

# Public Relations Magazine

## HIRO

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

### Let's Throw Beans to Drive Away Evil Spirits!

Happy New Year to everyone in Hiro area. We are delighted to usher in the New Year. Our staff will work hard to make this year a vibrant and lively place for everyone, so please continue to support us.

Now, when it comes to February, we think of *Setsubun*. *Setsubun* is a day that marks the division between seasons and falls on the day before the beginning of spring.

During *Setsubun*, we drive away evil spirits and invite good fortune by throwing beans. This tradition has its roots in ancient China, known as "tsuina," where on New Year's Eve, *onmyoji* (yin-yang masters) performed a ritual to dispel misfortune and calamities. Around the *Muromachi* period, the custom evolved to drive away demons using beans as we do now. It has long been believed that spirits dwell in the "five grains" (rice, barley, barnyard millet, millet, & soybeans), and the largest size soybean was considered the most effective in warding off demons.

Additionally, the alternate kanji for "mame" that means "to destroy demons" is written as "魔滅(*ma-me*)" in Japanese.

In English, it can be translated as "demon extermination" or "demon slaying" in "mamemaki" (bean-throwing) was associated with "defeating demons," adding another layer of meaning. Not using raw beans is because if bean sprouts after being left behind, it is considered unlucky as it is believed that "evil energy sprouts." The term "oni" (demon) during *Setsubun* refers not to literal demons but to "evil energy, calamities, and illnesses." The chant "Oni wa soto, fuku wa uchi" (Demons out, fortune in) is done in that order to "drive out demons before inviting in fortune."

However, at *Ohara Shrine* in *Fukuchiyama City*, *Kyoto Prefecture*, the chant is reversed to "Oni wa uchi, fuku wa soto," indicating the intention to "invite the demon into the shrine, change its heart, and then send it out as fortune." Let's embrace the cold and welcome an energetic and enjoyable *Setsubun*. Why not participate in community activities in *Hiro Town*, sharing smiles and vitality? Have a great *Setsubun*!

Director, Hosokawa

2024  
February

Published every month on 10<sup>th</sup> № 312  
【Editorial and Publishing Office】  
Hiro Community Development Center  
(Postal Code) 737-0112 2 Chome 1-3  
Hiro-Koshingai Kure-City Hiroshima pref.  
(Phone) 71-2151 (FAX) 73-5034

Population of HIRO (at the end of Nov.)  
(in comparison to Oct.)  
Population 43,460(+10)  
● M E N 21,091(-13)  
● WOMEN 22,369(-48)



Someone who forgets gratitude and indulges in personal desires cannot be called a human. When the time comes for a person to die, it is the essence of a warrior's spirit to die bravely. There is no opponent more frightening than someone who, when push comes to shove, can disregard gains and losses. Controlling subordinates can be very challenging. The greatest defense lies in attacking. Sometimes, those who pursue their dreams demonstrate more power than those who have already achieved them.

### Information from Hiro C.D.C. Registration starts on Feb. 20<sup>th</sup> (Tue.)

#### ① Senchado (Ogasawara-Ryu) Workshop

**Participants** must be 18 years or older  
**Dates:** 12·26/Apr., 10·24/May, 14·28/June, 12·26/July, 9·23/Aug., 13·27/Sep. (All Fridays)  
**Time:** 13:00–15:00 **Location:** 6F Room 605  
**Fee:** To be determined *The schedule is not yet confirmed*  
**Capacity:** Limited to the first 15 participants.  
*\*Details regarding schedule, frequency, and fees will be announced as soon as they are finalized.*

#### ② YOSAKOI Dance for a Healthy Mind and Body!! ~Let's Expand the Circle of Friends! Soiya!~

**Target:** Junior high school students and above (elementary school students can attend with companions)  
**Dates:** 6·20/Apr. 11·18/May 1·15·29/June 6/July (8 sessions in total) **Time:** 19:00–21:00  
**Location:** 7F Room 701 **Fee:** ¥3,200  
**Capacity:** Limited to the first 30 participants

