



In Brief



If you have any feedback, or would like to contribute material, please email editor@australiasocietytokyo.com
This **In Brief** will be emailed to members each month. Details of events can be found on the website.

What's Coming Up?

Morning Coffee – 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

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

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

Diary Dates

Flyers with registration and payment details will be emailed to members and posted to the website.

Mark your diaries now so you don't miss out.
Please check the flyers for the latest information in case there has been a change in details.

Melbourne Cup – Tuesday 7 November at the Grand Hyatt

Welcome to New Members

The Australia Society extends a warm welcome to new members:

Christalla Havadjia
Richard Lane
Andrew & Yumi Perkins
Katrina Needham & Roger Finnie
Scott McQuade
Midori Munakata
Kate & Andy Antonini
Derek Foster
Rael Fassy
Jamie McDonald
Miwako Ito
Anna & Hisao Nishida
Marissa & Katsumi Onoshita
Clinton Mackevicius
Alyson & Masao Yoshida
Alan Bailey

Rachel Steele
Kate Davey & Toby James
Minako Oikawa
Chris Spalding
Rod & Michelle Quin
Garry & Jagoda Turner
Gayle Booth & John Haber
Yasushi & Sayuri Ishitani
Nicole Wilcock & Matthew Harris
Roger Wong
Kristen & Tod McQuillin
Seona Hartford & Damien Breen
Nathan Schmid
Fumiko Ando
Joi Okada
Janette Oliver

Robert Quinlivan - President

From the President

Robert Quinlivan

A damp month of May has passed without dampening any spirits in the Society.

Australia's stunning win in their World Cup opener against Japan was a great result. We look forward to the next games and will keep you posted regarding options to view the games.

The BBQ was held on May 27th and those attending were able to feast on a magnificent spread washed down by plenty of beers and wine. Thanks again to all involved with the night and special thanks to Australian Ambassador Murray McLean for again allowing the Society to have a party in his backyard. See the detailed write-up of the BBQ elsewhere in this edition.

You may not be aware, but 2006 is a special year of exchange between Australia and Japan. The year of exchange commemorates the 30th anniversary of the signing of the 1976 Basic Treaty of Friendship and Cooperation between Australia and Japan. Check out the official website <http://www.yoe.australia.or.jp/english/> for a range of events from boomerang throwing to jazz concerts.

June brings the end of the international school year and with it we say goodbye to some of our friends who are moving on to a new destinations or heading home. To all those members who are leaving Japan, we hope the Society's events have been an enjoyable part of your time in Japan. We wish you well in your travels and hope that you can visit from time to time.

As summer rolls on, we typically go into a bit of a lull in terms of events that are scheduled. This year however, we plan to keep going with the regular sundowners and Eat & Meet nights. Plus the Fuji climb is scheduled for August and preparations are well underway for what promises to be another memorable Melbourne Cup lunch in November.

We aim to provide a range of activities to cater for a broad range of interests, but if there's something that you're interested in that we are not providing - let us know and we'll see what we can do. But for now, let's get out and cheer the Socceroos on!

Rob

Pay Up Or Miss Out!

This newsletter will be the last email communication sent out to members who are yet to pay their 2006/07 dues – so please ensure your membership is up to date to continue receiving news and updates. Please email membership director Anna Cock membership@australiasocietytokyo.com with any queries.

Register Your Membership Online

Thank you to the vast majority of current members who have registered on our website. There are still a few however who are yet to do so, and if that's you please take a couple of minutes to register online <http://www.australiasocietytokyo.com/membership/> and click on "Apply for Membership Online".

Fun In The Past

Annual Australia Society BBQ – 27th May 2006

(Report by: Tracey Northcott Photos by: Kerry Raftis)

As a rule, Australians do not need a reason to eat, drink and be merry. However we at the Australia Society -Tokyo feel it is our duty to provide an evening every May filled with a gourmet BBQ feast, a tasty beverage to wash this down and a relaxed atmosphere with great music. This year was no exception.

This year's BBQ was held on the 27 May in the glorious gardens of the Australian Embassy and what a night it was! New marquees at the embassy ensured that despite the slightly damp weather, everybody enjoyed the outdoor Springtime feast while remaining perfectly dry.

