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June & July 2011



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SUMMER'S COMING!
EIGHT GREAT
BEACHES INSIDE!



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Serving Those Who Serve Their Country 2011

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June 2011 Issue 4



Summer's Coming Okinawa's Best Beaches

t's warming up in Okinawa so this issue we've got eight great beaches to visit as well as two restaurant reviews from Mexican & Peruvian restaurants. We've also been out around Okinawa and got reviews of the Gold Hall in Kin Town and the

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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TALLYSMART



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This is the new SMART way to read a magazine. Use your mobile phone to scan the QR Code on relevant pages and jump straight to a customized mobile phone page with all the information on that business. Directions, opening hours, telephone number and more right in your hand. Great for out and about!

Most Japanese phones have a QR reader or check out the iPhone app store or the Andoid Market.

Restaurant Review



Tetera

Friendly, family run Mexican restaurant close to Camp Foster

TETERA is a small Mexican restaurant with a really good, homely feel. It's not just about the food, which is excellent, but the warmth of the staff and their service. Most Mexican decorations in the restaurant have been donated by their loyal custome

TETERA is proud of the ingredients they use. They use organic vegetables including jalapeño and habanero and also prepare two different home made sauces.

For lunch, they serve set menus with reasonable prices ranging from ¥650 to ¥830.

I had the Mexican rice lunch set (¥830) which included tacos, enchiladas and chili con carne all on one plate! It had a mild flavour but you can still feel the spiciness of the natural herbs and spices without it being overpowering. The sets also include salad, soup, and all you can drink (soft drinks).

At night time there is a view

of Chatan from the window. It's a great spot for beer and tacos, while the sun sets.

"Enchilada set A" and "Quesadilla set" are most popular menu items. You will definitely come away full all for a great price!

Open - From 11:30 - 23:00 (Last order 22:00)

Lunch time 11:30 - 16:00

Closed – Thursdays

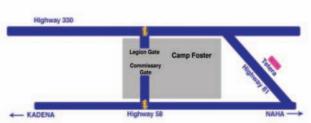
2-44-21 Aragusuku Ginowan City Tel: 098-892-0281 Dollars OK. English & Japanese OK. Take Out OK.



www.teteraokinawa.com



Directions, Hours, Telephone









www.hearth-cafe.com
Sunabe 10am - 11pm (Weekends from 7am)
2nd Floor 6pm - 1am
Take Out Available









Dive Update

Warm waters..

The water's warm and the dive season's underway! Come on in!

The dive season is now in full swing. The ocean is warm and the divers are dusting off their gear and getting wet again. The professional staff at Reef Encounters would like to remind you of a few things before you jump back in! If your diving gear has not been used or serviced for a while, come by and have one of the pro's at Reef Encounters ensure that your regulators and BC are ready for the summer season. Even more important than having your gear ready is to ensure that you are ready. Start out your dive



season with a few easy dives to get back in the swing of things or better yet visit your local dive shop for a quick refresher course to make sure your skills are sharp.



As the dive season kicks off, the team at Reef Encounters has some great local trips planned for you. Adding to our menu of daily trips to the Keramas for swimming with manta rays, turtles and sharkes, we are adding two new wrecks to the menu for advanced and technical divers. We will also be adding weekly night boat dives to our regular scheduled trips. Exploring the war relics off the coast of Yomitan is a regular dive also – these sites will

allow you to possibly collect your own WW II relic coke bottle.

Additionally, this spring for those interested in going deeper and staying longer our tech program will be going full swing this June. Everything from Intro to Tech to Trimix Level II getting you ready to explore the deeper reaches of the reefs and wrecks here on Okinawa.

