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Love Is In The Air Valentine's In Okinawa

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February 2011 Issue 2

Spring Is In The Air Valentine's & Paddy's Day

Welcome to the spring issue of the Totalokinawa magazine. We've got some Valentine ideas for you this month as well as details on what makes Japanese Valentine's day different. Also coming up in March is St.Paddy's day. What to do and where to go, it's all inside.

We've also got a review of K's Body treatments, a salon offering a unique range of services and reviews of two restaurants, Bovino's Brazilian churrascaria and Italiano.

Apart from totallysmart content you can also view the interactive version of this magazine online, featuring video & much more at www.totalokinawa.com

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Restaurant Review

Bovino's

to

Traditional Brazilian Churrascaria in the heart of Okinawa, makes this a "must eat".

Brestaurant scene having only been open for a few months. The restaurant has over 100 seats and serves both lunch and dinner. At lunchtime you can enjoy the



full churrascaria experience with BBQ meat bought to your table as well as the fresh buffet bar for ¥ 1380 during the week or ¥ 1680 at weekends. If you're not feeling so hungry and fancy a light lunch, then the buffet bar makes a good choice for just ¥ 980.



What we especially liked was the good choice of dishes on the buffet. It not only included many different salad dishes, but hot items such as different meat and fish in sauce with rice on the side. If you're going for dinner, then the restaurant becomes even more cosy at night with a full bar available. We really enjoyed the Brazilian cocktails with dinner. A traditional caipirinha makes a great accompaniment to your food. In fact if you're not

hungry stopping in for the cocktails alone on a night out is very much worth it! At dinner time, the full range of BBQ meat and buffet

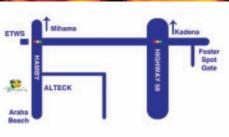
is available (no buffet only option at dinner) with the price at ¥2980 all week.

Bovino's is great for either a quick lunch or a more romantic evening meal. For the choice of items and selections of meats it's good value especially during the week. Closed - Mondays



Open - From 11.30am - 3pm and 6pm - 10:30pm Tel - 098-989-5934 Dollars OK English & Japanese OKAvailable for Celebrations





www.bovinos-okinawa.com





Dive Update

Why Dive in Okinawa?

If you're new to Okinawa here's a quick rundown of why learning to dive or improving your skills here is an opportunity not to be missed. Okinawa attracts divers from all over the world because it truly is a diver's dream come true. With water temperatures ranging from 20C to 30C (70F to 86F), you can wear a wetsuit year round! However, what draws divers to Okinawa is not the water temperature, but the variety of diving. There is something for everyone. For the coral lover, the Kerama Islands offer world class reefs. Reef sharks and sea turtles can be guaranteed, with manta rays and whale sharks regularly seen. Speaking of whales, winter is whale watching season! For something a little closer in to shore, areas such as Sunabe offer amazing soft coral beds just off shore, while sites a little further north have dynamic wall dives to offer. History buffs also love Okinawa

diving—from the USS at sites off the beaten even more history, a down to Yonaguni, where Yonaguni is also famous which come in for the list which makes Okinawa If you're thinking about temperatures hopefully few months then Reef They're the ONLY English facility in Japan which experienced hands.



Émmons, to artifact hunting path, history is everywhere. For short plane ride can take you underwater ruins can be found. for its hammerhead shark schools winter. These are only part of the a favorite dive destination. getting out into the water as the start to heat up in the next Encounters makes a great choice. speaking NAUI Instructor training means you are in very safe and

If you're interested in a Yonaguni trip then they have one coming up at the end of February on the 25th with trips lasting from 3-7 days. Contact them soon for reservations as the trips fill up quickly.

They've also now got mooring lines secured off a new wreck in the port of Naha. If you ever wanted to dive a large wreck site then this is your chance! Open 7 days a week from 9am - 6pm Boat departs daily at 9am Tel - 098-995-9414 Dollars OK English & Japanese OK

www.reefencounters.org





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Nightlife

Visit the darkside

Okinawa's one and only Dave Ralston at Hideaway in February

or the blues and rock fans with a penchant for the dark side of things Dave Ralston will be performing again on the 16 of Febuary. Dave Ralston is an Okinawan legend.

