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contents

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56



8



16

features

8
Kokusai Street
Wander the Heart of Naha

16
Wabi-Sabi & the Art of
Japanese Mending

56
Art on the Streets
of Okinawa

restaurant review

44
Miya Sushi
Sushi & Smiles

fitness + fun

26
Swim Survival Skills
Training (S3T)
Building a Better
Amphibious Force

29
Warrior Athlete
Competition
Do You Have What It
Takes?

marines + families

35
Learn How to Be...
...The Leader They'll
Remember

37
Re-Train Your Brain
Century Anger
Management Class

dining + entertainment

41
Fire & Barrel
A Whiskey and Bourbon
Experience

43
28th Okinawa
Wine Festival
Butler Officers' Club

kids + parents

47
3rd Annual Military
Baby Shower...
...With Heidi Murkoff

49
September Activities...
...from MCCS Family
Care Programs

services

53
Typhoon Motors
Labor Day Sales
Cruising in Comfort

55
We Want You!
Join the MCCS Team

extras

5
Mensöre
7
Feedback

69
Living on Okinawa

70
Marketplace Guide



PHOTO BY MIA COX; DESIGN BY TAYLOR MCFARLANE

On the cover

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mensôre

"Welcome" to Okinawa Living

September in Okinawa carries a special warmth. It's the month we celebrate *Keiro no Hi*—Respect for the Aged Day—and honor elders, reflecting a culture where longevity is cherished. Okinawa is famously known as a "Blue Zone," with residents living longer, healthier lives. While researchers point to diet and genetics, locals know the tradition of *yuiamaru*—mutual support across generations—plays a fundamental role in community bonds.

That same spirit is especially relevant this month, as September is National Suicide Prevention Awareness Month—a time to speak openly about mental health and remind each other that no one has to face challenges alone. The Behavioral Health Family Advocacy Program offers FREE classes and workshops throughout the month, focused on personal growth, marriage enrichment and building healthy communication skills. Semper Fit Health Promotions rounds out the calendar with opportunities to move, compete and connect—reminders that caring for ourselves and each other takes many forms.

Healthy living starts early, with activities designed for our youngest community members. Semper Fit Youth Sports keeps kids active year-round through team sports that build skills, teamwork, confidence and sportsmanship—while Child and Youth Programs offers additional ways for kids to learn, connect and grow.

This issue of *Okinawa Living Magazine* carries that same thread through our feature "Wabi-Sabi & The Art of Japanese Mending." We explore the mainland Japanese art of mending—*kintsugi* and *sashiko/boro*—alongside the philosophies that shape it: *mottainai*, a respect for our possessions and the memories they carry, and *wabi-sabi*, the beauty found in imperfection. At its heart, the message is simple: nothing here is disposable.

This September, make it a priority to care for yourself and those around you. Whether that means reaching out for support, cheering on a young athlete or honoring the wisdom of an elder. There's plenty to explore in this issue and no shortage of MCCS offerings to keep you moving, connected and supported along the way. **lol**



Bobbie Brock

Bobbie Brock
Chief Marketing Officer



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焼肉
五苑

feedback

from the ICE Program
and Facebook

I couldn't find the right section for this, but the Firecracker [Classic Softball] Tournament that was held on Camp Foster was hands-down the greatest softball tournament I've ever played in. We traveled from Iwakuni to play in this tournament and came in dead last, but at no point was I thinking "man this tournament sucked." Absolutely will be participating next year and would like to say that the people running this tournament did a great job.

—via ICE

I would like to express what a wonderful experience my family has had with Semper Fit Youth Sports. Every single one of the staff members we have communicated with, both in person and via email, have been professional, patient and kind with their responses. It is because of the staff and their welcoming attitude that I am now in my third season as a volunteer coach. Every question I have had has been answered thoroughly and in a timely manner. I am not one to write in comments lightly, but I firmly believe they deserve the praise for their professionalism and their willingness to help coaches. Thank you, Youth Sports Staff.

—via ICE

I have had the pleasure of working with Gabriel Vasquez over the past few months as I navigate my job search and prepare for my family's transition from active-duty military life to potential civilian employment here on Okinawa. During that time, I also attended his STARS and LinkedIn workshops, and I cannot say enough about the positive impact he has had on this process. After being out of the workforce for an extended period, reentering the job market felt overwhelming. But Gabriel's guidance, expertise and encouragement gave me the confidence and tools I needed to move forward. What truly sets Gabriel apart is not only his extensive knowledge but also his genuine commitment to helping others succeed. His dedication to supporting the military community and helping individuals achieve their career goals is evident in everything he does. I am incredibly grateful for his guidance and highly recommend his services to anyone seeking career assistance or transitioning into civilian employment. Thank you, Gabriel, for your exceptional service, encouragement and unwavering support. Your work truly makes a difference in our community.

—via ICE

We dined at TERRA [on Camp Foster] this evening and just wanted to give major kudos to Kashari [O'Neal]. She was super attentive, patient and helpful from the jump. She accommodated our twin kids very well, she dealt with changes and requests quickly and she was very positive the whole time. Great experience! Her great customer service helped us out during what was a very stressful PCS.

—via ICE

Give MCCS Feedback—ICE Program & Facebook

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@okilivingmag

Show us your island adventures and favorite food finds!

@_daphneyj

"Darling, you weren't made to blend in—
you were born to stand out." 🌸

📍 Koza Gate 2



@operation_adventure_

"The Okinawa rail is a species endemic to Okinawa, Japan where its existence was only confirmed in 1978. The Yanbaru Kuina Ecological Exhibition is working to educate the public about these endangered birds and the part of the island they call home."

📍 Yanbaru National Park



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"The Green Daruma is known to bring
Health and Vitality to the owner."

📍 Across the street from DIREX Yomitan



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

— The Okinawa Living Staff

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

OKINAWA
GUIDE

MCCS TV
CHANNEL 15 / 115

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KOKUSAI

Text by: Swetha Gogue

| Layout by: Nina Son-Lagos



WANDER THE HEART OF NAHA

Harmoniously blending city life with subtropical vibes, Kokusai Dori, or “International Street” in English, is a bustling 1.6 km hub filled with shopping and sights as well as ideal for strolls around the heart of Naha. Take the opportunity to experience the vibrancy of life surrounded by lush palm-lined tree roads, taxis incessantly servicing tourists and the abundance of Okinawan keepsakes.

STREET

The tourist hotspot wasn't all billboards, boutiques and buildings before WWII, in fact, it was a natural swamp marshland with dirt roads and agricultural fields. After the devastation of carpet bombing the island experienced during WWII, the region was rapidly rebuilt and became known as the "Miracle Mile." Today, over 600 vendors provide a glimpse of Okinawa through textiles, trinkets and tastes, making it an easy one-stop-shop for all. Whether it's lightweight Kariyushi Wear showcasing Ryukyu flora, fauna and motifs, *shīsā* made from *yachimun* (pottery) or stunning shell handicrafts fabricated from the treasures of the cerulean sea—you're sure to leave with a tangible piece of the island.



TOP LEFT, TOP RIGHT PHOTO: MIA COX
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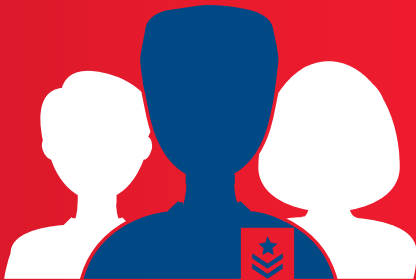


On Sundays, pedestrians rule the street during the “Transit Mall” as the road is closed off to vehicular traffic, making it a safe space for visitors of all ages to roam freely; as a bonus, select stores offer special sales during the event! Throughout the year, the district holds cultural and artistic performances as well as memorable festivals such as the 10,000 Eisa Dancers Parade and festivities surrounding the Naha Tug-of-War (which is recognized by the *Guinness Book of World Records* for being the largest tug-of-war contest in the world). Pro tip: venture off to the adjacent Kibogaoka Park to witness the colossal-sized hemp replica that displays a tiny fraction of the rope used during the annual Tug-of-War festival.





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Off the main street of Kokusai Dori, step inside Makishi Public Market, a two-story conglomeration of fresh food specializing in seafood produce. The wet market is known for its “catch and cook” as customers can pick their entrée live on the first floor and have it prepared to their preference on the second floor; a perfect immersive activity to try delicacies provided by the bountiful ocean harvest. And, while there, delight in conversation with the lively vendors as they are quite a big part of the overall experience with their bright bold personalities!



REMEMBRANCE YOGA

Reflect & Remember

CAMP HANSEN
HOUSE OF PAIN
AEROBICS ROOM

**Thursday,
September 10
11:30 a.m.**

CAMP COURTNEY
IRONWORKS
AEROBICS ROOM

**Thursday,
September 10
11:45 a.m.**

CAMP FOSTER
GUNNERS
AEROBICS ROOM

**Friday,
September 11
5:15 p.m.**

This yoga practice serves as an opportunity for patrons to pay their respects, reflect and remember the events of September 11, 2001.

This event is open to DOD ID card holders only.

Children ages 12–17 may attend with a parent or legal guardian present and Youth Gym Authorization.

We encourage and support the participation of individuals of all abilities. Please call 645-3910 and/or email mccshealthpromotions@okinawa.usmc-mccs.org, if you need any assistance or require an accommodation.

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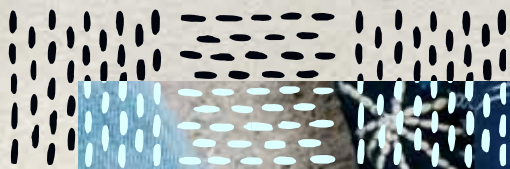


For those wanting an air-conditioned haven from the vibrant outdoor maze, the iconic RYUBO Department Store is the one and only department store in the whole prefecture with an impressive building featuring 10 above-ground floors plus two basement levels (parking is on the second floor) with food stalls and groceries. The locally-run powerhouse features a variety of brand name businesses, a rooftop garden offering sweeping urban views, an intimate movie theater, RYUBO FOOD HALL complete with luxurious restaurants and cafés featuring live jazz and Latin music nights bi-weekly on Fridays (genres alternate throughout the month), fashion apparel, cosmetics, local souvenirs, craft fairs as well as Tower Records Naha to find nostalgic and modern vinyl and CDs for your growing physical media collection! If you're looking for a simple change of scenery from the open-air alleyways of Kokusai Dori, RYUBO is the perfect indoor escape to satisfy your retail quest while keeping you cool and comfortable.



The beauty of the district stands in its ability to capture the heart and soul of Okinawa in the capital city. From purchasing novelty items from local suppliers in the backstreets or tantalizing your tastebuds at mom n' pop eateries, Kokusai Dori is a must-see destination on this paradise of an island.

MCCS Tours+ offers regular excursions to Kokusai Street. Visit www.okinawa.usmc-mccs.org/tours for upcoming dates and times. 101





Wabi-Sabi & THE ART OF Japanese Mending

TEXT BY: LAURA C. PITA | PHOTOGRAPHY BY: MIA COX | LAYOUT BY: AIRI IGARASHI

The people of Japan tend to have very distinct sensibilities, a special kind of awareness about the transience of life (*mono no aware*) and the significance of living harmoniously with nature, that fascinate many of us from the West. There are a few Japanese philosophical concepts that exemplify these beliefs, including *wabi-sabi* and *mottainai*—which stem from the reverence of the natural world in Shinto and the teachings of impermanence in Buddhism. These terms, however, can be challenging for foreigners and even some native Japanese speakers to comprehend, because of the complex collection of emotions they refer to.

