

## Japanese Classes (日本語講座)

Come get your Japanese on starting from 5/12, we will be offering a 10 week course (2 hours every Tuesday) for basic introductory Japanese to foreigners living in Obihiro/Tokachi. There is no fee for the class but



signup is required. Please contact the International and Domestic Relations Section at Obihiro City Hall (0155-65-4133) or the Tokachi International Relations Center (0155-34-0122) for inquiries or to sign up for classes.

### Japanese Classes

When: Tuesdays, Mid-May - Mid-July  
Fun Conversation Class: 10:00-12:00  
Beginner Class: 18:00-20:00

Where: Obihiro City Hall 10th Floor

Who: Beginner level Japanese students

Contact: [international@city.obihiro.hokkaido.jp](mailto:international@city.obihiro.hokkaido.jp)

We also offer a Japanese Conversation Table at the Tokachi International Relations Center on the

2nd and 4th Saturday every month from 4:00-6:00pm. No sign up is required and you are free to come and go as you please. Study materials are available for use, or you can bring your own materials. A number of volunteers are available to help you with any questions about Japanese you may have, chat with, or to help you study.

毎週火曜日(5月12日から)日本語講座が行われます。参加は無料です。事前登録が必要なので、参加したい方は、親善交流課(0155-64-4133)又は森の交流館・十勝(0155-34-0122)へ連絡してください。

## Contents:

Japanese Classes	1
Events	2
Culture and Cuisine Corner	3
Movie Schedule	4
Chinese Corner	4



Events (pg 2)



Culture & Cuisine (pg 3)



Movies & Chinese Corner (pg 4)

# Events at TIRC and in Tokachi and Obihiro

When	What	Where/Contact
4/8 (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
4/11 and 4/25 (Sat) 16:00-18:00	Japanese Conversation and Learning Table 日本語講座テーブル Talk with Japanese volunteers to improve your Japanese skills in a friendly environment. Textbooks are available, and you can also bring your own.	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp
4/18 (Sat) 10:30-13:00	Chinese Food Cooking Class 中国料理教室 Enjoy cooking and tasting authentic Chinese food with Chinese CIR Yan Liu. Maximum 15 participants.	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp
4/18 (Sat) 19:00-21:00	International Potluck Night ポットラックナイト Bring a dish or drink to share and enjoy food from all over the world. This time, you can enjoy Sri Lankan pancakes.	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihiro.hokkaido.jp
4/22 (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
4/5 (Sun)	19th Tomuraushi Onsen Cross-Country Ski 第19回トムラウシ温泉歩くスキー大会 Enjoy the nature of eastern Taisetsu National Park in the region's last cross-country tournament of the season.	Shintoku Town Tomuraushi Onsen Kokumin Shukusha Higashitaisetsusou 国民宿舎東大雪荘 <a href="http://www.netbeet.ne.jp/~taisetsu/tomurausi1.html">www.netbeet.ne.jp/~taisetsu/tomurausi1.html</a>
4/17 (Fri) - 5/6 (Wed)	25th Rekifune River Carp Streamers 第25回歴舟川清流鯉のぼり 236 carp streamers will fly above the Rekifune river in Taiki Town.	Taiki Bridge (along Route 236) 国道236号線沿大樹橋 01558-6-2114
4/18 (Sat) - 3/28 (Mon)	Ban'ei Horse Racing ばんえい競馬 It's the start of another season of powerful horses and intense racing. Races run on Saturdays, Sundays, and Mondays.	Obihiro Horse Race Track 帯広競馬場 0155-34-0825
4/29 (Wed) - 11/3 (Tue)	Kofuku Station Happy Ceremony 幸福駅ハッピーセレモニー Experience a wedding ceremony with your loved one. Clothes are available for rent. Pre-registration required.	Kofuku Station 幸福駅 0155-22-8600 tourism@city.obihiro.hokkaido.jp
4/29 (Wed) - 11/3 (Tue) 9:00-16:30	Obihiro Zoo Opening おびひろ動物園夏季開園 The Obihiro Zoo will open for the summer season.	Obihiro Zoo おびひろ動物園 0155-24-2437 <a href="http://www.city.obihiro.hokkaido.jp/zoo/">www.city.obihiro.hokkaido.jp/zoo/</a>
Late April to Early November	Tokachi Heigen Mini Marche 十勝平原miniマルシェ The market at the Tokachi Heigen Service Area in the Doto Expressway will open for the season.	Tokachi Heigen Service Area 十勝平原SA上下線 0155-22-8600

