



at the Clubs THURSDAY, NOVEMBER 27

PLAZA HOUSING

Butler Officers' Club, 10 a.m.-3 p.m. Adults \$21.95 Children (5-11) \$10.95, (Under 5) FREE Reservations required via Eventbrite.

CAMP COURTNEY

Tengan Castle, 10 a.m.-3 p.m. Adults \$21.95 Children (5-11) \$10.95, (Under 5) FREE Reservations required via Eventbrite.

CAMP HANSEN

The Palms Ballroom, 11 a.m.-4 p.m. Adults \$21.95 Children (5-11) \$10.95, (Under 5) FREE Reservations recommended.

CAMP SCHWAB

BeachHead, 4-8 p.m. Adults \$21.95 Children (5-11) \$10.95, (Under 5) FREE

CAMP KINSER

Surfside, 4-8 p.m. Adults \$21.95 Children (5-11) \$10.95, (Under 5) FREE Reservations required via Eventbrite.

A LA CABTE

Taiyo Steakhouse, 7 a.m.-3 p.m. Enjoy an à la carte brunch (Reservations recommended). Dinner 6-9 p.m. (Reservations required).





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FROM NOVEMBER 29TH

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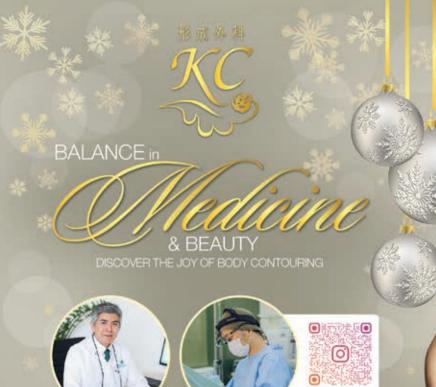


EVENT CHARITY

NOVEMBER 29TH FROM 17:30 TO 18:30 HOTEL LOBBY

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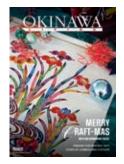
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50% OFF every Tuesday

through Friday

morning





Contents November 2025

On the cove

Find the perfect piece of Okinawan art or create your own masterpiece—it'll make a great holiday gift!



features

16

Finding the Perfect Gift

Christmas shopping may not be everyone's favorite pastime. But there's something to be said about hopping in the car and going on a gift-hunting expedition. It's not only a time-worn holiday tradition; it can also be fun, worthwhile and put you in a proper Yuletide mood.

56

Merry Craft-Mas With an Okinawan Touch

Fresh out of holiday gift ideas? How about investing some time learning about the island's various arts and crafts and pouring some love into a handmade gift your loved ones will cherish forever?

restaurant review

38

Taiyo Steakhouse A Cut Above

Search no further for the best steaks on the island, they're available at Taiyo Steakhouse along with many more fine dining selections, decadent desserts and world-class service!

dining + entertainment

8

Cosplay, Comics and Culture Comic Con Okinawa 2025

The island's premier event for all things comics, cosplay, sci-fi, fantasy, manga and gaming hosted annually on Camp Foster by MCCS is almost here!

11

A Thanksgiving Feast...

...Courtesy of MCCS!

Thanksgiving is soon approaching...and wouldn't it be great if you could fast-forward past the hours of back-breaking prep and go straight to the eating part? Well, you can!

fitness + fun

29

Turkey Bowl Flag Football Tournament

Get ready for some Thanksgiving Day action because the annual Turkey Bowl Open Flag Football Tournament is back!

marines + families

33

The Power of Giving Back Volunteering Matters

In every strong community, there's one thing you'll always find, volunteers. These are the people who lend a hand, lift others up and quietly help make the world a better place.

35

Tobacco Free Living Month & The Great American Smokeout

Commit to Quit—Your Health Deserves It

Are you thinking about quitting smoking but not sure if you're ready to take the plunge? This November presents a perfect opportunity!

kids + parents

41

Martial Arts for Kids Sharpening Their Self Discipline

Do you want to help your kiddos succeed at working towards and attaining specific goals while bolstering self-esteem and building confidence? All of this and much, much more (such as better overall physical fitness) can be gained by enrolling them in a youth martial arts class!

43

Youth Swim Team Tryouts Begin a Lifelong Passion

Have a little one that seems to be part fish? Why not help turn their love for swimming into a lifelong passion with the help of the Okinawa Dolphin Swim Team (ODST).

services

47

Autumn Sales Fall into Savings at Typhoon Motors

November's calendar is dotted with plenty of holidays and observances—Thanksgiving, Veterans Day and Black Friday to be exact. And as these occasions are pretty much themed around both "giving thanks" and "savings," Typhoon Motors has set up a schedule of sales as a way of saying "thank you" to their customers!

49

Stay in the Loop with the Liberty App Now with NEW Features!

The MCCS Okinawa Liberty App is like having a whole platoon of information about being stationed on Okinawa—and right at your fingertips no less. You'll have access to command information (including PCS details and base policies), liberty tools (including important phone numbers), transportation options and much more to keep you in the know.

extras

5

Mensôre

7

Feedback & Show Us!

69

Living on Okinawa

70

Marketplace Guide



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NOVEMBER 2025 | ISSUE 333

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mensôre

"Welcome" to Okinawa Living

May Your Days Be Merry and Bright!

Traditionally, the winter holidays are about sharing good times and festive meals with loved ones, making them that much merrier. However, for someone living thousands of miles away from family, friends and the familiar sights and sounds of home, the holidays can appear to be tinged a very different shade. Holiday blues—the feelings of loss or sadness that some experience during the holiday season—most often strike when people are away from those they love.

Even for those that are here with family, the holidays can mean busy schedules with party planning, shopping, tension and a fair amount of stress. In addition, finances can be another source of stress—



overspending during the holidays can increase the load as people try to make ends meet while ensuring everyone on their gift list is happy. Physical demands, including the strain of actual shopping and wrapping, attending social gatherings and preparing holiday meals can simply wipe people out. Feeling exhausted increases stress, creating a vicious cycle.

To help alleviate holiday stress and help chase away these blues, MCCS will once again be offering many activities to make Okinawa, mainland Japan, South Korea and Guam "Your Home for the Holidays." These activities hope to promote healthy stress-free living by offering FREE athletic tournaments for Marines and Sailors, FREE events and food at SMP centers throughout the holiday season and much, much more.

This year, offerings include drawings for FREE Holiday Meals-To-Go packages, holiday movies, ugly sweater contests galore, FREE cocoa and holiday goodies, trips, FREE bowling... and, this is just the tip of the iceberg for those stationed on Okinawa, Camp Fuji in mainland Japan, Camp Mujuk in South Korea and Camp Blaz in Guam.

Check out www.okinawa.usmc-mccs.org/holidays for a full listing of 2025–2026 Your Home for the Holidays offerings and to learn how you can take advantage of these FREE events, entertainment and more to make your holiday season merry and bright. **IOL**





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 for the latest issue.



Scan QR code for Military Discounts





Okinawa Outlet Mall Ashibinaa—Okinawa's largest outlet mall featuring world-renowned brands

feedback from the ICE Program and Facebook

The vegan options [at Butler Officers' Club] were OUTSTANDING! Typically, vegan options are so disappointing (pasta, iceberg lettuce, maybe carrots). But today, I was pleasantly impressed with the amazing variety (creative + tasty + nutritious) and visual appeal. The Vegan Bulgogi? REALLY?! DELICIOUS!!!! Thank you for making this a memorable experience.
—via ICE

I would like to commend the management and staff at the Taiyo Golf Club for all the work they did for the DoDEA golf match between Kubasaki and Kadena High Schools. The course was in fantastic condition and was made available to our students with no interruptions from other players. Pull carts were made available for the students and golf carts were made available to the coaches and parents. Management and staff even stayed late to assist as our high school players took a bit longer than expected. All of this made for a wonderful event for the students, and we are looking forward to our next match at Taiyo on September 25.

My baby went to Ashibinaa [Child Development Center on Camp Foster] from December 2024 to September 2025. The care that was provided was exceptional; the caregivers were so attentive to her and all the babies. I just want to acknowledge Ms. Rieko [Shimada], and all the care givers in Infant Room #1—they were amazing! Our baby hit so many milestones because of them. The front desk staff always acknowledged us with a smile on their faces as well and were so helpful when needed. I'm scared that I'll never find daycare as good as Ashibinaa; that's how amazing our experience was.

-via ICE

—via ICE

I had the pleasure of meeting Daniel Webb at the Camp Hansen Library this past Sunday, August 31. He greeted me warmly as I entered and immediately stood up to assist me with my query, going above and beyond in his efforts. During our conversation, he also recognized another employee from MCCS and said, "I'm not sure where I've seen you recently, but aren't you one of us?" This exchange highlighted the sense of camaraderie, culture and overall organizational behavior at MCCS. In my experience, employees like Daniel Webb, who readily embrace others within the organization, make significant contributions to a positive work environment. I could immediately tell that Daniel was a former Marine due to his professional demeanor and extremely helpful attitude, and I just wanted to thank him for such a positive experience.

-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 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!

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Amazing place @junglia_okinawa_official and my amazing and super cool people @allidrian @@allidrian @ and little & Great time @



@meeeeeg416xx

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@iloilona_ph

Okinawa definitely has its own street charm. We did a photoshoot in the heart of Naha, surrounded by shisa statues, Japanese lanterns, and the calm rhythm



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













Cosplay, Comics and Culture Comic Con Okinawa 2025

COMIC CON OKINAWA IS THE ISLAND'S PREMIER EVENT FOR ALL-THINGS COMICS, COSPLAY, SCI-FI, FANTASY, MANGA AND GAMING HOSTED ANNUALLY BY MCCS OKINAWA. THIS YEAR, COMIC CON OKINAWA WILL TAKE PLACE ON DECEMBER 14 FROM 10 A.M. TO 5 P.M. ON CAMP FOSTER.

SINCE ITS FIRST APPEARANCE IN 2011, AS A SMALL PROMOTIONAL EVENT HELD AT THE FOSTER LIBRARY, COMIC CON OKINAWA HAS RAPIDLY GROWN TO CAPTURE THE ESSENCE OF SOME OF THE MUCH LARGER CONVENTIONS HELD THROUGHOUT THE U.S. AND JAPAN EACH YEAR.

COMIC CON OKINAWA TAKES PLACE EVERY YEAR IN DECEMBER AT THREE VENUES ON CAMP FOSTER. THE FIELDHOUSE HOSTS THE "CENTRAL HUB", THE COMMUNITY CENTER HOSTS THE "GAMING HUB" AND THIS YEAR, MCCS LIBRARIES ARE TAKING OVER GLOBE & ANCHOR (INSIDE OCEAN BREEZE) AND PUTTING TOGETHER "THE KEEP," A DUNGEONS & DRAGONS-THEMED EXPERIENCE. THE COMMUNITY CENTER PARKING LOT WILL ALSO HOST MCCS FOOD TRUCKS & BOOTHS AS WELL AS VARIOUS AMUSEMENT RIDES.





