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**P A P E R**

# **OKINAWA NOVEMBER Bulletin**

**THE REVIEW OF A PLACE THE GARLIC SHRIMP**

happy  
Thanksgiving



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Issue 11 >> November 13, 2024



# VOICE

P A P E R

*VOICE PAPER, features Okinawa local events, off-base places, U.S. Military activity news on the island and around the Asia-Pacific region.*

## Duty on the island

### 31st MEU conducts demolition range



(U.S. Marine Corps photo by Cpl. Juan Maldonado)

U.S. Marines with Battalion Landing Team 1/4, 31st Marine Expeditionary Unit, detonate an oval charge during a demolition range at Camp Hansen, Oct. 9. The demolition range was conducted in order to sustain readiness by improving individual skills with manufactured and constructed charges for the purposes of mobility and counter mobility.

Cover photo – Courtesy photo / Getty Images

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### HMLA-367 holds formation flight



(U.S. Marine Corps photo by Lance Cpl. Sav Ford)

U.S. Marine Corps UH-1Y Venom and AH-1Z Viper helicopters with Marine Light Attack Helicopter Squadron 367, deployed to 1st Marine Aircraft Wing, III Marine Expeditionary Force, fly in formation off the coast of Okinawa, Oct. 11. HMLA-367 conducted a large flight to project rotary wing light attack combat power and build flight leadership and experience for pilots and crew chiefs.

### USAG Okinawa participates in Naha Giant Tug-of-War official rope inspection



(U.S. Army photo by Ichiro Tokashiki)

From Left, U.S. Army Col. Torrance Cleveland, 10th Support Group commander, Satoru Chinen, Naha City mayor, and Lt. Col. Rachel Bowers, U.S. Army Garrison Okinawa commander, make a straw rope during the Naha Giant Tug-of-War rope inspection at Naha Military Port, Oct. 11. The Naha Giant Tug of War event is an annual event to pray for the prosperity of Okinawa and the good health of participants and attracts more than 280,000 spectators each year.

### Okinawa International University Students Visit MCAS Futenma

U.S. Marines of Marine Corps Air Station Futenma and students from Okinawa International University pose for a group photo on MCAS Futenma, Oct. 9. MCAS Futenma officials gave a tour of the air station to Okinawa International University students to familiarize them with the flight line's frequent aerial activity and the impact it has for local community residents in Ginowan City.



(U.S. Marine Corps photo by Cpl. Jesse Davis)

### RCAF supports Operation NEON



(U.S. Air Force video by Staff Sgt. Gary Hilton)

A Royal Canadian Air Force CP-140 Aurora sits on a flightline before taking off from Kadena Air Base, in support of Operation NEON, Oct. 14. Operation NEON is Canada's contribution to a coordinated multinational effort to support the implementation of United Nations Security Council sanctions imposed against North Korea. This operation demonstrates the importance that Canada places on security in the Indo-Pacific region, international security, and the importance of upholding the UN Security Council sanctions regime.

### HMAS Sydney Port Visit to White Beach Naval Facility

Cmdr. Chris Barry, left, Naval Attaché, Australian Embassy Tokyo; Command Warrant Officer Michael Oleksyn, HMAS Sydney (DDG-42); Maj. Patrick Tsao-David, Deputy Commander, United Nations Command-Rear; Cmdr. Grant Coleman, Commanding Officer HMAS Sydney; Cmdr. Samuel Laurvick, Executive Officer, Commander, Fleet Activities Okinawa (CFAO); and Command Master Chief Suxuan Oonyu, CFAO, pose for a photo aboard HMAS Sydney. HMAS Sydney made a scheduled port visit to White Beach Naval Facility, Sept. 20. CFAO maintains and operates facilities to support United Nations Command-Rear missions, coalition and allied partners, and the U.S. Navy's naval and aviation assets in the Indo-Pacific region.



(U.S. Navy photo by Candice Barber)



# NOVEMBER bulletin

# AAT!

**NAHA**

## Okinawa Remote Islands Fair

Nov 15  
Nov 16  
Nov 17

2024 11.15 FRI - 17 SUN  
AM10:00~PM7:00 (17日は、PM6:00に閉場)  
開催場所 沖縄セルラールパーク那覇 (沖縄県那覇市奥武山公園)

**OKINAWA**

## Okinawa International Carnival 2024

Nov 23  
Nov 24

OKINAWA KOKUSAI CARNAVAL  
人文遊園  
11/23 SAT - 24 SUN  
16:00~20:00  
奥武山公園 陸上競技場前広場

**OKINAWA**

## Vegan Food Fest

Nov 16

2024 11.16 15:00-20:00  
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**NANJO**

## Nanjo City Festival

Nov 17

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11/17日  
12:00~

**GINOWAN**

## Ginowan City Industry Festival

Nov 23 & 24

産業まつり  
2024 11/23・24  
9:00~17:00

**NAHA**

## Tsuboya Pottery Festival

Nov 22  
Nov 23  
Nov 24

Tsuboya Pottery Festival 2024  
11/22-23-24

**NAHA**

## RIKUJISAI Japan Ground Self-Defense Force Festival

Nov 24

陸自祭り  
11/24日

**NAHA**

## Dog Night Market

Nov 23  
Nov 24

ワンワンナイト  
11/23 SAT - 24 SUN  
16:00~20:00  
奥武山公園 陸上競技場前広場

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# F-35B test jet begins sea trials with Japanese multi-functional destroyer in eastern Pacific Ocean

Story by Michael Land, Photo by Cmdr. Darin Russell  
F-35 Lightning II Pax River ITF

**ABOARD THE JAPANESE SHIP (JS) KAGA IN THE PACIFIC OCEAN** – A U.S. F-35 Lightning II aircraft landed aboard Japan's Izumo-class multi-functional destroyer JS Kaga (DDH-184) for the first time Oct. 20 off the southern coast of California to begin developmental test aboard the allies' largest ship.

