



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

Melbourne Cup Luncheon

Date: Tuesday, November 4, 2008

Time: 11.00am - 3.30pm

Place: Grand Hyatt, Roppongi Hills

Price: Members ¥16,000, Non-Members ¥18,000

Contact: melbournecup@australiasocietytokyo.com

Adults' Christmas Party

Date: Thursday 4th December, 2008

Time: 7 to 10pm, gates open 6.30pm

Place: B1 Function Room, Australian Embassy

Price: TBA

Contact: events@australiasocietytokyo.com for more details

Children's Christmas Party

Date: Sunday 7th December, 2008

Time: 2.30pm to 4.30pm

Place: B1 Function Room, Australian Embassy

Price: TBA

Contact: kids@australiasocietytokyo.com for more details

Games, activities, prizes and Santa bearing gifts. Food and drinks for the children and champagne, beer, wine and bites for the adults

Future Events

Pencil in the following dates, the details of which will be forthcoming:

Event	Date	Venue
Australia Day Gala Ball	Friday, January 30, 2009	Grand Hyatt, Roppongi Hills

President's Report

The Embassy has played host to a number of successful events this autumn and we need to thank them for their hospitality. With both of our recent Embassy liaisons in Anna and Damien being reassigned to Australia and Iraq respectively we should also take the time to thank both of them for their support over the past couple of years.

While the weather in Tokyo is cooling off and it is time to start pulling out the ski gear, in Oz spring race season is in full swing and we will have a chance to take part at this year's Melbourne Cup Luncheon at the Grand Hyatt Tokyo. Roger and his team have put together a great menu for us and we have already booked Heartland for the second party. Tickets are almost sold out so make sure you act quickly if you don't have yours already.

In December we return to the Embassy to celebrate both our kids and adult Christmas Parties and before we know it we will be brushing of the tux and getting ready for Tokyo's best ball, the annual Australia Day Gala Ball on Friday January 30th. Tickets go on sale shortly, so look out for our email announcement.

Cheers, MICHAEL

From the Editor

Don't you love this weather? The soggy heat has disappeared, the air is clear and fresh(ish) and the nights are cooler. With that and the gradual change of colour around, how could you stay gloomy? (financial aspects aside)

We held two events over the last month: the Sausage Sizzle, despite being hit by all types of natural hazards, was a great success; especially with the kids who loved the rain-soaked grass. The adults Barbeque last weekend, despite having a smaller turnout than expected, was up to the usual high standard we've come to expect from functions at the Australian Embassy.

This month we'd like to remind you of the upcoming events we have planned. The coffee mornings are being run by Mary Hanami who welcomes all to pop in and enjoy a coffee or tea at the Oakwood T-Cube and talk about life in Tokyo. Mary hosts these on the 4th Thursday of every month from 10am until noon. Both the Adult and Children's Christmas parties are being held at the Australian Embassy this year, so set these dates aside.

We would also like to alert you to the Tokyo English Life Line (TELL) annual fundraising event, the Connoisseurs Evening, this year at the Embassy of Canada on 7th November. And if you are a volleyballer you may be interested in getting involved in the World Amity Games next February.

Details for all these events can be found elsewhere in the newsletter.

We have a report from one of the charities which received some of the proceedings of this year's Australia Day Ball, and details of the Australian and Japanese charities we will be supporting with the 2009 event.

This month we start a series of articles by Ben Distel discussing the sport of triathlon: what it entails, the training needed, the equipment required and how to make the most of it all. Those who are toying with the notion of getting going with the sport, give Ben's article a once-over. For those of us who feel tired just thinking about this, I am reliably informed that reading the article is the equivalent of half an hour of cardio exercise.

The Australia Network has disappeared from yet another provider, however World on Demand, the new provider of this service, has an offer for those who must get their dose of Aussie TV: see below.

Also, a request to all those who take photographs at the various Aus Soc functions around town: if you use Flickr, you can join the Australia Society Tokyo photo pool. Pictures added to the pool will appear on our homepage. Get your cameras out at the Melbourne Cup luncheon or the Christmas celebrations and share the fun with the rest of our community. Load your photos at: <http://www.flickr.com/groups/772013@N21/pool/>

Have a good month.