#### ③ Sparkling Shaker Keychain Crafting

**Children** aged 4 to 12 years old (children under 8 years old must be accompanied by a guardian)  
**Date:** 17/Mar. (Sun) 10:00–12:00  
**Location:** 6F Room 606, **Fee:** ¥900  
**Capacity:** Limited to the first 15 participants

### Information from Hiro Library

【Opening Time】 from 9:30 to 20:00  
【Closing Days】 Thursdays & National Holidays  
**Closed days in February:**  
1<sup>st</sup>·8<sup>th</sup>·11<sup>th</sup> (National Foundation Day) ·  
15<sup>th</sup>·22<sup>nd</sup>·23<sup>rd</sup> (Emperor's Birthday) ·29<sup>th</sup>  
\* **Babar's Picture Book Meeting**  
**Date and time:** Feb. 17<sup>th</sup> (Sat.) 10:30–11:10  
**Location:** 6F Japanese-Style Room (604)

### Information from "Hiro Hiro·Ba" Course of IKEDAN" by "Hiro Hiro·Ba"

We're offering a course to support 'Cool Guys' who want to enjoy parenting and family time. This course is aimed at men who currently have or are expecting children aged 0 to 2 and 3 years old or older, including dads and grandfathers.  
**Date & Time:** Feb. 3<sup>rd</sup> Sat. 2024, 10:00 - 12:00  
**Location:** Hiro Civic Center 6F, Room 603  
**Content:** 'Let's Eat ONIGIRI made by Dads with Family!'  
**Capacity:** 15 people (first-come, first-served)

**Participation fee:** ¥300  
**Application:** Accepting applications  
*by phone starting Jan. 20<sup>th</sup> Mon*  
**Phone:** 76-1616  
**E-mail:** [kosodate@key.ocn.ne.jp](mailto:kosodate@key.ocn.ne.jp)

### Information from HIRO Collaboration Center

I am interested in a volunteer and a local action in HIRO, but I'm not sure. What kind of volunteer is in HIRO?  
I want to know it more. I cannot do it now but I want to do it sometime. You are always welcome at HIRO Collaboration Center. We're sorry, we'll serve you tea but we can't prepare Kids Space.

**Date and Time:** Fri. Feb. 16th 2024, from 10:00 to 12:00  
**Seating Capacity:** No limit  
**Participants:** Person who lives in Kure City  
**Participation Cost:** FREE  
**Place:** 4F HIRO Collaboration Center  
※The application is unnecessary.  
※We are closed every Wednesday.

Rainbow Cafe

Collaboration Center HIRO  
71-0321



## Information from HIRO Sports Association

### Results of the 64th Hiro Town Students Judo Match

**Date & Time:** Sun. Nov. 19, 2023 10:00 a.m. onwards  
**Venue:** Shishinyo Oak Arena(Kure City General Sports Center)  
**Organizer:** Hiro Sports Association  
**Co-organizer:** Hiro Machizukuri Promotion Council  
**Sponsor:** Kure City & Chugoku Shimbun (39 participants)



#### [Preschool (middle class) section]

1st:Mitsuki Hora (Kodokan)  
 2nd:Keiichi Terakawa (Kodokan)

#### [Preschool (senior class) section]

1st:Takahito Tofu (Kodokan)  
 2nd:Haruhi Shiota (Kodokan)

#### [Elementary School 1st grade section]

1st:Takato Sugawara (Kumano juyu-kai)  
 2nd:Daichi Izumi (Hiro Judo Class)

#### [Elementary School 2nd grade section]

1st:Yusei Nakashita (Hiro Judo Class)  
 2nd:Kouki Ishigaki (Kodokan)

#### [Elementary School 3rd grade section]

1st:Takao Oyama (Hiro Judo Class)  
 2nd:Taichi Nishioka (Hiro Judo Class)

#### [Elementary School 4th grade section]

1st:Renju Hayase (Kumano Juyu-kai)  
 2nd:Ao Nakahara (Kumano Juyu-kai)

#### [Elementary School 5th grade section]

1st:Seishiro Kamikaki (Kure Rensei-kai)  
 2nd:Ayumu Nakamura (Kure Rensei-kai)

