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Experiencing the art of a traditional Japanese Tea Ceremony *pg 7*



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This month: Vegetarian Lasagna

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## “National Lampoon’s Vacation” comes to Okinawa



By Margy Metzler

*The fearless and maybe a little navigationally challenged leader of the Travel Group.*

I woke up Wednesday the 28<sup>th</sup> of October to a typically beautiful fall morning here on Okinawa and with great anticipation for our first “Travel Group” outing. We were all gathering at the USO on Kadena to travel north to Nago to the British Tea and Wine Shop. I should have realized that we might have some navigational difficulty when we had trouble finding each other at the USO, but I was armed with my directions from the Stars and Stripes and off we went.

There were five of us so Kelly Payne offered to drive in her “Macho” van and we are thankful for that! All went well until we were on 84. We went past the Pineapple Park and traveled the 3 km looking for the Izumi sign as per the directions. We turned at the sign and found a beautiful valley with a very narrow and steep road (glad of macho van) and traditional old Okinawa homes, just not the correct road.

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## ...from our president

Greetings Everyone,



I hope that everyone is enjoying the “fall” weather we are having here in Okinawa. The rain has started to fall and the temperatures are slowly beginning to drop. The humidity is becoming less and it provides for beautiful evenings and time to spend with family.

I am happy to say that we will be having a November event, co-hosted by the CFAO and CTF-76 group at the South East Botanical Gardens on November 10. It will be a wonderful luncheon with an Ikebana style activity and presentation by the Navy MWR. It should be a wonderful day!

In October Navy Fleet Gift Shop had the arrival of our Philippines shipment and Christmas opening. To all of the volunteers who came and helped with the unload and unpack thank you very much! Many of you enjoyed the pre-buy and shopping in the following days! We thank everyone for your continued support of the Navy Fleet Gift Shop & Kids Cottage through your purchases and your volunteering.

Our next shipment arrives November 2nd from Thailand. Come and lend a helping hand starting Monday, November 2nd at 9:30 AM with the unload. We will also be hosting a pre-buy on Tuesday, November 3rd for NOSCO members only from 4:00 – 5:00 PM and then open to anyone from 5:00-7:00 PM. This shipment is a great way to jump start to your Christmas shopping. It will be full of spa items, jewelry, teak wood carvings, furniture, purses and many other wonderful finds! Remember, all proceeds go to charity!

As many of you may have experienced, our website is not working correctly. We have addressed this problem and are in the process of setting up a new one. The new website will be up and running soon and we look forward to sharing it with you! The Web address should stay: [www.noscokinawa.com](http://www.noscokinawa.com) .

To all of you traveling back to the states for Thanksgiving, safe travels and return. For those of you that will be staying on island, and away from family for the holidays, join together with your friends this holiday season and share in the special times with them.

Thank you to each of you for supporting your spouses as they protect and serve our country. On behalf of the NOSCO board, I wish each of you a peaceful and happy Thanksgiving!

Happy Thanksgiving,  
Angela

# Dental

By Lindsay Platt

In September, the Dental Coffee Group met at Angie Wolfgang's house for a welcome tea. She and Angela Patangan prepared a lovely spread of snacks for a great turnout of members. We met new arrivals to the island, learned about the Dental Coffee Group/NOSCO and ended with a raffle.

The Dental Coffee Group met again in October at Melissa Williams apartment for an evening of fun, food and games - not to mention a great view! She prepared a delicious Italian meal and we played Bunco.



# CTF-76/CFAO

By Colleen Cooney

We met for our monthly meeting on the 6th at Marco Polo's in Awase for some tasty lattes and fresh pastries. On the 16th, several of us participated in a traditional Japanese tea ceremony (read about it on pgs 7 & 8) in Naha. We also said a fond "Arrivederci" to Patty Nieswiadomy - who is moving on to Naples - with tea and sweets, hosted by Jessica Grant.

November will be a busy month for our group. We are looking forward to our upcoming NOSCO event at the SouthEast Botanical Gardens on Nov. 10, an excursion to the Peace Park and Thai in the Sky on the 11th, and a dinner at Arin Krin garlic restaurant in Naha on the 19th. Our next monthly meeting will be 10am Dec 1 at Rose Garden on 330.



# 3rd Med

By Kelly Kaup

3rd Med Coffee Group met up at Four Seasons this month for yummy teppanyaki! Thanks to Jennifer for such a great location. Don't miss JulieAnn's pick next month on November 23rd.



There will be a "General" coffee group starting for those spouses who don't fall into a specific command or those who would like to participate in a separate group. Please contact Kaylin Palmer at 932-1778 or [apalmer515@aol.com](mailto:apalmer515@aol.com) for more information.

