

# OKINAWA

L I V I N



MCCS EXCLUSIVE

*Kanucha Resort*  
Okinawa

STAYCATIONS

**MCCS**  
MARINE CORPS COMMUNITY SERVICES

June 2026 | Issue 340

★ JULY 4-5 ★ 1-9 P.M. ★

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June 2026



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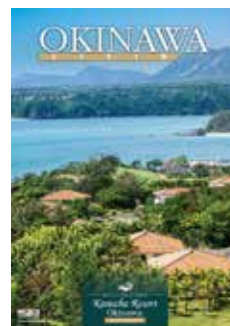
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Enjoy exclusive rates at luxurious  
Kanucha Resort courtesy of MCCS!



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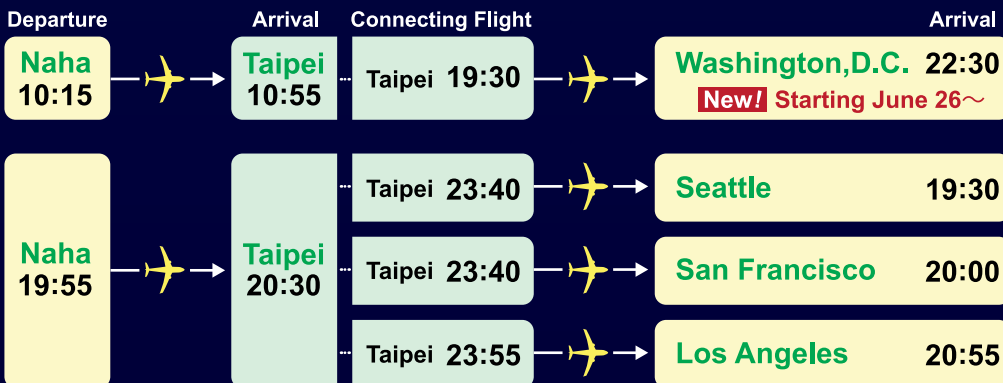
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BR185	19:55	20:30		BR186	16:25	18:55

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# mensôre

"Welcome" to Okinawa Living

## Finding Stability in Community Through MCCS

We are entering the height of PCS season, and why this month feels so meaningful to me goes back to a childhood that, in many ways, mirrored military life. I didn't grow up in a military family, yet my father was a long haul driver often away, and my mother moved us every two to three years as she pursued her career. Each move meant a new school, new friends and new responsibilities. By graduation, I had attended six schools and had become used to rebuilding my sense of home again and again.

What I didn't have then was the built in community that many military families now find at each new duty station, starting with MCCS. Instead, I learned to seek out connection and stability wherever we landed. Those experiences shaped me, guided me toward a career of service, and are why this time of year has a special meaning.

Whether you're settling in as a new island resident or enjoying your favorite Okinawa spots before your next adventure, this issue of *Okinawa Living Magazine* highlights much of what MCCS offers in June. Programs such as Marine Corps Family Team Building's L.I.N.K.S. are designed to help you connect, succeed and feel grounded. You can also join the Summer Reading Program at MCCS Libraries or build new skills through FREE workshops from the MCCS Family Advocacy Program.

If you're hoping to escape temporary lodging during PCS season, consider a getaway to Kanucha Resort with MCCS exclusive rates. Nestled in the Northern Yanbaru Forest, it's a peaceful retreat with plenty of amenities. Turn to page 8 to learn more about this hidden gem.

In June, we also celebrate Father's Day, a time to honor the men who show up for the children and families in our community every day. MCCS Restaurants across the island are offering special dining options to help you celebrate—from hearty brunch buffets at Butler Officers' Club, Tengan Castle, and Surfside to an elevated à la carte brunch at Taiyo Steakhouse.

As summer heats up, so does Kinser Fest, our fifth festival of the year, featuring live entertainment, classic festival foods, Fun Land rides and more.

Whether this is your first issue of *Okinawa Living Magazine* or your last before beginning your next adventure, MCCS has so much to offer to help you connect and explore. Wherever you are on your journey, I hope this issue helps you feel a little more at ease and at home with MCCS Okinawa. **lol**



*Bobbie Brock*

Bobbie Brock  
Chief Marketing Officer



**Take us on the road**

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

# A CUT ABOVE

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À LA CARTE  
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5–9 p.m.

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with Horseradish

Glazed Carrots • Creamed  
Spinach • Mashed Potatoes

Reservations required



SUNDAY, JUNE 21



Scan for full menus  
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**TAIYO**  
STEAKHOUSE

# feedback

from the ICE Program  
and Facebook

First and foremost, I want to say that Camp Courtney Ironworks [Fitness Center] is hands-down the best gym on the island, with an outstanding staff to match. The facility is consistently clean and the team creates a welcoming environment every time you walk through the doors. A special shoutout to the front desk staff for always greeting everyone with a smile—it does not go unnoticed. I'd also like to personally thank Cait [Frandsen] for taking the time to accommodate me and my son ahead of our scheduled appointment. With my demanding schedule, that flexibility meant a lot. My son was beyond excited to have the opportunity to come to the gym on his own and seeing that meant everything to me. Just wanted to give credit where it's due, thank you all for what you do.  
—via ICE

I went to Ocean Breeze today and my server was Nicole [Fatura]. She was the best server I have had from any MCCS restaurant on island. Usually I have to hunt the server down or wave at them if I need something, but Nicole was very attentive. She checked on my table throughout my meal, made sure I had a refill when my glass got to about half level and was very kind and friendly. She met us with a smile, asked if we needed anything else and provided assistance with the take-out box and checked in a very timely manner. She was professional and went above and beyond to make sure we were taken care of. I don't ever take the time to leave an ICE response, but her great service and hard work deserves a compliment. Well done Nicole!  
—via ICE

Excellent pool layout [at the Hansen Aquatic Center] as well as good variety of equipment available. Staff executed excellent swimming lessons that fit individual swimming styles and improved everyone's technique.  
—via ICE

Angela did a wonderful job showcasing and going over the [New Parent Support Program] infant massage lessons. She explained each technique clearly, made the class easy to follow and regularly checked in to make sure we didn't have any questions about previous classes or the current lesson.  
—via ICE

My mom and I attended the [MCCS Tours+] Battle Sites tour on April 12. I was absolutely amazed by the tour guide, Mr. Chris Majewski, and his abundance of knowledge on the Battle of Okinawa. Military history isn't really something I'm interested in, but Chris made it sound super exciting and interesting. The museum is absolutely stunning, and it was so cool to see the artifacts recovered from the battle. Wonderful job!  
—via ICE

## Give MCCS Feedback—ICE Program & Facebook

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

# @okilivingmag

Show us your island adventures and favorite food finds!

## @jennyjoyy

The cape of Teniya may be my favorite viewpoint in Okinawa ♡ I have a feeling my feed will get back to its BLUE theme here before too long ♡

📍 Cape Teniya



## @laurenziemba\_\_

April 3 was Shisa Day in Okinawa and the perfect opportunity for us to check out a Shisa that has long been on our bucket list!!! It has a fun slide built on the inside of the Shisa, that dumps you out of the Shisa's behind 🤪🤪

📍 Tomoyosebaba Park

## @fara\_saira

Quick visit at the Botanical Garden 🌿🌸🌺🌻

📍 Southeast Botanical Gardens



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.





MCCS EXCLUSIVE

# Kanucha Resort Okinawa

STAYCATIONS

TEXT BY: MIKE DALEY

PHOTOGRAPHY BY: MIA COX

LAYOUT BY: JAMES RIETH

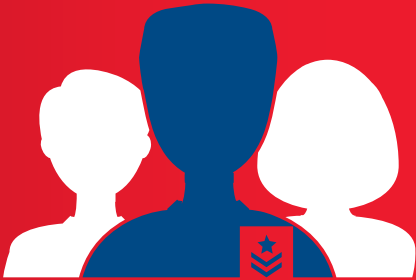
**N**eed a vacation? If you spend at least five minutes a day daydreaming of one, then you're probably in the minority—the majority of us spend *at least 20!* Not all of us have the luxury to hop on a first-class flight and be whisked away for a weekend of pampering in paradise, but it's always nice to dream, right? Well, MCCS Tours+ is here to turn your dream into reality, in the form of an affordable stay at a luxurious local resort!







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Tucked away in beautiful Oura Wan Bay on the east coast of northern Okinawa, Kanucha Resort is a renowned resort that has been attracting guests from around the world for decades. The resort grounds cover a total of 2.64 million square meters with eight hotel buildings, a beautiful beach, pools, spa and a full resort golf course. Dining and evening entertainment venues include eight restaurants, cafes, lounges and bars featuring Okinawan, Japanese, Chinese and Western cuisine. For more on dining at Kanucha Resort, check out this month's Restaurant Review on p. 42.

Many activities are offered year-round at Kanucha, ranging from golf, hiking and buggy adventures during the cooler months to parasailing, snorkeling, flyboarding and even an aqua park for the kids and the young at heart when the weather warms.





**MIYAKO ISLAND**  
*Labor Day*  
*Staycation*

**SEPT 5-7**



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or visit [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours).





Summertime is one of the greatest times of the year to stay at Kanucha Resort—especially for service members. “Guests can enjoy various water sports, two outdoor pools, one indoor pool and a world-class golf course. And, Kanucha is a tattoo-friendly facility,” said Tu Pham, MCCA Tours+ Manager. You can snorkel and dive with tropical fish in the beautiful emerald-green waters of the Pacific or glide through the gentle waves on a sea kayak as you drink in the stunning coastline views. And, while many Japanese resorts prohibit patrons from showing their tattoos, inked guests can relax poolside at Kanucha without any worries.

MCCA now offers exclusive rates for the luxurious Palm Tree West and Magnolia rooms. “These are spacious rooms (66 m<sup>2</sup>) featuring a large balcony (33 m<sup>2</sup>) and each room includes four beds and a private balcony jacuzzi with an ocean view. Additionally, MCCA customers enjoy exclusive access to free refreshments and sweets at the West Tower reception,” said Ms. Pham.





# teamLab★Future Park

## OKINAWA

**Summer Scenery**  
Seasonal: 6/1-8/31

### #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 June 1 to June 30, 2026.

#### ▼ Special Offer: Admission + Tin Badge

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\*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.



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If your family includes a four-legged member that barks, they are also invited as Magnolia rooms are dog friendly! A maximum of two dogs (limited to small or medium breeds weighing 12 kg or less each) are allowed per room. They must be at least 6 months old, fully house-trained, reliably under control and not prone to excessive barking, biting, jumping or other disruptive or unsafe behavior. Dogs must also be in good health, free of infectious disease and free of fleas, ticks and other parasites as well as be properly vaccinated in accordance with all Japanese laws and dog ownership requirements.

Now, it's time for the million-dollar question: how "affordable" is an affordable stay at Kanucha Resort? The answer is *very!* "During the peak summer season, a room for a family of four at Kanucha can normally cost between \$400 and \$500 per night. MCCS Exclusive Rate is only \$100 to \$120 per night. This means you can save between \$500 and \$600 just by staying two nights over a weekend. While most Japanese resorts charge per person (which can become very expensive), MCCS charges a flat rate per room. And since our rooms can accommodate up to six people, the value is incredible!" shared Ms. Pham.



