



## GENERAL MEETING

**When:** Friday, May 10th

**Time:** 9:30am Registration  
10:00am General Meeting  
12:00pm Kappaen-saikan

**Place:**

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

Email: [nagoyacce@gmail.com](mailto:nagoyacce@gmail.com)  
URL: [www.cceanagoya.com](http://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.*

## WOMEN'S DAY



*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.*

## MESSAGE FROM THE PROGRAM COORDINATOR

Hello CCEA ladies! I am very honored to be on the board as a program coordinator this year. I am so excited to share many good experiences with you and I hope you can enjoy our programs for this year, as well. I am a mother of 2 children (8 years old boy and 6 years old girl) and just started my second career as a Japanese teacher at Japanese language school after working at a Japanese company for 10 years. Mainly, my students are the people who want to go to universities or vocational schools in Japan after learning Japanese for 2 years. Being in the multicultural class is very exciting for me. I teach them Japanese, but at the same time, I learn their cultural differences and diversities as well. My first encounter of English was at age the of 13. I found that I was very interested in learning English (languages) and very curious to know all about the world. Since then, I had been dreaming to go abroad and it finally came true at the age of 18. I got a chance to go to Canada as an exchange student for a year through the association called AFS. It was my dream, but actually it was not so easy at the beginning. I was the only Japanese in the small town (the population was 800 people), 100 sheep on my host family's farm ( actually they were so cute, especially the baby lambs), and found that it's so difficult to study "Hamlet" by Shakespeare in English (I needed to get credit for finishing high school). Fortunately, I was so blessed to have great friends and family there. They supported my studying and stood by me anytime, so that my adventure in Canada turned out very successful at the end. Now, I think this is my turn to support the people who need help living in Japan. Also I started to have many interests in Japanese cultures as well. I look forward to keep learning it with you. Let's enjoy the cultural exchange together and make our world smaller!!



Sincerely, Miyuki Takashima 高島 美由紀



## SAVE THE DATE

**General Meeting:**  
May 10, June 7, September 6

**Book Club:** May 13, June 3

**Ikebana:**  
May 16 & 23, June 13

**Happy Hour Hunters:**  
May 17

**Community Service:**  
May 8

**Discussion:**  
May 27, June 24

**Cooking Class:** May 23

**Restaurant Hunter:** May 27,  
June 14

**Trips:** May 31, June 17

**Calligraphy:** May 30

**Moms & Kids:** May 11

**Yamato-E:** May 16 & 24

**Kimekomi:** May 29

**Stretching & Tai Chi:** May 23

**Foreign Language Exchange:**  
May 20

## 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 Classes**  
**Wednesday, May 15th**  
**and 22nd,**  
**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 2 classes for the CCEA community.



## MAY BIRTHDAY ANNOUNCEMENTS

Patricia Tanji 5/1  
Helen Saito 5/3  
Jihane Abdelkafi 5/5  
Tsuyako Iida 5/5  
Bahar Ozturk 5/7  
Alicia Ortiz 5/9  
Marilyn Ablaza 5/14  
Satomi Kobayashi 5/15  
Takako Kohri 5/15  
Yoko Koderia 5/21  
Luciane Renaldo 5/26  
Lynn Gosling 5/29  
Takeno Matsuda 5/31

## SNEAK PEAK

On June 7th, let's celebrate summer at our traditional "wear your yukata" event in Tsuruma Park. It's a potluck, so please bring a dish to share! We will have Zumba with Ana Baptista and bon odori dancing with Masako Noda-san for entertainment. If you have a yukata and obi, but are not sure how to put them on, we will have members who can assist!

We still need tables and a tent for this event, so we would really appreciate it if you're able to help. We will take care of pickup, installation and drop-off, no worries!