He's been living and performing in Okinawa for the past 17 years. He's played and recorded with Japan's biggest recording artists. He's a master Bluesman and, together with his Conjugal Carnival Troup it is truly a night to remember. From some of the best blues riffs around to a firebreather and S&M show it is impossible to not have a good time. With such a dark show things stay surprisingly light with a sideshow feel. Come out to the Carnival on 2/16 at Hideaway, you won't want to miss it.

Hideaway is located at the entrance to BC street (Park Avenue) and has recently re-opened and offers the best in live music and entertainment. They have a rotating schedule of artists performing every Friday and Saturday night.

www.orock.com

HIDEAWAY Open Fri & Sat 17:00 - 02:00



Live Schedule & Drink Specials Visit Us at w.orock.com www.facebook.com/hokinawa

to

White Day Versus Valentine's Day - Confused?

Read on for our lowdown on what to do and when and what makes Japanese Valentine's day different to home.

f you're from a Western country then highly likely you're used to lavishing gifts, cards and flowers on the lady in your life come Valentine's day. Well now you're in Okinawa you're in for a surprise. Ladies - it's time to pamper your man on Valentine's day, you have to wait another month until March!

Valentine's day in Japan is a time for ladies to present a gift to the men in their lives, normally chocolate. Ladies in the past have given good quality chocolate called "honmei choco". However, it's becoming more fashionable for ladies to give handmade chocolate as a sign that the man in their lives is the "only one". Hence why you will see lots of chocolate and cake making ingredients in the stores. It's also common for ladies to give inexpensive gifts of chocolate to work colleagues and male friends. These gifts of appreciation are called "giri-choco". As Valentine's day has become bigger and bigger business for the chocolate companies, "tomo choco" has also appeared in recent years, which is chocolate for their female friends.



Where To Go....

Stuck for where to go? Here's our recommendations for that romantic Valentine's meal:

\$\$\$\$ Busena Terrace Hotel

Looking to impress? Why not try the hotel used by the G8 summit in 2000. If it's good enough for Presidents it's sure to impress. Get a room or just enjoy dinner overlooking the sea. www.busena-terrace.jp

\$\$\$ Beach Tower Hotel Chatan

Why not stay at the Beach Tower hotel with views over the East China sea and enjoy everything the American village has to offer. **\$\$ Nahana Hotel & Spa**

Nahana has a great offer. 10,000 yen gets you a 50 minute treatment, spa use and lunch. Makes a great gift!

Feature - Valentine's

White day comes around on March 14th and is a chance for men to return the favour. This is a relatively modern invention having started in 1978 by a confectionary company on the grounds that men should have the chance to reciprocate the gifts bought for them on Valentine's day!

It's now common for men to buy gifts of chocolate, jewellery, white chocolate or white lingerie for the special woman in their life. They're also expected to give "giri choco" to female friends or co-workers who may have bought them chocolate on Valentine's day.

However, the ladies have the last laugh, and their patience of waiting an extra month is rewarded as it's expected for men to give gifts of two to three times the value of their received Valentine's gift. The Japanese use the expression "sanbai gaeshi" or "thrice returned"

If you're looking for a chocolate gift or to make your own then most major supermarkets have large displays of everything you need. If you prefer to go the Western way and send your loved one flowers, then check out www.flowerdrop.net for flower delivery in Okinawa with ordering and service in English.

St Paddy's Day

It's big, green and coming to Okinawa City soon!

St Paddy's day in Okinawa - Compulsory Entertainment f you've never experienced St Paddy's day in Okinawa then get ready for a treat as the parade rolls down BC street and the green beer is flowing. As well as the parade, there's live entertainment from several different bands and performers as well as plenty of Guinness and Irish food.

As St Patrick's day falls on a Thursday this year, the celebrations are currently likely to



happen on 12th March, the Saturday before. Please check www.irishpubokinawa.com for confirmation and more information in the next few weeks. We'll also post more information to Totalokinawa.com as soon as we have it. Whatever you decide to do have a great St Patrick's day!







