



Australia Japan Society Victoria

MEMBERSHIP NEWSLETTER



Friday 6 November 2020



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1. Japanese style cake set special from "Cake By Ayaka"



Who would have thought of getting to taste Japanese-style cakes in Melbourne? Sure you can from Melbourne based "Cake By Ayaka", bringing you flavoursome cakes as if you were in a stylish café in Japan! More information and delivery details, please click [here](#)

AJSV has arranged an exclusive offer for our members. Mention you are an AJSV member when you order the set and you will receive a gorgeous raisin butter "sando" (rum raisin in butter cream between crispy biscuits) for free! Enjoy delicious cakes and happy sweet memories!

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Contact: 0401230762, or via [Instagram](#)

2. MY CHA Japanese Tea- ongoing 15% discount!



15% off the whole of tea range and all tea making accessories from [MY CHA!](#)

After such a great response from last month, MY CHA has kindly offered us an ongoing members discount. You can keep exploring beautiful matcha powder, sencha, hoji-cha, genmaicha, kukicha and more by clicking [HERE](#).

Enjoy browsing all of MY CHA's amazing products, including a growing range of superb organic teas and *benifuuki* (MY CHA's new hay fever/allergy - immunity building matcha powder)

Simply insert the discount code **ajsv15** upon checkout at the MY CHA website, for **15 % off** your order. (*pottery range is not included due to limited stocks)



Spring Konshinkai report

We had a great turn out for the Spring Konshinkai, with a lot of new guests and familiar faces. Taking a different tack we held a quiz with a mix of trivia classics, all things Japan - Australia and some slightly more obscure questions.

While the room showed an impressive pool of trivia whizzes, the leaderboard changed on nearly every question with the winner undecided until the very final round. If you're keen to test your trivia muscles, here's the question that decided the winner:

Founded in 578 AD, Kongō Gumi is Japan's oldest company. What do they do?

- 1.Sweet making
- 2.Incense making
- 3.Publishing
- 4.Construction

Curious about the answer? See below

Special thanks goes to Natalia, Okamoto san and Simone for their help running the evening. Also a big thank you to Narim for providing the quiz prize (<https://narim.net/>).

We're busy planning the next Konshinkai, so keep a look out and come along!

Answer: Construction (temples)



PROGRAM

- 11:00am Official Speeches
- 11:10am Aus Miyake Kai - Taiko
- 11:30am Sakura Tour with Cherry Friends
- 11:55am Kendo Nanseikan
- 12:15pm AIT Trio
- 12:40am Origami with JCV
- 1:00pm Brandon Lee Koto
- 1:25pm Chado Urasenke Tankokai Melbourne Association Tea Ceremony
- 1:50pm Zen Yosakoi
- 2:00pm Cooking Demonstration
- 2.35pm A.YA
- 2:55pm Closing Speeches

VIRTUAL SAKURA PICNIC



WWW.FACEBOOK.COM/SAKURAPICNIC2020

1. Virtual Sakura Picnic this Sunday!

Date and Time: Sunday 8 November 11 am – 3pm

Their Virtual platform will deliver a highly engaging and interactive experience whilst achieving all the original event objectives.

The official program for the Virtual Sakura Picnic 2020 is here. Be sure to join in [Facebook](https://www.facebook.com/sakurapicnic2020) on this Sunday from 11am for a range of

demonstrations, workshops, talks and ceremonies. After enjoying the event, please spare a few minutes to fill in their survey for feedback. It will be a great event!



2. Yudai Baba has joined Melbourne United!

Melbourne United is excited to announce the signing of Japanese national Yudai Baba for the 2020-21 NBL Season. Baba has been signed as a Special Restricted Player and is classified as a local player on the Melbourne United roster.

Baba says, "I am very excited to be joining such a high-quality organisation and playing for Coach Vickerman. I have followed the Australian NBL for several years and am looking forward to playing in such an elite league and bringing a piece of Japan to Australia."

Melbourne United is seeking to strengthen sporting links between Australia and Japan. To assist with this endeavour, MUBC has developed a program to work with schools and other organisations to showcase the Australia/Japan relationship whilst providing opportunities for participation and engagement in basketball.

AJSV will be happily supporting MUBC and Yudai Baba becoming a great ambassador for the cause, and a real attraction to help build Australia-Japan sporting and community links.

