

J A P A N ' S   Q U A L I T Y   E N G L I S H   M A G A Z I N E

# WEEKENDER

ESTABLISHED 1970 BY CORKY ALEXANDER

VOL. 39 NO. 15 AUG 01 – 14 2008 FREE

**KIDS' OLYMPICS**  
LEARNING SPORTSMANSHIP  
THIS SUMMER

**FIRST TIME FITNESS?**  
TRY THE FLEXBAND

**BUSINESS**  
IAN DE STAINS TALKS OLYMPICS

**MOVIE REVIEWS**  
HOW DID SEX AND THE CITY  
DO WITH OUR REVIEWER?

## ATHLETIC INSPIRATION

FROM OLYMPIC HOOPS TO HULA HOOPS—  
GETTING ACTIVE IN TOKYO

ALSO ONLINE AT [WWW.WEEKENDERJAPAN.COM](http://WWW.WEEKENDERJAPAN.COM)



# USE YOUR POSITION



**VOLVO XC90**

**VOLVO CARS EXPAT AND DIPLOMAT SALES. PRIVILEGED TO SERVE YOU.**

Call Steven Wanchap at: (03) 3585-2627 E-Mail: [swanchap@volvocars.com](mailto:swanchap@volvocars.com) [expat.volvocars.com](http://expat.volvocars.com)

# MAKE MORE OF YOUR STAY IN JAPAN. FIND OUT HOW YOU CAN PURCHASE A FACTORY-NEW VOLVO ON VERY SPECIAL TERMS.



**VOLVO V70**



**VOLVO C70**



**VOLVO S80**



**VOLVO C30**

## **LOCAL DELIVERY**

- Full English Service
- + English NAVI + Highway pass (ETC)
- Insurance handling
- Convenient dealer location
- Attractive low interest financing

<http://www.volvocars.co.jp/>

## **US / UK DELIVERY**

Order 3-4 months before repatriation and enjoy benefits:

- Generous savings on MSRP
- Custom ordered Volvo in home specification
- All shipping and insurance included
- Car waiting for you when you return
- Attractive financing

<http://vcic.volvocars.com/>

## **EUROPEAN DELIVERY**

Learn how you can purchase a brand new Volvo Tax Free! Contact us to see if your country is applicable for this advantageous program.

## TEST DRIVE YOUR DREAM VOLVO!







100%軽やかに生きるあなたに、100%ライトなおいしさを。

本当にスタイリッシュな女性は、どんなときも軽やかな気持ちを心の中に持っている。

ノーカロリー コカ★コーラは、毎日をスタイリッシュに過ごしたいあなたに、軽やかなおいしさを提供します。

ゼロキロカロリー・ピュアウォーター使用・後味スツキリ おいしくなって新登場。▶ [cocacola.jp](http://cocacola.jp)

# 100% Light Taste. New

おいしく  
なりました



- 06 Community Calendar** The city events to be seen at
- 08 Feature** Getting active in Tokyo
- 10 Movie Reviews** The talked about *Sex and the City*
- 11 Movie Plus** *Speed Racer* press conference
- 12 Fine Dining** Kamomaru
- 13 Dining** Fifty Seven
- 16 Travel** Vacationing in Canada's wilderness
- 20 Business/Investments** Ian de Stains talks Olympics
- 21 Business Interview** Asian Tigers
- 23 Business Profiles** EIRE Systems and Hinataya Pet Hotel
- 24 School's In** Musashikoyama International School
- 25 School's Out** Kids' Olympics at English Studio
- 26 Sports** The FlexBand with Jeffrey Libengood
- 27 Bill's Partyline**
- 29 Arts & Crossword**

...

With the world's eyes on the long anticipated, and at times controversial, 2008 Olympics in Beijing, the sight of those fit and healthy athletes can inspire even the most reluctant of us to get active. In our feature on pages 8-9, you'll find a complete lowdown of activities and sports that you can participate in, from the fun (try hula-hooping in Yoyogi Park) to the conventional. On page 20, Ian de Stains looks forward to the 2016 Tokyo Olympic bid and on page 25, there's an Olympics for kids to take part in this summer. It's all about sporting inspiration!

Enjoy!  
 Caroline Pover, Publisher

...

ON THE COVER: Deanne Tonking shows us a fun and alternative method to get fit. For a total abdomen workout try out her weekend class in Yoyogi Park, and see pages eight and nine for other sporting activities in Tokyo.



**WEEKENDER—JAPAN'S QUALITY ENGLISH MAGAZINE**  
**PUBLISHER** Caroline Pover **ASSOCIATE PUBLISHERS** Rajiv Trehan, George Taylor, Emily Downey **EDITOR & DESIGNER** Marie Teather **ADVERTISEMENT DESIGNER** Chris May **TRAVEL & SOCIETY EDITOR** Bill Hersey **ARTS EDITOR** Owen Schaefer **EVENTS EDITOR** Danielle Tate-Stratton **DISTRIBUTION MANAGER** Stephen Young **MARKETING CONSULTANT** Amy Dose **CONTRIBUTORS** Owen Schaefer, Benjamin Freeland, Robert Forrest, Ian de Stains, Phil Gibb, William Casper, Ulara Nakamura, Joseph Smith, Norman Munroe, Rob Goss, Elise Mori, Jeffrey Libengood, Maria Young. **OFFICES** at Caroline Pover, Inc., 5th floor, Chuo Ikura Building, 3-4-11 Azabudai, Minato-ku, Tokyo 106-0041 Tel. 03-5549-2038 Fax: 03-5549-2039 Email: [editor@weekenderjapan.com](mailto:editor@weekenderjapan.com). Opinions expressed by WEEKENDER contributors are not necessarily those of the Publisher.

#### Answers from Crossword #31 (Weekender Jul 18)

1	J	E	T	S	E	T	4	R	O	P	P	O	N	G	I
2	U	H		X			5	P	E	O	D				
9	R	E	E	L	I	N	10	T	E	R	R	I	F	I	C
11	Y	B		T		S	11	S	N	K		E	A		
12	D	U	L	L		13	T	O	P	A	Z	14	P	A	I
15	U	U		L		L	15	L		L		16	F	R	D
17	T	E	E	T	O	T	17	A	L	L	E	R	S		
19	Y		S		C		19	H		E		D		S	
20							20	A	K	E	Y	O	U	R	P
21	F						21	J		L	C		U	E	P
23	R	E	E	F			23	G	L	O	R	Y	25	G	L
26	I		K				26	T		I		S	27	U	O
28	D	A	Y	T	R	I	28	P	S				29	A	S
30	A		L		I									E	A
31	Y	E	L	L	O	W	E	D	31	G	R	A	T	I	S

## FAMILY FOCUS



Photo by Stephen Lebovits.

### The Walsh Family

In 1995, Jonathon, who was living in New Zealand, and Harumi, in Japan, became pen-pals after a mutual friend introduced them to each other. For four years they corresponded, first on paper and then by email, before meeting for the first time face-to-face in 1999. By that time, their emails had already taken on a more romantic tone and meeting in Japan, where Jonathon was stopping as part of an Asian backpacking tour, only concluded that they were in love with each other. Two weeks after meeting, Harumi introduced Jonathon to her parents as her boyfriend, and for the next two years they committed to a long distance relationship, visiting each other whenever they could.

Three years of very expensive phone bills later (one month Harumi's phone bill was more than the cost of a flight to Auckland) and the couple decided that something had to change. Jonathan moved to Japan in 2002 and in April 2003 they got married.

Life has been good since they have been living together here in Tokyo. Talking on international

relationships Jon says, that, "Every day we are teachers and students...we learn and teach each other about our respective cultures, countries, and languages—it is incredibly stimulating."

On February 6 of this year their daughter Serena was born. Serena was born five weeks earlier than expected and arrived just two and a half hours after the initial contraction! Both parents were indeed in a state of shock but both mother and child (and father!) are happy and healthy. Serena is now six months old and the whole family has just recently started going out together.

Jonathon adds that they have had a sleepless but wonderful first few months with Serena, and so that he can spend more time with his daughter, he has recently quit his morning job and now works from home during that time. When not changing nappies, he runs his company, Business Grow, a rapidly growing company specializing in providing editorial content and advertising services to Japanese and foreign businesses.



**Are you happy with the medical services available in Japan? To register your opinion on the medical services available to foreigners here, go to [www.weekenderjapan.com](http://www.weekenderjapan.com) and take part in our survey. The survey will be online for an extended period of time and the results of the 2008 Weekender Medical Services Survey will be published in depth later this year.**





**Suji's Restaurant & Bar**  
**Offering All Your**  
**Favorites from Home**  
**OPEN 7 DAYS A WEEK**  
**MON-FRI 11AM TO 11PM**  
**SAT & SUN 9AM TO 11PM**  
**HOLIDAYS 10AM TO 10PM**

Brunch



**Happy Hour Special**  
**All drinks half price!**  
**Monday thru Friday**  
**5PM to 7PM**

Lunch



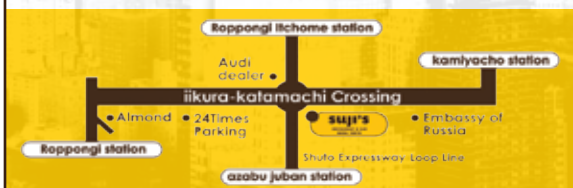
**Daily Drink Specials**  
**Half price all night!**  
**Monday - Cocktails/Champagne**  
**Tuesday - Weihenstephan,**  
**German Wheat Beer**  
**Wednesday - Guinness**

Dinner



**Tea Time Special**  
**¥1000, Dessert & Coffee/Tea**  
**Monday thru Friday, 4PM to 6PM**

**Available for private parties of up to**  
**150 people. Please inquire.**



**Phone - 03-3505-4490**  
**URL - <http://www.sujis.net>**

## COMMUNITY CALENDAR, by Danielle Tate-Stratton

SAT 2 AUG



**Les Ballets Trockadero De Monte Carlo** is a comedic ballet by men in toe shoes and tutus. This award winning ballet company was founded in 1974 with the goal of providing a playful parody of traditional ballet. These dance enthusiasts are known around the world and perform pieces such as *Giselle* and *Paquita*. Now, the troupe is coming to Tokyo, August 2, 5pm, and August 3, 4pm at Tokyo Kosei Nenkin Kaikan in Shinjuku. ¥6,000-¥8,000, tel. 03-3409-8205, [www.trockadero.org](http://www.trockadero.org).

SUN 3 AUG

Share the spirit of Hawaii at a special Aloha Night celebration at **Roy's Tokyo Bar and Grill** in Roppongi. From 7pm, ¥12,600.

Today is the highlight of the August 1-3 **Hachioji Matsuri**, where 1,500 participants carrying six four-ton portable shrines begin to start battling (also known as *buttsuke*, or literally, hitting). The festival is near Hachioji station on the Chuo line. [www.hachiojimatsuri.jp](http://www.hachiojimatsuri.jp).



MON 4 AUG



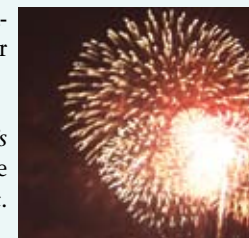
**ACCJ** members and their guests are invited to a discussion on the success of the Yokoso! Japan campaign on increasing foreign tourism to Japan. 3-4pm, for more information: <http://tinyurl.com/5vxhm7>.

R&B funk legend Charlie Wilson from the Gap Band plays tonight and tomorrow at the **Billboard Live** club in Tokyo MidTown. 7 and 9:30pm, ¥10,500. Tel. 03-3405-1133 or visit [www.billboard-live.com/club/t\\_index\\_e.html](http://www.billboard-live.com/club/t_index_e.html) for info.

TUE 5 AUG

The fireworks season continues with the **Enoshima Fireworks** at Katase Enoshima station on the Odakyu Line (or Shonan Enoshima on the Shonan Monorail). The boom factor is 5,000 and the show is on from 7:15-8:15. Tel. 04-6624-4141 for more information.

Seven-member Japanese dance group the **Diamond Dogs** perform *Fantastic Musical's A Midsummer's Night Dream* through August 6 at Ginga Gekijo on Tennouzu-Isle. The show is a reinterpretation of Shakespeare's play with both classical and original music. Tel. 03-3498-9999 for tickets, ¥7,000-¥8,500.



WED 6 AUG



American drummer Will Calhoun and jazz and fusion guitarist Stanley Jordan take to the stage at the **Blue Note** in Minami-Aoyama tonight and tomorrow at 7 and 9:30pm, ¥8,400, tel. 03-5485-0088.

Continue celebrating the romantic Tanabata star festival today through August 10 at the **Asagaya Tanabata Festival** near Minami Asagaya station. The highlight is sure to be the elaborate *kusudama* decorations. Tel. 03-3312-6181 or visit [www.asagaya.or.jp](http://www.asagaya.or.jp) for more information.

THU 7 AUG

Enjoy the *Deco-Crafts Gallery for Kids* through September 23 at the **National Museum of Modern Art Craft & Design** in Chiyoda-ku (the nearest station is Takebashi). Free-¥200, tel. 03-5777-8600.



FRI 8 AUG



Start off your weekend at the **Garden Theater Café at Tokyo MidTown**. Through August 24, the large lawn area behind MidTown will be converted into a modern take on the drive in theater concept. Classic movies (think *Singin' in the Rain*) will be screened every night from 7:30pm and you can view them from one of three zones—The Theatre Zone (¥1,500), with comfortable chairs and headphones, the Lounge Zone, which rents out cushions, or the Café Zone with tables and chairs. Food is served until 10pm and the area will stay open until dawn each day.

### Aloha Night with Roy Yamaguchi at Roy's Tokyo Bar and Grill

The aloha spirit will be in full swing at Roy's in Roppongi this August 1 and 2. Roy's Tokyo Bar & Grill is playing host to its namesake chef, Roy Yamaguchi, for a supervised special course that also features Hawaiian singer Amy Hanaiali'i, who produced the 2007 Hawaii Tourism Japan theme song. The evening, which includes entertainment, a lei from Hawaii, and hula, costs ¥12,600. Roy promises a delectable multi-course menu that includes fresh angel hair pasta with oysters, a filet of beef with Thai curry risotto, and a special dessert.

In a recent interview, the personable Yamaguchi, who went to school at Zama American High School, explains that: "What I do is always make a special menu [that] isn't on the restaurant's general menu... The taste [of the specific country] really doesn't determine what the outcome is. We try to work with local

growers and purveyors and to utilize what's fresh."

Chef Yamaguchi was originally introduced to cooking through home economic classes at Zama, where he is still president of the alumni association, but became truly inspired to cook when he moved to the US for school, attending the prestigious Culinary Institute of America (CIA). Following graduation from the CIA, he trained further in restaurants, prior to becoming an Executive Chef in LA. He then opened his first restaurant, 385 North.

In 1988 Roy opened his first restaurant in Hawaii and began working to promote the region's cuisine. He is also Hawaii's first James Beard Award winner. The James Beard Awards have been likened to the Oscars by *TIME Magazine*, and are awarded nationally in a variety of categories, such as chefs and restaurants and restaurant design and graphics.



SAT 9 AUG



Enjoy a major music festival in Chiba this weekend as you head to **Summer Sonic** at Makuhari Messe in Chiba. The two-day lineup includes The Sex Pistols, Coldplay, Alicia Keys, the Verve, and many, many more. One day ¥15,500, two days ¥28,500. [www.summersonic.com](http://www.summersonic.com).

SUN 10 AUG

Tokyo's biggest fireworks display takes place tonight with the **Tokyo Bay Fireworks**, which boasts a boom factor of 12,000. The show is from 7-8:20pm, but arrive early as viewing spaces go quickly! The closest stations are Kachidoki, Hamamatsucho, and Toyosu.



Head to Seaside Momochi in Fukuoka for an outdoor Latin music event today (and August 9). **Isla de Salsa** is organized by NPO Tiempo Iberoamericano and includes Samba dancers, musicians, and more. [www.isla-de-salsa.jp](http://www.isla-de-salsa.jp)

MON 11 AUG



*Fabrice Hyber: Seed and Grow* is at the **Watari-Um Museum of Contemporary Art** through August 31. ¥800-¥1,000, Tue, Thur-Sun: 11am-7pm, Wed: 11am-9pm, nearest station is Gaenmae, [www.watarium.co.jp](http://www.watarium.co.jp).

TUE 12 AUG

The **Imperial Hotel Tokyo** in Yurakucho plays host to the *Imperial Hotel Jazz Festival* today and tomorrow from 2-8:30pm. The event features the Julliard All-Stars, Lee Jung Silk, a Korean sax player, Coco Zhao, a Chinese vocalist, and more. ¥15,000 for one day, ¥26,000 for two. Tel. 03-3504-1111 for more information.



**The Fratellis**, an upbeat rock trio from Glasgow, are in Japan for Summer Sonic and play a solo show tonight at O East in Shibuya at 7pm. ¥6,000, tel. 03-3462-6969.

WED 13 AUG



The **Fukagawa Hachiman Festival** is one of the three biggest shrine festivals in Tokyo and takes place through August 17. During the festival, water is splashed on the 120 portable shrines being carried by the crowd (who also calls out "wasshoi"), which is why this is known as the water-covering festival. The nearest station is Monzen Nakamachi, for more information: [www.tomiokahachimangu.or.jp](http://www.tomiokahachimangu.or.jp).

THU 14 AUG

Help celebrate the 100th anniversary of Japanese immigration to Brazil with a celebratory *taiko* concert by the AmanoJaku ensemble at the Nerima Bunka Center at 2pm. Also August 13, 7pm. ¥4,000-¥4,500. Tel. 05-7003-9999, <http://amanojaku.info/EProfile.html>.



The Lohas Classical Concert will be arranged and performed by Ryuichi Sakamoto with various musicians today and tomorrow at the Akasaka Act Theater at 7pm. ¥6,500, tel. 03-5436-9600.

FRI 15 AUG



Visit **The Galaxy Theatre** on Tennozu Isle to watch *Drumstruck*, an interactive African percussion show. August 12-24, various times. [www.hpot.jp](http://www.hpot.jp) or tel. 03-3490-4949.

Head to Tipness for a summer workout and while you are there, pick up the newest issue of *Weekender*, our special style issue, due out today.