詫
び
錆

Wabi-sabi is without a doubt the most well-known, having transformed in the last few decades from a niche spiritual concept to a mainstream lifestyle and design trend in the West. The concept blends two separate words with distinct philosophical meanings that evolved together over the centuries to describe the act of finding beauty in imperfection, impermanence and simplicity. Not only does it appreciate, but it also celebrates the fact that in life nothing lasts, nothing is finished and nothing is perfect.

わ
び

Wabi came from the verb *wabu* (meaning to wither) and the adjective *wabishii*, which originally referred to negative emotional states such as loneliness, hopelessness and wretchedness. During Japan's medieval period, the meaning shifted positively to describe the liberation from the materialistic world, specifically the act of finding peace and harmony in the simplicity of life.

さ
び

Sabi, on the other hand, came from the verb *sabu*, referring to the inevitable deterioration that happens over time, desolation and a finality that went hand-in-hand with the Buddhist term *mujo* (the transience of life). Famous classical poets, like Fujiwara No Toshinari and Matsuo Bashō, found beauty in the concept and changed the perceptions of *sabi* during their respective periods. In appreciation of the natural cycle of life, the term now encapsulates the elegant decay an object acquires over time.

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Mottainai, which translates to “waste not, want not,” is another very important Japanese philosophical concept on waste. It goes beyond the golden “reduce, reuse, recycle” rule of sustainability, and suggests the addition of the term respect to the mix. *Mottainai* is an expression of reverence to nature, resources and all objects, beyond their specific usefulness to humans. This perspective fosters a mindfulness for the life and energy every single thing holds. There are two ancient Japanese traditions that embody the aforementioned philosophies...



金継ぎ Kintsugi

The first tradition that embodies the Japanese philosophies of wabi-sabi and mottainai is *kintsugi*. Translating to “gold joinery,” kintsugi is a 500-year-old sustainable art form where broken vessels are mended with lacquer and dusted in gold powder; the idea being that the object still has life left in it.

This repair practice appeared during the Muromachi period (15th century) and was achieved with the use of raw *urushi* (the sap of the lacquer tree), a natural adhesive that’s been used in Japan for 9,000 years. Once hardened, it’s incredibly durable and food safe; however, the material can cause rashes when in contact with skin and requires some time to harden. The seams are then finished with pure gold powder (23–24K), which resists rust and gives the final product a brilliant luster.

The art of mindfully repairing objects and the Japanese aesthetic philosophy of wabi-sabi have spread outside the shores of Japan in recent years, and have become symbols of sustainability, healing, acceptance and rebirth. While traditional kintsugi is a slow and tedious process that was performed by skilled artisans specializing in urushi lacquer work, more recently—with the growing popularity of kintsugi—in-studio workshops and DIY repair kits utilizing epoxy resin or synthetic resins have made kintsugi a more accessible craft.

In Okinawa, there is Urushi Studio Kodemari, offering beginner-friendly workshops in English, repair services, DIY kintsugi kits and traditional kintsugi classes for local residents in Naha City. Guests can create kintsugi-style accessories or repair small ceramic plates using simplified techniques with modern materials. For more information on their offerings, visit kintsugiokinawa.com.

“During COVID times, I started learning the art of kintsugi and in putting together the pieces of something that’s been so broken it looks unrepairable, I entered a state of Zen. Getting to do this not only for myself, but for other people, became my *ikigai* (reason for living).”

—Mayo Yara, Kintsugi Artist and
Owner of Urushi Studio Kodemari

Sashiko 刺し子



The second tradition that embodies the philosophies of wabi-sabi and mottainai is *sashiko*, which translates to “little stabs.” Sashiko is a 150-year-old stitching technique where torn fabric is visibly mended with patches and striking geometric patterns; the idea also being that the garment still has life left in it.

This repair practice appeared during the Edo period (17th–19th centuries) in the fishing and farming villages of northern Japan where commoners were mandated by law to wear hemp or linen, both fabrics that did not offer any warmth during the harsh winters. The women during this time began weaving their own garments, reinforcing loose fabrics with dense stitching, and when they began to wear and tear they patched and quilted layers of old fabric together with basic running stitches (dash line of evenly spaced stitches).

The running stitch was initially functional, but it soon evolved into intricate geometric patterns inspired by folklore and nature such as *seigaiha* (waves), *hanazashi* (overlapping flowers) and *nowaki* (windblown grass). These structural patterns were more than just decoration—they added strength to weak areas of the fabric, evenly distributed tension to prevent new damage, designed to withstand daily use and washing, while also making the textile warmer. Once the layered and patched-together fabric is overtaken by repairs, it is then known as *boro*, which roughly translates to “rag” or “tattered clothing”.

Sashiko requires distinct materials that differ slightly from Western embroidery. The needles are longer, thicker and have a larger eye to accommodate the heavy-weight cotton thread, which is twisted more tightly than regular embroidery floss. The intricate patterns can be achieved using special dotted or lined stencils marked directly onto fabric with an erasable marker as well as traced or printed directly onto water-soluble embroidery paper.

There are countless tutorials online and even books if you're interested in giving sashiko mending a try before you throw those ripped jeans away! While the tutorials will ask that you keep stitches as even as possible, keep the philosophy of wabi-sabi in mind and the fact that there's beauty in the imperfection. In Okinawa, you can find sashiko supplies at Niji-no-Ie Hand Craft Shop (Rainbow House on the 2nd floor) in Naha and House of 66 Cents in Ginowan.





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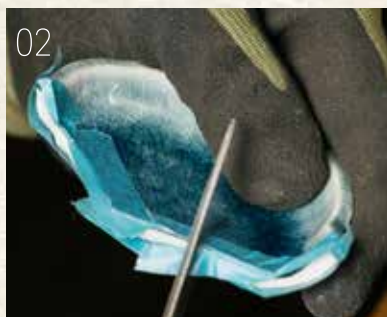
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- Broken object
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- Gloves

INSTRUCTIONS:



01 Gather broken pieces.



02 Bevel the edges with your preferred tool.



03 Apply adhesive and spread it using a toothpick, join the pieces together and press firmly for a few minutes.



04 Once dried, carefully remove excess adhesive.



05 Fill in cracks with lacquer putty and wipe off excess with a damp sponge. Use thin brush to trace mending with yellow paint.



06 Use a soft brush to sprinkle gold powder and make your mending shine.



07 Clean the object and proudly display your mended ceramic!





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- ▣ Scissors
- ▣ Fabric scraps
- ▣ Materials to draw/transfer pattern (stencil, fabric marker, embroidery paper)
- ▣ Embroidery hoop (optional)

INSTRUCTIONS:



01 Clean up fabric rip, patch with extra fabric if necessary.



02 Mark pattern directly on the fabric or print onto embroidery paper and stick to fabric.



03 Thread needle with sashiko thread.



04 Using a running stitch, sew all horizontal lines. Follow by sewing all vertical lines.



05 Wash fabric with gentle soap to remove fabric marker or water-soluble paper.



06 Enjoy your mended garment for years to come!





**FRAGRANCES
YOU WON'T FIND
ANYWHERE ELSE.**

UNLIMITED FRAGRANCE SELECTION



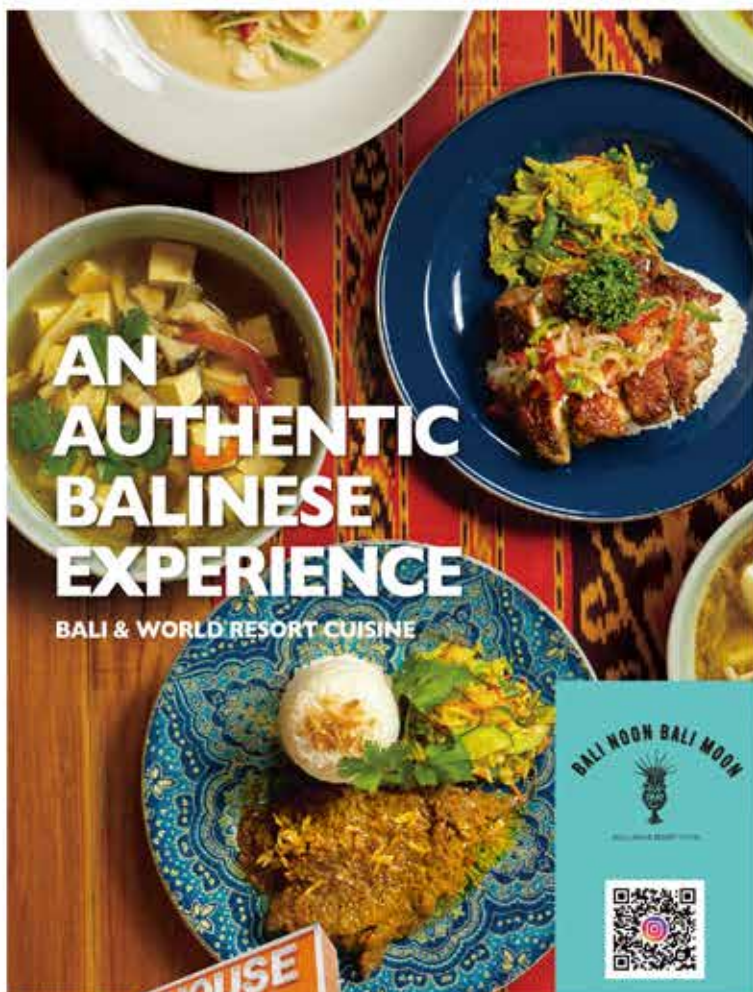
**CHINESE TRADITION,
RYUKYUAN EXCELLENCE.**



RYUKYU CANTON CUISINE

CHINESE RESTAURANT

月苑飯店



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AUTHENTIC
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EXPERIENCE**

BALI & WORLD RESORT CUISINE



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MEETS JAPANESE GRACE.**

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SINCE 1954
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Japan's oldest shopping center, offering a world of style, taste, and travel-inspired living.

