



<https://www.city.kure.lg.jp/soshiki/111/> ※Illustrations created by Microsoft Copilot & いらすとや

Web Site

Hiro Community Development Center

KOHO HIRO

Hiro Community Newsletter

March

Three Colors of Spring: The Story and Spirit of Hishi Mochi

As subtle signs of spring begin to emerge, we arrive at a gentle turning point of the year. To everyone in the **Hiro** district, how are you spending these early days of March? This month is marked by transitions—graduations, farewell gatherings, and the quiet overlap of endings and new beginnings. Even in everyday life, the soft approach of spring can be felt. One of the seasonal traditions that defines this time of year is **Hinamatsuri**, the Doll Festival, celebrated on March 3. On this occasion, let us turn our attention to an essential symbol of the festival: **hishimochi**. **Hishimochi** is a diamond-shaped rice cake layered in three colors—pink, white, and green. **Hinamatsuri** traces its origins to the ancient Chinese **Jōshi**



Festival, a purification rite meant to cleanse the body and ward off misfortune. By the **Edo** period, it had evolved in Japan into a celebration of the healthy growth of young girls, and it was during this time that **hishimochi** took on its present form. Originally made with a spring herb called **hahakogusa**, the rice cake later came to use **yomogi** (Japanese mugwort), a plant long valued for its medicinal qualities. At first, **hishimochi**

consisted of only white and green layers. The pink layer was added in the **Meiji** era, completing the three-color design associated with the Peach Festival. Each color holds symbolic meaning: pink for protection, white for prosperity and descendants, and green for health and vitality. The diamond shape itself has inspired many interpretations, from the water chestnut to the heart, all expressing wishes for longevity and well-being. After being offered to the **hina** dolls, **hishimochi** is eaten with gratitude once March 3 has passed. Gently rounding the corners before eating is said to prevent discord—a small gesture of goodwill. Within these three layers lie quiet prayers and enduring hopes, passed down through the seasons. Though cold days may still linger, we wish everyone in the Hiro district continued health and warmth as spring draws near.

Director Hosokawa



2026



Published monthly on the 10th No.350
【Editorial and Publishing Office】
Hiro Community Development Center
2-1-3 Hiro Koshingai, Kure City,
Hiroshima 737-0112
☎ 71-2151 ☎ 73-5034

Population of HIRO
At the end of December,
compared to November
Total 42,001 (−47)
●M E N 20,365 (−9)
●WOMEN 21,636 (−38)



This is an image for reference. outside world. — Toyotomi Hidenaga

Achieving peace is harder than winning a war. In leading people, do not blame weaknesses—use strengths. Winning hearts is harder than conquering a castle. Do not rush, nor be lazy. Ruling in anger leads to regret. Winning once is easy; winning consistently is hard. Those who neglect small matters cannot achieve great things. If there is conflict within one's ranks, one cannot govern the

Information from Hiro C.D.C. Notice How to Apply for Regular Courses 2026 Priority and General Registration for Regular Courses

■ We will accept applications for the regular course starting in April as described below, so please read the details carefully before submitting your application.
Priority Registration: Sunday, March 1, 1:00 PM – 5:00 PM
☞ This is reserved for participants who did not take the same course last year. Those joining mid-year are also welcome.

General Registration: Monday, March 2, 9:00 AM – 5:00 PM
★A few points to keep in mind: Registration is not on a first-come, first-served basis. ★If the number of applicants exceeds the available spots, participants will be chosen by lottery. The lottery will be conducted at 5:00 PM, immediately after registration closes. Only those who are not selected will be contacted. If you receive no notification, you may consider your enrollment successfully confirmed.

* For inquiries, please call the number Tel: 71-2151

Notice Regarding the Survey Results 2025

We would like to express our sincere appreciation to all who participated in the Hiro Community Development Center Questionnaire Survey, and who kindly shared their valuable opinions despite their busy schedules. The survey results indicate that approximately 80 percent of users are aged 60 or older, with a high proportion of female respondents. About 70 percent of participants reported that their primary purpose for using the Center is to attend classes or participate in group and circle activities. In addition, more than 90 percent stated that they use the Center either frequently or occasionally, demonstrating that the facility is widely used as part of daily community life. Regarding overall satisfaction, more than 80 percent of respondents answered that they were either “satisfied” or “somewhat satisfied.” Many respondents also gave positive evaluations of front-desk services, indicating a generally favorable assessment of staff support and customer service. As for future needs and requests, many respondents expressed interest in further enhancement of class programs, increased support for self-organized group activities, and the hosting of additional lectures and public events. Detailed survey results are available on the Center's official website, and we encourage you to review them.



