



## On Winter Solstice, Let's Eat Have Sound 'N'

As the year-end approaches, it's time to prepare for welcoming the new year. We would like to express our heartfelt gratitude to everyone in the Hiro district for their tremendous support and cooperation during the "Hiro District Education Festival" in November, which ended successfully. We hope to continue to hold better cultural events with the support of everyone in the community. Thank you for your continued support.

Speaking of the end of the year, cleaning is an important task to welcome the new year with a fresh and comfortable place. The origin of cleaning goes back to the *Heian* period. It is an event to cleanse the "impurities" that have accumulated throughout the year and welcome the gods for the new year. So, instead of doing it reluctantly because it is the end of the year, let's clean sincerely for the sake of welcoming the gods and polishing our own hearts.

Now, the Zodiac Sign of the New Year is "Dragon (*tatsu*)", the only imaginary creature. In China, the dragon is one of the four sacred beasts, along with the "*qilin*", "*Ho-O* (phoenix)", and (tortoise)", and is the most powerful animal. The dragon, which has been worshiped as a god of water and sea, is said to have the power of great natural phenomena such as tornadoes and thunder, and it is said that auspicious things happen when the dragon appears. The year of "*Kinoe-Tatsu*" means "to stand up" and is considered a lucky year. Since the dragon is believed to bring fortune and success, let's all wish together that we can make our lives better with the help of the dragon's power.

We hope that the New Year (the year of *Kinoe-Tatsu*) will be a wonderful year for everyone in the *Hiro* area.

Hiro Community Development Center will be closed for the year-end and New Year holidays from Thu. Dec. 28<sup>th</sup> to Wed. Jan. 3<sup>rd</sup>. Please note that on Thu. Dec. 28<sup>th</sup>, only applications for facility use will be accepted between 8:30 and 17:00.

Director Hosokawa



## Information from Hiro C.D.C. Registration starts on Jan. 20<sup>th</sup> (Sat.) Delicious & Fun Medicinal Cuisine ~Coldness is the root of all diseases~

**Target:** 18 years old and above  
**Date and time:** 2/28 (Wed) 10:00-13:00  
**Location:** Hiro C. D. C 6F (Kitchen Room)  
**Fee:** 1,900 yen  
**Capacity:** 16 people (first come, first served).



## Notice from Hiro Library

The opening hours are from 9:30 to 20:00  
Hiro Library is closed on Thursdays and public holidays.  
In January, Hiro library will be closed on Jan. 8<sup>th</sup> (holiday), 11<sup>th</sup> (Thu), 18<sup>th</sup> (Thu), and 25<sup>th</sup> (Thu).  
Hiro Library will be closed for the Year-End & New Year Holidays from Dec. 28<sup>th</sup> (Thu) to Jan. 4<sup>th</sup> (Thu).  
Hiro Library will reopen on Jan. 5<sup>th</sup> (Fri).

Hiro Library  
☎71-7470

## 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.  
\*Kids Corner are suspended & Tea service has resumed.  
**Date and time:** Jan. 26<sup>th</sup> (Fri.), 2024 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. ☎71-0321

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Population of HIRO  
at the end of October  
(in comparison to November)  
Population 43,521 (+7)  
●M E N 21,104 (-13)  
●WOMEN 22,417 (+20)



The funds given by the lord must be used up completely and not kept. If they are kept, it is the same as stealing. If you use too much and end up borrowing money, you are a fool.  
Mitsunari Ishida

## Notice from Hiro Community Development Promotion Hiro Family Gathering Mochi Festival III

The Third Hiro Family Gathering Mochi Festival to be held!" This year, we will hold the Annual Mochi-Pounding event on a grand scale, as usual, despite the fact that there is only a little time left this year. To make it known to more people and to have more fun, we will hold it in the parking lot of the Hiro Civic Center. We are also preparing fun events such as Food Trucks (kitchen cars) and shops that are



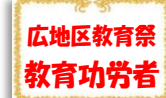
energizing the area, so please come and join us. From 1:00 p.m., we will hold Christmas Lobby Concert on the first floor gallery of the Hiro Civic Center. Local soprano singer "*Yuka Shitamatsu*" and pianist "*Takako Togii*" will collaborate to enchant everyone.

