

General Meeting

Bring your walking shoes, bug spray, packed snack and hat or umbrella! We will be meeting outside!

Date & Time

Friday, October 1st from 10:00 a.m. - 12:00 p.m.
(In case of bad weather we will meet on Friday, October 8th)
 Meet Up 9:45 to 10:00 am.
 Meeting begins at 10:00 am - Walking Tour 10:30 am

Place

Higashiyama Botanical Garden
We will be meeting at the Botanical Garden Main Entrance Gates in Kameiri Tashiroch area.
 Entrance Fee: 500 yen
 Parking Fee: 800 yen
 Guest Fee: 500 yen

Topic

What makes a traditional Japanese gardens different from other parks and gardens? We will explore some of the features that make these gardens so unique and interesting while walking and enjoying the collection of seasonal flowers.
You will also get a chance to create a little rock garden to relieve stress and promote creativity to take home and enjoy at home or in the office.



Access to the Botanical Gardens

Address: Higashiyama Botanical Gardens Entrance Gate
 Kameiri Tashirocho, Chikusa Ward, Nagoya, Aichi 464-0803
Subway: Higashiyama Koen Station Exit 3 - 15 minute walk to the Botanical Garden Entrance.
Parking: Kamiike Parking Area - 10 minute walk
 Botanical Gardens East Parking Area - 5 to 10 minute walk
 Main Gate Parking Area - 15 minute walk

MESSAGE FROM THE PROGRAM COORDINATOR

Hello everyone,
 My name is Fumika and it has been a pleasure serving on the CCEA board from 2020 as a catering coordinator, now I am a program coordinator. I like to give wonderful presentations that everyone will be excited about.



I have three daughters, the first daughter was born in Alabama state in the US. I lived there for four years because of my husband's job. There were many things I did not know when I gave birth for the first time. However, everyone helped me a lot. I could able to spend a very fulfilling life.

My daughters go to an International school now. We have a lot of opportunities to meet with other countries. Also, I can help and teach them. When in Rome, do as the Roman do. It takes courage to know a new culture, but when you are in Japan, I want you to discover a lot of new Japan.

I have been Hula dancing for 10 years. It is a challenging hobby, but I like expressing myself with my body. I sometimes perform in Oasis 21 and Nagoya Sakae at the Hawaiian festival.

The reason I decided to join CCEA was When I lived abroad, many people help me and teach me their wonderful culture and customs. I was so impressed that we are the same, we are as one.

Fumika Kusano

SNEAK PEEK - November

Have you ever seen someone paint on water? If not, this General Meeting will be an opportunity for you to find out more about one of the oldest Turkish arts, Ebru, also known as marbling art and we will also be making bead bracelets, currently trending on social media.

Join us in this wonderful experience to learn more about Turkish arts and crafts! Do not miss the chance to observe up close how Turkish marbling art is made. At the same time, each participant will have the chance to make their own bead bracelets that they can either gift to a loved one or use to accessorize their outfits.

Please contact us if you will be attending before October 28th by email nagoyacceca@gmail.com for materials.



SAVE THE DATE - IMPORTANT REMINDERS

General Meeting:

October 1,
November 5, December 3

Hiking and Trips: October 6

Yamato-E: October 7, October 22

Book & Art Club: October 4

BIRTHDAY ANNOUNCEMENTS

Hiroko Yagi - 10/10

Naoko Tatematsu- 10/16



Yenling Chou Sato - 10/17

May Tsujimura- 10/28

MEMBERSHIP

We have started our Fall session! If you have a half year membership that you would like to join us for the Fall sessions or have questions about your membership status, please contact

us at nagoyacceca@gmail.com.

BOOK & ART CLUB

The Giver of Stars by Jojo Moyes

Meets: 10am-11:30am, October 4
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 & 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 3 persons. Events currently posted on the CCEA Ikebana and Calligraphy Facebook page.

Meets: No meetings in October
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: No meetings in October

For more information please contact:
 Gwyn Wilson: shadow.frau@gmail.com
 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: October 6
Place: TBA

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: No meetings in October
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: 10:30am-12:30pm, October 7 & 22
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 soon.

Meets: No meetings in October

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 June, 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: No meetings in October

For more information please contact:
 Tammy Jones: Twj813@gmail.com
 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.





October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				General Meeting 10am-noon
4	5	6	7	8
Book and Art Club 10am-11:30am		Hiking and Trips 8:50am-16:14pm	Yamato-E 10:30am-12:30pm	
11	12	13	14	15
18	19	20	21	22
				Yamato-E 10:30am-12:30pm
25	26	27	28	29

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

Are interested in
 volunteering as a
 Board Member?
 Please contact us for
 more info!
nagoyacce@gmail.com