[Learn More](#)



3. Sumi-e Painting-Live Streaming Workshop

One of our valued corporate members, [Kami paper](#) is hosting a live streaming workshop by Junko Azukawa who is renowned for her Sumi Painting and Japanese Calligraphy. You will learn basic Sumi-e painting strokes for traditional subjects. During the session, you will perfect Koi Fish and goldfish and create your own Sumi art towards the end of the lesson under Junko's guidance.

Date and Time: Saturday 28 November 11:00 am - 12:30 pm

This class is intentionally small so that everyone gets our undivided attention so make sure you book early!

[Book now](#)



4. Japanese Film Online Festival

Mark your calendars for **JFF Plus: Online Festival!** All new for 2020, this #JFFAU2020 program is **100% online** and **100% free**, streaming in Australia and New Zealand from **4-13 December!**

The full program is coming soon.

[Learn More](#)



5. Speak Japanese Through Rakugo Workshop

Do you want to speak Japanese? Do you want to try Rakugo (Japanese Sit-Down Comedy)? Are you a Japanese teacher wanting to teach students in a fun way? Showko, the only professionally trained Rakugo performer outside of Japan teaches you how to Speak Japanese

through Rakugo Comedy with a 4-part fun and interactive online course.

Class is suitable for all levels and will be conducted online via Google Meet.

4 Week Online Course Date and Time:

Sat Nov 7th, 14th, 21st & 28th 3-4pm

[Book now](#)

EXTRA ARTICLES

Lift up your spirit: Buddha's saying #8



Over 2,500 years ago, Shakyamuni Buddha realised the origin of the sufferings of this world and revealed the path to go beyond them.

Shakyamuni Buddha taught that we should not turn our eyes away from various doubts and sufferings in our daily life. Rather, we should look enlightenment. This is called Buddhism which has spread all over Japan.

Buddhism is one of the two main religions in Japan. It was introduced to the archipelago from the fifth century AD, and developed considerably over the centuries, until becoming a major part of Japanese society. Today, it coexists in Japan alongside Shintoism - an animist religion - and has different schools born of various currents over time.

We will be introducing one of Buddha's sayings that resonate at this age. You will feel as if you open the new door of your life by knowing the essence of his teachings and practice them.

Today's saying of Buddha;

“To keep the body in good health is a duty; otherwise, we shall not be able to keep our mind strong and clear.”

Health is the foundation for your life. Eating a healthy, balanced diet is crucial for you to stay focused and energised. Every aspect of our lives is controlled by our brain—our thoughts, movements, breathing, heartbeat, senses and more. And like everything else in our bodies, the brain requires energy—in the form of the foods we eat. By paying close attention to the foods we eat, we're able to control how well our brains perform—physically, intellectually, and emotionally.

Buddha also tells us that we must have a positive attitude and positive outlook on events that happen in our lives even if seem bad on the outside search for a positive outcome within it all and reflect on that on good thing, instead of letting all that bad get to you and overwhelm you. Having a high self-esteem and good self-confidence will have a positive impact on the way you perceive yourself and body image.

“Be present” is also the key to have a healthy body and mind. Being present is having your mind completely engaged and appreciatively connecting with wherever your body is at that point, and not trying to be thinking about whatever you want to do next but be fully in the now of what's going on in that moment.

Did you know?

In Japan, “Hyakudo mairi” has been practiced, while visiting a shrine or a temple, since the 8th century - walking backwards and forwards between two stone markers set in the ground to make your wish come true. In olden days, lots of people prayed for their family's quick recovery from illness when medications were limited.

Hyakudo means 'a hundred times' and can refer either to a hundred visits to a shrine/temple or to the practice of a hundred circumambulations of temples or deity images.

This is done either a hundred times or, alternatively, a number of times derived from the number of years of one's age, e.g. eleven times (six plus five) for a sixty-five year old.

While you are performing “hyakudo mairi,” many times walking around, you are to be present and quiet, only praying and not thinking about anything else. Otherwise, your wish won't come true.

Thank you message from the AJSV give away prize winner



We are excited to share a message from Ms S. N, the winner of September giveaway competition after she joined the Sumi-e painting live streaming workshop from Kami Paper.

"I received a parcel from Kami Paper before joining the Sumi-e painting course. I was so happy to find the whole Sumi-e painting kit. I even tried some on my own as I couldn't wait until the actual workshop.

The Sumie-artist (Junko) was really really good. So kind and such a patient teacher. I need to practice a lot more, but here's one of my art work (the above image) if you would like to share. I really loved my Sumi-e art class! Thank you to Kami Paper, AJSV and the kind artist! Thank you soo much! "

Please stay safe and well.. and please keep in touch!

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