

# OKINAWA

L I V I N G

# HANABI

DAZZLING THE OKINAWAN NIGHT SKY

*America*  
SEMPER PARATI  
**250**

**MC CS**  
MARINE CORPS  
COMMUNITY  
SERVICES

July 2026 | Issue 341

★ JULY 4-5 ★ 1-9 P.M. ★

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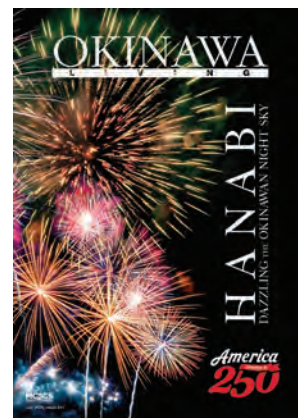
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**CHIEF MARKETING OFFICER**  
Bobbie Brock

**EDITOR-IN-CHIEF**  
Mike Daley

**MCCS ART DIRECTOR**  
Henry C. Ortega

**GRAPHIC DESIGNERS**  
Airi Igarashi, Taylor McFarlane,  
Danielle Bedard, Nina Son-Lagos

**DIGITAL MARKETING MANAGER**  
Thomas Alan Smilie

**PHOTOGRAPHERS/VIDEOGRAPHERS**  
Mia Cox, Alex Steward

**EDITORIAL**  
Swetha Gogue, Laura C. Pita

**DIGITAL & SOCIAL MEDIA**  
Tiara Supakit, Paige Nielsen

**CULTURAL RESEARCH SPECIALIST**  
Ayako Kawamitsu

**ADVERTISING SALES & SPONSORSHIP MANAGER**  
John Dailey

**ADVERTISING SALES & SPONSORSHIP**  
Yoshihiro Shinzato, Hiromitsu Horikawa  
Tsumotomo McCoy, Hiroko Poole, Wataru Yamanoha

**MARKETING ACCOUNTS MANAGER**  
Marianne Dawson

**MARKETING ACCOUNTS**  
Amber A. Padilla, Julian Hong, Marlene Wijaya

**DISTRIBUTION**  
Shohei Ikene, Homare Hanashiro

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# mensôre

"Welcome" to Okinawa Living

July has finally arrived, and we're kicking off the biggest celebration of the year with full throttle energy as the United States marks its 250th birthday! It feels especially meaningful to celebrate this milestone here on Okinawa, where American and Okinawan communities share a long standing partnership and friendship.

In this month's issue of *Okinawa Living Magazine*, we spotlight how both cultures appreciate the joy of brilliant color and summer celebration with fireworks. *Hanabi Dazzling the Okinawan Sky* takes you to some of the island's best *hanabi* (fireworks) spots—and of course, you won't want to miss the fireworks at MCCS' very own 4th of July celebration at Foster Fest on July 4 and 5! We also explore the American roots of Okinawan rock in *Generations of Okinawan Rock*, tracing how the genre was

shaped in part by U.S. influence during the Vietnam War era. And, *In the Spirit of Service*, we highlight the positive impact SOFA personnel and service members make through volunteer efforts across the island as well as how you can get involved.

Because MCCS never slows down, July is packed with Typhoon Motors deals, creative sparks at Arts and Crafts Centers, family-friendly summer fun with Marine and Family Programs and exciting MCCS food and beverage limited time offerings available at all Marine Corps camps on the island.

If fitness is your favorite pastime, check out the famous Far East Bodybuilding Competition or Taiyo Golf Club's Red, White & Blue Scramble Tournament. Active-duty service members can participate in the Combined Commanding General's Cup Bowling Tournament. Tsunami Scuba is offering a special PADI Night Diver course and divers, snorkelers and beachgoers alike can enjoy unforgettable adventures at the Kerama Islands with MCCS Tours+.

We hope this issue inspires you to get out, explore and enjoy everything Okinawa and MCCS has to offer. From fireworks and festivals to music, service, competition and adventure, July delivers the spirit of both our American heritage and our home-away-from-home. Thank you for joining us for this special milestone month. Cheers to making unforgettable summer memories together! 🍷



*Bobbie Brock*

Bobbie Brock  
Chief Marketing Officer



**Take us on the road**

Enjoy *Okinawa Living Magazine* on your favorite mobile device!  
Visit [www.okinawa.usmc-mccs.org/ol](http://www.okinawa.usmc-mccs.org/ol) for the latest issue.

## Restaurant Peace

Start your refreshing day with the  
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Enjoy gentle, body-friendly Taiwanese congee (rice porridge) and dim sum while gazing at beautiful lotus flowers in bloom. This luxurious morning experience will bring a sense of vitality to the beginning of your day.

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After breakfast, enjoy discounted admission to the park.  
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### Lotus (Hasu)

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# feedback

from the ICE Program  
and Facebook

I was so very impressed with the Butler Officers' Club! We had our Kadena Middle School 8th Grade Formal there and ALL of the staff—from the catering managers to the assistants and kitchen staff—were friendly, helpful and efficient. The club was decorated with the colors we requested and went very well with our theme and decorations. The kids really enjoyed the menu selections and the kitchen staff kept things moving during the event, clearing dishes and keeping drinks full and food flowing throughout the evening. I cannot say enough positive things about this experience; it goes without saying that we will definitely host our event at Butler Officers' Club again next year!  
—via ICE

Coach Tiffany [Mills, MCCA Semper Fit Gymnastics Program Manager] is incredibly kind and helpful. She was able to assist us with a scheduling error, prioritizing our kids' needs. We appreciate her and her staff!  
—via ICE

I just played in the Home & Home Golf Tournament [held at Taiyo Golf Club and the Banyan Tree Golf Course on May 16 & 17 this year] and the days of golf far exceeded expectations. The staff was great; the tournament started on time and the courses were amazing. Everyone that played a role in putting the tournament on did a fantastic job!  
—via ICE

The team at TERRA restaurant is amazing. They have facilitated a few of our office planning meetings and they met the challenge with excellence. The team set up the Global Room in a conference-style setting, remembering what our event was all about after our first one—we did not even have to ask. Lauren [Ewing] and the kitchen staff took amazing care of us with our breakfast and lunch orders. Anne [Anazawa] and her team at TERRA get two thumbs up from us here at Calvary Chapel Okinawa! Thank you for your excellent service. Looking forward to our next venture together.  
—via ICE

Came [to the Information, Referral and Relocation Program] for a loaner locker, very helpful staff with great attitudes. Ms. Twanna [Wilcox] was incredibly helpful and made my wife and I feel comfortable with the items and experience. She helped make our PCS much less stressful. Thank you.  
—via ICE

Foster School Age Care has been wonderful, and all the workers are awesome! We have really loved Ms. Kim [Orelien] and Ms. Pinky [Chaokasem-Zeller] and of course Ms. Maritza [Velazquez Rivera]. We will miss all the Foster SAC family!  
—via ICE

## Give MCCA Feedback—ICE Program & Facebook

Let us know how we can better serve you or thank us for a job well-done. Go to [www.okinawa.usmc-mcca.org](http://www.okinawa.usmc-mcca.org) and find the ICE link in the "MORE" section of the homepage or find us on Facebook to share feedback. Comments on this page may be edited for clarity or length.

# @okilivingmag

Show us your island adventures and favorite food finds!

## @adventuresofanajapana

You can find us in Okuma this summer... or anywhere in the island for that matter! 🤗🤗🤗🤗  
or maybe I should just say anywhere near water cuz we're island hopping this summer 🤗🤗🤗

📍 Okuma Beach



## @brits\_wanderlust\_fit\_life

the place that makes me feel the most alive 🌟💙 happy world oceans day 🌍🌊

📍 Somewhere in the East China Sea



## @okinawa.foodies

📍 Wake & Make

Domo arigatou gozaimashita and thank you for your posts!  
We can't wait to see what else you love about Okinawa!

Captions may be edited for grammar, context, length, and in some cases, added information to better enable readers to visit the location depicted.

— The Okinawa Living Staff





# HANABI

## DAZZLING THE OKINAWAN NIGHT SKY

Text by: Swetha Gogue  
Layout by: Taylor McFarlane

Although spring and autumn are the revered seasons for traversing around Japan due to milder temperatures and spectacular nature exhibitions, popular *hanabi* (fireworks) displays dazzle the night sky throughout the warm summer nights. While on Okinawa this year, join the prefecture in celebrating with *eisa* dancers that move to the rhythm of *taiko* drums, food stalls filled with local delicacies such as Okinawa *soba* and a whole lot of fun at the many fireworks festivals across the island!

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## Okinawan Traditional Performance

Okinawa Pops with Sanshin Tue, Sat.  
Ryukyu dance & Elsa Thu.

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## MAKAN MAKAN

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# OCEAN EXPO PARK FIREWORKS FESTIVAL

Set over Emerald Beach in Motobu, enjoy Okinawa's largest hanabi show as they light over 10,000 fireworks on July 4! According to *visitokinawajapan.com*, family-friendly events and activities will take place along the beach as well as live performances in the evenings. Around 10,000 people are expected, reaching the venue's maximum seating capacity. While up north, stop by the beloved Okinawa Churaumi Aquarium, which will operate at special night hours for the event.



Ocean Expo Park

Website



# NAGO SUMMER FESTIVAL

Held annually on the last weekend of July (landing on July 25 this year, to be exact) at the Nago Fishing Port, this is one coastal event you won't want to miss out on. Propped with various food stalls, iconic Orion beer on draft and traditional eisa dancers, it's the perfect way to immerse yourself in the island's vibrant summer celebrations—local style. The brilliant fireworks will span across Nago Bay offering shimmering sights on land and sea.



Nago Festival Website

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**MCCS**  
MARINE CORPS



# OKINAWA

## KANASA FIREWORKS FESTIVAL

Under the concept of “WE LOVE MUSIC”—the Okinawa Kanasa Fireworks Festival provides a unique unforgettable experience by synchronizing stunning laser and drone shows to iconic hits from legendary Okinawan pop singer Namie Amuro. The drone show is the largest in all the prefecture! Save the date for September 19 at Ginowan Seaside Park (Tropical Beach Stage).



Okinawa Kanasa

Festival website

# OKINAWA



Okinawa Zento Eisa

Festival website

## ZENTO EISA FESTIVAL

Following *Obon*, a 3-day holiday honoring ancestors during mid-September, the Okinawa Zento Eisa Festival will bring the lively indigenous spirit to the streets of Okinawa City as it has since 1956. This year, the festival will take place from September 4 to 6 at Koza Sports Park, harboring over 300,000 spectators! Feel the sounds and see the sights of Ryukyu soul as eisa dancers move to the beat, collectively sing folk songs carrying hundreds of years of heritage and strum the comforting melodies of sanshin.



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# NAHA HARI & RYUKYU SEA FIRE FESTIVAL

Next year, keep your eyes peeled for the Naha Hari, typically held in the beginning of May as well as the Ryukyu Sea Fire Festival, which commemorates Japan's earliest summer fireworks festival, held in mid-April at Ginowan Seaside Park, featuring over 10,000 fireworks!



Naha Hari Website



Ryukyu Sea Fire

Festival website

Events may be canceled in case of inclement weather. It is strongly advised for visitors to plan accordingly for commute, crowds and accommodations. For a few of the festivals, bus tours are available and are highly recommended to reduce congestion; carpooling and walking on foot are encouraged. Paid parking and paid entry are required for some—check your desired location's website for details about tickets, times and more. **101**

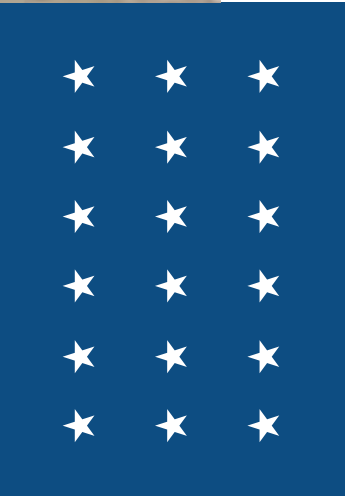
# IN THE SPIRIT OF SERVICE

**Text by: Laura C. Pita | Layout by: Airi Igarashi**

The act of volunteering is defined as “the commitment of time and energy, for the benefit of society and the community, the environment or individuals outside one’s immediate family” and is conducted freely, without the expectation of financial gain. A volunteer is an individual who has an interest in contributing to the development of their community as well as themselves.