Royal Navy Lt. Cmdr. Nick Baker, a test pilot with the F-35 Patuxent River Integrated Test Force (Pax ITF), flew a specially instrumented F-35B short takeoff and vertical landing (STOVL) variant of the 5th generation air system and touched down about 3:15 p.m.

Sea trials will leverage the ship's recent modifications to conduct fixed-wing aircraft operations.

Changes to the Kaga included painting its flight deck with heat-resistant material that tolerates the F-35B's vectored-thrust engines, installing lights for nighttime operations, and reshaping the flight deck's bow from a trapezoid to a rectangular shape.

The trials will also pave the way for allies' increased ability to operate in conjunction with each other.

"This test is essential for strengthening Japan's defense capabilities and is of utmost importance. We will do our best to achieve good test results together with the ITF," said Japan Maritime Self-Defense Force Capt. Shusaku Takeuchi, commanding officer, JS Kaga. "This test does not merely enhance the capabilities of the Maritime Self-Defense Force. It also improves the interoperability between Japan and the U.S., strengthening the deterrence and response capabilities of the Japan-U.S. alliance, thereby contributing to peace and stability in the Indo-Pacific region."

The F-35 is detached from Air Test and Evaluation Squadron Two Three (VX-23), Naval Air Station Patuxent River

(NAS Pax River), Maryland. It joins a test team from the Pax ITF, who embarked the ship in San Diego.

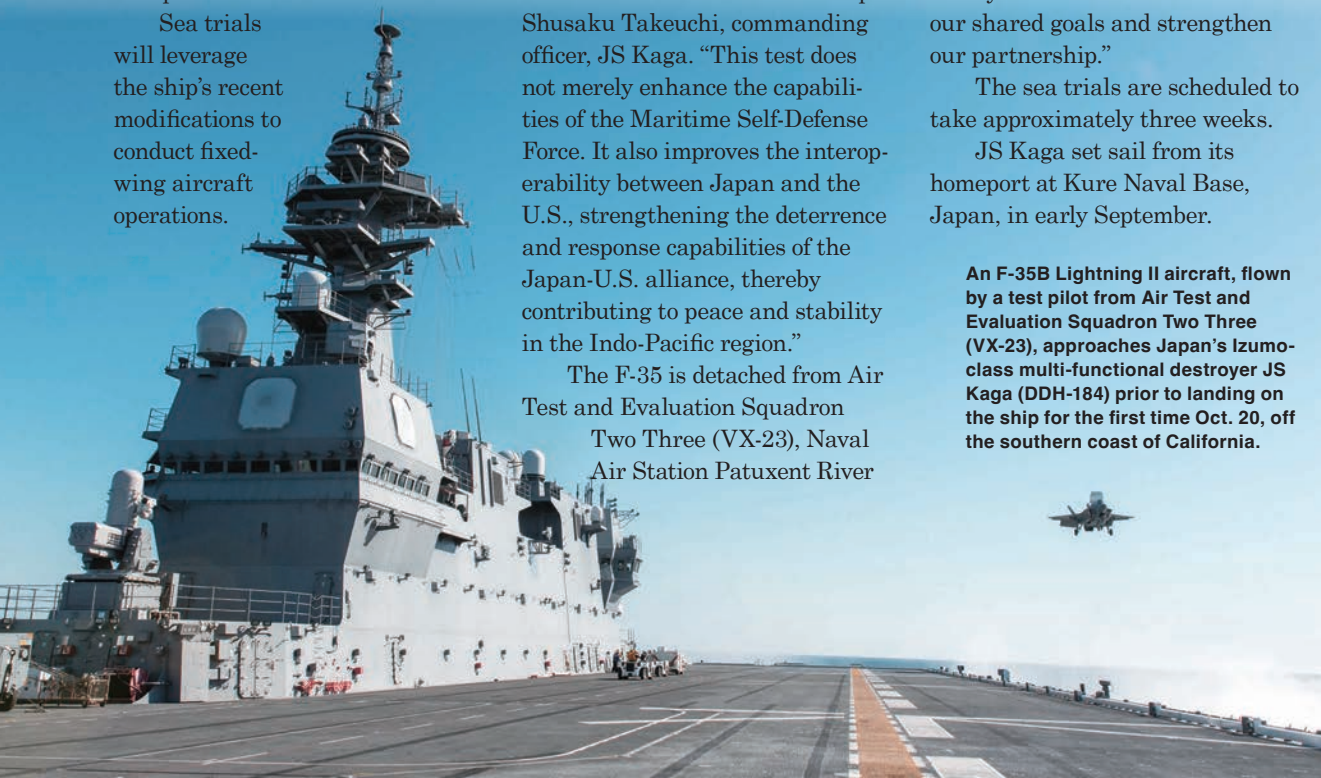
In addition to F-35 test pilots, the Pax ITF team includes aircraft maintainers, flight test engineers, flight test control engineers, flight deck personnel, logisticians, and others, with support from the U.S. Navy and Marine Corps.

