

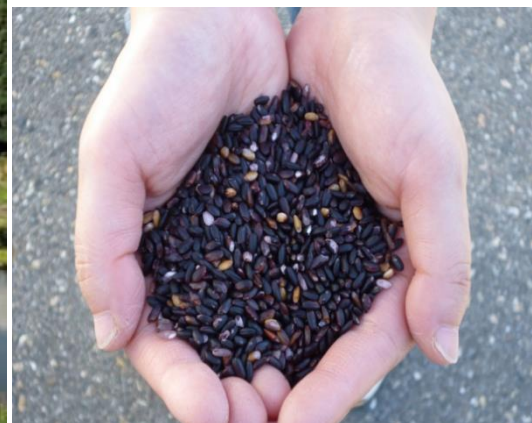


This is the top 100 Terraced Paddy Fields(: Tanada)in Japan.



The Aoni area is located at the northeastern edge of Hakuba Village, on a mountainside at an altitude of about 760 meters above sea level.

It is in this isolated area that the ancient purple-black rice (:Murasaki-mai) is grown. There is a reason for this, because it is a place where it can be grown without cross-pollination with other varieties. It is in this isolated area that the ancient purple rice is grown.



In the Aoni area, which has a beautiful view, two varieties are grown: Nankin-Koto and Aomurasaki. Nankin-koto is a glutinous rice with long grains.

However, the timing of the harvest is very difficult. The rice grows high, and the stems and leaves turn black. The rice tends to fall over even in weak winds, this Technical judgment makes rare and valuable variety. The aroma is strong.

The other type, Asamurasaki, is an improved version of the above mentioned Nankin-Koto.

Now let's take a look at the nutritional content. Compared to modern white rice, ancient rice is rich in protein, vitamin B1, B2, niacin, iron, calcium, and magnesium.

The pigment anthocyanin is said to have a high antioxidant effect, and as you probably already know, it helps protect our bodies from damage caused by harmful light such as ultraviolet rays. It is also said to be effective in protecting blood vessels, preventing arteriosclerosis, preventing aging, and inhibiting carcinogenesis.

When mixed with white rice, the rice turns a bright purple color. Sometimes, murasaki-mai is used instead of red beans in sekihan (red rice) prepared for celebrations. In fact, the name "sekihan" comes from the rice was cooked with muraki-mai and aka-mai.

Now, here are the method to

cook the rice with the Murasaki-mai. The recommended amount of Murasaki-mai is 10% of the total amount. Soak in water overnight for a vivid color.

For example, Add 15g of Murasaki-mai per 150g of white rice, and cook with the usual amount of water (180cc). When the rice is done cooking, stir it well to spread the color all over. You should feel the texture and sweetness of the rice.

Murasaki-mai is available at Hakuba Michi-no-eki, some supermarkets, convenience stores and other stores in the village.

For inquiries: Agriculture Division, Hakuba Village Office TEL: 0261-85-0766

Various insurance cards will expire on July 31. The Hakuba Village Resident Division will mail the renewed insurance cards to subscribers so that you can be used from August 1.

The insurance card for the Advanced Elderly Age 75 and over will be sent to you by mail in a **yellow envelope** from the Nagano Prefecture Wide-area Federation of Medical Care for the Advance Elderly (:長野県後期高齢者医療広域連合).

The new medical insurance card for the elderly aged 75 and over is **yellow**. Please check **the expiration date** on the upper right corner of the card. It has July 31, 2022(:令和4年7月31日)printed on it.

If there is no change in your income, etc. and you have a Certificate of Eligibility for Ceiling-Amount Application(: Gendogaku Tekiyo Nintei-Sho), this certificate will also be sent to you, so please check this as well.

The National Health Insurance card from August 1 is **pale green**. The expiration date in the upper right corner of the card is July 31, 2022(**令和4年7月31日**). It will be mailed to you in a **blue envelope** with "Nagano Prefecture National Health Insurance Card Enclosed(:長野県国民健康被保険者証在中)" printed on it, so be sure to check it.

This article will continue to next page.

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*For those who are insured **over 70 years old**, you can see "insured person's card and elderly beneficiary's card:被保険者証兼高齢受給者証" on the card.

For insured persons who will turn 70 years old on or after August 2. The expiration date of the insurance card is the last day of the birth month in which the insured turns 70, or the last day of the previous month if the insured was born on August 1.
*The certificate will be sent to you in the middle of the month in which

you turn 70, or the month before, if you were born on the first day of the month. The new card should be used from the month after receiving it, or from the day you receive it.

If you have a High-Cost Medical Expense Benefit (Certificate of Eligibility for Ceiling-Amount application:Gendogaku Nintei-Sho,限度額認定証 and when you need it after August, please apply for it at the Resident Division counter at any time.