If you can help us, please email  
nagoyaccea@gmail.com

## 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



## BOOK CLUB

**Two stories from *Hateship, Friendship, Courtship, Loveship, Marriage* by Alice Munro. "Floating Bridge" & "Family Furnishings"**

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

**Meets:** 10am-noon, May 13

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

For more information please contact:  
Helen Saito: [lanisaito@gmail.com](mailto:lanisaito@gmail.com)  
Shuuko Adachi: [shuukosaku@gmail.com](mailto: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, May 16 & 23

**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](mailto: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, May 23

**Place:** TBA

**Fee:** ¥300

For more information please contact:  
Junko Sugimura: [sgpad@mediacat.ne.jp](mailto: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, May 29

**Place:** Near Kamiyashiro Station

For more information please contact:  
Chris Wyckoff: [christinwyckoff@gmail.com](mailto: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, May 9 & 24

**Place:** TBD

**Fee:** ¥300

For more information please contact:  
Yoko Kodera: 052-791-2809  
[yokoyamatoe@i.softbank.jp](mailto:yokoyamatoe@i.softbank.jp)

## MOMS & KIDS

For May, we are planning to go to "Aichi Bokujo" (Commerical farm designed for visitors to experience farm life first-hand). 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:** Saturday, May 11th

**Place:** Aichi Bokujo

**Fee:** TBD

For more information please contact:  
Sumiko Adams: [sumi.isaiah@gmail.com](mailto: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, May 27

**Place:** Fushimi

**Fee:** ¥1,000

For more information please contact:  
Naomi Tsunehisa:  
[mps853jwl637@gmail.com](mailto:mps853jwl637@gmail.com)  
Yuko Sano: [yuccomama@gmail.com](mailto:yuccomama@gmail.com)

## TRIPS

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

**Meets:** May 31

**Place:** Pearl Island

**Fee:** TBD

For more information please contact:  
Yenling Chou: [kenyachou123@gmail.com](mailto:kenyachou123@gmail.com),  
80-3618-7994  
Sandra Skaf: [sandraskaf20@gmail.com](mailto: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, May 23

**Place:** Near Sasashima-Raibu Station

**Fee:** ¥500 + cost of ingredients

For more information please contact:  
Masako Noda: [masakorose@hotmail.com](mailto:masakorose@hotmail.com)  
Priscila Tavares: [pri.mtsilva@gmail.com](mailto: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, May 30

**Place:** TBD

For more information please contact:

Carina Bessa: 90-9198-9017  
[Carinadasb@gmail.com](mailto: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, May 27

**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](mailto:lanisaito@gmail.com)  
Yumiko Kondo: 090-3446-5543  
[yumikokondo758@gmail.com](mailto:yumikokondo758@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, May 20  
**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, May 17  
**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.

Donations are welcome.

**Meets:** 10:00am-11:30am, May 8  
**Place:** Ama-shi, Missionaries of Charity  
For more information please contact:  
Carolina Simas: carolsimasm@gmail.com

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

MAY 2019					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
6	7	8	9	10	11
		<b>Community Service</b> 10:00am-11:30am		<b>General Meeting</b> 10:00am-noon <b>Kappaen-saikan</b> 12:00-1:30pm	<b>Moms &amp; Kids</b> TBD
13	14	15	16	17	18
<b>Book Club</b> 10:00am-noon		<b>CCEA Extra Activity</b> 10:00am-1:00pm	<b>Yamato-E</b> 10:00am-noon <b>Ikebana</b> 10:00am-noon	<b>Happy Hour Hunters</b> 5:00pm-7:00pm	
20	21	22	23	24	25
<b>Foreign Language Exchange</b> 11:00am-1:30pm		<b>CCEA Extra Activity</b> 10:00am-1:00pm <b>Calligraphy</b> 1:00pm-3:00pm	<b>Ikebana</b> 10:00am-noon <b>Stretching &amp; Tai chi</b> 10:00am-11:30am <b>Cooking Class</b> 10:30am-1:30pm	<b>Yamato-E</b> 10:00am-noon	
27	28	29	30	31	
<b>Discussion</b> 10:00am-noon <b>Restaurant Hunter</b> TBD		<b>Kimekomi</b> 11:30pm-2:00pm	<b>Calligraphy</b> 10:00am-noon	<b>Trips</b>	

## 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