# The Navy Fleet Gift Shop

## Thailand is Here!

### Items to Look Forward to at the Home Store

Unique Jewelry, Fun Hand Bags, Reclaimed Teak Furniture, Teak Carvings, Carved Screens, Decorative Lamps, Candle Gift Sets, Thai Mats, Floor Cushions, Serviceware, PAGODAS, Rattan Furniture, Jewelry Boxes, Teak Spirit Houses, Pottery, Garden Stools & Lanterns, Rice Baskets, Teak Picture Frames, Teak & Monkey Pod Furniture, Spa Items, and So Much More!

### New to the Island... Real Orchid Jewelry!!

### Christmas Items

Table Top Reindeer, Festive Mugs, Wooden Christmas Trees, Snowman Napkin Holders, Christmas Cards & Bags, Carved Santas, and More!

### SPECIAL OPENING

**Tuesday, Nov 3rd  
5-7pm**

**At the Home Store  
Don't Miss Out!**

### Items at Kids Cottage

Teak Furniture: Tables, Desks, Bookshelves, Rocking Chairs, Dressers, Rockers, Banks, Lamps, Wooden Toys, Baby Albums, Sand animals, Umbrellas, Animal Shaped whistles, and More!!



November News From

# The Navy Fleet Gift Shop



**New Vendors at  
The Kids Cottage:**

Polka Dot Mommy  
Hand-crafted baby gifts!

**Sushi Socks**

Infant socks that look just like  
sushi!

Great Gifts for the  
Holidays!!



**Check Out Our New Website!**

[www.navyfleetgiftshop.com](http://www.navyfleetgiftshop.com)

**Become a Fan of the  
Navy Fleet Gift Shop on Facebook!**

**Vendors:**

Royal Phoenix Jewelry

Nov 4-7

Fong's Charms

Nov 11-14

Nov 18-21

UpTight Indian Textiles

Nov 25-28

**Coffee Groups:**

If your NOSCOC coffee group  
is looking for a fun place to  
host a monthly gathering,  
please consider

The Navy Fleet Gift Shop!

Call us at 645-8812 for  
more information.



# Travel Group

...from page 1

So we headed back to 84 where we found another Izumi sign - this one in front a local produce market. While the group went in to buy fresh veggies, I used my excellent Japanese to ask for directions: "Sumimasen, British Tea House," and for further information, "San kilometers Pineapple Park," yet no one seemed to understand. Luckily for us, Kim Cleary could access Hai Sai on her cell phone and found directions (different from the Stars and Stripes) and a telephone number. Being a woman I am not afraid to ask for directions so I called and had my first encounter with our wonder host John who explains "but love, you are only 2 minutes away!" He gave the directions and away we went with full confidence of finding the illusive "British Tea and Wine Shop." So when we came to road with the next Izumi sign we decided to take pictures of the sign and all signs until we reached the teahouse so we could give correct directions later. We followed the signs to a lovely secluded area with a teahouse - just not the one we wanted - had it not been closed we might have eaten there. So back to the main road. We finally found the correct road and the British Tea and Wine Shop, which was on the next road down.

We had quite an adventure and lots of laughter getting to the teahouse and saw the old Okinawa along the way, but the best was yet to come! The British Tea and Wine Shop is not a place to go to eat but a place to go and dine and dine we did. The owner John was our host and entertainment. He was a man of many hats literally. The menu has five entrees and five desserts as well as scones and clotted cream. Since there were five of us we tasted most of the menu. One of the ladies is a vegetarian and they made her the loveliest moussaka. Our host John was the most delightful man - each time he brought a dish he would wear a different chef's hat and tell a story. While he was entertaining us, his wife Maki was making the mouthwatering dishes.

It was with great regret we had to leave, vowing to return. So my advice, as well as the ladies that came, is take the time to travel and dine at the British Tea and Wine Shop. For correct directions and more information go to [www.travelswithmargy.com](http://www.travelswithmargy.com) and click on Living on Okinawa.

## AWWA Corner

By Amy Pettle, AWWA Chairperson

Each month, NOSCO donates money to various American and Japanese charities through AWWA (American Women's Welfare Association). Your Navy Fleet Gift Shop dollars and volunteer hours make these donations possible!

There is nothing to report this month.

*If your organization would like to apply for a grant through AWWA, applications can be obtained by emailing our AWWA Board at [awwaokinawa@yahoo.com](mailto:awwaokinawa@yahoo.com). Please contact me directly with any questions concerning AWWA at [ampettle@yahoo.com](mailto:ampettle@yahoo.com).*

A graphic with the word "Happy" in a large, white, outlined font and "Birthday" in a smaller, purple, cursive font, both set against a light blue circular background.

