



Risa Kunimoto Became Hakuba Village Tourism Ambassador

On April 3, the official Hakuba Village Tourism Ambassador inauguration ceremony was held at Snow Peak LAND STATION HAKUBA.

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■ Beware of accidental ingestion

This season brings forth a number of Japanese vegetables from the mountains of Japan. Known as "Sansai/Wild Mountain Plants" these wild edible plants can be boiled, fried, eaten raw and more.

Every year, food poisoning occurs due to accidentally collecting poisonous grass or picking wild plants, etc. Please be aware of following preventive measures.

Preventive measures for food poisoning caused by poisonous plants

Please be careful not to develop food poisoning caused by poisonous plants.

Three points for preventing food poisoning caused by poisonous plants

- ① It may be difficult to distinguish poisonous plants from edible plants just by looking at a part of the plant such as new sprouts, young leaves, roots, and berries. When eating collected wild vegetables, you need to be certain to learn their features and how to distinguish them.
- ② Learn accurate knowledge under the guidance of experts.
Recently, tours and inns have been targeting those who have never experienced the pleasures of gathering sansai: a local guide leads groups into fields and mountains to identify and pick plants; afterwards, they are prepared and eaten together.
- ③ Some familiar garden plants, such as daffodils, lily of the valley, daffodils, azaleas, and hydrangeas, contain toxic ingredients. Do not eat them without accurate knowledge.

If you are poisoned??

If you are poisoned, please seek medical care immediately.

If possible, take the poisonous plant to the doctor for his/her reference.

Please refer websites for the typical Sansai

*Wild Mountain Plants, and the way to distinguish with poisonous plants.

【Nagano prefecture】

【Ministry of Health, Labor and Welfare】



Health Checkups of FY2023

The medical checkup forms and vouchers will be sent all National Health Insurance Holders

Schedule 7:30-10:30 Venue: Multi Hall in Hakuba Village Office

Please check the schedule and visit at any time as your convenience.

June	July	September	November
14 (Wed)	10 (Mon)	10 (Sun)	8 (Wed)
15 (Thu)	11 (Tue)	11 (Mon)	9 (Thu)
16 (Fri)	12 (Wed)	12 (Tue)	
17 (Sat)	13 (Thu)	13 (Wed)	



*For safety reasons, due to cold weather there will be no gastric cancer screening in November. If you wish to have a checkup, please have it done by September.

*For a colorectal cancer screening, please notify Health and welfare division at least a week before your booking date. We will send you a stool collection container.

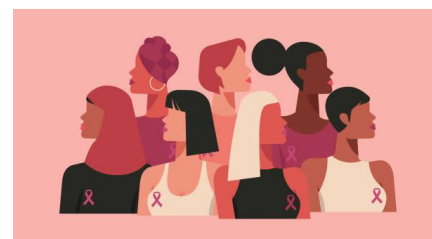
*For villagers those who taking a sputum examination, please book on the first scheduled date of the June/July/September.

*Before having a checkup, make sure to read through the envelopes, checkup vouchers, and instructions in advance.

Female-specific cancer screening/Cervical and breast cancer screening

The incidence of cervical cancer increases in one's 20s and breast cancer in one's 40s. These cancers may progress without any symptoms. However, if found and treated early, cancers have a high chance of being cured. Taking a checkup every two years regularly is essential even though you think you are healthy.

	Cervical Cancer	Breast Cancer
Date	May 19 (Fri) 25 (Thu)	May 11 (Thu) 20 (Sat) 30 (Tue)
	June 1 (Thu) 10 (Sat)	June 7 (Wed) 27 (Tue)
	September 20 (Wed)	October 11 (Wed)
Time	[Check in] 13:00-13:45	[Check in] 9:00-11:30
	[Examination] 13:30-	[Examination] 13:00-14:15
		*Booking required
Fee	2,000 Yen	
Target	Women over 20 years old	Women between 40-74 years old
	*As of March 31, 2024	
Venue	Fureai Centre, Hakuba Village Office	
Apply at:	Health&Welfare Division ☎0261-85-0713	
	*Booking required	



- This information and vouchers are sent out to those who mail us back previously with screening request and questionnaires.

- This checkup is conducted once every 2 years. In principle, those who had cervical and breast cancer screening (including vouchers use) in Hakuba Village in the previous year are not eligible for this year's screening.

Villagers are required to cover the amount equivalent to 1/3 of the cancer screening fee as a co-payment.