Physical Measurement

Date & Time: Mar 10th, 2026(Tue), 9:00 AM – 11:30 AM

Location: Hiro Civic Center, Hall 3rd Floor

Registration: Please arrive by 11:00 AM.

Measurement Items:

- *Blood pressure *Height *Weight
- *Body fat percentage *Bone density *Grip strength
- *Single-leg stand with eyes open *Functional Reach
- *10-meter walk *TIME-UP & GO test

※Please wear exercise-appropriate clothing and bring a towel.

※For recreational insurance purposes, please register at the reception.

Community Walking Excursion

Event Date: Tuesday, March 24, 2026

Place: Hiro Civic Center

Meeting Time: 9:00 AM

Course: Oozorayama 5 km

Hiro Civic Center → Tokiwa Bridge → Yokoro →

Momoyama Pass → Oozora Mountain (Dismissal at the site)

Please note: ※The event may be canceled or the course may be changed due to weather or other circumstances.

※For participation in the recreational insurance, please register your name at the reception. *For inquiries regarding either announcement, please contact **Hori, 080-1919-6088**

*This event is supported by a grant from Kure City.

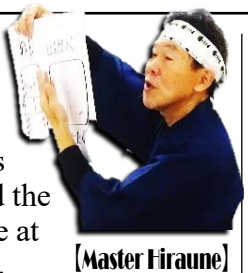
Information from HIRO Collaboration Center

At the Hiro Collaboration Center, we regularly post volunteer recruitment notices and information on volunteer, community-building, and local events. The display area also offers local newsletters, organization bulletins, and maps of communities in Kure City. If you'd like to learn more about volunteer activities or community information, feel free to visit the center on the 4th floor of the Hiro Civic Center. **Opening Hours:** 9:00–17:00
Closed: Wednesdays **Inquiries:** Tel. 71-0321



Soba (buckwheat) originally comes from the Himalayas, western China, and the Tibetan Plateau. It came to Japan during the Nara period through China and Korea.

Thank You for Your Feedback "Soba Making" - Reviews & Report



*Although I found the process challenging, it was clear that the instructor had thoughtfully designed the tools and methods so that we could easily practice at home. *It was a thoroughly enjoyable experience. The value was remarkable: we were able to take home two servings of the soba we made ourselves, enjoy a tasting during the class, and all at a very reasonable price. I can honestly say it was the best soba I have ever eaten. *The experience was outstanding. *It Everything was new to me, and I would very much like to participate again. It was both educational and delightful. I learned a great deal and enjoyed every moment. I feel inspired to try making soba at home. *I plan to begin practicing at home right away. *The timing could not have been better—this class was perfectly suited to the season, when thoughts naturally turn to New Year's soba. *Overall, it was a wonderful experience and truly a memorable day.



I joined a firsthand soba-making experience, and it was my very first-time making noodles from scratch. Surprisingly, the process was incredibly approachable—everything from the tub to the cutting board felt familiar, and most of the tools can even be found at a 100-yen store. The instructions were presented like a picture story, step by step, making it easy to follow. The instructor was wonderfully encouraging, praising each small success, which made me feel completely at ease throughout the process. Kneading the dough took a bit of muscle, but the moment I smelled the fresh soba, it was pure delight. Rolling, shaping, and cutting the noodles was surprisingly fun, almost meditative. We got to take our own creations home, and we also tasted the instructor's soba. The noodles were silky, smooth, and simply the most delicious I've ever eaten. I'm still a little nervous about making it entirely on my own, but this experience has left me eager to practice again—next time, I hope to bring the magic of soba-making into my own kitchen.



Announcement of Scheduled Closure Monday, March 23

Information from HIRO Sports Association The 10th Hiro Open Soft Volleyball Tournament



Date & Time: Friday, March 20, 2026 (National Holiday)
Opening Ceremony begins at 9:00 a.m.
Venue: *Shishinyo* Oak Arena (*Kure* City General Gymnasium)
Eligibility: Open to residents of *Hiro* district and surrounding areas, as well as individuals with personal or historical ties to *Hiro* community.
Competition Categories (A) **Open Division:** Four-player teams consisting of two men and two women, all aged 18 or older.
(B) **180 Division:** Four-player teams with two men and two women, where the combined age of all players on the court is 180 years or older.
(C) **Queen's Division:** Four-player teams consisting exclusively of women aged 18 or older.
Participation Fee: 3,000 JPY/team *Pay at the registration desk on the day of the event.
Application Deadline: Wednesday, February 25
How to Apply: Please complete the application form with all required information and submit it to: *Hiro* Sports Association Secretariat
Tel: 71-2151 Fax: 73-5034
Inquiries: *Yaki Kashiwagi* Mobile: 080-6848-1520