Jadel Phillips	Nov 1
Rebecca Kimball	Nov 5
Karen MacDonald	Nov 9
JulieAnn Ellis	Nov 18
Carrie Wood	Nov 18
Trudy Hutto	Nov 19
Rachel Broom	Nov 25
Annette Switzer	Nov 27

# Culture Corner



## Ocha-Chado Japanese Tea Ceremony

By Colleen Cooney

One of the ladies in our spouse group happens to know the owner of a school here where children and adults go to learn the traditional Japanese custom of Ocha-Chado, or The Tea Ceremony. She was kind enough to extend an invitation to the rest of us, and we gladly and humbly accepted. As it turns out, this is the only school of its kind that incorporates Christian teachings - most are Buddhist, as you might imagine.

When we arrived at Unten-sensei's house (sensei is her title as teacher, Unten is the family name), we exchanged our shoes for Japanese style sandal shoes called 'getta' or 'zorri.' They were not so comfortable on our large American feet, but we didn't have to walk far..



Once we had our wooden sandals (they used the wooden ones because it was raining, otherwise they use ones made of woven straw), we followed a short stone path from the front door into a tiny but beautiful garden. There we found the purification station, where we symbolically washed our hands and mouths.



Next, we followed the path to the entrance of the tea house, which as you can see, is no bigger than an average window. We stepped up onto the stone, removed our shoes, and entered the tea house on our knees. Once inside, we were able to stand up and walk, but always stepping across the seams of the tatami floor with the right foot first (when leaving the tea house, you step with the left). You should not step on the edges of the tatami mats. (I asked about that later, she explained it was because the edges are weaker)



Then we stepped over to admire this scroll, which contains symbols that represent the four principles of the tea ceremony: Wa (Harmony), Kei (Respect), Sei (Purity) and Jaku (Tranquility). The ultimate goal of the tea ceremony is to attain Wabi-Sabi, which is translated as "a calm, contented and refreshed state of mind."

After everyone entered the room and sat down (we were on benches, though normally participants would sit on the tatami mats), Unten-sensei welcomed us warmly and explained the meaning and philosophy of the Tea Ceremony. We were given a verbal walk-through of the ceremony and the significance of each deliberate action. As our hostess began the process of making the tea, we watched silently, admiring her grace and marveling over each symbolic gesture like one might watch a great painter place strokes on a canvas.

When the first tea was prepared, but before it was served, Unten-sensei's assistant brought us each a moist sweet - a small, sweetened mochi-like treat - which we cut and ate with a small wooden skewer. After the plates were cleared, the first tea - or Ochoicha - was served. This tea was the "ceremonial" tea, which we shared, three of us to a bowl. After lifting the bowl slightly in thanks and telling the person next to me "Osaki ni" or "excuse me for going before you," I turned the bowl twice clockwise and took a sip. It had the consistency of a smoothie,



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# Tea Ceremony

...from page 7

having been made with powdered tea leaves, and because the leaves were taken from an older plant, the tea was very bitter. As I took my two and-a-half sips (as is custom), I couldn't help but think that the sweets served before the tea made the bite that much stronger. I used the damp cloth provided to wipe the rim from where I drank (three times), then turned the cup twice counter-clockwise and passed it to the next participant with a



bow. (To be honest, I didn't get all the steps totally correct, I think I was out of order somewhere, but this is how it should be done!)

After we finished with the Okoicha, a second sweet was served, this time dry. They were small and sugary, enough to counter the bitter after-taste of the first tea.

As we enjoyed these, Unten-sensei prepared the next round of tea with amazing attention to every detail of the process. Once we finished our sweets, it was time for the second tea, or Usucha. This tea is not ceremonial and is considered more of a social tea. We each received our own bowl of tea this time and after giving thanks and turning the bowl as before, we sipped it slowly until it was gone. The Usucha was delicious. Made with young leaves, it was mild and frothy and like no other green tea that I'd tasted before. It didn't take us long to finish this tea, and while we waited for the assistant to

collect our bowls, we had a chance to admire the beautiful pottery and the uniqueness of each of ours.

Once the bowls were cleared, we were able to ask questions and learn more about our hostess. Although she apologized for her limited English, Unten-sensei spoke the language very well and was able to share much with us.

Unten-sensei explained the connection the ceremony has with nature. Everything used to make and serve the tea comes from the earth - the iron kettle, wooden utensils, the pottery, etc. Even before entering the tea room, nature is a part of the ceremony - walking on stones through the garden and trees, and washing at the stone basin with the clear ribbon of water. It was certainly one of the most beautiful and peaceful experiences I've had in Japan.