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

In Japan, they say that everything begins in April (and it's no April Fools' joke). If you're a student, we wish you luck for another year of learning. If you're a new hire or you just got transferred, we wish you well in your new job. If you're new to Tokachi and to this newsletter, welcome! We hope you enjoy your stay here in the region. In this column, we introduce local event information, cultural topics, helpful hints and pretty much anything of interest. We also welcome readers' input, so if you have something you want to share, please feel free to let us know.

If you follow the local weather news or have been around the country for a while, you'll probably know that at this time of the year, everyone is keeping an eye out for the blooming of the famous cherry blossoms or sakura. The blooming began in Kyushu and Shikoku in mid-March, and the "frontline" is now making its way from Tokyo and the Kanto region, up through Tohoku throughout April, then finally reaching Hokkaido at the end of the month. Here are some recommended places to enjoy the sakura and do a "hanami" here in Hokkaido.

	City/Town & Place Name	Number of Trees	Full Bloom Date
Southern Hokkaido Area			
	Matsumae City, Matsumae Park	10,000	4/30
	Hakodate City, Goryokaku Park	1,600	5/1
	Noboribetsu City, Sakura Namiki Road	2,000	5/10
	Shin-Hidaka Town, Shizunai Nijukken Road	3,000	5/10
	Urakawa Town, Yushun Sakura Road	3,000	5/10
Central Hokkaido Area			
	Sapporo City, Moerenuma Park	3,500	5/5
	Sapporo City, Hokkaido-jingu	1,400	5/5
	Otaru City, Otaru Park	1,000	5/5
	Bibai City, Tomei Park	2,000	5/6

	City/Town & Place Name	Number of Trees	Full Bloom Date
Northern Hokkaido Area			
	Asahikawa City, Asahiyama Park	2,400	5/6
	Furano City, Asahigaoka Park	3,000	5/6
	Shibetsu City, Tsukumoyama	2,000	5/6
Eastern Hokkaido Area			
	Obihiro City, Midorigaoka Park	780	5/6
	Shintoku Town, Shintokuyama	2,300	5/10
	Akkeshi Town, Nenohi Park	1,200	5/17

Please note that due to the unpredictable nature of nature itself, the expected full bloom dates can deviate by a week or two. We recommend you keep tabs on the local weather news for up-to-date information. There are also several Japanese sites that you can check out, such as

<http://sakura.weathermap.jp/>

or

<http://www.tenki.jp/sakura/expectation.html>

Happy hanami-ing!



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](http://www.taiyogroup.jp/cinema/theater/_obihiro/movie.shtml)

Title	Language	Dates
American Sniper	English	Ends 3rd
Into the Woods	English	Ends 24th
Furious 7	English/Japanese	Starts 17th
Night at the Museum: Secret of the Tomb	Japanese	Ends 24th
Case Closed: Sunflowers of Inferno	Japanese	Starts 18th
Crayon Shin-chan: My Moving Story!	Japanese	Starts 18th
Dragon Ball Z: Resurrection 'F'	Japanese	Starts 18th
Cinderella	Japanese	Starts 25th

