

LIVING GUIDE MORIOKA

MORIOKA INTERNATIONAL RELATIONS ASSOCIATION

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Not to Slip and Fall on Snowy Roads

Is this your first winter in Morioka? If yes, you may be surprised at the cold weather. In Morioka, which is located in northern Japan, it's very cold in winter with roads and buildings covered with snow. The cold and snowy weather brings us a lot of fun. We can enjoy skiing and snowboarding at ski resorts nearby. On the other hand there are some points we should keep in mind to live safely during the cold months. This issue features how to walk on snowy roads without slipping up.

【Slippery Places】

- White parts of pedestrian crossings:
They are often covered with thin ice that cannot be recognized at first sight.
- Bus stops:
The snow on the ground is hardened and often bumpy.
- Steps / stairs:
Even steps and stairs in doors are often slippery with water. Tiled ones can be slippery in particular.
- Entrances of stores and other buildings:
Entrances where many people go in and out are often slippery. Watch your steps.
- Sloped roads: Be careful when walking on sloped or uneven roads.
- Just after snow removing vehicles passed by:
The road surface is often slippery with the leftover snow hardened by the vehicles.



【How to Walk without Slipping up】

- When you walk, make sure the whole sole of your foot touches the ground at a time. If your heel comes down before the rest of your sole, you're more likely to slip.
- Do not stride. You are less likely to slip if you walk with smaller footsteps.
- Watch the road surface. It often happens that the surface that looks dry is frozen. Watch your steps. Do not talk over the cell phone or look the other way while walking.
- Allow enough time for acting. You are more likely to slip and fall when you walk hastily. Leave your home earlier than usual. Traffic jams and bus delays happen more frequently in winter.

【Choose Less Slippery Shoes】

- Shoes with soft rubber soles:
Like winter tires, the rubber soles stick fast to the ground surface and thus less slippery.
- Shoes with calks on the soles: The calks scratch snow or ice on the road and prevent you from slipping up.
- Put some calks on the soles of your shoes. Go find ones at shoes shops.

【What Should You Do When You Are Slipping Up?】

- Don't walk with your hands in your pockets. Keep your hands free so that you can use them when falling down. Put on gloves. It often happens that you have your hands scratched or cut when you fall down and touch the icy ground.
- Put on caps. They prevent you from getting injured when you fall down. They keep you warm as well.

UPCOMING EVENTS

Hadaka Mairi

Kyojoji Temple on January 15,
Morioka Hachiman Shrine on January 16,
Sakurayama Shrine on January 25.

This is one of the traditional events for the lunar New Year and has a history of more than 150 years. Men wearing only a sacred rope around the waste march through the town to the local shrine and pray for good harvest, good health and protection against evil for the new year.

For more information: Morioka Tourism and Convention Association (Morioka Kanko Convention Kyokai) 019-621-8800

Morioka Yuki Akari 2006

Thu. February 2 ~ Sat. February 4

For Yuki Akari (Snow Candles) a lot of small snow huts are made in which candles are lit. There are candles floating on the water, candles on the ice, ice sculptures and more. Come and enjoy the dreamy world created by warm candlelights in snow.

For more information: Morioka Tourism and Convention Association (Morioka Kanko Convention Kyokai) 019-621-8800

The 39th Iwate Snow Festival

--- 9:00 ~ 21:00 on Sat.Feb.4 ~ Sun.Feb.12 at Makiba-en, Koiwai Farm, Shizukuishi-cho

Iwate Snow Festival at Koiwai Farm is one of the five major snow festivals in northern Tohoku. A total of about 4,000 people, including the Self Defense Force members, work to build elaborately designed snow and ice statues for the festival.

During the nine-day festival, about 300,000 visitors enjoy the beautiful statues, shows on the stage and fireworks. After sunset, the snow and ice statues are lit up, creating visual and

fantastic scenery.

You can enjoy the festival full day by sliding on a large snow statue slide, riding a snow train (you ride on a rubber boat that is pulled by a snowmobile) or a horse sleigh and eating at the Kamakura restaurant. In the Kamakura restaurant they serve such foods as mutton barbecue and soup of sliced pork and vegetables in Kamakura, an igloo-like snow hut.

For more information contact Iwate Yukimatsuri Jimukyoku (Iwate Snow Festival Office) at 019-692-4321 (phone) or 019-692-0303 (fax), or visit the website of the festival. <http://www.town.shizukuishi.iwate.jp/>

★ Access to the festival:

[Bus] 45 minutes from Morioka Station; ¥720

(For more information contact Iwateken Kotsu at 019-692-3212)

[Car] 25 minutes from Morioka or Takizawa exit of Tohoku Expressway

The parking lot accommodates 5,000 vehicles.

※ It's crowded on holidays.

Wakasagi Fishing

When Lake Gandoko at Tamayama is covered with ice, it's the wakasagi fishing season. Wakasagi, or smelt, is fresh water fish. To fish wakasagi, drill the ice over the lake first, and put the line through the hole. After fishing, enjoy the winter delicacy. Flour and deep-fry the fish, and then sprinkle salt over it. It tastes good! Drills and other tools you need are available for rent. For more information, call Gandoko Gyogyo Kyodo Kumiai (Gandoko Fisheries Cooperative, at 019-681-5117.)

We are not only in the snowy season but in the flu season as well. When you feel you're catching cold, go to bed early and have a good rest.



*** We wish you delightful holidays and a happy new year.***