Let us help create a  
**BIRTHDAY PARTY**  
your child and friends  
will never forget!

## PARTY THEMES

Nail Salon • Hair & Makeup  
Flower Arrangement  
Cooking • Face Painting  
Clowns • Dance • Magic Shows  
And MORE!

We offer party packages  
including decorations, cakes,  
meals and English speaking staff!  
We do all the planning!

*Party Palace*

Cell: 090-9148-4529  
<http://partypalace.co.jp>

**Bluesilver**  
event management

**Hosting An Event  
Or Party In Tokyo?**

A Corporate Event for 6000...  
House Party For 20...

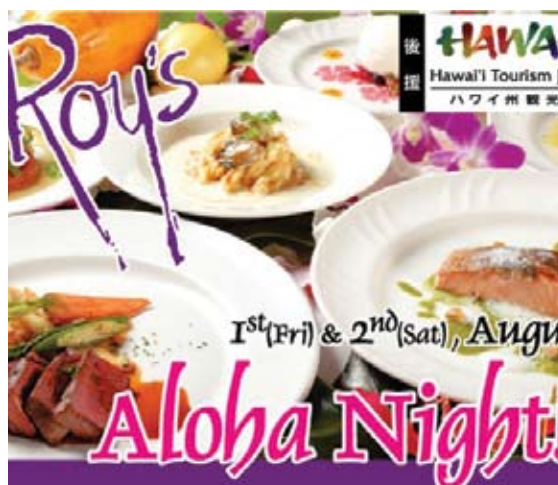
- Creative and Technical •  
• Decoration
- Fantastic Cocktails •
- Innovative Food •
- Stylish Service •
- Total Quality •

[www.bluesilver.jp](http://www.bluesilver.jp)  
T: 03-5456-5466 info @ bluesilver.jp

In the years following, Roy has opened 37 Roy's restaurants, along with stints on *Iron Chef USA* and six seasons as the host of PBS-TV's *Hawaii Cooks* with Roy Yamaguchi.

Despite his undoubted distinction as a celebrity chef, Roy says that he's more comfortable behind the scenes, where he works on creating menus to "Accomplish something new for our guests. We have a lot of guests who come all the time and want to make something special for them and something that they can really enjoy eating."

Come down to Roy's in Roppongi and see for yourself what this talented chef has created while enjoying the aloha spirit at this great event.  
Tel. 03-5474-8181 or visit [www.roysrestaurant.com](http://www.roysrestaurant.com) for more information.



**Tachibana**  
Salon

03.5786.1553  
[www.hairdress-tachibana.com](http://www.hairdress-tachibana.com)



**HULA DANCE**  
LEARN & ENJOY  
THE BEAUTY OF  
HAWAIIAN CULTURE

**NEW CLASSES**  
IN CLASSIC  
JAZZ & ROCK GUITAR,  
BOYS' CLASS (AGE 4-12)  
BEGINNING IN SEPTEMBER!



**Hawai'i**  
ALOHA ACADEMY

[www.hawaiialohaacademy.com](http://www.hawaiialohaacademy.com)  
**03-5619-4550**

**Krissman**  
INTERNATIONAL TENNIS SCHOOL

KITS OFFERS PROFESSIONAL,  
ENGLISH TENNIS INSTRUCTION  
FOR ALL LEVELS, TAUGHT BY  
CERTIFIED UNITED STATES  
PROFESSIONAL TENNIS  
ASSOCIATION COACHES

Summer Camp sign-ups **NOW!**

TEL / FAX 03-3325-0924  
EMAIL [krissmantenn@hpo.net](mailto:krissmantenn@hpo.net)

[www.tennisintokyo.com](http://www.tennisintokyo.com)  
[www.krissmantennis.com](http://www.krissmantennis.com)



## FEATURE

### Athletic Inspiration

Have your own Olympics in Tokyo,  
by Danielle Tate-Stratton

While at first glance summer in Tokyo may not seem like the ideal time and place to workout, with heat and humidity regularly reaching scorching levels, we all know that staying active—year round—is truly what's best for our bodies and minds. Besides that, if beach (and therefore bikini) season being in full swing isn't enough to motivate you, then surely the perfectly toned and athletic bodies of the nearly eleven and a half thousand athletes competing in the Beijing Olympics this month will inspire even the most avid armchair athlete to action! Given that the athletic endeavors we stick to tend to be the most enjoyable ones, here's a roundup of the sports and activities available to expats in Tokyo, from the typical (soccer, tennis, volleyball), to the more unique—laughter yoga anyone? With the range of activities available there will be something suited to every member of the family.



### Water Sports

Perhaps the most logical of all ways to stay active in Tokyo this summer is in and around the water. If your family is involved with TAC, consider signing up active 'water babies' for their **Mudsharks** swimmer's program, one of a variety of children's classes. Parents can also look into other water sports programs available. For casual swimmers, there are many places in Tokyo to beat the heat. Try, for instance, the **Children's Castle** pool in Aoyama, which is open to those over 12 years old (from ¥100). For parents with young children, this could be a fun day with a day at the castle ([www.kodomo-shiro.or.jp/english/](http://www.kodomo-shiro.or.jp/english/)). Outdoors, try the pool at **Shiba Koen**, run by the Minato-ku government, from July 1–September 15 (the rest of the year it plays double tennis). Entrance (for two hours) ranges from free (preschoolers and those living in Minato-ku or who hold a *Shinshin shogaisha techo*) to ¥400 for those outside the complex with both lap and lounge pools in the **Meiji Jingu** complex (near JR Sendagaya), costing ¥1,000–¥1,500 for the day. In addition, many private pools and their own pools; check with your local ward office for more information.

Those interested in **diving** can visit the Yokohama City Diving Center, one of Japan's largest aquatic complexes, the water arena. [www.yokohama-diving.jp](http://www.yokohama-diving.jp) (in Japanese).

If you'd rather be on the water, Tokyo's bayside is a great place for that as well. The **Tokyo Sail and Power Squadron** ([www.tspsjapan.org](http://www.tspsjapan.org)) is a unit of the United States Sailing Association and offers courses, safety certification, and regular events to get you out on the water.

### Court Sports

Some of the most traditional in the sporting world, court sports dominate Tokyo's athletic landscape. Fans of **basketball** can get on the court with the **American Basketball Club**, who welcomes expats and Japanese of all levels to join their weekly games just ten minutes from Shibuya. To join, email Sam Arnold at [sabatokyo@hotmail.com](mailto:sabatokyo@hotmail.com), or tel. 070-5578-7404. Well-known expat activity group the **Tokyo Gaijins** also offer weekly pickup games on weekdays as well as weekends. These games are for all levels of men and women and all nationalities. Send an email to [basketball@tokyogaijins.com](mailto:basketball@tokyogaijins.com) to find out more and be put on their mailing list.

While tennis courts in Tokyo are notoriously hard to book as an individual, thanks to the power of numbers, tennis enthusiasts have plenty of places to rally this summer. For a more structured environment (and a place for your kids to play), look no further than **Krissman International Tennis School** ([www.tennisintokyo.com](http://www.tennisintokyo.com)), which offers adult classes in various locations around Tokyo and with group, semi-private, and private formats. Krissman is also the perfect place for the very youngest of Federers and Williamses to get their start—with United States Tennis Association-certified coaches, soft balls, and mini racquets, the Little Tennis Program is designed for kids as young as three. If you're someone who just wants to knock the ball around, the **Tokyo Gaijins** are, again, a great solution. Offering fairly regular games around Tokyo, this drop-in group arranges sessions based for all levels. Visit [www.tokyogaijins.com](http://www.tokyogaijins.com) to sign up for the mailing list and read the tennis club's guidelines as to each level.

For an indoor court sports, try **badminton**, where the casual player may find their perfect home with the **Tokyo Badminton Club** in Setagaya, which promises: "Short-time participation, and being late, or leaving early is OK." Don't let that fool you though; while the club certainly seems to cater to beginner and intermediate players, there are sessions open to those with advanced and higher skills as well. Visit the website, <http://bad80.hp.infoseek.co.jp/iudexE.html>, to read a detailed description of what the club considers to be each level and to find out when and where they're playing next.





# Tokyo Physio

## Tokyo Physio

provides quality physiotherapy (Physical Therapy) for the English speaking population of Tokyo.

All physiotherapists are trained and certified in Australia, generally regarded as a world leader in physiotherapy training and research.

All appointments are one to one to ensure only the highest level of care is provided.

### We can help with:

- ✓ Back and Neck Pain
  - ✓ Headaches ✓ Sport injuries
  - ✓ Over-use injuries
  - ✓ Post-operative rehabilitation
  - ✓ Pregnancy pains
  - ✓ Pregnancy breathing classes
  - ✓ Post natal abdominal & pelvic floor/perineal retraining
  - ✓ Company ergonomic consultations -
- [www.OptimErgonomics.com](http://www.OptimErgonomics.com)
- ✓ Custom fitted Orthotics

**Tel: (03) 3443-6769**

**Fax: (03) 3443-6762**

[physio@gol.com](mailto:physio@gol.com)

[www.TokyoPhysio.com](http://www.TokyoPhysio.com)

*Call or email to find out how we can help you...*

### Fun and Funky

If traditional sports aren't your thing, yet you'd love to be more active, Tokyo offers a few great ways to do just that. For example, we've all laughed until our stomach muscles hurt, but did you know that **laughing** is actually a form of exercise? According to [www.laughteryoga.jp](http://www.laughteryoga.jp), twenty minutes of laughing is equal to ten minutes on an exercise machine but a whole lot more fun! A typical session of laughter yoga is about an hour long and made up of thirty minutes of laughing along with yoga-style stretching and breathing. There are several laughter yoga clubs, operating in English and Japanese, which meet regularly at parks and other locations in Tokyo. Visit <http://tinyurl.com/62opm3> for schedules and more information.

If an hour of laughter hasn't made you happy enough, try one of **Deanne Tonking's Hoop Dancing** classes and take yourself straight back to your childhood **hula hooping** days; with a decidedly circus-esque twist. As one might imagine, hoop dancing is essentially dancing, but with large, decorated hula hoops. Deanne teaches plenty of classes at all levels, with beginners quickly learning waist, chest, angle, and off-body hooping. Best of all, this is a fabulous total body workout and a no-impact one at that. More information and the class schedule can be found at [www.hooplovers.com](http://www.hooplovers.com).

For children interested in learning how to **flip and fly**, **Lance Lee's I Can Gymnastics** ([www.igcJapan.com](http://www.igcJapan.com)) is a good place to start. With nearly 30 years of experience, Lee's program is designed to be non-competitive, fun, and rewarding. He runs classes and camps out of several international schools here in Tokyo, visit his website for more details.

Finally, for a very 'only-in-Japan' workout that combines both culture and a surprisingly good workout, why not pick up the sticks and learn some **taiko drumming**? The **Akaoni Daiko** group ([www.akaonidaiko.com](http://www.akaonidaiko.com)) has been around since 2000 and is made up of members from around the world. They offer workshops for new drummers—contact them through the website for more details.

### On the Field

If your favorite sport involves kicking or throwing a ball out on the field, there are plenty of ways to do that as well. Thanks to Tokyo's weather, many teams and clubs hold practices in the evening, perfect for work schedules and beating the heat—sort of.

The world's favorite sport is **soccer**, and since the 2002 World Cup, co-hosted by Japan and South Korea, the beautiful game has proliferated in Tokyo as well. While full field 11-a-side games might be rare, due to obvious space constraints, there are plenty of places to play futsal. Sporty girls should check out the **Onnabelievable's**, a female-only soccer team made up of about two-thirds expats and entirely conducted in English. The team practices once a week, usually on Wednesdays, and also travels to regular tournaments across Japan. For information or to sign up, email Tessa at [tessacobb@hotmail.com](mailto:tessacobb@hotmail.com).

The rest of the family will find the perfect place to play through **Footy Japan**, which runs a fairly serious league for men. Through Footy Japan you can also contact the **British Football Academy**, which offers classes for kids 3–15, with something for the most casual kid to the serious athlete hoping for a scholarship in the US. They also run regular camps in conjunction with local international schools as well as ladies training sessions each Sunday afternoon. Footy Japan also regularly organizes tournaments throughout Tokyo, visit [www.footyJapan.com](http://www.footyJapan.com) to find out about any of these programs.

If a rough and tumble field sport is more your style, look into **rugby**, of which there are several teams in Tokyo. Try, for instance, the **Tokyo Crusaders Rugby Club**, who are looking for players of "any nationality, size, speed, skill level, and IQ." Email: [join@tokyocrusaders.com](mailto:join@tokyocrusaders.com). More serious scrum-halves might want to look into the **Tokyo Gaijin RFC**, who are Tokyo Cup First Division semi-finalists and Hong Kong 10s Plate Winners. Email [newjoffa@aol.com](mailto:newjoffa@aol.com) for information.

Girls looking to leave it all on the pitch are invited to try **Gaelic football** with the **Japan Gaelic Football Association**, which holds regular training as well as traveling to tournaments such as the Asian Games. Yes, guys, there's a team for you too. Find out more at [www.japangaa.com](http://www.japangaa.com).

If getting down and dirty in a scrum is a bit much, consider donning your whites and joining Chiba-based **cricket** team the **Ichihara Sharks**, who train year-round at their indoor nets and then play in a spring league. Find out more about joining in on this refined sport when you visit [www.ichiharasharks.com](http://www.ichiharasharks.com). A little bit closer to home, Paddy Foley's also has a team involved in two cricket leagues around town. Visit [www.paddyfoleystokyo.com/pfc](http://www.paddyfoleystokyo.com/pfc) for more info.





## Roy's Brunch ¥3,500

(Tax included)  
[Brunch Time] 11:00 - 16:00 (L.O. 15:00) Saturday, Sunday & Holiday

- \*Fresh Juice
- \*Green Salad
- \*Choice of Dessert
- \*Choice of Appetizers
- \*Choice of Entree
- \*Coffee or Tea

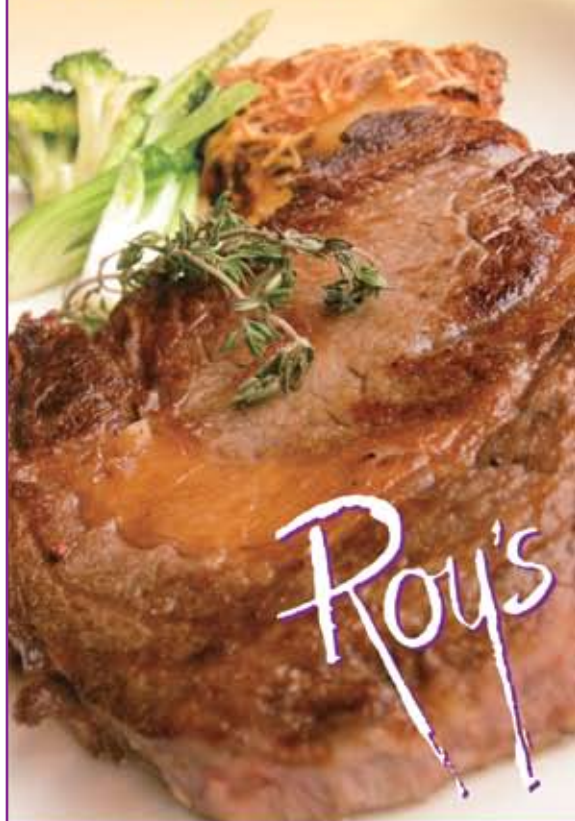
### Additional Option (2h)

- \*Add ¥6,500  
"MOET & CHANDON Brut IMPERIAL" & Wine.
- \*Add ¥2,800  
"Trevisiol Prosecco" & Wine.



## Dry Aged Beef Steak (300g) ¥6,300

40days aged Japanese Beef and Grilled Simply with Salt & Pepper. Please enjoy the flavor of the tender & Juicy Meat itself first, and then with Original fond de veau, Radish, Garlic Sauce & Hawaiian Salt!



### Bring this AD!!

We will offer you a glass of champagne when you bring this AD by August 31st.



**Roy's** Reservations recommended.  
**Roy's Tokyo Bar & Grill**  
TEL.03-5474-8181  
5F West Walk in Roppongi Hills,  
6-10-1, Roppongi, Minato-ku, Tokyo

**[Business Hours]**  
LUNCH TIME  
11:00 ~ 16:00 (L.O. 15:00)  
DINNER TIME  
17:30 ~ 23:30 (L.O. 22:30)  
BRUNCH TIME  
11:00 ~ 16:00 (L.O. 15:00)  
<http://www.soho-s.co.jp>

\* 10% service charge will be added to your bill at Brunch & Dinner time.

## MOVIE REVIEWS BY WILLIAM CASPER

### Sex and the City



In more ways than is usually the case, this is probably a pointless review. At this point in the evolution of our species, you are already a fan of *Sex and the City*, or you are not and this blown up, big screen version of the hit HBO series will cause no one to leave their particular camp. You'll like it if you already like it and you won't, if you don't. Rather than merely expand a typical episode, the producers have chosen to stuff the contents of a whole series in to one exhausting 148-minute spree which even the most ardent fan might find an experience akin to wolfing down a giant tub of ice cream in one sitting; it's tempting in theory, but gorging is seldom satisfying.

As one who has never paid much attention to the comings and goings of these four particular New York girls about town (well perhaps girls isn't quite accurate), not surprisingly, the film does not stand up well as an entity away from the series. Too much insider knowledge is assumed and despite Jessica Sarah Parker's voiceovers, I got the over-whelming feeling I'd walked in on a story that was halfway through the

telling. There were some mildly amusing moments, lots of shopping stuff, and that seemed to be about it. But what do I know? I own two pairs of shoes.

One thing I do find puzzling is the way the film has been attacked in certain quarters for portraying the character's lives as unrealistic. Its also been said that all the serial shopping stuff is fantasy and has very little baring on real working women's lives. Unrealistic? Fantasy? When almost every Hollywood movie ever produced has fed into some kind of male fantasy—the violence, the cars, the guns, the girls (and here girls is the right word)—surely a little name brand shopping isn't the worst fantasy a person can indulge in is it? **W**



Carrie and Big. Is it to be?

photo courtesy of New Line Cinema Productions.

