

# Public Relations Magazine



Website

# HIRO

Hiro C.D.C. : Hiro Community Development Center

# 2023



# July

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Population of HIRO  
 at the end of April  
 (in comparison to Mar.)  
 Population 43,865 (-50)  
 ●M E N 21,291 (-14)  
 ●WOMEN 22,574 (-36)



You have to work hard to get good things. You might fail if you think too much and don't take action. People are kept alive by the mercy of others. It is important to be honest even if you are poor. *Hiraga Gennai*

## Good luck to eat starts with 'U'

Let's Dig In!



Eating eel on "Doyou no Ushi no Hi" (the day of the ox during midsummer) is good for your health because it's rich in nutrients. Eel contains vitamins A, E, B1, B2, B6 and minerals like calcium, magnesium, iron, as well as essential fatty acids like DHA and EPA. However, it's also high in fat and calories, so be careful not to overeat. Doyou refers to the period of about 18 days before each season starts, and since the zodiac cycle is 12 days long, there are several times when *doyou* overlaps with the day of the ox. This year's summer *doyou* is on July 30th (Sunday). Originally, there was a custom of eating foods that start with "U" on the day of the ox (*Ushi*), such as melon (*Uri*) or *Udon* noodles. It is said that this custom spread to eel when *Hiraga Gennai*, a famous inventor, wrote "Today is *Doyou no Ushi no Hi*" on his friend's eel shop sign and it became very popular.

In summer, people tend to spend more time indoors where it's cool. Going outside and getting some sunlight helps produce vitamin D in your body, and exercising can help maintain or improve your muscle mass. You can also socialize with others. Please join us at the Hiro Community Development Center and create new opportunities and connections through our activities. *Director Hosokawa*

## Thank you for sharing Your Thoughts with us! Asset Formation Seminar in 100-Year Life

○I learned a lot of things I didn't know, so I will use them as a reference for the future. It was a good course. ○I understood a little bit about NISA. ○I learned about NISA. It was a good opportunity to start. ○I heard a talk about NISA. ○I'm glad you explained it clearly. ○I gained new knowledge about how to buy and calculate investment trusts. How much did I understand?

※NISA is an abbreviation for *Nippon Individual Saving Account*.



## Registration Starts on July 20<sup>th</sup> (Thu.) Information from Hiro C.D.C.

### ① Delicious and Fun Medicinal Cuisine

**Participant:** 18 years old and over  
**Date and Time:** September 6th (Wed)  
 10:00-13:00

**Participation Cost:** ¥1,900  
**Seating Capacity:** 16 (first come, first served)



For Adults

### ② Wooden Coin Bank and Puzzle

**Target:** Elementary school students (\*accompanied by a guardian for 3rd graders and below)  
**Date and Time:** August 10th (Thu)  
 10:00-12:00

**Participation Cost:** ¥600  
**Seating Capacity:** 10 (first come, first served)

For Kids



### ③ Let's Make Stained Glass Cookies

**Target:** Elementary school students (\*accompanied by a guardian for 2nd graders and below)  
**Date and Time:** August 26th (Sat) 10:00-13:00  
**Participation Cost:** ¥1,400  
**Seating Capacity:** 16 (first come, first served)

For Kids



## Information from Hiro Library

【Opening Time】 from 9:30 to 20:00  
 【Closing Days】 Thursdays and National Holidays  
**Closed days in July :**

6<sup>th</sup> · 13<sup>th</sup> · 17<sup>th</sup> · 20<sup>th</sup> · 27<sup>th</sup>

### \* Babar's Picture Book Meeting

We will not hold the *picture book meeting* in July.



