



On Thursday, August 12, the lighting ceremony for the Tokyo 2020 Paralympic Torch Festival was held at the Ozenki no Yakata in Aoni district. The fire started during the "Fire Rubbing Ceremony," an intangible cultural heritage of Hakuba Village, was combined with fires started throughout the prefecture and Japan to ignite the torch stand for the opening ceremony of the Tokyo 2020 Paralympic Games.

Like the concept of the Paralympic Torch Relay, "You are surely someone's light," we aim to realize a symbiotic society where each individual recognizes the value and brilliance of the other.

Bear warning

Every year, the appearance of bears increases in the village from September to October. Bears have been known to climb chestnuts and other fruit trees near residences, and to damage fields and rice paddies.

1. For bears, summer and autumn are the times when food in the mountains is scarce, so they often approach fields and other human houses. They are more active in the dim light hours of evening and morning. Carry bells, radios, or other noise-producing devices, especially in the morning and evening when it is dimly lit, during the daytime when doing farm work or going to the forest, and when walking along bush paths with poor visibility. Be careful of unexpected encounters with bears.
2. Ensure proper disposal of food waste and waste fruit, and control of items that attract bears such as pickles, honey, feed, chain oil, and paint.
3. Please stay away from the cages for monkeys and wild boars set up around human areas, as bears are sometimes mistakenly captured there.
4. If you see a bear, or if there is damage to crops, please contact the Agriculture Division, Hakuba Village Office as soon as possible.

For inquiries:

Agriculture Division, Hakuba Village Office Tel: 0261-85-0766

A message from Hakuba Village mayor due to preventing the spread of COVID-19 on Sep 13, 2021.

To all people related to Hakuba Village. I am Hakuba Village Mayor, Masatake Shimokawa.

In Nagano Prefecture, the alert level of the COVID-19 infection has been lowered to "Alert Level 4, special Warning 1" for the whole prefecture, and the request to shorten business hours in Hakuba Village was lifted on the 10th of this month.

I would like to express my sincere gratitude to all the businesses that cooperated with Nagano Prefecture's request to shorten business hours for restaurants, etc. during this period.

This "5th wave" has had a huge impact on Hakuba Village, where infected people have been confirmed every day. A characteristic of Hakuba Village is that most of the infections are spread at home, hence in order to avoid repeating this situation, please continue to take thorough measures to prevent infections at home, such as washing hands, gargling, and disinfecting common areas.

The situation is still very serious at "Alert Level 4 Special Alert 1". In order to prevent the situation from worsening again. I would like to ask your careful activities to minimize the risk of infection, therefore you do not become infected yourself or infect those around you.

In addition I would appreciate the cooperation of everyone involved in Hakuba Village. Thank you.

"Hakuba Village premium Cheer Coupons" / Secondary Sale

Hakuba Village will issue "Hakuba Village premium Cheer Coupons for 1,200 people.

Who can apply?

Hakuba Village residents and those who work at a workplace in Hakuba Village.

Number of available books:

Only one book per person is available. The total value is 11,000 yen and the purchase price is 5,000 yen.

How to Apply:

One of the following methods is valid for one person only.

- Apply online The Nagano e-Application Service System.
- Download the application form. Fill it out and submit it to the Hakuba Village Office Tourism Division.

※Duplicate applications will result in all applications being invalid.

Period of application:

Friday, October 1, 2021 – Thursday, October 14, 2021

Date of drawing: Monday, October 18, 2021

How the winners will be announced:

Purchase vouchers will be sent to the winners.

Purchase Period:

Wed, October 20, 2021 – Fri, October 29, 2021 ※It will be closed on Sat & Sun.

Place of purchase:

Hakuba Chamber of Commerce and Industry/白馬商工会
TEL: 0261-72-5101

Please refer to the Hakuba Chamber of Commerce and Industry website for details on coupon handling restaurants and shops.

For inquiries:

Tourism Division, Hakuba Village Office Tel: 0261-85-0722

COVID-19

Possible **Side effects** After Getting a COVID-19 Vaccine

COVID-19 vaccination will help protect you from getting COVID-19. You may have some side effects, which are normal signs that your body is building protection. These side effects may affect your ability to do daily activities, but they should go away in a few days. Some people have no side effects.