The term originated from the Latin *voluntarius*, meaning “willingly” or “of one’s own free will” and entered the English language in the 1600s from the French *voluntaire*, a term used for those who offered to enlist in military service. The modern use, however, evolved from military context towards a community service and charity definition in the 19th and 20th centuries.





In the

# Spirit of Service

Volunteerism has been a hallmark of American civic life since the country's founding, 250 years ago this year, because whenever the time called for it, citizens stepped up, volunteering their time, effort or funds to support their communities. It may have begun in 1736 with Benjamin Franklin's Union Fire Company, the first volunteer-run fire department, and cemented by the many volunteer-run militias that fought during the Revolutionary War. And while most of the country's commitment to volunteerism came from faith-based charity works, it later expanded into patriotism during times of war.

The first major U.S. volunteer-led movements were the Young Men's Christian Association (YMCA) and the Young Women's Christian Association (YWCA), established around the mid-1800s. A few years later, during the American Civil War, countless women defied traditional gender roles and volunteered to support the war effort by tending to the injured, forming aid organizations (raising funds and crafting supplies like uniforms, socks and bandages for soldiers), disguising themselves to join the fight, acting as spies and managing all manner of things on the homefront.

Clara Barton, also known as the "Angel of the Battlefield," was a key figure in that war effort, providing aid to servicemen alongside a team of volunteers. She later founded the American Red Cross, an organization that to this day mobilizes volunteers in disaster relief operations.

Volunteering comes in *many* forms to include social impact and community, environmental and conservation, animal care, health and elderly care, education and coaching, arts and culture as well as emergency relief. What makes the act of volunteering remarkable is that it's a two-way street, because a helper investing their time and energy in the aid of others will simultaneously reap rewards for their labor. It's a win-win situation.





# FAMILY PHOTO

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Official Site



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# VOLUNTEERING ON OKINAWA

Now, receiving an overseas military assignment can be incredibly overwhelming. You're thrust into a complex, logistical process with a mountain of paperwork and a million moving parts. Then, you're expected to leave the life you've built, pack up your belongings and your family members, say goodbye to your community and loved ones

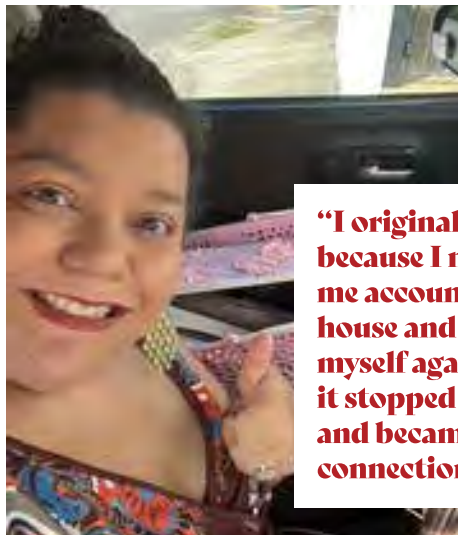
to start over in another country on the other side of the world...and the challenges don't stop there.

With Okinawa being such a small island, it's easy for active-duty personnel—working and living on the same base with limited freedoms—to feel confined and for military spouses to feel isolated without a built-in

community. It doesn't help that the job market is quite small, resulting in limited job opportunities for civilian spouses. Enter, volunteering! Putting yourself in the service of others is the best way to get out of the comforts of home, find a purpose, connect with your community, build meaningful relationships *and* gain valuable experience.

Cpl. Elijah Wingfield of the 12th Littoral Anti-Air Battalion, a DMV native, shared that growing up he saw firsthand the importance of strong communities and the impact individuals can have when they step up in moments of need. Driven by a strong sense of discipline, service and leadership to actively give back, his volunteer experiences have been centered around the protection of others in both every day and high-risk environments.

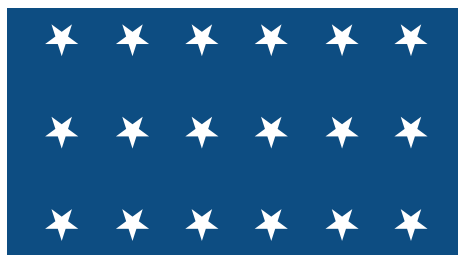
**"VOLUNTEERING HAS BUILT MY LEADERSHIP, COMMUNICATION, AND DECISION-MAKING SKILLS UNDER PRESSURE. IT HAS REINFORCED DISCIPLINE, ADAPTABILITY AND TEAMWORK—TRAITS THAT TRANSLATE DIRECTLY INTO MILITARY SERVICE AND ANY FUTURE LEADERSHIP ROLE," HE ADDED.**



**"I originally started volunteering partly because I needed something that held me accountable to getting out of the house and reconnecting with people and myself again. Somewhere along the way, it stopped being about simply "helping" and became about building genuine connections and community."**

Military spouse and self-proclaimed "professional volunteer" Bunny Fang, whose work has centered around community support, advocacy, cultural connection, leadership and connecting people with resources and opportunities shared,

She helped bring to life the Okinawa Fairy Godmothers, a small volunteer-led grassroots initiative, inspired by a friend and fellow military spouse, where loved ones from around the world send requests—oftentimes treasured family recipes, comfort foods, care items or thoughtful surprises—that they deliver to military members and families across Okinawa.



**"One of our early meals was for a Marine who was going through a difficult season himself. I was struggling during that time too. The meal we delivered was one of his favorite family recipes from his mom, and when he tasted it, he immediately wanted the people around him to try it because it reminded him of comfort, home and love. We both ended up hugging and crying a little. That experience reminded me that sometimes the smallest acts of care can completely change someone's moment, even if they don't change the whole world," she remarked.**



LEFT: CPL. ELIJAH WINGFIELD, RIGHT: BUNNY FANG

A vibrant, stylized illustration for a BBQ event. The background is a gradient of dark red and orange. In the center, the text 'BBQ FAMILY FUN NIGHT' is written in large, bold, white letters. Surrounding the text are various food items and kitchen tools: a whole corn on the cob, a tomato, a bottle of ketchup, a bottle of mustard, a spatula, a grill with meat, and a slice of bread. The overall theme is a fun and delicious outdoor gathering.

# BBQ FAMILY FUN NIGHT

Celebrate a fun-filled BBQ featuring outdoor games and delicious food!

**THURSDAY,  
JULY 16 • 5–9 P.M.**

Kinser Surfside | Ocean Breeze | Tengan Castle

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SOUKO

— N A H A —

[www.okinawa.usmc-mccs.org/clubs](http://www.okinawa.usmc-mccs.org/clubs)

**MCCS**  
MARINE CORPS COMMUNITY CENTER

\*No DoD, Marine Corps or MCCS endorsement intended or implied.

# WHERE TO START



Getting started with volunteering is easy. Take some time to identify your interests, skills and future goals, then explore local organizations or programs that align with your passions. The best way to do so is by reaching out to the MCCS Volunteer Program, they are there to help find the best volunteer opportunity for you. Next, it's time to fill out a volunteer application, attend an orientation or training session, complete a background check (if necessary), get matched and then it's time to step into a new chapter!

The MCCS Installation Volunteer Program Coordinator for Camp Butler, Allan T. Obace shared, "The best approach is to conduct a brief interview, similar to the process used for any other [job] position. During these conversations, I focus on understanding the individual's interests, goals and aspirations so I can connect them with meaningful opportunities. For example, I once worked with a volunteer who was studying stage and sound engineering. Through our Special Events section, she was able to gain real-world, hands-on experience in her field of study."

Mr. Obace, who in addition to his work with MCCS, is an active member of the Free Masons and a Shriner—organizations that support the local community by organizing food donations, providing toys for children during the holidays and assisting with the cleanup and maintenance of foreign military cemeteries—added,

**"The most rewarding part of my job is being able to connect individuals with opportunities that align with their interests and goals."**

Some of the organizations that offer volunteer opportunities on base include the American Red Cross, Armed Services Blood Bank, USO Okinawa, Navy Marine Corps Relief Society, DoWEA Schools, Thrift Stores and Gift Shops, the Neighborhood Pantry as well as a few MCCS programs including the Single Marine Program (SMP), Semper Fit, Marine Corps Family Team Building and Special Events. Off base organizations include HelpOki, Okinawa Stray Pet Rescue, Churamura Coastal Conservation and many others!

When asked what advice she would give to those interested in taking up volunteering, Bunny Fang said, "Explore the things that genuinely bring you joy or spark your curiosity. Don't focus only on trying to "find your people." The connections will naturally come through the things you already love doing. Some of the best friendships and opportunities happen when you allow yourself to explore, even if you have to do it alone at first. There's never really a perfect time to begin. I think somewhere in the middle of exploring, connecting, helping others, slowing down and learning [about] yourself a little more honestly...you eventually find yourself too."

When asked the same question, long-time volunteer—with a background in military support, education, athletics and faith-based leadership—and current MCCS MCFTB employee Beau Blew said,

**"JUST START. DO NOT OVERTHINK IT OR WAIT FOR THE RIGHT OPPORTUNITY. THERE IS ALREADY A NETWORK OF NEEDS AND PEOPLE HERE. YOU JUST HAVE TO PLUG IN. START WHERE YOU ARE, DO WHAT YOU CAN AND LET THINGS GROW FROM THERE."**



TOP: ALLAN T. OBACE, BOTTOM: MIA COX

# OKUMA BEACH

*Dive Into Summer Adventure!*

From jet ski rides and banana boat adventures to kayaking, snorkeling, and family-friendly tours, Okuma Beach offers unforgettable summer adventure in Northern Okinawa.

Enjoy crystal-clear waters, exciting outdoor activities, and fun for all ages at one of Okinawa's premier beach destinations.



## KAYAK & SUP

Explore Okinawa Waters

## JET SKI & TUBING

Thrilling Water Fun

## SNORKEL & DIVE

Discover Underwater Adventure

## TOURS & FAMILY FUN

Banana Boat • Glass Bottom Boat



### Contact Information:

- [KadenaFSS.com/Okuma](http://KadenaFSS.com/Okuma)
- [facebook.com/theokumabeach](https://facebook.com/theokumabeach)
- [@okumabeach](https://@okumabeach)

### Lodging Reservations

098-962-1991/1992  
DSN: 631-1991/1992

### Massage Appointments

090-3795-8688



# VOLUNTEER RECOGNITION

The last step is documenting your contributions through letters of reference or letters of appreciation. For service members, they can lead to consideration of awards like the Military Outstanding Volunteer Service Medal and serve as valuable assets for their military record and future civilian career. For civilian spouses, who struggle with the highest unemployment and underemployment rates, they will help fill employment gaps and boost resumes for future use.

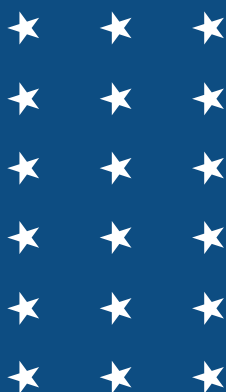
While volunteers may donate their time, the aforementioned organizations ensure their efforts don't go unnoticed with recognitions that range from simple "thank you" letters or as prestigious as the President's Volunteer Service Award.