David

Family Sausage Sizzle

(Jennifer Prowse)

The day started with an earth tremor and finished in near typhoon conditions. Despite these small-scale natural disasters a great day was had in between. The annual sausage sizzle was held in bucketing rain, with a very large turnout never the less. The embassy kindly gave us tents, which provided some cover for the adults, whilst the children reveled in the rain in the embassy grounds. A big thank you to Damien Dunn and his team for entertaining the children with rain rugby.

Everyone had a fabulous, albeit soggy, day. Look forward to seeing you all at the Children's Christmas Party Sunday 7th December.

Aussie Barbeque

As the setup for the evening's event progressed the clouds overhead became ever more threatening. Fortunately, by the time the barbeque got underway the cloud lifted, the breeze eased and the result was a perfect night.

The Embassy gardens always look a picture and the work on the lawns over summer gave us a great carpet to cover with tents, tables, chairs and barbeques. The new setup kept the smoke away from the Embassy buildings and allowed the band a great deal more room and even a large open dance space, though on the night this was just used for hanging around rather than energetic jiving.

We don't usually have an adult's barbeque at this time of year but we thought that summer should be given a send-off.





While the numbers attending were down on our usual May event, everyone seemed to have as good a time as usual. The barbeques at the Embassy are always my favourite events, and this one didn't let me down.

Tracey Northcott again took overall charge of proceedings; Tony Scimonello and his team put on the first-class food we have become accustomed to; Paul Riley organised the Tong-Toilers in turning out the tasty pieces of dead animals; and the Hitmen again gave us the music for the moment. The rest of the Aus Soc Committee (and Ashley) took care of the ticketing, setup and getting people in the gate on the night as quickly as possible.

Thanks go to the Australian Embassy staff that spent hours setting up the space and ensuring the night went without hitch, and to the Ambassador for letting us use his back yard. We are also very grateful to Meat and Livestock Australia and Boudoir who always support this event with door prizes, and this year to 57 which donated prizes.

The photos appearing here were taken by Kerry Raftis. Visit here to see them all and order the ones you want: <http://tokyopartyscene.smugmug.com/Parties>.



So you want to Triathlon

(By Ben Distel)

This month we start a series of articles by Ben Distel about the sport of triathlon. Ben Distel has completed over 30 triathlons, including Ironman Florida. After a managerial career in the hotel industry he became a director at The Bike Boutique in Singapore in 2006 where he worked with some of the best triathletes in the world. In 2008 he moved to Tokyo where he founded T1bicycles.com, a company that specializes in Triathlon Advice, Bike Fitting and Consultancy. He is Japan's only certified triathlon bike fitter.

He can be reached at Info@t1bicycles.com.

What is triathlon?

Wikipedia describes triathlon as: “an endurance sport event consisting of swimming, cycling and running over various distances. In most modern triathlons, these events are placed back-to-back in immediate sequence and a competitor's official time includes the time required to transition between the individual legs of the race, including any time necessary for changing clothes and shoes.” (<http://en.wikipedia.org/wiki/Triathlon>)

This definition put me to think about how I approach my sport. Is that really all it is? Is that why I train 6 days a week, often twice per day? Because it is an endurance sport?

*Triathlon is a lifestyle in which physical activity plays a big role.
Racing is just a small part of it.*

Yes: in racing I swim, bike and run over various distances, but I also stumble, crawl, crash, get kicked in the face, jump in water way too cold, murky and turbulent to really swim in. I manage life around the sport, get groceries according to my bodies' needs, reject that last beer at Legends because tomorrow I have to get up at 6 for a bike ride with my buddies. Triathlon is a lifestyle in which physical activity plays a big role. Racing is just a small part of it.

So I've been asked to write a few articles about the sport I love. Having done the sport for 8 years and working for 2 years at a cycling and triathlon store in Singapore, I claim to know a few bits



The author at this year's Murakami International triathlon



Nervous on the beach before the swim start

and pieces about it. Writing about it is a different thing though: who is reading this; are they into sports; are they professionals who work 16 hours a day and balk at my twice daily training sessions; are they couch potatoes who maybe want to get off the damn sofa and loose the beer gut or chocolate hips? Maybe the readers are just intimidated by the false perception I put in the first paragraph that you have to partake in a crazy training regimen to finish a triathlon. Not true, but more on that later.

