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**OKINAWA
DECEMBER
JANUARY
Bulletin**

THE REVIEW OF A PLACE SAM'S BY-THE-SEA

**Where to go
Chatan Fisharena**



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Issue 12 >> December 11, 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

VMM-265, 1-1 ADA transport Patriot missiles aboard MV-22B Osprey



(U.S. Marine Corps photo by Sgt. Gabriel Antwiler)

U.S. Army Soldiers with Battery C, 1st Battalion, 1st Air Defense Artillery Regiment prepare to load a Patriot missile onto an MV-22B Osprey with Medium Tiltrotor Squadron 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing at Kadena Air Base, Nov. 5. The prototype loading system was designed to offer a more efficient method of transporting Patriot missiles.

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広告お問い合わせ voice.paper.okinawa@gmail.com



Halloween Extravaganza on Camp Lester



(U.S. Marine Corps photo by Lance Cpl. Skyliya Waters-Hewitt)

A trick-or-treater poses for a photo during the Halloween Extravaganza on Camp Lester, Oct. 31. The four-hour event allowed local Okinawa residents to visit Camp Lester and experience food trucks, trunk-or-treat, graveyard, and a resource fair. Attendees were also invited to go trick-or-treating in the housing area on Camp Lester and purchase items at the exchange convenience store.

2024 Veterans Day Parade



(U.S. Air Force photo by Airman 1st Class Amy Kelley)

U.S. service members, veterans and their families participate in the Veterans Day Parade at Kadena Air Base, Nov. 11. Veterans Day originated as Armistice Day on Nov. 11, 1919 and marked the first anniversary of the end of World War I.

USAG Okinawa welcomes community during Fall Fest

Families watch their children play in a bounce house during U.S. Army Garrison Okinawa Fall Fest at Torii Beach, Nov. 2. Community members, including service members, Department of Defense civilians, family members and Okinawan locals, enjoyed a day filled with live music, family friendly competitions, children's attractions, refreshments, and more.



(U.S. Army photo by Ichiro Tokashiki)

Shuri Castle Uzagaku Rojigaku Performance Group Plays for Service Members and Their Families



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

Status of Forces Agreement personnel observe and play Ryukyuan instruments on display during a cultural exchange event on Camp Courtney, Nov. 3. This event marks first time Shuri Castle Uzagaku Rojigaku Performance Group performed on a military installation. During the event, they took photos and demonstrated how to play Ryukyuan instruments.

MCAS Futenma holds a ribbon-cutting ceremony for a newly renovated hangar

Rachael Howard, deputy installation logistics and services officer, Marine Corps Air Station Futenma, gives a speech during a ribbon-cutting ceremony on MCAS Futenma, Nov. 8. The ceremony commemorated the opening of the newly renovated hangar 515. The hangar was funded by the Japan Facilities Improvement Program. This project marks a crucial step in enhancing the functionality and efficiency of the operational facilities, ensuring continued mission readiness and support.



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

DECEMBER 2024

JANUARY 2025

bulletin



OKINAWA

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Grand Sumo Okinawa Event
Dec 21



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琉球海炎祭
Christmas Firework

Winter

琉球海炎祭 Christmas Firework

Ryukyu Kaiensai Christmas Firework
Dec 22



ONNA



Countdown Fireworks
Kafuu Resort Fuchaku Condo Hotel
Dec 31



MOTOBU



Tulip Fair
Jan 18 - Feb 2



OKINAWA

第48回 沖縄市産業まつり
~沖縄市市制施行50周年記念~
1/25(土)・1/26(日)
コザ運動公園 (沖縄市多目的運動場および周辺駐車場)
午前10:00～午後6:00

Okinawa City Industry Festival
Jan 25 Jan 26



NAKIJIN

第18回 今帰仁桜まつり
2025年 1/25(土)・1/26(日)
今帰仁城跡公園

Nakijin Castle Cherry Blossom Festival
Jan 25 - Feb 2



NAHA

首里城公園
新春の宴
2025年 1月1日(水)～3日(金)
Shurijo Castle New Year's Celebration
Jan 1-3



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Dec 21



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Map showing location near Pet Box, Starbucks, and Camp Lester.