**Date and Time:** Sun. Dec. 24<sup>th</sup>, 10:00 to 15:00  
(13:00 to 13:30= Lobby Concert)

**Location:** Hiro Civic Center Parking Lot and 1F Gallery  
**Contact:** Hiro Machi Promotion Council, ☎73-7191

## Winners of the Education Merit Award 2023

The following individuals have been awarded the Education Merit Award at the 75th Hiro District Education Festival:



**Hideaki Kodama** (Hiro District Residents' Association Union)  
**Keiko Morikawa** (Hiro District Women's Association)  
**Reiko Wada** (Hiro District Women's Association)  
**Suzue Teramoto** (14th, 15th, and 16th Districts' Welfare Committee for Children and Child Welfare)  
**Hiroshi Morii** (Hiro Sports Association)  
**Rumi Yamagami** (Hiro Children's Association)  
**Yui Uchino** (Hiro District School Relations)  
**Mariko Ebisu** (Hiro Machizukuri Center)





Yakuzen cuisine is a type of cuisine that utilizes the inherent medicinal effects of ingredients and is consumed in the Asian cultural sphere, including China.

## Introduction of Short Courses of Hiro C.D.C. ② Delicious and Fun Medicinal Cuisine

"I attended a lecture on medicinal cuisine. This was the third lecture, and the lecturer was Ms. **Tomoe Mikami**, who holds the qualification of 'Special Class' from the Japanese Society of Traditional Chinese Medicine. She had given two lectures before the pandemic, and this is the third time in three years that she has held a lecture.



【Ms. Tomoe Mikami】



【Students are Listening Attentively】

While explaining the points to boost immunity while looking at the text, she will teach in detail what kind of food to take.

You may not see medicinal cuisine ingredients often. For example, there is something called '山薬 (*Sanyaku*). It refers to 'Nagaiimo (長芋= Chinese yam)' when you say something. '大蒜 (*Ohbiru*)' means 'Garlic.'



【Cooking Process】

Although it may feel like ingredients for medicinal cuisine are not readily available, in Ms. Mikami's recipe, she uses things that are easy to obtain at supermarkets. She aims for something that is easy, delicious, and good for the body. The participating students say, 'It's easy and



【This is the Medicinal Cuisine】

delicious!' I also want to try making it at home.

The fourth lecture is scheduled for Feb. 28<sup>th</sup> (Wed). If you're interested, join us and become healthy both mentally and physically."

③

## Information from HIRO Sports Association Results 42<sup>nd</sup> Hiro Citizen Ground Golf Match

**Date and time:** Held on October 30<sup>th</sup> Mon.

**Location:** Hiro Park Sports Field

**Sponsor:** Hiro Sports Association & Hiro Community Development Promotion Council

**Host:** Hiro Ground Golf Club **Supported by:** Kure City

**1<sup>st</sup>:** Takatoshi Ishida 29-2 **2<sup>nd</sup>:** Tadashi Matsuyama 31-2  
**3<sup>rd</sup>:** Yasumasa Yamamichi 32-2 **4<sup>th</sup>:** Masafumi Tsuboi 34-1  
**5<sup>th</sup>:** Tomio Takahara 35-1 **6<sup>th</sup>:** Kazuko Takano 36-1  
**7<sup>th</sup>:** Hiroko Yanoshita 38-1 **8<sup>th</sup>:** Shunsaku Kondo 38-1  
**9<sup>th</sup>:** Sueo Ide 38-1 **10<sup>th</sup>:** Nobuo Higashi 38-1



## 70<sup>th</sup> Kure City Sports Festival Results (Hiro District)

**1<sup>st</sup> :** Comprehensive, T & F Men's, Baseball, Table Tennis, Basketball, Tennis, Golf **2<sup>nd</sup> :** T & F Comprehensive, T & F Women's, soft ball, Soft Tennis, Kendo, Badminton  
**3<sup>rd</sup> :** Women's Volleyball, Soft Volleyball"

## Recipients Hiro Sports Association Sports Merit Award 2023

**Hiro Sports Association Award 2023 (Individual competition)**

**Haruto Matsuoka** (3rd grader, *Shiratake J.H.S.*) Boys' Shot-Put  
3rd place: Chugoku J.H.S. Athletics Championship

**Fuya Kusuvara** (3rd grader, *Osaka Namisho J.H.S.*) National J.H.S. Handball Championship 1st place

**Kiharu Tsubokawa** (2nd grader, *Setouchi H.S.*) Chugoku Boys' H.S. Basketball Championships 2nd place

**Hana Zenitani** (2nd grader, Hiroshima Minami H.S.) Chugoku H.S. Girls' Basketball Championships 1st place

**Aoi Takeuchi, Narito Fujishita** (3rd grader, National Kure College of Technology) Chugoku Regional College of Technology Sports Festival Volleyball Boys' Div.3rd place

