

# OKINAWA

L I V I N G

Instagram  
HOT SPOTS



# CAMP FOSTER Festival

**FIREWORKS**  
7/5  
8:15 P.M.\*

**7/5 AND 7/6 1-9 P.M.**

LIVE PERFORMANCES | DELICIOUS FESTIVAL FOOD | FUN LAND RIDES



**PERFORMING LIVE**  
**7/5**  
**AT 7 P.M.**



**PERFORMING LIVE**  
**7/5**  
**AT 5:45 P.M.**  
**7/6**  
**AT 7:30 P.M.**

\*IN THE EVENT OF INCLEMENT WEATHER, FIREWORKS WILL BE RESCHEDULED TO SUNDAY.



This event is free and open to DoD ID card holders, Japanese and American citizens island wide. Do not bring pets, glass bottles, outside alcohol or coolers.

SPONSORED IN PART BY:



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

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



# contents

July 2025



## features

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#### Okinawa Underground

Okinawan summers are hot...swelteringly hot. And yes, this is something of an understatement. For those entertaining visitors from the U.S. flying out to see our beautiful home-away-from-home or with kids begging to get out of the house and go somewhere cool. Well, how about heading underground?

### 16

#### Instagram Hot Spots

Ready? Three...two...one \*click\*. Whether you're a novice or long-time photographer, budding social media influencer or just someone who loves finding the best photo ops, Okinawa is the place for you!

### 56

#### The Moon Beach Museum Resort 50 Iconic Years

On July 10, 1975, Moon Beach opened its doors. Through its timeless award-winning distinguishable architecture, natural curtains created from draping pothos vines and beloved crescent-shaped beach, The Moon Beach Museum Resort remains iconic to this day.

## restaurant review

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#### Hokkaidon

#### Fresh Seafood Flown from Hokkaido

Have a hankering for the freshest seafood rice bowls on the island? Visit Hokkaidon at their recently opened location in Okinawa City featuring salmon, scallops, tuna, shrimp and more flown directly from Hokkaido!



#### On the cover

Okinawa offers multitudes of unique photo ops for budding social media influencers and photographers.



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- Thigh Lift
- Buttock Lift
- Mole Removal
- Laser Hair Removal

##### Breast Surgery

- Breast Augmentation
- Breast Reduction
- Breast Lift
- Inverted Nipple Repair
- Implant Revision
- Fat Transfer

##### Face

- Face Lift
- Neck Lift
- Thread Lift
- Blepharoplasty
- Brow Lift
- Rhinoplasty

- Lip Augmentation
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- Spot & Wrinkle Treatment
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[WWW.KOKORO-MANZOKU.COM/EN/](http://WWW.KOKORO-MANZOKU.COM/EN/)





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July 2025

## kids + parents

**47**

### **Level Up at Your Library This Summer!**

MCCS Libraries are focusing on the power of gaming, how they bring people together, how they teach us strategy, teamwork and an appreciation for the art of design and storytelling, with their Level Up at Your Library initiative. MCCS Library staff have put together a wide variety of events for children, teens, adults and even families to take part in throughout the month of July!

**49**

### **Dive In Movies... ...at Futenma Aquatic Center**

Trying to stay cool in the dead heat of summer can be tricky—A/C on full blast and all. But there's nothing that quite screams family time like the gathering of beloved family members on a movie night. Bring the whole family down to float under the stars and watch your favorite family-friendly films.

## services

**51**

### **Typhoon Motors Sales Independence Day Specials All Month Long**

Okinawa is Japan's rainiest prefecture—we know that torrential downpours arrive instantly without a warning sign in sight—which is why you need tires that improve handling and enhance stopping power especially on slippery terrain. Luckily, Typhoon Motors will be offering 10% OFF new tires all month long.

**53**

### **The Okinawa Guide YOUR guide to the Island!**

Want to learn more about PCSing with a pet? How about learning karate? Maybe you're wondering what goes into a perfect bowl of Okinawa soba? All of this and more—including information on all the largest shopping malls on island—can be found in the pages of the 2025-2026 *Okinawa Guide*.

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### **Far East Bodybuilding Competition Beasts of the East**

Since its inception, bodybuilding has always been about awe and admiration—and marveling at the perfectly crafted athletes on stage. Witness some of the best physiques on island as the "Beasts of the East" compete at the Far East Bodybuilding Competition on August 10.

**27**

### **Gear up for Outdoor Adventures with... ...MCCS Outdoor Recreation Rentals**

Got a beach camping trip in mind or a backyard bash on the books this summer? MCCS Outdoor Recreation can hook you up with their wide variety of rentals—including lanterns, barbeque sets, tents, tables coolers and more!

**31**

### **Splish, Splash At... ...Independence Day Pool Bashes**

Ready to let loose and have some fun under the sun? Gather your family and friends in their red, white and blue summer attire and dive into the 4th of July by cooling off at the pool!

## marines + families

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### **Pokémon Game Night Catch 'em all!**

Whether you're a longtime Pokémon master or just starting your journey, mark your calendars for an epic Pokémon Game Night at the Foster Library. This is one duel that'll ignite the fire inside!

**35**

### **Pen Your Path to Success Resumé-Writing Workshop**

Resumés are the first thing a potential employer sees and are your first opportunity to make a strong impression. The MCCS Family Member Employment Assistance Program is here to lend a helping hand to job-seeking members of the community with a FREE monthly workshop.

## dining + entertainment

**39**

### **Blues, Brews & BBQ A Smokin' Good Time**

Whether you're a music lover, a brew enthusiast or a BBQ connoisseur (or all the above), our NEW summer event Blues, Brews & BBQ will have something for everyone. Join us for a day filled with the soulful sounds of LIVE blues music, craft beer tastings, a barbecue cooking competition, food vendors offering mouthwatering BBQ from around the world and, of course, Fun Land rides.

**41**

### **BBQ Family Fun Night Summer Grillin' n' Chillin'**

When it comes to summer, the first thing that comes to mind is a feast and not just any feast, but one that's filled with grilled meat, fruit platters and a cooler stocked with ice cold drinks. Grilling isn't an easy task with the mountain of preparation, smoke that lingers and cleaning up afterwards, which is why the MCCS Clubs present BBQ Family Fun Night to make your next BBQ night a breeze.





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## mensôre

"Welcome" to Okinawa Living

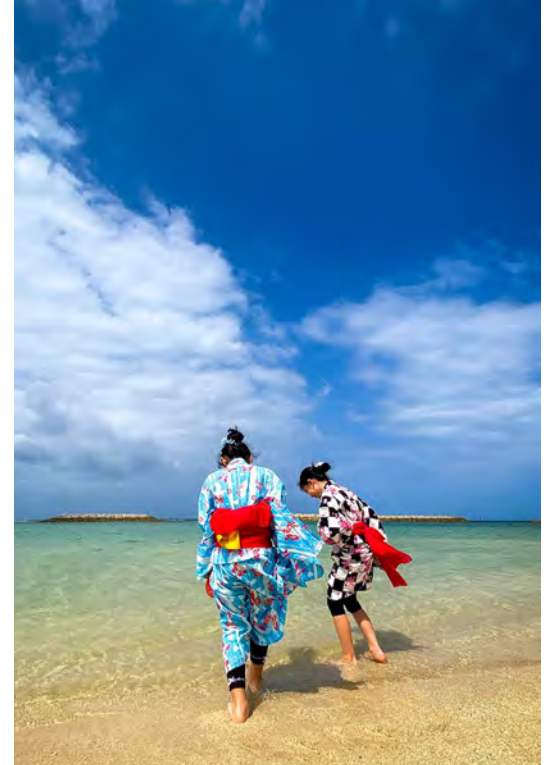
## Ah... Summertime!

Summer is officially here! Although that means the thermometer is reaching the 90s and some of us are retreating to our air-conditioned living rooms waving our white flags of surrender, it also means we can enjoy the delightful sensation of sugar-fine sand between our toes, snorkeling and diving in crystal-clear azure waters, devouring delightful beach-side ice cream cones and enjoying the reverberating sounds of *taiko* drums and *eisa* dancers preparing for the summer festival season.

Summer is the season of celebration on Okinawa with *matsuri*, or festivals, held throughout the island. This year, hundreds of thousands of people will flock to festival venues to eat delicious festival foods, play games, enjoy music and to watch fireworks displays.

There are several upcoming opportunities to enjoy matsuri on the island during the summer months and beyond as almost all of the larger cities (and many smaller towns and villages) hold their own matsuri—each with a flavor of its own. Whether large or small, there's no better opportunity to make new friends among the local community and learn more about Okinawan culture. For those of us that love the idea of getting out and about, but are among those waving those aforementioned white flags, turn to p. 8 for an alternative summer activity that's the opposite of hot.

As always, we thank you for picking up this issue of *Okinawa Living Magazine*. Now, time to turn the page and let your journey begin! **lol**



*Mike J. Daley*  
Mike Daley  
Editor-In-Chief



**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.



# TERRA

---

INTERNATIONAL FUSION

---

# OPENING

# SOON

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





# feedback

from the ICE Program  
and Facebook

Thank you for sharing this [post about the MCCS Exceptional Family Member Program Food Drive] MCCS Okinawa! This is a great opportunity for folks to donate unopened unexpired food this PCS season!"  
—via Facebook

I am writing to express my sincere appreciation for the fantastic job the pool supervisor, Aisha Price is doing at the MCAS Futenma pool. I've been consistently impressed with the staff's professionalism and dedication. By far, my best experience overall with any pool facility I have been to.  
—via ICE

Just wanted to thank Jo [Cruz-Godoy] at The Palms on Camp Hansen for her support of the Kubasaki High School Marine Corps Junior Reserve Officers Training Corps (MCJROTC) program. Jo was critical in sourcing tablecloths for our MCJROTC mess night as well as our annual awards banquet. Jo exemplifies customer service, and she went above and beyond in support of the MCJROTC program. Thanks again.  
—via ICE

Yurika Smith is an incredible asset at Camp Courtney Family Programs. I love attending her Japan Cultural Awareness and Adaptation classes!  
—via ICE

Hello! I was at the 3D MLG Mess Night and I ordered the well-done steak and it was soooooo good! It was tender, well-seasoned and that char was perfect. I even ate the fat. I'm Pentecostal so I don't eat rare meats so I wanted to say thank you to whoever made it. I meant to send this comment sooner but didn't get the chance. The entire place was beautifully done. The servers were so classy and everything was finely done—the tables and the ambiance was lovely. You all outdid yourselves and it was so appreciated. [Kinser] Surfside deserves wonderful accolades. Before I forget, the cheesecake was also light, fluffy and not overly sweet and the lemonade and sweet tea were both wonderful. Thank you all for making it a memorable night!  
—via ICE

My husband and I love going to Tengan Castle at Camp Courtney. We have always enjoyed the Sunday brunch and Wednesday Night Mongolian BBQ and we have celebrated Thanksgiving and Easter at Tengan Castle. The staff is extremely kind, friendly and welcoming. The facility is always clean and organized even with the decorative theme holidays! We have truly enjoyed the club atmosphere, and we are very grateful for the wonderful staff.  
—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!

@aloraw  
Island life!



