

# CAJ Chronicle

Christian Academy in Japan

Spring 2020



Running the  
**RACE**







## CHRONICLE

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# Message from Head of School

Who could have guessed how dramatically our world would be changed so quickly, not by an army or an invention, but by a virus! COVID-19 has turned everything upside down for education, just as it has so many areas of life. Though we had this issue of the **Chronicle** already well underway with the theme of **Sports & Fitness at CAJ**, we simply cannot ignore the time we are living in now. At CAJ, our students have all moved to distance learning; our teachers are still delivering a high quality, biblically-centered, interactive education; our offices remain open, with a reduced staff and reduced hours. Life continues, but with a "new normal." It is ironic that we had chosen to focus on the people and programs important to sports at CAJ, and some highlights from the present and the past. In our current situation, physical health seems all the more precious, something for which we are grateful and that we want to cherish and develop.

Lifelong fitness takes on a new meaning when we are finding new and different ways to stay fit in our homes, and when our 2020 Spring sports season is but a dream... something that never happened.

Still, we want to express our great appreciation for athletes and those who coach them, for students learning how to use their bodies, and for the memories of competition that mold us for life. We hope you enjoy this edition of *The Chronicle*, and that you will stay in touch with us!

Stay well!

Anda Foxwell, Head of School

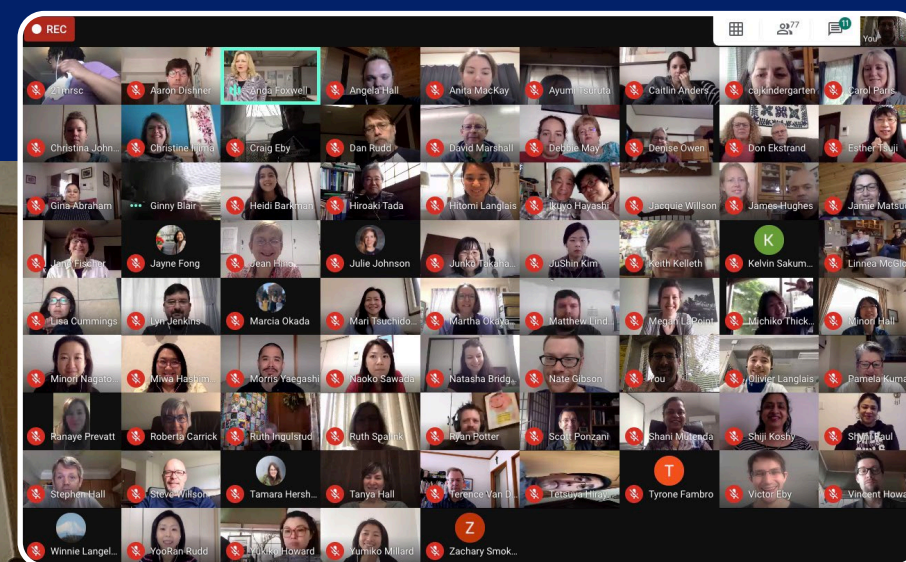
*The next issue of the Chronicle will focus on music.*

We would love your input! Please email us at [alumni@caj.ac.jp](mailto:alumni@caj.ac.jp) to share your memories of music at CAJ and what role music is playing in your life now.

Don't forget that you can send general updates to that same email address for inclusion in the *alumni updates* portion of the *Chronicle*. We would love to hear from you, and are sure others would too.

## CAJ SPORTS TIMELINE

▶▶▶ Follow the timeline of athletic accomplishments through the pages of the Chronicle. ▶▶▶  
Many thanks to Craig Eby for his work in compiling the timeline.



Basketball Track Cross Country Tennis Field Hockey Volleyball Wrestling Soccer

KPASS League • Kanto Plain Association of Secondary Schools Athletics

DoDEA Far East Tournament • U.S. Department of Defense Education Activity hosts these tournaments. International schools from Korea and Japan are invited to compete along with Armed Forces schools.



# ready set GO!

JULIE JOHNSON | Grade 1 Teacher  
and Elementary School Head Teacher  
Class of 2006

**Every May, one of the best days of the year comes around for the elementary students – Field Day!**

Field Day is a CAJ tradition of over 40 years in which students are able to showcase their learning in PE and enjoy a day of physical activity. Students arrive at school in a rainbow of colors, each decked out in their Field Day team color.

During the morning, students participate in a variety of activities with their grade levels. They dribble soccer balls, run sprints, throw balls, and try to jump as far as they can. Students earn points for their color team by doing the best they can against their classmates.

After lunch, students go to the gym and divide into eight multi-grade color teams. In these teams, they show their strength during the tug-of-war, practice accurate throwing in the tamera ball throw, and work as a team through a variety of high-energy relays. During the team relays, the older students and younger students deepen friendships as they cheer for and cooperate with each other.

At the end of the day, the teams wait expectantly to find out which team earned the field day championship. Coach Eby, the elementary PE teacher, creatively announces each place, saying things like, "The 1st place team is the color of the sky. Congratulations, blue team!"

Finally, the students celebrate the day with popsicles, grateful for a fun day of exercise and teamwork. 🍷



1951-52

1950-51

1952-53

1953-54

1954-55

1955-56

Original Gym Built



# the heart of MIDDLE SCHOOL

JANE FISCHER | Grade 8 Teacher

**Do all teenagers** fit society's negative stereotype of disrespectful, rebellious, know-it-alls? At CAJ Middle School, we have a very different view. We try to encourage the students in the same way Paul encouraged Timothy, "Don't let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith, and in purity." (1 Timothy 4:12) Based on the idea that God is the Author of all Truth, we view all the young teens as created in God's image.

When I first began teaching at CAJ, my principal, Judi Mollenkof's weekly devotions were focused on how Jesus taught His class of 12 boys, the disciples. Each had a unique set of strengths and weaknesses, yet Jesus patiently taught them in ways that addressed each one's diverse needs. Not only did He fully understand each of His students, but He also saw their potentials as leaders. Even though Jesus had a very short time to teach His boys, He used a great variety of activities and experiences to train them. Some were individual lessons, some collaborative, but all were challenging, meaningful and purposeful. He emphasized cooperation, and de-emphasized competition. Many saw those students as rebels, but by practically teaching them through the lens of God's Truth, Jesus fully equipped them to be effective, future Christlike leaders.

In keeping with that idea in Middle School, we address the unique diversity and developmental needs of 11- to 15-year-olds. During these years, we know that students will grow more in the areas of spiritual, moral, social and emotional development than any other time of their lives. In describing these years, one 8th grade student girl stated, "The unique part is the amount of change we go through. In Elementary, school was so much easier, but in Middle School, life gets a lot more annoying and most of it doesn't even have to do with school." Another student articulated his view this way, "Students change and grow so much from the beginning to the end of 8th grade. Incoming 6th grade students look sort of like toddlers, but exiting 8th grade students look almost like adults. However, along with the growth and





changes, it is also tough to experience them.” This can be a rather turbulent time for these students. Nevertheless, we know that all these areas of development directly influence their academic growth.