Tony Scimonello and his magnificent team again provided the sumptuous BBQ fare - tables bending under the weight of a myriad of salads, breads, meat, fish and chicken. Something for everybody! Then the desserts of cheesecakes, lamingtons and, of course, pavlovas kept everybody returning to the buffet time and time again.



Like a well-oiled machine, the volunteer BBQ “Tong Toilers” – under the expert supervision of Andrew Holmes and his trusty off-sider Ashley Thredgold - kept the “melt in the mouth” steaks and sausages flowing into the hands of happy guests.

Brad Holmes and partner (the “Hitmen”) kept the Embassy humming with their well-chosen sets of covers and more than a few people were up dancing beside the bandstand.



All of the food, fun and entertainment would not be possible without the hard work of the volunteers from the Australia Society. Cathy Edwards again showed her expertise in ticketing and organization ensuring that many hundreds of people were able to enter the embassy security with minimal fuss. David Taylor, a very welcome addition to the BBQ team, was outstanding in his organization of sponsorship, advertising and the entertainment. Australia Society President, Rob Quinlivan with his calm yet superior organization, kept everybody in check and moving in the right direction throughout the whole lead-up. On the embassy side, Gus Swanton and his set-up team again were amazing with all embassy matters.



The night would also not be possible without the generous support of our sponsors. I would like to formally thank Allied Pickfords, Coca cola Japan, Village Cellars, Boudoir, Hiroo 148, Meat and Livestock (MLA) and Mikami Hair.



Kerry Raftis from Keyshots photography documented the evening with her trusty camera. To view the fun that was had, please visit the Keyshots website.

www.keyshots.smugmug.com/Events

Photos are available for purchase directly from this site.

A huge thank you to everybody who made such fantastic contributions to another successful evening.

p.s. people keep asking why we have the BBQ in May... May is actually one drier months of the year.... Supposedly. Ah well – a bit of rain never hurt anybody and certainly doesn't dampen the Annual Australia Society – Tokyo BBQ. See you next year – rain hail or shine. :-)



Coffee Morning

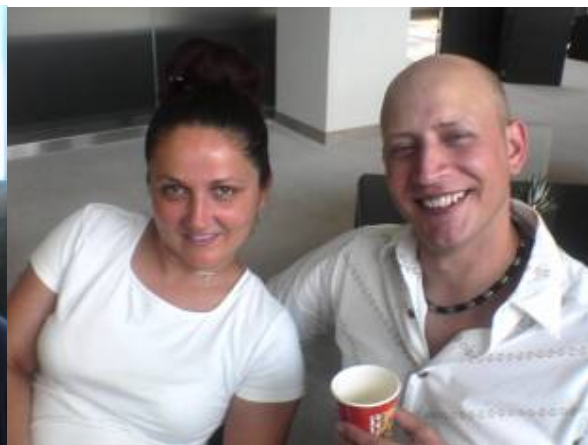
Anna Cock

COFFEE MORNING

Thank you to all who made the June 1 coffee morning at the Oakwood Roppongi T-Cube a success. We welcomed two new members, including Troy Kelly who has just made the move from Brisbane, and journalist Gillian Bennett, whose partner Shane McLeod is the ABC's Tokyo bureau chief. Tracey and Barbara Northcott's Japanese teacher Keiko Maeda was a welcome guest, as was Debbie Sorkin from Sirva Relocation (one of our generous sponsors). We're taking a break over summer, so please note the next coffee morning is on Thursday September 7.



Leanne Oksinski and Gillian Bennett



Tracey Northcott and Ashley Thredgold



Troy Kelly and Barbara Northcott



Troy Kelly, Keiko Maeda and Barbara Northcott

Traveling Tales (a blog by Tracey Northcott)

Shikinejima (Izu Islands) Golden Week 2006

Last year for Golden Week, I went with a large group of friends to Nijjima. We had such a wonderful time I wanted to go camping again but wanted to explore somewhere new. This travel diary is taken from my blog www.keitaigoddess.com and some photos taken with my mobile phone and emailed directly to the site and other photos we posted on Flickr.com under "Ashman"



Packed and loaded for adventure on the Izu Islands



The camping village – comfort for 10

Lots of luggage for just 5 days, but we will be grateful for all the goodies as we will be camping in style as usual! Camping is all about the food... I plan to make damper everyday as well as concoct meals using saffron, cumin, couscous and lentils....

