



## In Brief



If you have any feedback, or would like to contribute material, please email [editor@australiasocietytokyo.com](mailto: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?

### Morning Coffee

**Next:** Thursday September 7th 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](mailto:annacock@hotmail.com)

Future Dates for Morning Coffee:

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](mailto: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.

**Melbourne Cup** – Tuesday 7 November at the Grand Hyatt

## Welcome to New Members

The Australia Society extends a warm welcome to new members:

Iona Macnab & Tadasu Torii  
Michael & Michelle Fenton  
Katherine Henzell  
Michiyo Shioi  
Tracey Taylor  
Kuniko Noguchi  
Jason Dibbin

Shigeto Sagawa  
Steve Liston  
David Marriott  
Deanne Green  
Gavin & Kim Herrmann  
Shirley Johnson  
Ruth Minaki

Robert Quinlivan - President

## From the President

(Robert Quinlivan)



This summer we've had the excitement and disappointment of the World Cup followed by an extended rainy season. However, the crickets have recently started their characteristic "min min" calls and I assume some warmer and drier weather is not far away.

This month we feature profiles on some of our past and present committee members. These profiles remind us all that we have an interesting and energetic group of people on the Committee whose volunteer efforts make our lives in Tokyo more enjoyable. I would like to encourage you to come along to the next function to meet some interesting people and think about getting involved yourself.

At this time of year, the streets of Tokyo (in particular in Roppongi) are taken over by an unusual phenomenon – the summer bachelor. Many wives and families depart for home countries leaving abandoned chaps to fend for themselves. Speaking of my own experience, the first week or so was characterized by a burst of late nights and golf. This was followed by a recovery period before a final burst to the finish (and the family pickup at Narita). During this time the refrigerator becomes very bare, the diet deteriorates and things generally get out of kilter. Just before the train is about to go off the rails, the family returns and order is (somewhat) returned.

Now is also the time of year when we typically see new arrivals in Tokyo. Thinking back to how it felt when I first arrived in Tokyo, I recall that I was overwhelmed at how friendly people were and how quickly I met people. So as you meet new arrivals – in the coffee shop, at school, or in the pub – make them feel welcome. And for Antipodeans, let them know that the Australia Society is a great way to meet new people and have some fun.

Rob

## Fun in the Past

### June Eat and Meet

(Michael Marlay)

Our Eat and Meet dinner in June was a fantastic night for wine lovers and novices alike. Held at one of the coolest new concepts in Tokyo, Bisty's Wine Bar at Omotesando Hills, those in attendance indulged in some of the 100 or so wines by the glass on offer.



Leading the charge, as one must, I had the pleasure of discovering around 20 or more personally and still managed to walk out unaided. This was thanks to the choices in pours available from the specially imported wine keepers, which allow you to taste as little as 20 mls at a time.....serious fun once you work out how it all works.

As one of the first groups that the bar has catered for, the Chef pulled out all stops and even tossed in a couple of surprises that we did not expect - a great piece of Japanese beef and a sensational soufflé to finish. To date one of our best value deals.

Our next event will be American inspired at the newly opened Beacon Urban Steak and Chop House on Friday August 27. If you are interested let me know soon at [eatmeet@australiasocietytokyo.com](mailto:eatmeet@australiasocietytokyo.com).

## Committee Profiles

(David Taylor)

The recent Annual General Meeting saw a change of President and Vice President and a few new Committee personnel in addition to those who had joined through the year. Because the AGM was (as usual) poorly attended, the newsletter editors thought it may be worthwhile to introduce the Committee to the members. For the next few months we will run brief profiles of those who are behind all the events we all love to attend and the regular communications we receive telling us what is going on.

Before introducing our first bunch of intelligent, attractive, erudite people I would like to encourage all members to consider putting themselves up for Committee places when vacancies occur, or at the next AGM. The work is neither onerous nor tedious (it's a social organisation, for Pete's sake!) and it is a great way to meet people (not all expats) and get to know Tokyo. If you don't want to sit on the Committee just put your hand up for helping out at the many events during the year. For this you can log on to the website and include in your profile what you are happy to do. Also, if you have any suggestions for what the Society should become involved with, GET IN TOUCH. Anyhow, shameless promotion aside, here are the first of the Committee bunch.

### Kate Rudolf



Kate is the talent and brain behind our wonderful website. In the matter of a few months she has transformed it into the wonderful e-space you see now at <http://www.australiasocietytokyo.com>. She is continually improving its usefulness and usability so check it out on a regular basis.

