

GENERAL MEETING

When: Friday, March 1st

Time: 9:30am Registration
10:00am General Meeting
12:00pm Clover Cafe

Place:

Will Aichi Women's Center
1, Kamitatesugino-cho
Higashi-Ku, 461-0016

Email: nagoyacce@gmail.com
URL: www.cceanagoya.com

Make the most of your time in Nagoya - come to our next General Meeting. Every month is a new topic. We look forward to welcoming you into our multicultural organization.

Guests are always welcome at General Meetings, ¥500 fee.

For the LOVE of Chocolate!



March's general meeting:

As a reflection on the recent Valentine's Day and in celebration of the International Women's Day, as well as all things feminine and as a tribute to our true love - chocolate, we present our members with a small trip into the international world of chocolates. You will get a chance to sample products from many different parts of the world, including some chocolates and wafers that came out of Russian chocolate factories. As every chocolate has a story, we'll try and tell you some of them and will illustrate the stories with pictures from places, cities and art, that went into creating the wrappers and boxes.

*All chocolate has come into contact with nuts or contains nuts.
Please be aware of allergies.*

MESSAGE FROM THE VICE PRESIDENT



Welcome to CCEA Nagoya! We, the board members are a group of many talented ladies with many different skills. Therefore, I believe that we will not disappoint you. I am happy to be your Vice-President this year, and to contribute as much as I can. This is my third year as a board member, and for me, the first encounter with CCEA, was at the March General Meeting in 2014. I was very happy to show my sugar craft cake decoration work in a UK style; I had studied cake decoration in the UK when I was younger, and won a gold prize in the international sugar craft competition. Presently, I am a lecturer at Universities and Vocational schools. I teach Food Culture, Japanese Culture, Cultural Sociology and practical skills of sugar craft and cooking. Food is an interesting phenomenon for me; cooking has no borders. My objective is to work together with CCEA members to create a cookbook that highlights our longevity, showcases our history, and emphasises our multicultural nature and diversity. Hopefully, this cookbook will be shared with present and future CCEA members. Let's make a peaceful world together!

Sincerely,
Masako Noda
野田雅子



SAVE THE DATE

General Meeting: March 1,
April 5, May 10, June 7

Book Club: March 4

Art Club: March 5

Ikebana: March 28, April 18,
May 23, June 13

Happy Hour Hunters:
March 8

Community Service:
March 6 & 15

Discussion: March 25

Restaurant Hunter: March 20

Trips: March 14

Moms & Kids: March 26

Yamato-E: March 7 & 29

Kimekomi: March 27

Stretching & Tai Chi: March 28

Cooking Class: March 15

Foreign Language Exchange:
March 12

DIRECTIONS

Subway: Ten minute walk east of Exit 2 of Shiyakusho (City Hall) Subway Station.

Railway: Eight minute walk south of Higashiote Station on the Meitetsu Seto Line.

Bus: Ten minute walk east of Nagoya Shiyakusho (City Hall) Bus Stop on the Key Route Bus Line.

Parking information: At Will Aichi, cost is ¥200 for every 30 minutes. There is coin parking west of the Will Aichi building, cost is ¥200 for every 30 minutes, with a maximum charge of ¥1,200 weekdays 8:00-18:00.

MARCH BIRTHDAY ANNOUNCEMENTS

Junko Shibata - 3/5
Micki Leggatt - 3/5
Stephanie Sonnichsen - 3/8
Chris Wyckoff - 3/11
Sibila Silva - 3/11
Gaëlle Bertrand - 3/13
Mizuyo Kato - 3/14
Kelsey Freeh - 3/26
Ayako Mano - 3/27



SNEAK PEAK



As a tribute to our love and admiration for the Japanese culture next months presentation is dedicated to one of the oldest and most admired ceremonies, The Tea Ceremony.

Our respected sensei and beloved friend, Noriko Kato has graciously agreed to conduct the ceremony and will talk about the history and significance of the tea ceremony in Japanese culture.

Please join us and get a chance to learn about this tradition, steeped in culture, and to sample delicious green tea and Japanese sweets.

VOLUNTEERS NEEDED!

