

Living Tokachi: Enjoying Summer, While Staying Cool

After the freak snow in late April, and the heavy rains in June, everyone is ready to finally enjoy summer! As most Tokachi veterans would know, it can get VERY hot during the day and quite cool at night. In this month's Living Tokachi, we hope to share a few tips for keeping cool this summer!

Dress for the occasion

Japan is known to be quite conservative when it comes to clothing. Tank tops and short shorts are a rarity and are sure to get you a few stares. This writer is very experienced with this... Protect yourself from hot days, stares, and UV rays with special summer clothing! Many clothing brands in Japan make their products especially for a certain season (winter, summer, etc.). Summer clothes tend to be made of polyester, making it thinner and lighter.

Stay hydrated

Even if you're not running a marathon outside, it's easy to get drained by the warmer temperature. Aim to drink 2-3 liters a day to stay hydrated. If you're sweating a lot, your body is losing fluids and sodium (which is why sweat is salty!) so drinking sports drinks may be a better option.



Become a fan of the fan

Turning on the air conditioning would feel the best on a hot summer day, but the electric bill later on might make you feel worse! Take advantage of less energy-consuming electric fans, or use an *うちわ uchiwa* or 扇子 *sensu*. *Uchiwa* fans tend to be made of paper or plastic, with a handle. Chances are, you will find someone passing out free *uchiwa* fans as advertisement.



Sensu fans are what many think of as a traditional Japanese

fan. They can be folded for easy carriage and have many different designs.

Listen to "cool sounds"

For most Japanese people, the ringing from a 風鈴 *fuurin* is a natural part of the summer. A *fuurin* is small wind-chime usually made from glass. By being an integral part of Japanese culture, the sound of *fuurin* can be enough to cool one down!



We hope that you stay cool while enjoying the Tokachi summer while you can!

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Events at TIRC and in Tokachi and Obihiro

When	What	Where/Contact
7/3 (Sun) 10:30-15:00	Friends of the World 2016 Come and join one of the biggest international exchange events in Tokachi. Events: International food stands, stage performances, kids corner, stamp rally, NGO booths, and more.	Tokachi International Relations Center 森の交流館・十勝 0155-34-0122 tirc@city.obihoro.hokkaido.jp
7/9, 23 (Sat) 16:00-18:00	Japanese Conversation and Learning Table Improve your Japanese language skills in a friendly environment. Japanese volunteers will be there to help you.	
7/13 (Wed) 19:00-21:00	International Mini-Volleyball Night Meet new friends from around the world while enjoying a fun and easy sport.	
7/16 (Sat) 10:00-11:30	36th Kids Playground Come with your children to learn and play while meeting local families. This month, you can enjoy an African Concert featuring an Obihiro University International Student from Nigeria on the piano.	
7/23 (Sat) 18:00-19:30	56th International Talk Learn more about the countries of the world and exchange ideas with other participants. This month's guest is the Brazilian CIR of Obihiro City. Come and learn about Brazil's customs, food culture and its Japanese community.	
7/2 (Sat) 16:00-21:00	36th Shihorotchi Summer Festival 第36回しほろっち夏まつり Come and watch the earliest firework festival in Tokachi. There will also be stage shows and other attractions.	Shihoro Town Plaza 士幌町タウンプラザ周辺 01564-5-2614 http://shihoro.net/yama2/
7/2 (Sat) 15:00-21:00	10th Shibare Rock Festival 第10回しばれロックフェスティバル Watch a hot rock music festival in the summer of the coldest town in Japan.	Rikubetsu Uenbetsu Event Ground 陸別町宇遠別イベント広場 090-2050-3947
7/2-3 (Sat-Sun) 10:00-16:00	New Local Gourmet Grand Prix Hokkaido 2016 in Taiki 新・ご当地グルメグランプリ北海道2016in大樹 Representing various parts of Hokkaido, vendors from be in Taiki to show off their area's staple dish(es).	Taiki Town Multi-purpose Aviation Park 大樹町多目的航空公園 0155-86-2111
7/3 (Sun) 10:00-14:00	45th Pyoutan Waterfalls Fishing 第45回ピョウタンの滝やまべ放流祭 A festival to mark the start of trout fishing season. There will also be stage shows and a food market.	Satsunai River Park 中札内村 札内川園地 0155-67-2495 http://nakasatsunai.blog.fc2.com/
7/3 (Sun)	Urahoro Children's Festival 2016 浦幌町子どもまつり2016 Enjoy bubble blowing, food stands, and other attractions.	Urahoro Kenko Park 浦幌町健康公園 015-576-2186
7/9 (Sat) 17:00-21:00	37th Komaba Summer Festival Beer Garden 第37回こまば夏まつりビアガーデン Enjoy a beer garden with live performances, games, a raffle, and more.	Otofuke Town Komaba Kaikan 音更町駒場会館駐車場 0155-42-2246

Tokachi Summer Spots

Summer is finally in full swing in Hokkaido. With the long and harsh winters that we face here in Tokachi, we really need to enjoy the good weather while we can! This month, we would like to introduce a few must-see spots for this summer.

十勝が丘公園

Tokachigaoka Park

Located near the famous Tokachigawa Onsen area, is the Tokachigaoka Park. It is most known for its giant clock covered in



flowers. While it is no longer the largest flower clock in the world, during this time of year it is when the flowers are in full bloom, the clock is worth checking out. There is also a free 足湯 *ashi yu* or foot bath filled with the famous Moor hot spring water that is naturally found in Tokachigawa. Don't forget to bring a towel or to rent one from the gift shop/restaurant next door!

