



In Brief



If you have any feedback, or would like to contribute material, please email editor@australiasocietytokyo.com

This **In Brief** will be emailed to members each month. Details of events can be found on the website.

What's Coming Up?

May

Morning Coffee - Thursday June 1st at:
Oakwood Residence Roppongi T-cube
Level 22, 3-1-1 Roppongi, Minato-ku,
Tokyo 106-0032 / T: 03-6229-3131.
Please rsvp to Anna Cock :
annacock@hotmail.com

Future Dates for Morning Coffee:
May: no event due to Golden Week
June 1
July & August: no event due to summer holidays
September 7
October 5
November 2
December 7

Cost: FREE for members, 2000 yen for non-members. For inquiries, or to rsvp please contact Anna Cock, email annacock@hotmail.com

Diary Dates

Flyers with registration and payment details will be emailed to members and posted to the website. Mark your diaries now so you don't miss out. Please check the flyers for the latest information in case there has been a change in details.

Wine Tasting

Friday 12th May – 7:30 ~ 9:30pm
Venue: Australian Embassy
Catering: Marcus Yip 148 Hiroo
Cost: 5,000 yen members 7,000 yen guests
Payment:

Bank: Shinsei Bank; Branch: head Office (honten 本店) #4400;
Account Name: The Australia Society Tokyo
Account Number: 6143226
Email for confirmation: Tom Carrick
wine@australiasocietytokyo.com

Annual Australia Society BBQ

Saturday May 27th 6:30~ 9:30pm
Venue: Australian Embassy Gardens
Cost: 7,000 yen members 9,000 yen guests
Payment:
Payment can be made by credit card online at
<http://www.australiasocietytokyo.com/events/bbq.html>

Or direct transfer to:

Bank: Shinsei Bank; Branch: head Office (honten 本店) #4400;
Account Name: The Australia Society Tokyo
Account Number: 6143226
Email for confirmation and enquiries: Cathy Edwards
bbq@australiasocietytokyo.com

Eat and Meet Dinner

Friday June 9th 7:00pm ~
Venue: Bitsy's Wine Bar B3 Omotosando hills
Cost: 7,500 yen for set menu and many many wines included
Email for confirmation and enquiries: Michael Marlay by Wed June 7th
eatmeet@australiasocietytokyo.com

Melbourne Cup – Tuesday 7 November at the Grand Hyatt

Welcome to New Members

The Australia Society extends a warm welcome to new members:

Maria & James Gordon
Tomoko Furukawa
Paul & Grainne Meehan
Hiroko Fujita
Paul & Manami Butler

Saxon Lennon
Keren Miers
Emily Okada
Peter & Doris Cohen

Robert Quinlivan - President

From the President

Robert Quinlivan

When Robert Marshall asked me if I would join the committee two years ago, I didn't foresee taking over from him as president, but here we are.

Over the two years of Robert's tenure, the Society has delivered on its primary goal of helping Australians and friends (and even a few Kiwis) enjoy life in Tokyo. Also, we seek to contribute to society by donating to Australian and local charities.

The Society has continued to have excellent BBQs, balls, Christmas parties, and Melbourne Cup lunches. New events like the family sausage sizzles and monthly coffee mornings are now well established. We also have a wonderful new website and monthly e-newsletters. We've had mixed success with sundowners and wine tastings though we believe that there is a place for these events in the calendar and will continue to enhance them. And during this time we've donated 3.5 million yen to charities.

Of course Robert didn't do all this by himself – extremely talented and motivated committee members together with many volunteers have been essential. But Robert has excelled at bringing together and harnessing the skills of a diverse group through a careful mix of motivation, organization and gentle prodding. So on behalf of all members; thanks Robert for your efforts over the past two years.

The Society is a volunteer-based organization; so if you have spare time, I'd encourage you to get involved. Personally, I find it very rewarding to contribute to our community and I'm looking forward to a successful (and fun) year ahead. See you at the next function! Rob

AGM Report

The Society's annual AGM was held at Oakwood Roppongi T-Cube on 25th April, 2006.

After a brief delay while a quorum was established the meeting began at 8.15pm and covered the President's report, financial report, committee elections and other business items.

Robert Marshall highlighted some of the Society's successes over the past year and thanked all the present and past Committee members for their efforts.

The financial report was presented showing that the Society generated a small surplus of 106,000 yen for the year ended March 31, 2007.