@percil1a.e\_  
Exploring Japan with my little family 🇯🇵



@brits\_wanderlust\_fit\_life  
next stop: summer 🌊☀️🌴💙

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

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GUIDE

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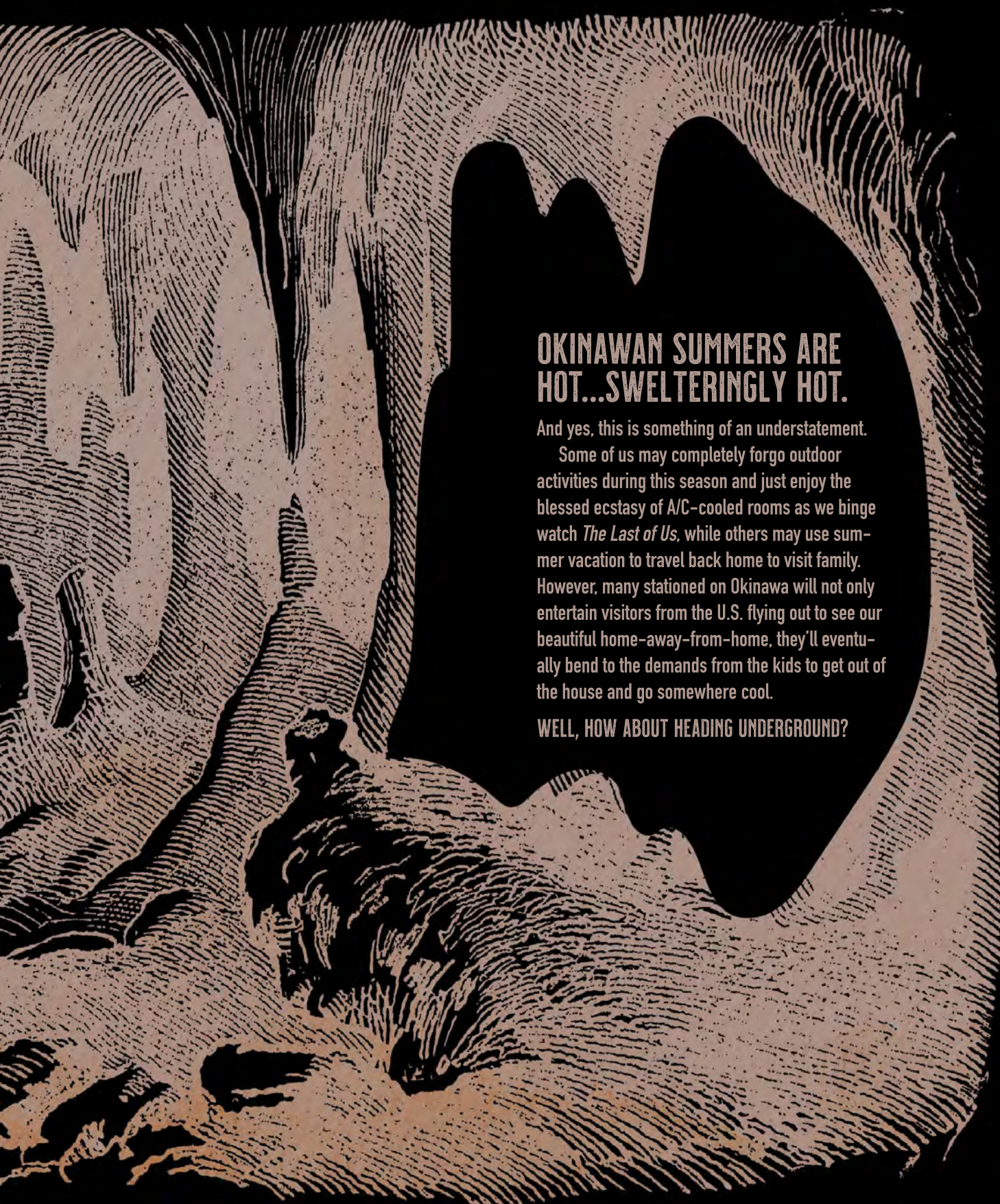


OKIN



UNDERG





## OKINAWAN SUMMERS ARE HOT...SWELTERINGLY HOT.

And yes, this is something of an understatement.

Some of us may completely forgo outdoor activities during this season and just enjoy the blessed ecstasy of A/C-cooled rooms as we binge watch *The Last of Us*, while others may use summer vacation to travel back home to visit family. However, many stationed on Okinawa will not only entertain visitors from the U.S. flying out to see our beautiful home-away-from-home, they'll eventually bend to the demands from the kids to get out of the house and go somewhere cool.

WELL, HOW ABOUT HEADING UNDERGROUND?

LAYOUT BY: TAYLOR MCFARLANE





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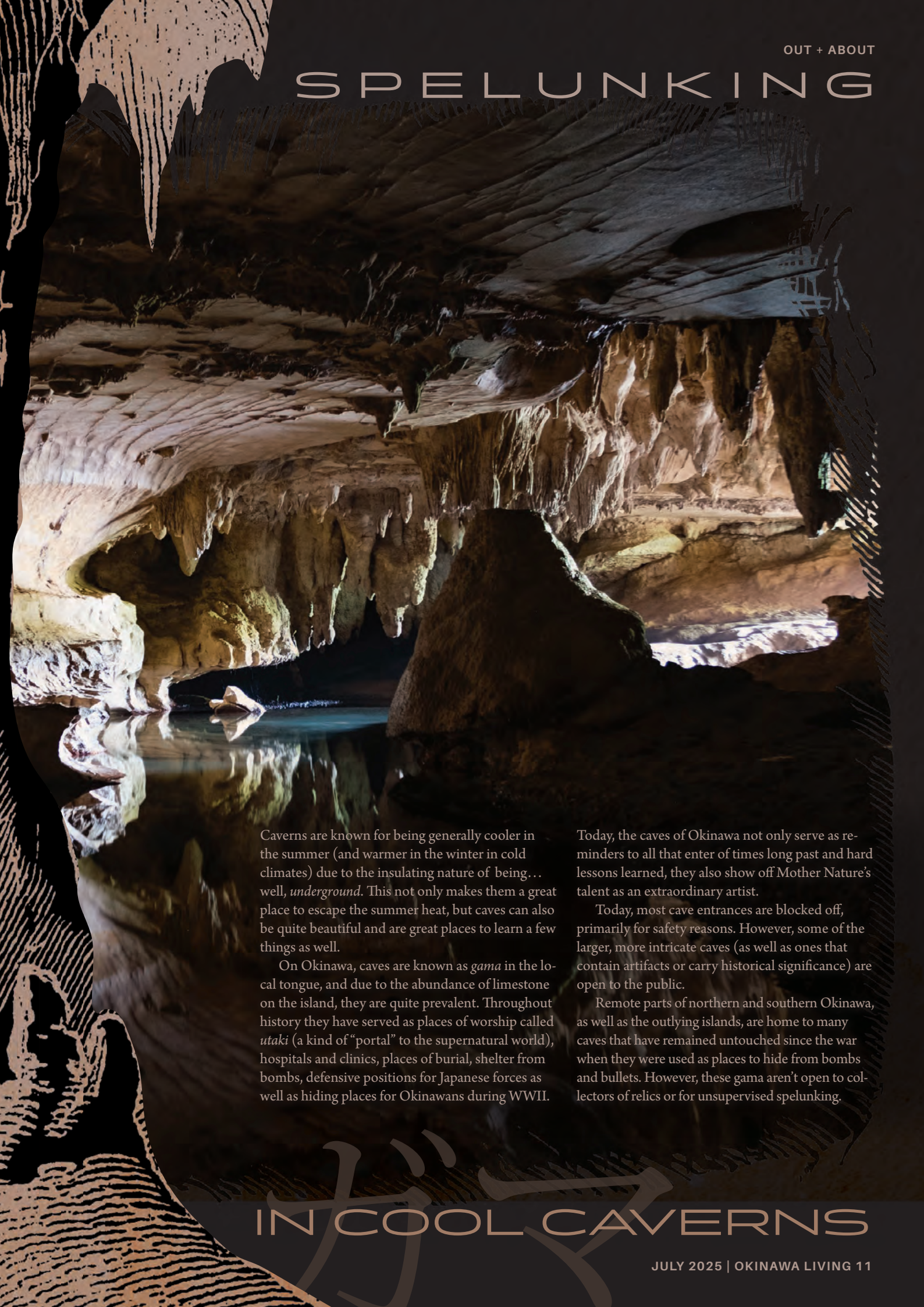
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## SPELUNKING



Caverns are known for being generally cooler in the summer (and warmer in the winter in cold climates) due to the insulating nature of being... well, *underground*. This not only makes them a great place to escape the summer heat, but caves can also be quite beautiful and are great places to learn a few things as well.

On Okinawa, caves are known as *gama* in the local tongue, and due to the abundance of limestone on the island, they are quite prevalent. Throughout history they have served as places of worship called *utaki* (a kind of “portal” to the supernatural world), hospitals and clinics, places of burial, shelter from bombs, defensive positions for Japanese forces as well as hiding places for Okinawans during WWII.

Today, the caves of Okinawa not only serve as reminders to all that enter of times long past and hard lessons learned, they also show off Mother Nature’s talent as an extraordinary artist.

Today, most cave entrances are blocked off, primarily for safety reasons. However, some of the larger, more intricate caves (as well as ones that contain artifacts or carry historical significance) are open to the public.

Remote parts of northern and southern Okinawa, as well as the outlying islands, are home to many caves that have remained untouched since the war when they were used as places to hide from bombs and bullets. However, these *gama* aren’t open to collectors of relics or for unsupervised spelunking.

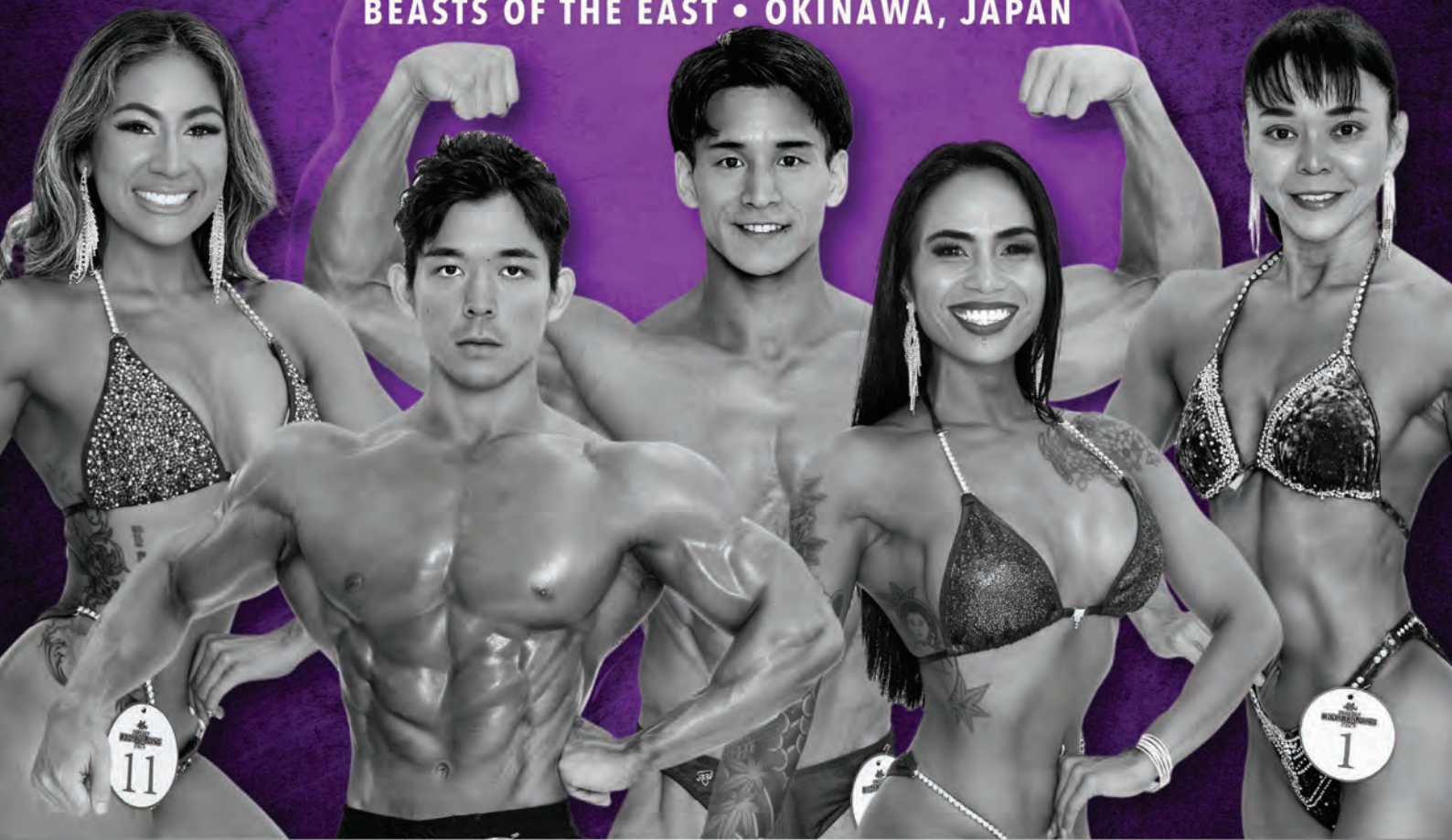
IN COOL CAVERNS





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**Competitors: \$100 | Spectators: \$20**