The MCCS Volunteer Program hosts a Volunteer Recognition Ceremony at Butler Officers' Club every April to celebrate and publicly honor the dedication, compassion and vital contributions of local volunteers. At this year's ceremony, 139 people were recognized for their efforts in 2025. Together they contributed 30,000 volunteer hours at an estimate of \$33 per hour, a total of \$9,900 of food donated to the Neighborhood Food Pantry generating nearly \$990,000 that went towards supporting the military and surrounding Okinawan communities.

What are you waiting for? Start your volunteer journey today! For more information on the MCCS Volunteer Program, including volunteer opportunities, upcoming events, links to resources both local and virtual as well as contact details, visit [www.okinawa.usmc-mccs.org/volunteer](http://www.okinawa.usmc-mccs.org/volunteer). 101

**"The Marine Corps has a well-known and rich history on this small island. Many people on both sides of the U.S. and Japanese alliance have sacrificed greatly to allow us the freedom and blessings we have today. Hacksaw Ridge is hallowed ground for us Marines and we wouldn't be where we are today without the brave actions of the men who fought there. It was extremely rewarding and surreal. A true pleasure to stand on that ground and participate in something that benefits the Japanese community and others interested in where we come from."**

**– Major Kevin P. Jones, III Expeditionary Operations Training Group**



# PARCO CITY

OKINAWA'S PREMIER MALL  
250 SHOPS



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GRAND STAGE

**ZARA**

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ARMANI EXCHANGE

**POLO**  
RALPH LAUREN

**THE NORTH FACE**

**HH**  
HELLY HANSEN

**atmos**  
OKINAWA

**SKECHERS**

**intimissimi**  
Italian lingerie

**SWAROVSKI**

**PANDORA**

**SABON**

**LEGO**

**G-SOUL**  
by SAN-A

**PANDA EXPRESS**  
CHINESE KITCHEN

**Lindt**  
MAÎTRE CHOCOLATIER SUISSE  
DEPUIS 1845

**47 FORTY SEVEN**

**SHOETELIER**  
**BIRKENSTOCK**

**COACH**  
NEW YORK

**PARCO CITY**  
OKINAWA'S PREMIERE MALL  
OPEN 10 A.M.-10 P.M. \*SOME STORE HOURS MAY VARY.

SCAN /



FOR MORE INFO



# Foster Festival

Celebrate America's 250th Birthday!

This year the United States of America turns 250 and to celebrate, join us for America's 250th birthday at the Camp Foster Festival taking place on Saturday, July 4 and Sunday, July 5, from 1 to 9 p.m. both days!

This year's event will feature fun for the whole family with FREE live entertainment, game booths, Fun Land rides and delicious food including Hawaiian plate lunch meals from Island Grindz, high-quality burgers from Bulldogs, mouth-watering meats from Hickory House All-American BBQ, sizzling-hot pizza and Miami-inspired selections from 305 Latin Bistro. Patrons 20 years of age and older can enjoy refreshing adult beverages from Kanpai Lounge. This year's entertainment lineup includes headliners Aloe Blacc, performing on

Saturday, and Japanese rapper Yellow Bucks, performing on Sunday.

Admission to Foster Festival is FREE. Non-DoD ID card holders may access the event via Gates 5 and 6 (while DoD ID card holders can access through any open gate), but please be prepared to show photo ID. Pets, glass bottles, alcohol, coolers and large bags/backpacks must stay at home, as they are not permitted at this event. And, as always, we encourage everyone to drink responsibly; don't drink and drive. Both taxi and daiko services will be available. This event is open to all DoD ID card holders, Japanese and American citizens island wide.

For more information and the complete entertainment schedule, visit [www.okinawa.usmc-mccs.org/festivals](http://www.okinawa.usmc-mccs.org/festivals). **101**

# Far East Bodybuilding Competition

Beasts of the East Return

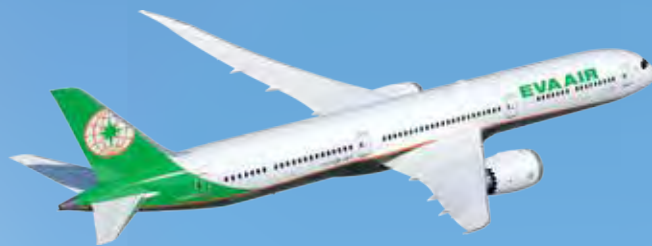
Since its inception, bodybuilding has always been about awe and admiration—and marveling at the perfectly crafted physiques of the elite athletes on stage. In the beginning, these demonstrations were regulated to carnival shows dubbed “muscle display performances.” During the late 19th century, early bodybuilders such as Eugen Sandow chiseled their frames to “The Grecian Ideal”—a “perfect physique” modeled after classical Greek and Roman sculptures. Sandow and his compatriots were the first to build their bodies to an aesthetic standard specifically to wow audiences.

Being a competitive bodybuilder has more to do with dedication, hard work and willpower than it does genetics or natural talent. Contest preparation means eating pre-portioned meals for months, which means a long hiatus from going out to lunch with buddies. It's hours and hours of weight training when muscles are already tired and sore. Although bodybuilders may not show their physical strength like powerlifters do, it takes immense

mental strength to prepare for the bodybuilding stage.

Want to see Grecian builds in real time? Join MCCS Semper Fit as they host the Far East Bodybuilding Competition at the Camp Foster Theater on Sunday, July 26. Open to SOFA and non-SOFA personnel, showtime starts at 4 p.m. with doors opening at 3 p.m. The registration deadline for non-SOFA competitors is 11:30 p.m. on July 5 and 11:30 p.m. on July 12 for SOFA competitors. The entry fee for all competitors is \$100 (payable via Eventbrite). Awards will be given to 1st, 2nd, 3rd, 4th and 5th place in each category. For spectators, tickets are \$20 to witness some of the greatest Beasts of the East.

For more information on the Far East Bodybuilding Competition, visit [www.okinawa.usmc-mccs.org/bodybuilding](http://www.okinawa.usmc-mccs.org/bodybuilding). For more information about the event, email [adultsports@okinawa.usmc-mccs.org](mailto:adultsports@okinawa.usmc-mccs.org) or call 645-3521. **101**



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MORE DESTINATIONS. MORE CONNECTIONS. MORE OF THE WORLD.

## SAMPLE ITINERARIES

### MANILA

OKA → TPE → MNL  
10:15 10:55 17:35  
— BR113 — BR277 —  
Daily Flights

### CEBU

(Best via Taipei on return)

CEB → TPE → OKA  
12:15 15:10 18:55  
— BR282 — BR186 —  
Daily Flights

### CLARK

(Best via Taipei on return)

CRK → TPE → OKA  
12:00 14:00 18:55  
— BR234 — BR186 —  
Daily Flights

Please note that the schedule is subject to change without prior notice



# Kerama Blue Adventures...

...with MCCS Tours+

Snorkeling and relaxing on sandy beaches are two of the most popular pastimes on this beautiful island during the sweltering summer months and the main island of Okinawa features many beautiful beaches and snorkeling points catering to a variety of skill levels. And although you can snorkel and dive almost anywhere along the coast, many well-known “favorite” spots can quickly become crowded as the weather warms up. Even the Sunabe Seawall can get a bit old after you’ve visited enough times, and you’d rather not have to climb back up those steps at Maeda Point *again*. Well, have you ever been to the Kerama Islands? No? Well, you’re in for the treat of a lifetime!

The Kerama Islands are located only 32 km southwest of Naha. Made up of 22 isles and islets, four of which are inhabited, the Keramas are well known as a nearby paradise offering the healing solace of nature, silence and simpler pleasures such as a cooling dip in emerald-green waters next to a sea turtle.

You can also explore the depths and beauty of the azure and emerald-green seas surrounding the Keramas with MCCS Tours+ on their Kerama Island Snorkeling Tour. Snorkeling is fun and rewarding for all, enabling families to discover a wonderful new underwater world together without being encumbered by dive gear.

The tour (open to ages 4+) includes a boat ride directly to the snorkeling spot; all you have to do is relax, enjoy the ride and dive right in when the boat arrives at its destination! As the Keramas feature many examples of sea life in multitudes—clownfish, anemones, turtles, reef sharks and fish of every shape and color you could imagine—having an underwater-capable camera is a must (visit your nearest Tsunami Scuba location to get yours)!

Grab your gear and get ready for some fun! Just don’t forget to bring sunscreen, lunch, plenty of hydration, a snorkeling set (mask, snorkel, fins and approved PFD) and wetsuit if desired.

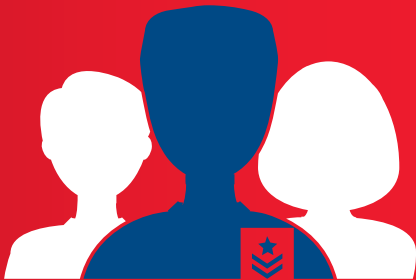
Tokashiki Island, located closest to Naha, is the largest and most populous isle in the Keramas. Rugged and mountainous, the highest point of Tokashiki rises 200m above sea level.

Best known for its beautiful beaches, two of the island’s most popular are Aharen and Tokashiku. Well populated with dive shops, equipment rentals and restaurants, Aharen Beach is very family friendly. The Tours+ Turtle Encounter Tour will take you to Aharen Beach for swimming and a guided tour to visit sea turtles! Their Beach Relaxation Tour will take travelers to Tokashiku Beach for a day of lounging in pristine white sands enjoying views of beautiful azure waters. Both of these tours are open to travelers ages 6–59 and includes lunch (and gear for the sea turtle tour).

For more information on any of these upcoming tours, call MCCS Tours+ at 646-3502 or visit them online at [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours). |OL



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No Federal, DoD, Marine Corps, or MCCS endorsement intended or implied.



## Tsunami Scuba

### Specialty of the Month: Night Diver

Throughout 2026, Tsunami Scuba will be offering discounts and promotions on monthly PADI Specialty Courses and in July they will be focusing on their Night Diver course. Interested in furthering your scuba knowledge? Sign up for their orientation on Friday, July 17 at 5 p.m. on Camp Foster in preparation for two dives taking place later that night and on the night of Saturday, July 18 around sunset.

You may have gone scuba diving at a site many times, but at night you drop into a whole new world and watch it come to life under the glow of your dive light. The scene changes as day creatures retire for the day and nocturnal

organisms emerge. Night Diver course participants will learn to navigate underwater at night, make ascents and descents in the dark as well as communicate using a dive light.

This course is limited to eight students. Participants must have active PADI Club Membership. Registration is open at all Tsunami Scuba locations; FREE books are available for pick-up only on Camp Foster. For more information on Tsunami Scuba, visit [www.okinawa.usmc-mccs.org/tsunamiscuba](http://www.okinawa.usmc-mccs.org/tsunamiscuba), call 645-4206 or email [mccstsunamifoster@okinawa.usmc-mccs.org](mailto:mccstsunamifoster@okinawa.usmc-mccs.org). |ol

## Combined Commanding General's Cup

### Intramural Sports

The Commanding General's and Camp Commander's Cup Programs are an opportunity for all active-duty Marines and Sailors to take part in a variety of intramural sports programs, including bowling!

