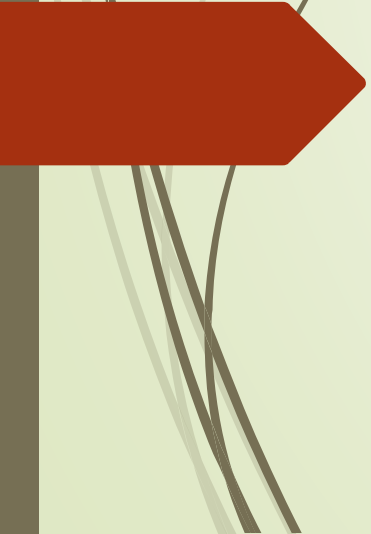


MISCA Presentation

2022 / 4/22



How or
why or
When

we had been connected to Japan.

Helane Monsour

I had my first painting lessons from a Japanese teacher when I was 10 years old, and that experience made Japan very intriguing to me.

For more than 20 years I have studied with several painting teachers. Here are two examples of my work. Many of our Japanese guests have been to Bob Schmitt's studio.

We study and copy from the Master painters.



Helane Monsour

In 1995 I took my first trip to Japan, alone, for three weeks, and it was an adventure. I got lost a lot!

In 2017 I returned to Japan on a textile study tour.

We experienced dyeing with indigo, spinning cotton, and weaving on a Saori Japanese loom.



Helane Monsour

This is me at the main Saori weaving studio somewhere near Osaka.



Helane Monsour

Japanese textiles are beautiful, and there are several examples hanging on the walls in my home.

There is a wedding kimono, a noren and a farmer's jacket.

The textiles range from the most formal to the most humble.



Helane Monsour

Antique noren from Katsuyama.



Helane Monsour

Antique boro farmer's jacket.



Helane Monsour

There is a Japanese Saori weaving loom in my living room, and a sample of my weaving. Saori weaving is a joyful experience because it is satisfying to work with all kinds of beautiful yarns.



Mary Witkus & Werner Koehler





Our Japanese-style Garden Bonus



Another group of Ibaraki Friends



and more Ibaraki Friends



Thank you for taking us to visit Gardens in Japan



Thank you for taking us to visit Gardens in Japan

















High School

Japanese
Culture Class

Literature
Haiku
Noh
Kabuki
and more!

Mrs. Mills
would say
“When you go
to Japan...”
She never said
“if” always
“when”
because she
thought we
must go.



Hawaii

1983

Many Japanese
neighbors

Started studying
aikido

1985
Moved to
Minneapolis

Continued aikido
study



2006 May

Took my
mother on a
trip to
Japan

Our first day
in Narita
was very
colorful.

I remember
the smell of
jasmine
flowers in
Tokyo.

**8th PARK NICOLLET JAPAN
GEMBA KAIZEN EVENT**

(SGC 9th Gemba Kaizen)

November , 2008



2008 November

2nd trip to Japan

This time with work colleagues to learn about Toyota improvement methods. Now I teach quality improvement to leaders at my hospital.

Dharuma goal:
“Learn to see better by practicing drawing. Do 25 drawings.”

Still not done!