### Across the Universe



Words are flowing out like endless rain into a paper cup—sadly, none of them can quite capture the magnitude of awfulness presented here. Almost everything about this love-story-set-in-the-60s musical, based on the songs of the Beatles, is dreadful. So dreadful in fact that *Across the Universe* (ATU) quite possibly plants its flabby, laughably pretentious, backside in the 'so bad its good' category. Only time will tell. One would have assumed filmmakers everywhere would have learnt their lesson all those years ago, with the Bee Gees awful film version of *Sgt. Pepper's Lonely Hearts Club Band*, but apparently not.

Where to begin? It's difficult, there are scenes of such excruciating embarrassment that it is sometimes hard to keep looking at the screen. Worse, because it uses (in the way, say, McDonalds uses cows) Beatles songs—songs we all know and if not love, can at least hum along to—it all feels horribly personal; like watching your grandmother lap dancing or something equally unpleasant.

The laughable plot has Jude (Jim Sturgess), a ship-builder in Liverpool, in what looks like the 1930s, going to America and meeting Lucy (Evan Rachel Wood), Max (well) (Joe Anderson), Sadie (Dana Fuchs), Prudence (TV Carpio), and guitarist Jo-Jo (Martin Luther McCoy), who apparently thought he was a loner, in New York in the cool happening 1960s. The act of shoehorning these Beatle themed names into the paper-thin plot is about as creative as this whole exercise gets. As Jude and Lucy fall in and out of love, every cliché of America in the 60s is wheeled out and danced around by longhaired hippy types. There are cameo appearances from Bono, in the most embarrass-

ing sequences of all (and that's saying something), Eddie Izzard as the barker for Mr Kite, who at least has the decency to deliver his lines tongue

very firmly in cheek, and Salma Hayek dressed as a sexy nurse, writhing around brandishing a morphine filled syringe. Despite that kind of imagery, *ATU* is closer in tone to the gentler big screen interpretation of iconic hippy musical *Hair* than, say, Ken Russell's version of the Who's rock opera *Tommy*—the film is very coy about what inspires all the psychedelic imagery in various character's heads for example. It also shares some of *Hair's* anti-Vietnam concerns but adds nothing politically or philosophically and at no point gets anywhere near the emotional impact of *Hair's* finale; incredibly it actually feels more dated, too. Interestingly this trashing of a British institution, the Beatles PLC, was written by a couple of veteran British TV writers with a string of worthy credits, Dick Clement and Ian La Frenais. I suppose when you are struggling to make ends meet the way the remaining Beatles and various spouses clearly must be, the 10 million dollars they received for allowing use of the songs, though tellingly not the Beatles versions, is a satisfactory return for the further diminishment of a legacy. *Jai guru deva om*, indeed. **W**



Beatles inspired wackiness.

photo courtesy of Sony Pictures.

## WEEKENDER'S FAVORITE MOVIE THEATERS

**ROPPONGI:** Roppongi Hills Cinema. Roppongi 6-10-2, Minato-ku. 03-5775-6090. In the Roppongi Hills Keyakizaka Complex, facing the Mori Tower, Hibiya Line Roppongi Station. Showing: *Speed Racer*, *Indiana Jones and the Kingdom of the Crystal Skull*, *The Chronicles of Narnia: Prince Caspian*, *Made of Honor*. [www.tohotheater.jp](http://www.tohotheater.jp).

**SHIBUYA:** Shibuya Cine Tower, Dogenzaka 2-6-17, Shibuya. 03-5489-4210. From JR Shibuya station, take the Hachiko exit to the large intersection (to Dogenzaka). Go up the road, and it will be on your left (across from Shibuya 109). Showing: *Indiana Jones and the Kingdom of the Crystal Skull*, *The Happening*, <http://gmap.jp/shop-1533.html>.

**SHINJUKU:** Shinjuku Milano Za, Kabuki-cho 1-29-1, Tokyo Milano Bldg. 03-3202-1189. JR Shinjuku station East Exit, number B13. Walk towards Nishi-Shinjuku station; the theater faces this station. Showing: *Speed Racer*, *Rec*, *The Chronicles of Narnia: Prince Caspian*, *Ghost in the Shell*.

**ODAIBA:** Cinema Mediage. Daiba 1-7-1, Minato-ku. 03-5531-7878. Across from Tokyo Teleport Station, just behind the Fuji TV building. From the Yurikamome line's Daiba station, cross the street. The cinema is next to Aqua City Odaiba. Showing: *Made of Honor*, *Speed Racer*, *Dr. Seuss Horton Hears a Who!*, *In The Valley of Elah*, *Indiana Jones and the Kingdom of the Crystal Skull*, *The Chronicles of Narnia: Prince Caspian* [www.cinema-mediage.com](http://www.cinema-mediage.com).



For more reviews please visit our website at [www.soho-s.co.jp](http://www.soho-s.co.jp)



## MOVIE PLUS WITH BILL HERSEY



Kudos to Perth, the hometown of the late and great 28-year-old Australian actor Heath Ledger, who passed away from an accidental drug overdose in NYC recently. As a tribute to Heath, Perth named a new 87-million dollar theater in his honor.

You can see the man and his talent as the Joker in Warner Brothers' latest Batman film *Dark Knight*. There's talk about an Academy Award nomination for Heath on this. It happened once before with James Dean who was killed before the release of *Giant*.



Photo courtesy of Warner Brothers.



Warner Brothers held their monumental premiere of *Speed Racer* at Tokyo Dome in June 29. It really was a big day in every way. The size of the Imax screen had to be seen to be believed, from what I was told. It was the largest ever and you may be reading about it in the *Guinness Book of Records*...

The highlight of the exhibition was an elevated platform with a life-size replica of a Mach 5 racing car, where guests could take photos in front of the car. The well over 20,000 people who attended that day included film, music, fashion, and sports celebrities.

The young star of *Speed Racer*, who also gained fame for his role in *Into The Wild*, led the parade of local celebrities for a short appearance on the stage before the film. After the film I really enjoyed dinner with a group of Warner Brothers people at sumo champ Konishiki's restaurant, Unbalance, which was just a short walk from the venue. The Hawaiian food was excellent.

The next day there was a good turnout at the *Speed Racer* press conference. In addition to the star Emile Hirsch, pop star Jin Akanishi, who dubbed Emile's lines in Japanese, and Aya Ueto who did the same for actress Christina Ricci, met the press. Emile said he drives a black Toyota and feels he's a safe driver who likes to follow the rules, "Please tell your readers not to try the stunts they see at home or on the road," he added. Jin, who's a good friend, told me "dubbing is not easy," but Emile really praised him for his work.

Jin recently released his first English single. He picked up the title, *Love Juice*, from a cocktail menu. Oh well. We play the song a lot at the New Lex and customers seem to like it.

4. Motorcycle Club President Yumiko Ozaki and her husband Hiroki
5. Actress Sayuki Shirai, Taekwondo Champion Masato Tomioka, Russian model Anna, Ceremony Corp President Tsukasa Shiga
6. K-1 Fighter Hiri and Bill Hersey



1. The Kano Sisters, Kyoko and Mika Okuma.

2. Hirokyu Sanada, Roberta Ireton, Emile Hirsch, Charo and Bill Ireton, President of Warner Entertainment Japan.

3. Roberta Ireton and the star of the movie Emile Hirsch at the premiere in London.

NB. Schedules are subject to change so please make sure to check the website to avoid disappointment.

**SHINAGAWA:** Shinagawa Prince Cinema. Takanawa 4-10-30, Minato-ku. 03-5421-1113. Across the street from Shinagawa station, in the Shinagawa Prince Hotel. Showing: *Speed Racer*, *In The Valley of Elah*, *Indiana Jones and the Kingdom of the Crystal Skull*, *August Rush*, *21*, *27 Dresses*, *The Chronicles of Narnia: Prince Caspian*, *The Bucket List*. [www.princehotels.co.jp/shinagawa/cinema/index.html](http://www.princehotels.co.jp/shinagawa/cinema/index.html).

**YOKOHAMA:** Toho Cinemas Lalaport. 4035-1 Ikebe-cho, Ysuzuki-ku, Yokohama. 045-929-1040. JR Yokohama Line, Kamooi station. Take the North Exit; theater is on the first floor of the Lalaport Complex. Showing: *Indiana Jones and the Kingdom of the Crystal Skull*, *Speed Racer*, *Made of Honor*, *The Chronicles of Narnia: Prince Caspian*. <http://yokohama.lalaport.jp>.

[www.weekenderjapan.com](http://www.weekenderjapan.com)

## Out on DVD!

By William Casper

**Big Trouble**—Surprisingly good, low budget, small town noir starring David Schwimmer Simon Pegg and Alice Eve.

**88 Minutes**—Al Pacino should change his agent to avoid this kind of hi concept low execution mess. He has 88 minutes to solve his own murder. I hate it when that happens.

**Wild Hogs**—Decent premise, 4 middle-aged bikers experiencing a mid-life crisis on a road trip, is badly let down a poor script and a story lacking conviction. Going for laughs it misses badly. With John Travolta.

**The Assassination of Jesse James**—Despite being ravishing to look at this subdued epic, it might be best watched at home where at least you can stretch your legs after the first couple of hours. With Brad Pitt and an impressive Casey Affleck.

# BCCj

The British Chamber of Commerce in Japan

60<sup>th</sup>

Anniversary  
1948-2008

## The British Chamber of Commerce in Japan Celebrating 60 years of:

- \* strengthening business ties between Britain and Japan
- \* promoting and supporting member business interests
- \* encouraging new business entrants to the Japanese market
- \* supporting Japanese investment in the UK

### UPCOMING EVENTS

- |   |
|---|
| <p>17 Sept Ten Years as Grand Chamberlain</p> <p>18 Sept Time Management Strategies</p> <p>26 Sept 6th Annual North American-European Golf Challenge</p> <p>5 Oct 26th Japan Scottish Highland Games</p> <p>6 Nov Innovative Thinking</p> |
|---|

### MEMBERSHIP OPTIONS

Member Type	Joining Fee	Annual Fee
Corporate	¥28,000	¥280,000
Associate	¥16,000	¥160,000
Entrepreneur	¥8,000	¥80,000
Individual	¥4,000	¥40,000
Overseas	¥5,000	¥50,000

3F Kenkyusha Eigo Centre Bldg. 1-2 Kagurazaka, Shinjuku-ku, Tokyo 162-0825  
Tel: +81-(0)3-3267-1901; Fax: +81-(0)3-3267-1903

<http://www.bccjapan.com>

The YMCA Foreign Community Support Committee (FCSC) PRESENTS...

# The 2008

## Grand Gala Charity Ball

In Support of the YMCAs Challenged Children Project (CCP)

# BEATLEMANIA NIGHT

Featuring the famous Beatles tribute band:

THE BEATLES

The Beatles Duet

## The Hilton Hotel Shinjuku KIKU BALLROOM

### Friday October 17, 2008

Donation of ¥25,000 per person.  
10% discount for table of ten  
**LOOK what you'll get !!!**

Champagne cocktails, Fine wine, Fabulous dinner,  
Live band & dancing, Grand raffle draw, Rare  
Sports, Film, & Rock memorabilia auction

Attire: Black tie optional

WOW!!

Contact: 03-5367-6640 or [fcsc@ymcajapan.org](mailto:fcsc@ymcajapan.org) for more info  
Special overnight accommodations at the Hilton available!



# Kamomaru

Duck all round

"I have a good feeling about duck," said the owner to the chef of Murakami Seisakujo. It seems he also had a good feeling about Yutenji, uprooting from his garage-like restaurant under the train tracks of Nakameguro and moving to a parking lot one station down the Toyoko Line. So out go the tarpaulin sheets and Kawai-san's white-board listing the season's vegetables, and in comes pale terracotta paint and a vase of sunflowers to lift the curious warehouse he has selected instead. Having arrived late following the wrong route, we rather wished he had settled in those characteristic ill-chosen backstreets instead of the empty parking lot we eventually found him in, but the building itself is rather more curious, its wooden elevations and peaked roof in contrast to the generic concrete blocks around it. Once inside, those neatly framed windows and washed walls turn to give the impression of a 1930s changing room. So still as spartan as before.

What had not changed was the warmth of the greeting we received. Co-diner was a regular at his secret grotto down the road for many years, savoring the splendid array of fish and vegetables of such honesty that one questioned the need of any other *izakaya*. Kawai san obviously remembered and we were promptly shown to our table and the familiar squiggles of his *kanji* on the menu. Last time, co-diner had rather enthusiastically ordered cod milts, a surprisingly generous sprawl of what seemed like marshmallow walnuts. But no need to worry about that now that wings have usurped fins, though we did miss his vegetable diary.

The menu itself is simple, offering a la carte and set courses priced at ¥5,000, ¥6,000, and ¥8,000; all very reasonable given the quantity and quality that is served. We opted for the middle one and a couple of beers (Premium Malts,

in case you wondered) though there is a full-blooded wine list should the mood take you. It did not take us, this being a quiet Sunday evening preceded by an afternoon on the beach, so we settled for white moustaches as the first plate arrived. And now you should make your reservation. Vegetables, heaps of them, all sliced and quartered and served raw with a bubbling anchovy and avocado sauce that surprisingly contains milk, oil, and garlic, too. A fabulous combination that rather defies cooking logic—but dip the radicchio or scoop with the pumpkin and suddenly you are convinced.

Before we tackle the next course, let us get the bad news out of the way: the duck was dry. The middle menu specifies duck confit and this should be a warm mush of meat falling off skinny bones with crispy skin, but ours desperately needed a layer of goose or, dare I say, duck fat during its slow roast. This was our only criticism, but given the theme of this place it is, I am afraid, a rather significant one. On the same plate was a small heap of salad and new potatoes, unpeeled, topped with a divine dollop of basil butter. Read that last bit and now imagine how perfect that is. Absolutely delicious.

Such is its richness the duck left us feeling full—so giving us fresh house-made tofu next was an excellent



It's all about the duck.

choice. Much lighter than it looks, the taste bridged mild cheese and wet dough, and cleaned the palette for the bamboo stakes that followed. I must admit I have not seen bamboo served this way, still wrapped in its papery layers scorched by the grill. You need to take these off first and add a blip of miso paste with the tip of your chopsticks to the remaining soft spear. And then you will see why pandas eat so much. On the same plate was white asparagus, also grilled, served with finely crushed pink rock salt in a smooth, white bowl. But the bamboo was better.

Time for the second duck dish, but not before we were distracted by a wig of onions Louis XIV would have been proud of. In front of us was placed a rustic stone stove with a metal pan on top, within which bathed defeated ducks and rolls of spring onion in a soy-source based sauce. Upon this was piled those onions. Light the stove, however, and watch the hairpiece wilt into the broth—not for too long, mind, you don't want the duck overcooking. Snatch it from the pan with your chopsticks, then sprinkle on top the dried juniper berries you have just crushed with the provided

pestle and mortar: suddenly there is a firm crump of flesh while the familiar brown sweetness engulfs your tongue, offering a new way to enjoy this bird.

Kamomaru is about experiencing

foods, as much as flavors, and each ingredient is visceral and untainted. Courses are pure and involve eyes and fingers as much as tongue and nose. Unfortunately, the room is not as intimate as the meal, but compensating for this was our final main, a wonderful comforting urn of rice and duck in a *dashi* broth muddled with egg: *zousui*. This arrived in yet another charming pot with a scratched glaze like a seadog's sweater and a small dish of cracked flakes of seaweed. Add, stir, and tongue a texture that mixes runny omelette with tapioca pudding while picking out nuggets of breast with your teeth.

With each dish that arrived, there was a slight groan of how we were going to fit it all in. But believe me, you find a way. Even when the ice cream finally made its way to our table, so the sharp house-made wafer urged the pile to be consumed. This is, as I say, convincing stuff. The clatter of diners and variety of the previous menu from Kamomaru's predecessor will be missed, and no longer can Kawai-san be watched from the counter as before. Instead he has brought a unique theme to this pleasant part of Tokyo that makes a welcome change to the familiarity of so many of the city's menus. We are still puzzled by his choice of location, but at least parking is not a problem.

W

**Best table:** Anywhere is fine, but if you are in a large group then private rooms are available upstairs.

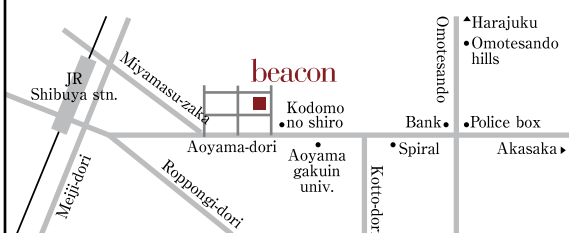
**Prices:** As mentioned, set menus start from ¥5,000 with a la carte as well. We paid ¥13,300 for two.

**Location:** "East Exit Yutenji Station, hang a left from

the rotary onto Terra street for 265 steps and then turn left at the Sakuraya restaurant. Turn left and go underneath the train tracks. And then walk 370 steps until you hit the parking lot." **Contact:** Call 03-3710-9804 or see [www.e-e-co.com/kamomaru.html](http://www.e-e-co.com/kamomaru.html).

"A signal fire or illuminating light that calls or guides."

At beacon urban chophouse, the fire from our grill calls our guests to come together and join us in celebration.



# beacon

urban chop house

1-2-5 Shibuya, Shibuya-ku, Tokyo • Tel: 03-6418-0077

[www.tyharborbrewing.co.jp](http://www.tyharborbrewing.co.jp)



## Fifty Seven

A taste of Manhattan in Roppongi, by Zach Luscombe



Cool and spacious.



The roasted beet salad, great for summer.



East-coast style pork.

Of course there had to be dessert and there is none better to go for than cheesecake—after all, it's New York inspired!

Let me take you to a place you can spend in first class, mingle with the coolest of crowds, conduct your business in VIP-style, or romance your date in the '57 Room.' On top of all that, you'll indulge in fine cuisine from Chef Fumio Yonezawa.

Fifty Seven is a New York inspired, east meets west restaurant, offering Tokyo a new kind of dining and evening experience. Chef Yonezawa's hard work and determination in his young career provides food from the heart, rather than from the books, and the combination of Asian and South American flavors gives your palette an experience you'll be sure to remember.

