



Web Site

<https://www.city.kure.lg.jp/soshiki/111/>

※Illustrations created by Microsoft Copilot & いらすたや

KOHO

HIRO

Hiro C.D.Center

Hiro Community News Letter

August 2025



Summer and Sunflowers

Speaking of August, the beautiful bright yellow sunflower comes to mind. In Japanese, this vibrant bloom is written as "向日葵" (*Himawari*), meaning "facing the sun." However, this movement is only seen during the budding stage. By the time the flower fully blooms, it settles—facing east, as if greeting the morning sun. Now, the birth flower for the month of August is the sunflower. To elaborate, a birth flower refers to the specific flower assigned to each day of the month, believed to symbolize the personality and fate of those born on that day. For the month of August, this applies to individuals born on the 2nd, 5th, & 31st. Sunflowers are a quintessential part of summer in Japan, often appearing in children's vacation journals alongside straw hats, insect nets, and juicy slices of watermelon. While they are typically imagined as tall stalks crowned with large, golden blooms, the reality is far more diverse. Sunflowers come in a stunning variety of colors—including reds, oranges, soft yellows, and whites—each adding its own brilliance to the summer landscape. The famed Dutch painter **Vincent van Gogh** captured this diversity in his Sunflowers series. Across eleven paintings—some in watercolor—he portrayed sunflowers in various hues and forms, using them as a symbol of his dream: an artistic utopia bathed in the golden light of southern France. Beyond their visual beauty, sunflowers serve practical purposes as well. Their seeds are harvested for livestock feed and sunflower oil, making them an essential crop worldwide. Originating in North America, sunflowers made their way to Spain before spreading across the globe. By the late 17th century, they had reached Japan. Artists back then were probably really fascinated by the vibrant plants that came from foreign places like the Netherlands. Even Edo-period painter **Ito Jakuchu** captured their striking presence in "Rooster and Sunflowers," showing the fascination these blooms inspired. In recent years, summer heat has intensified, pushing temperatures higher than ever. Yet beneath the blazing sun, the sunflower stands tall and strong. This summer let's live like the sunflower—radiant, energetic, and always facing the light!

Director Hosokawa



Information from Hiro C.D.C.

Registration starts on Aug. 20th (Wed)

① Senchado (Ogasawara Tea School)

Eligibility: 18 years and older
Dates: Oct. 10th, Dec. 12th, Jan. 9th, Feb. 13th, Mar. 13th (All Fridays)
Time: 1:00 PM – 3:00 PM
Location: Hiro Civic Center, 6F
Fee: ¥4,000 **Capacity:** First 15 applicants



② Pickleball

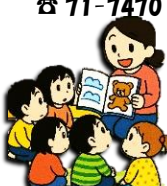
Boost Your Fitness While Having Fun
 Pickleball is sweeping the nation as one of America's fastest-growing lifetime sports. With its easy-to-learn rules and moderate level of activity, it's the perfect way to stay active—no matter your age or skill level. Whether you're young or young at heart, a total beginner or just looking for a fun new way to move, this engaging

Eligibility: 18 years and older
**elementary school children may attend accompanied by an adult*
Date & Time: Sun Sep. 21st, 10:00 AM – 12:00 PM
Location: Hiro Civic Center, 7F
Fee: ¥300 **Capacity:** First 8 applicants



Information from Hiro Library

[Library Hours] 9:30 AM – 8:00 PM
[Closing Days] Thursdays and National Holidays
Closed days in Aug. :
 7th, 11th (Holiday/Sunday), 14th, 21st, 28th
***100th Anniversary of the Opening of Kure City Library Babar's Picture Book Meeting**
Date and time: Aug 19th, 10:30 AM – 11:10 AM
Location: Hiro Civic Center 6F Room604



Published monthly on the 10th **No 343** Population of HIRO
[Editorial and Publishing Office] As of the end of May, compared to April
Hiro Community Development Center
 〒737-0112 **Total** 42,270 (–37)
 2-1-3 Hiro Koshingai Kure-City **OM E N** 20,448 (–13)
 ☎ 71-2151 ☎ 73-5034 **OWOMEN** 21,822 (–24)