Robert Marshall advised that he would be stepping down as President and handed over to David Taylor to handle the Committee elections.

As a result of the elections Robert Quinlivan was elected President and Michael Marlay was elected Vice President. There were 14 nominations for committee positions. However, as the Committee has a maximum of 12 positions, and as not all nominees were present, finalization of the Committee was deferred until the first committee meeting. Also, the allocation of remaining positions will be confirmed at the first committee meeting.

In items of other business, various amendments to the Society's constitution were passed. The most important amendment was that New Zealanders would now be regular members, rather than associate members.

Thanks to all those who attended the event and also thanks to Oakwood for providing us with a meeting venue.

Fun In The Past

Easter Egg Hunt

(Report by Alison Quinlivan Photos by Leanne Stone)

Easter Sunday on April 16th saw 33 families gather at the Australian Embassy for an Easter Party with the promise of lots of fun, games and a monster Easter egg hunt. They were not disappointed. We began the afternoon feasting on sausages bbq'ed to perfection by Rob Quinlivan, Ashley Thredgold and Craig Edwards.





While the cooking was underway there was a lot of meeting and greeting of friends, both old and new. The children had their faces painted and then made Easter baskets in anticipation of a special guest. Luckily the weather let up and the Easter Bunny was able to get busy and hide her bounty of eggs in the gardens. She then led 60 children on a very successful mission with everyone filling their baskets with chocolate eggs.





We stayed outside to enjoy the playground and grass while watching the egg and spoon races. These were hard fought at all levels with some serious competition taking place in the Mums and Dads races. After all that exercise we were able to cool down with some delicious ice cream which was generously provided by the event sponsor NewZee.

Leanne Stone was on hand to photograph the day's events. She took many fantastic photos which can be viewed and purchased from www.friskyponyphotography.com.

A big thank you to Rob Quinlivan, Tracey Northcott, Ashley Thredgold and Cathy Edwards for their assistance in organising the event.

We look forward to seeing you all at the family sausage sizzle due to be held in September.

Alison Quinlivan

Coffee Morning

Anna Cock

A great turnout at our April coffee morning and thanks again to our generous hosts at the Oakwood Roppongi T-Cube. Please note there will be no coffee morning during May because of the Golden Week holidays. The next date for your diary is Thursday June 1, 10am-noon. See you then!



Leanne Oksinski & Rob Rowe



Bernadette Toohey and new member Maria Gordon



Brenda Gray, Mary Saphin & Holly Gray



Kate Rudolph & Kikuko Hanami

Membership Renewal Prize

Congratulations to Roger & Atsuko Moore, who won two tickets to the May spring barbeque in our competition for those who renewed their memberships by March 31.

Email Confirmation – your help please

Email communication is essential for keeping members up to date.

Please inform membership director Anna Cock, email membership@australiasocietytokyo.com if your email address has changed. We are having trouble with a few “bounce back” emails for the following members:

Katie Fordham, John Strigas, Victoria Newton, Miki Horie. If anyone can help us with new email addresses for those listed do let us know.

Fuji Climb – Your leadership is required

Climbing Mount Fuji is a traditional activity best carried out in the first 3 weeks of August and in the very early hours of the morning. The goal is to reach the summit before sunrise and then enjoy a beautiful sunrise with a well earned breakfast before making the decent.

This is something to do at least once while you are living in Japan. We are looking for a volunteer to lead and organize this year’s climb. Please can you send your offers of leadership and assistance to editor@australiasocietytokyo.com

Member Profile

(interview by David Taylor)

MEMBER PROFILE – Niel Shepherd

The last 2 editions of the newsletter have profiled members who have moved to Tokyo relatively recently, and who are probably here for a limited time. This month we introduce a recently joined member of the Society, but one who has made Japan his home.

Niel Shepherd grew up in the eastern suburbs of Sydney and then the Inner West of the city before moving to Japan some 14 years ago. He is a graduate of the University of New South Wales. Here's part of his story.



What/who brought you to Japan? Was it supposed to be a limited assignment?

I was initially transferred to Japan with a British bank that I was working for at the time (1993) on a 5yr contract. At the end of the initial contract period my family and I were transferred to London but decided that we preferred both the working life and social life in Japan and decided to return to Tokyo within a year.

Could you tell us a little about your family here? You have a daughter at an international school here after having started at a Japanese school: what were your reasons for this.

