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WEEKENDER

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**Marc Jacobs founder
Robert Duffy unveils
Tokyo flagship**

**Ai Weiwei stopped
at the border**

**ANA Intercontinental's
Fergus Stewart**

**Bill Hersey's Parties,
People, Places**

**Feeling good, looking
good in 2011**

& Ian de Stains' little list





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A photograph of a living room. On the left, a wall is covered with numerous small photographs. Below them is a wooden cabinet with a vertical-grain door and open shelves filled with books. On top of the cabinet are two colorful robot figurines and a small dog. To the right, a black metal shelving unit holds books, a blue vase, and other decorative items. A large, dried-plant arrangement with gold-colored flowers is mounted on the wall. In the foreground, a light blue rug is partially visible on a light-colored wooden floor. The overall atmosphere is warm and lived-in.

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Executives in Japan

Fergus Stewart

*Regional General Manager, Greater Tokyo Area
and General Manager, ANA InterContinental Tokyo*

In 2010, Fergus Stewart was promoted to the position of regional general manager, greater Tokyo area, for the ANA InterContinental Tokyo after joining the international hotels group three years earlier. Prior to that, Stewart held general manager positions for the Hyatt Regency Phuket Resort and Spa, the Hyatt Regency Sharm El Sheikh in Egypt and the Hyatt Regency La Manga Spain. Originally from Scotland, this world-traveling executive has also put in stints in London, Taiwan, Singapore, Hong Kong and Beijing.



What was your first impression of Japan?

Extremely positive! I have had the great opportunity to work in nine different countries, and never the same one twice. Each presents its own challenges, but I am often aghast when I hear from other expatriates that Japan is difficult to work in. Japan is relatively simple to adjust to. People are polite, well dressed, pollution is low, public transport is fantastic, food is great, and it is spotlessly clean. Yes, the language for many of us is a huge challenge, but that's what makes it interesting. I am from Scotland and often can't understand other Scottish people!

How did you start working at the ANA InterContinental?

I joined the hotel almost three years ago, shortly after InterContinental Hotels formed a partnership with ANA. I was previously working in Thailand, opening some resort properties for another International brand. The opportunity to manage a huge hotel that was attempting to change from a more traditional hotel to one that was more international was a challenge that I could not resist.

What have been your greatest successes here?

One of my biggest joys, on a personal level, is watching my two daughters growing and developing in a multicultural way. I honestly believe that they do not see creed or color as they are so used to being in different countries with different nationalities. Japan has been great for them, and the oldest, who is 9, now travels to school by herself, which would be unheard of in most Western countries. On a business level, it has been the total transformation of the hotel. We have undergone huge renovations having introduced new bedrooms, bars and restaurants. Seeing this work recognized with the receiving

'... those that are passionate about their employees and customers will prosper. Those that rest on past laurels will not'

of three Michelin stars in November was a great reward for the team.

What's been the greatest obstacle you have encountered?

Trying to get a tee time at 9 am on a Saturday morning.

The past couple years appear to have been hard for the travel and hospitality industries, how is the ANA InterContinental's business doing?

There is no doubt that business is challenging and will continue to be for the foreseeable future. Those that recognize and pursue opportunities, those that can act quickly, adapt and prioritize and those that are passionate about their employees and customers will prosper. Those that rest on past laurels will not. I am fortunate to be surrounded by the best team I have ever worked with — fingers crossed, but I think we are in a very good place.

Does the hotel business in Japan differ from elsewhere?

It's the same — great hotels are anyway. It's all about people. If you hire the right people, spend time with them, encourage, support and provide the best levels of training, they in turn will provide fantastic service to our guests. Guests that receive that service are happy, willing to return and tell other people about their experiences. It sounds very simple (and it should be), but it's not. Not many people working in the service industry in London or Paris have that desire to learn or provide great service. That's where Japan has a great advantage.

Working in a hotel, you must have some great stories. Any you care to share?

I have dozens, but unfortunately I could never mention any names! Like the time when a very famous actor ended up in the hallway naked with his door locked behind him. He thought he was entering the washroom but took the wrong door; or the prime minister's wife who left without paying her very extensive bill — and she still hasn't. I could write a book.

What could the West learn from Japan in the hotel business?

Watching chef Pierre Gagnaire working with our Japanese team is a joy, and we were recently rewarded with two Michelin stars. There is total silence in the kitchen, everyone is trained to do a job, and they do it with precision and passion. I am always astonished by television documentaries from the UK showing apparently talented chefs screaming at young apprentices. To my mind, there is nothing talented in bullying young people, and it has greatly harmed our industry.

THE VIEW FROM HERE

by Ian de Stains OBE



I've got a little list

When I was growing up, music was a constant in our household. My father's favorite repertoire included the so-called Savoy Operas of Gilbert and Sullivan. Though very much 19th century in their sentiment, many are still performed today and the most regularly staged of all is "The Mikado". Setting the piece in Japan — then very remote from Britain and so most exotic — allowed the lyricist W.S. Gilbert to satirize British society and the institutions of the day by focusing on events in the town of Titipu. Looming large in that community is the Lord High Executioner, who demonstrates his influence by keeping a little list of people with irritating habits who "never would be missed."

I'm certain one of the reasons the song strikes such a chord, even today, is the fact that — if only secretly — we all have such a little list. Here, in no particular order of importance, and to kick off the New Year, is a sample of my own:

- People who abuse apostrophe's.
- Those young Japanese women who sit — and worse, stand — next to you in a crowded train armed with an entire cosmetics paint-box and a mirror which might do justice to a Tokyo apartment bathroom and proceed to apply their faces. As the courtesy posters have it, "Do it at home!"
- Anyone who stands near to you on a crowded train with the volume of their iPod or other device turned to the level where you can't quite hear the music itself but are subjected to the tinny spill-over from their ear plugs.
- Japanese women of a certain age who affect to speak with child-like

voices in the utterly incorrect belief that this is somehow appealing to members of the opposite sex (at any rate the non-Japanese members thereof).

- Makers of television programs who insist on using vocals as background music. BGM is supposed to add atmosphere that aids the appreciation of what is being said and done, not intrude by demanding attention in and of itself, as lyrics do. The best examples of BGM are those the audience don't really notice, but would miss if they were not there.
- Anyone who smokes where other people are eating. Especially those who go to absurd lengths to demonstrate they are blowing their repellant excreta away from the company they're in. The same people usually contrive to hold their cigarettes in unorthodox ways as if they don't actually belong to them as if this, too, excuses this revolting habit.
- Anyone who owns or operates an eating establishment and allows smoking on the premises. Anywhere. Anytime.
- People who dress up their dogs in frilly frocks (especially if the poor mutt is a male — even if neutered) and then take them for "walks" in specially designed pushchairs. The money they spend on this nonsense (and on such bling as jeweled collars and leashes) should be extracted from them and donated to ARK.

So there! Happy 2011!

Ian de Stains is the Executive Director of the British Chamber of Commerce in Japan. The views expressed in this column are strictly his own and are not necessarily endorsed by or shared by the Chamber.

Australia Day Ball — Reef Magic on Jan 29th



Tickets

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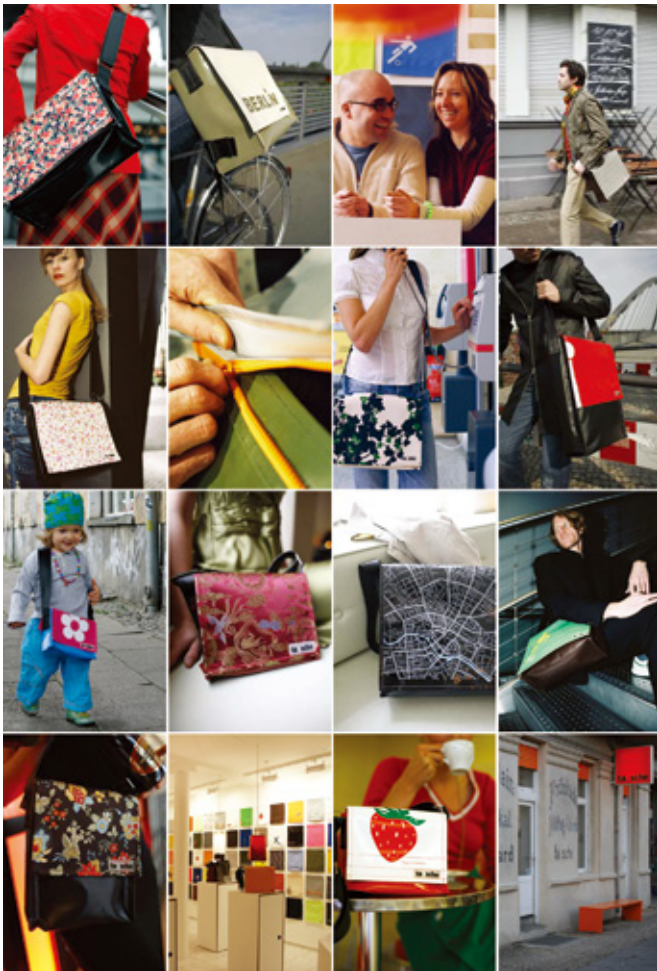
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End — January 25, 2011, 2 am

Location — ANA Hotel



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The Tokyo Agenda



Winter Sport Festa at Makuhari Messe

When the weather gets colder, some of us fools like to increase our exposure to the icy bluster by finding a high mountain and falling down it (also known as "skiing"). If you are one such snowbird, when preparing for choice of outdoor activities — skiing, snowboarding, ice-skating, lugging, what have you — remember, it's not all about the gear, you have to think of your mountain style. Like clockwork, every year new fashion trends for outdoor lovers come out, and the Winter Sports Festa welcomes exhibitors who present the latest in high-quality winter sports clothes and equipment. If you are looking for a deal before you hit the hills this winter, head over to Makuhari Messe in Chiba for piles of pile, a mass of down, and Goretex, Goretex, Goretex.

