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April 2011 Issue 3

Foods Of The World Foreign Bars & Restaurants

With Summer just around the corner we've got a packed issue including restaurant reviews from Oceans Pizza, sea front pizza in Yomitan as well as Bamboo Cafe with their delicious jerk chicken. We've also got a round up of nine of the best foreign restaurants and bars in Oki.

We're also giving away fifteen unique t-shirts an issue. These one of a kind designs are only available through Totalokinawa.com. Check the advert on the left for more details.

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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Most Japanese phones have a QR reader or check out the iphone app store if you're using an iphone.

Totalokinawa Magazine April 2011

to

Restaurant Review

Oceans Pizza

Pizza by the East China Sea. What's not to like?

If you've visited Pizza In before outside of Kadena gate 1 then you are probably familiar with their pizza and salad buffet, but have you tried Oceans Pizza in Yomitan?

Oceans Pizza is located in the Gala Aoiumi area of Yomitan close to the Alivila hotel and has magnificent sea views while you eat. There's a large veranda with plenty of seats for fine weather and inside it's light and airy. Apart from the familiar salad buffet and fresh pizza, they had curry, noodles and taco rice when we visited. We've never been convinced about lettuce on pizza, but the taco pizza was delicious. Just the right combination of lettuce, plenty of tomato sauce, ground beef and a little spice. Leave your fear of lettuce on pizza at the door and give it a try! You can also enjoy a beer with your pizza or if you don't want food at all, then no problem, they have a variety of gourmet coffees and accompaniments.

If you're looking for a good value place to eat out, right in front of the sea then it's a great choice! When you're done eating you can take a walk along the sea front or maybe visit the Gala Aoiumi mall and sea salt factory right next door. Best of all admission to the sea salt factory is free!

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Dive Update

Spring Diving

Spring is just around the corner and the dive season is about to really get rolling.

Time to dig those regulators and BCs out of the closet and get them serviced. Reef Encounters has a full service department to check all your gear and overhaul it if needed. Also check your mask and fin straps to make sure they are not dried out or cracked and replace if needed. Tanks may be needing an annual visual inspection or hydro if needed. They also offer one day turn around on visual inspections and the fastest hydro service on island.

After checking your gear it's time to ensure that your dive skills are up to par with a few easy dives off the beach or take advantage of the free refresher offered with all boat dives during the month of April and May on Reef Encounters dives to the Keramas and surrounding dive

divers who are looking to summer teaching diving or to get those final classes training course. Reef Divemaster and Instructor Instructor courses are and have very flexible or military schedule will



sites. For those experienced make a few extra dollars this divemastering now is the time in and schedule your instructor Reef Encounters will be offering both courses in April, May and June. open to all agency divemasters schedules so your busy work not conflict with your training.

Come make some extra money this summer teaching others to do what you love to do. Reef Encounters will also be offering up adventure dives starting in the end of April for those experienced divers looking for something different. We will be exploring the sea mounts south of the Keramas hunting for large pelagics and drifting the channels of the Keramas looking for sharks. We will also be looking for members for the Okinawa wreck divers team which will be working on locating and mapping the wrecks of the USS Longshaw, LST 447, the Midori Maru and other wrecks around Okinawa. Many of these dives will require advanced and technical certifications, classes are being offered now to qualify you to join these expeditions.

Open 7 days a week from 9am - 6pm Boat departs daily at 9am

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Dave Ralston...

If you missed his February show here's why you need to put April 16th in your calendar.

If you've got a penchant for some great music then you really need to get out, pin your ears back and listen to Dave perform. He's been described as "arguably the best unsigned guitar blues artist alive" and he's right here in Okinawa. His voice is incredibly powerful, he plays a mean guitar and he writes his own songs.

If that wasn't enough, his shows are truly extraordinary, with great music and a touch of carnival theatrics thrown in for good measure.

His latest album, *A Woman That Loves Me*, is a heady mix of rock and blues with more than a twist of the classics. It can't be long before Dave outgrows Okinawa, so now's your chance to listen to a great artist perform. Don't miss his April 16th performance at Hideaway on BC Street.

www.daveralston.com



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Got a hunger for something different?

We've got a round up of some of the best foreign restaurants and bars in Okinawa.

From Canadian to Peruvian we've got a wide variety of foreign food for you to get out and try this issue.

Canada - Eager Beaver Canadian Pub



What makes Eager Beaver special apart from being Canadian, is the huge variety of beers from all over the world. They also do great food with poutine and fish and chips on the menu.

www.eagerbeaverokinawa.com Naha City 988-3838



Mexico - Tetera



Friendly, family run Mexican restaurant featuring home made sauce and organic vegetables. Great value with lunch sets starting from only ¥650!