Serious side effects that could cause a long-term health problem are extremely unlikely following any vaccination, including COVID-19 vaccination. Vaccine monitoring has historically shown that side effects generally happen within six weeks of receiving a vaccine dose. For this reason, the FDA required each of the authorized COVID-19 vaccines to be studied for at least two months (eight weeks) after the final dose.

Common Side Effects

On the arm where you got the shot:

- Pain
- Redness
- Swelling

Throughout the rest of your body:

- Tiredness
- Headache
- Muscle pain
- Chills
- Fever
- Nausea

If you had a severe or immediate allergic reaction after getting the first dose of an mRNA COVID-19 vaccine, you should not get a second dose of either of the mRNA COVID-19 vaccines. Learn about getting a different type of vaccine after an allergic reaction.

Helpful Tips to Relieve Side Effects

Talk to your doctor about taking over-the-counter medicine, such as

ibuprofen, acetaminophen, aspirin, or antihistamines, for any pain and discomfort you may experience after getting vaccinated. You can take these medications to relieve post-vaccination side effects if you have no other medical reasons that prevent you from taking these medications normally.

It is not recommended you take these medicines before vaccination for the purpose of trying to prevent side effects. To reduce pain and discomfort where you got the shot:

- Apply a clean, cool, wet washcloth over the area.
- Use or exercise your arm.

To reduce discomfort from fever:

- Drink plenty of fluids.
- Dress lightly.

If You Received Second Shot

Side effects after your second shot may be more intense than the ones you experienced after your first shot. These side effects are normal signs that your body is building protection and should go away within a few days.

When to Call the Doctor

In most cases, discomfort from pain or fever is a normal sign that your body is building protection. Contact your doctor or healthcare provider:

- If the redness or tenderness where you got the shot gets worse after 24 hours.
- If your side effects are worrying you or do not seem to be going away after a few days.

If you get a COVID-19 vaccine and you

think you might be having a severe allergic reaction after leaving the vaccination site, seek immediate medical care by calling.

Remember

- Side effects can affect your ability to do daily activities, but they should go away in a few days.

- The Pfizer-BioNTech COVID-19 Vaccine and Moderna COVID-19 Vaccine both need 2 shots in order to get the most protection. You should get the second shot even if you have side effects after the first shot, unless a vaccination provider or your doctor tells you not to get it.

- It takes time for your body to build protection after any vaccination. People are considered fully vaccinated two weeks after their second shot of the Pfizer-BioNTech or Moderna COVID-19. You should keep using all the tools available to protect yourself and others until you are fully vaccinated.

- Millions of people have received COVID-19 vaccines, and no long-term side effects have been detected.

- CDC continues to closely monitor the safety of COVID-19 vaccines. If scientists find a connection between a safety issue and a vaccine, FDA and the vaccine manufacturer will work toward an appropriate solution to address the specific safety concern (for example, a problem with a specific lot a manufacturing issue or the vaccine itself).

This article is the published statement of the CDC on the website of the Ministry of Health, Labor and Welfare.

What to do when symptoms appear

[Fever, Pain]

- Antipyretic analgesics (acetaminophen, nonsteroidal anti-inflammatory drugs: ibuprofen, loxoprofen) available at pharmacies can be used.

The drugs used in the study were acetaminophen, loxoprofen, diclofenac, ibuprofen, and aspirin.

- Drink plenty of fluids for fever.
- Consult your pharmacist or doctor if you are pregnant, breastfeeding, or have a medical condition such as stomach ulcer, renal dysfunction, or asthma.

[Itching, red rash]

- If it itches, cool it down and rub on

a topical antihistamine or steroid ointment to relieve the symptoms. The same ingredients are also contained in topical medications for insect bites.

※If symptoms are severe or long lasting, seek medical attention or consultation.

Life after vaccination

The vaccine is highly effective, but not 100% effective.

Since the virus may be affected by changes, please continue to take measures to prevent infection, such as wearing a mask, even after vaccination. Note: Although the causal relationship with the vaccine is unknown, myocarditis and pericarditis have been reported after vaccination. If you experience chest pain, palpitations, swelling, or difficulty breathing, please

seek medical attention immediately. ※The following are the hospitals to see a doctor on holidays and at night.