Gather your fellow bowlers! The Northern Camp Commander's Bowling Tournament will be held on Wednesday, July 8 and open to eligible units from Camps Courtney, Hansen and Schwab. The Southern Camp Commander's Golf Tournament will be held

on Thursday, July 9 and will be open to eligible units from Camps Kinser and Foster as well as MCAS Futenma. The final showdown will be held on Wednesday, July 15. Tournaments are FREE and will take place at the Foster Bowling Center. Play your best, as awards will be given to those that finish in 1st and 2nd place. Registration is required via Eventbrite, for more information, visit [www.okinawa.usmc-mccs.org/adultsports](http://www.okinawa.usmc-mccs.org/adultsports) or email [adultsports@okinawa.usmc-mccs.org](mailto:adultsports@okinawa.usmc-mccs.org). |ol

## Red, White & Blue Scramble

### Taiyo G.C. Golf Tournament

Are you an iffy putter but a fantastic driver? Can you place chip shots with precision whenever you want, but can't seem to master a bunker escape? At the Red, White & Blue Scramble, you don't have to be the perfect all-around player, you just need a team that'll round you out. On Saturday, July 18, gather your team for a 7 a.m. shotgun start at Taiyo Golf Club.

The Red, White & Blue will be a 4-person scramble played with a 10% combined team handicap. Teams will shoot alternating between the red, white and blue tees and six red, six white and six blue tees must be played to complete the tournament (teams may choose the order).

If you happen to be new to golfing, and are wondering how a scramble tournament works, it's pretty simple—all members of a team take turns hitting from the tee box, then the team chooses the best of the shots from which to hit next shot. They then alternate with each shot until the ball is in the cup. Scramble tournaments are fun for both beginners and veterans, with team balance being the key!

The Red, White & Blue Scramble is open to all DoD ID card holders island wide. Register by July 16 at the Taiyo Pro Shop to secure a spot for \$40 per person (does not include green or cart fees). For more information, call 622-2006 or visit [www.okinawa.usmc-mccs.org/golf](http://www.okinawa.usmc-mccs.org/golf). |ol





UNIVERSITY OF MARYLAND  
GLOBAL CAMPUS in Asia

# CLASSES STARTING SOON! **LEVEL UP THIS SUMMER.**

## On-Site:

Session 1 (7 weeks): May 6 – Jun 23, 2026

Session 2 (7 weeks): Jun 24 – Aug 11, 2026

## Online:

Session 1 (8 weeks): May 13 – Jul 7, 2026

Session 2 (8 weeks): Jun 10 – Aug 4, 2026

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# Volunteering

## July is the Month to Show Up

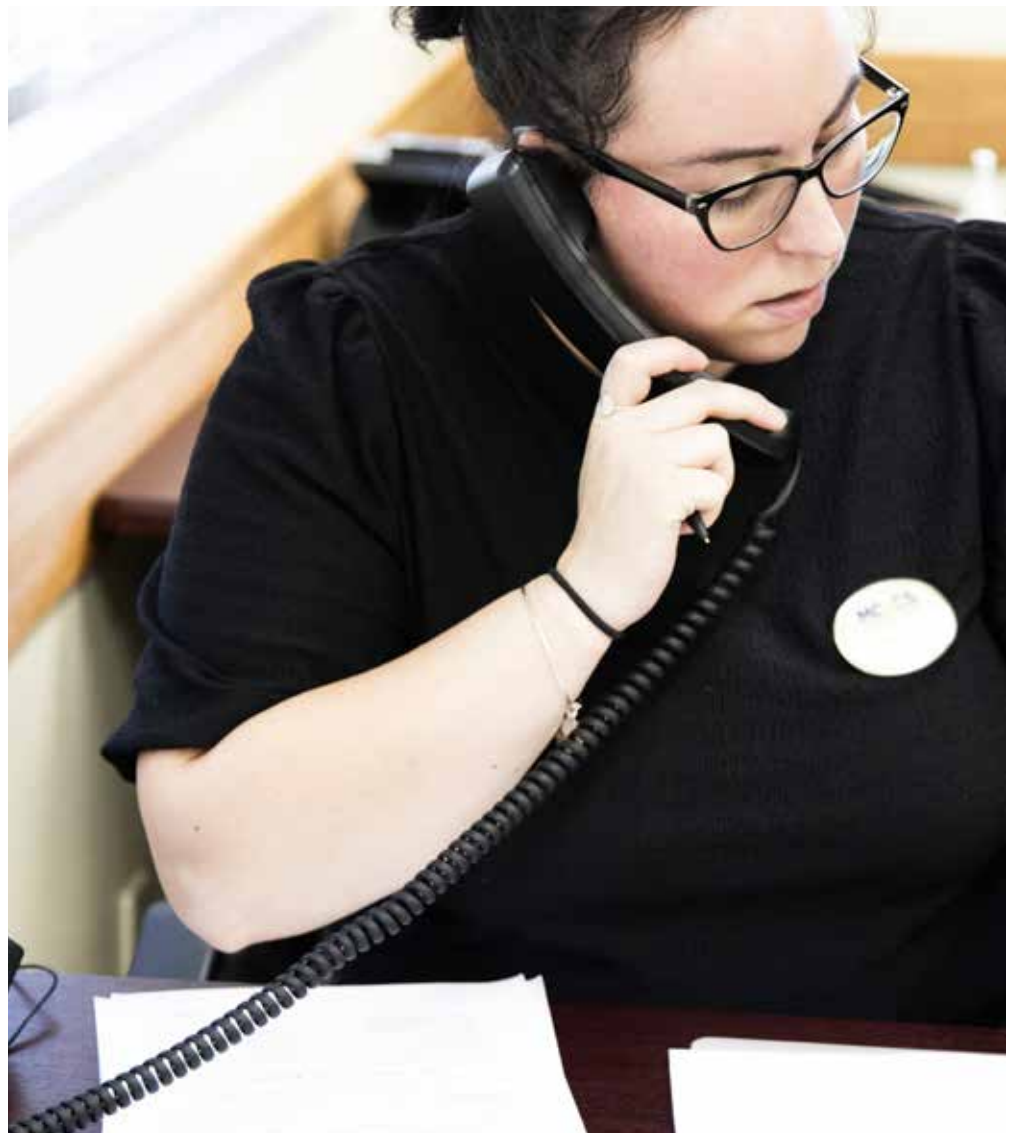
This month has a different feeling from the rest of the year. The days are longer, the sun stays out later, families gather, communities celebrate and people spend more time outdoors. It's a season filled with energy, connection and possibility. But while many people are planning vacations or enjoying outdoor summer activities, there are also countless people who need support, encouragement and kindness. That's where volunteers come in!

Volunteering is not about being perfect, it's about choosing to care. Offering an hour of your time can brighten someone's day, be it through a meal served, a child encouraged, a beach cleaned, a food bank stocked or a lonely person visited—these small acts can create powerful change.

Volunteering also changes the one who volunteers. It builds purpose, creates connection, strengthens communities and reminds us that acts of kindness still matter. In a world where many people feel disconnected, volunteering brings people together. It crosses generations, backgrounds and differences. It reminds us that humanity is strongest when we serve one another.

This July, don't underestimate what you can do. Whether you volunteer once a month or once a week, all efforts matter. So, this month, be the reason someone believes in kindness. Show up for your community, volunteer and make a difference.

Want to learn more about how you can get started? Flip to p. 16 to learn more about the MCCS Volunteer Program and the countless volunteer opportunities on Okinawa. For more information, call 645-1575, email [mcbb\\_volunteer@usmc.mil](mailto:mcbb_volunteer@usmc.mil) or visit [www.okinawa.usmc-mccs.org/volunteer](http://www.okinawa.usmc-mccs.org/volunteer). |ol



## Family Advocacy Program

### Restricted vs. Unrestricted Reporting

The Family Advocacy Program (FAP) helps service members and their families foster strong and meaningful relationships through skill-building classes and workshops. Experts and professionals at FAP provide assessments, safety planning and treatment services regarding allegations of intimate partner or child abuse.

For those wishing to talk to trusted sources regarding personal matters, FAP advocates are available 24/7, 365 days a year for individuals experiencing intimate partner violence and non-offending parents of child abuse. There are two reporting options available for individuals: restricted or unrestricted.

Restricted Reporting allows individuals to have access to FAP support, medical and legal services without command or law enforcement involvement. This can be beneficial for individuals wanting to maintain

confidentiality and access to support without being officially investigated.

With Unrestricted Reporting, individuals have the same access to services with command and law enforcement being notified as well. This can be beneficial for individuals needing protection as well as support. Please note that all child abuse reports must be unrestricted.

If you, or anyone you know, suspects, observes or is informed of intimate partner violence or child abuse, please contact the Family Advocacy Program's 24/7 safeline at 645-7233 (SAFE) or 098-970-7233.

For more information about the Family Advocacy Program including specific classes teaching vital life skills such as Re-Train Your Brain or Grow Parenting Class, visit [www.okinawa.usmc-mccs.org/fap](http://www.okinawa.usmc-mccs.org/fap). For direct inquiries, call 098-970-2915 or email [faprevention@usmc.mil](mailto:faprevention@usmc.mil). |ol

# FIRST FRIDAYS

HABU PIT O/SNCO CLUB

GRILL <sup>your own</sup> BURGER NIGHT

First Fridays in  
June, July & August

5-9 p.m.

\*while supplies last



*Habu Pit*  
SNCO & OFFICER CLUB

Grill your own burgers on the back patio while enjoying the serene view overlooking American Village and Sumabe—lucky guests may also see fireworks!

# BACK-TO-SCHOOL EXTRAVAGANZA

Friday, July 31  
10 a.m.-noon

Camp Foster  
Community Center

Grades K-12  
FREE school supplies  
(while supplies last)



Ready for school?  
We've got resources that'll help military school kids succeed!

645-2104

**MC&CS**  
MARINE CORPS  
COMMUNITY SERVICES



## LinkedIn Basics Virtual Workshop

### Family Member Employment Assistance Program

Meaning to get serious about crafting or optimizing your LinkedIn Profile? Then join Family Member Employment Assistance Program (FMEAP) for their LinkedIn Basics virtual workshop on July 16 from 11 a.m. to 1 p.m. via Microsoft Teams!

This workshop prepares attendees with the tools and resources necessary to write an effective LinkedIn Profile. Knowing what to include in your profile is just as important as knowing how to include it. During the session, an instructor will assist you in crafting bullet

points, a professional summary and provide comprehensive instruction to help you best represent yourself to your future employers. Links to the event will be sent out prior to the virtual start time.

Whether you are brand new to LinkedIn or want to modify your existing account, FMEAP can help! Registration required via Eventbrite or by emailing [mccb\\_fmep@usmc.mil](mailto:mccb_fmep@usmc.mil). For more information, visit [www.okinawa.usmc-mccs.org/fmeap](http://www.okinawa.usmc-mccs.org/fmeap). |OL

## USMAP

### Make the Most of Your Service

You may be wondering, what is USMAP? Well, it's the United Services Military Apprenticeship Program which is an initiative for active duty and active reserve enlisted service members to enhance job skills and meet civilian apprenticeship requirements while on active duty. To participate in USMAP, you must meet specific requirements and must also adhere to standards set by the Department of Labor, designed to ensure the validity and value of the apprenticeship.

Some key benefits of USMAP include

Promotion Points (which allow you to be more competitive for promotion by simply performing your day-to-day duties), the ability to align your MOS with civilian trades (even obtain a Department of Labor certificate for performing the duties aligned to your MOS), gain practical experience while receiving wages, build specialized skills through USMAP apprenticeships that align with your MOS and more.

To learn more about USMAP, apprenticeship opportunities and eligibility requirements, visit [usmap.osd.mil](http://usmap.osd.mil) to kick start your journey! |OL

## Voluntary Education

### Meet Your Goals

Want to learn more about how education, experience and personal skills can connect to real-world career opportunities? Attend an Education & Employment Workshop! Participants will hear from representatives of the Voluntary Education Program, Family Member Employment Assistance Program and the Volunteer Program, who will share information about education pathways, professional development resources and ways to build valuable experience while on Okinawa that can strengthen future career prospects.