PLAZA HOUSE SHOPPING CENTER



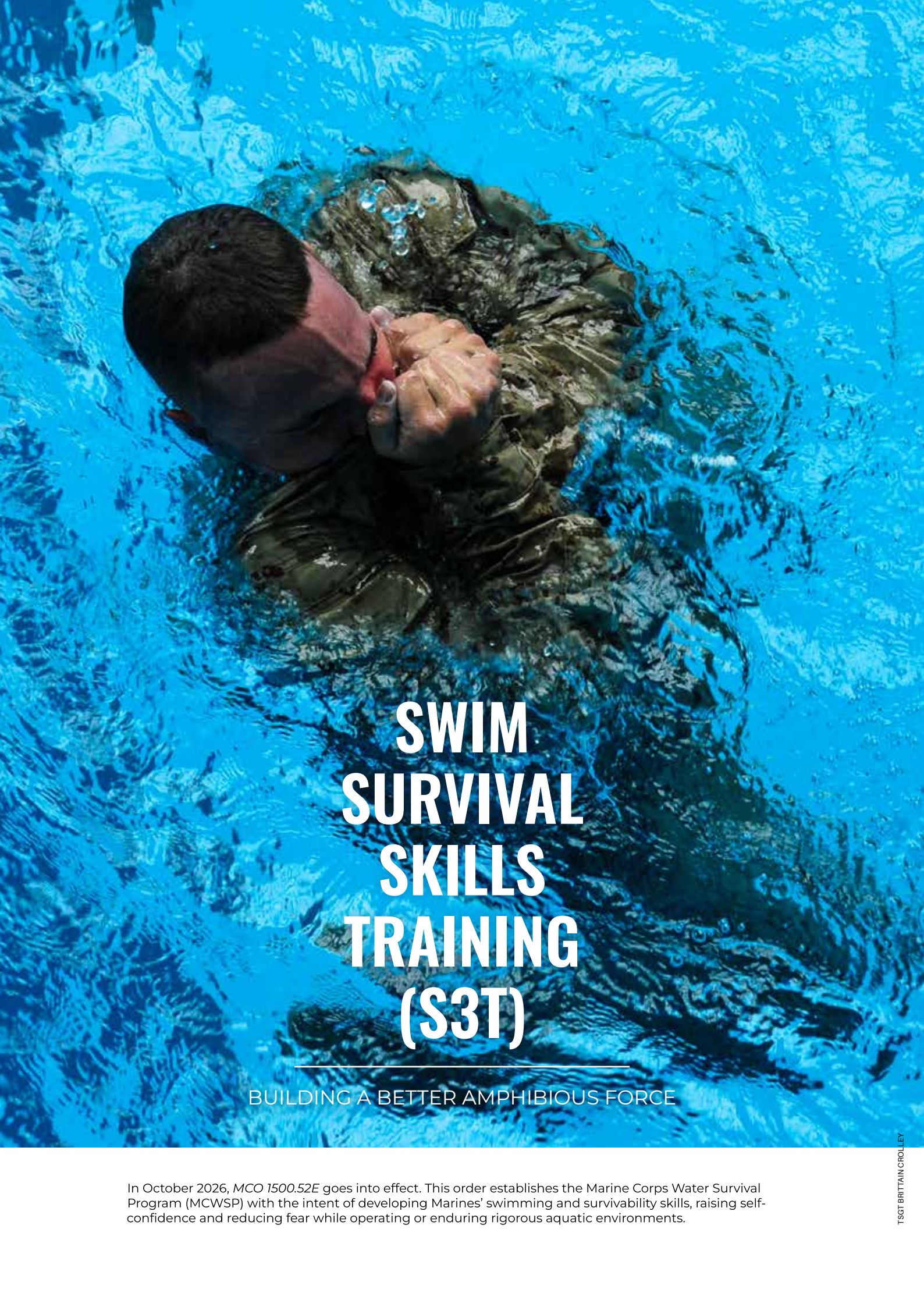
Wabi-Sabi & THE ART OF Japanese Mending

詫
び
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Much like ceramics repaired with kintsugi, once textiles are mended with sashiko, their lifespan is extended. Instead of finding their way to the landfill, these garments proudly display visible repairs that tell a story. Both of these Japanese traditions teach us that brokenness doesn't automatically mean the end...that there's space for transformation and giving items a second life. Because every flaw holds a memory and these imperfections shouldn't be concealed, instead they should be highlighted. |ol



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SWIM SURVIVAL SKILLS TRAINING (S3T)

BUILDING A BETTER AMPHIBIOUS FORCE

In October 2026, *MCO 1500.52E* goes into effect. This order establishes the Marine Corps Water Survival Program (MCWSP) with the intent of developing Marines' swimming and survivability skills, raising self-confidence and reducing fear while operating or enduring rigorous aquatic environments.

The Swim Survival Skills Training (S3T), overseen by MCCS Warrior Athlete Readiness and Resilience (WARR)-Semper Fit Aquatics, is a progressive Marine-centric aquatic training curriculum specifically developed to support the MCWSP by increasing Marines' familiarity and confidence in the water. The program is designed to meet Marines at their current ability level and progressively develop the skills needed to succeed in the MCWSP. Training is offered in four progressive levels—Novice, Beginner, Competent and Proficient.

"S3T fills a much-needed gap by giving Marines the opportunity to build and improve their swimming and water survival skills outside of formal qualification training. Not everyone starts at the same skill level, and that's okay. This program gives Marines a place to develop those skills, build confidence in the water and be better prepared when it's time to qualify. At the end of the day, it's about improving readiness and helping Marines become safer and more capable in the water," states Jennifer Ayers-Millar, MCCS WARR-Semper Fit Aquatics Program Manager and S3T Master Trainer.



During the program, S3T Coaches provide individualized training that emphasizes practical swimming and water survival skills that directly support mission readiness by improving preparation for and performance during MCWSP while reducing the risk of accidental drownings.

"The first thing I want people to know is that there's no pressure and no expectation that you already know how to swim. Our S3T Coaches receive specialized training in teaching adults and assessing individual skill levels. We'll start by finding out where you're comfortable in the water and then build a plan that's right for you. Whether you're overcoming a fear of the water or learning to swim for the first time, we'll work with you at your pace and help you build confidence one step at a time," Ayers-Millar continues.

S3T Coaches are available at participating MCCS Okinawa Aquatic Centers to provide individual coaching, small group instruction and unit PT sessions. Whether preparing for an annual qualification, improving confidence in the water or developing advanced skills, S3T provides Marines with professional instruction in a supportive training environment.

"Marines are amphibious by design, and swimming is one of the best forms of cross-training available. Water provides resistance in every direction, so you're getting a full-body workout while reducing the impact on your joints. As Marines become more confident in the water, swimming becomes another tool they can use to improve endurance, build strength, recover from other training and stay physically ready," Ayers-Millar concludes.

S3T is open to all active-duty Marines and is available for units as well as individuals. Other authorized patrons may inquire with their local MCCS Aquatic Center for availability. Registration is required for sessions; contact a participating MCCS Aquatic Center for available training times. Unit PT and command training sessions can be scheduled with S3T Coaches based on availability.

For more information on S3T, call MCCS Semper Fit Aquatics at 645-3180 or visit www.okinawa.usmc-mccs.org/aquatics. |ol



FOSTER OPEN GRAPPLING TOURNAMENT



**FOSTER
FIELDHOUSE**

October 17, 9 a.m.

**Weigh-in/check-in:
7-8 a.m.**



Register for \$50 via Eventbrite.
Deadline is **October 14** for SOFA
and **October 7** for Non-SOFA.

This event is open
to participants island wide,
18 years of age or older.

MCSCS
SEMPER FIT

645-3521 | 098-970-3521
www.okinawa.usmc-mcscs.org/adultsports



2026 SEMPER FIT

CAMP HANSEN

**BIKE
RACE**

OCTOBER

4



SCAN QR CODE TO REGISTER

Register for **\$50** (or \$10 with no t-shirt or medal included) on Eventbrite.

CHECK-IN: 5:30-6:30 A.M. | BRIEF: 6:35 A.M.
RACE START: 7 A.M.

MCSCS
SEMPER FIT



Experience Holiday Magic...

...at Tokyo Disney

There's no better place to enjoy the most magical time of the year than at Tokyo Disney! There's also no better gift than experiences. Whether you're a parent wishing to create memories that will last a lifetime alongside your kiddos, a couple wanting a romantic escape or simply a Disney lover looking to treat yo' self to a few days full of magic, you should add this tour to your gift list this holiday season.

Both Tokyo Disney Resort and DisneySea will be dressed in their holiday best with festive decorations and will be pulling out all the stops with seasonal entertainment, treats and exclusive merchandise that will put you and the whole family in a Yuletide mood.

Need more convincing? The MCCS Tours+ Holiday Magic at Disney Tour will take place from December 23–26 and will include roundtrip airfare, transportation, hotel accommodations at the Sheraton Grande Hotel Tokyo Bay (breakfast included), two-day park passes to both Tokyo Disneyland and DisneySea as well as tour assistants. To register, visit a Tours+ office on Camps Foster, Hansen or Schwab before October 10.

For more information on this tour, including pricing, as well as other MCCS Tours+ on- and off-island offerings, visit www.okinawa.usmc-mccs.org/tours. **101**

Warrior Athlete Competition

Do You Have What It Takes?

Unleash your inner warrior by signing up for the ultimate test of strength, endurance and tactical skill, designed exclusively for active-duty fitness enthusiasts. Whether you're a powerlifter, runner, HIIT or CrossFit follower or an all-around athlete, this competition will challenge every facet of your training.

The MCCS Health Promotion team is on a mission to find the most combat-fit and combat-ready warrior athlete on Okinawa. They have put together a challenge that will test the endurance, strength, speed and cognitive skill, in order to find the very best of the best. If you're an active-duty service member who thinks they have got what it takes, sign up to represent your branch and unit at the 2026 Warrior Athlete Competition.

The challenge will take place at 8 a.m. on Saturday, October 17 at Field 2, behind Gunners Fitness Center on Camp Foster. This event is open to active-duty personnel of all branches and military issued PT gear is required to participate. Register for this FREE grueling test of mental and physical acuity via Eventbrite before October 11. Event is rain or shine (if there are dangerous weather conditions, the event will be rescheduled).

We encourage and support the participation of individuals of all abilities. Please call 645-3910 or email mccshealthpromotions@okinawa.usmc-mccs.org if accommodations are necessary. For more information on the 2026 Warrior Athlete Competition, visit www.okinawa.usmc-mccs.org/healthpromotion. **101**





teamLab★Future Park OKINAWA

**Autumn
Scenery**
Seasonal: 9/1-9/30

#teamLabOkinawa

T GALLERIA OKINAWA 3F
10:00-20:00 Last admission 19:00



and more...



Sketch Factory

Turn your own drawing into a souvenir to take home with you. The fish and creatures you draw and bring to life in *Sketch Aquarium* and *Graffiti Nature* will be made into an original product such as a tin badge, towel, tote bag, or T-shirt.

Bring this flyer to get a tin badge with your ticket.
Valid for one ticket per flyer
from September 1 to September 30, 2026.

▼Special Offer: Admission+Tin Badge

Adults (18 years old or over)	¥2,000
13-17 years old	¥1,400
4-12 years old	¥1,200
Disability Discount (Adults 18 years old or over)	¥1,000
Disability Discount (13-17 years old)	¥700
Disability Discount (4-12 years old)	¥600

*Children under 3 years old may enter for free. *Discounted tickets are available for holders of a disability certificate, along with one accompanying person. The disability certificate (the original document, not a copy) will be asked to be presented at the entrance gate, so please make sure that the accompanying person enters with the holder of the certificate at the same time.



T GALLERIA OKINAWA 3F

4-1 Omoromachi, Naha City, Okinawa, Japan

☎ +0120 782 460 / +81 989511398

Hours: Everyday 10 AM - 8 PM

teamLab user : 120 minutes (Free parking)

300 yen per 60 minutes ※There is no maximum fee.

Next to Monorail Omoromachi Station





Tokashiki Island Sea Turtle Snorkeling Tour

Bask in the Kerama Blue

Tokashiki Island is known for its beautiful beaches with crystalline waters that offer opportunities to witness beloved marine animals. Join Tours+ to enjoy the experience of witnessing sea turtles (with a 90% chance of spotting one) at Aharen Beach.

If you would like to have a magical adventure swimming with turtles, then pack up your swimming gear and sunblock and venture into the Kerama Blue! Round-trip transportation from Foster Bowling Center, round-trip high-speed ferry tickets, on-island shuttle transfers, snorkel set rental (mask,

snorkel and fins), lunch (Curry Rice), an experienced instructor, facility usage fees and insurance will be included!