Fifty Seven has been rejuvenated by director Gerard Eady—service is attentive to your needs and chefs are willing to accommodate dietary requests. The menu changes on a seasonal basis and the bar offers many New York styled beverages and liquors. Selection is ample with various vodkas, gins, brandies, and whiskeys. While you're at it, start off with the Central Park made from plum liqueur, vodka, chili, and mango sauce—the spicy kick really brings out the sweet flavors. The wine list has a selection from California, South Australia, and other international locations.

For starters, the roasted beet salad made with gorgonzola, walnuts, and honey mustard sauce has a great combination of flavors; it's a great fresh and cool dish for these warm summer evenings. I had this with another appetizer, the sweet shrimp and citrus fruit ceviche. The shrimp was lightly poached to give it a delicate texture with citrus, lemon grass, and coriander flavors. Other notable appetizers were the cajun dirty rice risotto with duck confit, and a grilled swordfish with greens in mint *calamansi* and black olive oil.

My entrée was the grilled lamb chops with caramel lemon confit and gorgonzola lamb. It was cooked medium rare and still makes my mouth water as I write this paragraph. Flavors were excellent and the combination of lamb and gorgonzola really tied this dish together. I highly recommend this entrée with the cauliflower and gruyere gratin as a side dish, and both paired perfectly with the Ravens Wood Cabernet. Another entrée shared at the table was fried soft shell crab on greens with a spicy mustard mango sauce. This is what I enjoy so much about South American flavors, the mixing of a little bit of spice with the sweet—a little known trick in bringing out flavors you want to accentuate. I would probably order this more for lunch than dinner and it could even be a shared appetizer for a table of four. Other great entrees were the root beer-braised short ribs, slow poached salmon with sweet paprika confit, strawberry, and tarragon, and the Yamagata fillet mignon.

Of course there had to be dessert and there is none better to go for other than cheesecake—after all, it's New York inspired! The espresso flavored cheesecake with hazelnut sauce was delightful and you might as well add in a Bailey's on the rocks to go with that!

Fifty Seven also comprises of a Japanese Kompa Room either for private business meetings or for the traditional group dating experience where four guys will sit down with four ladies and meet for the first time. The Belvedere VIP room may also suit your desires for an entertaining evening. Like I say, if you're looking for a new social and dining experience in Japan, check out Fifty Seven.

For reservations at Fifty Seven call 03-5775-7857 or see the website at [www.fiftyseven.co.jp](http://www.fiftyseven.co.jp) for more details.

57  
FIFTY  
SEVEN

A New York Style  
Restaurant & Lounge in Tokyo.



Yone's  
Mondays and Tuesdays at 57  
till the end of August.

¥5,700 Special Course  
(limited for 20 persons per day)

Menu created daily by our Executive Chef Yone.

Your choice of 1 glass of red or white wine  
(for groups of 4 or more will provide 1 full bottle)

Today's Appetizer / Main Dish / Dessert

Executive Chef  
Fumio Yonezawa

*by yone*

57 is available for private parties.

Corporate lunches, small to large cocktail parties, or even your dream wedding with bilingual staff on hand to cater to make your event one you will always remember. Please contact us for any further information.



B1F 4-2-35, Roppongi, Minato-ku, Tokyo  
Tel 03.5775.7857 [www.fiftyseven.co.jp](http://www.fiftyseven.co.jp)

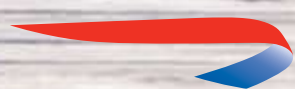


## Check-in is now open

Why not check in online from the comfort of your home or office and at a time that suits you? Online Check-in allows you to do just that, saving you time and stress at the airport.

You can check in online from 24 hours before your flight departs, choose your seats and even print your boarding pass, meaning that all you need to do at the airport is drop your baggage at a staffed Fast Bag Drop and you are free to spend the rest of your time as you choose.

Before you fly, visit **ba.com**



**BRITISH AIRWAYS**





Winter fares from JPY



LONDON/EUROPE return

British Airways offers low prices on flights to Europe throughout the year.



**BRITISH AIRWAYS**

For our most attractive prices book by 15 August at [ba.com](http://ba.com)

Terms and conditions apply. Fares exclusive of taxes and surcharges.

## First

British Airways' First cabin assures customers of the highest standards of service and attention to detail at every stage of their journey. The exclusive treatment begins as you speed through check-in into the calm sanctuary of the First lounge. On board, you are provided with interior accessories and facilities designed by Kelly Hoppen to emulate the style and quality of a Rolls Royce using only the finest fabrics and textures. The extensive "a la carte" menu allows you to select your favourite dishes, while in-flight entertainment offers 100 movie and TV channels, 70 CDs and 20 games as well as radio channels and audio books. Our First cabin will provide you with the comfort and privacy you need to enjoy your flight.

## Club World

Created with the help of the world's leading designers, the new Club World business class cabin now boasts wider beds that enable passengers to work, sleep or relax in ultimate comfort. At the touch of a button, the new seat reaches up to 2 meters into the Z-position, an innovative position designed by NASA engineers to mimic the shape the body assumes in zero gravity. Other features include unlimited "club kitchen" refreshments, traditional damask tablecloths and special privacy screens which deliver unparalleled levels of comfort, privacy and personal space. From the welcoming cabin environment and the comfort of the new Club World seat, to the refined dining options throughout the flight, our new Club World cabin offers you a home away from home with all of the comfort, privacy and flexibility of a five-star hotel.



The new Club World seat, which reclines to a fully flat bed, enables customers to sleep in ultimate comfort.

## World Traveller Plus

Treat yourself to a trip that's a little more special by flying World Traveller Plus premium economy class. Whether you're travelling for business or leisure, you can relax and enjoy a more comfortable journey in our premium economy cabin, and arrive at your destination in better shape. Special ergonomic seats designed by German racing car seat company Recaro have movable headrests, footrests, lumbar support, as well as business amenities such as a laptop power point and an individual phone. The additional seat pitch and width gives you extra room to relax, while the exclusive World Traveller Plus cabin offers customers a quiet environment.



British Airways' World Traveller Plus cabin provides extra space for more comfortable business or leisure travel.

## World Traveller

British Airways' World Traveller economy class provides high quality service by considering customers' needs, allowing you to sit back and enjoy your long distance flight in the knowledge that everything will be taken care of. From ergonomically designed seats to seat-back video screens offering a wide selection of entertainment, everything has been designed with customer comfort in mind. The cabin also provides a range of kids' products designed to make travelling with children a little easier for the whole family. For children, we have prepared Disney fun bags, books, hours of on-screen family entertainment and family friendly meal options. World Traveller's superior service promises a relaxing flight at a reasonable price.

## Our Network

With our franchise and codeshare partners we fly to more than 300 destinations worldwide. We are a member of the oneworld alliance, and in co-operation with our airline partners we offer you a network of over 600 destinations.



AWAY FROM HOME

WE OFFER:

- ~ WALKING
- ~ GROOMING
- ~ PICK UP & DROP OFF SERVICE



FOR INFORMATION OR  
RESERVATIONS:

PLEASE CONTACT  
Ms. YAMADA  
TEL: 03-3429-0601



## Untamed Waterton

Consider a holiday away from it all but the beauty of nature, by Benjamin Freeland



Canada's wilderness is truly beautiful.

When New Zealand's picturesque southern Alps were selected as a stand-in for Tolkien's *Middle Earth* for the *Lord of the Rings* film trilogy, many residents of Canada's two westernmost provinces mused as to whether their beloved Rocky Mountains and adjacent foothills, forests, and grasslands would have made an altogether more spectacular setting for Peter Jackson's cinematic spectacle.

While the many visitors acquainted with western Canada's two most famous mountain resort towns, Banff and Jasper, will all attest to the staggering beauty of the Northern (Canadian) Rockies, the sheer vastness and wildness of western Canada's mountain terrain is seldom appreciated as most international visitors do not venture far from Banff or Jasper before taking the bus or train back to Vancouver or Calgary. South of Banff, however, a third National Park region sits atop the south western-most corner of the province of Alberta, bordering British Columbia to the west, and the US state of Montana to the south. It is here in Waterton Lakes National Park and the neighboring Glacier National Park in Montana, that the Northern Rockies are at their wildest and most unadulterated, in a sparsely populated and relatively hard-to-access corner of the continent, and where human activity has barely made a ripple.

### Nature

Take a map of the North American continent and find the point of convergence between Alberta, British Columbia, and the US border. The surrounding perimeter, which encompasses Waterton Lakes National Park to the northeast, Glacier NP to the south, and BC's Kootenay region to the northwest, represents one of the wildest and most unspoiled corners of the continent. The crystal-clear glacier lakes and rivers that etch the landscape contain some of the cleanest, purest water anywhere in North America and are home to numerous native species of fish. Wildlife abounds in the region like few other places. Deer and mountain goats easily outnumber human beings here. Moose, elk, and bighorn sheep are also common sights as they

here are also home to a wealth of bird life, including woodpeckers, magpies, jays, and birds of prey such as the golden eagle and other distinctive animals such as the pikas, snowshoe hares, martens, and the region's innumerable gophers (the bane of Alberta ranchers' lives due to their cattle and horse leg-breaking holes) also call the area home. Perhaps more important than all, however, is Waterton's relatively small human population, mostly concentrated in the quaint, postage stamp-sized Waterton Townsite, a characteristic that the region's human (and without doubt non-human) inhabitants would like to see maintained.

### People

While the region's original human inhabitants, (the Piikáni (Peigan), Káínaa (Blood) and Siksiká (Blackfoot), who together form the long-resilient Blackfoot Confederacy) can rightfully claim a millennia of history in the area, Waterton's recorded human history is scarcely over a century old. Formed in 1895 as Canada's fourth national park and named after the network of glacier-carved lakes around which the park converges, Waterton Lakes NP remained largely uninhabited until the founding of the Waterton Townsite in 1911. Even with this development, the town's population remained small, due primarily to its remoteness from Canada's twin transcontinental rail lines. Nevertheless, Waterton's star did rise, particularly after the construction of the grand Prince of Wales Hotel in 1926–27, a development that sought to lure American visitors across the border during the prohibition era. The subsequent years saw Waterton emerge as a popular summer retreat, with many of the summer cabins built during this era still standing today.

The town was also once home to western Canada's premier big-band jazz venue, the Waterton Dance Pavilion. In 1932, Waterton Lakes merged with its state-side counterpart, Glacier, to form the Waterton-Glacier International Peace Park as a salute to the bonds of peace and friendship between the two countries. Designated as a UNESCO World Biosphere Reserve in 1979, in light of its pristine mountain, highland, lake, and wetland

ecosystems, Waterton-Glacier International Peace Park was subsequently made a World Heritage Site in 1995. While local business people, politicians, and park officials have sought to improve the

**Wildlife abounds in the region like few other places. Deer and mountain goats easily outnumber human beings here.**

keep a keen watch for the region's endemic carnivores, which include wolverines, lynx, wolves, mountain lions, and of course, the region's iconic and much-feared black and grizzly bears. The alpine woodlands

area's tourist infrastructure in order to facilitate more visitors, western Canada's best-kept secret remains a remarkably unspoiled place and few in the region that would care to see that situation change.





Nature surprises around every corner.

## Remote

While Waterton's relative remoteness remains one of its primary selling points,

this does mean that access to this stunning tract of mountain wilderness is relatively challenging. Unlike Banff and Jasper, no trains connect Waterton Lakes NP with the outside world, relatively few buses go there, and the nearest international airport (Calgary) is over three hours' car journey away. The most spectacular approach to the park is from the east, from the outlying municipality of Pincher Creek, where the mountains rise abruptly from the Great Plains in a spectacular collision of geological and ecological regions. It is here, that with the beautiful contours of the Prince of Wales Hotel stands sentinel over Upper Waterton Lake, the deepest body of water in the Canadian Rockies.

## park rangers can occasionally seen patrolling the area on horseback, Mountie-style,...

Ranging in elevation from 1,290 meters at the townsite to nearly 3,000 meters at the summit of Mt. Blakiston, Waterton offers innumerable scenic trails, the best known of which is the Crypt Lake trail. This, an eight-hour jaunt through Rocky Mountain wilderness and around a lake that is often covered with ice even in August. The Crypt Lake trail makes for an accessible but fairly demanding hike and apart from a daily round-trip ferry link between the trail and the townsite, no amenities are to be found anywhere and hikers here can expect nothing but untamed back-country. Another ferry service links Waterton Townsite with Glacier National Park, courtesy of Waterton Inter-Nation Shoreline Cruise Co., whose venerable 80-year-old vessel sails between Waterton Townsite and Gothaunt, Montana (well known as the US's least-busy international port) between two and four times a day (depending on the time of year). To the south in Glacier, is a further range of scenic hikes, as well as the spectacular Going-to-the-Sun Road, an extraordinary feat of road construction that was completed in 1933 and never fails to raise motorists' heart rates!

## Townsite Life

Back at the Townsite, visitors can expect a smaller, less-commercialized version of that which they would see further north in Banff and Jasper. The town is refreshingly free from chain coffee shops or fast food outlets, and many of the town's businesses are still owned by families who settled in the town in its first decade of existence. Open cafes and lakeside restaurants line Waterton Townsite's main street, where meandering deer mingle with visitors and locals and the town's art galleries and performance spaces spotlight a steady lineup of artists and musicians from surrounding communities. Local theater troupes contracted by Parks Canada can be seen performing vignettes on the history of the region and park rangers can occasionally be seen patrolling the area on horseback Mountie-style, hearkening back to the park's legendary first warden, the famously roguish frontiersman John George 'Kootenai' Brown. Forever glistening alongside the townsite is Upper Waterton Lake, a lake whose bone-chilling, glacier-originated water scares off all but the most masochistic of swimmers, but is nonetheless a magnet for canoeists, kayakers, and windsurfers, the latter of whom benefit from the region's notoriously windy weather. The park's rivers and lakes abound with trout and other freshwater fish, making the park a popular fishing destination and golf enthusiasts can enjoy the superb Waterton Lakes Golf Course to the east of the townsite. The park's devoted team of wardens provide a full range of services aimed at educating visitors about the region's diverse ecosystem and volunteer activities such as 'citizen science' programs and weed busting efforts targeting invasive plant species are open to members of the public keen to give something back to the park.

For travelers eager to escape from crowds and immerse themselves in pure, unadulterated wilderness, it is difficult to imagine a better choice than Waterton Lakes National Park and the neighboring Glacier NP. While the area is relatively harder to access than western Canada's better known national park regions, Waterton more than makes up for it, both in the wildness of its wilderness and in the timeless down-home charm of its namesake townsite. Where mountain view and prairie sky collide, Waterton glistens like Rivendell, the Elven outpost in *Lord of the Rings*, beckoning with the promise of serenity and adventure.



**Getting there and around:** Waterton Lakes NP is a three-hour southwesterly drive from Calgary, where the nearest international airport is located, and a 14-hour drive due east from Vancouver, western Canada's Asia-Pacific air hub. With no passenger train links to the area, the vast majority of visitors come to the park by motor vehicle. While there are no regular scheduled bus connections to the park, Greyhound Canada provides bus services from both Vancouver and Calgary to the nearby town of Pincher Creek, Alberta, from where visitors can hire a taxi to the park. During peak season (July-August) shuttle buses are often made available by the hotels in Waterton—inquire with hotel personnel. Car rental is probably the best option, and is available from international and domestic airports and from Banff, the nearest passenger railhead. **Once in the park:** there are numerous touring options, including Waterton Shoreline Cruises, Scenic Interpretive Red Bus Tours, and Tamarack Shuttle and Transportation Services. Guided tours by foot, horse, and boat are also available at various points during the year. **Other Information:** A brand new website, [www.mywaterton.ca](http://www.mywaterton.ca), was launched in July of this year, offering visitors a comprehensive one-stop source of information on all things Waterton. The site offers extensive information on accommodations, restaurants, visitor services, local travel information, and much more.

# Ichii Corporation

*proudly supporting  
Tokyo's foreign community*

## Just visiting...

[www.tokyo-backpackers.jp](http://www.tokyo-backpackers.jp)



## Long term apartments...

[www.ichii-re.co.jp](http://www.ichii-re.co.jp)



## Monthly furnished apartments...

[www.japt.co.jp](http://www.japt.co.jp)



## or Business spaces

[www.soho-market.net](http://www.soho-market.net)



Sales, Advice, Service...  
talk to Ichii Corp



TEL: 03-5437-5233  
FAX: 03-5434-6300  
Email: [info@japt.co.jp](mailto:info@japt.co.jp)

[www.japt.co.jp](http://www.japt.co.jp)

# What the Dickens British Pub

## Live Music Nightly

3 Stages from 8:30pm to midnight – Rock, Pop and Jazz  
Jam Session 1st Tuesday of Every Month  
Dixieland Jazz 2nd Tuesday of the Month  
Poetry Open Mic on 1st Sunday of the month  
4 to 7pm ~ All Welcome

## Happy Hours

Tue-Sat from 5 to 7pm.  
Pints ¥700, Cocktails/Wine ¥500  
Dry Blackthorn Cider, Nest Beer White Ale  
and Bass Pale Ale All on Tap

For Maps and Live Music Info; please visit  
[www.whatthedickens.jp](http://www.whatthedickens.jp) or Call 03-3780-2099

Roob 6 Building 4th Floor, 1-13-3 Ebisu-Nishi, Shibuya-Ku



*the  
Dickens!*



You really liked it

We can fund it

Go for it!

Yen loans, at a highly  
**competitive interest rate.**

Build your financial security through investment  
property purchases in Australia, NZ or the UK by calling  
"Mr. Real Estate," Richard Henderson, on 03-3241-8923  
or email to MrRealEstate@nabasia.com

For more information visit us at  
**[www.nabasia.co.jp](http://www.nabasia.co.jp)**

nab. a little word. for a big life.



**National Australia Bank**

All loans are subject to National Australia Bank Limited's lending criteria. Terms and Conditions apply and are available on application. In some cases, pre-approval prior to your departure may not be possible. Adverse exchange rate movements may result in capital losses. We recommend investors obtain financial advice specific to their situation before making any financial investment decision. National Australia Bank Limited, a company incorporated with limited liability in Australia.