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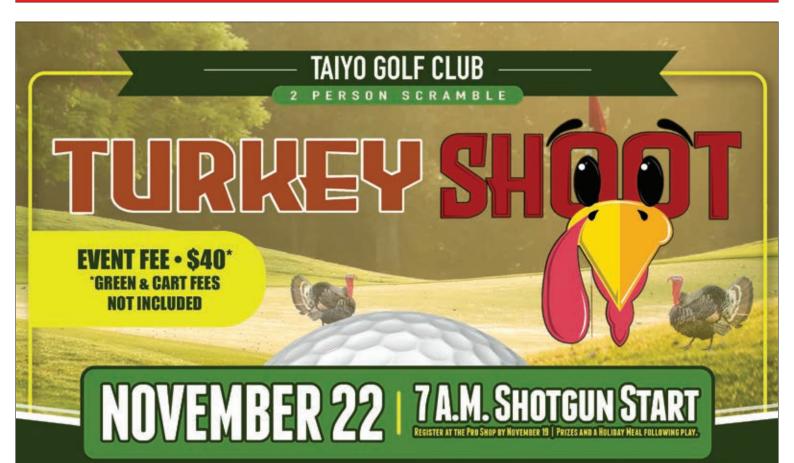
Lion Dance Festival





For more information call 098-971-3502. email tours@okinawa.usmc-mccs.org or visit www.okinawa.usmc-mccs.org/tours.

























A Thanksgiving Feast...

...Courtesy of MCCS!

Thanksgiving is soon approaching, and wouldn't it be great if you could fast-forward past the hours of back-breaking prep and go straight to the eating part? Well, you can! MCCS cordially invites you to take a break from your kitchen and celebrate this special day at your local MCCS Club or Restaurant, or at home with family and friends.

On Thursday, November 27, **Butler Officers' Club** (Plaza Housing) and **Tengan Castle** (Camp Courtney) will serve a
banquet-style feast from 10 a.m. to 3 p.m.
Or opt for a sumptuous repast from 11 a.m.
to 4 p.m. at **The Palms Ballroom** (Camp
Hansen). Save your seat in advance, as
reservations are required via Eventbrite for
each location.

Prefer to have your Thanksgiving spread a little later? **BeachHead** (Camp Schwab) and **Surfside** (Camp Kinser) have got you covered; their celebration meals run from 4 to 8 p.m. Reservations are also required for these feasts.

Thanksgiving Holiday Meals at all of these locations are \$21.95 per adult, \$10.95 for children ages 5 to 11 and FREE for kids under 5.

Additionally, Thanksgiving-afficionados can gorge on luxurious à la carte fare at **Taiyo Steakhouse**; their brunch is available from 7

a.m. to 3 p.m. (reservations recommended) and dinner from 6 to 9 p.m. (reservations required).

To make your reservations or for inquires, find aforementioned clubs' contact information at www.okinawa.usmc-mccs.org/clubs.

While it's always fun to pick out a holiday outfit to wear out in public, there's nothing better than enjoying Thanksgiving fare at home in more relaxing clothing (we recommend stretchy pants with some give if you're planning on stuffing yourself like a turkey).

As we mentioned, a well-executed holiday feast usually involves days, if not a week or more, of prep time. That's a lot of effort for one meal—even one as special as Thanksgiving. Why not serve up a little convenience along with your traditional spread this year? Holiday Meals-To-Go—an annual MCCS offering—makes ordering, picking up and serving a taste of home easy as pie (more on pies, later). This catering option gives you the choice of ordering complete meals or à la carte selections.

For a crowd-pleasing meal, choose one of two Traditional Holiday Packages—the Classic 20–22 lb. Turkey Package with Holiday Sides or the Deluxe 9 lb. Glazed Hickory Smoked Ham Package with Holiday Sides. Looking for a taste of both? Go for the

Holiday Feast Combination Package, which also includes double sides and two pies.

To accompany the whole-roasted turkeys and glazed hickory-smoked hams, MCCS chefs are cooking up plenty of side dishes, including mashed potatoes, gravy, cranberry sauce, candied yams, green beans and herb-seasoned bread stuffing. And, of course, the aforementioned pies for dessert! Choose from apple, pumpkin or pecan to complete your feast.

All of the items mentioned are also available on the à la carte menu, so feel free to mix and match all of your favorites.

These seasonal meals are available from Surfside on Camp Kinser, Ocean Breeze on Camp Foster, Tengan Castle on Camp Courtney and The Palms on Camp Hansen. Ordering is available Monday through Friday, 9 a.m. to 6 p.m. from November 3 to December 26. Pickup dates stretch from November 22 to December 31, so you'll have plenty of opportunities to feast! Place your order at least five days in advance of your preferred pick-up date and complete your payment at least two days prior to your scheduled pickup date. For more information, visit www.okinawa.usmc-mccs.org/catering.lol

FESTIVAL

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Traditional Lion Dancing at...

...All-Okinawa Shishi-Mai Festival

At the mention of lion dancing your mind probably pictures the bright yellow and red costumes and the acrobatic movements of traditional Chinese lion dancers. But Okinawa has its own version of lion dancing that while having Chinese origins has become a part of Okinawan culture, evolving into a tradition centered on *shīsā*, the mythical dog/lion guardians found all over the island.

Like its Chinese roots, the performance features a two-person costume, but it is covered in woven plant fibers, with each district having unique faces or masks. The energetic dance includes playful biting from the lions for good luck and blessings that are accompanied by traditional *eisa* drumming and *sanshin* music.

This month, there will be a rare opportunity to witness a variety of powerful and traditional lion dances from across Okinawa, all in one place. Witness a dynamic piece of Okinawan culture and history come to life at the All-Okinawa Shishi-Mai Festival on Sunday, November 23 at Katsuren Castle Ruins.

Jump on the MCCS Tours+ bus at the Camp Foster Bowling Center at 2:30 p.m. then sit back and enjoy the ride up to the UNESCO World Heritage Site in Uruma City. Food and drinks will be available for purchase at festival stalls. Bringing cash is highly recommended.

For more information on the All-Okinawa Shishi-Mai Festival, and any other MCCS Tours+ offerings, email tours@okinawa.usmc-mccs.org, call 646-3502 or visit www.okinawa.usmc-mccs.org/tours.lou



Winter Wanderlust

Tokyo Sumo & Yeti Ski Tour

While the temperatures on Okinawa cool down to a comfortable number, winter is the perfect time to plan a little escape to mainland Japan. Whether you prefer taking part in outdoor activities or exploring the touristy spots ... we have just the tour for you!

Join MCCS Tours+ January 15–19 for their Tokyo Sumo & Yeti Ski Adventure Tour. This five-day tour includes a leisure day in Tokyo, a visit to the popular Asakusa district where you can visit the popular Sensōji Temple, shop for souvenirs at Nakamise Street and enjoy the concrete jungle views from the Sky Tree as well as enjoy a Sumo Tournament.

Participants will also enjoy a day in the seaside town of Kamakura, Japan's ancient capital, known for housing the Great Buddha. You might be wondering where the aforementioned outdoor activities come into play... well, the day before departure will be spent at Snow Town Yeti, a small ski resort in the Mount Fuji area, offering courses for all skill levels.

The Tokyo Sumo & Yeti Ski Adventure Tour includes roundtrip airfare, bus transportation, hotel accommodations with breakfast, sumo tournament tickets, activities and Yeti Skiing Pass. Register at any Tours+ office by November 30.

For more information, including tour pricing, call 646-3502, email tours@okinawa. usmc-mccs.org. To learn about other MCCS Tours+ offerings, visit www. okinawa.usmc-mccs.org/tours.lou





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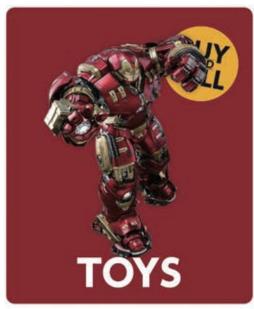
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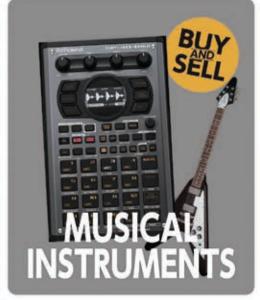








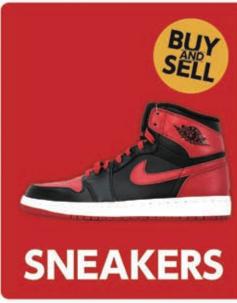




















SECOND HAND SHOP **MANGA SOUKO**

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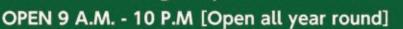




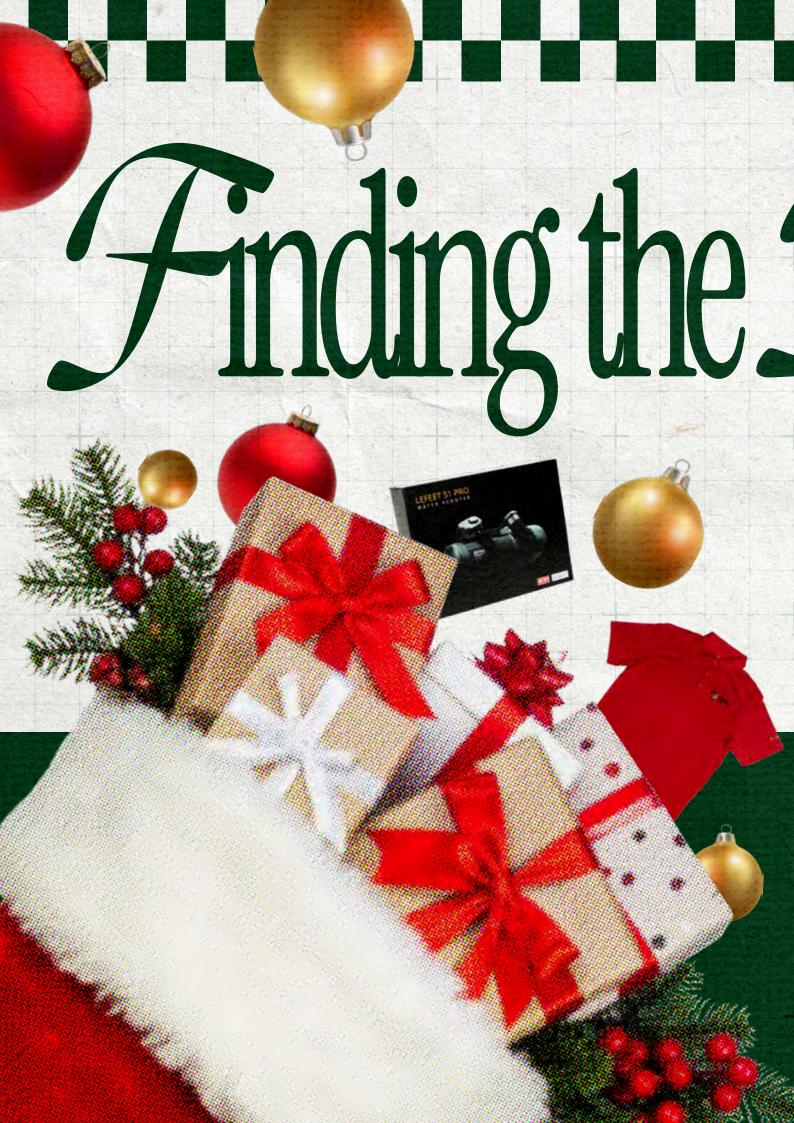


NAHA

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



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





LAYOUT BY: NINA SON-LAGOS | TEXT BY: MIKE DALEY

Many will agree that one of the best gifts you can give to family and friends back home is something as simple as a phone call letting them know that their favorite kid is healthy and happy or—better yet—an in-person hug. But finding that perfect gift, wrapping it with care and watching as the recipient gleefully shreds the wrapping paper off and squeals with joy is always nice, even through a video call.