#### **What is your background and what brings you to Tokyo?**

I grew up in Melbourne before moving to Sydney and then Tokyo with my husband, Dan (we were recently married in Italy). Former lives include: Engineer, Management Consultant, Fit Model, Brand/Product Planner. We've been in Tokyo for 12 months now. We came here when Dan was transferred with his work.

How long on the committee?

About 9 months now.

Why is Tokyo a great place to live?

I think the people I've met here have really made Tokyo a lot of fun for me. There are so many things to do and ways to get involved and meet people. I've made some really great friends here and that's helped make Tokyo very enjoyable.

Your favorite thing to do here?

Hmmm... this will sound really boring but I just like hanging out with friends at dinner parties, restaurants/bars etc. Traveling is also great from Tokyo – there are so many fantastic destinations close by and it's so much cheaper than from Aus!

The best Aus Soc function you've attended so far?

Definitely the Ball. I helped out on the Ball committee and it was great to enjoy the night after being involved in putting it all together. I'd definitely encourage our members to get involved if they can – it's much more fun to be involved than to simply attend.

Anything else you think the membership should or might want to know (past or present criminal history, unusual habits, nervous ticks etc)

Nope.

## Michael Marlay

Michael is our new Vice President and a familiar name to members as being the organizer of the regular Eat and Meet evenings.

What is your background and what brings you to Tokyo?

Born in Orange, which is apparently a very cold place in central New South Wales (actually I have only ever driven through it twice...neither time at less than the speed of light), but am proudly a Queenslander, from the Sunshine Coast and Palm Cove. Since 1992 I have lived and worked throughout Asia and came to Japan in 1998 to open the Hilton Otaru in Hokkaido, moving with them to Nagoya before giving up the hotel game to work at the Tokyo American Club four years ago.

My wife Joanne is also Australian and we have two kids, Bree (10) and Chris (8) with one more on the way in January.



How long on the committee?

This is my third year on the committee

Why is Tokyo a great place to live?

I see Tokyo as 23 different cities in one, every ward has its own character, which is unique in a world capital populated by over 10 million people. The city is incredibly safe by world standards and is the perfect place to bring up a young family with great education available to all ages. And finally the food and wine scene, which is my passion. Tokyo is really yet to explode in the same way the London, Paris and New York have, but I will be here and part of it when it does.

Your favorite thing to do here?

In Tokyo, cycling and trying new restaurants. In Japan, hiking, skiing and camping.

The best Aus Soc function you've attended so far?

The ball two years ago, the entertainment was excellent and it was a real ball.

Anything else you think the membership should or might want to know (past or present criminal history, unusual habits, nervous ticks etc)

In 2010 when we open the ten new outlets at the new Tokyo American Club & I would have opened my 100<sup>th</sup> new concept....and then it may be time to retire!

## Craig Saphin

Craig is only a recent addition to the Committee but has already had a great impact on the Newsletter for which he is Editor. If anyone has any suggestions for what they would like to see in the newsletter, please drop us an email.



What is your background and what brings you to Tokyo?

I came to Tokyo as a regional sales director for a Silicon Valley based software company, EFI. I sell software solutions to the professional printing market and office colour work group printing market. If you have used a colour copier for printing in an office or at Kinkos you have more than likely used an EFI Fiery in this process. My territory is from India to New Zealand and includes China. My biggest market is Japan and that is why I live in Tokyo. I travel outside Japan about twice per month. I am supported by my ever patient wife of 24 years, Mary. My 2 children have had various times living in Japan but now living, working and studying in Sydney.

I came to Tokyo on a 2 year contract 5 years ago. This is my second assignment in Japan. The first assignment was a 2 year stint more than 12 years ago with Fuji Xerox.

How long on the committee?

I have been a committee member for about 7 months. This occurred after it was determined that editing a newsletter was a value add proposition to which I could contribute and be trusted with low risk of failure and inconvenience to others caused by the frequent travel and physical absence from Tokyo.

Why is Tokyo a great place to live?

Tokyo is a classy and well organized city that is intense and fast moving. Not having to be reliant on a car is excellent. It has outstanding restaurants and well priced wines from all over the world. Amongst the expat community you are able to meet some very interesting people who are often world leaders in their profession. There are always more art exhibitions to see than time available.

Your favorite thing to do here?