Everyone deserves a break from the daily grind once in a while. It's high time to plan a few days to unwind and discover just how rejuvenating a staycation at Kanucha Resort can be!

For more information on how you can take advantage of the MCCS Exclusive Rates at Kanucha Resort, contact MCCS Tours+ at 646-3502 or visit [www.okinawa.usmc-mccs.org/kanucha](http://www.okinawa.usmc-mccs.org/kanucha). |OL



# MANHUNTING MANHOLES

*Covers & Collectables*



Chatan Town's first colored manhole cover. It features the town's official mascot "Chi-tan" showing off her impressive surfing skills.

26° 18'55.7" N  
127° 45'12.7" E



## “MORE THAN GENERIC”

On city pavements, urban areas and daily driven roads, manholes are the underground gateways that allow for public access to utilities and infrastructure that encompass drainage and sewerage systems, telephone lines, gas pipes and more. Large enough

for the average human to fit through its circular chamber, manholes are engineered with gravity, ventilation and inspections in mind. But throughout Japan, they are more than just generic cast iron covers, they are *designer*.



“By using beautifully designed manhole covers that take into account the local tourism resources, characteristics and history of each region, we are able to attract the interest of not only local residents but those from a wider area. We hope this will encourage more people to take an interest, research and deepen their understanding of sewerage systems—changing their perspective from ‘dirty’ to indispensable infrastructure that supports our lives.”

—an Okinawa Prefecture Sewerage Division Representative stated.



## COLLECTING CARDS



On Okinawa, there are numerous manholes showcasing the island’s flora, fauna, history and culture. Here, you can see details of hibiscus, palm trees and even *shisā* integrated on the cast iron covers representing the island’s heritage, pride and topography—the model of incorporating culture, city mascots and regional produce (to name a few) exist all around the nation.

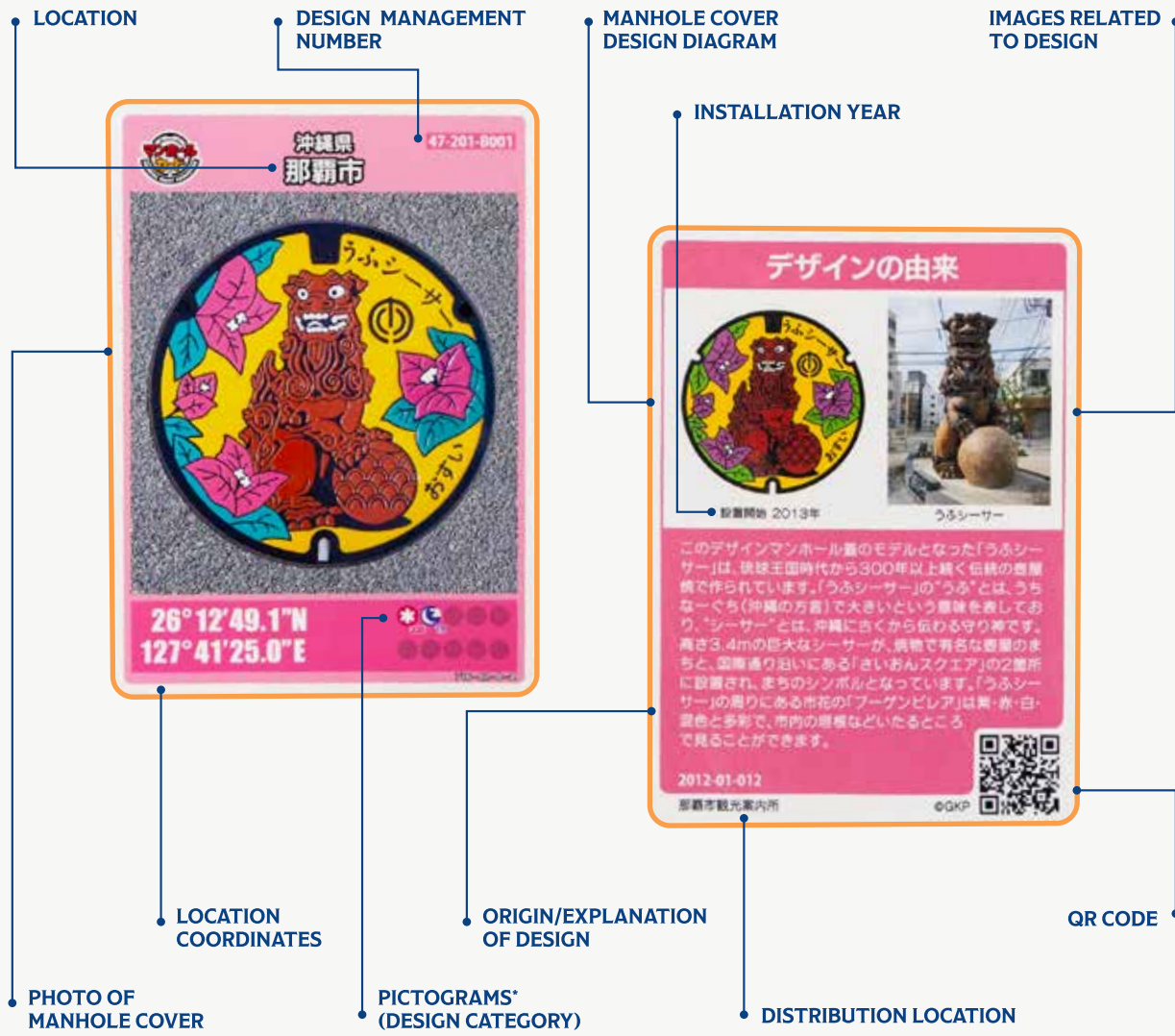
In addition to Okinawa’s specific motifs, 14 manhole collectable cards exist. Furthermore, there are 16 official Pokémon-themed manhole lids also referenced as Poké

Lids on the main island as well as neighboring islands (the Keramas, Miyako, Ishigaki and Kume). Catch ‘em all as they feature nostalgic pocket monsters like Wartotle, Solrock and Growlithe frolicking around iconic Ryukyu landmarks such as Shuri Castle, climbing *gajimaru* (banyan) trees in the Yanbaru Forest and sunbathing by the coast of Itoman.

Scan the QR for the locations of all the Poké Lids on Okinawa.



# CARD ANATOMY



## PICTOGRAM KEY

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

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This manhole cover features designs of Nago City's symbols: the *kanki-zakura* cherry blossom, the Easter lily, the *mejiro* (Ryukyu white-eye) and the Hinpun Banyan tree.

📍 26 ° 35'21.8" N  
127 ° 59'03.3" E

# DESIGNER COVERS

In 1977, Naha City inaugurated the concept of Japanese designer manholes. The initial design depicted a dizzying array of fish swimming happily in clean water after being treated by the sewerage system. Although inherently simple, the pictogram sparked awareness of the subterranean world through a positive lens.

Up until 1985, Naha was the only city in the nation with custom created manholes. Fast forward to today and now all 47 prefectures have unique manholes that feature regional symbols, with over 12,000 unique designs decorating municipalities across the country.

They also come with their very own collectible cards that have become a global phenomenon!

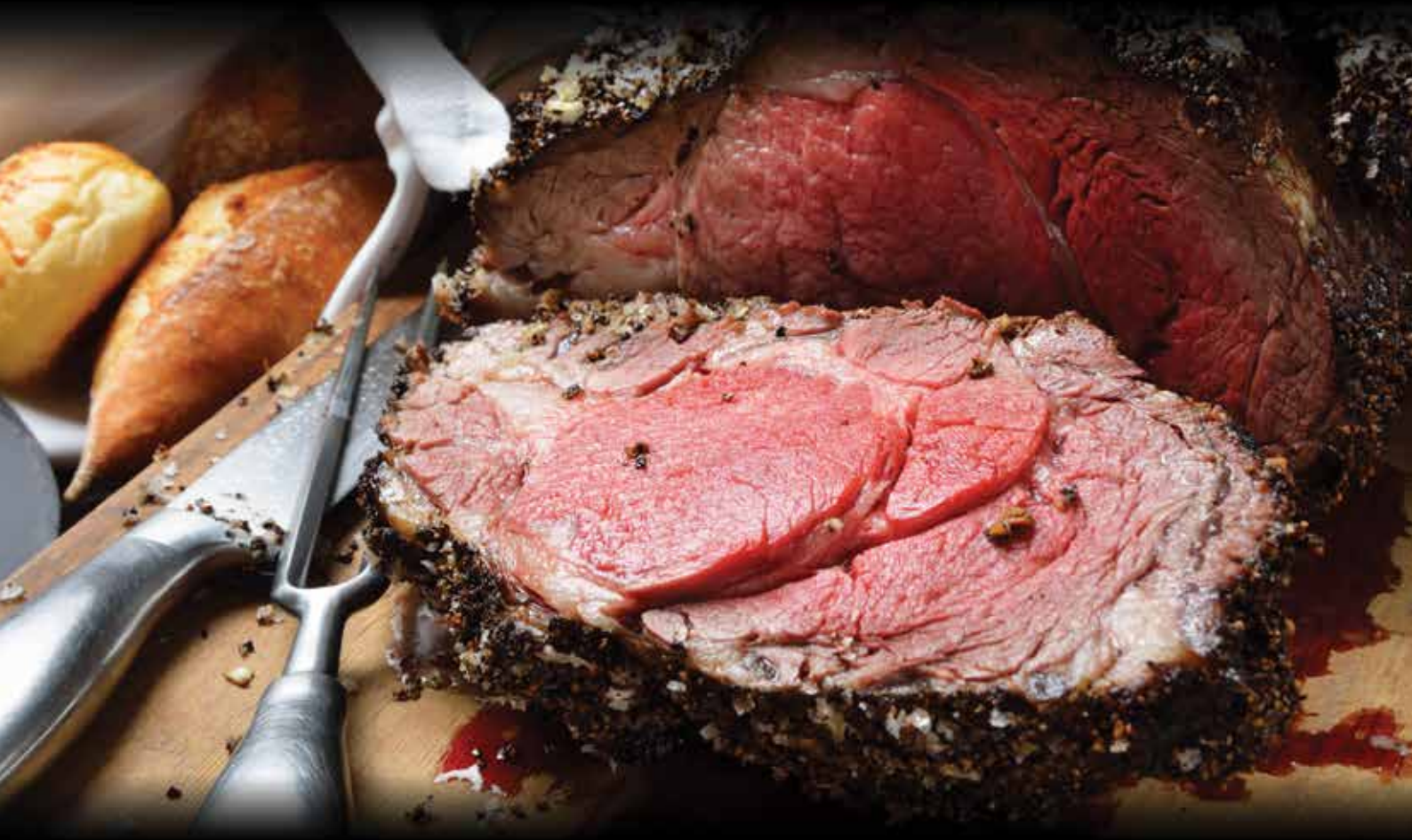
Across the country, each cover is created one-by-one, and every surface painted meticulously by hand. With the use of durable epoxy resin, pigments remain vibrant for years. The purpose of the brightly colored covers goes beyond being aesthetically pleasing to the eye, they also aid in effortless searches for services, emergencies and construction activities by providing a pop of glow.