Jan. 21-23, 11 am-6 pm
Tickets: ¥200- ¥360,000

Venue: Makuhari Messe, Chiba
Nearest station: Kaihin Makuhari (Keiyo Line)

www.wintersportsfesta.jp



Ariel Pink's Haunted Graffiti at O-Nest

Outside of deep music circles, Ariel Pink was just a whisper till his hit single "Round and Round" in March 2010 with the band he had assembled, Haunted Graffiti. That feel good tune, all summery disco stabs over a pleasantly meandering beat with multipart harmonies, marked Pink out in the same territory of the popular New York groups MGMT and Animal Collective. Pink brings his new gang with him to Tokyo to treat audiences at Sibuya O-Nest to live, cleaned-up versions of the mixed-tape sound he long mined. At its best, you could be enchanted on the 25th — besides, you know, there are worse ways to spend a Tuesday night.

Jan. 25, 7 pm
Tickets: ¥3,200 advance;
¥3,800 at the door

Venue: Shibuya O-Nest
Nearest station: Shibuya

(03-3462-4420)/www.contrarede.com



Sting at Budokan

To some, Sting is the creme de la creme of the music industry. After starting in the late 1970s with The Police, the once-punky, now-jazzy UK crooner separated from the group (who had won six Grammys) to embark on a solo career in the late '80s. Over the years, Sting has collaborated with more stars than you could shake a stick at and performed on thousands of stages all over the world. In 2007, The Police and Sting reunited for the popular World Tour, playing to sold-out stadiums of fans, young and old alike. Sting will be in Tokyo this month to perform at the Budokan together with the Tokyo New City Orchestra, for the regrettably named "Symphonicity" tour on Jan 17 & 18; on the 19th, he's on his own.

Jan. 17-19
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Straining against all borders

by Owen Schaefer

When Misa Shin Gallery opened its doors for the very first time in November with a show by controversy-courting Chinese artist Ai Weiwei, the gallery announced that there would be a lecture by the man himself. It must have seemed a simple enough plan — but things are seldom simple in Ai Weiwei's life.

In December, the government outrage in China over Liu Xiaobo's Nobel Peace Prize resulted in the issuance of no-fly orders for Ai and hundreds of other intellectuals or activists that were suspected of planning to visit the ceremony in Norway. Ai says he had no intention of going.

"An advice for young people," the artist wrote via Twitter, after being stopped by officials just prior to boarding a flight to South Korea, "don't love a person or a country which you cannot freely choose to leave."

The lecture at Misa Shin, at least of the time of this writing, is still up in the air.

Despite having been involved in the design of Beijing's much vaunted Olympic Stadium, Ai's fame doesn't seem to be enough to keep him out of trouble with the authorities. His personal investigation into the hundreds of students that were killed or have gone missing in collapsed school buildings after the Szechuan earthquake led to a police beating so bad that he later required surgery to stop the bleeding in his brain. More recently, he was placed under house arrest to stop him from attending a protest party at his new Beijing studio, which was scheduled for demolition only shortly after being built, with little explanation as to why.

Much of Ai's work is politically fueled — from the act of dropping and shattering a Han Dynasty urn, to using the wood from dismantled temples to build an enormous map of China. But walking into Misa Shin Gallery, viewers are faced with Ai's more formal side. The show contains one large work: "Cube Light", a kind of fusion of Ai's works exploring his fascination with standard measurements and of his series of chandelier pieces. Here, the "chandelier" has been constructed from five 1-meter

sections, each hung with amber glass beads and lit from within. The sculpture takes up almost the entire space of the tiny gallery, with only a narrow path circling around it.

"Cube Light" may be a big shiny object, but it also has its political side. After all, what is a chandelier but a show of opulence and power? And here, rather than lighting the room, the fixture completely occupies it. While the work was not made specifically for Misa Shin, it seems to fit the space as if it were. The gallery building was once a small steel foundry and retains the trappings of its industrial days. The sparkling bulk of "Cube Light" throws the building's history into strong relief, seeming to strike a contrast with the gray interior even as it draws attention to the area's gentrification.

Moreover, the sheer size of the sculpture gives it a kind of architectural irony; like Ai's "Tea House" made of solid blocks of tea, "Cube Light" is a room-sized structure that cannot be entered. We can only peer at it from the outside — an idea which carries its own potential associations with Chinese politics, and power in general. With Ai still confined to China's borders, the work seems to press closer to gallery walls than ever.

Exhibition: "Ai Weiwei: Cube Light"

(till Jan. 29)

Venue: Misa Shin Gallery

(Shirokane-Takanawa Station)

Hours: 12 noon–7 pm (Closed Sun. & Mon.)

Admission: Free

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Tokyo Tables



Mimi's Restaurant and Lounge Bar

by The Weekender

With the snow dumping down in the mountains, it's officially ski season, which means it's time to hang around ski towns. Few things generate as much of an appetite as working your way down a mountain in the cold, and an after-ski meal must first off be satisfying, something that's easy enough to take care of. But then, if you think about it, you are on holiday, so you know you also want something a little special.

With the collection of top hotels, lodges and condos that surround a popular ski mountain such as Colorado's Aspen or Switzerland's Gstaad, there will always be some culinary secret, a spot that isn't out on the main street. And in the right towns, you could have the kind of meal at a spot like that that makes you rethink all the restaurants in your own hometown.

Tokyo Tables headed up to Hakuba for a bit of time in the hills, and inevitably dined around the town. Not bad, caters to a largely Japanese and Australian crowd of skiers, guaranteeing a range of hearty options from Japanese comfort food to Mexican (via Osaka), fresh sushi and Japanese beef to English pub cheer.

And then one night, we asked our local man where the spot was, and he directed us to Mimi's Restaurant and Lounge Bar. He was right. Mimi's feels like it dropped out of another world, and there's a good reason why. Run by Simon and Wendy Rawlings, the restaurant parachutes into Hakuba whole for the season from Australia's Victoria state. There the couple run an award-winning restaurant, Summit Ridge, in the ski town of Falls Creek. They have brought staff — chefs, waiters, bartenders — over and set up shop in Hakuba's Phoenix Hotel for the past three years.

The restaurant is elegantly decorated and dimly lit at just the right level to draw attention to the view of the snow falling outside the window, but the menu is what really grabs your attention. One page breaks the meal into starters and main dishes, and it's compelling enough to make you want to ponder: "Spinach & Ricotta Gnocchi, Prawn, Walnuts, Witlof, Beurre Noisette" or "Chicken Liver Pate,

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www.phoenixhotel.jp



Fortified Wine Jelly, Cornichons, Crustini". Not simple choices, but you want to make them to find out what's going on.

We went with the New Zealand Lamb (Pea & Mint Salad, Squash Puree, Jus) and the French Duck Breast (with Confit, Nashi Pear, Asparagus, Purple Mustard Jus) and were served two full plates of skillfully cooked and presented dishes that satisfied our curiosity. Both beast and fowl were tender and flavorful, with the sides deepening the dishes' arrangement.

These were preceded by the aforementioned shrimp with walnuts and a mushroom soup. The soup's earthiness brought to mind the thought that for a country with such a love of mushrooms, Japanese restaurants don't really ever stray in to the realm of the mushroom soup (not talking about the nabe or shabu-shabu kind, of course). And that's one of the pleasures of Mimi's. Chef Michael Newby is taking local ingredients, such as Shinshu Pork, Hakuba salmon and regional oysters, and putting an alien take on them. Aussie cooking in Tokyo is perhaps best represented by Salt and Arosso, but that must be just the tip of the iceberg of what's going on down under. Together these three restaurants suggest that there are good things cooking down below us here in Japan.

