



## The 26th Hakuba Snow Harp Cross Country Championships were held on Saturday, July 22 and Sunday, July 23.

Runners of all ages, from first-graders to runners in their 80s, gathered from all over Japan to run the Nagano Olympic and Paralympic courses. 154 teams and 716 runners competed in the relay race on the first day, and 897 runners competed in the individual race on the second day.

We would like to express sincere thanks to the participation and cooperation of many people, including Hakuba Village district officials, Athletic Association member organizations, Youth Sports Association, Hakuba Village Tourism Association, Taihoku Medical Association, sponsors, guest runners, and invited athletes.



August							September						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30

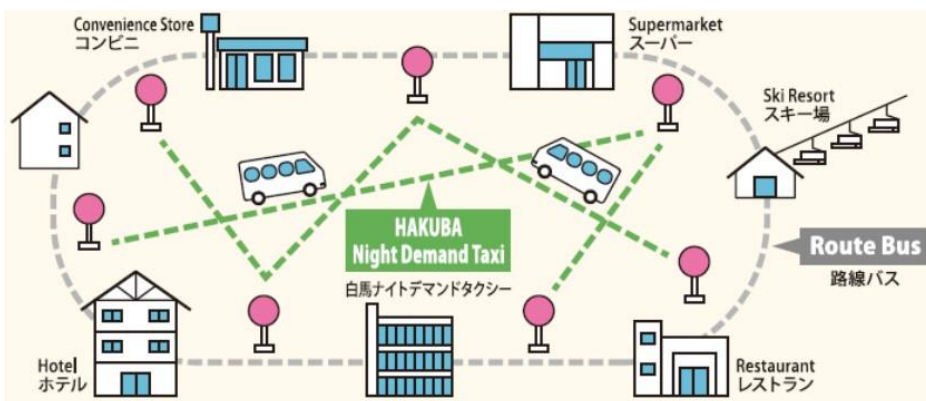
### Operation Schedule

July 1st- Sep30th 8:00-17:00 \*Specific Date

Fare: FREE

Booking required

Up to 8 people can be booked in one booking.



### STEP 1 Download the app and register

- 1.1 Download the "Hakuba Night Demand Taxi" from App Store/Google Play.
- 1.2 For first time users, you are required to register by entering your name, email address, and password.
- 1.3 Enter your one-time password sent to your email to complete the registration.

### STEP 2 Book a trip

- 2.1 Choose your pick-up/drop-off bus stops by moving the pin on the map or typing in the search bar.
- 2.2 Choose to "Depart now" or choose your preferred pick-up time.
- 2.3 Then, choose the number of people traveling with you.
- 2.4 Once you press "Request Ride", the app will search the best vehicle match for you in real-time.
- 2.5 You'll receive a confirmation notice with the details of your trip, including your estimated pick-up time. Press accept button within the time limit to confirm your booking.

### STEP 3 Get on the bus

- 3.1 Once you booked your ride, the app will provide you the vehicle ID number. When the vehicle approaches, double check the vehicle's ID number to confirm it's the one you booked.
- 3.2 When you are about to board the vehicle, swipe this black tab to the right for your boarding code, and show this code to the driver.

### STEP 4 Get off the bus

You don't need to do anything when getting off the bus. But we would really appreciate if you could rate your experience using this service.



Hakuba Natsumo Demand (HND)

### Bus Stops List

- Hakuba Sakka Base Area
- Tokyo Hotel
- Mominoki Hotel (Visitor Center)
- Happo Gondola
- Happo Alps Open Space
- LAND STATION HAKUBA
- Hakuba station
- Kikyoka Restaurant
- The BIG (Supermarket)
- 7-Eleven Misorano
- CHERRY PUB
- Echo-Land roundabout
- Mizuho-Crossroad
- Happo Bus Terminal
- 7-Eleven Hakuba Iwatake
- Kamishiro Station
- GORYU Escal Plaza
- Hakuba-no-mori
- Goryu limori Base Area
- Shoya Maruhachi

# Water Pipe Leakage Investigation



Hakuba Village will conduct a water leakage investigation from this August to early October, 2023. This year, the investigation will be conducted in the Misorano (including Higashikan) and Meitetsu areas, where many water leakage accidents have occurred. Inspectors from a company contracted by the village may enter your residential property to check for any leakage near the water meter as well as on the street.

