

General Meeting

Date & Time

Friday, March 5th from 10:00 a.m. - 12:00 p.m. (the call will be available from 9.30am for members to connect and chat prior to the meeting commencing at 10am)

Login begins at 9:30 am
Meeting begins at 10am

Place

Zoom chat room - access will be listed in the email and page 2

Beauty & Wellness Workshop – Anti-aging through guasha (Face, Head & Ear)

Do you know that your beauty is an external reflection of your internal health? By doing scraping on your face with a guasha board you can maintain a better health and at the same time achieve a younger look. Learn without effort this simple ancient Chinese technique, guasha (scraping in English or kassa in Japanese). Head guasha helps relieve your tensions. Ears, like face, have a lot of accupressure points.

If you want to take good care of your body, strengthen your immunity system and look radiant, this General Meeting is definitely for you. You are strongly recommended to cleanse your face prior to the meeting (no makeup please). Please do not forget to bring your **guasha board (or a spoon), facial oil (not cream or lotion), and a mirror.**



MESSAGE FROM THE VICE PRESIDENT

Hello everyone,
I am honored to serve as a Vice President and Financial coordinator this year.



It's been a year since the COVID pandemic occurred and there were times that I felt depressed not knowing how long the situation would continue.

But looking back on the past year, I noticed that being a CCEA member and joining the meetings have given me positive energy to move on. I realized again how important it is to stay healthy not only physically but mentally, too.

CCEA has sought a way to offer its members a place to communicate and have a good time together under these tough circumstances.

Board members and Interest group leaders are doing their best in their positions to keep the organization running and to hold activities in a safe way.

Though the virus has changed our lives in many ways, it cannot stop us from moving forward and being connected with each other. Come get involved with the organization and I hope you get positive energy from other members like I do!

Thank you for your understanding and patience in this situation. Please stay warm and safe and I hope to see you all in person when the situation gets better!

Sincerely,
Sakiko Kato

SNEAK PEEK - APRIL

Spring is coming. You might want to go out and visit some beautiful places in a day trip, but are afraid of the crowd at this moment of the pandemic. Then you should not miss our April General Meeting. You will leave the meeting with a lot of ideas which meet your criteria. Some are perfect for families with children, too, of course.



SAVE THE DATE - IMPORTANT REMINDERS

General Meeting:

March 5, April 9, May 7, June 4, September 3, October 1, November 12, December 3

Book Club: March 1

Happy Hour Hunters: March 13

Restaurant Hunter: March 23

Hiking & Trips: March 22

Yamato-E: March 11 and 26

MARCH BIRTHDAY ANNOUNCEMENTS

Micki Leggatt - 3/5

Mizuyo Kato - 3/14

Betsy Young - 3/25



ZOOM Information

CCEA March 5th General Zoom Meeting

Time: March 5, 2021 10:00 AM Osaka, Sapporo, Tokyo

Join Zoom Meeting
<https://us02web.zoom.us/j/89556760601?pwd=bG5RbW1sOTBVRnJGVWZVQnpXSzQrZz09>

Meeting ID: 895 5676 0601
Passcode: CCEA2021

Call in by phone to the General Meeting

Time: March 5, 2021 10:00 AM Osaka, Sapporo, Tokyo

Dial by your location
+81 363 628 317 Japan
+81 524 564 439 Japan
+81 3 4578 1488 Japan
Meeting ID: 895 5676 0601
Passcode: 1259230

Find your local number:
<https://us02web.zoom.us/j/kdJp3URZOe>

Zoom Access

Login via internet:

When logging in from your electronic device, remember to select audio using internet.

Dial-in via Phone

Select the phone number closest to your location. Enter the meeting id when requested. Then enter the passcode to enter the meeting to have audio access.

BOOK & ART CLUB

The Housekeeper and the Professor
by *Yoko Ogawa*

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

Meets: 10am-noon, March 1,
Place: Aichi International Plaza 1st Floor Large Meeting Room
-5-minute walk from Shiyakucho(City Hall)Station, Exit 5, (Meijo Line)
-Free parking spaces are available

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

IKEBANA & CALLIGRAPH

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 3 persons. Events currently posted on the CCEA Ikebana and Calligraphy Facebook page.

