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SAY HELLO TO SUMMER!

Hidden Summer Fun!



Most of you probably already have a favorite or local beach, but this issue we set out to discover some hidden beach gems as well as ideas for water sports you may have missed. We

also review Subwing Cafe in this issue, as well as Woody's International Gastropub. There's also the latest dive report from Reef Encounters, Weird & Wonderful and our regular life coach article; TotalYou. You can view the magazine online at: www.totalokinawa.com



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Subwing Cafe



Sometimes a man just wants a sandwich. It's an indisputable fact of life. Recently I found myself in dire need of a sandwich; not just any sandwich would do though. I wasn't looking for your run of the mill Subway sandwich; I was looking for something a little different, something with just a bit more flavor and crunch. I had heard of a small cafe known as "Subwing Cafe - Cuban Sandwich" and decided this would be my destination of choice.

The Subwing Cafe - Cuban Sandwich shop is located just off of the sea wall near the Ocean View Palace in Chatan. There is a sign along the seawall pointing you in the right direction, so you won't pass by the side street that it's on. Although it looks rather small from the street it is impressively roomy with dining either outside or inside. I chose inside and was greeted by the lovely hum of air conditioning, a nice break from the early summer heat. The staff were incredibly friendly and spoke English quite well.

After taking my seat I took a look over the menu and was pleased to find quite a few options for sandwiches and drinks. They even had Guava juice! It took about 10 minutes to get my sandwich and let me tell you.... it was delicious! The texture, crunch and presentation was just what you would expect a Cuban Sandwich to be. In comparison to other cafe's it was also reasonably priced. I decided upon a small sandwich but after finishing wish I'd gone for the medium. Their guava juice was also reasonably priced with a decent portion size. It was fresh and has since been entering my dreams on a nightly basis. It's a place I've already recommended to both American and Japanese folks.



They accept Visa, Mastercard and cash and also offer a delivery service (1500 yen minimum) and a take out option. Find them on Facebook at: <https://www.facebook.com/subwingcafe/>

Google Map & Directions



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Summer dive season is in full swing in Okinawa. Boat dives are running daily, the seawalls and other areas are packed with divers entering from shore and the late sunsets make those after work dives that much better. Water temperatures have warmed up to the point where rash guards and shorties are the exposure protection of choice and winds from the south are keeping dive sites calm and entries easy. The warm weather and calm seas are the perfect time to get certified or take that advanced class that you have been thinking about. The professional staff of instructors at Reef Encounters is ready to show you the ropes and safely start your new adventure under the waves. Basic and advanced classes start daily- you can stop by any day and sign up and start your studying right away. The free e-learning modules allow you to start your adventure without delay and work at your own pace, with e-learning our staff always available to answer questions and explain things in more detail if needed. When your book study is complete, we head to the water to expand our skills and become comfortable planning and executing dives. Do not wait start your adventure today!

August will also bring another tech dive week to Okinawa, with courses from intro to tech to full trimix available. Those divers wanting to increase the exploration of the underwater world to include the depths beyond 130ft/40meters, Reef Encounters is the place to be, with on staff full technical instructors, dive gear and support for all levels of tech diving. Sidemount kits, double tanks, stage bottles are all being added to our rental inventory for those divers wanting to try out kit before purchasing. Also new lines of gear to include the latest technical dive computers, backplates, wings and sidemount kits will be available for purchase as we increase our retail offering to support our tech diving clients on Okinawa.

Finally, with all the new skills you learn this summer, Reef Encounters will be offering trips to put these new skills to use. We are already taking reservations for hammerhead sharks tours in January, February and March 2016. We are putting a trip together for November to explore the wrecks of Chuuk lagoon along with our regular day trips to Keramas, Onna dive sites and more. Stop in today and find out all the amazing adventures you can experience with Reef Encounters in Okinawa and around the world.

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SAY Hello TO SUMMER

If you've been in Okinawa a while you no doubt have a favorite or local beach hang out, but this issue we went looking for some hidden gems and beach ideas you may have missed. We also took a look at some water sports ideas; there's more on Okinawa than just scuba diving!

Beaches

You've probably already discovered your local beach but if you're looking for some popular or hidden gems check out some of our recommendations below!