**Investigation term:**  
August - early October, 2023

**Location:**  
Misorano area (including Higashikan), Meitetsu area

**Investigation hours:**  
Daytime 9:00 am - 5:00 pm  
Nighttime 10:00 pm - 3:00 am

\*During quieter times of the day, such as when there are low vehicle traffic and late at night.

Our tap water is from three water sources (Gentaro, Futamata, and Kusu River) depending on the area. Leakage is when water leakage occurs from the water pipes (distribution pipes, water supply pipes, etc.) before it comes out of the taps in your house. This investigation is intended to reduce water leakage and improve water distribution through investigation of existing situation, and replacement, repair or installation of water pipes and meters. Prevent serious leakage accidents caused by leaking water pipes and reduce NRW (Non Revenue Water Ratio)

In Hakuba Village, NRW has been high since 2014 Nagano Kamishiro Fault Earthquake.

## How to Perform a Leak Investigation

The inspectors will actually walk along the road and listen for water leaks by using a leak detector and a sound listening stick on the ground. If a leakage is suspected, marks are sprayed on the ground and small holes are made on the road surface to check for leakage.



For inquiries: Water and Sewer Division TEL 0261-85-0714



## Prices go up on garbage bags in September

Due to the recent price increase in raw materials, the price of small, medium and large "North Alps Wide Area Union garbage bags" will go up by a few yen to several ten of yen per bag. Bags can be purchased at most supermarkets in the area, as well as convenience and hardware stores. ※Garbage bags are sold from 10 bags per roll and Retail prices may vary by retailer.



Kita Alps Eco Park TEL: 0261-85-5311

## Collection of Confidential Documents – For environment conservation and promoting of the use of recycled waste, we collect confidential documents for free.

**Date** October 10(Tuesday) 10:00-12:00

**Place** A parking at Hakuba Village Office (North Side)

**How to pack**

- (1) Pack documents in a cardboard box
- (2) Seal with paper tape vertically
  - No Plastic tape, Duct tape to prevent shattering
  - \*The documents tied with string are not accepted. It has to be in the box.
  - \*Magazines, paper containers and wrappings etc. other than confidential documents are not accepted.
  - \*We are not responsible for any leaking confidential information by shattering.

### Note

<<Non-acceptable papers>>

- Thermal Paper, Fax Paper, Receipt, Sealed postcard, Photo, Adhesive Sheet, Carbon paper, non-carbon paper, Converted paper etc.
- You don't have to get rid of clip, metal fitting of files, staple and binding cord from papers.

### Receiving amount

About 10 boxes for each households/Offices



## Opening days of Hakuba Recycle Center in August/September

Special summer garbage collection for the tourist season will be as follows.

**Aug 6 (Sun) 11(Fri) 13(Sun)**

Open hours: 9:00-15:00

**Closed on Saturdays during summer special acceptance**

Please refer to village's public relations magazine for sorting information. Burnable garbage and metal items must be put in the designated garbage bags of the North Alps Wide-area Union.

Hakuba Recycling Center TEL: 0261-72-3312

URL <http://www.kita-alps.omachi.nagano.jp/>

令和5年8月/Aug.2023						
日	月	火	水	木	金	土
SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		◎	◎	◎	◎	休み
6	7	8	9	10	11	12
特	◎	◎	◎	◎	特	休み
13	14	15	16	17	18	19
特	◎	◎	◎	◎	◎	休み
20	21	22	23	24	25	26
休み	◎	◎	◎	◎	◎	休み
27	28	29	30	31		
休み	◎	◎	◎	◎		

※休み…closed

令和5年9月/Sep.2023						
日	月	火	水	木	金	土
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					◎	休み
3	4	5	6	7	8	9
休み	◎	◎	◎	◎	◎	休み
10	11	12	13	14	15	16
休み	◎	◎	◎	◎	◎	休み
17	18	19	20	21	22	23
休み	特	◎	◎	◎	◎	休み
24	25	26	27	28	29	30
休み	◎	◎	◎	◎	◎	休み