Ah, Christmas shopping...it may not be everyone's favorite pastime during the "Most Wonderful Time of the Year." Some will probably take the

easy route—jump on their phones and complete the endeavor in minutes. But there's something to be said about hopping in the car and going on a gift-hunting expedition. It's not only a time-worn holiday tradition; it can also be fun, worthwhile and put you in a proper Yuletide mood. And, these journeys don't necessarily need to be arduous, either. Following is a list of locations to look for that perfect gift for both friends and family back home as well as those that are here with you now.



The most logical location to begin your gift-hunting journey is one of the island's many malls—and there are quite a few substantial ones.

ÆEON Mall Okinawa Rycom

One of the island's largest, AEON Mall Okinawa Rycom, opened in 2015. Not only great for shopping, this mall also features Okinawan food, culture and entertainment, as well as a 100-ton aquarium on the first floor. Whether you're looking for clothing, jewelry, accessories, the perfect backpack, order-made pillows, shoes, toys (there's even a shop that specializes in trading card games), *Pokémon* plushies and much more, they probably have it. During breaks, head for the food court or one of the many individual restaurants for a recharge. *AEON MALL Okinawa Rycom will be holding their 10th Anniversary Black Friday Sales November 20–30; turn to p. 40 for more details.*



Plaza House Shopping Center

Constructed in 1954 (making it Japan's first mall), Plaza House Shopping Center consisted of Roger's (a department store featuring high-end imported products), Getsuen Hanten (still considered one of the best Chinese restaurants on the island) and more. The shopping center catered primarily to American service members and their families stationed on Okinawa during post-war rejuvenation and is still going strong. Roger's Arena, Jardin and Passage feature many high-end gift ideas for that extra-special person. Artlovers would absolutely *love* something from the Bokunen Art Gallery (see the October 2025 issue of Okinawa Living Magazine for more info on his work). For mid-shopping food breaks, head to Roger's Food Market—which features Bali Noon Bali Moon (authentic Balinese cuisine), Delicatessen Nuchibuta, Wine House Selection (which features many hard-to-find vintages), The Terrace Bakery and more. To get more information on Plaza House, turn to p. 30.



San A PARCO CTY Mall

When it opened in 2019, PARCO CITY Mall, located in Urasoe City on the coastline outside of Camp Kinser, took the crown of "largest mall on Okinawa" from AEON MALL Okinawa Rycom. PARCO CITY features many shops representing fashion brands such as H&M, Zara, Levi's, The North Face, Birkenstock, Coach and many, many others—making present-hunting a breeze. In addition, many specialty shops such as Hobby Shop G-Soul (which specializes in anime and comic-related toys and models) and the LEGO Store (which specializes in...LEGO) will make finding a unique present for a child easy as well. During meal breaks, PARCO CITY won't disappoint, with three levels of every cuisine imaginable including stateside chains such as Panda Express and 31 Flavors (Baskin-Robbins), local favorites A&W and Steak House88 and tons more. For more information on PARCO CITY Mall, including upcoming sales, turn to p. 36.

ACHAMA, EMERICAN TILAGE

Probably one of the best places to "get into the holiday mood," Mihama American Village goes full-scale, all-out and hardcore on its holiday illumination and decorations. Originally designed to resemble a San Diego seaport, this sprawling blend of Japanese and American architecture features a wide range of shopping opportunities such as SKIP (specializing in eclectic and cute children's clothing), Okichu Shimazouri (which feature the iconic shima-zori beach sandals available in 100+ color combinations), Habu Box Mihama, Leather Base and many others. Visit okinawa-americanvillage.com/en/shopcat/ en-shopping for a complete list of shops.





Hilton Okinawa Chatan Resort 3F Buffet Restaurant "SURIYUN" November 27th

LUNCH 11:30am - 4:00pm (L.O. 3:30pm)

Adults ¥5,950 / Children (6-12) ¥ 2,500

DINNER 5:30pm - 10:00pm (L.O. 9:30pm)

Adults ¥ 6,500 / Children (6-12) ¥ 3,000

TEL 098-901-1111

Facebook (@hiltonchatan

Instagram @hiltonchatan





Okinawa Outlet Mall Ashibinaa

Designed by architect John Law, this open-air style mall located in Toyosaki features over a hundred shops featuring many high-end brands such as Armani, Coach, Boss, Callaway, Desigual and Tumi as well as more affordable items from GAP, Banana Republic, North Face, Vans and more. Chocolates are a great gift, and the good news is that this mall features selections from both Godiva and Lindt. Ashibinaa also houses many restaurants serving a variety of cuisines and a food court that would do the Galleria in its heyday proud. Ashibinaa Outlet Mall will be holding their Black Friday Sales November 21–30; turn to p. 6 for more details.

iias Okinawa Toyosaki

One of Okinawa's newest malls, iias Okinawa is located within walking distance of Okinawa Outlet Mall Ashibinaa and the beautiful Toyosaki Beach. Featuring almost 100 shops and restaurants, iias houses a PGA Tour Superstore for golf fanatics, Super Sports Xebio, Majun Okinawa (featuring Okinawan Kariyushi wear), Kijima x Bic Camera (featuring camera gear and electronics), restaurants such as The Fisherman's Daughter, Sam's Anchor Inn and many others. This mall is also home to Cat Café MOFF (where you can pet kitties while sipping on a cocoa or a latte) and the DMM Kariyushi Aquarium—making it a choice location to shop with kids for dad's (or mom's) present. Visit toyosaki.iias.jp for more info on upcoming sales and specials.

MCCS OKINAWA PRESENTS



MCCS Okinawa has once again gift-wrapped a very special package of holiday cheer in appreciation of our Marines, Sailors and their families. Take advantage of these merry events and offerings to make Okinawa "your home for the holidays."





ACCS Offerings

Before you begin, head straight to the Exchange and pick up a copy of *The Best of Okinawa Living*—the pictorial compilation of everything Okinawa that covers the island's history, picturesque locales, interesting cuisine, cultural curiosities, art and artists, national and local festivals and holidays and much more. This perennial favorite gift is in its last printing, making this your last chance to get yours.

Your first stop should be the MCCS Arts and Craft Center. With locations on Camps Foster and Courtney, there you'll be sure to find that perfect gift for the crafty or craft-lover in your life. In addition, MCCS Arts and Craft Centers also offer branded merchandise and custom-designed t-shirts! For more information on offerings at MCCS Arts and Craft Centers, contact them at 622-7492 (Courtney) or 645-3674 (Foster) or visit them online at www.okinawa.usmc-mccs.org/artsandcrafts.

Have a bowler on your shopping list? The Foster Bowling Pro Shop has everything a bowler needs—be they beginners or advanced. They stock a wide variety of bowling balls, bags, shoes and accessories and also specialize in custom fitting, resurfacing and reconditioning balls. For more information on their offerings, call them at 645-7205 or visit them online at www.okinawa.usmc-mccs.org/bowling.

One of the best gifts anyone can receive is a break from the weekly grind. Gift them with an escape from their daily routine (and pre-holiday stress) with a local tour to some of the island's top cultural attractions and beyond! All local tour sign-ups from November 9 through November 22 will be 10% OFF. And, all Holiday Attraction tickets purchased between December 7 and 20 will be 5% OFF. But that's not all! Tours+ will also be offering giveaways for FREE tickets to the famed Murasaki Mura Lantern Festival, Okinawa Zoo Christmas Illumination, Okinawa World and Southeast Botanical Gardens. Visit Tours+ on Facebook for more details on these giveaways. For more information on upcoming tours, contact your nearest MCCS Tours+ office or visit them online at www.okinawa.usmc-mccs.org/tours.

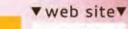
Looking for a gift for a diver or snorkeler? Head to your nearest Tsunami Scuba! From BCDs, scuba lights, dive knives, masks and snorkels to steel and aluminum cylinders, rashguards, tons of accessories and more available, you'll probably buy a few things for yourself as a reward for being such a great Claus. This year, Tsunami Scuba is featuring several specialty items—including the SUUNTO Ocean Wrist Computer (which doubles as a dive computer, sports watch and fitness tracker), the LEFEET S1 Pro Scooter (the ultimate water scooter) and a PADI Club subscription that includes 20% OFF a range of PADI eLearning courses and specialties including Advanced Open Water Diver, Enriched Air Diver (NITROX) and Underwater Digital Photographer. For more details, call them at 645-4206 or visit them online at www.okinawa. usmc-mccs.org/scuba.











LINE

- LOCATION -

MIHAMA - chatan ISO - urasoe TOMITON - toyosaki





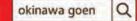
Table Order Buffet

ALL YOU CAN EAT

Yakiniku Restaurant

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











▼ WEB site ▼

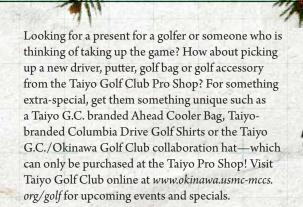














Finally, make your last stop at Typhoon Motors to find the perfect gift for the motorhead in your life. But, before you go, turn to p. 47 for the lowdown on their upcoming sales in November! Typhoon Motors offers some great gift ideas such as the LOKITHOR J1350 Pro LIFEPO4 12V Jump Starter—a portable lithium battery jump starter for cars, boats, motorcycles and more. Kenwood items such as the Bluetooth-equipped DPX505BT Double DIN in-Dash CD head unit, JVC items such as cKW-R950BTS Bluetooth-enabled car stereo receiver, the all-in-one Lucas Detailing Kit and many more items are also available. For hours of operation and phone numbers for all Typhoon Motors locations, visit them online at www.okinawa.usmc-mccs.org/ typhoonmotors.

The immortal words of Ralph Waldo Emerson, "It's not the destination, it's the journey," definitely applies to shopping for a holiday gift; especially if you're doing your shopping on a beautiful subtropical island when the weather is cool and the sun is shining. And, thinking about the smile on the face of the person receiving the gift that you found is just icing on the cake.

Happy holidays and happy hunting!