Mimi's would be the perfect way — and very romantic one, when you are in that kind of mood — to top off a great mountain holiday if you head to Hakuba to put in some ski time. Just a note, though, it may be difficult to return afterwards to your local Tokyo options.



A wine for any chocolate, be it bitter or sweet

by J.K. Whelehan

Chocolate seems most abundant after the holidays, and with Valentine's looming, it's a good time to focus on matching it with wine.

In general, chocolate can be broadly divided into four categories, in part designated by the cacao content (i.e., the percentage of bean from which the chocolate is made): white chocolate, which has no cacao (and, as such, is not regarded as real chocolate); milk chocolate; semi-sweet chocolate (50-70 percent cacao); and bitter sweet chocolate (71-100 percent cacao).

White chocolate, because of its rich buttery character, could be matched with an Olosoro cream sherry. For a lower octane match, a Moscato de Piedmonte or a demi sec Champagne should work equally well, while the sparkle will contribute an extra tactile dimension.

Milk chocolate, containing a small amount of cacao, is the sweetest of the real chocolates. As a result, it typically needs a wine with an equal amount of sweetness. As with the white chocolate, make sure to avoid dry wines as they will inevitably taste dry and harsh. In this case, the broad recommendation would be for dessert wines, something with a high residual sugar. As a general rule, for milk chocolate, the key words to look for on the matching wine are "late harvest" or "botrytis". Alternatively, fortified wines are another pleasant option — try a tawny port or a Baylnus.

With semi-sweet chocolate there is more scope for matching because the aftertaste is less sweet. A safe match would be ruby port. Though a fruity full-bodied cabernet from a warm climate could work, you would need to know your chocolate.

It is the final category that has the most potential for the wine aficionado. Bitter chocolate typically tends to have just enough sweetness to cover the inherent bitterness, making it the perfect foil to match with a range of dry wines. It is in this category that the fruity exuberance of a wine can come to the fore and marry with the chocolate. Here raspberry and cherry flavors can intermingle with the intense flavors of the chocolate to create a real synergy. As one would expect, you need full-bodied wines, such as a California Zinfandel or a powerful Australian Shiraz to achieve the desired effect.

Finally, if you are not sure about your wines and chocolates, the safe bet is to go with a brandy such as Cognac or Armagnac, VSOP level. The high alcohol content will cut through the butterfat, cleansing the palate, while the chocolate will enhance the flavors of the spirit, making it more palatable for the sensitive. With Feb. 14 in mind, remember the old adage, "Candy is dandy, but liquor is quicker"!

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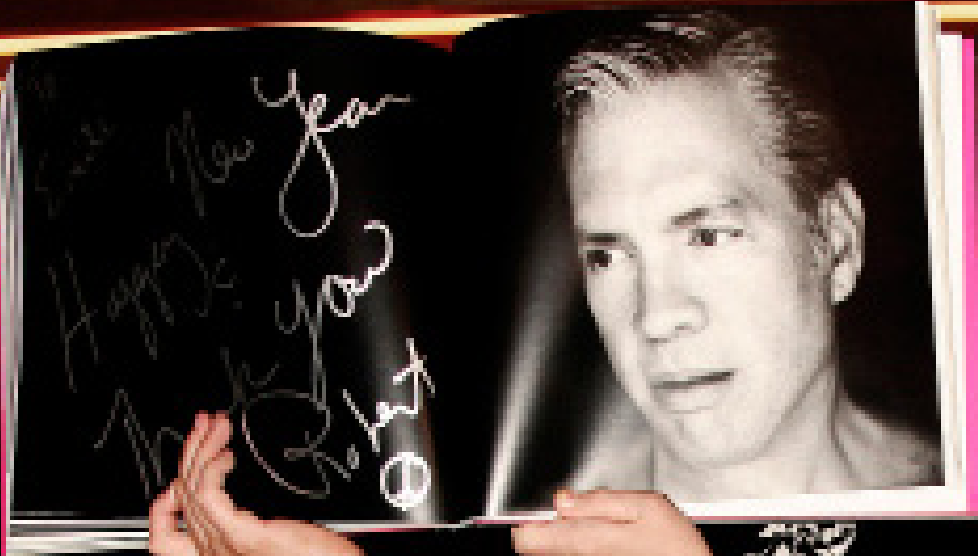
NOBU TOKYO is going in to its 5th year in Toranomon. This we owe to all our loyal guests. To celebrate our 4th anniversary, we will be having a grand "SAKE DINNER" for 3 nights. My love, HOKUSETSU Sake by choice, is the only sake served in my restaurants for over 20 years. This year, I am pleased to be able to serve to you, its NAMA Sake, available for only a short period each year. I will serve a special course to match with this once in a year delicious brew. Please come join me for a night of great food and sake!

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Robert Duffy charms Tokyo

The success of American fashion genius Marc Jacobs is in large part due to early support from Japan. His namesake brand's co-founder, Robert Duffy, was in Tokyo to talk about the new Aoyama flagship store and navigating his unique relationship with the designer

by MISHA JANETTE

“Japan was the beginning for us,” says Marc Jacobs President Robert Duffy in an interview at the megabrand's new flagship store in Aoyama last week. “We were always getting fired from jobs. So we did lots of little projects in Japan. We worked with Mitsubishi, with Kashiyama, and with some other small businesses that aren't around anymore. I remember it was 1984 and after getting fired once I called up Kashiyama and they got me a meeting with the director.”

Kashiyama put up money that Jacobs and Duffy used to start the Marc Jacobs line in New York shortly thereafter.

“I actually get emotional thinking about it, because there were so many lean years, and I felt like the boy on the street begging with a tin cup. Without the Japanese customer, Marc Jacobs the brand wouldn't exist today, truly.”

And the brand is certainly popular with Japanese consumers.

“I was just in the Hong Kong store and the first customer that walked in was Japanese. She was carrying a brand new bag that hadn't even gone through any Asian customs yet. She said she bought it in New York two days earlier.”

The luxury brand has 13 locations across Japan, while there are more than 40 stores for the diffusion line Marc by Marc Jacobs. But today's interview takes place in the camel-colored salon space on the second floor of the flagship store in Aoyama — the brand's first store to be built from the ground up. Its debut on Dec. 4 was a major media event, ranked by Asahi's weekly AERA magazine as the second biggest news topic of the week, eclipsing even the massive-budget movie premier of “Space Battleship Yamato”. No surprise given that the opening was attended by a host of Japanese celebrities such as supermodel Rinka and singer Ken Hirai.

There was a similar media frenzy around the visit by Duffy on Jan. 5 for a book-signing party for “The Men and Women of Marc Jacobs”, a coffee-table tome featuring portraits of the brand's employees by photographer Brian Bowen Smith. Earlier in the day, Duffy's announcement on Twitter and Facebook that he would be giving away 80 signed copies of the book had scores of people lining up outside the store from 8 am.

The glass, tile and aluminum structure sits tucked behind Prada on Omotesando. Since a quirk in the zoning law for the plot of land forbids business to be conducted above two floors, architect Stephan Jaklitsch built an ingenious Japanese “ghost” wall on the roof that gives it the height of a four-story building.

The design garnered Jaklitsch an Award of Excellence from the American Institute of Architects before construction was even completed. It has been dubbed “The Lantern”, as the top glows at night, a metaphor for how the Marc Jacobs brand has

become one of the most sought-after in the world. As the brand owes so much to fiercely loyal support from Japan, it seems fitting that this first flagship opens in Tokyo. (An even more spectacular store is slated to open on Madison Avenue in the near future.)

Marc Jacobs is the designer and face of his New York-based brand, but without his long-time business partner Duffy, Jacobs — who has been the artistic director of Louis Vuitton since 1997 — would surely not be where he is today. The pair's relationship is so symbiotic that one gets the feeling that speaking to Duffy is like getting a straight line to Jacobs himself.

“I can speak for Marc. It's been 27 years, and we've been through so much together. We can finish each other's sentences now,” said Duffy during his short, media-blitzed stay. “Marc and I talk every day, mostly on our iPhones. I'm the one who travels all the time, because Marc hates it. But he usually spends half his time in Paris, and half in New York, and I go to Paris once a month.”

Prompted “So you're the brains and Marc is ...” he quips, “Bizarre?” with a giggle and wink. “We both have a hand in everything. We even go through the collection sketches together.”

While some CEOs and Presidents take a hands-off approach when it comes to the creative side of a brand, Duffy is eager to dig in.

“There will be two piles of sketches that Marc will present to me. And he'll say, ‘These you're going to love. But those I need to explain to you.’”

Duffy points to a fur coat draped over a mannequin. “That was my idea. Marc only wanted to do fur pieces, but I told him



The flagship Marc Jacobs store at 5-3-27 Minami-Aoyama in Tokyo ([03] 6418-1188)



we needed to have a full coat. So he says to me, 'There's a pencil and paper right there, sketch it yourself.' So I did!"

