



Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation

Mail magazine: Email us to receive this newsletter every month

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Free Medical Testing and Consultation

Doctors will be performing chest x-rays and health checks, as well as providing advice on internal medicine, surgery, dental health, and more! Social workers and insurance experts can also answer questions on treatment, insurance, etc. Interpreters are available for English, Chinese, and Vietnamese. An interpreting device will be used for other languages. For foreign residents only.

Date: Oct. 15th (Sun) 10:00 – 14:30

Location: CrossPal 2nd floor

Fee: Free!

Sign up: Scan the QR code to sign up

Contact: Tel: 025-225-2727, email: kyokai@nief.or.jp



Korean Cooking Class

Learn how to make “dak gomtang” (chicken soup)! This is a simple but comforting dish, perfect for the cool, autumn weather.

Date: Nov. 25th (Sat) 10:30 – 13:00

Location: CrossPal 5th floor Cooking Room

Fee: Free!

Spots: 24 people (high school students and older); if more than 24 people sign up there will be a lottery, results will be announced in early November

Sign up: By Oct. 27th (Fri) send in a post card (with reply card) to NIEF



School Enrollment for Foreign Nationals

At the end of September, the Niigata City Board of Education (BOE) sent out information about enrolling in elementary or junior high school to families in Niigata City with children born between the following dates:

Elementary: April 2, 2017 – April 1, 2018

Junior High: April 2, 2011 – April 1, 2012

To enroll, go to the BOE's School Affairs Division or your local Ward Educational Support Center. You will need your child's residence card (在留カード) or Special Permanent Resident Certificate (特別永住者証明書). All children have the right to an education, no matter their level of Japanese language ability.

Contact: Niigata City Board of Education
TEL 025-226-3168



Niigata Kimjang Day!!

Learn how to make kimchi from a professional Korean instructor! Since long ago, neighbors in Korea would come together to make kimchi – this practice of gathering to make kimchi is called “kimjang.” At this kimjang event, participants will get to experience the feeling of solidarity and community by making kimchi together. Participants will make two types of kimchi (cabbage and radish) and get to take both home. Bossam (pork wraps) will be served to eat with the kimchi afterwards at the tasting party. A recipe pamphlet will also be provided! Don't miss out on this rare opportunity to experience an important part of Korean culture!

Date: Dec. 1st (Fri) 13:00 – 16:00 (for everyone)

Dec. 2nd (Sat) 13:00 – 16:00 (students given priority but everyone can apply)

Location: CrossPal 5th floor Cooking Room

Fee: ¥2,000 (for kimchi ingredients, bossam, and cookware)

Spots: 24 people per day (pick one day); there will be a lottery if more than 24 people apply, lottery results will be announced in the beginning of November (this event is for high school students and older)

What to bring: Bandana, handkerchief, towel, and containers to take home kimchi in

Sign up: By Oct. 25th fill out the form (QR code) or send in a post card (with reply card) with the following: name of the event, your name, age group (20s, 30s, etc.), phone number, and desired date (Dec. 1st or 2nd). You are allowed to bring one other person, please also write their name and age group

Contact: 025-225-2727



Fun Japanese Class Social

Come and watch foreign students show off their Japanese skills with speeches and presentations! There will also be traditional music and dance performances, as well as prizes.

Date: Nov. 4th (Sat) 13:30–15:00

Place: CrossPal 5th floor Exchange Hall

Fee: Free!

Spots available: 50 people

For more info/sign up: 025-225-2727 or

kyokai@nief.or.jp



Free Administrative Scrivener Consultation

Get free consultation on visa qualifications, applying for permanent residency, doing business in Japan, car registration, traffic accident compensation, and more!

Date: Oct. 21st (Sat) 10:00 – 16:00

Location: CrossPal 3rd floor Room 306

Fee: Free!

Sign up: Call Niigata Prefecture Administrative Scrivener Society, Mr. Takano at 070-1189-8555



Salon Exhibit: Japanese Manga & Anime in the USA + Showa Era Japanese Anime & Manga

This exhibit features slides from the lecture last month, as well as manga and figures from the Showa era. Come and learn about how Japanese manga and anime was introduced to the USA and check out the items on display!

Date: Sep. 16th (Sat) – Nov. 16th (Thu) 9:00 – 17:00

Closed: Sundays, holidays, and Oct. 23rd

Location: CrossPal 2nd floor



CrossPal Niigata Culture Festival

CrossPal's culture festival returns after 4 years! Various international associations, including the Niigata-Galveston Committee, will share about their international exchange activities, host quizzes, sell fair trade goods, and more! For more information, please check the NIEF website.

Date: Oct. 20th – 22nd (Fri – Sun)

Location: CrossPal 2nd floor

Fee: Free!



