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LOVE IN JAPAN





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How Doe I Love Thee

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2015

Issue 26

LOVE IN JAPAN



If you haven't already seen the pink and red hearts, make no mistake: love is in the air, and on the mind, as we move into the second and third months of the year. This issue, we tackle

that crazy little thing called love, and how it's expressed differently in Japan than in the West. We also review CC's Chicken & Waffles and Vegan Cafe Tamie's, and give you the latest dive report from Reef Encounters and Weird & Wonderful. You can view the magazine online at: www.

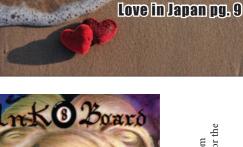
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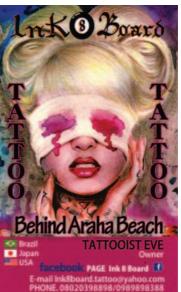
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Restaurant Review

CC's Chicken & Waffles

The latest unique and delicious addition to Sunabe's restaurants



We always like to see new restaurants that introduce unique flavours and products to Okinawa and CC's Chicken & Waffles certainly fits the bill.

They're located in Sunabe along the seawall on the ground floor below an apartment building. The restaurant itself has around 5-6 tables with some large enough for big groups as well as a bar area

that the owner tells us will be available soon in the evenings.

The menu itself is quite straightforward, which we prefer, they've obviously decided to focus on doing one or two things well rather than several things badly. It features the obvious chicken and waffles with choices of drum, thigh or boneless as well as biscuits and gravy. There's also a selection of sides to chose from including mac 'n' cheese as well as some sweet waffles if you are craving a sugar fix!

One of us ordered the chicken and waffles with boneless chicken while the other ordered the biscuits and gravy plate that came with a piece of chicken and egg. Firstly the chicken and waffles was good, everything is cooked to order, so it was worth the wait. The waffles were light and not too heavy and the accompanying chicken had a flavorful coating with perfectly cooked chicken inside. The accompanying

Menu Highlights

One Piece Chicken
& Waffles ¥700
Two Piece Chicken
& Waffles ¥900
Three Piece Chicken
& Waffles ¥1050

Biscuits & Gravy ¥650
Biscuits & Gravy Plate
¥1050

Biscuit ¥120
Mac N Cheese ¥400

butter syrup brings it all together. We recommend getting a freshly squeezed lemonade in a CC's glass jar to accompany the meal! The biscuits and gravy plate was plentiful and if you're not into the more sweet waffles then it makes a great alternative. The chicken is definitely the star here and when we definitely go back an order of chicken with mac 'n' cheese may be a winning combo!





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to

Dive Update

Explore Okinawa's Sea Life



As the 2015 year diving season starts to get into full swing it's time to get in the water and enjoy the waters of Okinawa. This time of year there are plenty of dives to ensure your skills stay up to date and the sites are amazing. The waters around Okinawa are still a bit cool but will be full of sea life this time of year to include humpback whales and other large critters, although the water is cooler the diving is still not to be missed. Reef Encounters is still running boats on a daily basis to dive sites on both sides of the island. With the northern

winds this time of year the Keramas can be harder to access due to large swells but sites closer to the main island and sites on the east coast are more accessible and the dive guides from Reef Encounters are experts on all these sites. Trips to sites such as Dream Hole, Overhead Rock in Onna and others such as the reefs off the east coast are all great dives for the weather this time of year. There are also off island trips to Yonaguni and Kume island for the more adventurous among you.

The year 2015 should be the year you dedicate yourself to improving your dive skills and expanding your diving experiences. Its time to get past the seawall and Maeda point and explore the oceans around Okinawa and beyond. Reef Encounters will be sponsoring many off island trips this year to include what is considered the best diving in the world at Raja Ampat in June, we will be exploring Africa in August – to include a land safari to see the animals of the African plain, and then in the fall off to Chuuk to explore the many wrecks entombed in the lagoon of this small island.

To ensure you can enjoy all the adventures set for 2015 we have set up a range of classes and workshops to improve your diving skill and make you ready for new adventures underwater and around the world. New classes include: Introduction to Technical Diving, Decompression Techniques, the all new Master Scuba Diver class, Mixed Gas Blender and Trimix Diver for those interested in the deep wrecks of Chuuk. We will also be offering one day seminars on Buoyancy Techniques and Advanced Propulsion Techniques to fix those small problems. We are also offering our monthly Divemaster and Instructor courses for those wishing to enter the professional side of diving. Contact us now to set up your schedule of training and trips. We look forward to diving with you in 2015!

www.reefencounters.org

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LOVE IN JAPAN

"HOW DO I LOVE THEE? LET ME COUNT THE WRYS." SO STRRTS THE FRMOUS SONNET BY ENGLISH POET ELIZHBETH BRRRETT BROWNING. THE WEST IS WELL-KNOWN FOR EXPRESSING ROMANTIC LOVE IN OVERT WRYS, IN POETRY, VISUAL ART, AND MORE RECENTLY, FILMS AND TELEVISION. JAPAN, HOW-EVER, IS A MUCH OLDER COUNTRY WITH STRONGLY HELD TRADITIONS AND SOCIAL RULES ABOUT ROMANTIC LOVE. IN JAPAN, EXPRESSING LOVE CALLS FOR MUCH SUBTLER DEMONSTRATIONS.