2015 May

Received permission to study tea from
Urasenke Konnichian
Sen Soshitsu

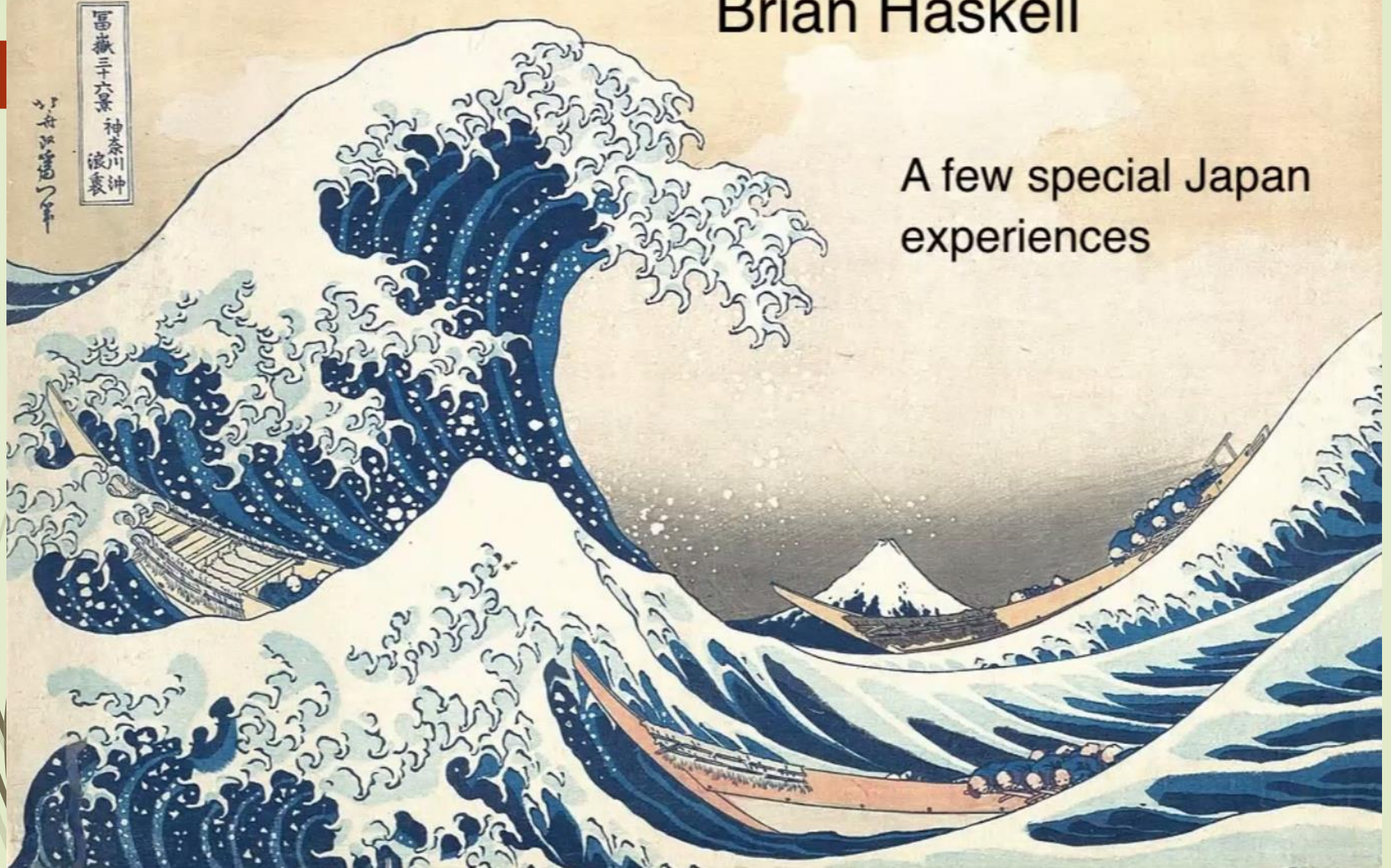
My teacher in Minneapolis is Pat
Katagiri-sensei.

Our study club, Yukimakai, has several
events during the year.

Cynthia setting up for a tea event at Como
Japanese Garden Tea House in St. Paul.
Many items were a gift from Nagasaki Sister
City to St. Paul group.

