

Winter Preparation Tips 冬の準備の助言

As the lights fade from the Halloween pumpkin lanterns, the next major event of the year is drawing close – the beginning of winter. Many of our international residents may not have lived in a country with snow, ice or even a winter at all, so this month's issue is all about preparing yourself for the Hokkaido winter.

Winterize your Home

November tends to be when the snow starts to fall in Obihiro, and we would recommend preparing for it as soon as you can, starting with your home.

Check that your heater is working properly, and that you have plenty of fuel for it. If you have a kerosene heater, please remember to only use it in a properly ventilated area. Keeping a window slightly open should keep the heat in while letting dangerous gases out.

You can insulate your windows by sticking bubble wrap to them with tape. Special plastic insulation sheets that you can apply using just water are also available online. Remember though that if you have a sliding window/door, once you have insulated it, you cannot open it without removing the insulation first. Finally, stock up on long-lasting food items. You don't want to have to go shopping in the middle of a snow storm!

Preparing for the Outdoors

First thing to do is to stock up on warm clothes.

If you don't have them, we would recommend getting some thermal vests, snow boots and a good winter jacket. Ideally, the jacket should continue past your knees to stop any fallen snow from sliding down and soaking your trousers. In addition, we recommend getting gloves for your hands and slip-on cleats for your boots to prevent slipping. You can find ice cleats at most sports shops and convenience stores. While a cheap pair of ice cleats will do for most urban walking activities, we recommend buying a good quality thick pair of gloves. They'll help protect your hands even in extreme temperatures and also



prevent them from being cut on ice that's hidden under snow if you slip.

Shoveling Snow

You may find that you need to shovel some snow from around your house from time to time. While snow looks light when it's falling to the ground, once it builds up it can become extremely heavy and shoveling it incorrectly can cause injury. If your apartment doesn't provide one, it would be a good idea to buy a snow shovel. If you can, find and buy a shovel that is long enough for your height. The less you have to bend down, the better.

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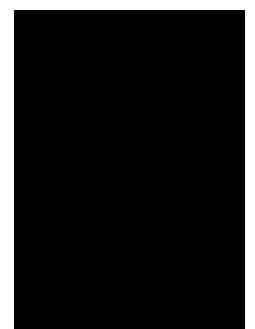
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Events at TIRC and in Tokachi and Obihiro

When	What	Where/Contact
11/9, 11/23 (Sat) 16:00-18:00	Japanese Conversation and Learning Table 日本語講座 Improve your Japanese language skills in a friendly environment. TIRC Winter Garden Fee: Free of charge Organized by the Tokachi International Association	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihoro.hokkaido.jp
11/ 13 (Wed) 19:00-21:00	International Mini-Volleyball Night 国際ミニバレー・ナイト Meet new friends from around the world while enjoying a fun and easy sport. TIRC Multi-purpose Hall Fee: Free of charge Organized by the Tokachi International Association	
11/16 (Sat) 10:00-11:30	56th Kids Playground (The Philippines) 第56回キッズ・プレイグラウンド(フィリピン) Come with your children to learn and play while meeting local families. This month's theme is the Philippines. Rochelle, our guest from the Philippines, will interact with the children through songs, dances and arts and craft. TIRC Multi-purpose Hall Fee: Free of charge (no registration required) For children 0-6 years old and their parents/guardians. Organized by the City of Obihiro	
11/16 (Sat) 18:30-20:00	76th International Talk (Comoros) 第76回インターナショナル・トーク(コモロ) Learn more about the countries of the world. This month's sub-theme is "Where African and Middle Eastern Culture Meets". Our guest is Fayadh, who is an exchange student from Comoros. He will introduce his country and share more about Comoros' culture and interesting facts about Comoros. Participants can interact with the guest through a quiz game and free conversation. TIRC Winter Garden Fee: Free of charge (no registration required) For junior high school students and older. Organized by the City of Obihiro	
11/24 (Sun) 10:00-15:30	Tea Ceremony ~Winter~ 森の茶会~冬~ Experience traditional Japanese tea ceremony. Eligibility of participants: Foreign citizens residing in Tokachi (first 50 participants go free) Obihiro residents above the age of 13 (limited to 10 participants) 300 yen — Tea ceremony (TC) 500 yen — Tea ceremony with tea-making session (TCM) The time slots for the Winter Tea Ceremony are as below: 1st session 10:00-10:20 (TC) 2nd session 10:30-10:50 (TC) 3rd session 11:00-11:20 (TC) 4th session 11:30-11:50 (TC) 5th session 13:00-13:40 (TCM) 6th session 13:50-14:30 (TCM) Applications taken from 11/6 to 11/23 (Phone in to sign up) Organized by the City of Obihiro	

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When you're shoveling snow, make sure your back is straight when picking the snow up. Lift with your legs, not your back! Finally, take it one small piece at a time. Don't try to shovel all the snow at once or you might injure yourself. Only shovel as much as you can easily lift.