To address some of these needs, we focus on teaching through the lens of God’s Truth in all classes. Additionally, the weekly Middle School chapel offers students a chance to worship and hear Biblical messages aimed at their developmental level. Bible classes help students gain more understanding of God’s Truth through a progressive study of the Old and New Testaments. Each of these challenge students in their spiritual growth. Equally important, they influence students’ moral values and character development. To celebrate their demonstrations of Biblical character traits, we hold a Wall of Honor ceremony each quarter. Students, nominated for traits such as diligence, encouragement or humility, paint their handprints on a wall in the MS hallway. Students like “that the Wall of Honor celebrates students’ attitudes,

and not their grades.” In all of these activities, we hope that students will see themselves as created in God’s Image.

Furthermore, as Middle School students see life through the lens of God’s Truth, their awareness of the brokenness in this world increases. Encouraged to view situations from a Biblical perspective, we challenge students to grapple with world issues such as global warming, homelessness, and poverty. Not only do they discuss these issues, but they also practically apply their learning by supporting a Compassion child, and working with Second Harvest to collect food, help with Sidewalk Chapel, or serve food to homeless people. Many students volunteer to serve more than one time, demonstrating leadership in their desire to be part of the solution. As one student commented, “I like having the opportunity to communicate with different people through service projects.” By letting them get involved, they begin to take more ownership and leadership in serving others. They also show their

### Bruce Young STUDENT ATHLETE CLASS OF 1966

*My wife Susan and I will officially retire from MTW (Mission to the World) after 46 years this June. So I am still involved in member care and training until then. The other part of my responsibility has been to write a book for Japanese Christians dealing with the issue of how the gospel applies to daily life in Japan. I am dealing with some of the challenges and promises of grace.*

*I was involved in the beginning stages of CAJ developing competition with other schools in the Kanto area. My sports were basketball in the fall and winter, baseball (pitcher) in the spring and summer, and also track. In 1963 CAJ had its first big victory, winning the Far East Tournament in the B class. The team consisted of four sets of brothers, the Bruinooge, Namkung, Berg and Young brothers. The other accomplishment was winning the Kanto Plain sportsmanship trophy given by the American Embassy from 1963-66 for four straight years and thus inheriting the trophy.*

*I guess my claim to fame was that I played on the basketball team for 5 years, starting in 8th grade. I was on the All-Star Far East Team for four years and was CAJ’s Most Valuable Athlete for four years.*

*I have several fun memories from my time at CAJ. I was asked in 5th grade to pitch softball for the high school team, and in 6th grade Coach Simonson came up to me in the stands and told me to get dressed in a uniform and play—they had run out of players. The uniform was a little too big!*

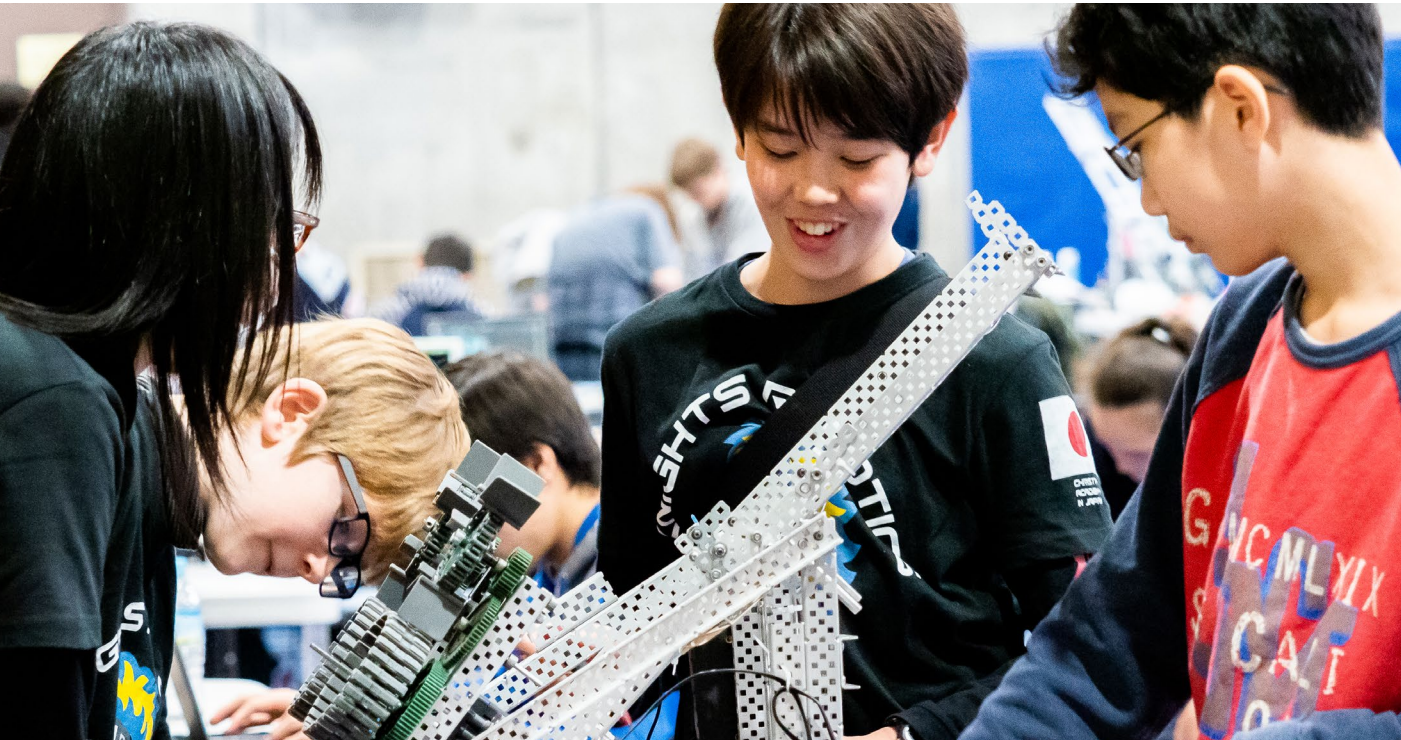
*As I look back at my life, I can see that*

*the impact of playing sports has been huge. Not just in high school but college as well. I went on to play three sports, soccer, basketball, and baseball. I was the captain of all three of these my Junior and Senior year. I look back at these years as having provided a lot of fun and discipline. Training hard, practicing long hours, and performing in games was healthy and character building. And on a spiritual level, sports has helped me to shape my identity. In both victory and loss, God taught me that my identity was not to be tied up in performance but in the joy of being accepted and loved in Jesus Christ who lived perfectly. By resting in what he has done, I can simply enjoy sport without having to prove anything! Sports also forced me to be disciplined to get my studies done rather than putting it off since my time between studies and sports was limited.*

*As I look at my life today years later I have to say that God has a sense of humor. After blessing me with the athletic ability he has now allowed me to struggle with ALS disease, so that I am no*

*longer able to jump or hold my balance. But this is alright. I have lived a full life with a wonderful wife and family, had the privilege to share the gospel in Japan for over 30 years and I have the certain promise of a new body with the Lord forever!*

*Several years ago, my wife, Susan, took all my high school trophies, plaques and award pins and placed them into a case and gave it to me as a present. The framed case hangs on a wall in our house.*



Boys League & Far East Champions

1963-64

Boys League Champions

1962-63

Boys receive the John F. Kennedy Sportsmanship Award 1963 – 1970. Retired trophy given to CAJ to keep in 1971.

1964-65

1965-66

Boys League Champions

1966-67

1967-68

Boys & Girls League Champions JV Boys • 67 consecutive league wins 1967 – 1972



willingness to rebel against the negative stereotype and low expectations of teenagers.

