

CCEA ACTIVITY UPDATE

As much as we would like to spend time with all of you and enjoy each other's company, the CCEA board considers **the safety of all CCEA members and Guests as our top priority.**

Therefore, after careful consideration, the following decisions have been made based on the current situation and spread of the Coronavirus (COVID-19) in the Aichi prefecture:

- 1. March 6th General Meeting ----- CANCELLED.**
- 2. February 25th Welcome Tea ----- POSTPONED to April (Exact date TBD) Further communication regarding this will be sent in due course.**
- 3. Interest Groups Activities ----- Running as usual ****given the attendance is less than 20 people AND at the discretion of the group leader.******

However, these activities are subject to many changes depending on the development of the situation.

- 4. CCEA EXTRA Activities ----- POSTPONED until further notice.**

Participating in any CCEA event is at your own risk. CCEA, its officers and volunteers will not be held liable or responsible for any illness, loss, damages or monetary loss incurred.

Please note that we are looking into options to POSSIBLY have a make up General Meeting later on in the year. However, this idea is **tentative** at the moment.

We would like to sincerely thank you for your understanding and cooperation, and we apologize for the inconvenience.

The CCEA Board

MESSAGE FROM THE VICE PRESIDENT

Hello everyone.

My name is Miyuki Takashima. I am very honored to be on the board for the past 2 years. Last year as the program coordinator and this year as the vice president. It's my pleasure that I have met many beautiful ladies through CCEA. I have learned a lot from you, not only the cultural differences, but also how to live as a woman.



No matter the generations, the nationalities or the background, I always enjoy the diversity in CCEA. I am originally from Takayama in Gifu. I was born and raised at the base of Mt. Norikura in a small town. My childhood was totally full of nature. I often remember the days I used to run into the forest with my dogs after I came back home from school. Life was quite simple but worth it to be surrounded by creatures of nature.

However, at the age of 13, I had an encounter which changed my life. It was "English". As Japanese members know, we usually start to learn English in junior high school. Once I took the first class of English, I was so much into it, because I realized that it opens my world. Since then, my curiosity is always towards to the world. It's always so interesting to learn different cultures. But CCEA has let me rethink my own culture as well. By knowing that many expat members enjoy Japanese culture, I started to develop interests in it and become proud of our culture.

I am grateful to have had such good experiences through CCEA. It is my hope that we can spend another wonderful year with all the beautiful CCEA ladies!

Sincerely,
Miyuki Takashima

SNEAK PEEK - APRIL



If you've ever wondered what makes a traditional Japanese garden different from other parks and gardens then you will love our April General Meeting!

At the General Meeting, we will explore some of the features that make these gardens so unique and interesting.

You will also get a chance to create a little garden to relieve stress and anxiety to take home and enjoy at home or in the office.

Please join us for this wonderful new activity!

SNEAK PEEK - MAY

At our May General Meeting, learn how cheese is made and what factors give individual types of cheese their distinct qualities. Taste a variety of types of cheese that use different kinds of milk and processing methods, to become more knowledgeable and find your favorite.

SAVE THE DATE - IMPORTANT REMINDERS

General Meeting:

April 10, May 8, June 5, September 4, October 2, November 13, December 4

Book Club:

March 2

Art Club: March 4

Ikebana: March 5, 12 and 19

Calligraphy: March 5, 12 and 19

Happy Hour Hunters: March 27

Discussion: March 23

Community Service:

March 27

Restaurant Hunter:

March 6

Trips: March 31

Yamato-E: March 13 and 19

Kimekomi: March 27

Self-Entrepreneurial Masterclass: March 25

Cooking Class: No meeting in March

Foreign Language Exchange: March 30

Textile Lovers: March 12

Nature Explores: March 26

Pilates: No meeting in March

MARCH BIRTHDAY ANNOUNCEMENTS

Debora Sanchez - 3/3
Junko Shibata - 3/5
Micki Leggatt - 3/5
Chris Wyckoff - 3/11
Gaëlle Bertrand - 3/13
Mizuyo Kato - 3/14



Andrea Nakada - 3/21
Betsy Young - 3/25
Phakkhawarin Levesque - 3/26
Ayako Mano - 3/27
LimTing Ting - 3/31

BOOK & ART CLUB

The Guernsey Literary and Potato Peel Pie Society by Annie Barrows and Mary Ann Shaffer

Please don't worry if you haven't finished the book, come join in the discussion. Events will be emailed to group members.

Book Meets: 10am-noon, March 2
Place: Aichi International Plaza, Naka-ku

Art Meets: 11am - 2pm, March 4th
Place: Munetsuga Hall, Naka-ku

For more information please contact:
Helen Saito: lanisaito@gmail.com
Shuuko Adachi: shuukosaku@gmail.com

IKEBANA & CALLIGRAPHY

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.

Class is limited to 6 persons. Events currently posted on the CCEA Ikebana and Calligraphy Facebook page.

Meets: 10am-11.30am, March 5th, 12th and 19th
Place: Atsuta-ku, 456-0012
Fee: ¥2,200-2,380

For more information please contact:
Carina Bessa: Carinadasb@gmail.com

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!

