

# THE AUSTRALIA SOCIETY TOKYO



australiasocietytokyo.com

January 2009 – Volume 30



Mark your calendar for these upcoming events & check the web for updates.

## ***Australia Day Gala Ball***

Date: Friday 30<sup>th</sup> January, 2009

Place: Grand Hyatt, Roppongi Hills

Time: 7pm to 1am

Price: Members ¥28,000, Non-members ¥30,000

Book: [balltickets@australiasocietytokyo.com](mailto:balltickets@australiasocietytokyo.com); <http://www.australiasocietytokyo.com>.

## ***Coffee Morning***

Date: Thursday 26<sup>th</sup> February, 10:00am - 12:00pm

Time: 10am to 12noon

Place: Oakwood T-Cube Residence. Level 22 3-1-1, Roppongi Minato-ku

Map: <http://www.oakwood.com/serviced-apartments/furnished/JP/Tokyo/prop2077/showMap.html>

Price: FREE, but please register online.

## President's Report

Santa has been and gone, and the festive season is behind us for yet another year. Many are returning from a well deserved break and those who were in Tokyo over the year end were blessed with an unusually warm winter.

As we begin the New Year and look forward to a fresh start for 2009, the Australia Society is putting the finishing touch on the plans for our annual Australia Day Gala Ball on Friday January 30<sup>th</sup>. This year's theme is a *Red Carpet* affair and is guaranteed to be a night to remember.

The Ball Committee Chair, Anna, and her team have already put in countless hours tasting menus, selecting wine, finalizing decorations and arranging for an exciting performance by award winning Australian group, *Jellybean Jam*, who will be flying in to perform live on the night.

If you haven't already secured your seats please do so now, by either emailing [balltickets@australiasocietytokyo.com](mailto:balltickets@australiasocietytokyo.com) or signing up on the web site at [www.australiasocietytokyo.com](http://www.australiasocietytokyo.com). Tickets cost ¥28,000 for members and ¥30,000 for guests. All proceeds from this year's Charity Gala will go to Fukudenkai and the Limelight Foundation.

Spring is just around the corner and the Society's Steering Committee will be meeting again shortly to finalize plans for our Spring BBQ and Easter events which are sure to be fun for all.

Cheers  
MICHAEL

## From the Editor

Happy New Year. Here's hoping the Year of the Ox is a little less nail-biting than the Year of the Rat, and is a prosperous one for you all.

This month we will run down a few details about the Ball which is now only days away. You will see what you are in for if you have your tickets and what you will be missing if you don't. There are still some seats left, so get online and book!

Ben Distel continues his series on triathlon (in this, or any weather, Ben!?).

Mary Hanami resumes hosting the regular coffee mornings at the Oakwood T-Cube starting 26<sup>th</sup> February. This is a great way to meet other Australian families in a very relaxed environment. Stop in and say Hi to Mary: she's a real sweetie. See details above for contact information.

For those who are interested, please register online ([www.australiasocietytokyo.com](http://www.australiasocietytokyo.com)) before the event.

Tableaux Restaurant in Daikanyama is celebrating Australia Day on 26<sup>th</sup> January by hosting the Adventures of Australian Food and Wine. See below for details. Ashley Thredgold tells you what to expect.

Marilyn Klein from Boudoir makes a few New Year's resolutions for you and offers a Valentine's Day special offer.

Have a good January.

David

# Red Carpet

Australia Day Gala Ball 2009

*I have been a very small part of the organizing committee for the last two Gala Balls and both years I have been gob-smacked by how much work is done by so few people to put on such a huge event. Not only do the attendees have a great time, but we manage to raise significant funds to donate to charities we believe deserve our support. This year the bulk of the work has fallen on Anna and Judy with some help from their trusty minions. The organization of this event is never without its frustrations, and this year's event has seen many challenges stemming from the financial climate. However, it is worth the hassles to see a successful evening being enjoyed by all those who don their posh frocks and penguin suits.*

*If you haven't bought your tickets yet: get to it!*

Justin Sampson will be Master of Ceremony for the evening. For those who attended last year you will remember Justin as the larger-than-life auctioneer. Justin in his earlier days played representative rugby and these days channels his passion for the game as a rugby presenter/commentator with ESPN Star Sports Asia.

This year Guy Perryman is serving as DJ for the evening. Guy has been a familiar voice to listeners of InterFM radio in Tokyo since 2001, and since 2007 to listeners across Japan on the FM Meganet radio network. On top of his DJ duties Guy's versatile voice is heard on an array of TV & radio commercials, product videos, animations & computer games. He has also produced special radio programs for broadcast in the UK, Hong Kong & Australia.

