

The "Koinobori" are traditional Japanese decorations, often displayed during festive occasions, particularly to wish for the healthy growth of children.



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【Editorial and Publishing Office】
Hiro Community Development Center
(Postal Code) 737-0112 2 Chome 1-3
Hiro-Koshingai Kure-City Hiroshima pref.
☎ 71-2151 📠 73-5034

Population of HIRO (at the end of Feb.)
(in comparison to Jan.)
Population 43,268(-85)
● M E N 20,988(-37)
● WOMEN 22,280(-48)



*He can who thinks he can,
and he can't who thinks he
can't. This is an inexorable,
indisputable law.*
Pablo Picasso

Story of Bravest & Strongest Carp transform into Dragon

Hello everyone. In May, the fresh greenery is vibrant, and the breeze feels pleasant. We have the traditional Japanese Festival called Children's Day, don't we? There are several theories about the origin of the *Koinobori*, but the most common one is that it originated from China. It is said that in a fictional place called "Yellow River's Dragon Gate" on top of a waterfall, carp swim upstream, and among them, the bravest and strongest carp transforms into a dragon. This story is also written in classical literature such as "*Liezi*" (a classical Chinese philosophical text attributed to *Liezi*) and "*Analects*" (one of the *Confucian* classics recorded by *Confucius's* disciples). This led to the custom of decorating *Koinobori* as a symbol representing courage and strength for children. There's a story like this: "One day, a boy found a small carp, raised it carefully, and when it grew big, they went together to Dragon Gate. The carp struggled a lot with the strong currents and rocks to climb the waterfall, but moved by its efforts and perseverance, the gods transformed it into a dragon."



In Japan, during the Edo period, the custom of decorating *Koinobori* began to pray for children's growth. In modern times, *Koinobori* are decorated as symbols of family ties and children's healthy growth, and during the Children's Day season, they can be seen all over Japan.



In Hiroshima, many rivers flow, and during Children's Day, *Koinobori* swimming along the riversides are commonly seen.

Carp are widely known as symbols of courage, strength, growth, and success.

Also, Hiroshima Toyo Carp (professional baseball team) is said to have gotten its team name from the fact that Ota River was a famous place for carp, and Hiroshima Castle's moat was once filled with carp, which was called "Carp Castle". May brings fulfilling days for everyone in the community.



We sincerely hope so, from all the staff.

Director Hosokawa

Information from Hiro C.D.C.

Courses Starting Reception on May 20th (Mon)

① Creating a Green Frame with Artificial Flowers

Target participants: 18 years old and above

Date & Time: June 19th (Wed) 10:00-12:00

Location: Room 606, Hiro C.D.C 6F

Fee: ¥2,400

Capacity: Limited to 15 participants (first-come-first-served)



② Hand-Kneaded Bread Workshop-Let's Make Cheese Bread

Target participants: Elementary school 3rd grade & above (3rd & 4th graders must be accompanied by a guardian)

※Middle school students are also welcome to participate.

Date & Time: June 22nd (Sat) 10:00-13:00

Location: Room 603, Hiro C.D.C 6F

Fee: ¥1,500

Capacity: Limited to 12 participants (first-come-first-served)



③ Temple School: Course for Human Studies Mental & Physical Training & Cultivation

Learning "RONGO(論語)" to Cultivate Oneself and Serve Others, "DAIGAKU(大学)" for Becoming an Adult, "KOKYO(考経)" for Opening Up Life, "CHUYO(中庸)" for Those in Leadership Positions

Target participants: Elementary school pupils and above

Date & Time: June 23rd (Sun) 13:00-15:00

Location: Room 605, Hiro C.D.C 6F

Fee: Free

Capacity: Limited to 15 participants (first-come-first-served)



④ Happiness is in Delicious Food! - First Cooking Class

Target participants: 18 years old and above

Date & Time: July 10th (Wed) 10:00-13:00

Location: Room 603, Hiro C.D.C 6F

Fee: ¥1,400

Capacity: Limited to 16 participants (first-come-first-served)



Announcement from Elderly Support Section 'Body Wellness Class' (at East Health Center)

Attention! Participants Wanted for "**Body Fitness Boost Class**" for Preventing Care Needs.