- Omachi Municipal General Hospital
Tel: 0261-22-0415
- Azumi Hospital of North Alps
Medical Center Tel: 0261-62-3166

Consultations regarding Side Effects after vaccination are as follows:

Consultation Center for Vaccination
Nagano Prefecture
Tel: 026-235-7380 24hours open.

If it is difficult to consult using the phone, fax is available.

Fax: 026-403-0320

The office is open from 9:00 to 17:00 and closed on weekends and holidays.

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
Sep 27 (Mon)	Physical Development Consultation	Appointment needed
Sep 29 (Wed)	Consultation for toddler	Born in May-Jun 2020
Sep 30 (Thu)	Consultation for 2-month-old	Born in Jul 2021
Oct 1 (Fri)	HOP Class ㊿	Born in Jun - Aug 2019
Oct 4 (Mon)	Consultation for childcare	Appointment needed
Oct 6 (Wed)	Health check up for infant	Born in May 2021 and Nov 2020
Oct 15 (Fri)	Dental Check for 2-year-old	Born in Jun - Sep 2019
Oct 19 (Tue)	Health check up for 2-month-old	Born in Aug, 2021
Oct 20 (Wed)	Health Check up for 3-year-old	Born in Jul 16 - Aug, 2018
Oct 25 (Mon)	Physical Development Consultation	Appointment needed
Oct 28 (Thu)	Consultation for 2-year-old	Born in Sep - Oct 2019

◆Vaccination

Vaccination		Venue: Fureai Center 1F
Date	Event	Child targeted
Sep 28 (Tue)	Immunization for Infant	Notified individually
Oct 8 (Fri)	Immunization for Infant	Notified individually
Oct 29 (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
Sep 26 (Sun)	Otari-mura Clinic	Omachi Municipal General Hospital	Azumi Hospital	Odagiri DC	Ikeda 62-3134	-----
Oct 3 (Sun)	Kurita Clinic	Nomura Clinic	Midori Clinic	Kaneko DC	Omachi 23-2200	Ohta
Oct 10 (Sun)	Yokosawa Clinic	Omachi Kyoritsu Clinic	Azumi Hospital	Maruyama DC	Matsukawa 62-0648	Hakuba Apple
Oct 17 (Sun)	Kamishiro Clinic	Ito Clinic	Herbe-no-sato Clinic	Ito DC	Matsukawa 62-8880	Fujinoya
Oct 24 (Sun)	Shintani Clinic	Ishizone IM & Surgery Clinic	Hirabayashi Mental Clinic	Niko-niko DC	Omachi 23-5612	Fujinoya
Oct 31 (Sun)	Hakuba Clinic	Kakishita Clinic	Kondo Clinic	Nishizawa DC	Omachi 22-5091	Fujinoya

◆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
Open: Every Thursday
Temporary Close
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.
- ㊿ The use of above service may be suspended depending on future conditions. We will also be posted on Hahakomo of the Shien application.
- ㊿ 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.
- ※The Kosodate Shien room is also planning events for September and October. However, this will depend on the status of the infection.

This is a request for garbage disposal.

We would like to express our deepest gratitude to all of you for your daily cooperation in sorting and reducing garbage.

Recently, there have been some cases of incorrect disposal of combustible bulky waste and metal waste. Please sort correctly.

○Category Glass Bottle

① Case of a dirty glass bottle

There are many reports of glass bottles being discharged without being washed. Glass bottles, except for the clean ones, become glass waste or ceramic waste. These are not resources so that they are

landfilled at the final disposal site. Be sure to separate the bottles into clear/colorless, brown, and other colors, and wash the inside of the bottles and discharge them for recycling. ※ Bottles that cannot be cleaned by washing should be discharged in the glass waste and ceramic waste categories.

② Case of a glass bottle with a metal or plastic cap, etc.

If the glass bottle has a metal cap, remove it. The cap will become an impurity and reduce the quality when recycled.