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US, Japan successfully conclude joint bilateral exercise Keen Sword 25



A U.S. Marine Corps F/A-18C Hornet assigned to Marine Fighter Attack Squadron 232, conducts aerial refueling with a U.S. Air Force KC-135 Stratotanker assigned to the 909th Air Refueling Squadron, before a Keen Sword 25 training mission over the Sea of Japan, Oct. 31

(U.S. Air Force photo by Senior Airman Tylir Meyer)

Story by Capt. Danny Rangel
United States Forces Japan

JAPAN – Forces from the U.S., Japan, Australia and Canada concluded exercise Keen Sword 25 on Nov. 1 after ten days of integrated training across Japan.

Keen Sword 25 was a joint bilateral exercise Japan designed to increase readiness and interoperability while strengthening the ironclad U.S.-Japan alliance. This year's Keen Sword was the largest iteration of this exercise since its inception in 1986. The overall event included participants from the Japan Self-Defense Force (JSDF), Australian Defence Force (ADF), Canadian Armed Forces (CAF) and

(Continued on page 9)



(U.S. Marine Corps photo by Gunnery Sgt. Manuel A. Serrano)

U.S. Marines with 5th Air Naval Gunfire Liaison Company, III Marine Expeditionary Force Information Group, and Japan Self-Defense Force members with Amphibious Rapid Deployment Brigade, Ground Component Command, prepare to board an MV-22 Osprey, attached to Marine Medium Tiltrotor Squadron (VMM) 265, Marine Aircraft Group 36, 1st Marine Aircraft Wing, during exercise Keen Sword 25 at Marine Corps Air Station Futenna, Oct. 28.



(U.S. Air Force photo by Senior Airman Cedrique Oldaker)
U.S. Air Force F-16 Fighting Falcons, assigned to the 77th Expeditionary Fighter Squadron, sit on the flight line during Keen Sword 25 at Japan Air Self-Defense Force Tsuki Air Base, Oct. 28.



U.S. Marines with 12th Marine Littoral Regiment, 3d Marine Division, put up the backstays of an AN/TPS-80 Ground/Air Task Oriented Radar in preparation for exercise Keen Sword 25 at Japan Ground Self-Defense Force Camp Ishigaki, Oct. 21.

(U.S. Marine Corps photo by Staff Sgt. Jvonnta Taylor)



(U.S. Marine Corps photo by Cpl. Paley Fenner)

U.S. Marine Corps Sgt. Paul Faulk, an explosive ordnance disposal (EOD) technician with 9th Engineer Support Battalion, 3rd Marine Logistics Group, left, and U.S. Navy EOD Technician 1st Class Micheal Stoll, an EOD technician with EOD Mobile Unit One, EOD Group One, set up a digital radiographic x-ray system during joint and bilateral littoral explosive ordnance neutralization and EOD Level 1 exploitation training as part of exercise Keen Sword 25 at Kin Blue Beach Training Area, Oct. 28.



(U.S. Navy photo by Mass Communication Specialist 1st Class Alex Perlman)

U.S. Naval Special Warfare (NSW) operators embark on a U.S. Air Force CV-22 Osprey assigned to the 21st Special Operations Squadron during exercise Keen Sword 25 at Tokuno Shima, Oct. 26. NSW provides maritime special operations force capabilities to enable Joint Force lethality and survivability inside denied and contested areas.



(U.S. Marine Corps photo by Staff Sgt. Robert Gavaldon)

U.S. Marine Corps Col. Peter Eltringham, center, commanding officer of 12th Marine Littoral Regiment, 3d Marine Division, shakes the hand of Sgt. Michael J. Tatay III, an artillery electronics technician with 3rd Battalion, 12th MLR, 3d MARDIV, during exercise Keen Sword 25 at U.S. Marine Corps Training Facility Ie Shima, Oct. 27.



(U.S. Marine Corps photo by Sgt. Randall Whiteman)

Japan Ground Self-Defense Force members with 13th Brigade, Middle Army, and Japan Maritime Self-Defense members with Fleet Air Wing 31, load simulated casualties onto a JGSDF UH-1J with the 13th Aviation Squadron, 13th Brigade, Middle Army, as part of a mass casualty training event during exercise Keen Sword 25 at Marine Corps Air Station Iwakuni, Oct. 30.



