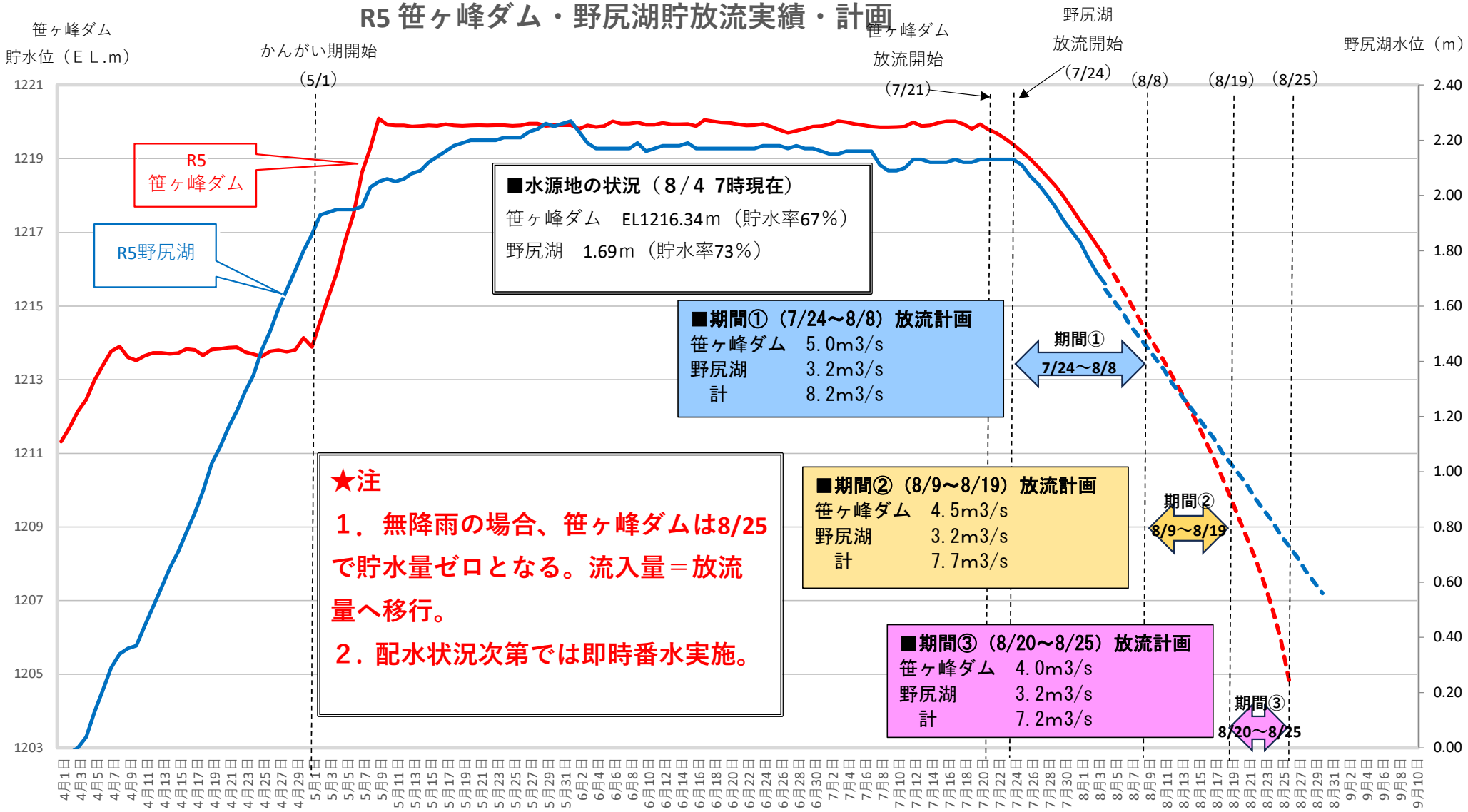R5 笹ヶ峰ダム・野尻湖貯放流実績・計画