



## Ritual to Ward off Evil Spirits: 'Peach Festival'

While cold days continue, the season is undoubtedly heading towards spring, isn't it? This time, since it's the March issue, I'll talk about 'Hina Matsuri' (Japanese Doll Festival for Girls).

It's a traditional Japanese event where dolls are displayed, symbolizing the wish for the growth and happiness of girls, and special ceremonies are held. Its origins date back to the Nara period. In that era, it was known as 'Momo no Sekku' (Peach Blossom Festival) and took place during the season when peach blossoms bloomed. 'Momo no



**Sekku** involved rituals to dispel evil, including the planting of peach trees in gardens. During the late Heian period to the Kamakura period, 'hina' dolls made their appearance. The earliest hina dolls were crafted from wood or paper. This tradition gradually evolved, and by the Edo period, dolls similar to those used today became common. In the Edo period, Hina Matsuri became established among the common people, celebrating the birth and growth of girls. Hina dolls were crafted within the reach of the general public, and various sizes existed, from the typical 'Go-Nin Kazari' (Five Doll Set) to larger displays like 'Shichi-Nin Kazari' (Seven Doll Set) or 'Jugo-Nin Kazari' (Fifteen Doll Set), which were highly valued as luxurious items. By the way, 'Hina Matsuri' is also known as 'Hina no Sekku,' one of the 'Gosekku' (Five Seasonal Festivals). Go-sekku refers to traditional Japanese festivals that celebrate the changing seasons and significant milestones. These events mark the transitions between seasons and hold cultural importance in Japan.

The remaining 4 festivals are ① 'Risshun' around Feb. 4<sup>th</sup>, ② 'Tango no Sekku' on May 5<sup>th</sup>, ③ 'Tanabata' on July 7<sup>th</sup>, and ④ 'Chuushuu no Meigetsu' on Aug. 15<sup>th</sup> of the lunar calendar (last year was on September 29<sup>th</sup>, Friday).

At Hiro Development Community Center, we work hard every day to create a fulfilling learning environment with everyone in the community. Please feel free to join us anytime. We hope to provide wonderful learning experiences and encounters with you all as spring arrives. Let's spend a delightful March together.

Director Hosokawa



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Population of HIRO (at the end of Dec.)  
(in comparison to Nov.)  
Population 43,395(-65)  
● M E N 21,057(-34)  
● WOMEN 22,338(-31)

Meeting again after a long time, just like the moonlight disappearing behind the clouds before I could fully grasp its presence.  
This is the 57th poem in the Hyakunin Isshu by Murasaki Shikibu. ☞ Unfortunately, like the moon hiding in the clouds, you hurriedly concealed yourself before I could ascertain your presence, and it is regrettable.

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

**Participants:** aged 18 and older

**Dates:** April 12, May 10, June 14, July 12, August 9, September 13 (Friday)

**Time:** 13:00-15:00

**Location:** 6F Room 605

**Fee:** ¥2,400

**Capacity:** Limited to the first 15 participants.

## Registration starts on Apr. 1<sup>st</sup> (Mon.) Cooking Class for Men

**Participants:** Men aged 18 and older

**Dates:** April 23<sup>rd</sup> Tuesday

**Time:** 10:00-13:00

**Location:** 6F Room 603

**Fee:** To be determined

**Capacity:** Limited to the first 16 participants.



## 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. Mar. 22<sup>nd</sup> 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



## Hiro District Community Association Health Promotion Project

### 'Physical Measurement'

**Date and Time:** Thu. Mar. 7<sup>th</sup>, 2024 9:00 - 11:30

**Location:** Hiro Civic Center 3F Hall

**Registration:** Please arrive by 11:00 AM.

☞ Measurement items include:

- \* Blood Pressure, Height, Weight, Body Fat, Bone Density, Grip Strength
- \* Eyes-Open Single-Leg Standing Time
- \* Functional Reach (Dynamic Balance)
- \* 10m Walk (leg strength, time to walk 10 meters)
- \* TIME UP & GO (time to stand from a chair, walk, and sit down again)

☞ Please wear suitable exercise attire and bring a towel.