The certificate for Welfare Medical Expenses Eligibility Beneficiary: 福

The regular collection of premiums for the medical insurance for the elderly will begin in August.

There are two ways to pay premiums for Advanced Elderly Age medical insurance.

1. Special collection of premiums deducted from the pension(: Tokubetsu Choshu 特別徴収).
2. Regular collection of premiums paid by the insured person by bank transfer or in cash with a payment slip(: Futsu Choshu 普通徴収).

Payment forms will be mailed in a lump sum for the period from August this year to March the following year.

To pay in cash, please submit the entire payment without detaching the payment slip to the financial institution.

For account transfers, direct debit is printed in the monthly receipt date stamp column on the payment form. Please check your account balance before the debit date.

You will receive a notice and payment form with the payment method and premiums by mail in mid-August, so please check it.

The insured person's card and elderly beneficiary's card:被保険者証兼高齢受給者証" is covered from your 75th birthday. Your insurance card will be sent out two weeks

社医療受給者証 will be renewed on August 1. The color is the same as previous one, light green. Hakuba Village Office will mail the certificate to the appropriate person by the end of July 2022:(令和4年7月31日).

* The new certificate **for children under high school age** will be mailed from August 1. The color will be the same as previous one, hydrangea. When visiting a medical institution, please be sure to submit your insurance card and this beneficiary certificate.

before your birthday. Then, payment slip is sent in the middle of the following month. Also, the method of deduction from your pension for special collection(: Tokubetsu Choshu 特別徴収) after you turn 75, and it begins after you apply for deduction at your financial institution. Those who had been using direct debit for National Health Insurance(:国民健康保険証)will not be able to take over the payment method for The insured person's card and elderly beneficiary's card(:被保険者証兼高齢受給者証"). Therefore, if you wish to use direct debit(:Koza furikae 口座振替), please go to a financial institution and apply for direct debit. The payment due date for August is Wednesday, August 25.

For inquiries: Resident Division, Hakuba Village Office TEL:0261-85-0715

"Hakuba Village Premium Cheer Coupons"Tourism Division, of Hakuba Village office and Hakuba Chamber of Commerce will implement a project called

Hakuba Village will issue "Hakuba Village Premium Cheer Coupons" with the aim of supporting businesses in the village that have been affected by COVID19 infection, and to stimulate and support consumption by the entire community so that the village economy can quickly regain its vitality.

1. Premium Cheer Coupons

- Organization
 - 11 Premium Cheer Coupons worth 1,000 yen at face value will be one book.
 - This will be sold for 5,000yen. (The premium rate is 120%)
 - There are 11 Coupons, but only 5 can be used at large stores.

○ Expiration date

From Aug 1, 2021(Sun) – Jan 31, 2022(Mon) for 6 Months.

2. Sales and Purchase Matters

- Who is eligible to purchase
 - It is purchased for each of residents. Eligible residents are those registered in the Hakuba Village Basic Resident Register at the end of June 2021. Eligible residents will be sent purchase coupons(:Hikikae-Ken 引換券) by mail.

○ Sales

July 31, 2021(Sat) to Aug 31, 2021(Tue) at the Hakuba chamber of commerce and industry.

No sales on Saturdays and Sundays except on sale on July 31(Sat) and Aug 1(Sun).

○ Purchase Method

Payment is cash on presentation of a purchase notice.

3. About Stores

The stores where the premium Cheer Coupons can be used will be announced in newspaper inserts and on the website of Hakuba Chamber of commerce.

For inquiries: Tourism Division,Hakuba

Village Office TEL: 0261-85-0722 and Hakuba Chamber of commerce TEL:0261-72-5101

Due to a landslide in the Shinonoi, Komatsubara area of Nagano City on National Route 19, the road was closed to all traffic from 2:20 p.m. on July 6, 2021. Due to the progress of emergency restoration work, the road has been under alternating one-way traffic control since Wednesday, July 14, 2021. In addition, the "Future Traffic Regulations" will be operated as follows.

Daytime (6:00 a.m. to 9:00 p.m.)

[One-way alternating traffic].

Nighttime (9:00 p.m. - 6:00 a.m. the following morning) [All roads closed]

In the following cases, the entire road will be closed even during the daytime (6:00 to 21:00).