Closed Thursdays - Dollars OK

<http://tiny.cc/tetera> Chatan 892-0281



Brazil - Bovino's



Featuring an all you can eat Brazilian BBQ with meat served at your table and a fresh buffet Bovino's is fast becoming one of Okinawa's top restaurants. Closed Monday. Open for Lunch & Dinner

www.bovinos-okinawa.com Chatan 989-5934



Peru - TiTiCaCa



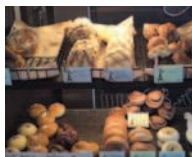
TiTiCaCa Peruvian restaurant in Okinawa city offers both great food and amazing value. We had a lunch set (photo on left) for just ¥600! Must try - black corn drink. Lunch & dinner. Closed Tuesday

Okinawa City 090-1344-3688



France - Boulanger Patisserie

Fresh bread, cakes and treats with a twist. They use organic ingredients and deep sea water from Manza-Mou (West coast of Onna) to make the bread softer and moister. Cafe or Take Out



 <http://tiny.cc/frenchbakery> Ginowan 897-9666

Russia - Perestroika

Get an authentic taste of Russia at Perestroika in Naha. Why not try borscht or beef stroganoff in a friendly atmosphere with Russian folk dancing every Saturday night. Sets around ¥2000



 <http://tiny.cc/perestroika> Naha City 863-2206

China - Osaka Ohsho

Osaka Ohsho has five branches in Okinawa and is now open in the new San-A in Sunabe. Chinese favourites like sweet and sour pork and spring chicken with a few Japanese twists.



 <http://tiny.cc/ohsho> Chatan 926-5544

India - Taj

Indian curry is getting more and more popular in Okinawa. Taj has two restaurants in Okinawa serving authentic Indian cuisine. One outside Gate 2 and one on Route 23. Great curries and fresh nan!



 <http://tiny.cc/tajoki> Chatan & Okinawa City 938-5900

Italian - Italiano

Friendly family run restaurant with a vast choice of pastas make this a great choice in Chatan. Perfect for lunch after a walk on nearby Araha beach. Closed Tuesday. Pastas around ¥1000



 www.italiano-okinawa.com Chatan 936-7611





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ThaiMed

We visited one of the most popular stone spas in Okinawa.

There are many ways to release your physical and mental fatigue. A stone spa is one of the most popular ways for the Japanese to lose their stress.

ThaiMed is a different kind of spa. The stones they use are crystal-like natural mineral stones. The stone "Kihouseki" emits light wavelength at 6 microns, which is the most suitable absorption level for the human body. It also includes negative ions which helps cell revitalization. Ms. Uehara the owner of ThaiMed said Kihouseki does not contain radium or emit gamma rays, so it is safe for the pregnant woman too.

ThaiMed provides not only stone spa but body massages. I tried the stone spa 60mins & lymph massage 60mins course. (¥5250)

After the stone spa I had the lymph massage. She started massaging from my toes. It's was a little painful to start but then my muscles started to warm up. They also give you a stomach massage. A first for me! I have low temperature and poor circulation so those treatments kept my body warm and refreshed all day long. They really worked on my body core and mental stress.

2F 3-1-3 Isa Ginowan City Okinawa
(Near Camp Foster)

098-897-7270 090-4471-9087 (English)

Closed Tuesdays 10:00 - 21:00 Last app. 19:00

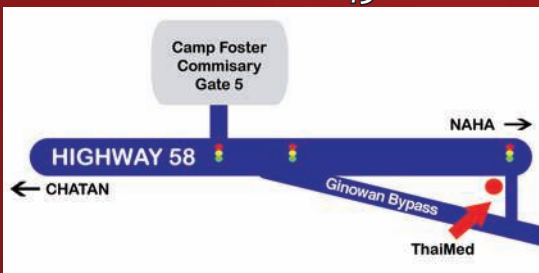
Groups are ok (Max 6 people for 1 group)

Dollars and Credit Cards OK.

Friendly staff and neat facilities.



m.totalokinawa.com/3a



Directions, Hours, Telephone



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Shop 'Til You Drop...

Missing a good shopping session? We visited Okinawa's very own outlet mall.

Ashibinaa is located in the Tomigusuku area of Okinawa, a few minutes drive from Naha airport. There's a reasonable mix of high end designer shops as well as more every day stores. If you're looking for a present or to treat yourself

then take your pick from stores like Gucci, Armani, Ralph Lauren, Salvatore Ferragamo, Vivienne Westwood, Zegna and many more. All of them with discounts from 30-80%.

For more modest tastes then they have a large Addidas outlet store as well as ABC Mart, great for discounted sneakers and shoes, Levi's, Brooks Brothers and more.

In all, there are about 70 shops and whether you



want to splash out or find a bargain

there's something to suit all tastes. There's also a few restaurants available as well so you can always stop to recharge your batteries before hitting the shops again.

Close by there is also a big Yamada denki electrical goods store, a sports shop and a few other outlets. It makes a good break from the usual Okinawa stores as well as an opportunity to shop in places you wouldn't normally find here.

Directions

You can find Ashibinaa by taking highway 58 down to Naha then following signs for the airport. Go past the airport exit following the signs for "Itoman" on highway 331. After you go past the airport you will soon see signs in English for the outlet mall. They are open from 10am to 8pm and parking is free.



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Bamboo Cafe

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If you're in the mood for some slow cooked Jamaican jerk chicken then Bamboo Cafe's your place.

Bamboo Cafe is a relaxing place with soft reggae music playing in the background and the smell of freshly cooked chicken and caribbean favourites wafting over the air. The jerk chicken dinner is a firm favourite and comes with rice and salad. If you're not in the mood for a full dinner then the jerk chicken sandwich hits the spot. They also do all their dinners to take out.

If chicken's not your thing, then the jerk salmon freshly cooked on the grill takes fish to a whole new level. The coconut shrimp with mango chilli sauce is a treat and makes a delicious change from plain old shrimp salad or tempura. They've also got a wide variety of curries, steaks and you can even get a half jerk chicken to eat in or take out. They're open late and conveniently located on Chuo Park Avenue (BC Street) so it's perfect for those late night munchies!



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