First a Little Triathlon History

There are many stories about where and when the very first triathlon was organized including reports of competitions in France early in the 20th century. The consensus is that the first modern race in which participants competed while running, swimming and cycling took place in San Diego in 1974. Four years later the first Ironman distance race was held on the Island of Oahu in Hawaii in order to settle an ongoing debate between a group of swimmers and runners about who were the fittest athletes. So a new race was born combining the courses of the Waikiki Roughwater Swim (2.4 miles), the Around Oahu Bike Race (then 115 miles, later reduced to 112 miles) and the Honolulu Marathon. That first race drew 15 competitors. In recent times Ironman participant fields routinely sell out at well over 2000 participants.

There are now 23 Ironman races organized around the world in addition to countless other races of the same, shorter and longer distance

Race formats

Since that first Ironman, the race format for most triathlons is Swim-Bike-Run. The most common race distances are:

	<i>Swim</i>	<i>Bike</i>	<i>Run</i>
Ironman:	3.8 km	180 km	42.2 km
Half Ironman ('70.3')	1.9 km	90 km	21.1 km
Olympic Distance:	1.5 km	40 km	10 km

However, there are longer races than Ironman including a double, triple, and up to Deca Ironman (this is an event where competitors compete in an Ironman every day for 10 days straight). There are also shorter races, catchingly called sprint or super-sprint triathlons that usually have half the distance or less of Olympic Distance races but distances vary. These sprint triathlons are an excellent way to start triathlon; they can be completed on relatively little training and offer great insight into the sport. There are also races for kids, women only and several races have disabled categories.



Swim start at the Port Dickson International Triathlon, Malaysia

Equipment

That's all for this month: in next month's edition I will provide details on what kind of equipment you need to train, but for those so inspired by my initiation in journalism that they want to get started right away, here is the minimal equipment you need:

Swim: goggles, swimcap, swim apparel.

Bike: bicycle, helmet, cycling outfit

Run: running shoes, running outfit.

See you next month. Ben

Australia Gala Ball Charities

Preparations are well on the way for next year's Australia Day Gala Ball so I thought it would be a good time to let the membership know what happened to the proceeds from this year (¥11 million in total) and what is proposed for the 2009 proceeds by introducing the charities concerned.

Aussie Helpers

Aussie Helpers received half of our profits from the 2008 function: here is a letter from Brian Egan who, along with his wife Nerida, founded the organisation in 2002.

G'day there Anna

I am on the road at the moment in South Australia where there are many problems with both drought and depression.

The Australia Society Tokyo Ball of 2008 did something amazing for the drought relief charity Aussie Helpers. The \$54,000 donated to Aussie Helpers was a bit like manna from heaven as the money was used to purchase a new four wheel drive wagon to add to our fleet of vehicles that travel the outback and regional areas all over Australia. As any good Aussie bloke or sheila would know when travelling in these areas it is paramount to have a comfortable, reliable vehicle complete with all the safety gear such as radios, GPS etc., and the room to carry rations and pamper packs for farming families.



We use large vehicles for these reasons as we are often travelling alone in very isolated areas and the need to keep our volunteers safe is of utmost importance. Aussie Helpers unique face to face counseling has paid amazing dividends in saving lives even though we are not qualified counselors we can relate to struggling farming families battling to survive this terrible cruel drought, the worst in living history, the cruel drought that takes everything away and gives nothing back.

Aussie Helpers have now been operating for over six and a half years and in that time we have freely given away over 300 tonnes of groceries and personal hygiene goods, thousands of presents for struggling families, over four thousand tonnes of stock feed to help keep breeding stock alive and of course our unique face to face counseling of depressed rural people and the most fantastic thing is we know of at least twenty lives we have saved from suicide. All this has been done by dedicated volunteers and the generosity of organisations such as yours, so give yourselves a pat on the back from the people in the bush who say "Good on you".

Aussie Helpers have a program for the year of 2009 which is to start a small farm and to place homeless kids 16 to 24 years and show them how to work in a farming environment and then after a couple of months to get them traineeships and help them get work in the rural sector so that this will keep young people in rural areas. We think that is so important to give these kids a chance in life and let them have a future where they can get out of the awful situation that they are in and have a purpose in life

.... give a big hug to all concerned and let them know that this vehicle will be responsible for saving many a life in the bush. Brian

The Limelight Foundation

The 2009 Ball is supporting two charities concerned with the support of various mental disorders. The Australian charity is the Limelight Foundation: Bethany Samuel, its CEO, explains what the organisation does.