Because so much growth occurs during these years, we often see students struggle with their self-confidence. Many are uncertain about their abilities. To help these young teens discover their areas of strength, we offer opportunities in the regular classes as well as co-curricular options. During the regular schedule, students participate in exploratory classes of Art, Digital Tools, Home Economics, and Industrial Arts. They can test their skills in each area. These developmentally appropriate courses provide them opportunities to create useful products while enhancing their skills for future use.

*"I am interested in drawing sketches. I also like that I can use my creativity to create projects."*

~ART STUDENT

Similarly, students can choose Band, Choir, Orchestra, Japanese or Spanish. In the area of co-curricular options, we offer Worship Team, Student Council, Drama, Sports, Robotics, Math Field Day, Brain Bowl and Scouts. Anyone can participate.

These opportunities help students develop their interests and potential beyond the academic courses. They also help to address the diversity among these young teens.

In essence, we teach students through the lens of God's Truth, challenge them to respond to significant issues, and give them meaningful choices of service. They participate in activities that are developmentally appropriate. It is of great importance

### Akira Endo STUDENT ATHLETE CLASS OF 1969

*I retired from active business at the end of March 2019, having worked in Human Resources for over 40 years. Although retired, I haven't retired from the service of the Lord. I'm preaching at my church after the resignation of our pastor and also leading a weekly bible study in Omotesando for business people.*

*I played Varsity baseball, and also basketball on the junior high and Junior Varsity teams*

*There was an embarrassing incident that I remember with a chuckle now. In 7th grade I realised just after the start of the game that my pants buckle had broken. I played with my left hand holding my pants up for what seemed like an eternity until the first time out. One of the mothers had found a safety pin, and attached it to my pants in the huddle. I use this example today to encourage those who have failed or been hurt, as I'm sure that none of my teammates would even remember the incident.*

*Sports have helped me to learn the importance of working as a team, celebrating victory together and crying together over losses. It also taught me that what could not be possible individually is possible as a group. This is true in church and also in the world of business.*



Boys ⚾ League Champions

1968-69

1969-70

Boys ⚾ League Champions  
Boys ⚾ Far East Champions

Girls ⚾ League Champions  
Boys ⚾ League & Far East Champions  
Boys ⚾ Far East Champions

1970-71



*"I think it's cool to see my project, which started out as a drawing on paper, in real life!"*

~INDUSTRIAL ARTS STUDENT



*"I love how we have more extracurricular activities, like sports, drama, and student council!"*

1971-72

Boys ⚾ League & Far East Champions  
Girls ⚾ Far East Champions

Boys ⚾ League & Far East Champions  
Varsity Boys ⚾ • 41 consecutive league wins 1970 – 1974

1972-73

1973-74

Boys ⚾ League & Far East Champions



**"It was interesting to learn how to use google spread sheets and create posters. I enjoyed creating videos!"**

**~DIGITAL TOOLS STUDENT**

to us to know how the students view their experiences. So, what is Middle School like, according to the students themselves?

**"Something special. It's not Elementary School, where we act immaturely. It's not high school, full of hardcore studying. It's calm, where we get into the swing of things. We're still kids, but way more mature than when we first started."**

**"The place where students should broadly choose their future in order to aim at certain points in High School."**



**"The guided independence is the most unique part of Middle School. We are responsible to keep up with each class, get to each class on time, and organize our afternoon, but we're still nudged here and there where needed most by teachers, and not completely flung into the deep end, or cared for by a nanny."**

**"It's a stepping stone for High School and University. I feel like this is the school that prepares you for the big boy (and girl) education."**

Overall, CAJ's Middle School is a place where students will significantly grow spiritually, morally, socially, emotionally and academically. Students get opportunities to lead and try their skills in a

variety of areas, emphasizing cooperation and collaboration more than competition. Anyone can participate in the activities without the risk of being excluded or cut from the group. Just as Jesus had a few short years to teach His class, we have only three short years with these students. They are uniquely different from Elementary and High School students. They are not inherently disrespectful or know-it-alls. Yet in every way, we want to encourage them to rebel - to rebel against society's low expectations of teenagers. They are young, but they are capable of setting examples of excellence, ..in speech, conduct, love, faith, and purity. Knowing that God understands every student's potential, we want to equip them to be effective future Christlike leaders in today's world. 🙏

## Roger Olson STUDENT ATHLETE CLASS OF 1975



I am presently the pastor of Japanese Ministries at the Rock of Ages church in Seattle. To subsidize my income I paint interiors and exteriors of mostly residential homes.

I was involved in Cross country and track for three years and one season of wrestling. I have many great memories of running at CAJ. I want to say how impressed I was and how positively influenced I was by Coach Fitzgerald, Coach Mathieson and Coach Cummings. I am so thankful for their encouragement.

I remember Coach Mathieson letting me run with the high school team even though I was only an 8th grader. The Cross Country team felt like an extended family to me. We sang "To God be the Glory" as part of every Cross Country race. The Dog City Cross Country Race, with its many moving obstacles, should have been called Dodge City in our

opinion. In the Spring of 1974, I ran my best to come second to Peter Waid in his last race. I remember feeling good about it. Training alone in the winter of 1975 helped me appreciate my teammates even more in the spring track team. I learnt that encouragement from others really matters, REALLY! I was surprised that not everybody liked to run. I remember feeling the "Joy of God" when I was running. I guess that hasn't changed, except that now I jog. Barely.

CAJ Sports contributed to the person I am today. I believe sports at CAJ helped me adjust to sports and college in the US. I have learnt a lot through sports. Whatever I do, I want to do it for God and my neighbor. It makes life way more fun. I'm content to work alone, but having a team is even better. Enduring and finishing is reward in and of itself. I also learnt that my performance is to be my own, not someone else's. That's all I can do.



**It's fun to make food! Also, the projects actually prepare us for things that might happen in our future, like repairing bags or clothes.**

**~HOME ECONOMICS STUDENT**

Boys League & Far East Champions  
Boys League Champions  
Boys Far East Champions

**1974-75**

**1975-76**

League Champions

**1976-77**

**1977-78**

Boys League Champions

Boys League Champions

**1978-79**

**1979-80**



# MIDDLE SCHOOL sport

LISA CUMMINGS  
PE and Psychology Teacher  
Class of 2002

**T**he Middle School sports scene at CAJ is unique in that we do not cut students when they try out for extracurricular sports. Whether they have ever played basketball before or not, they will make the team, no matter what their abilities are. The good that comes out of this is that everybody is given an opportunity to play sports. The challenge is that sometimes this means our teams are not necessarily strong every year. There are times when we will never win a game in a season and we lose a soccer match 10-0 against big school opponents. Other times, we barely have enough players to even form a team. As young teenagers, when all the hours of tough practices do not lead to a single win, it can be disheartening.

However, what each student develops out of all these “not-so-great” situations is grit. A person with grit has passion and perseverance. None of us have strong mental toughness from the start; we all need to grow and develop it just like we train any part of the body. For something to flourish, it often takes years of hard work. Through our sports program, our desire is that students learn what it means to commit, to dedicate, to give all they have.



Our coaches dedicate their time to teach, guide and support these young athletes to develop not only strong bodies, but strong hearts and minds. We all set high standards for them and expect them to grow fully in the way God intended them to grow.

