



Obihiro Pioneer

Tourism and Goodwill Exchange Section Newsletter

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All About Milk #2: Farmers

牛乳の全て#2:酪農家

Hello Pioneers and welcome to part 2 of our article on milk, a cornerstone of life in Tokachi. Last time, we talked about cows, including their life cycle and digestion method. This time, let's learn about the farmers themselves and a typical day in the life of one.



Farming is Busy Work

Dairy farmers are so busy that they can't even rest for one day. Dairy cows lactate every day, and if even one day goes by without them being milked, they get stressed and can get very sick. Since they're so busy, farmers sometimes hire a "dairy helper", which is essentially a part-time worker who can do the farmer's job, allowing farmers to take a day off. Thanks to this system, farmers often rest two, count 'em, two whole days per month!

Feeding Cows

Even one cow requires a massive amount of food and water. They are fed 3 times a day on the clock. Domesticated cows can't live off grass alone as they wouldn't be able to produce the amount of milk they are expected to, so farmers

feed them a balanced mix of forage and concentrate feed.

Forage is made up of food high in fiber, such as fresh grass, dry grass and silage. This is the main food of the cow and also contains some minerals. Silage is a type of feed made of fermented oats and grasses. To humans, it would be the equivalent of pickled food. We humans can't digest fiber, but cows can in their first stomach, and it breaks down to become butterfat.

Concentrate is made up of things such as corn, barley, rice bran, wheat bran, beet pulp, spent grain from beer and soy sauce brewing, tofu skins, and so on. Cows eat it more like a snack than a main meal. Rich in protein and carbohydrates, this feed provides cow with plentiful minerals and nutrition that improves the lactation process and creates healthier milk!

There also exists TMR (total mixed ration) feed. This is basically a mix of forage and concentrate. It's a balanced mix that provides the cow with all essential nutrition and is widely used. However, veteran farmers may prefer to

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牛乳の全て#2: 酪農家

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carefully measure out the food they give the cows to create a specific taste for their milk. This is because everything a cow eats directly affects the quality, nutrition and flavor of their milk, so many expert farmers go for the custom feeding approach.

Lastly there's the difference between self-grown and store-bought feed. The quality of store-bought feed is government regulated, but is not as natural as self-grown. Self-grown allows the farmer to feed their cows non-GMO and organic food at the cost of labor, but allows them to produce organic milk.

Cleaning the Stables and Stable Management

I thought I was messy, but at least I have a toilet! Farmers have to clean cow excrement and urine, clean floors from dirt and food waste, and shower/wipe down the cows constantly! Each farmer runs their cattle barn in their own way, but there are 3 main styles of cow management.

1) Tie-stall barns: barns in which each cow lives in its own penned-off stall. They get their own space and their own food and interaction is limited. The farmer milks them by moving from stall to stall.

2) Free-stall barn: Cows have freedom to move wherever they want within the barn. They eat freely and as much as they want. When it's time for milking, they are led into a milking room.



3) Free-tie-stall barn: A fusion of the above two. Cows live together and are milked in a milking room, but have individual pens where they can rest and their food is eaten individually. This allows the

farmer to give the cows freedom of movement while also personalizing the amount of food they eat.

Milking and Health Maintenance

Farmers must also, of course, milk the cows! This is usually done in the morning and evening. First, they clean the cow's udders and then use a milking machine to hygienically and safely milk the cows. The milk gets stored in a bulk cooler. Some of the milk gets sampled and tested for quality and is then taken to a dairy facility for processing.

Cows also need their health checkups! Holstein cows are weak to heat, so farmers need to provide a properly cooled and ventilated environment for the cows. If a cow get sick, they have to call a cow vet to nurse them. Cows also require special care and food during pregnancy and birthing, accounting for their nutrition. What a busy life!

A Dairy Farmer's Daily Schedule (Example)

5:00 AM	<ul style="list-style-type: none"> Wake up Milk the cows #1 Feed the cows #1 Clean the barn #1
9:00 AM	<ul style="list-style-type: none"> Take the milk to the factory Tend to the calves #1 Run a cow health inspection Take stock of their feed Feed the cows #2 Maintain the farmland Make manure
5:30 PM	<ul style="list-style-type: none"> Tend to the calves #2 Write and record their data Milk the cows #2 Feed the cows #3
9:00 PM	<ul style="list-style-type: none"> Clean the barn #2

Japanese Corner: Jukujikun

にほんごコーナー: 熟字訓

In your Japanese studies, you have studied kanji compound words. The kanji provide the new word a meaning and pronunciation. For example, (学 *gaku*, study) + (生 *sei*, life) = (学生 *gakusei*, student).