The Limelight Foundation Incorporated is a not-for-profit organization, offering support services associated with depression, anxiety, mental disorders and stress related issues. The Limelight foundation's outlook is to be involved with the community - metropolitan and rural - in battling mental disorders.

We are unique in that we are the only charity in Australia that has a free online chat and email support system, as well as raising funds for research towards making our youth a happier and healthier generation.

The services offered by the Limelight Foundation are free and available to ALL Australians whether they are young, old, depressed, sad, anxious, suicidal or just going through a rough patch in their lives. We aim to be the charity that gets right into the depths of the community to create the biggest positive impact on peoples' lives.

Main Priorities

- To give a helping hand to individuals suffering life stresses with one on one and face to face support, or through other means such as a strong internet presence and via telephone.
- To spread community awareness to metropolitan and rural areas where support is needed and often overlooked
- To promote depression- and anxiety-related research and find new ways to battle the illness. To provide funds to other organizations to help increase research into mental illness.

Goals and Aims

- To raise enough funds to build a respectable and trustworthy home for the Limelight Foundation, with the required resources to make the organization successful.
- To develop a confidential service that provides support, understanding and care.
- To offer free counseling via online support, telephone support and face to face support.
- To see a noticeably reduced figure of yearly suicide rates in Australia.
- To offer services which benefit all walks of life, including young, old, depressed, anxious and suicidal individuals.
- To obtain a Limelight base in each state and territory, to make these services available to all Australians.
- To provide enough funds to other organizations to increase the research on depression and related issues.
- To provide and maintain a fun and positive attitude in the organization.
- To make a difference.

Key Values

- Fun Lifestyle: Limelight understands every person is an individual. Different people have different problems, and many people seek different ways to help them cope or come to terms with the situations they are faced with. Our contributions to every individual benefiting from Limelight can begin to live a healthier and enjoyable lifestyle.

- Discretion: We encourage individuals to act to improve their personal wellbeing; however Limelight will only function with the discretion and trust of its volunteers and employees. Everyone has trouble at some stage of their lives, and sometimes people (young and old) need to talk to someone - Limelight honors that trust.
- Future Focus: Our actions will be motivated by our long term goals, while sustaining results which benefit the local and national community. We will be driven by positive results, and future planning, developing new and effective programs to sustain effective and positive services.
- Service: It is essential to offer services that impact on the community. Limelight's service is non-judgmental, and is driven towards enhancing the quality of life for individuals. To do this, we are continuously updating Limelight's programs and services.

For more information go to Limelight's webpage www.limelight.org.au.

Fukudenkai

The Japanese charity we are supporting with proceeds from the 2009 event is Fukudenkai, a social welfare corporation which manages two children's welfare institutions located in Hiroo.

Ø Miyashirogakuen Child's Home is especially for children of school age who have various mental challenges such as autism, Down's syndrome, and developmental delay.

Ø Tokyohonin Child's Home cares for children between the ages of 2 to 18 years. Most of these children come from homes where the parents cannot care for them or they have suffered abuse.

Altogether, about 70 children are cared for in these homes. The children are part of the outside community also, where they attend pre-schools, elementary and high schools and schools for children with special needs in the community.

If your Japanese is good you can have a closer look at the website: <http://www.fukudenkai.or.jp>.



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From the Boudoir

(Marilyn Klein, Boudoir)

Zap it!

Electrical currents in facial treatments have been used for many, many years. Electricity assists the products to penetrate into the deeper layers of the epidermis and help to bring the impurities to the surface - enabling a deep cleansing action. Galvanic therapies not only open the pores, they aid to plump the skin and provide additional moisture. Deep cleansing is made possible by the use of sodium acid, which is found in most of our Guinot facial gels. The epidermis is hydrated due to sodium lactate - a powerful active moisturizing ingredient, which improves the hydration of the outer layers of the epidermis. It strengthens cell cohesion while penetrating between the epidermis cells, thus helping improve the skin's moisture retention. Another effect of essential oils combined with oxygen, found in our emulsions, is anti-bacterial and germicidal thus helping to purify the skin. The facial is completed with either a detoxifying mask to remove impurities or an anti-stress mask to relax and soothe the skin.