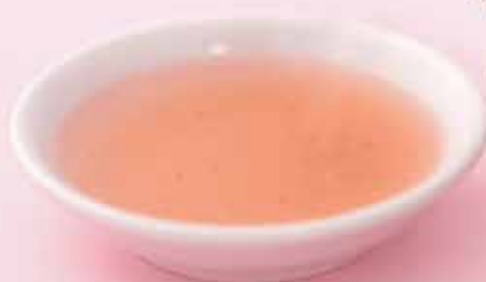
On top of all the educational support Voluntary Education Program provides, the professionals also help with financial and life skills. All programs provide professional guidance, tools and support to help you successfully reach your education and career goals.

For more information, including classes, hours of operation and facility locations, visit [www.okinawa.usmc-mccs.org/education](http://www.okinawa.usmc-mccs.org/education), call 645-7160, email [education@okinawa.usmc-mccs.org](mailto:education@okinawa.usmc-mccs.org) or stop by your local MCCS Education Center. |OL



# NICE TO MEAT YOU

yakiniku with UME(plum)



▼ web site ▼



▼ LINE ▼



- LOCATION -

MIHAMA - chatan

ISO - urasoe

TOMITON - toyosaki

Table Order Buffet

# ALL YOU CAN EAT

Yakiniku Restaurant

we are OPEN 365 days! we can't wait to welcome you!



okinawa goen



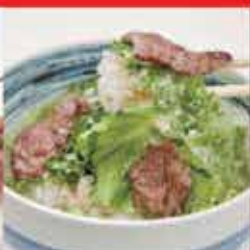
Free Parking



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# 焼肉 五苑

## EFMP & Me

### A PCS Digital Road Map

There's nothing like an OCONUS PCS to send our already overwhelmed selves into overdrive. For military families navigating the complexities of the Exceptional Family Member Program (EFMP) it's even more of a challenge but worry not... that's where the EFMP & Me website comes in!

This centralized hub was built to help service members and their families manage the unique requirements of living with a disability or special medical need by simplifying tasks such as enrolling in the program, preparing for PCS moves and accessing educational support. This digital road map provides a single, reliable source of the most up-to-date information and support services available to the EFMP community through every stage of military life.

For Marine Corps families on Okinawa, EFMP & Me serves as a vital bridge between stateside resources and the specific challenges of life overseas. To learn more, visit [efmpandme.militaryonesource.mil](http://efmpandme.militaryonesource.mil). For any additional questions, email [efmp@okinawa.usmc-mccs.org](mailto:efmp@okinawa.usmc-mccs.org) or call 098-970-9237. **101**



## Strike Out That Stress...

...on the Lanes!

Have fun while learning to manage stress! Marine Corps Family Team Building (MCFTB) invites youth and teens to attend the Strike Out Stress workshop, a unique event that combines life skills training with the enjoyment of bowling. Participants will learn practical strategies for stress management, communication and conflict resolution to build resilience and experience teamwork in a relaxed and supportive environment. This interactive workshop offers a hands-on opportunity to practice healthy coping

mechanisms while having fun with peers.

Classes will be conducted at the Courtney Bowling Center on July 7 from 11:30 a.m. to 1:30 p.m. Whether you're looking for your child to sharpen their life skills or simply enjoy a friendly game of bowling, this event will provide them with tools and experiences to help manage stress effectively. Registration is required via Eventbrite. For more information, visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb). **101**



## Craft, Films & Fun...

...at the Foster Library

Marine Corps Family Team Building is proud to present Crafts, Films & Fun, a supportive fun-filled event designed to help kids and parents navigate life during deployment. Come on out for a great opportunity to connect, network and build lasting bonds with others who understand the unique experiences that come along with being a military child and spouse. Don't miss out on this chance to create meaningful connections while having fun!

This event is geared towards kids ages 5-13 (parents/guardians must always accompany them). Enjoy a Disney movie screening with crafts related to the film; showings will take place at the Foster Library from 9:30 to 11:30 a.m. on July 1, 15 and 29 as well as on August 12. Registration is required via Eventbrite.

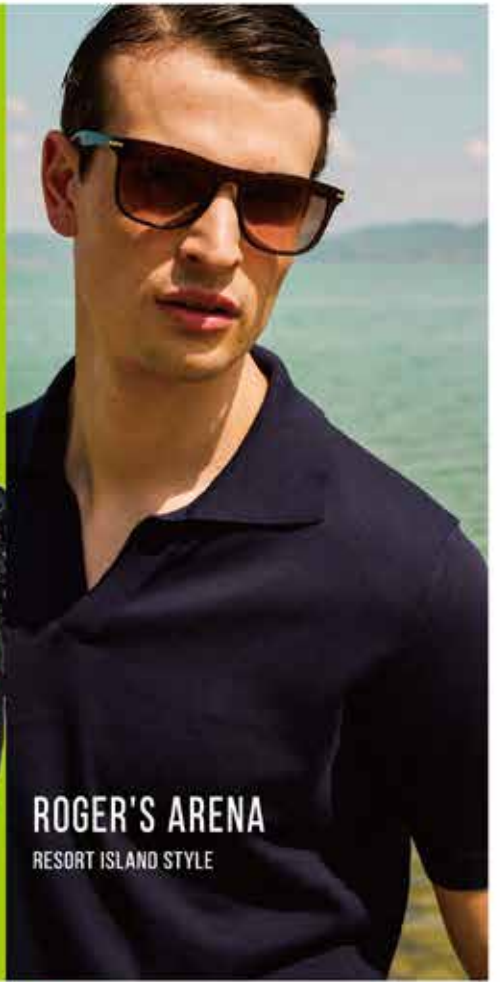
For any questions, additional information or if special accommodations are required, reach out to [mcftbokinawa@okinawa.usmc-mccs.org](mailto:mcftbokinawa@okinawa.usmc-mccs.org) or call 645-3689. **101**



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# Happy Birthday USA!

Celebrate with a Burst of Flavor

July is all about celebration, and this year brings an extra-special occasion! To commemorate the 250th birthday of our nation, MCCS is pulling out all the stops with limited-time offers that are exploding with goodness and flavor!

For the month of July, Shisa Pizza locations island wide will ignite the celebration with the Red, White & BOOM Pizza—a firecracker of flavor featuring zesty tomato, melty mozzarella and spicy salami that ignites your taste buds with every bite! For Shisa Pizza locations and hours of operation, visit [www.okinawa.usmc-mccs.org/shisa](http://www.okinawa.usmc-mccs.org/shisa).

Sumo Burrito locations island wide will be lighting the fuse of flavor with the Firecracker Chicken Burrito available for a limited time only. Fiery Nashville hot chicken meets smooth avocado crema in a flavor explosion all wrapped

up in a warm tortilla and ready for launch. For Sumo Burrito locations and hours of operation, visit [www.okinawa.usmc-mccs.org/sumo](http://www.okinawa.usmc-mccs.org/sumo).

For an extra punch, visit a Bulldogs Burgers near you to try their Heat Seeker Nashville Hot Burger, available only during this special month. The Heat Seeker Burger will be packing full-force Nashville heat with a smooth-but-fiery hot mayo that hits hard and doesn't back down. For Bulldogs Burgers locations and hours of operation, visit [www.okinawa.usmc-mccs.org/bulldogs](http://www.okinawa.usmc-mccs.org/bulldogs).

After all that delicious heat, it's now time to cool off a bit with a refreshing beverage. Head to your nearest Bonsai Coffee location to try out their Summer Berry Sky Refresher to take the edge off that Heat Seeker Nashville Hot Burger! A caffeinated sip of

summer in every cup, the Summer Berry Sky Refresher features silky coconut milk with a burst of sweet berry flavor and juicy strawberry popping boba delivering a refreshing splash of sunshine in every bite. For Bonsai Coffee locations and hours of operation, visit [www.okinawa.usmc-mccs.org/bonsai](http://www.okinawa.usmc-mccs.org/bonsai).

Finally, make your last stop cloud nine! Head to your nearest LifeJuice location to enjoy their Cassis Cloud Smoothie only available during the month of July. Bold black-currant notes swirl with sweet blueberries and a cloud-like whipped cream base, creating a luxurious smoothie that feels as indulgent as it is energizing—you can even add protein to supplement your workout! For LifeJuice locations and hours of operation, visit [www.okinawa.usmc-mccs.org/lifejuice](http://www.okinawa.usmc-mccs.org/lifejuice). 101

Lunch & Sweets Buffet

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TIME 12:00~14:30 PRICE Adult ¥4,600/Child ¥1,800[6-12]  
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# Star-Spangled First Friday

Chesty's SNCO Lounge

Have a desire for a good time, good food and good vibes—especially on the weekend? Then don't miss out on a Star-Spangled First Friday brought to you by Chesty's SNCO Lounge inside Ocean Breeze on Camp Foster! The event takes place on Friday, July 3 from 4 p.m. to midnight (complimentary food will be available until 7 p.m.) and is open to SNCOs, civilian equivalents and their guests 20 years or older.

Whether you want to shoot pool with the boys or have a long chat with the girls, Chesty's SNCO Lounge features a bar, a billiards table and both booth and table-style seating making socializing comfortable for all. After the end of a stressful work week, it only makes sense to decompress with friends and family surrounding you. If singing your heart out over the microphone seems like the perfect relief then you surely want to partake in the ongoing karaoke that night!

If you are planning on having alcoholic beverages throughout the evening, please remember Not One Drop! Be responsible and plan ahead for a designated driver, taxi or daiko services. The legal blood alcohol content limit to operate a motor vehicle is 0.03% for U.S. service members.

For more information about MCCS club offerings, including locations, hours of operation, phone numbers and more, visit [www.okinawa.usmc-mccs.org/clubs](http://www.okinawa.usmc-mccs.org/clubs). **10L**



# Kabayan Fiesta

Dinner Show

What does *kabayan* mean, anyways? Well, it translates to “fellow countryman”—a term of endearment for Filipinos used widely to express cultural identity and a way to make each other feel at home no matter where they are.

Have you been wanting to go to the Philippines to indulge in the unique cuisine of indigenous Filipino flavors fused with influences from Chinese and Spanish cultures, but haven't got quite the time to book a ticket to the western Pacific islands? Fret not, for the Butler Officers' Club will be bringing the flavors of the Philippines to you at the Kabayan Fiesta Dinner Show! On Friday, July 17, from 6 to 10 p.m., take your tastebuds on a trip to relish in classic Filipino dishes and desserts at their all-you-can-eat buffet. For entertainment, Filipino performances and dances will surely keep you smiling ear to ear as they perform at 7 p.m. sharp. The dance floor will be one big party as a DJ will be there jamming all the hottest tunes after the show!

Tickets to the Kabayan Fiesta are \$30 for adults and teens, \$15 for children ages 5–11, \$7.50 for children ages 2–4 and absolutely FREE for children under 3! This dinner is open to all DoD ID cardholders island wide. For more information on this cross-cultural dining experience, visit [www.okinawa.usmc-mccs.org/boc](http://www.okinawa.usmc-mccs.org/boc), email [butlerofficersclub@okinawa.usmc-mccs.org](mailto:butlerofficersclub@okinawa.usmc-mccs.org) or call 645-7530. **10L**



# Bacon Bar Japan

## Veteran-owned Scratch Kitchen

Text by: Laura C. Pita | Photography by: Mia Cox

This month marks a big milestone for the United States...and what better way to celebrate than by indulging in the best authentic American food this side of the Pacific Ocean. A few minutes north of the Okinawa Expressway Exit 5, along Route 329 in Uruma City, stands Bacon Bar Japan, a small but mighty restaurant whose menu packs the comforts of cherished family recipes, influences from around the world and discoveries born from experimentation, curiosity and years of refinement.