Competitors must register via Eventbrite by July 27 (11:30 p.m.) for non-SOFA personnel  
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## GYOKUSENDO



Gyokusendo, located underneath the Okinawa World theme park in Haeburu Town in Nanjo City, was also used as a shelter during the war. Although many remarked on the size and beauty of the cave at the time, they never knew just how long the cave actually was. When Gyokusendo was finally surveyed in 1967 it was found to be about 5km in length—the second-longest cave discovered in Japan at the time. Approximately 890m of the cave was opened to the public as a tourist attraction in 1972 and it can almost be

classified as belonging to another dimension—a world filled with extraordinary beauty, lifeforms that could star in a science fiction movie, and rock formations that seem to defy both logic and gravity with impunity.

The cave boasts over 900,000 stalactites, known as *shōnyūseki* in Japanese, that hang from the ceilings and have grown for many hundreds of thousands of years. Gyokusendo reputedly has one of the largest collections of stalactites and stalagmites, or *sekijyun*, of any cave in Asia.

玉泉洞



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**AUGUST 12-15**

**8-10:30 A.M.**

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# 鍾乳石

Both shōnyūseki and sekijyun are formed when groundwater laced with dissolved calcium drips from a cavern's ceiling—and the longer the time period, the larger shōnyūseki and sekijyun get. Given time, they can grow to monstrous sizes and morph into a multitude of shapes—from spindly broomsticks and broad, flat disks to multi-tiered columns that would not look out of place in an ancient Greek temple.

The shapes of both shōnyūseki and sekijyun are usually determined by the height and the atmospheric conditions of the cave, and the

amount of water dripping from the ceiling. The color of the formation is also determined by water content—mostly by different kinds of impurities in the water building up over the centuries.

At Gyokusendo, these different colors are accentuated by strategic lighting, turning the cavern into a veritable art museum that must be seen to be believed. This cave is not only a museum of otherworldly art, but also a place for gaining an appreciation for the patience Mother Nature has when she is creating her priceless and timeless masterpieces.

MCCS Tours+ offers regular tours to Okinawa World—to book call 646-3502, email [tours@okinawa.usmc-mccs.org](mailto:tours@okinawa.usmc-mccs.org) or visit them in person on Camps Foster, Hansen or Schwab. For more information on this and other on-island tours, visit [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours). | ol





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Ready?  
Three...two...one \*click\*

# Instagram HOT SPOTS

Text by: Lauren Thobe | Layout by: Alora Wilson | Photography by: Mia Cox

Whether you're a novice or long-time photographer, budding social media influencer or just someone who loves finding the best photo ops, Okinawa is the place for you! From the top to the bottom of the island, there are hundreds of stops along the way just waiting for you to snap the perfect picture.

@meganpicha



@\_simplynikkie



@amberrrrr\_ann





@satyinoKinawa



@\_daphneyj



@littleislandtakara





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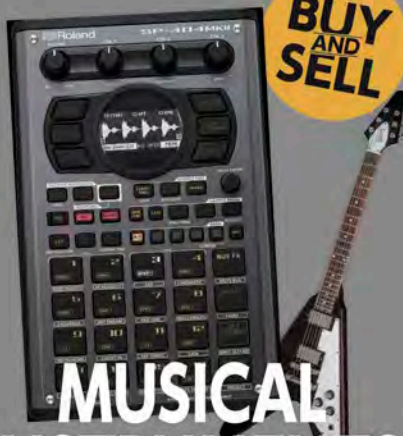
Thanks to YOU, our readers and followers, we have compiled a list of Okinawa's Instagram Hot Spots.





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NAHA

3-1-12 Takara, Naha City, Okinawa Pref.  
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ANNEX OPEN 9 A.M. - 9 P.M. [Open all year round]

URASOE

2689-1 Gusukuma, Urasoe City, Okinawa Pref.  
OPEN 9 A.M. - midnight [Open all year round]

AWASE

3-13-1 Yogi, Okinawa City, Okinawa Pref.  
OPEN 9 A.M. - midnight [Open all year round]



## Casa Sol

Starting on the northern side of the island, Casa Sol is an Instagram lover's dream. Located on the edge of Nakijin Village, close to Yagaji Island, this café gives a stunning view of the water, islands and vegetation all around—especially on a sunny day. To capture the incredible view surrounding the café, Casa Sol has set up several photo ops including a nest overlooking the water, giant chairs to enjoy your food with a view and a swing that seemingly catapults you over a cliff (seemingly, not really!). For a small fee, you can even rent a dress to enhance your photos on the swing. You can find Casa Sol on Instagram at [@casa\\_sol.okinawa](#).

[@amberrrrr\\_9nn](#)



[@lauren.thobe](#)

## Bise Fukugi Tree Road

While this may not be the most secretive of spots, it's just breathtaking enough that it must be on any photo list up north, Bise-Fukugi Tree Road. Located just a 5-minute drive from the Okinawa Churaumi Aquarium, this is one spot you won't want to miss. Upon arrival, we recommend renting bikes from one of the shops throughout the quaint seaside village, so you can enjoy a ride through the trees and past the water. While biking, be sure to stop on the paths between the famous fukugi trees, at the bright red hibiscus mural and along the beach to capture your shots. Bonus points for taking a beachcombing break and capturing your finds!

# THE NORTH





# July 19

★ ★ 7 a.m. Shotgun Start ★ ★

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

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**MARINE & Family**  
Family Advocacy Program





# Southeast Botanical Gardens

If you live in the middle of the island and find yourself looking for something closer to home, another popular but perfect place for photos is the Southeast Botanical Gardens in Chibana. From famous light displays in the winter to seasonal flower displays, a petting zoo and more, Southeast Botanical Gardens can easily occupy you for a full day and will leave you with the best photos for your next Instagram post. A few of our recommended photo hot spots at the gardens include down the path of towering palm trees, on the bridge overlooking the pond and, from March to May, standing in front of the colorful bougainvillea tower.

@\_simplynikkie



# CENTRAL

## Melody Beach



@fava\_dominguez

Want to share photos of the beautiful beaches on island? Look no further than Melody Beach in Yomitan Village. Right down the road from Murasaki Mura, you will find a beach with beautiful white sand and blue waters, with several spots for you to capture the perfect photo. From a small overlook to a swing on the beach to rocks you can walk on during low tide, this beach is any photo lover's dream—especially at sunset.





Lunch  
& Sweets  
Buffet

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2025 5/24<sup>SAT</sup> – 9/23<sup>TUE</sup>

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**TIME** 12:00~14:30 **PRICE** Adult ¥4,500/Child ¥1,500 [6-12]  
※ L.O. 13:45 ※ Price includes tax and service charge





## Daruma Temple

Heading down south, our next Instagram hot spot is perfect for those who love learning more about Japanese culture. Sairai-in Temple, also known as Daruma Temple, located in Naha has hundreds of daruma dolls on the grounds, as well as a small path of red *torii* gates—both of which provide perfect photo opportunities. While here, visitors can purchase a daruma doll, which are considered a good luck charm in Japanese culture. When making a wish or goal, it is customary to paint on one eye of the Daruma doll and then paint the second eye when the wish or goal comes to fruition. It's impossible to leave Sairai-in Temple without beautiful photos and a deeper understanding of Japanese culture.



@anastasiyane



@daphneyj

# THE DOORS

## STEM Resort Dinosaur BBQ Park

Our last recommendation takes you a little farther down south to STEM Resort Dinosaur BBQ Park—a place made for those who want to feel like the main character! Inside, you will find several rooms: one that is all things pink, one full of neon lights, another with a ceiling covered in glowing lanterns and even one with a ball pit! For those with families, once you have completed your inside photoshoot, we recommended heading outside to the dinosaur park.

Outside, you will find giant statues of various dinosaurs that you can walk right up to, and in the summertime, the Dinosaur Pool! Check out their Instagram [@dinosaurbbqpark](#) [stemresort](#) to see everything they have to offer.

While out on your next island adventure, whether you prefer to be in front of the camera or hold the title of Instagram husband, we hope you pay each of these spots a visit—you won't be disappointed. And, don't forget to share your captures with us by tagging [@okilivingmag](#) to be featured in our magazine! |OL



# GROUP FITNESS

INSTRUCTORS NEEDED ON:

CAMP KINSER • MCAS FUTENMA • CAMP FOSTER  
CAMP COURTNEY • CAMP HANSEN • CAMP SCHWAB

## INSTRUCTORS WANTED

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## Far East Bodybuilding Competition

### Beasts of the East

Resistance training to build strength and muscle mass didn't begin in modern gyms with high-tech machines and equipment; in fact it was quite the opposite—practitioners used stones of all shapes, sizes and weights to train in the early societies of Greece and Egypt.

It wasn't until 1893 when the modern idea of "bodybuilding" came to fruition. Eugen Sandow of Germany was working as a strongman performer at the Chicago World's Fair—where he unintentionally invented bodybuilding as carnival goers were more intrigued by his chiseled physique than what he could actually do with his muscles. Sandow encapsulated the "Grecian Ideal" model as viewers thought his body mirrored the classical Greek and Roman sculptures. This ideal, which includes a small trim waist, tapered back, wide shoulders and highly detailed musculature coupled with overall balance, is what bodybuilding judges have on their scorecards today.

Want to see Grecian builds in real time? Join MCCS Semper Fit as they host the Far East Bodybuilding Competition at the Camp

Foster Theater on Sunday, August 10. Open to SOFA and non-SOFA personnel, showtime starts at 4 p.m. with doors opening at 3 p.m. The registration deadline for non-SOFA competitors is 11:30 p.m. on July 27 and 11:30 p.m. on August 4 for SOFA competitors. The entry fee for all competitors is \$100 (payable via Eventbrite). Awards will be given to 1st, 2nd, 3rd, 4th and 5th place in each category. For spectators, tickets are \$20 to witness some of the greatest Beasts of the East.