EYES OR LIPS?

If you want to look gorgeous on a big night out, just remember this one simple beauty rule: Don't play up both the eyes and lips. Choose one feature to stand out you don't risk looking like a reject from the 80s!

If you choose to play up your eyes with a smoky dramatic look, using eyeliner and false eyelashes, then stick to a natural shade or lip-gloss to enhance your lips. You want your eyes to smolder and get all the attention, not compete with your lips.

If on the other hand it's your lips that you want in the spotlight, then you can go for a red lipstick and get that Hollywood glamour feel to the look by adding a bit of lip gloss. Your eyes only need a line just on your upper lashes with a couple strokes of mascara to finish your eyes.

Mascara tips for flutter-worthy Lashes!

- Always apply mascara after curling your lashes.
- Remove the excess product from the tip of your mascara wand onto a tissue before applying.
- Always apply a couple of coats of thin mascara, rather than one thick coat.
- When applying mascara, place the wand as close as you can and "wiggle" it along the length of your lashes.
- Having trouble getting mascara to the base of your lashes? Try using a flat brush with a little mascara product painted on it instead.

If you find your mascara is sticking your lashes together, brush them quickly while they're still wet. Make sure you do this before the second coat.

Treat yourself to our Mayerling Deep Cleansing facial treatment for only 18,270 yen and you will receive absolutely FREE

Eyebrow wax	3,675 yen	FREE		
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Total value	24,150 yen	Your Price	18,270 yen	

Special offer expires November 15th

Receive a complimentary range of Guinot sample products including a milk cleanser, a gentle exfoliant, a wonderful hydrating mask and eye crème.

This offer is only available with Tracey Khoo and is valid until 15th November 2008. Only 20 spaces available. BOOK NOW! Phone: 3478-5898. <http://www.boudoirtokyo.com>

World Amity Games

A local non-profit organisation, Club Tom (<http://clubtom.web.fc2.com>), will host its first World Amity Games volleyball match on 15 February 2009. They are seeking an Australian team to participate in the match.

Club Tom's volleyball activities encourage participation in healthy lifestyles and promote cultural and sporting exchanges among Minato-ku residents. They plan to hold the event a number of times over a number of years and to include other sports in the program in future years. An aim is to promote Minato-ku internationally as a city of sport.

For their first event they are seeking teams from 12-16 countries to participate.

In detail:

Date: 15 February 2009

Venue: A venue within Minato-ku, yet to be confirmed

Teams: 12-16 teams from 12-16 countries

Fee: Either free or few thousand yen per team to cover insurance, etc. Each team is to bring a souvenir from their country to exchange with the competing team.

Rules: Basically follow the international rule set by FIVB, however some special rules are to be implemented to boost the event:

1. Mixed team and up to 20 members can be registered to a team. No regulation on the ratio of male to female, however it is essential to have at least one of each gender on court at all times.
2. No limitation to the number of member changes.
3. *Liberos* limited to 2 players.
4. Net height 225cm, ball size 5.

If you are an interested volleyballer please contact Kerstin Weber at the Australian Embassy at kerstin.weber@dfat.gov.au.



Fantastic food. Wonderful wines. High-action bidding.

Recognized as Tokyo's premier event for connoisseurs, some 300 members of the community will gather in support of Tokyo English Life Line (TELL) at the Canadian Embassy on Friday, November 7 for the 13th Annual TELL Connoisseurs' Evening.

TELL is delighted to welcome back Dean & DeLuca and their lavish buffet that never fails to impress. Guests will enjoy over 25 wines from all over the world with thanks to Tokyo's best wine distributors.

The highlight of the Connoisseurs' Evening is of course the live bidding. Make sure you check out the latest live auction line up in the pages at <http://www.telljp.com>.

Doors open at 5:30pm

Live bidding commences at 7:00pm

Event closes at 9:00pm

Dress code: Elegant Casual

Tickets are 13,000 yen and by reservation only.

More details at their website: <http://www.telljp.com/>

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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Melbourne Cup



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