"We are proud to be part of this joint effort to test the compatibility of F-35B aboard JS Kaga," said Seth Dion, Pax ITF team lead. "Our team has prepared meticulously for this mission, and we are committed to working closely with our allies to achieve our shared goals and strengthen our partnership."

The sea trials are scheduled to take approximately three weeks.

JS Kaga set sail from its homeport at Kure Naval Base, Japan, in early September.

An F-35B Lightning II aircraft, flown by a test pilot from Air Test and Evaluation Squadron Two Three (VX-23), approaches Japan's Izumo-class multi-functional destroyer JS Kaga (DDH-184) prior to landing on the ship for the first time Oct. 20, off the southern coast of California.



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(U.S. Air Force photos by Senior Airman Luis E. Rios Calderon)

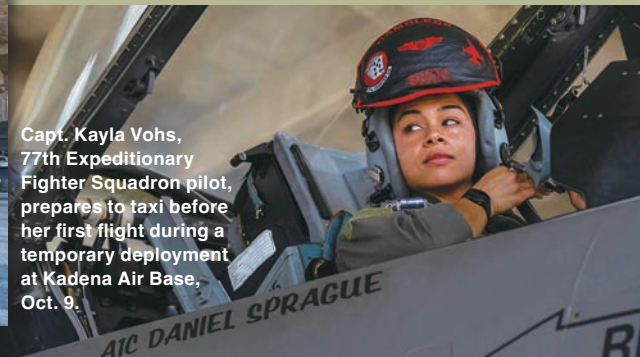
Capt. Jacob Heydinger, 525th Expeditionary Fighter Squadron pilot, prepares for a flight on a F-22A Raptor at Kadena Air Base, Oct. 10.

Two F-22A Raptors assigned to the 525th Expeditionary Fighter Squadron, Joint Base Elmendorf-Richardson, Alaska, taxi towards the flightline at Kadena Air Base, Oct. 10.

# RAPTORS AND FALCONS NEST AT KADENA



An F-16C Fighting Falcon, assigned to the 77th Expeditionary Fighter Squadron, Shaw Air Force Base, South Carolina, prepares to taxi before its first flight during a temporary deployment at Kadena Air Base, Oct. 9.



Capt. Kayla Vohs, 77th Expeditionary Fighter Squadron pilot, prepares to taxi before her first flight during a temporary deployment at Kadena Air Base, Oct. 9.

(U.S. Air Force photos by Airman 1st Class Catherine Daniel)

## VERSES FROM THE HOLY QUR'AN

With The Name of The One True \*G-D, The Merciful Benefactor, The Merciful Redeemer **Luqman (A man of Wisdom)**

"O my son!" (said Luqman), "If there be (but) the weight of a **mustard** seed and it were (hidden) in a rock, or (anywhere else) in the Heavens and Earth. G-D will bring it forth; for G-D understands the finer mysteries (and HE), is well acquainted (with them).

"O my son! Establish regular prayers, and encourage what is Righteous, and forbid what is wrong. And bear with patient constancy whatever happens to you; for this is firmness (of character) in (the behavior of) affairs."

"And swell not your cheek (in pride) at Men, nor walk in insolence through the Earth: For G-D does not love any arrogant boaster."

"And be moderate in your stride, and lower your voice; for the harshest of sounds, without doubt is the braying of the donkey."

Do you not see that G-D has subjected to your (use) all things in

the Heavens and Earth, and has made HIS bounties flow to you in exceeding measure, (both) seen and unseen?

Yet there are among Men those who argue about G-D, without knowledge and without (G-D's) Guidance and without (an un-corrupted) Revelation to enlighten them. When they are told to follow the (Revelation) that G-D has (now) sent down, they say:

"No, we shall follow the ways that we found our fore-fathers (following)." What! Even if it is Satan (who is) sweet-talking them, to the Penalty (of the Blazing) Fire?

[End of Part 2]

\*G-D instead of God. God when spelt backwards is *dog*. This is not a proper spelling for a word, that is used for The All-Mighty Creator of the Heavens and Earth.

\*\* WE, Ourselves, US as revealed in the Qur'an is a reference to the Angels who have been assigned by The Creator to control everything in HIS creation.

