

Mori no Halloween 2013 (森のハロウィーン2013)

Bring your kids to the TIRC on 10/27 for our annual Halloween party! We have a number of games, activities, and a haunted house for your kids to enjoy. We will be splitting the day into two sections, the first will be from 10:00-12:45, and the second will be from 14:00-17:30.

As always, even if you don't have kids we can always use help, so please contact Ono at the TIRC if you are interested in helping out at the event. We can also use help with preparations for the event, so even if you cannot make it on the 27th, if you have free time before that please contact us to see if there is any thing you can help with.

You can contact us at
0155-34-0122 or tirc@city.obihiro.hokkaido.jp.



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7th Multicultural Festival: Performers Wanted

The Multicultural Festival is an event organized by the Committee for Improvement of the City with the aim of promoting cross-cultural awareness through various cultural performances. This year marks the 7th edition of the event, which will be held on November 30, Saturday, from 4:00 PM at the Tokachi International Relations Center.

We are looking for people who can do a dance, chorus, martial arts, or musical instrument performance that showcases the culture of other countries. This is open to both amateurs and professionals, regardless of age, sex, or nationality.

Performance fees and other costs will not be paid. However, light snacks and small gifts will be given to all performers. Furthermore, on the day of the event, around 200 audience members will vote for their favorite performance, with the most popular groups or individuals receiving fabulous prizes.

There will also be a fashion show, and we are looking for people who can wear traditional clothes of other countries. You don't have to be a national of that country to join, but you have to prepare your own set of clothes. Changing rooms will be available at the venue.

For registrations and inquiries, please email TIRC Coordinator Hector at tirc@city.obihiro.hokkaido.jp. Please register by Saturday, November 16. This is a rare and fun opportunity to share the culture of the world with the people of Obihiro. We look forward to your support!



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Chef Hector
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Movies (pg 4)

外国人留学生まちづくりを考える会主催の「国際文化祭」は今年で7回目の開催を迎え、11月30日(土)に森の交流館・十勝で開催する予定です。今年も、世界各国の踊りや歌、楽器演奏等をステージで披露してくれる方、そして世界の民族衣装ファッションショーに参加してくれる方を募集します。ご応募・お問い合わせ等は、森の交流館・十勝(担当:ヘクター)にご連絡ください。電話:0155-34-0122
メール: tirc@city.obihiro.hokkaido.jp