## Physical Fitness Test

**Date:** Tuesday July 4th, 2023

**Time:** from 9:30 to 11:30  
 (Registration until 11:00)

**Location:** Hiro Civic Center 3rd Floor Hall

**Measurement Items (Tentative):**

- ※Blood Pressure, Height, Weight, Body Fat, Bone Density, Grip Strength
- ※One-Legged Stand with Eyes Open (how long you can stand on one foot)
- ※Functional Reach (Dynamic Balance)
- ※10M Walk (Leg Strength, Time to Walk 10M)
- ※TIMEUP&GO (time to stand up from a chair, walk and sit down again)

- \*Please wear comfortable clothes for exercise and bring a towel or something similar.
- \*Please write your name at the reception for recreation insurance.
- \*For inquiries, please contact (mobile phone)

Mr. Hori  
  
 080-1919-6088

## 'Hiro Hiro Ba' Summer Festival

**Target:** 0-2 years old, preschool children over 3 years old (Note: Siblings of the target children can participate)

**Date:** Saturday, July 1, 2023, 10:30-12:00

**Place:** Hiroshima Civic Center, 3rd floor hall

**Content:** Performance by LCF, a student volunteer circle from Hiroshima International University

**Capacity:** 70 pairs (first-come, first-served)

**Fee:** Free, but reservation is required.

☞ You can make a reservation from June 19 (Mon.) using the QR code.

**Inquiries:** "Hirohiro-ba" ☎76-1616



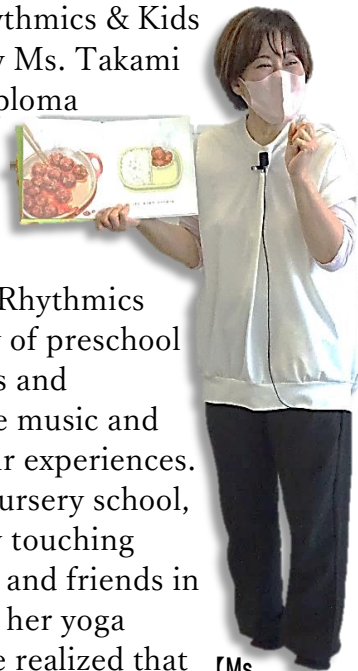


Rhythmic is a type of music education for preschool children that lets them enjoy expressing their feelings with their body while listening to sounds and rhythms.

Introduction of Regular Courses of Hiro C.D.C.

21 Fureai Rhythmics & Kids Yoga (preschool course)

This visit is about the "Fureai Rhythmics & Kids Yoga" (preschool course) taught by Ms. Takami Murakami. Ms. Murakami has a diploma qualification for rhythmics instruction and a yoga instructor qualification. She has been teaching at Hiro Community Development Center for 15 years. Rhythmics aims to develop the mind and body of preschool children. It cultivates rich emotions and sensibilities by letting them feel the music and express it as they wish through their experiences. Before going to kindergarten or nursery school, they learn to express themselves by touching music and sounds with their moms and friends in a fun way. Ms. Murakami obtained her yoga instructor qualification because she realized that her teaching would deepen if she learned the "function of the scapula" as yoga knowledge when instructing how to move the shoulders, for example. She incorporates it as kids yoga. Since she is dealing with small children, "the power of mom and dad" is important, so she was well prepared to be able to do it at home as well. The reason why this course has "fureai" (contact) in its name is because it is a program to cherish the precious and invaluable time when mom and dad can face their children one-on-one. Mom and dad are busy in their daily lives. This class is also a place for interaction, and it provides not only the growth of children, but also the healing of the busy mom and dad's hearts.



[Ms. Takami Murakami]



Our office is normally closed on 4th Monday  
July Monday 24th

Information from HIRO Sports Association

54th Hiro District Junior Soft Tennis Tournament

**Date:** Saturday, July 29, 2023, 9:00- Opening ceremony  
**Place:** National Kure Technical College Tennis Court  
**Eligibility:** \*High school division: Students enrolled in high schools in Hiro district and Kure Municipal High School, and students of National Kure Technical College (up to 3rd grade)  
\* Junior high school division: Junior high school students (1st and 2nd grade) living in Hiro district  
**Participation Fee:** Free  
**Application Deadline:** Wednesday July 12, 17:00  
**Application Destination:** Hiro Sports Association Office  
☎71-2151 (FAX available 73-5034)  
**Contact Person:** Yatsu (Soft Tennis Leader)  
☎73-5351 ☎ 090-8363-1400



