

広まづくりセンター  
Hiro Community Development Center <https://www.city.kure.lg.jp/soshiki/111/>

Website **HIRO**

HIRO C.D.Center

# Hiro Community Newsletter

## The time when spring comes and plants grow

As the footsteps of spring draw closer, we find ourselves in a season where we can feel a faint warmth in the sunlight despite the cold winds. How is everyone in the **Hiro** district doing? Now, March is commonly referred to as "**Yayoi**," and its meaning stems from the ancient Japanese words "**ya**" (弥), meaning "increasing" or "growing," and "**iki**" (生), which signifies "flourishing" or "growing abundantly." Therefore, "**Yayoi**" came to represent the time when spring arrives, and plants begin to grow and thrive. Additionally, the term "**Yayoi** period" (spanning from around 300 BC to AD, approximately 600 years) refers to a time when rice cultivation spread from China through the Korean Peninsula to Japan, leading to the establishment of settled agricultural communities. This period saw the development of villages and an increase in population as societal structures began to change. The name "**Yayoi** period" originates from **Yayoi Town**, located in present-day **Bunkyo** Ward, **Tokyo**, where distinctive pottery from this era was first discovered. These pots, unlike the **Jomon** pottery, had thinner, harder walls with fewer decorations, reflecting advancements in technology. Thus, this era became known as the "**Yayoi** period." Spring is a season of transition from cold to warmth, and with the large fluctuations in temperature, the flow of energy in our bodies (known as "**ki**" and "blood") can become unstable. This makes it crucial to support our health through our daily meals. By using seasonal ingredients, we can promote detoxification and metabolism, maintaining a healthy lifestyle. The concept of "**Shokuyojo**" (食養生) refers to the practice of maintaining and promoting health through diet, aiming to prevent illness before it occurs. This year, through various activities, the people of **Hiro** district have each played their part in contributing to the creation of a vibrant community. Thank you for your involvement. We will continue to strive to create a space where participants can help, learn, and enjoy together.

**Director Hosokawa**



## Information from Hiro C.D.C. Registration starts on Mar. 20<sup>th</sup> (Thu.) Hand-Kneaded Bread Workshop Let's Make Chocolate Marble Mini Loaf Bread!

**Target:** Elementary to Middle School Students  
(Accompanied by a guardian for those in Grade 3 or below)  
**Date & Time:** Apr 20<sup>th</sup> Sun, 10:00 AM – 1:00 PM  
**Location:** *Hiro* Civic Center, 6F Room 603  
**Fee:** ¥1,800 (including materials)  
*\*The course fee of ¥400 is to be paid on the day of the event.*  
**Capacity:** Limited to the first 12 participants.



For Kids

## Information from Hiro Library March

**【Opening Time】** from 9:30 to 20:00  
**【Closing Days】** Thursdays & National Holidays  
**Closed days in March:**  
6<sup>th</sup> · 13<sup>th</sup> · 20<sup>th</sup> (Spring Equinox Day) · 27<sup>th</sup>  
※ *There will be no picture book meeting in March.*



## Announcement from Hiro-Hiro-Ba: 'Papa Workshop' 'Papa Workshop' Daddy's Sandwich Making Course

Supporting men who want to enjoy time with their children and families.  
**Target:** Fathers, grandfathers, or expectant fathers of children aged 0-2 years and those over 3 years old who are not yet attending preschool.  
**Date & Time:** Mar 1<sup>st</sup>, 2025 (Sat) 10:00 AM - 12:00 PM  
**Location:** *Hiro* Civic Center, 6th Floor, Room 603  
**Program:** *Let's all enjoy sandwiches made by Dad!*  
**Capacity:** 15 participants  
**Participation Fee:** ¥300  
**Registration:** From Feb 10<sup>th</sup> Mon by phone or via application form



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Population of *HIRO* (at the end of Dec.)  
(in comparison to Nov.)  
Population 42,714 (-26)  
● M E N 20,662 (-8)  
● WOMEN 22,052 (-18)



"If you think you're going to lose, you will lose. If you believe you will win, you will win. No matter how things turn out, you must convince yourself that victory is possible. Step by step, if you continue to build steadily, you'll achieve results beyond your expectations. Wisdom that comes only after hearing others' opinions is not true wisdom." *Toyotomi Hideyoshi*

## 'Physical Measurement'

**Date & Time:** Mar 11<sup>th</sup>, 2025 (Tue), 9:00 AM – 11:30 AM  
**Location:** *Hiro* Civic Center, 3F Hall  
**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.