The jetfoil from Takeshiba pier was an easy 2.5 hours and we were driving to the camping ground by a random stranger in a van. A good start considering our entire luggage – when will I ever learn to pack light????

We built a fab little village with many tents, shade cloth lounge room and open kitchen under the trees. Very cosy space for the 10 people in our group. We did have to fight for this space as the campground was packed for the Golden Week holiday.



The morning Vista



The kitchen

The campground was well appointed and the caretaker was extremely friendly and mellow. Clean toilets but no hot showers so we plan to use the sento for a wash every few days. They sell charcoal and firewood and lots of in-built BBQ's cooking. This is the night we had steak, stir-fry veggies and of course damper...



A map of our playground



Exploring the island

This tiny island only has a population of around 600 friendly people who were often waving as we rode our rental bikes around the island. Lots of hills - so I was often seen pushing my bike rather than riding. There are also lots of gorgeous coves to explore and outdoor onsens to bathe...



Rock climbing



A gorgeous cove

Outdoor onsen by the ocean. Orange water! Supposedly good for wounds and internal complaints... hhhmmm – not sure about that but it was very relaxing. These onsens are free and open 24 hours and are slightly different to onsen resorts. You must wear bathers and there is no bath house for washing before you get in. Much better for first time onsen-ers who are nervous about nudity or breaking the formal rules that are strict in an onsen resort.

The shores of all the islands in this region are littered with these enormous concrete tetrapods to help minimize the damage a tsunami will do to the shore. Are these things really necessary? Do they really stop erosion or are they just another excuse for spending tax dollars propping up the Japanese construction industry? Or am I just cynical?



The onsen



Enjoying a soak



Tetrapods guard against Tsunami



Tracey and Ashley

Last day at Shikinejima

Ashley and I saying goodbye to our gorgeous little cove at Shikinejima. We will probably come again as the beaches were stunning and the camping very relaxed. However, we learned on this trip that it is possible to Takkyubin all our gear to and from these islands so no more pack-horse for me!!

Costs:

Jet-Foil* – around ¥8,000 each way

Bike Hire - ¥1,000 per day (expensive)

Camping – FREE!!

Firewood - ¥300 per bundle

Charcoal - ¥1,000 3kg box

Food – Lots of supermarkets selling all the usual items at the usual prices. We brought our own herbs, spices and unusual things like couscous, lentils and tortillas, but we do like to camp in style!!

Sento (For a hot shower) - ¥200

Onsens – FREE!!

The most expensive thing was the bike hire but you can take your own on the ferry for about ¥1,500 each way.

Jetfoil - We didn't want to take the overnight ferry even though it is much cheaper – about half the cost of the jetfoil... life is too short to sit on the deck of a ferry for 10 hours!!

Fuji Climb – Your leadership is required

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

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

(BBQ) Treats From The Kitchen

(by Tony Scimonello)

BBQ Rosemary & Chilli lamb Cutlets

Serves 6, Prep time 15 mins (+ 2 hours marinating time)

125 ml (½) extra virgin olive oil

100gm (1/3 cup) jellied cranberry sauce

1/3 cut fresh rosemary leaves, finely chopped

6 garlic cloves, crushed

4 small fresh chillies deseeded & finely chopped (or chopped dried chillies)

18 lamb cutlets, fat trimmed

olive oil, for greasing

Salt & cracked black pepper, to taste

1.Combine the extra virgin olive oil, cranberry sauce, rosemary, garlic & chilli in a shallow glass or ceramic dish, Add lamb and turn to coat. Coat with plastic wrap and place in fridge for at least 2 hours to marinate.

2.Brush BBQ plate with olive oil and pre heat on medium- high.

Drain lamb, season with salt & pepper, reserve marinade.

3.Cook the lamb on the bbq, basting occasionally with the lamb marinate.

Serve with a simple salad or grilled vegetables



**Happy BBQing
Tones**

Wine From Downunder

(Richard Cohen)

Aussie wines in the Japanese wine landscape

Australian wine doesn't do it easy in Japan. For the last thirty years or so, a plethora of importers have tried their hand at selling Aussie vino here. Results have been patchy and punctuated with jolting starts and stops. The most infamous would be the Austrian anti-freeze-in-wine adulteration scandal of the mid 1980s, which torpedoed amidst a well financed Australian wine advertising program and slowed us down for years. Renewed interest at higher price levels in the early 90s ran into the splintery Australian fashion of making wines using larger than anyone else numbers of new oak barrels. These woody wines were less than popular in Japan's dining establishments and gave birth to a stereotype among sommeliers that still needs to be put to rest.

