

Tokachi's Winter Weather

Can you feel the chill in the air? Winter is coming soon to Tokachi, and with it the famous Tokachi cold. But why exactly is Tokachi so cold? In this month's issue of Obihiro Pioneer, we examine why.

The reason why Tokachi is so cold in winter starts in Siberia. In winter time, northwesterly winds bring cold air and snowfall from Siberia to Hokkaido. However, Tokachi is surrounded by a mountain range, which the heavier air containing snow struggles to climb over. This results in a large snowfall on the north-easterly side of the mountain range, and the now lighter cold dry air flowing into Tokachi, bringing with it clear sunny weather. This sunny weather in turn further decreases the temperature, as the clear skies allow heat naturally produced by the earth to escape into the atmosphere more easily.

These factors result in a lower snowfall compared to the rest of Hokkaido and a very low average temperature in the Tokachi region. However, the combination of these low temperatures and sunny weather can result in some spectacular weather phenomena, such as:

十勝の冬の天気

Unryu

On sunny days when the temperature drops below -15°C , keep an eye out for Unryu on the banks of the Tokachi river! This slow-moving undulating cloud of mist forms just over the river's surface and follows all the way along its length like a winding dragon made of mist.

Sun Pillars

On cold days, look to the horizon during sunset and you may spot pillars of light stretching up into the sky! These pillars are formed when particles of ice in the atmosphere reflect light back to the observer, giving the impression that light sources stretch far up into the sky, forming pillars of light.

Diamond Dust

This phenomenon is somewhat rare in certain areas of Tokachi, but on sunny days when it's very cold, the ambient moisture in the atmosphere at ground level can freeze, causing the air itself to shimmer and sparkle around you like magic.

Keep an eye out for these special phenomena when the temperatures start to drop!

Contents:

Tokachi Winter Weather	1
Events	2, 4
Japan's Flu Season, International Food Festival	3
Movies	4



Japan's Flu Season (pg 3)



Events (pg 2, 4)



Movies (pg 4)

Events at TIRC and in Tokachi and Obihiro

Please be aware that these events may be cancelled to prevent the spread of COVID-19.

To find out if these events are still running, please contact the respective organizers.

When	What	Where/Contact
11/11 (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 Multipurpose Hall 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.obihiro.hokkaido.jp
11/14 (Sat) 16:00-17:30	Japanese Conversation and Learning Table 森の日本語レッスン Improve your Japanese language skills in a friendly environment. TIRC Winter Garden Fee: Free of charge Organized by the Tokachi International Association	
11/14 (Sat) 10:30-12:00	Kids Playground (Bangladesh) キッズ・プレイグラウンド(バングラデシュ) Come with your children to learn and play while meeting local families. This month's theme is "Bangladesh". Sabrin, our guest from Bangladesh, 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	
11/21 (Sat) 18:30-20:00	International Talk (Iran) インターナショナル・トーク(イラン) Learn more about the countries of the world. This month's sub-theme is "Present-day Iran". Our guest is Alireza, an exchange student from Iran. He will introduce his country and share more about Iranian culture, lifestyle and more. Participants can interact with the guest through a presentation, quiz and Q&A session. TIRC Winter Garden Fee: Free of charge (no registration required) For junior high school students and older. Organized by the City of Obihiro	

Japan's Flu Season

日本の季節性インフルエンザ

Winter in Japan heralds the arrival of the yearly flu season, with peak season typically being expected from December to March. With COVID-19 still circulating, this year it's more important than ever to protect yourself as much as possible. Here are some steps we can take to ward off the flu this winter:

Continue to follow COVID-19 preventative measures as much as possible

Avoiding the "Three Cs", frequent handwashing and use of alcohol-based hand washes, wearing face masks and practicing cough etiquette will help prevent the flu in addition to COVID-19.

Keep a balanced diet and get enough sleep

To help fight off any infections, your body needs to be in good condition, so help take care of it by making sure you have a balanced diet and you're getting plenty of rest. While the amount of sleep needed to feel rested varies from person to person, on average getting 7-9 hours of sleep each night is recommended.

Maintain an appropriate level of humidity

Dry air can lower the natural defenses we have against airborne diseases by drying out defensive membranes in our body. It's recommended to maintain a humidity level of 50-60% using a humidifier etc., particularly in rooms where the air loses moisture easily.