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English Cut (3 slices)

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- Horseradish Sauce
- House Salad with Your Choice of Dressing
- Creamed Spinach
- Mashed Potatoes or Baked Potato
- Yorkshire Pudding



Reservations encouraged via email at  
[mccstaiyosteakhousereservations@okinawa.usmc-mccs.org](mailto:mccstaiyosteakhousereservations@okinawa.usmc-mccs.org).

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STEAKHOUSE

# JOIN THE CRAZE

Looking for a fun activity that includes learning about ornate manholes while hunting for collectable cards? Then join the sensational craze that is collecting manhole cards! All region specialty cards are found at public facilities such as roadside stations, tourism offices and public markets. When looking at the card, the front features the manhole cover design and coordinates, while the back explains the origin.

In compliance with the government's rules and regulations, these tangible souvenirs are gifted one per person and should be refrained from being resold; no reservations or calling ahead required.

To find a manhole and its partnering collectable card around the island, simply look up the address listed on the respective card.

This manhole is shaped like a *taiko* drum and features "Eibo," the Okinawa City eisa character, performing *eisa* dance. It won first place in the "Our Manhole, Our Pride" election in 2016.

26° 20'09.3" N  
127° 47'58.8" E



"Manhole covers vary region by region and through different designs, you can tell which municipality is responsible. Additionally, collecting manhole cover cards are enjoyable when walking leisurely, driving or sightseeing."

—an Okinawa Prefecture Sewerage Division Representative shared.



# NICE TO MEAT YOU

yakiniku with UME(plum)



▼ web site ▼

▼ LINE ▼



- LOCATION -

MIHAMA - chatan

ISO - urasoe

TOMITON - toyosaki

Table Order Buffet

# ALL YOU CAN EAT

Yakiniku Restaurant

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



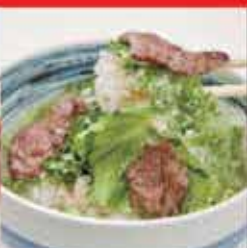
Free Parking



Credit Card OK



▼ WEB site ▼



# WASTEWATER TREATMENT PLANTS

If you'd like to dive deeper into uncovering manholes, why not acquaint yourself in the processes of wastewater treatment on Okinawa? Visit Gushikawa, Ginowan, Nishihara or Naha's Wastewater Treatment Plant to get started. At these facilities, visitors will learn what it takes to support the districts and communities as well as the modernization of infrastructure through wastewater purification—while being eco-friendly and accommodating the preservation of Okinawa's water. The highlight of the facilities is seeing how everyday wastewater (either sewage or run-off) is purified—through discarded sludge. The residue is then recycled into compost and later manufactured into bricks that reduce landfill waste.

Discover the importance of what lies below the manholes and the interlink with sewerage systems as well as their everyday impact. Water is a vital source that keeps us afloat, with the earth covered in 70% water, the human body being over 50% water and the moon's gravitational pull affecting the ocean's tides thus impacting the unseen frequencies of life!

So, while on Okinawa, remember to look down and appreciate the little things, and don't forget to collect the designated prefecture's manhole designs not only as a keepsake, but a gentle reminder of the underground network that keeps modern society safe and healthy. **101**

This manhole cover features designs of Kanna Beach, a beloved landmark in the Kanna district of Ginoza Village.

 26° 28'25.7" N  
127° 57'11.4" E



## TIPS FOR A HAPPY AND FREE-FLOWING DRAIN:



**1.** Prevent corroding and clogging pipes by throwing grease, oil and other foreign liquid in your trash bin.



**2.** Use an appropriate amount of liquid detergent when washing clothes; too much may agitate the drainage.



**3.** Clean out particles (hair, lint, debris, etc.) routinely from traps for a smoother flow.



**4.** Only flush human waste in toilets, avoid "flushable" wipes as they do not disintegrate like toilet paper.



**5.** Refrain from planting near drainage lines, as roots can cause structural damage.



第3回 THE 3rd OKINAWA KARATE WORLD FESTIVAL  
~DEMONSTRATION and TOURNAMENT~

# 沖縄空手世界大会 2026

## 競技大会 JUNIOR TOURNAMENT

(少年少女)



本選 Main Round

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

**8.2 SUN**

1:00PM ▶ 3:30PM

沖縄コンベンションセンター  
Okinawa Convention Center

DEMONSTRATION



演武大会

## 沖縄空手 セミナー

OKINAWA KARATE SEMINAR

**8.1 SAT**

I 3:00PM ▶ 5:00PM

II 5:30PM ▶ 7:30PM

沖縄コンベンションセンター  
Okinawa Convention Center

楽しいイベント盛りだくさん!  
So many fun events packed in!

沖縄空手ウィーク **7.28 TUE - 8.3 MON**  
OKINAWA KARATE WEEK

沖縄空手会館など  
Okinawa Karate Kaikan, Others



主催：沖縄空手世界大会実行委員会、沖縄県、(一社)沖縄伝統空手道振興会  
Organizers: Okinawa Karate World Tournament Executive Committee, Okinawa Prefecture, Okinawa Dento Karatedo Shinkokai

大会公式 HP  
Official Website



# SATURDAY JUNE 20

7 a.m. shotgun start

\$40 per person.  
Register by June 17 at the Pro Shop.

MODIFIED 4-PLAYER BEST BALL



Sponsored in part by:



No DoD, Marine Corps or MCCS endorsement of sponsors intended or implied.





# Kinser Festival

Summer Fun for the Whole Family

Summer is here and that means it's time for Kinser Festival! Gather up the whole family, jump in the car and head down to Camp Kinser for a two-day, fun-filled event taking place on Saturday, June 13 and Sunday, June 14 from 1 to 9 p.m., both days.

Kinser Festival will offer fun and excitement for the whole family including military static displays, LIVE entertainment, MCCS Fun Land rides and, of course, food! Festival fare will include something to satisfy every taste and palate—including Hawaiian plate lunches from Island Grindz, authentic street tacos and burritos from La Cocina, signature burgers from Bulldogs, mouth-watering meats from Hickory House All-American BBQ, sizzling-hot pizza, Miami-inspired selections from 305 Latin Bistro and much more. Patrons

20 years of age and older can enjoy refreshing adult beverages from Kanpai Lounge.

Kinser Festival is FREE and open to all DoD ID card holders, Japanese and American citizens; access to the festival will be through Gate 4 for DoD ID card holders and Gate 2 for non- DoD ID card holders. Please come prepared with picture ID that shows citizenship. Pets, glass bottles, alcohol, coolers and large bags/backpacks are not permitted at this event. And, as always, MCCS encourages everyone to drink responsibly; don't drink and drive. Both taxi and daiko services will be available.

For more information on this year's Kinser Festival, visit [www.okinawa.usmc-mccs.org/festivals](http://www.okinawa.usmc-mccs.org/festivals). 101

## Batter Up!

The Firecracker Softball Classic

It's almost time for one of the island's most anticipated tournaments—the 2026 Firecracker Softball Classic! Now in its 31st year, the Firecracker has attracted the best of the best, giving winners the *ultimate* bragging rights!

Whether you are a fan or a player, this is an action-packed Fourth of July weekend event that cannot be missed. Semper Fit will be hosting the tournament at the Camp Foster softball fields from July 2 through July 7. The toughest teams on the island will gather to test their skills and endurance for this non-stop, six-day event to prove who will reign supreme on the diamond.

This tournament will be a single round robin followed by a double elimination. Team and individual awards will be given to the

top three teams in both male and female divisions. All tournament players, skills competition winners, male and female MVP players and coaches will also receive awards.

Teams interested in taking part in the biggest softball competition on island must register by June 26 via Eventbrite for \$450 per team. This tournament is open to all (both SOFA and non-SOFA) participants island wide 16 years of age and older. Time to oil up your glove, grab your Big League Chew and get ready for your chance at softball glory! This year's Firecracker Softball Classic Tournament is sponsored in part by BSN Sports.

For details and information, visit [www.okinawa.usmc-mccs.org/adultsports](http://www.okinawa.usmc-mccs.org/adultsports) or call 645-3521. 101



Lunch & Sweets Buffet

# Alice in the Blue Ocean

The Undersea Clock's Hidden Tale

2026 5/23 SAT - 9/7 MON SAT SUN MON P.H.

DoubleTree by Hilton Okinawa Chatan Resort (2F) Restaurant "MaTiira"

43 Mihama Chatan-cho Nakagami-gun Okinawa 904-0115, Japan  
TEL 098-901-4600

**TIME** 12:00~14:30 **PRICE** Adult ¥4,600/Child ¥1,800[6-12]  
\*L.O. 13:45 \*Price includes tax and service charge



PAID AD. NO FEDERAL ENDORSEMENT OF ADVERTISER INTENDED.



## Namaste by the Sea

### Celebrate International Yoga Day

In honor of International Yoga Day this month, drop down into the flow at MCCA Health Promotion's seaside event on June 20 from 7:30 to 8:30 a.m. at Camp Courtney Beach. Whether you're a beginner finding your balance, or a seasoned yogi mastering each asana, reap the benefits of yoga at your 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.

Namaste by the Sea is absolutely FREE and open to all with base access 18 years of age or older based on a first-come, first-served basis; no registration is required. For more information, contact MCCA Health Promotion at 645-3910 or visit [www.okinawa.usmc-mccs.org/healthpromotion](http://www.okinawa.usmc-mccs.org/healthpromotion). **101**

## Summer Bash Aerobathon

### Get Moving!

Get your blood pumping and train your cardiovascular system with Health Promotion's Summer Bash Aerobathon! For one day only on Saturday, June 27 from 9 a.m. to noon at the Camp Foster Community Center, join other individuals looking to revitalize their mind, spirit and body through the magic of movement. Feel good about yourself by staying active this summer. This event is open to all with base access 18 years of age or older. Participants ages 12-17 may attend with a parent/legal guardian present with Youth Gym Authorization.

The best part? No registration is required and it is completely FREE! For more information on the Summer Bash Aerobathon and other offerings from MCCA Health Promotion, visit [www.okinawa.usmc-mccs.org/healthpromotion](http://www.okinawa.usmc-mccs.org/healthpromotion), email [mccshealthpromotions@okinawa.usmc-mccs.org](mailto:mccshealthpromotions@okinawa.usmc-mccs.org) or call 645-3910. **101**

## Swing into a New Hobby

### Ladies Golf Clinics

Have you been considering taking up a new hobby? If so, how about giving golf a try? Golf is a low-impact sport that's perfect for all ages and skill levels, it offers time spent outdoors, a fun social environment, and a variety of health benefits.

Ladies Golf Clinics at Taiyo Golf Club provide an inclusive, women-focused golf initiative offering hands-on lessons by qualified instructors. Sessions are tailored for beginners, experienced players and those needing adaptive support, as well as clinics, mentorship and tournaments.