Getting together with friends and staying in an Onsen close to Tokyo is about as good as it gets. The Onsen experience can be very uplifting. From a food perspective I think the bread shops in Tokyo can be amongst the finest – just don't think too much about the price and you will be fine. Of course traditional Japanese food is excellent and often well priced. The science of ramen and soba is serious stuff in this city.

The best Aus Soc function you've attended so far?

Anything that coincides with when I am in town.

Anything else you think the membership should or might want to know (past or present criminal history, unusual habits, nervous ticks etc)

Running or cycling through the streets of Tokyo early in the morning can be a special experience. The air is at its best, the streets are relatively empty and amusing remnants of the previous night's activities can be seen. In winter this will be before sunrise and a bit cool but in Spring or Autumn it is in full light and perfect temperatures.

## (ex)Member Profile: Julie and Evan Armstrong



This month, by way of a change, we catch up with a recently departed member (departed from these shores rather than this mortal coil).

Julie and Evan Armstrong left Tokyo in January this year after two years in Japan. They were both very active members of the Australia Society and ANZCCJ. Indeed, during their time here there was probably no Australia-related function at which Julie and Evan were not present. They have been back in Melbourne town for five months now and Julie has kindly answered a few questions about their time here and how they have found the move home.

**While a good few in The Society know you pretty well, could you just give us a rundown of how you came to be in Tokyo. Was this your first move overseas?**

This was our first off shore appointment, so we were full of anticipation. Evan was appointed Country Head of Japan for the National Australia Bank.

We have three boys and at the time of the appointment two had finished school, and Scott was in Year 8. The time seemed to be right, and we couldn't think of one good reason not to go.

One of our biggest fears was moving out of our house. We had lived there for nearly thirty years and never moved. We have a four car garage which we could not get one car into due to all the stuff in it. The mere thought of moving was daunting! That was probably the most stressful aspect of the appointment.

Evan left for Japan at the end of November 2003, I wanted to stay and have Christmas with the boys.

That first month Evan was in Tokyo alone was pretty hard. He was the only westerner in the office and found it difficult with no one to share a joke with or talk footy or cricket to. I was getting pretty worried about him until I got a phone call one morning. He had been out with some mates who were in town from HK. They went out to Andy's Bar and he had a great night: he assured me we were going to love it. It was definitely the turning point.

The working environment was challenging, but a great experience as well.

**When you left Melbourne, what were your expectations for your time in Tokyo?**

We were always keen for a move to Asia. We had traveled throughout South East Asia extensively, but never to Japan. It was probably the last place, had the choice been ours.

We had very low expectations, our main concerns were the language, and we were worried we would not like the food or be able to obtain western style foods.

The communication barrier was a big concern as we had experienced difficulties in our "look see" trip a couple of months ahead of moving to Tokyo.

**How did the reality measure up to the expectations?**

As you can see our expectations were very low, so the only place to go was up. The first three months were quite hard. The adjustment to living away from family and friends and everything familiar was huge.

We did know one couple who lived in Tokyo, they had been living there for six years and were well established, and after the obligatory dinner party, they left us to fend for ourselves. It took us about three months to feel like we fitted in. As soon as we started to make some friends, we never looked back.

I had not expected the culture to be so rich and diverse. We used to love to get up on a Sunday mornings and head off to the Shrine sales and buy some unique treasures. Camberwell Market just does not cut it!

I never thought I would get excited about Cherry Blossom or Meiji Shrine, but we grew to love everything about Japan. We loved apartment living and it was great living in Hiroo. We had lots of friends nearby and didn't have to go too far to find someone to have a drink with.

**Did you get into learning the language while you were here? If you didn't, why, and if you did, how did you go?**

The Bank had arranged for us to have 10 lessons each. I had my first lesson and decided there and then that I was here for a good time and not a long time, so couldn't see the use. Evan had his 10 and my 9, and got the basic restaurant, taxi and shopping Japanese happening. I got the basics from him and a book I had bought. Scott was the hero in the language department, he persevered and kept it up and did very well. He is continuing to study Japanese at Xavier.

**You were both really active within the Society and the expat community in general. Were you always such great party animals, or did being away from home melt away your inhibitions?**

We have always worked hard and played hard and would never say no to a drink and a party.

Our involvement with both Oz Society & ANZCCJ was most enjoyable and in fact the first function that we attended courtesy of Tony Justo (Allied Pickford) was the ANZCCJ "Shinnenkai" which was attended by a host of OZ Society members. That was pretty much the turning point socially for us as we met so many people in similar situations to us, we started to get out and about a lot more and things developed from there.

