

Anyone for Tenipon? (テニポンしてみませんか?)

Have you ever heard of "Tenipon"? Tenipon is a sport for all ages that originated in the town of Samani in Hokkaido. It is like a cross between tennis and ping-pong (table tennis), hence the name. Players use custom wooden rackets and a sponge ball, and it is played on a badminton court with a low net (75 cm high). Rules are similar to table tennis, with



servers alternating every 5 points, and games played up to 21 points with a difference of at least 2. Like tennis and ping-pong, it can be played by 2 players for singles, or 4 players for doubles. Ball speed is slow and rallies are usually long, so it's also good for exercise.

Want to try out tenipon for yourself? Come join us for Tenipon Meetup, to be held on Wednesday, March 25 from 19:00 at the Tokachi International Relations Center. This event is organized by Dandelion. Come play this fun game, and you can meet lots of new friends too! Participation is ¥200. Please bring sports clothes and indoor shoes.

3月25日(水) 19:00から、森の交流館・十勝で「テニポン交流会」が開催されます。在住外国人の皆さんと一緒にテニポンというスポーツを体験しながら交流できます。参加費は¥200です。運動着と上靴をお持ちください。

International Festa Thank You (国際フェスタ感謝)

We would like to thank everyone that participated in the International Festa on 2/14 and 2/15.

This is the first big event of the year, and we have many more events planned so please come join us again! Also, remember we have monthly events such as Potluck Night and International Talk where you can meet new friends and learn more about the world.



2月14日～2月15日、国際フェスタinとかち2015に参加していただいた皆様にご感謝を申し上げます。今年はまだまだたくさんのイベントがありますので、皆様をお待ちしています。

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Events at TIRC and in Tokachi and Obihiro

When	What	Where/Contact
3/11 (Wed) 19:00-21:00	International Mini-Volley Night (国際ミニバレーナイト): Meet friends from all over the world while enjoying a fun and easy sport!	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp
3/21 (Sat) 10:00-11:30	28th Kids Playground (第28回キッズ・プレイグラウンド): Come with your children to learn and play while meeting local families. This month, you can have fun learning English with the English pre-school Learn-a-Lot.	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp
3/21 (Sat) 19:00-21:00	48th International Talk (第48回インターナショナル・トーク): Learn more about the world and exchange ideas with other participants. This month's talk will be about Vietnam.	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp
3/25 (Wed) 19:00-21:00	Tenipon Meetup (テニボン交流会): Let's play tenipon, a hybrid sport between tennis and pingpong that originated in Hokkaido. Organized by Dandelion.	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp
3/1 (Sun)	2015 Tokachi Daiheigen Cross-country Ski Tournament (2015十勝大平原クロスカントリースキー大会): Come and support the competitors competing in 4 different course distances.	Iwanai Senkyo (Starting Point) 岩内仙峡(受付所) 0155-65-4210
3/8-3/22 (Sun-Sun) 10:00-18:00	Contemporary Art in Obihiro 2015 (おびひろ現代アート2015): See the works of contemporary artists in Hokkaido. There will also be a gallery talk, performance, and workshop.	Obihiro Citizens Gallery 帯広市民ギャラリー 0155-25-7250
3/15 (Sun)	27th All-Japan Patch Championship in Rikubetsu (第27回オールジャパンパッチ選手権大会in陸別): Watch contestants from all over Japan compete in a traditional "patch" game tournament.	Rikubetsu Town Hall 陸別町タウンホール 0156-27-2141
11/1-3/31 (Sat-Tue)	Winter Fest in Ecopark (ウインタフェスinエコパ): Enjoy snowshoe walking, snow raft tours, a foot spa, and other fun winter activities.	Tokachi Ecology Park 十勝エコロジーパーク 0155-32-6780 www.tokachi-ecopark.jp
1/24-3/1 (Sat-Sun) 19:00-21:00	Tokachigawa Swan Festival "Sairinka" (十勝川白鳥まつり「彩凧華」): Come to a romantic world with a fantasy show of lights and sounds. There will be a free foot spa and other attractions.	Otofuke Town Tokachigaoka Park 音更町十勝が丘公園 0155-32-6633
1/24-3/22 (Sat-Sun)	2015 Shikaribetsu Lake Ice Village (2015然別湖コタン): Come to this ice village built on top of the frozen lake, with an onsen, ice bar, ice theater, cross country skiing, and more.	Shikaribetsu Lake, Shikaoi Town 鹿追町 然別湖 0156-69-8181

Culture & Cuisine Corner (カルチャー&キューイジーヌコーナー)

2017 Sapporo Asian Winter Games Mascot Naming Contest

The 2017 Sapporo Asian Winter Games Organizing Committee is inviting the public to come up with a name for the event's official mascot. The mascot's appearance is that of a Hokkaido flying squirrel (ezomomonga) who wears a blue skin suit with the Games' official emblem, and a red scarf around its neck. The mascot will be the face of the Winter Games, and will appear in promotional materials, competition venues,



official merchandise, etc.

Anyone can send entries to the naming contest. To send an entry, fill out the application form with the following information (see image below):

Proposed mascot name

Explanation of the name

Your name, age, sex, occupation, address, and telephone number

The application form and contest details (in Japanese) are available at https://sapporo2017.org/wp-content/uploads/2015/02/Mascot_naming.pdf. After filling it up, send it to the Organizing Committee by post, fax, or email (contact details are written on the application form). For email applications, put “2017冬季アジア札幌大会マスコットキャラクター愛称募集” on the subject line. You can send as many unique entries as you want, but please use a different form per entry. Deadline is on March 26th, Thursday at 17:00.