(U.S. Marine Corps photo by Lance Cpl. Jessi Stegall)

U.S. service members and Japan Maritime Self-Defense Force members flatten out wet cement during bilateral airfield damage repair (ADR) training as part of exercise Keen Sword 25 on Kadana Air Base, Oct. 24.



(U.S. Navy photo by Mass Communication Specialist 2nd Class Caroline H. Lui)

U.S. 7th Fleet's premiere forward-deployed aircraft carrier USS George Washington (CVN 73) steams in the Western Pacific Ocean during Keen Sword 25, Oct. 29.



(U.S. Army photo by Staff Sgt. Connor Davis)

Spec. Malek James, a Patriot Launching Station Enhanced Operator/Maintainer with Delta Battery, 1st Battalion, 1st Air Defense Artillery Regiment, 38th ADA Brigade, observes a hydraulics systems check following reload operations on their Patriot air defense system at Misawa Air Base, Oct. 29.



(U.S. Navy photo by Mass Communication Specialist 2nd Class Henry Liu)

Master-at-Arms 2nd Class Chandler, assigned to Naval Air Facility (NAF) Atsugi, participates in an active shooter exercise onboard the base with members of the Japan Ground Self-Defense Force during exercise Keen Sword 25, Oct. 25.

VERSES FROM THE HOLY QUR'AN

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

Whoever submits his whole self to G-D, and is a doer of good, has clenched indeed the most trustworthy handhold; and with The One G-D rest the End and Decision of (all) affairs.

But if any reject Faith, let not his rejection sadden you; to **US is their Return, and **WE shall tell them the truth of their Deeds; for G-D knows well all that is in (Men's) hearts.

WE grant them their (worldly) pleasure for a little while; In the end shall WE drive them to a continuous Punishment.

If you ask them (those who claim to believe): Who is it that created the Heavens and the Earth, they will certainly say, "G-D." Reply: Praise be to The One G-D." But most of them do not understand.

To G-D belong everything in the Heavens and the Earth; verily G-D is HE (that is) free of all needs, worthy of all praise. And if all the trees on Earth were pens and the Oceans (were ink); with seven Oceans behind it to add to its' (supply); yet would not the Words of G-D be exhausted (in the writing): For The One G-D is Exalted in Power; full of Wisdom.

And your creation or your resurrection is in no wise but as an individual soul: For G-D is HE Who hear and see (everything)

[End of Part 3]

*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.



Listen to Imam **Yahya Abdullah**

THE REVIEW

OF A PLACE



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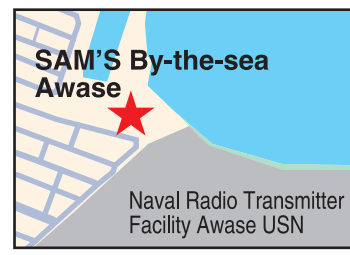


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(Continued from page 6)

U.S. service members from across the joint force. The exercise began Oct. 23 following a bilateral press conference on Oct. 22.

Throughout the exercise, U.S. forces worked alongside JSDF and partner nation forces to hone skills and maintain warfighting readiness. Bilateral and multilateral events undertaken as part of Keen Sword 25 included joint live fire training, medical mass casualty exercises, installation security forces training and simulated airfield damage repair, among others.

Participants took advantage of the unique training environment to enhance tactics, techniques, and procedures across a wide range of military operations in support of furthering interoperability between U.S., JSDF and participating allied forces, strengthening deterrence, and regional stability.



(U.S. Marine Corps photo by Lance Cpl. Matthew Morales)

U.S. Navy Hospital Corpsmen assigned to 3rd Medical Battalion, 3rd Marine Logistics Group, provide medical aid to a simulated casualty while executing a medical evacuation drill during exercise Keen Sword 25 at JGSDF Camp Yonaguni, Okinawa, Oct. 23.

The training occurred throughout mainland Japan and its surrounding territorial waters.

Keen Sword continues to be an opportunity to demonstrate the ironclad nature of the U.S. – Japan alliance, which is built on shared interests and values and a commitment to freedom and human rights. Both countries are focused on ensuring regional peace and security in the Indo-Pacific region, including building new partnerships and strengthening multilateral cooperation.