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

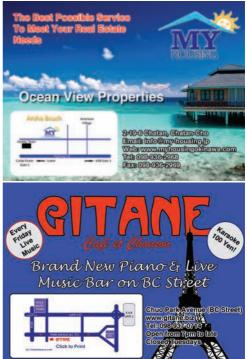


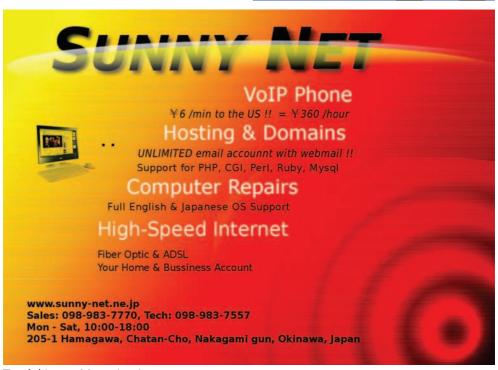












Nightlife & Events





Tenkaichi Super Fight

Coming on June 19th check out Tenkaichi's kickboxing and mma fight.

f you're into martial arts then you should visit at least one of Tenkaichi's super fights that take place every two months in Koza Music Town in Okinawa City. They have several bouts featuring Japanese & American fighters with ticket prices starting from \$35 in advance.

Tenkaichi super fight takes place on 16 June. For some video of the event and further details visit: www.okinawamartialarts.com



Feature - Beaches

Summer's Coming!

The best beaches in Okinawa to relax and enjoy the summer.

ere's our round up of Okinawa's top beaches. From right on your doorstep to those hidden gems, check out our beach selection. Don't forget to take the magazine with you and use the QR barcodes to check Google Maps on your mobile phone. (Check the app store or market for apps)

If you can't scan the codes you can check out all the maps here:

http://tiny.cc/okinawabeaches

Araha Beach



The one with the ship! Great beach for children conveniently located opposite Camp Foster. The beach also has water rides during the summer and various equipment for rent including BBQs



Tel: 098-936-0077 http://tiny.cc/araha

Sunset Beach



Sunset beach is located just behind the American Village in Chatan. Makes a great choice if you want to combine some shopping with a visit to the beach. Numerous restaurants close by as well!



Tel: 098-936-8273 http://tiny.cc/sunsetbeach

Nishihara Marine Park



Located on the Pacific side of the island, Nishihara Marine Park is a relatively new development. Visit for the bbq & banana boat ride set for 3300 Yen per person from April to October.



Tel: 098-944 5589 http://tiny.cc/nishihara

Tropical Beach



Tropical beach is located next to the Ginowan convention center. Alongside is a large park. Plenty of picnic tables plus other beach equipment to rent.





This beach is a great place to stop if you want to explore the shoreline of a natural beach then fill up on steak and lobster at the Malibu house restaurant. Close to Zanpa on Highway 6

Malibu Beach



http://tiny.cc/malibub

Touguchi Beach



Toguchi beach is located close to Torii station. There's a great park with slides for children and paths winding up and down the cliffs and to the caves. BBQ areas and shop during summer.



Tel: 098-982-8877 http://tiny.cc/toquchi



Zanpa is a great clean beach located just after Yomitan. They have the usual rentals and BBQ area and also boat rides. You can also take a walk up to the top of the cliffs of Cape Zanpa.

Zanpa Beach



Tel: 098-958-3833 http://tiny.cc/zanpa



If you want to try camping out next to the beach then Mission Beach is the place to go. It's a private beach so there is a charge but it's immaculate and allows overnight camping for ¥700/person





Tel: 098-967-8942 http://tiny.cc/missionb

Also worth a visit:

Hama beach, Muruku-Hama beach and Ikei Island beach are all worth a trip if you want a quieter beach off the main island. Reached via Highway 10 then take the bridges across to the islands.

Travelling north? Combine a visit to the Ocean Expo Park and the Churaumi aquarium with a visit to Emerald beach with views all the way to le Island. Maps & more beaches online at http://tiny.cc/okinawabeaches





Now View

Food



Sweet Tooth?

We've picked six of the best Okinawa sweet snacks that make a great local alternative to the morning doughnut.

Yukishio Chinsuko



Chinsuko is one of the traditional sweets from the time of the Ryukyu Kingdom. It taste like shortbread, but slightly salty. It is an exquisite combination of natural tastes. Yukishio is made from deep ocean water on Miyako island and contains 18 kinds of minerals.

Beniimo Tarte

It's a moist tart filled with rich unsweetened Okinawan purple sweet potato.



It also tastes good warmed up in a toaster oven.

Chinsuko-Chocolat

It's a crunchy cookie with creamy chocolate. It's modestly sweet. The texture is slightly like a honeycomb candy bar. It's great with coffee!



Ume-Kokutou



This is a great combination of Okinawa brown sugar with sour plum. If you didn't know the ingredients it would remind you of liquorice candy.