☞ Sign up at the registration desk for recreation insurance.

**Contact:** Hori ☞ ☎ 080-1919-6088

### How about Walking with us?

◎ **Event Date:** Wed. Mar. 27<sup>th</sup>, 2024

◎ **Meeting Place:** JR Kure Station Square

◎ **Meeting Time:** 9:00AM, Departure 9:30AM

**Course:** Cherry Blossom Viewing at Niko Gorge Park (6 km)

JR Kure Station Square → San-Jo → Tai no Miya Shrine → Niko Gorge Park → Along the Niko River → JR Kure Station

☞ The event may be canceled or the course may change due to weather or other circumstances.

☞ Sign up at the registration desk for recreation insurance.

**Contact:** Hori ☞ ☎ 080-1919-6088

\*Hosted by Hiro District Health Exercise Promotion Council and Kure City Health Center East Health Center

\*Co-hosted by Hiro District Community Association and Hiro District Social Welfare Council





## Introduction of Short Courses of Hiro C.D.C.

### ③ Botany Painting

The short course, which began with the question "What's **Botany Painting**?"—did anyone know about it? Botany Painting, still not widely known, involves affixing real "lotus leaves" or "Bodhi tree leaves" onto panels and layering one's favorite colors. The teacher demonstrated and explained the process, reassuring us, "You don't need artistic talent. Paint freely as you like." Feeling determined to create a great piece, I had already thought about the colors to use and eagerly started.

I struggled with how to layout the dried lotus leaves and glued them on. After sticking them, I layered colors with a sponge.

Curious about the colors other students were using, I progressed while peeking around.

Thinking, "All the students have good taste," my confidence gradually waned, and my earlier enthusiasm flew away. Nevertheless, the teacher encouraged and praised me with a "It's great~," so I managed to finish it. Applying varnish in the end gave the artwork a unique expression. Students ranged from elementary school boys to adult women, covering a wide age range. Everyone seemed satisfied with their one-of-a-kind creations. I completed a piece with a cheerful pink theme, and every time I look at it, I feel a sense of relief and comfort.

Instructor Nakamura, who previously led the Botanical Candle workshop, also conducted this course.

I'll continue to strive to offer enjoyable courses related to plants in the future.

**Our office is normally closed on 4<sup>th</sup> Monday**  
**Next : Mon. 25<sup>th</sup> Mar.**



## From Hiro Sports Association (Acknowledgment)

We were able to carry out the activities for the fiscal year 2023, including participation in the Kure City Sports Festival, various tournaments, and commendations for meritorious service. We sincerely thank everyone for your understanding and cooperation, which allowed us to successfully conclude these activities.

For the fiscal year 2024, we plan to implement the following:  
① Townspeople's Tournament (10 events), ② Educational Festival Business Tournament (4 events), ③ Participation in the Kure City Sports Festival, ④ Commendation for Meritorious Service, and ⑤ Seminar Programs. We will be recruiting participants continuously through monthly 'Hiro Community Newsletter', so we appreciate your participation and cooperation. Hiro Sports Association Office ☎71-2151

### Results of 58<sup>th</sup> Prefectural Open Soft Tennis Tournament

**Date:** Sunday, December 10<sup>th</sup>, 2023 (9:00 AM onwards)

**Location:** National Kure Industrial High School Tennis Courts

**Hosted by:** Hiro Sports Association

**Supported by:** Kure City & Kure City Soft Tennis Federation

#### General Men's Division

1st: Hakota / Tarumura (Sahara Electric)

2nd: Omoto / Morita (Fukuyama Club, Abe Club)

3rd: Tsubokawa / Marumoto (Sawara Electric)

3rd: Ishii / Ito (Abe Club)

#### Senior Division 1:

1st: Matsumoto / Ono (Kure Soft Tennis Club, Tabuse Club)

2nd: Ishimoto / Nakagawa (Kure STC)