Daytime clinics are held on Tuesdays from 11 a.m. to noon, and evening clinics take place on Thursdays from 5:30 to 6:30 p.m. Ladies Golf Clinics are open to SOFA ID card holders. For more information on this and other offerings at Taiyo Golf Club, call 622-2004 or visit [www.okinawa.usmc-mccs.org/golf](http://www.okinawa.usmc-mccs.org/golf). **101**



# OFF DUTY? Hit the beach!



## Rizzan

Sea-Park Hotel  
Tancha-Bay

30+ ocean activities including Jet skis, parasailing, snorkeling and more; we are looking forward to serving you!

Tel: 098-964-6611  
Rizzan Sea-Park Hotel Tancha Bay  
1496 Tancha, Onna Village



## BEACHGANG ISLANDGRILL

AUTHENTIC ISLAND BARBECUE

# BEST ON THE ISLAND!

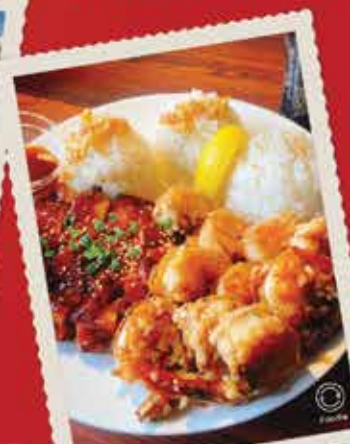


LUNCH: 11:30 A.M.—3 P.M.  
DINNER: 5:30—9 P.M.

## WHERE EVERY MEAL FEELS LIKE A VACATION!

Enjoy our famous authentic island-style BBQ Plates including BBQ Chicken, Garlic Shrimp, Kalua Pork and Kalbi Beef along with tropical vibes and a flavor-packed experience you won't forget!

We also accept catering orders for unit lunches, work crews, team events and parties.



Tel: 070-8472-6575  
1-1 Kitamae, Chatan  
(Inside of Yakiniku Chatan Dragon)



## Gear up for Summer with...

### ...MCCS Outdoor Recreation Rentals

This season includes a number of holidays that are best spent outdoors! Whether you've got a beach camping trip in mind or a backyard bash in the books this summer, MCCS Outdoor Recreation can hook you up with their wide variety of rentals.

For camping, Outdoor Recreation offers regular tents (for 3, 4, 6 and 8 people) or screen tents, picnic or folding card tables, camping chairs, grills and propane stoves, small ice chests and water coolers, and accessories such as lanterns, barbeque sets, cooking kits, foam pads and sleeping bags. They also have sports sets including Ultimate Golf, Volleyball and Disc Golf and kayaks (available only at Courtney and Schwab locations). Camp Hansen Outdoor Recreation also offers mountain bikes, if a day spend riding around the coast is more your vibe.

For the holiday backyard bash, Outdoor Recreation has canopies, 6-foot and 8-foot tables, folding chairs, large grills, turkey fryers and pig rotisseries, as well as large ice chests and water coolers for rent. Canopy delivery and set-up are also available for an additional fee.

The best part? If you want to give camping a try or plan your first outdoor bash, you don't have to spend money on gear you may not use again. MCCS Outdoor Recreation offers gear at incredibly affordable prices. However, it is recommended to make reservations in advance, especially for high-demand items like canopies, tables, chairs, grills, ice chests and water coolers.

For more information on island wide locations, hours of operation and rental rules, visit [www.okinawa.usmc-mccs.org/outdoor\\_recreation](http://www.okinawa.usmc-mccs.org/outdoor_recreation). |OL

## Tsunami Scuba

### Specialty of the Month

Throughout 2026, Tsunami Scuba will be offering discounts and promotions on monthly PADI Specialty Courses, and in June they will be focusing on their Deep Diver course. Interested in furthering your scuba skills? Sign up for their orientation on Friday, June 12 at 5 p.m. on Camp Foster, followed by two dives on Saturday, June 13 and Sunday, June 14 at 7:30 a.m.

Deep Diver course participants will learn how to plan deep dives, manage their gas supply, learn how to identify and manage narcosis as well as recognize personal limits. The course will also reinforce buddy contact procedures, safety con-

siderations and buoyancy control during deeper descends. This also extends your maximum dive depth to 130 feet. Participants must have active PADI Club Membership and be eligible for FREE books to participate in the specialty courses.

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

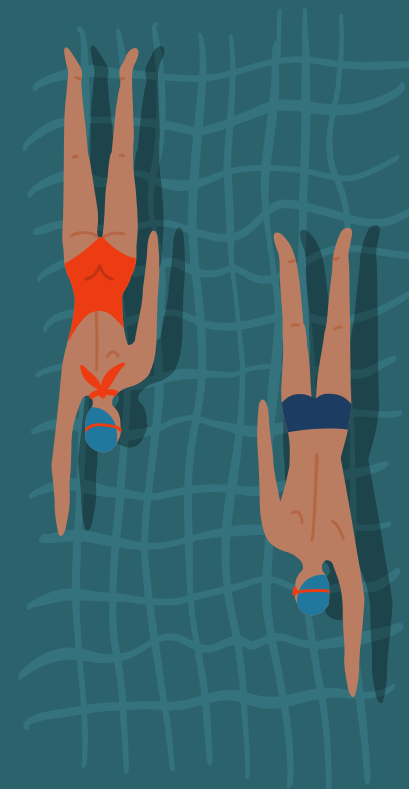
## Aquathlon Time!

### No Bike? No Problem!

Are you ready for an Aquathlon? Join us at the McTureous Aquatic Center on June 10, 17 and 24 from 4:30 to 7:30 p.m.

Participants will follow a run-swim-run format, similar to a triathlon without the bike leg. Both dates offer two courses that vary by distance. The shorter course includes a single lap, a swim (100m), followed by another lap. The longer course features an extended running route followed by a 400m swim and a final lap. Participants can adjust their running distance by increasing the number of laps, covering anywhere from 1.5–3km. Each course will have a different start time that allows ambitious contenders to double their workouts and finish *both* routes.

Aquathlons are FREE and open to SOFA ID card holders island wide. For additional information, visit [www.okinawa.usmc-mccs.org/aquatics](http://www.okinawa.usmc-mccs.org/aquatics), email [mccsaquatics@okinawa.usmc-mccs.org](mailto:mccsaquatics@okinawa.usmc-mccs.org) or call 645-2211. |OL





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**TOYS**



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**BUY AND SELL**

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**BUY AND SELL**

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**BUY AND SELL**

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**BUY AND SELL**

**AND MORE...**



SECOND HAND SHOP

**MANGA SOUKO**

**NAGO NAHA URASOE AWASE**

2026.1 OPEN!



**Come Claw It! Big Prizes, Bigger Smiles at Tore-Tore Souko Itoman**





# This Summer MCCA Libraries...

...Make Reading Fun!

George R.R. Martin said, "I have lived a thousand lives, and I've loved a thousand loves. I've walked on distant worlds and seen the end of time. Because I read." This summer, take a page from Martin's book and escape into the magical world of books and reach your reading goals by participating in the Summer Reading Program; registration is open and the program will run from June 15 to July 24!

The Summer Reading Program is an annual event held at US public libraries with the goal of preventing the "summer slide" through fun incentives. Patrons of all ages are invited to register on the Beanstack app where they can track their reading throughout the summer, participate in activities and earn prizes. MCCA Libraries will be giving out grand prizes to those who meet the reading goal for their age group!

This year's theme is *Plant a Seed, Read*, which is rooted in the concept of farm-to-table. The same way a farm grows food that nourishes our bodies; a library grows ideas that nourish our minds. Crafty activities for adults, teens and children pertaining to the theme will be taking place at MCCA Libraries across

Camps Courtney, Foster, Hansen, Kinser, Schwab and MCAS Futenma throughout June and July.

And if you haven't signed up for a library account, now is the perfect time! Visit your nearest library to check out their physical catalog of books, graphic novels and audiobooks. Also, don't hesitate to ask your friendly neighborhood librarian how you can access their digital collection to borrow e-books and audiobooks through Libby and Overdrive.

For the little ones, MCCA Libraries also offer a variety of themed Storytimes like Baby & Toddler Storytime and Preschool Storytime. Adults can turn over a new leaf by learning how to 3D print or delve into the libraries PME collection. There is plenty of fun for all to be had at the library!

For more information on the program, registration and anything in between, email [libraryprogram@okinawa.usmc-mccs.org](mailto:libraryprogram@okinawa.usmc-mccs.org) or call 645-7178. For up-to-date information, follow [facebook.com/mccsokinawa](https://www.facebook.com/mccsokinawa), [@mccsokibraries](https://www.instagram.com/mccsokibraries) on Instagram or visit [www.okinawa.usmc-mccs.org/libraries](http://www.okinawa.usmc-mccs.org/libraries). **101**



# 2026 Summer READING PROGRAM

All MCCS Libraries

KICKOFF PARTY | JUNE 9, 2-4 P.M.

## ADULT & TEEN EVENTS

FRUITY FUSE BEAD KEYCHAINS

PLANT A SEED FANS

MINI FRUIT PIÑATAS

FRUIT TRINKET DISH

PICK YOUR OWN 3D PRINTED PRODUCE

FARMERS MARKET ESCAPE ROOM



## KIDS EVENTS

HANDPRINT PINEAPPLE

TORN PAPER WATERMELON

SHEEP PAINTING

TRACTOR DRAWING

PAPER MURASAKI IMO (PURPLE SWEET POTATO)

KIDS FARM EXPERIENCE



PLANT A SEED, READ



# Marine Corps Family Team Building

## Emergency Preparedness

Being a part of the military as a service member or family member is quite the journey to experience. While there are many benefits to the lifestyle—such as subsidized childcare, housing allowances and TRICARE health insurance—it comes with the uncertainty of deployments, trainings and exercises. After all, serving the nation never stops after a 40-hour work week and that's why Marine Corps Family Team Building (MCFTB) is here to help you navigate this unique lifestyle.

On Monday, June 1, from 9 to 11 a.m. at the Camp McTureous Community Center, MCFTB will be hosting an interactive Family Care Plan and Emergency Preparedness workshop designed to help military families prepare for times when the service member cannot be present. This program addresses the realities of deployments, natural disasters and unexpected crises by guiding families through the creation of a solid, effective care plan. Participants will receive assistance with critical documents such as Powers of Attorney and Letters of Authorization, while also gaining practical life skills training tailored to the needs of their household—including care considerations for children, pets and elderly family members. This collaborative effort ensures both readiness and peace of mind for families and commands alike.

For more information on MCFTB offerings, hours of operation, upcoming workshops and more, visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb), email [MCFTBOKinawa@okinawa.usmc-mccs.org](mailto:MCFTBOKinawa@okinawa.usmc-mccs.org) or call 645-3689. **101**



## Feel at Home...

...with L.I.N.K.S. Foundations

Discover Marine Corps life and your new community with L.I.N.K.S., an interactive program by Marine Corps Family Team Building (MCFTB). The acronym stands for Lifestyle, Insights, Networking, Knowledge and Skills, and its offerings are ideal for both spouses and service members new to military life or living overseas. These comprehensive sessions offer insights into Marine Corps history, rank structure, local resources, benefits, deployments, communication styles, community involvement and traditions.