Try our signature dish

"Garlic Shrimp

while enjoying gorgeous views of Nakagusuku Bay!

Shrimp are fried with organic coconut oil so they re tender and crispy. Dishes are served with rice, veggies and a lemon wedge. Finish your meal with a gluten-free cheesecake!

*Takeout Available @t For more details, scan the QR code.





"Tsuki no Mori"

Campfire & BBQ Vibes at Takibi Café!

Juicy fire-grilled sausages, crispy pizza, smoky shrimp, even ramen by the flames.

Grab a cold beer, sit back, and relax under the stars.

The perfect spot to chill with friends or enjoy a cozy night outdoors.

*Takeout Available For more details, scan the QR code.





Yes! It's time to travel to.

TOYAMA

DID YOU KNOW THAT TOYAMA WAS CHOSEN?
AS ONE OF THE PLACES WORTH VISITING IN THE NEW YORK TIMES 52 PLACES
TO GO IN 2025?

Toyama is about two hours from Tokyo Station by bullet train or an hour flight from Haneda Airport. Surrounded by a 3,000m-high mountain range that is clearly visible from Toyama City in good weather, Toyama offers many mountain activities such as skiing snowboarding, trekking and hiking. It's the perfect place to get in touch with beautiful nature. The Gokayama area, with its nostalgic Japanese architecture, has been recognized as a World Heritage Site, and Zuiryu-ji and Shoko-ji temples have been designated as Japanese National Treasures. Many retro townscapes remain, creating an atmosphere similar to a smaller version of Kyoto, where you can travel back in time and relive Japanese history. Also famed as a rice-producing area. Toyama is renowned for its Japanese sake And as it's surrounded by both the sea and mountains, Toyama is also blessed with an abundance of seafood, which is said to be some of the best in Japan—especially its fresh and delicious sushi.

With so many activities, traditional Japanese charm and delicious cuisine, you will never get fired of Toyamal

Military
Discount
Available

Cheshinamitanguate
(treperhitate)









Triathlon Training Plans and Coaching

Camp Foster Aquatic Center

Are you a lover of swimming, biking and/or running? If you've been contemplating giving a triathlon a try, we have good news for you! Getting started with triathlon training can be overwhelming... after all, you have not one but *three* sports to train for. Having to figure out the logistics of picking a race, what workouts you should do, the necessary gear and the diet you should follow for best results, all on your own is a lot. Fear not, the Camp Foster Aquatic Center 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 anyplace, anytime. 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!

If you're looking to improve physical fitness, muscle endurance and maintain performance for longer durations and distances, this offering may be for you. Triathlon Training Plans and Coaching are 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. We encourage and support the participation of individuals of all abilities. Call 645-3180 or email mccsaquatics@okinawa.usmc-mccs.org if you need assistance or require an accommodation. IOL



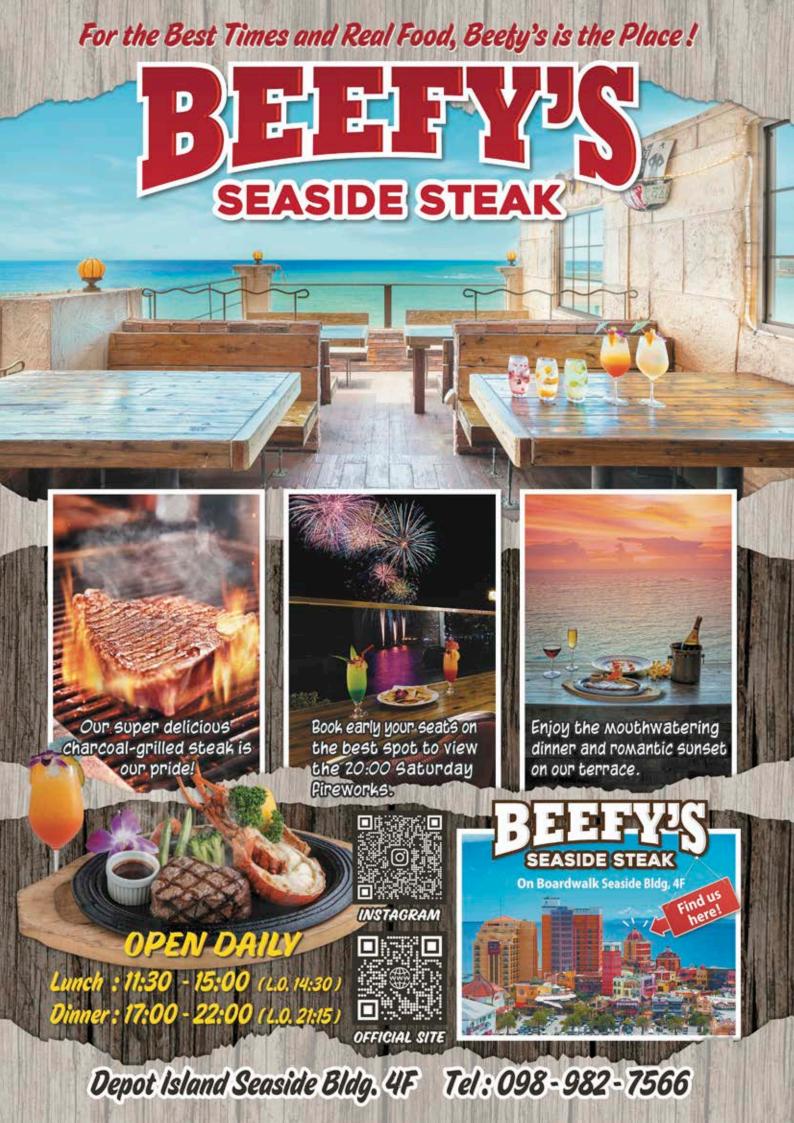
Black Friday Aerobathon

Get Motivated and Get Moving!

On Friday, November 28, after you've had your "leftovers sandwich" breakfast—mashed potatoes, mac and cheese, turkey and cranberry sauce on toast—clear your conscience by burning it all off at the Black Friday Aerobathon hosted by MCCS Health Promotion. That's right, three whole hours of group fitness classes—featuring FIVE different styles of aerobics—from 9:30 a.m. to 12:30 p.m. at the Camp Foster Gunners Fitness Center Aerobics Room.

Instead of working your way through hordes of shoppers in pecan and pumpkin pie induced sugar rushes, you can give your body a physical boost in a positive environment with a range or workouts that leave you feeling energized and motivated to get all that holiday shopping finished (perhaps online and away from the crowds). The Black Friday Aerobathon is open to all with base access; children ages 12–17 may attend with a parent of legal guardian.

We encourage and support the participation of individuals of all abilities. Please contact MCCS Health Promotion if reasonable accommodations are necessary by calling 645-3910 or emailing mccshealthpromotions@okinawa.usmc-mccs.org. For more information on the Black Friday Aerobathon and other offerings, visit www.okinawa.usmc-mccs.org/healthpromotion or follow facebook.com/mccsokinawa.semperfit.lol







Delve into Okinawa's History

Battle Sites Tour

Everyone stationed on Okinawa should visit the most important sites of the Battle of Okinawa, at least once during their time on island. This brutal 82-day amphibious assault, referred to as a "Typhoon of Steel," took place from April 1 to June 21, 1945. The battle was one of the bloodiest in the Pacific, claiming the lives of over 28,000 Okinawan soldiers, 65,000+ mainland Japanese soldiers, 94,000 civilians as well as over 12,000 American service members.

While it's possible to visit most of these locations on your own ... we highly recommend booking the MCCS Tours+ signature excursion, the Battle Sites Tour! This tour is led by Chris Majewski, an expert on World War II and the Battle of Okinawa. What makes this experience truly unique is that guests will have the opportunity to visit the Battle of Okinawa Historical Society Museum on Camp

Kinser. This museum houses a fascinating collection of artifacts, photos and memorabilia from all sides of the conflict, providing visitors with the opportunity to see things from different viewpoints. Access is only available to guests on Battle Sites Tours.

Hop on the MCCS Tours+ bus at the Camp Foster Bowling Center on Saturday, November 15 at 8:45 a.m., then sit back and enjoy the Battle of Okinawa history lessons on your way to Hacksaw Ridge, the Japanese Naval Underground Headquarters and Peace Memorial Park.

For more information, including tour pricing, call 646-3502 or email *tours@okinawa.usmc-mccs.org*. To register for this tour and to learn about other MCCS Tours+ offerings, visit *www.okinawa.usmc-mccs.org/tours*. **IOL**

Turkey Bowl

Open Flag Football Tournament

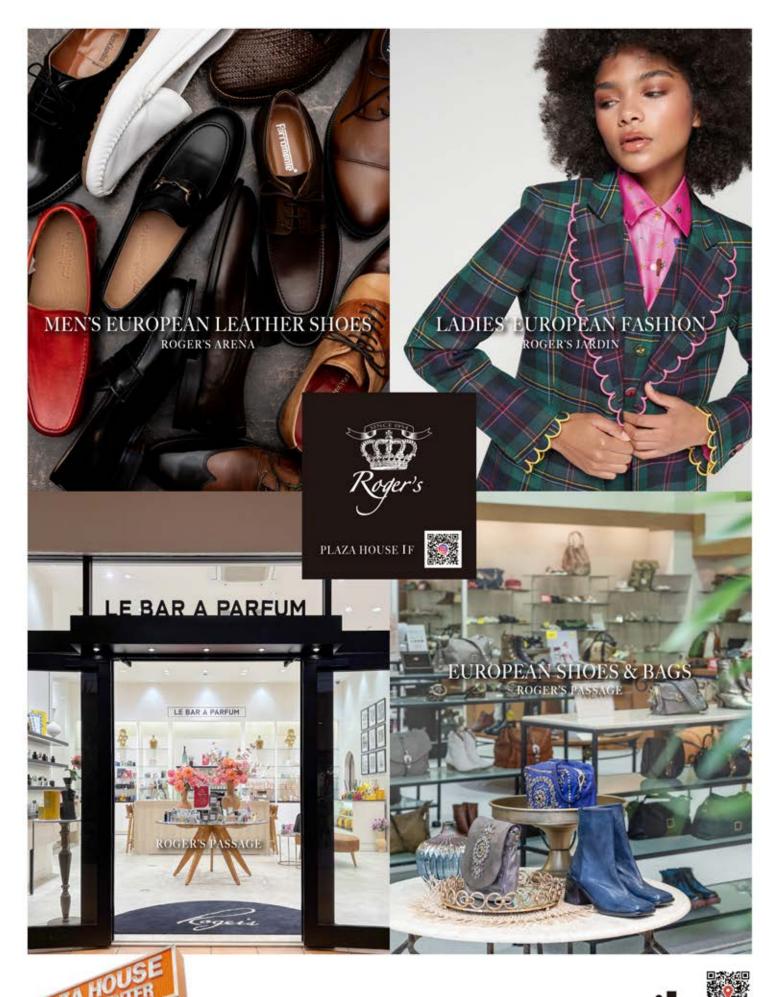
Get ready for some Thanksgiving Day action because the annual Turkey Bowl Open Flag Football Tournament is back! Gather your flock for some flag-football-style gridiron action and hit the field for a day filled with fun, friendly competition and holiday spirit. Whether you're playing for bragging rights or just looking to burn off that turkey dinner, this is the perfect way to spend your Thanksgiving weekend. There will be no contact, just good times and great plays.