※休み…closed

For any questions and more details: Resident Division TEL 0261-85-0715



## Six Advantages of an Individual Number Card



- 1 A wide range of services are available by this multi-purpose card (\*)**  
Multiple cards necessary for each service provided by municipalities or the state, etc., may be integrated into the Individual Number Card.  
\*Because the services are different depending on municipality, please contact your municipality for more details. Use of the **card**, an **electronic certificate** or an **application**.
- 2 As a document which certifies My Number**  
You can use it as a document which certifies My Number (the Individual Number) in various situations where required to present My Number (the Individual Number). Use of the **card**.
- 3 As documents to confirm your identification**  
In a case where both presentation of My Number and identity verification are required, it is the only card which satisfies both needs by itself.  
You can use it in a wide range of situations including when opening an account in a financial institution or when getting a new passport issued. Use of the **card** or an **electronic certificate**.
- 4 For various private online transactions, etc.**  
It is expected that the card will be available for various private online transactions including online banking. Use of an **electronic certificate**.
- 5 Online application for various administrative procedures**  
This can be used to apply online for a variety of governmental procedures, including logging into the My Number site.
- 6 You can obtain official certificates at convenience stores,**  
You can obtain official certificates including a resident record or a seal registration certificate at convenience stores, etc. Use of an **electronic certificate** or an **application**.

To Foreign Residents Holding Individual Number Cards  
マイナンバーカードをお持ちの外国人住民のみなさまへ

If you have extended your period of stay...  
An update to the information printed on your Individual Number Card is required.  
在留期間の延長を行った場合...

Be careful!  
ご注意ください!

マイナンバーカードの券面記載事項の変更が必要です

In the event your period of stay is updated, this information will not automatically be reflected on your Individual Number Card. Please bring your card to your local municipal office for processing. If there are changes to information on your card such as your name or address, please bring it to your local municipal office within 14 days.

【To those who will apply】  
For those who are expecting to update their residence status or period of stay soon, please apply for your Individual Number Card after the change has been made.

在留期間の更新や住所などの変更を行う場合は、その情報はマイナンバーカードには自動的に反映されません。マイナンバーカードを提出する際は、変更後の氏名や住所などの市区町村の窓口で手続きを行ってください。なお、在留/滞在カード上の「氏名」などを変更した場合も、4日以内に市区町村の窓口でマイナンバーカードに係る手続きを行ってください。

なお、マイナンバーカードを申請する際、在留期間の更新または在留期間の更新申請を受理している場合は、マイナンバーカードの申請は、その結果後(在留できる満了日の変更後)に行ってください。

\*My Number Call Center (Toll-free)  
マイナンバー総合フリーダイヤル (通話料無料)

【Operating Hours】 Weekdays 9:30-20:00, Weekends and National Holidays 9:30-17:30 (excluding year-end and New Year holidays)  
Individual Number Card suspension due to loss or theft is available 24 hours a day, 365 days a year  
住所持替(平日9:30-20:00、土日祝日9:30-17:30(年末年始除く))  
マイナンバーカードの紛失・盗難による一時停止を含む) マイナンバー制度のお問合せは

(English, Chinese, Korean, Spanish, and Portuguese available) (英語・中国語・韓国語・スペイン語・ポルトガル語対応)

For inquiries regarding the Individual Number Card (including suspension due to loss or theft) For inquiries regarding the My Number System  
マイナンバーカード (盗難・紛失による一時停止を含む)のお問合せは マイナンバー制度のお問合せは

0120-0178-27 0120-0178-26

### Wonderfully useful "Convenience Store Issuance service"

You can obtain official certificates including a resident record or a seal registration certificate, anytime, anywhere at convenience stores, supermarkets, etc.

**Anytime** From early morning till late at night (6:30 am to 23:00 pm), the service is available on Saturdays, Sundays and National holidays as well

**Anywhere** The service is available at approximately 55,000 stores nationwide

Currently, 740 municipalities have adopted this service, and the total population of those municipalities is about 103 million.