The series of workshops include L.I.N.K.S. Foundations, L.I.N.K.S. for Japanese Spouses, L.I.N.K.S. Mentor Workshop and Cuppa Conversations. In all of these workshops, participants can connect with fellow spouses and service members, build resilience and feel at home in their new surroundings.

L.I.N.K.S. classes are offered in various

formats, including full-day, half-day lunch-and-learn series or via unit request. Family Readiness Command Team Advisors and Family Readiness Assistants are required to attend an eight-hour L.I.N.K.S. session every three years or when PCS occurs from or to an overseas location.

The upcoming events are L.I.N.K.S. Foundations on Tuesday, June 9 from 10 a.m. to 1 p.m., virtually (Meeting ID: 992 603 893 723 | Passcode: Kc9N8tt9) and on Tuesday, June 16 at Legends Officers' / SNCO Club on Camp Courtney from 9 a.m. to 4 p.m. Interested? Snacks and beverages will be provided, and children are welcome to attend, however, please note that childcare will not be provided. Registration via Eventbrite is required. For more information on these workshops, call MCFTB at 645-3689, email [mcftbokinawa@okinawa.usmc-mccs.org](mailto:mcftbokinawa@okinawa.usmc-mccs.org) or visit [www.okinawa.usmc-mccs.org/links](http://www.okinawa.usmc-mccs.org/links). **101**

# PARCO CITY

OKINAWA'S PREMIER MALL  
250 SHOPS



**ABC-MART**  
GRAND STAGE

**ZARA**

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A | X  
ARMANI EXCHANGE

**POLO**  
RALPH LAUREN

THE  
NORTH  
FACE

**HH**  
HELLY HANSEN

**atmos**  
OKINAWA

**SKECHERS**

intimissimi  
Italian lingerie

SWAROVSKI

PANDORA

SABON

**LEGO**

**G-SOUL**  
by ZARA

PAIDA EXPRESS  
CHINESE KITCHEN

Lindt  
MAÎTRE CHOCOLATIER SUISSE  
DEPUIS 1845

**47** FORTY SEVEN

SHOETELIER  
**BIRKENSTOCK**

**COACH**  
NEW YORK

! SCAN !



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

FOR MORE INFO



## There's always Hope, Chat with...

### ...the Community Counseling Program

Mental health conditions are common, and more treatments are available than ever to help those affected cope, recover and thrive. But negative attitudes, beliefs and stereotypes towards those who experience mental health conditions are widespread and these stigmas can have short-term and long-term effects. They can lessen self-esteem, keep people from seeking help, cause delayed treatment, lead to bullying, violence or harassment, make it difficult for loved ones or even contribute to the discontinuation of treatment. Reducing these mental health stigmas begin with open conversations, education and the use of compassionate language.

If you're struggling with your mental health, know that care is closer than you think. Talking to a trained counselor can lighten the load. The Community Counseling Program (CCP) offers confidential, non-medical counseling for individuals, children (ages 5+), couples and families with walk-in screening available.

"At CCP we are separate from medical counseling. What we discuss here, stays in our office. It does not go on your medical record. We are confidential and private, which means no other entity can come and see what's on your record or ask if you're even being seen in our office. We are mandated reporters though, so if you disclose that you're going to hurt yourself or someone else or are doing something illegal, that information cannot be kept confidential and private," shared Dr. Kenya Boyd, PsyD., LPC, CCP Counselor.

For any questions you might have, don't hesitate to contact the Community Counseling Program on Camp Foster at 645-2915 or on Camp Hansen at 623-1458. For more information, visit [www.okinawa.usmc-mccs.org/ccp](http://www.okinawa.usmc-mccs.org/ccp). | OL

## Build a Better You...

...with Briefs and Workshops

Becoming a better you is a life-long practice. Luckily, 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.

For couples, the Gottman 7 Principles for Making Marriage Work is a full-day workshop based on the *New York Times* bestseller *The Seven Principles for Making Marriage Work* by Dr. John Gottman and Nan Silver. Participants will learn how to improve communication, build a stronger emotional connection and manage conflict in healthy ways in order to address both solvable and ongoing challenges.

For parents, the Grow Parenting Class 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 Grow Parenting Class is recommended for parents with children ages 5–12.

All classes are open to SOFA status personnel with registration available on Eventbrite. Briefs and workshops can be offered within active-duty units for training purposes. Spouses, family members and SOFA personnel can also request briefs and workshops for education and/or prevention purposes within their professional settings. For more information or to request a brief/workshop, call 645-2915, email [fapprevention@usmc.mil](mailto:fapprevention@usmc.mil) or visit [www.okinawa.usmc-mccs.org/fap](http://www.okinawa.usmc-mccs.org/fap). | OL

# CHEERS TO DAD

FATHER'S DAY BRUNCH  
AT THE CLUBS

SUNDAY, JUNE 21  
9 A.M.-2 P.M.

FEATURING ALL OF DAD'S  
FLAVORFUL FAVORITES AND A  
**SPECIAL BLOODY MARY STATION!**

BUTLER OFFICERS' CLUB | PLAZA HOUSING  
TENGAN CASTLE | CAMP COURTNEY  
SURFSIDE | CAMP KINSER

Adults: \$21.95 | Ages 5-11: \$10.95 | Under 5: FREE



Reservations recommended  
and available via Eventbrite

NOT  
ONE!  
DROP

**MC&CS**  
MARINE CORPS

# Father's Day Brunches

Cheers to Dad!

Father's Day is our opportunity to celebrate the men in our lives who show up for us. What can you do for the man in your life who does so much? Our recommendation—feed him! Whether a gamer, an adventurer, a bookworm or just a laidback kind of guy, the dad in your life will surely find joy in one of the many feasts MCCS Clubs are offering up for Father's Day.

For a brunch buffet that will satisfy the hungriest of dads, families can visit the Butler Officers' Club on Plaza Housing, Tengan Castle on Camp Courtney or Surfside on Camp Kinser. All brunches will take place from 9 a.m. to 2 p.m. and require reservations via Eventbrite. Father's Day Brunches are \$21.95 for adults and teens, \$10.95 for children (5–11) and FREE for children under 5 and will feature all of Dad's favorites as well as a special Bloody Mary Station!

For dads looking for an à la carte menu, Taiyo Steakhouse at Taiyo Golf Club will be open from from 7 a.m. to 2 p.m. (with a special dinner available 5–9 p.m.). To up the ante on the experience, brunch can be enjoyed on the beautiful balcony (weather permitting). Reservations for Taiyo are highly encouraged and can be made by calling 622-2020. For more information on Father's Day brunch offerings at MCCS Clubs and Restaurants, visit [www.okinawa.usmc-mccs.org/clubs](http://www.okinawa.usmc-mccs.org/clubs).

Those of us at MCCS would like to wish a Happy Father's Day to all the men who show up for the children in our community, every day and in every way. **101**





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## June's Limited Time Offerings

### Fix Those Cravings

This June, MCCS facilities LifeJuice, Bonsai, Sumo Burrito, Shisa Pizza and Bulldogs Burgers are offering limited time specials just for you!

Refuel post-workout with LifeJuice's Strawberry Cheesecake Recharge—protein powered and craving approved, this is one berry refreshing beverage to recharge after a tough session.

What's better than a classic chocolate chip cookie? One that you can sip on-the-go, of course! Bonsai will be offering a Cookie Cravings Latte topped with whipped cream and chocolate chip cookie crumble inspired by the iconic American sweet treat. Available hot or iced.

A towering mountain of crispy tortilla chips loaded with seasoned ground beef, shredded cheddar, jalapeños, sour cream, fresh guacamole and pico de gallo—the Moo-Choo Nachos at Sumo Burrito are the delicious nachos that you'll never forget.

Indulge in the most satisfying Philly Cheesesteak in town at Shisa Pizza! What's not to love about a heaping serving of all-American shaved beef, provolone cheese and caramelized onions sitting in between buns? Hearty, meaty and oh so cheesy, this is one handheld you just can't miss.

They say the most important meal is breakfast and with The Sunrise at Bulldogs Burgers, you can enjoy it for lunch as well! Sprucing up your beloved cheeseburger, this is one with a ground beef patty, crispy bacon, American cheese with the addition of a fried egg and hash brown patty on a toasted bun.

All limited time offerings are available at every respective location until the end of the month. So, what are you waiting for? Try them all before time runs out! For locations and hours of operation, visit [www.okinawa.usmc-mccs.org/clubs](http://www.okinawa.usmc-mccs.org/clubs). **101**



## Experience DRUM TAO with Tours+

### Feel the Power!

DRUM TAO is an internationally renowned Japanese drum and dance ensemble that has been performing worldwide for the past 30 years. Their goal? To create the best show using Japanese taiko drums, an instrument known for its unique variety of sound expressions. Their show navigates through Japanese history from ancestral to modern times, blending Japanese traditions with those from other parts of the world.

The troupe of over 40 percussionists puts together a magical experience by pairing the synchronicity of the drums with athletic performers that incorporate martial arts movements, elaborate costumes and a spectacular audiovisual backdrop. Some numbers use only taiko drums or percussion instruments while other pieces include musical accompaniment.

Experience the "sound pressure" and vibrations of a live DRUM TAO performance in person on Saturday, June 27 with THE LIGHT at the Naha Cultural Arts Theater NAHArt! Let Tours+ take away the stress of driving down to Naha and finding parking around the city, instead jump on their bus at the Camp Foster Bowling Center, then sit back and relax. The tour runs from 3 to 9 p.m. Register for the tour via Eventbrite; registration will close when tickets are sold out. If you prefer to go on your own, you can also purchase tickets to either the June 27 (4:30 p.m.) or June 28 (1 p.m.) shows at Tours+. Note that children under the age of 6 are not allowed. Tour cancellations must be made at least 7 days prior to the show date and all ticket sales are strictly non-refundable.

For more information on the DRUM TAO tour or other Tours+ offerings email [tours@okinawa.usmc-mccs.org](mailto:tours@okinawa.usmc-mccs.org), call 646-3502 or visit [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours). **101**





# Kanucha Resort

Casual Dining Paradis

Text by: Swetha Gogue | Photography & Translation by: Mia Cox

A quiet retreat facing the deep-blue Pacific Ocean off the northern coast, Kanucha Resort is a secluded haven lined with gently swaying palm trees, several dining experiences, multiple swimming pools, and home to a championship golf course with 800,000 square meters of strikingly manicured grounds. For an all-inclusive restaurant that will appeal to every member of the family, Casual Dining Paradis provides a peaceful meal with a plethora of delicious options.