Meets: TBA
Place: 8FL, Apt. 811, 1 Chome-3-14 Sawakami, Atsuta-ku, 456-0012
Fee: ¥2,200-2,380

For more information please contact:
Ikebana Class CCEA - FB Group
nagoyacce@gmail.com

HAPPY HOUR HUNTERS

Be on time with your glass of drink ready! Do you know who created the first Happy Hour? Are there any cultural differences in this drink culture? What is the Japanese Izakaya culture? ... you will also learn some easy finger food and cocktail recipes during our chit-chat Happy Hour.

Meets: 4pm, March 13
Place: Zoom

For more information please contact:
Yuen Ling Laurence: ylsolaurence@yahoo.fr
Ayuko Horibe: iyoucoco@gmail.com

HIKING & TRIPS

This group will go on hikes a few times a year and go on walks at different parks around Nagoya. An organized day trip once a month. We travel to a different destination each time and enjoy a variety of activities and workshops. Each trip will have its own set-up, details and sign up link. Details will be sent to group members by email.

Meets: March 22
Place: Mt. Hatobuki - Kani City, Gifu

For more information please contact:
Yenling Chou: kenyachou123@gmail.com
Naomi Hasegawa: edelweiss@tim.hi-ho.ne.jp

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. Class is limited to 3 persons.

Meets: TBA
Place: 8FL, Apt. 811, 1 Chome-3-14 Sawakami, Atsuta-ku, 456-0012
Fee: ¥1100

For more information please contact:
Calligraphy Class CCEA - FB Group
nagoyacce@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 11 & 26
Place: TBA
Fee: ¥300

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

PILATES

Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Meet ups will start

Meets: No meetings in March
Place: TBA

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

RESTAURANT HUNTERS

How we want to connect you more with all our senses: nose to smell the fragrance, mouth to savour each dish, eyes to appreciate each presentation and ear to listen to your exclamation! In March due to the pandemic we will not be able to gather together in a restaurant. However, your RH leaders will go, taste and inform you of the experience. We will also let you know in advance about their plan, i.e. date and location. You can always go at your own time for the experience. Watch out for our email!

Meets: March 23rd
Place: TBA
For more information please contact:
Yuen Ling Laurence: ylsolaurence@yahoo.fr
Satomi Kobayashi:
koba-satomi.may15@i.softbank.jp

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Do you have an activity you would like to share with other members? Please send us a description of the type of activity you would like to run to start the process.

For more information please contact:
nagoyacce@gmail.com



COVID PREVENTION SAFETY MEASURES

Our Interest Groups' Leaders are working hard to safely hold events this year. It is the interest group leader's decision whether to hold an event or not. Please respect and follow their safety requests while attending their events.

- Wear a mask, disinfect and wash your hands when arriving to the event.
- Avoid close contact with others.
- If you or anyone in your household have been sick, had a fever, or showing any symptoms (cough, sneezing, headaches, body aches, stomach aches, ect.) within the previous week do not attend. Please stay home.



MARCH 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Book Club 10am-noon	2	3	4	5 General Meeting 10am-noon
8	9	10	11 Yamato-E 10am-noon	12 / 13 <i>Saturday 13</i> Happy Hour Hunters 4pm
15	16	17	18	19
22 Hiking & Trips TBA	23 Restaurant Hunters TBA	24	25	26 Yamato-E 10am-noon
29	30	31		

BOARD MEMBERS

President: Gwyn Wilson
Vice President: Sakiko Kato
Program Coordinators:
 Yuen Ling Laurence, Takeno Matsuda,
 Mehtap Kasap, Fumika Kusano
Membership Coordinators:
 Sandra Skaf, Miyuki Takashima
Financial Coordinators:
 Rachel Hyatt, Sakiko Kato

Administrator:
 Betsy Young
Marketing Coordinators:
 Gwyn Wilson, Tammy Miller,
 Sumiko Adams
Recruitment Coordinators:
 Tammy Miller, Asaka Takeshima

If you are interested in volunteering as a Board Member this year, please contact us for more info!
nagoyacceagmail.com