Here's how it will go down: Teams can have up to 20 players, plus a coach (if the coach is playing, that counts against the 20-player limit), there will be a maximum of eight players allowed on the field at any given time. Players must be 16 years or older to participate.

Awards will be given out to 1st, 2nd and 3rd place teams.

Join us at the Camp Foster Athletic Fields on Saturday, November 29 and Sunday, November 30, from 1 p.m. to 6 p.m., both days. Register your team online before Monday, November 24 at 1 p.m. for \$200. What are you waiting for? Assemble your team, bring the energy and let's make this a holiday to remember!

For any questions you may have about the Turkey Bowl Open Flag Football Tournament, email *adultsports@okinawa.usmc-mccs.org* or call 645-4866. For more information about upcoming MCCS Adult Sports events, visit *www.okinawa.usmc-mccs.org/adultsports*. Io.



PLAZA HOUSE 1954 KOZA

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







Kinser Powerlifting Competition

Do You Have What it Takes?

Powerlifting—the ultimate demonstration of strength, balance and body control, brings out the beast inside. Participants test their body's limits, as they have only a few breathless moments to show off months (or years) of determination and dedication. Countless hours of training muscle strength, mental stamina and explosive power are needed to compete as a powerlifter.

Do you excel in your weight category and division (the squat, bench and deadlift)? Then sign up for the Kinser Powerlifting Competition happening on Sunday, December 7 at

Surfside on Camp Kinser. This event is open to adults 18 years and older island wide. Register online by Wednesday, December 3 at 11:30 p.m. for \$50. Awards will be given out to 1st, 2nd and 3rd place individuals.

For more information on the Kinser Powerlifting Competition, call 637-1869, email adultsports@okinawa.usmc-mccs.org or visit www.okinawa.usmc-mccs.org/adultsports. For up-to-date information on Semper Fit offerings, follow facebook.com/mccsokinawa.semperfit.lol

Do You Pickleball?

If Not, There's No Better Time to Start!

What exactly is pickleball, you say? It's a fun and competitive sport that combines tennis, badminton and ping-pong with games ending either at 11, 15 or 21 points. According to *usapickleball.org*, pickleball was invented in 1965 on Bainbridge Island, a short ferry ride from Seattle, Washington. Three dads—Joel Pritchard, Bill Bell and Barney McCallum—are credited for creating a game to entertain their bored kids. Since then, the sport has evolved into a popular activity enjoyed throughout the US, Canada and internationally as well!

During the 2023 Biofreeze USA Pickleball Championships, nearly 3,500 registered pickleballers competed with 50,000 total fans in attendance. Over 2.6 million viewers tuned in on ESPN, the Tennis Channel and on PickleballTV

to catch over 20 hours of pickleball action.

Here on Okinawa, MCCS Semper Fit fully supports the local pickleball community with courts on MCAS Futenma at McCutcheon Fitness Center's tennis court, on Camp Foster at the tennis courts between the Foster Aquatic Center and Gunners Fitness Center and at the tennis courts on Camp Courtney near Ironworks Fitness Center. All off these courts are lined for both tennis and pickleball. Need gear? Equipment is available for check-out at the aforementioned fitness centers with nets paddles and pickleballs all available to use for FREE.

For more information on how you can start your pickleball career while on island, email adultsports@okinawa.usmc-mccs.org or visit www.okinawa.usmc-mccs.org/adultsports.low

Kinser Half Marathon

Half the Distance, Double the Fun

The story goes that around 490 B.C., a Greek foot messenger sprinted from the Battle of Marathon to the distant city of Athens—roughly 25 miles—to share news of Greece's victory over the Persian Army. With no water stations, running gels or proper arch support in sight, the messenger promptly collapsed and died upon delivering the news. To honor this messenger's deed, the marathon race was born.

Smoke the competition and break your own personal best on Sunday, November 16 at the Kinser Half Marathon, starting at 8:05 a.m. This 13.1-mile race, which winds around Camp Kinser, is open to both SOFA and non-SOFA runners island wide ages 12 and older. Register online before November 12 at 11:30 p.m. for \$50 (receive t-shirt and medal) or \$10 (no t-shirt or medal). Awards will be given out to 1st, 2nd and 3rd place in each age division.

For more information, email adultsports@okinawa.usmc-mccs.org, call 637-1869 or visit www.okinawa. usmc-mccs.org/adultsports.lou





Thursday • November 27 4-8 pm @Surfside Grill & Bar

\$25 • Ages 13 & over | \$13 • Ages 4-12 Free • Ages 3 & under

Celebrate the season with an all-American Thanksgiving feast, complete with classic holiday favorites. Gather your family and friends to enjoy a warm, hearty meal while taking in the stunning ocean view—your perfect home away from home.



TURKEY TROT

Thursday • November 27

Sign-ups @Surf \$10

Sign-ups • 7 a.m. | Run • 8 a.m. @Surfside Grill & Bar Patio \$10 • All ages

Trot your way around Okuma for our 5K and you could gobble away at our Thanksgiving Buffet! The entry fee includes a t-shirt, and the top participants will win free entry to the Thanksgiving Buffet.

WINTER IN THE SUN

Now-March 26, 2026 Valid Sunday-Thursday (excluding holidays)

Even in the winter, you can still soak up that warm Oki sun! Enjoy 60% off your stay on any room with our Winter in the Sun Deal. Call our reservation desk at 098-9621991/1992 (8 a.m.- 5 p.m.)

*Winter special applies to reservations made on or after October 1. *Rules and regulations may apply.

CAMP UNDER THE STARS

Now-March 26, 2026 \$1 • Per night

Fall is the perfect season for camping at Okuma Beach. Spend the night under the stars, enjoying a cozy fire, the sound of the waves and sweet s'mores with friends and family.



Okuma Beach Contact Information:

Kadenafss.com/okumabeach

facebook.com/theokumabeach

@ @okumabeach

Okuma Beach • 631-1990

Lodging Reservations • 098-962-1991

Surfside Grill & Bar • 098-962-1805

Okuma Outdoor Recreation • 631-1815

Massage Reservations • 090-6856-8276

The Power of Giving Back

Volunteering Matters

In every strong community, there's one thing you'll always find, volunteers. These are the people who lend a hand, lift others up and quietly help make the world a better place. Whether they're picking up trash on a local beach, mentoring a student or organizing a food drive—volunteering matters, not just to the people that need help, but to volunteers as well.

Volunteers support local programs, fill critical needs and help create safe, supportive environments. From tutoring and coaching youth sports to environmental cleanups and event support-volunteers are the heart of every healthy community. Offering up one's time encourages a sense of duty and compassion. It's a powerful way to show that we not only care about ourselves, but about everything else around us—our neighbors, our city and even our planet. Volunteering brings people together across backgrounds and generations, especially in a diverse environment like the military where we come from all walks of life from different states and islands. It helps us appreciate each other, learn new perspectives and work towards common goals.

When you volunteer, waves of gratitude fill your heart which positively impacts your mood. Volunteers report feeling happier, less stressed and more connected. Volunteering also helps develop communication, leadership and teamwork skills. It's a great way to grow—both personally and professionally.

Looking for a way to give back, but don't know where to start? Visit www. okinawa.usmc-mccs.org/volunteer, call 645-1575 or send an email to mcbb_volunteer@usmc.mil.lol



Ready for a Mission?

Mission: Gratitude Heartfelt Cards

Greeting cards have been a staple of human communication for centuries, serving as a tangible expression of our thoughts and emotions—especially during special occasions. Cards can convey love, gratitude, sympathy or congratulations in the simplest form with only a pen. They also serve as a bridge to maintain and strengthen relationships by displaying thoughtfulness and effort, a truly special act when you consider the digital age we live in.

Marine Corps Family Team Building (MCFTB) would like to invite you to join them in spreading joy and comfort this upcoming holiday season with their "Mission: Gratitude Heartfelt Cards" initiative. Their goal is to foster a sense of connection and warmth to service members and your partici-

pation is essential. With a simple holiday card we can make a significant impact, reminding our troops that they are appreciated and never alone. Join MCFTB in expressing our heartfelt gratitude to those who serve our nation. Together, we can make a difference!

Starting November 17 for the winter holidays, festively wrapped collection boxes will be placed at fitness centers, libraries and other community locations throughout Camps Foster, Courtney, Hansen and Kinser—each filled with blank cards ready for your thoughtful messages.

For more information on exact locations to drop off your sincerest letters to fill hearts with joy, visit www.okinawa.usmc-mccs.org/mcftb or call 645-3689.IOL

NOVEMBER IS...

TOBACCO-FREE LIVING MONTH

When you stop using tobacco, you gain immediate and long-term health benefits.

Keep an eye out for tobacco-cessation resources online and at the fitness centers on Camps Kinser, Foster, Courtney, Hansen, Schwab and MCAS Futenma to learn more.



645-3910 | mccshealthpromotions@okinawa.usmc-ma facebook.com/mccsokinawa.semperfit www.okinawa.usmc-mccs.org/healthpromotion





WHAT YOU GET AS A GOLD PASS EXCLUSIVE MEMBER:

- COMIC CON SWAG BAG
- ARTIST SOCIAL (PICTURES WITH ARTISTS ALLOWED).
- EARLY ENTRY TO COMIC CON MAIN EVENT ON SUNDAY, DECEMBER 14 (STARTING AT 9 A.M.), WITH GOLD PASS EXCLUSIVE LANYARD.
- PRIORITY ENTRY TO TALENT BOOTHS TO PURCHASE MERCHANDISE. SELFIES AND AUTOGRAPHS.
- PRIORITY SEATING AT DISCUSSION PANELS, TOURNAMENTS, CONTESTS AND PERFORMANCES.
- AND MORE!

MBERTS

DOORS OPEN AT 1 P.M.

















SPONSORED IN PART BY:













Tobacco Free Living Month & The Great American Smokeout

Commit to Quit—Your Health Deserves It

Are you thinking about quitting smoking but not sure you're ready to take the plunge? Well, this month presents a perfect opportunity! November is Tobacco Free Living Month, which is dedicated to raising awareness about the harmful effects of tobacco use and supporting those ready to quit. Whether it's cigarettes, vapes, or smokeless tobacco, quitting improves your health, performance and overall quality of life.

The U.S. Centers for Disease Control notes tobacco use is the leading cause of preventable death, causing over 7 million deaths yearly, including more than 480,000 in the U.S. alone. And, for each tobacco-related death, 30 people live with serious illness. According to the Department of Defense's Health-Related Behaviors Survey, about 18% of service members

smoke cigarettes, over 16% use e-cigarettes and approximately 13% use smokeless tobacco. These rates are higher than the general population. In addition, active-duty personnel use tobacco at higher rates than retirees (8.8%) or family members (15.6%) within the Military Health System. MCCS Health Promotion will be offering information and resources throughout the month to spread awareness about the dangers of tobacco use and the benefits of quitting.