Inside Paradis, feast to your heart's content with several stations to choose from such as freshly baked goods, DIY Okinawa soba, Build-Your-Own *Donburi* (bowl) with local *maguro* (tuna), and *umibudō* (sea grapes) sourced from Nago City fishermen, desserts, and drink bars. Additionally, there is a kiddie station with lowered tables, child-sized serving utensils and baby food jars available to accommodate infants, making Casual Dining Paradis a no-stress zone for all parties involved. As we opted for the breakfast buffet instead of the dinner, the impressive spread served both Western comforts such as eggs, sausage, toast and yogurt, and classic Okinawan and Japanese dishes including *miso* soup, *natto* and grilled *saba* (mackerel).

Emphasizing quality garden ingredients on Okinawa, the resort focuses on the abundance of the island's subtropical climate. "In addition, we [Kanucha Resort] have our own farm where we cultivate vegetables and decorative plants. Some of the vegetables used in the restaurants are grown on the farm," Shigeya Toubaru of Kanucha Resort's Sales and Marketing Department shared.

Among the buffet offerings, it would be

impossible to miss Ryukyu staples like *beni imo* (purple sweet potato) with the option of sprinkling salt harvested on Yagaji Island and *kūbu-irichi* (stir-fried kelp with pork and vegetables). Although the offerings are inherently foreign to a traditional American palate, sampling these dishes opens the mind to a deeper daily practice Okinawans honor; to live a strong, healthy and happy life through the power of natural whole foods.

A distinctive feature at a Japanese buffet is that the plates are compartmentalized—sectioned off by squares—promoting both portion control and the opportunity to savor each individual dish. In keeping with the seasons of produce, the menu often includes popular entrées and offers daily specials. To celebrate holiday festivities, Halloween-themed and Christmas-limited options are available during their respective seasons.

With sustainability in mind, Kanucha Resort gives back to the earth through practices of composting. "In addition, some restaurants use cutlery made from natural materials. Food waste is converted into fertilizer used on the resort's farm," Toubaru-san mentioned.

To enjoy the balmy breeze, outdoor dining by the pool is quite the experience as it is pet-friendly! That's right—as long as your furry family member is in accordance with the resort's guidelines for dogs (12 kg), they can dine with you al fresco.

Whether it's indulging in an all-American breakfast sampler or appreciating the Okinawan and Japanese flavors, Casual Dining Paradis will satisfy before or after your relaxing day of staycationing in paradise. **lo**

#### Location

156-2 Abu,  
Nago, Okinawa

#### Hours of Operation

**Breakfast**  
7-10 a.m. (L.O. 9:30 a.m.)

**Dinner**  
6-10 p.m. (L.O. 9 p.m.)

#### Phone Number

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# Baseball + Softball Season

## Start Smart Program

With youth baseball and softball season in full swing, MCCA Semper Fit Youth Sports is looking for volunteers to fill positions of head and assistant coaches mentoring children. Volunteering through sports is a great way to give back to the community, especially the younger generation, to help build positive behavior, teach teamwork and reinforce the vitality of exercise.

Last season, a new Start Smart Baseball & Softball program was introduced for children ages 3 to 5. This six-week program runs alongside the main baseball and softball season, with sessions held each Saturday. Each child will participate with a parent or guardian in guided activities designed to improve basic motor skills such as running,

throwing and coordination—building the foundation for future success. Practice starts on July 13 with the season beginning on July 25 and ending on October 3. Practices are held twice a week (Mondays and Wednesdays or Tuesdays and Thursdays) for one hour in the afternoon from 5 p.m. Games are held once/twice per week on weeknights and Saturdays.

Each parent must provide proof-of-age for their child at the time of registration in person at MCCA at the Semper Fit Youth Sports office location or Gunners Fitness Center by noon on July 14. Acceptable official documents are those that include your child's name and date of birth (ID card, passport, birth certificate, letter of

employment, PCS orders, etc.). Please note, due to security constraints, do not email or fax documents; returning participants may be asked to reverify. The season applications are open to all DoD ID cardholders.

In addition to the baseball and softball Start Smart Program, Semper Fit also offers a variety of sports for children ages 5 to 18 that includes co-ed soccer, basketball and cheerleading. MCCA encourages and supports the participation of individuals of all abilities. Please call 645-3533/3534 or email [youthsports@okinawa.usmc-mcca.org](mailto:youthsports@okinawa.usmc-mcca.org), if you need any assistance or require an accommodation. For more information and other offerings from Semper Fit Youth Sports, visit [www.okinawa.usmc-mcca.org/youthsports](http://www.okinawa.usmc-mcca.org/youthsports). 101

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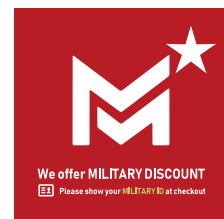
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## Baby Boot Camp

They're Called "Bundles of Joy" for a Reason!

Preparing for a new baby is a time filled with both excitement and uncertainty. Friends and family are there to help, of course, with advice based on their own experiences, but a chance to sit down with real experts and get some hands-on practical training on the day-to-day life with a newborn is priceless.

Enter the New Parent Support Program (NPSP) and their Baby Boot Camp class. Recommended for parents to take in their third trimester, and taught by the program's expert team of counselors and nurses, Baby Boot Camp provides helpful information both through discussion and actual practice for expecting parents to prepare for the arrival of their baby through the first few months after delivery. They'll even get practice changing a

diaper, bathing and dressing a newborn and specific information on what to expect when giving birth here on Okinawa.

Offered once a month from 8:15 a.m. to 4:30 p.m. in the Behavioral Health Multipurpose Room on Camp Foster, at Baby Boot Camp parents will learn the basics of infant development, newborn care, self-care for parents and infant safety—such as the importance of a 5-point harness car seat. A 5-point harness gives babies the highest level of protection by securing them at five critical points—the shoulders, hips and between the legs—so their tiny bodies stay safely in place during every ride.

For more information on Baby Boot Camp, email [NPSPokinawa@usmc.mil](mailto:NPSPokinawa@usmc.mil). or visit [www.okinawa.usmc-mccs.org/npssp](http://www.okinawa.usmc-mccs.org/npssp). | 01

## Dive-In Movies...

...at Hansen Aquatic Center

Summer on Okinawa is filled with humid days, beach outings and spending quality time with kids on summer break. After all, trying to stay cool in the intense heat of summer can be tricky when spending time with members of your household—A/C on full blast and all. But there's nothing that screams family time like movie night—the gathering of beloved family members with the battle for the optimal seat for perfect viewing. If you're a parent that doesn't enjoy these battles, why not take the whole family up to watch flicks in the pool?

Yes, that's right, everyone can have the best seat in the house at Dive-In Movies!

Bring your teens (13+) to the Hansen Aquatic Center on June 12 to float under the stars and watch a favorite film together! Movies will begin playing at 7:30 p.m. with FREE popcorn and beverages provided (while supplies last). Movie options will include *Badlands*, *Fantastic 4* (2025) and *Tron*! All are welcome to chill poolside and have a good time.

For more information about Dive-In Movies, call 623-4708. For more on other MCCS Aquatics offerings, as well as Aquatic Center locations, hours of operation and more, call 645-3180, email [mccsaquatics@okinawa.usmc-mccs.org](mailto:mccsaquatics@okinawa.usmc-mccs.org) or visit [www.okinawa.usmc-mccs.org/aquatics](http://www.okinawa.usmc-mccs.org/aquatics). | 01

## Summer League Swim Camp...

...at Hansen Aquatic Center

Does your little one practically live underwater? Encourage their love of swimming by signing them up for the Summer League Swim Camp at the Hansen Aquatic Center. Sessions are offered from June 10 to 13, from 11 a.m. to 1 p.m., Wednesday through Friday, and 8:30 to 10:30 a.m. on Saturday.

Summer Swim Camp is aimed at elementary- and middle school-age swimmers at least 7 years old (as of the first day of camp) who have not been on a swim team. Participants must pass the official MCCS Swim Test on the first day of camp. Register your child for \$75 via Eventbrite by June 7 (11:59 p.m.); walk-in registration or payment is not available. MCCS Aquatics encourages and supports the participation of individuals of all abilities. For more information, or if accommodations are required, call 645-3180, email [mccsaquatics@okinawa.usmc-mccs.org](mailto:mccsaquatics@okinawa.usmc-mccs.org) or visit [www.okinawa.usmc-mccs.org/aquatics](http://www.okinawa.usmc-mccs.org/aquatics). | 01



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SCAN FOR UPDATES AND  
A MAP TO OUR LOCATION





# Excellence Gymnastics Academy

## Summer Splash Kids Night Out

Is your tiny human running, tumbling and jumping all around the house? Wish you had a safe open gym space where they can let loose? Come on down to the Excellence Gymnastics Academy (EGA) inside the Gunners Fitness Center on Camp Foster for Summer Splash Kids Night Out on Saturday, June 13 from 6 to 9 p.m.

This registration-only event is open to families with children ages 4 to 12 years old and is the perfect opportunity for your little ones to socialize with children their age! As a drop-off event, kids will enjoy tons of gymnastic games, exciting activities, obstacle courses and open gym fun. Coaching staff will be present and actively engaging throughout the session to ensure gym/equipment safety and rules are being properly followed while parents are out child-free for a night. Don't even sweat dinner because all kids will enjoy a pizza

party! Registration ends on Friday, June 12 via iClassPro and is \$5 per child, with limited space available.

Curious about other EGA offerings? For infants, classes start at 10 months of age with the Booming Bundles (10–17 months) and ranges up to adults with their Adult FITnastics class for those 18 years and older. Besides recreational classes, EGA also offers competitive training experience to those gymnasts with outside competitive history or who are new to the competitive aspect to gymnastics (training and competitive experiences are available to athletes Levels 1–10 through U.S.A. Gymnastics Women's Developmental & Optional Program).

For more information or any questions you may have, email [ega@okinawa.usmc-mccs.org](mailto:ega@okinawa.usmc-mccs.org), call 645-1602 or visit [www.okinawa.usmc-mccs.org/gymnastics](http://www.okinawa.usmc-mccs.org/gymnastics). **!OL**

## Crafts, Film & Fun...

...at the Foster Library

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

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

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



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# Typhoon Motors Summer Sales

## Hot Deals for your Cool Ride

It's summertime, and you know what that means, fun in the sun, day trips to the beach, outdoor adventures and more time in your car exploring the island. But, first things first; time for a safety check! Luckily for you, Typhoon Motors locations island wide will be offering their Summer Safety Special for the entire month of June to ensure that you and your family arrive home safe and sound. The Summer Safety Special features 10% OFF all brake service and repairs and this is a good thing as brakes are...kind of important.

During the summer months on Okinawa, sudden downpours can happen at the drop of a hat. These downpours, when coupled with the coral dust build-up on streets and highways, can cause conditions to become dangerous—especially during the first 10 minutes. Having properly working brakes after one of these downpours can be the difference between staying on course and ending up in a roadside ditch.

Along with their Summer Safety Special, Typhoon Motors will also help you take care of that paternal figure in your life who's ready for an audio upgrade. From June 21 to 28, they will be offering a Father's Day Special of 15% OFF all audio speakers (excluding subwoofers) at the Foster and Kinser locations. Your dad will be absolutely ecstatic singing along to "Golden" by HUNTR/X on repeat with the kids during those summer vacation drives!