But the largest obstacle to the spread of Australian wine here is the heavy dominance of French wine. To put things in stark perspective, a tiny number of full time Australian Wine specialists butt their heads against hundreds of French Wine equivalents in a lopsided sales competition. While much of the French wine is sold to shops and restaurants before it even lands in Japan, Australian brands sit in importers' warehouses for at best months, more usually years, slowly sifting out to a small audience. It is no use kidding ourselves, France is the brand leader, and as if it was of single mind, it has no intention of giving up its lead.

Not surprisingly, anyone wanting to earn a good living in an efficient manner has shied away from involvement with Australian wine.

Of course, all is not gloom. Having spent 20 years trying to open up a broader market than just inner Tokyo, I still hold my conviction that Australian wine will one day succeed in Japan. It may still look like a long shot, but no longer a life time away. Encouragingly, in more and more cities, small dedicated New World wine importers are springing up and chipping away at the high walls of France's chateau-like market share. Comparatively up-market (\1700-1900) Australian wines on shelves in convenience stores are akin to a breakthrough. Bottles of fine wine are finding new outlets, such as coffee shops and delicatessens, where a new generation of wine shoppers, mostly women looking for a more non-threatening wine shopping experience, have begun to make their presence felt. In all these places Australian wines are being given a larger presence.

rcohen@village-cellars.co.jp



www.australiasocietytokyo.com

President: Robert Quinlivan /Vice President: Michael Marlay

Editor: Craig Saphin and David Taylor

Fitness and Health

(Nathan Schmid)

Nutritional Quickies



- **Light to moderate alcohol consumption may reduce the risk of developing Type 2 diabetes**, according to a new analysis of 15 studies on the subject. All it takes is half a drink a day, and there is no added benefit from drinking more. Experts recommend that women limit themselves to no more than one standard drink a day, and men to no more than 2 standard drinks a day.

- **Non-fat yogurt can help you lose weight.** In a recent study from the University of Tennessee, obese people on a low-calorie diet who included three 170 gram servings of nonfat yogurt daily for 12 weeks lost 22 per cent more weight than dieters who ate little or no dairy. Even more important, they lost 60 per cent more body fat and maintained more lean muscle mass. Yogurt isn't magic, however. Evidence has been mounting that calcium-rich foods in general help control or reduce weight. Calcium supplements may also help.

- **Another reason to get enough vitamin B12:** It may help reduce the risk of osteoporosis, according to a recent study from Tufts University. Those with higher blood concentrations of B12 had high bone mineral density than those with lower levels, even after controlling for calcium and vitamin D intake, age, weight, smoking, physical activity, and other factors. B12 may have direct effects on bone metabolism, the researchers say. But many older people become deficient because they do not properly absorb the vitamin from food due to reduced stomach acid. The form of B12 supplements are fortified foods, such as cereals, is better absorbed.

- **Another reason to eat fish:** According to a recent study of 3,000 people in Greece, fish reduces chronic inflammation in the body, which has been increasingly implicated in heart disease. Those who ate at least 300 grams of fish a week averaged 33 per cent lower levels of C-reactive protein, and had similar reductions in other markers for inflammation. But even smaller intakes were beneficial. Fish (presumably because of its omega-3 fats) also lowers cardiovascular risk by reducing blood clotting, arrhythmias. High blood pressure, and blood triglycerides



- **Coleslaw is usually more fat than it is cabbage.** It typically contains a lot of mayonnaise or cream, so a cup can have 200 calories, with fat providing more than 70 per cent of the calories. If you make it at home, substituting nonfat yogurt for the mayo eliminates virtually all the fat, while keeping all the fiber, vitamin C, and other nutrients.

- **Remember:** At the end of the day moderation is the key and if you are to maintain a lean physique you need to make smart choices. As with most things knowledge is essential. Learning about what you are eating will ensure you receive the

necessary nutrients each and everyday.



Secrets From The Boudoir

(brought to you by www.boudoirtokyo.com)

Scented Baths

The benefits of aromatic bathing can be realised only through the experience, especially at the end of a tiring day when you need to relax and release the tensions that have built up. Aromatic oils can also be used beneficially at the start of the day to invigorate and refresh you after sleep.