The character God builds in our students through sports transfers into their daily lives and serves as the foundation for becoming servant leaders to change the world for Christ. Our athletes learn to not only be confident despite the outcome, but to inspire, encourage, and push one another to grow every game, every season. By going through what may be minor adversities compared to the big adversities that they may face in the “real world,” they learn to go all out and never give up despite the scoreline and the odds against them.

We as coaches and teachers believe that our students will be able to translate this grit into any aspect of their lives when they reach adulthood. In essence, Christian life is about dedicating your life to God fully, no matter what the adversities are. As Solomon reflects, “There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot” (Ecc.3:1-2). Middle school presents a special time in many ways: a time when we are intentional about planting grit in our students, a characteristic that continues on through high school and beyond, equipping students to face many kinds of adversity that come their way. We hope that sports will be one vessel for students to experience and apply that in their lives. 🏆



1980-81

Girls  League Champions  
League Champions

1981-82

Girls  League Champions  
Girls  League Champions

1982-83

1983-84

Girls  League & Far East Champions  
League Champions

Girls  League & Far East Champions  
League Champions

1984-85

1985-86

League Champions



# CRAIG EBY

## a race

# WELL RUN

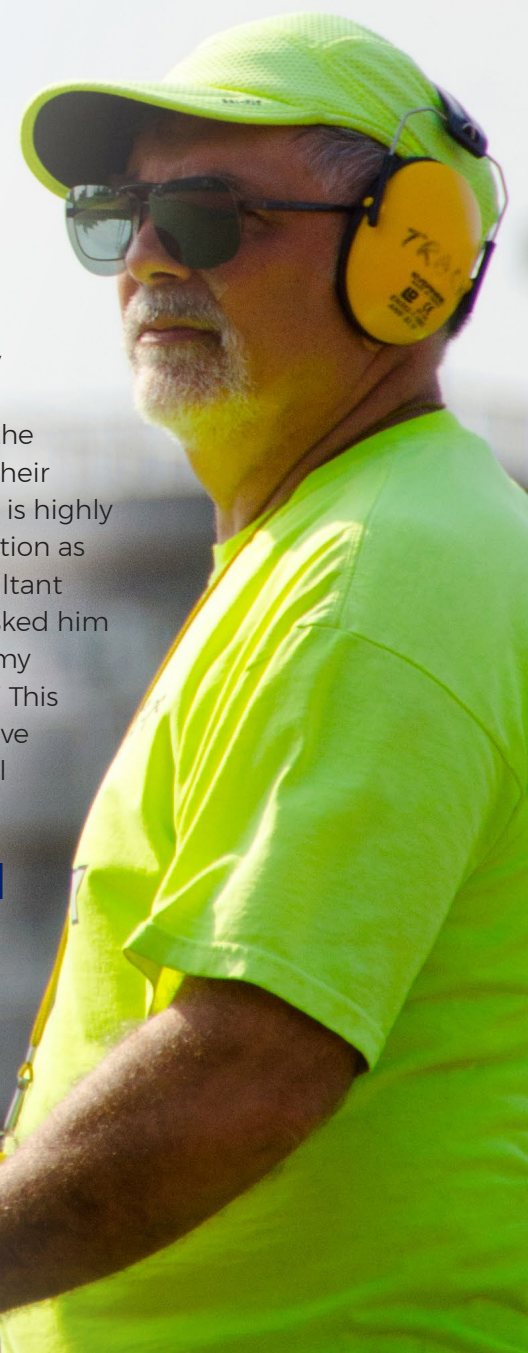
### A NOTE FROM ANDA FOXWELL

Craig Eby will be retiring at the end of this year, after 42 years of service to the CAJ community. When I came to CAJ as a teacher in the early 1980s, Craig Eby was already well loved at CAJ as a teacher and as a coach. I can still picture him in my mind's eye pacing the edges of the playground, laying the chalk lines for boundaries for track, for field hockey, or for whatever sport was on the field. I was impressed even then by his dedication and his love for students. Craig taught or coached all four of my children and made a lasting impression on each of them. He continues to inspire the entire range of students, from the elementary PE students still learning their right foot from their left, to passionate student athletes in a variety of sports. He is highly regarded throughout the entire Kanto Plain school association as something of a track "legend." Recently, I met with a consultant who offered CAJ some very important advice. When we asked him about payment, he smiled and said, "Consider this part of my debt to Craig Eby for his role in sports in the Kanto league." This is the sort of legacy Craig leaves behind. I am grateful to have worked with Craig over many years, and even more grateful to consider him my friend.

High School Principal, Tanya Hall met with Craig recently to learn more about his journey.

### When and why did you come to Japan?

I first came to Japan in August 1976. There was an opening to teach girls' PE at CAJ, and I was initially reluctant, but eventually I agreed to come for a year. I then started raising funds through the TEAM



1986-87

1987-88

League Champions

1988-89

### Laurel (Young) Laird STUDENT ATHLETE CLASS OF 1987

I'm currently a fourth grade teacher at Ocotillo Elementary School, a public school in Palmdale, CA, outside of Los Angeles.

During my time at CAJ I ran Cross Country from 7-12th grades. I played field hockey as a forward, from 9-12th grades. I was on the track team and ran the mile, 4 x 400 meter relay, and threw shotput and discus from 7-12th grades.

I loved participating in sports at CAJ! Cross Country and Track were usually large co-ed teams which made running in groups and improving times competitive and fun. Coach Craig Eby put his heart and soul into all aspects of coaching. I remember him all over our field during track and somehow managing to coach the runners, sprinters, and all the field events. He encouraged me to try shotput and discus in 7th grade, and with his help, I won shotput at the League finals my junior year.

My favorite sports story is from Cross Country. I both loved and hated Cross Country at times because it was so hard, but so rewarding. Each year, my goal was to come in the top ten on CC League finals day. I would have come in the top ten when I was in 8th grade, but I wasn't in high school, so it didn't count. Each year, I did fairly well during the season, but during the finals I would miss

the top ten by one or two places. 9th grade was the worst when I came in 11th and was so disappointed. Finally, my senior year, perseverance paid off and I did come in 10th! I earned that Cross Country All Star patch, and finally achieved my goal after six years.

My parents said that even the coaches from other teams were happy for me.

I really loved the team aspect of playing field hockey, too. I loved all our field hockey plays with crazy names like "fruit-basket upset," and playing against the Wrestling team. Coach Rachel Eby gave her utmost to our field hockey team, and certainly made me a stronger athlete and person.

I am thankful for my time at CAJ for many reasons, but particularly because I was able to participate in sports. Working hard for over two hours after school every day either running or playing hockey, made me strong both physically and mentally. I often think of life as a cross country race. There are up hills, downhills, long flat stretches, and I have to persevere through it all. It also gave me the confidence to stick with it.

Because of my own positive experience with Cross Country and Track, I encouraged my own boys, now 26 and 21 to also run Cross Country and Track. They benefited from their experience and continue to run.

My older son is about to run his second full marathon on March 8, 2020.

After cheering on our boys in their high school sports, I started running again with my husband, who had picked it up a few years

before. I've run the LA Marathon twice, and run eight various half marathons. I've also done a few triathlons. I have so enjoyed my return to running, swimming and biking in recent years, and have often thought of where it started, and that was at CAJ.



1989-90

League Champions

League Champions  
Final game played in old gym

1990-91

Construction of new gym by Mitsumoto Kensetsu, designed by architect Kitazawa and Associates.