We really enjoyed our involvements, without them we are sure that Tokyo would not have been anywhere near such good fun.

**What did you think were the best aspects of living in Tokyo and Japan? What do you miss most now that you are home?**

There are not many things that we didn't love about Tokyo. First and foremost, I absolutely loved the excitement and energy of the City. Roppongi, Ginza, Shibuya, I never got sick of it. The Clubs in Roppongi are the best! Abbey Road, B's, Andy's Bar, Castillo's & even Tony Roma's etc. I could go on and on, where else in the world would you experience night life like that? I loved being in the crowds and watching the people and probably the best thing of all was feeling so safe.

But without a doubt, the best thing about Tokyo was the fabulous friends we met. It was always great to have a few beers with our local mates on Sunday afternoons and Andy's Bar has the best atmosphere ever and some wonderful food...boy I am missing that Giant Crab!

Abbey Road was a sanctuary for us and our visitors, the Parrots Band is the best ever Beatles Band, I can't wait to get back there one day.

**Besides the 15 container loads of furniture and Asian curios, what did you take back to Melbourne with you?**



I think we have one of the largest private collections of Riedel Glasses. I can offer you any wine, and I have the perfect glass for it! We have a collection of mementos that we collected during our travels around Japan they are really nice to have at home to remind us of the places that we enjoyed visiting.

**What aspects of life in Japan/Tokyo don't you miss?**

Definitely the smelly and crowded trains, traffic jams and the summer humidity. It is fantastic to be able to get into a taxi and tell them where you want to go and be understood, and get there.

Also, I disliked seeing New Zealand wines beating the OZ in our regular Cross Tasman Wine Tasting Challenges, although I am certain that Ryanne Thomas rigged the votes last time!

**What good advice were you given when you arrived here, and what advice would you give those about to make the move?**

- Definitely the best advice we were given was to get involved in anything and everything.
- I would recommend that everyone try and get a TAC membership with your package.
- Take the opportunity to travel within Japan and see as much as you can.
- Be prepared to spend some money seeing Japan and enjoying the wonderful trips and restaurants and food etc. Socialising in Tokyo can be quite expensive, however you may only have an opportunity to enjoy Japan once, so don't be stingy, spend some money and really enjoy it.
- Making friends with the locals is very fulfilling, they have great senses of humour and whilst we didn't do it enough, the Japanese friends that we made were great fun.

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

I would bring two: Sunday night's at Bond's in Hiroo and the Sunday Brunch at TAC with the bottomless glass of Laurent Perrier. Evan would bring The Asahi Brewery, Andy's Bar and the kuroi buta (pork shu mai) from Mitsukoshi food hall.

**You are coming up to being home for 5 months: how are you and the family doing? How easy/hard has it been settling back home for you and Scott? What are the pros & cons of the move home?**

The first three months were not much fun; I am here to tell you there IS a condition called Reverse Culture Shock!

It felt like a step backwards to move back into the house, but we are feeling better about it as time pass's by.

Obviously very mixed emotions about the move. I felt very sad to leave all my great friends, knowing that we won't see some of them again. It is great to be back with family and friends, but I can't whinge to them, as they do not understand that Tokyo was our home for two years and it was a real wrench leaving. They think we are lucky to be back, so we just smile and shut up. Scott has settled back into school well. There was some adjusting with his curriculum, but on the whole, the transition was easier than expected

**After the huge success of the 2005 Melbourne Cup Lunch, when will Julie be organising the whole event at Flemington?**

We were lucky enough to be in Tokyo for two Melbourne Cup's and they were both brilliant day's. I can honestly say I would rather be in Tokyo than at Flemington. How lucky were we to have bought Makybe Diva both times in the Calcutta??

And the prediction is: it's back to back for the Swan's!!

## Traveling Tales

### Cycling in Eastern Hokkaido

(Craig Saphin)

Talking to most people about Hokkaido quickly turns to skiing, sushi, and the sites in and around Sapporo. The eastern side of Hokkaido does not have high mountains but it does have wonderful lakes, Onsens, wild brown bears (Kuma) and very few people. The cycling trip I organized was conducted the week after golden week which meant everyone had gone back to work and most of the onsens we stayed at were all but empty. The weather was still crisp with plenty of snow on the mountains and some by the road side. Lack of people means few cars and safe riding conditions. Another important fact is that most of the roads in east Hokkaido follow valley floors which means easy riding. Each onsen we stayed at featured excellent Japanese food featuring local delicacies and crab – probably enough crab by the end of the week. From an onsen enthusiasts perspective the water is different in each location and hence brings different health benefits.