Participants in Keen Sword 25

include U.S. Indo-Pacific Command (USINDOPACOM), U.S. Space Command (USSPACECOM), U.S. Pacific Fleet (PACFLT), U.S. Marine Corps Forces, Pacific (MARFORPAC), U.S. Army Pacific (USARPAC), Pacific Air Forces (PACAF), U.S. Forces Japan (USFJ), U.S. 7th Fleet (C7F), III Marine Expeditionary Force (III MEF), U.S. Army Japan (USARJ), U.S. Naval Forces Japan (CNFJ) 5th Air Force (5 AF) along with forces originating from units across the Department of Defense."

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5 **Christmas Tree Flower**
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6 **Okinawa Tropical Illumination**
Southeast Botanical Gardens

7 **Hotel Nikko Alivila**
Patio Illumination

8 **Kariyushi Dream Fantasy**
Kariyushi Beach Resort Ocean Spa

9 **Ryukyu Lantern Festival**
Mura Saki Mura

10 **Itoman Peaceful Illumination**

11 **Sweet Sweet Christmas**
Renaissance Resort Okinawa

12 **Christmas Fantasy**
Okinawa Zoo & Museum

13 **Beachside illuminations**
Iias Okinawa Toyosaki

14 **Starlight Promenade**
Sheraton Okinawa Sunmarina Resort

15 **Illumi-Banta**
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16 **Kumoji Illumination**
Palette Kumoji

17 **Kafuna Asahibashi Illumination**
Kafuna Asahibashi

18 **Winter Elegance**
Okinawa Outlet Mall Ashibina

19 **Island Illumination**
Izena Island

20 **Yonabaru Illumination**
Yonakohama Park

American and Japanese students break the language barrier

Story & Photo by Cpl. Thomas Sheng
Marine Corps Installations Pacific



Sawa Agarie, a third-year student at Ageda Middle School, gives a cultural presentation during a Student Educational Exchange and Dialogue project on Camp Lester, Oct. 27.

American and Japanese middle school students give cultural presentations during a Student Educational Exchange and Dialogue project on Camp Lester, Oct. 27.

CAMP LESTER – American and Japanese middle school students gathered at Lester Middle School to finish the final event of a Student Education Exchange Dialogue program on Camp Lester, Oct. 26-27.

The SEED program is a collaboration between the Ministry of Foreign Affairs of Japan and Department of Defense Education Activity Pacific that invites local Japanese students to share their culture at schools on military bases. The program consists of two-day projects that occur on U.S. Army, Navy, Marine Corps, and Air Force bases, where students participate in different activities together throughout the year.

Students who participated in this project came from Lester Middle School and Japanese mid-

dle schools in Kitanakagusuku, Chatan, Okinawa City, Ginowan, and Kadena. Although many interpreters were available to provide translation for the students, most of the time. Unfortunately, they couldn't be everywhere at once. Despite this minor setback, the students still worked to find ways to communicate with each other due their united goal: an interest in each other's language and culture.

"Sometimes you can get so focused on the language barrier, that you start to isolate yourself from other kids that maybe don't speak English," said Julianna Aubin, a seventh grade student at Lester Middle School. "But after the course of a day you begin to see that we're all kids and we have favorite books and sports, and language is just a

way to communicate, so we're not all that different."

Aubin, who has been living in Okinawa for six years, joined this language exchange project after seeing an advertisement in her Japanese class to break out of her routine. Through the program, she was able to spend time with Japanese students her age by participating in activities like exploring a haunted house, playing volleyball, scavenger hunts, and making a group presentation.

"I think that living on a base can be sort of isolating because you're with the same group of people every day," said Aubin. "You tend to just stay on your little hamster wheel of a daily cycle."

Sawa Agarie, a third-year student at Ageda Middle School,

(Continued on page 14)

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RENNY'S DINER



American and Japanese middle schools students, and key personnel from the Ministry of Foreign Affairs of Japan, Department of Defense Education Activity Pacific, and Marine Corps Installations Pacific, pose for a group photo after a Student Educational Exchange and Dialogue project on Camp Lester, Oct. 27.

(Continued from page 12)

also volunteered to be part of the project after seeing an advertisement at her school.

