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P A P E R

OKINAWA APRIL Bulletin

THE REVIEW OF A PLACE
SUSHI ON LA CIENEGA

**BEACH
OPENING
2025**



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Issue 16 >> April 9, 2025

VOICE

P A P E R

VOICE PAPER
*features Okinawa's
local events, off-base
locations, and U.S.
military activity on the
island and across the
Asia-Pacific region.*

Duty on the island

U.S. Marines with 3rd LSB Conduct Air Deliveries



(U.S. Marine Corps photo by Lance Cpl. Weston Brown)

U.S. Marines with 3rd Landing Support Battalion, 3rd Marine Logistics Group, parachute down after leaving a KC-130J with Marine Aerial Refueler Transport Squadron 152, 1st Marine Aircraft Wing, during an air delivery field exercise at Ie Shima Training Facility, Feb. 27. The purpose of the training was to maintain proficiency with air delivery capabilities and to increase unit cohesion.

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広告掲載のお問い合わせは voice.paper.okinawa@gmail.com



Rice cake pounding ceremony



(U.S. Marine Corps photo by Cpl. Juan Maldonado)
U.S. Marine Corps Lance Cpl. Jaughn Green, a network administrator with 7th Communication Battalion, III Marine Expeditionary Force Information Group, pounds rice during a rice cake pounding ceremony in Kin Town, Jan. 23. Volunteers were invited to join the Okinawan New Year tradition as part of the 30-year friendship between the battalion and the Ginoza Family.

31st MEU, JGSDF conduct Press Conference

Press representatives record U.S. Marine Corps Brig. Gen. Trevor Hall, commanding general of the 3d Marine Expeditionary Brigade, and Japan Ground Self-Defense Force Maj. Gen. Hajime Kitajima, commander of the Amphibious Rapid Deployment Brigade, during a press conference as part of Iron Fist 25, at Kin Blue Beach Training Area, March 1. Iron Fist is an annual bilateral exercise designed to increase interoperability and strengthen the relationships between the U.S. Marine Corps, U.S. Navy, Japan Ground Self-Defense Force, Japan Maritime Self-Defense Force and Japan Air Self-Defense Force.

(U.S. Marine Corps photo by Sgt. Tyler Andrews)

10th Annual English Day Camp



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

U.S. Marine volunteers and members of the Nago City Board of Education perform a play for Nago City elementary students during a language exchange in Nago City, March 15. This English Day Camp marked the 10th annual language exchange where Marine volunteers played games, shared lunch, and performed plays, with Nago City Elementary students. Marines were able to help students communicate in English while learning some Japanese with assistance from the Nago City Board of Education members.

USAG Okinawa Kicks Off AER Campaign in the Rain

U.S. Army Garrison Okinawa kicked off its Army Emergency Relief campaign with a 5K Color Run on March 15, Torii Station. Runners and walkers braved the weather to take part in the event, organized by USAG Okinawa Family and Morale, Welfare and Recreation and Army Community Service. The run provided an opportunity for participants to enjoy a colorful experience while raising awareness for AER.



(U.S. Army photo by Natalie Stanley)

White Beach Aircraft Mishap Exercise



U.S. Navy photo by Mass Communication Specialist 2nd Class Zack Guth)

Members of the Uruma City Fire Department await further instruction during a Bilateral Aircraft Mishap Functional Training Exercise onboard White Beach Naval Facility, Feb. 7. Approximately 110 personnel from 11 organizations from the Government of Japan and U.S. Department of Defense directly participated in the on-hands training. Overall, 250 personnel from 42 organizations attended, reinforcing the strength of U.S.-Japan cooperation in crisis response and preparedness.



(U.S. Marine Corps photo by Sgt. Tyler Andrews)

APRIL - MAY bulletin



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4.19 - 20 素敵な器との出合いは、
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April 19
April 20

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April 19

IE ISLAND

Lily Festival
April 26 - May 5

NAHA

第51回 那覇ハルリ
Naha Hariri (Naha Dragonboat Race Festival)
May 3 - 5

TOMIGUSUKU

Okinawa Craft Fair
April 25 ~ 27

NAHA

Shisa Exhibition
April 3 - 27

NAHA

Niku Festa (Meat Festival)
April 26
April 27

NAHA

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Kadena opens doors to community



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

America Fest 2025 attendees watch an HH-60W Jolly Green II assigned to the 33rd Rescue Generation Squadron fly over Kadena Air Base during a Rescue Training, March 22. During the event, the 33rd RGS and pararescuemen assigned to the 31st Rescue Squadron simulated a rescue operation, showcasing both squadron's rapid rescue capabilities.



(U.S. Marine Corps photo by Gunnery Sgt. Scott Smolinski)

An attendee of America Fest 2025 takes a photo of a U.S. Marine Corps MQ-9 Reaper unmanned aircraft with Marine Unmanned Aerial Vehicle Squadron 3, Marine Aircraft Group 36, 1st Marine Aircraft Wing on Kadena Air Base, March 22.