Optional activities and rentals (marine sports and parasols) will be available on-site at an additional fee payable in cash (Japanese yen). Please keep in mind that for safety reasons, children under 6, participants over 59 and/or pregnant women are not permitted.

For more information, call MCCS Tours+ at 646-3502 or visit them online at www.okinawa.usmc-mccs.org/tours. **101**

Tsunami Scuba

Specialty of the Month

Throughout 2026, Tsunami Scuba will be offering discounts and promotions on monthly PADI Specialty Courses and in September they will be highlighting the Dive Against Debris special. Okinawa's reefs are magical and vulnerable. Marine debris isn't just an eyesore, it smothers delicate coral ecosystems, entangles marine life and breaks down into hazardous microplastics.

Sign up for their class happening on Saturday, September 19 where you'll learn how to safely identify, remove and record marine waste from the seafloor. Best of all, you'll become a "citizen scientist" by logging your findings into a global database that researchers and policymakers use to fight pollution at its source. This unique certifi-

cation will turn ordinary dives into purpose-driven missions! Registration for Dive Against Debris will be accepted until September 18.

Been thinking of earning a PADI Master Scuba Diver rating? Each specialty course completed will get students closer to earning the "black belt" of recreational scuba, which includes five Specialty Diver certifications, holding Open Water and Rescue Diver certifications, as well as 50 logged dives.

For more information on Tsunami Scuba offerings, call 645-4206, email mccstsunamifoster@okinawa.usmc-mccs.org or visit www.okinawa.usmc-mccs.org/tsunamiscuba. **101**

Tsunami Scuba

Labor Day Sale

This month, celebrate Labor Day weekend at ALL Tsunami Scuba locations! On September 5-7 from 7 a.m. to 6 p.m., take 10% OFF all retail merchandise (excluding boots, educational materials and consignment products). It's the perfect opportunity to gear up for your next underwater adventure or prepare for the Fall diving season. Shop from a wide selection of scuba equipment, accessories, apparel and more while enjoying exclusive holiday savings!

Whether you're an experienced diver or just getting started, there's always room to upgrade your gear and stock up on your favorite essentials. Visit any Tsunami Scuba location (Camps Foster, Courtney, Hansen and Schwab) during the sale and don't miss this limited-time opportunity to save. For more information, visit www.okinawa.usmc-mccs.org/tsunamiscuba for locations, hours of operation, equipment repairs, scuba classes and more. **101**



INDULGE YOURSELF!

10%
OFF

SHOW YOUR MILITARY ID AT THESE RESTAURANTS AND RECEIVE
10% OFF BOTH LUNCH AND DINNER.

R
RENAISSANCE®
OKINAWA RESORT



TOPICS



Special menus will be available at SAILFISH CAFÉ and MAKAN MAKAN on September 20 and 21.



On September 19 and 20, FOUR SEASONS will offer free-flow wine, sparkling wine, and non-alcoholic wine.



An elegant restaurant with panoramic views of the East China Sea, Four Seasons presents exquisite full-course and teppanyaki dinners crafted from Okinawa's finest local ingredients.

French & Teppanyaki

FOUR SEASONS

Renaissance Okinawa Resort

French Buffet (Lunch)

12:00pm - 2:30pm
(Saturdays & Sundays)

French Dinner & Teppanyaki

6:00pm - 10:00pm
Closed on Tuesdays



Reservation

All Day Dining

SAILFISH CAFÉ

Renaissance Okinawa Resort

Resort Lunch Buffet

11:30am - 2:30pm

The Buffet (Dinner)

5:30pm - 9:30pm

Closed on Wednesdays



Reservation



Okinawan Traditional Performance

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

About 40 minutes. No charges for the show.



Enjoy a variety of international dishes and desserts in a buffet-style setting with stunning ocean views.



All-you-can-eat Dim Sum

MAKAN MAKAN

Coco Garden Resort Okinawa

LUNCH

11:30am - 2:30pm
(90-minute time limit)

DINNER

6:00pm - 9:30pm



Reservation

At Coco Garden Resort Okinawa, our restaurant offers authentic dim sum and hot dishes, all freshly prepared to order.

Become a Master of the Courts!

Tennis Lessons with Semper Fit

After watching the pros blast ace after ace, hit the baseline with pinpoint accuracy using a crosscourt backhand and then make a perfect drop shot you may think to yourself: "Sure, I can do that!" Well...maybe with a bit of instruction, a little practice and perhaps a wish granted by a personal genie.

In all seriousness, playing tennis at any level of competency takes a lot of time and practice. There's much more to playing the game than just hitting the ball as hard as you can to the other side of the court. Proper instruction will teach you basic tennis mechanics such as grip, strokes, spins, footwork, strategy and tactics that will not only make you a better player but also protect you from possible injuries.

Whether you're a weekend warrior looking to improve your game or have never picked up a racquet, tennis lessons are a great way to improve your game or to learn just how fun tennis can be; not only is tennis a great sport for getting into shape, it's also a great way to make new friends.

Interested? Tennis lessons for individuals and small groups are offered on Camps Foster and Courtney, Monday–Sunday (subject to availability). Registration is accepted at the front desk of Gunners Fitness Center (645-6050) for Camp Foster and Ironworks Fitness Center (622-9221) for Camp Courtney from 5 a.m. to 10 p.m. For more information, call the fitness center of your choice or email fitnesscenters@okinawa.usmc-mccs.org. **101**

9/11 Remembrance Yoga

Reflect through Movement

September is designated as National Yoga Month and in honor of 9/11, MCCS Health Promotion will be hosting various yoga sessions at MCCS Fitness Centers on Camps Foster, Courtney, Hansen and MCAS Futenma. Whether you're a beginner finding your balance or a seasoned yogi mastering each *asana*, every class offers something for everyone at their own level and pace. Explore the ancient world of Vedic wisdom and discover the health benefits of yoga for your mind and body while connecting with a supportive community. Don't miss this opportunity to prioritize wellness and embrace the power of yoga through honoring the art of mindfulness, flexibility and strength.

Classes are FREE and will be offered on September 10 and 11, open to all with base access, ages 18 and older. No registration is required. For more information, contact MCCS Health Promotion at 645-3910 or visit www.okinawa.usmc-mccs.org/healthpromotion. **101**

Mental Health & Suicide Awareness

Every Marine, Every Day

September is Mental Health and Suicide Awareness Month, a time to highlight year-round efforts to reduce stigmas, promote an environment in which seeking help is accepted and—most importantly—ensure that Marines and families know they are never alone.

Poor mental health is shaped by a range of factors, including biology, operational stress, trauma and family history. Problems can be further exacerbated by common stressors such as relationship challenges, legal or workplace issues and existing mental health conditions.

Mental health directly impacts readiness, resilience and unit cohesion. According to the *Annual Report on Suicide in the Military* (ARSM), 471 U.S. service members died by suicide in CY2024—46 of them were Marines. There were a total of 1,515 attempts and the majority of cases involved firearms.

These challenges can affect anyone, regardless of rank or MOS.

If you, or someone you know, is struggling, dial 988 (from a DSN line or stateside cell phone) and then press 1 or 098-970-8255 (from a local cell phone) to be connected with a trained counselor who understands the unique challenges faced by service members and their loved ones. This lifeline is confidential and available 24/7. Those wishing to reach out via chat can visit 988lifeline.org. Remember, reaching out for help is a sign of strength.

For more resources, tools and educational content, connect with the MCCS Health Promotion team on Facebook at facebook.com/mccsokinawa.semperfit, or email them directly at mccshealthpromotions@okinawa.usmc-mccs.org. For more information on their offerings, visit www.okinawa.usmc-mccs.org/healthpromotion. **101**

October is
**Domestic Violence
Awareness Month**

Hoops *for Hope*

Camp Foster
October 7 | 5-7 p.m.

Camp Hansen
October 14 | 5-7 p.m.



Gottman's **7 Principles** *for Making Marriage Work*

Surfside, Camp Kinser
October 23 | 8:30 a.m.-4 p.m.

In Her *Shoes* Lunch & Learn

at your local camp SMP
Office. Visit SMP for
more details



MARINE & Family | Family
Advocacy
Program

645-2915
www.okinawa.usmc-mccs.org/fap

MC&CS
MARINE CORPS COMMUNITY SUPPORT



Learn How to Be...

...The Leader They'll Remember

Being a leader means guiding and inspiring others toward a shared goal with integrity, empathy and vision. A true leader listens actively, communicates clearly and empowers others to succeed. Leadership isn't simply about authority—it's about responsibility, setting an example and making decisions that benefit a group as a whole. Leaders must remain calm under pressure, be able to adapt and overcome as well as stay committed to their values even during difficult times. Another important facet of leadership is recognizing the strengths of others, fostering collaboration and building trust. Ultimately, leadership is about service, it's putting your team's needs first and fostering a positive environment where everyone feels safe to contribute and thrive.

Want to learn more about what it takes to be a leader? Join Marine Corps Family Team Building (MCFTB) for The Leader They'll

Remember, a two-day leadership seminar focused on respect-based, character-driven leadership. Participants will explore communication, conflict management, emotional intelligence and various leadership styles through historical case studies and interactive workshops, including *The 7 Habits of Highly Effective People Foundations*.

The dynamic two-day seminar will be taking place on Thursday, October 1 and Friday, October 2 from 7:30 a.m. to 4:30 p.m. at the Northern Breeze Room inside Ocean Breeze on Camp Foster. If you're ready to learn what it truly means to lead with integrity, courage and character, register via Eventbrite before September 30. For special accommodations, email mcftbokinawa@okinawa.usmc-mccs.org. For more information on this and other MCFTB offerings, call 645-3696 or visit www.okinawa.usmc-mccs.org/mcftb. **10L**

Explore Personal Growth

Classes to Build a Better You!

Becoming a better you is a life-long journey that never ends. The MCCS Family Advocacy Program offers FREE skill-building briefs and workshops on topics such as conflict resolution, stress management, healthy dating and positive parenting at camps throughout the island to help you better yourself!

For personal growth, Re-Train Your Brain is a four-week psychoeducational class that teaches individuals how to effectively manage stress, cope with feelings of anger and communicate more effectively. Classes are available on Wednesdays in September from 11:30 a.m. to 1:30 p.m. on Camp Foster and Mondays in October from 9:30 to 11:30 a.m. on Camp Hansen.

For couples, the Gottman Workshop is based on the *New York Times* best-selling book *The Seven Principles for Making Marriage Work* by John M. Gottman and Nan Silver. It will offer participants

skills and tools on how to manage conflict and how to improve their friendship, fondness and admiration for their partner. The next workshop will be held on Friday, October 23 from 9 a.m. to 4 p.m. on Camp Kinser.

For parents, Thrive Grow! is a five-week course that features 90-minute face-to-face sessions with group discussions, activities and skills practice, following a video-based curriculum. Learn positive parenting practices, parent and child stress management and physical health promotion that will positively impact your child for a lifetime. The next session will take place on Tuesdays beginning September 1 from 9 to 11:30 a.m. on Camp Foster.

Family Advocacy Program classes are open to SOFA personnel with registration available via Eventbrite. For more information, call 645-2915 or visit www.okinawa.usmc-mccs.org/fap. **10L**

FAMILY PHOTO

Capture your family's happiest memories in Okinawa.