After our excursion, I noticed in the October tour calendar that Kadena ITT offers a Japanese Tea Ceremony tour. I would highly recommend this to anyone wanting to experience a taste of traditional Japanese culture.





**Navy-Marine Corps Relief Society**

Camp Foster: Bldg. 5674, 645-7808, M-Fri 0830-1600  
Camp Hansen: Bldg. 2339, 623-5043, M-Fri 1000-1400

***Did you know that . . .***

**The Navy Marine Corps Relief Society staff handled 77,754 cases, resulting in assistance of \$44.2 million to Sailors, Marines, and their families who had financial needs in 2008?**

The single, most prevalent category of need was Basic Living expenses. Our clients also sought assistance to pay for emergency transportation, medical and dental bills, funerals, and setting up households, including security and utility deposits, furniture, car repairs, and more. Based on need, assistance is provided as an interest-free loan or grant.

If you have a temporary emergency need, NMCRS may be able to help. Call 623-5043 or 645-7808 today.

***Did you know that . . .***

**A Spending Plan Review could be the key to your financial peace of mind?** Are you living from payday to payday, having trouble meeting monthly bills, being harassed by creditors, or hoping your paycheck reaches the bank **before** those checks you just wrote do?

Visit the nearest Navy-Marine Corps Relief Society Office where caseworkers can review your financial situation and suggest corrective actions.

Are you about to get married, expecting a new baby or about to make a major purchase? The Society can also provide invaluable spending plan assistance before you make these major decisions.

## Vegetarian Lasagna

### Ingredients:

1-lb box uncooked lasagna noodles  
 6 C marinara sauce (recipe follows)  
 24 oz low- or non-fat cottage cheese  
 32 oz shredded mozzarella cheese  
 1/2 C chopped fresh herbs (basil,  
 oregano or thyme)  
 2 eggplants (4 if Japanese) sliced thin  
 6 - 8 zucchinis cut into thin strips

5 - 6 portobello mushrooms or 1 - 2 small  
 containers Crimini mushrooms, cut thin  
 2 red onions cut into thin strips

### Marinara Sauce:

4 T olive oil  
 4 - 6 cloves minced garlic  
 3/4 C chopped white onion  
 2 28-oz cans diced tomatoes  
 1/3 C chopped fresh basil  
 salt & pepper to taste

### Directions:

- Saute or oven roast vegetables until they are cooked. Set aside.

### Sauce:

- Heat olive oil in a large pan over medium heat. Add chopped onions and cook until golden brown then add garlic and tomatoes with the juice. Simmer for 25 minutes. Stir in basil. Add salt and pepper to taste. Simmer an additional 10 minutes.
- Preheat oven to 350 degrees. In the bottom of a 16x12 inch pan (a disposable pan works best) place a layer of uncooked lasagna noodles top with 1/3 of marinara sauce (2 cups) and 1/2 of the cottage cheese and 1/3 of the mozzarella cheese then sprinkle herbs over the top add a layer of the vegetable mixture and repeat the process. Finish with a layer of noodles top with marinara sauce and mozzarella cheese.
- Cover the pan with plastic wrap and wrap tightly with aluminum foil. Bake the lasagna for 35 minutes or until a knife pokes through the lasagna easily. Remove the plastic and foil and bake at 450 degrees for 10 minutes or until the top is brown. Remove from the oven and let sit for 20 minutes. Garnish with fresh herbs. Enjoy!

Thanks to Melissa Williams for sharing her recipe with us!  
 To share your favorite recipe, please submit by email to [poofy77@hotmail.com](mailto:poofy77@hotmail.com).

Southeast Botanical Gardens presents

## “Life Enrichment Workshop”

Sunday, Nov. 15  
 9am - 5:30pm

Monday, Nov. 16  
 9am - 5pm

Tickets ¥1500, includes entry to gardens,  
 bazaar and desert buffet.

Workshops include:

- ♦ Making your own bath aroma
- ♦ Learning and tasting Japanese tea
  - ♦ Dying your own fabric
  - ...and many more!

Cost of workshops not included in ticket price and range from  
 ¥300 to ¥1000 each





Join Us!

Tree Lighting Ceremony  
Saturday, November 28  
6pm - 8pm  
Camp Lester Hospital

Games, food and fun  
for the whole family!

# POGO Needs a Loving Home



Free to a loving home. Found near church.

- Adorable Male Papillon
- Approximately 3-4 Years old
- Very sweet and playful
- Loves people / Total Lap Dog



Please contact me if interested  
in adoption or fostering.

Julie Stinespring

[mlerp77@yahoo.com](mailto:mlerp77@yahoo.com)

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