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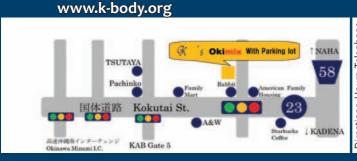
Whether you are an avid sportsman looking to get rid of those stubborn love handles, a mother trying to get your body back in shape after pregnancy, someone working to get rid a few extra inches accumulated over the years, or a service member preparing for an upcoming fitness test or body fat measurement K's has a program to help you reach your body composition goals. Along with the treatment K's manager, Kaori Carr, also



provides training and nutritional counseling to help optimize results. Initial visits are 1 hour treatments for 7,500 yen. K's also offers MT Metatron Facial Treatments. They only accept yen, no dollars or credit cards. For reservations please visit K's website at k-body.org.

They're located just up the hill behind American Family Housing off Route 23 a few minutes from either Kadena or Camp Foster.

Closed - Sunday Open - From 10.00am - 7.00pm Tel - 098-989-3954 Yen Only English & Japanese OK







Get Outl



Cool Days...

What to do on those cool Okinawa days when the beach season seems far away! Okinawa can feel like there's nothing to do when the long summer is still a few months off but there's plenty to do to get you out of the house. Here's our round up of ideas when it's not yet time to hit the beach.

1. Go Diving

Okinawa is the ONLY place in Japan where you can dive all year round in a wetsuit. If you've been putting off diving until the summer then why not get out now!

2. Northern Okinawa

A visit to Northern Okinawa can make a great day out. There's the Orion beer factory (http://tiny.cc/lnla8) as well as the Churaumi Aquarium which is open year round. Pick up an annual passport for savings if you plan to visit more than once (http://tiny.cc/wp27e).

3. Monorail Tour

Why not jump on Okinawa's only train for a tour around the Naha city area. Known as Yui Rail the line runs from the airport and finishes at Shuri Castle. There are stops close to Kokusai Dori as well as the Shin-toshin shopping district. Do some shopping along the way then finish up at Shuri castle for sightseeing (About 15 minute walk or 5 minute bus ride from the monorail station.

4. Underwater Observatory

The underwater observatory is located at the Busena Terrace Beach Resort past Onna and just South of Nago on Highway 58. Fee from 400 Yen for children to 1000 Yen for Adults http://tiny.cc/lwjn3

5. Museums

If you're a fan of museums and art and want to learn more about Okinawa, then a visit to the Okinawa Prefectural Museum & Art Museum makes a great day out. Recently constructed they have many Okinawan exhibits and art. Located in the Omoromachi area of Naha. Entrance starts from a reasonable 300 Yen for adults. http://tiny.cc/6xpft





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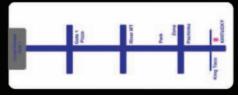
Ladies Night Every Friday - Holiday BBQs - Daily Drink Specials - Live Bands - Beer Pong

www.kintuckyokinawa.com



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Kintucky Kin, Kin Cho 4240-3 6:oopm-2:ooam Tues-Sat Open on most holiday and long weekend holidays



Italiano

Great Italian food in the heart of Chatan!

Good value, fresh Italian food can be hard to find in Okinawa. We stopped by Italiano in Chatan close to Araha beach to try out both their lunch and dinner set menus. For lunch they offer both a daily pizza special for ¥850 as well as a great value lunch set of pasta, bread, salad and a drink. When we visited we sampled a delicious spaghetti with pancetta, zucchini and peperoncino. It was a real treat after too many bland tomato sauces!



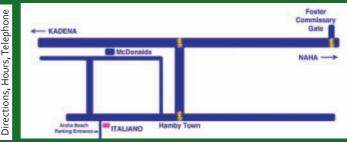
The dinner set is even more generous! We had pasta, as well as a delicious chowder to start accompanied by garlic bread, salad, a glass of wine and dessert! Not only were the portions generous but the pasta was cooked to perfection. Perfectly cooked tagliatelle with tender salmon and fresh spinach. They have two dinner sets with daily



m.totalokinawa.mobi/20

pasta specials priced at ¥1300 for all you can drink soft drinks and ¥1600 including either all you can drink or a glass of wine or beer. Apart from the daily lunch and dinner specials they have a seriously extensive pasta menu including fresh pasta and every sauce you can imagine from favourites like carbonara to special pastas like Watari crab. If you have a hankering for a traditional Italian thin crust pizza then their menu will satisfy your wish.

Pastas start from ¥800 Closed - Tuesdays Open - From 11.30am - 10pm (11pm Friday & Saturday) Tel - 098-936-7611 Dollars, Yen and Credit Cards OK. English & Japanese OK



www.italiano-okinawa.com



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