



# 2019 Hakuba Newsletter

June

## Blood Donation Day

◆ **Date : May 30, 2019**  
**(Thu)**

◆ **Venue : Fureai Center**

◆ **Reception Time**  
**1:30 PM-4:00 PM**

### Eligibilities to donate 400ml blood

- ◇ Age ◇ Male : 17 ~ 69 year-old ※  
Female : 18 ~ 69 year-old ※
- ◇ Weight ◇ 50kg or above (regardless of gender)
- ◇ Blood donation limit in 1 year ※ ※ ◇ Male : 1,200ml at most  
Female : 800ml at most

※ For those who are 65 or above, you must have a donation experience between 60~64 year-old ※ ※ 1 year here means 52weeks

### Who is not eligible to donate blood?

- Anyone who has entered Japan in the past 4 weeks.
- Anyone who has received dental treatment resulting in bleeding within the past 3 days.
- Anyone who has your ears pierced in the past month.
- Anyone who has received a blood transfusion (excluding autologous transfusions), tissue or marrow transplants.

### Please inform the nurse if:

- you have had medicines in the past 3 days (the eligibility depends on the medicine type.)
- you have stayed in Europe or Saudi Arabia for a total of 1 month or above.
- you have been in Central and South America for 4 weeks or more.



Don't forget your identity document!  
This time, 400 mL donation only.  
We are looking forward to your cooperation.☺



For inquiries: Health and Welfare Division ( Hakuba Village) Tel: 0261-85-0713

## Submission of Current State Report (現況届 Genkyo-Todoke)



Those who are receiving Child Allowance are required to submit Current State Report in every June. According to this report, you will be determined if you are eligible to receive the allowance. If you miss submitting the report, the allowance will be stopped so please make sure to hand in.

◆ **Where to submit:** Fureai Center 3F Child Raising Support Division

◆ **What to bring** : **Current State Report form**  
In case of loss, Reissuance is available.  
**Inkan**  
**Photo copy of receiver's (parent/guardian) Health Insurance card**  
**Income Certificate of FY2018 issued by previous resident municipality**  
In case you moved to Hakuba from another municipality in Japan later than Jan,2 2019  
**Resident Certificate of entire family**  
In case your child lives in another municipality.  
**Other documents**  
Some may need other documents. Please inquire of Child Raising Support Division.



For inquiries: Child Raising Support Division ( Hakuba Village) Tel: 0261-85-8101

◆ **Health checkup for infant and toddler**

**Venue: 1/F of Fureai Center**

Date	Event	Reception time	Targets (born in)
May 31 (Fri)	Consultation (15-month-old)	9:30 - 9:45	Dec. 2017- Jan. 2018
June 4 (Tue)	Baby Food Class	9:45 - 10:00	Oct. 2018
June 5 (Wed)	Consultation (2-month-old)	9:30 - 9:45	Apr. 2019
June 20(Thu)	Health checkup (18-month-old)	13:00 - 13:15	Oct. - Nov. 2017,
June 26(Wed)	Dental checkup (2-year-old)	13:15 - 13:30	Jan. - May. 2017,
June 27(Thu)	Health checkup (4-month-old)	9:15 - 9:30	Jan. 2019
	Health checkup (10-month-old)		Jul. 2018

◆ **Vaccination**

**Venue: 1/F of Fureai Center**

Date	Event	Reception time	Targets (born in)
June 6, 21	Different types	13:00 ~ 13:45	Notified individually
May 28, June 11	Japanese Encephalitis(1st term)	13:00 ~ 13:30	

◆ **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

**Free Use**  
**Section**

Every Mon · Fri · Sun	9:30 - 12:00
	13:30 - 16:00
Every Tue · Wed · Thu	13:30 - 16:00

