



Obihiro Pioneer

Tourism and Goodwill Exchange Section Newsletter

CONTENTS



Letter from the...
Page 1



Mountain Hiking...
Page 1, 2, 3

Movies
Page 3



Events
Page 4

ば わ ま な し あ し ょ
つ べ ん ほ っ っ ん ぬ も
し せ だ け い さ と づ
は っ ず み し ろ か く
ね べ と け き み ほ な
しく よ ひ し し ま ら
ろ り こ ほ ろ か く し
ふ む ろ ひ び お べ わ
い た め に ろ い っ い

Word Search
Page 4

Letter from the Editor

Hello Pioneers and welcome to the revised edition of Obihiro Pioneer! We took a one month break to work on the newsletter and are back with some changes that will hopefully make the newsletter more informative and helpful to the readers. Here are some of the changes we have made:

- Rework/simplification of cover page, including logo and contents bar rework
- Double column → Single column articles to help readability
- Continuous articles (no more jumping from page 1 to page 3)
- Expanding of event information sources (with more in the works)
- Content shift from international culture to Tokachi/Japan-focused articles
- Simplified movie language information and title Romanization
- Depending on space, a section with Japanese language games

These changes were based off reader comments on what they want more of from Obihiro Pioneer. We will continue to make modifications in the future to continuously improve the newsletter and provide a more informative reading experience. Thank you!

- OP Staff

Mountain Hiking in August 8月に山でハイキングしよう

Japan is a country covered in mountains and volcanoes; so much so that they have become a common symbol in Japanese culture. It comes as no surprise then that a culture with such a strong connection to nature has a holiday celebrating the mountains that dominate the Japanese countryside. 山の日 (yama-no-hi), Mountain Day is celebrated on the 11th of August every year. 2021 is exceptional however with Mountain Day falling on the 8th due to the Olympics. This month, to celebrate Mountain Day, we'd like to show you how you can get in the mountain day spirit and head to the mountains around Tokachi while staying safe!

For those who enjoy hiking, Hokkaido is an excellent destination, and given Tokachi itself is ringed by a variety of



Continued on Page 2

Continued from Page 1

mountains to challenge you'll be spoiled for choice. To the west of Tokachi lies the Hidaka mountain range and to the north lies Deizetsuan National Park, a large area of gorgeous mountainous wilderness that lies right in the middle of Hokkaido and is home to many well-established trails to a variety of peaks. Ranging from the volcanic caldera of the still active volcano Tokachi-dake to the peak of Asahi-dake, known as "the playground of the gods" to the indigenous Ainu people and the tallest mountain in Hokkaido, there's a variety of features and challenges to appeal to everyone. Even if you are more inclined towards a gentle stroll, there's still plenty of opportunity to get into the mountains such as at the Sahoro Bear Mountain Research Center in the Hidaka mountain range where there is a set walking course where you can also keep an eye out for bears in a habitat that simulates their natural habitat!

Speaking of bears, wherever you choose to hike, it's important to keep safety as your first priority at all times. While the likelihood of being attacked by a bear is low, it is never zero. There are a number of things you can do to stay safe however:

Make noise while on the trail – Bear bells are designed to do this, but music or simply talking with friends will also accomplish the same effect. Bears in Hokkaido are naturally wary of coming in contact with humans and will usually choose to run away if they know you are coming. A surprised bear may attack in defense, so making noise to warn any bears in your area of your presence can help prevent this.

Never approach a bear – If you do spot a bear, make yourself appear as large as possible, but do not attempt to intimidate it. Do not panic, just quietly and calmly back away slowly, while gently talking to the bear so that it is aware of your presence. If it is walking towards you, calmly back away out of its path. If you see a bear cub, maintain as much distance as you can, and never get between a mother bear and her cubs.

Travel as a group – There is always safety in numbers.

Do not feed the bears – If you are travelling with food, do not offer it to any of the wildlife. Bears in particular have a very good sense of smell, so if you are camping make sure to place your food away from your tent so as to avoid any bears breaking into your tent in the middle of the night.

When hiking you will be stepping into the natural habitat of not just bears but many animals, insects and plants which may do you harm if not handled correctly.

Some general points to keep in mind are:

Wear long sleeves and trousers if possible – The Hokkaido wilds are host to a number of dangers such as tick-borne Lyme disease. If you are hiking a trail where you will be travelling through long grass or foliage, having as little skin exposed as possible will help prevent ticks from getting to you. Regularly checking for these tiny hitch-hikers and having a tick removal kit in your first aid kit will also help keep you safe



The view of Tokachi from Mt. Sahoro

Wear sturdy hiking boots – In addition to protecting your feet and ankles from injury during these kinds of activities, they may also help protect from the possibility of snake bites. Snakes in Hokkaido are very unlikely to kill you, but their bites may still require hospitalization.

Do not drink the water or touch the wildlife – Echinococcosis is a parasite that can be potentially fatal to humans. In the case of Hokkaido it resides primarily in foxes.

It can be transferred to humans through contact with foxes, their feces or bodies of water where foxes may be active. If you must drink the water, make sure to boil it or chemically purify it beforehand.

