



# Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation

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## Valentine's Day Crafts & Activities

The American CIR, Alyssa, will talk about how Valentine's Day is celebrated in the US and give a mini English lesson. Afterwards, participants will play a game and make their own Valentine's box and cards!

**Date:** Feb. 3<sup>rd</sup> (Sat) 10:00 – 11:30

**Location:** CrossPal 5<sup>th</sup> floor Exchange Hall

**Fee:** ¥500 per student

**Age range:** Elementary school and up, elementary schoolers must be accompanied by an adult

**Sign up/Contact:** (From Jan. 10<sup>th</sup>) Fill out the form using the code or TEL 025-225-2727 or email: [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)



## Tourist Spots in France Part III

The French CIR, Charles, will introduce France's northeastern region, including tourism, history, and culture. Learn about famous places and lesser-known areas to explore while visiting France!

**Date:** Feb. 3<sup>rd</sup> (Sat) 15:00 – 16:00

**Location:** CrossPal 4<sup>th</sup> floor Audio-Visual Theater

**Fee:** Free!

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



## Japanese Calligraphy

Come and learn some Japanese calligraphy! Afterwards, you can use your masterpiece to create a customized calendar so that you can admire it all year.

**Date:** Jan. 27<sup>th</sup> (Sat) 13:30–14:30 & 14:30 – 15:30

**Location:** CrossPal 5<sup>th</sup> floor Exchange Hall

**Fee:** ¥100

**Spots:** 16 people; Two groups of 8 people

**Sign up/Contact:** When you sign up, specify if you want to be in the 13:30 group or the 14:30 group



## Chinese Lunar New Year Celebration

Celebrate the Chinese Lunar New Year with food, drinks, a performance, and a brief introduction of the significance of this holiday in Chinese culture.

**Date:** Feb. 4<sup>th</sup> (Sun) 13:00 – 15:00

**Location:** CrossPal 5<sup>th</sup> floor Exchange Hall

**Fee:** ¥1,500 (JHS students and under are free)

**Sign up/Contact:** Fill out the form, or TEL 025-225-2727 or email: [kyokai@nief.or.jp](mailto: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:** Jan. 20<sup>th</sup> (Sat) 10:00 – 16:00

**Location:** CrossPal 3<sup>rd</sup> floor Room 306

**Fee:** Free!

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



## Salon Exhibit: Keep Smile Japan's Report on Activities in Cambodia

Keep Smile Japan, a volunteer organization in Niigata, is sharing their recent activities in Cambodia with a photo display. Come and learn about how this local group is helping people in Cambodia!

**Date:** Nov. 18<sup>th</sup> (Sat) – Jan. 11<sup>th</sup> (Thu) 9:00 – 17:00

**Closed:** Sundays and New Year's holidays (Dec. 29<sup>th</sup> – Jan. 3<sup>rd</sup>)

**Location:** CrossPal 2<sup>nd</sup> floor



## Mini Exhibit: Matchbox Cars

Several matchbox cars from the 1960s are on display, featuring models from around the world. All the cars were made in England by Lesney Products.

**Date:** Dec. 1<sup>st</sup> (Fri) – Feb. 15<sup>th</sup> (Thu) 9:00 – 17:00

**Closed:** Sundays, Jan. 22<sup>nd</sup> (Mon), and New Year's holidays (Dec. 29<sup>th</sup> – Jan. 3<sup>rd</sup>)

**Location:** CrossPal 2<sup>nd</sup> floor



## International Symposium

Ms. Sanbayashi will speak on Keep Smile Japan's volunteer activities in Cambodia and afterwards, speakers from Cambodia, Indonesia, and Vietnam will talk about their experiences living, studying, and working in Japan and Niigata.

**Date:** Jan. 13<sup>th</sup> (Sat) 14:00 – 16:00

**Location:** CrossPal 4<sup>th</sup> floor Audio-Visual Theater

**Fee:** Free!

**Sign up:** Email Ms. Sanbayashi at: [fukushidai2010@yahoo.co.jp](mailto:fukushidai2010@yahoo.co.jp)

**Contact:** Ms. Sanbayashi, TEL 070-6989-5690



## Niigata Japan-America Society Event

In honor of the 60<sup>th</sup> anniversary of the Niigata Japan-America Society, there will be a ceremony and talks by the U.S. Deputy Chief of Mission, Mr. Raymond F. Greene and the President of the America-Japan Society, Mr. Fujisaki Ichiro. The talks will be in English with Japanese interpretation. Afterwards, there will be a reception dinner.