Duffy says he visits the stores to meet directly with customers, but his constant presence on the brand's official Twitter account means he is connected with the fan base 24/7. It wasn't such an easy task for the President of the company to embrace at first, however.

"I think [my employees] tricked me into using the Twitter account. I didn't understand how to use it. In fact, for the longest time I thought it was just me and one other person who kept asking me questions! So I answered them honestly. I still do. And that gets me in trouble sometimes."

Duffy is notorious in the fashion world for his honest-Harry tweets, but he believes they serve to facilitate dialogue in quality control and giving back to the customer. He is also a prolific philanthropist, having backed over 60 charity projects through Marc Jacobs, including the "Protect The Skin You're In" T-shirt

series, featuring nude images of celebrities including Hillary Swank, Heidi Klum and Mila Jovovich shot by Bowen Smith. Proceeds from his book, which is slated to go on sale at the Marc Jacobs stores in February, go to the National Breast Cancer Foundation.

"Some guy complained about our aviator sunglasses to me on Twitter and I complained back, because the screws were too small. So I said 'Yeah, they suck! And I bought three pairs! I paid three thousand dollars for them.' I got in trouble for that Tweet," he chuckled. "But you can't delete them. Once it's out there, it's out there. I gave up on damage control a long time ago."

Tokyo looks set to benefit from Duffy's dedication to listening to customers' requests, as he gave the green light to opening a book store in Tokyo after receiving repeated requests to open an outpost of the new Bookmarc concept recently rolled out in New York and LA. Japan's countless Marc Jacobs fanatics are sure to be delighted at the news. — (MJ)



Clockwise from top left: The Marc Jacobs Aoyama store, Robert Duffy and Megumi, Osamu Mukai, Emiri Miyasaka, Duffy with French band Jamaica, Dante Carver; opposite page: Duffy with model Andrej Pejic



The 13th Annual Orphans' International Christmas Tree Party at the Hilton Tokyo

Bill and the gang at the 13th Annual Orphans' International Christmas Tree Party



Left to right: Konishikii, Kazuki, Christine Faure [wife of the French ambassador] and Daniele Yoshikoshi; right: Abeer Al Mustahi [wife of the Omani ambassador] gets the party dancing



PARTIES PEOPLE PLACES

WITH BILL HERSEY

As I've often said, my dear grandmother was right on when she said the older we get, the faster time goes. We're already in the middle of January 2011 and I'm still trying to figure out where 2010 went. This was my second year to spend my holidays here in Japan, and I enjoyed seeing a lot of friends who live here or were visiting, and trying to get my apartment and myself a bit more organized, as well as getting out and seeing Tokyo, which was beautifully decorated for the holidays. It all really gave me the opportunity to enjoy the traditions of both a Christian Christmas and Japanese New Year.

Fun, unusual things I saw around our city over the holidays included a young man with a child strapped on his back walking around Harajuku leading a cute little donkey. It was almost like he was on his way to Bethlehem. One night about 30 fully costumed Santa Clauses stood by the big clock at Roppongi Hills and greeted passersby, and three people-packed Christmas parties at the New Lex were full of countless young Japanese (mostly girls) dressed like Santa. Another night in



Left: Maali Siam of Palestine and Itsumi Sano, wife of Dick from Sony; far left: the Guardian Angels, Matthew Ireton and wrestler Ryuji Shijikata; below center: Steven Haynes, aka Rudolph, and Yume



Above: (left to right) Fiat's Tiziana Alamprese, Colombian Amb. Patricia Cardenas and Martha Ruiz Cabanas (wife of the Mexican ambassador); left: Bickie Comberbach (wife of the Zimbabwean ambassador)



Left to right: Entrepreneur Alef Saraie, Hilton Tokyo general manager Naoki Oto and National Azabu's Dale Toriumi



Left to right: Tarsi Georgas, Li Lo Maruyama, Greek Amb. Nikolaos Tsamados, Maha Debs and Mitsuo Maruyama

Omotosando, an almost 30-member motorcycle gang, all in Santa Claus suits, were wishing everyone a Merry Christmas. Tokyo is really a city of happenings.

Speaking of which, here's an update on what I and a few friends are doing about the scumbag who charged over ¥150,000 on my stolen Visa Gold card. Checked out the clothing store Urban Renewal on Meiji dori where he charged ¥50,000. They don't have cameras, but the staff were really nice and gave me some helpful info. Most of the other charges were darts and girlie clubs and bars in Chofu. They was also a hostess club in Shinjuku's Kabuki-cho. We will meet with the management and staff, check videos taken the day of the purchases and feel that we will find the crook (It's forgery *and* fraud!). Wish me luck!

Hilton Tokyo's 13th Annual International Christmas Tree Charity Party

One of the highlights of my holidays was my and Hilton Tokyo's 13th annual International Christmas Tree charity party

for about 70 Japanese orphans. As always, many friends, including ambassadors, ambassadors' wives, business and community leaders, sports, showbiz and fashion personalities and the Guardian Angels took time out of their busy holiday schedules to join us and make it a truly memorable day for all the truly beautiful kids there. Top entertainer Steven Haynes, aka Rudolph The Red Nose Reindeer, brought his dynamic mom, Clara, who was visiting from San Francisco. She's so special. I also appreciated Lilo and Mitsuo Maruyama bringing two former Tokyoites they had just hosted a luncheon for, Maha Debs and Tarsi Georgas. They were really pillars of the foreign community here for many years.

The party opened with a short welcome speech by Hilton Tokyo general manager Naoki Oto. This was followed by each participant joining Santa Claus Konishiki and his cover girl wife Chie in presenting their child for the day with the gift they had brought for them, as well as two big bags of all kinds of things that kids love from various sponsors. This was followed

Sayonara party for Regina Doi at Va Tout in Roppongi



Two of the party planners, Tabasco's Mark Gleason (left) and Joe Les Tague.



Regina Doi (right) with long time friend, singer Peggy Hayama



Member of the House of Representatives Hisaaki Kamei and wife Yuko



The International Clinic's Dr. Eugene Aksenoff and clinic nurse Rumi Yamamoto



AsianTigers' Andrew Olea and wife Mina

In & Around Tokyo



Christmas brings out the reindeer in everyone at the New Lex



Bill with Adam Richmond (center), chef, writer and host of the US Travel Channel's popular show "Man v. Food" and Italian model Sebastian

by the children and their sponsors going to the bountiful buffet of kid's favorites (hamburgers, french fries, *gyoza*, ice cream, cake, cookies, etc.) and piling their plates high (at least once).

During all this, vocalist Matthew Ireton got many of the kids to join him in singing traditional Christmas music and Dutch clown Rene Bosman kept busy making balloon animals. Later Steve, Gisele (Mrs. Santa Claus) and all of Santa's helpers joined the kids in some really festive dancing. I just wish you could have been there to see the smiles on the children's faces. That really made it all worthwhile.

In closing this part of the column, I'd like to extend my sincerest thanks to the sponsors that sent so many great gifts. These included National Azabu Supermarket, Walt Disney Studio Motion Pictures, Warner Brothers, Paramount, Sony Pictures, Lufthansa, United Airlines, Hertz Asia Japan, Tohokushinsha, 20th Century Fox, Gene Pelc Mercedes Benz, Steiff Japan Ladro, Hello Kitty, and entrepreneur Alef Saraie. We received so many gifts that I had plenty to put in those huge boxes I send to less fortunate families and a few institutions in the Philippines. I'd also like to thank Banjiro Uemura, the Maruyamas, Grace Saito, Steven, Haynes, Regina Doi, Jane Yonamine and Jane Scolinos for helping with the postage on getting all the huge boxes to Manila. Also have a big thanks and a big kudos to the Hilton Tokyo's general manager, Naoki Oto, public relations director Momoko Gonohe and the hotel's hardworking, always helpful, always supportive staff for the time and effort they put in at this busy time of the year to make the party the big success that it was.

One of many sayonara parties for Regina Doi

It's never easy saying sayonara to longtime friends, and I really found it difficult with that super-human, exceptional human being and truly good friend, Regina Doi. The lady who has been in, and really made her mark on, Japan for 47 years, recently sold her internationally acclaimed Aoba School (both campuses), contacted our friends at Asian Tigers and with their professional and personal help, and has moved into a big beautiful house in New York. Hope you did check out the four pages on Regina in our Dec. 3 issue; if so, you saw what an exciting, celebrity-packed, always-there-to-help-others life she's had, and I'm sure will continue to have. In addition to being a talented opera singer during and after her university days, her mother, who owned several restaurants, taught her to be a master chef.