We are looking for a few good women to fill two positions this year. A Japanese Catering Coordinator and a Mom's and Kid's interest group co-leader.

Don't hesitate. You are needed! Please email or contact Sandra Skaf if you are interested in volunteering!

nagoyacce@gmail.com



BOOK & ART CLUB

Educated by Tara Westover

Please don't worry if you haven't finished the book, come join the discussion.

Meets: 10am-noon, March 4, 1st Monday

Place: Aichi International Plaza,
1F, 2-6-1 Sannomaru, Naka-ku
(west side of the building, near
the cafe by the main lobby)

Meets: 11:30am-1:30pm, March 5

Place: Munestsugu Hall

The concert is Koto, which includes
Japanese harp and violin.

For more information please contact:

Helen Saito: lanisaito@gmail.com

Shuuko Adachi: shuukosaku@gmail.com

IKEBANA

It is more than simply putting flowers in a container. It is a disciplined art form in which the arrangement is a living thing where nature and humanity are brought together.

Volunteer sensei teaches the art of Japanese flower arrangements. Class is limited to 6 persons. Events currently posted on the ikebana facebook page.

Meets: 10-12pm, March 28

Place: 8FL, Apt. 811, 1 Chome-3-14
Sawakami, Atsuta-ku, 456-0012

Fee: ¥1900

For more information please contact:

Carina Bessa: 90-9198-9017

Carinadasb@gmail.com

STRETCHING & TAI CHI

Tai Chi is a non-competitive martial art known for both its defense techniques and its health benefits. As an exercise, it comprises gentle physical movements and stretching with mindfulness. It has been shown to improve balance, fitness and flexibility. Please join us in order to enjoy good health at all times. Events will be emailed directly to members.

Meets: 10-11:30am, Thursday, March 28

Place: TBA

Fee: ¥300

For more information please contact:

Junko Sugimura: sgpad@mediacat.ne.jp

KIMEKOMI

A technique where a pattern is drawn and then cut onto a surface, such as a soft wood or smooth foam. Fabric is then placed over the pattern and tucked into the cuts using tools to create beautiful dolls, animals and ornaments. Class limit is 14 people. Events will be emailed directly to members.

Meets: 11:30am-2pm, March 27

Place: Near Kamiyashiro Station

For more information please contact:

Chris Wyckoff: christinwyckoff@gmail.com



YAMATO-E

A style of Japanese painting inspired by Tang dynasty paintings and fully developed by the late Heian period. It is considered to be the classical Japanese style. Events will be emailed directly to members.

Beginners are welcome.

Meets: 10am-noon, March 7 & 29

Place: TBD

Fee: ¥300

For more information please contact:

Yoko Koder: 052-791-2809

yokoyamatoe@i.softbank.jp

MOMS & KIDS

For March, we are planning a picnic under the sakura trees, for hanami, cherry blossom viewing. Monthly opportunities to meet new friends, enjoy the outdoors and exchange information. All are welcome to attend, no children necessary! Events will be emailed directly to members.

Meets: March 26

Place: TBD

For more information please contact:

Sumiko Adams: sumi.isaiah@gmail.com

RESTAURANT HUNTER

Every month we meet at a different restaurant in and around Nagoya, while enjoying great conversation and wonderful food! Events will be emailed directly to members.

Meets: 10:30am, March 20

Place: Kanayama Station, Self Deep-fried skewers buffet

For more information please contact:

Naomi Tsunehisa:

mps853jw637@gmail.com

Yuko Sano: yuccomama@gmail.com

TRIPS

A new day trip every month! Experience Japanese culture. Space is limited. Events will be emailed directly to members.

Meets: March 14

Place: Iga

Fee: TBD

For more information please contact:

Yenling Chou: kenyachou123@gmail.com,
80-3618-7994

Sandra Skaf: sandraskaf20@gmail.com

COOKING CLASS

Are you interested in learning how to make a different Japanese dish every month? Do you like other international cuisines? Events will be emailed directly to members.