**Date:** Jan. 30<sup>th</sup> (Tue) 17:00 – 18:20 (Ceremony & Talks); 18:40 – 20:40 (Dinner)

**Location:** Hotel Italia-ken 3F San Marco

**Fee:** Ceremony & Talk: 12F Gondolier (Dinner) (members); ¥8,000 (non-members); ¥4,000 (students, ages 20 and up)

**Sign up:** By Jan. 15<sup>th</sup>, fill out the form using the code above

**Contact:** Niigata Japan-America Society TEL 025-240-0820



## Goodbye message from Ms. Chen

Hello everyone,

My name is Chen Xiaoyan and I was in charge of consultation services at NIEF from April 2020 to October 2023. Thank you all for these past 3 years and 7 months!

I am deeply grateful for all of the people I had the opportunity to meet and for the support they provided me during my employment. I would also like to thank everyone involved in the Chinese cooking class that I held, which received good reviews. Thanks to everyone, I was able to make such incredible memories!

I would like to share a favorite saying of mine that describes how I feel at the moment: 人生虽有离别日，山水应有相逢时。It means, "In life, although there will be days of parting, just like the mountains and the rivers, we will surely meet again." I'm sure we will meet again somewhere! Everyone, 再見!

The days are growing colder and the Sun is setting earlier. All sorts of illnesses are making their way around, so please take care of your health.

Chen Xiaoyan



## New Year's Emergency Facility Hours

During the New Year's Holidays from Fri., Dec. 29th through Wed., Jan. 3rd municipal services such as the City and Ward Offices will be closed. The following are the hours of some of the services that will be open.

### Day Care Services for Sick Children

Ward	Facility Name	Days Open
Higashi	Kidokko	12/29 (Fri) 8am – 6pm
Akiha	Kishapoppo	
Konan	Mori no ouchi	
Chuo	Takenoko	

### Emergency Medical Hotline

12/29 - 1/3	Hours: 24 hours
For ages 15+	Call #7119 or 025-284-7119
Ages up to 14	Call #8000 or 025-288-2525

### Emergency Mental Health Hotline

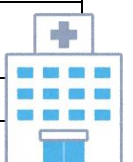
24 hrs TEL 0258-24-1510



### Emergency Medical Facilities



Facility Name	Clinic Type	12/29	12/30	12/31 (Sun) – 1/3 (Wed)
Emergency Medical Center TEL 025-246-1199	Internal Medicine, Pediatrics	7pm – 7am	2pm – 7am	7am – 7am
	Orthopedics	7pm – 10pm	3pm – 9am	9am – 10pm
	Gynecology, Neurology, Optometry, ENT	Closed		9am – 6pm
Dental Health and Welfare Center TEL 025-212-8020	Dentistry	Closed		10am – 5pm
Nishikanbara District Holiday and Nights Emergency Center TEL 0256-72-5499	Internist, Pediatrics	7pm – 10pm		9am – 5pm, 7pm – 10pm
	Dentistry	Closed		9am – 5pm





## Recipe Corner

### Mohingar



Mohingar (မုန့်ဟင်းခါး) is a popular noodle and fish soup from Myanmar. This recipe was provided by Ms. Hsu Myat Win, a Niigata resident from Palaw, Myanmar. Enjoy this warm, comforting dish!



Ingredient	Amount	Ingredient	Amount	Toppings
Somen noodles	200 g (4 bundles)	Vegetable oil	1 Tbsp	Boiled eggs (2)
Catfish (or mackerel)	400 g (sliced)	Nam pla (fish sauce)	2 Tbsp	Cilantro
Onion	2	Water (for soup)	1,200 cc	Lemon
Garlic	2 cloves	Turmeric	1 tsp	Chili pepper
Lemongrass (dried)	2 stalks	Chili pepper	1 tsp	
Ajinomoto	1 tsp	Salt	2 tsp	
Roasted soybean powder (kinako)	4 Tbsp	Pepper	1 tsp	
Rice flour	2 Tbsp	Sugar	2 tsp	

#### Instructions:

**Yield: 4 servings**

1. Place the catfish (or mackerel) in a pot with enough water to submerge it (water not included in recipe above). Add lemongrass (1 stalk) and turmeric, cover with a lid, and simmer for 5 minutes at low heat. Remove the fish, cool, then slice into thin pieces (remove the skin and bones if there are any).
2. Mince the onion (1), lemon grass (1 stalk) and garlic. Slice the remaining onion. Cut the boiled eggs in half vertically.
3. Add vegetable oil to the pot, as well as the minced vegetables, chili pepper, and nam pla. Then, add the sliced fish and pepper, and stir well. Gradually add water and increase the flame to medium heat. After the water comes to a boil, add the sliced onions, ajinomoto, sugar, and salt. Add the roasted soybean flour and rice flour after first mixing with a small amount of water so that there are no clumps. Cover with a lid and simmer for 20 minutes at medium heat.
4. In a separate pot, boil water and add the somen noodles. Boil. Rinse under running water and then remove the excess water.
5. Transfer the noodles to a serving bowl. Pour in the soup and add the toppings (boiled eggs, cilantro, chili pepper, etc.) as desired.