- (1) When an extensometer installed at the landslide site measures a displacement of 2.0 mm/h or more (excluding abnormal values)
- (2) When the rain volume exceeds 20 mm for 60 minutes or 80 mm for continuous rainfall at the rain gauge installed by the Nagano National Highway Office.
- (3) When abnormalities, such as signs of landslides, are confirmed by monitoring with surveillance cameras. This article is from Nagano Kokudo Jimusho.
<https://www.ktr.mlit.go.jp/nagano/nagano00262.html>

Calendars of Health and Welfare Services (From 25th to the end of next month)

◆Health check-up for infant and toddler

■ Health checkup, Consultation for Infant & Toddler

Venue: Fureai Center 1F

Date	Event	Child targeted
Jul 26 (Mon)	Physical Development Consultation	Appointment needed
Jul 29(Thu)	Consultation for 2-month-old	Born in May 2021
Aug 5 (Thu)	Health Checkup	Born in Mar 2021 and Sep 2020
Aug 10 (Tue)	Childcare Consultation	Appointment needed
Aug 19 (Thu)	Consultation for 2-year-old	Born in Jun-Aug 2019
Aug 24 (Tue)	Consultation for 3-year-old	Born in May 9 - Jul 15, 2018
Aug 25 (Wed)	Baby Food Class	Born in Dec 16, 2020 - Feb, 2021
Aug 26 (Thu)	HOP Class ①	Born in Jun-Aug 2019
Aug 30 (Mon)	Physical Development Consultation	Appointment needed
Aug 31 (Tue)	Consultation for 2-month-old	Born in Jun 2021

◆Vaccination

■ Vaccination

Venue: Fureai Center 1F

Date	Event	Child targeted
Jul 28 (Wed)	Immunization for Infant	Notified individually
Jul 30 (Fri)	2 kinds of mixed inoculation: Tetanus and Diphtheria	Notified individually (Target: 6th grade of elementary school)
Aug 4 (Wed)	2 kinds of mixed inoculation: Tetanus and Diphtheria	Notified individually
Aug 6 (Fri)	Immunization for Infant	Notified individually
Aug 27 (Fri)	Immunization for Infant	Notified individually

◆Please call if anything's troubling you.

Foreign-language Human Right Hotline (English)
by Tokyo Legal Affairs Bureau

Weekdays 9:00 - 17:00

Contact 0570-090-911 (Navi Dial)

Multicultural Living Supporter by ANPI (Association
of Nagano Pref. for Internationalization)

Weekdays 9:30 - 17:30

Contact 026-235-7186

◆Holiday Duty Clinic, Hospital and Pharmacy

Date	Hakuba/Otari	Omachi	Ikeda/Matsukawa	Dental Clinic	TEL (Area Code: 0261)	Pharmacy in Hakuba
Jul 25 (Sun)	Otari Clinic	Omachi municipal General Hospital	Yoshimura Clinic	Takeuchi DC	Ikeda 62-2151	
Aug 1 (Sun)	Yokosawa Clinic	Nomura Clinic	Midori Clinic	Nishizawa DC	Omachi 22-5091	Hakuba Apple
Aug 8 (Sun)	Kurita Clinic	Kikuchi Clinic	Azumi Hospital	Takeda DC	Hakuba 72-8060	Ota
Aug 9 (Mon)	Hakuba Clinic	Ito Clinic	Herbe-no-sato Clinic	Sato DC	Omachi 23-3211	Fujinoya
Aug 15 (Sun)	Kamishiro Clinic	Ishizone Internal Medicine & Surgery Clinic	Hirabayashi Mental Clinic	Kashiwabara DC	Hakuba 71-1182	Fujinoya
Aug 22 (Sun)	Otari Clinic	Kakishita Clinic	Kondo Clinic	Green DC	Omachi 23-6666	
Aug 29 (Sun)	Shintani Clinic	Endo Internal Medicine Clinic	Nishimori Orthopedic Clinic	Oda DC	Hakuba 72-6482	Fujinoya

Here are the open days of
Hakuba Recycle Center in August
Open hours. 9:00 a.m. to 3:00 p.m.

August						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7 Closed
8	9	10	11	12	13	14 Closed
15	16	17	18	19	20	21 Closed
22	23	24	25	26	27	28 Closed
29 Closed	30	31				

- Please wear a mask to protect yourself from infection of COVID19 in the recycling area. Please be sure to separate recyclable materials.
- Please refer to village's public relations magazine for sorting information.
- Please come with burnable garbage and metal items in the designated garbage bags of the North Alps Wide-area Union.

◆Child raising supporting room Shien Room TEL: 0261-72-3025



Free Use Section

Open: Everyday except Saturday

Morning: 9:30 - 12:00

Afternoon: 13:00 - 16:00



Nakayoshi Hiroba

Temporary Close

Contact to Kosodate Shien Room
TEL: 0261-72-3025

Notice:

※ When using the facilities, please take user's temperature at home before you leave. We also ask that you will wash your hands and fill out the form of the health checkup sheet, as soon as you entered the Shien room.

◎ The use of above service may be suspended depending on future conditions. We will also be posted on Hahakomo of the Shien application.

