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SHOP!

Shopping Paradise at Aeon!



The construction of the Aeon Mall Okinawa Rycom built on the site of the old Awase golf course has been pretty hard to miss; so we went along to check it out and review what's on offer.

We also review Fujiya restaurant in this issue as well as the Guacamole Burrito Truck. There's also the latest dive report from Reef Encounters, Weird & Wonderful and our regular life coach article; Total You. You can view the magazine online at: www.totalokinawa.com



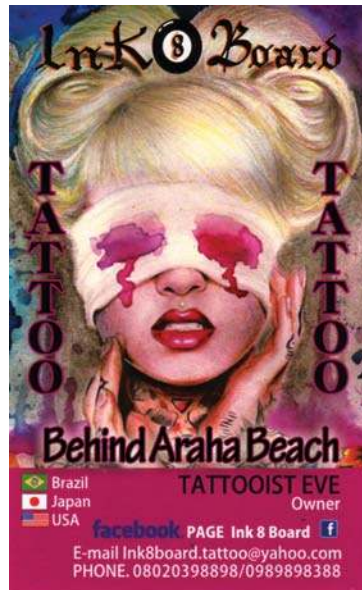
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Fujiya



Have you had “zenzai” before? If not, how about trying it to beat the summer heat!? Zenzai is a type of shaved ice with red kidney beans, mochi, and soup boiled with beans and brown sugar. Many Okinawan people from children to elderly eat zenzai during summer, so there are many restaurants / cafes that serve it here. Fujiya in Naha City is a famous restaurant serving it since 1992. It is located in the Tomari area near Shintoshin, you cannot miss the fancy appearance of this restaurant.

Fujiya serves 3 different flavors of zenzai; regular zenzai, brown sugar, and matcha. You can also add condensed milk for your preference. Since red kidney beans are rich in nutrients, it's a healthier way of having a sweet treat! Eat sweets and get healthy, what a perfect way to live!

Another type of cold sweet is also served at Fujiya which is “Shiosen ice (salt flavored rice cracker with ice cream).” Speaking of which, you might think salt and ice cream are not the perfect match, but they ARE believe it or not! Its saltiness and sweetness go together pretty well, so it's an unexpected taste sensation the first time you try it.

Okinawan local dishes including Okinawa soba and taco rice are served here as well. Parking lot is available near the restaurant, so you do not need to worry about where to park. If you are interested, why don't you go to “Fujiya” when you visit Naha City?



Menu & Price: <http://bit.ly/1HqpZgZ> (Japanese)
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<https://goo.gl/maps/apbxX>


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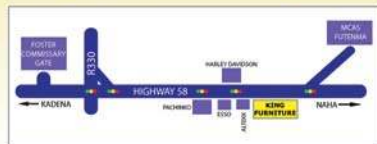
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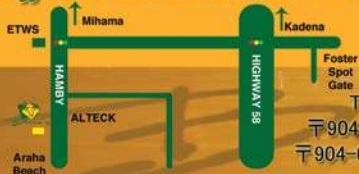


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Warm Waters Are Coming...



The dive season is now in full swing in Okinawa. The calm, warm days of summer are here! It's time to put the thick wetsuits away and enjoy the sun and warm water. The summer months bring the warm southerly breezes and calm waters that all divers look forward to all summer. This weather pattern brings calm waters to all the best dive sites on the main island of Okinawa and makes the Kerama and outer islands accessible by boat on an almost daily basis. As the days get longer this will also enable those late afternoon dives after work with plenty of light available. Now is the time to fully enjoy all that the amazing, azure

waters of Okinawa have to offer.

Reef Encounters has some amazing things in store for the divers on Okinawa this year. We will be offering more trips and dives to more out of the way places both on Okinawa and around the world for divers to enjoy. Trips this year will include: Yoron island wreck diving, Raj Ampat, Chuuk Lagoon, Africa diving and safari, Yonaguni shark and ruins diving, Kume island and of course our daily Kerama and Onna boat trips. Contact us for more information on all these trips or follow us on facebook at: Reef Encounters Dive Team (www.facebook.com/groups/reefdiveteam/). These trips and many more will offer exciting new dives to test your skills and explore new and exciting underwater destinations.

On the training front Reef Encounters is pleased to finally announce the arrival of helium based diving on Okinawa. After years of work we will be offering the full complement of tech diving courses on Okinawa without the need to travel off island to complete the final dives due to lack of appropriate deco and bottom mixes being available on island. As the final pieces of gear arrive we are planning to be up and running by late June for trimix and other gases. This will open up the deep reefs for safe exploration without the dangers of diving deep air. If you would like to be properly trained to dive deep consult the professionals at Reef Encounters to arrange your classes today.