1991-92

1st game played in new gym



missionary organization so that I could come as a missionary. By the time I arrived in Japan there was another opening at CAJ, this time teaching boys PE, and so I took this job and taught PE at all levels. The only other current CAJ person that was there at that time was Steve Hall, although he was a first grader! ( Steve is currently on the PE staff at CAJ) My initial one year stretched out to be three years before I returned to the United States for a time.

### What was your first impression of Japan?

The streets were narrow – in fact I went down what I thought was a sidewalk, only to find out later that it was a two-way road! The farmland made me feel at home, as I came from a farm in Michigan. I tried lots of new foods and found that curry rice was always a safe choice in unfamiliar restaurants. I love kat-sudon but am not a fan of natto or namako!

### How did you meet your wife Rachel?

We first met at Hi-BA bible camp. Rachel was a camper there the first year I met her. She was a bit of a prankster at the time, so I wasn't really interested, but after she went to Bible school and came back as a Hi-BA counselor, I was impressed. We started dating. When Rachel returned to college in the US, we wrote letters but due to the expense, we only had one phone call all year. My share of that call came to ¥10 000! We were married in December 1979, and then decided to come back to Japan as a newly married couple. We lived and worked at Hi-BA camp in Chiba, visiting Rachel's parents often.

### What made you decide to stay at CAJ?

At the end of our year in Chiba, CAJ invited us to come back and teach there. At the time my mission was "filling in for missionaries on furlough." I taught a range of subjects including biology, geometry, PE, middle school science as well as spending a year as a dorm parent and being Athletic Director.

We never made a conscious decision to stay here long term, but made our decisions one contract year at a time. I was one of the first overseas direct hires made by CAJ, and as our family circumstances changed, God met our needs.

### What have you coached at CAJ?

Boys' and girls' basketball, cross country, track, and field hockey.

### Which sports/teams have been your most memorable and why?

1985 BOYS BASKETBALL TEAM — This was my first time coaching at the varsity level, and we tied for second in the league, with the seeding coming down to a final free throw!

1992 CROSS COUNTRY — This was the first trip we made to Korea for the Far East Tournament. We missed the flight to Korea, and I learned the hard way that the cross-country runners may be fast runners but they are slow walkers! Luckily we were able to get flights the next day and made it to the race on time.

1999 TRACK TEAM — I have coached track for 39 years and this is the only time that we won the Kanto League. This was memorable



for both the large size of the team and the solid competitors we had in each event.

2003 TRACK TEAM— This team went to Okinawa for the Petty Invitational Track Meet sponsored by Kubasaki High School, before Far East Track existed. That was the year that SARS was a concern. We got permission to attend but were told to keep our distance from Morrison Academy from Taiwan, as Taiwan had the second highest number of outbreaks of the time. Oddly enough, when we arrived in Okinawa, we found Morrison Academy runners all wearing masks to protect themselves from us, as Japan had the third highest number of outbreaks!

2009 & 2010 — Both years the basketball team won the league and the track team won the Kanto Invitational. This was very memorable.

### What has been your most memorable experience at CAJ?

For 25 years I was involved with the Junior Wilderness camp, which is a camp that CAJ runs to enhance students' resilience and leadership skills by testing them in the mountains west of Tokyo. Wilderness camp started in the early 80s and it used to be in September. We tried November, but it was so cold! One year I had a group of seniors who had been in the US during their junior year. As soon as I got out in the woods, I tested them by lying down and asking them to plan what they would do if I was seriously hurt. They did well and came up with a complete plan.

### What's the biggest difference you see about our school from when you first started to now?

When I first came to CAJ most of the students were missionary kids and came from North America, and all of our parents spoke fluent English. Now we have students from all over the world, and often English is not their home language. I've also

seen class numbers fluctuate greatly. During the 80s, student numbers dropped drastically as many missionaries returned home due to a big fall in the exchange rate. For a while, the class sizes were smaller but then Korean missionaries began to slowly come to Japan and the numbers have built up again.

### What will you miss most leaving CAJ?

THE STUDENTS. I have stayed put for so long because I can always see the next students coming along, and their potential for the future. This is especially true of athletic teams for me, and it feels strange to look at the current team and realize that I won't be here to develop them.

THE STAFF. At various times, we had thought of leaving CAJ for financial reasons, but God used CAJ to allow me to be here and always supplied our needs.

### What are your plans for the future?

We're hoping to fix up our cabin at Lake Nojiri, making some needed upgrades such as city water, a new roof and also making it comfortable enough to live in most of the year. We plan to stay in Japan for retirement. We expect to come back to Tokyo in the spring so you may see us around at CAJ yet!

### What is one quote you'd like to leave our students and staff?

*Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.*

Colossians 3:23

When I keep my mind focused on that, things go a lot better. This is the challenge for all staff and students. We're not here to impress other people, but God deserves this kind of work from us. Hopefully I've done that. 🙏



Boys League & Far East Champions  
Boys League Champions

1992-93

1993-94  
 League Champions

League Champions

1994-95

Boys & Girls Cross Country League Champions  
Boys & Girls Far East Relay & Overall Champions  
Boys League Champions  
 League Champions

1995-96

Boys League & Far East Champions  
 League Champions  
 League & Tournament Champions  
undefeated • untied • unscored against

1996-97

1997-98

Girls League Champions  
Boys League & Far East Champions  
 League Champions





# field of VISION

BRYAN LEWIS | Business Manager

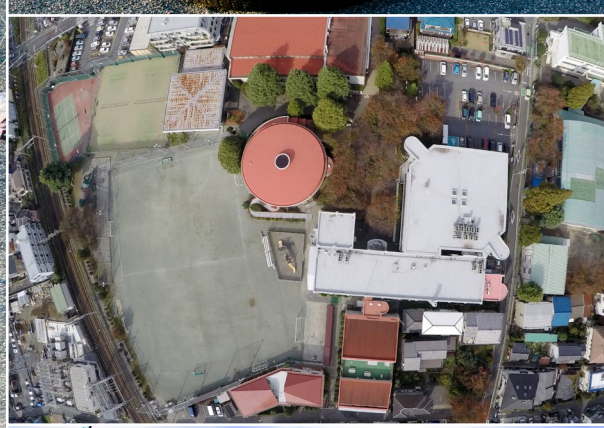
**F**rom early in our history, the sports field has been a dominant feature of the CAJ campus. It has been the setting for much fun and learning. While the rest of our facilities have developed significantly, the field has been largely a constant, with occasional minor upgrades. It has long been a dream to convert the dusty surface into a more colorful, smoother, softer surface. Whilst we are cautiously monitoring and adapting to current world circumstances, we believe that it is time for this significant upgrade of our facilities.

Educationally, this will enable the field to be used for more of the year in most weather, which will in turn facilitate a higher level of skill development, and encourage sporting participation. It will also be a little more user friendly on the knees!

We also see benefit in the visual impact the green, cleaner surface will bring to the campus, enhancing the appeal of our grounds. In an increasingly competitive environment, it is important we maintain modern facilities and a pleasant environment in which to learn and create community in.

The construction of the new multi-purpose building, and demolition of the old cafeteria is scheduled to be completed for the 2021/22 school year. Redeveloping the field as part of the project provides the opportunity to use the contractors and equipment that will already be on site to develop the field in an economical and timely way. The timing also coincides with current play structures and tennis courts being due for upgrades.