The number is expected to increase more in the future.

#### Certificates that can be obtained (\*)

- Copy of the Resident Record
- Seal Registration Certificate
- Certificate of Items Stated in the Resident Record
- Various certificate of tax payment
- Certificate of Family Register
- Copy of Supplemental Family Register

\*The services are different depending on municipality



Please see here for municipalities which provide Convenience Store Issuance service

### Increasing use of "the electronic certificate"

A variety of advantages can be enjoyed by the electronic certificate contained in an Individual Number Card.

Situations where the electronic certificate can be used are expected to continually increase.

There are 2 types of the electronic certificates as follows.

#### Electronic certificate for the bearer's signature

- Used when creating or submitting electronic documents over the Internet.  
Filing electronic applications (e.g., e-Tax)  
Registering for private online transactions (e.g., online banking)
- Validates that, "the electronic document bearing the certificate is genuine, and was created/submitted by the certificate holder".

#### Electronic certificate for user identification

- Used when logging in to Internet websites or multi-purpose terminals at convenience stores.  
Logging in to government websites (e.g., Disclosure System of Personal Information Cooperation Record)  
Logging in to private entity websites (e.g., online banking)  
Using services such as Convenience Store Issuance services
- Validates "the identity of the person logging in as your own".

### My Number Card Application

Every Tuesday and Thursday from 14:00-16:15 at Resident Division.

No booking required

For more details: Resident Division TEL 0261-85-0715 or My Number Card official website:

<https://www.kojinbango-card.go.jp/en/>

## Payment Schedule of This Month

	Payment due date	Account transfer :Kouza Furikae	Payment Method			
			Cash	Account transfer	Credit card	Payment App.
2 <sup>nd</sup> of 10 payments National Health Insurance Tax	August 31(Thu)	August 25(Fri)	○	○	○	○
2 <sup>nd</sup> of 4 payments Resident Tax	August 31(Thu)	August 25(Fri)	○	○	○	○
1 of 8 payments Medical Insurance For Elderly	August 31(Thu)	August 25(Fri)	○	○	—	—
Water & Sewer Bills	August 25(Fri)	August 25(Fri)	○	○	—	—

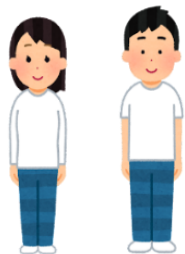
Payment Method	
Cash	Account Counter at Village Office Bank institutions Convenience stores
Bank Withdrawal	JA Bank Dai-Hoku, 82 Bank, Nagano Bank, Matsumoto Credit Union (Shin-Kin Bank), Japan Post Bank
Credit card	VISA, Mastercard, JCB, Diners Club International, American Express
Payment App	PayPay, Edy, LINE Pay



### What to wear to medical checkup

Next Cancer Screening is from September 10<sup>th</sup> (Sun) to 13<sup>th</sup> (Wed).

In case of your clothing, you may be asked to change into specified clothes/trousers during the medical checkup.



- Plain T-shirt with no graphic or prints
- Please tie up your hair
- ↳ Those who are taking a stomach cancer screening
- Pants with no button, zipper or hock
- Elastic Waist Pants
- ↳ Those who are taking a lung cancer screening
- No underwear (bra) and any accessories

### Female-specific cancer screening/Cervical and breast cancer screening

Those who have already applied this year and have not taken it yet can take the screening by one of the following options.

#### ① Group Cancer Screening

	Cervical Cancer	Breast Cancer
<b>Date</b>	September 20th (Wed)	September 14th (Thu) October 11th (Wed)
<b>Time</b>	[Check in] 13:00-13:45	[Check in] 9:00-11:30
	[Examination] 13:30-	[Examination] 13:00-14:15
		<b>*Booking required</b>
<b>Fee</b>	2,000 Yen	
<b>Target</b>	Women over 20 years old	Women between 40-74 years old
	*As of March 31, 2024	
<b>Venue</b>	Fureai Centre, Hakuba Village Office	
<b>Apply at:</b>	Health & Welfare Division ☎0261-85-0713	
	There are only a few left, so please make an appointment as soon as possible. If you have lost your medical checkup sheet, it can be reissued. Please let us know by the day of your checkup.	