Agarie's first interest in learning English came from her older sister, who had studied abroad in Australia. She watched her sister speak English fluently and enjoyed communicating with many of her friends. Agarie hopes to one day share the same experience through a study abroad program or by moving to an English-speaking country.

Just like Aubin, Agarie recalled moments where it was difficult to communicate with other students.

"It was sometimes slightly difficult to communicate because of the differences in languages and cultures," said Agarie. "But

I did my best to communicate by using sign body language and also my feelings through expressions."

The final activity of the project tested the students' ability to overcome communication and language barriers. Students, who were split into groups, brainstormed ideas for businesses and establishments and presented those ideas on a canvas. During the presentations, students shared what their businesses or establishments would achieve while also discussing what was learned about Okinawa's culture. Some ideas focused on selling Japanese food and beverages, some gave tours of historical locations, and some provided a space for entertainment.

After each group presented, they gathered for the closing cere-

mony. Students received a special message from distinguished guests: Col. Marc Walker, commanding officer of Headquarters and Support Battalion, Marine Corps Installations Pacific; Masashi Toguchi, mayor of Chatan Town; and Manabu Miyagawa, ambassador in charge of Okinawa Affairs, Ministry of Foreign Affairs of Japan.

With the conclusion of the ceremony, students spoke with each other one last time before parting ways. For some, this project fostered new relationships and an opportunity to break into a new cultural bubble.

"I felt I've made very strong friendships," said Agarie. "There was one girl who I will try to stay in touch with through social media."

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Kadena Special Olympics goes strong for 2024

Story by Staff Sgt. Gary Hilton
18th Wing Public Affairs

KADENA AIR BASE – Athletes, families, U.S. service and local community members reunite in the spirit of competition during the Kadena Special Olympics at Kadena Air Base, Nov. 16.

The Kadena Special Olympics is a one-day sporting and entertainment event that brings competition and recognition to Okinawan and American athletes with physical and intellectual disabilities. These athletes compete in a variety of track-and-field, basketball and soccer events.

“The Special Olympics have always been a major staple in



Kadena Special Olympics athletes compete in a track event alongside KSO volunteers at Kadena Air Base, Nov. 16.

(U.S. Air Force photo by 1st Lt. Mary Turpin)

uniting friends and family to support these athletes in a judgment-free environment,” said

U.S. Air Force Capt. Cara Leaf, 18th Force Support Squadron

(Continued on page 22)

Parklife

Peace Memorial Park - Children Playground
(Mabuni, Itoman City)



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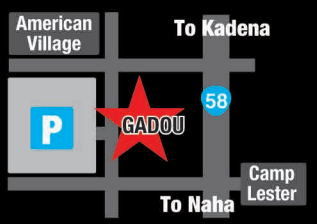
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(Continued from page 20)

sustainment flight commander and KSO project officer. "For Team Kadena, the added joy comes from not only cheering the athletes on, but also from uniting communities together."

Since its inception in 1968, the KSO has been the world's largest sports organization for people with disabilities.

Kadena hosted its first Special Olympics event in 2000, suffering a six-year hiatus from 2017 to 2022 due to rising costs and the COVID-19 pandemic. In 2023, the Olympics returned to Kadena with an attendance of 70 athletes. This year, 77 athletes competed across the events.

"405 Department of Defense personnel and Japan Air Self-Defense Force volunteers also dedicated their time to set up event stations, escort the athletes, and even act as translators and 'bud-

dies' for the athletes," said Leaf. "Each 'buddy' acts as an escort and personal cheerleader for their respected athlete."

U.S. Air Force Chief Master Sgt. Brandon Wolfgang, 18th Wing command chief, expressed that the event breaks down barriers and creates an environment of understanding and acceptance.

"This is one of our favorite events throughout the year, because it's a great opportunity to highlight the great relationship that we have here between the military academia and the local community," Wolfgang said.

This year's Olympics also saw the attendance of various Okinawan government officials, including Vice Governor of Okinawa Prefecture Yoshimi Teruya.

He expressed his admiration at the event as an important display of strong community relations



(U.S. Air Force photo by Staff Sgt. Dwane R. Young)

between U.S. military personnel and the local community.