READ ON AS WE DISCUSS SOME INTERESTING CULTURAL TIDBITS ABOUT ROMANTIC LOVE IN JAPAN.

1 SRYING "I LOVE YOU" IS UNCOMMON.

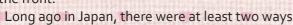


Westerners, particularly Americans, often throw the word "love" around, saying, "I love sushi" as much as they'd say, "I love you" to family and pets. In Japan, the word "love" is rarely uttered. Even when the meaning is romantic, it's more common to say, "I like you" (suki desu, pronounced "ski des"), or "I really like you" (dai suki-desu, pronounced "die-ski-des"), which literally translates to, "I big like you." In Japan, one tends to rely on more subtle cues to de-

termine how a romantic interest feels, including eye contact, facial expressions, tone of voice, and the amount of time spent together.

2 FOLD YOUR HEART OUT.

Before the age of text messaging, kids would write notes to each other in class, fold them intricately, and perhaps write, "For your eyes only" on the front.





to ensure that only the intended reader saw the contents of a letter or love note. Richer people would melt wax and press a seal over the enclosure, to deter those with prying eyes from breaking it. Poorer people without seals would practice origami, folding the letter in complex ways to make it difficult to open without tearing or refold it in exactly the same way.

The most popular of these folds is the "Lover's Knot." To try your hand at folding a Lover's Knot, perhaps for your next love note, check out the directions with photos here: http://www.origami-resource-center.com/lovers-knot.html

3 PDA? P-D-DON'T.



In the West, when couples kiss, hug, or show other public displays of affection, they might get an eye roll, or at most told to "get a room." In most of Japan, any PDA beyond holding hands or taking a partner's arm while walking is still pretty taboo and considered quite offensive, especially in crowded places like elevators or trains. In a culture where the collective takes priority over the individual, most couples save the PDA for when they're alone and out of sight.

4 FAMILY MAKE STRONG ALLIES-OR NOT.

Although arranged marriages in Japan are a thing of the past, getting along with a partner's family is still paramount. The belief is that in marriage, two families are joining together. Whereas Western countries poke fun about the dreaded mother-in-law, in Japan, not getting along with her could actually be a deal breaker, and in some cases, even lead to divorce! Making a



good impression with a loved one's friends and family are crucial to a lasting relationship in Japan. In fact, in many Japanese romance novels, friends and family are the ones who help pave the way for a couple's "happily ever after" ending.

5 GROUP DATING IS THE NORM.



In the West, "going on a date" usually involves two people getting to know each other one-on-one, or perhaps a "double date" of two couples (or, in some usually awkward cases, one established couple and a "blind date" of two people who haven't met). In Japan, going out as a group (without established couples) is much more common,

as it provides a safe and socially acceptable means for young women to meet men. Called "kompa" (borrowed from the English word "companion") or "godo" (meaning "group"), it often consists of a group of 10 people, half men and half women. The group will often go out to a restaurant or izakaya for food and drinks, then sing at a karaoke bar.

6 MEN & WOMEN GET THEIR OWN "V-DRYS."

Even though Japanese culture calls for more restraint when it comes to expressing love and feelings, it has not only embraced Valentine's Day, but has also created its own unique spin on the holiday. On February 14, women give chocolate to men, and not just to their love interests, but also to bosses and coworkers and male family members. Then on March 14, men who received chocolate return the favor and give the women presents, which are often white to denote the day, which is called White Day.













Weird and Wonderful Japan

Japan McDonalds apologizes

McDonalds' officials in Japan apologized for recent cases involving bits of plastic, metal and even a tooth found in their food. Senior executive Takehiko Aoki denied accusations that the chain has a quality control issue, and went so far as to suggest outsiders planted the tooth. Talk about a Big Mac that bites back!

Smoking Train



A 68-year old Hokkaido man who refused to stop smoking on a train was arrested for obstructing business and destroying property. When the conductor

asked the man to stop smoking, he angrily broke a table within the train car, causing the conductor to make an emergency stop and delaying the train 90 minutes. So much for politely following the rules!

