes in May)	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 (No classes in May) 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 (No classes in May)	13:00 - 14:30	201 or 202	Beginners	¥500/ month	Niigata Nihongo Kaiwa Kyoshitsu
Every Thu (No classes in May)	13:00 - 14:30	201 or 202	Beginners		
Every Fri	13:00 - 14:30	201, 202 or 306	Beginners & Advanced Beginners	Cost of materials	Niigata Nihongo Gakushu Kai
Every Sat (No classes in May)	10:30 - 12:00	201 or 306	Advanced Beginners	¥500/ month	Waon
First & Third Sat (No classes in May)	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 (No classes in May)	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	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 (No classes in May)	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 (No classes in May)	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 (No classes in May)	19:00 - 20:45	Introduction - Advanced	¥3,500/term + Textbook & Copy fee	Ms. Fujita	Tel: (090) 4072-3840
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## Shirone Nihongo Volunteer at Shironechiiki Seikatsu Center (1136-1 Shirone, Minami Ward)

Every Sun	19:00 - 21:00	Beginners - Intermediate	Fee: ¥200 / time	Ms. Takeishi	Tel: (090) 6624-5126
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## Cultural Classes

International Cooking Class	There are no classes in May. For more info call: 0250-24-6859 Ms. Ueno
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Crossword puzzle answer:  
**carnation**

## Consultation Services

Niigata Help Association TEL: 025-228-2212	Every Day: 10:00 - 23:00 Spanish, English, Korean, Chinese, Filipino, Thai, etc.
Niigata International Association TEL: 025-241-1881 Email: nia21c@niigata-ia.or.jp URL: <a href="http://www.niigata-ia.or.jp/">http://www.niigata-ia.or.jp/</a>	English: Mon & Thu 10:00-14:00 Thai: Tue 10:00-14:00 Chinese: Wed 10:00-14:00 Filipino: Mon 10:00-14:00 etc.
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: <a href="http://qq.niigata-iyaku.jp/">http://qq.niigata-iyaku.jp/</a>	English, Chinese, Korean
Hello Work, Foreigner Advisory Service TEL: 025-280-8609 Niigata Misaki Godo Chosha #2 (1-2-1 Misaki-cho, Chuo Ward, Niigata City)	1 <sup>st</sup> - 4 <sup>th</sup> Wed 13:00 - 16:00 English & Chinese



## Edited and Issued by the Niigata City International Exchange Foundation

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(Written and edited by Charlene Woolson &amp; Ayako Homma)

CrossPal will be  
closed on  
April 23<sup>rd</sup> ~ May  
10<sup>th</sup> & 25<sup>th</sup>