Brian Haskell

A few special Japan experiences



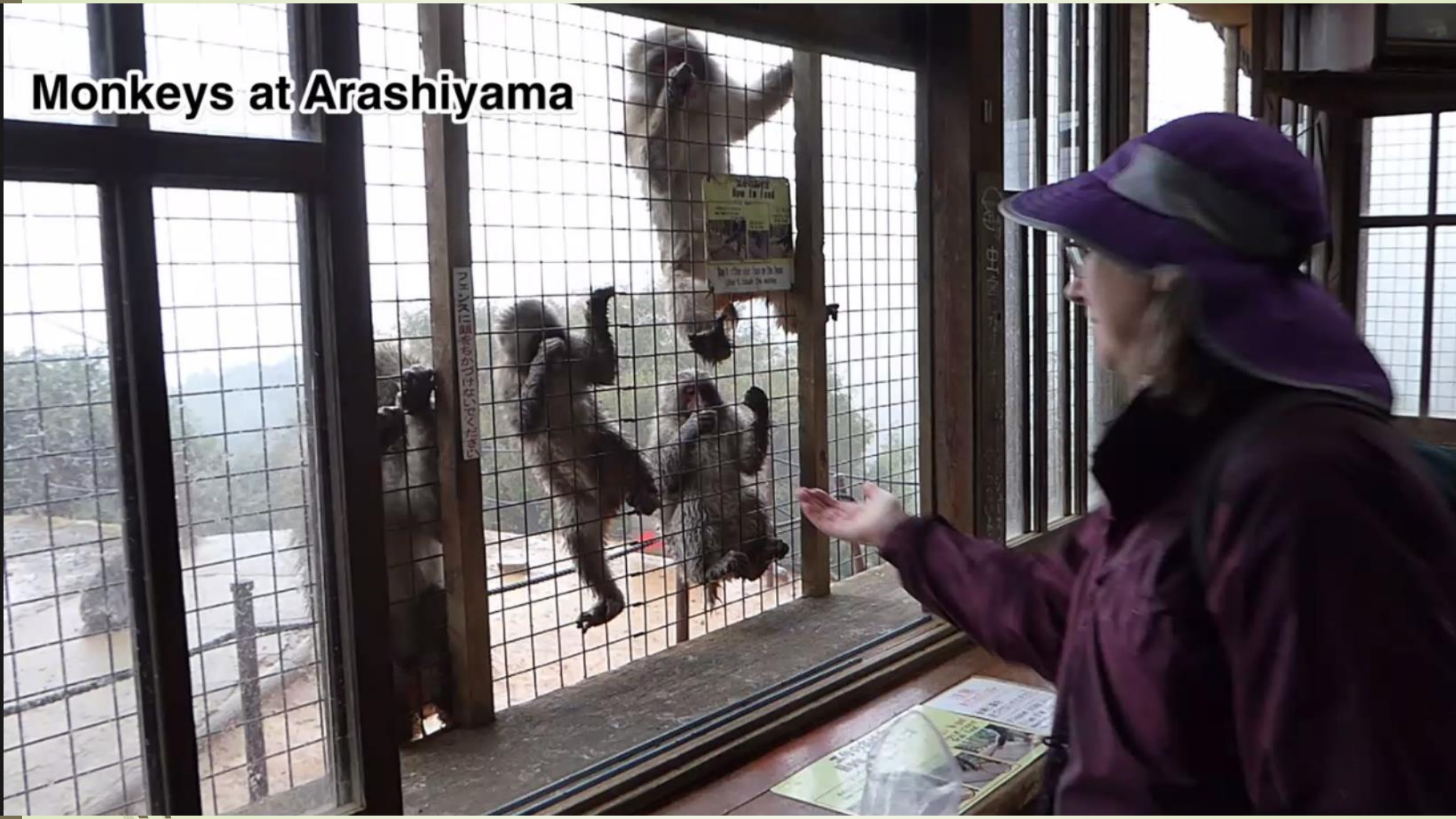
**We met Japanese animals,
including some in the rain.**