The band we are flying in for the Ball this year is Jellybean Jam. Jellybean Jam is colourful, energetic and entertaining. This group was nominated for a MO Award in 2007 and was winner of the Award for Best Dance Band at the Australian Club Entertainer Awards in 2003-2004 -2005 – 2006. Jellybean Jam has over 300 songs in their repertoire covering tunes from the 60's to the Naughties including Disco, Swing, Motown Latin, Funk, Rock, and Pop. Every musical style is covered and their medleys are designed to keep the dance floor full all night long.

As if the above is not enough, the audience will be treated to a performance by Hoop Dance instructor and performer Deanne who has been seen lighting up dance floors in Tokyo clubs with her LED and fire hoop light shows. When she is not burning up the dance floor she can be spotted sharing the tricks of the hoop trade in parks and dance studios across Tokyo, teaching young hoopers in after school clubs and helping new hoopers get their groove on.

A silent auction will run from the opening of pre-dinner drinks until 9.30pm and will feature, as usual, a wide range of quality goods and services. There will be a brief live auction later in the evening, a fabulous door prize courtesy of our principal sponsor, Qantas, and a raffle with great prizes. All of the proceeds of the auctions and raffle go to our deserving charities.

Of course there are the compulsory fabulous Aussie wines to help with the digestion of the always-wonderful Hyatt tucker (see below for the menu).



Principal  
Sponsor

All in all it promises to be a fabulous evening to celebrate our national day and help support two worthwhile charities.

## **MENU**

### **Canapés**

Mini lamb rissoles, goats' cheese wraps, prawn toast, spicy blue fin tuna

### **Starter**

The Man from Snowy River – A fishy tale

Confit and marinated ocean trout with lemon myrtle cream, baby leaves and parmesan grissini

Vegetarian: Confit eggplant with lemon myrtle cream, baby leaves and parmesan grissini

### **Entrée**

Mad Max – Beyond the pastry dome

Pithivier of ratatouille and Hokkaido scallops with a black olive butter sauce

Vegetarian: Pithivier of ratatouille with a black olive butter sauce

### **Main**

Australia – A Beefy Epic

Beef tenderloin with a pumpkin mash, white asparagus and morel sauce

Vegetarian: Green pea risotto cake with a pumpkin mash, white asparagus and morel sauce

### **Dessert**

Priscilla Queen of the Dessert

Chocolate marquise with peach compote anglaise, glitter and floss

### **Petit fours**

Strictly Ballroom

Handmade chocolates

...and midnight snacks at the bar.

## **This Year's Platinum Sponsors:**



## Triathlon: The Sport of Destinations

(By Ben Distel)



The advantage of owning a pink bike. Bicycles in the transition area

*Ben, our resident triathlon expert/obsessive, continues his discussion of triathlon: this month he lays out a virtual buffet of races to enter (or places to go and get very tired). He is Japan's only certified triathlon bike fitter.*

*He can be reached at [Info@t1bicycles.com](mailto:Info@t1bicycles.com).*

Welcome back everybody from your Christmas and New Year holidays. Two weeks of indulging in food and booze and, oh yeah, the family was there too. I am thankful for the positive feedback I am getting when

in the pool or out jogging around the Imperial Palace.

January is typically the time of the year when triathletes plan their race schedule. With so much choice but so few races in the Tokyo area the hard decisions are: which races do you plan to compete in; how much are you willing to travel: how much to spend on these trips and do you bring the family? To help in making choices I've listed some of the most popular short course races in Japan and a few outside of Japan, but each is popular for different reasons: proximity, expense, suitability as a long weekend destination for the family, quality of the parties, quality of the race course etc.

### **Feb 8, Calfman Duathlon, Tokyo, Japan**

Does the prospect of swim-bike-run haunt you? There are many variables available such as Aquathlon (swim-run) and Duathlon (run-bike-run). For a first hand look, come have a peek at the 5K run, 30K bike, 5K run Calfman Duathlon on February 8<sup>th</sup>, only 45 minutes from Tokyo by JR. <http://www.calfman.jp/>

### **April 26, Ishigaki Triathlon, Japan (1.5K Swim, 40K Bike, 10K Run)**

Held annually on the beautiful island of Ishigaki Jima, this race is not only a fantastic family destination due to its sub tropical climate, it also features one of the most scenic race courses. A must-do race, expect a large contingency from Tokyo to go there. Entry closes January 23<sup>rd</sup> so hurry!

<http://ishigakijima-triathlon.jp/en/index.html>



Ishigaki Triathlon



Race start at Bintan Triathlon

**May 23, 24, Bintan Triathlon, Bintan, Indonesia (1.5, 40, 10 + 750Meter, 20, 5 + Kids race)**

A true triathlon festival takes place just 55 minutes by ferry from Singapore. An Olympic distance race and Sprint race on Saturday followed by a series of kids events on Sunday. Great fun for the family in a wonderful setting.