We will be using savings and borrowings to complete the building. Donations from our community and supporters will enable us to complete the field, courts and external play structure upgrades promptly following the building work, and to a high standard. This will maximize outcomes for students, including improved lighting and seating, and more extensive and varied play options. It has been many years since we have sought donations for our development. We trust you can join with us in our excitement and vision for what can be achieved with your support to transform our campus. This will continue to ensure we are well placed to meet the needs of our students and community to equip them to serve Japan and the world for Christ. 🙏



## How you can help...

Visit our website [caj.ac.jp](http://caj.ac.jp) and click on the giving tab to make a tax-deductible donation of any kind. You can also 'buy' a square meter of our field for 50,000¥ and receive ongoing acknowledgement on our field grid or become a corporate sponsor. For more information, or to discuss other ways you would like to support us, please email our business manager Brian Lewis [blewis@caj.ac.jp](mailto:blewis@caj.ac.jp). Thank you for partnering with us in our continuing mission.

Boys 🏆 League & Far East Champions  
 🏆 League Champions  
 Boys 🏆 League Champions

1998-99

1999-2000  
 🏆 League Champions  
 Boys 🏆 Far East Champions  
 🏆 League & Tournament Champions

Boys 🏆 League Champions  
 Girls 🏆 League Champions

2000-01

2001-02  
 🏆 League & Far East Champions  
 Boys 🏆 Far East Champions

Girls 🏆 League Champions  
 🏆 League & Tournament Champions

2002-03

2003-04  
 Boys 🏆 League Champions  
 🏆 League Champions  
 1st year of Asia Pacific Invitational -🏆- Meet



# HIGH SCHOOL & MIDDLE SCHOOL SPORT

# a one year snapshot

JARED JOHNSON | Communications Associate and Coach

## FALL SPORTS 2019

### HS Girls Volleyball

#### COACHES

Steve Hall (1988) | Haruka Akashi (2014)

### HS/MS Cross Country

#### COACHES

Nate Rudd | Craig Eby

### HS Boys Tennis

#### COACHES

Morris Yaegashi (1998) | Koji Yamabe

### HS Girls Tennis

#### COACH

Naoko Sawada

### MS Girls Volleyball

#### COACHES

Erika Mine (2010) | Marian Mine (2007)  
Annabelle Deakin (2019)

### MS Boys Soccer

#### COACH

Charles Smoker

## AWARDS

### Mitsuki Hishinuma Volleyball

#### 12TH GRADE

Kanto Plains League All-Star  
Far East All-Star

### Mari Mosaku Volleyball

#### 10TH GRADE

Kanto Plains League All-Star

### Hayato Taguchi Cross Country

#### 12TH GRADE

Kanto Plains League All-Star  
Asia Pacific Invitational All-Star

### Kiera Potter Cross Country

#### 9TH GRADE

Kanto Plains League All-Star  
Asia Pacific Invitational All-Star

### Ken Montgomery Cross Country

#### 11TH GRADE

Kanto Plains League All-Star  
Asia Pacific Invitational All-Star



## Krysta (Carrick) Byrnes STUDENT ATHLETE CLASS OF 2009

I am currently working as a family nurse practitioner in rural Alaska, providing primary and emergency care in the Alaska Native tribal health system. This position is part of a rural and global health fellowship for nurse practitioners through the University of Washington. After the fellowship I plan to return to Seattle, WA to work in outpatient primary care.

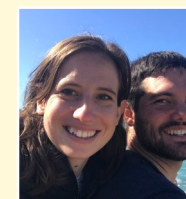
While at CAJ I participated in Cross Country, Field Hockey, and Track and Field during middle school and high school.

My memories of participating in athletics are definitely among my favorites of my time at CAJ. Many of my closest friends during middle school and high school—and to this day—were people I got to know as teammates. Spending hours together working on communication and teamwork, and pushing ourselves in practice and competition built a very special camaraderie that followed us into other areas of our lives. Even our competitors

from other schools became close friends over the years, since we often encountered the same teams week after week from the Kanto League. So much so, that after high school I lived with one of my closest rivals for a time as we both began training with our respective college teams in Seattle. In my experience, there is no bond quite like that of a close-knit and supportive team and I hope that many young people will continue to have the positive experiences that I did in athletics.

Participating in sports at CAJ taught me about the value of hard work and grit as well as how to win and lose with grace. However, more importantly, it helped me discover the joy that can be found in time spent being physically active, outside in fresh air, and through teamwork with others. I am constantly encouraging my patients to find ways to be active that they enjoy and look forward to, because living an active lifestyle contributes to mental and relational well-being as well as physical health. As we say in the business, “a body in motion stays in motion”!

## Marisa (Foxwell) Duttweiler STUDENT ATHLETE CLASS OF 2009



I am currently working with an organization called East Mountain in Cape Town, South Africa helping lead a residency program that trains young adults in theology, identity and leadership skills. I help East Mountain South Africa by managing the schedule and activities of the house that the residents live in and leading the communications team.

In high school at CAJ I did 4 years of field hockey and cross country, 2 years of track and soccer.

I have fond memories of the end-of-season cross country meets in Guam every year. Looking back on these trips I realise what an incredible opportunity it was to travel internationally with my team, to experience a race with runners from schools across Southeast Asia and to spend time exploring Guam together. The way we bonded with our rival team (ASIJ) while in Guam was pretty

unique as well. By the end of that week we were splashing in the ocean and exchanging jerseys with girls we had been busting our butts to beat all season. It was a beautiful picture of friendship beyond the competition and the physical race.

Sports at CAJ taught me a lot about being tough, persevering despite difficulties, working with a team, listening to a leader and eventually being a servant-hearted leader people could respect. More than anything, though, it offered me life-long friendships. I mean it. The women who stood by me when I got married and who I still vent to, cry with, and laugh with across thousands of miles were fellow half-backs, my captains, the ones who pushed me up ‘gut hill’ and physically picked me up when I fell down. Through the hours spent sprinting, kicking, flicking, stretching and riding in the bus around Tokyo on Saturdays before sunrise listening to the newest pump-up mix CD, we became sisters. I’m forever grateful for that.

 League Champions  
Boys  League & Far East Champions

2004-05

 League & Far East Champions  
Girls  Boys  League Champions  
Tennis Omni court open on the site of the previous gym

2005-06

Boys  League & Asia Pacific Invitational Champions  
Boys  Kanto Invitational Champions  
 League Champions

2006-07

2007-08

Boys  Kanto Invitational Champions (CAJ hosts at NIJZ)  
Girls  Boys  League Champions  
 League & Kanto Tournament Champions

2008-09

 League & Kanto Tournament Champions  
Boys  League & Far East Champions

2009-10

Boys   League Champions  
 Far East Champions • 1st season for CAJ Girls   
Boys  League & Asia Pacific Invitational Champions  
Boys  League & Far East Champions





Volleyball is a big part of my CAJ life, as it allows me to grow spiritually, physically, socially and mentally. Our volleyball team is like a big family. as we share laughter, tears, struggles, and frustrations. Being on the team has taught us how to communicate and care for one another. The coaches helped me confidently face trials that come as a student athlete and to work hard for something more than myself. This sport requires 120 percent effort from each player on and off the court, which trained me to have a good attitude no matter how hard the circumstances and to represent the team, my school, and God well.