This year's competition is sponsored in part by Bench Fitness, Life Fitness, Hammer Strength, Moon Ocean Ginowan Hotel & Residence, USAA, Muscle Gym Arahara, Esparza's Tacos & Coffee, Chatan Harbor Brewery & Restaurant, Seafood House Pier 54, All Out and Shining Okinawa Body Salon.

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

## Tokashiki Island Beach Tour

### A Tiny Slice of Paradise

Tokashiki Island is the largest and most populous (albeit 700 residents cannot be considered large) isle in the Keramas. Rugged and mountainous, the highest point of Tokashiki rises 200m above sea level.

Better known for its beautiful beaches, one of the island's most popular is Tokashiku Beach. Unlike Aharen Beach, which is busy and crowded with dive shops, equipment rentals and busloads of tourists, Tokashiku is quieter and serene. It serves as nesting grounds for sea turtles, and the National Okinawa Youth Friendship Center operates a Marine Resources Training Center there.

If you would like to visit this beautiful island, MCCS Tours+ offers excursions on their Tokashiki Island Beach tour. Pack up your swimming and/or snorkeling gear and sunblock. Lunch—your choice between curry rice, Okinawa soba or a beef bowl—is included in the tour price. Just don't forget to bring yen for lockers, personal flotation device (PFD) rental and spending (we definitely recommend a post-swim Blue Seal ice cream).

The next Tokashiki Island Beach tour will run Saturday, July 12 from 8:30 a.m. to 6 p.m. For more information, call MCCS Tours+ at 646-3502 or visit them online at [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours). **101**

## Gear up for Outdoor Adventures 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, as well as 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 as well as kayaks (available only at Courtney and Schwab locations). Camp Hansen Outdoor Recreation even offers mountain bikes, if a day spend riding around the coast is more your vibe.

For a 4th of July backyard bash, Outdoor Recreation has canopies, 6-foot and 8-foot tables, folding chairs, larger grills, turkey fryers and pig rotisseries, as well as large ice chests and water coolers for rent. Canopy delivery and set-up are available for an additional fee.

The best part? If you want to give camping a try or plan an 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). **101**





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# 焼肉 五苑





## Courtney Cornhole Tournament

### Tossing for the Win!

Cornhole, the popular American backyard game is a staple during barbecues, get-togethers where a couple of buddies have a good time tossing the bags. Has it been a while since you played, but you still feel like you've got the champ in you?

Well then, brush off your shoulder and prove your skills at the Courtney Cornhole Tournament! Show us what a bag-tossing-champ you are on Saturday, July 26 and Sunday, July 27 at Camp Courtney's Ironworks Fitness Center. This tournament

is open to participants island wide ages 18 and older, for \$20 per person. Register online by 1 p.m. on Monday, July 21 and bring your A-game as awards will be given to 1st, 2nd and 3rd place winners.

For more information on the Courtney Cornhole Tournament, call 622-7297, email [adultsports@okinawa.usmc-mccs.org](mailto:adultsports@okinawa.usmc-mccs.org) or visit [www.okinawa.usmc-mccs.org/adultsports](http://www.okinawa.usmc-mccs.org/adultsports). Follow [facebook.com/mccsokinawa.semperfit](https://www.facebook.com/mccsokinawa.semperfit) to stay up to date on upcoming Semper Fit events. **101**

## Halloween in July?

Time to book your Disney Resort Package!

If you are a Halloween enthusiast who's already counting down the days to spooky season and crisp fall days, we have great news for you! In celebration of Summerween, MCCS Tours+ has begun booking their Halloween Disney Resort Package for October 23–26, which means July is the perfect time to secure this year's upcoming autumn vacation.

The package includes bus transfers (to/from Camp Foster and Naha Airport as well as to/from the airport and hotel in Tokyo), round-trip airfare, hotel accommodations at the Sheraton Grande Tokyo Bay (with breakfast included), 2-day park tickets and tour assistants. This package is available to everyone with base access. To book, visit Tours+ on Camps Foster, Hansen or Schwab before August 15.

What are you waiting for? Book your trip to the Happiest Place on Earth today! For more information on this package as well as other Tours+ offerings, visit [www.okinawa.usmc-mccs.org/tours](http://www.okinawa.usmc-mccs.org/tours), email [tours@okinawa.usmc-mccs.org](mailto:tours@okinawa.usmc-mccs.org) or call 646-3502. **101**

## Triathlon Training Plans and Coaching

### Camp Foster Aquatic Center

Where to begin training for a triathlon? After all, you have not one but *three* sports to train for. Well, we've got some guidance for you because MCCS Semper Fit Aquatics will be offering Aquatics Triathlon Training Plans and Coaching this year!

Training plans include an 8-to-12-week course with swimming, biking and/or running workouts designed to get you to the start line in peak condition. Plans are customizable to your preference and will be delivered online so you can access them anytime, anywhere. Additionally, weekly communication with a coach is included. One-on-one coaching sessions will be 30-minutes long and include swimming, cycling, running or related triathlon skills based upon your needs!

Triathlon Training Plans and Coaching is available to SOFA-status adults and youths ages 13 and older. Registration is required via Eventbrite. For more information, visit [www.okinawa.usmc-mccs.org/aquatics](http://www.okinawa.usmc-mccs.org/aquatics), call 645-3180 or email [mccsaquatics@okinawa.usmc-mccs.org](mailto:mccsaquatics@okinawa.usmc-mccs.org). **101**





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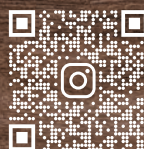
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# Futenma Bike Race

Flying Around the Flight Line

Air up those tires, dust off your bike shorts and yellow jersey, polish those Shimanos and get ready for a chance to leave your competition in the dust at the upcoming Semper Fit Bike Race!

The MCAS Futenma Bike Race will take place on Sunday, July 20 at 8:05 a.m. at the Semper Fit Fitness Center on MCAS Futenma. Check-ins are from 6:30 to 7:30 a.m. with a mandatory brief following. The sign-up deadline for non-SOFA cyclists is July 9 (11:30 p.m.) and July 16 (11:30 p.m.) for SOFA participants.

This race is open to all participants island wide ages 16 and

older for \$50, and awards will be given to the 1st, 2nd and 3rd place finishers in all gender and age categories.

For more information on the Futenma Bike Race, as well as more upcoming tournaments and competitions, visit [www.okinawa.usmc-mccs.org/adultsports](http://www.okinawa.usmc-mccs.org/adultsports) or [facebook.com/mccsokinawa.sempersfit](https://facebook.com/mccsokinawa.sempersfit). Questions regarding the bike race can be directed to 645-3521 or via email to [adultsports@okinawa.usmc-mccs.org](mailto:adultsports@okinawa.usmc-mccs.org). **101**

## Splish, Splash At...

...Independence Day  
Pool Bashes

Ready to let loose and have some fun under the sun? Gather your family and friends in their red, white and blue summer attire and dive into the 4th of July by cooling off at the pool! Join us at one of the MCCS Aquatics Independence Day Pool Bashes taking place on Friday, July 4 from noon to 3 p.m. at Aquatic Centers on Camps Kinser, McTureous, Hansen and Plaza Housing. There will be FREE food and drinks (while supplies last) along with entertainment.

The Independence Day Pool Bashes are open to all. We encourage and support the participation of individuals of all abilities. Call 645-3180 or email [mccsaquatics@okinawa.usmc-mccs.org](mailto:mccsaquatics@okinawa.usmc-mccs.org) if you need any assistance or require an accommodation. For more information on this and other MCCS Aquatics events, visit [www.okinawa.usmc-mccs.org/aquatics](http://www.okinawa.usmc-mccs.org/aquatics). See you at the pool! **101**

## Kinser 6v6 Soccer Tournament

Hit the Pitch!

Strap your shin guards and lace your cleats as you and your team bring the heat this summer at the Kinser 6v6 Soccer Tournament happening on Saturday and Sunday, August 2 and 3 at the Camp Kinser athletic fields! Join Semper Fit as they host a friendly *fútbol* competition, an opportunity for you to show off your best banana kicks, dribbling skills and sliding tackles against players from all over the island as this tournament is open to everyone ages 16 and older island wide.

What are you waiting for? Gather up

your roster and register your team via Eventbrite by July 28 (1 p.m.) for \$200 per team. Then hit the pitch and brainstorm those strategies to defeat your opponents because this tournament is going to be sizzling hot! Awards will be given to 1st, 2nd and 3rd place teams.

For more information, visit [www.okinawa.usmc-mccs.org/adultsports](http://www.okinawa.usmc-mccs.org/adultsports) or [facebook.com/mccsokinawa.sempersfit](https://facebook.com/mccsokinawa.sempersfit). If you have any questions, email [adultsports@okinawa.usmc-mccs.org](mailto:adultsports@okinawa.usmc-mccs.org) or call 637-1869. **101**





JULY IS...

# INJURY PREVENTION MONTH

Experiencing or sustaining injury impacts quality of life, finances and can lead to the development of chronic illnesses.

*See how you can prevent injuries by contacting MCCS Health Promotion or your safety department.*

**MCCS**  
SEMPER FIT

645-3910 | [facebook.com/mccsokinawa.semperfit](https://facebook.com/mccsokinawa.semperfit)  
[www.okinawa.usmc-mccs.org/healthpromotion](http://www.okinawa.usmc-mccs.org/healthpromotion)



# Independence Day Pool Bashes

**FRIDAY, JULY 4  
NOON-3 P.M.**

**AQUATIC CENTERS ON:**  
CAMP KINSER | PLAZA HOUSING  
CAMP MCTUREOUS | CAMP HANSEN



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## Aqua Neon Party

### Zumba & Recovery

Looking for a good low-impact workout with a twist? MCCS Health Promotion will be hosting an Aqua Neon Party at the Kinser Aquatic Center in honor of Safety and Injury Prevention Month. Join them on July 18 from 7:15 to 9:15 p.m. as they introduce patrons to two different fitness formats that are designed to be easier on the joints and accessible to individuals recovering from an injury. The two-hour event will feature an Aqua Zumba class, as well as Aqua Recovery.

The event is open to all patrons with base access. Individuals ages 12–17 may attend with a parent or legal guardian present and Youth Gym Authorization. Registration is available via Eventbrite until July 11. We encourage and support the participation of individuals of all abilities. Please call MCCS Health Promotion at 645-3910 or email [mccshealthpromotions@okinawa.usmc-mccs.org](mailto:mccshealthpromotions@okinawa.usmc-mccs.org) if you need any assistance or require accommodations. **101**

## Pokémon Game Night

### Catch 'em all!

The 90s were an iconic decade with the rise of the internet, hip-hop and grunge as well as iconic shows like *Pokémon* emerging in 1996. Speaking of Pokémon, do you have some cards or special video game tricks up your sleeve that are lethal enough to bring home sweet victory? Whether you're a longtime Pokémon master or just starting your journey, join the Foster Library for an epic Pokémon Game Night on July 2 with fun, battles and nostalgia beginning at 6 p.m.!

Mark your calendars because this is one duel that'll ignite the fire inside. This event is open to teens and adults looking to foster connection with the community through shared gaming interests. After all, your Pokémon is waiting for you to say, "I choose you!"

For more information about Pokémon Game Night and other MCCS library offerings, hours of operations and locations, visit [www.okinawa.usmc-mccs.org/library](http://www.okinawa.usmc-mccs.org/library) or email [libraryprogram@okinawa.usmc-mccs.org](mailto:libraryprogram@okinawa.usmc-mccs.org). **101**



## Auto Care Workshop

### Essential Skills for Vehicle Maintenance

Knowing how to handle the basics of vehicle maintenance can come in handy when you least expect it. After all, cars are the main mode of transportation on island, and changing a flat tire, topping off your windshield washer fluid or changing your oil are some key components every driver behind the wheel should know about.