It all started with a man's quest to learn how to make bacon, sausage and other cured meats, all luxury foods not readily available to those without base access. Evan Thomas, a Marine veteran, dad and former English teacher challenged himself, befriending an Okinawan butcher to supply him with quality local pork and going as far as Europe to master the skills needed. He began to share the goods with friends, catered parties and soon enough, word spread. Before long he was selling bacon out of the back of his car, the hobby taking over his refrigerator and balcony, where three massive smokers filled the cramped space, until it was time to level up.

Eventually, his passion for food and craftsmanship outweighed his desire to remain in education, leading him to pursue his passion project. In early 2019, he acquired the restaurant space, built everything himself and in October the doors to Bacon Bar Japan opened. Despite a swine fever outbreak affecting their source of meat and the COVID pandemic restricting its customers, the restaurant had already cultivated a loyal following and with the help of a drive-thru window, it endured!

However, it wasn't simply a love of bacon that drove him to open a restaurant...the Maine native had been cooking since childhood, a byproduct of his Sicilian heritage, and his thirst for culinary knowledge meant he took any and all opportunities to learn other cuisines and cooking techniques. This passion is something he's passing down to his own children. His daughter, Ayzia Thomas, joined him in this business venture and is now a star baker making biscuits, brioche buns, Italian-style white bread, sourdough and cakes—a combination of family recipes passed down through generations and her own original creations.

Just about everything that comes out of Bacon Bar Japan's kitchen is made from scratch, from the

aforementioned baked goods, the seasoning blends, sauces, to the smash burger patties—which are butchered, trimmed, cut and ground in-house using a blend of Japanese AS Wagyu, grass-fed beef and their signature bacon.

“Nothing here is fast food. Meats are cured, smoked and aged. Dough is fermented slowly. Recipes are built through repetition, patience and attention, because time allows flavor, texture and structure to fully develop. The process matters as much as the result, often more...” reads the menu's opening letter.

For the brunch fiends we recommend the Chef's Plate, a classic breakfast spread of two sunny side up eggs, three slices of crispy bacon, home fries that are cooked multiple times to achieve a crisp exterior with a pillowy interior and the flakiest layered biscuit with a side of rich sausage gravy. Chef Evan's favorite, however, is the Bacon Brisket Cheddar Biscuit, described as a bacon, egg and cheese sandwich on steroids, topped with homemade BBQ sauce.

You can't go wrong ordering the Double Smash Burger, two thin beef/bacon patties topped with two slices of cheddar cheese, pickles, butter sautéed onions in between brioche buns, with a side of home fries. Or a pizza to share, with your pick of classic Sicilian, with thick crispy crust, or stone-baked thin crust. Chef Evan highly recommends the Bacon Bomb Pizza.

“The main four bacons we make are Salt and Pepper, Maple Bourbon, Garlic Herb and Chipotle. We take all the flavors of the week, cut them up, add the edges from trimming and mix them together. This week, there might be a little bit more maple bourbon and garlic herb, so the pizza will be a bit sweeter and herbier. Next week, it might have more chipotle bacon, so it'll be a little bit spicier. Even if you order it again it won't taste exactly the same,” he shared.

Did we mention you can order bacon by the slice? Flavors also include English Back Bacon, Boricua Bacon, Beef Bacon and weekly specials!

They say love is the most powerful ingredient...and customers dining at Bacon Bar Japan are guaranteed to taste the time and dedication that this father-daughter duo, their family and the entire team put into every dish, in such a way that will have you coming back for more. **101**

### Location

3-4-16 1F  
Ikehara, Okinawa

### Hours of Operation

#### Wednesday-Thursday

9 a.m.–1 p.m.

#### Fridays

5–9 p.m.

#### Saturdays

9 a.m.–1 p.m.

6–9 p.m.

#### Sundays

9 a.m.–3 p.m.

L.O. 1 hour before closing

### Instagram

@baconbarjapan

### Phone Number

080-6489-2220



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## Summer Camp Gymnastics...

...at EGA

Is your tiny human running, tumbling and jumping all around the house during the summer? Wish you had a safe open gym space where they can let loose? Come on down to the Excellence Gymnastics Academy (EGA) inside the Gunners Fitness Center on Camp Foster for Summer Camp every Tuesday and Thursday from 8 a.m. to 3 p.m., beginning June 16 and ending August 13. Campers will participate in gymnastics training, games and activities for \$55 per day. Children are required

to bring packed lunch and a water bottle. To register, visit the iClassPro portal ([portal.iclasspro.com/mccsokinawa](http://portal.iclasspro.com/mccsokinawa)).

EGA offers classes for both children and adults starting as young as 10 months old. For more information or any questions you may have, email [ega@okinawa.usmc-mccs.org](mailto:ega@okinawa.usmc-mccs.org), call 645-1602 or visit [www.okinawa.usmc-mccs.org/gymnastics](http://www.okinawa.usmc-mccs.org/gymnastics). Class registration is year-round with openings available. **101**

## Family Fun Night

Summertime Fun!

Summertime is filled with sunny days, family camping trips and days at the beach. It's the perfect time to spend with your loved ones creating memories that everyone will treasure for a lifetime—whether it's by playing cornhole on the lawn, chilling poolside, watching movies together or enjoying delicious food and fun activities at Family Fun Night!

Paint, hide, explore and connect at the 'Rock Around the Plaza' Family Fun Night taking place Wednesday, July 8 from 5 to 8 p.m. at Butler Officers' Club on Plaza Housing. Enjoy a delicious meal followed by a fun evening of rock painting. Families can then hide these unique treasures around Plaza Housing for others to find! For more information, call 645-7530.

On Thursday, July 16 from 5 to 9 p.m.,

enjoy a fun-filled evening featuring outdoor games and delicious food at the BBQ Family Fun Night at Surfside on Camp Kinser, Ocean Breeze on Camp Foster and Tengan Castle on Camp Courtney. For more information, contact the participating club.

Finally, on Wednesday, July 22 from 5 to 8 p.m., gather the family for the Summer Cinema Family Fun Night at Butler Officers' Club on Plaza Housing. Enjoy a fun and cozy evening watching *Swapped* after your meal. Guests are encouraged to wear pajamas and bring blankets and pillows for an extra cozy experience. For more information, call 645-7530.

To learn more about these events and other upcoming MCCS Clubs offerings, hours of operations, locations and more, visit [www.okinawa.usmc-mccs.org/clubs](http://www.okinawa.usmc-mccs.org/clubs). **101**



## Home or Office Visits...

...with New Parent Support Program

Are you expecting a bundle of joy or already embracing the incredible lifelong journey of parenthood? The MCCS New Parent Support Program (NPSP) is here to help, offering services that build confidence and enhance the skills you already have.

One of those services is personalized one-on-one visits based on the needs of the family, either in your home or at one of the NPSP offices. Program experts will provide education and support to expectant mothers, fathers and families with children under the age of 6. Topics include safety, healthy relationships and skills needed for successful parenting as well as promoting personal and family readiness.

The New Parent Support Program operates Monday through Friday from 7:30 a.m. to 4:30 p.m. Home visits can take place anywhere on island and office visits can be scheduled on Camps Hansen, Courtney, Foster or Kinser. To schedule a visit, email [npspokinawa@usmc.mil](mailto:npspokinawa@usmc.mil) or call 645-0396 / 098-970-0396. **101**

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# Inspiring the Next Generation...

...through Sports

Sports, especially at a young age, can go a long way in improving both mental and physical health. This is especially important for military kids when living overseas, away from the comfort of familiar surroundings. Sports not only promote cooperation, teamwork, sportsmanship and critical thinking, they also help improve motor skills, lower stress, build endurance and facilitate muscle growth. Socially, sports are a great way to make new friends, build self-esteem and develop feelings of belonging in a new community. And oh, by the way, kids can also have a blast!

MCCS Semper Fit Youth Sports offers a year-long roster of team sports activities—including baseball, softball, soccer, basketball and cheerleading where they can get some exercise and, most importantly, make new friends.

If you're an adult that wants to play a part in inspiring these children to excel, there's a role that might be perfect for you: Youth Sports coach.

Coaching can be your chance to connect with the community, and you may even find yourself creating lifelong friendships with these children along with fellow volunteers. As a mentor, a coach can influence much more than athletic development. Important life lessons in areas such as teamwork, self-discipline, good sportsmanship and countless others are yours to impart.

As a volunteer coach, you may find yourself working on self-improvement, as well. You will have ample opportunities to work on your communication and organizational skills, your talent as a manager and you may even improve your health. You certainly don't have to be the

world's best athlete or in tip-top shape to be a coach, but you'll definitely be on the move and keeping yourself active for a few extra hours each week while teaching kids about sports and fitness.

As Semper Fit Youth Sports programs span most of the year, there are plenty of coaching opportunities to go around. Assistant coaches must be at least 16 years of age; head coaches must be at least 18 years of age, and all interested volunteers may submit a coaching application packet. For more information about becoming a Semper Fit Youth Sports Coach or to download your application packet, visit [www.okinawa.usmc-mccs.org/coachescorner](http://www.okinawa.usmc-mccs.org/coachescorner). For direct inquiries, call 645-3533, 645-3534 or email [youthsports@okinawa.usmc-mccs.org](mailto:youthsports@okinawa.usmc-mccs.org).



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This event is open to all with base access. Ages 12-17 may attend with parent or legal guardian present with Youth Gym Authorization.

We encourage and support the participation of individuals of all abilities. Please call MCCS Health Promotion at 645-3910 or email [mccshealthpromotion@okinawa.usmc-mccs.org](mailto:mccshealthpromotion@okinawa.usmc-mccs.org) if you need any assistance or require accommodation. \*No DoD, Marine Corps or MCCS endorsement intended or implied.

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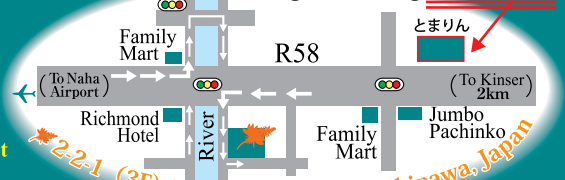
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# Typhoon Motors Sales

Celebrate our Nation's 250th Birthday All Month Long!

With so many extras you can get for your car—from sunshades to block out the burning summer sun and high-grade speakers to drown out noise from surrounding traffic to roof racks for lugging around all your outdoor gear—the options are endless for upgrades. But, aren't you forgetting something? What is something that always touches the ground when driving and is absolutely essential for arriving safe? Tires, of course! And not just any old tire from the junkyard will do...you need tires that improve handling and enhance stopping power especially on slippery terrain. After

all, Okinawa is Japan's rainiest prefecture—we know that torrential downpours arrive instantly without a warning sign in sight.

All month long, receive 10% OFF new tires at Typhoon Motors on Camps Foster, Kinser, Hansen and Courtney. If you've already got new tires waiting to be swapped out, Typhoon Motors is also offering 10% OFF mounting and balancing so you don't have to do any of the work!

In celebration of Independence Day, the aforementioned locations will also be offering \$1 Lift and Stall Specials on July 3–6 so you can give

old reliable the TLC it deserves with a little bit of DIY and elbow grease.

With summer in full swing, belting out those jams is a must...is your stereo still going strong? Kinda...sort of...not really? Typhoon Motors on Camps Foster and Kinser will be offering 15% OFF all car audio during their Audio Super Summer Sale from July 1 to 10 to keep your ears as happy as your wheels. For more information on these sales, visit Typhoon Motors at [www.okinawa.usmc-mccs.org/typhoonmotors](http://www.okinawa.usmc-mccs.org/typhoonmotors). 101

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**Flight Information** Operating Schedule Mar. 29, 2026 - Oct. 24, 2026

Route	Flight	Departure / Arrival (Local time)	Frequency
Okinawa (Naha) → Taipei (Taoyuan)	NU301	8:30 → 9:05	Daily
Taipei (Taoyuan) → Okinawa (Naha)	NU302	10:05 → 12:40	Daily

\*Arrivals are delayed by 5 minutes from July 1 to September 30.  
\*Schedules are subject to application and approval by the relevant authorities and may be subject to change.  
\*The schedule from October 25, 2026 onward will be announced on the website once it is finalized.