- The following persons are not eligible for this cervical cancer screening this time; Those who are undergoing treatment for uterine disease, have subjective symptoms such as irregular bleeding, have undergone hysterectomy, and have never had sexual intercourse.

- The following persons are not eligible for breast cancer screening this time; Those who have subjective symptoms, have a foreign object in the breast. Those who are being treated/under control by doctor for breast disease. Those who are pregnant, breastfeeding, or having stopped breastfeeding for less than year.

If you fall under any of those status, please visit a medical institution.

■Clinic, Hospital and Pharmacy on Duty on Holiday

Date	Hakuba/Otari	Omachi	Ikeda/Matsukawa	Dental Clinic	TEL [Area Code: 0261]	Pharmacy in Hakuba
May 21 (Sun)	Kurita Clinic	Endo Internal Medicine Clinic	Kondo Clinic	Takeuchi DC	Ikeda 62-2151	Ota
May 28 (Sun)	Shintani Clinic	Kikuchi Clinic	Nishimori Orthopedic Clinic	Nishizawa DC	Omachi 22-5091	Fujinoya
June 4 (Sun)	Hakuba Clinic	Mogami Orthopedic surgery Clinic	Ota clinic	Sunada DC	Omachi 22-0648	Fujinoya
June 11 (Sun)	Otari Clinic	Ono Clinic	Azumi hospital	Omachi Municipal General Hospital	Omachi 22-0415	-
June 18 (Sun)	Kamishiro Clinic	Hirabayashi Mental Clinic	Serizawa Clinic	Kashiwabara DC	Hakuba 71-1182	Fujinoya
June 25 (Sun)	Shintani Clinic	Yokosawa Internal Medicine Clinic	Matsumoto Clinic	Green DC	Omachi 23-6666	Fujinoya

For Inquiries or information: Health & Welfare Division Tel: 85-0713

■Kosodate Shien Room

Date	Event	Place	Target Child	Time
May 15 (Mon)	Story Hour	Shien Room	Pre nursery school kids & Their guardians	11:15~
16(Tue)・18(Thu)	Going for walk	Rakuda Yama	Pre nursery school kids & Their guardians	10:30~
23(Tue)	Let's go out! *Booking needed	Green Sport	Pre nursery school kids & Their guardians	10:15~
25(Thu)	Going for walk	Rakuda Yama	Pre nursery school kids & Their guardians	10:30~
30(Tue)	Yoga class * Day-care available/Booking needed	Shien Room	Guardians	10:30~
June 1(Thu)・6(Tue)	Play with sand	Shien Room	Pre nursery school kids & Their guardians	10:30~
5(Mon)	Story Hour	Shien Room	Pre nursery school kids & Their guardians	11:15~
8(Thu)	Playing at Shirouma preschool! *Booking needed	Shirouma Preschool	Pre nursery school kids & Their guardians	10:15~
13(Tue)15(Thu)	Play with sand	Shien Room	Pre nursery school kids & Their guardians	10:30~
14(Wed)	Embroidery Class * Day-care available/Booking needed	Shien Room	Guardians	10:30~

•Registration is required to use Kosodate Shien Room. Please fill out the form for the first visiting.
•Please be sure to take temperatures of you and child at home before coming to 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".



Health check-up for infant/toddler

Date	Event	Eligible Child
May 18 (Thu)	Childcare Consultation for Toddler	Born in Dec 2022 - Feb 2023
	Childcare Consultation for Infant	Born in Jan - Feb 2022
25 (Thu)	Health check-up for 2-month-old	Born in Mar 2023
29 (Mon)	Physical Development Consultation	Appointment needed
31 (Wed)	Health check-up for 1 and 1/2-year-old	Born in Aug 2021- Oct 2021
June 5 (Mon)	Childcare Consultation	Appointment needed
8 (Thu)	Health check-up for Toddler	Born in Jan 2023
	Health check-up for infant	Born in Jun - Jul 2022
22 (Thu)	Health check-up for 2-month-old	Born in Apr 2023 *at Shien Room
26 (Mon)	Physical Development Consultation	Appointment needed

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

Volunteering for Students

Hakuba Village is currently looking for someone to volunteer at Hakuba Junior High School. The details are as follows.

[English volunteering for after-school]

We welcome anyone who would like to learn with us!

Students will learn English conversation through games and other activities.

You will have fun with the students while supporting their activities.

■6 times/year

Last Wednesday of every other month from 15:00 to 16:00

To apply

•Submit an application form directly to Hakuba Junior High School.