© 2007 National Australia Bank Limited ABN 12 004 044 937 AFSL 230686 (09/07)



# Mr. Real Estate's...

## 5 Ideas for Financing Real Estate Investment Success

### Positive Cash Flow

Use lower interest rates in Japan to create positive cash flow from rented properties and have the tenants pay the loan off for you!

### Pre-Approval

Get your pre-approval for your loan from us, so you can shop for what you want to buy more smoothly and much faster.

### Currency Switching

Switch the currency of your loan when the timing is optimal, so that you can reduce your principal amount owing.

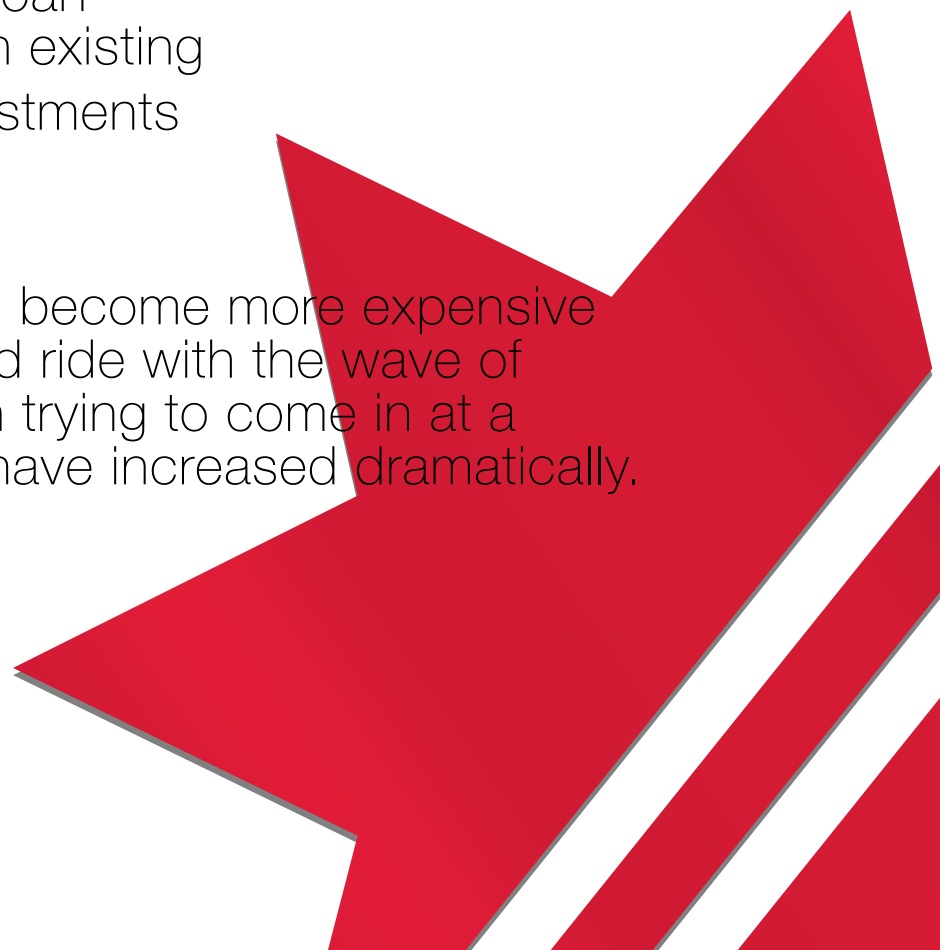
### Options, Options, Options

Think broadly about your financing options:

- new purchase
- re-finance an existing loan
- equity take out from an existing property for other investments

### Market Timing

For markets you expect will become more expensive in the future, get in now and ride with the wave of price increases, rather than trying to come in at a later date, after the prices have increased dramatically.





## A Long Way from Olympus

With all eyes on Beijing in the run up to the Olympic Games, it's worth reflecting that it's not that long ago that only Western nations played host to what is now a truly global event. The 1964 Tokyo Summer Olympics (the XVIII Olympiad) broke that pattern, winning out in round one of voting over Detroit, Michigan, Vienna, and Brussels. It also became the first televised event to be broadcast across the Pacific. There were rebroadcasts all over the world, putting post-war Japan back on the map; the broadcasts signaled by Yuji Koseki's distinctive theme music.

The Olympics were good for Tokyo in many ways. The city's infrastructure benefitted hugely—elevated expressways, new hotels, and specially created venues that are still with us today. What is now the National Stadium hosted the opening and closing ceremonies as well as track and field, and the Nippon Budokan—now one of the city's most popular concert venues—was built to accommodate the newly introduced judo events. Perhaps most striking was Kenzo Tange's Yoyogi Gymnasium which still looks futuristic today. No doubt Tokyo Governor Ishihara hopes that a successful bid for the 2016 Games will give a similar boost to the city.


London certainly has high hopes for the 2012 Games, summed up by the concept of "Towards a One Planet Olympics." The organizers put sustainability at the center of the Olympic bid, making a commitment to maximize it through the various stages of building, the venues, and infrastructure, running the Games themselves, and then long after. The five pillars of this concept are combating climate change, reducing waste, enhancing biodiversity, pro-

moting inclusion, and improving healthy living. An independent scrutiny body has been set up to monitor progress and ensure that the organizers live up to their commitments.

The official Olympic website ([www.london2012.com](http://www.london2012.com)) recently listed a tally of items that have so far been reclaimed. These will be stored and then used, "to create aesthetic and practical features ... including paths, paving and paving inlays, benches, planters and lighting, and water features."

The list to date (courtesy of the site):

- 80 lamp posts
- 160 manhole covers and 187 gulleys
- 18 square meters of clay and slate roof tiles
- Two tons of red bricks
- 117 tons of Yorkstone
- 100 tons of cobble/granite
- 41 tons of paving bricks
- 35 tons of paving slabs
- 1,200m of granite kerbs
- 4,200m of concrete curbs

As the world's resources are ever more threatened and the awareness of the need for sustainability grows, this could well become a pattern for future events on this scale. Bidders for 2016, please take note. 

Ian de Stains, OBE is the Executive Director of the British Chamber of Commerce in Japan. He is also a Fellow of the Chartered Institute of Arbitrators and Convenor of its Japan Chapter.



## Has Tokyo Got What it Takes?

Will the 2016 bid bring gold to Tokyo? by Danielle Tate-Stratton


Generally, athletes are seen as the undisputed stars of the Olympic Games. There are, however, hundreds of people who work incredibly hard for many years to ensure that one other star shines brightly over the course of the games—that of the host city. Olympic committees hope that the Olympics will bring attention, long-term growth and industry, and, perhaps most importantly, money to their city and, as an extension, country.

Bid cities must show the International Olympic Committee (IOC) and their local governments that the citizens near the games support the bid and one of the techniques they use to gain popular support is the promise of future riches for the city. Unfortunately, budgets don't always go as planned, and not all cities come out ahead.

Looking ahead, Tokyo is hoping to host the 2016 Summer Olympics from August 12–28 of that year. Having already hosted a successful Games in 1964, Tokyo's Bid Committee is hoping to beat out competition that includes Rio de Janeiro and Madrid when the IOC announces their decision in 2009. With a bid budget of between 5.5 and 7 billion yen, it is not an inexpensive undertaking to convince the world that Tokyo is ready to host once again. Funding for the bid will be split between the Tokyo Metropolitan Government (¥1.5 billion) and funding from within the private sector.

The Bid Committee is campaigning on the basis of Tokyo 2016 being the most compact and efficient Olympics to date. With plans to reutilize many of Tokyo's '64 venues such as the stadium in Komazawa

Olympic Park and the Yoyogi National Gymnasium in Yoyogi Koen very little new construction or land acquisition would be needed. For instance, for a Games occurring in 2016, Tokyo would be building only two new venues, echoing the successful model of LA. Additionally, Tokyo boasts a strong transportation network which bid organizers contend would easily be able to accommodate the additional traffic seen by the Games. The Tokyo Olympics would be the most compact ever, with all but two sports (soccer [qualifying games] and sailing) as well as the Olympic Village and Media Center being located within a ten-kilometer radius, or within approximately 20 minutes traveling time. The new venues, including a Tadao Ando designed stadium, are expected to be built on reclaimed waterfront land on Tokyo Bay, helping to continue the revitalization project started in areas such as Odaiba.

Thanks to existing infrastructure and already in-the-works improvements to the city's transportation networks including three ring-roads designed to help alleviate congestion, Tokyo looks as though it could follow Los Angeles' highly successful model by taking advantage of a large city used to millions of people as well as existing venues to minimize costs and transportation loads. If it is able to do that, Tokyo could well follow in the footsteps of past Games such as Los Angeles (summer, 1984), Calgary (winter, 1988), or Atlanta (summer, 2006), all of which broke even or posted a profit once the Olympic Flame was extinguished. To find out more about Tokyo's bid for the Games, visit [www.tokyo2016.or.jp/en](http://www.tokyo2016.or.jp/en). 

**MAGELLAN**™  
The Financial Planning Company

Investment & Portfolio Management

Retirement Strategies

School & University Fees

Life & Health Insurance

International Property Purchases

Inheritance & Estate Planning

Multi-currency Mortgages

Tax & Asset Protection

Financial Planning for the US Citizen

[www.magellantt.com](http://www.magellantt.com)

7th Floor My Square Building

2-10-3 Azabujuban

Minato-ku, Tokyo 106-0045

Tel: 03-3769-5511, Fax: 03-3769-5517

Email: [mtt@magellantt.com](mailto:mtt@magellantt.com)



## Moving Made Easy

Marie Teather talks with Asian Tigers



*Just pack and go. Moving house has never been easier.*

After relocating the foreign community to and from Japan for ten years, this August Asian Tigers will be celebrating their first decade of operation in Japan. *Weekender* catches up with Andrew Olea, Director of Sales and Marketing, to find out about the challenges and triumphs of an industry that we simply couldn't get here without.

### How difficult was it starting up in Japan ten years ago?

At that time we had no customers and so it was almost like starting up our own business. Other relocation companies were already established here and so getting contacts was quite a challenge. We have, however, grown to being the market leader here in Japan.

### How did you get to that position?

We have a great reputation, we provide great customer service, and through this we have had lots and lots of referrals.

### What difficulties did you face in trying to make your presence known?

Trying to find the correct contacts to liaise with is very difficult in Japan without an introduction. Also, cold calling doesn't work like perhaps it does in other countries. Of course, companies are always changing and so trying to keep abreast of the correct contacts and teams to talk with can also be challenging.

### What kind of clientele do you relocate?

Mostly it is high and upper management professionals, traders, lawyers, etc. We work with all of the major financial institutes here in Japan.

### How have you seen your clientele change over the past ten years?

The foreign community has changed a lot and ten years ago people were very wary to move to Japan. Today it is a much sought-after post and setting up life here is much easier than before. These days, we find that most people don't want to leave when their time is up and people are actually sad to have to go. One of the drawbacks of being an expat is that you eventually have to leave!

### How about the number of women relocating to Japan?

Yes, we have seen an increase in women relocating as the leading spouse. We move a lot of couples who are both relocating through their work and also a lot

more single women are moving. I think it is most difficult for the wives of partners who have been relocated. It takes them a little longer to make contacts and to find their niche here.

### How do you stay in contact with clients after they have moved?

On arrival we give them a welcome pack and we arrange welcome events in the first six months so they can meet people from different companies. We have coffee mornings for the wives who are not working and we also try to stay in touch with our clients throughout the year.

### What difficulties do people face when moving back to their home countries?

Problems usually come through a lack of time to plan and prepare, although sometimes when a company decides to relocate an employee at short notice, this is unavoidable.

June and July, when the international schools, close is obviously the peak time for families wanting to move back and so at this time we are at our busiest; advance notification helps.

### Have there been any changes with the shipping procedures over recent years?

Fuel prices are going up and so freight and trucking charges are increasing. Since 9/11 in 2001, there have been a lot more inspections and quarantine procedures mean it can take longer to ship personal goods home. Most foods can no longer be imported and Australia, especially, has strict quarantines on soils and untreated woods. Of course, this is an unavoidable part of our industry and this is something we have learnt to work with. We take care to advise all of our clients on issues that may effect their move back.

### In light of the rising costs do you think a client could cut costs by arranging a move back on their own?

Unfortunately the costs are unavoidable for everyone and to try and arrange a move back alone would most certainly take a lot more time and money. Going through a company like Asian Tigers means you can take advantage of reductions in costs.

photo courtesy of istock/azgurdonmaz

**BlackBerry**

special data bundle from 1st of Sep

**BlackBerry 8707h Smartphone**

For W-CDMA and GSM/GPRS Networks

**BlackBerry® Internet Service Now available**

**For more detail Call 0120-045-360**

**docomo Customer Care for BlackBerry**

For more information on Asian Tigers in Japan 03-6402-2371 or see [www.asiantigers-japan.com](http://www.asiantigers-japan.com)





## New X6 Debut Test Driving Available

## Abe BMW. Benefits for our Customers.

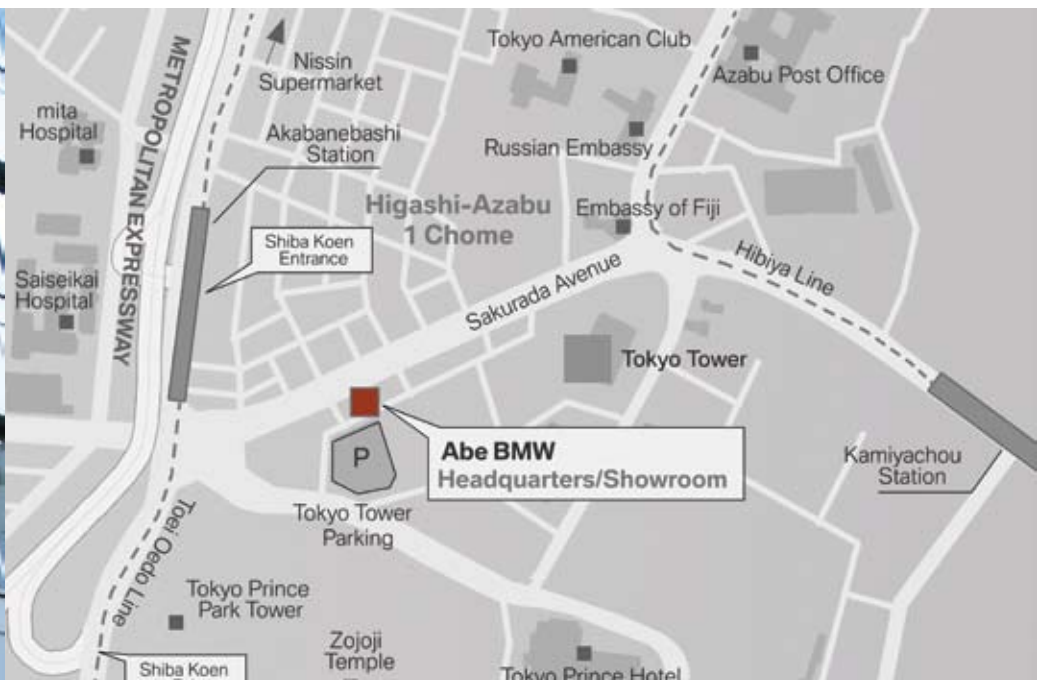
The Abe BMW International Sales Program is an unique service designed especially for our international clientele. Our goal is to make your BMW experience rewarding, convenient, and trouble-free. Here is a short summary of your benefits

- Showroom located directly in the heart of downtown Tokyo
- Professional sales consultation in English, including Japan-specific purchase related information
- Handling of all administrative steps in the process of registering your car in Japan
- Cooperation with your company's corporate car program
- Professional after sales hospitality by English-speaking sales consultants
- English-speaking navigation system and on-board computer
- Special financial packages and systems, created to meet the needs of international clientele in Japan
- Maintenance program Abe BMW Premium Service available.

## Abe BMW. Showroom.

Abe BMW Corp.  
1-10-11, Higashiazabu, Minato-ku  
Tokyo 106-0044  
Phone: 03-3582-3281  
Fax: 03-3582-8079  
Email: [international@abe.bmw.ne.jp](mailto:international@abe.bmw.ne.jp)  
Web: <http://www.bmw.co.jp/english>  
Showroom hours:  
Tuesday - Saturday 9:00 a.m. - 7:00 p.m.  
Sunday 10:00 a.m. - 6:00 p.m.  
Closed on Mondays  
Customer parking behind the showroom

Please contact our international sales team for details.  
Individual appointments are possible upon request,  
even at your home or at your office.





## EIRE's Irish charm

Leading the IT Service Industry, by Rob Goss

Since being launched in Tokyo 12 years ago by Irishmen Paul Timmons and Matthew Connolly, EIRE Systems has established itself as one of Japan's leading providers of professional IT project management, consulting, and managed services. With Timmons and Connolly still at the helm, the company can now boast a team of over 100 in Tokyo, and has successfully expanded its operations to Hong Kong, Shanghai, Singapore, and Dublin. Want to know more about what EIRE does and why the company is a success? Read on.

"EIRE's core services can be divided into three areas," says EIRE's business development and marketing manager, Ruairi Hatchell. Through its managed services, EIRE helps to manage the IT requirements of approximately 30 to 40 clients with head counts in the region of 10 to 1,500 employees. "Often these clients do not have the required budget for a full-time IT resource and therefore rely on EIRE Systems to provide daily, weekly, or monthly support to help ensure their systems are protected and running smoothly, in addition to EIRE providing IT recommendations as their IT requirements evolve," Hatchell explains.

Beyond managed services, EIRE's IT project management and design services cover everything from infrastructure project management and relocation management to business continuity, planning, and disaster recovery, while its IT outsourcing services can provide clients with high-quality IT professionals on short- or long-term contracts.

EIRE caters predominantly to clients in the financial sector, serving companies ranging in size from five-person hedge funds to multinational banking organizations with staff numbers in the thousands.



IT help is at hand.

