



Australia Japan Society Victoria

MEMBERSHIP NEWSLETTER



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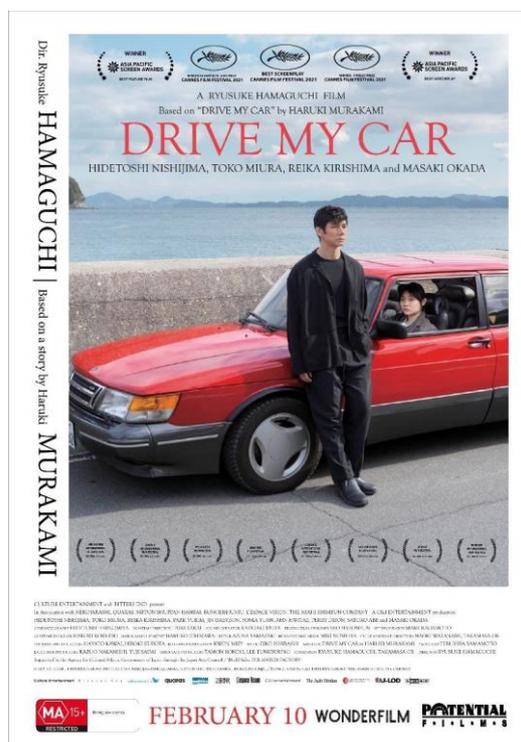
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1. Drive My Car– free double passes giveaway!



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The Winner of The Golden Globe for Best Foreign Film.

February 10 in [Australian Cinemas](#):

Yusuke Kafuku, a stage actor and director, still unable, after two years, to cope with the loss of his beloved wife, accepts to direct Uncle Vanja at a theater festival in Hiroshima. There he meets Misaki, an introverted young woman, appointed to drive his car. In between rides, secrets from the past and heartfelt confessions will be unveiled. As they spend time together, Kafuku confronts the mystery of his wife that quietly haunts him.

Please click [here](#) for the latest LARGE list of awards.

Thanks to Potential Films, AJSV members will have a chance to win a free double pass x 3!

To be in the draw to win the double pass, please send your full name to [Events](#) by email with **"Drive My Car"** as subject.

*Entries close at 12 pm, 8 February. Winner will be contacted by AJSV on the same day



Conferral Ceremony of the Order of the Rising Sun, Gold Rays with Rosette, to Mr Murray Sayers, AJSV former president

In December 2021, Consul-General Shimada presented the Order of the Rising Sun, Gold Rays with Rosette, to Mr Murray Sayers, AJSV former president (2010-2015) for his significant contribution to the promotion of Japanese culture and the strengthening of friendly relations between Australia and Japan. Mr Sayers was joined by family and friends including the current president Ms Celeste Koravos for a reception followed by a dinner at the official residence.

AJSV would like to send the warmest congratulations on his achievement and appreciation for his dedicated time as AJSV president as well as a committee member over the years.

[Learn More](#)

Year End Raffle event report

We would like to thank everyone who supported us by purchasing AJSV End of year raffle tickets.

Here are the lucky prize winners;

*Congratulations!

- 1st Prize: Peninsula Hot Springs - R.C (Ticket Number: #24)
- 2nd Prize: Peninsula Hot Springs- Y.K (Ticket Number: #45)
- 3rd Prize: Sake Ichiban Prize Pack- K.S (Ticket Number: #53)
- 4th Prize: Sake Ichiban Prize Pack - Y. K (Ticket Number: #47)
- 5th Prize: Madman vouchers- A.B (Ticket Number: #9)

The above winners had been contacted by AJSV office after closing the draw.

All funds from the raffle will go to supporting the work of the AJSV in continuing our events throughout the year and bringing the Australian and Japanese community together.

Hope you have a healthy, wonderful year of 2022 and we look forward to sharing great events with you soon.



1. Melbourne Japanese Summer Festival 2022

"[The Melbourne Japanese Summer Festival](#) has been a cultural event that mirrors the traditional Japanese culture including food, art, traditional music and performance.

The aim of this event is not limited to showcase Japanese culture, but also to create a unique opportunity for both the local Japanese community and non-Japanese Australians to enjoy, learn and witness facets of Japanese culture.

The festival 2022 will be delivered via a virtual platform. This will allow us to safely enjoy this unique cultural event and to sustain the connection and relationship amongst local and Japanese communities."

2022 RAFFLE by Japanese Summer Festival

Gorgeous Prizes are waiting for you! Click below for more details

[Learn More](#)



2. Grand Sumo Tournament

Sumo is without a doubt, one of the most Japanese of sports, boasting a history of more than 1500 years. According to NHK World, In ancient times, sumo was one of the rituals to pray for a good harvest, a show of strength meant to entertain the Shinto deities. Tawara, or straw bales, were placed on the ground to mark out the wrestling area. The actions performed in the ring were refined into a series of rituals. In time, sumo itself became the main ritual of the festivities. In the Edo period, wrestlers organized groups to practice sumo professionally. Today, the sport is known as “Grand Sumo.” People come to watch the competition and experience the excitement. If you are interested, you could learn about basic rules, wrestlers as well as techniques.

The NHK Grand Sumo Tournament is on February 11. This is a charity wrestling event and it will be an afternoon packed with all things sumo, plus special ceremonies, singing and performances where you'll get to see the wrestlers out of their element.

[Learn More](#)



3. Japanese Film Festival Online 2022

Exciting news – the JFF Online 2022 program is OUT NOW! From hair-raising thrillers to wholesome comedies and powerful dramas, the lineup features the hottest Japanese films of recent years, as well as past JFF favourites. All titles will be available to stream for free Australia-wide from 14-27 February.