#### [Elementary School 6th grade section]

1st:Mahiru Watanabe (Kumano Juyu-kai)  
 2nd:Hinata Kiyokawa (Hiro Judo Class)

## Results of the 64th Hiro Town Citizens Kendo Match

**Date & Time:** Mon. Nov. 23, 2023 9:30 a.m. onwards  
**Venue:** Shishinyo Oak Arena (Kure City General Sports Center)  
**Organizer:** Hiro Sports Association  
**Co-organizer:** Hiro Machizukuri Promotion Council  
**Sponsor:** Kure City & Chugoku Shimbun (39 participants)



#### [Elementary School 2nd grade section]

1st:Ena Kajiyama (Hiro Kensei-kai)  
 2nd:Haru Tamakame (Hiro Kensei-kai)

#### [Elementary School 3rd grade section]

1st:Ruko Kajiyama (Hiro Kensei-kai)  
 2nd:Harusho Oogami (Hiro Kensei-kai)

#### [Elementary School 4th grade section]

1st:Katsuto Masumoto (Hiro Kensei-kai)  
 2nd:Atsuto Ikeda (Hiro Shoki-kai)

#### [Elementary School 5th grade section]

1st:Airuto Kajiyama (Hiro Kensei-kai)  
 2nd:Subaru Takechi (Hiro Kensei-kai)

3rd:Takumi Masuda (Hiro Kensei-kai)  
 3rd:Yusin Kihara (Hiro Kensei-kai)

#### [Elementary School 6th grade section]

1st:Seiran Masumoto (Hiro Shoki-kai)  
 2nd:Shoma Sato (Hiro Shoki-kai)

#### [Middle School Section]

1st:Itsuki Oyama (Hiro Shoki-kai)  
 2nd:Nobuhiro Shimono (Hiro shoki-kai)

#### [General Section]

1st:Hikaru Tani (Hiro Shoki-kai)  
 2nd:Makoto Oyama (Hiro Shoki-kai)

3rd:Kazuya Ishida (Hiro Shoki-kai)  
 3rd:Masayuki Sakakida (Hiro Shoki-kai)

## Application for Regular Course in 2024

### List of Regular Courses 2024 at Hiro C. D. Center

Course Name	Course Frequency	Time	Instructor
☆Children (from 1 to 3 years old, 0 year old children need consultation)			
1 Fureai Rhythmics & Kids Yoga	1st & 3rd Wednesdays	9:30~	Takami Murakami
☆Children (from 4 to 6 years old)			
1 Kids Dance	2nd & 4th Saturdays	10:00~	Emi Hatasaka
☆ Children (from 4 to 12 years old)			
1 Classical Ballet	4/a month, Tuesdays	18:00~	Yukie Furue
☆Adults(General)			
1 Healthy Hula	1st & 3rd Mondays	10:00~	Kazue Minami
2 Calligraphy	4/a month, Tuesdays	9:30~	Kofu Shmizu
3 Calligraphy	4/a month, Tuesdays	18:00~	Sofu Iwata
4 Calligraphy	4/a month, Thursdays	9:30~	Enpu Matsuoka
5 Tea Ceremony (Urasenke)	1st & 3rd Wednesdays	9:30~	Sugako Nakano
6 Japanese Dance (Fujima)	1st & 3rd Wednesdays	13:00~	Rishou Fujima
7 Painting (oil, watercolor, pastel)	1st & 3rd Wednesdays	18:00~	Mitsuru Nakashio
8 Japanese Painting(4-hour course)	1st & 3rd Thursdays	13:00~	Shuncho Hirata
9 Haiku	2nd Thursdays	10:00~	Yuriko Ishimoto
10 Senryu	4th Thursdays	13:00~	Haruo Sato
11 3B Exercise	4/a month Thursdays	9:30~	Miyori Fuji
12 Tai Chi	4/a month Thursdays	13:00~	Miki Kurushima
13 Let's Learn Chinese!	4/a month Thursdays	18:00~	Takashi Aimoto
14 Go(Igo)	4/a month Thursdays	18:00~	Yoshiki Adachi
15 Vegetable Smoothie for Gut Health Cooking	2nd & 4th Fridays	10:00~	Nozomi Okamura
16 Yoga 1	4/a month Fridays	9:00~	Miyuki Tamai
17 Yoga 2	3/a month Mondays	11:00~	Miyuki Tamai
18 W Stimulus: Brain & Foot Reflexology	4/a month Fridays	10:00~	Mitsue Yabuki
☆Women			
1 Flower Arrangement (Saga Goryu)	1st & 3rd Tuesdays	9:30~	Yuho Motonaka
2 Table Tennis 1	4/a month, Wednesdays	10:00~	Mayumi Omosako
3 Table Tennis 2	4/a month, Wednesdays	13:00~	Mayumi Omosako
4 Gentle Aerobics & Stretching	4/a month, Tuesdays	19:00~	Miyuki Yamashita
5 Flower Arrangement (Ikenobo)	2nd & 4th Fridays	9:30~	Sugako Nakano
6 Easy Western-style Sewing (Basics)	1st & 3rd Thursdays	9:30~	Shihomi Hamaguchi
7 Let's Enjoy Japanese Culture! Introduction to Kimono Dressin	1st & 3rd Thursdays	10:00~	Yuko Aida
8 Chorus	1st & 3rd Thursdays	13:30~	Fumiyo Takeda
9 Relaxing Ballet Stretching	1st & 3rd Fridays	14:00~	Mariko Ebisu
☆Elderly (60 years and older)			
1 Silver Cheerful Exercise 1	4/a month, Tuesdays	13:30~	Ayako Watanabe
2 Silver Cheerful Exercise 2	1st & 3rd Wednesdays	10:00~	Ayako Watanabe
3 Lively Health Exercise:	4/a month, Thursdays	10:00~	Mitsue Yabuki