Meets: 5pm-7pm, March 27th
Place: TBA

For more information please contact:
Ayuko Horibe: iyoucoco@gmail.com

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 persons.

Meets: 11:30am-2pm, March 27th
Place: TBA

For more information please contact:
Chris Wyckoff: christinwyckoff@gmail.com

Calligraphy is an artistic way of writing and drawing using proper brush strokes, supplies and ink. There are three different styles of calligraphy which will be taught; traditional, stylish, and artistic.

Meets: 11.30am - 12.30pm
March 5th, 12th and 19th
Place: Atsuta-ku, 456-0012
Fee: ¥1100

For more information please contact:
Carina Bessa: Carinadasb@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.

Beginners are welcome.
Details will be sent to group members by email.

Meets: 10am-noon, March 13th and 19th
Place: TBA
Fee: ¥300

For more information please contact:
Yoko Kodera: yokoyamatoe@i.softbank.jp

NATURE EXPLORERS

New!! This group will go on hikes a few times a year and go on walks at different parks around Nagoya.

Details will be sent to group members by email.

Meets: 9am, March 26th
Place: TBA

For more information please contact:
Yenling Chou: kenyachou123@gmail.com
ceea.hiking@gmail.com

RESTAURANT HUNTER

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

Meets: 11.30 - 1.30pm, March 6th
Place: TBA

For more information please contact:
Naomi Tsunehisa:
mps853jwl637@gmail.com
Chris Wyckoff: christinwyckoff@gmail.com

DISCUSSION

Members debate current and often controversial topics concerning all matters of society including politics, religion, social and economic interests. Details will be sent to group members by email.

Meets: 10am-noon, March 23rd
Place: Aichi International Plaza, Naka-ku

For more information please contact:
Helen Saito: lanisaito@gmail.com
Yumiko Kondo:
yumikokondo758@gmail.com

PILATES

New Interest group!! If you feel you're lacking in physical exercise, please join Pilates Club! Pilates exercises mainly for beginners.

Meets: 10 - 11.30am, Not meeting in March
Place: TBD
Fee: TBD

For more information please contact:
Misako Tanimoto: lodgemigreens@hotmail.com

TEXTILE LOVERS

New interest group!! Members will explore the beauty of textiles from Japan and around the world. They will go to exhibitions, artisan's workshops and have occasional meetings. Details will be sent to group members by email

Meets: 1.30 - 3pm, March 12
Place: Quilt and Stitch Show

For more information please contact:
Naoko Kikuchi: textilelovers2020@gmail.com

TRIPS

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

Meets: 8:30am-4:30pm, March 31
Place: TBA

For more information please contact:
Yenling Chou: kenyachou123@gmail.com,
Sandra Skaf: sandraskaf20@gmail.com

FOREIGN EXCHANGE CULTURE & LANGUAGE

Participants will have the chance to explore different cultural topics and languages in short guided conversations. Participants will meet over lunch. Each participant pays for their own lunch.

Details will be sent to group members by email.

Meets: 10.30am - 1pm, March 30

Place: TBA

For more information please contact:
Yenling Chou: kenyachou123@gmail.com
Diane McCall: dmcmmccall92@outlook.com

SELF-ENTREPRENEURIAL MASTERCLASS

A new interest group where members will participate in workshops to enhance their knowledge about entrepreneurship. Details will be sent to group members by email.

Meets: 10am- 12pm, March 25 - Reset Your Money Mindset for Wealth

Place: TBA

For more information please contact:
Jessica Win: jessymasterclass@gmail.com

COMMUNITY SERVICE

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: 4:25pm - 5pm, March 27

Place: TBA

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

MARCH 2020

Monday	Tuesday	Wednesday	Thursday	Friday
2 Book Club 10am-noon	3	4 Art Club 11am - 2pm	5 Ikebana 10am - 11.30 Calligraphy 11.30am-12.30pm	6 Restaurant Hunters 11.45 - 1.45pm
9	10	11	12 Ikebana 10am - 11.30 Calligraphy 11.30am-12.30pm Textile Lovers 1.30pm - 3pm	13 Yamato-E 10am-noon
16	17	18	19 Yamato-E 10am-noon Ikebana 10am - 11.30 Calligraphy 11.30am-12.30pm	20
23 Discussion 10am-noon	24	25 Self Entrepreneurial 10am-noon	26 Nature Lovers 9.00am	27 Kimekomi 11.30 - 2pm Community Service 4.25 - 5pm Happy Hour Hunters 5pm-7pm
30 Foreign Exchange 10.30am	31 Trips 8:30am-4:30pm			

BOARD MEMBERS

President: Sandra Skaf
Vice President: Miyuki Takashima
Program Coordinators:
Naoko Kikuchi, Yenling Chou Sato,
Gwyn Wilson, Chris Wyckoff
Membership Coordinators:
Malinee Carnegie, Masako Noda
Financial Coordinators:
Rachel Hyatt, Sakiko Kato

Administrator:
Betsy Young
Marketing Coordinators:
Lisa Brasher, Sumiko Adams
Recruitment Coordinators:
Tammy Miller, Asaka Takeshima
Catering Coordinator:
Mehtap Kasap, Fumika Kusano