## Auto Care Workshop

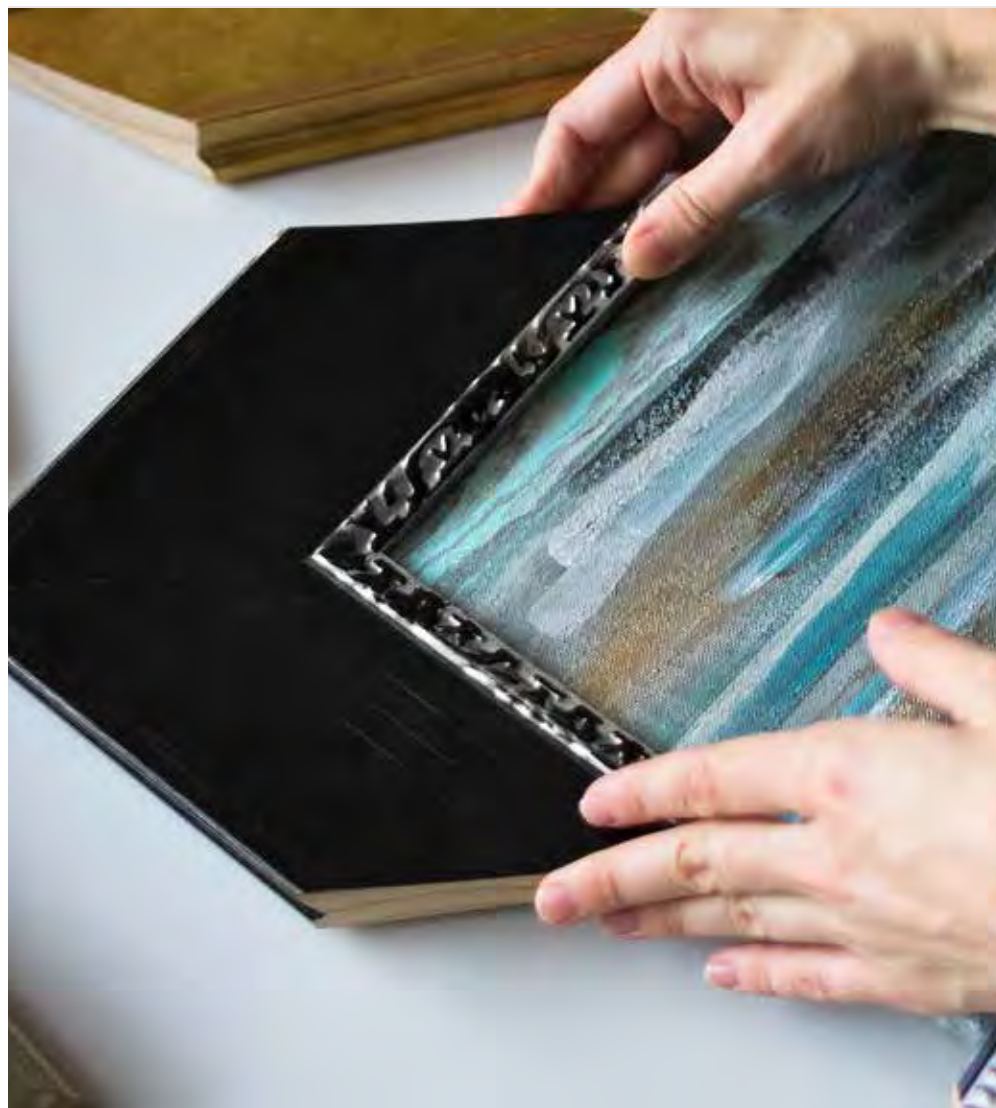
### Essential Skills 101

Cars are the main mode of transportation on island and knowing how to properly care for your vehicle is essential—and that includes keeping your car clean and looking brand new. Join Marine Corps Family Team Building (MCFTB) as they collaborate with Typhoon Motors to bring you Auto Care Workshops: Essential Skills for Vehicle Maintenance, a practical program tailored to equip active-duty personnel, spouses, teens and their families with essential automotive maintenance skills with the goal of fostering vehicle safety, reliability and overall mission readiness.

This educational and hands-on workshop, offered in both English and Japanese, aims to equip adults with intermediate automotive maintenance skills to enhance vehicle safety and reliability from experienced professionals. It will cover a range of maintenance topics including patch kits, bulbs and filters, through expert instruction from experienced automotive professionals, interactive exercises designed to build confidence and competence in vehicle maintenance.

Knowledge obtained from this course for basic maintenance tasks will ensure that vehicles are working at their optimal potential. Participants will receive comprehensive materials including handouts to support ongoing learning. Lessons from this workshop can be applied to real life situations.

The MCFTB Auto Care Workshop will be held on Thursday, July 23 from 10 a.m. to 1 p.m. at Camp Kinser Typhoon Motors. This workshop is FREE for SOFA-status personnel. Registration is required via Eventbrite. For more information, visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb). 101



## Arts and Crafts Custom Frame Shop

### Captured Moments

Are you on the search for options on how to beautifully frame the many works of art throughout your life? Well, look no further because Foster Arts and Crafts have a plethora of frames and mattings to service your largest of large and smallest of small paintings, photos, sketches and anything you desire to be framed! Custom framing services are designed to fit a wide range of needs, from showcasing artwork collected during your travels to displaying family photos or your child's masterpieces.

The Foster Custom Shop specializes in unique gifts for military farewells and welcome-aboards and every occasion in between including plaques, trophies, marble desk bars and more. Our skilled

technicians combine experience and creativity to transform your ideas into meaningful, custom-made pieces you'll be proud to display and share.

On top of all this, there are a wide variety of classes, including Clay Shisa and Ikebana, as well as a Woodshop at Courtney Arts and Crafts, available to bring out your creativity. And, if you're on the market to find the perfect gift for a creative friend or family member then come browse the unique merchandise, including GoatGuns, Geeki Tikis and more!

For more information on classes, hours of operations, locations and more, visit [www.okinawa.usmc-mccs.org/artsandcrafts](http://www.okinawa.usmc-mccs.org/artsandcrafts) or email [artsandcrafts@okinawa.usmc-mccs.org](mailto:artsandcrafts@okinawa.usmc-mccs.org). 101

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# 2026

競技大会 JUNIOR TOURNAMENT  
(少年少女)



本選 Main Round  
7.30 THU - 8.2 SUN  
沖縄コンベンションセンター  
Okinawa Convention Center

8.2 SUN  
1:00PM - 3:30PM  
沖縄コンベンションセンター  
Okinawa Convention Center

DEMONSTRATION



演武大会

8.1 SAT  
I 3:00PM - 5:00PM  
II 5:30PM - 7:30PM  
沖縄コンベンションセンター  
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Organizers: Okinawa Karate World Tournament Executive Committee, Okinawa Prefecture, Okinawa Dento Karatedo Shinkokai

大会公式 HP  
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645-4206



**GENERATIONS**

**OF**

**OKINAWAN**

**ROCK**

TEXT BY: MICHAEL DALEY

LAYOUT BY: NINA SON-LAGOS

OVER HUNDREDS OF YEARS, SINCE THE DAYS OF THE RYUKYU KINGDOM, ART, CUISINE, RELIGION AND MUSIC HERE ON THE ISLAND HAVE BEEN INFLUENCED BY MANY DIFFERENT CULTURES—INCLUDING CHINA, JAPAN, THE UNITED STATES, AND OTHERS. THROUGHOUT THESE CENTURIES, MANY FACETS OF DIFFERING CUSTOMS AND TRADITIONS WERE COMBINED, BALANCED AND TEMPERED WITH SURVIVING HARDSHIP TO PRODUCE A UNIQUE *CHAMPURŪ*, OR “HARMONIOUS MIXTURE” CULTURE IN WHICH THE SUM BECOMES MUCH GREATER THAN THE INDIVIDUAL COMPONENTS.

The birth, subsequent growth and nationwide influence of Okinawan rock music is a perfect example of this ethos. During the late 1960s to the early 1970s, Okinawa was heavily involved in the Vietnam War due to its strategic location as the “Keystone of the Pacific” and large US military presence.

The majority of the service members stationed on the island during this period were either on their way to or were returning from the battlefield. During peak periods, over 50,000 were stationed here rotating in and out in 6-month tours.



The city of Koza (now a part of Okinawa City), located outside the gates of Kadena Air Base, was a popular area for service members on shore leave. And it was there—primarily in bars and live houses on Gate 2 Street and BC Street—where “Okinawan rock” was born. During this era, now-legendary bands such as Murasaki, Condition Green, Cannabis, Marie with Medusa and others entertained troops exhausted from battle and looking for an escape from their harsh realities.

These rock bands also played at clubs on bases and other venues frequented exclusively by American service members. The bands rarely wrote their own songs, covering popular musicians and bands such as Jimi Hendrix, Lynyrd Skynyrd, Cream, Deep Purple, Black Sabbath, and others, because rock music was not yet popular amongst Okinawans and Japanese—this didn’t begin to happen until after the reversion of Okinawa to Japanese control in 1972.

THE PEACEFUL LOVE ROCK FESTIVAL CELEBRATED ITS 40TH ANNIVERSARY JULY 12, 2025.



THIS YEAR'S CONCERT TAKES PLACE ON JULY 11.



STREET  
STREET

During the late 1970s and early 1980s, many Okinawan rock bands gained immense popularity in mainland Japan; Okinawan rock was considered “real rock” as it was forged and tempered in the hot furnaces of Koza City. It was considered more authentic, mostly because the sound was tailored to American audiences. Murasaki were one of the first Okinawan rock bands to make it big, releasing their debut album in April of 1976. It was during this time that Okinawan rock music began to take over the nation with many Okinawan and Japanese music fans purchasing Murasaki’s album and flocking in droves to see them perform live. In 1983, Murasaki staged a concert (and recorded a live album) called *Murasaki, Why Now? Peaceful Love Rock Concert*, which was met with thousands of fans. The deconstruction of musical segregation between the American and Okinawan cultures began in full force.

After this concert, it became an annual event renamed the Peaceful Love Rock Festival. It was held in a bullfighting ring and attracted thousands—both young and old, and Okinawans and Americans alike—over a two-day period. The venue was subsequently moved to Koza Music Town on Gate 2 Street, influencing generations to come.



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\*Breakfast available from 8 to 11 a.m.

SCAN FOR UPDATES AND A MAP TO OUR LOCATION



# THE NEXT GENERATION

Formed in 2013, As Alliance is an up-and-coming Okinawan metalcore band that continues to spread Okinawan rock throughout Japan—albeit in a flavor that’s different from their predecessors. The band performs primarily at Remy’s on Gate 2 Street, regularly in Tokyo and Osaka, and has toured in Taiwan, Hong Kong, Macau and mainland China as well. Their most recent performance was

opening for P.O.D at Schwab Festival.

As Alliance’s powerful sound is fueled by Brandon Nix, son of Ron and Akemi Nix, who together run the Nix Seidokan Karate Dojo in Okinawa City, where Brandon also teaches. This is not the first time that members of the Nix family have appeared in the pages of *Okinawa Living Magazine*. In the April 2009 issue, the Nix Seidokan Dojo and Hamaya Daiko were featured in the issue’s photo essay melding the powerful movements of karate and *kobudo* with the traditional dances and drums of *eisa*.