Reef Encounters is also pleased to announce the addition of two new instructors to the Reef Encounters staff to allow for more training opportunities and classes for divers. A full range of training classes and specialty courses are offered please contact our staff for details. Our professional training program is also kicking into high gear with divemaster, instructor and instructor trainer courses being put on the schedule monthly for those looking to make their hobby their career. Classes can be taught in a variety of languages with native English, Japanese and Polish speakers available. Contact us to schedule your training or trips today!

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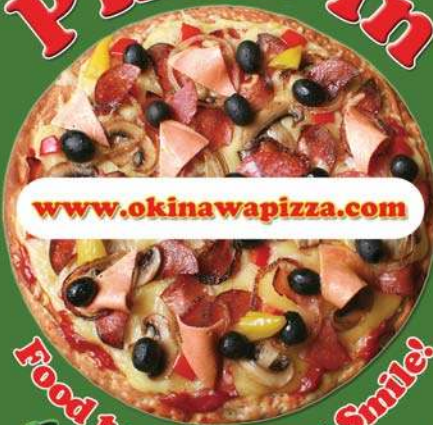


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AEON Mall Okinawa Rycom



Built on the site of the former Awase golf course, Aeon has turned the land into a massive shopping complex with 235 outlets. There's over 78,000 square meters of retail space and over 80 restaurants so whatever you are looking for you're sure to find something of interest.



US BRANDS

1 The opening of the mall brings with it several new US brands to Okinawa.

We can't promise that they have larger US sizes that you may be used to back home but for the first time in Okinawa there's now Old Navy, Gap, Forever21, Skechers and American Eagle Outfitters amongst others.

There's also a variety of international and US brand accessory, sports and beauty stores such as Oakley, The Body Shop, Billabong, and Giordano. When you're shopped out you can grab some ice cream at the Cold Stone Creamery!



JAPANESE BRANDS

2 If you're looking for Japanese fashion you may or may not have heard of before then there are a multitude of (mostly) women's clothing stores to choose from. There's also some Japanese brands such as Bic Camera, a massive electronics store. If you can't find what you need in an independent shop the massive Aeon department store probably has it.



OKINAWA GIFTS

3 There's some great options for Okinawa gifts and not the usual tourist assortment you find in Naha. Including, the awesome KuKuru which designs products using Okinawan textiles, to the Awamori and Sake tasting section in Jusco, to pick the perfect gift!



4 FOODCOURT

With over 80 restaurants there's something for even the most picky of eaters! On the 4th floor is "Gourmet World" which is nothing like the food courts you may be used to back home. There are Okinawan names you may be used to like Jai Thai and Han's Steak House as well as speciality stores just producing the most delicious fried potato you ever tasted!

Some of the other highlights are Ikinari Steak which was the only place with a long line when we visited mid-week; fresh cooked massive hunks of steak cooked and cut before your eyes. Also, Orion beer hall is not to be missed; who doesn't love a plate of grilled sausages and a nice cold Orion!

To finish off there are plenty of dessert choices as well. There's Jack in the Donuts if you're feeling like a well known favourite, or for something more local try the shaved ice topped with fruit at Dragon Sweets.



5 ROOFTOP

It's quite easy to miss out on going to the roof with the number of food choices on the 4th floor, but it's worth exploring if you feel like more of a restaurant atmosphere instead of the food court.

There's some very tempting choices, including the open front Wild Ocean Grill & Salad Bar, Red Lobster and several Japanese restaurants as well as Roy's from Hawaii and also Kua'Aina burger joint. There's also an event space and a great view especially at night!



The Aeon mall is located on route 23 close to Plaza housing and the Plaza house shopping center. Scan the code or click the link for a Google map:



<https://goo.gl/maps/2H8QI>

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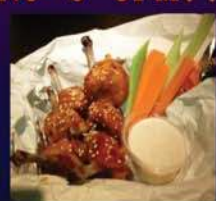
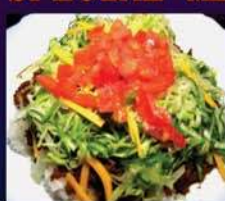
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Check FB (WESTERN WORLD OKINAWA JAPAN) for more information!!!

Weird and Wonderful Japan

Pair of Melons fetch Y1.5 Million!



Maybe it's time to start a new career fruit farming. A pair of Yubari melons recently attracted a winning bid

of 1.5 million yen at auction. Amazingly this isn't the record for luxury fruit, with that record going to an auction last year where the highest price was 2.5 million yen!

Guinness World Record Strawberry

In more fruity news, a Fukuoka farmer produced a record breaking strawberry weighing in at a massive 250 grams! It was misshapen and is caused by cold weather causing several strawberries to become fused together. The 250 gram monster was 8 cm tall and 12 cm long!

