

# THE AUSTRALIA SOCIETY TOKYO



australiasocietytokyo.com

February 2009 – Volume 31



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

## ***Coffee Morning***

Date: Thursday 26<sup>th</sup> February

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.

## ***Upcoming Events***

The Committee is in the process of setting out the calendar of events for the rest of the year. Please see the President's Report below for an outline of what looks to be a fairly busy schedule which offers something for all members.

## President's Report

Wasn't Jellybean Jam great and didn't Roger and his team at the Grand Hyatt serve up a great meal for this year's Ball? Some 320 members and friends experienced our Red Carpet Affair first hand and helped us raise an estimated Y5 million for our charities, Fukudenkai and The Limelight Foundation, who will definitely welcome these funds in these challenging economic times.

Kerry and the team at Keyshots did a great job with photos at the Ball. These are now available for purchase at these two web addresses:

[http://keyshots.smugmug.com/gallery/7254143\\_XoXaX#465380091\\_6j9oU](http://keyshots.smugmug.com/gallery/7254143_XoXaX#465380091_6j9oU)

[http://keyshots.smugmug.com/gallery/7234724\\_iCjDE#464858643\\_VA2xt](http://keyshots.smugmug.com/gallery/7234724_iCjDE#464858643_VA2xt)

Plans are well underway already for next year's Australia Day Ball, so save the date now on Friday January 29<sup>th</sup>, 2010....and perhaps make a note to take the day off on the Saturday this time. So you do not end up having to front up to the office the next morning after the Ball like yours truly.

Spring is just around the corner and the Committee is planning our next events as this issue of the Newsletter goes to press. Some dates are still tentative and will be on the web site as soon as they are confirmed, but for now here is what we have planned throughout 2009:

### February

Coffee Morning at the Oakwood Residence, T-Cube – February 26<sup>th</sup>

### March

Cherry Blossom viewing – April 4<sup>th</sup> or 5<sup>th</sup>

Spring Family BBQ – April 26<sup>th</sup>

### May

Coco Farm Winery "Vineyards Week" – May 4<sup>th</sup>

AGM / Committee Thank You Party – May 29<sup>th</sup>

### June

Family Camping Weekend – TBA

State of Origin, Embassy Bar – June 3, June 24 & July 15

### September

Adult BBQ - September 12<sup>th</sup> or 13<sup>th</sup>

AFL Grand Final, Embassy Bar – September 26<sup>th</sup>

### October

NRL Grand Final, Embassy Bar – October 4<sup>th</sup>

Australia Wine Sale – October 23<sup>rd</sup>

### November

Melbourne Cup – November 3<sup>rd</sup>

### December

Kids Christmas Party – December 6<sup>th</sup>

If you have any ideas or suggestions for other events in 2009 that you would like to see us hosting, please send me a note directly at [president@australiasocietytokyo.com](mailto:president@australiasocietytokyo.com).

Cheers

Michael Marlay

## From the Editor

Don't you love it when the days start getting longer, the ume blossom appears and vegetation is budding and shooting up through the ground?

This will be the last of our traditional newsletters as we are moving to a more webpage-based communication with the membership. We will still be providing an ongoing calendar of events, articles and snippets of information which you may find useful, but we have found that being tied to a monthly edition (or thereabouts) means we sometimes miss the boat with respect to information which may come in handy. We hope this restructuring will keep you informed in a timelier manner. Notices of additions to the website will become more regular, but hopefully not so regular to become annoying.

Kristen, our webmaster, has added more features to the website so that it easier for you to check out our events calendar; our ongoing photo album to which you can upload; news and notices, and special offers sometimes provided to members only. We now also have a classified section for members where you can post For Free, For Sale or Wanted notices: just log in and you can view, add and respond to ads. If you have anything to sell, give away or request, please do post a note to the new section.

The new layout and newsletter style are works in progress and your input and suggestions are vital to their success. Please use it and let us know what you think.