このへんないきものは、
まだ日本にいるの下す。たぶん。



Monkeys at Arashiyama





Miyajima

Owl Cafe, Kyoto

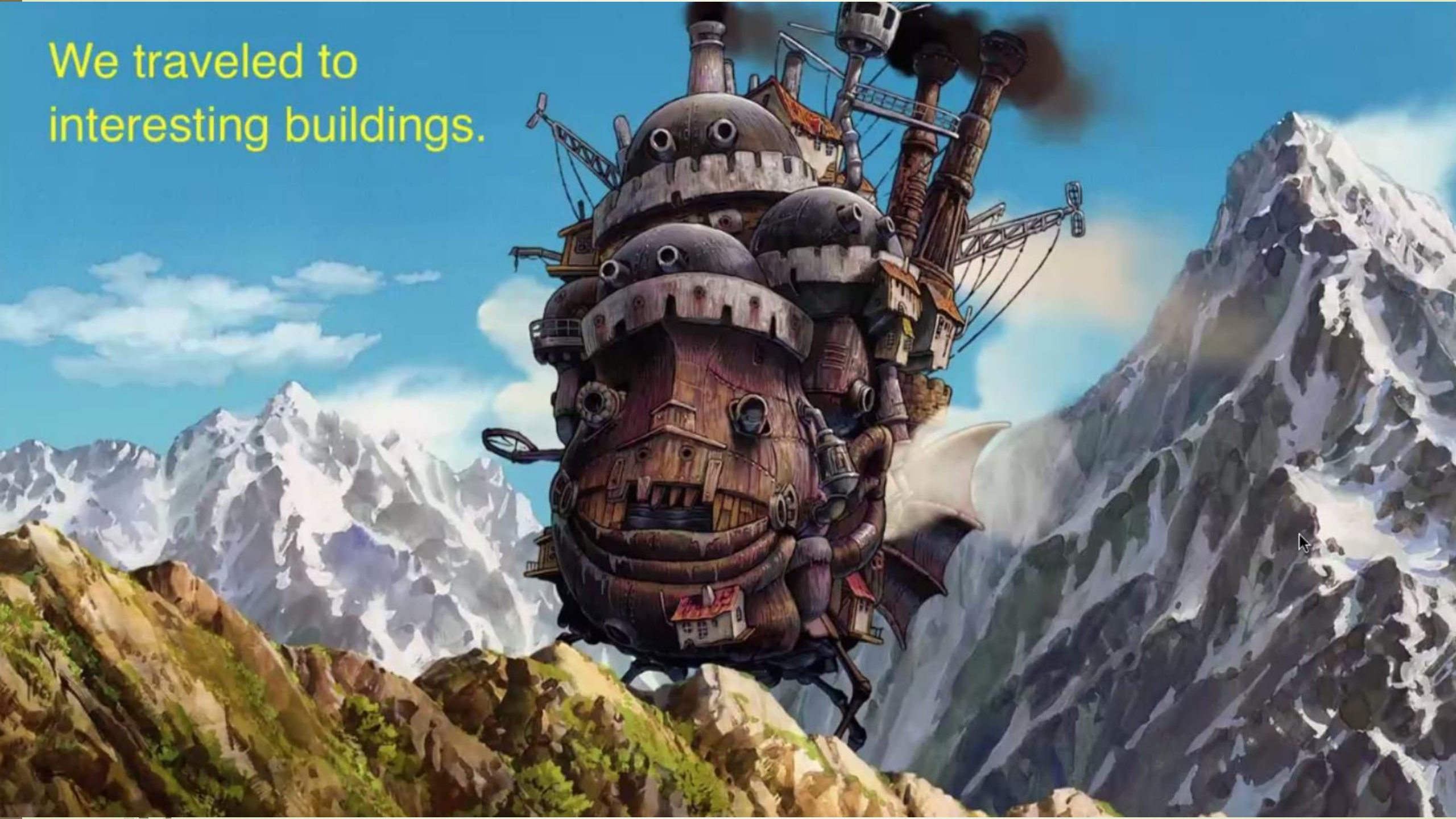


Expo Park

kingfisher



We traveled to
interesting buildings.









Miyajima

Examples of Japanese culture





Dressed for the tea ceremony





Correct preparation for visiting a temple



Staying in a traditional room



**A nice
foot bath**



We enjoyed Japanese food in many different ways from the traditional to the less traditional.



**Breakfast with our hosts the
Matsuda family**



Dinner at the Yamamoto home



Cynthia learns from Kazunori Yamamoto how to cut soba noodles.