Mummy Dearest

A 48-year-old woman was arrested after police found the remains of her mother mummified and in a futon in the closet of her apartment. The daughter allegedly did not want her mother's welfare checks to stop being sent after she died in March 2014. One can only imagine the amount of work needed to mask the smell, and the horrifying fact that her mother was dead in the closet.

Sony CEO: Cyber attack "vicious"

In his first public comments about the incident, Sony CEO Kazuo Hirai called the cyber attack of leaked films and employee info "vicious and malicious" and thanked supporters at an electronics trade show in Las Vegas recently. The surrounding controversy and threats from North Korea to pull "The Interview" helped propel the comedy to Sony's top-grossing film online, leading many to believe that the whole debacle was a PR-influenced inside job.

US fines Honda \$70 million

The Obama administration recently fined Honda \$70 million—\$35 million for failing to report more than 1,700 customer complaints about injuries and deaths, plus \$35 million for not reporting warranty claims to U.S. regulators. Not only is this the maximum civil penalty the TSA can and has ever imposed, but an automotive watchdog group is now calling for a criminal investigation.

Race for the ... luck?

More than 5,000 Japanese men dashed through the gates of Nishinomiya Shrine in Hyogo Prefecture and 230 meters toward the main hall in order to claim the title of "Luckiest Man." A tradition since the Edo period and tied to Ebisu, god of business, the annual race honors the three fastest men as the luckiest men for the year.

14

by Denis

Total You

by Denise Manning

Make The Most of Oki!



Throughout my career, I've worked with women and girls across America to strengthen their self-confidence, I've had the honor of being employed as the

first Life Coach to work at an HBCU (historically black college University), I've chaired county and city boards, I served as a Commissioner on the status of women and girls and the list goes on... No matter what I've accomplished or where I've

traveled or whom I speak with, the core issue is the same. Girls need inspiration! Girls are conflicted about their value in this world. When girls are conflicted and feel bad about themselves, they disconnect from life. They avoid activities like going to school, social functions and often times, giving their opinion!

Everyone has the opportunity to be an inspiration. Everyone can make a difference in someone's life, even if it's telling your own story. You have the ability to make a difference in a girl's self- esteem and the way she views her future so she's able to imagine her potential.

Here's my invitation to you: Develop that relationship with that special girl in your life, commit to inspiring girls with your kind words every chance you get. You don't have to have all the right words or fancy phrases, you just have to be you and be genuine. Trust me, she will notice. There is no more important, more significant time than now to INSPIRE the girl in your life, right now! Living in Okinawa can be filled with its own anxieties, especially being away from loved ones and friends that made her feel special.

I created a movement that I hope you join! The Inspire a Girl Movement, in an effort to inspire every girl around the world to imagine her potential! Check it out! www.inspireagirlmovement.com

BE the TOTAL YOU and INSPIRE a GIRL!

T. Denise Manning, Certifed Life Coach, founder/owner of Imagine Potential Life strategies firm, joined the total Okinawa Team June 2014 and will be writing our "total you" section that highlights, inspires and encourages our readers to be the best they can be by utilizing okinawa's services and resources! Want your health, fitness, beauty or wellness business featured? Contact Ms. Denise today! OkinawaLifeCoach@gmail.com

T. Denise Manning is the president and owner of Imagine Potential Life Strategies Coaching Firm **www.imaginepotentialnow.com**



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Restaurant Review

Vegan Cafe Tamie's

Tamie's kitchen - vegetables for everyone!



Vegan anyone!? Okinawa has it's first full vegan restaurant located in American village. Tamie's kitchen serves a fun and healthy vegan menu. Mexican veggie tacos, teriyaki veggie burgers & samosa just to name a few! They even serve vegan ice cream! The new vegan restaurant on island also offers vegetarian couples "party plans" for those that are planning weddings, birthdays or even anniversaries. I visited Tamie's kitchen for lunch and had the teriyaki burger and I must admit, it was AMAZING! Living on this island couldn't get any better, this new addition to the community was long over due. The restaurants atmosphere is relaxing and has the right ambiance, I forgot I was in okinawa during my lunch visit. They have indoor and outdoor seating and great

space to stretch out your legs while enjoying their awesome cuisine.

I had the pleasure of
Hirokawa. Tamie was very
establishment however Ms.
established macrobiotic chef!
selected vegetables, mostly
The menu is a collaboration
designed by creative and

meeting the Owner, Tamie sweet and humble about her Hirokawa is a seasoned, well Her dishes are made from grown in a local organic farm. of compassionate ingredients artistic minds.

I invite you to enlighten your palate with the miracles of earth at Tamie's! GO VEGAN!!

amleis

T. Denise Manning, Certified Life Coach, Total Okinawa Contributor





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