This month Kristen (yes, the same Kristen) introduces us to the joys of Hoop Dancing, the Australia Day Gala Ball is reviewed and the Embassy has some information which may be useful to Australians living in Japan.

And while you're online upload those snaps of those Society events you've attended to the photo pool. If you use Flickr log into your account and join the Australia Society Tokyo group at: <http://www.flickr.com/groups/australiasocietytokyo/>. To add a picture to the group pool, go to the photo, click on "Send to Group" and choose Australia Society Tokyo from the list. Or from the group page, click "Add Photos and Video" and select the pictures you want to add.

Also on the topic of photos, if you attended either of the functions below and want some photographs to prove to all and sundry that you were there, go to the accompanied Keyshots webpage and grab some.

*2008 Melbourne Cup:*

[http://keyshots.smugmug.com/gallery/6478388\\_u3BQJ#411192947\\_aBzuj](http://keyshots.smugmug.com/gallery/6478388_u3BQJ#411192947_aBzuj)

*2008 Australia Society Children's Christmas Party:*

[http://keyshots.smugmug.com/gallery/6757995\\_vwQ2b#431814657\\_d5H7K](http://keyshots.smugmug.com/gallery/6757995_vwQ2b#431814657_d5H7K)

Roll on spring.

David Taylor

## Australia Day Gala Ball

By Maria Palmer & Judy Taylor

*Maria Palmer was one of many who donned her posh frock, stuck her hubby in a penguin suit and danced the night away. Judy Taylor, one of the principal organisers, was finally able to relax(ish) and enjoy the evening. Here is their combined report.*

The Society's premier event – the Australia Day Gala Ball – was held this year on the 30<sup>th</sup> January, at the Grand Hyatt, Roppongi Hills. It was billed as a 'Red Carpet' affair, and we were all left feeling like paparazzied movie-stars with Hollywood backdrops, camera flashes popping, glamorous gowns and even a red carpet moment as you entered the ballroom. Thankfully, Joan Rivers was not waiting at the end of the red carpet to cast barbs at those of us who are more fashion-challenged than fashionistas. Instead we headed to our tables, champagne already waiting for the first toast.



Our Master of Ceremonies for the night was Justin Sampson. Once he quieted the noisy rabble the National Anthem was lead by Mr. Allan McKinnon, Charge d'Affaires at the Embassy. Justin kept us all on schedule through the night and did a superb job as a larger-than-life auctioneer for the live auctions. Notwithstanding the economic gloom he encouraged the audience to dig deep and coaxed some very generous bids for our two charities: the Limelight Foundation and Fukudenkai. A heartfelt thank you to those who contributed to our charities whether it was through the silent auction, raffles or live auction. The funds are even more urgently needed with the economic downturn.



Michael Marlay, the President of the Society, welcomed attendees and thanked all sponsors. All Platinum sponsors were brought up on stage and presented with bottles of wine as a thank you for their support.

During our meal, which was particularly good (most especially the chocolate cake), we were entertained by Deanne, Hoop Dancer extraordinaire, who performed a hoop dance with a flaming hoop:

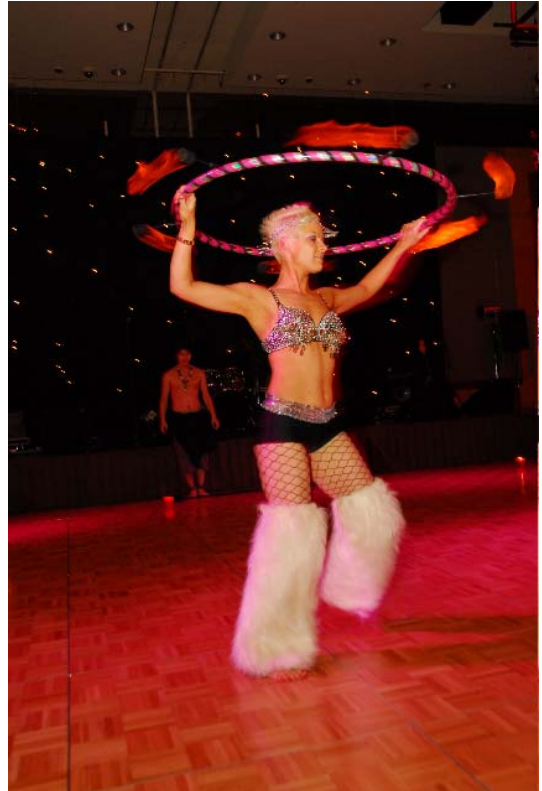
live fire that is. The performance almost didn't go ahead as the hotel staff was somewhat perturbed that fire was to be lit outside an approved fireplace. After a bit of haggling by one of the Committee the show was allowed to go on. Deanne amazed us all with her skills and huge furry leg warmers and while managing not to set the ballroom on fire, the soothing sound of alarm bells was heard through the hotel, which did not impress some of the staff.

The band for the night, flown in especially from Australia, was Jellybean Jam. Some serious, and some not so serious jiving, jumping and jigging ensued. By now the high-heeled shoes were piled by the side of the dance floor. All the Aussie classics were wheeled out and the dance floor went berserk.

Congratulations to the Ball Committee for putting on another Ball to remember. A huge effort was put into making the night so enjoyable for us all. Also, an enormous thank you to all sponsors who supported the event.

If you would like to see the photos from this event, such as the ones appearing here, they are available for sale through the Keyshots website at the following addresses:

[http://keyshots.smugmug.com/gallery/7254143\\_XoXaX#465380091\\_6j9oU](http://keyshots.smugmug.com/gallery/7254143_XoXaX#465380091_6j9oU)  
[http://keyshots.smugmug.com/gallery/7234724\\_iCjDE#464858643\\_VA2xt](http://keyshots.smugmug.com/gallery/7234724_iCjDE#464858643_VA2xt)



**This Year's Platinum Sponsors:**



## Happy Hooping

By Kristen McQuillin

Hoop dancing, grooving to a beat while whipping a hula-hoop around your body, has become the hot new thing at gyms, clubs, and parks around Tokyo. At the Australia Day Gala Ball, we had a fiery display of the art when Deanne and Shion, Tokyo-resident Australians, mesmerized the audience with flames and dance. Deanne shares her love of the hoop through her hoop group, Hooplovers. She organises classes, performances, and get-togethers all over Tokyo.



*Deanne and Shion light up the dance floor at the Ball.  
Photo by Keyshots.com K.K*



*Tracey Northcott spins it up in Shinjuku*

Earlier this month, our Australia Day Gala Ball chairwoman Anna Ruepert took her first hoop dance class and said, “It was awesome - we had an absolute ball. All 3 of us bought hoops. I can sooooo see the potential for addiction!” Vanessa Thompson, who also took the class, updated her Facebook status to “I hula-hooped so much that it hurts to laugh.” That is a lot of hooping!

Hooping is great exercise, burning up to 600 calories an hour, and strengthening your core while sculpting arms, waist and hips. It can be as gentle or as fierce as you like, so it’s suitable for everyone. At one Hooplovers class, two generations of the Northcott family attended: AST past President Tracey and her mother, Barbara. Barbara recalled hula-hooping tricks learned as a teen, while Tracey rocked her club dance moves.

### Hoop Playtime

#### Yoyogi Park Hoop Jam

Sunday afternoons in good weather.