[Learn More](#)



4. Japanese Superfoods workshop

Online session for improving your health through Japan's best-kept secrets in the kitchen.

In this class, you will discover:

Why the Japanese population has the lowest obesity rate every year.

How Japanese people achieve longevity.

How to eat Japanese foods, while also be healthy at the same time.

Tips on how to pick the best Japanese restaurant to dine in, without having to harm your health.

If you want to learn about Japan's best-kept secret and eat healthier with Japanese superfoods, join Yoshiko in this live streaming class! You will walk away feeling equipped with plenty of tips and tricks to incorporate Japanese superfoods into your diet.

[Learn More](#)



5. Secrets from Okinawan people to live a long, healthy life

The Okinawa archipelago in Japan is breaking records in terms of long life. With a subtropical climate, it is made of 160 islands bordered by the Pacific Ocean.

The islands have the largest number of centenarians in the world, that's 76 centenarians per 100,000 inhabitants to be exact, three times more than anywhere else.

According to World Economic Forum article, here are the 6 secrets from Japan's oldest people

1. Practice 'hara hachi bu', eat for health and exercise
2. Be positive and find your 'ikigai', sense of purpose
3. Stay mentally engaged
4. Join a 'moai', social group

5. Stress less and rethink your relationship with time

6. Embrace your spirituality

[Learn More](#)



Nihon Dake? (Only in Japan?) #1-“Giri and Tomo choco”



Valentine's Day is known as the day when one expresses their love to that one special person. In Western countries it is common for both men and women to participate in a gift exchange. Often, the approaching date of February 14th causes men across the world to scramble, trying to pick out a gift, or plan the perfect date.

However, in Japan, Valentine's Day plays out a bit differently. Despite being a relatively new event in the country, Japan has its very own Valentine's Day customs and traditions.

In Japan, it is only the women who give presents to men. This is done because women are considered to be too shy to express their love. Though it might not be true especially in modern times, Valentine's Day was thought to be a great opportunity to let women express their feelings.

Women typically give chocolates to men on Valentine's Day. It became popular in Japan in the 1950s, due in part to a few notable business campaigns, particularly, a confectionary that began selling heart-shaped chocolates during the season, and a large department store that ran a “Valentine's Sale,” an idea that was followed by other department stores, and continues to this day. Now, chocolate companies in Japan sell more than half of their annual sales during the week before Valentine's Day.

Not all chocolate is considered equal, and the type of chocolate given depends on the relationship. The Japanese have different words to describe the types of Valentine's Day chocolates given on Valentine's Day.

“Giri Choco” are known as the “obligation chocolates” that are doled out to workmates, family members, and acquaintances. Typically, this type of chocolate is relatively cheap, and the present is in no way considered a romantic gesture.

“Honmei Choco” are meant to be given to a romantic partner, or a person for whom a woman has romantic feelings. In other words, honmei choco are love chocolates! Women often take great care to select honmei choco, which is typically higher quality, more aesthetically appealing, and as such, higher in price. Or a home-made chocolate.

"Tomo Choco" - Not everyone celebrates romance on Valentine's Day. However, singletons need not despair! It is quite popular for women to give chocolates to their female friends as well. This is known as tomo choco.

Men are supposed to return gifts to women on a day called "White Day" (March 14th). This holiday is a Japanese creation.

“Gotouchi- gourmet” – Local specialty in Japan #1- Okinawa

Japan has an incredible culinary scene with a heavy focus on seasonal produce and locally sourced fruit and vegetables making for unique dishes from one town to the next. Each prefecture has its own famous local specialty that they are known for. We would like to share some of them each month. We will start with OKINAWA!

Okinawa prefecture's specialty;



1. Soki Soba – It is a famous home-cooking noodle soup in Okinawa. Sweet and tender pork ribs on top of egg noodles in pork broth makes a hearty and flavoursome noodle soup. The pork ribs are so tender that they melt in your mouth.

2. Goya Chanpuru – This consists of tofu combined with vegetables, meat, or fish (and sometimes spam!). The word “chanpuru” sounds similar to the Indonesian word “campur” which means mix/stir and indeed, goya chanpuru is a bitter melon stir fry dish.

3. Rafutee – Pork belly that's tender, succulent, and a lot like bacon... but better. It's seasoned with a ginger broth, awamori, (Okinawan liquor) and water. Despite its “fatty” look, this braised pork belly dish is surprisingly light as all the fat is rendered from long hours of cooking. It is so tender, it falls apart when trying to eat it with chopsticks.

Don't forget their delicious sweets!



1. Chinsuko - Historically, it was only eaten by royalty during celebrations. It is essentially a crispy shortbread cookie made of flour and lard, instead of butter; it often comes in other flavours like brown sugar, sea salt, purple yam, coffee, and milk.

2. Sata Andagi – It is a tasty donut-like dessert, made by frying a combination of eggs, flour, and sugar rolled into a ball, meant to be more dense in texture than conventional western donuts. The shell is nice and crispy and when you bite into it, you're welcomed by the fluffy centre.

3. Beni-imo Sweet Potato Tarts- It's a kind of sweet potato, marked by its signature vibrant violet colour. Beni-imo itself is a signature flavour found in Okinawa's ice cream, cakes, and brownies, but the Beni-imo sweet potato tarts are the true staple to Okinawa's dessert menu. They have a cute diamond-like shape defined by the piped sweet potato cream.

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Australia-Japan Society of Victoria Inc.