

[illegible]

■Health Checkups of FY2025

Schedule

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

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

June				July				September				November	
4	5	6	7	28	29	30	31	7	8	9	10	13	14
Wed	Thu	Fri	Sat	Mon	Tue	Wed	Thu	Sun	Mon	Tue	Wed	Thu	Fri



Fundus Examination is available for all residents

The fundus is the only part of the body where blood vessels can be seen directly from the outside. By having a fundus examination and knowing the condition of your blood vessels, we can detect and prevent cardiac and cerebrovascular diseases at an early stage. Hakuba Village has more cases of death from cardiac and cerebrovascular diseases than any other villages in the prefecture.

Eye diseases that can be found by fundus examination

- ☐ Arteriosclerosis and occlusion of retinal blood vessels
- ☐ Diabetic retinopathy
- ☐ Glaucoma (optic nerve papillary depression enlargement)
- ☐ Macular degeneration

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	
Date	May	14(Wed), 26(Mon)
	June	14(Sat), 20(Fri)
	October	22(Wed)
Time	[Check in] 13:00-13:45	
	[Examination] 13:30-	
	*Booking required	
Fee	1,500 Yen	
Target	Women over 20 years old	
	*As of March 31, 2026	
Venue	Fureai Centre, Hakuba Village Office	
Apply at:	Health&Welfare Division ☎ 0261-85-0713	
	*Booking required	

	Breast Cancer	
Date	May	20(Tue)
	June	17 (Tue), 18(Wed)
	July	5(Fri), 18 (Thu), 28(Sat)
	September	12(Fri)
	October	3(Fri)
Time	9:00-11:30	
	13:00-14:30	
	*Booking required	
Fee	2,000 Yen	
Target	Women between 40-74 years old	
	*As of March 31, 2026	
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.



Hakuba Recycle Plaza open on April 1, 2025

A base for environmental activities such as education, promotion, display, and public information on the 3Rs (Reduce, Reuse, Recycle), as well as workshops and exchanges of reused products.

Anyone can drop off reused items and free to take them home.



Hakuba Recycle Plaza Information

Location: Hokujo 9305-8, Hakuba Village

Opening hours: 9:00-15:00

Closed: Weekends, public holidays, and year-end/New Year's holidays

Capacity: Approx. 20 people

Facilities: Workshop room, Restrooms, projector and screen Kid's play area, parking space (for 4 cars)



For inquiries: Resident Division TEL 0261-85-0715

LINE

Kosodate Passport can now be used on the LINE app !



Present it to the sponsor stores to receive the same benefits as a paper cards.



Nagano Prefecture
Official LINE account

■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

■Payment Schedule of This Year

Taxes/Fees	April	May	June	July	August	September	October	November	December	January	February	March
Due Date	30-Apr-25	02-Jun-25	30-Jun-25	31-Jul-25	01-Sep-25	30-Sep-25	31-Oct-25	01-Dec-25	25-Dec-25	02-Feb-25	02-Mar-25	31-Mar-25
Bank Transter Date	25-Apr-25	26-May-25	25-Jun-25	25-Jul-25	25-Aug-25	25-Sep-25	27-Oct-25	25-Nov-25	25-Dec-25	26-Jan-25	25-Feb-25	25-Mar-25
Resident Tax			1st		2nd		3rd			4th		
Fixed Assets Tax	1st			2nd					3rd		4th	
Light Motor Vehicle Tax		1st										
National Health Insurance Tax												
Medical Insurance For the elderly			1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th
Water and Sewer Bill	April	May	June	July	August	September	October	November	December	January	February	March
Due Date/Transfer Date	25-Apr-25	26-May-25	25-Jun-25	25-Jul-25	25-Aug-25	25-Sep-25	27-Oct-25	25-Nov-25	25-Dec-25	26-Jan-25	25-Feb-25	25-Mar-25

**EASY TAX
PAYMENT**

By scanning the QR code printed on the payment slip with a smartphone or other device, payment of village taxes can be made through the eLTAX website, Apps or at QR code-compatible financial institutions. ◆eLTAX <https://www.payment.eltax.lta.go.jp/>



Bears Are Coming Out of Hibernation

After coming out of hibernation, bears are active in search of food. In the prefecture, some bears have appeared in villages, causing some victims, please ensure that all measures are taken.

Be Prepared not to Encounter with Bears

1. Carry a bear bell, radio or whistle

Always go with at least two people and use a bell or radio to alert bears of your presence while moving.

2. Don't get close to places where bears live

Wild vegetables are also a bears' favorite. Where there are many wild vegetables, there are often bears as well. If you find a footprint or feces of bears, turn back without hesitation.

3. Store trash and pet food indoors properly

Food waste can attract bear, don't leave trash outside. Clean barbecues after use.

DANGER

危険



3 items to avoid bears + 1



Bear bell



Radio



Whistle

+

Plus



Bear Spray



If you encounter with a bear

- If the bear hasn't noticed you, move away quietly in the opposite direction
- If the bear has noticed you, back away slowly back away in the direction you came.

Agriculture Division

Hakuba Village Office TEL 0261-85-0766

Omachi Police Office TEL 0261-22-0110

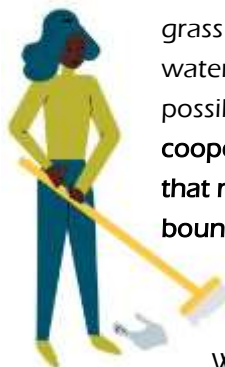
Keep the water-stream clean in your properties

For inquiries: Agriculture Division

Hakuba Village Office Tel: 85-0766

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 in your boundary !



Nagano prefecture Emergency Call Center

When you wonder if you should call ambulance or visit doctors at emergency illnesses or injuries, **Call #7119** *Call 026-231-3021 if you call with Dial IP Line.

Weekday : 19pm- 8am
Weekends/Public Holiday : 20pm- 8am



Clinics, Hospitals and Pharmacy's open during 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.

Opening Hours: 9 A.M. ~ 5 P.M.						Reception Hours: 9A.M. ~ 11A.M. (Please call before coming over)			Pharmacy On Duty in Hakuba
M	D	Day of week	Clinic On Duty			Dental Clinic			
			Northern District (Hakuba • Otari)	Omachi City	Southern District Ikeda • Matsukawa				
May	18	SUN	Kurita Clinic	Ishizone IM & Surgery Clinic	Azumi Hospital	Miyashita Dental Clinic	Omachi	0261-22-0297	Ohta Pharmacy
	25	SUN	Yokosawa Clinic	Endo Internal Medicine Clinic	Midori Clinic	Morooka Dental Clinic	Ikeda	0261-62-9781	Fujinoya Pharmacy
June	1	SUN	Kamishiro Clinic	Kakishita Clinic	Herb no sato Clinic	Sunada Dental Clinic	Omachi	0261-22-0648	Ota Pharmacy
	8	SUN	Hakuba International Clinic	Orthopedic surgery Clinic	Azumi Hospital	Ito Dental Clinic	Matsukawa	0261-62-8880	Apple Pharmacy
	15	SUN	Hakuba Clinic	Kikuchi Clinic	Wakabayashi Clinic	Aoki Dental Clinic	Matsukawa	0261-62-9888	Fujinoya Pharmacy
	22	SUN	Hakuba International Clinic	Ono Clinic	Endo Clinic	Nishizawa Dental Clinic	Omachi	0261-22-5091	Ota Pharmacy
	29	SUN	Shintani Clinic	Hirabayashi Clinic	Nishimori Orthopedic Clinic	Takeda Dental Clinic	Hakuba	0261-72-8060	Fujinoya Pharmacy