



Hakuba Newsletter

December 2019



Prevention and Treatment of Influenza

The following methods are effective to protect yourself from influenza.

- 1) Vaccination before influenza outbreak.
- 2) Hand washing after coming home from outside.
- 3) Maintaining appropriate humidity levels.
- 4) Sufficient rest and balanced diet.



If you start feeling sick go to see the doctor at an early stage.

You need to have a good rest. Getting enough sleep is particularly important.

Drink plenty of water. You can drink whatever you like, soups and teas are also good

Avoid going out into crowds or busy streets and do not force yourself to go to school or work.



UPCOMING EVENT

The 5th My Music in Hakuba Wing 21 Hatsu-Yuki (First Snow) Concert



December 7, 2019 (Saturday)

Hakuba Wing 21 Cultural Hall Door open : 1:30 P.M. Start : 2:00 P.M

Programme

- * Piano 【Witches' Dance MacDowell】 【Widmung Shumann/ Liszt】
- * Ensemble: Piano & Flute & Bassoon 【F. Sonate op. 24 Devienne.F】
- * Vocal Ensemble 【Now is the Months of Maying Thomas Morley】 【El Grillo Josquin des.Prez】
- * Piano 【L'isle joyeuse Debussy】
- * Woodwind Quintet 【Christmas Medley, Shinano no Kuni, Clarinet Candy Leroy Anderson】
- * Piano Solo 【Phantasiestücke Op.12-1,12-2 Robert Schumann】
- * Piano Solo 【Un sospiro Liszt】

Tickets: ¥500 per person (*Junior high school students or younger are admitted free)

Tickets agent: Hakuba Board of Education, Wing 21, Meijudo, Roadside Station Hakuba,
Apia Laundry, Ota Pharmacy, Café Pu, Kitamura watch store (in Otari),
Omachi City Cultural Hall



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)
Dec 18 (Wed)	Baby food class (7-month-old)	9:45~10:00	Apr & May 2019
Dec 24 (Tue)	Bab Health check-up (infant)	9:15~9:30	July & Jan 2019
Jan 7 (Tue)	Consultation (2-month-old)	9:30~9:45	Nov 2019

◆ Vaccination

Venue: 1/F of Fureai Center

Date	Event	Reception time	Targets (born in)
Dec 20 (Fri)	Different types	13:00 ~ 13:30	Notified individually
Jan 7 (Tue)	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

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

Schedule

Seasonal food in
December



Mikan

Mikan is a kind of tangerine oranges; most of them are sweet and seedless. Japanese people like enjoying the mikan while they are sitting at a kotatsu. (a traditional low table which is heated from the underneath)

Date	Event	Targets	Starting Time
Dec 2 (Mon)	Story Telling	----	11:00 ~
Dec 3 (Tue)	Yummy Food Day	0 year-old	11:20 ~
Dec 12 (Thu)	Lunch Gathering	2-3 year-old	11:20 ~
Dec 16 (Mon)	The Monday Parenting Consultation	----	10:30 ~
Jan 7 (Tue)	Craft Day	1 year-old	11:20 ~

※Dec 1 (Sun) ~ Dec 20 (Fri) ... Free Use Section is available.

※Dec 22 (Sun) ~ Dec 24 (Tue) ... Free Use Section is available in the morning only.

※Dec 25 (Tue) ~ Jan 5 (Sun) ... Nakayoshi Hiroba & Free Use Section are temporarily closed.

※Nakayoshi Hiroba will be resumed on Jan 6 (Mon).



◆ Foreign-language Human Rights Hotline (English)

by Tokyo Legal Affairs Bureau

0570-090-911 (Navi Dial)	Weekdays 9:00 ~ 17:00
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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
Nov 24 (Sun)	Kamishiro Clinic	Yokosawa Internal Med Clini	Hirabayashi Mental Clinic	Kirari DC	Matsukawa Fujinoya
Dec 1 (Sun)	Hakuba Clinic	Omachi Municipal General Hosp.	Kondo Clinic	Okuhara DC	Omachi Fujinoya
Dec 8 (Sun)	Otarimura Clinic	Ito Clinic	Azumi Hosp.	Hirabayashi DC	Omachi -----
Dec 15(Sun)	Yokosawa Clinic	Omachi Kyoritsu Clinic	Nishimori Ortho. Clini	Miyashita DC	Omachi Hakuba Apple
Dec 22(Sun)	Shintani Clinic	Nomura Clinic	Ota Clinic	Okae DC	Matsukaw 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/eng/medical.html>

INFORMATION

Shiroumadake line Road will close in winter

On 29th Nov.,2019 at 10 am, the road #322 which goes to Sarukara will close. The distance will be 5.6 km from Futamata where after cross the bridge of Obinata no Yu 湯 to Sarukura. It will reopen on 24th April 2020 at 10 am.

Beware of burst pipes and water leaks during winter

It is on the time of winter. It is the time of control to avoid troubles of your facilities due to the low temperature and snowfalls.

The water pipes and the meters might burst when the temperature goes to drop under -4°C if you don't take precautionary measures.

Where you need to take extra care to

1. Unprotected bare water pipes
2. Outdoor water pipes located near where roof covering snow falls off
3. Pipes and meter located on the north side
4. Pipes and meter located at somewhere windy

- Turn on the anti-freezing electric, if you have.

- Wrap the heat insulating material as well as blanket or fabric around the pipes and the taps, then secure with tape.

- Put the dry heat insulating material as well as polystyrene which covered by the plastic bag into the box of meter and keeps inside warm. That is an advice of using the bag because it can be easy even if the polystyrene breaks and scatters in the box.

Drain pipes before leaving home for an extended period in winter

If the pipes are bursted, you may cause enormous water consumption and a high cost bill.

Some people may leave the taps open and drip while cold weather for preventive freezing and burst.

However, these can be also lead to enormous water consumption.

General steps to drain water pipes

1. Pull the handle of anti-freeze faucet fully clockwise while the taps are all in off position.
After water is discharged from the tap, turn on the tap again to drain residual water by the air sacked into the pipe.
2. For an indoor faucet, pull the lever and then turn the water tap to drain residual water by the air Sacked into the pipe.

For inquiries: Water and Sewer Division of Hakuba Village Office TEL:0261-75-72-5000



REMINDER

Hakuba Village Office is closed between Dec 28 (Sat) and Jan 5 (Sun) for Year-end and New Year holiday.

During the holidays, the village office will provide limited services as listed as follows:

Year-end and New Year Holiday [Dec 28 – Jan 5]

On Duty: 9:00 – 17:00

Services available: Issuance of Resident Certificate (Juminhyo) & Seal Registration Certificate (Inkan-shomei)

Please note that the on duty staff do not have the authorities to process any registration within that period. Also, you are recommended to confirm the holiday schedule of other public organizations, including Tax Bureau, Public Health Center, Immigration Bureau, clinics and banks, to allow yourself a better management.



Temporary water consumption charge in winter season



Due to the heavy snowfall during winter (Dec – Mar), we cannot check the meter reading for some of the customers. Influenced customers need to pay a temporary bill monthly, between Jan and Apr, according to last year's water consumption record. Notification of temporary charge was sent. If you have questions about the amount, please contact Water and Sewer Division no later than Dec 27 (Fri).



Coming Deadline for Local Taxes•Services

Dec 25
Wed

3rd installment

Fixed Assets Tax

7th installment

National Health Insurance Tax



December 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)	○	---

**Living Guide
in Hakuba**

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/>