This class aims to improve muscle strength through exercises and stretches.

Target: Residents of Kure City aged 65 and above with registered residency. *Considering safety, participation may not be possible depending on health conditions.

Capacity: 25 participants.

Date & Time: May 31st (Fri) - August 23rd (Fri)

☞ Every Friday, 13:30-15:30 (12 sessions in total).

Location: East Health Center 2F Multipurpose Room.

Fee: Free. **Application:** From April 10th (Wed) to May 1st (Wed), apply directly at the civic centers of *Hiro, Aga, Gohara, Nigata*, Elderly Support Division, and various elderly consultation offices within Kure City (Community Comprehensive Support Centers).

*Filling out an application form is necessary. Applications via phone are not accepted. *Selection process may be implemented in case of numerous applications.

Inquiries: Elderly Support Division ☎: 25-3104

※At Hiro Communication Development Center, applications cannot be accepted.



It seems that artworks and decorations made from daikon radishes are referred to as "daikon art." While daikon is a common and familiar ingredient in our lives, it's said that occasionally high-level artistic creations emerge from it.

Daikon art is a form of art that seeks innovative expressions while utilizing the natural qualities of the material. Ms. Nozomi Okamura, "Vegetable Sommelier and Gut Health Cooking" instructor at our center, drew a picture on daikon radishes. Why not try enjoying drawing like this in your own homes as well?

Daikon radishes are packed with nutrients such as vitamin C, calcium, and potassium. They are also rich in dietary fiber, aiding digestion and promoting gut health.

4 types of coldness: Decreased blood circulation (Blood stagnation) Decreased gastrointestinal function (Water stagnation) Decreased metabolism due to imbalance in the autonomic nervous system (Schematic) Coexistence of coldness and heatness (Reversed Qi)

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

⑤ Delicious & Enjoyable Kampo Cuisine

Introduction of Ms. Chie Mikami: Ms. Chie Mikami holds the highest qualification in Japanese Kampo Diet Therapy (certified instructor by the association). She has arranged the often-perceived complex Kampo diet to suit Japanese bodies and palates, as advocated by the association, known as "Wa-Kan Zen." Its charm lies in the previously absent "deliciousness" and "ease of preparation" compared to traditional Kampo diets. The theme for today: "Coldness is the root of all diseases."

Topic of this session: There are four causes of susceptibility to coldness. This time, in the 2nd session of medicinal cuisine, we learned about the 'water retention type caused by decreased gastrointestinal function.' It's said that when body temperature rises by 1 degree Celsius, Immunity increases by 5 to 6 times, and conversely, when it drops by 1 degree Celsius, immunity decreases by 30%. We plan to gradually learn about the remaining causes as well, and we will start offering cooking classes, beginning with 'Delicious is Happiness! First Cooking Class' on July 10th. Everyone, please join us.

Overview of the class: Ms. Chie Mikami, with her lovely smile and approachable demeanor, set a very pleasant tone for the course. Firstly, there was a talk about Kampo, followed by a demonstration by the instructor. Participants listened attentively while taking notes.

After the demonstration, participants immediately began their tasks. Although they were meeting each other for the first time, and there was a mix of men, young people, and housewives, they efficiently divided the work among their groups and progressed briskly. Ms. Mikami circulated among the tables, offering cooking advice. Following the schedule, from appetizers to dessert and Kampo tea, a sumptuous Kampo meal was prepared. During the mealtime, Ms. Mikami shared interesting facts about Kampo and ingredients, fostering lively conversations among the participants as they enjoyed their dishes.

Participants listened attentively while taking notes.

The Four Causes of Coldness: 1. Decreased Blood Circulation (Blood Stasis) 2. Decreased Gastrointestinal Function (Water-Toxin) 3. Metabolic Decline Due to Imbalance in the Autonomic Nervous System (Qi Deficiency) 4. Coexistence of Coldness & Hot Flashes (Qi Reversal).

Symptoms of Water-Toxin: 1. Splashing Sound When Pressing the Abdomen 2. Nausea 3. Lack of Appetite 4. Feeling of Heaviness in the Body 5. Swelling in the Face and Hands 6. Susceptibility to Worsening Health Conditions during Rainy Seasons or Rainy Days...