My wife is a Japanese national and we actually met in Australia while she was living there. My daughter, Marika, was born in Tokyo and in the pre-school, kindergarten and grade 1 & 2 years she attended a Japanese school – the major reason for this was to cement her Japanese language skills in the early childhood development years. We had always intended to change her over to the international school system at the appropriate time which was 2 years ago when we moved to Nakamachi in Setagaya-Ku; she now attends Seisen International School.Continued next page

Tell us a little about what you do here. What sports do you follow (if any) and what are the teams you support?

I have always worked in investment banking in Japan, and despite the years of recession, working in finance in Japan is always full of exciting challenges. As far as sports are concerned, I still play squash and love mountain walking in the Nasu area in Tochigi prefecture. We have a country house in the Nasu region and spend 2 to 3 weekends a month enjoying life outside Tokyo, always good for a sanity check and allows us to do real things such as gardening and mowing the lawn! Since arriving in Japan I have become a baseball fan and cheer along with the best of them for the Hanshin Tigers.

How long did it take for you to feel relatively fluent with the language? Have you any wise words for those starting to learn Japanese, or considering giving up?

Obviously, survival Japanese can be achieved after 6 months with a little effort. It took me approximately 6 to 7 years to gain relative fluency in all aspects of the language i.e. speaking, reading and writing. My advice to anyone who is learning the language is not to give up and ensure that the lessons remain fun – if the lessons become arduous and it is no longer fun it might be time to find a new teacher.

What, for you, is the best thing about living here? You can contrast these things with Australia if you want.

The best things about living in Japan, and Tokyo in particular, is that you can always find something interesting at any time of day or night be it a good restaurant, a nightclub or just some street entertainment – Tokyo never sleeps. Other major pluses about Japan, which are in stark contrast to Sydney, are: the safety aspects; the feeling of community that still exists, even in a city as large as Tokyo and above all the politeness of society. The network of friends and family I now have in Japan make it an excellent place to live and has made the decision to call Japan home an easier one.

Are there things which still frustrate you about life in Japan/Tokyo, or have all the frustrations dissipated? What is less frustrating about life here as opposed to life in Aus?

Frustrations exist in every country – I think we all go through periods of euphoria when we arrive in any new country. The first year is usually a continual high note as each day brings new experiences and we begin to acquaint ourselves with our new environment. The second year is what I would describe as the crash landing and the realisation that friends are transient – continually coming and going, lack of participation within the society in which we are living due to language barriers etc which are perfectly normal feelings. The biggest frustration continues to be crowded freeways on a holiday weekend. One of the less frustrating aspects is the fact that the bureaucracy actually works in Japan once you know your way around it.

One of the less frustrating things here as opposed to life in Australia is the fact that public transport is efficient and runs like clockwork, in fact anything in the service industry in Japan is generally free of frustration.continued next page

Did you have a definite idea of how you would tackle life in Japan when you first arrived, or did you just wing it?

I wouldn't call it a definite plan but I followed some simple rules and advice from long term residents I was introduced to, which I have to say made the early years easier: (1) Avoid dinner parties where people continually whinge and moan about life in Japan (2) Keep an open mind and adhere to the saying "when in Rome do as the Romans do". (3) Try to leave Tokyo at least one weekend a month and explore areas outside Tokyo – you will find some beautiful countryside, very friendly people and a totally different way of life. (4) Never give up the Japanese lessons (5) Read as much as you can about Japan before and after arriving - customs, history, food etc (6) Try to cultivate friendships with Japanese people as well as foreigners.

In light of the preceding question, what advice would you give anyone moving here from Australia?

My advice to anyone coming to Japan is - don't be afraid of the unknown, in fact I would go as far as saying "seek the unknown" and always look to go further and further outside your comfort zone.

If you had one thing you could transplant from Australia to Tokyo, what would it be?

Wide open spaces

You are in the process of obtaining Japanese citizenship. What does the process involve?

Firstly, I went through the process of obtaining a green card (Eijuken) about 5 years ago, which at the time the application process required one to live in Japan continuously for 10yrs, despite being a lengthy process I have to say that it is relatively straight forward – it took almost a year from start to end and required me to produce a mountain of documentation such as parents and grandparents birth and marriage certificates amongst other things, obviously to prove ones legitimacy, as well as all my tax records from the time I had been in Japan. The process of citizenship is simply an extension of the green card application and requires one to be patient and produce similar documentation as well as submit to some interviews with immigration officials.