Introducing Mr. Satou Takashi

Meet Mr. Satou, NIEF's new representative director! As the representative director, Mr. Satou helps organize and promote international exchange events.

My name is Satou Takashi and I am the new representative director of the Niigata International Exchange Foundation. It's a pleasure to be here.

After 40 years of working at the Niigata City Office, I retired from my post as the executive director of the Water Supply Bureau on March 31st. During my time there, I worked in several different areas doing regular clerical work. Unfortunately, I never had the opportunity to be directly involved in any foreign affairs work. I'm sure there is a lot I don't know, but I hope everyone will teach me and help to deepen my understanding.

The circumstances surrounding the world and Japan sometimes change in ways that we don't expect and at times we are forced to face difficult circumstances, but it is during these times that steady exchange and mutual understanding at the citizen level becomes important.

With your understanding and guidance, I hope to make some contributions in the development of Niigata City's international exchange. I look forward to working with all of you.



Autumn Tokimeki Concert

Folk dances are said to be the heart of Japan, so why not come and learn how to dance one? Participants will learn the Niigata Jinku, Niigata's folk dance. The dance will be accompanied by *shime-daiko* drums and *shinobue* flutes played by elementary school students. Participants will be taught the dance on stage as part of the Autumn Tokimeki Concert. Kimono will be provided for the event. Come and wow the locals with your dance skills! (Foreign residents only)

Date: Nov. 3rd (Sat) Meet up at 11:30

Location: Konan Ward Culture Hall, 3-1-14 Chinoyama, Konan Ward

Fee: Free! Also comes with free bento lunch!

Spots: 20 spots

What to bring: Tabi socks or zori sandals if you have them, if not bring beach sandals

Sign up: By Oct. 15th, Call Mr. Murata @ 070-5450-6614 or Email: tsymurata@yahoo.ne.jp

*When you sign up, please say your name, nationality, phone number, gender, and height

For those interested in attending the concert and not participating in the performance, the details for the event are below.

Part 1: Professional performances of the Niigata Jinku, Sado Okesa, Niigata Sasadangobushi, and other folk dances as well as popular songs like Totoro played on the *shinobue* flute.

Part 2: Children's performances on *shime-daiko* drums and *shinobue* flutes, as well as a folk dance performance by foreign residents of Niigata.

Date: Nov. 3rd (Sat) 13:00 (doors open at 12:00)

Location: Konan Ward Culture Hall, 3-1-14 Chinoyama, Konan Ward

Fee: ¥500 (same day tickets available)

Sign up/Contact: Ms. Satou 090-8849-6506



Momo with Special Momo Sauce



This recipe was provided to us by Ms. Limbu Iksha from Sunsari, Nepal. Momo are steamed dumplings filled with a variety of meats, vegetables, and cheeses depending on the region. This recipe features ground chicken or pork and vegetables. Check it out and try it for yourself!



Ingredients for Momo (makes 12 dumplings)	Amount
Dumpling wrapper	12
Ground chicken or pork	200g
Green onion	1
Tomato	1
Onion	1
Cabbage	1/4
Garlic	2 cloves
Ginger	1/4
Soy sauce	1 tbsp
Ajinomoto	1/2 tsp
Salt and pepper	A pinch
Cumin powder	1/2 tsp

Ingredients for Sauce	Amount
Garlic	3 cloves
Onion	1/2
Green onion	To taste
Tomato	1
Salt and pepper	A pinch
Cumin powder	1/2 tsp
White sesame	1/2 tbsp
Peanuts	10 kernels
Chili peppers	To taste
Lemon	1/4
Oil	1 tbsp



Steps for Momo:


1. For filling: finely chop vegetables, then add ground meat, salt and pepper, and spices. Mix well.
2. Apply water around the edges of the dumpling wrap and place filling in the center.
3. Bring the outer edges of the wrap to the center and press them together.
4. Squeeze the edges together tightly to seal the dumpling so that it doesn't leak while cooking. If the filling leaks out while sealing it, remove some filling and seal the dumpling again.
5. Place the dumplings in the steamer and steam for about 20 minutes. (Place parchment paper or oil at the bottom of the steamer so the dumplings don't stick.)

Steps for Sauce:

1. Finely chop the vegetables (except the tomato, which should be diced) and set aside. Fry the chopped garlic in oil, then add the onion. Soak the white sesame and peanuts in water for 30 minutes.
2. Once the onions have browned and softened, add the green onions, tomatoes, white sesame, and peanuts and fry for another 5 minutes. (Be sure to remove excess water from the tomatoes, white sesame, and peanuts before adding)
3. Add salt and pepper and cumin powder and simmer for about 5 minutes.
4. Cool the sauce and puree in a blender. Add squeezed lemon juice. (Add cilantro if desired.)