*You can also apply on the phone, Email or Fax.

Phone 0261-72-2026/ FAX 0261-72-4863 Email hakubac@hakubajh.ed.jp

Apply by April 25, 2023 *Volunteer works are accepted all-year-around.

白馬日本語教室 (午前のクラス) 2023

HAKUBA JAPANESE CLASS(morning)

時間 水曜日 10:00-11:00
time Wednesday (irregularly) 10:00-11:00
場所 白馬ふれあいセンター2階 ボランティアルーム
place Place: Volunteer Room on 2F of Fureai Center
持ち物 筆記用具 (鉛筆・消しゴム)
things to bring Stationaries (pencil, eraser etc.)

初回は9:45に来てください.**New comers are requested to come to the class at 9:45.

月	勉強会の日			
4月	19日	26日		
5月	10日	17日	24日	31日
6月	7日	14日	21日	28日
7月	5日	12日		
8月	休み			
9月	20日	27日		
10月	4日	11日	18日	25日
11月	1日	8日	15日	22日 29日
12月	6日	13日		
1月	24日	31日		
2月	7日	14日	21日	28日
3月	6日	13日		

担当 鈴木(SUZUKI)
e-mail aki1st@yahoo.co.jp
社協 0261-72-7230

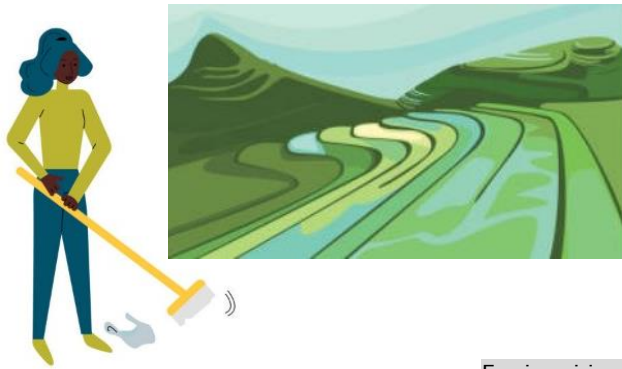
For inquiries and information:
Hakuba Village Board of Education TEL: 0261-85-0738

Keep the water-stream clean in your properties

Every year there are issues caused by garbage (including grass from mowing) being dumped into the rice fields downstream and clogging the waterways, causing serious obstacles to farming and daily life.

We ask all villagers for understanding of the current situation in the downstream area, and not only in not flushing trash downstream, but also in keeping mowed grass and others out of the waterways and streams as much as possible.

We appreciate your cooperation in removing any clogs that may have occurred.



For inquiries:

Agriculture Division Hakuba Village Office Tel: 85-0766



Ms. Risa Kunimoto, a TV personality, was inaugurated as the first Hakuba Village Tourism Ambassador.

She will promote Hakuba Village's attractive tourism resources such as history, culture, nature, and specialties to the rest of Japan and the world. "I was born and raised in Hakuba Village until I was 16 years old, so I am very happy to be entrusted with a big job in my hometown, and I would like to do my best to contribute and promote more to Hakuba Village in the future." Ms. Kunimoto commented.

Hakuba Village will support Ms. Kunimoto. And please look forward to her future activities and PR activities in Hakuba Village.



For inquiries: Tourism Division TEL: 0261-85-0722

Hakuba Village Eco-friendly cars Purchase Promotion Project

Subsidy

Villagers who purchase or lease EV cars or fuel cell cars (FCV) and meet all of the following conditions are eligible for the subsidy.

(1) The applicant must have continuously lived in Hakuba for at least a year as of the date of new registration of the EV or FCV.

*In the case of a lease contract, the date of new registration is the date of use as stated in the lease contract.

(2) The applicant must not have any outstanding village taxes, etc.



Amount of subsidy

Purchase • • • Up to 10% of the vehicle price (excluding tax), with a maximum of 300,000 yen.

Lease • • • The maximum amount of subsidy is 300,000 yen, within 7% of the lease payment (without tax) within the lease contract as stated in the lease contract.

<Note>

*Amounts of less than 1,000 yen in the subsidy will be rounded down.

Subsidies will be granted only once per household, regardless of the number of electric vehicles purchased/leased.

Applications must be submitted within 90 days from the first day of the month following the month of new registration of the vehicle inspection certificate, or by March 31 of the subject fiscal year in which the subsidy is granted, whichever comes first.

For further information and application,

Please visit the official Hakuba Village website or contact the General Affairs Division