If you were down to your last ichiman (¥10,000), what would you spend it on?

Tokyo is still expensive so ichiman en doesn't go very far, however a night at the Bauhaus in Roppongi will be within reach; for those who don't know the place it is a bar where a Japanese rock band plays covers of 60's, 70's and 80's rock music.

Motoring Matters

(by Mick Lay www.micklaid.com)

What car to buy?

Does speed a looks matter? Then maybe a Porsche or the like is for you. For most of us though getting around Tokyo reliably and in comfort is the major issue. If your budget is not so large do not worry there are plenty of good options under the 1,000,000 yen mark. A station wagon like the Subaru Legacy is a popular and well known alternative - see pic. The station wagon allows easy driving around Tokyo but gives you that extra storage space in the rear compared to a normal sedan. If you want to stay reasonably small but need a couple extra seats the Honda Odyssey is a good option - see pic. The Odyssey comes with six or seven seats. When you are not using the rear two seats they fold down to give a really large trunk space for loads of shopping, golf bags or the like. But if you are definitely going to be transporting 6 or so people most of the time then the Odyssey may still not be enough in terms of space. You may have to move up to a seven or eight seater Toyota Estima or the like see -see pic.



Honda Odyssey



Toyota Estima



Subaru Legacy

Of course, in all these models there are newer and older models and each may look a little or a lot different but the basics are the same. Is an older cheaper car less reliable? Not really. As long as it has been and is well maintained there should be no major problems - touch wood. A couple of questions to ask or check before you buy is does the car have air bags? If so, how many, one or two? Sometimes there is only a driver's side air bag. This may be good enough for you but you want to know before you buy. Some cars have no air bags and that may also be ok with you. Just ask and make up your own mind. Also ask about ABS braking. Does it have ABS braking? Personally, it doesn't bother me if it has it or not but you may prefer to have it. Your insurance company will also ask these questions - does your car have ABS breaking and air bags? As for the budget - mix and match - you may want a new model but want to pay a lower old model price. If this is the case then a newer model with higher km's will be sold at a discount...ask your dealer...ask me! Mick

Fitness and Health

(Nathan Schmid)

Transform your body into a lean fat burning machine

We all know how to lose weight- eat fewer calories, exercise and move more- simple right? The biggest challenge however is how we put this into practice. The following rules can be used to help you burn off the fat once and for all!

The 3 hour rule

- Eating smaller meals more frequently throughout the day can dramatically improve the likelihood of losing weight. Rather than eating 3 large meals you simply eat 5 smaller meals a day around 3 hrs apart. Eating regularly boosts your metabolism, improves digestion, and encourages your body *not* to store fat.
- The first step is to take the time to plan out your 5 daily meals. To start with you can simply keep eating the foods you normally eat (discounting 'junk food' of course) but in smaller portions. Then it's time to replace certain foods in accordance to the healthy eating guidelines (NHMRC)

Practice eating breakfast

- It is true what they say "*breakfast is the most important meal of the day*". A healthy breakfast is a must to kick start your metabolism and start burning calories!
- You should begin each day with a glass of water as soon as you wake. Then, if your routine allows, perform 10 minutes of exercise before breakfast to kick start the metabolism. I encourage my clients to eat a simple breakfast such as high-fibre cereal to get them revved up for the day.

Controlling the evening meal

- Aim to consume your last meal by 7pm or at least leave a 2-3 hour gap before bedtime. This will allow your stomach to digest the food and will encourage you to be hungry when you wake.
- To speed up the digestive process, your evening meal should be high in fiber.

Exercise

As well as the 10 minutes of exercise before breakfast, you should aim to perform at least 3 training sessions of around 1hr in duration per week. The sessions should focus on resistance exercises and cardio. Remember- lean muscle burns calories (even when you are asleep!) this drastically speeds up the metabolism.

Other tips

- To kick start a slow metabolism, for the first 3 days consume fresh, water based veggie soup with a source of protein (e.g. chicken)
- Always carry a bottle of water with you to sip on when you have the urge to snack- often hunger is mistaken for thirst.
- Try walking before or after your evening meal. This can help you de-stress and burn off some extra energy.
- Remove yourself from temptation by not keeping unhealthy foods you crave in the house and try to avoid going to places where they have the foods you crave.
- Fill your fridge and cupboards with a variety of healthy foods. If you work long hours prepare the food the night before and take it to work with you.