Events at TIRC and in Tokachi and Obihiro

When	What	Where/Contact
10/5 (Sat) 19:00-21:00	International Potluck Night (ポットラックナイト): Bring a dish or drink to share with everyone and meet new friends while enjoying food from all over the world. This time, you can enjoy Vietnamese shrimp pancakes called Bánh Khọt.	森の交流館・十勝 Tokachi International Relations Center 0155-34-0122 tirc@city.obihoro.hokkaido.jp
10/9 (Wed) 19:00-21:00	International Mini-Volley Night (国際ミニバレーナイト): Held the 2nd Wednesday of every month. A fun and easy to play sport.	森の交流館・十勝 Tokachi International Relations Center 0155-34-0122 tirc@city.obihoro.hokkaido.jp
10/26 (Sat) 15:00-17:00	Pumpkin Carving (パンプキンカービング): We'll make Jack-o-lanterns to be displayed during the Halloween Party. Pumpkins are limited so register soon. Please bring your own aprons.	森の交流館・十勝 Tokachi International Relations Center 0155-34-0122 tirc@city.obihoro.hokkaido.jp
10/27 (Sun) 10:00-12:45 14:00-17:30	Mori no Halloween 2013 (森のハロウィーン2013): Come in your costumes and join us for a day of fun and games. There will be a haunted house, costume contest, Halloween crafts, and many more! We are also looking for volunteers to help us out.	森の交流館・十勝 Tokachi International Relations Center 0155-34-0122 tirc@city.obihoro.hokkaido.jp
10/5-10/6 (Sat-Sun) 10:00-17:00	2013 Tokachi Banba Festival (2013とかちばん馬まつり): Watch people race while pulling heavy sleighs in the World Human Banba Championship. There will also be stage shows, food stands, and many more.	Obihiro Horse Race Track 帯広競馬場 0155-25-7121
10/6 (Sun) 10:00-14:00	Minorimu Festa Otofuke 2013 (みのりむフェスタおとふけ2013): Enjoy stage shows, food corners, pizza making, firefighting experience, a foot spa, and many more.	Otofuke Agri Arena 音更町アグリアリーナ 0155-42-2111
10/6 (Sun) 10:00-15:00	40th Shintoku Taisetsu Festival (第40回うまいっしょんとく大雪まつり): There will be yakiniku, local produce on sale, and the famous Shintoku soba.	Shintoku Kuttari Undo Park 新得町屈足運動公園 0156-42-2111
10/6 (Sun) 10:00-14:00	36th Makubetsu Industry Festival (第36回まくべつ産業まつり): There will be a stage with folk songs and impersonation shows. There will also be pumpkin throwing, park golf, and more.	Makubetsu Centennial Hall 幕別町百年記念ホール前広場 0155-54-6606 www.makubetsu.jp/kankobussankyokai/
10/6 (Sun) 10:00-14:30	40th Ikeda Autumn Wine Festival (第40回池田町秋のワインまつり): Drink-all-you-can wine and grape juice, and eat-all-you-can whole roasted beef. Fee: Adults 4,000 yen, Junior/High school students 2,000 yen, Primary school students 1,000 yen.	Ikeda Wine Castle 池田ワイン城横イベント会場 0155-72-2286 www.kankou-ikeda.com
10/12 (Sat)	Urahoro Harvest Festival (うらほろ収穫祭): Enjoy fresh salmon and local produce on sale. There will also be a pumpkin splitting contest and prize raffle.	Michi no Eki Urahoro 道の駅うらほろ 0155-76-2181
10/12 (Sat) - 11/3 (Sun) 20:00-21:00	Autumn Festa in Tokachigawa (オータムフェスタin十勝川): Enjoy night sky observation, evening hot air balloon flights (fee required), and a prize raffle for hotel guests.	Tokachi Ecology Park 十勝エコロジーパーク 0155-32-6633 www.tokachigawa.net/event/index.html
10/12-10/13 (Sat-Sun) 9:30-15:00	17th Shikaoi Soba Festival (第17回鹿追そばまつり): Enjoy fresh Shikaoi soba, soba-making experience, games, and more.	Michi no Eki Shikaoi 道の駅しかおい特設会場 0156-66-4034 www.shikaoi.net/
10/12-10/13 (Sat-Sun) 10:00-20:30	49th Obihiro University Festival (第49回帯広畜産大学祭): The annual "Chikudaisai" features various performances and booths organized by Obihiro University students.	Obihiro University of Agriculture and Veterinary Medicine 帯広畜産大学 blog.livedoor.jp/chikudaisai/
10/13 (Sun) 10:00-14:00	11th Marugoto Shimizu Food Festival (第11回まるごとしみず食の祭典): Local Shimizu produce and food products will be on sale.	Shimizu Station Event Ground 清水駅前イベント広場 0156-62-2112
10/13 (Sun)	12th Ashoro Harvest Festival (第12回大収穫祭・秋の物産市): Local farmers will be there to sell their produce and share	Michi no Eki Ashoro Ginga Hall 21 道の駅あしよろ銀河ホール21 0156-25-6131



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Chef Hector's Cuisine Corner (ヘクター調理人の料理コーナー)

The October harvest season is in full swing, and there are plenty of local produce going around, particularly onions, carrots, and potatoes. Some of you may have received large quantities of these vegetables for free from farmer friends or schools. They are also available cheap and in abundance in most supermarkets or your local harvest festival (check out our list of events to find one nearest to you). With gas prices at a recent high, now is a good time to cut on food expenses by taking advantage of these harvest bargains.



If you're not used to cooking, you may ask yourself, "What should I do with all these vegetables?" A quick and easy way to use all of them at once is to make Japanese curry or cream stew. You just have to buy the roux (there are dozens of varieties in supermarkets) and some meat. Amounts vary depending on how much you want to make, but the basic recipe is as follows: 1. Slice the meat and vegetables into bite-sized pieces. 2. Heat some oil in a pot and fry the ingredients for a few minutes. 3. Add water and simmer until the ingredients are soft. 4. Break up



the roux and add it to the pot, stirring to dissolve it thoroughly and give a thick consistency. 5. (For stews) Add milk and stir. 6. Serve with cooked rice.