From Hiro Sports Association

66th Hiro Town Residents' Old Boys Softball Tournament

Date & Time: May 12th (Sun) 8:30 Opening Ceremony

*Matches commence after the Opening Ceremony.

Cancelled in case of rain.

Location: Nijimura Park Multipurpose Plaza (E~H)

Eligibility: Men and women aged 40 and above

residing in Hiro District

Participation Fee: ¥2,500 / a team

☆Payment to be made upon application

Application: April 19th (Fri) - May 1st (Wed) until 5:00 PM

*Strict adherence to the deadline

◆For inquiries, contact Hiro Sports Association ☎ 71-2151

43rd Hiro Town Residents' Ground Golf Tournament

Date & Time: May 14th (Tue) Assembly at 8:30 Opening Ceremony

*Matches start after the Opening Ceremony

*In case of rain, postponed to May 15th (Wed)

Location: Hiro Park Ground (Kure City, Hiro-Oshin-Gai)

Eligibility: Residents of Hiro District and members of GG clubs in Hiro District

Application: Until April 19th (Fri)

*Fax accepted at 73-5034 **Participation Fee:** ¥500 /person

☆Payment to be made collectively on the day of the match

Inquiries: Mitsunori Onji (☎ 73-0485)

RAIN OUT!



Thank You for Your Impressions!

Delicious & Enjoyable Kampo Cuisine

- Learned what ingredients to consume for a healthier body.
- Realized seasoning without relying on salt.
- Discovered the benefits of vegetables.
- Understood that with Kampo knowledge, cooking can be made easy.
- Enjoyed cooking and learned simple, delicious, and healthy recipes.
- My awareness towards cooking has changed.
- Previously, I would cook with whatever was available, but now I want to incorporate recommended ingredients.
- Received ideas for easily making delicious meals.
- Learned about the characteristics of ingredients.
- Since it was easy to make with familiar ingredients, I want to try it at home too.
- It was easy to make and delicious. Learned about healthy ingredients and ingredients tailored to my health condition.
- It was good to learn about the steps and cooking methods.
- Found simple cooking techniques helpful.

Our office is normally closed on 4th Monday
Next : Mon. 27th May

Information from Hiro Library

Opening Hours: 9:30 AM to 8:00 PM

Closed on Thursdays and public holidays.

Closed Days in May: May 2nd (Thu), May 3rd (Fri, Constitution Memorial Day), May 4th (Sat, Greenery Day), May 5th (Sun, Children's Day), May 9th (Thu), May 16th (Thu), May 23rd (Thu), May 30th (Thu)

※ There are no "Storybook Meetings" held in May.



How about Walking with us?

◎ **Event Date:** May 21st, Tuesday, 2024

◎ **Meeting Place:** Hiro Civic Center

◎ **Meeting Time:** 9:00AM

RAIN OUT!



Course: Crossing Kotsubo Pass 10km

Hiro Civic Center → Shiratake → Kotsubo Pass
Kotusubo Park → Nagahama → Hiro Civic Center

※The event may be canceled or the course may change due to weather or other circumstances.
※Sign at the reception to apply 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

Editorial Note What is 'Tango no Sekku'?

The 'Tango no Sekku' combines the ancient Chinese tradition of dispelling evil spirits "Evil Spirit Elimination" with Japan's indigenous event called 'Gogatsu-hate'. In the Asuka period, these merged, and women would use irises (shobu) to dispel evil spirits before planting rice paddies. This period became known as 'Iris Festival'. In the Kamakura period, it became customary to bring out helmets and armor in May for airing and maintenance. Even today, the festival of warrior equipment such as helmets and bows during 'Tango no Sekku' for children is a remnant of this practice. In the Edo period, it evolved into an official ceremony. From 1948, it was designated as a 'National Holiday' to 'cherish the personality of children, ensure their happiness of children (boys and girls), and express gratitude to mothers'. Let's not forget it's also a day to express gratitude to mothers.

Tango no Sekku, or Children's Day, is a Japanese holiday celebrated on May 5th. It's a joyful time marked by special foods and family gatherings.