Choose your style — a relaxed beach or park location, or a serene studio session. A variety of outfits are available at our salon, and guests are welcome to bring their own attire. Preserve your precious moment in time, naturally and beautifully.

Official Site



LOCATION PHOTO

¥ 43,780 (tax included)



STUDIO PHOTO

¥ 38,280 (tax included)



All plans include 50 high-quality photo data and a photo panel.

*Photo panel available for in-store pickup only.

BEREL PHOTO STUDIO



Re-Train Your Brain

Century Anger Management Class

Becoming the best version of yourself is a life-long practice that never ends. Are you on the road to bettering yourself not just for you, but for those around you as well? Throughout the month, different camps around the island are offering FREE classes to support your personal growth.

Re-Train Your Brain is the perfect place to learn more about yourself, how to best react to day-to-day problems and effectively communicate your needs to others. This course is brought to you by Century Anger Management (CAM) and is a 4-week class taught by Behavioral Health, Family Advocacy Program Prevention & Education. This class teaches individuals how to properly manage stress, cope with feelings of anger and communicate effectively. Individuals and

couples are encouraged to take this class to improve their reaction to negative triggers, communication and stress management. With the modern age being one with instant gratification, the classes offered are a great opportunity to slow down, look deeper within and become more self-aware in order to positively change the world around you.

Re-Train Your Brain sessions are available in September on Wednesdays from 11:30 a.m. to 1:30 p.m. on Camp Foster and Mondays from 9:30 to 11:30 a.m. on Camp Hansen in October. All classes are open to Marines, Sailors as well as SOFA status personnel ages 18 and older with registration available on Eventbrite. For more information, email fapprevention@usmc.mil, call 645-2915 or visit www.okinawa.usmc-mccs.org/fap. **101**

Domestic Violence Awareness Month

Community Events

In recognition of October being Domestic Violence Awareness Month—a month where victim advocates, survivors of abuse and their loved ones come together to raise awareness—the MCCS Family Advocacy Program will be hosting community events across various camps.

Hoops for Hope promises fun for the whole family with opportunities for showing off your game in multiple basketball skills contests. Join in on October 7 at Camp Foster and on October 14 at Camp Hansen, both from 5 to 7 p.m.

There will also be a 7 *Principles for Making*

Marriage Work workshop at Surfside on Camp Kinser, October 23 from 8:30 a.m. to 4 p.m. This class offers participants skills and tools to manage conflict, enhance communication and intimate connection.

All of the events will have resource tables offering support and information about services available to all SOFA status personnel. For more information on these events, visit www.okinawa.usmc-mccs.org/fap. **101**

EFMP Case Workers

There When You Need Them

Navigating the complexities of life with a special needs family member can be challenging, but the Exceptional Family Member Program (EFMP) provides a dedicated partner in the form of Family Case Workers. These professionals serve as the administrative backbone for maintaining up-to-date documents for enrolled families to provide accurate medical and educational requirements. By maintaining accurate case files, families remain mission-ready while ensuring that the Marine's career progression aligns with the availability of necessary specialized care at potential duty stations.

When the time comes for your next Permanent Change of Station (PCS), the EFMP Family Case Worker will become your transition specialist. While moving across the world is stressful as is, for an EFMP family, there's the added high-stakes task of transferring specialized care and school services across the world. Case Workers coordinate with the gaining installation's EFMP office, helping to ensure a smooth transition upon arrival. For more information, visit www.okinawa.usmc-mccs.org/efmp. **101**



OKUMA BEACH

Pure Fun Under the Sun — Your Go-To for Outdoor Adventure

Where turquoise waters meet endless outdoor adventure, Okuma Beach is your go-to destination for both excitement and relaxation.

From water activities and beach days to camping, miniature golf, and go-kart rides, there's something for everyone.

Whether you're planning a quick getaway or a full day of activities, experience the best of outdoor recreation, right here in Okinawa.



ENDLESS OUTDOOR FUN

From sunrise beach time to sunset adventures, Okuma offers activities for all ages.

CAMP & EXPLORE

Beachside & Hillside Camping

WATER ADVENTURE

Kayak • SUP • Jet Ski • Tours & More

LAND ADVENTURE

Mini Golf • Rentals • Activities

GO-KART RIDES

Family-Friendly Fun



Contact Information:

🌐 KadenaFSS.com/Okuma
📘 facebook.com/theokumabeach
📷 [@okumabeach](https://instagram.com/okumabeach)

Lodging Reservations

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

Massage Appointments
090-3795-8688





Education Center

GI Bill Workshop

Enlisting in the military comes with many benefits such as receiving housing allowance, health insurance through Tricare and even FREE education through the GI Bill—but have you been maximizing your benefits as a service member? Well, learn all the ways you can use your GI Bill and everything it entails when you attend the GI Bill Workshop on Wednesday, September 23 from 1 to 3 p.m. at the Camp Hansen Education Center, Bldg. 2339 (2nd Floor).

Join the MCCA Voluntary Education Program for the next GI Bill Workshop to get clear, practical guidance from experienced education professionals. Learn how GI Bill benefits work, who is eligible, how entitlement is used and what options may be available for academic degrees, vocational training, certification programs and benefit transfers.

Whether you've been thinking about college, trade school,

certifications, licensing or transferring your benefits to a family member, the GI Bill can help cover education and training costs, including tuition, housing, books and supplies.

Whatever you may be planning—including your next career move, preparing for transition, supporting your spouse's or dependents' education goals or just trying to understand what you have earned—this workshop will help you make informed decisions about your education benefits and funding options. Subject-matter experts will be available throughout the workshop to answer individual questions and help you navigate your options with confidence. The GI Bill Workshop is open to active-duty service members, veterans and military spouses.

For more information, call 645-7160, email education@okinawa.usmc-mccs.org, or visit www.okinawa.usmc-mccs.org/education. **101**

Beat the Back-to-School Blues...

...By Volunteering

After a long and care-free summer, returning to school can feel overwhelming. Early mornings, homework and busy schedules replace the lazy days and late nights, which can leave students feeling a little down. One of the best ways to make the transition easier is by volunteering.

Volunteering gives students a chance to focus on helping others instead of worrying about the challenges of the new school year. It also provides an opportunity to meet new people, develop valuable skills and create a sense of purpose. These positive experiences can reduce stress and make the start of the school year feel more exciting.

If your teen is looking for a way to beat the back-to-school blues, reach out to the MCCA Volunteer Program to learn about the steps to get started, eligibility requirements, upcoming events, FAQ's and volunteer opportunities. For more information, call 645-1575, email mccb_volunteer@usmc.mil or visit www.okinawa.usmc-mccs.org/volunteer. **101**



SOME THINGS ARE WORTH
Savoring Slowly



SATURDAY, SEPTEMBER 26, 6-9 P.M.
TENGAN CASTLE, CAMP COURTNEY

\$50

JOIN US FOR AN EXCLUSIVE WHISKEY AND BOURBON EXPERIENCE FEATURING
SPECIAL GUEST DREW MAYVILLE, MASTER DISTILLER AND MASTER BLENDER OF BUFFALO TRACE DISTILLERY.

REGISTER VIA EVENTBRITE SEPTEMBER 1.



**NOT
ONE!
DROP**

TENGAN
CASTLE

MC&CS
MARINE CORPS COMMUNITY SUPPORT

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Fire & Barrel

A Whiskey and Bourbon Experience

All bourbon is whiskey, but not all whiskey is bourbon—this is the single most important lesson. Whiskey is a catch-all term for a spirit that is distilled from a fermented grain mash, often stored in fired barrels before bottling. Bourbon is a subcategory with a strict set of legal requirements that makes it a uniquely American spirit, protected and defined by law.

Already an expert? Join us at Fire & Barrel, an exclusive whiskey and bourbon experience featuring the Master Distiller and Master Blender of Buffalo Trace Distillery, Drew Mayville. According to buffalotrace-distillery.com, Drew Mayville has more than 40 years of experience with some of the largest companies in the beverage alcohol industry, joining Sazerac (at its Buffalo Trace Distillery location) in 2004 as the Master Blender and Director of Quality.

Before joining Sazerac, he worked for almost 23 years at Seagram's where he was involved in all areas of manufacturing. At Sazerac, Mayville has hands-on involvement with all the award-winning products produced at Buffalo Trace in addition to the other highly acclaimed spirit categories of the company.

Enjoy an intimate discussion and meet & greet with Mayville, followed by a guided tasting of premium whiskeys and bourbons expertly paired with chef-crafted culinary selections.

Fire & Barrel will take place on Saturday, September 26 from 6 to 9 p.m. at Tengan Castle on Camp Courtney. Tickets are \$50 per person and available via Eventbrite starting September 1. For more information, call 622-9413 or visit www.okinawa.usmc-mccs.org/tengancastle. **101**

Kitchen Warriors 2026

Let's Get those Stomachs Ready to Rumble!

If you think you're the best amateur chef on island, now's your chance to prove it in front of a live audience by signing up to participate in the Kitchen Warriors Competition! On September 5, from 10 a.m. to 4 p.m., 12 teams of two will cook head-to-head at the Butler Officers' Club, but only one team will be crowned champions.

During this two-round competition, the teams will receive mystery boxes containing a variety of ingredients and will have 60 minutes to cook a dish in line with the round's theme. After each round, three judges will evaluate dishes based on a combination of serving and cooking criteria, with eliminations taking place after each round.

This year's special guest judge will be Chef Jonah Friedmann! Friedmann is an accomplished Executive Chef with more than a decade of experience leading culinary operations for some of the country's most respected luxury hotels and resorts—including Park Hyatt Beaver Creek, JW Marriott Dallas Arts District, Virgin Hotels Dallas, Hotel Vin, Sheraton Dallas and Gaylord Texan Resort. Recognized as a Food Network *Chopped USA* Champion, CultureMap Dallas Rising Star Chef and Tastemaker Dallas Chef of the Year nominee, Jonah is known for blending creativity with disciplined execution.

If watching chefs battle for supremacy from the sidelines is more your vibe, you can register to be part of the Kitchen Warriors live audience. Come cheer on your favorite team and indulge in a tasty dining experience.

Registration for participants is \$50 per team; registration for spectators is not required and entry is FREE. A special buffet will be available for purchase for \$20 for adults and \$10 for children 5–11. For more information on Kitchen Warriors 2026, visit www.okinawa.usmc-mccs.org/kitchenwarriors. **101**



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28th Okinawa Food and Wine Experience

Butler Officers' Club

Get ready to bust out your cocktail attire and gather your friends for a unique outing because the Okinawa Wine Festival is just around the corner! Join us on Friday, October 16 and Saturday, October 17, from 5 to 10 p.m. for a delightful and educational evening of fabulous cuisine and fine wine tasting at the Butler Officers' Club on Plaza Housing. Expect delicious food that pairs perfectly with your wine samples and mingle as you enjoy live entertainment.

This year's Okinawa menu features generous pairing stations that include European cheeses, Mediterranean tapas, Asian-inspired bites and fresh seafood designed to elevate each tasting. There will be wine selections from around the globe, including sparkling champagne and excellent vintages. Don't forget to note your favorites as you make your way through the wine tasting selections. That way, you can have a list ready to go once it's time to shop the vendor booths. Your ticket also includes a FREE souvenir tasting glass.