1. Zamami Island

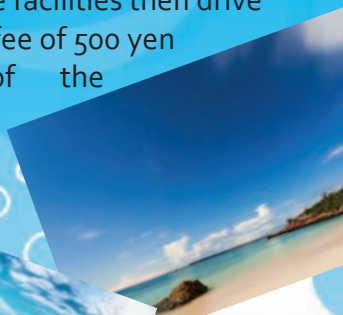
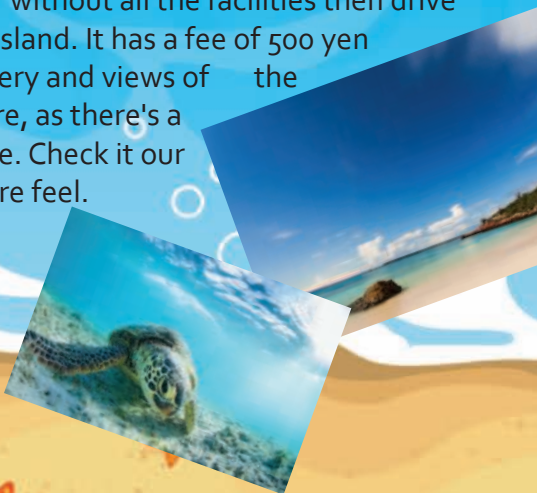
If you're feeling adventurous and want to explore away from the main Okinawa island, then Zamami island is a great choice. Part of the Kerama islands and just a 50 minute ferry ride from Naha you can visit for a day or overnight trip. Famous for pristine beaches and amazing diving it also boasts a quieter way of life for true relaxation. Want to stay overnight? Check out the Zamami International Guest house (zamamia-guesthouse.com) owned by a friendly Canadian if you are worried about your Japanese ability.

2. Nirai Beach

TripAdvisor recently did a user ranking of the ten best beaches in Japan. Yonaha Maehama beach on Miyako island was number one (another great off island choice) but on Okinawa main island Nirai beach was ranked number six out of all Japan. It's a great choice to sit and watch the sunset.

3. Yagaji Beach

If you're looking for somewhere quieter without all the facilities then drive past Motobu and you'll discover Yagaji island. It has a fee of 500 yen which keeps it quiet with amazing scenery and views of the East China Sea. You can even camp there, as there's a camp ground, showers and a small store. Check it out for somewhere for a more back to nature feel.



4. Hotel Beaches

If you want a beach with lots of facilities and plenty of dining options close by then check out some of the hotels that allow public access to their beaches. The Sun Marina hotel beach extends for 400 meters and the waters change color depending on time of year. The Renaissance resort also in Onna makes a great choice if you want to enjoy indoor and outdoor pools, the beach, jacuzzi, water slides and more. Admission is 1260 yen. If you've driven past hotels before and think you can't use the beach it's worth stopping in and asking whether they do day passes.



Marine Fun

There's a massive choice of water activities in Okinawa. Here's a quick roundup of some ideas you may have missed:

Hookah Diving: Want to get a taste of scuba diving, check out this long air line method of diving. A guided tour of the underwater world without the tank. Visit destiny-charters.com for more info.

Marine Walk: Take a 20 minute walk around the sandy coral bottom of the sea with no special gear other than a helmet! Visit seasir.com for info.

Glass bottom Boat: If you prefer not to get your feet wet, a glass bottom boat makes a great choice. The largest one in Okinawa is operated by West Marine at Naha port. 3000 yen for adults and 1500 yen for children. Tel: 098-866-0489

Fly boarding: Finally, looking to be adventurous? Check out fly boarding at a variety of beach now in Okinawa including Kadena Marina, Kariyushi Beach and Rizzan Beach. Check out okinawa-flyboard.com for further info or kadenafss.com.



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Weird and Wonderful Japan

Fake Doctors

20 psychiatric doctors are under investigation in Kawasaki after they fraudulently obtained certification for psychiatric care. They apparently falsified exam reports and admitted patients without following protocol.

World's Oldest Man Dies

The world's oldest man has died at 112 years of age in Japan. A day later the world's oldest woman celebrated her 116th birthday, this time in New York.

Resident Card Deadline

The 9th July was the deadline for foreign residents to change from the old alien registration card to the new resident

card. If you haven't changed yours yet, visit Kadena or Naha immigration ASAP!

Fire on Airtight Bullet Train

A man set himself on fire on a bullet train from Osaka to Tokyo killing himself and also a female passenger as she succumbed to smoke in the airtight train. The incident has highlighted vulnerabilities in train travel in Japan both security and how incidents such as this are handled.

Dolphin Expulsions

Zoos that buy dolphins caught in drive hunts like the one still going on in Taiji will be expelled from the Japanese Association of Zoos & Aquariums. What effect this will have remains to be seen.