Getting your Vehicle Winter-Ready

Make sure your vehicle is prepared for the winter as well. If you own a car and haven't changed to snow tires and winter windshield wipers yet, do so as soon as possible.

In the mornings, make sure you give yourself enough time to dig out your car before going to work or school! Similarly, when travelling anywhere be aware that road conditions may be poor, so take your time getting there to help prevent any accidents.

It would also be a good idea to get a snow shovel to keep in the trunk, along with some de-icing salt to melt any slippery patches if you get stuck and sand to help give your car traction in snow. If you get stuck on ice without any salt, you can also use pieces of cardboard or even your cars' floor mats to gain traction.

If you intend on taking any trips far from home,

keep a blanket and some non-perishable foods in your car in case you find yourself stuck somewhere overnight.

If you do get stuck, call someone for help and do not leave your car, especially in extreme weather conditions.



Other Things to Look Out For

When walking near buildings, be aware that icicles and snow can build up on roofs and awnings. These icicles and snow can suddenly become dislodged, and are extremely dangerous, causing great injury or even death if it were to fall on someone. Keep an eye out for any potentially dangerous areas when walking close to buildings and try to avoid walking under these areas if at all possible.

If leaving your home for more than a couple of days, be aware that pipes will begin to freeze at outdoor temperatures below -4°C . Be sure to drain your pipes to prevent them from freezing or bursting.

Stay safe this winter and enjoy the snow!

The 13th Multicultural Festival 第13回国際文化祭



Enjoy traditional dances, songs, music and fashion from around the world. There will be a handicrafts exhibit, popularity vote and a lottery!

Date/Time: November 30th (Sat), 16:00-18:30

Location: Tokachi International Relations Center (TIRC)

Multipurpose Hall

West 20, South 6-1-2, Obihiro, Hokkaido,
080-2470

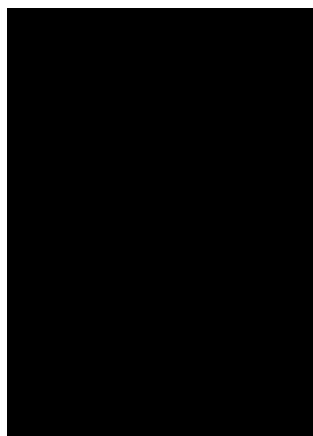
Cost: Free of charge (No registration required)

Organized by the Committee for Improvement of the City

Movies At Cinema Taiyo, in Obihiro

(Nishi 3, Minami 11)
Tel: (0155) 20-1525

Times and movies are subject to change! (for space reasons not all movies are listed)
To confirm, call or check online at: http://www.taiyogroup.jp/cinema/theater/_obihiro/movie.shtml



Title	Language	Dates
Joker	Jpn Sub	Until 21st
Maleficent 2	Jpn Sub/Dub	All Month
It: The End	Jpn Sub	From 8th
Terminator: New Fate	Jpn Sub	From 15th
Frozen 2	TBD	From 22nd
Once Upon a Time in Hollywood	Jpn Sub	From 29th

Events Continued

When	What	Where/Contact
10/31-11/4 (Thu-Mon)	50th Annual Obihiro Chrysanthemum Festival 第50回おびひろ菊まつり Surround yourself in Japan's fall flower, the chrysanthemum. Meticulously grown award-winning chrysanthemums will be on display. Enjoy the fall festivities, including performances, food and more.	Tokachi Plaza とかちプラザ 帯広のまつり推進委員会 0155-22-8600
11/2-11/3 (Sat-Sun) 10:00-18:00	Summer Farewell Festival 夏ありがとうフェスタ Experience summer one last time! The bouncing dome will have extended opening hours and you can enjoy a variety of food and goods along with other activities.	Tokachi Ecology Park 十勝エコロジーパーク 0155-32-6780 http://tokachi-ecopark.jp/
11/23 (Sat) 9:40-14:00	38th Memuro Harvest Festival 第38回めむろ収穫感謝祭 Celebrate the Memuro harvest in this event. There will be 1000 free bowls of pork soup given away! Many local food and drink stands and games and activities will be provided for all ages to enjoy.	JA Memuro Head Office Grounds JAめむろ本部事務所敷地内 第38回めむろ収穫感謝祭実行委員会 0155-62-2313
11/30-2/18 (Sat-Tue)	Obihiro Illumination Project おびひろイルミネーションプロジェクト An illumination show lighting up the symbol tree in front of Obihiro Station along with 7 other trees for the winter period. An opening ceremony will be held on the first day as well as a santa parade from the station to Fujimaru Department Store.	JR Obihiro Station JR帯広駅前 帯広市商工観光部商業まちづくり課 0155-65-4164

Obihiro Pioneer can be found at the following locations: Obihiro City Hall, Tokachi International Relations Center, Obihiro University International Center, Obihiro Tourism and Convention Center inside the Obihiro JR Station, Obihiro Public Library, Tokachi Plaza, Cinema Taiyo, Joy English Academy and online at www.city.obihiro.hokkaido.jp (click on "Information for Foreigners")

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