Date	Event	Targets	Start Time	Date	Event	Targets	Start Time
May 27 (Mon)	Pediatric First Aid Class		10:30	June 17(Mon)	Lunch Gathering★		
May 28 (Tue)	Yummy Food Day	1 yr	11:20	June 19(Wed)	Maternity Class①	Mother& father to be	10:00
June 3 (Mon)	Story Telling		11:00	June20(Thu)	Yummy Food Day	2-3 yr	11:20
June 4 (Tue)	Parent-child Exercise★	1 yr	10:30	June 24(Mon)	Child Raising Consultation	★	
June 6 (Thu)	Local Cuisine Tasting (Oyaki)	2-3 yr	11:00		Performance Show	1 yr	10:30
June 10 (Mon)	Disaster Drill			June 25(Tue)	Yummy Food Day	2-3 yr	11:20
Please confirm the details of the event with★ with Shien-room Tel: 0261-72-3025				June 27(Wed)	Parent-child Exercise in B&G Swimming pool★		

◆ **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**

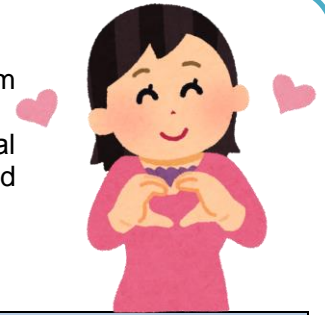
Date	Hakuba Otari	Omachi	Ikeda Matsukawa	Dental Clinic (DC)	Pharmacy in Hakuba
May 26(Sun)	Otarimura Clinic	Omachi Municipal General Hospital	Serizawa Clinic	Hirabayashi DC	Omachi ---
June 2(Sun)	Kurita Clinic	Hirabayashi Clinic	Yoshimura Clinic	Kaneko DC	Omachi Ota
June 9(Sun)	Yokosawa Clinic	Yokosawa Internal Medicine Clinic	Azumi Hospital	Maruyama DC	Matsukawa Apple
June 16(Sun)	Kamishiro Clinic	NomuraClinic	Herb-no-sato Clinic	Ito DC	Matsukawa Fujinoya
June 23(Sun)	Hakuba Clinic	Omachi Kyoritsu Clinic	Hirabayashi Mental Clinic	Yokosawa DC	Omachi Fujinoya
June 30(Sun)	Shintani Clinic	Ito Clinic	Kondo Clinic	NikonikoDC	Omachi Fujinoya

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

## Female-Specific Cancer Screening

FY 2019 cervical cancer screening and breast cancer screening are available from May to November.

Even if you answered “Not joining” or “Joining other checkup programs” on the Annual Health Checkup Application 2019, you can still join our screenings. We recommend having screenings once every 2 years for early detection and early treatment.



Feel free to ask if you are interested in joining.

	Cervical cancer screening	Breast cancer screening
<b>Date</b>	May 25(Sat), June 3(Mon), 25(Tue) September 17(Tue), October 10(Thu)	June 7(Fri), 19(Wed), 30(Sun) July 17(Wed), October 29(Tue), November 1(Fri)
<b>Schedule</b>	<b>Reception</b> 13:00 -13:45 <b>Screening</b> 13:30-	9:00 – 11:30, 13:00 – 14:30 Reservation required. Screening runs every 30 min.
<b>Fee</b>	1000yen	2000yen
<b>Target</b>	Woman aged 20+ (Age as of March 31, 2020)	Woman aged 40 - 74 (Age as of March 31, 2020)
<b>Venue</b>	Fureai Center	
<b>How to apply</b>	Application required in advance. Health and Welfare Division Tel: 0261-85-0713	

\*These screenings are bi-annual. If you had it last year, you are not eligible to have this year.

<Other ineligibilities>

**Cervical Cancer Screening** : Being on medication for uterine disease / having subjective symptoms / having had total extirpation of the uterus / no sexual intercourse experience

**Breast Cancer Screening** : Having subjective symptoms / having foreign materials inside of breast / being on medication or follow-up for breast disease incl. breast cancer/ being pregnant or breastfeeding (incl. within a year after weaning off)

For inquiries: Health and Welfare Division (Hakuba Village Office) TEL: 0261-85-0713

## Life with Flowers : Flower Event in Matsumoto

“The International Flower Forum” is an event which brings you the new way of using various flowers. You can also enjoy stage events, flower displays, and walk-in programs.

Date : June 14(Fri) – 15(Sat)

Venue : Yamabiko Dome in Shinshu Sky Park (Near by Matsumoto Airport)

Contents : - Flower Fashion Show

-Nagano tournament of Hanaike Battle\* High School  
Championship

\*Hanaike Battle is an impromptu flower arrangement in public.