In honor of Juneteenth, Typhoon Motors will also be offering \$1 Lift and Stall rentals for those into automotive DIY June 19–20. And, to round out this special month at Typhoon Motors, check out their Summer Days Special June 22–30 at all locations to save some cash on select automotive goods.

For more information on these sales, Typhoon Motors hours of operations, locations and more, visit [www.okinawa.usmc-mccs.org/typhoonmotors](http://www.okinawa.usmc-mccs.org/typhoonmotors). | 01

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# Escape the Heat

In the Shadow of Mt. Fuji

Looking to escape Okinawa's summertime heat? How about an off-island escape to chill out in the shadow of Mt. Fuji? The timing couldn't be more perfect as Mountain View Inn on Camp Fuji will be offering two specials this month—for Juneteenth and Father's Day! Guests can enjoy cozy lodging, scenic Mount Fuji views, access to local wineries and distilleries as well as relaxing dips in a Japanese *onsen* (hot spring) bath.

Guests can even take advantage of RV rentals for extended outdoor trips in the Fuji region to visit locales such as the Gotemba Kogen Winery, the Kirin Fuji Gotemba Distillery, Gotemba Outlet Mall, nearby hot-spring facilities such as the Rembrandt Fuji Gotemba Onsen and more!

During the weekends of Juneteenth and Father's Day, guests that check in June 19–21 will receive 10% OFF their lodging and 20% OFF when bundled with a car rental (excluding RVs) or airport shuttle service! These offers are based on room availability and valid for bookings during the promotional period. Slots will fill up fast so don't wait!

For more information on the Camp Fuji Mountain View Inn, or to make reservations, call 055-089-6102 (Extension: 224-8501) between 6:30 a.m. and 8:30 p.m., or email [FujiMVI@okinawa.usmc-mccs.org](mailto:FujiMVI@okinawa.usmc-mccs.org). Visit them online at [campfuji.usmc-mccs.org/lodging](http://campfuji.usmc-mccs.org/lodging). **10L**

## Fair Winds and Following Seas

### Foster Custom Shop

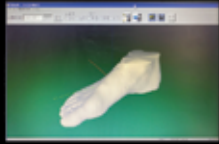
PCS season is here and the Foster Custom Shop has got you covered for all your unique gifting needs. If military farewells, welcome-aboards or other special occasions are in your future, this is the place to go for custom designed plaque sets, as well as engraving for trophies, medals and plaque plates to celebrate a special someone's accomplishments. Additional gifts include custom portfolios, desk bars in addition to flasks, wine boxes and BBQ sets.

The knowledgeable staff is always available to answer questions, provide expert guidance and offer friendly support to help bring your ideas to life. To order a custom gift, visit Foster Arts and Crafts inside the Community Center (Bldg. 5908), fill out the order form, complete payment, submit engraving verbiage via email and patiently wait for your pickup date. Turnaround time ranges from five business days to two weeks, with rush order options available for an additional fee.

But wait, there's more! Foster Arts and Crafts also offers custom-ordered framing; and, if you prefer to leave the creative work to others, come browse the unique merchandise, including GoatGuns, Geeki Tikis and more!

For more information on the Foster Custom Shop, hours of operations, location and more, visit [www.okinawa.usmc-mccs.org/foster-customartsandcrafts](http://www.okinawa.usmc-mccs.org/foster-customartsandcrafts). For any questions, call 645-0126 or email [artsandcrafts@okinawa.usmc-mccs.org](mailto:artsandcrafts@okinawa.usmc-mccs.org). **10L**

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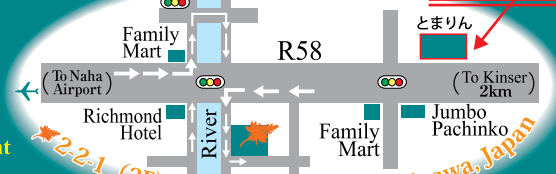
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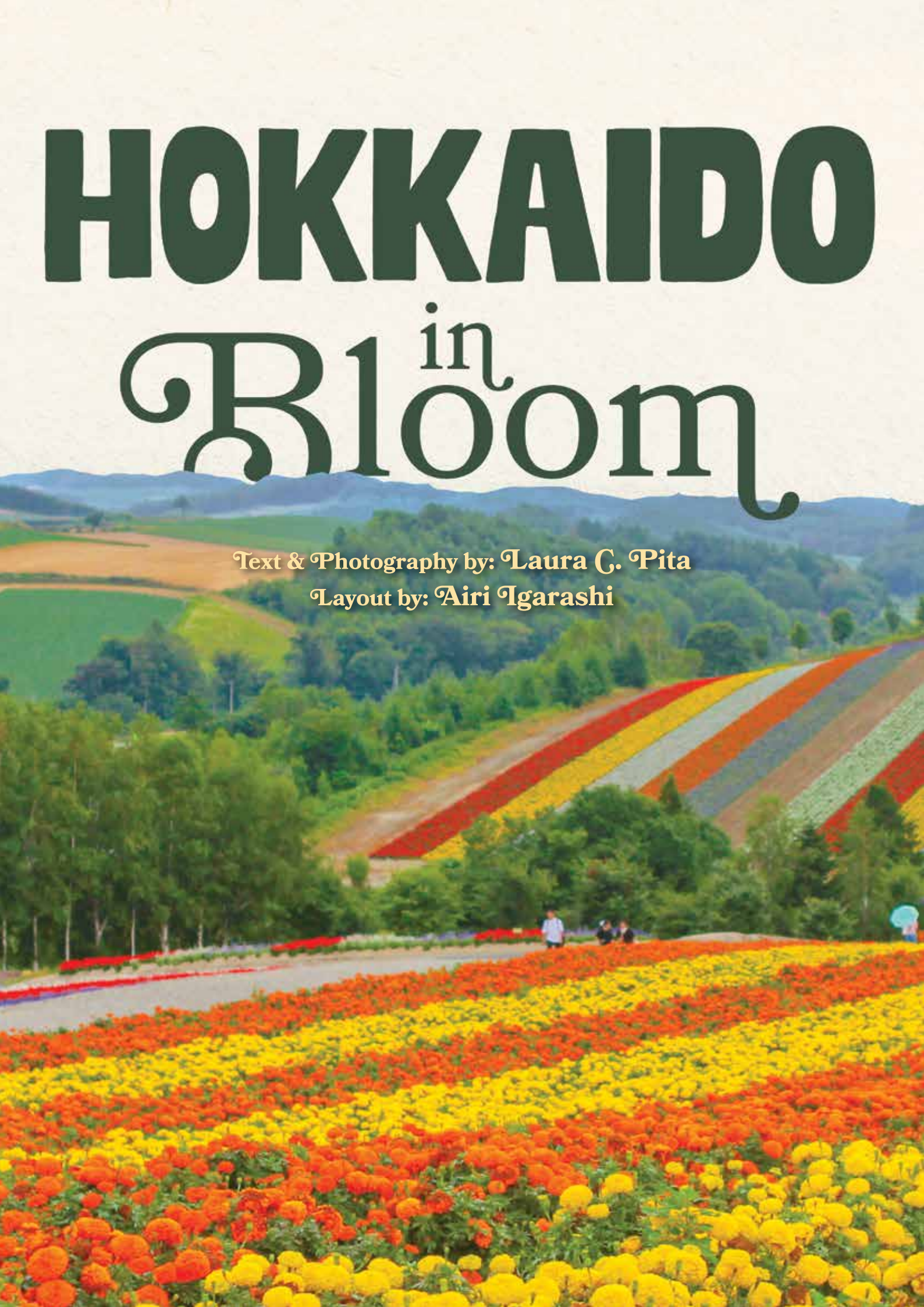
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**TOURS+**

# HOKKAIDO

# Bloom<sup>in</sup>



Text & Photography by: Laura C. Pita

Layout by: Airi Igarashi

When thinking of Japan's northernmost prefecture, images of powdery snow, towering snowbanks and intricate ice sculptures come to mind... but Hokkaido has more to offer beyond its capital city and winter activities. Due to its location in the subarctic climate zone, the island enjoys four distinct seasons, no rainy season (unlike the rest of Japan) and mild summers with low humidity that make it an ideal summer escape. If a change of scenery—from beaches to mountain plains—appeals to you, we've got just the destinations.

The heart of Hokkaido is home to several charming farming towns that are nestled around the Tokachi Mountain Range and known for their picturesque rural

landscapes, rolling hills and colorful flower fields that photography enthusiasts and flower lovers alike might want to add to their Japan bucket list.

During the "green season" (June to September) a kaleidoscope of colors in the form of lavender, poppies, cosmos, sunflowers, lupines, salvias, marigolds, dahlias and petunias stretch as far as the eye can see and can be enjoyed at multiple flower gardens throughout the area. Summer is also the season to indulge in Hokkaido's delicacies which include creamy soft-serve ice cream, melt-in-your-mouth melon, freshly picked corn, comforting bowls of soup curry as well as seafood specialties like *uni* (sea urchin), *ma-ika* (Japanese flying squid), and *hokkaiebi* (Hokkai Shrimp).





# HOW TO GET THERE



☞ Book a 3 1/2 hour direct flight from Naha Airport to New Chitose Airport.

*Do spend some days in Sapporo if this is your first visit to Hokkaido!*

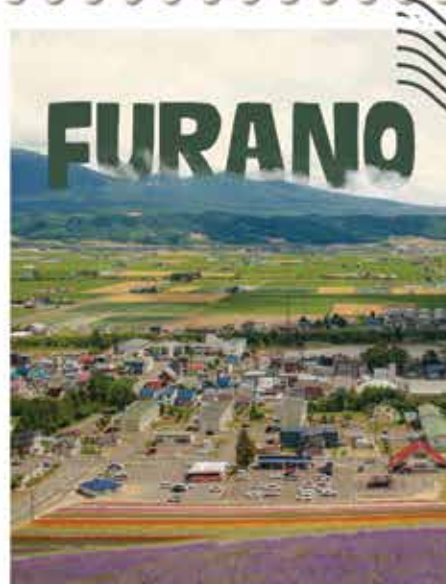



☞ Take the JR Furano Lavender Express, or book a shuttle bus and just sit back and enjoy the ride to the countryside.



☞ For the ultimate freedom to explore, a car rental is highly recommended!

*Don't forget your SOFA driver's license.*



If using a rental car, the first stop on your drive north should be the Furano area and its neighboring towns Minamifurano, Nakafurano and Kamifurano. In order, Minamifurano is a small lake town (located in the south), Furano (located in the center) is the main city area and where you'll find most of the hotels and ski resorts, Nakafurano (also located in the center) is the major tourist hub, while Kamifurano (located in the north) is the quieter rustic neighborhood.



## Lake Kanayama Lavender Field

FURANO

Amid a sweeping landscape of mountains lies a tranquil manmade lake known for its year-round outdoor activities. In the summer, a small lakeside lavender field pops up, adding an extra special touch to the already stunning scenery of this lesser-known spot. This is the perfect pit stop!