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- One Coupon valid for one cup. 1x1
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Brandon Nix is a true amalgamation with deep roots in both American and Okinawan cultures. He smoothly transitions between Japanese and English mid-conversation and sometimes mid-sentence. “I was born at Lester Naval Hospital, and after three years in a Japanese school, I transferred to Okinawa Christian School (now OCSI) and graduated in 2009.”

When asked about the first time he performed in front of an audience, he shared, “I started performing in front of a crowd when I was 17 years old at 7th Heaven (a live house in Koza). I loved pop-punk music when I was younger—Sum 41, Green Day and a Japanese band called L’Arc-en-Ciel, among others. My mom was a fan of Marie Kyan (of Marie with Medusa), and I remember being struck by how powerful her vocals were when I heard her songs as a child.” “Although I never performed, I did go to the Peaceful Love Rock Festival when it was still at the bullfighting ring,” he continued. Although he has strayed a bit from his punk rock roots, his current musical genre, metalcore, channels the same raw, visceral power that was Marie Kyan’s trademark.

“MY MOM WAS A FAN OF MARIE KYAN (OF MARIE WITH MEDUSA), AND I REMEMBER BEING STRUCK BY HOW POWERFUL HER VOCALS WERE WHEN I HEARD HER SONGS AS A CHILD.”

SISTER SCHOOLS



Santa Monica International School  
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Santa Monica International School (SMIS) is a secular English-speaking Preschool and Kindergarten. We are member of International Schools Association (ISA) and Tokyo Association of International Preschools (TAP)



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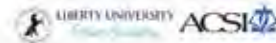
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Zion Christian Academy International (ZCAI) is an Independent Private School. We serve the 1st through 12th grades and dedicate ourselves to high academic standards, creativity, and curiosity. We are members of the Association of Christian Schools International (ACSI) and an affiliate school of Liberty University Online Academy.

Students who graduate from Zion Christian Academy International's program attend colleges such as: Georgetown University (Washington, D.C.), Columbia University (New York), Kansas State, Virginia Tech, Waseda University, Temple University, Liberty University, Pennsylvania State, and many more.



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- CLOSED WEDNESDAYS





Like many performers, As Alliance has been through many highs and lows; “During COVID, I had to become very, very good in front of a camera as I did regular live streams because we couldn’t perform in front of live audiences... it was the only way we could still reach our fans,” Nix reminisces. After restrictions were lifted and life slowly returned to normal, As Alliance began performing and recording again, signing with Universal Music Group in 2023.

As Alliance is currently working on two new singles, to go along with recent releases “Glitch,” “AFTERALL” and “UNDERDOGS.” They are also continuing to tour—playing at their “home base” Remy’s as well as at the ACME x As Alliance Split Live Tour 2026 in Tokyo and Osaka. All of their singles are available to stream on Spotify, YouTube Music, Apple Music and other streaming services. Their upcoming performance schedule, as well as their social media links, can be found at [asalliance.net](http://asalliance.net). ★



AS ALLIANCE IS (FROM LEFT TO RIGHT), GANAHA ON DRUMS, TAKENORI ON BASS, BRANDON NIX ON CLEAN VOCALS, TSUGUMA ON SCREAM VOCALS AND GENKI ON GUITAR.

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# KABAYAN FIESTA

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6-10 P.M.

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**MCCS**  
MARINE CORPS COMMUNITY CENTER

# EMERGENCY PREPAREDNESS KIT

Living on Okinawa requires a higher standard of readiness despite glimmering azure waters and pristine beaches. The island is located on typhoon alley—a highly active tropical cyclone zone with activities usually originating near the Mariana Islands in the Pacific Ocean. While weather patterns are incredibly unpredictable and intense, it is recommended to stay calm, vigilant and prepared.

Text by: **Swetha Gogue** | Layout & Design by: **Taylor McFarlane**

**"Focus on your capabilities, budget and constraints."**

David Bill, American Red Cross Okinawa Disaster Action Team Volunteer Lead

## EARTHQUAKES & TSUNAMIS

Japan is situated on the Ring of Fire—a gargantuan horseshoe-shaped belt that produces roughly 90% of the entire planet's earthquakes and houses 75% of all active volcanoes. Due to the country's geographical nature, tsunamis, earthquakes and volcanic activities are common. Earthquakes are a regular occurrence that happen when tectonic plates shift resulting in seismic waves vibrating and fracturing the earth's crust and upper mantle. Tsunamis are rarer, usually triggered by an onset of earthquakes under the sea, which then forces the ocean to become unbalanced and push out sizable catastrophic waves to land; however, not all earthquakes create tsunamis.

## FLOODS & LANDSLIDES

Both floods and landslides are natural disasters that can occur suddenly when heavy rain downpours or from earthquakes and tsunamis. Steep terrain is susceptible to landslides, while flooding arises around low-lying areas or land where maximum capacity exceeds its threshold.

## STAY INFORMED

### TYPHOONS

Similar to hurricanes in the North Atlantic and eastern/central Pacific, typhoons develop slowly, harvesting energy from dynamic atmospheric pressure, warm sea waters and the earth's natural rotational pull. On Okinawa, the season runs from June 1 to November 30. To stay prepared, purchase non-perishables in small increments, know your evacuation routes and preserve important documents with easy access. For in-depth information about Tropical Cyclone Conditions of Readiness (TCCOR) conditions, including a comprehensive Typhoon Guide and more, visit [www.kadena.afmil](http://www.kadena.afmil). To receive messages in real-time, ensure that you and your family are registered according to your respective branch's Mass Notification System (MNS) such as ALERT! (Marine Corps/Army) and AtHoc (Air Force/Navy) for natural disasters, missile launches, terrorist attacks and evacuation directives.



**ALERT!**  
\*MNS for Marine Corps/Army  
(Sponsor *must* manually register family members' information)



**AtHoc**  
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(Instructions available)



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## NATURAL DISASTER TIPS

1. Follow weather forecasts
2. Have a plan
3. Slowly stock up on non-perishables
4. Charge electronic devices and batteries
5. Gas up vehicles & containers
6. Secure outside items & move debris
7. Clear doorways before disaster hits
8. Know your evacuation routes
9. Seek higher ground
10. Do not drive through water

**“When families are prepared to stand strong through uncertainty, it helps strengthen our community and enhances mission readiness.”**

Julia Horgan, Camp Butler Emergency Manager

## 14-DAY TYPHOON KIT & 72-HOUR GO-BAG

### NON-PERISHABLES

- Canned Food/Instant Ramen
- Batteries
- Flashlights/Candles
- Matches/Lighters
- Gas Stove & Butane
- Can Openers
- Change of Clothes
- Cash
- Mosquito Repellent
- Alcohol/Water Wipes
- Bleach
- Rope
- Water (potable/non-potable)
- Moisture Absorbers
- Activities & Games

### DOCUMENTS

- Binders/Folders with all important printed paperwork (ID cards, social security, passports, certifications, degrees, immunization cards, veterinary health certificate, etc.)
- Store important documents on cloud/digital formats

### HYGIENE

- Oral Care (toothpaste, floss, tongue scraper)
- Feminine Pads
- Lotions
- Body Wash & Hair Care
- Baby Care (diapers, wipes, etc.)
- Pet Care (food, pee pads, leashes, crates, etc.)

### FIRST-AID KIT

- Band-Aids
- Gauze Pads
- Tape
- Alcohol
- Hydrogen Peroxide
- Thermometer
- Scissors
- Safety Pins
- Antibiotics
- Disposable Gloves

Looking for practical ways to prepare for emergencies and strengthen your family's readiness? Marine Corps Family Team Building (MCFTB) offers Readiness & Deployment Support workshops designed to help service members, spouses and families navigate both expected and unexpected challenges.

From developing a Family Care Plan for those with qualifying family situations to organizing important documents, building readiness binders and understanding available installation resources, MCFTB provides practical tools that help families prepare for emergencies, deployments and life overseas. Participants can also learn about emergency communication planning, available support systems and resources that can assist families before, during and after an emergency.

“On Okinawa, preparedness isn't just a recommendation, it's a responsibility. Taking small steps today can make a significant difference when emergencies occur,” said Bebe Husanini, Director, Marine Corps Family Team Building.

To learn more about MCFTB programs and resources, visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb), email [MCFTBokinawa@okinawa.usmc-mccs.org](mailto:MCFTBokinawa@okinawa.usmc-mccs.org), or call DSN 645-3689 / 098-970-3689.

Okinawa living brings unique challenges making preparedness an important part of everyday life. By planning ahead and understanding available resources, families can build confidence, reduce stress and strengthen their ability to respond when emergencies arise. **101**

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for Town Aces, Pajeros, Hilux Surfs, Land Cruisers, and other cars.

**FREE** towing is available for unwanted scrap vehicles.  
Used auto parts available

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**VISIT OUR NEW SHOP NEAR CAMP HANSEN'S GATE #2 (PEDESTRIAN GATE)**

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Old Japanese furniture and gifts.  
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**洲東万右**

Make an appointment today! (Just looking & checking welcome)  
Feel free to contact me at [eastern3shift@gmail.com](mailto:eastern3shift@gmail.com)  
We open the warehouse on an appointment-only basis  
appointments available from 10:00 to 17:00  
Tue, Wed, Fri, Sat (Closed Mon, Thur, Sun)



★ ★ ★  
**July 18**

**7 a.m. Shotgun Start**

This event will be a 4-person scramble played with a 10% combined team handicap. Teams will be alternating tee positions between red, white and blue. Six red, six white and six blue tees must be played, teams choose order.

**\$40** Per Person

**REGISTER BY:  
 JULY 16**

Green and cart fees not included in entry fee.

Sponsored in part by:



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**TAIYO G.C.**  
 OKINAWA JAPAN

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**TRADE IN TRADE UP PROGRAM**

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Stop by for a free, same-day trade appraisal.

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Choose new clubs or equipment to purchase.

**3. Trade & Save**

Apply your trade value toward your same-day purchase.

No store credit, cash or gift cards available.  
 Taiyo Pro Shop does not buy clubs outright.

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# Hydration CHALLENGE

**AUGUST 3-16**

Join MCCS Health Promotion as they educate the community on the importance of proper hydration and its impact on **overall health, wellness and performance.**

Participants will track their daily water intake for a chance to win some summer essentials!



Scan  
to register  
by July 27.



\*\*Open to SOFA-status only.

645-3190  
[mccshealthpromotions@okinawa.usmc-mccs.org](mailto:mccshealthpromotions@okinawa.usmc-mccs.org)

**MCCS**  
SEMPER FIT

# OKI SLEEP CHALLENGE

\* Join our 14-day sleep hygiene challenge and transform your sleep habits—one night at a time! This virtual challenge is your opportunity to reflect on and improve your sleep habits over time.

**JULY 13-27**

**OPEN TO SOFA  
STATUS ONLY.**  
REGISTER VIA EVENTBRITE.



645-3190 | [mccshealthpromotions@okinawa.usmc-mccs.org](mailto:mccshealthpromotions@okinawa.usmc-mccs.org)  
[www.okinawa.usmc-mccs.org/healthpromotion](http://www.okinawa.usmc-mccs.org/healthpromotion)

**MCCS**  
SEMPER FIT



# FAR EAST BODYBUILDING

BEASTS OF THE EAST • OKINAWA, JAPAN



# JULY 26

## CAMP FOSTER THEATER | 4 p.m.

(Doors open at 3 p.m.)

Competitors: \$100 | Spectators: \$20

Competitors must register via Eventbrite by July 12 (11:30 p.m.) for non-SOFA personnel and July 20 (11:30 p.m.) for SOFA personnel.

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