"(This event) gives bright hope and deep inspiration to family members, event supporters and the people of Okinawa," said Teruya.

In the spirit of every KSO before it, each athlete performed their respected sport with pronounced passion and effort. For Capt. Leaf and the KSO planning committee, the well deserved

satisfaction displayed on the smiles of each athlete reminds them of the reason why KSO is so important.

"It's such a blessing to be involved in something so impactful," said Leaf. "The energy spent planning an event this significant is immediately justified when you witness the devotion these athletes give to their performances.

"Next year couldn't come sooner!"

Kadena Special Olympics athletes and volunteers compete in a tug-of-war event at Kadena Air Base, Nov. 16.

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Type 2 Diabetes

Are you at Risk?

Dr. Ceabert J. Griffith

According to the Centers for Disease Control and Prevention (CDC), Type 2 Diabetes is one of the fastest-growing chronic diseases, affecting an estimated 38 million Americans. Sadly, a more silent epidemic, pre-diabetes, which affects an estimated 1 in 3 Americans, fuels the Type 2 Diabetes epidemic! Formerly called adult-onset diabetes, Type 2 Diabetes now strikes children as young as 10 years old! Diabetes is a defect in the body's ability to utilize sugar (i.e., glucose) to make energy. The pancreas produces insulin, which gets sugar into the cells to produce energy. In Type 2 Diabetes, fat, muscle, and liver cells develop insulin resistance, and eventually, the pancreas cannot keep up with insulin demand. The exact mechanism of this defect is complex and currently unclear. When insulin cannot do its job, excess glucose stays in the blood, increasing blood sugar levels.



Regarding laboratory testing, the American Diabetes Association defines normal blood sugar as a fasting blood sugar less than 100 mg/dL and Diabetes as a fasting blood sugar of 126 mg/dL and higher. Pre-diabetes is fasting blood sugars between 100 and 125 mg/dL. Hemoglobin A1C, a reliable biomarker for glucose utilization, should be less than 5.7%.

Risk Factors for Type 2 Diabetes

Multiple genetic and lifestyle risk factors converge to set the stage for the development of type 2 diabetes. Most health experts believe that lifestyle factors trump genetic endowment regarding this disease. Being overweight or obese is a major risk factor for type 2 diabetes. Abdominal fat, a unique metabolic tissue, places a person at particular risk for insulin resistance. Physical inactivity is a particularly potent risk factor for type 2 diabetes. Race is also an independent risk factor for type 2 diabetes, with the highest risk occurring among African Americans, Native Americans, Latinos, and Asian

Americans/Pacific Islanders. As we age, our risk for Type 2 Diabetes increases.

Common Symptoms of Type 2 Diabetes

In most people, Type 2 diabetes typically has a gradual onset. The most common symptom of this disease is no symptoms. When they occur, symptoms may include chronic fatigue, excessive thirst, constant hunger, frequent urination, and waking up multiple times at night to urinate. Advanced symptoms include blurred vision, tingling in the hands and feet, frequent infections, and sores that take a long time to heal.

Complications of Diabetes

The complications of diabetes don't end with high blood sugar. Insulin resistance and elevated blood sugar incur a litany of severe long-term complications that affect virtually every organ in the body. Common complications of Type 2 Diabetes include cataracts, glaucoma, blindness, stroke, heart disease, kidney disease, skin infections, gum disease, and nerve damage.

Prevention of Type 2 Diabetes

Successful diabetes prevention/management is a joint effort between you and your primary healthcare Provider. The CDC and American Diabetes Association (ADA) recommend the following strategies to achieve optimal health and stave off Type 2 Diabetes:

- Eat fresh, high-quality, unprocessed, plant-based foods. These foods are packed with healthy protein, carbohydrates, fats, vitamins, minerals, and fiber, and are low in calories.
- Get 150 minutes or more of physical activity each day. Walking, swimming, and biking are excellent choices.
- Achieve a healthy body weight.
- Get between 7 and 9 hours of sleep each night.
- Manage your stress.
- Quit tobacco products.
- Limit alcohol intake.
- Work with your healthcare Provider to determine your baseline laboratory biomarkers and risk factors reduction.

