

## GENERAL MEETING

**When:** Friday, September 6th

**Time:** 9:30am Registration  
10:00am General Meeting  
12:00pm Group Lunch @ Luana (B1 Will Aichi)

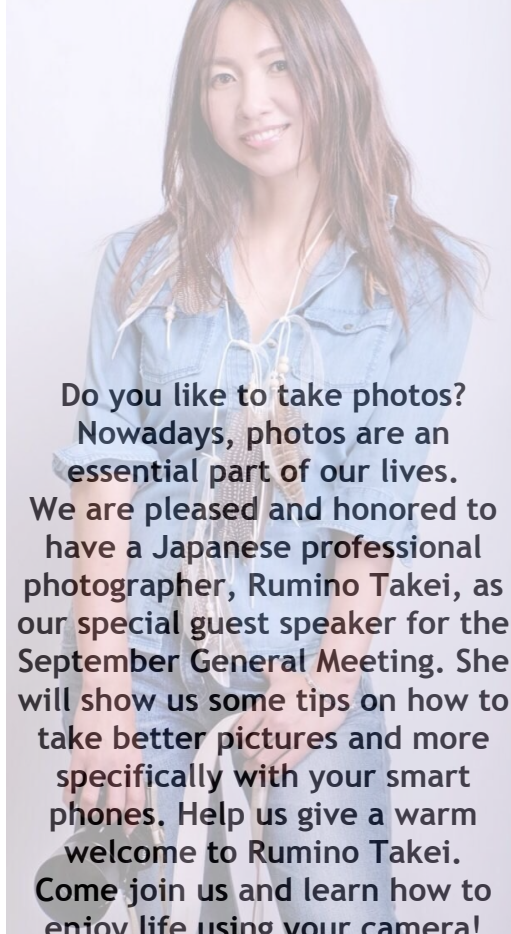
**Place:**  
Will Aichi Women's Center  
1, Kamitatesugino-cho  
Higashi-Ku, 461-0016

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.*

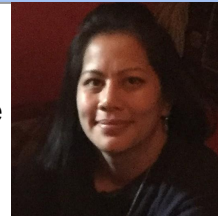
## SPECIAL GUEST



**Do you like to take photos? Nowadays, photos are an essential part of our lives. We are pleased and honored to have a Japanese professional photographer, Rumino Takei, as our special guest speaker for the September General Meeting. She will show us some tips on how to take better pictures and more specifically with your smart phones. Help us give a warm welcome to Rumino Takei. Come join us and learn how to enjoy life using your camera!**

## MESSAGE FROM THE MEMBERSHIP COORDINATOR

Dear CCEA,



My name is Malinee Carnegie. We moved to Japan in January 2016. I am originally from Brooklyn, NY. Most of my family is still there. My husband and I have been together for 21 years. I lived in Tucson, AZ for 8 years and Fort Worth, TX for 13 years. We have 3 children. Two girls (11, 8) and a boy (11).

I've had the pleasure of being involved with CCEA since 2016. I've only been a board member for the past 2 years. Last year as the marketing coordinator and this year as the membership coordinator. I wish every city had an organization like CCEA. I am continually grateful to the Japanese ladies and permanent residents that have befriended me and gone out of their way to be helpful to expats. A good number of our CCEA members have been involved with this group for 10, 20, 30 years or since its inception from 1982. Being a member of CCEA has helped me acclimate to living in Japan so much quicker than I could have on my own. I do wish after living in Nagoya for 3.5 years that my Japanese was better but that is my own fault. There is just so many things to do and see in Japan. Too much fun to be had and not enough time in the day to do it all properly.

It is my hope that CCEA will continue to be a life saver for those that need it. I want to thank my fellow board members of present and past that helped make this group what it is today. I am truly blessed to be a part of something as unique as CCEA.

Sincerely,

*Malinee Carnegie*



**AUGUST BIRTHDAY ANNOUNCEMENTS**

Aya Ito - 7  
 Magali Hajibalian - 8  
 Celia De Carvalho - 12  
 Valerie Noelte - 15  
 Debbie Stringer - 16  
 Barbara Updike - 16  
 Lea Saliba - 21  
 Catherine Allard - 24  
 Tenille Lana - 25  
 Priscila Tavares - 31



**SEPTEMBER BIRTHDAY ANNOUNCEMENTS**

Patricia Grasso - 1  
 Etsuko Makino - 1  
 Asaka Takeshima - 1  
 Riuko Akita - 5  
 Mayra Cordeiro - 6  
 Sumiko Adams - 7  
 Mariko Ueda - 10  
 Fanette Le Lann - 13  
 Natasha Klyueva - 15  
 Eliane Cunha da Silva Sala - 17  
 Yoko Hiramatsu - 25  
 Miyuki Takashima - 30

**WELCOME TEA**

For brand new members and those interested in finding out more about CCEA, you are cordially invited to attend the Welcome Tea!