One of her major accomplishments was the

Most of the other charges were darts and girlie clubs and bars in Chofu. We will meet with the management and staff, check videos taken the day of the purchases, and feel that we will find the crooks!

founding of Aoba International School. Through the school she gained fame as an innovator and real leader in education. Through this work she became a guiding light, not only for her many students but many of their parents as well, and many others who had the good fortune and privilege of meeting and getting to know her. Our world needs more Reginas.

I was able to get to several of the many parties in Regina's honor. Believe me there was nothing but admiration and love for her from a huge variety of her friends from all walks of life. The photos in this column were taken at a buffet dinner party at Va Tout restaurant in Roppongi set up by three of Regina's ardent admirers and best friends, Marc Gleason (Tabasco), Joe Les Tage and V.B. Rupani. It was a laid-back, relaxing evening with a lot of Regina's interesting friends, once again, from all walk of life.

During her last two weeks here, I spent considerable time with the lady. She's amazing and has all kinds of plans for her life — not retirement — in the USA. These include: helping deserving young men and women from the Philippines get home-care training back home and eventually go to the States; opening a restaurant; possibly writing a book; etc. etc. Whatever, wherever I'm sure she'll be successful. I, like all who know and love her, will really miss her help, advice, support, humor, philosophy of life and the endless tales of her adventures during the time she's done so much. So long my dear. Keep up the good work and all the best.



Wells Fargo's Gabriel Olano and wife Tatiana with their son Alejandro



Deutsche Bank's Brandon Ginsberg and wife Adriana with their daughter Sasha



Motor journalist Dino Dalle Carbonare and wife Mitsuko with Italian friend Simone Zanasi

Mizuki Spa & Fitness at Conrad Tokyo



Conrad Tokyo

1-9-1 Higashi-Shinbashi, Minato-ku
(03) 6388-8000
<http://www.ConradTokyo.co.jp>

Situated on the 29th floor of Conrad Tokyo in Shiodome with breathtaking views, Mizuki Spa & Fitness provides a full service menu of face and body treatments designed to relax, revitalize and restore life balance. The spa has 10 treatment rooms including 2 couples suites, a unique Hinoki Japanese style bath and cityscape views. A complete line of spa rituals, treatments and cosmetics from (comfort zone) Italy combines to create unforgettable experiences and extraordinary results. A 25-meter pool, fully equipped fitness center and wellness studio together with sauna and steam room facilities provides everything you need for your healthy lifestyle.

Mizuki Spa & Fitness

(03) 6388-8620
Open daily, 6:00 – 22:00 [Fitness], 9:00-22:00 [Spa]

Mandarin Oriental Signature Spa Therapies

The award-winning Mandarin Oriental Hotel Group has introduced bespoke signature spa therapies at many of its luxury hotel spas worldwide. Developed in consultation with specialists in traditional Chinese medicine and aromatherapy, each signature therapy consists of a relaxing, hands-on body massage ritual that combines the the powerful effects of Oriental meridian massage with the therapeutic benefits of custom-blended essential oils, created uniquely for Mandarin Oriental. Each treatment begins with a private therapist consultation in order to determine each individual's personal and current state of wellbeing. The treatment and oils are then tailored to each guest in order to leave the body, mind and spirit in perfect harmony. Guests are also provided with nutritional and exercise guidance, in order to extend the beneficial effects of the programme at home. (¥44,000 weekdays, ¥46,000 weekends)



The Spa at Mandarin Oriental, Tokyo

37F, 2-1-1 Nihonbashi Muromachi, Chuo-ku
(03) 3270-8300
www.mandarinoriental.com/tokyo/spa/

Odd spa options

Bored with the typical treatments? Why not try something a little off-the-wall

by Yonca Guler

Judging by our long history in the hot tub, there must be something in our nature that calls out for a proper soak and an indulgent treatment. Whatever our storied history in the spa may be, the simple truth is that spending quality time in a wellness facility is a good way to escape the daily routine. You could, of course, start the new year with the basic facial, manicure and massage, but with some of the off-the-wall, decadent and/or previously unconsidered possibilities available in Tokyo, why not take your beauty regime a step further? Here are eight options for the adventurous:

The Dr. Fish Pedicure

We all know how healthy it is to eat fish, but how would it feel the other way around? Since 2006, spas in Tokyo and around the world have been offering the so-called “Dr. Fish Pedicure” in which hundreds of little fish nibble on the soles of your feet. They are toothless, so they use their lips to suck the dead skin off your feet, stimulating acupuncture points in the process. The therapy was originally practiced in Turkey, where the fish lived in low-temperature hot springs and were used to treat skin diseases. (If fish aren’t far enough out there for you, how about having a snake massage? A spa in Israel offers a massage during which snakes slither over your body.)

Where to go: *Oedo Onsen Mongatori, 2-57 Omi, Koto-ku, Tokyo; (03) 5500-1126; www.oedoonsen.jp*

Jade Hot Stone Massage

According to Chinese healers, jade is one powerful stone. Spas on the mainland offer a hot jade massage, where the heated stones are arranged on your body and a masseuse works away while replacing cooling ones with toasty fresh jade to relax tight muscles and make your body sweat off toxins.

Where to go: *We’re cheating, ‘cause jade massages can’t be found here, but Elana Jade does offer a hot stone massage; Latorie Memorial Bldg. 3F, 1-5-19 Azabu Juban, Minato-ku; (03) 6438-9895*

Wine Bath

Attention wine lovers: Spa Center Hakone Kowakien Yunessun offers a pool filled with Beaujolais Nouveau. It may not make you any healthier, but you’ll definitely have a story to tell (the pool is even refilled from a giant wine bottle). If you are on the wagon, there’s also tea, coffee, and ramen noodle baths.

Where to go: *Spa Center Hakone Kowakien Yunessun, 1297 Ninotaira, Hakone-machi, Ashigarashimo-gun, Kanagawa-ken; (0460) 82-4126*

Golden Facial

Ever wondered how it must feel to look like Cleopatra? ¥30,000 is pretty cheap when you think that you could be transformed into the spitting image of a golden Egyptian goddess. Umo Inc. offers a golden time and smooth skin after applying paper-thin 24-karat gold blocks (bundled with hydrating compounds) to your face.

Where to go: *Umo Inc., Toho Twin Tower 4F, 1-5-2 Yurakucho, Chiyoda-ku, Tokyo; (03) 5511-11335*

Ear candling

Nowadays it’s not enough to look stylish, you also have to keep your ears clean. After American singer Jessica Simpson uploaded a video of herself candling her ears, the treatment got more publicity than ever before. According to some, ear candles are beneficial for the throat and nose, but there is a lively debate going on: others warn it could cause ear injuries.

Where to go: *Hopi Ear Candling, #101 Beagle House, 2-6-15 Minami Yukigaya, Ota-ku, Tokyo; (03) 3728-1027; www.iyogilomi.com*

Fire Cupping

Fire Cupping dates back to 400 BC, but if you think it’s also Chinese, I have to disappoint you, it’s from Greece. Heated cups are applied to the back, neck and shoulders where they create a vacuum, gently pulling the skin up into the cup, relieving internal pains. Be aware of the side effects — temporary burns and ugly, long-lasting bruises — unless you’re into that kind of thing!

Where to go: *Ask your local acupuncturist*

The Geisha Facial

The most remarkable thing about a geisha is her porcelain face. Now try to get your head around the fact that, according to the Shizuka Day Spa in New York, geisha used nightingale droppings to remove make-up. The bird poo facial moisturizes the face and cleans the pores — or so they tell you in NYC; here, better to double check in Kyoto.

8. Foot Massage

According to reflexology, by applying pressure onto the soles of the feet, a beneficial stimulation spreads into the whole body as different spots on the feet are connected to different organs, such as the kidneys and lungs. A warning: Your first foot massage will be painful, but only while it is going on — after you’ll feel as light on your feet as you’ve been in years.

Where to go: *Most Chinese massage shops offer foot massages*

A meal with Dr. Hergesheimer

Health food company CEO goes light on the carbs and recommends foods high in enzymes and anti-oxidants

JEREMY KEITH PHOTO

by Aimee Weinstein

“It is not difficult to eat healthfully in any restaurant,” says Dr. August Hergesheimer, “all you have to do is ask.”

Hergesheimer, the president of Abios, a Tokyo-based company that sells health and anti-aging products, knows that most restaurants are not so rigid with their menus that they won't make a few adjustments to make customers happy and healthier. If you have a meal with the lean businessman, who received his doctorate in Nutritional Sciences from Shizuoka Prefectural University, it's easy to see that he practices what he preaches. For lunch at L'Petit Tonneau, a French restaurant in Azabu Juban, he orders the steak frites – without the frites. In lieu of the French fries, Hergesheimer has a large salad with his steak and refuses the appetizer of cous cous.

