

In sumo, the "gunbai" is the referee's tool for declaring the winner. It represents his authority, and its precise movements help maintain the match's dignity and order.

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

Web Site

Hiro Community Development Center

KOHO HIRO

Hiro Community Newsletter

2026 JULY ISSUE



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 【Editorial and Publishing Office】
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Population of HIRO
 At the end of April,
 compared to March
 Total 41,869(-18)
 ●M E N 20,321(-17)
 ●WOMEN 21,548(-1)



You should not listen to slander about others. Prying into other people's affairs brings misfortune. Even if someone brings you a piece of gossip or a report meant as a tale-bearer's accusation, you should treat both the informant and the person being accused with complete fairness and act as if you have heard nothing.
Todo Takatora

The Story of Japanese Summer Told Through the Uchiwa

As July arrives, the rainy season comes to an end, and the full arrival of summer can be truly felt. Under the strong sunlight, we reach for a *uchiwa*—a simple handheld fan—more often as an easy way to keep cool. At this time of year, I would like to take a moment to look at this familiar object that accompanies us through the seasons and explore its history. The *uchiwa* is said to have originated from the “*sashiba*,” which was introduced from China around the 3rd century BCE. These were elegant objects with long handles decorated with bird feathers. Originally, they were used not for cooling, but by people of high status to conceal their faces. In Japan, examples dating from the *Yayoi* and *Kofun* periods still survive, and a graceful image of a woman holding an *uchiwa* can be seen in the mural paintings of the *Takamatsuzuka* Tumulus in *Nara* Prefecture. During the *Nara* and *Heian* periods, large *uchiwa* fans were crafted for the aristocracy and used not only for cooling, but also for concealing one's face and as decorative items. Meanwhile, practical and easy-to-use *uchiwa* became popular among common people. By the late *Muromachi* period, they had evolved into a bamboo-and-paper fans similar to those see today.



In the *Sengoku* period, the “*gunbai-uchiwa*,” a type of war fan, appeared and was used by military commanders to direct troops on the battlefield. This tradition continues even today, as *sumo* referees use it to indicate the winner. By *Edo* period, the *uchiwa* had become a familiar part of everyday life, used in many different situations. Meanwhile, they took on a more artistic character, often featuring designs such as *ukiyo-e* prints. Today, they are also used to cheer at concerts and events, especially in so-called “*oshi-katsu*,” where fans support their favorite idols or characters. Although the *uchiwa* itself has remained unchanged, its uses have evolved over time, reflecting shifts in people's lives and culture. As we head into the intense summer heat, I encourage everyone to take good care of their health, use cooling methods wisely, and stay comfortable and well.



Director, Hosokawa

Information from Hiro C.D.C. Registration starts on July 20th

① **Delicious & Enjoyable Herbal Cuisine Dietary Wellness Practices for the Late-Summer Heat**

Participant: Ages 18 and above
Date & Time: Wednesday, September 2 10:00 a.m. - 1:00 p.m.
Course fee: ¥1,900
Capacity: Limited to the first 16 applicants.



② **Children's Pastry-Making Workshop Let's Make Decorated Cookie Sticks**

Participant: Elementary School Students
**Children in Grade 2 or below must be accompanied by a parent or guardian.*
Date & Time: Tuesday, August 25 10:00 a.m. - 1:00 p.m.
Course fee: ¥1,500 (fee free for guardians)
Capacity: Limited to the first 16 applicants.



From Community Collaboration Center Community Development Roundtable Let's Talk About Our "Would you like to become more involved in the community?" "Do you have ideas you'd like to pursue, but aren't sure where to start?"

Why not come and talk with us first? You may discover new ideas and inspiration simply by sharing your thoughts. This is a casual discussion gathering, so please feel free to join us.
Date & Time: Friday, July 24, 2026, 10:00 a.m. – 11:30 a.m.
Participants may join or leave at any time during the session.
Venue: Hiro Collaboration Center (4th Floor, Hiro Civic Center)
Eligibility: Residents of Kure City
Participation Fee: Free **Contact:** Kure Collaboration Center **Phone:** 25-5602
Hours: Tuesday–Saturday: 9:00 a.m. – 8:00 p.m.,
 Sundays & Holidays: 9:00 a.m. – 5:00 p.m.
**Closed on Mondays. If a holiday falls on Monday, the center will be closed the following day. *No registration required.*