Recently, however, Hatchell says EIRE has also been expanding its client base to other sectors. "EIRE has recently done work in the retail and hospitality sectors in Tokyo, helping to set up flagship stores in Omotesando, as well as project managing the IT set up for a major international hotel chain in Shinjuku," he says. EIRE is also the main IT contractor on the renewal and rebuild of the Tokyo American Club.

With EIRE's main client base in the financial sector feeling the effects of sub prime, Hatchell says there is a constant need for EIRE to evolve and improve as a company in order to meet its clients' requirements, in the most cost-competitive way. One way EIRE continues its evolution is through its commitment to the personal development of its staff. "Making sure our employees are correctly trained is key to our success, and we encourage our employees to study new fields," Hatchell says. "By constantly seeking the best from our employees we are able to respond and provide a high-value, efficient service across the board in order to ensure client satisfaction."

W

To find out how your organization can benefit from the combined IT expertise of the people at EIRE Systems, visit [www.eire.co.jp](http://www.eire.co.jp)

## Bark of Approval

Hinataya Pet Hotel, by Emily Co

There comes a time where one has to leave one's four-pawed best friend behind. Feelings of guilt may overwhelm you and worst case scenarios may re-play over and over like a damaged video on an endless loop. I know because I'm a mommy to a little Rapsallion Pomeranian named Peanut. Like all other pet owners out there, I worry about the kind of people I'm leaving Peanut with and am concerned for his happiness, safety, and the quality of care he's receiving. Hinataya Pet Hotel does much to chase those nagging anxieties away. Their treatment towards their animal guests is warm and loving and they will strive to make your pet feel right at home. This firmly goes hand in hand with their core belief of "taking care of their guest dogs, rather than just keeping them."

Hinataya Pet Hotel opened five years ago in order to meet the need for a place to leave your dog that treats pooches more like family, rather than mere mammals lower down in the food chain. Popularity soon called for two more branches. The three hotels are located in Setagaya-ku Sakura, Suganami-ku Shimotakaido, and Oota-ku Higashimagome, and for those who live too far away, Hinataya's drop off and pick up services make it all the more convenient.

Because of the hotel's strict regulations, owners will never have to worry about the welfare of their precious ball of fur. There is even an age limit of ten years (although in certain cases exceptions will be made if the canine is in top physical condition). 'Guests' of Hinataya are also required to have updated rabies shots and vaccinations and must not be under any medication or medical treatment. A photo will be



Welcome to the Hotel Hinataya.

emailed once every few days for the purpose of reassuring owners of their pet's well being. Each guest will be properly cared for, according to their own needs, and will be taken for a walk individually two to three times a day. If, in any event, your dog becomes ill, Hinataya staff will be sure to take quick action by taking it to a veterinarian immediately. During the day your pet will enjoy the spacious free roaming area where it can rest, socialize, and play with other animals. In special cases, dogs may be separated off into smaller sectors if they are unable to get along with the other guests.

And, there's an extra bonus for the pampered pooch—grooming services that even provide hot spring baths or mud packs depending on choice, of course. Owners that leave their beloved Fidos with Hinataya, can easily put aside their worries. However, there is one very dangerous risk I am a bit hesitant to mention. There exists a very likely possibility that your pooch may not want to come home!

W

For more information on the Hinataya Pet Hotel call Sachi Yamada on 03-3429-0601 or see [www.hinataya.com](http://www.hinataya.com).

ACCI **Ecentral**  
International Jobs in Japan

## Global Jobs for Bilingual Professionals



[www.ecentral.jp](http://www.ecentral.jp)

## Quis Custodiet Ipsos Custodes?

### QCIC Consulting K.K.

- Are you overwhelmed with your year end financial reporting requirements?
- Are you behind schedule in meeting statutory reporting deadlines related to your fiscal year-end?
- Are you worried about your monthly USGAAP/ IFRS monthly reporting requirements to your head office?
- How about the numerous management reporting deadlines that must be met?
- Are you looking for help with all or any of the above?

#### QCIC is here to help with all your needs:

- Finance, accounting and tax filings administration
- HR administration, payroll and related services
- Compliance & legal administration
- Back office administration

**QCIC**  
CONSULTING

Tel. 03-3505-5565 [japan@qcic.jp](mailto:japan@qcic.jp)

[www.qcic.jp](http://www.qcic.jp)



# M TOKYO MUSASHIKOYAMA

東京武蔵小山インターナショナルスクール・インジャパン  
INTERNATIONAL SCHOOL in Japan



Tokyo Musashikoyama  
International School in Japan

3-21-19 Koyama Shinagawa-ku Tokyo 142-0062 Japan  
〒142-0062 東京都品川区小山3-21-9  
TEL.03-3786-9674 FAX.03-3786-9675



**☎ 03 3786 9674**  
**☎ 03-3786-9675**

## Doremi Garden International Preschool



Four classrooms, a school garden,  
a rooftop grass garden and a cycling area.

Contact us regarding 2008 enrollment!

Lots of hands-on opportunities for each child's  
individuality through our age appropriate academic  
English lessons, gym lessons, music lessons, ballet  
lessons, Karate lessons, a school bus, school lunches  
and more!



Ages: 18 months to 6 years old  
Preschool classes – 10am – 2.15pm

Afternoon lessons & Extended care  
are available until 5pm  
Live web camera



Phone: 03-3554-3664 tia@mx9.ttcn.ne.jp  
2-16-5 Takamatsu Toshima-ku Tokyo 171-0042

**www.doremigarden.com**

## SCHOOL'S IN

### Proud to be Different

The Musashikoyama International School,  
by Norman Munroe

It was probably when I was sitting in the school's lobby waiting to interview principal Embry Ramon Williams and watching a couple of Japanese kids go by, chattering away in English, with one little girl walking on all fours bent over backwards acrobatically, that it occurred to me that maybe the Tokyo Musashikoyama International School, was, perhaps, actually different.

Or maybe it happened when a four year old looked solemnly at me and declared that "school is fun," before running off to join his schoolmates and teachers who, by the sounds of laughter and activity, were having a ball in the school's big playroom.

Certainly, the school's philosophy, as stated on its website, seemed to be in line with the behavior that I observed. In a country where assimilation and 'group-thinking' is generally accepted as the norm, their individualistic approach to education borders on being revolutionary. The school's philosophy also claims that, "our kids cry when it's time for them to go home. They just don't want to leave. This is what sets us apart from other schools."

#### Just the beginning

Fighting words, indeed. However, as the school draws to the end of its first year of operation, principal Williams and his staff appear to be well on the way to perfecting their approach to education. Tokyo Musashikoyama International, however, marks just stage one of the fulfillment of a dream that the Pittsburgh, Pennsylvania native has developed over the 17 or so years that he has been in Japan, having come here from the United States, as he put it, "on a whim."

After arriving in Tokyo, in 1991, from Hawaii, where he had worked for a while, Williams amassed a variety of teaching experience ranging from elementary through to high school, business English, TOEIC, TOEFL, as well as teaching English to airline employees. It was while he was working at Kanda School of Foreign Languages that he "was inspired to do my own thing": start his own school.

**"...our kids cry when it's time for them to go home. They just don't want to leave..."**

Also an exponent of Wing Chun kung fu, and having taught kung fu to adults for some time, Williams started to look for an opportunity where he could combine his desire to teach kung fu to kids as part of a wider and more radical approach to early childhood education. He is also a certified salsa dance instructor and this, too, was to be incorporated into the educational approach.

The chance came when the elementary school that previously operated at the premises where his school is located, close to the Musashikoyama station on the Tokyu Meguro Line, offered him a job. After working there for three years, Williams ended up purchasing the school and after re-organizing it he is forging ahead with his vision to teach English to a variety of groupings of both kids and adults, on occasion incorporating elements of dance and kung fu, as well as teaching those arts separately.

As he put it: "I want my kids to be well-rounded, so we have a curriculum. A lot of kindergartens don't have a curriculum. It's just, like, arts and craft and playtime. So I'm using a curriculum kind of based on the American style, using American textbooks."



It's fun here!

#### Fruits of learning

The student body, about 40-strong at the moment and hailing from a variety of countries, is divided into three age groupings. The youngest set, dubbed the 'Grapes', has kids ranging from one and a half to just under three years. The 'Cherry' group contains the 3-4 year olds, and the 'Peaches' group comprises the oldest kids, at 5-6 years of age. All age groups do subjects such as language arts, math, science, PE, and social skills. Of course, the length and make-up of the lessons are adjusted based on the age, attention span, and level of the various age groups. All classes are taught in English and, in fact, the school is an 'English-only zone'. There are six teachers in all and the student to teacher ratio is kept low, with an average of 10-12 kids in each class, attended to by a head teacher and an assistant teacher.

#### Embracing challenges

"We're trying to introduce everything they're going to get in first grade [elementary school] so when they get there they'll have a grasp of it, if not being able to do it totally," Williams says. "My kids, when they leave here, I expect to be able to write simple sentences, read simple sentences, [single-digit multiplication, subtraction, multiplications [using] zero and one,] at a minimum...I think they can handle it, so I give them as much as they can handle to challenge them."

These core activities are complemented by a host of other activities such as 'Mommy's English', English lessons for mothers to enable them to keep up with their children's English skills, and Saturday kindergarten and elementary courses, as well as a four-week summer program.

The school, as it existed previously, was a Japanese-only institution in terms of language of instruction and much of the strong parental support stems from seeing the marked improvement in their children's English-language ability. The school's flexible approach to offering child-care and after-school services, along with attendance incentives for students and a pragmatic approach to fee-paying, including extending partial scholarships to deserving kids whose parents may have financial difficulties, also helps.

Williams' ultimate dream is to develop a school for the performing arts, inspired by the 1970s American TV show FAME, where most of the artistic disciplines such as music, dance, arts and craft, and acting, would be taught. All of this will require more space than he currently has available and he is actively seeking a larger space to move into. Embry Ramon Williams and his team at Tokyo Musashikoyama International School, so far, seems well on their way to realizing their goal of being different and special. **W**

For more information on the Tokyo Musashikoyama International School in Japan, see [www.tmisij.co](http://www.tmisij.co) or call 03-3786-9674/0120-47-4444 (toll-free).



## A Kids' Olympics!

Learning sportsmanship at the English Studio, by Elise Mori



For children of multicultural families, who speak perfect or near-perfect English, Japanese school can be very difficult. "Ironically, these children are embarrassed by their fluency," says Shane Thompson of The English Studio. Children who have returned to Japan after a long stay in an Anglophone country and whose English is at a native, or near-native level, experience a similar loss of identity and alienation. "They could also be suffering from reverse culture shock and finding it hard to readjust to life back in Japan." Luckily, English Studio provides a learning environment that these children need. "We aim to be

much more than just the local *juku*," (Japanese for an after-school crammer) says Shane, "where English is the medium of learning—not the focus—and we definitely see ourselves as a community organization."

Founded in 1985, English Studio offers a comprehensive program of ESL courses and two hugely popular annual sporting festivals provide an opportunity for all levels of English learners to mix and participate in an array of outdoor activities. This summer, the Summer School Olympic Event and later in the year, a school-wide Sports Day, will be held where students from the Setagaya, Mita, and Meguro campuses all compete.

### Summer Olympics

The Summer School has been running since 1992 and offers a week-long animation activity and a focus on Japanese and international festivals. This year, unsurprisingly, the third week's theme is the Olympics. As well as participating in sports, the students will also learn about the pageantry, ethos, and traditions of the games. "The focus is on participation, of course, but also on sportsmanship and the Olympic spirit as a whole," says Shane. As a climax to the Olympic-themed week, which begins on the 11th of August, the children will be taken by bus to a sports center in Iidabashi where they will be able to take part in, amongst other activities, baseball, basketball, tennis, and badminton, plus, the ever-popular electric bull rodeo. "In the past, this has proven to be the most popular activity, with the children and adults alike," Shane smiles. "It gets quite competitive."

Children will be organized by age range, with two groups per range. Children from outside the school are also encouraged to participate, as long as they have registered for the event two weeks beforehand. During the week-long run-up to the event, the children create their own uniforms, medals, and mascots, and are asked to complete a feedback sheet after the event. The children are looking forward to their day in Iidabashi with Kano, a six years-old girl, saying: "I am looking forward to playing many sports games at the excursion," and Mizuki, aged eight, said she wants to do badminton.



The emphasis is on sportsmanship.



Erika, 8.  
"I want to go to Beijing! I am looking forward to watching the swimming games. My favorite sports are basketball, swimming, jump-rope, and hula-hoop. I want to learn about swimming."

### Sports Day

The annual school-wide Sports Day is another chance to show off sporting skills, with all three sister schools participating against one another. Children of all ages attend, from kindergarten to 10 years old, and parents are warmly encouraged to join in with the scoring, judging, as well as the parents' flag relay. Favorite activities such as bowling, Frisbee, balloon, and the fan race can be expected, and again, the focus is on sportsmanship, participation, and team spirit, (although there is a strong element of competition between the three schools).

The date set for this year is the 28th of September at the Tokyo International School. "Definitely, the baton gets raised every year," say Shane, although the highlight of the day is always and undoubtedly the organized cheering. The teams work on a cheer routine and points are awarded for choreography, involvement, and excitement. For a small donation to cover costs, children from outside the school are also warmly welcome to join in with the fun throughout the day.

It seems that, whereas a lot of schools claim to focus on learning through participation, English Studio's two summer sports activities prove they mean what they say.

For more information on the school and how you can take part in either the Summer School or the Sports Day see [www.englishstudio.jp](http://www.englishstudio.jp) or by contact the head office on 03-3798-5829.



A great way to learn about the Olympics.



Ryuto, 8.  
"I want to go to Beijing, because I want to watch football games. I like football and baseball. I want to learn about football because I am a big fan of Ronaldo Luís Nazário de Lima!!"

## English Studio



**With 3 convenient locations in Mita, Meguro and Setagaya, English Studio was founded in 1985 with the mission "To nurture confident, independent, global communicators."**

- ESL Classes (Pre-K to Adult)
- Returnee Classes (K to 12)
- Saturday 3 Hour Intensive
- ESL Intensive Courses
- International Kindergarten Class
- English Daycare
- International Student Support Classes

**See our homepage for details or call one of our three locations:**

**Mita**  
**03-3798-5829**

**Meguro**  
**03-3712-3313**

**Setagaya**  
**03-5758-2491**

**WWW.ENGLISHSTUDIO.JP**





# GOLF

18 Hole Championship Course  
with Hotel  
First Class Restaurant  
Conference Facilities  
Children's Center  
Pet Hotel



**Ideal Location For:**  
Corporate Golf Outings  
Private Tournaments  
Company Offsite Meetings  
Business Seminars

**Weekday Membership ¥10,500**  
**Privilege Membership ¥31,500**



Contact Jim Fletcher for further details.

Windsor Park Golf and Country Club  
3473 Shiogo, Shirosato-machi,  
Higashi-ibaraki-gun, Ibaraki 311-4401  
Tel: 0296-88-2221  
Fax: 0296-88-2561  
Email: [jim@wpgcc.com](mailto:jim@wpgcc.com)

<http://www.wpgcc.com>

## SPORTS

### Strong and Supple is a Snap

A new approach to working out, by Jeffrey Libengood

The Olympics and the excitement of athletics and sports on the world stage spawn a variety of emotions. For some, it's the enjoyment of seeing the spirit of competition—the athletes performing at their best. For others, it sparks thoughts of the shape you were once in and how it's time to get in better shape after letting yourself go for too long.

For many, the attempt is short lived and often ends in throwing in the towel. Getting in shape typically conjures up the same old thoughts of struggling with diet while joining a gym and hammering out sweaty exercises like bench presses, arm curls, and stomach crunches. Listen, we all *know* what to do to improve; exercise and eat right. But why aren't we all doing it? That answer is simple. Programs are inefficient, too long, and not fun! A workout shouldn't take an hour! Thirty minutes of weight training is plenty! Of course, the last reason for failure is that some people are just plain ole lazy.

'Diet' produces thoughts of failure—low calories, hunger pangs, bland foods, struggle, etc. Results simply don't seem equal to effort. I'll pose this question—if you have attempted getting in shape numerous times before only to quit a few weeks later for whatever reason, what makes you think this time will be any different? Unless you *choose* to do it 'right from the start', you will quit again. Humans are creatures of habit. If you only do what you've done before, you'll only get what you got before. Any physical action is first a mental thought. Our thoughts change according to our emotions. If you're 'struggling' with your new 'resolve' because it's not fun or gets no results, your emotions will wane and before you know it, any excuse is all that's necessary to make you quit...again. A mental commitment is required for a change. The body always follows what the mind tells it to. No exceptions.

#### A new approach

I'll introduce you to a training style that will change your life. No more gym memberships, no more excuses. It will change your outlook on training; allow far more 'functionality', creativity, freedom (in movement and location), durability, portability, and costs about the same as a one-month gym membership. It's 'Functional FlexBand Training'. No, not the little tubing with a handle.

Athletic movement has taught us a lot about function. Function can simply mean 'how you move'. Injuries have also taught us how the body 'reprograms' itself to function when proper and certain levels of function are removed. The body compensates to create movement by always running away from pain or weakness and towards the position of compensation or strength. That is why you will get knee pain with a poorly functioning low back or vice versa. This functioning also applies to being a mom or a businessman. After all, function is merely movement! Quality results come from combining proper functional training with consuming quality calories—at the right time.

Characteristics of function include:

**Multi-planar:** Real-life movement occurs in 'planes', front/back, side/side, rotation, or combinations thereof. Certain movements accent certain planes, like standing on one leg (stair climbing and walking) accents the frontal (side/side) plane. Functional training exercises in all planes, unlike the standard gym programs, which are only front to back.

**Multi-joint:** Beaver's axiom states that, 'The body only recognizes movements'. Life's movements, such as picking up your child, swinging a bat, or sweeping a floor involve numerous joints moving simultaneously.

Machine training isolates movement without proper core or joint stabilization...a big no-no for functionality!

#### Flexband

A FlexBand is fantastic for training or stretching. They are light, highly resilient, portable, and provide amazing workouts in minimum time, and with unlimited creativity options. All of my personal training clients will attest to this.

FlexBand's elastic properties speed up gravity and provide 'accommodating resistance' by increasing elastic tension as the band is lengthened and simultaneously reducing tension while speeding up gravity as its returned to original length. With

bands one can also train slow or fast. FlexBands are easier and more efficient on joints than barbells or dumbbells making them more recommended for people over 40 or those with joint pain.