New course

Schedule Change

## Regarding Priority Registration and General Registration

■ scheduled for the next year (2024) in the list left.  
 For details, please refer to the application guidelines issued in early February.

### Priority & General Reception

★Priority Reception ☞ Fri. Mar. 1<sup>st</sup>. 13:00~17:00

☞ Those who did not take the course in 2024

★General Reception ☞ Sat. Mar. 2<sup>nd</sup>. 9:00~17:00

★Both Priority Reception and General Reception are **not 'first come, first served'**.

☞ If the capacity is exceeded, it will be a lottery.

★The lottery will be held from 17:00 after the reception ends, and only those who have failed will be notified of the result.

※For details, please contact us.

Hiro Community Development Center. ☞ ☎71-2151



## How about Walking with us?

◎Date: Thu. Feb. 8<sup>th</sup>, 2024

◎Meeting Place: Hiro Civic Center

◎Meeting Time: 9:00 AM

Course: **Nijimura Circular Course 4km**



**Hiro Civic Center ~ Nijimura Clean Center (Clean Center Kure) ~ Hiro Civic Center**

\*The event may be canceled or the course may be changed due to weather or other circumstances.

\*Please sign up for recreational insurance at the reception.

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



## Editorial Note~East-NorthEast, slightly East~

Around the time of *Setsubun*, commercials begin airing that promote eating a special kind of sushi roll called "*Ehōmaki*" while facing a specific direction for good fortune.

In 2024, the auspicious direction is "**East-NorthEast, slightly East.**" The direction for *Ehō* (auspicious direction) becomes "**East-NorthEast**" when the last digit of A.D. is "4 or 9."

The concept of *Ehō* is rooted in the belief that there is a deity called *Toshitokuji* (the god symbolizing age) who governs the blessings and virtues of the year, and *Ehō* represents the direction where this deity resides. Any direction where *Toshitokuji* resides is considered highly auspicious. This direction changes every year and is limited to four patterns: "East NorthEast," "West SouthWest" "South SouthEast," and "North NorthWest." These patterns are determined by the combination of the "10 Japanese Calendar Signs," which categorize ten-day cycles and assign names to each day within that cycle. While I recognized as a commercial event ....



Our office is normally closed on 4<sup>th</sup> Monday  
**Mon. 26<sup>th</sup> Feb.**