◎ Registration is required from this Fiscal year, we ask you to fill out the registration card when you use the service for the first time.

For inquiries, contact to **0261-72-3025** at Kosodate Shien Room: The Child Care Support Room.

● When carrying in your items, please cover them with a sheet or something similar and do not drop trash or items to be disposed of on the road.

● Please observe the onsite etiquette at the Hakuba Recycle Center.

● We do not accept bulky waste or industrial waste. Futons: bedding are bulky waste.

● For inquiries: Resident Division, Hakuba Village office TEL: 0261-85-0715 and Hakuba Recycle Center TEL: 0261-72-3312 URL: <http://www.kita-alps.omachi.nagano.jp/>

Applications are now being accepted for the Hakuba Village Hometown Human Resources Scholarship Return Assistance Project.

We are now accepting registrations for this year's grants. The application period is from Sunday, August 1, 2011 to Tuesday, November 30, 2021.

The documents required for this application can be requested at the Hakuba Village General Affairs Division counter, or downloaded from the Hakuba Village website <https://www.vill.hakuba.lg.jp/gyosei/soshikikarasagasu/somuka/kikakuc/hoseigakari/2/1/3249.html>

This project is designed to support young people who are responsible for the development of Hakuba Village's core industry, **tourism**, to make a U-

turn and live in Hakuba Village. After graduating from Hakuba High School, students who receive a scholarship loan to go on to higher education, such as university, and then find employment at a business in Hakuba Village, will be subsidized to return the scholarship money.

○Subsidy amount

The maximum amount per year is 200,000 yen, which is the amount of the scholarship to be returned by the recipient.

○Period of subsidies

Five years from the start of repayment of the scholarship; however, if the registration is on or after the start date of repayment, the five-year period begins in April of the grant application year or the month of employment, whichever is later.

○Eligibility Requirements

- 1 Those who have received a scholarship loan to study at a university or other institution.
- 2 Those who have a place of business in Hakuba Village and still have a regular employment contract with a company related to tourism and are working there.
- 3 Those who have an address in Hakuba Village and intend to settle down in Hakuba Village in the year of application.
- 4 Those who are 29 years old or younger as of the end of the year of application.
- 5 Those who are not delinquent in the repayment of their scholarship.
- 6 Those who are not in arrears with their village taxes. **For inquiries: General Affairs Division, Hakuba Village Office TEL: 0261-72-7002**

The delinquency charge will be calculated from the day after the due date. This delinquency charge is also subject to delinquent payment.

A demand letter will be sent within 20 days after the due date to encourage payment of the unpaid amount. If the payment is still not made, a prompt letter or a phone call will be sent.

Article 331, Paragraph 1 of the Local Tax Law stipulates that if the taxpayer does not pay in full by the day on which 10 days have elapsed from the day on which the demand letter is issued, the property of the delinquent person shall be seized.

If you fail to pay your taxes on time, the law gives us the authority

to search all your assets (savings, salary, pension, life insurance, loan for sale, car, real estate, etc.). All parties involved must cooperate in this investigation.

The seizure of property does not require the consent of the person in question or notice from the authorities, and if necessary, the residence or office of the delinquent person will be searched. This is a compulsory search that can be conducted regardless of the intention of the delinquent, and does not require a court warrant.

When realizable property is discovered as a result of the investigation, it is seized on the spot. The seized property is then applied



to the actual delinquent village taxes. Property search and seizure can lead to loss of social credibility. Please pay any unpaid taxes.

However, there is a deferment system for those who are temporarily unable to pay by the due date due to unavoidable reasons such as disasters, illness, or poor business management due to COVID19.

Let us know your problems so that you do not remain unpaid. You can come to the Taxation Division counter of Hakuba Village Office, or call for Tax payment consultation please.

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

Deadline for payment for July

Aug 25 (Wed)	Cash		Account transfer :Kouza Furikae	Credit card (the handling commission will be 3.24%)	Electronic Payment Services	Deduction (: Tenbiki)
	The accounting section Hakuba Village office and the banks in Hakuba Village	Convenience store		The taxation Division, at Village office 		Deduction from your pension
2nd of 4 payments Prefectural & Village Resident Tax	○	○	○	○	○	---
3rd of 10 payments National Health Insurance Tax	○	○	○	○	○	---
1st of 8 payments Medical Insurance for the elderly	Futsuu Choushu ○	---	Futsuu Choushu ○	---	---	Tokubetsu Choushu ○
Water and sewer bill	○	○	○	---	---	---

For inquiries: Taxation Division TEL: 0261-85-0712, Resident Division TEL: 0261-85-0715, Water and Sewer Division TEL: 0261-85-0714, Hakuba Village Office