Information from Hiro Town Development Promotion Council

The 7th Hiro District Bon Dance & New Shin-Hiro Ondo

We are excited to announce an upcoming event dedicated to preserving the traditional "Shinhiro Ondo" dance for future generations. Our goal is to deepen local pride and foster community spirit among participants of all ages—from children to seniors. In addition, look forward to our popular annual raffle, which always brings smiles and excitement to attendees. Please note that raffle fans are limited in quantity, so be sure to arrive early.
Date: Sun Aug. 3rd, 2025
Time: 5:00 PM – 8:00 PM
Food & Vendor Stalls open at 5:00 PM
Bon Odori Dance starts at 6:00 PM
Raffle Draw at 7:30 PM
Location: Hiro Park Multipurpose Plaza
What to Expect: ☆Dancing *Shinhiro Ondo* ☆Vendor stalls hosted by community members ☆Kureshi Slider
※Please note that event details are subject to change.
 We appreciate your understanding.




Beware of heat stroke! Tips for staying healthy this summer

When the summer heat makes it hard to regulate your body temperature, the risk of heatstroke increases. It can become severe, so taking early precautions is crucial. To replenish fluids and salts lost through sweat, drink water, tea, or sports drinks before you feel thirsty. Avoid overly cold drinks; room temperature or slightly chilled beverages are recommended. Try to limit long outdoor activities in the heat and take breaks in shaded or cool indoor areas. Hats, umbrellas, and breathable clothing can help prevent your body temperature from rising. Use air conditioning or fans indoors. Special care should be taken for the elderly and children. If early symptoms such as dizziness, nausea, or muscle cramps appear, rest in a cool place, stay hydrated, and cool your body. If symptoms don't improve, seek medical attention immediately."



In 1965 on Bainbridge Island, USA, a father created and handmade a game for his bored child to enjoy with the family, and it gradually spread. The name "Pickle" comes from the family's dog.

Introduction of Short Courses of Hiro C.D.C. Thank You for Your Feedback! Let's make 2 types of Sakura Mochi


*I'm happy that I could try something new.
I'm glad that I could join and participate freely. I'm happy that I got to taste bread.
* I'm glad that I could eat the bread I made. * I learned some tips for making bread.* I learned how to make bread. * I felt a sense of achievement. * I understood how to make bread very well. * They explained how to make bread very carefully.
* The kids had fun.* It was fun to make bread.* I'm happy that I could make bread I've never made before.

Hand-Kneaded Bread Workshop: Mini Chocolate Marble Loaf


* I learned how to make sweets. * I had an experience that I couldn't have at home. * It was great to work together and get along with other participants. * I was able to make sakura mochi by hand.
* It was fun! I'm glad I could participate together with my child. * It was nice to be able to bring my child along. * The recipe was easy to make at home, which was great. * Even kindergarteners were able to cook together, which was wonderful.
* Making sweets was enjoyable. * I appreciate that my child could participate on their own.
* It seemed like they had a great time.

Parking Fees for the Center's Attached Parking Lot
Parking Information at Our Center Parking is **free for the first hour**. After that, a fee of **100 yen will be charged for every additional 30 minutes**.


Please note that 10,000 yen, 5,000 yen, and yen bills—both old and new editions—are **accepted for payment**. We regret that currency exchange services are not available at the Hiro Community Development Center, so please prepare the correct change in advance. Additionally, parking fee waivers are generally not offered, with only a few exceptions. Thank you.

Our office is normally closed on 4th Monday
August Monday 25th


Information from HIRO Sports Association 56th Junior Soft Tennis Tournament Hiro Results

Date & Time: Saturday, June 7, from 9:00 AM
Venue: Kure National College of Technology Tennis Courts
Organizer: Hiro Sports Association
Supported by: Kure City & Chugoku Shimbun
Number of Participants: 163