Additional Resources

For more information on Type 2 Diabetes, visit the ADA's Website at: www.diabetes.org Note: Type 1 Diabetes and Gestational Diabetes are unique forms of Diabetes and are not the focus of this article.

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 author of "15 Power Habits of Wellness" and co-author of "11 Power Habits to Defeat High Blood Pressure," sold on Amazon.com

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

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	Nakagami Hospital	601 Noborikawa, Okinawa / 098-939-1300	
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	Gushiken Eye Clinic	1371-1 Gushikawa, Uruma / 098-975-1010	
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	ACE Dental Clinic	62-2 Higashionna, Ishikawa, Uruma / 098-965-6336	
	Nakawaka Dental Clinic	468-3 Kuwae, Chatan / 098-926-4180	
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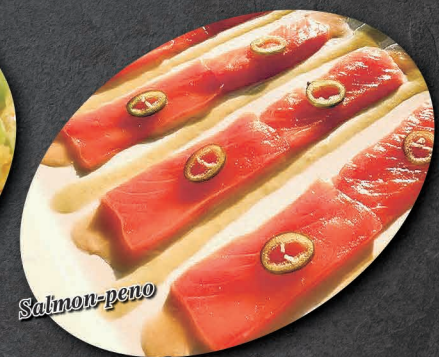
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4th Marines Athletes Compete Alongside Henoko Township in Annual *Undo-Kai*

Story by 1st Lt. Duncan McClain
3d Marine Division



(U.S. Marine Corps photo by Lance Cpl. Adam Trump)

U.S. Marines pass a baton in a 4x100 meter track event during a track and field sports day held in Henoko, Nov. 3.

throughout 2024. Earlier this year, Marines and Sailors participated in Henoko's annual tug-of-war competition and Haarii festival, also known as "Dragon-boat races."

"Camp Schwab's history has always had inclusion with neighboring towns. It's important to support one another in the community," said Rivera. "Our participation and understanding of the culture is an important part of living in Japan."

As the home of Unit-Deployment Program battalions, Camp Schwab is host to infantry battalions as they rotate from their home stations in the continental United States to Okinawa. Participating with the local community at special events is often the best opportunity to experience Okinawan culture for Marines not permanently stationed overseas, generating lifetime memories for the Marines and members of the community.

"If the Camp Schwab athletes did not participate, I think the event would have been less exciting. The Camp Schwab athletes' participation helped make it a great Henoko undo-kai," said Mr. Shigeru Shimabukuro, the mayor of the Henoko Township.

CAMP SCHWAB – Marines from Camp Schwab and locals from the surrounding township of Henoko gathered for a friendly competition at the Henoko Athletic Fields for a Track and Field Day on Nov. 3, in a tradition dating back to the 19th century known as undo-kai.

Tracing its origins back to the 19th century and translating to "sports day", undo-kai are typically held in the spring or fall at schools for young children and include a variety of activities designed to teach children the importance of teamwork. Across Japan, undo-kai can range from a small gathering of school children with parental spectators to community-wide events with cheerleading squads and traditional music performances.

This year, Henoko township invited the Marines of Camp Schwab to participate in a "centipede race" and a "rugby ball bouncing race" as well as 200-meter and 100-meter relay races during their undo-kai. Local families also competed in an obstacle course and tug-of-war tournament.

"I had a great time, learning the traditions with our neighbors of Henoko. Naturally, Marines are competitive. It's always great to break bread or sweat with one another," said Sgt. Maj. Christopher Rivera, the senior enlisted leader for Camp Schwab and 4th Marine Regiment.

Henoko Township has invited Marines and Sailors from Camp Schwab to participate in several traditional community events



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New Mexican restaurant in Mihama: El Paso

Lovers of Tex-Mex cuisine have had a new place to indulge since this summer in American Village: restaurant El Paso. Their unique Tex-Mex cuisine is like nowhere else and is served in a fantastic Mexican ambiance with animation-like papel picados hanging from the ceiling.

The restaurant's bar is full of signature craft beers and unique tequilas that are hard to find in Okinawa. The bar time is also on weekend nights, and monthly Latin dance events spice up the atmosphere on random nights. Check El Paso's Instagram page for the events.



The dishes you will eat while listening to cheerful Latin music are carefully prepared with plenty of Mexican spices.