In addition to all of this there are other things you can do and prepare for before going hiking to make sure your trip is enjoyable, worry-free and above all, safe.

Inform the police of your plans and route – This can be done online and is highly encouraged as it will help rescuers locate your whereabouts in case of emergency.

Be prepared for unseasonably bad weather – The mountains of Hokkaido have highly variable conditions, particularly around the peaks. Be prepared for large drops in temperature and wet & windy conditions. Hypothermia is a very real and very serious risk if caught out in the rain unprepared.

Plan your route in advance – The Geospatial Information Authority of Japan (GSI) provides topographical maps of Japan for free online. Make sure to check your intended route to ensure that it is an appropriate challenge for your skill level. In addition there are plenty of other websites that list a variety of easy to understand trails and routes throughout Hokkaido such as hokkaidowilds.org, etc.

If you decide to spend Mountain Day looking down on the world from above, we wish you a safe hike and hope you have a great time!

Movies @ Cinema Taiyo, Obihiro

Not all movies are listed. Times and movies are subject to change. To confirm, call or check online at: www.taiyogroup.jp/movie/obihiro		
Title	Lang	Dates
Black Widow <i>Burakku Widou</i>	EN	Until 19 th
Belle <i>Ryū to Sobakasu no Hime</i>	JP	All month
My Hero Academia: World Heroes' Mission <i>Boku no Hīrō Akademia Wārudo Hīrōzu Misshon</i>	JP	From 6 th
F9 <i>Wairudo Supīdo Jetto Bureiku</i>	N/A	From 3 th
Free Guy <i>Furī Gai</i>	EN	From 13 th
Earwig and the Witch <i>Āya to Majo</i>	JP	From 27 th

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

F9

KEY: JP = Japanese voice EN = English voice with Japanese subtitles

Events in Tokachi

Please be aware that these and other events may be affected by COVID-19. To find out if these events are still running, please contact the respective organizers or check out their webpages online.

When	What	Where/Contact
8/7 (Sat) 15:00-20:30 (Postponed if rainy)	Otofuke Town Chamber of Commerce and Industry Summer Festival and Fireworks Display 音更町商工会夏まつり納涼花火大会 Come enjoy a festival atmosphere including stage shows, beer gardens and a fireworks display of around 1000 fireworks.	Otofuke Town Shindori Hall Special Venue 音更町商工会 0155-42-2246
8/11 (Wed) 19:00-21:00	International Sports Night 国際スポーツ・ナイト Meet new friends from around the world while enjoying a variety of fun and easy sports. Organized by the Tokachi International Association Fee: Free (no registration required) Notes: Bring a pair of indoor shoes and clothes that are easy to move in.	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiko.hokkaido.jp
8/14, 8/28 (Sat) 16:00-17:30	Japanese Conversation and Learning Table 日本語講座 Improve your Japanese language skills in a friendly environment. Organized by the Tokachi International Association Fee: Free of charge	
8/14 (Wed)	The 26th Churui Hometown Bon Festival 第26回 忠類ふるさと盆踊り大会 A festival of dancing, eating, drinking, lotteries, mochi-making and more! Fun for adults and children alike.	Makubetsu Town, Churui Fureai Center Fukujū-mae Special Venue 忠類ふるさと盆踊り大会 実行委員会
8/21 (Sat) *Planned release date	International Potluck Night (Malawi) ポットラック・ナイト(マラウイ) Learn about food from around the world from foreign residents living in Tokachi. This time, International Potluck Night will be held online in video format. Our guest, Mauldy will introduce us to "Nsima", a dish from their home country of Malawi. Follow along at home and try making it yourself!	TIRC YouTube Channel 

Word Search

See if you can find the names of all of the villages, towns and cities in Tokachi in this word search puzzle!

Hint: Some words are placed diagonally and backwards

おびひろ	おとふけ	まくべつ
めむろ	しほろ	かみしほろ
なかさつない	さらべつ	たいき
ひろお	とよこ	うらほろ
いけだ	ほんべつ	あしよ
りくべつ	しみず	しかお
しんとく		

ろ	ほ	し	い	ぢ	ち	つ	べ	ら	さ
け	ば	わ	ま	な	し	あ	し	ょ	ろ
ふ	つ	べ	ん	ほ	つ	ん	ぬ	も	ね
と	し	せ	だ	け	い	さ	と	づ	も
お	は	つ	ず	み	し	ろ	か	く	す
つ	ね	べ	と	け	き	み	ほ	な	ぶ
ひ	し	く	よ	ひ	し	し	ま	ら	え
ま	ろ	り	こ	ほ	ろ	か	く	し	う
へ	ふ	む	ろ	ひ	び	お	べ	わ	あ
き	い	た	め	じ	ろ	い	つ	い	ふ

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

Obihiko Pioneer is a newsletter published monthly by the Obihiko 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 Obihiko. Questions? Contact the Editing Team at:
Tel: (0155) 65-4133 Email: international@city.obihiko.hokkaido.jp