You may have noticed that there are some words whose pronunciation you could never have guessed by looking at their kanji characters. They have a special reading that has to be learned.

漢字

Jukujikun are kanji compounds that were created for their meaning, but not pronunciation. In most cases, this is because when kanji were introduced to Japan, Japan already had their own language and their own words for things, so they took the Chinese kanji compound and gave it their pronunciation, even if it didn't fit the kanji's pronunciation.

Here are some examples of *jukujikun*. How many do you know?

大 [*oo/dai*, big] + 人 [*hito/jin/nin*, person] =

大人 [*otona*, adult]

今 [*ima/kon*, now] + 日 [*hi/nichi*, day] =

今日 [*kyō*, today]

下 [*shita/ka*, down] + (手 [*te/shu*, hand] =

下手 [*heta*, bad at something]

海 [*umi/kai*, ocean] + 老 [*oi/rō*, old] =

海老 [*ebi*, shrimp]

土 [*tsuchi/do*, soil] + 産 [*u/san*, product] =

土産 [*miyage*, souvenir]

田 [*ta/den*, rice field] + 舎 [*yado,/sha*, house] =

田舎 [*inaka*, rural countryside]

Movies @ Cinema Taiyo in 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	Genre	Lang	Dates
Jurassic World Dominion <i>Jurashikku Wārudo Aratanaru Shihai</i>	sci-fi/ action	JP	Until 8 th
One Piece Film: Red <i>ONE PIECE FILM RED</i>	anime/ fantasy	JP	Until 29 th
The Violence Action <i>Baiorensu Akushon</i>	action/ adventure	JP	Until 29 th
Plan 75 <i>PLAN 75</i>	adventure	JP	Until 8 th
Elvis <i>Eruvisu</i>	drama	EN	Until 15 th
Hell Dogs <i>Herudoggusu</i>	action/ drama	JP	From 16 th

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

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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
9/3 (Sat) 15:00-16:30	International Talk (Vietnam) インターナショナル・トーク: ベトナム Learn more about the countries of the world. This month's country is Vietnam. Our guest is Mai, an Obihiro resident. She will introduce his country and tell us about her experience in Obihiro with the theme "Obihiro through Vietnamese eyes." Participants can interact with the guest through a presentation and Q&A session. Fee: Free of charge	Tokachi International Relations Center @ Obihiro 森の交流館・十勝 0155-34-0122 tirc@city.obihoro.hokkaido.jp
9/10 (Sat) 10:00-21:00	Fall Tea Ceremony 2022 森の茶会・秋2022 An event for foreign and Japanese residents of Tokachi to come together and experience a part of Japanese culture. There will be a skilled instructor to serve and teach you. Sessions 1-4 are tea ceremony only sessions. Sessions 5-6 contain tea serving etiquette lessons. Session 1: 10:00-10:20 Session 2: 10:30-10:50 Session 3: 11:00-11:20 Session 4: 11:30-11:50 Session 5: 13:00-13:40 Session 6: 13:50-14:30 Fee: Foreign residents free, Japanese residents ¥300/sessions 1-4, ¥500/sessions 5-6 Participants: Foreign residents (30 people), local residents (6 people) Registration: 8/17-9/9 by phone	
9/17 (Sat) 10:30-12:00	Kids' Playground (Halloween) キッズ・プレイグラウンド: ハロウィン Come with your children and learn and play while meeting local families. This month's theme is "Halloween". This time our guest, teachers from English schools in Obihiro, will interact with the children through song, dance and arts and craft. Fee: Free of charge Participants: Children 0-6 years old and their parents/guardians. Limited to 40 participants (decided by raffle) Registration: 8/14-9/1 by contacting the TIRC or through the QR code	
9/25 10:00~	47th Urahoro Furusato no Minori Festival 第47回うらほろふるさとのみのり祭り CA festival for honoring the fall harvest. Come taste locally grown products and locally caught fish at the bazaar with your family! Fee: Free of charge Participants: First 10,000 people	Urahoro Shinrin Park @ Urahoro 浦幌町観光協会事務局 015-576-2181



Obihiro Pioneer is a newsletter published monthly by the Obihiro 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 Obihiro.

Obihiro Pioneer can be found at the following locations: Obihiro City Hall, Tokachi International Relations Center, JICA Obihiro International Center, and Cinema Taiyo. The digital version can be found on Obihiro City's homepage at www.city.obihoro.hokkaido.jp (search for "Obihiro Pioneer") or by scanning the QR code on the right.

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