Feel like you don't know the basics or need a refresher course to boost your confidence? Join Marine Corps Family Team Building (MCFTB) as they collaborate with Typhoon Motors to bring you Auto Care Workshop: Essential Skills for Vehicle Maintenance. This workshop is FREE and open to SOFA-status personnel.

This hands-on program aims to equip participants with essential automotive maintenance skills to enhance vehicle safety and reliability from experienced professionals. The workshop will cover a range of maintenance topics through interactive learning and practical exercises. Knowledge obtained from this course for basic maintenance tasks will ensure that vehicles are working at their optimal potential. Participants will receive comprehensive materials including handouts to support ongoing learning. Lessons from this workshop can be applied to real life situations.

The next course will be held July 15 from 10 a.m. to 1 p.m. at Camp Courtney Typhoon Motors. Registration is required via Eventbrite. For more information, visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb). **101**



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## Staying Strong

### Alcohol Prevention

With summer's arrival, celebrations, barbecues and vacations become more frequent and alcohol consumption often rises alongside them. While enjoying time with family and friends is important, responsible drinking—or choosing not to drink any alcohol—can make a significant difference in maintaining physical and mental well-being.

For military families, the pressures of service, deployments and frequent moves add unique challenges, making it all the more crucial to stay informed about alcohol overindulgence prevention strategies. Resources are available to support individuals who want to make healthier choices, whether it's through counseling, community programs, or family oriented activities that foster meaningful connections without being under the influence. The Substance Assessment and Counseling Program (SACP) offers support for those seeking guidance.

Staying informed and supported reduces the risk of excessive drinking and fosters resilience within the military community. For more information about the SACP, call 645-3009 or visit [www.okinawa.usmc-mccs.org/sacp](http://www.okinawa.usmc-mccs.org/sacp). **1OL**



## Pen Your Path to Success

### Resumé-Writing Workshop

Resumés are the first thing a potential employer sees and are your first opportunity to make a strong impression. The MCCS Family Member Employment Assistance Program (FMEAP) is here to lend a helping hand to job-seeking members of the community.

A well-organized, clear and professional resumé signals to employers that you're serious, detail-oriented and capable of presenting yourself effectively. It helps you showcase your key qualifications, experience and achievements, allowing you to highlight the tailored skills that are most relevant to the job you're applying for. A strong

resumé effectively conveys your value, demonstrates why you're a great fit for the role and motivates the employer to extend an interview invitation.

The FMEAP Resumé Writing Workshop provides an opportunity to learn the best practices for composing your resumé, including how to write effective bullet points, how to best represent your work experience and the strategies to leverage your resumé for your next career move! For more information on this FREE monthly workshop, email [mccb\\_fmep@usmc.mil](mailto:mccb_fmep@usmc.mil) or visit [www.okinawa.usmc-mccs.org/fmeap](http://www.okinawa.usmc-mccs.org/fmeap). **1OL**



## Stay Safe!

### July is Injury Prevention Month

This July, Semper Fit Health Promotion is highlighting the importance of preventing injury and some of the preventative steps we can take. An injury can impact many aspects of the quality of our lives, as it can not only halt the progress we've made in the gym, but it could even lead to extensive medical care or physical therapy.

So, how can we avoid this in the first place? If you're just starting to exercise, getting a medical check-up (or comprehensive health assessment) is a good idea to assess current fitness level and overall health status before starting a workout program. Once you're cleared, start with stretching—stretching exercises can improve the ability of muscles to contract and perform, which reduces the risk of injury. Be sure to incorporate a 5–10-minute warm-up and a 5–10-minute cool-down before and after each workout. These give our body the time to prepare for exercise and to recover after a workout. Especially when exercising outdoors, stay hydrated; drinking plenty of water can help prevent dehydration, heat exhaustion and heat stroke. Most importantly, know your limits and pace yourself. When you're tired, rest—and don't exercise when you are overly tired or in pain. Remember that good mobility, flexibility, muscle strength, endurance, motor-control training, and rest and recovery are the keys to progress.

Learn more about how you can prevent injuries by contacting MCCS Health Promotion. For more information, call 645-3910 or visit MCCS Health Promotion at [facebook.com/mccsokinawa.semperfit](https://facebook.com/mccsokinawa.semperfit) or [www.okinawa.usmc-mccs.org/healthpromotion](http://www.okinawa.usmc-mccs.org/healthpromotion). **1OL**





# Unforgettable Family Moments



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# 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? Luckily for you, different camps around the island are offering FREE classes to help you better yourself.

For 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 Wednesdays in July on Camp Foster, from 11:30 a.m. to 1:30 p.m. and Mondays in August on Camp Hansen from 9:30 to 11:30 a.m. All classes are open to Marines, Sailors, DoD personnel as well as SOFA status personnel ages 18 and up with registration available on Eventbrite. For more information, email [fapprevention@usmc.mil](mailto:fapprevention@usmc.mil), call 645-2915 or visit [www.okinawa.usmc-mccs.org/fap](http://www.okinawa.usmc-mccs.org/fap). **101**

# Real Relationships

## Start Here!

Relationships are formed when two or more people are connected in one way or another, be it in romantic, platonic, familiar, professional or acquaintanceships. For those with strong emotional connections it's important to foster boundaries, self-control, communication and respect in order for all parties to feel supported, connected and independent.

Marine Corps Family Team Building (MCFTB) will be hosting Real Relationships, an interactive session on Wednesday, July 16 at the MCAS Futenma Education Center, Classroom 4. Registration is required via Eventbrite. The team will be offering practical tools to strengthen communication, trust and connection. Participants will gain valuable insights to help build healthier, more resilient relationships—both personally and professionally. Whether you're aiming to improve collaboration at work or deepen personal bonds, this class will equip you with effective, real-world strategies for lasting impact.

Access to support systems, training and coping tools are available to help service members navigate the complexities of life. Don't miss out on this opportunity to learn how to foster stronger relationships! For any questions on Real Relationships or to request special accommodations, contact MCFTB at 645-3689 or [MCFTBokinawa@okinawa.usmc-mccs.org](mailto:MCFTBokinawa@okinawa.usmc-mccs.org). For more information on other MCFTB courses and seminars, visit [www.okinawa.usmc-mccs.org/mcftb](http://www.okinawa.usmc-mccs.org/mcftb). **101**





# BBQ

## Family Fun Night

Celebrate a fun-filled BBQ featuring a bounce house, outdoor-themed games and delicious food!

July 17, 5–9 p.m.  
Kinser Surfside  
Ocean Breeze  
Tengan Castle

Adults & Teens: \$12.95  
Children (5–11): \$6.95  
Children (Under 5): FREE

No DOD, Marine Corps or MCCS endorsement intended or implied.

Sponsored in part by:



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







# Blues, Brews & BBQ

A Smokin' Good Time

Whether you're a music lover, a brew enthusiast or a BBQ connoisseur (or all the above), our NEW summer event Blues, Brews & BBQ will have something for everyone.

Join us on Sunday, August 3 from 2 to 9 p.m. on Camp Foster for a day filled with the soulful sounds of LIVE blues music, craft beer tastings, a barbecue cooking competition, food vendors offering mouthwatering BBQ from around the world and, of course, Fun Land rides.

Enjoy the soul-stirring sounds of blues guitar powerhouse Joanna Connor, known for her electrifying stage presence and blistering slide guitar. Connor will be turning up the heat with a LIVE performance at 7:30 p.m., alongside a line-up of blues and rock bands.

The cooking competition will feature ten

teams going head-to-head in three categories: shoulder/butt, brisket and chicken. Registration for the cooking competition is open on a first-come, first-served basis for \$50 per team. Once spots have filled up, teams will still be able to sign up to join the waitlist. Think you can take the heat? Sign-up today!

When it comes to food, we are bringing out the big guns—celebrity pitmaster Moe Cason, known for competing in multiple national cook-offs and TV shows, will be judging the cooking competition. But that's not all! He will be serving his world-famous, slow-smoked BBQ, previously featured on Food Network and beyond. Take your tastebuds on a journey as food vendors such as Tank, Beachgang Island Grill, Panama Genjin and more will also be serving up Jamaican,

Chamorro and Hawaiian-style barbecue.

Wash it all down with locally crafted beers from eight breweries such as Mahowbrew, Wolfbrau, Ushitora Brewery, Shimaguni Brewery and others. Remember...Not One Drop! Download the MCCS Liberty App to find an expansive list of on-base and off-base taxi and daiko services to make sure you have a safe way of getting home.

Bring your friends and your appetite, because Blues, Brews & BBQ will be a flavor-packed summer celebration you won't want to miss! This event is FREE and open to DoD ID card holders, Japanese and American citizens islandwide. For more information on this and other upcoming MCCS special events, visit [www.okinawa.usmc-mccs.org/events](http://www.okinawa.usmc-mccs.org/events). **101**



# Celebrate the 4th of July Weekend at Okuma Beach!

Soak up the summer vibes with a relaxing weekend at the beach! Enjoy the sun, splash around with our foam machine and let the kids have a blast in the bouncy castle. Make the most of your outdoor adventure with jet ski rentals, the Coral Connection snorkeling tour, banana boat rides, miniature golf and more—offered daily by our Outdoor Recreation Equipment Rental. Pure summer fun, perfect for the whole family!

## Camping with Pets

July 4–6

\$10 • Per camp spot

Pet-friendly camping at Hillside Campground and access to West Beach. Sign up at the Golf Shack (Bldg. 115). Spaces are limited and will be allocated on a first-come, first-served basis. Restrictions may apply.

**\*\*Pets must be properly immunized, and proof of vaccination records are required.**



## July Pizza Special:

BBQ Chicken Pizza

**\$19**

A savory blend of grilled chicken, tangy BBQ sauce, melted cheese and red onions on a crispy crust—smoky, sweet and packed with flavor.

## Planning a Trip to Okuma?

### Reserve your stay today!

Book your room online at [kadenafss.com/okuma](http://kadenafss.com/okuma)—you can also view room layouts and photos.

Prefer to speak with someone? Call our Reservation Desk at 098-962-1991/1992 (Open daily, 8 a.m.–5 p.m.).

### Camping?

No reservations needed! Campsites are available on a first-come, first-served basis.

Sign up at the Golf Shack, open daily from 9 a.m. to 8 p.m.



### Okuma Beach

#### Contact Information:

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

Okuma Beach • 631-1990

Lodging Reservations • 098-962-1991

Surfside Grill & Bar • 098-962-1805

Okuma Outdoor Recreation • 631-1816

Massage Reservations • 090-3795-8688





## Country Nights...

...at The Palms

Every Wednesday night, the Enlisted Club inside The Palms on Camp Hansen transforms into a country music venue. Country Nights are a weekly celebration of southern charm and great music. This is an event to create unforgettable memories with a partner or a group of friends. Whether you're a seasoned line dancer or just love a good honky-tonk, all are welcome!

Starting at 7 p.m. and going on until 11 p.m., the dance floor comes alive with the hottest country hits and timeless classics. Expect a mix of new-school Nashville sounds, boot-stomping anthems and heartfelt ballads that get the whole crowd singing

along. Cowboy boots, denim and flannel are encouraged, but dressing up for the occasion is not necessary!

Country Nights offers a space for the local community of country music lovers to come together, unwind, dance and make a Wednesday feel like a Saturday. What are you waiting for? Grab your friends, dust off your boots and head to The Palms every Wednesday for the wildest ride in town.