One piece is not enough and the different sensations of sweet and sour will mean one pack doesn't last long!

Peanuts Kokutou

These are roasted peanuts with brown sugar. If you love honey roasted peanuts, you will love these.

It's another Okinawan snack that once you open a pack it's going to be very difficult to stop!



Pineapple Candy



A simple but delicious combination of Okinawa sugar and pineapple pulp. Kids will love the bright yellow pineapple shaped chunks!

All of the snacks featured here are available from local supermarkets including Jusco and San-A



Okinawa Museum

Feeling the need for some culture? Check out the prefectural museum.

When you drive down the main street of Omoromachi in Naha City, there is a stand out white building which reminds you of "Gusuku" (the remains of castles in Okinawa). That is the Okinawa Prefectural Museum and Art Museum.

Okinawans built close relations with Asia and

the Pacific region in the past, these connections went on to provide a wealth of cultural influences. Okinawa has had so many experience of changing cultures especially between China and Japan. Even though Okinawa has undergone a lot of change, Okinawans have also remained close to nature.

The Museum has permanent exhibitions as well as visiting exhibitions. They have plenty

of exhibits, so you can learn about Okinawan history, archaeology, arts and crafts, nature, and ethnology. You can tour the museum in chronological order, giving a feeling of passing through Okinawa's history.

In the general exhibition area, you will see how people lived from the prehistoric age to present day Okinawa. The exhibition of the Ryukyu Kingdom was the most memorable part for me.



foreign languages and in the touch and experience room, there are activities where you can pick up items to observe and learn. It's a great way for kids to learn about Okinawa. It's a great place to visit early on during your stay as it will provide you with a depth of knowledge when you visit other areas of Okinawa.



Directions

3-1-1 Omoromachi, Naha City, Okinawa 900-0006 Tel:098-941-8200 Hours 9:00am ~ 6:00pm (Admission until 5:30) Closed Every Monday

Fees: ¥250 (High School/College) ¥400 (Adults) (Elementary & Junior high school free)











Restaurant Review



TiTiCaCa

Tasty Peruvian cuisine in the heart of Okinawa City.

TiTiCaCa opened in 2009, it's named after Lago Titicaca situated between Bolivia and Peru, the homelands of the owners.

When you think of Peruvian food you may have ideas of hot spicy food, but we were pleasantly surprised that it was tasty but not overwhelming.

At lunchtime you can select from 5 different lunch menus which are served with soup, soft-drinks (tea, coffee, or chicha morada) and cake of the day. (All for only ¥600).



We had "Arroz con Pollo" (steamed rice with chicken). It's a traditional dish that is common throughout Latin America and the Caribbean. Common ingredients are rice, chicken, mixed vegetables and Peruvian coriander, served with roast chicken. If you do prefer a spicier taste though, try their "Aji" hot sauce. To drink we had chicha morada, for Peruvians "chicha morada" is a very well known non-alcoholic soft drink made by boiling purple corn, and includes more polyphenol than wine. I expected the taste to be bitter or sour, but it was both sharp and fruity, a really interesting taste and something you won't come across often in Okinawa!

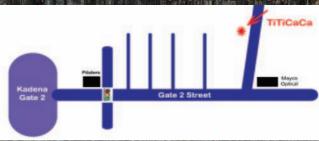
They also have several desserts, "Alfajores," is a Peruvian cookie with caramel cream and homemade cakes. Additionally they do party food to go including whole roast chickens for only ¥1500.



1-23-16 Chuo Okinawa City Okinawa (Between Gate2 street and Park Avenue.) Tel: 090-1344-3688 Closed Tuesdays Open 11:00-21:00 (Last Order 20:30) Lunch time 11:30-15:00 Yen Only

www.titicacaokinawa.com





Coupons











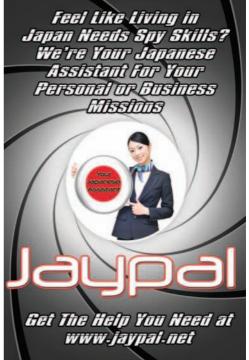




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Thanks to all our customers who helped us raise \$5112 in donations for the Red Cross to help with the Tohoku disaster appeal.



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Lester

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