



# Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation

★★ **Subscribe to stay up to date!** ★★

Mail magazine: email us at [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp) to receive this newsletter every month

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

**NCIEF Contact Info**

•025-225-2727

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

Mr. Mashima made another illustration. This is the one he colored but there is a blank one on page 2 for you to color yourself!

## Population Census (国勢調査)

こくせいちょうさ

This year is the Population Census, which is conducted every five years. Census staff should have visited in mid-September to distribute the documents for the Census by putting them into mailboxes and doorposts. Send the responses to the survey by October 7 by mail, or via the internet. Staff will not visit the household to collect the questionnaire sheet.

If you do it online, you can choose between Japanese, English, Chinese (Simplified, Traditional), Korean, Vietnamese, Spanish, and Portuguese!

**For more info:** 025-226-2401 (Census Office Niigata Branch) or <https://www.kokusei2020.go.jp/en/index.html>



## CIR Lecture: Autumn in the USA



Your friendly neighborhood CIR from the USA, Charlie, yours truly, will present about what autumn is like in the US, including Halloween, apple picking, and the flavors of fall!

**When:** October 31<sup>st</sup> (Sat.)

**Time:** 10:30-12:00

**Place:** CrossPal Niigata 4<sup>th</sup> Fl. Room 403

**Fee:** Free

**Capacity:** 20 people (first come first served)

**Sign-up:** by phone (025-225-2727) or email ([kyokai@nief.or.jp](mailto:kyokai@nief.or.jp))



## School Related Information

By the middle of October, the Niigata City Board of Education will be sending out letters about enrolling into elementary or junior high school to families in Niigata City with children born in the time periods listed here:

Elementary: April 2, 2014–April 1, 2015 Junior High: April 2, 2008–April 1, 2009

To sign your child up for school, you must bring their residence card (在留カード) or their Special Permanent Resident Certificate card (特別永住者証明書) and follow the directions in the letter. You will need to go into the Board of Education's School Affairs Division or your local Ward Educational Support Center to finish the paperwork.

If you do not receive a letter and you want to sign your child up for school, contact the Niigata City Board of Education (TEL 025-226-3168). The sign-up process is the same and all children, regardless of their Japanese proficiency, are entitled to an education.

## CrossPal Niigata 15<sup>th</sup> Anniversary Event: International Mini Market



While many culture events have been cancelled this year, the NIEF still wants to promote international awareness and exchange and organizations that do the same. So, we've brought the international bazaar back! As a mini market with precautions against the coronavirus.

Various booths be selling a variety of things like Sri Lankan curry, Vietnamese clothing, fair trade goods and more!

**Date:** October 24<sup>th</sup> (Sat) 10:00–17:00

**Place:** CrossPal Niigata 2<sup>nd</sup> Fl.

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/>



### Japanese Class Social

Students who are studying Japanese will be showing off what they have learned at this social. Everyone will have a chance to introduce themselves in Japanese, give speeches, play bingo, and hang out! This is a great opportunity to meet people interested in other cultures so feel free to join!



**Date:** November 7<sup>th</sup> (Sat) 10:30—12:00 (doors open at 10:00)

**Place:** CrossPal Niigata 5<sup>th</sup> Fl. Exchange Hall

**Admission:** Free

**Spots available:** 50 people

**For more info/sign up:** TEL 025-225-2727 or email [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)

\*Be sure to wear a mask and cooperate with measures to prevent the spread of COVID-19.



The head of the NIEF, Mr. Mashima, drew this picture for you to color! This scene is looking at the Saito Villa from the garden.

### Charlie's Recipe Corner

It is finally cooling down and time for fall flavors. My friend made this lovely cake last fall and I had to ask for the recipe. I hope you give it a try!