Remember: planning is the key- be prepared, be consistent and be amazed at your transformation!



Secrets From The Boudoir

(brought to you by www.boudoirtokyo.com)

Our faces reveal a lot about our personalities and the way we live. Our laughter lines, freckles, beauty spots, big noses, bright eyes or thin lips give our face individuality and character. Play up your best features and don't neglect your facial requirements.

The condition of our skin is a gauge of inner health, reflecting both our emotional and physical wellbeing. The skin is responsible for keeping vital moisture in, and intruding bacteria out. It is the bodies largest organ, insulating us in cold weather and keeping us cool by sweating when the heat is on. It responds to temperature, pain and touch through its sensory cells and excretes waste products and toxins through its pores. The skin has an inbuilt hydrator, known as sebum, which is produced by the sebaceous glands. Sebum levels determine our skin type... Dry skins have less sebum, whereas oily skins have a rich supply. Tending to your outer beauty needs and inner health will result in a radiant complexion and paves the way to growing old gracefully.

Our skin is under attack !!

Modern living

The detriments of modern living take their toll on how we look and feel. Our bodies are under constant attack from the sun, pollutants, stress, fast foods and the fast pace of Tokyo life. The by-product of this manifest within the body as rogue molecules, known as free radicals. These attack the skin, accelerate aging and interfere with the proper functioning of our organs. Always remember to use a good sunscreen. It helps with pigmentation problems and wrinkles!

Stub it out!

Aside from the serious health risks involved, smoking plays havoc with the skin. Smoking half a packet of cigarettes a day, over a 2 year period can double the rate of premature facial wrinkling. Ease withdrawal symptoms when giving up with a high potency vitamin B supplement.

Alcohol intake

Drinking a glass of red wine each day is reputed to benefit the heart and cardiovascular system due to its antioxidant properties, but excessive consumption of alcohol is detrimental to health. Alcohol dehydrates the body, causing premature aging, and also depletes supplies of vital nutrients from it. So limit your intake.

Caffeine Control

Caffeine is found in coffee, tea, cocoa, chocolate and cola based drinks. If you drink more than four cups of coffee or eight cups of tea, each day, cut down. Substitute it for water or herbal teas. Otherwise, you could suffer from high blood pressure, irregular breathing and digestive problems. Not to mention dehydrated skin!

Atmospheric moisture

Air conditioning and central heating rob essential moisture from the skin. Use a humidifiers indoors to keep the atmospheric moisture levels up. Using a hydrating mask 2 times a week will keep your skin looking radiant!





Greetings!

Mark your calendars for September 29th, 30th and October 1st for the Tyler Foundation's autumn sporting extravaganza.

We'll be welcoming sporting greats from around the world including former English cricket captain, Mike Gatting, former England and British Lions rugby player, Jeremy Guscott and numerous others!

September 29th -- sports dinner at the Grand Hyatt, Roppongi Hills.

September 30th -- golf day with the sporting stars.

October 1st -- celebrity cricket match at Yokohama Country and Athletic Club.

Come and rub shoulders with some of your sporting heroes at this unique three-day event, the first of its kind in Japan. For more information see the website at www.tylershineon.org or contact us at kim@tylershineon.org.

Kim Forsythe

Director, The Tyler Foundation

www.tylershineon.org

ANZCCJ Position Available: Operations Manager

The **Australian and New Zealand Chamber of Commerce in Japan** requires a bilingual, native-English speaking **Operations Manager**. Australian or New Zealand national preferred. The successful applicant must be able to commence training late **June 2006**.

The successful applicant will have excellent computer and organisational skills and fluent Japanese. Book keeping skills advantageous.

Key attributes of the Operations Manager:

1. Organisational skills
2. Presentation / interpersonal skills
3. Computer knowledge and ability
4. Japanese ability equivalent to Level 2 of the Japanese Language Proficiency Test
5. Flexible attitude
6. Ability to work unsupervised
7. Book keeping skills
8. Ability to work well under pressure and to meet deadlines

Applications: Please forward a covering letter and resume to:

*The Chairman
Australian New Zealand Chamber of Commerce in Japan
L17 Fukoku Seimei Building
2-2-2 Uchisaiwaicho
Chiyoda-ku
Tokyo 100-0011*

or via email to manager@anzccj.jp.
No telephone enquiries.

Applications close COB Monday 15th May 2006.

Early application is encouraged.

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