**Monday, September 30th,  
 10:30am-Noon, near Kozoji Station**  
 Kindly RSVP to [nagoyacce@gmail.com](mailto:nagoyacce@gmail.com)

**SAVE THE DATE**

**DIRECTIONS TO WILL AICHI**

**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.

**General Meeting:** September 6  
 October 4, November 15

**Family Day:** not meeting

**Welcome Tea:** September 30

**Book Club:** September 2

**Art Club:** September 9

**Ikebana:** September 12 & 19

**Happy Hour Hunters:**  
 September 20

**Community Service:**  
 September 13

**Discussion:** September 30

**Cooking Class:** September 24

**Restaurant Hunter:**  
 September 24

**Trips:** September 20, October 3

**Moms & Kids:** not meeting

**Calligraphy:** September 26

**Yamato-E:** September 12 & 27

**Kimekomi:** September 11

**Stretching & Tai Chi:**  
 September 26

**Foreign Language Exchange:**  
 September 27

## BOOK & ART CLUB

### “The Nightingale” by Kristin Hannah

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

**Book Meets:** 10am-noon, Monday, Sept. 2

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

A concert of Japanese classical music with Japanese instruments.

**Art Meets:** 11:30am, Monday, Sept. 9

**Place:** Munetsugu Hall

For more information please contact:  
Shuuko Adachi: shuukosaku@gmail.com  
Helen Saito: lanisaito@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 people. Events currently posted on the Ikebana Facebook page.

**Meets:** 10am, Thursdays, Sept. 12 & 19

**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, Sept. 26

**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 softwood 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:** 11:30pm-2:30pm, Sept. 11

**Place:** Near Kozoji 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, Sept. 12 & 27

**Place:** TBA

**Fee:** ¥300

For more information please contact:  
Yoko Kodera: 052-791-2809  
yokoyamatoe@i.softbank.jp

## MOMS & KIDS

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:** not meeting

**Place:**

**Fee:**

For more information please contact:

Sumiko Adams: sumi.isaiah@gmail.com

Shanoudi Peters:

shanoudi\_peters@hotmail.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:** Tuesday, Sept. 24

**Place:** Thai cuisine near Sakae

**Fee:** TBD

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:** 9:15am-4:30pm, Friday, Sept. 20

**Place:** TBA

**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, Tuesday, Sept. 24

**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:** 10:00am-1:00pm, Thursday, Sept. 26

**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, Monday, Sept. 30

**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:

Yumiko Kondo: 090-3446-5543

yumikokondo758@gmail.com

Helen Saito: lanisaito@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:** 10:30am-1:00pm, Friday, Sept. 27  
**Place:** TBA

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-8pm, Friday, Sept. 20  
**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:** 4:20pm-5:00pm, Friday, Sept. 13  
**Place:** Nakamura Koen

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

## SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 <b>Book Club</b> 10:00am-noon	3	4	5	6 <b>General Meeting</b> 10:00am-noon <b>Group Lunch</b> 12:00-1:30pm	7
9 <b>Art</b> 11:30am-1:00pm	10	11 <b>Kimekomi</b> 11:30pm-2:00pm	12 <b>Yamato-E</b> 10:00am-noon <b>Ikebana</b> 10:00am-noon	13 <b>Community Service</b> 4:20pm-5:00pm	14
16	17	18	19 <b>Ikebana</b> 10:00am-noon	20 <b>Trips</b> 9:15am-4:30pm <b>Happy Hour Hunters</b> 5:00pm-8:00pm	21
23	24 <b>Restaurant Hunter</b> 11:00am-12:30pm <b>Cooking Class</b> 10:30am-1:30pm	25	26 <b>Stretching &amp; Tai chi</b> 10:00am-11:30am <b>Calligraphy</b> 10:00am-noon	27 <b>Yamato-E</b> 10:00am-noon <b>Foreign Language Exchange</b> 10:30am-1:00pm	28
30 <b>Discussion</b> 10:00am-noon <b>Welcome Tea</b> 10:30am-noon					<b>Moms &amp; Kids</b> Not meeting

## BOARD MEMBERS

**President:** Sandra Skaf  
**Vice President:** Masako Noda  
**Program Coordinators:**  
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