The aromatic scenting of water is a custom that has been used for centuries. Used to clean and perfume the body, the anti bacterial properties of essential oils made cleanliness much easier for our ancestors.

To pamper yourself simply fill the bath with water, close the bathroom door and create an ambience suitable to your mood, perhaps with candle light. Dispense 6 -8 drops into the bath water and agitate the surface to disperse the oil. Use one favourite oil or your personal blend of up to three oils. Relax in the bath immediately to take advantage of the warm and fragrant vapours. Spend 15 minutes soaking to get the full effect from the oils.

If your bath is big enough, then there is no better way to unwind, than with your partner. The essential oils will be beneficial to your mind and emotions through sense of smell, and beneficial to your body by absorption through the skin.

Here are some recipes for you to try

To Relax

Patchouli 4 drops
Sandalwood 2 drops
Orange 2 drops

To Sedate

Marjoram 3 drops
Sandalwood 2 drops
Lavender 2 drops

To Harmonise

Geranium 2 drops
Cedarwood 2 drops
Lavender 3 drops

To Uplift

Bergamot 5 drops
Ylang Ylang 1 drop
Orange 2 drops

To Invigorate

Rosemary 3 drops
Pine 3 drops
Lemon 2 drops

Enjoy!!



BOUDOIR

Motoring Matters

(by Mick Lay www.micklay.com)

Repairs

At some stage your car will need a service or repair (especially if you drive in the way illustrated below), but usually service/repair time in Japan comes up at the time of shaken (car registration) extension. Shaken is renewable on cars every two years and on commercial vehicles every year. New vehicles receive three years registration on cars and two years on commercial vehicles. In order to extend your shaken it is not a simple matter of paying the road tax (like in Australia): you have to do that plus have the car taken over the pits for an examination. This is where the fun starts.

So who do you call? Where do you go? Well there are numerous service shops and new car dealer centres in Tokyo. You can pretty much head in any direction and it won't be long before you find one. That's great you have found one but what now? How to explain what you want done or how do you ask for advice? I am sure you would be able to work it out in the end but I know from hearing hundreds of stories about the time and drama about getting "car issues" fixed that you will probably be in worse shape than your car is, or was, after the whole ordeal. The communication barrier is just the start.



However, there is also a “mechanic scam” that you should be wary of. I have had two recent examples where customers have been told they need expensive repairs to their cars before the shaken can be given, and in both cases the work wasn't required. Fortunately I have been able to step in and ensure that no unwarranted work was done and have been able to save these people as much as ¥400,000 by having someone who understands the system take control of the situation.. The workshops that did this were very well known large name new car dealers! Both instances occurred when the shaken had or was about to expire, where the owner in good faith drops the car off and was taken advantage of.

Next time you think you need a service or repair call me!

Mick Lay www.micklay.com, cars@micklay.com Direct tel: 090-3805-7141

Happy Motoring: Mick



Embassy Update

(from Cathy Jenkins and Damian Dunn)

Dear Australian citizens in Japan,

Please find below some advice and information for Australians living in Japan which we hope you find useful.

Cathy Jenkins, Consul

Notarial Services

Notarial Services such as signature witnessing, authentications, certifying documents as true copies, issuing of Certificates of No Impediment to Marriage, etc, are available at the Australian Embassy Tokyo, Australian Consulates-General and Australian Consulates in Japan.

Please note that while the Consular Section at the Australian Embassy is open from 9:00 – 17.30 on weekdays, notarial services are **by appointment only**. Appointments for notarial services are available the following times.

Monday: 9:30 am – 12 noon
Wednesday: 9:30 am – 12 noon
Thursday: 9:30 am – 12 noon

Please call the Consular Section on (03) 5232 4111 to schedule an appointment.

To schedule an appointment for notarial services at one of the regional Australian Consulates-General or Australian Consulates in Japan, please contact the relevant mission (contact details at the end of this bulletin). For more information on notarial services please see the following:
<http://www.consular.australia.or.jp/notarials.html>

Please note that under the Consular Fees Act 1955 a scale of fees apply to all notarial services. Fees are payable in cash or money order at the time of appointment. We do not have credit card facilities available. For a list of fees please check the following website: <http://www.consular.australia.or.jp/fees.html>

Have you checked your Australian Passport lately?