**Yuito Tateyama** (3rd grader, National Kure College of Technology) Chugoku Regional College of Technology Sports Festival Volley-ball Girls' Div.3rd place

**Hiro Sports Association Award 2023 (team competition)**

Chugoku H.S. Newcomer Kendo Tournament Team 3rd place

**Noa Kanemori, Nao Fukukawa, Hiyori Ishiko, Hikari Ishikawa, Nana Matsunaka, Shino Yumiya, Kokona Sumida** (Hiro H.S.)

Chugoku High School Handball Newcomer Tournament Boys' 2nd

**Subaru Ota, Soichiro Tsuchiya, Yasuhiro Sato, Kaito Takahara, Hayato Takumi, Takumi Shimomura, Eigo Oyama, Ryoya Fujii, Yoshitatsu Arisaka, Riku Tomioka, Yamato Ishihiro, Masayuki Sumikawa, Haruto Nakamoto, Jun Aihara & Taishin Yoshikawa** (Hiro H.S.)

## Results 21<sup>st</sup> Hiro Mini Basketball Match

The 21st Hiro Machi Mini Basketball Tournament was held on Sun. Nov. 12<sup>th</sup> at 9:00 at the Kure City General Gymnasium (Oak Arena). The event was organized by the Hiro Sports Association and the Hiro Machizukuri Promotion Council, and supported by the Kure City and Chugoku Shimbun.

【Boys' Block】

1<sup>st</sup> **Yokoro** Mini Basketball School

2<sup>nd</sup> **Shiratake** Mini Basketball School

3<sup>rd</sup> **Kaita Suns** Mini Basketball Club

【Girls' Block】

1<sup>st</sup> **Shiratake** Mini Basketball School

2<sup>nd</sup> **Gohara** Mini Basketball Club

3<sup>rd</sup> **Yoshijima** Mini Basketball School



## Walking & Gymnastics

### The Walking Event

◎**Event Date:** Wednesday, January 24<sup>th</sup>, 2024

◎**Meeting Point:** Hiro Civic Center

◎**Meeting Time:** 9:00 AM

Course: **Nigata Pass 10 Kilometers long**

Hiro Civic Center → Bentenbashi Park → Zentsuji → Yoshimatsu Pass → Nigata Tunnel → Hiro Civic Center  
**Gymnastics Class**

◎**Event Date:** Wednesday, January 17<sup>th</sup>, 2024

◎**Meeting Point:** Hiro Civic Center Room 701

◎**Reception Time:** 9:00 AM

Please bring comfortable sportswear, athletic shoes, and a towel. Drinks will be provided.

✳**Both Events** Please sign up at the reception desk as recreation insurance is included.

For inquiries, contact: **Hori** at 080-1919-6088.

RAIN OUT!



instructor:  
**Miyori Fujii**  
(3B gymnastics)



## Editorial Note Snake would be Dragon after Training

God said, 'On the morning of January 1st, the first 12 animals to arrive will be the leaders of the year, and they will take turns every year.' The cow, being slow, left earlier than anyone else. The mouse rode on the cow's head. The cat missed God's words and asked the mouse. Perhaps thinking that he could not be the first to arrive if the cat came, he lied that the gathering was on January 2nd. On the day of the race, the cow arrived first, but the mouse that was riding on its head jumped out and crossed the finish line first. Then the tiger, rabbit, dragon, and snake arrived in that order. The dragon and the snake arrived at the same time, so it gave way. Furthermore, the horse, sheep, monkey, rooster, dog, and pig arrived. The horse and the sheep were good friends, so they arrived together. The monkey and the dog got into a big fight on the way, and the rooster mediated and they all crossed the finish line in that order. The pig arrived early but went straight and passed the gate, so it turned back and became the 12th. I am impressed.



The 12 animals of zodiac signs were selected by Chinese fortune-tellers observed the characteristics of animals in nature and assigned each animal a good omen.

Our office is normally closed on 4<sup>th</sup> Monday  
January Monday 22<sup>nd</sup>