#### Hooplovers

<http://www.hooplovers.com> (E)

#### Hoop Dance Japan

<http://hoopdancejapan.com> (J)

#### HoopTokyo

<http://www.hooptokyo.com> (J/E)

#### SaFire Dance Online

<http://safiredance.ning.com>

#### Hoopnotica DVD

<http://www.hoopnotica.com>

#### Hoop Girl DVD

<http://www.hoopgirl.com>

### Hoop Shopping

Tokyu Hands. ¥2500 – ¥9000

Hoop Dance Japan. ¥2600 - ¥5200

Hoop Tokyo. ¥3900 – ¥7900



*Hoop Jam at Yoyogi Park*

Hooping has taken over my life. I took my first hoop dance class with Deanne on August 20th, and I was soon hooping daily. Now I teach classes on Mondays at Shu Sanctuary and schedule hoop jams at Yoyogi Park. I've never been very athletic, graceful, or meditative but with the hoop I have attained a bit of each of those qualities. And I like it!

## From the Embassy

By Bill Jackson PSM, Australian Embassy Tokyo

### Citizenship by Descent Change

The Department of Immigration and Citizenship (DIAC) has requested that Australians living in Japan be notified of the following important change to citizenship registration:

- For applications lodged at the Australian Embassy Tokyo office on or after 1 March 2009, Citizenship by Descent can be registered only in the current legal name of the applicant.
- For children born in Japan, this is the name which appears on the applicant's official birth document. No change of name by statutory declaration (e.g. adding a middle name or taking on the Australian parent's surname) is permitted.

Any enquiries from clients about this change should be directed to the Australian Embassy Tokyo Department of Immigration and Citizenship office as follows:

Ph: 03 5232 4111 (9am-12pm)

Fax: 03 5232 4173

Email: [immigration.tokyo@dfat.gov.au](mailto:immigration.tokyo@dfat.gov.au)

For more information on how to apply, please see the Department of Immigration and Citizenship website: <http://www.dima.australia.or.jp/english/>

### Social Security Agreement with Japan

A new Social Security Agreement between Australia and Japan came into effect on 1 January 2009. It allows eligible people who live in either country to claim pension entitlements from both Australia and Japan.

For further information, please contact Centrelink via the following methods:

- Telephone from Japan: +61-3-6222-3455. Centrelink advise on their website that they will accept reverse charge calls to this number.
- Email: [international.services@centrelink.gov.au](mailto:international.services@centrelink.gov.au)
- Fax from Japan: +61-3-6222-2799
- Postal Address: GPO Box 273, Hobart TAS 7001, Australia

Further information can be found on the following Centrelink website:

[http://www.centrelink.gov.au/internet/internet.nsf/MultiFilestores/aia\\_japan0901/\\$File/int033\\_0901en.pdf](http://www.centrelink.gov.au/internet/internet.nsf/MultiFilestores/aia_japan0901/$File/int033_0901en.pdf).

The press release regarding the agreement issued by the Australian Government can be found on the Embassy's website at: <http://www.australia.or.jp/english/seifu/pressreleases/?pid=TK1/2009>.

Please note that Consular officers are not qualified to offer advice on this agreement. Please contact Centrelink for further information.

### New visa procedures for Australians travelling to the USA

An Electronic System for Travel Authorization (ESTA) has been put in place for citizens of visa-waiver countries (including Australia and Japan) who travel to the US. This became mandatory from 12 January 2009. All travellers from visa-waiver countries will be required to obtain an ESTA approval prior to boarding a ship or plane to the US.

The Australian Government put out a media release regarding the program on 7 January 2009.

Please note the following link: [http://www.dfat.gov.au/media/releases/department/d001\\_09.html](http://www.dfat.gov.au/media/releases/department/d001_09.html)

ESTA is an online system administered by the US Government which determines whether a visitor

is eligible to travel to the US under the visa waiver program. The website is located at <https://esta.cbp.dhs.gov/> and there is no charge to complete the application. Travellers without ESTA approval after 12 January may be denied boarding or denied entry at a US port of entry. An approved ESTA is valid for up to two years for multiple-entry visits to the US.