Access to East Hokkaido is easy. We took the short flight from Haneda to Kushiro. Kushiro is an easily forgettable light



industrial port town on the central southern coast of Hokkaido Island. An easy 56km ride away is Akanko (Lake Akan) which is famous for its Hokkaido Crane sanctuary. We stayed in the Akan View Hotel - our first onsen for the trip.



Day 2 featured a scenic and easy 80km ride to Abashiri. This beautiful location would probably be a bit grim in winter.



Abashiri is situated on the north coast of Hokkaido – yes in 1.5 days you can easily cycle from south to north of the island. The meaning of grim can be illustrated by the sight of snow drift control devices at the side of the roads as well as the pack ice museum which is prominent in the town. Accommodation was at the Hotel View Park, Lake Abashiri.





Day 3 featured an excellent ride on a 40 km long bike path along the coast line – return trip for some.

Afternoon time it is well worth a trip to the Museum of the



Northern People. This museum celebrates the lives of native peoples from all countries in the northern hemisphere – including the natives of Hokkaido, the Ainu.

Day 4: Heading east to Utoro which is located on the spectacular Shiretoko Peninsular, the most



north easterly part of Hokkaido. The road follows the coast very closely. When you finish the 80km and arrive at Utoro you are rewarded with spectacular views of the bay. Looking north you can see



parts of the islands off the Russian coast. For our onsen this night we stayed at the Dai Ichi Hotel.

Day 5 was spent cycling on the dirt roads in the Shiretoko national Park. The wild life is very tame.



Another feature is the outside hot spring baths. It is quite special sitting up high on the hill looking



north to the Sea of Okhotsk from the cozy position in the bath. Of course this is the home of the Kuma which is the large brown bear. Quite capable of killing a human. Luckily this time we only saw recently deposited feaces which is probably close enough.

Day 6: Utoro to Kawayu was an easy and fast ride – once again 80km. Kawayu means “hot water” and this town has it running through the streets everywhere. The scenery on this leg was also great but we were really looking forward to the lakes on the way and at the end of the ride. Lake Mashu is a crater lake and the bluest of blues. Lake Kissharo is not so elevated but large and tranquil. On this last night we stayed at KKR Kawayu Hotel.



Finally we drove the last distance to Kushiro with very fond memories of a very beautiful part of the world.



Bear Feeding Area – “Do Not Feed the Bears”!

## **(BBQ) Treats From The Kitchen**

(by Tony Scimonello)

### **BBQ prawns with lime mayonnaise**

**Serves 6 prep time 30 minutes**

**Another simple idea for the BBQ, Alternative to the prawns, salmon, swordfish, tuna or snapper fillets will go well with the lime mayonnaise**

**24 prawns,  
Salt & pepper to taste  
Olive oil for greasing  
24 bamboo skewers, soaked in water ( this will help prevent them burning )**

#### **Lime Mayonnaise**

**2 egg yolks  
1 ½ tea spoons lime juice- fresh limes  
¼ tea spoon Dijon mustard  
200 ml olive oil  
Salt & pepper to taste**

- 1. Peel and de-vein prawns,**
- 2. To make mayonnaise, place egg yolks, lime juice & mustard in a food processor and process to combine, With the motor running, gradually add the oil in a thin steady stream until thick, Season with salt & pepper.**
- 3. Thread the prawns length ways onto the skewers, season with salt & pepper.**
- 4. Cook on a well greased bbq 1-2 minutes each side until just cooked, ( I often squeeze fresh lemon juice when cooking seafood on the BBQ.**

**Happy BBQing  
Tones**

## Fitness and Health

(Nathan Schmid)

### Office Workout

Are you too busy to get to the gym before or after work? Well apart from becoming sedentary and out of shape, the likely hood of you becoming injured, stressed and mentally drained will be greatly increased. Regular exercise boosts your metabolism, reduces stress, decreases the risk of work related injuries and increases work productivity!

The good news? You don't have to leave the office and waste valuable time going to and from the gym for an effective workout. Try this 30-40 minute Office Workout- you will never look at your office furniture the same!