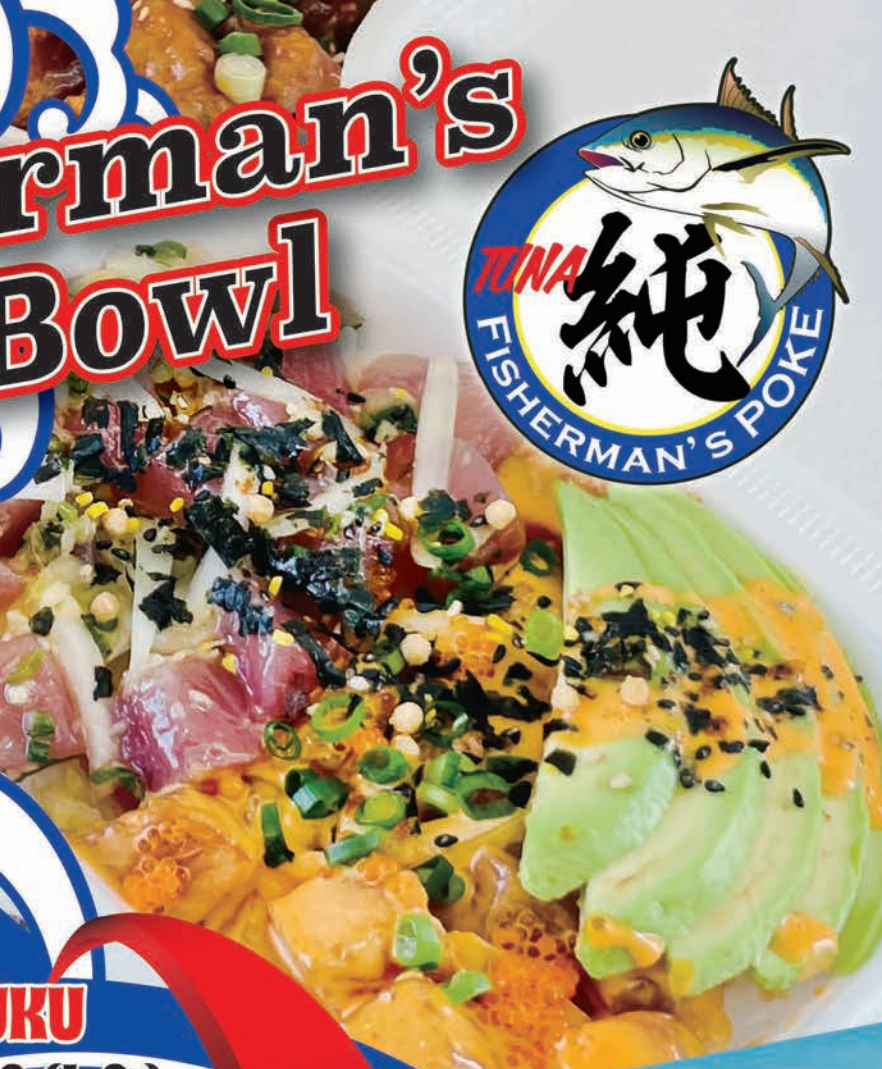


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# U.S. military conducts airfield seizure exercise, demonstrates strategic capabilities in Palau

Story by 15th Wing Public Affairs  
Photo by Senior Airman Mark Sulaica

ROMAN TMETCHUL INTERNATIONAL AIRPORT, Palau – From Oct. 10-11, the U.S. Army's 25th Infantry Division conducted an airfield seizure exercise as part of the Joint Pacific Multinational Readiness Center 25-01. The operation involved six C-17 Globemaster IIIs from the 15th Wing, 62nd Airlift Wing and the 3rd Wing,

which airlifted U.S. Army Rangers and supportive units to the island of Palau.

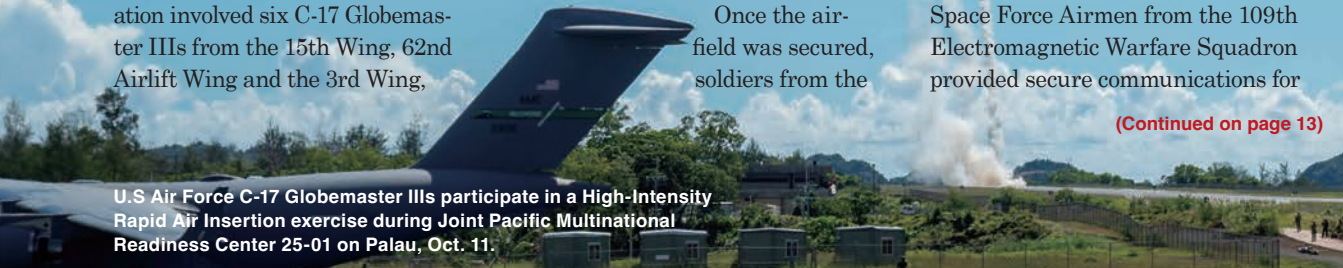
The exercise unfolded in three phases. Phase I began with the U.S. Army's 75th Rangers Regiment securing the airfield.

Once the airfield was secured, soldiers from the

17th Field Artillery Brigade unloaded at Roman Tmetuchl International Airport. They operated the High Mobility Artillery Rocket Systems (HIMARS) alongside other units to deliver critical support and launch six missiles. U.S. Space Force Airmen from the 109th Electromagnetic Warfare Squadron provided secure communications for

(Continued on page 13)

U.S. Air Force C-17 Globemaster IIIs participate in a High-Intensity Rapid Air Insertion exercise during Joint Pacific Multinational Readiness Center 25-01 on Palau, Oct. 11.



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# THE REVIEW

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(Continued from page 10)

the HIMARS and ground forces in Palau, ensuring mission success.

U.S. Army Capt. Mike Day, 17th Field Artillery Brigade Alpha Battery commander, oversaw the firing of one of the HIMARS in Palau and explained the capabilities of the HIMARS in different environments.