“I want to stay awake at my desk after lunch,” he says. “My body will just take those carbohydrates and turn them into sugar, which will make me sleepy later.”

Clinical research supports his habits. Scientist and professor Dr. Cynthia Kenyon, who studies and teaches at the University of California in San Francisco, has recently published papers on her research regarding how cutting carbohydrates out of our diets could activate a “youth gene” that would not only increase humans' longevity but encourage healthy longevity. In another study coming out of the University of Illinois Medical School, doctors have looked at a gene mutation that can slow down the aging process. Set to be published this month in the UK, the study shows how altering the gene by affecting insulin levels, which are tied to sugars and carbohydrates, can lead to healthier hearts and increased mobility, as well as longer life.

Hergesheimer grew up in the United States, but has also lived in Japan and New Zealand. He believes that everyone assumes that the Japanese are healthy because they have a long life expectancy. But the lifestyle of the Japanese,



including their diets, have changed radically in the past 30 years, so the 30-year-olds of today may not live that long in the same percentages. For example, the Japanese reliance on rice comes from when it was eaten as a base for their diet, but, at that time, their overall calorie intake was lower and their lifestyle more active than today. These days people eat too many refined carbohydrates, such as white rice and white breads, and the sugars contained therein are contributing to a rising rate of diabetes in the country.

In a cover story last year, “Silent Killer”, Time Magazine

Healthy dining in Tokyo

It's not hard to find healthy dining in Tokyo. Here are three popular restaurants that are happy to take diners health in mind when preparing their tasty dishes.

L'Petit Tonneau

With locations in Azabu Juban, Toranomom and Kudanshita, diners are guaranteed a great experience along with assurance that their nutritional needs are being met. The chefs at the restaurant go out of their way to ensure that visitors have food prepared in a beautiful and delicious way that doesn't forget about taking care of their health. The staff makes it easy to ask for any accommodations for dietary preferences in their meal.

Two Rooms

Located in Omotesando, this restaurant serves amazing produce and will prepare meat dishes almost raw or carpaccio-style if asked. They source their produce and meats only from vendors who can guarantee their quality. The seafood is always fresh and features a huge selection of raw oysters. This is one of the best restaurants for having it your way. Whatever they can do to make your experience better is their pleasure.



Felicita

A treasure in Minami-Aoyama, this Italian restaurant serves only organic vegetables and boasts a selection of delicious organic wines. What's interesting is that they take it so much for granted that they do not tell the patrons of their commitment to such quality; they assume that you can rely on their quality as much as you rely on the wonderful tastes. Hergesheimer goes here for an occasional dessert. Their sweets are irresistible and served in a portion that is small enough not to damage one's diet.

Asia outlined the severe affects of the disease on all of Asia. Eating habits are becoming more Western, with raw foods traded for more processed ones and sugary drinks. This is especially true in major Asian cities, where people do not get out as much, and is leading to what the magazine says is an epidemic spreading across the continent.

If the Japanese adopt healthier food habits, such as eating raw foods or practicing organic farming, then they will take control of the potential susceptibility for diabetes and other diseases. All of it comes down, in the end, to the food we put into our bodies.

According to Hergesheimer, naturally occurring enzymes in food make it easier it is for the body to break down and take out the nutrition contained therein, and, as well, to get rid of the unused parts as waste. The problem, he says, is that

The Japanese reliance on rice comes when it was eaten as a base for their diet, but, at that time, their calorie intake was lower and lifestyle more active. These days people eat too many refined carbohydrates

people eat too much refined food that has been stripped of these enzymes. In addition, cooking with high heat leads to the oxidation of food, depleting valuable nutrients and enzymes. He does not recommend a diet of 100 percent raw foods, but does think that people need to be careful about that they put into their bodies and how often they do it.

A 2007 Italian study of various anti-oxidants found that they were helpful in staving off and, in some cases, preventing many conditions related to aging, including Alzheimer's and heart disease, while increasing functioning of the joints so people can maintain their exercise regimens well into older age. Anti-oxidants are a class of nutrients that provide a defense to the human body against many of the environmental disturbances — including stress — that can erode the health of a person and make him age prematurely. The authors of the study warn against relying solely on supplements to provide these necessary anti-oxidants and minerals, confirming that much of our nutrients should come from the food we eat, not from pills. Thus they advocate for a diet rich in vegetables and fruits.

It's advice that Hergesheimer already follows, and is easy to replicate. For breakfast, he eats a green salad with a sprinkle of sea salt, along with two or three poached or boiled eggs (not over-done so that they become oxidized and lose some of their nutrient value). At dinner time, he has mostly salad with a bit of protein – fish or beef. He says that this way his body doesn't have to work so hard when he's sleeping because it digests raw food easily, making him feel much more rested upon awakening. For lunch, which typically he eats out, he chooses restaurants that are picky about where they source ingredients and orders a big salad with his meal.

Above all, everyone should follow a diet that works for their lifestyle and toward their personal objectives, whatever they may be. After all, what good would an anti-aging lifestyle be if you didn't enjoy the extra life it brought you?

No more excuses —pack light and still stay fit with Westin and New Balance

Guests of the 10 Westin pilot properties have complimentary access to New Balance shoes, apparel and accessories through a product loan program. During their stay, guests can borrow running shoes with brand new, disposable insoles for each use, as well as a variety of men's and women's apparel including shorts, shirts and socks for men and shorts, capri pants, shirts, sports bras and socks for women.

Westin guests will also benefit from travel-specific fitness content and added-value experiences provided by New Balance. New Balance Fitness Ambassador and Exercise TV celebrity trainer Holly Perkins will develop exclusive in-room fitness and equipment-free content that includes stretching and strengthening workouts, cardio and yoga. The program includes "Wellness in Travel" tips from Holly on nutrition and creative ways to combat jet lag and healthy living. In addition, New Balance is working with individual Westin properties to enhance its current three- and five-mile local area running maps. As part of the partnership, participating properties will provide guests traveling to a city for a major athletic event, such as a marathon, with wellness amenities, including turn-down gifts with "performance/fuel" goodies for the race and "good luck" wake-up calls.

"Keeping guests' fitness goals in mind, we've partnered with New Balance to provide yet another option to help travelers stay well on-the-road," said Nancy London, Vice President, Westin Hotels & Resorts. "Guests simply need to show up ready for a great workout. We provide the rest."

"Convenient access to the proper athletic equipment and programming is vital to the traveler who wants to stay



healthy and fit while they're away from home," said Hilary Keates, director of global marketing and brand management for New Balance. "New Balance is excited to partner with Westin to provide their health and fitness-minded guests with footwear, apparel, accessories and programming for an overall enhanced experience. As leaders in our respective categories with like-minded consumers, this alliance made perfect sense."

The 10 participating pilot hotels include: The Westin Boston Waterfront; The Westin Michigan Avenue; The Westin San Francisco Airport; The Westin Maui; The Westin Santa Fe; The Westin Jersey City; The Westin Beijing Chaoyang; The Westin Tokyo; The Westin Valencia; and The Westin Grand Berlin. Additional details are also available at www.westin.com/newbalance.

The new fitness offering joins a host of wellness initiatives recently introduced by Westin Hotels & Resorts. In late 2009, the brand launched a sleep study and sleep hotline with National Sleep Foundation aimed at helping travelers troubleshoot common sleep problems. In the fall of 2007, Westin partnered with SuperFoods Partners LLC to become the first hotel brand to create a SuperFoods-focused menu. In 2006, the brand introduced Breathe Westin and became the first in the industry to go smoke-free and offer guests a healthy, 100% smoke-free hotel experience.

This partnership is part of an ongoing effort by New Balance to forge innovative partnerships with active lifestyle and fashion brands that share a similar customer base, as evidenced by the company's recent collaborations with Heidi Klum on a global active wear collection and with J.Crew on a domestically-manufactured footwear collection.

Well-shod and ready to run

New Balance MR1040V marathon shoes

In December 2008, comedian Kanpei Hazama set out on his "Earth Marathon", and has since sailed across the Pacific Ocean and run across the United States before returning to Asia via the Atlantic Ocean and Europe. Kanpei is aiming to arrive in Osaka this month and will be wearing New Balance's MR1040V marathon shoes, which have been specially designed for the entertainer. The shoe's graphics sport a colorful world map, and are built for super-long distance running or training for beginners to experienced distance runners. The MR1040V is equipped with N-ERGY, an advanced material that both cushions the foot and absorbs shock from pounding the pavement.



For more info

Read more about Kanpei's adventure at www.earth-marathon.com



Timberland Ledge

The Ledge hiker is perfect for when you need protection along with comfort. It's waterproof to keep your feet dry and the rubber outsole provides excellent traction, allowing you to focus on the trail, not where you step.