More information can be found on the US Embassy's website at: <http://japan.usembassy.gov/e/p/tp-20090102-71.html>

### **Japanese law regarding carrying knives in public**

An update has been provided by the Metropolitan Police Department concerning the possession of knives in public. Japan has very strict laws regarding the possession of firearms and other weapons. The Metropolitan Police Department has confirmed that police are authorised to undertake random searches on the street at any time. From 5 January 2009, if a person is found carrying a knife with a blade longer than 5.5cm, and the person does not have a permit, then they may be detained and even arrested or deported if the police warrant that the matter was of a serious enough nature. Detaining could include several hours of interviewing, fingerprinting and photographing. It has already happened to an Australian carrying a Swiss army knife.



*Some of the types of knives police do not want to see carried without permits*

Also remember to visit Australia Web which has all sorts of information, news, and event announcements relevant to Aussies in Japan. There are great links there, too.

<http://www.australia.or.jp/english/>

## From the Boudoir: Spring Clean

By Marilyn Klein, Boudoir

Winter is almost over, so we dream a little lighter, anticipating what's on the horizon - things blooming, layers coming off, moving around more freely. Prepare yourself for some pre-spring restoration and treat your body right.

*Go on a 3-day fruit juice diet* – Three-day juice diets can be beneficial for cleaning out your system and reinforcing good eating habits. Make sure to consume 8 to 10 glasses of water a day. Also eliminate sugar, coffee and alcohol. The best juicing book on the market is Superjuice by Michael Van Staten. Available on amazon.com

*Feet first* – There is one part of the body that people take for granted when it comes to beauty regimes, and that's their feet. A lot of people are guilty of neglect when it comes to these important extremities. We are constantly on our feet, life is fast, and so there is a greater need to take care of your feet. Your feet can get rough and cracked in winter so what better way to revive tired winter feet than with our wonderful Boudoir Signature pedicure. Let our nail technicians give your feet a well deserved pampering and get your toes ready for those sexy spring sandals! The first 15 people to book in for our Signature Pedicure will receive a complimentary 1 hour Signature Manicure and a nail file key ring! Total package ¥8,820.

*Soak in the tub* – After a long day at work, you've either fought through the traffic or the crowded train, you're tired and you just want to sleep. Why not treat your body to an aromatherapy bath. Inhaling specific oils will help you unwind as well as enjoy the benefits of hydrating your skin. Relaxation is something we don't tend to prioritize; yet it's essential for our emotional and physical well being. Aromatherapy oils added to water can send wonderful perfumes wafting through the atmosphere, and by closing your eyes and simply breathing, you derive special benefits. Transform your bathroom into a spa, a sanctuary for yourself where you can think, meditate, reflect on the day and entirely switch off. Try Lavender, Jasmine, Eucalyptus or Cloves and Cinnamon for a spicy kick!

*Move it!* – A simple daily walk for 30 minute a day will do wonders. Strength training just 3 times a week can also help to get your muscles toned and reduce body fat. Spring is here and summer is around the corner so start your exercise regime NOW and you'll be bikini ready for summer. Try finding a personal trainer to advise you on which exercises are suitable for you.

*Revamp yourself for Spring 2009! ¥12,390 worth of FREE beauty products and treatments!*  
When you start noticing that the weathers getting warmer, the birds are singing and flowers are blooming - spring is here! Spring season not only idolizes romance but also joyful spirits. But like every other season, you'll notice changes in your skin. As the temperature rises you'll start to notice your hair and skin becoming a tad greasier. Let Boudoir Day Spa balance your skin and give you that extra special glow this spring. Treat yourself to either our Rescue Remedy booster facial ¥14,910 or our Deep cleansing Mayerling facial ¥18,270.

Plus you will receive for FREE

Shape and paint of hands ¥ 2,205 yen

Shape and paint of feet ¥2,835 yen

Eye brow shape ¥3,675 yen

Plus we will give you a complimentary Guinot Eye Make-up remover valued at ¥3,675.

This offer is valid in March 2009. Only 20 packages available!

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

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