To allow all attendees to enjoy themselves while staying safe, there will be FREE shuttle transportation to and from multiple camp locations. Make sure to keep an eye out online for shuttle locations and schedules. Daiko and taxi services will also be available throughout the evening.

Okinawa Wine Festival is a ticketed event, with sales limited to four tickets per purchase. Tickets will go live September 16 and are \$60 per person (limited to four per purchase). For more information on this event, visit www.okinawa.usmc-mccs.org/boc, call 645-7530 or email butlerofficersclub@okinawa.usmc-mccs.org. **101**



September Specials...

...at MCCS Clubs and Restaurants

September is here...and although summer vacation is over and hints of autumn should be in the air, it's still inexplicably a million degrees outside! Well, there's no better way to cure these doldrums than enjoying delicious offerings from MCCS with the whole family!

How about starting with a refreshing beverage to take the edge off? Stop by your nearest Bonsai Coffee location to try out their Coconut Cocoa Dream Frappuccino for \$6.50. A decadent blend of smooth coffee, tropical coconut and rich chocolate topped with fluffy whipped cream and a drizzle of chocolate bliss, the Coconut Cocoa Dream Frappuccino packs a tropical paradise in every sip! For Bonsai Coffee locations and hours of operation, visit www.okinawa.usmc-mccs.org/bonsai.

Next, head to your nearest LifeJuice location to enjoy their Apple Pie Protein Smoothie! A delicious blend of crisp apples, warm cinnamon and creamy vanilla protein; this smoothie delivers the comforting flavors of homemade apple pie in every sip. Packed with protein to help fuel your day, this smoothie is the perfect balance of decadent taste and nutritious energy. The Apple Pie Protein Smoothie is \$5 and available only during the month of September. For LifeJuice locations and hours of operation, visit www.okinawa.usmc-mccs.org/lifejuice.

Now, it's time for something to eat! For the month of September, Shisa Pizza is introducing the Southwest Chorizo Pizza! Loaded with spicy chorizo, melted cheese, fresh toppings on a crispy crust, the Southwest Chorizo Pizza is available for \$12 for a limited-time only. For Shisa Pizza locations and hours of operation, visit www.okinawa.usmc-mccs.org/shisa.

Next, load up your friends and cruise on over to the nearest Sumo Burrito because they're heading south of the border! This month, Sumo Burrito will be featuring the Mexican Street-Style Ground Beef Burrito for only \$10. Hefty and packed with flavor, this burrito will require a post-meal siesta to recover! For Sumo Burrito locations and hours of operation, visit www.okinawa.usmc-mccs.org/sumoburrito.

Still hungry? Cruise on over to the Habu Pit on MCAS Futenma to try out their Southwest Brisket Tacos! Smoky tender beef brisket piled high on warm flour tortillas and topped with crisp fresh slaw, vibrant pico de gallo and a drizzle of bold chipotle crema, these tacos are finished with shredded cheese and a touch of cilantro for that perfect Southwest kick. Southwest Brisket Tacos are available for \$13 for two or \$18 for three for a limited time only. For more information, visit Habu Pit online at www.okinawa.usmc-mccs.org/habupit.

Make your last stop at TERRA for their refreshing Fin & Chips Fest! For only \$13, enjoy flaky cod fillet dipped in a crisp golden beer batter and fried to perfection. This fest is completed with fries, tartar sauce, fresh lemon wedges and malt vinegar (of course)! For more information on this limited-time only special, visit TERRA online at www.okinawa.usmc-mccs.org/terra.

For more information on these offerings, upcoming events and specials visit www.okinawa.usmc-mccs.org/clubs. **101**



Miya Sushi

Freshness in Every Bite

Text by: Swetha Gogue | Photography by: Mia Cox

Okinawa-homegrown, Hideyo “Mike” Miyagi is not only a *sushi shokunin* (sushi artisan), he is *the only* sushi shokunin at Miya Sushi. Handcrafting sushi for over four decades, the Kin-Town native has been mastering the art since 1983. His sushi-making roots go back to California, where, in the early ‘80s, he began working on the conveyor belt line at Tokyo Sushi in Los Angeles. After learning the ropes, he opened Auburn’s first sushi bar, Miya Sushi, in 1986. Beyond his notable sushi expertise, he also introduced Auburn to karaoke. Miyagi-san returned to Okinawa in 1999, working at Base Exchanges on Camps Foster, Courtney, Hansen and Schwab, finally retiring in 2019. He reopened Miya Sushi in Kin Village in 2018, where he has been happily serving guests for the last 7+ years.

With many years of living in the U.S., and dealing with English-speaking customers after returning to the island, Miyagi-san’s ability to directly communicate with American patrons greatly enhances the dining experience.

Just a minute drive (or 10-minute walk) from Camp Hansen Gate 1, Miya Sushi is just doorsteps away from the Marine Corps base. Focusing on fresh catches, all fish (except salmon) are sourced locally or nationally with Miyagi-san driving around the island to ensure the best quality.

“My daily routine is going to Awase [Okinawa City Fishing Association Payao Market] or the Tomari [Iyumachi] Fish Market,” Miyagi-san shared.

All items, including sushi, are strictly made to order so one can guarantee freshness in every bite; pre-made does not exist around here. Although there is an extensive assortment of *nigiri*, rolls and à la carte menu items, it’s safe to say, after trying many selections, any pick is absolutely satisfying. Miyagi-san also caters to all tastes and is happy to customize orders to accommodate for dietary restrictions.

Starting off with a side of Mussels dressed in homemade *ponzu*—this appetizer will soon become a crowd favorite. With its slight tanginess

from the flavorful citrus sauce and plump natural texture of the shellfish sitting atop a bed of cabbage, the finely shredded vegetable soaks up the dressing adding a refreshing bite.

For something familiar to Americans, the Buffalo Fried Chicken is a comforting alternative...crispy chicken thighs tossed in a slightly spicy coating akin to the devilish sauce from stateside providing a protein rich starter with nostalgic memories.

For the handmade sushi rolls, the SBS Roll (Special Baked Salmon) is a delicious monster—large enough for an entrée, the sushi is stuffed with baked salmon, crab, avocado, cucumber, *tobiko* (flying fish roe) and blow-torched salmon atop to charred perfection! And for the real *nigiris*, the *Maguro* (tuna) alongside the cooked Eel *nigiri* are perfect when paired with a touch of *wasabi* and *shōyu*; the mild flavor profiles balance each other not needing too much to shine bright on their own accord.

If sushi is not your forte, the Chicken Teriyaki Bowl is hearty coming in a deep bowl filled with white rice and a hefty serving of pan-seared chicken thighs drizzled with Miyagi-san’s secret teriyaki sauce—crispy dark meat, light bursts of *umami* from the sauce, nutty notes of sesame seeds and plain white rice are as pleasing as it sounds.

“I really like when customers go “mmm,” it makes me so happy,” Miyagi-san stated with a big smile.

The family-run business consists of Miyagi-san’s wife Midori, one of his sons Masakazu and family friends who help with the front of the house as well as the kitchen, cooking up dishes to serve. If you’d like to go on a culinary journey with the living legend, reservations are highly recommended, as the interior is quite intimate—seating four tables and a handful of single chairs in front of the sushi bar. Street parking is limited while overflow parking can be utilized behind the shop. **101**

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3rd Annual Military Baby Shower...

...With Heidi Murkoff

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. NPSP is a professional team of nurses and licensed counselors who provide education and support to individuals and families that are expecting or have children under the age of 6.

On Wednesday, October 7, celebrate the gift of life at the 3rd Annual Military Baby Shower featuring Heidi Murkoff, renowned author of the *What to Expect When You're Expecting* series. SOFA status families from all branches that are expecting or have a baby under 6 months are invited to join in the celebration from 10:30 a.m. to 3:30 p.m. at Ocean

Breeze (Northern Breeze for baby shower and Southern Breeze for resources and book signing) on Camp Foster.

Attendees will learn about pregnancy, babies and the journey of parenthood in an informative session. Throughout the event, there will be time for a Q&A section featuring games and refreshments. Only children 6 months and under can attend with their parents.

In addition to this exciting event, NPSP offers FREE home visitations, classes and groups that promote positive parent-child bonding and attachment as well as balancing family and military life. All services are FREE for eligible patrons of the Military Treatment Facility (MTF); pre-registration is required to attend.

Program services include Parents in Uni-

form—small group-based class offered to expectant families to learn about birth registration and other topics related to having a baby on island, Baby Boot Camp—recommended for new parents or those with older children to learn the basics of infant development, self-care as a parent, infant safety, newborn care, community resources and more, Infant Massage—led with the most important elements of bonding and teaches the ideal interaction to build trust and love, Play Morning—interactive mornings for parents and children to enjoy socializing and much more!

Please email npspokinawa@usmc.mil to register for classes, schedule a home or office visit, or ask questions. For more information, including hours of operation and location, visit www.okinawa.usmc-mccs.org/npsp. 101

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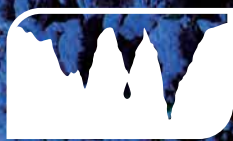


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MCCS Child and Youth Programs will be offering weekly STEAM, Literacy and Tutoring Clubs with local education contractor KOEIGO. Registration for the fall sessions will open on the first day of school, and the Fall Sessions are set to begin right after Labor Day. In order to attend, children must be enrolled for care and register for the club at the respective center.

MCTUREOUS SCHOOL AGE CARE

- Literacy Program (UFLi-based Curriculum)
Thursdays & Fridays, 4:30–5:30 p.m.
(Sept 10–Dec 18)
- Digital Art
Tuesdays, 3:30–4:30 p.m.
(Sept 8–Dec 15)

COURTNEY YOUTH AND TEEN

- Digital Arts and 3D Design
Thursdays, 4:30–5:30 p.m.
(Sept 10–Dec 17)
- Tutoring
(High School and Middle School)
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(Sept 8–Dec 15)
(Elementary School)
Tuesdays, 4–5 p.m.
(Sept 8–Dec 15)

FOSTER SCHOOL AGE CARE

- STEAM Robotics
Wednesdays 4–5:30 p.m.
(Sept 9–Dec 16)
- Animation
Thursdays, 4:30–5:30 p.m.
(Sept 10–Dec 17)

KISHABA YOUTH CENTER

- STEAM
Fridays, 3:30–4:30 p.m.
(Sept 11–Dec 18)



September Activities...

...from MCCS Family Care Programs

Summer break is over and most children are probably still in vacation mode, dragging themselves out of bed in the morning with very little, to no gumption. Well, how about giving them something to look forward to after school—something that includes fun, hanging out with friends and ice-cold A/C?

MCCS Youth and Teen Centers, as well as School Age Care (SAC) facilities, are the place to be for kids as the heat dials up to eleven. Facilities on Camps Courtney, McTureous, Foster and Kinser offer many activities and events to keep kids occupied and energized; after they're enrolled in the program, children between the ages of 5 and 18 can develop and grow socially, emotionally, physically and mentally with their friends as they watch movies, play video games, challenge each other in board games and more (even study)!

More than just an after-school program, these facilities offer a community where young people can develop leadership skills, gain confidence, build lifelong friendships and make a positive impact both on and off the installation.