- Premium leather and lightweight mesh upper for support, durability and abrasion resistance
- With Goretex membrane for breathable waterproof protection
- Heel pull loop
- Cushioned upper and EVA heel wedge for superior comfort and cushioning
- Climbing grade rubber toe cap provides durability and abrasion resistance
- Lining and sockliner fabric made with 50 percent recycled PET
- Exclusive Vibram outsole for traction on varied terrain

Reebok EASYTONE REENEW LUX

Reebok is introducing new styles for EasyTone, the toning shoe for walking and everyday activities, that are designed to appeal to women's diverse tastes. EasyTone features unique "balance pods" filled with air that reproduce the benefits of "instability training". With EasyTone, the balance ball-inspired balance pods create softness and micro-instability in the sole of the shoe, forcing the muscles to adapt, increasing their activation and making key leg muscles work harder with every step. The new EasyTone collection is available at top retailers.



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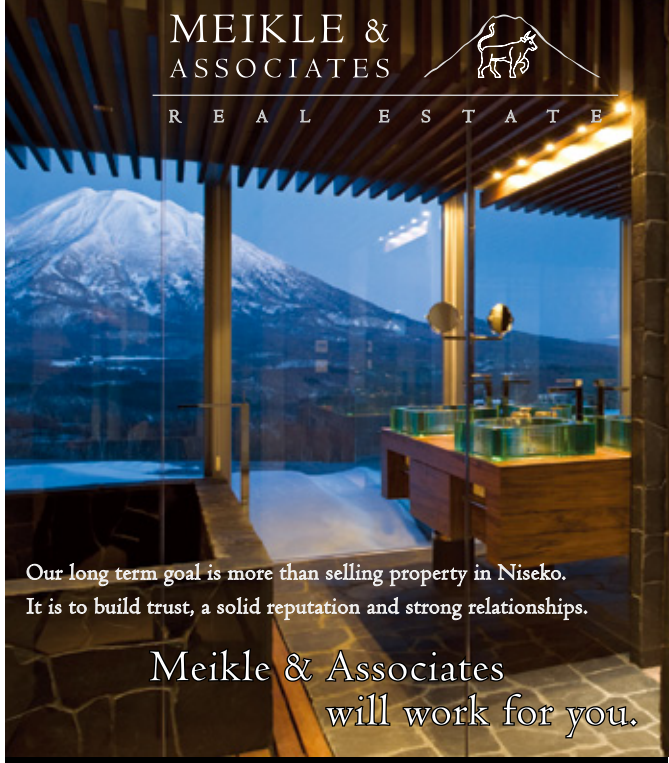


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Shirokane

¥475,000–¥990,000/month

Oakwood Apartments Shirokane: Located within close proximities to Shinagawa and Meguro, yet not too far from the financial districts, the shopping and dining of Ebisu and the nightlife of Roppongi, these contemporary designed apartments are well located in the upscale, friendly neighborhood of Shirokane. Featuring 36 lovely apartments decked out in cosmo-styled décor infused with subtle Asian influences.

For further details, please contact Oakwood Apartments Shirokane. 03-5789-5011
shirokane@oakwoodasia.com



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For further details, please contact Oakwood Premier Tokyo Midtown. Tel:03-5412-3131
midtown@oakwoodasia.com



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Privately accessed, the 54 superbly designed residences are located from the 22nd to the 26th floor of the architecturally stunning Roppongi T-Cube tower, offering breathtaking views of Tokyo and the surrounding area. Each apartment is beautifully fitted with high-tech electronics, plush furnishings and gourmet kitchens.

For further details, please contact Oakwood Residence Roppongi T-Cube. Tel:03-6229-3131
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Contact: www.ecofriendsclub.com

Footy Japan New Year 7's

This very popular 7-a-side tournament, now in it's 5th year, features many teams from the Weekender FJ Cup and TML. This year it will be held at the illustrious Yokohama Country & Athletic Club so there is a nice restaurant for spectators and players to get hot food (or beer) between matches. There will be 16 teams vying for Cup or Plate honours, so come on down and see who can take the crown from last year's Champions FC International.

When: Saturday 8th January, 2011 (1 day)

Time: 12:00pm - 6:00pm

Where: YC&AC (Artificial 3G pitch)

FREE FOR SPECTATORS!!

Contact: (03) 3770-0288 or www.footyjapancompetitions.com

American Football

My name is Fernando, I was born in New York City, and I live in Yokohama. Anyone who wants to learn how to play American Football is welcome to email me. I'm 37 years old, and I used to play sports in High School and College.

Contact: fros6969@aol.com

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Mercedes Benz C240

Mercedes Benz C 240, 2001/6. Run great, very clean interior with HDD Navi, TV, 6CD changer, ETC. Only 68,000 km.

No accident record, and very clean body!! With all maintenance book and spare-key. Inspection till 2012/6, and all tax is paid. Welcome for test drive. Price: ¥680,000

Contact: (080) 68157815



006 Nissan bleubird sylphy

Nissan Bleubird Sylphy 2006 registration light bleu color-Grade 20M, Mileage 32000kms PW-PS-TV-NAVI-DVD-Back Camera-corner sensor. 2000cc-wood panel-CD, MD player Beige interior, only 32000kms, shaken till next year march, all taxes paid, Very clean inside, but have a little scratches around

Price: ¥750,000

Contact: (080) 3512-6101



Selling Mini Rover 1300i

Selling mini rover 1300i... Long shaken 2 year mileage 60,190 km... Good running and good conditions, Cd player, ¥350,000

Contact: (080) 3327-3728

TWO WHEELS



Ducati 916

Ducati 916 1995; 24,000 km; shaken 2/8; This is a very sexy beast the last owner made love to every night...

if you are looking for a Classic Ducati then this is worth looking at... Loads of aftermarket parts fitted, Welcome to come and view... No extra fees but you have to buy your own coffee... 100yen a shot...

Contact: (090) 4426-8291



Yamahajog Z50cc

¥20,000 take it away engine runs, bike has been painted black, you must come to view in person!

Contact: (080) 1260-0333

City Bicycle

City Bicycle by Tonino Lamborghini Brand, bright sunny yellow color in an excellent condition perfect, it has a very stable wide tires, the aluminium frame is very light, thus the bike is easy to move but at the same time it is very stable & have a very nice cushion against the bumps on the road etc. Price ¥25,000 Original Price: ¥40,000

Contact: (080) 1065-7388



Diamondback Mountain Bike

I am moving and have to sell my Diamondback Mountain Bike. It is a great bike and M/L sized frame. I am 5'10" and it fits me great. It would probably fit someone from 5'6" to 5'11". ¥25,000. I leave in a few days so act fast if you are interested.

Contact: (080) 1065-7388



City Bicycle

City Bicycle by Tonino Lamborghini Brand, very nice bright sunny yellow color in an excellent condition perfect for riding inside the city and in suburbs, it has a very stable wide tires, the aluminium frame is very light, thus the bike is easy to move but at the same time it is very stable & have a very nice cushion against the bumps on the road etc. I have ridden it rarely & kept inside the building, thus it was never under the rain etc.

Price: ¥25,000 / Original Price: ¥40,000

Contact: sveta_fomina2004@yahoo.com

ROOMS/SHARED



Six Tatami in Ikebukuro (Yamanote line) 57,000 pcm, no key money!!!

Friendly American and Japanese guy seeking roommate! Clean, spacious and nicely furnished 6 tatami room with balcony located 10 minutes walk away from Ikebukuro station west exit. The apartment is newly renovated with new fitted kitchen, bathroom and toilet. Although we share the living room and bathroom, this fantastic room (the best in the house!) is yours. You have the convenience of a major city on your doorstep, with the relative calm of the west exit. Supermarkets, post offices, convenience stores and even a don quixote are all within a 2-10 minute walk away. Our landlady is incredibly friendly and helpful, and our neighbours are friendly too. A deposit of ¥114,000 is required, which is (rarely!) fully refunded upon your leaving. No fixed contracts, no key money. Stay as long as you like!

Contact: (080) 5094-8926

Beautiful Home Trendy Roppongi / Ladies Only

Lovely room in BEST LOCATION!!! (Nishiiazabu - close to Roppongi) Very cheap for this location. Live with 3 well mannered bilingual ladies. We are looking for 1 more roommate! please write with a little information about yourself, when you would like to move, and how long you intend to stay!

Contact: (090) 9808-7877

FURNITURE



BROWN FLOOR COUCH

For sale is a Brand New "Mocha Brown" adjustable floor sofa my friend purchased for me from Tokyo. The item cost ¥18,500 with postage. The floor couch was sent to me 5 days ago. I've just moved into a new apartment in Tanimachi-Yon and decided that my futon will serve me as a floor sofa just as well the couch would, so I would like to sell it as a means to save space. If my apartment were bigger I would keep it because it's a cool looking sofa that suits the place, but space is more important to me. The couch is adjustable at the backrest and the arms rests in 5 different settings of each. It can be adjusted to the hilt and even laid flat if you are the size of a chopstick and you need a nap. I placed the couch back into its delivery box so hopefully you have an understanding of its size. Postage will have to be organised by the buyer, but a healthy fun filled alternative would be us jumping on the JR or subway with it during non-peak hours of course. I'm willing to help out in anyway possible as long as the right price is paid and I don't have to travel to Kyoto and back. Oh... I'm in Osaka by the way.