陸別町銀河の森天文台

Rikubetsu Town Ginga no Mori Observatory

At the very top of the Tokachi area, is Japan's coldest town, Rikubetsu Town. While



the town isn't frozen, visit the Ginga no Mori Observatory. The observatory houses a top-class telescope, able to

be used even during the day. Rikubetsu Town is separated from any large city, so on a clear night stars can be seen filling the sky.

足寄町ラワンブキ観賞ほ場

Ashoro Town Rawanbuki Garden

Unique to Japanese cooking is the use of a celery-like plant called フキ *fuki*. Ashoro Town is home to the largest breed of *fuki* called the ラワンブキ *rawanbuki*, which can reach up to 3 meters high!

Driving around the Ashoro area can catch you glimpses of the giant leaf plant, but you can also visit the garden to get up, close and personal! While in



Ashoro, be sure to also stop by the restaurant "Woody Bell" right off of country road 241! They're famous for their burgers and gelato.

十勝スピードウェイ Tokachi Speedway

Take a nice Hokkaido drive over to the Tokachi Speedway! While you will (probably) not be the one driving at the track, visitors can enjoy various races held throughout the summer until the snow comes back. But even in the snow, there are special winter races!



Trivia: Why do Japanese Split Watermelons in The Summer?

You might have seen it in person or possibly on TV, but it seems that people in Japan always buy and split watermelons in the summer. Watermelons are refreshing, but they're expensive to buy and difficult to transport! Wouldn't it be easier to just bring pre-sliced watermelon? Or other fruits?



for a safe time at the beach. Still part of the game, the "splitter" is spun around to make him/her dizzy. It was believed that by making the person lose coordination, this also made the person able to become closer with the god of the sea and "the other world."

Nowadays, watermelon-splitting or スイカ割り *suica wari*, is a fun game played with friends and family, which results in a refreshing snack for everyone to share. Originally, *suica wari* was an actually an offering to the god of the sea, praying

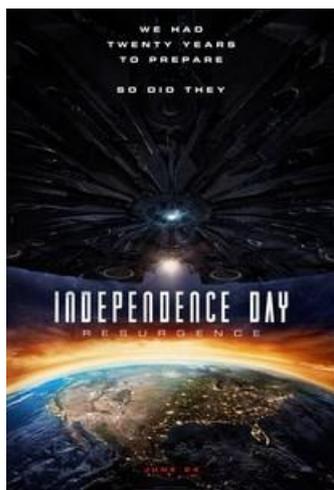
There is also a theory that in ancient China that soldiers would bury a live man then smash his head for good luck in war...then this lead to *suica wari*...

Stay safe this summer with some fun *suica wari*!

Movies At Cinema Taiyo, in Obihiro

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

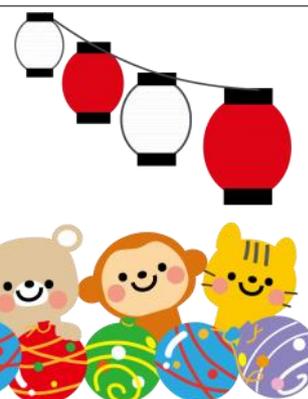
Times and movies are subject to change! (for space reasons not all movies are listed)
To confirm, call or check online at: http://www.taiyogroup.jp/cinema/theater/_obihiro/movie.shtml



Title	Language	Dates
The Revenant (R15)	Subbed Eng	Until 8th
Independence Day: Resurgence	2D Subbed/3D Dubbed Eng	From 9th
Finding Dory	Subbed Eng	From 16th
ONE PIECE FILM GOLD	2D/3D Jpn	From 23rd
Godzilla: Resurgence	Japanese	From 29th



Events Continued



When	What	Where/Contact
7/9 (Sat) 14:00-24:00	8th Rikubetsu Starlight Festival 第8回陸別スターライトフェスティバル Enjoy the night sky while enjoying a mini-concert, astronomical observation and a lecture at the observatory.	Ginga no Mori Observatory 銀河の森天文台 0156-27-8100 http://www.rikubetsu.jp/tenmon/
7/30 (Sat)	38th Seiryu Festival 第38回清流まつり Enjoy brass bands, Yosakoi Soran, and baton twirling performances by the students of Shimizu town. There will be also games, food stands, and more.	Tokachi Shimizu Station Event Ground 十勝清水駅前イベント広場 0156-62-2208
7/31 (Sun) 10:00-14:00	23rd Shitoku Soba Village Festival 第23回新得そばの里まつり Enjoy buckwheat noodles or, soba, in the town made famous by it! This festival will be happening in time for visitors to enjoy fields of "soba" plants and their white flowers in full bloom.	Shintoku Soba no Sato Park 新得そばの里公園 0156-64-5213
6/19 - 9/11 (Sun) 9:30-17:00	Obihiro Downtown Street Festival 2016 オビヒロホコテン2016 Enjoy various performances and activities, with plenty of local food on sale every Sunday in Downtown Obihiro.	Obihiro West 2 South 8-9/Hirokoji 帯広市西2条南8丁目-9丁目、 広小路 0155-23-4510

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 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.