



The reason why '七夕' pronounced 'Tanabata'

China's "Tanabata Legend" and "Kikkoden" events. The Tanabata Legend tells the story of the celestial weaver, the hardworking daughter of the Heavenly Emperor, who falls in love with a cowherd across the Milky Way and neglects her duties, leading the angry emperor to allow them to meet only once a year. "Kikkoden" is an event where girls pray for improvement in skills such as handicrafts and sewing on July 7th of the lunar calendar.



Ever wondered why "七夕" is pronounced as "Tanabata"? Originally, Tanabata was called "Shichiseki." The change to "Tanabata" comes from the ancient Japanese ritual called "棚機 (Tanahata)"

"棚機 (Tanahata)" refers to the loom used for weaving clothes for rituals, called "棚機津女 (Tanahata Tsume)," which only selected women were allowed to use. These women would offer the woven textiles to the gods for a good harvest and ritual to purify impurities to purify impurities.

Eventually, this ritual became associated with preparing for the Bon Festival on July 7th.

Since the tradition of praying for improvement in handicrafts and sewing skills began with the celestial weaver, the one to whom all wishes are sent is Orihime (the celestial weaver). However, it's one's own efforts that fulfill those wishes. It's too presumptuous to expect wishes to be granted without making any effort oneself, isn't it? Hanging wishes on bamboo and hanging them up towards the sky is to deliver those wishes to the heavens. While children may have various wishes, adults have their own wishes as well, you know.



Director Hosokawa



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Population of HIRO (at the end of Apr.)
(in comparison to Mar.)
Total 42,897 (-59)
● M E N 20,780 (-44)
● WOMEN 22,117 (-15)



What we can do is live in the present moment. We can't go back to the past, and we're not certain about the future. To truly move people's hearts, there's nothing but actions and words that emanate from their experiences. People don't empathize with knowledge alone. Can you speak the truth to children if you turn your eyes away from the truth?
Kenji Miyazawa

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

① Delicious & Enjoyable Herbal Cuisine Sensitivity to Cold Cause of All Diseases III

Participant: Ages 18 and above

Date & Time: Sep. 4th (Wed)
10:00 AM to 1:00 PM

Participation Cost: ¥1,900

Capacity: 16 (first come, first served)

For Adults



② Let's Make "Stump Cookies"

Stretch out the cookie dough to an even thickness, then use cookie cutters or stamps to press and shape them. When baked, the cookies will reveal the stamped designs, resulting in delightful and tasty treats.

Participant: Elementary school students
(*accompanied by a guardian for 2nd graders and below)

Date & Time: Aug. 31st (Sat)
10:00 AM to 1:00 PM

Participation Cost: ¥1,500

Seating Capacity: 16 (first come, first served)

For Elementary School Students



③ Enjoy Ballet Stretch with Your Child Cultivating Flexibility Leading to Ballet

Participant: Ages 1-3

Date & Time: Sep. 10th - 24th,
Oct. 8th - 22nd (Tuesdays)
2:30 PM to 3:30 PM

Participation Cost: ¥1,600

Capacity: 10 (first come, first served)

For Infants & Toddlers



Physical Fitness Test Hiro District Community Association Union Community-Based Health Promotion Project

Date: Wednesday July 24th, 2024

Time: from 9:30 to 11:30
(Registration until 11:00)

Location: Hiro Civic Center 3rd Floor Hall
Measurement Items (Tentative):

- ※ Blood Pressure, Height, Weight, Body Fat, Bone Density, Grip Strength
- ※ One-Legged Stand with Eyes Open (how long you can stand on one foot)
- ※ Functional Reach (Dynamic Balance)
- ※ 10M Walk (Leg Strength, Time to Walk 10M)
- ※ TIMEUP&GO (time to stand up from a chair, walk and sit down again)

- *Please wear comfortable clothes for exercise and bring a towel or something similar.
- *Please write your name at the reception for recreation insurance.
- *For inquiries, please contact (mobile phone)

Mr. HORI
080-1919-6088

Information from Hirohiro-Ba 'Hiro Hiro Ba' Summer Festival

Target: 0-2 years old, preschool children over 3 years old (*Note: Siblings of participating preschoolers can participate*)

Date: Saturday, July 20th, 2024, 10:30-12:00

Place: Hiro Civic Center, 3F Hall

Content: Performance by LCF, a student volunteer circle from Hiroshima International University

Capacity: No capacity limit

Registration: No registration required

Fee: Free

Inquiries: "Hiro Hiro Ba" ☎ 76-1616



Hirohiro-Ba
76-1616

"Aotakefumi" or "green bamboo stepping" is a traditional Japanese health practice. It's good for your health and can make you feel more energetic.

Introduction of Regular Courses of Hiro C.D.C.

㊸ W-Stimulation "Brain and Soles"

This time, I visited the newly launched "W-Stimulation -Brain and Soles-" program, which began in April. The instructor is none other than the renowned **Ms. Mitsue Yabuki**, known for her "Vibrant Health Exercises." "W-Stimulation -Brain and Soles-" is a program that simultaneously stimulates the brain with brain activation methods and the soles of the feet with green bamboo, providing a "double" stimulation. It's said to play on the four "**GEKI**" (**SHIGEKI**=stimulation, **HIGEKI**=tragedy, **KIGEKI**=comedy, and **KANGEKI**=inspiration) to create "**4GEKI=Shigeki** (stimulation)".

Ms. Yabuki trained under **Ms. Noriko Akino**, the developer, and became an instructor as part of the first graduating class. Later, he achieved the status of Master Instructor, a distinction held by only six out of fifty instructors, marking a significant accomplishment. In addition, he has earned certifications as a Synapsology® Advanced Instructor, Beauty Posture Master Instructor, and JWI/AFAA Certified Instructor in yoga, resistance training, and Q-Ren body maintenance and pelvic exercises. Quite impressive.