Information from Hirohiro-Ba Hiro Hiro Ba' Summer Festival

Target Participants: Children from 0 to 2 old years and preschool children aged 3 and over, accompanied by a parent or guardian (Older brothers and sisters of eligible children may also participate)
Date & Time: Saturday, July 4, 10:30 a.m. – 12:00 p.m. **Venue:** 4th Floor Music Hall, Kure City Center for Lifelong Learning →2-9, 6-Chome Chuo, Kure
Program: Performance by LCF, a student volunteer club at Hiroshima International University
Capacity: 200 participants **Registration:** Not required
Fee: Free **Contact:** “Hirohiro-ba” Tel: 76-1616



Information from Hiro-Library

Opening Hours: 9:30 AM – 8:00 PM
Closed: Thursdays and public holidays
Closed in July: 2·9·16·20·23·30
☆Babar Picture Book Reading Session
Date & Time: Saturday, July 25, 2:00 p.m. – 2:40 p.m.
Location: Hiro Library – Children's Corner



Regarding Ground Use During a Heatstroke Special Warning Alert

When a “**Heatstroke Special Warning Alert**” is issued in Hiroshima Prefecture, extremely dangerous heat conditions are expected, and there is concern about serious health effects caused by heatstroke and related illnesses. Therefore, use of the **Nijimura Park Ground** will, in principle, *be suspended* while the alert is in effect.
 If you wish to cancel your reservation, please contact our center. We also provide a **heat stress monitor** for those who need them. Please ask a staff member if you would like to borrow one.
 Tel: 71-2151



Todo Takatora was a warlord of the early Edo period known for his castle-building skills. He had strong judgement and administrative ability and helped renovate many castles, earning trust as a practical strategist.

Bowling spread quickly in Japan through postwar American influence, new technology, TV exposure, and corporate recreation. Its mix of leisure and sport made it especially popular.

Thank You for Your Feedback! Medicinal Cooking for Healthy Living in Spring

* I think holding the class once every two months is ideal because it benefits our health.* I was very satisfied. I learned about medicinal cooking, and the dishes were easy to make at home and delicious.* One serving was very filling, and I wondered if the portion might be a little large.* This was my second class. The instructor was thoughtful and attentive, which made me feel relaxed and comfortable.* I enjoyed cooking with everyone, and the food was delicious.* I have attended these classes many times. They are always enjoyable, educational, and delicious.* I enjoyed talking with the other participants. The ingredients were easy to find, so I would like to make the dishes at home.* I was glad to learn healthy everyday recipes using nutritious ingredients.* I enjoyed cooking with new participants again. The meal felt special yet used familiar ingredients, and the instructor's explanations were very clear.* Like the last class, the recipes were easy to make with ingredients I already had at home. I want to use what I learned in my daily cooking. I also made the previous recipes at home, and my family loved them. They had been skeptical about medicinal cooking, but after trying the dishes they said, "This is different from what I expected," and were very pleased. Thank you very much.* I enjoyed the class today.



From Hiro Sports Association 32nd Hiro Town Residents Kyudo Tournament

Date & Time: Sunday, August 23, 2026
Opening Ceremony: 9:00 a.m.
Venue: Kure Municipal Kyudo Dojo (short-distance range)
Eligibility: Residents of the Hiro area, students attending schools in the Hiro area, or employees working in businesses located in the Hiro area
Entry Fee: General Division ¥300
High School Division Free
※ Please pay the entry fee on the day at the venue.
Application Deadline: Tuesday, August 4, 2026
Inquiries: Kyudo Club Head, *Seiki Shindo* ☎ 080-6988-1754
Application Contact: Hiro Sports Association Office ☎ 71-2151



**Our office is normally closed on 4th Monday
Next : Monday, July 27**

38th Hiro Badminton Tournament

Date & Time: Sunday, August 2, 2026
Opening Ceremony: 9:00 a.m.
Venue: *Shi-Shinyo* Oak Arena
Eligibility: 1 **General Division** (Doubles) Employees working at businesses in the Hiro area
2 **Junior Division** (Singles for elementary and junior high school students) Residents of the Hiro area or students attending schools in the Hiro area
Entry Fee: General Division: ¥500 Junior Division: ¥300
Application Deadline: Friday, July 10, 2026
Application Contact: Hiro Sports Association Office ☎ 71-2151