It's Heating Up

With temperatures heating up across Japan, 2 people died and 480 were hospitalized in the week from 11 - 17 May alone. Last year, 50,000 people were hospitalized for heat related problems.

Osprey Crash in Hawaii

A fatal Osprey crash at Bellows AF station in Hawaii has reignited concerns in Okinawa over their safety. The Okinawan governor, Onaga-san has said their use should be suspended until the cause of the crash has been discovered as well as continuing to press for their eventual removal from Okinawa.

Fingerprinting 6th Grade

A teacher in Tachikawa, Tokyo is in trouble for deciding to fingerprint every member of his 6th grade class after a girls shoes were filled with thumb tacks. He thought that this would dissuade bullying during his interrogation of all 37 students. Maybe he has missed his calling and should have pursued a different career!

Stricter Controls on Food

Both Hong Kong and Taiwan have introduced stricter checks on food imported from Japan following the discovery that hundreds of products had faked labels indicating they did not come from an area affected by radiation. If this is happening to exported products it makes you wonder what products are affected domestically as well.

Birth on a Plane

A Canadian woman gave birth while a plane was en-route from Canada to Japan over the Pacific. Luckily there was a doctor on board who delivered the baby girl in mid-air. The plane arrived 30 minutes early after being given priority landing at Narita, but immigration had one more passenger to deal with than they were expecting!

9 Year Old Attached by Monkey

A 9 year old boy in Fukuoka was attacked by a wild monkey who had taken a liking to the bento box he had. Luckily he only received a light scratch on his knee and was not otherwise injured.

Logic will get you from A to B.

Imagination will take you everywhere

Perfectly said by Albert Einstein, achievers are born out of imagination. In the world of today, the more you think creatively the more you stand out of the crowd.

Albert Einstein also said "I am enough of an artist to draw freely upon my imagination. Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world."

If we must achieve the extraordinary, we must consciously engage our imagination. Often times our imagination is limited due to unrecognised potentials. According to Wikipedia, potential generally refers to a currently unrealized ability.

"Consult not your fears but your hopes and your dreams. Think not about your frustrations, but about your unfulfilled potential. Concern yourself not with what you tried and failed in, but with what it is still possible for you to do." - Pope John XXIII

To grow in any endeavor two important words come to mind; imagination and potential. The first can stand alone, but certain adding the later to it gives it more potency. Your ability to imagine your potential will determine your growth in life. Potentials are the innate attributes which differ from person to person. Often times people are busy looking at others for direction in life rather than engage their imagination by unravelling their potentials.

Imagining your potential can be a cumbersome task, however it will enhance your growth in all aspects of life. You need to do a mental accrue ment about your potential. Below are a few questions to ask yourself, then you can engage your imagination to grow.

When do you find yourself most joyful and excited?

If you could never fail, what would you choose to do?

What are the principles that you hold most dear?

What is the one thing that makes you special and unique?

Do you appreciate your unique abilities? If not, what is the reason? How can you change it?

If money was not a constraint, what would you be doing with your time?

What do you do for a living?

If someone made a movie out of your life, what will it be like?

Ask your self more questions to know more about your potential.

Take down the assessment on a paper and carefully imagine all your potential. Be aware of how you're feeling and put yourself FIRST!

One thing is certain, you CAN imagine your potential and grow.

Imagine your potential!



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The Guacamole Burrito Truck

Does the burrito truck live up to the hype?



The burrito truck has become something of a legend in Chatan with Ken, the owner, regularly selling out of his burritos at the weekend unless you can get there quick!

Firstly, the location has changed, from May 13 the truck will be just behind Toyota in Chatan near Okinawa Ink tattoo shop, but the truck and food haven't altered...

There was only one choice when selecting from the menu that included chicken, veggie and carnita burritos... it had to be the number one

best seller, the pork carnita burrito.

Firstly, the food is freshly prepared but the wait of a few minutes is more than worth it. The burrito itself was a generous size and tasted very fresh. The rice was freshly cooked, soft and fluffy and the carnita had a smokey pork flavor fresh from the grill, very satisfying and the salsa added the perfect level of spiciness. If you like your burrito with extra meat then you can add more for 300 yen.

Apart from the famous burritos Ken also has quesadillas and also a gluten free burrito bowl without the tortilla. There's also Corona and Orion draft for 500 yen each and also mango and guava juices.

Regulars know to check the Facebook page before you go to make sure he hasn't sold out as when it's all gone, he's closed!

All in all, it's a generously sized burrito and we especially loved the fresh rice and flavorful carnita, though we recommend ordering an extra meat portion!

Wed - Fri: 4:00 pm - 9:00 pm & Sat - Sun: 11:30 am - 6:00 pm

Check FB Page if they've sold out: <https://www.facebook.com/guacamole858.jp>



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