### Workout

**Warm up** with stretching and light exercises to elevate the heart rate and get your body ready for some hard work!

**Stair Climbing-** Can't make it outside the office for a run? A great cardio alternative is stair climbing. Walking up and down your office building staircase will work your leg muscles and increase your heart rate at the same time. To increase intensity try taking 2-3 steps at a time. Climb for 15-20 minutes.

### Resistance Circuit

Perform each of the following 5 stations for 30sec moving directly from one station to the next.

1. **Office Squats** Stand in front of your office chair with your feet shoulder-width apart lower yourself by bending your knees as though you're sitting on the chair. Keep your torso upright and weight between the balls of the feet and your heels. When your legs are parallel with the seat of the chair, slowly rise to your original standing position.
2. **Desk Pushups** Place your hands slightly wider than shoulder width apart. Lower your body by bending the arms. Just before the chest touches the desk, push up until arms are extended. Both upper and lower body must be kept straight throughout the movement and the abdominals should be tight.
3. **Core Crunches** Lie on your back and raise your knees to 90 deg. Rest the fingers behind the ears (do not interlock fingers). Keeping your eyes focused on the ceiling initiate the crunch from the sternum. The ab's should be fully contracted just after the shoulder blades leave the floor.
4. **Chair dips** With the palms of your hands on your chair (secured) and feet on the floor, scoot off the edge of your chair. Bend your elbows, lowering your body until your arms are at a 90deg. angle at the elbow then straighten your arms to return to the starting position. Keep your eyes focused forward and the mid section tight and tall.
5. **Twist with Body** Stand in a wide stance with toes turned out to 30deg. Hold you arms in front of you and keep your torso upright. Shift your weight to one side (about 70% body weight) and as you shift, turn your torso so that your shoulders face sideways, but keep you head and eyes focused forward. Return to start position and repeat to other side.

Rest 60-90sec between circuits.

**Warm Down** by walking and stretching the major muscles used.

With your workout taken care of at the office enjoy your free time after work!



# Secrets From The Boudoir

(brought to you by [www.boudoirtokyo.com](http://www.boudoirtokyo.com) )

## 10 summer “fix it`s” By Boudoir Day Spa



### Feet first

**Ouch! factor** - When new or ill fitting sandals rub against the skin, fluid forms, creating blisters. To reduce friction, apply a foot balm to areas such as heels and tops of feet before slipping into your shoes. Too late? Do not pop it! It could lead to infection.

**No chips** - Dab the same color onto the chipped edge only. Once dry, brush with a clear top coat over entire nail to smooth out the color. To avoid noticeable mistakes, try a creamy pink polish for summer.

**Dry cracked heels** - Nothing looks worse in a pair of sexy summer shoes than dry cracked heels, chipped polish or yellow stained toe nails. Twice a week slough sole with a coarse grain foot scrub in the shower. Use a foot pumice to start, and remember to buff the feet when dry, the skin will come off a lot easier.

### Body Fixers

**Sleep tight, don`t let the bugs bite** - Spray insect repellent over all exposed skin and clothes before going outside. If you have a sensitive skin, try a citronella balm. Stay away from perfumes, which can attract more mosquitos!

**Bump and grind** - Banish bikini bumps by using a loofah in the shower or a creme especially formulated to over come ingrown hairs. Alternatively you can wipe some salicylic acid on to a cotton wool pad, and wipe on infected area. Products containing aloe and tea tree will help to sooth irritated skin.

**Burn baby burn** - If you have over done your time in the sun, try to sit in a cool bath to bring your temperature down. Then, slather your body with an aloe gel every 3 to 4 hours to reduce inflammation.

**Two toned skin** - Cover up tan lines with a self tanner to minimize variation. One that contains bronze shimmer will glamour up your skin.

### Face Facts

**Oil slick** - Get rid of an oily T-Zone with the help of loose and pressed powders, but they can also feel heavy on summertime skin. Try an oil reducing serum under your make-up, to prevent spot and blackheads.

**Help I`m melting!** - Keep foundation and make up in place all day by prepping just cleansed skin, with a make up primer instead of a moisturizer, or change your foundation for self tanner on the face, it is a more natural look and easier for the humid weather.

**Unblock pores** - To remove dead skin, dirt and sebum trapped in pores, use a facial scrub 3 times a week. This will also aid with radiance and improve the texture of your skin.