3rd: Ochi / Une (Hiroshima Central Club)

3rd: Matsumoto / Matsumoto (Fuchu Club)

#### Senior Division 2:

1st: Fukuda / Naohara (Kure Hyakusai-kai, Koyu-kai)

2nd: Kaga / Tani (Kure Hyakusai-kai)

3rd: Hiraishi / Kinoshita (KTC)

3rd: Murai / Takada (Kure Hyakusai-kai)

#### Women's Division A:

1st: Nishinaga / Tanaka (CJB, Hiroshima Central Club)

2nd: Morita / Shimizu (Abe Club)

3rd: Nakaya / Yabu (Kure STC)

3rd: Takahashi / Teshima (Theory K)

#### Women's Division B:

1st: Hamasawa / Nakamori (Stone Wing, Kure Clin Club)

2nd: Kakiuchi / Katagiri (Yano Club, Kumano Club)

3rd: Kinoshita / Norikiyo (Theory K)

3rd: Tonokawa / Takeda (Koyu-kai, Kure Clin Club)



## Information from Hiro Library

【Opening Time】 from 9:30 to 20:00

【Closing Days】 Thursdays & National Holidays

**Closed days in March:**

7<sup>th</sup> · 14<sup>th</sup> · 20<sup>th</sup> (Spring Equinox Day) · 21<sup>th</sup> · 28<sup>th</sup>

※There will be no picture book meeting in March.



## Notice from the Elderly Support Division

### 'Sukoyaka Salon' at the Hiro C.D.C. Venue

**'Start now, prevent care needs! Healthy Salon'** 参加者募集中

☞ This is a "gathering place (salon)" for preventing social withdrawal. Recreational activities such as singing and brain training will be conducted. Target audience: Individuals aged 65 and above with residency registration in Kure City. Considering safety, usage may be restricted based on health conditions.

#### ○ Tuesday Course (Total of 18 sessions)

**Capacity:** 25 participants

**Schedule:** April 23<sup>rd</sup> to Sep. 10<sup>th</sup>, Every Tue., 9:30 AM to 12:00 PM

**Location:** Hiro Machizukuri Center 6th Floor Room 602

#### ○ Wednesday Course (Total of 18 sessions)

**Capacity:** 35 participants

**Schedule:** Apr. 24<sup>th</sup> to Sep. 11<sup>th</sup>, Every Wed., 1:30 PM to 4:00 PM

**Location:** Hiro Machizukuri Center 7th Floor Room 702

**Fee:** Approximately 100 yen per session and additional expenses may apply depending on the content.

**Application:** Apply **directly** at each citizen center, elderly support division, and various regional comprehensive support centers within Kure City from February 9<sup>th</sup> (Friday) to March 1<sup>st</sup> (Friday).

**\*Applications are not accepted at Hiro City Center 5th floor "Hiro Machizukuri Center"**

※1 Completion of the application form is required. (Phone applications are not accepted.) ※2 In case of a large number of applications, a selection process may be implemented.

**Inquiries: Elderly Support Division ☎25-3104**

## Editorial Note ~'Nagashi Hina (Hina Nagashi)'~

On the lively evening of March 3<sup>rd</sup> during the *Hina Matsuri* Festival, there are regions where the event called "Nagashi-Bina" takes place, involving the tradition of floating *Hina Dolls* down rivers or into the sea. The roots of this tradition lie in transferring impurities related to illness or sins onto "Ningyo," dolls representing humans, vessels, animals, etc., and then releasing them into the river. While the epic drama "Hikaru Kimi e" has begun, this concept is also mentioned in "The Tale of Genji," written by *Murasaki Shikibu* during the *Heian* period. She recorded, "I saw them placing the 'hitogata' (human-shaped dolls believed to carry misfortune) on a boat and letting it drift into the sea..." and inviting *Onmyoji* to conduct rituals by the seaside. In contemporary times, the emphasis has shifted from transferring misfortune to entrusting wishes to the floating *Hina Dolls*. Although there are countless things one may wish for...