Another major difference between FlexBands and weights is that weights are gravity resistant, meaning they basically provide resistance going only up and down. FlexBands provide resistance in any direction. Stepping further from the anchor point allows increasing resistance and closer to it lessening tension. No more heavy equipment. Just light portable bands that fit in your gym bag or suitcase. They range in resistance from 1–100 kilos, depending on the band! You can train any body part or movement, in any plane, at any speed, with accommodating resistance at any location with maximal functional parameters! And, a complete training program takes only 15-minutes! These FlexBands are unique due to their flat band construction. They're non-slip. They're durable and have a 600 percent elasticity rating (they will stretch up to six feet for every one foot of band!). Most exercises you will do are in the 200–300 percent range. You can also 'link' FlexBands to allow multiple users simultaneously. FlexBands are also great for kids exercise and athletic preparation.

So if you are looking for an extremely functional, cost effective, portable, versatile, fun, challenging, and very effective training method, FlexBands are your answer. Only 15 minutes a day will produce great results. So get up off the couch. Be a participant in life!

If you are interested in getting started on a fitness regime, would like to try out Jeff's FlexBand Boot Camp, or need a set of bands, contact Jeff on 090-3903-6390, [thefitnessdoctor@gmail.com](mailto:thefitnessdoctor@gmail.com), or see [www.jeffsfitness.com](http://www.jeffsfitness.com).



Improve your fitness using the Flexband.



## PARTYLINE WITH BILL HERSEY

### Dieter Spranz' Retirement Party at the Austrian Embassy



The Austria National Tourist Office's Ayako Morass and her son Naoki.



Austrian Ambassador Jutta Stefan-Bastl, Tanaka Kikinzoku Jewelry President Noboru Taka, and Peter Stefan.



Austrian Mint Manager Japan Miko Ikeda Kitano, Tanaka Kikinzoku Group CEO Hugh Hideya Okamoto, Ambassador Stefan-Bastl, and Dietmar Spranz, President and Master Austrian Mint.

### Ogawa/Parekh Elegant "Golden Door"



PR Manager, Golden Door Kayo Kosmij, Atul Parekh, and Kunio Ogawa.



Yuki Ogawa, Kimiko Ogawa, Dewi Sukarno, Mikeaki Ogawa, and Kazuo Ogawa.



Kazuo Ogawa, singer and philanthropist Ms. Minehaha, Chairman Japan India Partnership Forum Aftab Seth, and Atul Parekh.



Kazuo Ogawa and Masayoshi Itakura—Takashimaya.



Shinsei Bank's Sanjiv Gupta, his wife Rashmi, and Atul.



Noted jeweler Kazuo Ogawa, his wife Kimiko, daughter Yuku, and two sons, Tomoaki and Hideaki.

I'm starting out this column at a Seattle's Best coffee shop on one of the outdoor terraces of the beautiful Mediterranean-style Greenbelt Mall in Makati, Manila. I just walked through the huge, well-landscaped gardens (ponds, waterfalls, Philippines-inspired statues, and so much greenery). The Ayala family, who is behind many of the Philippines' most awesome developments, love and respect nature. You'll see this in any of their many projects. I also joined the many locals at the mall chapel for a bit of meditation. It's an inspiring building to say the least.

I took Philippine Airlines (PAL) flight 431 from Narita at 9:30am, Sunday, July 6th. There was good food, attentive service, and all kinds of in-flight entertainment. As I really didn't sleep the night before, I pretty much passed out for the four hour and forty minute flight. As there's a one-hour time difference, I landed at Ninoy Aquino International Airport at 1:15pm.

Immigration and custom formalities were fast and courteous and I hopped in an airport taxi; Sunday traffic was light and I was in my room at the Manila Pavilion (by Luneta Park) in less than half an hour. As always, I fell in love with the dog—a black Labrador—at the hotel entrance. Once Benji (that's his name), the one-and-a-half year-old dog had sniffed my bags, he offered me his paws—first the left and then the right—welcome to the Philippines! The weather was nice, so I caught some rays and a bit more sleep by the hotel pool.

On Thursday, July 10, I spent a few hours at the Eye Referral Center near Luneta Park where I had my semi-annual checkup. Thanks to a good friend I discovered the center, one of Imelda Marcos' projects, a few years ago. At that time, my timing was right. At the entrance, I got my VIP pass (that's always nice) and went upstairs to the light, bright, well-equipped examination room, got the preliminary exams, and met a super young eye specialist, Dr Perfecto Cagampang. In our session, I discovered that Doy (his nickname) is an encyclopedia

of information on his country. He's always smiling, has a great personality, and has become a good friend who has helped me discover lots of off the beaten path adventures in his colorful and exciting country. If you visit Manila, drop by and see Doy. The center has the latest equipment, the staff are really friendly and professional, and it costs a fraction of what you'd pay here. The center is located at 430 TM Kalaw. St. Ermita, tel. 525-9360.

Before flying back on Saturday, July 13th in the afternoon I relaxed in PAL's VIP lounge at Terminal Two at the Ninoy Aquino Airport. Once again, traffic was light and immigration/check-in procedures were fast. I always enjoy PAL's VIP lounge and the staff, many who I know by now, are really great. You can relax in the comfortable leather furniture, watch different films on one of the large TV monitors, or get a massage in a mechanical massage chair that really works!

What really surprised me in these days of cost cutting everywhere is the lounge's buffet. As a PAL guest you have a big variety to choose from; there's my favorite—the local Arroz Caldo porridge, cream of corn soup, dim sum, pasta, meatballs, salads, sandwiches (Adobo, beef burgee, smoked chicken with cream cheese, and pork with pineapple), sushi, fresh fruit, and mango crepes. In addition to all that, there's just about any kind of drink that anyone could ask for. Needless to say, I pigged out so I had to pass on the truly good in-flight meals on my trip back.

I'll have more about all the new happenings in Manila soon, for now it's back to our city's busy social scene.

#### Embassy Events

Over at the Austrian Embassy residence, Ambassador Jutta Stefan-Bastl, her husband Peter Stefan, and Tanaka Kikinzoku Kogyo KK President Hideya Okamoto hosted a reception on the occasion of the retirement of

# My Lebanon

Lunch: 1,050yen  
Dinner: 4,000yen

Open every day, 11:30am ~ 11:00pm

[www.mylebanonjp.com](http://www.mylebanonjp.com) 03.5459.2239

### Quality insurance for the discerning traveller, expat or caring family man

Quotes, brochures and sign-up available online at:  
[www.healthcaresolutions.jp](http://www.healthcaresolutions.jp)



[www.healthcaresolutions.jp](http://www.healthcaresolutions.jp) [info@healthcaresolutions.jp](mailto:info@healthcaresolutions.jp) 070-6510-6929

### TELL Community Counseling Service

Face-to-face counseling in English, Japanese and other languages by professional, qualified therapists on a flexible-fee basis.

03-3498-0231

### Tokyo English Life Line

Free, anonymous telephone counseling  
9 a.m.–11 p.m. 7 Days a Week 365 Days a Year

03-5774-0992



TELL Volunteer Telephone Counselor  
Training Program starts **September 13**  
Go to [www.telljp.com](http://www.telljp.com) to apply

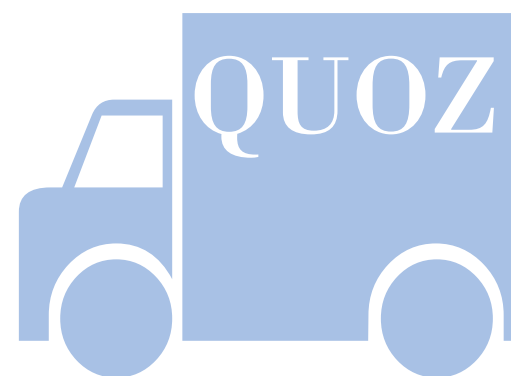
## QUOZ MOVERS

### Moving in Tokyo?

For home relocation or sayonara sale delivery, call Steve at  
090-3801-8083 or 03-5932-7777.

We can provide safe delivery of your belongings for reasonable rates. Disposal service of unwanted furniture and appliances also available.

Email: [moving@Quoz.biz](mailto:moving@Quoz.biz)  
Website: [www.Quoz.biz](http://www.Quoz.biz)





# ROTI

## ROPPONGI

AMERICAN WINE BAR & BRASSERIE

After 7 successful years we have just renovated Roti inside & out and invite you to visit us to see the improvements. Now under new ownership and with a brand new web site we are looking to the future. Of course Ian & the kitchen are still cooking up great authentic American grill & rotisserie cuisine.

## PARTYLINE WITH BILL HERSEY

### Peru/Japan Friendship Reception



John Leigh, Celia Tomiyama, and Andres Garrido



Mr and Mrs Haraguchi and Peruvian Ambassador Hugo Palma.



Ajoy Sinha Roy, Mirian Hashimoto, and Edgar Gamez-Sanchez.



Edgar Gomez-Sanchez, Ajoy Sinha Roy, John Leigh, and Peruvian Ambassador Hugo Palma and his wife Kirsten.



Mariko Urabe, Kirsten Palma, Mami Watanabe, and Midori Nagasaka.

Dietmar Spranz. He's been the President and Master of the Austrian Mint for ten years. The special evening included a welcome speech by the Ambassador, greeting speeches by Mr. Spranz and Mr. Okamoto, and a toast by Hoseki No Tamaya President Fukabayashi.

Glitz and glamour were added to the event by a gorgeous model wearing a solid gold dress in the Philharmonic Gold Coin Fashion Show. After the show there was a superb buffet of Austrian food where guests had the opportunity to get to know each other better.

There was lots of class, as well, when Infinity Creations' Atul Parekh and his partner, noted jewelry designer Kazuo Ogawa, hosted several days of opening receptions for their new venture, 'Golden Door.' The salon for culture, couture, and coiffure is, as I knew it would be, unique and the epitome of good taste.

Kazuo had his wife, daughter, and two sons helping there and talk about nice people! I, of course, feel the same way about Atul's remarkable family; his wife Hema was in Mumbai finishing another book on vegetarian cooking, his son, Alok, who's here now, was in London at that time, and daughter Ayesha was in New York City, where she works for Lehman Brothers. Others I met when I was at the Golden Door included Sanjeeva Gupta and his chic wife Rashim. Sanjeeva recently joined Shinsei Bank as one of their top executives.

The Golden Door is located on the first floor of Plaza Edogawabashi at Sekiguchi 1-23-6, Bunkyo-ku, tel. 03-3228-0028. It's actually behind the Chinzan-so Gardens and Four Seasons Hotel.

There is lots of upscale development in the area now and Atul has promised me a report later.

It was yet another enjoyable evening at the home of the Peruvian Ambassador Hugo Palma and his wife Kirsten. The occasion was to celebrate Peruvian-Japanese Friendship day.

As with anything the Palmas do, the interesting people, superb Peruvian buffet, and warm ambiance added up to a thoroughly laid-back and enjoyable evening. I did take time out to check out a huge book on Colombian festivals on one of the tables there. As an anthropology major, I now have so many more reasons besides visiting one of the world's wonders—Macchu Pichu—to get myself to Peru.

### Hilton Happenings

I've had the good fortune and privilege of having a good working relationship with Hilton Hotels for many years. Even so, it never ceases to amaze me how those at Hilton Tokyo never slow down and always come up with something new and exciting. The

recent renovations include the new Executive Suites, the Executive Lounge, the Marble Lounge, the gym and pool area, and the addition of a chic chocolate boutique. It's easy to see why the hotel was recently awarded four pavilions ('order of comfort') and two stars for their acclaimed French restaurant Twenty One in the *Michelin Guide Tokyo 2008*.

Hilton has reached new heights with the opening of the 506-room Hilton Niseko Village located at the base of the magnificent 1,309 meter Mount Annupuri in Hokkaido. The full-service, deluxe Hilton-managed hotel is Japan's premiere mountain resort offering unparalleled year-round winter and summer outdoor activities in an unbeatable location.

Hotel facilities include indoor and outdoor onsens, a spa, fitness center, and a huge—the largest in Japan—lobby fireplace where you can relax after a full day of fun activities. These include a superb ski area, golf, horseback riding, fishing, ropes courses, white water rafting, and adventure options. As in all Hiltons, the guest rooms are comfortable, completely equipped, and tastefully decorated.

There is a wide variety of restaurants and bars serving both western and Japanese food. The media had the opportunity to enjoy some of the Hokkaido specialties (yogurts, salads, soups, cheeses, etc.) at the reception after the Hilton Niseko Village press conference at the Hilton Tokyo recently. It was all so delicious and so healthy. I hope to spend a few days at Niseko Village soon. For more info, visit [www.hilton.co.jp](http://www.hilton.co.jp) or [www.hiltonworldresorts.com](http://www.hiltonworldresorts.com). Meanwhile, I really recommend you check out the Hilton Niseko Village yourself. I know it's very special.

### On the Move

I just got a nice postcard from Sonia Striegel who is really enjoying a summer break on one of the Philippine's most beautiful islands—Palawan. In addition to island hopping, Sonia took a boat down the awesome underground river there. I stayed at the fabulous El Nido resort near Palawan a few years ago. That was a super getaway. Sonia and her husband Frank are both very popular teachers at St. Mary's. He spends much of his spare time working as a counselor with boy scouts. The Striegel's older son Frank Jr.'s recent travels included some time in Vietnam, which "he really enjoyed." Their youngest son, Mark, a champion wrestler has been back for school holidays. He attends classes at the University of San Diego.

Sumo champ and entertainer Konishiki and his gorgeous wife, Chie, were back from Hawaii for a

OPEN EVERY DAY FOR LUNCH & DINNER  
WEEKEND BRUNCH EVERY SAT & SUN  
[HTTP://ROTI.JP](http://roti.jp)  
Piramide Bldg. 6-6-9 Roppongi • [info@roti.jp](mailto:info@roti.jp)  
**03 • 5785 • 3671**



## PARTYLINE WITH BILL HERSEY



### Segafredo Zanetti Espresso

www.segafredo.jp www.segafredo.it



The Latin Divas Adriana Soriano, Graciela Osella, Gabriela Belocopitow (now in Buenos Aires), ICBS President Norma Polski, and Betty Cerwink.



Mandarin Oriental Tokyo Director and General Manager Christian A. Hassing, his wife April, Segafredo's Sayaka Iijima, and Daisuke Noguchi.



The Okura Hotel's Nunzio L'Olivia and his son Achille.

### In and Around



Lise Frederiksen, wife of outgoing Danish Ambassador Freddy Svane and Kathleen Dierick, wife of the Bulgarian Ambassador Johan Maricon at a sayonara lunch for Lise at the Grand Hyatt.



National Azabu Supermarket's Store Manager Dale M. Toriumi and his wife Keiko at Warner Brothers' Speed Racer premiere at the Tokyo Dome.



Bill Hersey at the New Lex with pop stars Crystal Kay and Jin Akanishi (Kat-tun).

### Hilton Niseko Village Press Conference



Travel guru Sandra Mori, Life and Dream Tokyo Bureau Chief HK Kang, and PR man Joshua P. Warnken.



Greg Davis and Robert Heldt (both of Outdoor Japan) with Gotemba Golf Club teaching pro Bennett J. Galloway.



Citigroup Principal Investment Japan Vice President Daniel O. Cox and Hilton Tokyo General Manager Christian Baudat.



Hilton Niseko Village General Manager Daniel Welk, Hilton Hotels Vice President Oded Lifschitz, and Luke Hurford, General Manager Niseko Village.

"Hotel facilities include indoor and outdoor onsens, a spa, fitness center, and a huge—the largest in Japan—lobby fireplace..."

month. During their stay in Japan, there was a big welcome party for them at Konishiki's restaurant Unbalance near Tokyo dome. I'll have photos from that really fun event later. Konishiki, who weighed about 670 lbs has lost a lot and plans on losing more. He returned to Hawaii in late June and sponsored a big charity party near his and Chie's home on Wainae Beach near Honolulu. It was a first on that side of the island and about 650 people gathered for a day of food, music, fun, and games. My thanks to the always helpful Executive Support International Executive Director Michael Ghiglione, Bill and Charo Ireton, and others who donated prizes for the charity. There are a lot of good people out there.

### Congratulations

To construction and development tycoon Minoru Mori, who celebrated his birthday on July 14th. I

saw Minoru and his wife Yoshiko at US Ambassador Thomas Schieffer's, and as always, he had a great golf (I think) tan.

Also to HHH Princess Takamado, one of the most capable and hardest working ladies I have the privilege of knowing. She's always involved in so many worthwhile projects, but there is just no space to list them all here. Anyway, the Princess' oldest daughter Tsuguko is back after finishing her studies at the University of Edinburgh in Scotland, and on July 22 her daughter Noriko turned 20, which makes her an adult here in Japan. The late and truly great Prince Takamado has so much to be proud of.

For fun, color, excitement and pure energy take your kids to the magical *Muscle Musical 2008*. You'll enjoy it and they'll love it. The show runs through September 7 at the Shibuya Muscle Theatre across from the Shibuya Ward office. See <http://m-m2002.com> for details. **W**

**Auto Leasing?  
Looking to Buy?  
Want to Sell?**

*Have all your questions  
answered by...*



**Auto Leasing & Sales**

Plans for individuals and companies,  
from one to one-hundred cars,  
sport and commercial vehicles...  
Mick Lay Auto Leasing will supply you  
with the best plan available.