<http://www.bintantriathlon.com/>

**June, Murakami International Triathlon, Japan (1.5, 40, 10)**

I like this race because it's a very fast course: power cyclists can really crank it up here. If you're looking to set a personal best, this is the place to be. In previous years this race took place in September but reliable sources inform me that it is moved to June. In true Japanese fashion, there is no information available online. Access from Tokyo is easy.

<http://www.iwafune.ne.jp/~triathlon/index-e.html>

**July, Shichigahama International Triathlon, Japan (1.5, 40, 10)**

Near Sendai, 2.5 hours north from Tokyo, the seaside town hosting this race is cute, picturesque and super friendly. Cyclists with good bike skills definitely have an advantage over power riders. The run is a 4 loop flat and fast course with great local support at the aidstations.

<http://triathlon-7.main.jp/english/>

**December 6, Laguna Phuket Triathlon, Thailand (1.8, 55, 12)**

This race attracts a strong field of racers from all over, including some of the world's best professional athletes, looking for a great year-end race. Plan this race around a week's vacation on the island following a hard year of racing, training and working. A great way to thank your spouse/partner for putting up with all the training, smelly workout gear and grease marks on the carpet. The race course is unique, probably the best in the world. The pre race carbo load dinner and post race awards ceremony and closing party on the beach are all events not to be missed.

<http://www.lagunaphukettriathlon.com/>

I sincerely hope that you've caught the triathlon bug and that we'll see you at one of these races. You can find more races and tri tips on my friend Stuart McIntosh's website:

<http://www.stuartmcintosh.com/triathlontraining.html>.

Next month I'll discuss where and with whom you can train in Tokyo. Hope to see you at the races.

Keep training.

Ben

## From the Boudoir

(Marilyn Klein, Boudoir)

### Your New Year's Resolutions for 2009

*The beginning of the year is a great time to make changes in your life. When you're thinking about making a change in your beauty routine, it often goes much deeper than purchasing a new lipstick.*

*Your beauty is 100% attached to your physical and mental well-being - but don't let that overwhelm you!*

*You might think about implementing one resolution per month to beautifully guide you throughout the entire year.*

### **Workout**

If you're re-thinking beauty priorities, nothing makes you look and feel as good as a regular exercise program. Boudoir would like to introduce you to Jeff's Boot camps. Regardless of your current condition, age or shape Jeff will help you lose weight, improve strength, increase cardiovascular conditioning and better your stability and flexibility. Early risers and mum's boot camps are available. For more information contact Jeff Libengood 090-3903-6390 or visit [www.jeffsfitness.com](http://www.jeffsfitness.com)

### **Make a Hair Reminder**

The best time to make your next hair appointment is when you're visiting the salon. Always make your next appointment before leaving -and keep it! This will make sure your hair looks fabulous all year. If you are searching for a great new do for 2009, The Boudoir girls trust their locks to GOLD Salon 03-6436-0228. Book in for a cut and color with Vladimir and receive a FREE shampoo and conditioner. You must mention Boudoir to redeem this offer.

### **Fix your aches and pains**

If you suffer from back pains, migraines or pain associated with sitting in front of the computer for too long fix it and start the New Year without all those aches and pains. To enhance your health and well-being, improve body functioning or address any pain, visit Lionel Gougne's osteopathy and craniosacral-therapy clinic in Yotsuya 3-chome. All treatments are completely non-invasive, gentle, and safe, and are particularly indicated for babies and children's health. Contact Lionel Gougne at 03-6657-1999.

### **Beauty from within**

Oriental medicine has been going for sometime now, around 3000 years, so we could say that it has stood the test of time. The intention behind oriental medicine is quite simple and that is: by restoring the flow of ki and blood in the meridians the body will respond by maintaining an "ideal healthy state" appropriate for the person receiving the treatment. What this means is that the body will maintain a healthy state and therefore any current symptoms will go and any symptoms that could arise in the future, will not. This is why it is also known as preventative medicine so we are treating the illness before it arises. Treatment is usually done along the meridians or at particular points using acupuncture, moxibustion and shiatsu with the result that tight excess areas that should be soft are softened, and soft weak areas that should be strong are strengthened. Contact Edwards Acupuncture clinic 03-3418-8989

### **Change Your Style**

Make an appointment with a makeup artist for a fresh take on what you might do to enhance your natural features. Sometimes, after years of applying eyeliner in the same way, wearing a favorite shade of lipstick or using the same fragrance until it runs dry, it's hard to open your eyes to the possibility of change. Contact freelance make-up artist Medusa 080-3022-9688.