Participating in the Great American Smokeout can be an important first step toward lasting health and readiness. Held during the third Thursday in November every year, the Great American Smokeout is sponsored by the American Cancer Society. The purpose of the event is simple; help smokers quit cigarettes for at least one day, in hopes they will quit forever.

On Thursday November 20, you simply don't smoke for 24 hours. Take this golden opportunity to join millions of other smokers in saying "no thanks" to cigarettes for 24 hours. MCCS Health Promotion is here to help you take that step with Tobacco Cessation classes as well as the YouCanQuit2 Quit Plan, an anonymous, interactive online tool to set quit dates, identify triggers, track cravings and celebrate progress.

For more information about the Great American Smokeout or Tobacco Cessation classes, contact MCCS Health Promotion at 645-3910 or send an email to mccshealthpromotions@okinawa.usmc-mccs.org.lou



OKINAWA

Limited-time event at Center Plaza (2F)













Celebrate Military Family Appreciation Month with a...

...Pajama Party & Movie Night

November is Military Family Appreciation Month, a time to honor and recognize military members and their families for their sacrifices. To show their appreciation, Marine Corps Family Team Building (MCFTB) will be hosting a Pajama and Movie Night on November 15 from 5 to 8 p.m. at the Crow's Nest Club on Camp Shields.

Slide into your silliest pajamas and enjoy a fun-filled evening in celebration of Military Family Appreciation Month! Bring your favorite snuggle buddy—whether it's a pillow, blanket or stuffed sidekick—and get ready for a cozy night of holiday cheer. There will be movies, games, treats and plenty of giggles for the whole crew. Light refreshments and pizza will be served, so come hungry and ready to relax. Registration is required via Eventbrite. Don't miss out on this special evening of comfort, connection and fun for the entire family!

For more information about MCFTB and their offerings, call 645-3689, email mcftbokinawa@okinawa.usmc-mccs.org or visit www.okinawa.usmc-mccs.org/mcftb.lo.

Premarital Seminar

Build a Strong Foundation

Join Marine Corps Family Team Building (MCFTB) as they host the Premarital Seminar, tailored for couples looking to say, "I Do." The seminar takes place every second Friday of the month at Ocean Breeze on Camp Foster, from 8 a.m. to 3 p.m.

During each session, learn about the essential tools and knowledge needed to navigate military life together. Topics covered in this comprehensive course include understanding local marriage order requirements, the procedures for marrying in Japan and neighboring countries as well as an overview of key family programs and resources. Participants will also gain insight into important benefits such as IPAC services, TRICARE and legal support. Additionally, the seminar offers valuable information on immigration procedures, financial partnerships as well as effective communication strategies that are essential for building a strong foundation for marriage in a military environment.

This event is FREE with registration required via Eventbrite. For more information on this and other MCFTB offerings, visit www.okinawa.usmc-mccs.org/mcftb.lou

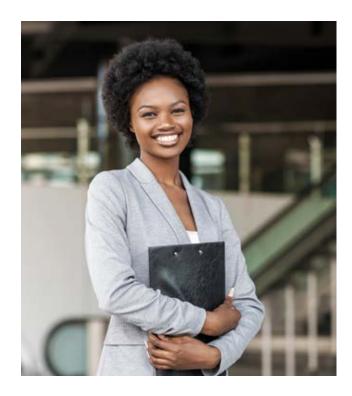
Family Member Employment Assistance Program

One-on-One Appointments

Are you on the hunt for a new job? Has it been difficult to fill in the gaps of your career after moving to Okinawa or are you on a different path towards a new exciting field and want to learn about the pros and cons? The Family Member Employment Assistance Program (FMEAP) is extending their services to offer one-on-one appointments for job-seeking members of the community that include military spouses, military family members as well as active-duty members, contractors and DoD civilians.

The one-on-one appointment is an excellent opportunity for individuals to sit down and receive personalized assistance developing their resumes, preparing for an interview, charting their employment journey, or navigating a career change. Individuals can meet with a representative of FMEAP either in person at the FMEAP office (Foster Library, 2nd floor inside room #15) or virtually via Microsoft Teams.

For more information about FMEAP and all their offerings, call 645-5074, email mcbb_fmeap@usmc.mil or visit www.okinawa.usmc-mccs.org/fmeap. IoL













Taiyo Steakhouse

Cut Above

Text by: Mike Daley | Photography by: Kirstin Spanu

Steak, it's considered by many as the epitome of dining experiences and Taiyo Steakhouse, located at Taiyo Golf Club, takes special pride in every single one it serves. Taiyo's prime beef is available in a variety of cuts—all broiled using 1,200-degree heat and seasoned with sea salt and fresh ground black pepper. In addition, all cuts are a "cut above" anything you can find in any another steakhouse on island!

Their flagship being the Taiyo-favorite Tomahawk Ribeye—a magnificent bone-in masterpiece cooked to your specifications and brushed with savory butter. For those who have never experienced a Tomahawk Ribeye, it's an occasion that will not soon be forgotten—especially if it's a Taiyo Steakhouse Tomahawk!

Taiyo Steakhouse also offers a 14 oz. Boneless Ribeye, as well as a thick and generous Porterhouse (a 24 oz. combination cut of juicy New York strip and filet mignon served on the bone). Bold in both texture and flavor, the prime, center-cut New York Steak is available as a 14 oz. cut. Lastly, rounding out the steak line up are the Prime Filet Mignon (available in 6 oz. and 8 oz. cuts), and the grandiose Chateaubriand for Two, offering a 16 oz. slow-roasted and sliced center-cut prime tenderloin accompanied with a bouquet of vegetables and duchess potatoes and presented with a Béarnaise and a bordelaise sauce.

For something different, diners may wish to try the Lamb Rack, a rack of lamb marinated in olive oil with herbs, flame-broiled, and then served with a roasted garlic and fresh rosemary demi-glace. Another must-try entree is the Kurobuta Pork Chop—a highly-prized juicy 12 oz. pork chop grilled to perfection and served with a spicy barbecue sauce.

Not limited simply to choice cuts of succulent beef, lamb and pork, Taiyo Steakhouse also offers a

variety of seafood selections such as a 12 oz. Lobster Tail served steamed or flame broiled and accompanied with drawn butter and fresh lemon as well as Miso-roasted Salmon, which is oven-roasted and served with Japanese rice and garnished with soyflavored butter sauce and steamed spinach.

Poultry selections at Taiyo Steakhouse include Seared Duck Breast glazed with fig compote and served with creamy polenta, fresh green beans and a rich fig sauce as well as Chicken Saltimbocca—panseared chicken breast topped with Fontina cheese and Prosciutto di Parma served with a Madeira wine demi-glace and a creamy, herb-infused polenta.

Comprehensive appetizer and dessert menus are also available to prelude and punctuate dinner properly. Appetizers include Shrimp Alexander, Maryland Crab Cake, Imperial Crab-Stuffed Mushrooms and others. Desserts include decadent offerings such as Molten Lava Cake (rich chocolate cake with a molten chocolate center under a chocolate globe topped with a warm chocolate sauce), the Floating Island (crème anglaise topped with a creamy meringue and caramel) and many more!

Dinner at Taiyo Steakhouse is served Wednesday—Sunday (closed on holidays) from 5 to 9 p.m. Brunch is available Monday—Friday from 9 a.m. to 2 p.m. and from 7 a.m. to 2 p.m. on Saturdays, Sundays and holidays. Reservations are recommended (required for dinner) and can be made by calling 622-2020.

Taiyo Steakhouse is located on the second floor of Taiyo Golf Club clubhouse in Uruma City near the Kurashiki Dam in central Okinawa, just minutes from Camp Courtney and only 20 minutes from Camp Foster via the Okinawa Expressway.

Menus in English and Japanese are available for viewing at www.okinawa.usmc-mccs.org/taiyosteakhouse.lol

Hours of Operation

Brunch

Monday-Friday, 9 a.m.-2 p.m. Saturdays, Sundays & Holidays, 7 a.m.-2 p.m.

Dinne

Wednesday-Sunday, 5-9 p.m.

Location

1183 Enobi Uruma, Okinawa 904-2205

Phone Number

622-2020 098-954-2020

Website

www.okinawa.usmc-mccs.org/ taiyosteakhouse

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Parents in Uniform Brief

Helping You and Your Most Precious Gift

Expecting the newest edition to your family soon? Although welcoming a newborn is exciting, it is a journey filled with a wide range of emotions. For Marines and their family members, there are many aspects to this journey to consider including Marine Corps policies, navigating the birth registration process as well as preparing for long separations due to TDYs or deployments. The New Parent Support Program's (NPSP) Parents in Uniform Brief is here to provide parents-to-be with valuable knowledge and resources to prepare for their bundle of joy.

NPSP offers a small, group-based brief once a month for expecting families, which they recommend taking during the early stages of pregnancy. The professionals at NPSP will provide participants with information to educate them on various Marine Corps policies including housing information,

legal requirements, on-island childcare options, DEERS enrollment as well as other family readiness issues to help participants navigate through this trying period. Although it may seem stressful, the NPSP team is here to answer questions and help guide you with their extensive list of services and information about community resources that are available for FREE.

Parents in Uniform classes take place once a month on Camp Foster. The location will be provided after registration. Registration is required for all NPSP services. To register for the upcoming brief or for any additional information, call 645-0396 or email npspokinawa@usmc.mil. To see the schedule of upcoming Parents in Uniform briefs or to learn more about other NPSP offerings, visit www.okinawa.usmc-mccs.org/npsp.lol

Martial Arts for Kids

Sharpening Their Self Discipline

All of us could benefit from learning the art of self-discipline—some of us more than others. Yes, we're talking about our kids. Do you want to help your kiddos succeed at working towards and attaining specific goals while bolstering self-esteem and building confidence? All of this and much, much more (such as better overall physical fitness) can be gained by enrolling them in a youth martial arts class!

MCCS Fitness Centers offer several classes many open to children including Brazilian Jiu-Jitsu (a martial art form centered around grappling, submission holds and other leverage-based techniques), Isshin-ryu (a traditional style of Okinawan karate focused on form and close-range techniques) and more. Karate is especially appealing as they can tell their friends back home that they learned the martial art where it was actually born!

Youth Martial Arts Classes are held at Gunners Fitness Center on Camp Foster, Ironworks Fitness Center on Camp Courtney and the Camp Kinser Fitness Center. Parents interested in signing up their kids for classes can find details, class times, fees as well as contact information at www.okinawa.usmc-mccs. org/recreation-fitness. 10L



Youth Run Clinic

Make Great Strides

Running is a great way to release endorphins, build muscle and keep active, not only for adults but also for children. When running, the body improves heart and lung health, muscular strength, bone density, brain development as well as academic performance. Another added bonus of running is that it promotes a good night's rest because it uses so much of the body's stored energy. Running is also a low maintenance sport that involves little gear such as needing *only* your favorite running shoes.