The Courtney Youth and Teen Center was recently renovated and remodeled opening up in March of 2026. After enrollment, members can compete in gaming tournaments, participate in leadership clubs, create art, volunteer in the community or simply relax with friends after school. Every day from Monday through Friday offers something new—including leadership and service opportunities, recreational gaming and tournaments, local field trips throughout Okinawa and much more! The Foster Youth & Teen Program is also excited to kick off the new school year with engaging clubs, leadership opportunities and special events throughout the year. Attendees at the Kishaba Youth Center can participate in activities such as Culinary Club, STEAM Club, Triple Play and Brain Games, while teens can enjoy Podcast Club, Poetry & Journaling and more!

This September, Kinser School Age Care will launch the Kidpreneur Challenge—where children work in teams to solve real-world problems, create prototypes and develop entrepreneurial skills. At the end of the challenge, a *Shark Tank*-style event will be held on September 25, where participants pitch their ideas to families and community leaders.

In addition, McTureous SAC recently won a Boys & Girls Club of America Military Youth Leading the 9/11 Day of Service Grant and the children enrolled at the center will be hosting a celebration and exchange day with the MCIPAC Fire Department on September 21.

For more information on these special events, other Child and Youth Programs offerings, center locations, hours of operations and how you can enroll your child, visit www.okinawa.usmc-mccs.org/cyp. 10L

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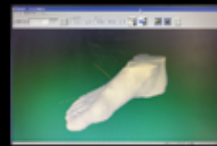


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Youth Sports

Coaching Volunteer & Soccer Registration

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.

Registration for the upcoming Youth Sports Co-Ed Soccer season will open from November 1 to 30 for SOFA-status children ages 3–18 island-wide. Programs include the Start Smart Soccer Program for ages 3–4 and recreational soccer for children turning 5 years old before or during the season. Register your child at any staffed MCCS Fitness Center or at www.okinawa.usmc-mccs.org/youthsports. If you have any questions or require accommodations, feel free to “touch base” with Semper Fit Youth Sports by calling 645-3333/34, emailing youthsports@okinawa.usmc-mccs.org or visiting their office inside Bldg. 5952 on Camp Foster.

If you're an adult who 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. 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 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 and head coaches must be at least 18 years of age. All interested volunteers must submit a coaching application packet. For more information, to request accommodations, or to become a volunteer coach, call 645-3533/34, email youthsports@okinawa.usmc-mccs.org, visit the Youth Sports Office (Bldg. 5952 on Camp Foster) or download a coaching application at www.okinawa.usmc-mccs.org/coachescorner. **101**

Take a Swing at Victory

Fall Junior Golf Tournament

Did you know that Tiger Woods hit his first hole-in-one when he was only eight years old? Now, the odds of actually hitting a hole-in-one are rare—about 12,500 to one—but the probability of enjoying the game of golf is much higher, especially once you learn how to play. This is the tournament that separates the best kids from the rest—the Taiyo Junior Golf Tournament will take place at Taiyo Golf Course in Uruma City on Sunday, September 27 from 11 a.m. to 5 p.m., with check-ins beginning at 9:30 a.m. Driving range will open for practice from 9 to 10:30 a.m.

The format of this event is flighted stroke play. Boys and girls will compete in separate divisions in three age categories: 8–10 (9 holes); 11–13; and 14–18 years old. USGA rules will govern play

along with Taiyo local rules listed on the rules sheet. Parents will be allowed to follow (walking only) but must not interfere with play or communicate with the golfers. Coaching and advice are not allowed. Medals will be presented to the top three winners in each age division. All American BBQ will be served after play for players (included with fee) and for parents for an additional fee.

The Fall Junior Golf Tournament is open to American and Japanese junior golfers island wide ages 8–18. Registration is available via Eventbrite or at the Taiyo Pro Shop until September 24. For more information about this event, call 622-2004 or visit www.okinawa.usmc-mccs.org/golf. **101**



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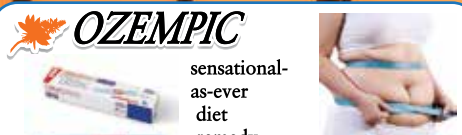


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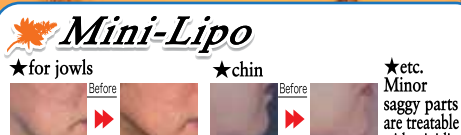


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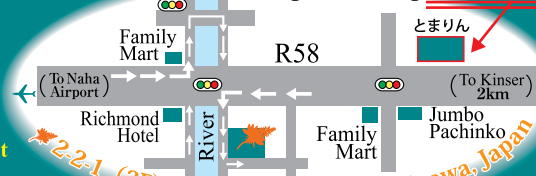
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Typhoon Motors Labor Day Sales

Cruising in Comfort

Summertime is the hottest time of the year on Okinawa, with temperatures regularly reaching the high 80s and the heat almost feeling like a solid rock wall that smacks you in the face as soon as you leave your air-conditioned abode. With the subtropical climate on Okinawa, the thought of driving a car without decent air conditioning is close to unbearable—unless you're a fan of feeling like you've taken a shower in your clothes after sitting in traffic for an hour. If that doesn't sound like your idea of fun, then head down to any Typhoon Motors across the island for

the coolest deal of the year as they are offering a Cold A/C Special featuring 25% OFF an A/C Tune-Up (which includes recovery, recycle and recharge). Ah, relief!

And for those looking to swap a faulty light bulb, change dirty car oil or just give a bit of tender loving care to your old reliable with your own two hands, then the Labor Day Special is for you! Typhoon Motors locations island-wide will be offering a \$1 Lift and Stall Special on September 7–8, so don't miss this unbelievably low price to wrench on your car.

Has your chariot on wheels been screeching every time you crank up the tunes? Vexed from the static sound (or lack of any sound) in your stereo when cruising? From September 7–14 at Foster Typhoon Motors, you can improve your tunes with a Labor Day Sundown Sale that will save you 15% OFF all Sundown Audio products.

For more information on these special deals, other offerings, locations, hours of operations and more, visit www.okinawa.usmc-mccs.org/typhoonmotors. 101



3RD ANNUAL MILITARY *Baby Shower*

Join the New Parent Support Program for a special baby shower hosted by Heidi Murkoff, author of the *What to Expect When You're Expecting* series. Parents-to-be and parents of babies under 6 months are invited to enjoy lunch, games, Q&A and prizes. Eventbrite registration is required.



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FOR MORE
INFORMATION



OCTOBER 7 | 10:30 A.M.-3:30 P.M.
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SCAN FOR UPDATES AND
A MAP TO OUR LOCATION





Morning Huddle Car Meet

Show Off Your Ride

Calling all car enthusiasts, collectors and motor vehicle aficionados because Typhoon Motors is making your Saturday morning extra sweet with monthly Morning Huddle Car Meets! These jam-packed mornings will be filled with the coolest rides, great company, food trucks and delicious complimentary coffee. This summer, show off your iconic JDM, classic muscle car, family vehicle or even your motorcycle to share and connect with like-minded motorheads. Join in on the exciting display of vehicles presented by the local Okinawan community as well as military members on Saturday, September 12 from 8 a.m. to noon at the UMA Lot on Camp Kinser. Car Meet events are completely FREE to attend and FREE to enter, all you have to do is show up and bring good vibes.

Although simple in nature with a parking lot, sweet cars, cups of joe and supportive community members, the connections you make will

be driven to last. Whether you're a dedicated gearhead or simply looking for a fun weekend activity, these gatherings offer something for everyone—especially with food and drink available for purchase on site.

Upcoming Morning Huddles will be held on October 10 on Camp Courtney at the Flea Market Area and November 14 at Camp Foster Lot 58. Drivers, please note that lowered vehicles should exercise caution when entering the venue on Camp Foster as the entry ramp leading to the event area is steep, and low-clearance vehicles may scrape or bottom out when entering or exiting. Participants are encouraged to approach the ramp slowly and carefully to minimize the risk of vehicle damage.

For more information about Morning Huddle Car Meets and Typhoon Motors offerings, including locations and hours of operation, visit www.okinawa.usmc-mccs.org/typhoonmotors. **101**

We Want You!

Join the MCCS Team

MCCS offers a variety of challenging, career-building opportunities with a priority on hiring qualified family members of active-duty military and civilian employees stationed on Okinawa. Jobs are available in entertainment, food & hospitality, sports, accounting, marketing, wellness, child development, maintenance, IT, counseling and much, much more.

In addition to career building, MCCS also provides many benefits for employees. On top of medical and dental insurance, options such as a NAF Pension Plan, 401(k) with employer matching, Flexible Spending Account (FSA) and a Tuition Assistance Program (which provides up to \$10,000 per year for certifications and college degrees up to a graduate level) are also available to advance your career while stationed on island. And that's not all—a Leave Donation Program, the Family Friendly Leave Act, Family Medical Leave Act, Employee Assistance Program and many more policies are in place for qualified MCCS employees. To start your job search, head to www.okinawa.usmc-mccs.org/jobs or keep up with the weekly “hot jobs” announcements sent directly to your inbox when you subscribe to our newsletter at www.okinawa.usmc-mccs.org/newsletter. For more information on becoming a member of the MCCS team, call 645-3052. **101**

ART ON THE STREET OKINAWA

Okinawa Prefecture, and the Ryukyu Kingdom before it, has always had unbreakable ties and an undying love for the arts—be it written word, song, intricate tapestries, stenciled textiles, sublime lacquerware, landscape paintings and other forms. This art is everywhere, and while some must be viewed in museums and ateliers...others can be enjoyed while walking around the streets of Okinawa.

Street art, or artwork created in public locations, doesn't have the best reputation. Most people link street art with cans of spray paint that is illegally applied to buildings in the dark of the night. Graffiti art, ranging from simple "tagging" signatures to elaborate murals that cover the side of multi-story buildings, was thought to be a rebellion against traditional fine art. Many graffiti artists thought conventional paintings hanging in museums to be too exclusive and created for the monied while their work was free to be enjoyed by everyone. That didn't make it legal, though.





TEXT BY: MIKE DALEY
LAYOUT BY: TAYLOR MCFARLANE
PHOTOGRAPHY BY: MIA COX

Street art today, however, has reached the level of recognized and sanctioned artwork. Artwork with razor-sharp political commentary from Banksy, the surreal-but-photorealistic graffiti art of Belin and many more have become highly respected in the international art world.

Sanctioned (i.e., legal) street art is also very prevalent on the streets of Okinawa—with some examples stretching over several city blocks covering several buildings, others lining seaside roads and some hidden away on walls lining back roads.

The following are a few of our favorite street art locations on island, gather your friends (and don't forget your camera) and join us as we hit the streets!

