

Welcome to CCEA 2024

Join us on **February 2nd** to meet together for the first time this year!

We will be at a new location:

Aichi International Association in Aichi International Plaza.

We have new groups this year, as well as the return of your favourites. Coming up we have food, community service, reading, travelling, socialising, languages and many arts and crafts. Read below (page 3) to find out more.

There will be plenty of time to greet friends both old and new and the opportunity to hear all about each interest group. Guests (there is no guest fee at this meeting and children are welcome.

Time:
10am to Noon

Place:
Aichi International Plaza
2 Chome-6-1 Sannomaru, Naka Ward, Nagoya, Aichi 460-0001
1st Floor Large Meeting Room
5-minute walk from Nagoyajo Station, Exit 5,
(Purple / Meijo Line)
-Free parking spaces are available



Message from the Board Members

Dear Returning and New Members,



Happy New Year!
I hope you are in good health and high spirits as we start another year together in CCEA.

Allow me to reintroduce myself to those who may not know me well. My name is Gwyn, and I've had the privilege of calling Nagoya home for the past six years alongside my husband.

I have immersed myself in various activities throughout this time, from learning Japanese tea ceremony to growing as an artist. I also actively participate in the Nagoya community, volunteering for art events & CJIS, and serving as president of CCEA for the fourth year.

I am excited to witness the growth of CCEA. Our association now boasts an extensive collection of interest groups. This allows us to provide opportunities for members to engage in spaces to exchange and learn about each other while supporting a community of diverse women from various social and ethnic statuses.

As we embark on the 42nd year of CCEA, let us envision a year filled with shared experiences, meaningful connections, and positive transformations. I encourage you to actively participate in the various events and groups that CCEA offers.

Here's to a remarkable year ahead!
Gwyn Wilson

SNEAK PEEK - March General Meeting

We will learn about Tsunami zaiku!

If you have any topics you would like to share during our General Meetings this year, email us at nagoyaccea@gmail.com



SAVE THE DATE - IMPORTANT REMINDERS

General Meeting:

February 2, March 1, April 5, May 10, June 7
September 6, October 4, November 8

Board Meeting:

February 9, March 8, April 12, May 17,
June 14, August 16, September 13,
October 11, November 15, December 13

Holiday Luncheon:

December 6

Book Club:

February 5

Photography Club:

February 13

Ikebana and Calligraphy:

February 3

Crochet and Turkish Oya

February 22

Restaurant Hunters

February 28

Arts Club

TBA

Happy Hour Hunters:

February 9

Yamato-E:

February 14, 29

Day Trips:

February 16

Kimekomi:

February 21

Pilates:

February 26

Language exchange

TBA

Community Service

TBA

JANUARY and FEBRUARY BIRTHDAY ANNOUNCEMENTS

January:

Courtney 4th
Hiroko 13th
Kerry 14th
Gwyn 31st

February:

Ericka 4th
Shuuko 5th
Yoriko 7th
Masako 19th
Kaori 20th
Naomi 24th



CROCHET AND TURKISH OYA

This craft class will include crochet and Turkish Oya (lace). Let us make our very first scarf or lace together! Everyone is welcome - all abilities are catered for. There will be a basic supply list provided when you sign up - items available on amazon.

Meets: February 22 10:30-12:30

Place: Omurs's house

For more information please contact:

Omur - omurjapan@gmail.com

Jean - jealo_zemper@yahoo.com

COMMUNITY SERVICE

Let's work together and give back to our local communities!

Meets: TBA

Place: TBA

For more information please contact:

Crystal Davila nickcrys@sbcglobal.net

LANGUAGE EXCHANGE

Come along and practise your English or Japanese, or both! We will spend 30 minutes speaking solely in English and 30 minutes in Japanese so that everyone can work on having conversations in each language. Everyone / any level is welcome.

Meets: TBA

Place: TBA

For more information contact:

Jenny Loveridge jenny.loveridge@gmail.com

BOOK & ART CLUB

"Chai Time at Cinnamon Gardens"

By Shankari Chandran.

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-11:30am, February 5th,

Place: Aichi International Plaza 1st Floor Large Meeting Room

-5-minute walk from Nagoyajo 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

HIKING & DAY TRIPS

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: February 16th

Place: TBA

For more information please contact:

Yenling Chou: kenyachou123@gmail.com

Kerry Holdcroft: kpruce@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: February 2nd TBA

Place: TBA

Fee: ¥2,200-2,380

For more information please contact:

Ikebana Class CCEA - FB Group

nagoyaceea@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.

