



# Hakuba Newsletter

## 2018



### SHORT NEWS

#### ◆ Changes to large scale land development regulations

When a construction work falls under any of the large scale development regulations, the business owner is required to hold a briefing session for residents who are residing in that ward, explaining the development plan, before starting construction. After the briefing.....

Before revision:	From January 2018:
the developer shall submit a memorandum of agreement and <u>a permission which is signed by the ward representative</u> to Hakuba Village Office.	the developer shall submit a memorandum of agreement and <u>a briefing session report</u> to Hakuba Village Office.

◆ General Affairs Division of Hakuba Village Office (☎ 0261-72-7002)

#### ◆ Shinshu elementary·junior high school volunteer network (Syouchu-gakko community School)

Shouchu-gakko community school is a volunteer network, allowing anyone to register as an instructor to teach the elementary and junior high school students some different skills other than basic academic study. If you wish to share your experiences in rice-growing, craft making, traditional cuisine making or any other categories, please contact us for more information.

◆ Hakuba Board of Education(☎ 0261-85-0738)



### INFORMATION

#### Annual Health Screening will be started in June

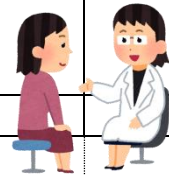
Health screening programme for NHI members will be held as follows. Interpreter services in English and Chinese will be available on June 14 (Thu). Please confirm the details we sent you earlier in an A4 size sky blue envelope.

Jun				Jul					Sep				Nov	
13	14	15	16	2	3	4	5	6	4	5	6	7	9	1
Wed	Thu	Fri	Sat	Mon	Tue	Wed	Fri	Fri	Tue	Wed	Thu	Fri	Sun	Thu

#### ◆ Female cancer screening tests (FY 2018) have been started

This year's cervical cancer test and breast cancer test have already been started as follows.

	Cervical cancer test	Breast cancer test
Date	May : 10(Thu), 17(Thu), 21(Mon), 31(Thu) June: 5(Tue), 23(Sat)	May : 9(Wed), 16(Wed), 29(Tue) June: 7(Thu), 9(Sat), 19(Tue) July: 12(Thu), 27(Fri)
Time	Reception: 13:00~13:45 Screening starts : 13:30~ ※On a walk in basis.	9:00~11:30 ; 13:00~14:30 ※By appointment only (30mins per session)
Fee	¥ 1,000	¥2,000
Target	Women aged 20 or above (The age as of March 2019)	Women aged 40~74
Venue	Fureai Center	
Application & Inquiries	Health and Welfare Division of Hakuba Village Office ☎0261-85-0713	

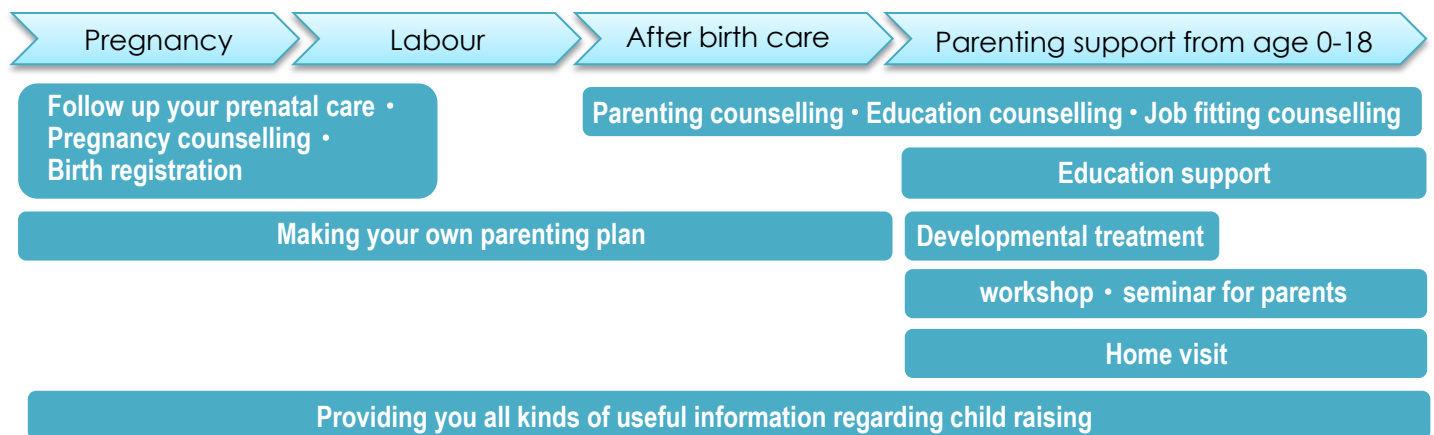


## Parenting Support Center <Ohisama> starting in July

Being a mom or a dad can bring joy and happiness into your life, but also brings you countless worries and stress. Ohisama aims at providing “one-stop” children and parenting support services, from before birth, after birth until the children turn 18-year-old. The center will start operating in this July.