Ms. Yabuki is active in a wide range of locations, including the **Hiro Community Center**, **Gohara Community Center**, **Kamagari Community Center**, **Kure City Pool Aqua Park**, **Chugoku Shimbun Cultural Center Credo Building Classroom**, and **Kure Classroom**, among others.

It's said that by stimulating the soles of the feet with green bamboo, dormant capillaries in the soles awaken, increasing blood flow to the prefrontal cortex, the brain's command center.

This is believed to have effects such as improving sensitivity to cold, reducing swelling, recovering from fatigue, detoxification, autonomic nervous system regulation, brain activation, and improving mild cognitive impairment.

Participants followed the instructor's guidance to stimulate their brains and the soles of their feet. It seemed like they would become both physically and mentally revitalized. For those who want to do something good for their health but find exercise challenging, I highly recommend giving it a try.



Our office is normally closed on 4th Monday
Next : Mon. 22nd July

From Hiro Sports Association

55th Hiro District Junior Soft Tennis Tournament

Date: Sat. Aug. 10th, 2024, 9:00~Opening ceremony
Place: National Kure Technical College Tennis Court
Eligibility: **High school division:* Students enrolled in high schools in Hiro district and Kure Municipal High School, and students of National Kure Technical College (up to 3rd grade)
**Junior high school division:* Junior high school students (1st and 2nd grade) living in Hiro district
Participation Fee: Free
Application Deadline: Tue. July 23rd
Application Destination: Hiro Sports Association Office ☎71-2151 (FAX available 73-5034)
Contact Person: *Yatsu* (Soft Tennis Leader)



56th HIRO Town People & Neighboring Hiro District Women's Volleyball Tournament

Date: Sun. Aug. 18th, 2024 9:00~Opening ceremony
Place: *Shishinyo* Oak Arena (Kure City General Gymnasium)
Participation Category:
◎Women who live or work in Hiro district
◎Teams from Hiro Town and nearby areas
◎Born before April 1st, 2006
Participation Fee: Free
Application Deadline: Thu. July 18th
Application Destination: Fill in the required items on the application form & send it to Hiro Sports Association Office ☎Hiro Sports Association Office ☎71-2151 (FAX available 73-5034)
Contact Person: *Izumi Kashiwagi* (Women's Volleyball Leader) ☎090-8714-6868



Results of 43rd Hiro Townspeople Ground Golf Tournament

Date: Tue. May 14th **Place:** Hiro Park Stadium
Organizer: Hiro Sports Association
participants: 62 (2rounds 16 holes)

rank	name	hits	H.I.O	rank	name	hits	H.I.O
1st	Teruyoshi Toda	34	1	6th	Yasuko Oishi	38	2
2nd	Kazue Shiraki	35	1	7th	Masahiro Yamamoto	38	1
3rd	Takayuki Sasaki	36	1	8th	Megumi Hasho	38	0
4th	Sumiyoshi Morimoto	37	2	9th	Yukio Horikawa	38	0
5th	Yukio Okuno	37	1	10th	Tomoko Hirahara	39	2



From Community Collaboration Center

Kure Talk, What You Want to Do & About This Town.

Are you interested in getting more involved in the community? Do you have things you want to do but aren't sure where to start? Why not start by discussing what's on your mind? Sometimes, just talking about it can lead to finding some helpful hints. Join us for a casual roundtable discussion. Feel free to participate!
Date: Fri. July 26th, 2024, 10:00 AM to 11:30 AM
(*You can join or leave anytime during the session.)
Location: Hiro Collaborative Center (Hiro Civic Center 4F)
Target Audience: Residents of Kure City Participation
Fee: Free **Registration:** Not required
Inquiries: *Kure Collaborative Center*
☎ Tue. to Sat.: 9:00 AM to 8:00 PM
Sun. and Holidays: 9:00 AM to 5:00 PM
Phone: 25-5602 *Closed on Mondays (*Closed the following day if Monday is a holiday)



Information from Hir-Library

Opening Hours: 9:30 AM to 8:00 PM Closed on Thursdays and public holidays
Closed days in July: 4th · 11th · 15th(Marine Day) · 18th · 25th
* *Picture Book Exhibition July*
There will be no picture book session in July.



Editorial Note Story of the New Banknotes Issued in July

New banknotes will be issued starting from July 3rd. New ¥10,000 bill features "*Eiichi Shibusawa*" & "*Tokyo Station Marunouchi Building*," New ¥5,000 bill features "*Umeko Tsuda*" & "*Wisteria flowers*," New ¥1,000 bill features "*Shibasaburo Kitasato*" & "*The Great Wave off Kanagawa*" from the series "*Thirty-six Views of Mount Fuji*." *Eiichi Shibusawa* & *Umeko Tsuda* may not be in my wallet. By the way, ¥500 coin features "*Paulownia*," & "*Bamboo & Japanese bush warbler*," ¥100 coin features "*Cherry blossoms*," & ¥50 coin features "*Chrysanthemum*." Although "*Cherry blossoms*" & "*Chrysanthemum*" are like Japan's National Flowers, there's no legal designation. ¥10 coin features "*Phoenix Hall of Byodo-In Temple*" & "*Evergreen tree*," ¥5 coin features "*Rice ears, water, & gear wheel*," representing "*Agriculture, Fisheries, & Industry*." ¥1 coin features a tree named "*Wakagi*," which doesn't actually exist. While cashless transactions are becoming more common, I hope it's still nice to gather plenty of these in my wallet if possible.



Eiichi Shibusawa was known as the "father of Japanese capitalism" because he played a big role in developing Japan's economy.