Class is limited to 3 persons.

Meets: February 2nd TBA

Place: TBA

Fee: ¥1100

For more information please contact:

Calligraphy Class CCEA - FB Group

nagoyaceea@gmail.com

YAMATO-E

Are you interested in experiencing Japanese culture through painting? If so, come join the Yamatoe-e group and learn very authentic Japanese art. Painting themes are various from seasonal events such as 'Hinamatsuri' to people's activities in and around Heiankyo(Kyoto) in the Heian Period. It must be exciting to explore how to use brushes and to do coloring with special pigments called 'Gansai'. Everyone is welcome to try it

Meets: 10:30am-12:30, February 14th, 29th

Place: TBA

Fee: ¥300

For more information please contact:

Yoko Kodera: yokoyamatoe@i.softbank.jp

HAPPY HOUR HUNTERS

Let's explore Nagoya to find a relaxed atmospheres at the end of week to get together around a glass of drink.

Partners and guests are welcome to attend!

Meets: 6:00pm-8:00pm, February 9th

Place: TBA

For more information please contact:

Gwyn Wilson: shadow.frau@gmail.com

Ayuko Horibe: iyoucoco@gmail.com

PILATES

When you are young, it's common to do some sports. However, after graduating from school, you have less exercises because of many things to do, which results in weaken muscle. Pilates exercise focuses on strengthening the abdominal muscle and increasing flexibility of the spine.

Meets: February 26th

Place: Zoom

For more information please contact:

Misako Tamimoto:

lodgemigreens@hotmail.com

RESTAURANT HUNTERS

...seeking all adventurous foodies

Lets traverse the culinary world of Nagoya sampling exciting flavors and creating connections through food

Meets: TBA

Place: TBA

For more information please contact:

Samantha Brunner

samnkoon@gmail.com

TURKISH COOKING

Merhaba! Come explore the Turkish culture through cooking and crafts. Each month we will either cook a Turkish dish or create a Turkish craft with our teacher, Omur, who is from Turkey.

Meets: TBA

Place: TBA

For more information please contact:

Omur Certin: omurjapan@gmail.com

PHOTOGRAPHY

Would you like to go out with your camera? It doesn't matter if it's an SLR camera or a smartphone camera. Let's enjoy taking photos and improve your camera skills! In May we will learn the photo editing app: Snapseed

Meets: February 13th

Place: TBA

For more information please contact:

Chihiro Okuno stepupchihiro@gmail.com

KIMEKOMI

Learn to cover wooden forms with fabric to create beautiful dolls, animals, balls, and much more.

For beginners, I will accompany them to the kimekomi shop to help with supplies. Start up fee 1,500 yen.

Meets: 10am-noon, February 21st

Place: Jenny's House

For more information please contact:

Jenny Loveridge jenny.loveridge@gmail.com

SPORTING EVENTS

Experience the fun, joy, and community of professional sports! No need to know anything about the sport. All you need is a willingness to cheer loudly!

Meets: February 13th

Place: TBA

For more information please contact:

Manya Shorr manyadanielle@gmail.com



BABYSITTING

We are looking at new options for 2024. We want to provide space for our members with children. If you have any suggestions or recommendations for us to provide affordable child care during our events, please contact us at nagoyacce@gmail.com

FEBRUARY 2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
				General Meeting 10am-noon
				3
				Ikebana 10am-11am Calligraphy 11am-noon
5	6	7	8	9
Book Club 10am-11:30am				Board Meeting 10am-noon Happy Hour Hunters 6pm-8pm
12	13	14	15	16
	Photography Club 10am-noon	Yamato-e 10am-noon		Day Trip TBA
19	20	21	22	23
		Kimekomi 10am-noon	Crochet and Turkish Oya 10:30-12:30	
26	27	28	29	
Pilates 10:30am-11:30am		Restaurant Hunters 11am-1pm	Yamato-e 10am-noon	

BOARD MEMBERS

President: Gwyn Wilson
Vice President: Fumika Kusano
Program Coordinators:
 Wetty Tokuhisa, Samantha Brunner
 Crystal Davila
Membership Coordinators:
 Rasita Craig

Financial Coordinators: Sakiko Kato
Administrator:
Marketing Coordinators: Kerry Holdcroft
Recruitment Coordinators:
Catering Coordinators:
 Naomi Hasegawa, Chihiro Okuno

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