Has your child been showing a need for speed as they zoom across every field, track or sidewalk? We suggest signing them up for the Youth Run Clinic organized by MCCS Health Promotion at the Camp Foster Field #2 (behind Gunners Fitness Center)!

The clinic will take place on Mondays, Wednesdays and Fridays from S to 6 p.m. from November 3 to 14, for children ages 8 to 12. This fun and engaging clinic is designed for children to learn basic running techniques and skills to help them build speed and confidence. It will encourage their love for running while simultaneously promoting healthy habits, socializing with peers and understanding the importance of maintaining an active lifestyle.

Registration is required and only available in-person at the Gunners Fitness Center front desk from October 13–30 . For more information about this clinic and other offerings from Health Promotion, call 645-7834/636-3503 or visit www.okinawa.usmc-mccs.org/healthpromotion.lou





Youth Swim Team Tryouts

Begin a Lifelong Passion

Have a little one who seems to be part fish? Why not help turn their love for swimming into a lifelong passion with the help of the Okinawa Dolphin Swim Team (ODST). The team provides opportunities for young swimmers of all abilities and swimming levels to achieve success. Who knows, they may be the next budding Olympic medalist!

Tryouts are open for youth swimmers ages 7 to 18 who have not been part of previous ODST seasons. Participants will be expected to swim a 25m butterfly, a 25m backstroke, 25m breaststroke and a 50m freestyle (front crawl). 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.

ODST offers flexible monthly membership fees which vary depending on selected practice days. Practice days are weekly on Tuesdays, Thursdays and Saturdays.

Interested? To schedule a tryout for the upcoming season, email mccsaquatics@okinawa.usmc-mccs.org. Tryouts this year will be at the Hansen Aquatic Center; application deadlines end on November 4 (11:59 p.m.). For more information on other MCCS Aquatics offerings and questions you may have regarding the program, visit www. okinawa.usmc-mccs.org/aquatics or call 645-3180.10L







MAR 3-7



For more information call 098-971-3502, email tours@okinawa.usmc-mccs.org or visit www.okinawa.usmc-mccs.org/tours.



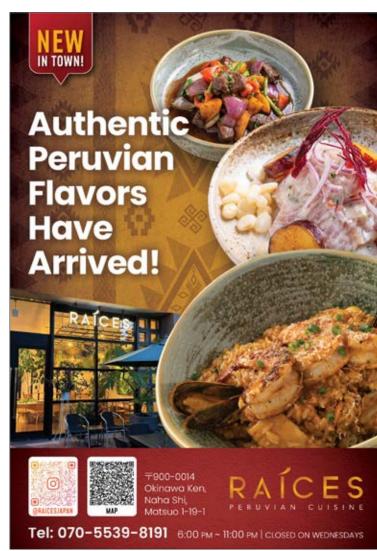


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Autumn Sales

Fall into Savings at Typhoon Motors

November's calendar is dotted with plenty of holidays and observances—Thanksgiving, Veterans Day and Black Friday to be exact. And as these occasions are pretty much themed around both "giving thanks" and "savings," Typhoon Motors has set up a schedule of sales as a way of saying "thank you" to their customers!

First up, give yourself, your passengers (and your wallet) a welcome break by getting 50% OFF selected automotive goods from November 11 through November 18 at all Typhoon Motors locations.

Are you the DIY type? Working on your

car is kind of rough if you don't have the proper tools to get the job done—let alone a lift or a pit to get underneath. Have you ever tried to change your oil without either a pit or a lift? It's not the most pleasant experience in the world.

The good news is that Typhoon Motors has everything you need to not only change your oil, but to do much, much more! With all the upcoming holidays, you'll have plenty of free time to work on your car with access to lifts and some of the best tools and equipment available—not to mention valuable advice on their proper use. Typhoon Motors will offer

\$1 Lift and Stall rentals November 10–12 and November 27–30.

Next, give your ears a special treat in the form of higher-fidelity tunes! Head to Typhoon Motors on Camps Foster and Kinser November 24–30 for their "Giving Thanks for Thanksgiving Special Sale"—offering 10% OFF all head units—including the ones mentioned in our "Finding the Perfect Gift" feature on p. 16!

For more information on Typhoon Motors locations, hours and services, visit www.okina-wa.usmc-mccs.org/typhoonmotors | ol



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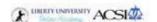


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Stay in the Loop with the Liberty App

Now with NEW Features!

Sure Wikipedia is great...but don't you wish it had specific info on your current duty station? Like, what's the current heat index flag condition on Camp Hansen?

Well, wish no more! The MCCS Okinawa Liberty App is like having a whole platoon of information about being stationed on Okinawa—and right at your fingertips no less.

You'll have access to command information (including PCS details and base policies), liberty tools (including important phone numbers), transportation options and much more to keep you in the know.

The Liberty App's latest update introduces the new "Workout of the Day" feature—which provides users with a rotational 30-day schedule of combat-focused workouts designed to enhance agility, functional strength and overall mission readiness. Each day's workout is presented in a format that is intuitive and accessible to users of all fitness levels.

For leisure activities, the Liberty App still features icons to help you find events galore. Multiple program calendars are included under "Events," and, in addition, you can find where to shop, eat, visit and

stay—both on and off base—if you tap the "Things to Do" icon. If you need a ride back home after participating in an event or an outing, the app has you covered there—including an expanded listing of on-base and off-base taxi and daiko services to make sure you have a safe way home.

The app even includes a yen rate calculator, heat flag and sea conditions, typhoon readiness information (TCCOR) and English to Japanese translations of some common phrases.

Last, but not least, a total fitness tool is included to help you find wellness resources and track your health when it comes to four fitness factors: mind, body, spirit and social.

Best of all? The MCCS Okinawa Liberty App is FREE! Visit www.okinawa.usmc-mccs. org/liberty for details or download yours from either the App Store or Google Play. I OL



Stay Connected

With the MCCS (e) Newsletter

Do you feel a bit out of the loop? Are you often the last among your group of friends to hear about a festival or fun event? It might be because you haven't subscribed to the MCCS digital newsletter yet! MCCS hosts over a couple hundred events per year, and with such a constant flow of dates, times and locations, it's nice to have all of this event information organized in one convenient location so you can get the latest news to stay up to date. Head to www.okinawa. usmc-mccs.org/newsletter and sign up to learn more about upcoming events and activities offered by MCCS Okinawa. Find out about FREE workshops and classes, special sales, giveaways and holiday promotions to updates about festivals, entertainment, sporting events and much, much more.

By the way, did the word "giveaways" catch your eye? That's right, we frequently have FREE giveaways tucked into our newsletters. Why? As a little thank you for subscribing of course! You see ... the more you read our newsletter, the more aware you will be of what's going on, which increases the chances of you coming to MCCS events. The more events you come to, the more a part of the community you become, which can directly improve your quality of life. As it is MCCS' mission to enhance the quality of life of Marines, Sailors and their families, this newsletter is a stepping stone towards making you a happier (and more informed) camper, and us completing our mission. What are you waiting for? Sign up today! IoL

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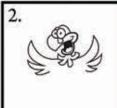


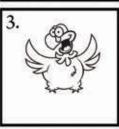
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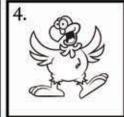


HOW TO DRAW
Step-by-step instructions to draw a turkey

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TEXT BY: LAURA C. PITA & SWETHA COGUE
LAYOUT BY: DANIELLE DEDARD
PHOTOGRAPHY BY: DANIELLE DEDARD & LAURA C. PITA



While children anxiously await for the jolly old man in the bright red suit to leave them gifts under the Christmas tree, we adults know there is nothing more special than receiving a handmade gift—especially during the most special time of the year. It's not about the present itself, it's about the love and consideration with a dear one in mind.

The holidays can be quite difficult for those of us stationed overseas and away from all things familiar, particularly for those staying put for the season. There are a few ways to cope with homesickness—many plan a getaway to avoid being at home all together—but things like preserving family traditions with friends who have become

family, making crowd-pleasing dishes for unaccompanied service members or piecing together care packages for loved ones back home, are all great ways to spread cheer and feel connected this holiday season.

Whether you're new to island and just starting to learn about Okinawa's unique traditions or have been here for a few years now and consider yourself knowledgeable, sharing a piece of your home-away-from-home is a great way to bridge the gap. How about investing some time learning about the island's various crafts and pouring some love onto handmade gifts they will cherish forever?

The *Uchinâguchi* term, *yachimun*, refers to Okinawa's traditional pottery, a product of influences and techniques gathered during times of trade with China, mainland Japan and Korea. These ceramics stand out from other styles of pottery from around Japan due to their rustic, warm and colorful designs. With blues, greens and browns being the most prominent glazes used, reminiscent of the island's vibrant landscapes. Okinawa has two major pottery hubs, Tsuboya Pottery Street in Naha and Yachimun no Sato (Pottery Village) in Yomitan.

These handcrafted artisan pieces make great gifts for yourself, your spouse or friends on island as they are fragile; they must be packed extra well if mailing them to loved ones stateside—we recommend *lots* of bubble wrap.

Want to make your gift extra special? How about crafting it with your own two hands. There are several places around the island where you can sit on the pottery wheel and take action, we recommend doing it at Gala Aoiumi in Yomitan Village as they are English friendly. Their pottery studio has an ocean view and offers five potter's wheels, perfect for an outing! They also offer workshops for pottery <code>shīsā</code> making and glass blowing. The pottery process is lengthy so we advise you to schedule your session as soon as possible to ensure your gift is ready in time! For more information, visit <code>gala-aoiumi.com</code>.











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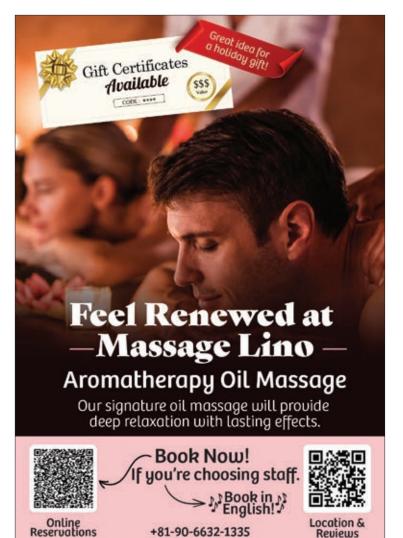


A prominent figure brought by the Chinese during the days of the Ryukyu Kingdom, shīsā are the guardian lion dogs that stand at the fore front of entrances. On Okinawa, it's good fortune in. For a unique gift, sculpting a shīsā is one memorabilia that encapsulates Okinawan culture and that's why the Arts and very own clay guardian!