**You won't be disappointed!**

**Contact us direct  
for more information:**

**[cars@micklay.com](mailto:cars@micklay.com)**

**03-3468-0804**

**MICK LAY**  
**[WWW.MICKLAY.COM](http://WWW.MICKLAY.COM)**





# PADDY FOLEY'S

Tokyo's First and Best Irish Pub



## New Summer & Healthy Menu

New Classic Pub  
& Vegetarian Dishes

## Best Sports Pub Atmosphere

10 TVs, 2 Giant Screens

Football Premiership Season  
Starts: Aug. 16th

## LIVE! Tri-Nations Rugby

Sat., Aug. 2nd / 4:35PM  
New Zealand VS Australia

Sat., Aug. 16th / 10:05PM  
South Africa VS New Zealand

Thur., Aug. 7th / 7:00PM  
Live Test Cricket  
England VS South Africa

# QUIZ NIGHT

Next Quiz:  
Thursday Aug.14th  
7:30PM

## 03-3423-2250

[www.paddyfoleystokyo.com](http://www.paddyfoleystokyo.com)

# ARTS WITH OWEN SCHAEFER

## Photomedia is the Message

As the world stands transfixed to television screens, websites, and newspaper photographs of the Olympic games this summer, few will pause to consider the nature of the photographic media linking them to events thousands of miles away. Photographs, film, and video not only serve to transmit messages, but to record memory, or arguably, to become the very medium of memory. It is this ability to capture, or appear to capture, discrete moments in time or repeat flows of past time that have been lost to our perception that has fascinated artists since the first daguerreotypes were taken. And it is these questions of memory, time, and conceptual distance that the 10 artists taking part in the exhibition entitled *Trace Elements* investigate.

The show is a collaborative project between Tokyo Opera City Art Gallery and Performance Space in Sydney, Australia, and features “photomedia” works from both Japanese and Australian artists. The term photomedia here is a useful catch-all for any and all photographically related media, including video, film, and a few more difficult to define methods. “Trace Elements” is definitely one of Opera City’s most considered and cohesive shows in some time. And with the exception of Jane Burton’s *Wormwood* series of photos—quite unfairly orphaned in the gallery’s dreaded hallway—each artist seems to merit equal space for consideration.

Perhaps topping the difficult-to-define category is Kazuna Taguchi’s work. Taguchi first clips images from magazines—chiefly women’s faces—and places them in a montage; she then paints a near-photorealistic copy of the montage, and, in a final distancing step, takes a photo of the canvas, which is exhibited as a gelatin-silver print. The results are more fascinating than they might sound. The prints themselves are low-contrast and mirror-like, their ghostly and unreal images divorced from, yet echoing, their mass-media roots.

Video and film take up an equal portion of the show. Chie Matsui’s work *She Dissolves* appears at odd intervals on small screens throughout the exhibition, as though it were a live feed from some hidden room. In the unedited video, the artist repeatedly climbs up through a hatch in the floor of a small room, walks



Image courtesy of Genevieve Grieves. Children, production still from “Picturing the Old People” 5 channel video installation 2005.

across and disappears down a second opening into a hidden pool. From there, we hear her swim back, unseen, to the first hatch where it all begins again. The performance continues uninterrupted for more than half an hour. And with the repetition doubly repeated on different screens throughout the exhibition, it seems to go on forever—to the point at which the woman does begin to dissolve at least metaphorically into her task, if not physically.

On the Australian side, Alex Davies’ *Dislocation*, which allows four viewers in a room to watch themselves on tiny monitors as a series of characters appear to interact with them. Above all, it illustrates just how strangely familiar the idea of watching oneself from a detached position has become, and the effect is by turns spooky, amusing, and even creates a sense of community among viewers as they react to the non-existent figures sharing the room.

But for social depth and impact, it is difficult to beat Genevieve Grieves’ five-channel video installation *Picturing the Old People*, in which she painstakingly recreates the process of nineteenth century photographers taking staged photographs of aboriginal peoples. The videos are based on actual archival photos, but explore the relationship between the photographers and their subjects. The reenactments call attention to their own falsehood, and by association, the falsehoods in the process of the original photos, which were intended to capture the essential “nature” of aboriginality. It is a careful and multi-layered piece that rewards the patient viewer.

*Trace Elements—Spirit and Memory in Japanese and Australian Photomedia* (to Oct 13) Tokyo Opera City Art Gallery. Hatsudai Station. ¥1,000. 11am–7 pm (to 8pm Fri and Sat) Closed Mon. 09-5353-0756. [www.operacity.jp](http://www.operacity.jp)

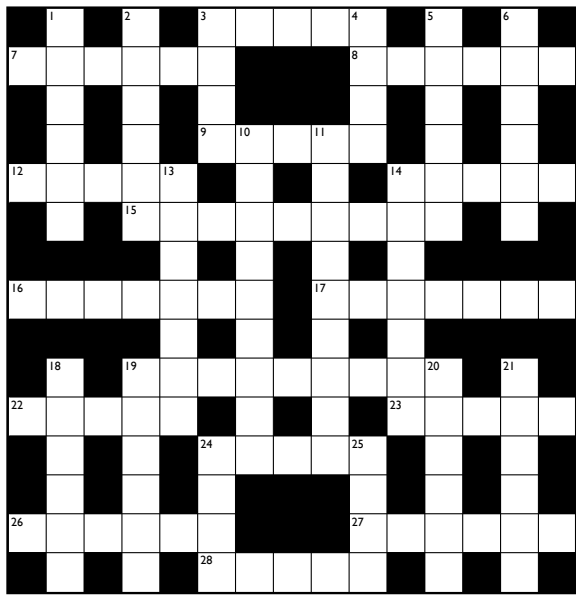
# CROSSWORD #32

## Across

- 3. Self respect (5)
- 7. Greek goddess, Zeus’ daughter (6)
- 8. Site of 2006 winter Olympic games (6)
- 9. Test (5)
- 12. 80s–90s USA star athlete (5)
- 14. Perspire (5)
- 15. Track and field events (UK) (9)
- 16. Hissy fit (7)
- 17. 24/7 (3–4)
- 19. Olympic goal (4,5)
- 22. Right (5)
- 23. King of talk shows (5)
- 24. ... of the Titans (5)
- 26. Admit (in the hall of fame) (6)
- 27. ....Chuan. Chinese martial art (3,3)
- 28. Third planet from the sun (5)

## Down

- 1. Pilfered (6)
- 2. Ancient Iran (6)
- 3. Huff and puff (4)
- 4. And others (2,2)
- 5. Archery missiles (6)
- 6. Borrowed (2,4)
- 10. Good example (4,5)
- 11. Participants (9)
- 13. Fame and fortune (7)
- 14. Bad publicity (7)
- 18. Customer (6)
- 19. Quit (4,2)
- 20. Acid produced by exercise (6)
- 21. Winner’s cup (6)
- 24. Adorable (4)
- 25. Has to (4)



## WEEKENDER PICK-UP POINTS

<b>Aoyama</b> Daiichi Mansions, Ritz Carlton <b>Aoyama</b> TELL, Virgin Atlantic Airways, Sin Den, Kinokuniya, Samrat <b>Azabudai</b> H&R Consultants/Relojapan, Suji’s, Cosmo PR, Tokyo Lease Corporation <b>Azabujuban</b> Magellan, Nissin World Delicatessen, Oakwood Residences, Temple University, UFJ Bank, Paris Miki, Right Brain Research, <b>Chofu</b> American School in Japan <b>Ebisu</b> Happy	Days Preschool, My Lebanon, Samrat, Segafredo, The Footnik, The Westin, What the Dickens, Va Tout, Good Day Books <b>Ginza</b> Ash Hair-Essentials, Nissan <b>Hanzomon</b> British Embassy <b>Hiroo</b> Across Travel, Kato Gallery Frame Store, Meidiya, National Azabu Supermarket, Samrat, Segafredo, Tokyo Lawn Tennis Club, Priya, Tokyo Physio, International School of Sacred Heart <b>Jingumae</b>	Gold’s Gym, Boudoir, The King Clinic <b>Kamiyacho</b> American Chamber of Commerce in Japan, Hotel Okura, Town Cryer, Asian Tigers, Atago Green Hills Residence, 911 (Mad Mulligans) <b>Meguro</b> Party Palace, The Tavern <b>Minami Aoyama</b> Samrat <b>Minami Azabu</b> Hiroo International Clinic, The New Sanno <b>Mita</b> Australian Embassy, English Studio <b>Moto-Azabu</b> Global Kids Academy, Gymboree,	Nishimachi Int’l School, Zen Healing <b>Nihonbashi</b> National Australia Bank <b>Nishi Azabu</b> Nottingham Cakes, PAL International School, Samrat Odaiba Daily Yomui <b>Omotesando</b> Fujimama’s Roppongi, 57, Aoyama Book Center, <b>Azabu Dai</b> Ichi Mansions, Bernd’s Bar, Bourbon Street, Grand Hyatt, Hotel Ibis, Nakashima Dental, Oakwood <b>Roppongi</b> T-Cube, Paddy Foley’s, Roppongi Hills Club,	Roppongi Hills Residence C&D, Roti, Roy’s, Samrat, Tipness, International Clinic, Tokyo Midtown Clinic, Tokyo Skin Clinic, Zest, Va Tout, Devi Fusion Setagaya Sakura International School, Seta International Preschool, Seisen International School, Boarding Kennel Hinatya, Shiba Nakai Immigration Services <b>Shibakoen</b> Tokyo Gifted Academy & Rivendale, Tokyo Surgical & Medical	Clinic, <b>Shibaura</b> Japan Times <b>Shibuya</b> Beacon, No.1 Travel, Tower Records, HMV, Tableaux, British School <b>Shinagawa</b> TY Harbor Brewery, Embassy of Columbia <b>Shinjuku</b> Hilton Tokyo, No.1 Travel, Grand Hyatt, Park Hyatt, Samrat, Dubliners, Virgin Megastore, YMCA Suginami Aoba International School <b>Takanawa</b> Samrat, Tokyo American Club, Crown Relocations <b>Toranomon</b>	Tokyo Orientations <b>Uchisaiwaicho</b> Imperial Hotel <b>Yokohama</b> Saint Maur International School, Yokohama International School, Yokohama Country and Athletic Club <b>Yoyogiuehara</b> Childs Play <b>Yurakucho</b> Press Club <b>Outside of Tokyo:</b> <b>Atsugi</b> Nissan Chiba <b>BMW Ibaraki</b> Windsor Park Golf & Country Club <b>Nagoya</b> Lease Japan <b>Shizuoka</b> Gotemba Kogen Resort <b>Yokosuka</b> Fleet & Family Support
---	--	---	---	---	--	---





### The new BMW F 650 GS

Engine: 2 cylinder 4 stroke  
Capacity: 798cc  
Bore×Stroke: 82×75,6mm  
Max Power: 52kW (71ps) / 7,000rpm  
Seat height: 790mm (low 765mm)  
Price: Active Line / ¥1,015,000



### The new BMW F 800 S

Engine: 2 cylinder 4 stroke  
Capacity: 798cc  
Bore×Stroke: 82×75,6mm  
Max Power: 63kW (85ps) / 8,000rpm  
Seat height: 790mm (low 760mm)  
Price: Active Line / ¥1,163,000



# Unlimited

## Nice, Nice Body.



BMW Motorrad  
Japan



The Ultimate  
Riding Machine



WELCOME TO A WORLD WITHOUT RULES.

CHRISTIAN MICHAEL HEATH GARY AARON MAGGIE AND MORGAN  
BALE CAINE LEDGER OLDMAN ECKHART GYLLENHAAL FREEMAN

A FILM BY CHRISTOPHER NOLAN

THE DARK KNIGHT

WARNER BROS. PICTURES PRESENTS

IN ASSOCIATION WITH LEGENDARY PICTURES A SYNCOPY PRODUCTION A FILM BY CHRISTOPHER NOLAN CHRISTIAN BALE "THE DARK KNIGHT" MICHAEL CAINE HEATH LEDGER GARY OLDMAN AARON ECKHART MAGGIE GYLLENHAAL AND MORGAN FREEMAN  
MUSIC BY HANS ZIMMER JAMES NEWTON HOWARD COSTUME DESIGNER LINDY HEMMING EDITOR LEE SMITH A.C.E. PRODUCTION DESIGNER NATHAN CROWLEY DIRECTOR OF PHOTOGRAPHY WALLY PFISTER A.S.C. EXECUTIVE PRODUCERS BENJAMIN MELNIKER MICHAEL E. USLAN KEVIN DE LA NOY THOMAS TULL  
BASED UPON BATMAN CHARACTERS CREATED BY BOB KANE AND PUBLISHED BY DC COMICS STORY BY CHRISTOPHER NOLAN & DAVID S. GOYER SCREENPLAY BY JONATHAN NOLAN AND CHRISTOPHER NOLAN PRODUCED BY CHARLES ROVEN EMMA THOMAS CHRISTOPHER NOLAN DIRECTED BY CHRISTOPHER NOLAN

LEGENDARY PICTURES SYNCOPY Soundtrack Album on Warner Sunset/Warner Bros. Records WWW.THEDARKKNIGHTMOVIE.CO.UK TM & © DC Comics WARNER BROS. PICTURES

Sneak Preview August 2, 3

STARS SATURDAY AUGUST 9

■ GENERAL ADMISSION: ¥1800/ STUDENTS: ¥1500/ SENIORS & CHILDREN: ¥1000 ■ PLEASE CALL THEATRES FOR INFORMATION ON SHOWTIMES, INCLUDING LATE SHOWS.

MARUNOUCHI  
PRAZER 03-3214-3366  
TOHO CINEMAS  
ROPPONGI HILLS 03-5775-6090  
SHIBUYA  
CINE PALACE 03-3461-3534  
SHINJUKU  
PICCADELLY 03-3352-1771  
SHINJUKU  
WALD 9 03-5369-4955  
KEBUKURO  
TOKYU 03-3971-2727  
UENO  
TOKYU 2 03-3831-6620  
MOVIX  
KAMEARI 03-5629-7200  
OIZUMI  
T-JOY OIZUMI 03-5933-0147  
SHINAGAWA  
PRINCE CINEMA 03-5421-1113  
ODAIBA  
CINEMA MEDIATE 03-5531-7878

109 CINEMAS  
GRANDBERRY MALL 0570-012-109  
MOVIX  
AKISHIMA 042-500-5900  
MOVIX  
HONMOKU 045-625-4766  
YOKOHAMA  
109 CINEMAS MM YOKOHAMA 045-664-0109  
KAWASAKI  
109 CINEMAS KAWASAKI 0570-007-109  
KAWASAKI  
CINECITTA 044-223-3190  
RAKUTENCHI CINEMAS  
KINSHICHO 03-3631-7020  
TACHIKAWA  
CINEMA CITY 042-525-1251  
TOKYO DISNEY RESORT  
CINEMA IKSPIARI 047-305-3855  
CHIBA  
KEISEI ROSA10 043-223-6355  
XYZ CINEMAS  
SOGA 043-209-3377

CINE LIBRE  
CHIBA NEWTOWN 0476-48-2126  
CHIBA  
CINEMAX CHIHARADAI 0436-76-9000  
NARITA  
HUMAX CINEMAS 8 0476-20-2371  
CHIBA  
ASAHI SUNMALL CINEMA 0479-62-5415  
YOKOSUKA  
HUMAX CINEMAS 8 046-820-0200  
ODAWARA  
KORONA WORLD 0465-45-5675  
KUMAGAYA  
CINE TIARA 21 048-599-2222  
WARNER MYCAL  
ITABASHI 03-3937-1551  
WARNER MYCAL  
MINATOMIRAI 045-222-2525  
WARNER MYCAL  
SHIN YURIGAOKA 044-965-1122  
WARNER MYCAL  
KOHOKU NEWTOWN 045-914-7677

WARNER MYCAL  
TAMACENTER 042-355-8700  
WARNER MYCAL  
MUSASHINO MYU 042-567-8717  
WARNER MYCAL  
EBINA 046-233-4444  
WARNER MYCAL  
CHIGASAKI 0467-57-1000  
WARNER MYCAL  
TSUKIMINO 046-277-8787  
WARNER MYCAL  
ICHIKAWAMYODEN 047-356-0205  
WARNER MYCAL  
YUKARIGAOKA 043-463-9922  
CHIBA NEWTOWN 0476-40-7887  
WARNER MYCAL  
OMIYA 048-654-9494  
WARNER MYCAL  
OHI 049-267-1414  
WARNER MYCAL  
KUMAGAYA 048-526-0708

WARNER MYCAL  
URAWAMISONO 048-812-2055  
WARNER MYCAL  
HANYU 048-560-3302  
WARNER MYCAL  
HINODE 042-588-0722  
TOHO CINEMAS  
LaLaPORT YOKOHAMA 045-929-1040  
TOHO CINEMAS  
KAWASAKI 044-230-1122  
TOHO CINEMAS  
MINAMI OSAWA 042-679-6180  
TOHO CINEMAS  
FUCHU 042-358-5001  
TOHO CINEMAS  
EBINA 046-292-4620  
TOHO CINEMAS  
ODAWARA 0465-46-0550  
TOHO CINEMAS  
ICHIKAWA COLTON 047-314-0055  
TOHO CINEMAS  
FUNABASHI LaLaPORT 045-433-9911

TOHO CINEMAS  
YACHIYO MIDORIGAOKA 047-459-9411  
TOHO CINEMAS  
NAGAREYAMA OHTAKANOMORI  
TOHO CINEMAS  
NISHIARAI 03-5888-1040  
MOVIX  
SAITAMA 048-600-6300  
MOVIX  
KASHIWANOHA 04-7135-6900  
MOVIX  
MISATO 048-949-2300  
MOVIX  
KAWAGUCHI 048-250-2900  
MOVIX  
HASHIMOTO 042-700-3100  
UNITED CINEMA  
TOYOSU 03-6219-3000  
UNITED CINEMA  
TOSHIMAEN 03-5912-9800  
UNITED CINEMA  
IRUMA 04-2965-9999

UNITED CINEMA  
UNICUS KAMISATO 0495-35-3150  
UNITED CINEMA  
URAWA 048-813-8856  
UNITED CINEMA  
KASUKABE 048-731-7800  
CINEPLEX  
MAKUHARI 043-213-3000  
CINEPLEX  
HIRATSUKA 0463-25-2500  
CINEPLEX  
WAKABA 049-272-5100  
CINEPLEX  
NIIZA 048-480-7171  
CINEPLEX  
SATTE 0480-40-5000  
CINEMA SUNSHINE  
HEIWAJIMA 03-5764-8803  
CINEMA SUNSHINE  
MATSUDO 047-361-6511  
CINEMA SUNSHINE  
MOBARA 0475-27-7300

■ AND IN OTHER SELECTED THEATRES NEAR YOU