## Farm Stands

Once in town, your first stop should be one of the many streetside farm stands for some mouthwatering treats, a reward for making it through the long drive! Farm Yoshida grows and sells King Ruby Melon (cantaloupe) and Felice Melon (honeydew). They can be purchased whole, to be enjoyed later, or enjoyed then in the form of a cut piece, by itself, or with a side of Hokkaido soft serve.



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## Hokuseiyama Lavender Field

The slope of Mt. Hokusei in Nakafurano is another spot that transforms with the seasons. In the winter, it's a playground for snowboarders and skiers with a single-seater lift to the top. In the summer, visitors can enjoy rows of red, white, pink, yellow and orange flowers, followed by a large swath of fragrant purple lavender that takes over the rest of the hill and even "Nakafurano" spelled out in red flowers, while on the 5-minute lift. From the observation deck, the Tokachi Mountain Range, the patchwork agricultural landscape and the small town can also be marveled at. This is also the venue of the Nakafurano Lavender Festival, taking place this year on Saturday, July 18.

## Farm Tomita

Now for one of the oldest, most expansive lavender fields in Japan... Farm Tomita, located in Nakafurano, opened in 1958 with 10 acres of lavender fields. In the 80s they began distilling their lavender essential oil, which later won awards in France, and still produce original soaps. Visitors can learn all about lavender production in their museum, watch or take part in the distillery process, do a perfume workshop, indulge in lavender treats and shop for the perfect souvenir to take home. The farm has over ten different flower fields, including designated spring and autumn fields for those visiting outside the peak season, but the Irodori Field is one you mustn't miss. This rolling hill turns into a vivid rainbow with rows of purple lavender, white baby's breath, red poppies, pink garden catchflies and orange California poppies; best enjoyed with a cone of lavender and melon soft serve.





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A 45-minute drive north from Furano will get you to Biei, a small town you may not have necessarily heard of but have definitely seen images of its vivid cobalt-blue pond. To locals, however, it is known as a town of hills, a result of a volcanic eruption two million years ago and the slow erosion of sediments. Reminiscent of the European countryside, Biei's panoramic landscape of rolling hills features green and beige patchwork fields of wheat, potatoes, sugar beets, corn, soybeans and *adzuki* beans that are a feast for the eyes, especially during July. Its charming downtown area with European-inspired stone architecture may have you thinking you've transported to the EU.



## Shirogane Blue Pond & Shirahige Falls

A happy accident, the *Aoiike* (Blue Pond) formed unexpectedly after the construction of a dam in 1988, designed to stop volcanic mudflow from Mt. Tokachi. The pond receives water from both Shirahige Falls and the Biei River and its vibrant blue color—which shifts between various shades of blue depending on the light and season—is a product of microscopic particles (created by the mixing of aluminum-rich water and river water) that reflect and scatter the sunlight in a unique way. The full splendor of the subterranean stream waterfall and the river can be enjoyed from the nearby Shirogane Bridge (Blue River Bridge). Don't miss trying the Aoi Ike Soft Serve with its *ramune* (soda) and yogurt flavor, topped with a cookie.



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## Shikisai-no-Oka

The most dramatic landscape of patchwork flowers can be found in Biei at the Hill of Colors. Stretching across 15 hectares of land, visitors will find steep slopes with colorful rows of flowers (and maybe even some hearts) that bloom from April to October, accessible to all via tractor bus tours or self-drive golf carts. Among the flowers are tulips, lupine, lavender, salvia, sunflowers, dahlia and Japanese anemone. For a small entry fee that helps maintain the gardens, visitors can also enjoy an alpaca farm, produce stands, a restaurant and a gift shop.



## Zerubu-no-Oka

Another flower park that greets you with vibrant stripes of red, yellow, purple and white flowers that begin to bloom in May, reaching their stunning peak from late June to early October, is Zerubu Hill. With views of Mount Asahi and the Tokachi Mountain Range in the distance, visitors can experience this flower field aboard an ATV.



If enjoying the soft fragrance of lavender mingling with the fresh air and the gentle rustle of flowers swaying in the breeze, filling your camera roll with a vibrant mosaic of colors and indulging in the freshest foods sounds like your ideal vacation... then Hokkaido may be the perfect summer escape for you! |o|



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### MATCHING

Match the drawing with its shadow.

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### PICTURE MATH

Match picture with the number value and solve!

= 3    
 = 2    
 = 4    
 = 5

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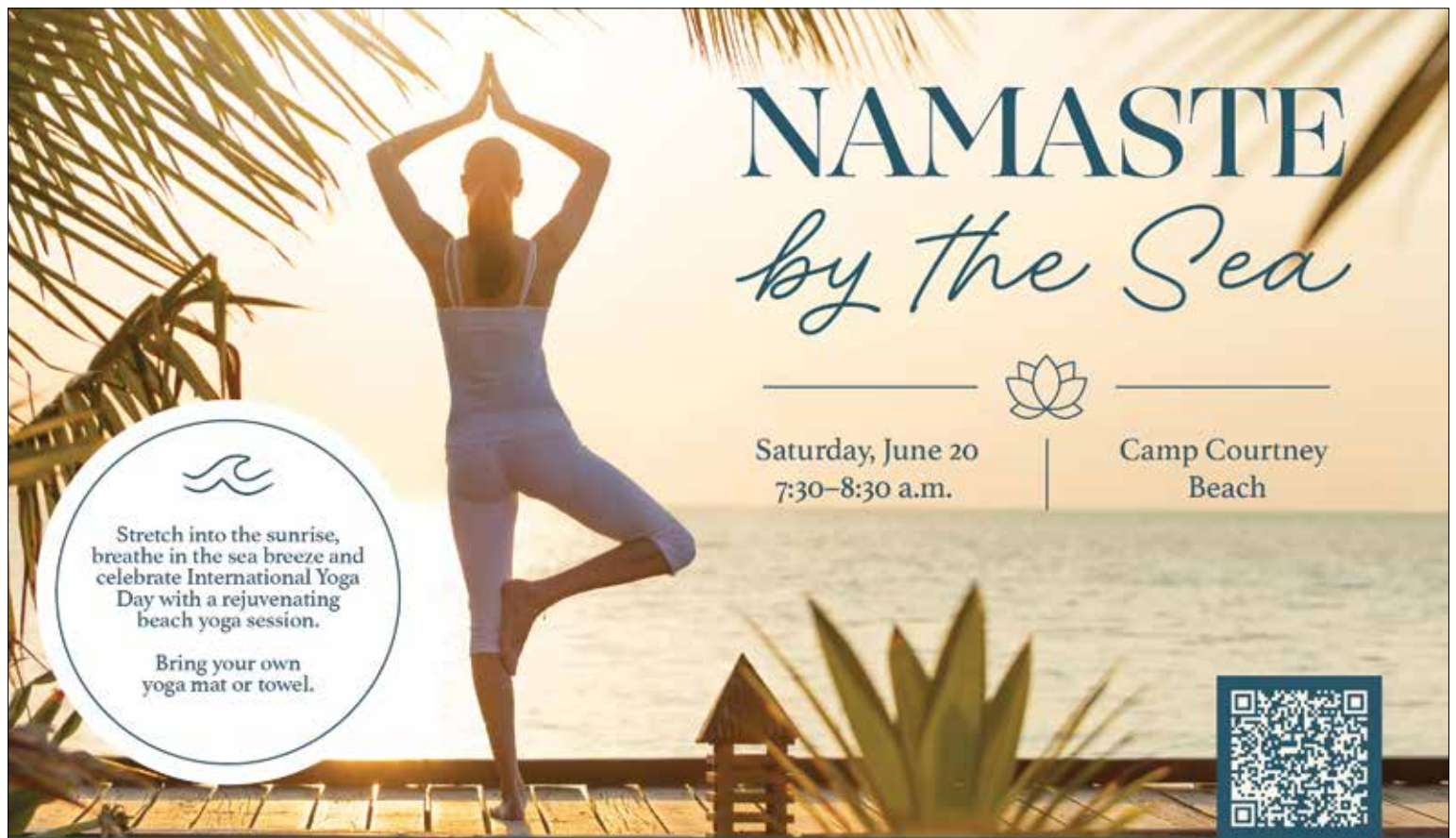


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# Yakitori

## Grilled Chicken on a Stick

- 4 medium-sized chicken thighs  
(boneless and skinless)
- 2 medium-sized *negi* (Japanese leeks)
- 3 Tbsp soy sauce
- 3 Tbsp *mirin* (sweet cooking wine)
- 1 Tbsp *sake* (rice wine)
- 1 Tbsp granulated brown sugar
- 1 tsp honey or maple syrup
- 12–14 bamboo skewers
- \* *Bamboo skewers are available at the Commissary and most major grocery stores off base.*



### Method of Preparation

1. Mix the soy sauce, mirin, sake, and sugar with the honey or maple syrup in a saucepan and bring it to a rolling boil. Set aside to cool.
2. Soak bamboo skewers in cold water for at least 30 minutes to prevent the ends from burning.
3. Cut the chicken thigh meat and leeks into bite-sized pieces (approximately 1-inch squares for the chicken and 1 1/2-inches long for the leeks).
4. Place the chicken in a few tablespoons of sauce and let it marinate in the refrigerator for 1–2 hours. Pour the remaining sauce into a cup.
5. Alternately spear pieces of chicken and leeks onto the skewers—four pieces of chicken and three leek slices usually leaves enough room to flip the yakitori while cooking.
6. Place yakitori on a partially banked hibachi grill, and alternate flipping with dipping into sauce until chicken is cooked through—be careful not to leave on the grill too long as the skewers will catch fire.
7. Serve with a tall, refreshing beverage of choice.

# Irei no Hi

On June 23, 1945, the war on Okinawa came to an end. This day is commemorated as a public holiday on Okinawa known as *Irei no Hi*, or Memorial Day—honoring and remembering all who died during the Battle of Okinawa as well as in other areas of the Pacific.

The Battle of Okinawa is remembered as one of the bloodiest, most destructive Pacific battles of WWII. More than 29,000 Marines and Sailors were killed, went missing or were wounded. U.S. Army casualties totaled close to 40,000. Japanese and Okinawan losses were enormous, with more than 107,500 killed and at least 23,700 sealed in caves—many of these being civilian casualties.

Irei no Hi is a day for people to pray for the spirits and souls of those who died.

Each year, thousands of people gather for memorial services at various war sites such as the Himeyuri Monument, where hundreds of high school girls and teachers died while serving in the Japanese Army Himeyuri Nursing Corps.

One of the most visited places on Irei no Hi is Peace Memorial Park in Itoman City. Comprised of monuments such as the Cornerstone of Peace which features rows of expansive marble walls inscribed with the names of those who lost their lives during the war (regardless of nationality) and the Okinawa Prefectural Peace Memorial Museum. Peace Memorial Park remains a solemn tribute to the war victims and a somber reminder of the tragedy of war. **101**



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