### ◆ Area of Counselling

- ◆ Pregnancy and labour . . . advice on your mental and physical health during pregnancy
- ◆ Parenting plan . . . understanding the needs of children at different ages
- ◆ Health and development . . . when you notice a sign of developmental delay in your child
- ◆ Studying and job fitting . . . when your child worries about his/her future
- ◆ Social life . . . when your child has a peer trouble
- ◆ Child-parent relationship . . . advice on building a positive relationship between parent-child



### ◆ Parenting app---Ohisama Memories (multiple language support by Google translation)

An online maternal and child handbook which helps the parents to have a better health and lifestyle management. You may confirm the mother’s health record and the baby’s growth record anywhere and anytime. With a reminder feature that you will not miss the baby’s vaccination anymore.

It also contains information about local children’s events, child nursing facilities and guidelines on administrative service applications.

To download or to register: <http://www.mchh.jp/login>



**※Some devices may not support multi-language. Please check your Google setting.**



**Ohisama consultants**

Ohisama <parenting support center>	
Location	Fureai Center (3/F) (the building next to the village office)
Business Hours	8:30 ~ 17:15 closes on Sat, Sun & public holidays
Contact us	0261-85-8101 Kodomoshien@vill.hakuba.lg.jp

## More Information and Updates on English Official Homepage

The latest information regarding new garbage rules, new construction of public facilities (school catering center, library, recycling center, etc.) and any changes to the administrative policy or administrative structure will be updated on our English website :

<http://www.vill.hakuba.lg.jp/eng/>

Check it out periodically to see what's going on in this town.



## Shien-room Nursery Fees Effective from April 1, 2018

Shien-room nursery fees have been changed as below.

			From April 1, 2018	Before change
Temporary nursery / Holiday nursery	Age group	Under 3	¥300/ hour	¥350/ hour
		Over 3	¥150/ hour	¥200/ hour
Weekly nursery (6 days; 8 hours a day)			¥6,000/ week	¥8,000/ week
Excessive hours charge			¥300/ hour	¥350/ hour

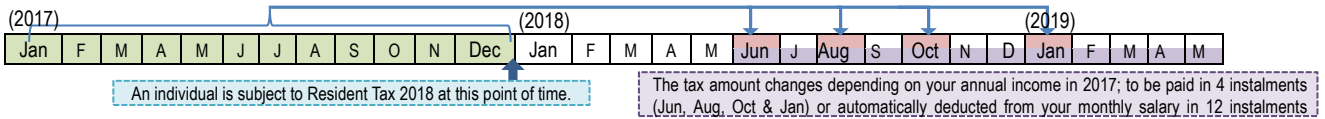
For inquiries: Child Raising Division (Hakuba Village) TEL: 0261-72-30

## Resident Tax /National Health Insurance Tax Bill will be sent out this month

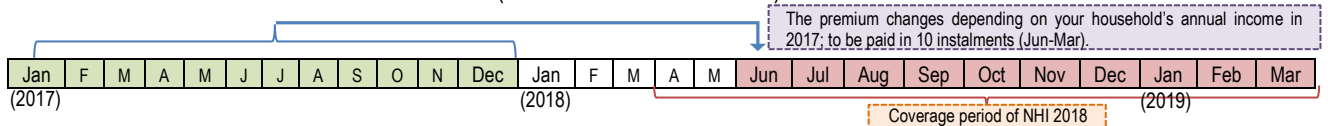
Prefectural & Village Resident Tax and National Health Insurance (NHI) Tax bills (FY 2018) will be sent out in early June. Taxpayers should pay the first instalment of both taxes by July 2. If you did not receive your payment notification by mid-June or if you have any inquiries regarding the tax amount, please come to Hakuba Tax Division to confirm your status.



◇Prefectural & Village Resident Tax ◇ (levied on all persons residing in Japan on January 1)



◇National Health Insurance Tax ◇(levied on all NHI members)



Tax Division (Hakuba Village Office) TEL: 0261-85-0712

## REMINDER

### Coming Deadline for Local Taxes•Services

Jul  
2  
Mon

#### 1st Installment

Prefectural & Village Resident Tax

National Health Insurance Tax



June bill

Water and Sewer

Tax Division TEL: 0261-85-0712

Water and Sewer Division TEL: 0261-85-0714

#### Payment method

Payment method	Local Tax	Water and Sewer
Cash (Village office/Bank)	○	○
Cash (Convenience store)	---	○
Automatic Bank Transferal	○	○
Credit Card(online)	○	---



Hakuba Village Official English Homepage

<http://www.vill.hakuba.lg.jp/eng/>



Follow our Facebook page to have the up-to-date announcements of the village office!