## How about Walking with us?

◎ **Event Date:** Tue. Mar. 25<sup>th</sup>, 2025  
◎ **Meeting Place:** JR **Kazahaya** Station Square  
\*Please bring your own lunch  
Shinhiro Station: 8:48 AM & *Hiro* Station: 8:54 AM

## Course: Akitsu & Shofukuji Temple (6 km)

JR *Kazahaya* Station → *Kazahaya* Elementary School  
→ *Akitsu* Community Center → *Shofukuji* Temple →  
JR *Akitsu* Station \*End of event at JR *Akitsu* Station

※ The event may be canceled or the course may change due to weather or other circumstances.  
※ Sign up at the registration desk for recreation insurance.

## Information from HIRO Collaboration Center

At the *Hiro* Collaboration Center, we regularly post information about volunteer opportunities and community events. Our display space features local newsletters, group bulletins, and maps of the *Kure* area.

If you're interested in learning more about local events, feel free to visit us on the 4<sup>th</sup> floor of the *Hiro* Civic Center.

**Opening Hours:** 9:00 AM – 5:00 PM  
**Closed :** Wednesdays



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

With the rise of social media, it's become much easier to send photos and messages instead of traditional New Year's cards, making the need for them less relevant. This shift not only saves time and costs but also reduces environmental impact, making it an appealing option for busy modern life. On the other hand, handwritten New Year's cards, which require time and effort, allow for a personal touch and warmth, conveying a sense of specialness and heartfelt emotion to the recipient. This article shares thoughts on a workshop focused on the art of "handwriting."

### Brush Pen Class & Woodblock Print Class

#### What was particularly rewarding about participating?

It was a fun time, especially since I hadn't used a brush in a long while. It stemmed from my desire to write more beautifully, even if just a little. I feel like my handwriting has improved to some extent. I appreciated the calmness the session brought, and the instructor's gentle way of speaking, as well as the detailed explanations about the history behind the characters. Thank you. I was able to have an example written for characters that I struggle with. I learned the correct stroke order, which was very helpful. I had the chance to study a lot about characters. It was great to learn how to write and also create New Year's learned things I didn't know before.

Thank you, I really enjoyed it. I had never used a brush pen before, so it was fun to try.

#### What was particularly rewarding about participating?

I've gotten better at printmaking. It was really fun to carve with the engraving tools. When the piece was finished, it felt great to share the praise with everyone. I'm glad I made it. It took a lot of concentration to carve and there were moments when I felt like giving up, but I managed to push through! The person I gave it to really appreciated it. I used to dread making New Year's cards every year, but this time I had fun creating them. I've gotten better at using the carving tools. I learned how to properly use the carving tools.

**Our office is normally closed on 4<sup>th</sup> Monday**  
**Next : Mon. 24<sup>th</sup> Mar.**

## Information from Hiro Sports Association Results of 59<sup>th</sup> Prefectural Open Soft Tennis Tournament

### General Men's Division:

- 1st: Hakota / Tarumura (Sahara Electric)  
2nd: Omoto / Morita (Fukuyama Club, Abe Club)  
3rd: Tsubokawa / Marumoto (Sawara Electric)  
3rd: Ishii / Ito (Abe Club)

### Senior Division 1:

- 1st: Matsumoto / Ono (Kure Soft Tennis Club, Tabuse Club)  
2nd: Ishimoto / Nakagawa (Kure STC)  
3rd: Ochi / Une (Hiroshima Central Club)  
3rd: Matsumoto / Matsumoto (Fuchu Club)

### Senior Division 2:

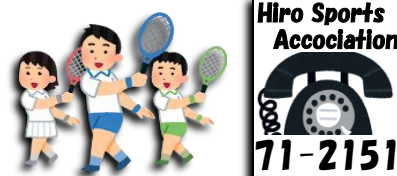
- 1st: Fukuda / Naohara (Kure Hyakusai-kai, Koyu-kai)  
2nd: Kaga / Tani (Kure Hyakusai-kai)  
3rd: Hiraishi / Kinoshita (KTC)  
3rd: Murai / Takada (Kure Hyakusai-kai)

### Women's Division A:

- 1st: Nishinaga / Tanaka (CJB, Hiroshima Central Club)  
2nd: Morita / Shimizu (Abe Club)  
3rd: Nakaya / Yabu (Kure STC)  
3rd: Takahashi / Teshima (Theory K)