“The HIMARS is easily transportable by rail, sea, or air, enabling it to respond quickly and provide long-range fires,” said Day. “This exercise was a valuable training opportunity for the soldiers on the ground and the planners who organized it.”

Phase II focused on crew swaps, and engaging enemy targets leading to the redeployment of the HIMARS onto the C-17 Globemaster IIIs. After conducting live-fire operations, the joint force returned to the aircraft.

U.S. Air Force Lt. Col. Logan Sutton, 535th Airlift Squadron

commander and deputy air mission commander during the operation, explained how the C-17s cargo hold served as a launchpad for rapid deployment, transporting troops and heavy equipment over vast distances.

“This event showcased the ability of the joint force to quickly maneuver on demand to achieve effects,” said Sutton. “Whether humanitarian and disaster relief or contingency operations, the C-17 enables rapid power projection across the globe.”

Phase III involved egress to Guam and recovery at Joint Base Pearl Harbor-Hickam. With the airfield secured, and the HIMARS successfully launched, equipment was returned to the C-17s, along with the U.S. Army soldiers who were then transported back to their bases.

U.S. Army soldiers assigned to the 17th Field Artillery Brigade drive a High Mobility Artillery Rocket System (HIMAR) to conduct a High-Intensity Rapid Air Insertion training during Joint Pacific Multinational Readiness Center on Palau, Oct. 11.

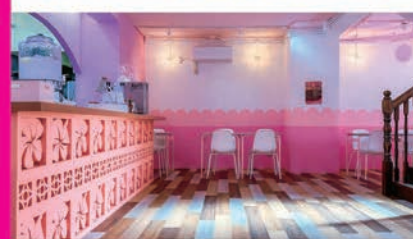


(U.S. Air Force photo by Senior Airman Mark Sulaica)

Sutton reflected on the joint force exercise saying, “Together with our joint, total force and partner nation teammates, we advanced combat interoperability through this iteration of the Joint Pacific Multinational Readiness Center.”

This successful exercise demonstrated joint capabilities and operational readiness, reinforcing the military’s commitment to a free and open Indo-Pacific region.

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# U.S. Service Members Provide Lifesaving Aid to Okinawa Resident

Story & Photo by Lance Cpl. Nevaeh Segura  
3d Marine Division



From left, U.S. Marine Corps Lance Cpl. Stephen Estrada, Lance Cpl. Samuel Calhoun, U.S. Navy Petty Officer 3rd Class Jett Garcia, and Cpl. Austin Potter responded and rendered first aid to a Japanese resident following a car crash on the Okinawa Expressway, on Oct. 6

**CAMP COURTNEY** – On Oct. 6, three U.S. Marines and one U.S. Navy Sailor were in a taxi northbound on the Okinawa Expressway heading back to Camp Schwab, when their driver suddenly stopped due to a vehicle blocking the road. The vehicle was involved in a crash and inside was a local resident. Without hesitation, the group of four rushed to assist.

“It was just all instinct. Not once did I see a single one of us hesitate,” said Cpl. Austin Potter.

The trucks front end was crushed, and the vehicle remained disabled blocking both lanes on the expressway. The four service members quickly sprang into action, knowing someone’s life was on the line.

U.S. Marine Cpl. Austin Potter, a Falling Waters, W. Va. native; Lance Cpl. Stephen Estrada,

a Santa Ana, Calif. native; Lance Cpl. Samuel Calhoun, an Alvord, Texas native; and U.S. Navy Petty Officer 3rd Class Jett Garcia, a Rancho Cucamonga, Calif. native, are all forward deployed with 4th Marine Regiment, 3d Marine Division as part of the Unit Deployment Program.

The service members quickly assessed their surroundings. Estrada noticed a shovel in the bed of the truck and attempted to use it to pry open the door. When the service members noticed the door wouldn’t open, Calhoun broke the car door’s window and Potter was able to remove the driver swiftly and safely from the vehicle.

After assessing the driver’s condition, and ensuring he was stabilized, Estrada and Garcia moved the driver away from the vehicle into a safer area until paramedics arrived on scene to

take the individual to a nearby hospital.

“I think without our training, I would have been a nervous wreck,” said Potter. “You can sit down and look at a book, but going through hands-on training makes a difference.”

The Marine Corps provides infantry units basic casualty and combat care training, preparing them to provide aid to injured service members in combat situations. Marines and Sailors who attend the course learn to provide life-sustenance care similar to what a U.S. Navy corpsman would administer until the casualty can be treated by a medical professional.

Even after the driver was evacuated, the service members’ concern for the individual did not subside.

“We have no idea if that man is ok, but I hope he is,” said Potter. “We really do.”

When informed of the situation, their unit leadership stated the Marines’ and Sailor’s actions clearly reflect their character as selfless professionals and their willingness to do the right thing at great cost to themselves.

“Cpl. Potter has always been a Marine of upstanding moral character and strives to do his best day in and day out. He has a lot of personal pride in being a Marine and he exhibits it by doing his utmost in everything he does,” said 1st Sgt. Thomas Ochoa, a company first sergeant, with 4th Marine Regiment.