For more information on this and other events at MCCS clubs island wide, visit [www.okinawa.usmc-mccs.org/clubs](http://www.okinawa.usmc-mccs.org/clubs). 101

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## BBQ Family Fun Night

Summer Grillin' n' Chillin'

The season of summer is filled with sunny days, family camping trips spent laying out in hammocks and a whole lot of delicious food. It's a time to spend with your loved ones, to create memories that everyone will treasure for a lifetime, whether it's by playing cornhole or chilling poolside and talking for hours.

Did we mention that summer means it's time for delicious food? When it comes to summer, the first thing that comes to mind is a feast and not just any feast, but one that's filled with grilled meat, fruit platters and a cooler stocked with ice cold drinks. Grilling isn't an easy task with the mountain of preparation, smoke that lingers and cleaning up afterwards, which is the MCCS Clubs present BBQ Family Fun Night to make your next BBQ night a breeze!

Celebrate a fun-filled BBQ with family and friends on Thursday, July 17 from 5 to 9 p.m. at Surfside on Camp Kinser, Ocean Breeze on Camp Foster and Tengan Castle at Camp Courtney. The evening will feature a bounce house, outdoor-themed games and scrumptious, finger-licking-good vittles for all.

Tickets are \$12.95 for adults and teens, \$6.95 for children (5-11) and kids under 5 are absolutely FREE! Pencil in the date because this is one grillin' good time the entire family won't want to miss. For more information on this event and other upcoming MCCS Clubs offerings, hours of operations, locations and more, visit [www.okinawa.usmc-mccs.org/clubs](http://www.okinawa.usmc-mccs.org/clubs). 101









# Hokkaidon

Fresh Seafood Flown from Hokkaido

Text by: Swetha Gogue | Photography by: Mia Cox | Translation by: Wataru Yamanoha

Although raw seafood is a cultural norm in the Land of the Rising Sun, it is still a foreign preference for many Americans. For the human body to consume raw fish without negative adverse reactions, it must be handled with the utmost hygienic practices, and it must be of the freshest and highest quality. Seafood across the nation varies due to the surrounding water temperatures, the diet of the ocean dweller as well as the preferred method of cooking.

On Okinawa, Japan's southernmost prefecture, locally caught seafood is available, but is quite different from seafood caught off the coasts of Japan's northern prefectures—especially when enjoyed raw. Fish that live in colder waters tend to be firmer, higher in Omega-3 fatty acids and tastier. If you haven't been to Hokkaido, but have been wanting to try the coldest prefecture's prized fresh seafood, Hokkaidon has just the *don* for you.

Located centrally in Okinawa City, Hokkaidon's second branch on the island opened its doors earlier this year in March and is bringing mouth-watering Hokkaido-sourced seafood to Okinawa. The seafood is flown in anywhere from two to four times a week (depending on how busy the restaurant is) from Hokkaido.

"From the moment they harvest the seafood in the morning from Hokkaido, it arrives on Okinawa the same day in the afternoon," Makoto Kuroda, the CEO of Hokkaidon shared.

Now onto the bowls, the Bluefin Tuna Don comes with three cuts of *maguro* (tuna)—lean, fatty and extra fatty. Sliced thickly, the *maguro* melts in your mouth and blows any conveyor belt sushi out the park. The three levels of fattiness balance the rotation of the fish as each one has its own subtle flavors on account of the marbling. A popular choice for Americans, the Bluefin Tuna Don is a safe choice with familiarity.

The 2-Piece Rice Bowl with Salmon and Salmon Roe is a great option to switch up your fish of choice from the beloved tuna; the *ikura* (salmon roe) plays a

key ingredient in bringing out mouthwatering *umami* flair. These sphere-shaped orange eggs are not only fun to eat as they burst in your mouth, but they add a depth of saltiness that can't be replicated.

And for the grand finale, which is certainly out of the ordinary for most Americans, the 2-Piece Rice Bowl with Sweet Shrimp and Scallops. And, yes, all the protein in this bowl is absolutely, *most definitely* served raw. Now that we've gotten over the hurdle of eating raw shrimp and scallops, the shrimp is indeed sweet, relieving any notion of a fishy taste with a texture that is both firm yet springy. Bonus points if you're brave enough to suck the shrimp's head as it's filled with savory and sweet flavors similar to that of crab and lobster tomalley.

Moving onto the scallops...despite the popularity of pan-seared scallops in the Western world, raw scallops are a whole new territory for many of us. Hokkaido's regionally produced scallops are a treasure to eat—large, buttery and sweet; they are flash-frozen at the peak of freshness to maintain their exquisite taste and texture and to preserve their nutritional value.

"It's a bit rare to find large scallops on Okinawa," Kuroda-san said.

All bowls come with hot short-grain rice, *tamago* (egg), *shiso* (perilla leaf), a dollop of wasabi and *mozuku* (seaweed) soup. Options to customize your bowls are available by adding different cuts of fish, roe, shrimp, scallops and more. Four variations of homemade *shoyu* (soy sauce)—original (citrus flavor), *sashimi*, *konbu* and smoked—sit on the counter, each with their own distinct flavor profile ranging from sweet and slightly vinegary to smoky. Each *shoyu* complements the different bowls and their respective fixings, but feel free to use what pleases your tastebuds.

So, if you haven't made it to Hokkaido yet, but have been dying to try their world-renowned seafood, take this opportunity to visit Hokkaidon and enjoy fresh seafood from northern Japan without having to leave your beautiful subtropical home-away-from-home. **101**

## Location

3-1-21 Ōya Building  
Sonoda, Okinawa City

## Hours of Operation

10 a.m.–8 p.m.  
Closed Sundays &  
irregular holidays

## Phone Number

098-932-2660

## Website

[osp-okinawa.com/sonoda](http://osp-okinawa.com/sonoda)



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## Summer Reading

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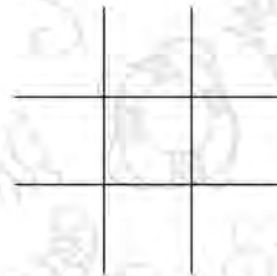
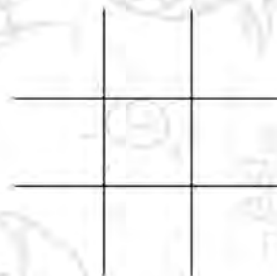
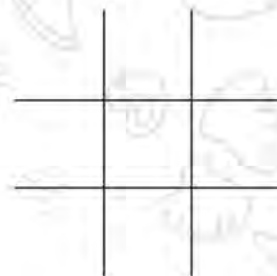
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 ADVENTURE  
 FLIP FLOPS  
 SUNSHINE  
 READING  
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 ICE CREAM  
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## Level Up at Your Library

This Summer!

'Tis the season for libraries to shine with their Summer Reading Program offerings! Summer reading activities encourage critical thinking, create a sense of community and combat the "summer slide" of students while out of school; but the program is open to library patrons of all ages looking to dive into the magical world of books.

This summer, MCCS Libraries are focusing on the power of gaming, how they bring people together, how they teach us strategy, teamwork and an appreciation for the art of design and storytelling, with their Level Up at Your Library initiative. Patrons are welcome to gather around a table to play board games, a TV (or computer) to play video games or take part in some fun interactive challenges.

MCCS Library staff have put together a wide variety of events for children, teens, adults and even families to take part in throughout the month of July! From game-themed arts and crafts activities like Sonic Mask Craft and Mario Flower Craft, challenges like Escape Room & Trivia and Art & Design Challenge, friendly competitions of games like *Just Dance* and *Mario Kart*, as well as the chance to learn some traditional Japanese games like Hanafuda and Fukuwarai.

For more information on the Summer Reading Program, visit your closest MCCS Library; it's not too late to sign up! To learn more about Level Up at Your Library events, visit [www.okinawa.usmc-mccs.org/library](http://www.okinawa.usmc-mccs.org/library). Follow [facebook.com/mccsokinawa.educationandlibraries](https://facebook.com/mccsokinawa.educationandlibraries) for up-to-date information. **101**



## Transition into Parenthood...

### ...with Baby Boot Camp

Preparing for parenthood and welcoming your bundle of joy 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 professionals and to get some hands-on practical training on day-to-day life with a newborn is priceless.

Enter the New Parent Support Program (NPSP) and their Baby Boot Camp class. Recommended for expecting 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 in order to prepare for the arrival of their baby through the first few months after

delivery. This class is offered once a month from 8:15 a.m. to 4:30 p.m. in the Behavioral Health Multipurpose Room on Camp Foster and quarterly in Japanese.

Parents will learn about the basics of newborn care, infant safety and development, self-care for parents and community resources that are readily available. They will also get practice changing diapers, bathing and dressing a newborn and specific information on what to expect when giving birth on Okinawa.

Additional helpful offerings from the NPSP include Parents in Uniform, Infant Massage and Play Mornings. For more information on NPSP offerings, call 645-0396, email [npspokinawa@usmc.mil](mailto:npspokinawa@usmc.mil) or visit [www.okinawa.usmc-mccs.org/npsp](http://www.okinawa.usmc-mccs.org/npsp). **101**



# NEIGHBORS

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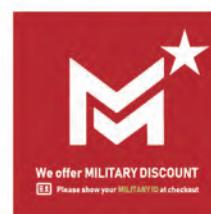


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# ODST Youth Tryouts

## Begin a Lifelong Passion

Having a little one that can't seem to stay away from the water can get tiring when all they want to do is swim. Sometimes you may think to yourself, "Is my kid part fish and I just don't know it?" with the way they constantly wish they had gills to breathe underwater and a dorsal fin to help them steer like a sailfish. Well, why not help turn their love for swimming into a lifelong passion with the help of the Okinawa Dolphins Swim Team (ODST)? Who knows, they may be a budding Olympic medalist in the making!

Tryouts are open for swimmers ages seven or older who have not been part of previous ODST seasons. Participants will be expected to swim a 50m freestyle (front crawl), a 25m breaststroke and a 25m backstroke. A brief rest

between the 25m swims is permitted (must be less than 20 seconds). Besides the short rest, each swim must be non-stop with swimmers displaying proper breathing and stroke techniques. The tryouts take approximately 5–10 minutes, and parental interaction is discouraged for the duration of the tryout.

Interested? To schedule a tryout for the upcoming season, email [mccsaquatics@okinawa.usmc-mccs.org](mailto:mccsaquatics@okinawa.usmc-mccs.org). Tryouts this year will be at the Hansen Aquatic Center. This is a great opportunity for all the youth swimmers to achieve success at their abilities and swimming level. For more information on the Okinawa Dolphins Swim Team, call 645-2787 or visit [www.okinawa.usmc-mccs.org/aquatics](http://www.okinawa.usmc-mccs.org/aquatics). **LOL**

## Dive In Movies...

...at Futenma Aquatic Center

Ah, the hot humid days are here with cicadas singing a blaring symphony, bugs flying from all corners and beach therapy in full swing with loved ones—yep, that's a summer on subtropical Okinawa. After all, trying to stay cool in the dead heat of summer can be tricky—A/C on full blast and all. But there's nothing that quite screams family time like movie night—the gathering of beloved family members with one getting the optimal seat for perfect viewing. Claiming the best spot in the house can quickly become a screaming battle so why not take the whole family up to watch flicks in the pool?

Yes, that's right, everyone can have the best seats at Dive-In Movies! Bring the whole family down to the Futenma Aquatic Center on July 25 to float under the stars and watch your favorite family friendly films. Movies will begin playing at 7:30 p.m. with FREE popcorn and beverages provided (while supplies last). All ages are welcome to chill poolside and have a good time. Make core memories this summer to include floating while watching a flick, one that you'd want to share after experiencing this unique occasion!