### Women's Division B:

- 1st: Hamasawa / Nakamori (Stone Wing, Kure Clin Club)  
2nd: Kakiuchi / Katagiri (Yano Club, Kumano Club)  
3rd: Kinoshita / Norikiyo (Theory K)  
3rd: Tonokawa / Takeda (Koyu-kai, Kure Clin Club)



## 9<sup>th</sup> Hiro Town & Surrounding Area Soft-Volleyball Exchange Game

**Date & Time:** Mar 20 (Thu), 9:00 AM – Opening Ceremony

**Location:** Shishinyō Oak Arena (Kure City General Sports Gymnasium)

**Eligibility:** Open to residents of the *Hiro* area and surrounding regions, or those with connections to the area.

**Competition Categories:** All players must be 18 years of age or older

(A) *Open Division*: 4 players (2 & 2), aged 18 or older

(B) *180 Division*: 4 players (2 & 2) combined age 180 or more

(C) *Queen's Division*: 4 women aged 18 or older

**Entry Fee:** ¥3,000 (paid at registration on the day)

**Deadline for Applications:** Feb 25 (Tue) by 5:00 PM

**How to Apply:** Complete the application form and submit it to the Hiro Sports Association office.

**Contact:** Hiro Sports Association Office, Tel: 71-2151 (Fax: 73-5034)

**Inquiries:** Kashiwagi Kazuki, ☎: 080-6848-1520

## Thank you for your cooperation!

The activities for the 2024 fiscal year are now almost complete, with only the Soft Volleyball Tournament on March 20 remaining. We would like to express our sincere gratitude to everyone for their cooperation in this year's initiatives. For the 2025 fiscal year, we plan to hold the following events: ① Townspeople's Tournament (13 events), ② Educational Festival Tournament (2 events), ③ Participation in the Kure City Sports Festival, ④ Presentation of the Meritorious Service Award, and ⑤ Various seminar programs.

We will be announcing participation opportunities and seeking volunteers in the "*Koho Hiro*" newsletter, so we look forward to your participation and continued support.

Hiro Sports Association Secretariat ☎: 71-2151

## Notice from the Elderly Support Division 'Sukoyaka-Salon' at Hiro C.D.C.

### 'Start now, prevent care needs! Healthy Salon'

☞ This is a "gathering place (salon)" for preventing social withdrawal. Recreational activities such as singing and brain training will be conducted.

**Target:** Individuals aged 65 and above & live in *Kure* City.

For safety reasons, access may be restricted depending on your health condition.

### ○ Tuesday Course (Total of 18 sessions)

**Capacity:** 30 participants

**Schedule:** Apr 22<sup>nd</sup> to Sep 9<sup>th</sup>, 9:30Am-12:00Pm

**Location:** Hiro Civic Center 6th Floor Room 602

### ○ Wednesday Course (Total of 18 sessions)

**Capacity:** 40 participants

**Schedule:** Apr 23<sup>rd</sup> to Sep 3<sup>rd</sup>, 1:30Pm-4:00Pm

**Location:** Hiro Civic Center 7th Floor Room 702

**Fee:** Approximately ¥100 per session and additional expenses may apply depending on the content.

**Application:** Apply **directly** at each Civic Center, Elderly Support Division, and Various regional Comprehensive Support Centers within Kure City from Mon Feb 10<sup>th</sup> to Mon Mar 3<sup>rd</sup>.

**\*Not accepted at "Hiro Machizukuri Center"**

\*1: Completion of the application form is required.

(Phone applications are not accepted.)

\*2: In case of a large number of applications, a selection process may be implemented.

**Inquiries:** Elderly Support Division

## Editorial Note Importance of Food as Medicine

In ancient times, it was believed that "eating bitter foods in spring is good for the body." Even before the field of nutrition was developed, Japan had the concept of "*shokuyojo*," or maintaining health through food. One of the key principles was eating seasonal ingredients. When it comes to bitter seasonal foods in spring, wild vegetables, or "*sansai*," come to mind. Ingredients like *udo*, *fukinoto* (butterbur sprouts), *tara-no-me* (young vine leaves), *warabi* (bracken ferns), and *takenoko* (bamboo shoots) are rich in polyphenols and minerals. These promote metabolism, stimulate the digestive system, and aid in the elimination of waste and fats from the body. These are perfect ingredients for this time of year when our bodies transition from winter to spring and begin preparing for more activity. It is said that the first thing bears eat when they wake from hibernation is *fukinoto*. Since the New Year, I've felt the need to incorporate more "bitterness" into my diet to counter-balance the weight I've gained. Since the New Year, as my body has grown steadily, I feel it's time to increase my intake of bitter foods to help balance things out.