#### METHOD

1. Cook the potato until it is soft. Add the butter and honey and mash it until smooth. Set aside.

2. For the custard, in a separate bowl, add the egg and sugar and mix well. Mix in the flour.

3. In a pan on the stove, warm the milk until it starts to simmer.

4. While mixing, slowly pour the warm milk into the egg mixture. Pour through a mesh strainer back into the pan.

5. Heat until thickened, stirring constantly. Let cool.

6. In a separate bowl, whip the cream until medium peaks. Add sugar and whip until stiff peaks.

7. Mix together the sweet potato mash, custard, and 2/3rds of the whipped cream.

8. Cut the top off of the sponge cake to make it flat. Save the cut offs.

9. Cut the sponge cake horizontally in half

10. Put a bunch of the cream mixture in between the layers of cake

11. Frost the cake with the remaining whipped cream

12. Use those crumbs to coat the top of the cake

13. Thoroughly cool in the refrigerator before slicing and serving

### Sweet Potato Cake



Ingredients (8 servings)	
15cm Sponge cake	
<b>Sweet potato mash</b>	
Sweet potato	1
Butter	10g
Honey	1 TBSP
<b>Custard Cream</b>	
Egg	1
Sugar	30g
Flour	10g
Milk	100ml
Unsalted butter	5g
Vanilla essence	enough
<b>Whipped Cream</b>	
Whipping cream	200 ml
Sugar	20-30g



## Events

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

## International Friendship Center Exchange Salon

## ◆ Exhibition: Introduction to Khabarovsk

Khabarovsk is a city in Russia and one of Niigata's sister cities. This year is the 55<sup>th</sup> anniversary of the sister city relationship.

**Date:** October 1<sup>st</sup> (Thu) – October 20<sup>th</sup> (Tue) 9:00–17:00

## ◆ Exhibition: Introduction to Niigata's Sister Cities

Niigata City has four sister city committees. Each of them will introduce their activities.

**Date:** October 24<sup>th</sup> (Sat) – November 2<sup>nd</sup> (Mon) 9:00–17:00

**Closed:** Sun., Holidays, and the 4<sup>th</sup> Mon. each month

**Place:** Niigata International Friendship Center (CrossPal 2F)

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

## Oshaberi Salon

Your Niigata City CIRs host conversation (oshaberi) hours where they lead discussions and talk in Japanese about topics related to their home country.

## ◆ Idioms in French

**Date:** November 5<sup>th</sup> (Thu) 14:00–15:00

**Place:** CrossPal Niigata 3F Room 303 & 304

## ◆ Schools in Russia

**Date:** November 19<sup>th</sup> (Thu) 14:00–15:00

**Place:** CrossPal Niigata 5F Exchange Hall 2

**Sign-up:** by phone or email

**Contact:** TEL:025-225-2727 (NIEF)

**Email:** kyokai@nief.or.jp

## Notices

## Foreign Resident Consultation Center of Niigata

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

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

**Place:** Foreign Resident Consultation Center of Niigata  
(2<sup>nd</sup> 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 is holding a temporary information and consultation once a month. Come and ask questions related to immigration and residency status.

**Date:** October 13<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:** October 28<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:** November 19<sup>th</sup> (Thu) 13:00–17:00

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

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



## Edge of Niigata October Events

Edge of Niigata holds events for foreign residents.

If you are interested, please check out their website.

**URL:** <https://edge-of-niigata.com/events/>

## ◆ Special Halloween Treat

**Date:** October 10<sup>th</sup> (Sat) 13:00–14:00, 15:30–16:30

## ◆ Japanese Sake Lecture &amp; Tasting

**Date:** October 15<sup>th</sup> (Thu) 18:00–19:30

## ◆ Soap Carving in Easy Japanese

**Date:** October 24<sup>th</sup> (Sat) 13:00–14:30, 15:00–16:30

## NIEF Fall Japanese Classes

The fall session Japanese classes has just started! If you are interested in taking classes, do not hesitate to come in and talk with us about it.

Niigata Gyosei Shoshi Niigata Branch  
Free Consultation for Foreign Residents  
(Reservations Required)

◆ **Date:** October 3<sup>rd</sup> (Sat) 10:00–16:00

**Place:** Higashi Ward Plaza (Shimokido, Higashi Ward)

◆ **Date:** October 10<sup>th</sup> (Sat) 10:00–16:00

**Place:** Kurosaki City Hall (Toppara, Nishi Ward)

◆ **Date:** October 11<sup>th</sup> (Sun) 10:00–16:00

**Place:** Konan Ward Cultural Center (Chinoyama, Konan Ward)

◆ **Date:** October 24<sup>th</sup> (Sat) 10:00–16:00

**Place:** CrossPal Niigata (Ishizuecho-dori, Chuo Ward)

**Contact:** 025-255-5225 (Niigata Gyosei Shoshi)

## Niigata Foreign Workers Support Center

Consultation services for anyone who is or wants to hire non-Japanese nationals.