Arts and Crafts and their offerings, visit www. okinawa.usmc-mccs.org/fosterartsandcrafts and

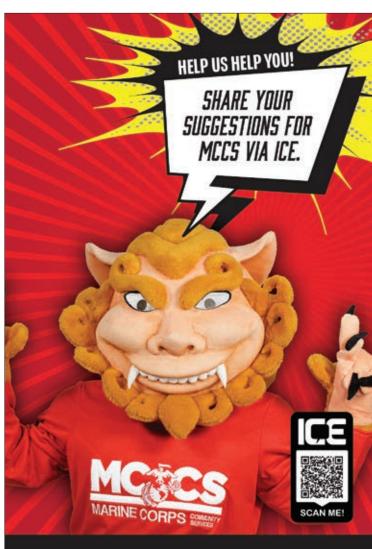






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Reviews









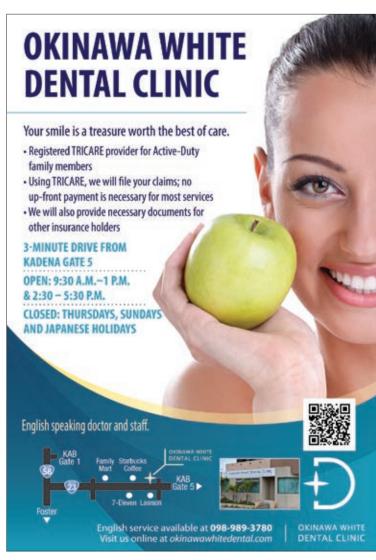


Back in the day when royalty and local administrations governed the lands of the Ryukyu archipelago, bingata was reserved for the highest of nobles and government officials to signify social status. Bingata is made from two words "bin" (red, the symbolic color of Shuri) and "gata" (stencil), which are the main compositions in this textile dye artform. Common motifs include colorful designs inspired from flora, fauna, fish as well as birds, clouds and rivers. Fast forward to the modern day, bingata is still labor intensive with intricate stenciling, freehand painting and the process of dyeing and drying taking a few weeks, but now it is widely available to the public regardless of social class.

This year, give a traditional gift from the royal days as you add your own touches when you paint a bingata masterpiece at Gusuku Bingata. From coasters, tote bags, tapestry and more, Gusuku Bingata is a one-of-a-kind experience that seals both the past and the present of the onceflourishing Ryukyu Kingdom. Each piece takes a few hours for dyeing, but almost one week to complete the entire process of washing and drying, so we advise you to start as soon as possible to ensure your gift is created before December hits! For more information about the workshops, pricing and what Gusuku Bingata is all about, visit gusukubingata.com.

1NGATA



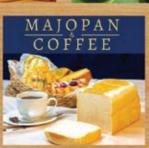
















TAKANE Ramen

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Do you spend your weekends marveling at the beauty of the ocean from inside your goggles? Okinawa's coastlines are home to over 400 species of coral and have been a fundamental part of the history and culture of the land. Not only do they play a vital role in protecting the island's shores, but they sustain diverse marine life. Corals are also believed to bring longevity, prosperity and family harmony.

How about gifting a little piece of the ocean along with some well wishes? Shuri Ryusen in Naha offers Coral Fossil Dyeing Workshops where you can create one-of-a-kind keepsakes using coral fossils, a *tampo* (dyeing tool) and plant dyes, perfect for any ocean lover! You can dye T-shirts, tote bags, *tenugui* (hand towels) or *furoshiki* (wrapping cloths). For more information on Shuri Ryusen dyeing experiences and to make a reservation, visit *shuri-ryusen.com*.



This year, add a special Okinawan touch to your handmade gifts for your loved ones to treasure for a lifetime, whether it be for someone you adore off-island or a friend down the road. Although we've shared memorable souvenirs, the experience of creating something for someone you love will leave you radiating with holiday cheer. After all, sharing the beauty of the island that has become your home-away-from-home will make this time of year that

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www.okinawa.usmc-mccs.org/publications















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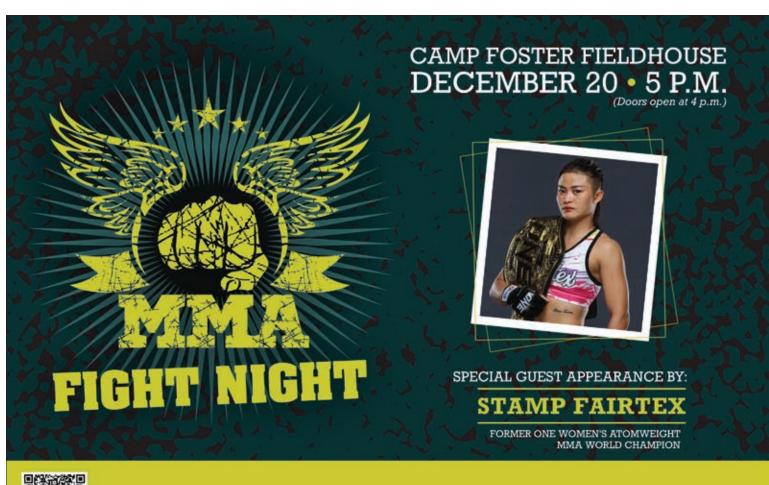
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Chawan-Mushi (steamed egg custard)

Ingredients

4 eggs

2 cups *dashi* (a broth made from dried bonito flakes) 3/4 Tbsp. salt

1 Tbsp. soy sauce

1 tsp. sake (rice wine)

1 1/4 Tbsp. mirin (sweet cooking rice wine)

3 oz. fresh spinach leaves (parboiled)

4 small uncooked shrimp, shelled and de-veined

4 shiitake mushrooms (stemmed and quartered)

8 snow peas (parboiled)

Method of Preparation

- Crack the eggs into a bowl, add dashi, salt, soy sauce and mirin, beat well.
- 2. Allow the mixture to stand for a few minutes, then strain to remove all air bubbles and lumps from the mixture.
- 3. Divide the shrimp, snow peas and the shiitake mushrooms between four individual heat-proof custard cups with lids (or heat resistant coffee cups with saucers or foil for lids).
- 4. Pour the egg mixture into each cup until they are two-thirds full and cover with the lid. Place the cups in a preheated steamer and steam over high heat. When the surface of the custard turns white (about three minutes), reduce the heat to low and steam for an additional 15 minutes.
- 5. Once you are able to stick a bamboo skewer into the custard and the liquid flowing from the puncture runs clear, it is ready to serve.

Matsutake Mushrooms

Many in Japan believe that autumn is the season for sports, reading and hearty appetites. Because of this, many tasty tidbits can be found in stores throughout Japan. Among all these popular autumn foods such as chestnuts, eggplants and *saba* (mackerel), the most well-known (as well as expensive), is probably the *matsutake* mushroom. Matsutake are usually cooked with rice or grilled in foil; the strong aroma of this mushroom is equated with luxury.

Unfortunately, not very many people can actually enjoy what is considered the "king of Japanese autumn food." Like caviar and *foie gras*, matsutake mushrooms are very expensive. One single good-sized specimen can easily cost from ¥10,000 to ¥200,000 or more. Conditions for growing matsutake are very hard to reproduce artificially. And, even in a natural environment, these sensitive mushrooms can be difficult to find. Like the mushroom's name suggests (*matsu* meaning pine tree, and *take* meaning mushroom), matsutake only grow in red pine forests. Once a matsutake is found in a mountainous area, the price of the land skyrockets, which is probably why matsutake are sometimes called "mountain diamonds." 101



Uchinâguchi Corner-

English Would you like to dance with me? Japanese Isshoni odorimasenka? Uchinâguchi Majun wuduibiranai?



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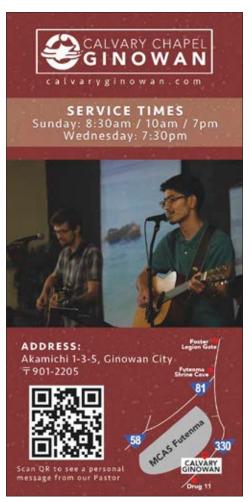
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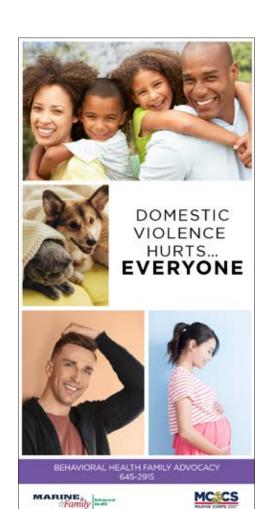
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Blaze Clinic	50
Blue Reef Animal Hospital	46
Café moi moi	
COCO SHIRIMP, & Campfire Café Tsuki no	Mori.26
Cocok Spa	60
DoubleTree by Hilton Toyama	26
Esparza's Tacos & Coffee	
HIKARI BODY THERAPY ²	54
Hilton Okinawa Chatan Resort	20
Hilton Okinawa Miyako Island Resort	44
Hongdae Chicken	60
Japan Airlines	42
Manga Souko	15
Massage Lino	62
Mediatti Broadband Communications	
MINA SHARE (Motors Nakazato)	64
Miyagi Cosmetic Surgery	46
Okinawa Outlet Mall Ashibinaa	
Okinawa White Dental Clinic	64
okinawan tacos FLAMINGO	68
Okuma Recreation Facility	32
Outdoor Shop NEOS	64
PARCO CITY Shopping Mall	
Plastic Surgery KC	2
Plaza House	30
Raices (UTS Corporation)	
Run Design Okinawa	54
Rycom Dental Clinic	60
Santa Monica International School	48
Seaside Steak Beefy's	28
Southeast Botanical Gardens(Back	
Sushi on La Cienega (Sally Marche)	66
The Ritz-Carlton Okinawa	
University of Maryland Global Campus	14
Watermark Hotel Okinawa Kume Island	
and Miyakojima	48
Yakiniku Goen	24
Yakiniku Yumemaru	
Yuinchi Hotel Nanjo	
Zion Christian Academy International	48







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(Serves 30)

9 lb. Ham and 20-22 lb. Turkey

*Includes DOUBLE Holiday Sides and two pies

Holiday Sides

- 4 lb. Traditional Herb-Seasoned Bread Stuffing
- 4 lb. Mashed Potatoes
- 4 lb. Candied Yams
- 4 lb. Seasoned Green Beans
- 2 gt. Turkey Gravy

Choice of one pie-Pumpkin, Pecan or Apple

À La Carte

20-22 lb. Whole Roasted Turkey	
with Cranberry Sauce	\$85
9 lb. Glazed Hickory-Smoked Ham	\$85
2 lb. Mashed Potatoes	\$16
2 lb. Traditional Herb-Seasoned Bread Stuffin	g\$16
2 lb. Candied Yams	\$16
2 lb. Seasoned Green Beans	\$16
1 qt. Turkey Gravy	\$9
1 lb. Cranberry Sauce	\$3
Choice of one pie-Pumpkin, Pecan or Apple	\$16

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Orders MUST be placed five days prior to pickup and must be paid in full two business days before pickup. For more details please call a participating club or visit www.okinawa.usmc-mccs.org/catering for more details.

















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