**WIN WIN WIN** at Boudoir Day Spa. A Macintosh Ipod and a full range of Guinot skin care are only some of the prizes we are giving away over the summer months at Boudoir. All you have to do is indulge in our Sexy Summer Make-Over Package, which includes our famous Rescue Remedy Facial, a fantastic Boudoir Signature Pedicure, and either an Eyebrow Wax or Eyelash Tint. All clients who indulge in this beautiful package, will automatically go into the draw for these fantastic prizes which will be drawn at the end of September.

`Sexy Summer Make-Over Package` total value: 26,040 yen  
Your price: 19,950 yen Call NOW - 03-3478 5898

## **B** **O** **I** **D** **O** **I** **R**

# Motoring Matters

(by Mick Lay [www.micklay.com](http://www.micklay.com) )

## To Lease or Not to Lease

In Tokyo for two or three years and not sure whether to buy or lease a car? Of course each person's situation is different. Your best option may be leasing.

The beauty of leasing is that you do not require any funds up front and at the end of the contract you can walk away without having to worry about paper work issues and selling/disposing the car. You can drive a great car for little up front money!

## Great Car... Better Price...



### **BMW X5** **3.0 Le Mans Blue Sport Edition** **Including Exclusive Leather**

Based on 24 month contract

There are two kinds of leases - "Open End" and "Closed End". A key piece of advice is that you ensure your lease is "Closed End". A closed end lease means that as long as you bring the car back within the km's contracted and in good mechanical order and body condition you can walk away. The Open End type means that you have to pay the car out (similar to finance) at the end of the lease. In this case you are at the mercy of the market and lease company. They have the right to claim more money off you if they judge that the car's value has dropped more than they expected. Be sure to always make a closed end lease!

Leases include the tax on the car and you can also ask to have the insurance and maintenance included. Leasing terms are usually for at least one year for secondhand cars and at least two years for new cars.

Rates from about 50,000 yen per month are available. For more information feel free to contact me Mick Lay at tel: 03-3468-0804 or mobile: 090-3805-7141 or the email [cars@micklay.com](mailto:cars@micklay.com) for more details on rates and cars.

Happy Motoring: Mick





## Embassy Update

(from Damian Dunn)

Dear Australian citizens in Japan,

### Japan's weather

You should be aware that Japan is prone to natural disasters, particularly earthquakes and in some months typhoons and (in some locations) mudslides. The Australian Government, through its consular officials, endeavors to assist Australians in emergency situations. This does not, however, diminish the obligation of citizens to prepare for their own welfare. Further preparation information can be found at [http://www.consular.australia.or.jp/pdf/preparing\\_for\\_emergencies.pdf](http://www.consular.australia.or.jp/pdf/preparing_for_emergencies.pdf)

### Visas

We remind you that the Australian Embassy, Tokyo cannot advise on visa requirements for other countries, including Japan. For advice on visas necessary for entry to other countries, please contact the relevant Embassy. For advice on Japanese visas you need to contact a Japanese Immigration office. For a list of Japanese Immigration Offices and contact numbers, please visit <http://www.moj.go.jp/ENGLISH/information/ib-09.html>.

### Passports

For information on renewing your Australian passport in Japan please visit <http://www.consular.australia.or.jp/passports.html>. Please note that from 1 July 2006 the cost of the standard adult passport rose to ¥16,400, while for children and seniors the standard passport fee rose to ¥8,160. The fees for passports and other travel documents rose to reflect the increase in the consumer price index and to offset the cost of increased consular services provided to Australian passport holders overseas.

Damien Dunn  
Vice-Consul  
Australian Embassy  
Tokyo  
T: +81 3 5232 4090



Greetings!

It's time to make reservations for The Tyler Foundation's Sports Extravaganza 2006!

The Sports Dinner is scheduled for September 29th at the Grand Hyatt in Roppongi ([www.grandhyatttokyo.com](http://www.grandhyatttokyo.com)) featuring sporting icons such as Kapil Dev, Chris Cairns, Graeme Pollock, Mike Gatting, Jeremy Guscott, Ray Bright, Jonathan Davies, Clive Rice, Pat Symcox, Joel Stransky and Devon Malcolm. There will be great food, plenty to drink, a Q&A session with the celebs, a professional MC, mini sports contests, an auction and tons of extraordinary draw prizes. This is simply not to be missed!! Seating is limited so, first come first served. To sign up, click [HERE](#).

