



HAPPY VALENTINE'S DAY!



# 2019 Hakuba Newsletter

February

## Regarding the Period of Exclusion from School Attendance Due to Influenza

The Article 19, School Health and Safety Act, defines the period of exclusion from school (Hoikuen, Shien-room) due to influenza as

**“five days after onset of the disease AND two days (three days for infants) after defervescence\*”**.

The date of onset of Influenza is not the day your child is diagnosed with Influenza. It is the day your child's symptom of Influenza occurred (e.g., a fever over 38°C). Please confirm this date with your doctor.

The virus is still contagious even after the fever subsides. To prevent the infection spreading in school, **follow the doctor's instructions.** \*defervescence: temperature returns to normal.

This article is written based on the website of Ministry of Health, Labour and Welfare:

	Onset	Days after onset							
	Day1	Day2	Day3	Day4	Day5	Day6	Day7	Day8	
case1	The period of exclusion from attendance								
case2	The period of exclusion from attendance								
case3	The period of exclusion from attendance								
case4	The period of exclusion from attendance								

- Period with Influenza symptoms
- Day temperature returns to normal
- 1st day being allowed to attend school

\*Infants must stay home one day longer than school children in case 3 and case 4.

## INFORMATION

### Special Price for Ski Lift Ticket ONLY for residents

All Hakuba sonmin (residents) can purchase ski lift tickets (adult) at a special price in the ski resort in Hakuba. Special price for one day lift ticket is 2500 yen for adults (high school student and older). Don't miss the chance to enjoy your privilege ☺

※A proof of address is needed. (Residence Card, Health Insurance Card, Japanese Driving License, etc.)

Date: February 17(Sun), 18(Mon) March 17(Sun), 18(Mon)

**For inquiries: Tourism Division (Hakuba Village Office) TEL: 0261-85-0722**

### The Lecture on Wood Stoves

We are going to hold the lecture on wood stoves. Wood stove users and non-users both are welcome.

Take this opportunity to know about wood stoves better. On February 3, we are going to have a party with attendants of the other event. It's also our pleasure to have you at the party.

Date and Time : Feb. 3 (Sun) 11:00 A.M. Party 12:30 P.M.~2:00 P.M.

Feb.4 (Mon) 1:00 P.M.~ \*It takes about one and half hours for the lecture.

Fee : FREE

Cooperation : Sanpusha corp.



**For inquiries: General Affairs Division (Hakuba Village Office) TEL: 0261-72-7002**

# 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)
Jan 28 (Mon)	Consultation (2-month-old)	9:30~9:45	Nov 2018
Feb 7 (Thu)	Health check-up (18-month-old)	13:00~13:15	May~Jul 2017
Feb 8 (Fri)	Consultation(2-year-old)	9:15~9:30	Nov 2016~Jan 2017
Feb 13 (Wed)	Health check-up (Infant)	9:15~9:30	Sep 2018,Mar 2018
Feb 14 (Thu)	Dental check-up (2-year-old)	13:00~13:15	Aug~Dec 2016
Feb 19 (Tue)	Baby food class (7-month-old)	9:45~10:00	Jun, Jul 2018
Feb 21(Thu)	Consultation(2-month-old)	9:30~9:45	Dec 2018

## ◆ Vaccination

Venue: 1/F of Fureai Center

Date	Event	Reception time	Targets (born in)
Feb 6 (Wed)	Different types	13:00 ~ 13:30	Notified individually
Feb 22 (Fri)			

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

TEL: 0261-72-3025

 Nakayoshi Hiroba  
(Friendly Plaza)  
Time : 9:30 ~ 12:00

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



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

Date	Event	Targets	Starting Time
Jan 30 (Wed)	Maternity class①★at Fureai Center	Mother & Father to be	10:00 ~
Jan 31 (Thu)	Yummy Food Day	2-3 year-old	11:20 ~
Feb 4 (Mon)	Story Telling	---	11:00 ~
Feb 25 (Mon)	Child Raising Consultation	---	10:30 ~
Feb 27 (Wed)	Maternity class②★at Fureai Center	Mother & Father to be	10:00 ~
Feb 28 (Thu)	Yashouma(colourful rice cake ) Making	2 year-old	11:20~

## ◆ 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 holiday

Date	Hakuba Otari	Omachi	Ikeda Matsukawa	Dental Clinic (DC)	Pharmacy in Hakuba
Jan 27(Sun)	Yokosawa Clinic	Endo Internal Medicine Clinic	Azumi Hospital	Omachi Municipal General Hospital	Omachi
Feb 3(Sun)	Kurita Clinic	Mogami Orthopedic Clinic	Nishimori Orthopedic Clinic	Kaneko DC	Omachi Ota
Feb 10(Sun)	Kamishiro Clinic	Kikuchi Clinic	Azumi Hospital	Maruyama DC	Matsukawa Fujinoya
Feb 11(Mon)	Hakuba Clinic	Yokosawa Internal Medicine Clinic	Ota Clinic	Ito DC	Matsukawa Fujinoya
Feb 17(Sun)	Yokosawa Clinic	Hirabayashi Clinic	Matsumoto Clinic	Yokosawa DC	Omachi Fujinoya
Feb 24(Sun)	Shintani Clinic	Omachi Municipal General Hospital	Serizawa 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/>



## ~ Final Tax Return (Kakutei-shinkoku) 2018~ Resident Tax returns 2019



Residence Tax (juminzei) is a local tax which is levied on the residents who have a registered address in Hakuba as of January 1 of every year. This year's tax return can be submitted within the period as shown below.