## Niigata Jazz Street

It's time for the biannual Niigata Jazz Street! Come and enjoy a day of jazz with performances by local jazz musicians from Niigata and surrounding prefectures. This event has performances taking place simultaneously across multiple venues, including cafes, bars, and concert halls. Check the schedule and plan out your day!

**Date:** January 20<sup>th</sup> (Sat) 12:00 – 23:00

**Location:** Cafes, bars, concert halls, etc. in the Furumachi & Niigata Station area (check the website for more details using the code to the right)

**Fee:** ¥2,000 for a 1-day pass to all shows (JHS students and under are free), comes with 1 drink

\*Available for purchase at each venue, Ryutopia information center, and Media Ship 1F information center


**Contact:** Jazz FLASH, TEL 025-224-4518





## 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: <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: NicoPal Club (Free of charge)

Day of the Week & Hours	Room No.	Content	For more info.
Every Wed. (contact for info)	202	Please contact Ms. Tanaka for more information.	Ms. Kiyoko Tanaka Tel: (025) 225-2727
Every Sat. 10:00 – 11:30 *except 1/6 *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: Jan. 27<sup>th</sup> (Sat), Jan. 28<sup>th</sup> (Sun), Jan. 29<sup>th</sup> (Mon)  
11:00-14:00Fee: Foreign residents, students: ¥2,000  
Japanese citizens ¥3,800

Menu: Ehomaki sushi rolls and fermented foods – Vegetarian ehomaki sushi rolls, malted rice natto, hot pot with sake kasu, homemade shirozake, 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

Free Legal Consultation for Foreign Residents

Get free consultation on work issues, contracts, financial compensation, marriage or divorce trouble, and more! If you need an interpreter, please let us know and one will be provided for free.

Date: February 17<sup>th</sup> (Sat) 13:00 – 16:40Location: CrossPal 2<sup>nd</sup> floor

Spots: 5 time slots (40 minutes per person)

Fee: Free!

Sign up: Call 025-225-2727 or email [kyokai@nief.or.jp](mailto:kyokai@nief.or.jp)PSA: Holiday Trash CollectionDue to the holidays, there will be a special collection of burnable trash on Dec. 31<sup>st</sup> but no trash collection between Jan. 1<sup>st</sup> and 3<sup>rd</sup>. Collection services will resume on Jan. 4<sup>th</sup> (Thu).Free Legal Consultation

Houterasu is now offering free law consultation at the Multilingual Consultation Center of Niigata. With this additional service, foreign residents will now be able to receive free legal consultation every month, instead of every other month. Appointments must be made at least 5 days in advance. Please see the "Consultation Services" table below for more details.

## 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: <a href="mailto:nia21c@niigata-ia.or.jp">nia21c@niigata-ia.or.jp</a> URL: <a href="https://www.niigata-ia.or.jp/">https://www.niigata-ia.or.jp/</a>	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: <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
Immigration Bureau Consultation	2 <sup>nd</sup> Tue. of the month (1/9) 13:00–17:00 Thai, Vietnamese, Russian
Gyoseishoshi Association of Niigata Consultation	4 <sup>th</sup> Wed. of the month (1/24) 10:00–17:00 Chinese, Russian
Free Legal Consultation for Foreign Residents Length of Consultation: 40 minutes per person	3 <sup>rd</sup> Thur. of odd numbered months (1/18) English, Spanish, Portuguese, Russian
Houterasu Free Legal Consultation for Foreign Residents Length of Consultation: 40 minutes per person	3 <sup>rd</sup> Mon. of even numbered months (2/19) 13:00 – 17:00 English, Filipino
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](mailto:nia10@niigata-ia.or.jp)

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(Written and edited by Alyssa Williams &amp; Ayako Homma)

CrossPal will be closed Jan. 1<sup>st</sup> – 3<sup>rd</sup> and Jan. 22<sup>nd</sup>