#### ② Individual Cancer Screenings at medical institutions

- Apply for an individual medical screening at the Health and Welfare Division.
- Pay the fee (2,000 yen) at the Health and Welfare Division and receive a coupon and a medical checkup sheet.
- Make an appointment at the medical institution of your request and take the medical screening.
- The Health and Welfare Division will send you the results of the screening.

For inquiries: Health and Welfare Division 0261-85-8101

### ■ Clinics, Hospitals and Pharmacy open on holidays

- For emergency cases of pediatrics and internal diseases on weekday nights, please go to "North Alps Weekday Night Emergency Center for Pediatrics & Internal Medicine". TEL: 0261-26-6199
- Please do not request for the ambulance service for minor injury and illness or it will be overloaded when there is an emergency.
- Please note that during the Obon (August 14, 15), Omachi Municipal General Hospital and Azumi Hospital are in service as usual. However, there is no special shift arrangement for clinics in Hakuba within that period.

		Opening Hours: 9 A.M. ~ 5 P.M.			Reception Hours: 9 A.M. ~ 11 A.M. (Please call before coming over)			Pharmacy On Duty in Hakuba
M	D	Clinic On Duty			Dental Clinic			
	Day of week	Northern District (Hakuba • Otari)	Omachi City	Southern District (Ikeda • Matsukawa)				
	5 SAT	Hakuba Clinic	—	—	—	—	—	—
	6 SUN	Kurita Clinic	Endo Internal Medicine Clinic	Nishimori Orthopedic Clinic	Otagiri Dental Clinic	Ikeda	0261-62-3134	Ota Pharmacy
	11 FRI	Hakuba Clinic	Kikuchi Clinic	Ota Clinic	Kaneko Dental Clinic	Omachi	0261-23-2200	Fujinoya Pharmacy
August	12 SAT	Kamishiro Clinic	—	—	—	—	—	—
	13 SUN	Kamishiro Clinic	Ono Clinic	Azumi Hospital	Maruyama Dental Clinic	Matsukawa	0261-62-0648	Fujinoya Pharmacy
	19 SAT	Otarimura Clinic	—	—	—	—	—	—
	20 SUN	Yokosawa Clinic	Hirabayashi Clinic	Matsumoto Clinic	Yokosawa Dental Clinic	Omachi	0261-22-1343	Apple Pharmacy
	26 SAT	Yokosawa Clinic	—	—	—	—	—	—
	27 SUN	Shintani Clinic	Yokosawa Internal Clinic	Serizawa Clinic	Ito Dental Clinic	Matsukawa	0261-62-8880	Fujinoya Pharmacy

You are recommended to confirm the schedule of the related clinics in advance if necessary.

### ■ Kosodate Shien Room

• Notices/Information from Kosodate Shien Room is posted on the Hakuba Village office official website and Hakuba Village Maternal and Child Health Handbook App "Ohisama Memories by BO-SHI-MO:母子モ". <https://www.mchh.jp/login>



For inquiries/ Child-Raising Support Division TEL: 0261-85-8101

### ■ Child Check-up

Venue: Fureai Center 1F

Date	Event	Eligible Child
Aug 21 (Mon)	Health check-up for infant	Born in March - May, 2023
	Health check-up for toddler	Born in March - June 2022
	Health check-up for 2-month-old	Born in June 2023 *at Shien Room
	Health check-up for 1 and half year old	Born in November 2021- January 2022
28 (Mon)	Physical Development Consultation	Appointment needed
Sep 4 (Mon)	Childcare Consultation for Infant	Appointment needed
	6 (Wed)	Health check-up for infant
	Health check-up for toddler	Born in October, 2022
12 (Tue)	Dental Checkup for 2-year-old	Born in February - July, 2021
25 (Mon)	Physical Development Consultation	Appointment needed
26 (Tue)	Health check-up for 2-month-old	Born in July 2023 *at Shien Room
27 (Wed)	Physical Development Consultation	Born in July 10th - September, 2021