**Cynthia learns about
onsen eggs.**



京都の地酒
お土産に
林酒店

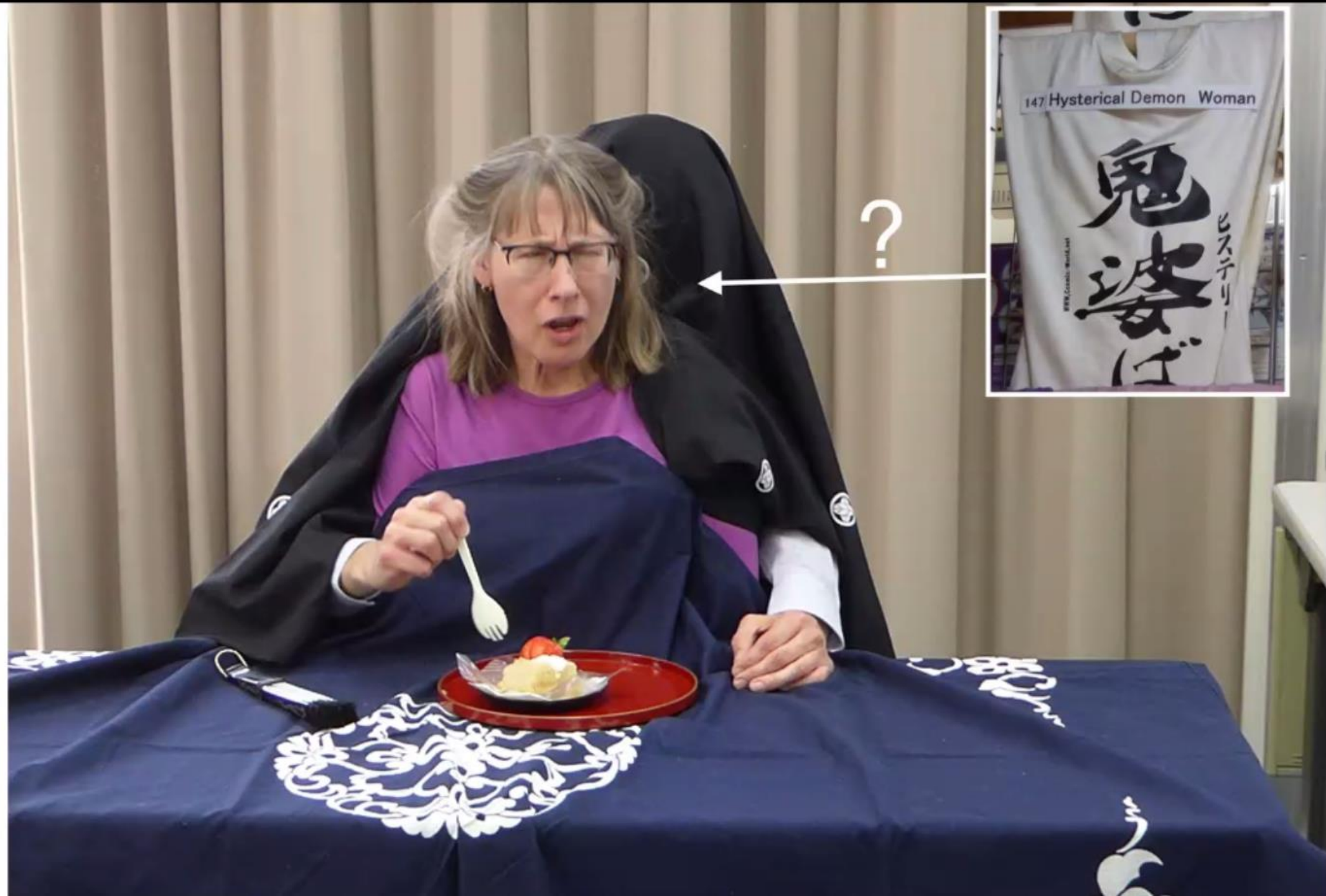
ゆうパルク

スナック
ためる!
Coke ON
ドリンク
もらう!

For Brian!