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Popular menu

Beef Carne Asada 3,850 yen
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Beef Birria Tacos 2,100 yen
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The restaurant is decorated with a large mural on the terrace and paintings on the walls, which are works by Nikki, a Singaporean artist inspired by Mexican culture.

December Dance Event

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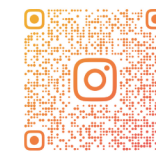
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NEWSPRINT

U.S., Japan, Republic of Korea Conduct Trilateral Aerial Exercise



(U.S. Air Force photo by Senior Airman Maria Umanzor Guzman)

Fighter aircraft from the U.S., Japan, and the Republic of Korea conduct a trilateral escort flight of U.S. bombers operating in the Indo-Pacific, Nov. 3. Two U.S. F-16 from the 36th Fighter Squadron, 51st Fighter Wing flew with four Japan Air Self-Defense Force F-2s from the 8th Air Wing and four Republic of Korea Air Force F-15Ks from the 11th Fighter Wing to escort one U.S. Air Force B-1B Lancer.

USS George Washington Sailors greet Japan with flight deck message



(U.S. Navy photo by Mass Communication Specialist Seaman Geoffrey L. Ottinger)

Sailors stand in formation to form Japanese kanji and hiragana characters spelling "hisashiburi", which translates to "long time, no see," on the flight deck of Nimitz-class aircraft carrier USS George Washington (CVN 73), while underway in the Pacific Ocean, Nov. 6. George Washington is 7th Fleet's premier forward-deployed aircraft carrier, a long-standing symbol of the United States' commitment to maintaining a free and open Indo-Pacific region, while operating alongside Allies and partners across the U.S. Navy's largest numbered fleet.

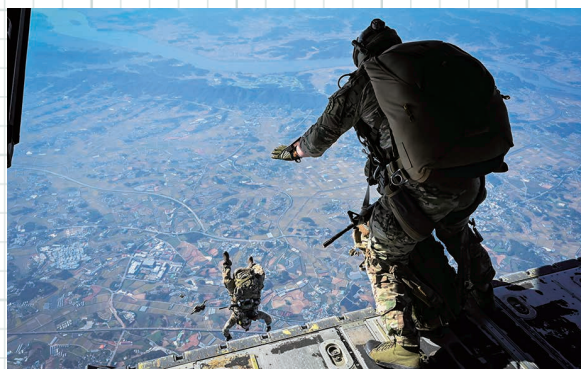
Marine F-35B pilot leads tour for key leaders of Japan



(U.S. Marine Corps photo by Cpl. Samantha Rodriguez)

Civic leaders of Nyutabaru, Japan take part in a tour of an F-35B Lightning II with Marine Fighter Attack Squadron (VMFA) 121, Marine Aircraft Group 12, 1st Marine Aircraft Wing during exercise Keen Sword 25 at Japan Air Self-Defense Force Nyutabaru Air Base, Oct. 29.

Kunsan, Yokota Air Bases collaborate, enable U.S., ROK SOF high-altitude, high-opening jump training



(U.S. Air Force photo by Senior Airman Maria Umanzor Guzman)

U.S. Army Special Forces Soldiers assigned to the 1st Special Forces Group (Airborne) jump from a C-130J Super Hercules assigned to the 36th Airlift Squadron, during a high-altitude, high-opening (HAHO) proficiency jump training event in preparation for Freedom Flag 24-1 at Kunsan Air Base, Republic of Korea, Oct. 24. During a series of HAHO jumps, a combined team of U.S. and ROK special operations forces conducted extensive ground training and orientation, graduated build-ups to altitudes of 20,000 ft above sea level, and used oxygen and assisted breathing equipment to compensate for the hypoxic environment. The ability to conduct a HAHO jump under these extreme conditions amplifies the types of missions and infiltration options SOF can support.

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- December 18th:
USO Kadena Coffee Connections
"Holiday Edition" @10am
- December 19th:
USO Foster Christmas Dinner @ 11:30am
- December 25th:
USO Hansen Holiday Pancakes @10am
- December 27th:
USO Futenma End of Year Bash @2pm

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December 20th: USO Schwab

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

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- December 10th: USO Schwab
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