~ **Mariko Maeda**  
11th Grade | Varsity Volleyball Player

Boys League Champions

2010-11

Boys Far East Champions  
Boys League & Far East Champions

2011-12

Boys League Champions  
League & Kanto Tournament Champions

2012-13



This past soccer season taught me a lot. It taught me that growing together as a team could make even more difference than personal growth. I learned to treasure the friendships that I made through working hard together. The most precious memories that I have are from having sports in my life.

~ **Eastin Lowther**  
8th Grade | MS Soccer A Team Player



In cross country we strive for two things: first, we want runners to recognize the potential in themselves. We want them to see, experience and then enjoy their own improvement throughout the season, no matter what level they are. Secondly, we want runners to discover what it means to worship the Lord through running.

~ **Nate Rudd** | Cross Country Head Coach

2013-14

Boys League Champions  
League Champions

Boys League Champions

2014-15

2015-16

Boys League Champions  
League Champions





Playing basketball for CAJ is important to me because it is more than just about winning. It is a place where I can relax and am encouraged to do my best. It encourages a strong team dynamic that builds lasting relationships and memories. When I play basketball for CAJ, I feel that I am truly using my talents to glorify God.

~ Anna Stoesz  
11th Grade | Varsity Basketball Player

## WINTER SPORTS 2019-2020

### HS Boys Basketball 🏀

**COACHES**  
Steve Hall (1988)  
Charles Smoker

### HS Girls Basketball 🏀

**COACHES**  
Craig Eby  
Jared Johnson (2011)

### HS/MS Wrestling 🤼

**COACHES**  
Morris Yaegashi (1998)  
Tyrone Fambro

### HS Girls Field Hockey 🏑

**COACHES**  
Victor Eby (2007)  
Rachel Eby

### MS Boys Basketball 🏀

**COACHES**  
Steve Hall (1988)  
Caleb Cummings (2002)  
James Hughes

### MS Girls Soccer ⚽

**COACHES**  
Charles Smoker  
Marian Mine (2007)



Through this year's basketball season, I got to see many people improve as they persevered through tough times. This has really impacted my life because it was really encouraging for me to see people not giving up. For example, my teammates still tried to do their best even though a drill was hard. I saw many people make mistakes during games and practices, including myself. Being on this specific team that was coached by Coach Hall, I really think that this year's basketball season has impacted my life positively because it taught me how to not give up and persevere in tough times.

~ J (John) Sakaguchi  
8th Grade | MS Basketball A Team Player



## 🏆 AWARDS

### Koji Matsuoka 🏀 Boys Basketball 10TH GRADE

Kanto Classic Tournament All-Star

### Mitsuki Hishinuma 🏀 Girls Basketball

12TH GRADE

Kanto Classic Tournament All-Star

### Rachel Nelson 🏀 Girls Basketball

12TH GRADE

Kanto Plains League All-Star

### Anna Stoesz 🏀 Girls Basketball

11TH GRADE

Kanto Plains League All-Star

### Rina Seminoff 🏑 Field Hockey

12TH GRADE

Kanto Plains League All-Star

### Miyuki Yamakawa 🏑 Field Hockey

12TH GRADE

Kanto Plains League All-Star

### Reeko Ohashi 🏑 Field Hockey

12TH GRADE

Kanto Plains League All-Star

### Eunmin Kim 🏑 Field Hockey

12TH GRADE

Kanto Plains League All-Star

### Morgan Schmidt 🏑 Field Hockey

11TH GRADE

Kanto Plains League All-Star

### Field Hockey 🏑

Kanto Plains League Champions



We discussed that our identity is not as a basketball player. Wins and losses don't define us. God loves us just because we are. That is my identity, and hopefully theirs too. And our parents and friends don't love us because we're great basketball players or athletes. People love us because of who we are. And as a team, we need to love each other just for who we are- whether we're a starter or reserve, whether we play a lot or sit on the bench.

This team stayed together, got along and enjoyed the game of basketball which they love. Even in the midst of a losing streak, it was rewarding to see the guys laugh and have fun when shooting around, to leave the gym together as a team, to sacrifice themselves so others could score and to be unselfish players.

~ Charles Smoker | Boys Junior Varsity Basketball Coach

Boys 🏀 Far East D-2 Champions  
Boys & Girls 🏀 Overall Far East D-2 Champions  
🤼 League & Far East D-2 Champions  
🏑 League Champions

2016-17

CAJ joins Division 2 of the Far East Tournaments

2017-18

Boys 🏀 League & Asia Pacific Invitational Champions and Kanto Finals Winners  
Boys 🏀 Far East D-2 Champions  
Girls 🏀 Sakura Tournament Champions  
Boys 🏀 League & Far East D-2 Champions

Boys 🏀 Far East D-2 Champions  
🏑 League & Kanto Tournament Champions  
Girls 🏀 Sakura Tournament Champions

2018-19

2019-20

🏑 League Champions



SPRING

SPORTS

2019

HS Boys Soccer

COACHES

Keesh Kawaguchi

Ushio Sawada (1989)

HS Girls Soccer

COACHES

Charles Smoker

Haruka Akashi (2014)

HS/MS Track & Field

COACHES

Craig Eby

Victor Eby (2007)

Jared Johnson (2011)

Morris Yaegashi (1998)

Christina Johnson

Bruce Carrick

MS Girls Basketball

COACHES

Steve Hall (1988)

Tanya Hall (1991)



Running a relay on the track is like sharing the gospel with others. You pass the baton to another person, and that person passes it to the next. It's like when you pass Jesus' love to others. It can't help but spread more! When you cross the finish line, it's like you are entering the kingdom of God, bringing joy to your heart and a smile on your face!

~ Miki Nakazawa

7th Grade | Track & Field Athlete

AWARDS SPRING 2019

Jordan Van Druff

CLASS OF 2019

CAJ Male Athlete of the Year

Fitzgerald CAJ Career Athlete

Enosh Mutenda

Boys Soccer

11TH GRADE

Kanto Plains League All-Star

Far East D-2 MVP, Golden Boot All-Star

Miyuki Yamakawa

Girls Soccer

12TH GRADE

Kanto Plains League All-Star

Far East D-2 All-Star

Eugene Reedy

Boys Soccer

12TH GRADE

Kanto Plains League All-Star

Far East D-2 All-Star

Joshua Mine

Boys Soccer

CLASS OF 2019

Far East D-2 All-Star

HS Boys Soccer

Far East D-2 Champions

Kachel Bedow

CLASS OF 2019

CAJ Female Athlete of the Year

Fitzgerald CAJ Career Athlete

Josiah Rood

Track & Field

11TH GRADE

Kanto Plains All-Star in Long Jump

Far East D-2 All-Star in 100m, 200m and Long Jump

Annabelle Deakin

Track & Field

CLASS OF 2019

Kanto Plains All-Star in High Jump

Far East D-2 All-Star in High Jump

John Sakaguchi

MS Track & Field

8TH GRADE

Kanto Plains Finals, 1st place in Long Jump

Kiera Potter

MS Track & Field

9TH GRADE

Kanto Plains Finals,

1st place in 800m and 1600m

Girls Track & Field

Far East D-2 All-Star 4x100-Meter Relay Team



What makes soccer beyond enjoyable is when the coach motivates you to play hard. I enjoyed playing for the CAJ soccer team, especially under coach Keesh Kawaguchi. He stressed playing "together." As a team, we shared one title: "The Brotherhood." It was much more than just soccer to us, it was about cultivating a cohesive family. The culture that we created elevated our team members' confidence, especially the rookies. This whole idea where rookies have to do the work or rookies need to get picked on is absurd to me. Our team doesn't subscribe to that ideology. We are in this together whether we are in the locker room, doing the chores, sweeping after practice, and most of all, playing on the soccer field.