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# Okinawan Longevity Lifestyle

## Daily Habits for Healthy Aging

Dr. Ceabert J. Griffith

### Eat a Variety of Healthy Foods

Most chronic diseases are linked to poor nutrition, namely excessive intake of saturated fats, simple sugars, sodium (salt), and processed foods. Aim for a low saturated fat/low-calorie, low-sodium diet; 10 servings of fruits and vegetables; vitamin/mineral supplement for most people; and at least eight glasses of water daily. The low rates of osteoarthritis, cancer, and other lifestyle diseases among Okinawans can be traced to consuming such “superfoods” as goya (bitter melon), sweet potatoes, and tofu. Okinawa centenarians also follow the concept of Hara Hachi Bu, which translates to eating until you are 80% full.

### Engage in Regular Aerobic & Resistance Exercises

Engage in an aerobic activity most days, 45-50 minutes each session. Resistance training, done three times a week, will maintain lean body tissue, reduce the percentage of body fat, and prevent injuries. Choose from various individual or group activities such as dancing, walking, and swimming.

### Get Adequate Sleep

Poor sleep can cause chronic fatigue, depression, anxiety, weight gain, and dementia. Experts recommend between 7 and 9 hours of sleep each night.

Okinawa has one of the highest concentrations of centenarians (persons 100 years old and older) in the world! Experts credit the gentle Okinawan culture and the traditional lifestyle choices for this international distinction. The traditional Okinawan diet, daily physical activity, anti-stress approach to life, and other cultural factors converge to delay the onset of most chronic diseases (e.g., cancer and heart disease) among older Okinawans that are so common in the United States and other Western countries. What can we learn from the older Okinawans? The following twelve lifestyle choices represent healthy habits for successful aging and longevity.

### Maintain Ideal Body Weight

Being overweight can overload the cardiovascular system, leading to high blood pressure, heart disease, and some cancers. Proper nutrition, regular physical activity, and restorative sleep will help.

### Don't Use Tobacco Products

Toxic substances in tobacco cause a litany of preventable diseases, including some cancers and heart disease. Although smoking is common among Okinawans, Okinawan centenarians typically never use tobacco products.

### Use Alcohol in Moderation

Excess alcohol intake can raise blood pressure, damage the liver, and suppress immune function. Men who elect to drink should consume no more than one to two drinks daily; for women, no more than one drink per day.

### Manage Your Stress

Excessive emotional stress is the most underrated and under-recognized risk factor for a long list of diseases, such as heart disease, hypertension, stroke, and some cancers. Practice stress management strategies such as mindfulness and relaxation and have realistic expectations about life.

### Wear Sunscreen

Skin cancers are the most prevalent cancers. One type of skin cancer—melanoma—is one of the most lethal of all cancers. One reason for low rates of skin cancer among Okinawans is they cover up when outside.

### Cultivate Enduring Relationships with Friends/Relatives

Good social connections boost self-esteem and immune function. People

in healthy relationships get sick less often and recover faster from acute illnesses. Okinawans practice yuimaru, which is the act of cooperation and support for one another.

### Maintain a Positive Outlook on Life

Both positive and negative thoughts cause the secretion of various brain chemicals. Research shows that positive thinking can lead to the secretion of “feel-good” neurochemicals that can have positive effects on the body such as lower blood pressure, enhanced immune function, and good cognition.

### Maintain Good Oral Hygiene

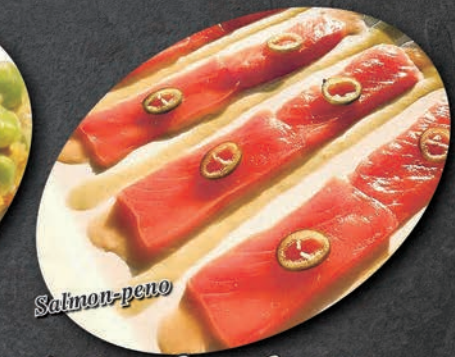
Poor dental health can lead to many chronic diseases, including heart disease. Brushing and flossing daily will help prevent dental diseases.

### Undergo Periodic Health Checkups

The American Heart Association and other health advocacy organizations recommend periodic health examinations for adults. These evaluations—including a physical examination, immunizations, and targeted laboratory and radiographic testing—offer the best opportunity to prevent and detect most chronic diseases.

**About the author:** Dr. Ceabert J. Griffith is trained in public health and family medicine and is an Adjunct Professor of health sciences at Touro University Worldwide. He is based in Okinawa and is the co-author of the recently released book “11 Power Habits to Defeat High Blood Pressure” sold on Amazon.com