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 schedule for the current session are available on the NIEF website: https://www.nief.or.jp/		Ms. Kiyoko Tanaka Tel: (025) 225-2727
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Japanese Study Support Group for Children & Students: NicoPal Club (Free of charge)

Day of the Week & Hours	Room No.	Content	For more info.
Every Wed 9:30 – 11:30 *Please register beforehand	202	To help students get the Japanese language skills needed to go to school in Japan.	Ms. Kiyoko Tanaka Tel: (025) 225-2727
Every Sat 10:00 – 11:30 *except 10/14 and 10/21 *Please register beforehand	201	This Japanese study circle offers support to children in the international community who are struggling with Japanese and other school studies.	

Volunteer Japanese Classes

<https://www.nief.or.jp/en/jcvg>

International Cooking Class

When: Oct. 28th (Sat), 29th (Sun), 30th (Mon)
11:00-14:00**Fee:** Foreign residents, students: ¥1,800
Japanese citizens ¥3,800**Menu:** Fall Harvest (European style) – 2 types of bruschetta, non-alcoholic beverages, creamy chicken Normandy, bean pilaf, decorated cake, and more!**Where:** Ms. Ueno's residence (3-4-16 Ogijima, Akiha Ward)**For more info/sign-up:** TEL: 0250-24-6859 (Ms. Ueno) – Please sign up at least three days before class

Notices

World Children's Book Illustrations

The art of Japanese and Korean artists from the 2021 Biennial of Illustrations Bratislava competition will be displayed at the Niitsu Art Museum.

When: Sep. 9th (Sat) – Nov. 5th (Sun) 10:00 – 17:00**Where:** Niitsu Art Museum**Fee:** ¥1,000 (¥800 students, free for JHS students and under)

SDGs World in Niigata 2023 (Ukraine)

This event aims to promote the understanding of SDGs and to support Ukraine. Come and enjoy stage performances in traditional dress and booths with fair trade goods, food, drinks, and handmade items. Donations can also be made to Ukrainian refugees in Japan.

When: Nov. 3rd (Fri) 10:00 – 16:00**Where:** Dekky 401, Basement Floor 1, 4-12-20 Kamiomi, Chuo Ward

Autumn Noh Performance

This year's autumn noh performance will be *Shakkyō* (Stone Bridge), featuring an impressive lion dance with not one, but two lions! This auspicious performance is a celebration of Ryutopia's 25th anniversary.

If you're worried about not understanding the archaic language, don't worry! Tablets with English and Japanese commentary and translations are available to rent for ¥500.

For more information, please visit the Ryutopia website.

When: Oct. 29th (Sun) 13:30 (doors open at 13:00)**Where:** Niigata City Performing Arts Center Ryutopia, Noh Theater**Fee:** S seat: ¥7,000; A seat: ¥5,500; B seat: ¥4,500;
U25 (B seat for ages 25 and under): ¥2,000**Contact/Tickets:** 025-224-5521 (11:00 – 19:00)

Consultation Services

Niigata Help Association TEL: 025-228-2212	Everyday 10:00 – 23:00 English, Spanish, Korean, Chinese, Filipino, Thai, etc.
Niigata International Association TEL: 025-241-1881 Email: nia21c@niigata-ia.or.jp URL: https://www.niigata-ia.or.jp/	Weekdays 10:00 – 17:00 English, Russian, Chinese, Filipino, Thai, Vietnamese, Spanish, Portuguese
Helpline for Foreigners TEL: 0120-279-338 (toll-free)	Press 2 after the Japanese guidance
Niigata Medical Care Information Network URL: http://qq.niigata-iyaku.jp/	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 st – 4 th Wed 13:00 – 16:00 English & Chinese
Immigration Bureau Consultation	2 nd Tue. of the month (10/10) 13:00–17:00 Thai, Vietnamese, Russian
Gyoseishoshi Association of Niigata Consultation	4 th Wed. of the month (10/25) 10:00–17:00 Chinese, Russian
Free Legal Consultation for Foreign Residents Length of Consultation: 40 minutes per person	3 rd Thur. of odd numbered months (11/16) English, Spanish, Portuguese, Russian
Education Consultation	Every Tue. 13:00–17:00 English, Chinese, Thai, Vietnamese, Russian
Place: Multilingual Consultation Center of Niigata (formerly Foreign Resident Consultation Center) (2nd floor of Toki Messe)	
Contact: TEL: 025-241-1881 Email: nia10@niigata-ia.or.jp	



Edited and Issued by the Niigata City International Exchange Foundation

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(Written and edited by Alyssa Williams & Ayako Homma)

CrossPal will be closed Oct. 23rd