With the warmer weather and summer holidays approaching, many Australians living in Japan take the opportunity to travel overseas. To make sure you don't get caught at the last minute with an expired (or missing) passport, we encourage you to always know where your passport is stored and to keep in mind when it expires. Please be aware that most foreign countries require that you have a minimum of six months' validity on your passport to be able gain entry into that country. We recommend you renew a passport seven months before it is due to expire.

For information on renewing your Australian Passport in Japan please see the following website:
<http://www.consular.australia.or.jp/passports.html>

A reminder 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. Please see the following for a list of Japanese Immigration Offices and contact numbers:
<http://www.moj.go.jp/ENGLISH/information/ib-09.html>

Driving in Japan

To drive in Japan you must either hold a valid Japanese licence or a valid International Driver's Permit (IDP) with a current Australian licence.

For Australians living long term in Japan, you MUST obtain a Japanese licence to drive in Japan before 365 days have passed since your initial arrival in Japan. This rule is regardless of whether or not you have a valid International Driver's Permit - the 365 days is counted from your initial arrival date in Japan, NOT from when your International Driver's Permit is issued.

Please also note that if you are living in Japan on a long term residential visa, a short holiday back to Australia then re-entering Japan is not counted as a new initial arrival, and the 365 day count does not start again. Therefore you cannot keep renewing an International Driver's Permit every year and use it to drive in Japan.

Driving in Japan after 365 days has passed since your initial arrival without a Japanese driver's licence is illegal. You could find yourself in trouble with the Police and if involved in an accident your insurance could be void.

Please take the time to obtain a Japanese Driver's Licence as early as possible if you know you will be living in Japan long term and you are going to drive. For more information please see:
<http://www.consular.australia.or.jp/drivingjapan.html>

Smartraveller Website www.smartraveller.gov.au

The Smartraveller Website is maintained by The Department of Foreign Affairs and Trade as a source of information and advice for Australians wishing to travel overseas. On the Smartraveller Website you can navigate to our travel advisories, read our frequently asked questions, register your overseas contact details and locate a wealth of information about safe, smart travel.

The Department of Foreign Affairs and Trade's travel advice provides accurate, up-to-date information about the risks Australians might face overseas, enabling you to make well-informed decisions about whether, where and when to travel.

If you like to travel we recommend you refer to www.smartraveller.gov.au before every trip.

Avian Influenza Website

Are you confused about the risk of bird flu? Are you scared of catching bird flu when traveling? The Federal Government has launched a website to provide the public with information and assist international travelers to understand and protect themselves against this emerging threat.

The site is run by the occupational and travel health organisation, Health Services Australia Group and can be found at:

Avianinfluenza.com.au

Other Website references include:

To see the latest avian influenza travel bulletin from Australia's Department of Foreign Affairs and Trade (DFAT), please refer to:

<http://www.smarttraveller.gov.au/zw-cgi/view/TravelBulletins/Health : Avian Influenza>

For more information about avian influenza, please see the Department of Health and Ageing's website:

http://www.health.gov.au/internet/wcms/Publishing.nsf/Content/health-avian_influenza-faq.htm

and the WHO website:

http://www.who.int/mediacentre/factsheets/avian_influenza/en/index.html

Australian Citizens Registration Reminder

All Australians traveling overseas, whether for tourism, business, short or long stays, are encouraged to register with the Department of Foreign Affairs and Trade. Australians can register in person at Australian Embassies, High Commissions and Consulates or on-line at www.orao.dfat.gov.au

The registration information provided by you will help us to find you in an emergency - whether it is a natural disaster, civil disturbance or a family emergency. It may also be used to pass other information to you such as new travel advisories, notice of elections and information on other matters relevant to travelers and expatriates. Your information is strictly protected by the Privacy Act 1988.

To keep our records up to date please remember to notify us of any change of address or phone number, or when leaving Japan permanently. You can update your information by emailing us at auscitzreg.tokyo@dfat.gov.au with your details (your passport number and full name, your previous address in Japan etc) to identify your data.

