



## GENERAL MEETING

**When:** Friday, April 5th

**Time:** 9:30am Registration  
10:00am General Meeting  
12:00pm Wolfgang Puck

**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.*

## THE TEA CEREMONY



As a tribute to our love and admiration for the Japanese culture, this month's 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.

## MESSAGE FROM THE FINANCIAL COORDINATOR

Hello everyone,  
I am honored to serve on the board this year as a financial coordinator.



I moved to Nagoya from Tennessee, USA in July of 2018. I was excited to explore and learn as much as I could about Japan. However, I was unsure where to begin. Before coming to Japan a friend of mine, and former expat, recommended CCEA. I sincerely believe this was the most helpful advice I received. Shortly upon arrival I joined and could not believe the friendly and supportive women I was welcomed by. Since joining CCEA I have taken trips to amazing places, learned about various cultural foods and crafts, and made wonderful friends. I have learned so much from this diverse group and have enjoyed sharing countless memories that will last a lifetime. I look forward to getting to know everyone and all the exciting things the board and interest groups have planned for this year!

Sincerely,

*Samantha Claybrook*



## SAVE THE DATE

**General Meeting:**  
April 5, May 10, June 7

**Book Club:** April 1

**Art Club:** April 23

**Ikebana:**  
April 18, May 23, June 13

**Happy Hour Hunters:**  
April 19

**Community Service:**  
April 17

**Discussion:**  
April 22, May 27, June 24

**Restaurant Hunter:** April 19

**Trips:** April 9

**Calligraphy:** April 24

**Moms & Kids:** April 14

**Yamato-E:** April 11 & 26

**Kimekomi:** April 10, May 29

**Stretching & Tai Chi:** April 25

**Cooking Class:** April 8

**Foreign Language Exchange:**  
April 11

## 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.

## CCEA EXTRA

An email about CCEA EXTRA has been sent out to all members. In short, this program offers members and their families the chance to enjoy the community's events and activities. We will plan few activities this year.

**May's Activity:**  
**Silver Jewelry Class**  
**Wednesday, May 15th,**  
**10:00am-1:00pm**

Sensei Hara is the owner of Craft House Zizi, a trendy store filled with his unique and beautifully made custom silver jewelry. He has graciously opened his studio to host a class for the CCEA community.



## VOLUNTEERS NEEDED!

We are looking for a wonderful woman to join the CCEA board for the position of a Japanese Recruitment Coordinator.

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

## SNEAK PEAK

In May, many countries around the world celebrate mothers and women's health. To celebrate mothers and Mother Earth and promote their health, our general meeting on May 10 will be about sustainable and healthy beauty! Our two guests, Pauline Tabaries and Emily Boursier from France, will host a fun workshop to show us how to make at home our own natural, sustainable, non-toxic, environmentally-friendly and affordable hygiene and beauty products!

We hope to see you there!  
Role models are what make the concept of motherhood great. Therefore, in May, we will be celebrating our role models; our Star Members. These wonderful women have been part of the foundation of CCEA for over 15 years.

Please join us as we honor them all.

## APRIL BIRTHDAY ANNOUNCEMENTS

Ana Hi - 4/7  
Hideko Sekine - 4/7  
Patricia Rebelo - 4/16  
Emilie Boursier - 4/17  
Sakiko Kato - 4/22  
Annelise Blomdal - 4/24  
Pauline Tabaries - 4/29  
Kuniko Mori - 4/30



## BOOK & ART CLUB

### *The Kabul Beauty School: An American Woman Goes Behind the Veil* by Deborah Rodriguez

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

**Book Meets:** 10am-noon, April 1

**Place:** Aichi International Plaza, 1F, 2-6-1 Sannomaru, Naka-ku

**Arts Meets:** 11:30am-1:30pm, April 23

**Place:** Yokoyama Art Museum, lunch at Ikesu Gyoba

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:** 10am-12pm & 1pm-3pm, April 18

**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:** 10am-11:30am, Thursday, April 25

**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, April 10

**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, April 11 & 26

**Place:** TBD

**Fee:** ¥300

For more information please contact:

Yoko Kodera: 052-791-2809

yokoyamatoe@i.softbank.jp

## MOMS & KIDS

For April, we are planning to celebrate Easter! 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:** Sunday, April 14

**Place:** Near Imaike Station

**Fee:** 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:** Friday, April 19

**Place:** Freshly-harvested bamboo dishes

**Fee:** ¥1,500

For more information please contact:

Naomi Tsunehisa:

mpps853jwl637@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:** Tuesday, April 9

**Place:** Hamamatsu

**Fee:** TBD

For more information please contact:

Yenling Chou: kenychou123@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, April 8

**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:** 1:00pm-3:00pm, April 24

**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, April 22, 4th Monday

**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

yumikokondo758@gmail.com

**FOREIGN LANGUAGE EXCHANGE**

**HAPPY HOUR HUNTERS**

**COMMUNITY SERVICE**

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.

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.

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:** 11am-1:30pm, Tuesday, April 11  
**Place:** Wantanabe Restaurant, 2nd floor, Osu Market

**Meets:** 5pm-7pm, Friday, April 19  
**Place:** TBA

Kindly bring spaghetti or tomato sauce.

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

**Meets:** 10:00am-11:30am, April 17  
**Place:** Ama-shi, Missionaries of Charity  
For more information please contact:  
Carolina Simas: carolsimasm@gmail.com

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

**PLEASE CHECK YOUR SPAM FOLDERS FOR EMAILS FROM INTEREST GROUP LEADERS.**

APRIL 2019					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 <b>Book Club</b> 10:00am-noon	2	3	4	5 <b>General Meeting</b> 10:00am-noon <b>Wolfgang Puck</b> noon-1:30pm
7	8 <b>Cooking Class</b> 10:30am-1:30pm	9 <b>Trips</b> 8:30am-4:00pm	10 <b>Kimekomi</b> 11:30pm-2:00pm	11 <b>Yamato-E</b> 10:00am-noon <b>Foreign Language Exchange</b> 11:00am-1:30pm	12
14 <b>Moms &amp; Kids</b> 11:00am-2:00pm	15	16	17 <b>Community Service</b> 10:00am-11:30am	18 <b>Ikebana</b> 10:00am-noon	19 <b>Restaurant Hunter</b> TBD <b>Happy Hour Hunters</b> 5:00pm-7:00pm
21	22 <b>Discussion</b> 10:00am-noon	23 <b>Art Club</b> 11:30am-1:30pm	24 <b>Calligraphy</b> 1:00pm-3:00pm	25 <b>Stretching &amp; Tai chi</b> 10:00am-11:30am	26 <b>Yamato-E</b> 10:00am-noon
28	29	30			

**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, Asaka Takeshima  
**Financial Coordinators:**  
Shoko Kato, Samantha Claybrook