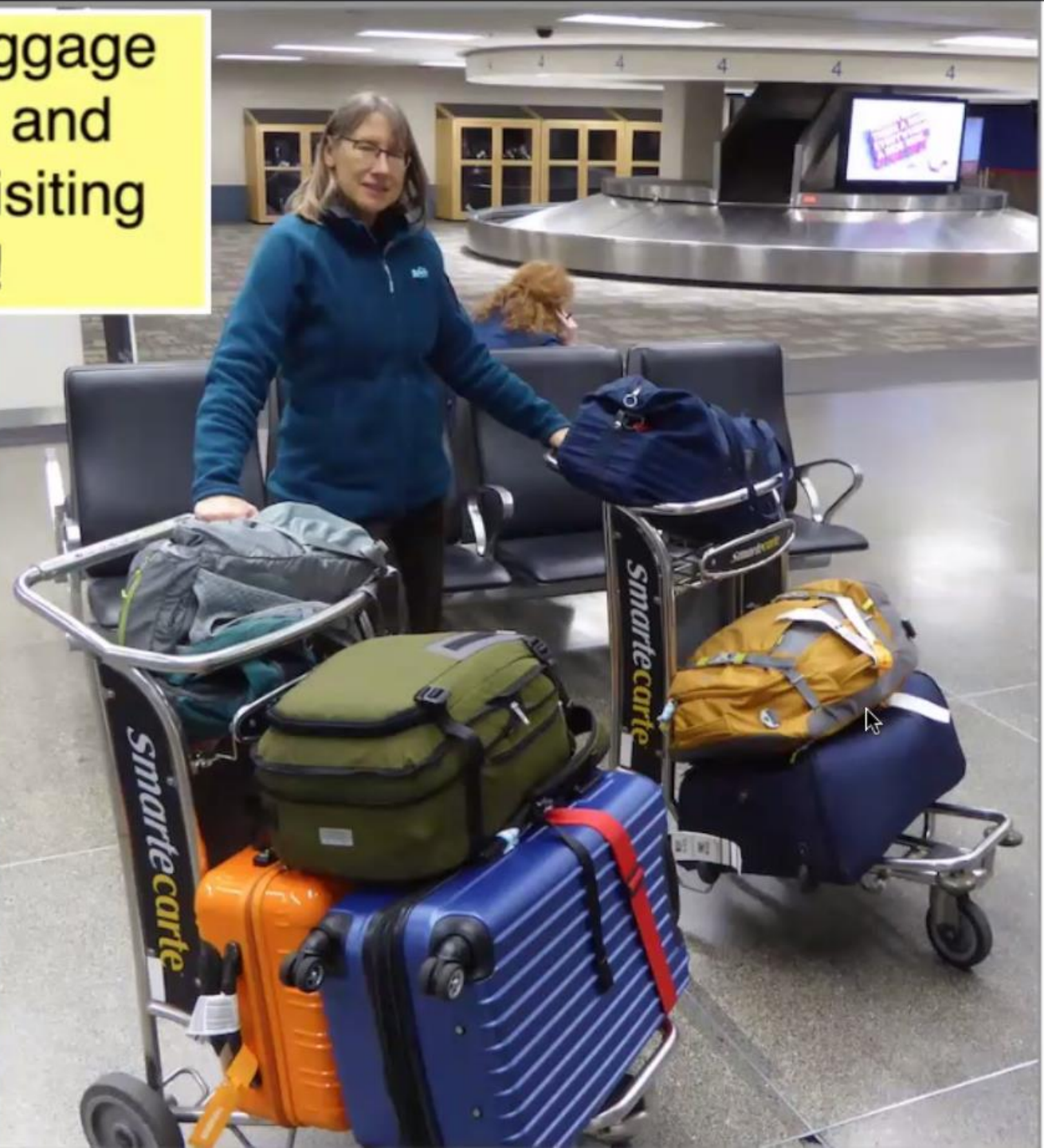
**In the next picture this person
is helping Cynthia eat cake.**







Our luggage
before and
after visiting
Japan!



Karl Reinhard

1987 Sons of Norway USA Cup

My first year coaching a traveling soccer team with a new club called the Maple Brook Blast Soccer Association.

This team provided homes for the boys of the Ibaraki team.

In 1986 some of the same MapleBrook teams players had also provided homes for another team from Ibaraki.



Karl Reinhard

The coach of the 1987 team was Susumu Tanigawa.

He stayed in my home (apartment) for that week.

We had a great time!



Karl Reinhard

in 1988 another team from Ibaraki came to play in the USA Cup.

Again the team from MapleBrook provided homes for the boys.

Hideo Nakami was the coach (2nd from left in back row).

Michikazu Tanaka was assistant coach (Left end of back row), he stayed in my apartment for the week.

Again we had a great time!



Karl Reinhard

During these visits to Minneapolis by the Ibaraki team, we were asked when we would bring a team to Ibaraki.

Well, that happened in 1989.

Not only did they play soccer, but also Basketball!



Karl Reinhard

I got to see my coach friends again - even staying in Tanigawa's home!

And a chance to meet many other coaches.



Karl Reinhard

1992 Soccer Visit



Karl Reinhard

1996 Soccer Visit