-Flower arrangement programs

-Lecture by Ms. Etsuko Shihomi (flower activist / former actress)

And more!

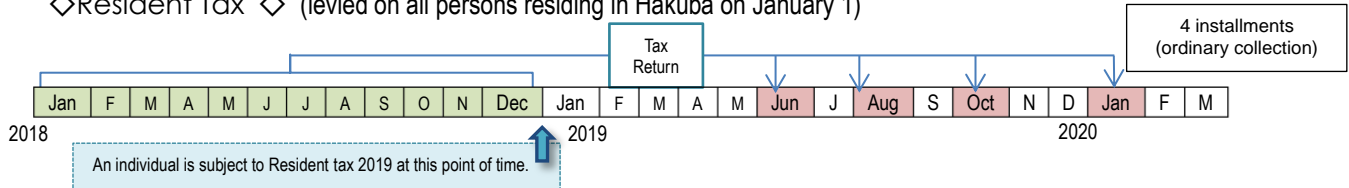


For inquiries: Gardening and Live Stock Div. (Nagano Prefectural Office) TEL: 0261-85-0715

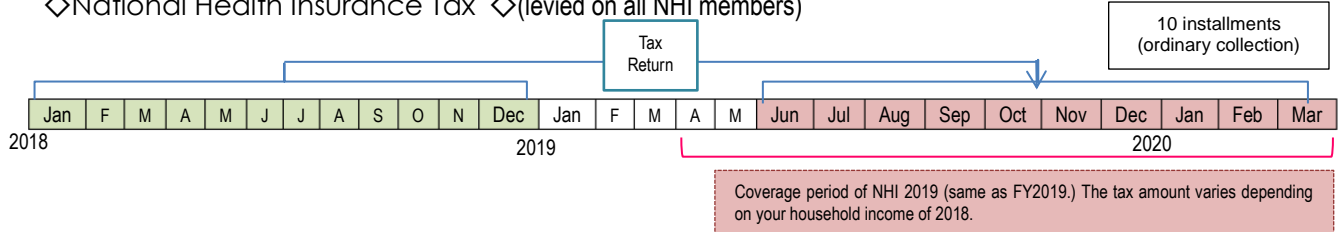
## Resident Tax /National Health Insurance Tax Bill will be sent out

Resident Tax (Prefectural & Village) and National Health Insurance (NHI) Tax bills (FY 2019) will be sent out in early June. Taxpayers should pay the first instalment of both taxes by July 1. If you did not receive your payment notification by mid-June or if you have any inquiries regarding the tax amount, please come to Taxation Division of Hakuba Village Office to confirm your status.

◇Resident Tax ◇ (levied on all persons residing in Hakuba on January 1)



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



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

## COLUMN

It rains a lot in Japan. Especially a rainy season starting in June is called *Tsuyu* or *Baiu*; both are written as 梅雨 in Chinese characters. Literally, this word means “plum rain” and is said to be derived the plums bear fruit in this season (this is only one of hypotheses, though.)

This season is really annoying for the housewives. It takes days laundries to get dried. Things get moldy. And more, too much rain causes disasters such as floods and landslides. But on the other hand, rainy season brings us blessings of the nature, too. Old temples with moss gardens are atmospheric in the rain and the mist.

Also the scenery lots of hydrangeas make is more beautiful in the rain.

## REMINDER

### Coming Deadline for Local Taxes・Services

May 27



Mon

Light Motor Vehicle Tax

May bill



Water and Sewer

#### Payment method

	Local Taxes	Water and Sewer
Cash (Village office/Bank)	○	○
Cash (Convenience store)	---	○
Direct Debit	○	○
Credit Card(online)	○	---

July 1

1st Installment

Resident Tax

June bill



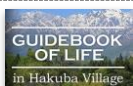
Water and Sewer

Mon

National Health Insurance Tax

For inquiries: Taxation Division TEL: 0261-85-0712

Water and Sewer Division TEL: 0261-85-0714



Hakuba Village Official English Homepage  
<https://www.vill.hakuba.lg.jp/English/index.html>



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

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