Meets: 10:30am-1:30pm, March 15

Place: Near Sasashima-Raibu Station

Fee: ¥500 + cost of ingredients

For more information please contact:

Masako Noda: masakorose@hotmail.com

Priscila Tavares: pri.mtsilva@gmail.com

CALLIGRAPHY

A new interest group where members will learn to write in the beautiful stylings of calligraphy. Events currently posted on the calligraphy Facebook page.

Meets: TBD

Place: TBD

For more information please contact:

Carina Bessa: 90-9198-9017

Carinadasb@gmail.com

DISCUSSION

Members debate current and often controversial topics concerning all matters of society including politics, religion, social and economic interests.

Meets: 10am-noon, March 25

Place: Aichi International Plaza,
1F, 2-6-1 Sannomaru, Naka-ku
052-961-8744 (west side of the building,
near the cafe by the main lobby)

For more information please contact:

Helen Saito: lanisaito@gmail.com

Yumiko Kondo: 090-3446-5543

yumikokondo785@gmail.com

FOREIGN LANGUAGE EXCHANGE

New! Many of our members speak different languages, therefore, participants will have the chance to explore sayings, salutations, words and short conversations in many different languages.

Events will be emailed directly to members.

Meets: 11am-1:30pm, Tuesday, March 12

Place: Wantanabe Restaurant, 2nd floor, Osu Market

For more information please contact:
Yenling Chou: kenychou123@gmail.com,
80-3618-7994

HAPPY HOUR HUNTERS

Every month we will meet at a different location in Nagoya. Please join us for great conversation and a new experience.

Spouses and other guests are welcome!
Events currently posted on CCEA FB page.

Meets: 5pm-7pm, Friday, March 8

Place: TBA

For more information please contact:
Chris Wyckoff: christinwyckoff@gmail.com
Julie Lucchese: juliefort@mac.com

COMMUNITY SERVICE

A new interest group where members meet once or twice a month to help the Missionaries of Charity nuns in Ama-shi, with their soup kitchen as well as other tasks, and other organizations where CCEA members can volunteer their time to lend a helping hand to those in need.

Meets: 10:00am-11:30am, March 6 at Ama;
4:20pm-5:00pm, March 15 at Nakamura Park

For more information please contact:
Carolina Simas: carolsimasm@gmail.com

BABYSITTING POLICY

Each month the CCEA hires a number of babysitters from a professional company based on the number of requests from our members and the ages of children. Due to their policy, regardless of cancellations, we are still responsible in paying them in full once we finalize our reservations by Monday at noon on the week of our general meeting. Every year we lose money in babysitting fees due to last minute cancellations, money that could have been used for charity or activities.

Please note: Cancellations made after 12pm Mondays before general meetings, will result in a ¥1,000 fee.

MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				General Meeting 10:00am-noon Clover Cafe (B1) noon-1:30pm
4	5	6	7	8
Book Club 10:00am-noon	Art Club 11:30am-1:30pm	Community Service 10:00am-11:30am	Yamato-E 10:00am-noon	Happy Hour Hunters 5:00pm-7:00pm
11	12	13	14	15
	Foreign Language Exchange 11:00am-1:30pm		Trips 9:15am-5:00pm	Cooking Class 10:30am-1:30pm Community Service 4:20pm-5:00pm
18	19	20	21	22
		Restaurant Hunter 10:30am-12:30pm		
25	26	27	28	29
Discussion 10:00am-noon	Moms & Kids 11:00am-2:00pm	Kimekomi 11:30pm-2:00pm	Stretching & Tai chi 10:00am-11:30am Ikebana 10:00am-noon	Yamato-E 10:00am-noon

BOARD MEMBERS

President: Sandra Skaf

Vice President: Masako Noda

Program Coordinators:

Gaby Peel, Miyuki Takashima

Sakiko Kato, Gaelle Bertrand

Membership Coordinators:

Micki Leggatt, Malinee Carnegie

Administrator: Carol Dufloth

Marketing Coordinators:

Annelise Blomdal, Sumiko Adams

Recruitment Coordinators:

Chris Wyckoff

Catering Coordinator: Fanette Le Lann

Financial Coordinators:

Shoko Kato, Samantha Claybrook