For more information about this event and other MCCS Aquatics offerings, hours of operation, locations and more, call 623-4708 / 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). **LOL**







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Reservations ↑







# Typhoon Motors Sales

Independence Day Specials All Month Long

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

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

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

In celebration of Independence Day, the aforementioned locations will also be offer-

ing \$1 Lift and Stall Specials July 3–6 so you can give old reliable the TLC it deserves with a little bit of DIY and elbow grease.

With summer in full swing, belting out those jams is a must but is your stereo still going strong? Kinda...sort of...not really? Typhoon Motors on Camps Foster and Kinser will be offering 15% OFF all car audio for their Audio Super Summer Sale from July 1 to 8 to keep your ears as happy as your wheels. For more information on these sales, visit Typhoon Motors at [www.okinawa.usmcmccs.org/typhoonmotors](http://www.okinawa.usmcmccs.org/typhoonmotors). 101





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*Omoide: Memories of Okinawa* is filled with the most spectacular island views any camera lens could capture. It’s perfect for reminiscing about favorite places and beautiful scenes you’ve witnessed during your time on Okinawa. If it’s insights about the island, historical tidbits and local artists’ perspectives you’re looking for, look no further than *The Best of Okinawa Living*, which shares comprehensive prose along with photos and is in its final printing—so the current stock is your last chance to pick up a copy.

With both books, sharing Okinawa is one of the best gifts you can give—especially when you’re already on the hunt for a special gift for family back home. Did any of the times you were out and about remind you of your mom and dad? Think about how happy they would be to see (and learn more about) your gorgeous home-away-from-home. Now you have a gift they’re sure to appreciate.

So, go ahead, add one or both to your gift list and then complete your shopping at almost any Exchange retail facility on island that sells books.

For more information on *The Best of Okinawa Living* and *Omoide: Memories of Okinawa*, visit [www.okinawa.usmc-mccs.org/publications](http://www.okinawa.usmc-mccs.org/publications). **101**



## The Okinawa Guide

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Want to learn more about PCSing with a pet? How about learning karate? Maybe you’re wondering what goes into a perfect bowl of Okinawa soba? All of this and more—including information on all the largest shopping malls on island—can be found in the pages of the 2025–2026 *Okinawa Guide*.

The Guide is an annual publication produced by the staff of *Okinawa Living Magazine* for newcomers and veteran island dwellers alike. Filled with comprehensive information on everything from Japanese language and

culture, holidays, places to visit and offerings on all Marine Corps camps to an overview of all programs and offerings provided by MCCS to make your tour easier and more enjoyable—the *Okinawa Guide* is the perfect guide for your stay on the island.

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THE  
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BEACH  
MUSEUM RESORT

1975 - 2025



1975 - Moon Beach - Ent







# Iconic Living

Text by: **Swetha Gogue** Design by: **James Rieth**

Photography by: **Mia Cox** and courtesy of **Moon Hotels & Resorts Co. Ltd.**

**B**efore being known as the “Hawaii of Japan” with tourists coming in droves to enjoy its subtropical climate and beautiful beaches, Okinawa’s post-war tourism revolved around memorialization, with visitors coming to pay their respect to those involved in The Battle of Okinawa. After the war, Okinawa was placed under the control of the United States, and during this time Japanese citizens required passports, or special entry permits to visit the island (and vice versa for Okinawans). On May 15, 1972—after 27 years of American occupation—the prefecture was returned to Japan. With the reversion, these special limitations were lifted resulting in approximately 440,000 tourists during the first year, bringing forth ¥32.4 billion in tourism revenue.



# 1975:

## Opening Day

During the 70s, Japan experienced an economic boom after hosting the Tokyo 1964 Olympics and the Osaka Expo in 1970. Within the same decade, a World's Fair—Okinawa Kokusai Kaiyō Hakurankai (Okinawa International Ocean Exposition) was held from July 20, 1975 until January 18, 1976, as a commemorative project celebrating the reversion from American colonialism to Japanese sovereignty.

While under U.S. rule, the island's infrastructure lacked in comparison to neighboring Japanese prefectures and with the influx of tourists coming for the Ocean Expo, Okinawa was forced to construct highways, ports and hotels to accommodate this landmark event. The idea of a full-scale beach resort came to Kotaro Kokuba, founder of the construction company Kokubagumi, in 1967. Kokubagumi sought to contribute to Okinawa's tourism economy by highlighting the intrinsic natural beauty found in the island's glistening sea, soft powdery white sand and native flora and fauna.

A year later in 1968, Koichiro Kokuba of Kokuwa Tourism Co., Ltd. sought to utilize 66,000m<sup>2</sup> of land in Onna village linking together the emerald waters, a botanical garden and a golf course. Eager to build, Koichiro-san submitted his concrete development plans but found quite a few hiccups along the way. The hinderance of construction halted Kokubagumi's vision until 1971 when they joined forces with Kunik-En Engineering and Construction (now Kuniken).

In 1973, the company name was changed to "Moon Beach Co., Ltd." After taking into account Okinawa's subtropical weather and landscape, Moon Beach was developed with the idea of "a hotel that coexists with nature." Architect Yukifusa Kokuba designed Moon Beach with inspiration from banyan trees and desired to incorporate new concepts and designs that complemented Okinawa's climate. Inspiration and configuration from other similar climate locations and famous tourist destinations were referenced as company engineers visited Italy, Brazil, France, Hawaii, Guam and Miami.







1975 - Palm Trees



On July 10, 1975, Moon Beach opened after recruiting local villagers and 25 staff members from Japan View Hotel. With the Ocean Expo in full swing, the hotel was fully booked with 800 guests per day and also hosted lodging for women competing in the Miss International pageant. The hotel was decided to be called “Residential Hotel Moon Beach” with the star attraction being the crescent moon shaped private beach, also known as *tsuki-no-hama* (moon beach).

The hotel’s reinforced concrete structure is four stories tall built on pilotis (columns), offering guests a semi-outdoor first floor with large lobby that connects guests with nature through gentle sea breezes, direct sunshine and a view of passing clouds when in the open space. The property boasts flourishing greenery in every corner housing large potted bougainvillea, 350 hand-planted palm trees from both Hawaii and Southeast Asia, over 200 plumeria trees and multitudes of hibiscus shrubs. In 1982, the hotel planted hundreds of pothos creating its renowned modern-day green curtain which naturally decorates the atrium providing a sense of calmness.

“We have only 12 gardeners that overlook all of Moon Beach’s properties garden maintenance that includes landscaping, pruning, changing out the plants, etc.,” Masamichi Kadena, Deputy Director of the Sales Department stated.



1975



1975



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# 1981:

## Japan's Introduction to Marine Sports



1981 - Group Photo



With the six-month long Ocean Expo swelling up the tourism industry with 3.5 million visitors, the aftereffects shocked the economy. Companies went bankrupt, businesses struggled with occupancy rates below 10% and Moon Beach saw a decline with only a few reservations, but one thing set them apart—a crowded beach. For the safety of beach goers, the hotel installed buoys to prevent swimmers from wandering into *sabanii* (small fishing boats) routes.

In 1981, Moon Beach was the first to introduce marine sports in Japan, such as windsurfing and importing Kawasaki Jet Skis from the U.S. as they were not sold anywhere in Japan at that time. The hotel further expanded water leisure activities including sunset cruises and boat trips to the nearby uninhabited islands of Yojima located at Minami-Onna, establishing Okinawa as a popular beach resort destination.

Airlines also played a crucial role in marketing as Okinawa campaigns were promoted with taglines such as "Sparkling Okinawa: Coral Reef Honeymoon," "Let's Kiss the Sun" and "Toast Girls are Ready" featuring bikini clad young women posed against the blue water. Gradually tourism increased and Moon Beach received an inquiry from the TV drama *Akai Shogeki*, to film at the hotel. Then President Koichiro Kokuba accepted, providing free lodging, food and drinks under the condition that the name Moon Beach be mentioned. Soon after the national broadcasting, Moon Beach became a phenomenon—it soon was the destination for young travelers, specifically honeymooners, looking to show their wealth. Travel agencies once said, "One room at Moon Beach is equivalent to one diamond."

Locally rooted, Moon Beach was a pioneer for resort-style hotels on Okinawa described as "Okinawa West Side" and birthed several resort-style hotels such as ANA InterContinental Manza Beach Resort, The Busena Terrace, among many others.



1981 - Sailing





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# 2000s:

## Company Expansion



In June 2001, the hotel restarted under a new company, “Moon Beach Resort Co., Ltd.” and large-scale renovations occurred. In 2002, the company was awarded the 4th Japan Institute of Architects 25th Year Award, which honors and recognizes “architecture that has demonstrated its value, been beautifully maintained and contributed to the local community for over 25 years.” It was later selected as one of the 100 Best Beaches by the Ministry of Environment and until this day, the beauty remains preserved and pristine.

In June 2008, Yukinobu Kokuba, the president of The Terrace Hotels was appointed as the company’s CEO. The new hotel, the first joint development by Moon Hotels & Resorts and The Terrace Hotels, opened in 2021—MB Gallery Chatan by The Terrace Hotels. Yukinobu-san started rebranding the hotel and renovating it to create a more resort-like atmosphere with large glass windows facing the sea as well as changing the lobby entrance to have a panoramic view similar to that of hotels in Hawaii.

In the winter of 2009, the company acquired a hotel in Ginowan and the following year on April 1, Moon Ocean Ginowan Hotel & Residence opened up. Targeted for those looking at a long-term stay specifically, the condominium structure is known for its comfortable hotel services and neighboring conveniences such as hospitals, supermarkets and other amenities that make it easier to “live like a local,” which is popular for guests from Tokyo and Hokkaido looking to escape hay fever and avoid the harsh winters.

In 2018, Hotel Moon Beach was one of the 208 structures selected by DOCOMOMO (Documentation and Conservation of Buildings, Sites and Neighborhoods of Modern Movement’s Japan Branch Office) as a significant building for the preservation of its modernist architecture.

On April 1, 2021, MB Gallery Chatan by The Terrace Hotels opened its doors in the Mihama area, adjacent to American Village. The word “gallery,” which can also mean “corridor,” is a space to mingle and create liveliness. The first floor is an open café that both hotel guests and locals can enjoy together. Okinawan arts and crafts are displayed as well as exhibitions by local artists.

In April 2023, Hotel Moon Beach in Onna was renamed “The Moon Beach Museum Resort” bringing together the concept of a resort connecting key elements of art, gentle breezes, the emerald ocean and the mountain in the distance. The architecture is suited to the island’s subtropical climate coexisting with nature while maintaining and expressing the history of Okinawa in a way that can only be experienced here.

Speaking of experiencing Okinawan culture, The Moon Beach Museum Resort hosts craft activities such as coral framing, *shīsā* coloring and more. For over 30 years, an annual two-day *yachimun* (pottery) festival with over 35 potters and nearly 6,000 attendees come together to exchange smiles, art and heritage. The All-Okinawa Yachimun Fair is held yearly in March and is the perfect time to immerse yourself in tradition and exquisite handicraft.







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# 2025:

## Golden Jubilee



*Infinity Pool*

This year on July 10, 2025, The Moon Beach Museum Resort will be celebrating its 50th anniversary. Throughout the decades, the company has expanded, renovated and dedicated themselves in trailblazing the way for the tourism industry on Okinawa through marine sports and luxurious resort-style living. Through its exceptional design, an award-winning distinguishable pilotis architecture, natural curtains created from draping pothos and beloved crescent-shaped beach, The Moon Beach Museum Resort remains iconic.