POSTPONED
【1st Graders J.H.S. Boys Div.】
1st: Inoue & Komitsu(Hiro Chuo)
2nd: Kadono & Toshimitsu (Shirateke)
3rd: Komiya & Haramoto (Hiro Chuo)
3rd: Komasu & Matsuzawa (Shirateke)
【1st Graders J.H.S. Girls Div.】
1st: Yoshinaka & Sato (HiroMinami)
2nd: Mori & Kushioka (Yokoro)
3rd: Shirai & Nishimoto (Shirateke)
3rd: Ogawa & Uematsu (Shirateke)
【2nd Graders J.H.S. Boys Div.】
1st: Kawahira & Ishikawa (Shirateke)
2nd: Sakata & Ito (Shirateke)
3rd: Wada & Shigemoto (Shirateke)
3rd: Takenaka & Takehara (Yokoro)
【2nd Graders J.H.S. Girls Div.】
1st: Watanabe & Terayama (Shirateke)
2nd: Matsubara & Omi (Hironan)
3rd: Morikawa & Okimoto (Shirateke)
3rd: Nozaki & Yamada (HiroMinami)
【3rd Graders J.H.S. Boys Div.】
1st: Matsuoka & Ito (Shirateke)
2nd: Sasaki & Terayama (Shirateke)
3rd: Kishina & Sumiyoshi (Yokoro)
3rd:Yoshimura & Kadono (Yokoro)
【3rd Graders J.H.S. Girls Div.】
1st: Morikiyo & Inaba (Yokoro)
2nd: Endo & Shibata (Yokoro)
3rd: Hiraoka & Matsumoto (Yokoro)
3rd: Toshimitsu & Ikeda (Shirateke)



57th Hiro Open Women's Volleyball Tournament

Date & Time: Tue Sep. 23rd, 2025 from 9:00 AM
Venue: *Shishinyo* Oak Arena (Kure City General Gymnasium)
Participation Categories: ◎Women who live or work in *Hiro* District ◎Teams from the surrounding areas of *Hiro*
◎Women born on or before April 1st, 2007.

Entry Fee: Free **Note:** The tournament format (league, link matches, or knockout) will be determined by the organizers to ensure each team plays at least two matches, depending on the number of teams. Only first aid will be provided for any injuries during the event. The organizers do not accept responsibility for further medical treatment. However, a one-day insurance policy will be purchased through the *Hiro* Sports Association. Each team is required to assign at least two members for net management and event setup duties.
Application Deadline: Sat Aug. 23rd, 2025
How to Apply: Please fill out the application form with the required information and submit it to the *Hiro* Sports Association office.
Hiro Sports Association Office ☎ 71-2151 (Fax: 73-5034)
For inquiries: *Izumi Kashiwagi* Mobile: 090-8714-6868


Information from Senior Support Division Your Guide to Getting Started- Seniors Smartphone Class

Beginner-Friendly Workshop: Master Your Smartphone Basics with Ease! Discover the fun of understanding your smartphone while learning to use handy communication apps and explore local hazard maps for safety.
When : Fri, Aug. 8th 1:00 PM – 3:15 PM
Where : Hiro Civic Center, 6F,
Cost : Free **Capacity :** 15
(selection process if oversubscribed)

Registration : By phone starting Tue. July 22nd
Contact : Senior Support Division Tel: 25-3104

Information from HIRO Collaboration Center Discover Community Connections at Our Center

Hiro Collaboration Center regularly posts information about volunteer opportunities, as well as events related to volunteering, community development, and local initiatives. Inside the center, you'll find a display space featuring regional newsletters, organizational publications, and maps of neighborhoods throughout Kure City. If you're interested in learning more about volunteering or getting involved in your community, feel free to stop by Hiro Collaboration Center, located on the 4F of Hiro Civic Center.
Opening Hours: 9:00 AM – 5:00 PM
Closed on Wednesdays **Phone:** 71-0321



Editorial Note ~Let's Talk about Sunflower Seeds~

In the dugouts of Major League Baseball, players can often be seen popping something into their mouths—sunflower seeds. This long-standing tradition dates back to the 1950s when seeds gained popularity as a smokeless alternative to tobacco. With a history spanning nearly 70 years, sunflower seeds have become a staple of the game. Native to North America, sunflowers belong to the Asteraceae family, and their edible seeds have been consumed since ancient times. They can be eaten raw after being shelled, offering a rich source of linoleic acid, folic acid, vitamin E, unsaturated fatty acids, and dietary fiber—all without any sugar or cholesterol. Roasted seeds, a popular choice, have gained recognition as a nutritious snack, though they are high in both calories and nutritional value. However, it's worth noting that seeds grown for ornamental purposes may contain pesticides. By the way, Shohei Ohtani also frequently eats sunflower seeds on the bench during games, but to maintain the cleanliness of the clubhouse, he spits the shells into a nearby cup instead of onto the floor. Very much like Ohtani, isn't it?

(S.N.)

Chewing sunflower seeds and spitting the shells takes practice, but anyone can learn. For MLB players, it helps them stay focused and relaxed.