~ Enosh Mutenda | 11th Grade | Varsity Soccer Player



Playing soccer as a student definitely made a positive impact on my life at CAJ. It not only taught me the fundamental skills about the sport, but about the importance of teamwork, taking on new challenges, and perseverance. Without my fellow teammates and coaches, I would not have been able to push myself. Coaching at CAJ has made me love the sport of soccer even more. It has shown me how much the success of all the student athletes on my team means to me.

~ Haruka Akashi (2014) | HS Girls Soccer Assistant Coach



# Alumni Updates

CAJ Alumni News is a forum for updates from alumni, provided as a community service. The inclusion of any piece of alumni news is not necessarily an endorsement by CAJ.

## Paul Springer | 1969

We are saddened to hear that Paul's wife of 36 years, Patty, passed away in June 2019. They raised a son and a daughter together and visited Japan many times. Paul fondly remembers Patty's love of Japanese food, art and even sumo wrestling.

## Paul Swanson | 1969

Paul lives in Kasugai, Aichi, Japan and was awarded the 2019 Toshihide Numata Award for Buddhism for his book *Clear Serenity, Quiet Insight: T'ien-t'ai Chih-i's Mo-ho chih-kuan* (University of Hawaii Press, 2018). The award ceremony, accompanying lecture and symposium were conducted at the University of California-Berkeley on December 6, 2019.

## Susie Thomas Deriso | 1978

Susie married Joel Deriso in 1980 and has six children and 12 grandchildren. They are in Arcadia, Florida, USA and have a background in farming, both land and cattle. Susie says, "We retired last year and sold the sod business to our oldest daughter and son-in-law. Now my husband works full time as an accountant for our middle son at his business, A Plus Environmental Restoration. I work full time for our son as well in the civil construction division. My brother Jeff and I also work in our wood shop building whatever is needed on different job sites. We build furniture like custom office desks, conference tables and cabinets. We also remodel and put new additions on existing buildings. A day in the wood shop is always fun!"

## Tim Loewen | 1987

Tim and his family live in Farmington Hills, Michigan, USA. which is near Tim's parents. Tim's father Mr. Loewen says, "We (Tim's family, Becki's family, Mark's family and their parents) were all together at our house for Christmas 2019." Tim and his wife, Jetta, have four children.

Their oldest son graduated from high school in 2019 and is now a freshman at the University of Michigan.

## Jeffrey Armstrong | 1988

Jeffrey lives in Cocoa, Florida, USA and has this message for fellow alumni: "I Want to say Hi to all CAJ alumni! I Loved the school and I was a die hard KNIGHT! Now I am working for KNIGHT'S Enterprises. The good Lord has sent me to a great job. I hope all is well with this pandemic and would love to hear from some alumni!" If you would like to contact Jeffrey, his email address is [jarmstrong35@earthlink.net](mailto:jarmstrong35@earthlink.net)

## Becki Loewen Nies | 1990

Becki and her family live near Memphis, Tennessee, USA. Her husband, Craig, is a lawyer and Becki is an Elementary School teacher. Their two daughters are 12 and 8 years old.

## Mark Loewen | 1993

Mark and his family live in Cape Cod, Massachusetts, USA. He is a surgeon and his wife Karen is a music teacher. They have four children.

## Luke Ellison | 2002

After a decade doing science at NASA Goddard Space Flight Center in Greenbelt, Maryland, USA, God has brought me to Virginia and into full time ministry as discipleship pastor at Calvary Hill Fellowship Church.

## Dave Kennedy | FORMER STAFF MEMBER

Dave and his wife Kathleen are most grateful to the Lord for CAJ, where they served for a couple of years in the early 1970s. Their children, Jessa (1993), Joel (1995), Rian (1998) and Brianna (2003) attended for their early elementary and high school years. In addition, Dave served on the CAJ Board for a number of years. Their four children are all happily married, involved with the Lord at their churches and have blessed them with nine

grandchildren. Also, Kathleen earned her PhD in nursing research and education and has been a professor of nursing for nearly 10 years. Dave is retired but serves at their church and enjoys their grandkids! Dave says, "We are continuing to pray for CAJ generally, for the future and hope our Lord has for it and specifically, for all of you who are faithfully serving the Lord at that wonderful institution."

## Carl Wackerman | FORMER STAFF MEMBER

Carl lives in Montgomery, Alabama. He says, "I am retiring in June 2020 after 32 years of teaching K-12 Music, Band and Choir. I'm deeply thankful for all the students, colleagues, parents and friends who have been a part of the journey and especially grateful that CAJ was included in God's plan for me. Love and blessings."

Below, Wackerman family reunion summer 2019: Jessica and Nick Orr, Emberlea (16), Alannah (12), Asher (10); Joel and Toni Kennedy, Aurora (4), Zane (2); Rian and Meghan Kennedy, Wallace (12), Skyler (10), Charlie (8); Brianna and Maceo Esquivel (grandkids' ages in 2020). ▼



## Rick Seely | FORMER STAFF MEMBER ▲

Rick Seely and Merry Erskine were married on April 2, 2020 at Berean Bible Church in Shoreline, Washington. Merry's daughter and family, Mark & Poppy Roberts, have three daughters who have attended CAJ since 2011. Rick & Merry are excited about visiting Japan again after the coronavirus crisis is over.





Every Winter Break, we hold two Alumni basketball games at CAJ: one early in the break, usually mid-December, and one just a few days before school starts in early January. All are welcome to come and play or come and watch! The next Winter games are not scheduled yet, but as the time draws closer, please check the school calendar at [caj.ac.jp/calendars/](http://caj.ac.jp/calendars/) for more detailed information.



## ALUMNI BASKETBALL GAME 2019

BACK ROW (L to R): Zachary Smoker (2011), Reanne Kobayashi (2008), SiYoung Chung (2014), Victor Eby (2007), Bradley Loewen (2008), Josh May (2018), David Barkman (2017), Noah Millard (2000), Caleb Cummings (2002), Dane Masuda (2005), Luke Cummings (2004), Tim Turner (1982), Jared Johnson (2011), Doug Potter (1992), Patrick McGinty (2007), Flossie Epley (1973), Joel Epley (2005)

MIDDLE ROW (L to R): Jonah Swenson (2018), Aogu Matsuoka (1990), Jamie Lucas Matsuoka (1990), Anne Marie DeBerdt Smoker (1985), David Millard (2002), Aoi Shimizu (2014), Isabelle Charley (2013), Sarah Takeuchi (2008), Kyle Smoker (2014)

FRONT ROW (L to R): Linnea Eby McClothlin (2000), Emily May (2016), Haruka Akashi (2014), Cindy Sawada (2014), Johanna Yoshimura (2017), Micah Swenson (2015), Rick Handa (2017), Spencer Turner (2012), Joshua Turner (2015), Misha Takahashi (2015), Marian Mine (2007), Ashley Sakamaki Nakamura (2008), Kelsey Masuda (2008), Lisa Hayashi Cummings (2002)

**Equipping students to serve Japan and the world for Christ.**

*Thank you for your ongoing prayers and support making our mission possible.*

[www.caj.ac.jp](http://www.caj.ac.jp)