**Place:** Bandaijima Bldg 11th Fl. 1-5 Bandaijima, Chuo-ku,  
Niigata City (Toki Messe)

**Hours:** 10:00-17:00 Mon-Fri (closed on holidays)

**TEL:** 025-282-5548

**Email:** [visa-support@niigata-gyousei.or.jp](mailto:visa-support@niigata-gyousei.or.jp)

## Human Rights Counselling (Multilingual)

Consultation services provided by the Ministry of Justice available online or by phone in 10 languages including English. If you feel your rights are being threatened, contact them. Online counselling available 24/7.

**TEL:** 0570-090-911 (Hours: 9:00-17:00)

**URL:** [www.moj.go.jp/ENGLISH/HB/counseling/internet.html](http://www.moj.go.jp/ENGLISH/HB/counseling/internet.html)

## Hotline for COVID-19 Related Mental Health Issues

If your mental health has been impacted by COVID-19, feel free to contact the following hotline.

**Niigata Mental Health Center**

**TEL:** 232-5560 (8:30-17:00)

## Hotline for COVID-19 Related Bullying &amp; Discrimination

If you are experiencing harrasment or discrimination that is COVID-19 related, contact the hotline below or to the right..

**Everyone's Human Rights Hotline**

**TEL:** 0570-003-110 (8:30-17:15)



## 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: <a href="https://www.nief.or.jp/">https://www.nief.or.jp/</a>	Ms. Kiyoko Tanaka Tel: (025) 225-2727
---------------------------------	--	--

## 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 – 12:00 (but Oct. 24 <sup>th</sup> )	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 (but Oct. 21 <sup>st</sup> )	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	14:00 - 17:00	Japanese Study Support for children Copy Fee	Ms. Kawasaki Tel: (090) 2756-0967
-----------------	---------------	--	-----------------------------------

## 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 (but Oct. 1 <sup>st</sup> )	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 (but Oct. 31 <sup>st</sup> )	10:30 - 12:00	201 or 306	Advanced Beginners	¥500/ month	Waon
First & Third Sat (No classes in October)	10:30 - 12:00	309	Newspaper Class (Intermediate)	Cost of materials	Yaponika
Every Sun	15:00 - 16:30	201 or 306	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 October	10:00 - 14:00	Beginners - Fee: ¥300/ time	Ms. Takenaka Tel: (025) 277-3621
---	---------------	-----------------------------	----------------------------------

## 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
-----------	---------------	--	--------------------------------

## 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
-----------	---------------	--------------------------------------	------------------------------------

## Taiken Nihongo Kyoshitsu at Uchino Machizukuri Center (413 Uchino-machi, Nishi Ward)

Every Tue	10:00 – 12:00	Beginners–Advanced One term ¥3,500 + Textbook & Copy Fee	Ms. Miyamoto Tel: (090) 6228-6630
-----------	---------------	--	-----------------------------------

## 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
-----------	---------------	--	-----------------------------------

## 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
-----------	---------------	--	-----------------------------------

## Shirone Nihongo Volunteer KOCOBO at Shironechiiki Seikatsu Center (1136-1 Shirone, Minami Ward)

Every Sun & online by appt	19:00 – 21:00	Beginners – Intermediate Fee: ¥200 / time	Mr. Hasegawa kocobo.niigata.shirone@gmail.com
----------------------------	---------------	---	---

## Cultural Classes

International Cooking Class	There are no classes in October For more info call: 0250-24-6859 Ms. Ueno		
-----------------------------	--	--	--

## 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="https://www.niigata-ia.or.jp/">https://www.niigata-ia.or.jp/</a>	Weekdays: 10:00 – 17:00 Chinese, English, Filipino, Thai, Vietnamese, Spanish, Portuguese
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  
3-2086 Ishizuecho-dori, Chuo Ward, Niigata City 951-8055  
Tel: (025) 225-2727 Fax: (025) 225-2733  
<https://www.nief.or.jp/> E-mail: [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)  
(Written and edited by Charlene Woolson & Ayako Homma)

CrossPal will be closed on October 26<sup>th</sup>