Get the flu vaccine

You can get a yearly flu vaccine that can either protect against or help lessen the effects of the upcoming season's flu. Ask your doctor about the influenza vaccine (インフルエンザワクチン接種 *infuruenza wakuchin sesshu*). The cost of the vaccine will vary from clinic to clinic, but discounts are available for senior citizens (age 65 and over), high-risk individuals between the ages of 60 and 65, and middle school 3rd and high school 3rd year students. Please inquire at your local health department for more detail.

Let's do our best to stay healthy this winter!

The 1st International Food Festival 第1回国際食文化祭

THE COMMITTEE FOR IMPROVEMENT OF THE CITY PRESENTS

International Food Festival #01

Limited to the first 40 people
Registration period:
Nov 3 (Tue) - Nov 20 (Fri)

TO REGISTER CONTACT
TOKACHI INTERNATIONAL
RELATIONS CENTER
AT RECEPTION OR BY PHONE

Taste 4 cuisines from 4 countries as prepared by international students and vote for your favorite one!
Enjoy performances, a world crafts display, and a prize raffle!

NOVEMBER 28 (SAT), 2020, 16:30-18:30
AT TOKACHI INTERNATIONAL RELATIONS CENTER
(WEST 20 SOUTH 6-1-2, OBIHIRO)
TEL: 0155-34-0122 | EMAIL: TIRC@CITY.OBIHIRO.HOKKAIDO.JP

Taste 4 cuisines from 4 countries as prepared by

international students and vote for your favorite one!

Enjoy performances, a world crafts display, and a prize raffle!

Date/Time: November 28th (Sat), 16:30-18:30

Location: Tokachi International Relations Center (TIRC)

Multipurpose Hall

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

Cost: Free of charge (Registration required)

Spaces Available: Limited to 40 applicants

Registration Period: November 3rd (Tue) - November 20th (Fri)

9:00-17:00 (excluding Mondays and days
after public holidays)

Registration: Contact TIRC at reception or by phone at
0155-34-0122

Organized by the Committee for Improvement of the City

Due to COVID-19, release dates for new films have been postponed. Cinema Taiyo Obihiro will be showing past films at discounted rate. Please contact Cinema Taiyo directly for more details.

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
The Asadas! (浅田家, <i>asadake</i>)	Jpn Dub	All month
Demon Slayer: Kimetsu no Yaiba the Movie: Mugen Train (劇場版「鬼滅の刃」無限列車編, <i>Gekijouban Kimetsu no Yaiba Mugen Ressya-hen</i>)	Jpn Dub	All month
The Voice of Sin (罪の声, <i>Tsumi no Koe</i>)	Jpn Dub	All month

Events Continued

Please be aware that these events may be cancelled to prevent the spread of COVID-19.

To find out if these events are still running, please contact the respective organizers.

When	What	Where/Contact
11/7 (Sat) 9:30-10:45	Boy Scout Experience: Autumn Camp ボーイスカウト体験隊「野外でおやつを作ろう」 Make and eat snacks cooked over a charcoal fire. Limited to 20 participants Fee: 200 Yen For pre-school children and older (children in elementary school 4rd grade and under must be accompanied by a guardian)	Tokachi Ecology Park Visitor Center South-facing Wooden Deck 十勝エコロジーパーク 0155-32-6780 www.tokachi-ecopark.jp
11/7 (Sat) 11/8 (Sun) 10:00-15:00	Summer Farewell Festival 夏ありがとうフェスタ Rent bicycles free of charge, enjoy events and a gourmet corner, all while showing your gratitude for another fun summer. Limited to 15 participants Fee: 2000 Yen For elementary school children (for 1-3rd grade children, please contact Tokachi Ecology Park in advance)	Tokachi Ecology Park Visitor Center 十勝エコロジーパーク 0155-32-6780 www.tokachi-ecopark.jp

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")

"Obihiro Pioneer" is a newsletter published monthly by the Obihiro City Tourism and Goodwill Exchange Section for residents of the Tokachi District and related parties. The contents of this newsletter do not necessarily represent the official views or opinions of the Tourism and Goodwill Exchange Section or the City of Obihiro. Questions? Tel (0155) 65-4133 or send e-mail to the Editing Team at international@city.obihiro.hokkaido.jp.