**Make One Big Change**

Consider making one big beauty change - such as a new haircut, having your teeth bleached, trying blond highlights or treating yourself to some luscious eyelash extensions. For the best eyelash extensions in Tokyo contact Barbarossa 03-3401-1049

**Eat Right**

Rethink your diet to maximize your level of energy. Experiment by eliminating certain foods until you create the optimum formula for you. Consider going all veggie, less dairy, or low sugar until you find the right nutritional balance.

**Clean Your Closet**

Swing open your closet doors and take a good look at what you have. Give away, swap or sell clothes you haven't worn in the last 18 months. Making wardrobe decisions (what to keep, what to toss, what to repair) makes room for new possibilities and current styles. Better still, enlist a professional! To update your look contact professional stylist Anthony Moynihan 090-9825-1295

***BOUDOIR VALENTINE'S BEAUTY SPECIAL***

Love is in the air at Boudoir Day Spa. Treat yourself to our Valentine's beauty package for you or a perfect gift for the one you love!

Turn dull, lifeless winter skin into glowing, healthy, re-energized skin with our Rescue Remedy facial for only 14,910 yen and receive 8,650 yen worth of FREE beauty treatments:

Eyebrow Shape	¥3,645	FREE
Shape and Paint of Hands	¥2,205	FREE
Shape and Paint of Feet	¥2,800	FREE

Plus the first 10 people will receive a complimentary Guinot Eye Make-up remover valued at 3,600 yen

For more information on Boudoir's products and services please call 03-3478 5898.

Boudoir Day Spa: [www.boudoirtokyo.com](http://www.boudoirtokyo.com)



# The Adventures of Australian Cuisine & Wines at Tableaux

(Ashley Thredgold)



Dear lovers of good food and wine,

Tableaux Restaurant in Daikanyama has always strived to give our customers variety, quality and value for money and with this in mind we would like to invite you to a special event taking place on Australian Day, January 26<sup>th</sup>. Eddie and Ashley, our Maitre d's, have organised a party to excite your palate and help you discover the best that Australian wine and food have to offer.

Our Chef, Kouji Teshima-san, will be serving a five course menu featuring a range of Australian produce including an assortment of "bush berry" sauces and delicious Aussie beef and lamb. The meal will be accompanied by 6 wines provided by Village Cellars and expertly matched to the menu by our company wine director and sommelier, Ned Goodwin who will be giving descriptions of each wine. Ned is in the final stages of finishing his Master of Wine and is likely to be first Master of Wine in Japan!

## MENU

Pipers Brook Kreglinger `02: Pipers Brook, Tasmania

Natural Tasmanian oysters from Pipe Clay Lagoon, wasabi tomato sauce and lemon

Picardy Chardonnay `07: Pemberton, Western Australia

Seared Tasmanian trout, seaweed and basil oil

d`Arenberg Peppermint Paddock Chambourcin N.V: Mc Laren Vale, South Australia

Smoked and grilled Australian white asparagus, sautéed foie gras and  
rosella berry confit

Castagna Syrah `02: Beechworth, Victoria

Mount Langhi Ghiran Cabernet/Merlot `00: Grampians, Victoria

Australian sirloin, Tasmanian mountain mustard Australian lamb chop, goats cheese,  
wild "bush lime" confit

Peter Lehmann Botrytis Semillon `07: Barossa, South Australia

Cacao mille-feuille served with Australian vanilla bean ice cream and kiwi sherbet

**Date:** Monday the 26th of January

**Time:** from 7:30pm, 19:30

**Price:** ¥12500 per person including tax

**Location:** Tableaux Restaurant, B1F Sunroser Daikanyama, 11-6 Sarugaku-Cho, Shibuya-ku,

**Phone Number:** 03-5489-2201 please ask to speak to Eddie or Ashley

**Bookings:** Eddie [eddie\\_tokyo@hotmail.com](mailto:eddie_tokyo@hotmail.com); Ashley [ashleytableaux@gmail.com](mailto:ashleytableaux@gmail.com)

**Website:** <http://www.tableaux.jp/jp/daikanyama/home/welcome>

## Australia Society Gala Ball 2008 Sponsors

The Australia Society Tokyo would not be able to bring you this fabulous event if it were not for the support of its sponsors.

We would like to take this opportunity to thank the following:

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## Qantas Airways Limited

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| * Tokyo International Players | * Wulguru Japan       | * Yokohama Country & Athletic Club |

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## Melbourne Cup



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Village Cellars

Sheraton Tokyo Bay

New Zee

### AGM & Christmas Parties

Oakwood

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National Australia Bank

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*If you would like to become a sponsor of the Australia Society Tokyo,  
please email [president@australiasocietytokyo.com](mailto:president@australiasocietytokyo.com)*