Contact: visceral_production@hotmail.com

Toddler Chair - the kind that squeaks!

Every time toddler sits, it lets out a long squeal/squeak. They absolutely love this! Tyranosaurus Rex motif in bright primary colors. Excellent condition! ¥900! See for more detail: <http://www.flickr.com/photos/8519161@N02/sets/72157622116734853/>!!! Pick up Mita or Nambu subway lines or JR Keihin Tohoku line (will meet you at my station and pass over the ticket gate)

Contact: (070) 50119913 or orsalotokyo@yahoo.com



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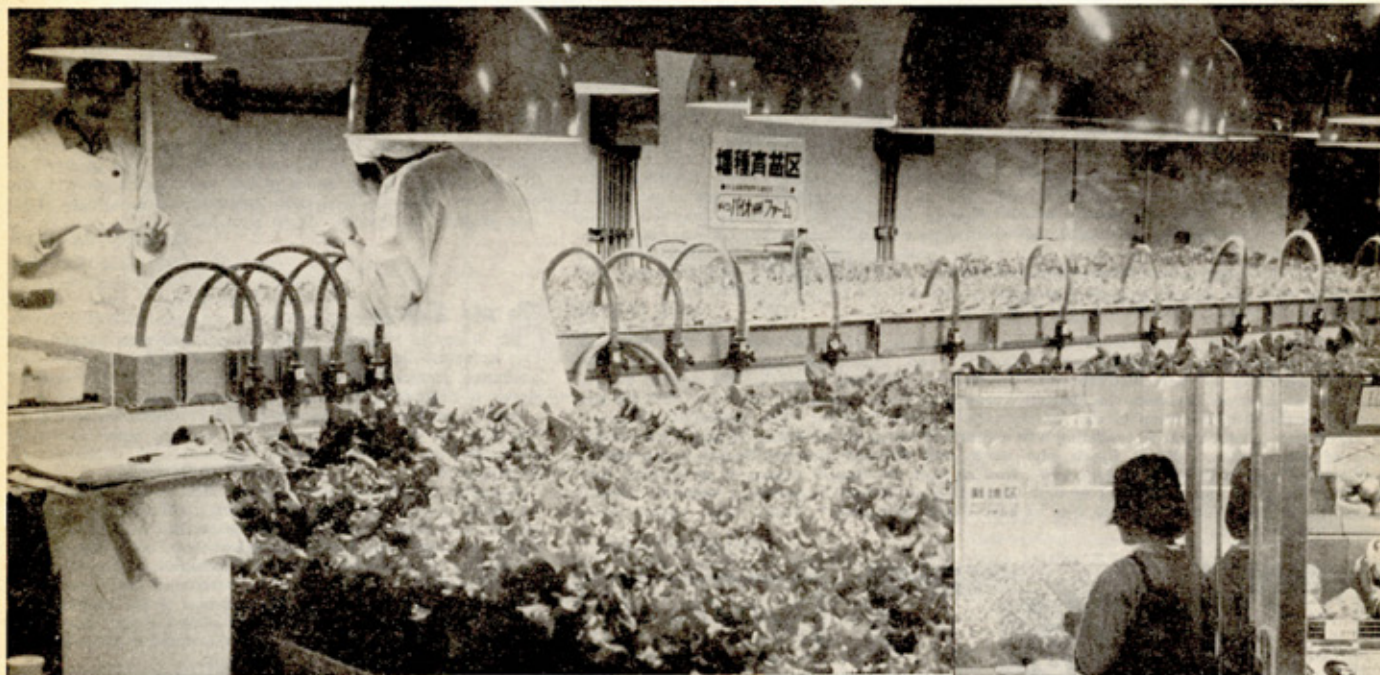
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Salad greens of the future!

Carole Hisasue & William Word discover hydroponic 'farm' in Chiba

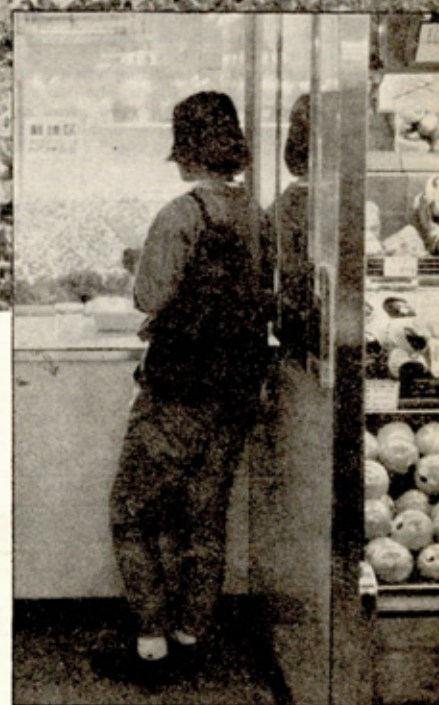
IT'S LIKE A ROADSIDE FRUIT STAND where the farmer and retailer are one and the same... but there's no farm!

The astounded speaker was referring to the Daiiei supermarket in Funabashi City near Chiba, where the salad greens of the future grow. Part of the market's valuable floorspace has been taken over by a fully automated, computer-controlled vegetable "factory." Grown hydroponically under artificial lights, lettuce and other greens are ready for sale in just five weeks — three-and-a-half times faster than those grown in the field. And the plants grown here are "organic," i.e., free of all pesticides and sprays.

The computer controls the fertilizer concentration in the hydroponic solutions, room temperature, light and even atmospheric conditions. High pressure sodium lamps, for example, bathe the sprouts with imitation sunlight 24-hours a day. Carbon dioxide is kept at levels five times higher than normal. The result is a daily harvest of 130 plants.

Shoppers can watch the plants grow from a large display window in the produce section of the store. Earphones explain how the system works.

Daiiei invested a hefty ¥50 million into their veggie-venture but doesn't really expect to realize a profit from it. Instead, they



say, they are looking toward the future and experimenting with systems that may provide food in harsh, unfriendly environments. And because the plants are grown in water, not soil, there's no dirt on them when they're sold, a point that should help please the fussy Japanese consumer.



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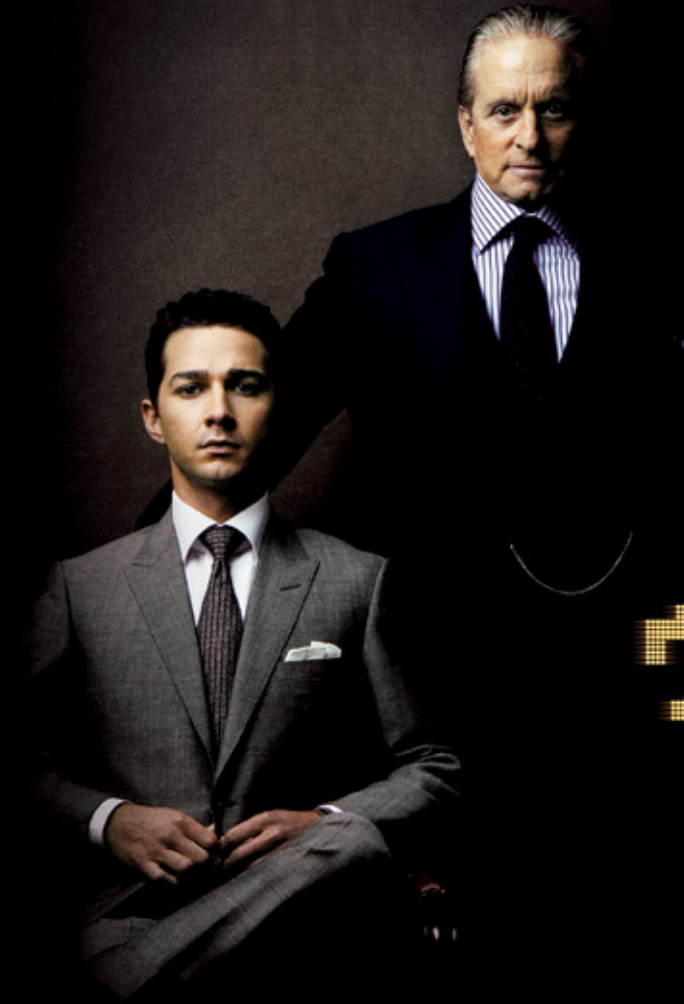
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