You can also use the vegetables in nikujaga, and most salads and soups (even miso soup). You can add some boiled slices to your daily bento for a colorful side dish. Here are some other simple dishes you can prepare with these vegetables:

Potatoes: Mashed potatoes, French fries, potato salad, baked potatoes, gratin, croquettes

Carrots: Kinpira (burdock root and carrots), kakiage, corn and carrots, carrot sticks, carrot soup,

Onions: Onion rings, onion salad, fried onions, pasta sauce, pizza, salsa, fried rice, onion soup



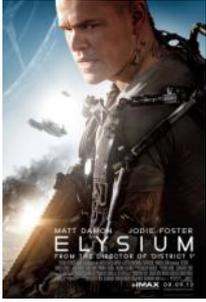
A good thing about the coming cold season is that it helps your vegetables last for a few months even when stored outside the refrigerator. Store each type of vegetable unwashed in separate net bags or baskets and place them in a cool, dry place, away from direct sunlight. You can also use cardboard boxes with a layer of old newspaper inside. Use up the ones that are going bad first and remove the ones with rotten parts to make the rest of the bunch last longer.

If you have any recipes or helpful hints you'd like to share, we'd like to hear from you. We might just put your ideas in one of our upcoming issues. Just contact us at the phone or email address written on the back page.

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
Man of Steel	English	Ends 11th
White House Down	English	Ends 4th
Elysium	English	Ends 25th
Emperor	English	Starts 26th
Gintama: Be Forever Yorozuya	Japanese	5th-25th
The Smurfs 2	Japanese	Starts 19th

Events (Continued)

When	What	Where/Contact
10/13 (Sun) 10:00-14:30	Iwanai Gorge Momiji Festival (岩内仙峡もみじまつり): Enjoy the taste and colors of autumn. There will be performances, local produce, and an animal corner.	Obihiro Iwanai Gorge 帯広市岩内仙峡付近 0155-22-8600
10/14 (Mon) 10:00-15:00	Nukabira Gensenkyo Momiji Festival (ぬかびら源泉郷もみじまつり): Enjoy Tokachi food and the autumn leaves of Nukabira.	Nukabira Gensenkyo 上士幌町ぬかびら源泉郷 0156-42-2111
Mid-October 10:00-13:00	Moor Market Thanksgiving Festival (モール市場大感謝祭): Local vegetables will be on sale. There will also pack-all-you-can vegetables.	Tokachigawa Onsen area 十勝川温泉近郊 0155-32-6633 www.tokachigawa.net/event/autumnichiba/
Mid-October	Shihoro Harvest Festival (しほろ収穫祭): Enjoy Shihoro beef cut steak, Shihoro jumbo nabe, and other products. There's also an eating contest and a bingo game.	Shihoro Town Noson Undo Koen 士幌町農村運動公園 0156-45-5220 www.shihoro.jp/tourism/
10/19 (Sat) 10:00-21:00 10/20 (Sun) 10:00-16:00	Food Valley Tokachi Festival (フードバレーとかちフェスティバル): The various foods of Tokachi will gather in one place for you to indulge yourself. There will also be comedy shows.	Obihiro Horse Race Track 帯広競馬場 0155-65-4169
10/20 (Sun) 11:00-15:00	6th Shimizu Genki Festival (第6回清水元気まつり): Enjoy the delicious food of Shimizu, with event-only menus. There will also be cooking demonstrations.	Shimizu Harmony Square 清水町ハーモニー広場 0156-62-2112
10/20 (Sun) 10:00-13:30	18th Churui Dontokoimura Festival (第18回どんとこいむら祭り): There will be a taiko performance, folk songs, local beef and produce on sale, prize raffle, and mochi-throwing	Michi no Eki Churui 道の駅忠類 0155-88-2111
10/26 (Sat) 15:00-	Hiroo Santaland Tree Lighting (ひろおサンタランドツリー点灯式): Watch as the main Christmas tree and the town illumination lights up along with a fireworks show.	Hiroo Town Daimaruyama Shinrin Park 大丸山森林公園駐車場 0155-82-0177
10/27 (Sun)	Sarabetsu Harvest Festival (さらべつ大収穫祭): Enjoy the taste of Sarabetsu with vegetables, beef, and other local products. There will also be a stage show and raffle.	Sarabetsu Village Furusato-kan 更別村ふるさと館 0155-52-2211
10/29-11/4 (Tue-Mon)	44th Obihiro Chrysanthemum Festival (第44回帯広菊まつり): See over 1,000 pots of chrysanthemums and a flowerbed with 3,000 flowers. There will also be flower lessons and more.	Obihiro Chuo-Koen North Side 帯広市中央公園北側広場 0155-22-8600



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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