The 1st Hiro Distance Challenge 1st Place in Each Division

Category	Name	Time	School	Distance
G1 Boys	<i>H. Nishiyama</i>	5:02	Hiro ES	1000m
G2 Girls	<i>M. Morita</i>	5:18	Misakaji ES	1000m
G2 Boys	<i>H. Nishino</i>	4:36	Hiro ES	1000m
G3 Boys	<i>Y. Shimosako</i>	4:14	Yokoro ES	1000m
G4 Girls	<i>S. Utsunomiya</i>	4:45	Hiro ES	1000m
G4 Boys	<i>R. Shigekawa</i>	3:40	Hiro ES	1000m
G5 Boys	<i>T. Nishizono</i>	10:24	Hiro ES	2000m
G6 Boys	<i>S. Shimosako</i>	8:55	Yokoro ES	2000m
JH1 Girls	<i>N. Ichitani</i>	9:18	Hiro Chuo JHS	2000m
JH1 Boys	<i>K. Nakano</i>	7:18	Hiro Chuo JHS	2000m
JH2 Girls	<i>K. Sakakibara</i>	7:55	Hiro Chuo JHS	2000m
JH2 Boys	<i>T. Saito</i>	6:36	Shiratake JHS	2000m



Sunday December 7, 2025
Gohara Sports Center,
Track and Field Stadium
67 participants

★Unetani Cup
Thank you for your continued support.
For the fiscal year 2025, only two events remain: the Table Tennis Tournament on March 8 and the Soft Volleyball Tournament on March 20. Thanks to everyone's cooperation, this year's activities have been successfully completed. We sincerely appreciate your support. For fiscal year 2026, we plan the following: Community tournaments (10 events), Education Festival competitions (5 events), Participation in the *Kure* City, Sports Festival Awards for distinguished contributors, Training workshops. Announcements and participation invitations will appear in the Newsletter *Kōhō Hiro*.
We look forward to your continued support. For inquiries, please contact the *Hiro* Sports Association Office at ☎ 71-2151.



Information from Hiro Library



Opening Hours 9:30 a.m. – 8:00 p.m.
Closed Thursdays and public holidays
March Holiday Closure March 20
(Friday, Vernal Equinox Day)
March Thursday Closures March 5, 12, 19, and 26
Note: There will be no picture-book reading sessions in March.

Information from Senior Support Division Preventive Care Starts Today: "Sukoyaka Salon"



To help older adults stay active and socially connected, the *Sukoyaka Salon* offers a welcoming community gathering designed to prevent isolation. Participants enjoy light recreational activities such as singing and brain-training games in a relaxed, supportive setting.
Eligibility : Residents of *Kure* City aged 65 and over. For safety reasons, participation may be restricted depending on individual health conditions. **Capacity :** 40 participants **Schedule :** Every Wednesday, April 22 – September 9 1:30 p.m. – 4:00 p.m.
Venue : Room 702 (Medium Conference Room), 7th Floor *Hiro* Machizukuri Center. **Fee :** Approximately 100 JPY/ session, plus any additional costs depending on activities.
How to Apply : Applications are accepted February 10 (Tue) – March 3 (Tue). Please apply in person at any City Civic Center, the Senior Support Division, or any Community General Support Center in *Kure* City (For the *Hiro* area: Eastern Community General Support Center, 2nd floor of the *Hiro* Civic Center).
Applications are not accepted at the Hiro Machizukuri Center.
A written application is required (phone applications are not accepted). If applications exceed capacity, participants will be selected by screening. **Contact :** Senior Support Division ☎ 25-3104

Editorial Note A Holiday Dictated by the Cosmos



The Spring Equinox is known as the day when daytime and nighttime are almost the same length. However, it can fall on March 20 or March 21, depending on the year. This is because the Earth takes about 365.2422 days to travel around the Sun, not exactly 365 days. Also, sunrise is defined as the moment when the top of the Sun appears above the horizon, and the air bends sunlight. Because of this, even on the Spring Equinox, daytime is actually about 14 seconds longer than nighttime. Still, people have long valued this day as a sign of spring. The Spring Equinox gently tells us that the seasons are changing.

The Earth takes a little more than 365 days to go around the Sun. If we did nothing, the seasons slowly change. So every four years, we add one extra day in February. This is called a leap year.