58th Hiro Open Women's Volleyball

Date & Time: Tuesday, August 11, 2026 9:00 a.m.
Venue: *Shi-Shinyo* Oak Arena **Eligibility:** Women who live in or work in the Hiro area. Teams from surrounding Hiro districts. Women born on or before April 1, 2008.
Entry Fee: Free *Depending on the number of teams, the organizers will determine the tournament format so that each team can play at least two matches whenever possible. *Matches will be conducted in league, pool, and tournament formats. *In the event of injury during the tournament, only first aid will be provided, and the organizers will not assume further responsibility. However, participants will be covered by a one-day insurance policy arranged by the Hiro Sports Association. *Each team is required to provide at least two members to assist with net setup and event preparation.
Application Deadline: Friday, July 10, 2026
How to Apply: Please complete 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 available)
Contact for Inquiries: *Izumi Kashiwagi* (Women's Volleyball Chief) ☎ 090-8714-6868



Application Deadline: Friday, July 10, 2026
How to Apply: Please complete 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 available)
Contact for Inquiries: *Izumi Kashiwagi* (Women's Volleyball Chief) ☎ 090-8714-6868

Results of 46th Hiro Townspeople Ground Golf Tournament

Date & Time: Tuesday, May 12, 2026, from 8:30 a.m.
Venue: Hiro Park Athletic Field **Participants:** 54 people

rank	name	hits	H.I.O
1st	<i>Takayuki Sasaki</i>	34	2
2nd	<i>Katsunori Kokubo</i>	38	2
3rd	<i>Tomio Takahara</i>	38	-
4th	<i>Shoji Ishimoto</i>	40	1
5th	<i>Koji Makio</i>	40	1

rank	name	hits	H.I.O
6th	<i>Yasumasa Yamamichi</i>	41	1
7th	<i>Emiko Ishida</i>	41	1
8th	<i>Shigeo Habu</i>	41	-
9th	<i>Mitsunori Onji</i>	42	1
10th	<i>Kazushi Uchida</i>	42	1



Sports Bowling Class 2026

Instructor: *Keimi Takemoto* Professional Bowler
Instructor: *Toru Sakimoto*
Date & Time: Sunday, August 23, 2026, from 9:30 a.m.
Venue: Ten Point Bowling
2-6-39 Hiro shiraishi, Kure City
Eligibility: Students from 1st grade to 9th grade living in the Hiro and their parents or guardians
Capacity: 40 participants (first-come, first-served)
Participation Fee: ¥500 per person (payable at reception on the day)
Application Contact: Hiro Sports Association Office
☞ Please submit the completed application form either in person or by fax. ☎ 73-5034 (Hiro Sports Association Office)
Inquiries: *Toru Sakimoto* ☎ 72-4511 ☎ 71-0324



Event Details **Application Form**
Event guidelines, application forms, and brochures are available at the tournament venue and the Hiro Community Development Center. They can also be downloaded from the Hiro Community Development Center website. Thank you.

Gymnastics Class Announcement

Date: Tuesday, July 21, 2026
Location: Hiro Civic Center, 7F Room701
Registration Time: 9:00 a.m.
Important Notes: *Please bring workout attire, indoor shoes, and a towel.
*Drinks will be provided.
*For recreational insurance purposes, please sign in at the registration desk.
For inquiries: *Hori* ☎ 080-1919-6088

Instructor:
3B Gymnastics
Miori Fujii



Editorial Note Tanabata - an Ancient "Motivation Switch"

July is the month of *Tanabata*, a tradition in which people write their wishes on small strips of paper called *tanzaku*. Yet, when viewed closely, it can also be seen as "one of the world's most relaxed forms of goal setting" Wishes such as "I hope I can do well on my test" or "I hope sales increase" have neither deadlines nor numerical targets. In a business context, they might even be dismissed as too vague or insufficient by a supervisor. And yet, interestingly, writing them down seems to make people feel a little more positive. One of the appealing aspects of *Tanabata* is that it nurtures a hopeful mindset. In psychology, it is said that putting thoughts into words makes it easier to change one's behavior. In this sense, *Tanabata* can be viewed as an ancient "motivation switch." However, we should remember that it is not the stars that make wishes come true, but rather the first step we take ourselves.



Often seen as lovers, Orihime and Hikoboshi are actually a married couple united by the Heavenly Emperor. When they neglected their work, he separated them across a river.