## Chinese Corner (中国語コーナー)

对于西方，中医学是一个神秘的领域，而对于同在亚洲的日本，被称为“汉方”的中药在现代制药中得到了很大的运用，比如说日本人感冒时喜欢喝“葛根汤”，解酒则喜欢“姜黄”。中国人自己更是从小就把中医学运用到生活当中，身体略有不适，但是还没有严重到要去医院，这时很多人除了常用的西药外，也会根据掌握的一些中医学知识进行调养，比如说咳嗽不止就会熬制冰糖雪梨汤来喝，女性体质虚弱会吃红枣和阿胶，在湿气较重的环境中长了湿疹，人们会熬红豆薏米粥来排除体内湿气，又比如小朋友消化不良，大人会给他们吃山楂片，因为山楂具有消食健胃，活血化瘀的效果，还比如有些人会在伤风感冒的情况下选择刮痧拔罐的方法来缓解一部分感冒症状。中国人即使健康的时候也喜欢运用中医知识来养生，主要体现在药膳上，比如闷热的夏季会多吃清热消暑的食品，典型的食物如绿豆汤，比如“冬吃萝卜夏吃姜”，考生用脑较多所以会多吃核桃仁和芝麻糊等。东汉末年成书的《神农本草经》集前人的研究载药365种，其中大枣、人参、枸杞、五味子、地黄、薏苡仁、茯苓、沙参、生姜、当归、杏仁、乌梅、核桃、莲子、龙眼、百合、附子等，都是具有药性的食物，常作为配制药膳的原料。中医的运用到现代更是五花八门，比如艾灸减肥。目前为止中医理论很多尚未被现代科学证实，但我认为不论是全面否定抛弃还是完全信之为真理都是盲目片面的，现代人应该用科学来不断验证，取其精华去其糟粕，并用中医知识中的精华在现代生活造福。

*(Editor's note: This article is about Traditional Chinese Medicine (TCM). TCM is generally unproven by modern science and this article is in no way an endorsement of TCM by the publisher of this newsletter. Please review information available on [sciencebasedmedicine.org](http://sciencebasedmedicine.org) for a scientific assessment of TCM [Warning sometimes contains snark])*

The traditional Chinese medicine is a mysterious area to the West. But in Japan, the TCM, which is called “kanpo”, has been widely applied in modern pharmaceuticals, such as the “kakkon soup” used to take care of a cold and “ukon” used to sober up people who have had too much to drink. Chinese people apply their TCM knowledge into daily life. If they don't feel very well, but it is not so serious to need to go to the hospital, in addition to modern medicines, they will use their TCM knowledge to address health concerns; such as eating pear stewed with rock sugar as a cure for cough, eating Chinese date or colla corii asini for mild anemia, and if people in a humid environment get eczema, they usually eat red bean and barley congee, or give kids snacks made with hawthorn to help with indigestion. You will also find there are some people will use Gua Sha or cupping glass as a treatment of a cold. Chinese people also like to use it for prevention, mainly reflected in a “medicined” diet. For example, in the hot summer, people will eat foods that are said to be able to clear away heat and toxic material, such as mung bean soup. People also follow the old saying “eating turnip in the winter and ginger in the summer”. People who do challenging mental tasks such as test-takers will eat walnuts or black sesame paste. The Shen Nong Ben Cao Jing, which is written between about 300 BC and 200 AD, summarized almost 365 kinds of medicines, some of them, such as Chinese date, Ginseng, medlar, Schisandra, rehmannia root, coix seed, Poria, Radix Adenophorae, ginger, angelica, almond, walnut, lotus seeds, longan, black plum, lily, aconite, etc, can also be used as ingredients in a “medicined” diet. Today, there are some new applications of TCM, such as herbal moxibustion slimming. Most of TCM hasn't been tested by modern science, so we should not reject it out of hand, but we should also not accept it uncritically. It is important to test it and take advantage of what works while discarding anything that is shown to not work.

**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](http://www.city.obihiro.hokkaido.jp) (click on “Information for Foreigners”)

“Obihiro Pioneer” is a newsletter published monthly by the Obihiro International and Domestic Relations 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 International and Domestic Relations 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](mailto:international@city.obihiro.hokkaido.jp).