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Often times society dictates to numerous people and by default, defines who they become. I believe that we are here, in this period and place, for a reason. You may wonder why it is obligatory to be unique. A purpose is that which we alone can fulfil. For this reason, it's of necessity to be unique. Unfortunately many of us do not know this reason, this purpose; we attempt to follow what others say.

1. Know that you are already unique.

We all are unique because we are a combination of experiences, character, and outlook that no one else has ever had or ever will have. Our DNA is unique, even identical twins are not 100% identical. Do you want to be unique? Congratulations. You already are.

2. Spend some solitary time.

To really get down to who you are and what makes you unique, you must spend time alone occasionally. Disconnect from everything. What are you left with? Meditate on what matters to you.

3. Discover yourself and be yourself.

In order to be unique, you must be yourself and not a replication of someone else. If you are unaware of your status, that process can seem a bit scary. To be yourself, you have to discover yourself. Do you know what it is you like? What you are like? Who are you when no one else is nearby?

4. Know what you want.

Be very certain that you truly want to be unique. What does different actually mean to you? What do you perceive as normal? What is it about people that strike you as "the same?" Every person's interpretation of "unique" varies. It is how they look? Act? Talk? Dream?

5. Don't strive to be "normal", "trendy" or "abnormal."

Chasing any label, including unique, is unproductive. That's a self-centered drive to be different. There are a billion other people on planet earth that are striving for normal, trendy or abnormal, just aim for you. Whatever it is, it's good and true.

It's easier to pursue no labels when you realize they don't exist.

6. Know how you want to be unique.

Once you've pinpointed what "unique" is to you, how do you want to go about it? You could be unique in so many ways.

7. Observe your environment.

Take a step back from your surroundings for a moment and just observe. How are people behaving? How do they interact with each? What assumptions do they all make? How are they dressed? For example, an European man that bows instead of shaking hands will be different in his culture, but be pretty normal in Asia. In order to know how to be different, you have to take into account your environment. Think of three words to describe yours. Now, what's the opposite of that?

8. Experience New Things.

Your life experiences set you apart from everyone else. This directly leads to your uniqueness. Take look at the impact of some people that dared to be unique. Thomas Edison, Steve jobs, Madonna, Lady Gaga, Oprah, e.t.c.

If you want to make a difference in life, BE UNIQUE! Be proud to be different. Remember that being unique is just that... being. Be you! Embrace who you are and live unapologetically.

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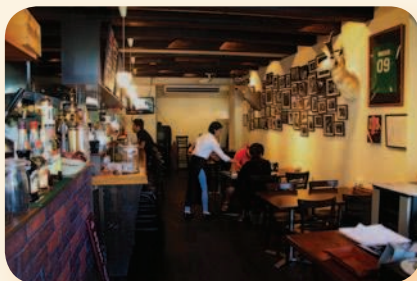
Tucked away on a corner in Tomigusuku is an international cafe with a spectacular burger. For those of you who like burgers and other western food Woody's International Deli-Cafe & Grill is a hidden gem. It's entrance is cozy and offers outside seating in the shade with a rustic forest kind of allure. Inside the theme continues, almost transporting me back home to the forest theme restaurants of my youth. The wood floor, animal trophies and pictures give it an overall comforting atmosphere making it easy to enjoy a meal. Not to

mention the inside seating is cooled by sweet sweet air conditioning.

Now, I was worried the food wouldn't live up to my standards, especially the burger. Their lunch menu offers mainly different kinds of burgers and pasta. Though, they also have a chicken sandwich too. Now, I have to say I was taken aback by the quality of the burger. I ordered the BBQ Blue Cheese and couldn't be happier with that decision. The bun was lightly toasted giving it a soft crunch complimenting the soft Angus burger patty inside. The mix of cheese lettuce, tomato and BBQ sauce made it a heavenly lunch. The meal also came with fries. They had the perfect crunchiness but were fairly small in portion size.

The upsides to this cafe are definitely its staff, the quality of the food and on site parking. The downsides were small portion of fries (which I'm sure helps to fend off an extra layer to my beer belly but leaves me wanting more), and the grease which pools out of the backside of the burger (though they do warn you and give you a cool paper contraption to catch the grease while you eat the burger).

Overall I'd recommend at least one trip to Woody's International Deli-Cafe & Grill, especially if you are a burger lover! They accept credit cards and Yen though they are hoping to add dollars in the near future. *Closed Monday and open for lunch from 11:30 - 16:30 and dinner from 17:30 to 23:00*



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