The following individuals are responsible for filing a Resident Tax Return:



- ▶ Those who have not yet completed the year-end tax adjustment.
- ▶ Those who have completed the year-end tax adjustment **BUT** have an income other than that salary. (You must report your additional income, regardless of the amount, for calculating the Resident Tax.)
- ▶ **Those who had no income last year.**

Please get ready the following items when come for submitting the tax return.

- ① Name Seal (Inkan/Hanko) ② Record of withholding income tax (Gensen-choshu-hyo) or salary details
- ③ Receipts of Medical expenses · Social insurance premium · Life insurance premium, etc.
- ④ Bank book or materials which show your bank details (for receiving the tax returns if any)
- ⑤ Individual number card OR My number notification card with a photo identity document\*\*  
(\* \*\* Residence Card, Passport, Japanese driving license, etc.)



Date	1st Section : 9:00~11:00	2nd Section : 13:30~16:00	Venue
Feb 19 (Tue)	Shinden	Shiojima · Kayou	Conference room on 2/F of Hakuba Village Office  ※The venue is expected to be rather crowded during the filing period, please come with enough time.
Feb 20 (Wed)	Happo-guchi	Happo	
Feb 21 (Thu)	Mizuho	Ochikura · Kirikubo · Aoni	
Feb 22 (Fri)	Fukasora	Warabidaira · Echo-land	
Feb 25 (Mon)	Oide	Nodaira · Tatenoma · Minekata	
Feb 26 (Tue)	Moriue		
Feb 27 (Wed)	Wadano · Sanroku · Donguri · Misorano		
Feb 28 (Thu)	Hakuba-cho		
Mar 1 (Fri)	Horinouchi		
Mar 4 (Mon)	Uchiyama	Sano	
Mar 5 (Tue)	Iida		
Mar 6 (Wed)	Sawado		
Mar 7 (Thu)	Mikkaichiba		
Mar 8 (Fri)	Iimori · Meitetsu		

If the above schedule is inconvenient for you, please come to village office another day listed below.

◆ Mar 11(Mon)~15 (Fri) within 9 a.m. – 11 a.m. and 1:30 p.m. – 4 p.m.

Please note that the following residents are not required to come over for the tax filing.

- ① Those who submit “Individual resident income tax return form” (Shotoku-zei Kakutei Shinkokusho) of 2018 directly to Tax Bureau.
- ② Those who have completed the year-end tax adjustment and did not have income other than that salary.
- ③ Those who are under age and do not earn an income.

※ Those who need to file a Blue Return; or who are the first time to request for a special tax reduction for acquisition of a dwelling, please submit your tax return form to Omachi Tax Bureau.  
(Omachi Tax Bureau ☎:0261-22-0410)



## Tax rate National Health Insurance Tax will be revised in FY2019

For the calculation of National Health Insurance tax, Hakuba Village used to calculate based on 4 resources. Property Portion was computed on basis of Fix Asset Tax of NHI member. In FY 2019, Property Portion will be abolished and each calculation rate and amount will be revised.



	FY 2018			FY2019		
	Medical Portion	★	Nursing care Portion	Medical Portion	★	Nursing care Portion
Income Portion	4.10%	3.60%	2.10%	4.60%	3.90%	2,40%
Property Portion	11.30%	9.90%	6.80%	abolished	abolished	abolished
Per-capita Portion	¥15,300	¥12,100	¥10,400	¥15,900	¥13,300	¥11,000
Household Portion	¥12,600	¥10,000	¥7,000	¥12,000	¥10,000	¥ 6,100

★ Support to latter stage elderly portion

For inquiries: Taxation Division (Hakuba Village Office) TEL: 0261-85-0712

## COLUMN

Setsubun is held on February 3rd. Setsubun is the day before the beginning of each new season, literally meaning “division of the seasons”. February 3rd is the first and the most important of the Setsubun days because it is the beginning of the New Year and Spring, based on the old calendar.

On Setsubun, to exorcise the Oni (a devil-like being which is symbolic of evil) we have a ritual of throwing roasted soy beans at it. Someone in the family, usually the father, wears an Oni mask and others throw beans at it. After throwing the beans, we pick them up and eat the same number of beans as our age plus one extra. We believe this will give us good health for the whole year through. We also eat Sushi rolls called Eho-maki. When eating Eho-maki, there are some rules to follow. It is important to take bites of the whole roll (no cutting into pieces) whilst looking in the good luck direction

(for 2019 it is East-Northeast) and making secret wishes in our mind.

You will find soy beans with the Oni mask and/or Sushi rolls at the supermarket around this time.



## REMINDER

### Coming Deadline for Local Taxes・Services

Feb 25  
Fri

9th Installment

National Health Insurance Tax

Last Installment

Fixed Assets Tax

February bill

Water and Sewer



#### Payment method

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

Taxation Division TEL: 0261-85-0712

Water and Sewer Division

TEL: 0261-85-0714



Hakuba Village Official English Homepage

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



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