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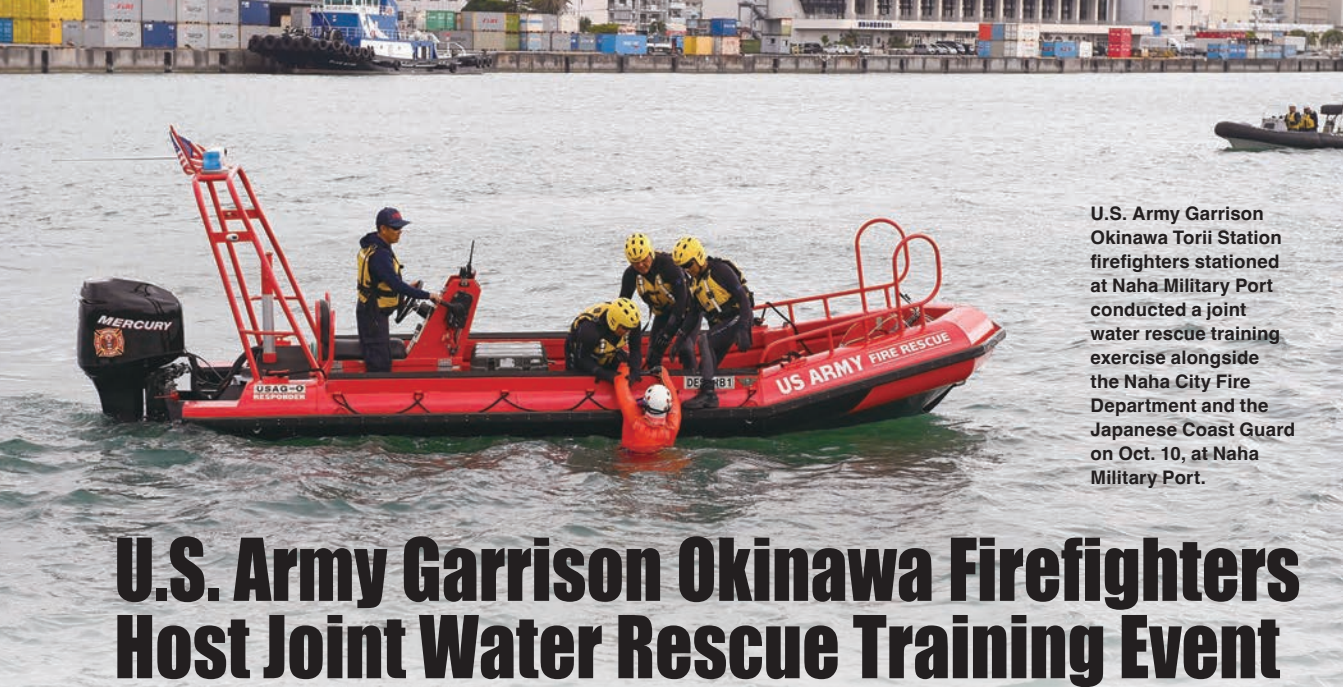
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Uber Eats





U.S. Army Garrison Okinawa Torii Station firefighters stationed at Naha Military Port conducted a joint water rescue training exercise alongside the Naha City Fire Department and the Japanese Coast Guard on Oct. 10, at Naha Military Port.

# U.S. Army Garrison Okinawa Firefighters Host Joint Water Rescue Training Event

Story by Natalie Stanley, Photo by Ichiro Tokashiki  
U.S. Army Garrison Okinawa

**TORII STATION** – U.S. Army Garrison Okinawa Torii Station firefighters stationed at Naha Military Port conducted a joint water rescue training exercise alongside the Naha City Fire Department and the Japanese Coast Guard on Oct. 10, at Naha Military Port, Okinawa.

This marked the first time the three agencies collaborated in such a capacity. The primary goal of the training was to strengthen coordination between the agencies, familiarize the teams with each other's capabilities, and enhance preparedness for potential large-scale rescue operations.

"Torii is a small fire department with limited capabilities," said

Matthew B. Spreitzer, Chief of Fire and Emergency Services for USAG Okinawa. "In the case of a medium or large fire/rescue emergency, we would need to rely heavily upon our host national partners for additional resources and equipment during emergencies that reach beyond our capabilities."

While Torii Station provides essential emergency services, Spreitzer emphasized that collaboration with Japanese counterparts is critical to ensuring comprehensive protection for the local community.

Spreitzer noted the importance of working closely with the Naha City Fire Department and the Japanese Coast Guard not only builds trust but also enhances the overall

effectiveness of rescue operations.

"We greatly appreciate the local Japanese emergency responders' willingness and dedication," said Spreitzer. "Their support helps our department provide lifesaving emergency capabilities for our Soldiers, civilians, and MLC employees."

He also thanked the local partners for their contribution to the success of the USAG Okinawa's mission.

"Without our partners, our community would not have the level of protection they all deserve," he said. "Torii's mission capability would not be able to be met. We wholeheartedly thank all our local emergency responders for their unwavering support."

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**OFF-BASE** Please call before visit the hospital / medical clinic.