CONTACT US

Australian Embassy Tokyo

2-1-14 Mita

Minato-ku

Tokyo 108-8361

Tel: 03-5232-4111

Fax: 03-5232-4057

Web: www.consular.australia.or.jp

Jurisdictions: Chiba, Gunma, Ibaraki, Kanagawa, Saitama, Tochigi, Tokyo, Yamanashi Prefectures

Australian Consulate-General Osaka

16F Twin 21 MID Tower

2-1-61 Shiromi, Chuo-ku

Osaka 540-6116

Tel: 06-6941-9448

Fax: 06-6920-4543

Web: business.australia.or.jp/osaka/english

Jurisdictions: Ehime, Hiroshima, Hyogo, Kagawa, Kochi, Kyoto, Nara, Okayama, Osaka, Shiga, Shimane, Tokushima, Tottori, Wakayama Prefectures

Australian Consulate-General Fukuoka

7th Floor, Tenjin Twin Building

1-6-8 Tenjin, Chuo-ku

Fukuoka 810-0001

Tel: 092-734-5055

Fax: 092-734-5058

Web: business.australia.or.jp/fukuoka/english

Jurisdictions: Fukuoka, Kagoshima, Kumamoto, Miyazaki, Nagasaki, Oita, Okinawa, Saga, Yamaguchi Prefectures

Australian Consulate Nagoya

Level 13, AMMNAT Bldg.

1-3-3 Sakae, Nakaku

Nagoya 460-0008

Tel: 052-211-0630

Fax: 052-211-0632

Web: business.australia.or.jp/nagoya/visacons.html

Jurisdictions: Aichi, Fukui, Gifu, Ishikawa, Nagano, Mie, Shizuoka, Toyama Prefectures

Australian Consulate Sendai

14th Floor Aoba Dori Plaza

3-2-1 Chuo, Aoba-ku

Sendai 980-0021

Tel: 022-265-6810

Fax: 022-265-6816

Web: business.australia.or.jp/sendai/english

Jurisdictions: Akita, Aomori, Fukushima, Iwate, Miyagi, Yamagata, Niigata Prefectures

Australian Consulate Sapporo

17th Floor, Sapporo Centre Building

North 5, West 6-2, Chuo-ku

Sapporo 060-0005

Tel: 011-242-4381

Fax: 011-242-4383

Web: business.australia.or.jp/sapporo/australians

Jurisdictions: Hokkaido

For useful information and answers to many of your questions please refer to the Australian Embassy Consular Section website www.consular.australia.or.jp.

If you find information bulletins such as this valuable, please let us know. We do not wish to burden our Australian citizens with information that is not required/useful.



Tokyo Goannas' Ball 2006

July 1 Sat

Open 18:00
Close 22:00

The Tokyo Goannas Australian Football Club will host their annual Goannas' Ball on Saturday 2nd July, 2006. Come along, enjoy a fun night, and support the team – all welcome!

Place Australian Embassy
2-1-14 Mita, Minato-ku, Tokyo 108-8361 Tokyo

Dress code Black Tie

Price 9,000 yen for members
10,000 yen for non-members

?#pre-sale only!

(Includes sit-down dinner, wines including Hardys Wines, beer, soft drinks etc, and music for dancing)

Strictly limited tickets are now available for this superb event.

Payment must be confirmed by June 22

Details: www.tokyogoannas.com
For tickets email: president@tokyogoannas.com



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Greetings!

The Tyler Foundation (www.tylershineon.org) is thrilled to announce that ex Wales rugby player Jonathan Davies and former Australian test spinner Ray Bright have agreed to participate in our SPORTS EXTRAVAGANZA scheduled for September 2006. This is in addition to Mike Gatting (former England cricket captain) and Jeremy Guscott (former England and British Lions rugby star).

See also the exclusive interview with Mike Gatting on our website at http://www.tylershineon.org/index.php/events/sports_extravaganza.

Be sure to mark your calendars for—

- **September 29th — sports dinner at the Grand Hyatt, Roppongi Hills**
- **September 30th — Celebrity Golf Day**
- **October 1st — celebrity cricket match near Tokyo**

We also appreciate the generous contributions of our sponsors including Virgin Atlantic, United Airlines, COSTCO and Callaway Golf. If you or your company is interested in sponsorship opportunities, please contact kim@tylershineon.org.

Shine on!

Kim Forsythe (kim@tylershineon.org) / Mark Ferris (mark@tylershineon.org)
Director, The Tyler Foundation

To learn more about The Tyler Foundation, please see www.tylershineon.org

To learn more about the Sports Extravaganza, see www.tylershineon.org/index.php/events/sports_extravaganza

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