55th HIRO Town People & Neighboring Hiro District Women's Volleyball Tournament

**Date:** Friday, August 11, 2023 (Mountain Day) 9:00~  
**Place:** Shishin Yo Oak Arena (Kure City General Gymnasium)  
**Participation Category:**  
◎Women who live or work in Hiro district  
◎Teams from Hiro Town and nearby areas  
◎Born before April 1st, 2005  
**Participation Fee:** Free  
**Application Deadline:** Tuesday July 11, 2023, 17:00  
**Application Destination:** Fill in the required items on the application form & send it to Hiro Sports Association Office  
☎Hiro Sports Association Office  
☎71-2151 (FAX available 73-5034)  
**Contact Person:** Izumi Kashiwagi (Women's Volleyball Leader)  
☎ 090-8714-6868



Results of 41st Hiro Townspeople Ground Golf Tournament

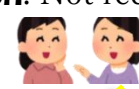
**Date:** Tuesday, May 16th **Place:** Hiro Park Stadium  
**Organizer:** Hiro Sports Association  
**Co-organizer:** Hiro Community Development Promotion Council **Manager:** Hiroshima Ground Golf Club  
**Supporter:** Kure City (16 holes 71 participants)

rank	name	hits	H.I.O
1st	Azuma Yasuko	35	2
2nd	Kawakami Satoko	36	2
3rd	Fujikawa Shozo	37	2
4th	Kokuho Katsumi	38	1
5th	Hirahara Yoshiro	38	1

rank	name	hits	H.I.O
6th	Onji Mitsunori	38	0
7th	Mimuro Hidemi	39	1
8th	Yamamichi Yasumasa	39	1
9th	Niraki Kazue	39	1
10th	Soga Isao	39	0

Information from HIRO Collaboration Center

"I'm interested in volunteering and community activities, but I don't know much about them. I want to know more about what kind of volunteer work there is. I can't do it right now, but I want to try it someday..."  
Let's chat about what you think and what you're curious about in your daily life! Feel free to join us.  
\*Tea Service and Kids Corner are suspended.  
**Date and time:** Friday July 28th 2023 10:00 to 12:00  
**Capacity:** No limit **Target:** Those who live in Kure City  
**Participation fee:** Free **Application:** Not required  
**Location:** Hiro Collaboration Center (Hiro Civic Center 4F)  
\*Our center is closed every Wednesday.  
\*You can come and go as you please, so feel free to come. \*The event may be cancelled depending on the situation.



Glass Showcase



In the glass showcase in front of the elevator hall on the 5th floor of Hiro Civic Center, where the office of Hiro Community Development Center is located, you can see the works of "Hiro Origami Club", which was introduced in the February issue, as well as "Picture Letter Circle Hiro Classroom" and "Wooden Dolls (Nogiku)".  
The works are changed periodically, so please take a look when you visit our Center.

Editorial Note Temple Bulletin Board

I sometimes see a bulletin board in front of a temple called a "conduction bulletin board". I searched for a site called "Shine! Temple Bulletin Board Grand Prize" on the internet because it was interesting. "The next register is fast~ I always compare myself with others and suffer~" It's a common experience to fail miserably when you line up at a register that looks fast. In the end, this frustration is my own judgment mistake... "Don't say unnecessary things through the mask that shouldn't spread germs and do unnecessary things with your hands that should have been disinfected" "Throw away the word 'KU' in anger and live in the sun" "If you can't bloom where you are placed, you can run away to where you can bloom" "No matter how much I polished it, it didn't shine, but I gained strength" "The kindest word is to call someone's name" Wonderful!  
⑤

NISA is an abbreviation for Nippon Individual Saving Account. It is a system that allows you to invest in stocks or mutual funds without paying taxes on capital gains or income gains within a certain limit.