## Local Hospital & Medical Clinic DIRECTORY



General	Urasoe General Hospital	1-56-1 Maeda, Urasoe / 098-878-0231	Emergency
	University of the Ryukyus Hospital	207 Uehara, Nishihara Town / 098-895-3331	Emergency
	Chubu Tokushukai Hospital	801 Higa, Kitanakagusuku / 057-098033	
	Nakagami Hospital	601 Noborikawa, Okinawa / 098-939-1300	
Internist Clinic			
	Life Care Clinic Nagahama	1530-1 Nagahama, Yomitan / 098-982-9000	
	Nishihira Clinic	2-2-2 Akamichi, Ginowan / 098-896-1116	
Eye Specialist			
	San Ai Ganka-Eye Clinic	1-3-28 Yamauchi, Okinawa / 098-933-3322	
	Gushiken Eye Clinic	1371-1 Gushikawa, Uruma / 098-975-1010	
	Hayakawa Eye Clinic	2-2-2 Nodake, Ginowan / 098-893-8155	
Pediatrics			
	Aiwa Clinic	766-2 Ikeda, Nishihara / 098-946-5558	
	Matsushima Clinic	894-2 Senaha, Yomitan / 098-958-6888	
Gynecology & Obstetrics			
	OBGYN Yui Clinic	2444-3 Noborikawa, Okinawa / 098-989-3801	
Dental Clinic			
	Sunabe Smile Dental Clinic	1-105 Miyagi, Chatan / 098-926-4618	
	Yara Dental Clinic	2-17-6 Chatan, Chatan / 098-936-7515	
	Sakura Dental Clinic	4-7-9 Mihara, Okinawa / 098-989-9986	
	White Dental Clinic	813-2 #101, Kamisedo, Chatan / 098-989-3780	
	Life Dental Clinic	6-24-9 Oyama, Ginowan / 098-890-5322	
	Hanarabi Orthodontic Clinic Cure&Care	2-3-9 Yamazato, Okinawa / 098-930-4187	
	Grace Dental Clinic	364-1 Minamiuehara, Nakagusuku / 098-895-6868	
	ACE Dental Clinic	62-2 Higashionna, Ishikawa, Uruma / 098-965-6336	
	Nakawaka Dental Clinic	468-3 Kuwae, Chatan / 098-926-4180	
	Piece Dental Clinic	62-2 Higashionna, Ishikawa, Uruma / 098-965-6336	
	Komesu Dental Clinic	4-18-2 Matsumoto, Okinawa / 098-939-6123	

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# NEWSPRINT

## USS Higgins Conducts Taiwan Strait Transit



(U.S. Navy photo by Mass Communications Specialist 3rd Class Trevor Hale)

The Arleigh Burke-class guided-missile destroyer USS Higgins (DDG 76) conducts bilateral operations with Royal Canadian Navy Halifax-class frigate HMCS Vancouver (FFH 331) during routine operations in the Taiwan strait, Oct. 20. Higgins is forward-deployed to the U.S. 7th Fleet area of operations in support of a free and open Indo-Pacific.

## CDRUSINDOPACOM visits Korea Military Academy



(U.S. Navy photo by Mass Communication Specialist 1st Class John D. Bellino)

Adm. Samuel J. Paparo, commander of U.S. Indo-Pacific Command, speaks to cadets at the Korea Military Academy, during an overseas trip to the Republic of Korea, Oct. 10. The trip reaffirms the U.S.-ROK alliance remains the cornerstone of peace and security in Northeast Asia and the Korean Peninsula. USINDOPACOM is committed to enhancing stability in the Indo-Pacific region by promoting security cooperation, encouraging peaceful development, responding to contingencies, deterring aggression and, when necessary, fighting to win.

## PACAF Band Revisits Sendai



(U.S. Air Force photo by SrA Erica Ashley Huseby)

The U.S. Air Force Band of the Pacific-Asia performs for residents of Kabanomachi, a coastal town near Sendai City, Japan, in the Kabanomachi Elementary School gymnasium, Sept. 3. The band traveled and played at Kabanomachi Elementary in the aftermath of a tsunami that struck the eastern coast of Japan on March 11, 2011, causing 19,759 deaths and severe damage. The U.S. Department of Defense mounted a massive humanitarian relief mission known as "Operation Tomodachi", with the USAF flying 225 missions to deliver 4.2 million pounds of cargo and approximately 2,800 people within the first two weeks after the disaster, providing essential aid and support to Japanese partners and neighbors.

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# HAPPY THANKSGIVING

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November 28th

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**DINNER** 5:30pm - 10:00pm (L.O. 9:30pm)  
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# CELEBRATE THANKSGIVING

with



Join us for Thanksgiving fun at the following locations:

November 19th: USO Kinser Tasty Tuesday 11:30am

November 27th: USO Schwab Friendsgiving 11:00am

November 27th: USO Futenma Turkey Day BBQ 12:00pm

FOLLOW FACEBOOK FOR MOST UP TO DATE INFORMATION



# Happy Birthday!

Do you have an November birthday?  
Celebrate with USO Okinawa at the following locations:

November 6th: USO Kinser

November 7th: USO Hansen

November 12th: USO Schwab

November 25th: USO Kadena

November 26th: USO Foster

November 29th: USO Futenma

For more information, visit our FB page  
@USOOkinawa

## USO COFFEE CONNECTIONS

# USO OKINAWA COFFEE CONNECTIONS



USO Coffee Connections are gatherings happening around the world to connect military spouses with new friends or reconnect with old ones!

Join USO Okinawa for Coffee Connections at the following locations:

November 7th: USO Foster @10:30am

November 13th: USO Kinser @10:30am

November 20th: USO Kadena @10:00am



[USO.org/CoffeeConnections](https://www.uso.org/CoffeeConnections)

FOLLOW FACEBOOK FOR MOST UP TO DATE INFORMATION

## USO CANINE PROGRAM

# LOUNGIN' WITH LILY



Ruff day? Come lounge with Lily, our lovable Golden Retriever from 11AM-12:30PM at the following locations:

November 4th: USO Hansen

November 15th: USO Kinser

November 22nd: USO Schwab



[USO.org/CANINE](https://www.uso.org/CANINE)

FOLLOW FACEBOOK FOR MOST UP TO DATE INFORMATION