And, while you are at it, sign up for the Celebrity Golf Day scheduled for September 30th at Seve Ballesteros Golf Club ([www.seve-gc.com](http://www.seve-gc.com)). There will be great prizes and a chance to meet, and maybe play with, the celebrities on this spectacular course near Narita. To sign up, click [HERE](#).

Why not watch cricket from the luxury of a hospitality marquee on October 1<sup>st</sup> at YC&AC ([www.ycac.or.jp](http://www.ycac.or.jp)). Sit in comfort, sip on Pimms or the beverage of your choice and enjoy snacks throughout the day. Don't be surprised if a cricketer great stops in to say hello at some point! Want to know more about buying a marquee? Click [HERE](#).

We thought that for some of you, just watching the Celebrity Cricket match might not be quite satisfying enough. So...have we got a surprise for you! TWO spots are available for auction!!! Click [HERE](#) for more details.

For more information on the Sports Extravaganza 2006, see [http://www.tylershineon.org/index.php/events/sports\\_extravaganza](http://www.tylershineon.org/index.php/events/sports_extravaganza)

We appreciate the generous contributions of our sponsors including One to One Japan, All Nippon Airways, Air New Zealand, Air India, British Airways, BZdesign, Dagmusic, Fujimamas Restaurant Tokyo, Grand Hyatt Tokyo, Hertz, Infinity Diamond, South African Airways, JRA, Laver & Wood, Maxxium Worldwide, Strata Works KK, Professional Cricketers' Association, South African Tourism, Hotel Okura, Amway, Coca-Cola, National Semiconductor Japan, Nichiai KK, Virgin Atlantic, United Airlines, COSTCO, souzouzone, Surridge Sport, Intralink Limited and Callaway Golf. If you or your company is interested in sponsorship opportunities, please contact [kim@tylershineon.org](mailto:kim@tylershineon.org)

On behalf of the Tyler Foundation, we look forward to seeing you at our events!!

Shine on!

Kim Forsythe ([kim@tylershineon.org](mailto:kim@tylershineon.org)) / Mark Ferris ([mark@tylershineon.org](mailto:mark@tylershineon.org))

To learn more about The Tyler Foundation, please see [www.tylershineon.org](http://www.tylershineon.org)

To learn more about the Sports Extravaganza, see [www.tylershineon.org/index.php/events/sports\\_extravaganza](http://www.tylershineon.org/index.php/events/sports_extravaganza)



## *The Australia Society Monthly Coffee Morning*

This event is a forum for making friends and welcoming new arrivals to Tokyo

Date: Thursday September 7

Time: 10.00am to 12.00noon

Place: **OAKWOOD RESIDENCE ROPPONGI T-CUBE**  
Level 22, 3-1-1 Roppongi, Minato-ku,  
Tokyo 106-0032 TEL 03-6229-3131

Map / See overleaf  
Directions:

Please rsvp to Anna Cock : [annacock@hotmail.com](mailto:annacock@hotmail.com)

This event is proudly sponsored by



*The Most Trusted Name in  
Serviced Apartments Worldwide.<sup>SM</sup>*



## Directions:

### ❖ BY TAXI

Up on leaving the ANA Hotel, turn left, and then proceed up “Roppongi Dori” in the direction of Roppongi. At the second set of traffic lights, turn left to access the Roppongi Prince Hotel Street. (Follow the sign to the hotel on corner) Our residence is located in the Samsung Roppongi T-Cube building, with the drive way and main 3<sup>rd</sup> floor entrance diagonally opposite and up the hill from the Roppongi Prince Hotel drive way. The taxi fare is JYP660 (approx.)

### ❖ BY SUBWAY

The residence is located on the Tokyo Metro Namboku line, directly above the Roppongi 1-chome station. On exiting the station, turn right, then head up the first set of elevators. At the first landing, turn right, then walk along the corridor to the “Samsung Roppongi T-Cube” building towards exit #1. Just before you enter the T-Cube building proper, and to the left of the first set of sliding glass doors, is the 1<sup>st</sup> floor entrance to the residence. Walk in, and then to the left before the second sliding glass doors, is an intercom that connects to our reception. Press “100 CALL” to be connected to the front desk and then ask to be let in. Walk along the corridor to the express elevator and proceed to the 22<sup>nd</sup> floor.

## Map



## Our Sponsors

The Australia Society Tokyo relies on the support of its members and sponsors to run successful events. We would like to take this opportunity to acknowledge our sponsors:

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Australia Illustrator

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