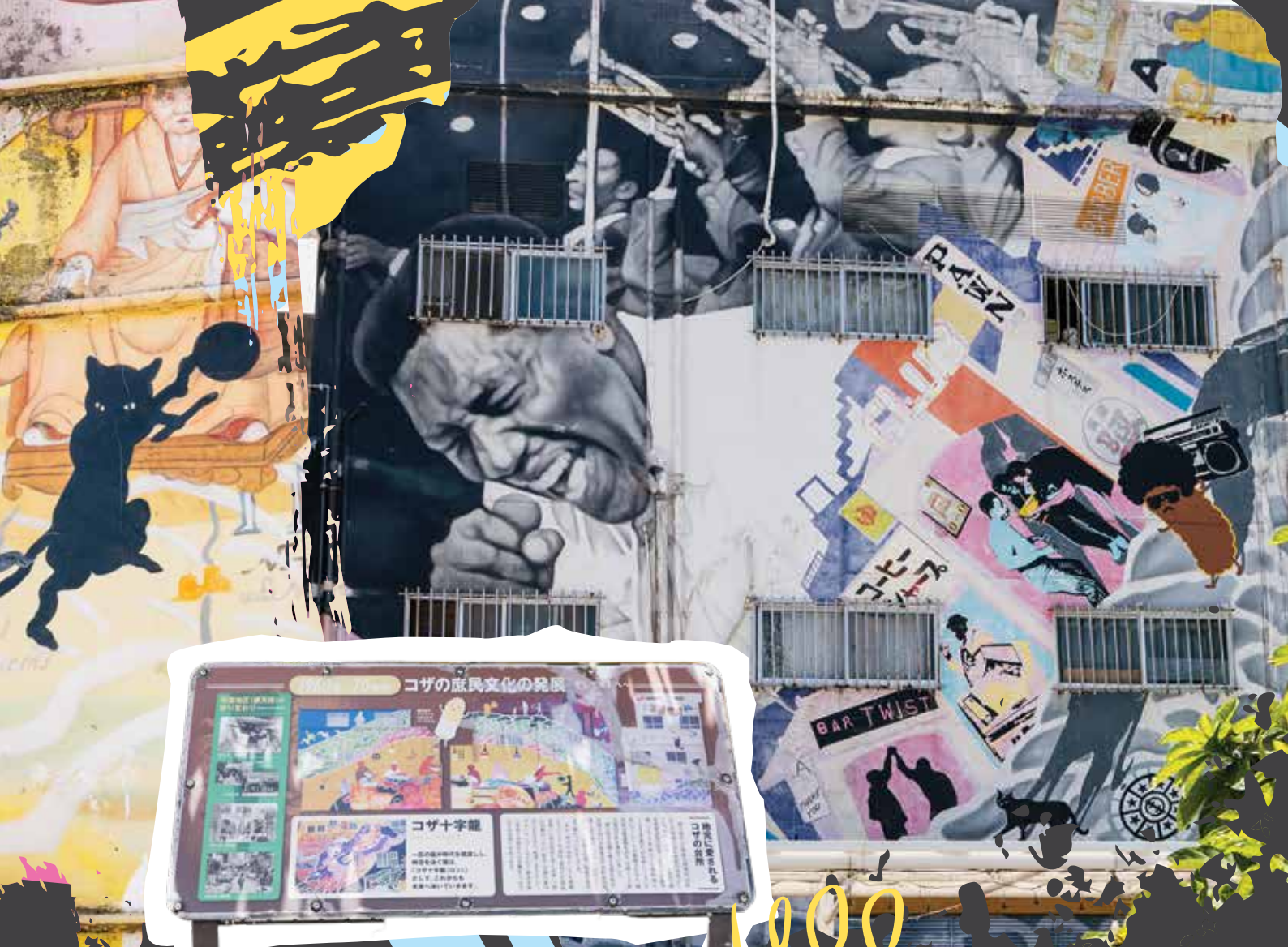
KOZA CROSSROADS HISTORY PICTURE SCROLL

📍 1-Chome, Teruya, Okinawa City, Okinawa 904-0011

One of the largest and most intricate examples of street art on the island can be found in an area with deep ties to the military community—Okinawa City. Spanning approximately 180 meters and spread over several buildings as well as the Gintengai Shopping Arcade, the sprawling Koza Crossroads History Picture Scroll encompasses 1,000 years of history.

The mural is divided into four distinct sections, beginning with the Ryukyu Kingdom Era, followed by the Post-WWII Era, the Vietnam War Era and the final section, the Present and the Future.





The Ryukyu Kingdom Era section of the mural features towering depictions of life during the 15th century, with paintings of old kings Sho Taikyū, Sho Sen'i and aristocrat/scholar Uni-Ufu-Gushiku. The Post-WWII Era covers the period of rebuilding after the destruction of the Battle of Okinawa and prominently features a portrait of General Douglas MacArthur along with scenes highlighting the birth of “*chamuru*” (harmonious mixture) culture. The Vietnam War Era murals highlight the then-bustling economy and the Kōza City nightlife that centered around the soul, funk and R&B music clubs frequented by African-American service members on shore leave during the Vietnam War. The main feature of the Present and Future section is the head of the dragon, which ties the four sections together. The dragon is a traditional symbol of the Ryukyu Kingdom, and it is believed to have the ability to traverse time and space—making it the perfect guide on this visual journey.



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FLIGHT INFORMATION Operating Schedule Oct. 25, 2026 - Mar. 27, 2027^{(*)1}

Okinawa (Naha) → Taipei (Taoyuan)

FLIGHT	DEP. / ARR. (Local Time)	FREQUENCY
NU301	08:35 ^{(*)2} → 09:15	Daily
NU307	17:55 ^{(*)3} → 18:40	Daily

Taipei (Taoyuan) → Okinawa (Naha)

FLIGHT	DEP. / ARR. (Local Time)	FREQUENCY
NU302	10:15 → 12:50 ^{(*)4}	Daily
NU308	19:40 → 22:15 ^{(*)4}	Daily

^{(*)1}Schedules are subject to application and approval by the relevant authorities and may be subject to change.
^{(*)2}Departures are advanced by 5 minutes from December 1 to January 31 and delayed by 5 minutes from February 1 to March 27.
^{(*)3}Departures are delayed by 5 minutes from February 1 to March 27.
^{(*)4}Arrivals are advanced by 5 minutes from December 1 to February 28.

PLAN YOUR TRIP
Scan for the latest schedules, fares & more.



TOTORO MURAL

📍 573 Katsurenhenna, Uruma, Okinawa 904-2312

The next stop on your street art journey is an escape into a magical land tucked away in the back streets of Uruma City. Originally started as a project to bring a bit of joy to local children during the COVID pandemic in 2020, this mural was painted on the walls surrounding a home by the homeowner and his friends. An avid artist, the homeowner is also a fan of the work of legendary animator, filmmaker and manga artist Hayao Miyazaki.



Depicting vivid images from Miyazaki's world-famous anime *My Neighbor Totoro* produced by Studio Ghibli, this mural features characters Satsuki and Mei, "susuwatari" house spirits, the "Neko-bus" (a giant, cat-faced bus), and of course, the main character Totoro.

While originally meant to bring smiles to the faces of local children, this mural is now well-known island wide and receives many visitors from throughout Okinawa as well as mainland Japan. And, like all of them, you're sure to leave with a smile on your face as well after visiting this mural.



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HENZA ISLAND SEA WALL

Yonashirohenza, Uruma, Okinawa 904-2426

The final stop on this journey will take you to Henza Island. One of four tiny islets in the Yokatsu Island group (which includes Ikei, Miyagi, Henza and Hamahiga), Henza Island is connected to the Katsuren Peninsula in Uruma City by bridge.

Henza Island is only sparsely populated, and the majority of the island is taken up by an oil refinery. On the eastern side of the island, there is an approximately 300-meter-long seawall that protects the refinery from high seas—this is also the location of our last street art exhibit.

This seawall is the site of the bi-annual Hirayama Seawall Art Competition which began in 2015 and celebrated its 10th anniversary this past November. Organized by the Uruma City Board of Education, the Okinawa Oil Terminal Co. Ltd, and Ryukyu Paint Co. Ltd., this competition offered an opportunity for school children from local elementary and middle schools to showcase their artistic skills with the goal of beautifying this otherwise stark and forbidding wall.

Themes for individual murals range from local flora and fauna and island traditions to more personalized paintings featuring friends and classmates enjoying island life. If you're curious you can also see all the competition winners' works at www.octs.co.jp/entry_art2025.html.

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Be sure to tag us **@okilivingmag** on Instagram to share images of your favorite local street art with the community! lol

@elzamante

#mgswings

JOB FAIR 2026

📅 SEPTEMBER 18

🕒 10 A.M.-2 P.M.

📍 CAMP FOSTER COMMUNITY
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Yakizakana

Broiled Teriyaki-style Fish

Serves 4

Ingredients

4 slices of de-boned fresh fish
(fillets of salmon, or other favorite—3/4 to 1 inch thick)
2 Tbsp. sugar
2 Tbsp. *sake* (Japanese rice wine)
3 Tbsp. soy sauce
1 Tbsp. *mirin* (sweet cooking wine)
1–2 tsp. vegetable oil

Method of Preparation

1. Mix all liquid ingredients.
2. Heat oil in a medium-sized pan over low heat.
3. Lightly brown fish on one side (skin-side down, if applicable).
4. Flip the fish over, add liquid mixture and quickly cover. Lower heat and simmer until liquid evaporates.
5. Turn over gently to prevent the fish from breaking apart. After fish is cooked (approximately five minutes after step 4, depending on the size of the slice), lightly broil the skin side of the fish until crispy.



Class is in Session!

For DoDDS students, September signals the beginning of the school year—freshly sharpened pencils (or crayons), colorful spiral notebooks, binders filled with blank, wide-ruled pages of notebook paper and a seemingly endless amount of sleepy grumbling. But a glance into a classroom at a Japanese school during the same month will reveal dozens of pencils worn down to stubs, about a third of each subject's workbooks completed, and pencil cases starting to show signs of wear and tear. Why? For students in Japan, the school year started in April. The Japanese school year is made up of three terms: April to July, September to December and January to March. A four- or five-week summer vacation is usually enjoyed in August (complete with homework, boo!), along with a similar spring break at the end of the school year after graduation.

For all students, elementary school begins at age six, and most children set off each day on foot to the *shōgakkō* nearest their home—with local parent volunteers taking turns at crosswalks to ensure the children's safety. Though elementary students in public schools aren't required to wear uniforms, they are all required to carry the same leather backpack called a *randoseru*. This is an important purchase as it's expected to last until the end of 6th grade.



When elementary students arrive at school, they stop and trade their outside shoes for *uwabaki*, or inside shoes and proceed to their homeroom (true of every grade level). At most *shōgakkō*, students stay in the same classroom for much of the day, leaving only for specialized classes such as music, art and physical education. However, their core subjects of social studies, arithmetic, science, home economics and Japanese language are customarily taught by the same teacher. **101**

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Massage Lino	52
Mediatti Broadband Communications.....	4
Miyagi Cosmetic Surgery	52
Okinawa White Dental Clinic	46
Okuma Recreation Facility	38
PARCO CITY Shopping Mall	42
Plastic Surgery KC.....	2
Plaza House	24
Pub Lounge Emerald	50
Rakuten Mobile	62
Renaissance Resort Okinawa	32
Run Design Okinawa	50
Rycom Dental Clinic	52
Sam's Restaurant Group	64
Santa Monica International School	60
Stickywich Sandwich.....	46
Sushi on La Cienega (Sally Marche)	64
team Lab Future Park Okinawa	30
Tonari Clinic	46
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Okinawa

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TAIYO FALL JUNIOR

2026

GOLF TOURNAMENT

FORMAT: FLIGHTED STROKE PLAY

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7 a.m. shotgun start

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2-player team event. Teams will play 6
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Register by September 16

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★ ★ ★ SATURDAY ★ ★ ★

OCTOBER 3

— 4-9 P.M. —

CAMP FOSTER PARCELL FIELD (PARADE DECK)



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Do not bring pets, glass bottles, outside alcohol or coolers.

Access for non-DoD ID card holders will be via Gates 4 (Spot) & 5 (Commissary) and Lot 58 will be available for parking and staging for taxi cabs. A shuttle service will be available to the event site from Lot 58.



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