Although many years have passed, stepping into the hotel today is walking into preserved history, providing you with a timeless atmosphere that connects you with the natural elements of the world all while supporting and protecting the arts and lifestyle of the indigenous culture belonging to the people of Ryukyu. To commemorate this milestone, a special photo frame is available to capture history in time on the premises close by the mermaid.

"It's an accomplishment to be here for 50 years and we plan on being here for another 50 and more," Deputy Director of Sales, Masamichi Kadena expressed. 101



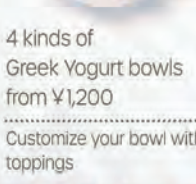
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# Chicken Soboro

Soboro is ground, seasoned chicken with a crumbly consistency. It can be used as an onigiri filler, for bento lunches and can most commonly be seen as a part of Sanshoku Soboro Don coupled with crumbly scrambled eggs called *iri-tamago* and steamed and seasoned green vegetables such as beans or spinach.

## Tori-Soboro (Chicken Soboro)

### Ingredients

7 oz. ground chicken  
2 Tbsp. brown sugar  
2 Tbsp. *sake* (rice wine)  
2 Tbsp. soy sauce  
2 tsp. S&B Nama Shouga (ginger paste)

### Iri-Tamago

### Ingredients

4 eggs  
2 Tbsp. granulated sugar  
1 Tbsp. *mirin* (sweet cooking wine)  
Pinch of salt



### Method of Preparation

1. Combine tori-soboro ingredients in a medium-sized saucepan and mix thoroughly.
2. Set heat to medium low.
3. Once the edges of the chicken begin to brown, stir quickly and evenly to prevent chunks from forming until completely browned (using more than one pair of cooking chopsticks yields better results).
4. Crack eggs into a bowl and beat until smooth; add other ingredients and mix well.
5. Cook the scrambled eggs using the same method as the soboro.

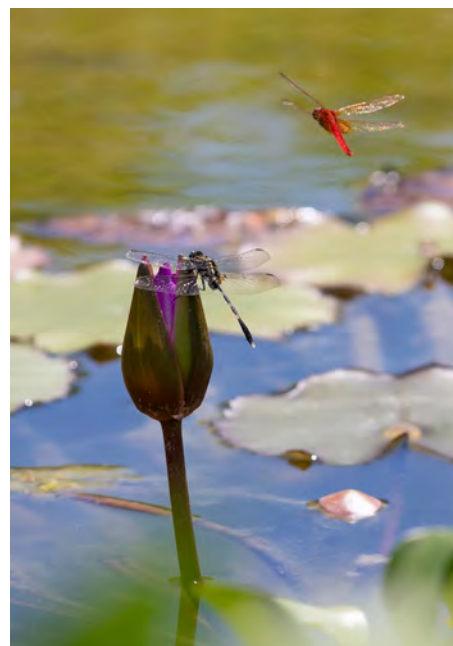
## The Flying Dragons of Summer

You may have heard the recurring myth that seeing dragonflies appearing in droves in the evening on Okinawa means that a typhoon is on the way. Dragonflies, known as *tonbo* in Japanese, only seem fragile with their paper-thin wings and pencil-thin fuselages. In truth, these hardy insects have been around for 300 million years. Perhaps this is why the entire country of Japan views the *tonbo* as a symbol of strength, power, success, victory and happiness.

Japan boasts more than 190 species of dragonflies. Most of these insects' lives are spent as larvae in water, making the ponds, rivers and mountain streams around the island a pleasant breeding ground for them. The dragonfly is metamorphi; like a butterfly it sheds its land-born outer layer, unfurls its wings and flies into joyous acrobatic dances. Dragonflies here on Okinawa are often brilliantly colored—featuring electric blues, shocking teals or even Ferrari reds.

Dragonflies do us all a favor by feasting on other flying insects including mosquitoes (thankfully) and pests that feast on rice plants. Because of this, dragonflies were believed to be the spirits of the rice plants in mainland Japan, and farmers who saw them thought they were harbingers of a good harvest. The earliest images of dragonflies in Japan appear on bronze *dotaku*, or ceremonial bells, from between the 2nd century BC to the 3rd century AD. The bells are thought to have been rung as prayers for a good harvest.

Dragonflies even appear in the *Nihon Shoki*, the second-oldest book of Japanese history, which was compiled in 720 AD. This tome mentions the story of the 21st emperor of Japan who was so enamored with the flying insect that he named an area in southern Nara *Akitsu*, or “Dragonfly Plain,” during his rule in 417–479 AD. Not bad for a bug! **!o!**



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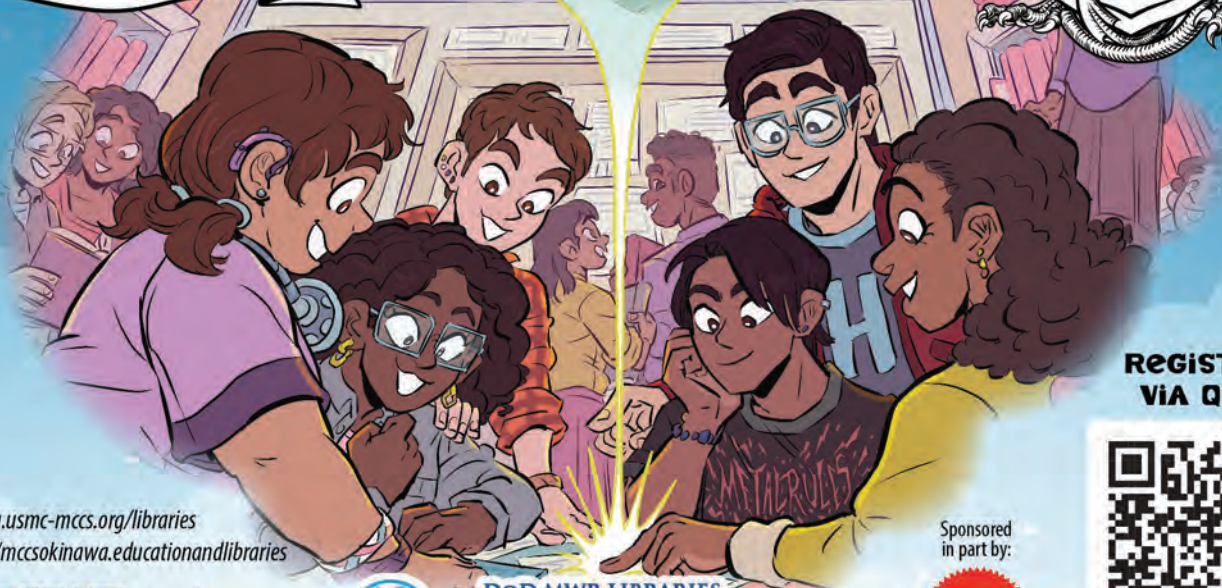
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Old Japanese furniture and gifts.  
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Make an appointment today! (Just looking & checking welcome)  
Feel free to contact me at eastern3shift@gmail.com  
We open the warehouse on an appointment-only basis  
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Tue, Wed, Fri, Sat (Closed, Mon, Thur, Sun)



# Country Night Wednesdays

Every Wednesday | 7-11 p.m.

The Palms Enlisted Club



623-4372 | 098-969-4375

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



**MCCS**  
MARINE CORPS COMMUNITY SUPPORT CENTER

# AQUA NEON PARTY

**JULY 18, 7:15-9:15 P.M.**

**KINSER AQUATIC CENTER**

**AQUA ZUMBA | AQUA RECOVERY**



In honor of Safety/Injury Prevention Month, join us for two hours of Aqua Zumba and Aqua Recovery.

Registration is required via Eventbrite

This event is FREE and open to all with base access. Ages 12-17 may attend with a parent or legal guardian present.

**MCCS**  
SEMPER FIT

645-3910

[mccshealthpromotions@okinawa.usmc-mccs.org](mailto:mccshealthpromotions@okinawa.usmc-mccs.org)  
[www.okinawa.usmc-mccs.org/healthpromotion](http://www.okinawa.usmc-mccs.org/healthpromotion)  
[facebook.com/mccsokinawa.semp-fit](https://facebook.com/mccsokinawa.semp-fit)

We encourage and support the participation of individuals of all abilities. Please call MCCS Health Promotion at 645-3910 or email [mccshealthpromotions@okinawa.usmc-mccs.org](mailto:mccshealthpromotions@okinawa.usmc-mccs.org) if you need any assistance or require accommodation.





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## Kids Bowl FREE

Now–October 5  
Kinser | Foster | Courtney  
Bowling Centers

Visit [kidsbowlfree.com](http://kidsbowlfree.com) for more info or to register.





# BLUES BREWS & BBQ

**Sunday, August 3 | 2-9 p.m.**

**GUEST JUDGE:**



**Moe Cason**  
BBQ Pitmaster

## CAMP FOSTER

**LIVE MUSIC • CRAFT BEERS  
• COOKING COMPETITION •  
BBQ FROM AROUND THE WORLD**



**Joanna Connor**  
Blues Musician



This event is FREE and open to DoD ID card holders, Japanese and American citizens. Do not bring outside alcohol, pets, glass bottles, coolers or large bags.

SPONSORED IN PART BY:



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





# A Refreshing Morning in Paradise

June 14–Sept 28



**-The Lotus -  
Ephemeral and Dreamlike Beauty**  
Open: Saturdays, Sundays and  
Japanese holidays at 7 a.m.



**Taiwanese breakfast—  
the perfect way to start the day.**  
Open: 7–10 a.m. (L.O 9:30 a.m.)  
Only on weekends and Japanese  
holidays until September 28.

**Enjoy breakfast during the  
Morning Breeze Campaign  
and get 50% off adult admission.**  
¥1,000 after dining  
Regular admission: ¥2,000 for  
adults (15 and older).



**Complimentary chilled lotus tea  
with early morning admission.**  
From 7 to 9:30 a.m. on weekends and  
Japanese holidays at the Lake of  
Compassion (Lotus Pond).  
Also valid with half-price admission under the  
Morning Breeze Campaign after breakfast.



## ENJOY FUN TIMES WITH FRIENDLY ANIMALS!

### Bird Performance Show

**Weekends &  
Japanese holidays:**  
11 a.m. ~ / 3 p.m. ~

**Admission Free +  
Entry Fee**

\*Bird training held on weekdays.



### Capybara & Squirrel Monkey Petting Experience



**Weekdays:** 12–12:30 p.m. / 4–4:30 p.m.

**Weekends & Japanese holidays:** 12–12:30 p.m. / 2–2:30 p.m. / 4–4:30 p.m.

**Over 6 years:** Petting Zoo Fee + Entry

## ANIMARU<sup>+</sup> PETTING ZOO FOREST



**10 a.m.–5 p.m.**  
**Last Entry 4:30 p.m.)**

**Over 4 years: ¥600**  
**(Under 3: Free) + Entry Fee**



✉ info@southeast-botanical.jp  
Credit Card Payment Available

### Entrance Fee at the Gate:

**Adults: (15+): ¥2,000**  
**Children: (4–14): ¥800**  
**Children Under 3: FREE**

Business hours until September 28  
**Weekends & Japanese holidays:**  
7 a.m. – 6 p.m. (Last entry 5:30 p.m.)  
**Weekdays:** 9:30 a.m. – 6 p.m.  
(Last entry 5:30 p.m.)  
Tel: 098-939-2555  
2146 Chibana Okinawa City, 904-2143

Advance tickets  
available at