○Category LP gas cylinder as the metal waste

If cassette gas cylinders or spray cans are

mixed with burnable garbage bags, they will explode and cause fires in garbage incinerators and garbage trucks. It may endanger the people involved in the garbage picking and disposal operations and cause delays in the work. Gas cans such as cassette cylinders and spray cans are not burnable garbage. Be sure to use up the contents before puncturing the can and placing it in a designated metal garbage bag for disposal. Work outdoors in a well-ventilated, fire-free area. When using up the contents, be careful not to splash them around.

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

The 10th Annual Collection of Unused Tableware

In the North Alps region, including Hakuba Village, if you are disposing of dishes that are no longer used or broken, you can separate them into the "glass waste and ceramic waste" categories. This category goes to landfill, which means it is not recycled.

By subdividing and recovering what can be used as resources in this way, we can extend the life of landfills and reduce the amount of waste, which is the responsibility of producing and using, Goal 12 of the

SDGs.

In addition, the amount of ceramic clay produced in Japan is decreasing and may be depleted in the future. Therefore, the collected waste tableware is crushed into small pieces by recyclers and mixed with ceramic clay for reuse in the production of new ceramics.

Date and time: Sunday, October 24, 2021, from 9:00 a.m. to noon

Location: North side of Hakuba Village Office parking lot

Item: Household unused ceramic tableware

● Dishes with dirt or debris on them will not be collected. Please wash and dry them before you bring them in.

● Broken or chipped dishes will also be collected on this day.

You can bring up to three cardboard boxes per house.

The total size of the cardboard box is approximately 100 cm in length, width, and height.

● Only for Hakuba Villagers.

For inquiries: Hakuba-Earth-Tai and Environmental hygiene Section, Resident Division, Hakuba Village Office
TEL: 0261-85-0715

Collection of confidential documents

Hakuba Village will collect confidential documents free of charge in order to reduce incinerated waste and promote recycling.

The definition of a confidential document is a document that is important for management and needs to be kept secret that is emitted from a business or other establishment. This applies to inn ledgers, accounting books that are past their retention

period, etc. Documents that contain personal information of households are also classified as confidential documents.

● Date and time: Friday, October 8, 2021, 10:00 a.m. to noon

● Location: Hakuba Village Office parking lot (North side)

● How to bring in: Be sure to place them in a cardboard box and secure the top and bottom of the box with kraft tape. Do not use plastic tape or cloth tape.

● Quantity of items brought in: Up to 10 cardboard boxes per house, per business office.

● Only paper is collected.

● Special paper such as thermal paper, fax paper, receipts, crimped postcards, photos, sticky sheets, and carbon paper will be rejected.

● File fittings, metal clips, and stapler needles will be collected even if they are attached to documents.

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

This month's Hakuba Village Taxation Division column is on the Village Inhabitant Tax on Corporations.

There are two types of corporate inhabitant tax: the Corporate Levy, which is based on the amount of corporate tax for standard taxable value declare as national tax, and Per Capita Levy, which is calculated based on the amount of capital and the number of employees. The corporation must then file and pay the total of

the above two taxes within two months of the end of the fiscal year.





When establishing an ordinary corporation or cooperative, when opening the branches in Hakuba Village, when there is a change in the registered information, you are required to submit the Notification of Corporation Establishment or Transfer to the competent district director of Tax office. For example: Establishing a new corporation, Opening and temporary closing of

an office or place of business, Extension of deadline for filing and payment, etc.

※ Notification forms: the Notification of Corporation Establishment or Transfer 法人設立異動届等申告書/ are available at the Taxation Division counter at the Hakuba Village Office or on the official Hakuba Village Administration website.

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

Deadline for payment for October

Oct 25 (Mon)	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 	Yahoo online 	PayPay  LINE Pay 	Deduction from your pension
3rd of 4 payments Village & Prefecture Tax	○	○	○	○	○	○	---
5th of 10 payments National Health Insurance Tax	○	○	○	○	○	○	---
3rd of 8 payments Medical Insurance for the elderly	Futsu Choushu ○	---	Futsu 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

Issued by Hakuba Village Office (General Affairs Division) TEL: 0261-72-5000 somu@vill.hakuba.lg.jp