<https://www.facebook.com/hakuba.lg.jp/>



# Calendars of Health and Welfare Services

## ◆ Health check-up for infant and toddler

Venue: 1/F of Fureai Center

Date	Event	Reception time	Targets (born in)
Jun 12 (Tue)	Health check-up (infant)	9:15~9:30	Jul 2017 & Jan 2018
Jun 21 (Thu)	Health check-up (18-month-old)	13:00~13:15	Oct ~ Nov 2016
Jun 25 (Mon)	Consultation (2-month-old)	9:30~9:45	Apr 2018
Jun 26 (Tue)	Dental check-up (2-year-old)	13:00~13:15	Jan ~ Mar 2016
Jun 27 (Wed)	Consultation (2-year-old)	9:15~9:30	Apr 2016

## ◆ Vaccination

Venue: 1/F of Fureai Center

Date	Event	Reception time	Targets (born in)
Jun 1 (Fri)	Japanese encephalitis (1st dose)	13:00 ~ 13:45	Notified individually
Jun 6 (Wed)	Different types	13:00 ~ 13:30	
Jun 8 (Fri)	Japanese encephalitis (1st dose)	13:00 ~ 13:45	
Jun 22 (Fri)	Different types	13:00 ~ 13:30	

## ◆ Child raising supporting room <Shien-room>

TEL: 0261-72-3025

Friendly Plaza  
<Nakayoshi Hiroba>  
Time : 9:30 ~ 12:30

	Every
1 year-old Plaza	Tue
0 year-old Plaza	Wed
2-3 year old Plaza	Thu

Free Use  
Section

Every Mon	9:30 ~ 12:00
	13:30 ~ 16:00
Every Tue · Wed · Thu	13:30 ~ 16:00

### Schedule



Date	Event	Targets	Starting Time
Jun 4 (Mon)	Child Raising Consultation	---	10:30 ~
	Story Telling	---	11:00 ~
	★Lunch gathering	---	11:30 ~
Jun 5 (Tue)	★Parent-child Exercises	1 year-old	10:30 ~
Jun 6 (Wed)	Maternity Class ②	Mother · Father to be	10:00 ~
Jun 7 (Thu)	Local Cuisine Tasting (Oyaki)	2-3 year-old	10:30 ~
Jun11 (Mon)	Disaster Drill	---	11:00 ~
Jun12 (Tue)	Yummy Food Day	1 year-old	11:20 ~
Jun17 (Sun)	Papa's Time	---	10:00 ~ 12:00
Jun18 (Mon)	Child Raising Consultation	---	10:30 ~
Jun21 (Thu)	Yummy Food Day	2-3 year-old	11:20 ~
Jun25 (Mon)	Symposium on "Rebellious behaviour in toddlers"	---	10:00 ~ 12:00
Jun28 (Thu)	★Parent-child Exercises at B&G Pool	2-3 year-old	---

※Please confirm the details of the events with ★ with Shien-room.

## ◆ Foreign-language Human Rights Hotline (English)

by Tokyo Legal Affairs Bureau

0570-090-911 (Navi Dial)	Weekdays 9:00 ~ 12:00, 13:00 ~ 16:00
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## ◆ Multicultural Living Supporter

by ANPI (Association of Nagano Pref. for Internationalization)

Hotline: 026-235-7186 / 090-7710-7446	Weekdays 9:30 ~ 17:30
Face to face counselling is also available at Nagano Prefectural Office upon appointment.	

## ◆ Clinic · Hospital on-duty on holidays

Date	Hakuba · Otari	Omachi	Ikeda · Matsukawa	Dental Clinic (DC)	Pharmacy in Hakuba
Jun 3 (Sun)	Kurita Clinic	Ono Clinic	Ota Clinic	Kirari DC	Matsukawa Ota
Jun10(Sun)	Yokosawa Clinic	Hirabayashi Clinic	Azumi Hosp.	Azumi Hosp.	Ikeda Ota
Jun17(Sun)	Kosaido (Kitazawa) Clinic	Yokosawa Internal Med. Clinic	Azumi Hosp.	MoroOka DC	Ikeda -----
Jun24(Sun)	Otarimura Clinic	Omachi Municipal General Clinic	Yoshimura Clinic	Nikoniko DC	Omachi -----

Detailed schedule with maps and contact no. is available at the village office; or can be downloaded from <http://www.vill.hakuba.lg.jp/eng/medical.html>