Announcement of the contest results will be held in May of this year. The sender of the selected name will win a bookstore gift certificate worth 20,000 yen plus the Games' official merchandise. 50 other entries selected by raffle will win bookstore gift certificates worth 500 yen each. Note that all rights to the name will be transferred to the Organizer, and they reserve the right to make modifications to the name as they see fit.



The 2017 Sapporo Asian Winter Games will be held in Sapporo and Obihiro on February 19 to 26, 2017. It will be the 8th Asian Winter Games, and will feature 11 events from 5 different winter sports, namely skiing, skating, ice hockey, curling, and biathlon. The speed skating event will be held at the Meiji Hokkaido Tokachi Oval in Obihiro, with the rest held in various venues in Sapporo. For more information, check out <http://sapporo2017.org/en/>.

2017冬季アジア札幌大会 マスコットキャラクター愛称応募用紙

愛称 (キャラクターの名前)		ふりがな Furigana Mascot Name	
愛称の説明(愛称の簡単な説明をご記入ください) Explanation			
ふりがな Furigana	年齢(学年) Age 歳(年生)	性別 Sex 男・女 M F	職業(学校名) Occupation/School Name
氏名 Name			
住所 〒	電話番号 Phone		
Address			



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
Exodus: Gods and Kings	English	Ends 6th
Mortdecai	English/Japanese	Ends 20th
Teenage Mutant Ninja Turtles	English/Japanese	Ends 20th
Fifty Shades of Grey	English	Ends 27th
American Sniper	English	All Month
Into the Woods	English	Starts 14th
Night at the Museum: Secret of the Tomb	Undecided	Starts 20th
Ansatsu Kyoshitsu	Japanese	Starts 21st

Chinese Corner (中国語コーナー)

这回我想介绍一下中国人的早餐文化。俗话说得好“早吃好、午吃饱、晚吃少”。号称“民以食为天”的中国人对早餐的要求当然是相当讲究。中国的早餐种类繁多，不同城市的早餐更是带有各地的特色。以我的家乡天津为例，代表性的早餐有“煎饼果子”，这是一种用各种豆面混合好的面糊以及鸡蛋一起摊的薄饼，里面卷上酥脆有嚼劲的油条、蔬菜，再刷上喜欢的酱汁做成的食物。除此以外还有炸糕、豆腐脑、豆浆加油条、包子、馄饨，鸡蛋灌饼，烧饼里脊等等。同样是早餐，中国南方就大为不同，比如说广州人把吃早饭叫做“喝早茶”，吃的一般是白粥、皮蛋粥、叉烧包，烧卖，肠粉等。

这些早餐基本上都是由早点铺来提供，所以中国人习惯早上洗漱收拾好就出门去早点铺吃早餐，然后直接上学上班；也有的家庭会由一个人早早起床去买回来一家的份，然后全家人围着饭桌一起吃。不过也有些家庭喜欢自己简单地准备些荷包蛋啊榨菜啊白粥之类来做早餐。

那么中国人早餐都喝什么呢？日本人喜欢喝味噌汤，欧美人喜欢牛奶或者咖啡更多，中国人除了各类粥、热汤外，更钟爱豆浆。这一点可以通过中国普通家庭几乎家家都有自制豆浆机一事得以证明。中国人认为比起牛奶这种动物蛋白质，直接从大豆摄取植物蛋白质对人体更健康。

从中国式早餐，大家也应该能感受到中国人对饮食文化的热爱。有机会来中国玩的朋友，除了耳熟能详的那些中华料理，不妨也体验一下中式早餐吧！

This time I want to introduce the culture of Chinese breakfast to you. As the saying goes, "eat breakfast like a king, lunch like a prince and dinner like a pauper". Chinese people, who are attached to food, consider breakfast as the most important meal of the day. There is a great variety of breakfast, and varies from city to city. For example, in Tianjin, the most famous breakfast is "Jian Bing Guo Zi (savory Chinese crepes)". "Jian Bing Guo Zi" is made by mixing a batter from ground beans, egg, and water which is spread and cooked into a round disc, which you then put "You Tiao (fried dough sticks)" and vegetables and your favorite sauce before rolling it like a burrito and eating it. Besides "Jian Bing Guo Zi", there are "Zha Gao (fried rice cake)", "Dou Fu Nao (tofu jelly)", soy milk and "Guo Zi (fried dough sticks)", "Bao Zi (steamed stuffed bun)", Wonton, "Ji Dan Guan Bing (egg pie)", "Shao Bing Li Ji" and so on. In south China, such as Guangdong, people call eating breakfast "drinking morning tea", and they always eat dim sum, congee, roast pork buns, steamed dumplings, rice noodle rolls, etc.

Those foods can be found at breakfast shops and restaurants. So people usually go to these places to have breakfast, and then go to work or school directly from there, or a member of the family will get up early and go buy food for the whole family, and then they have breakfast at home. There are also some families that prefer to cook some simple foods by themselves, such as poached egg or congee, preserved vegetable, etc.

Japanese like miso soup and occidental people prefer milk or coffee in the morning, so which is the favorite in China? It is soy milk. Chinese people think the vegetable protein is much healthier than animal protein from regular milk.

I think you can feel how much Chinese people love their food culture from this short article. If you have a chance to go to China, try a traditional Chinese breakfast.

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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