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Torii Station Hosts Joint US-Japan Wildland Fire Training

Story and Photo By Natalie Stanley
U.S. Army Garrison Okinawa



U.S. Army Garrison Okinawa Fire Department and Nirai Fire Department firefighters pose for a photo during fire training at Torii Station, March 11.

TORII STATION – The U.S. Army Garrison Okinawa Fire Department and Nirai Fire Department joined forces on March 11, for a critical joint training exercise at Torii Station. The training focused on enhancing firefighter safety and interoperability during a simulated wildland fire.

Firefighters battled the simulated blaze while navigating the

complexities of resupplying fire apparatus with equipment adhering to two different country specifications. This exercise underscored the importance of regular training with host nation partners.

“Cross-training with our host nation partners is crucial for building rapport, ensuring interoperability, and improving response times for both departments,” said Dean

Turner, fire and emergency services chief for U.S. Army Garrison Okinawa. “This training ensures we are ready to protect the community together during a real-world emergency.”

The simulated environment provided a valuable opportunity to address communication and equipment challenges safely.

(Continued on page 12)

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(Continued from page 10)

“Ultimately, cross-training leads to safer and more effective emergency responses,” Turner said. “It improves communication and coordination during emergencies, enhances teamwork, and facilitates the sharing of resources and expertise.”

This exercise represents just one component of the ongoing collaboration between the departments. Future plans include water rescue, medical training, flashover simulations, and aircraft live-fire exercises.

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MARCH 16
- 2  **UPPAMA BEACH**
MARCH 30
- 3  **EMERALD BEACH**
APRIL 1
- 4  **SESOKO BEACH**
APRIL 1
- 5  **KARIYUSHI BEACH**
MARCH 5
- 6  **KANUCHA BEACH**
MARCH 30
- 7  **KISE BEACH**
APRIL 1
- 8  **ZISEIKI NO MORI BEACH**
LATE APRIL
- 9  **SUN MARINA BEACH**
OPEN YEAR AROUND
- 10  **MANZA BEACH**
MARCH 15

- 11  **NABI BEACH**
APRIL 1
- 12  **TIGER BEACH**
APRIL 1
- 13  **ZANPA BEACH**
APRIL 1
- 14  **NIRAI BEACH**
APRIL 1
- 15  **SUNSET BEACH**
APRIL 11
- 16  **IKEI BEACH**
OPEN YEAR AROUND
- 17  **TROPICAL BEACH**
APRIL 26
- 18  **SERAGAKI BEACH**
MARCH 20
- 19  **CHURASUN BEACH**
APRIL 1
- 20  **BI BI BEACH**
MARCH 20

- 21  **KIN SUNRISE BEACH**
LATE APRIL
- 22  **AZAMA SUNSUN BEACH**
APRIL 4
- 23  **MOON BEACH**
APRIL 1
- 24  **KOURI BEACH**
LATE APRIL
- 25  **BUSENA BEACH**
OPEN YEAR AROUND
- 26  **ARAHA BEACH**
MID APRIL
- 27  **NASHIRO BEACH**
MARCH 14
- 28  **NISHIHARA KIRA KIRA BEACH**
LATE APRIL
- 29  **NAMINO UE BEACH**
APRIL 6





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VERSES FROM THE HOLY QUR'AN

With The Name of The One True *G-D,
The Merciful Benefactor, The Merciful Redeemer

Al Nahl (The Bees)

Abraham was indeed a model (of righteousness). Devoutly obedient to THE One True G-D, and turning away from all that is false.

And he was not of those who ascribed divinity to anything but G-D.

He showed his gratitude for the Blessings given to him by The One G-D; Who chose him, and guided him onto a Straight Way.

And **WE gave him good in this world, and he will be in the Hereafter among the righteous.

So WE have taught you (O Muhammed, with this Revelation:) Follow the ways of Abraham, the True in Faith, and he was not of those who ascribed divinity to anything but The One True G-D.

The Sabbath was only made (strict) for those who disagreed (about its' observance); but G-D will judge between them on the Day of Judgement as to their differences.

Invite (everyone) to the Path of your Lord-Creator, with wisdom

and beautiful teachings; and argue with them in the most kindly manner.

For your Lord-Creator knows best, who has strayed from HIS Path, and who (will) receive (HIS) Guidance.

Then, if you have to respond to a (verbal) attack, respond only to the extent of the attack levelled against you.

But if you show patience, that is indeed far better for you (for G-D is with) those who are patient in adversity.

Endure then, with patience (all that the rejecters of Truth may say) - always remembering that it is none but G-D who gives you strength to endure adversity - and do not grieve over them:

Nor distress yourself because of their plots.

For, verily The One True G-D is with those who are conscious of HIM and are doers of good.

*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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Yahya Abdullah



Translation of the
Qur'an in Japanese
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AK Kyogyo Donates One Million Yen to USO Okinawa

USO OKINAWA - Recently, Owner and President of AK Kogyo, Eugene Bourderault and General Manager, Hawari Habrawi, presented a USO Proud Supporter level donation of ¥1,000,000 to J. Phil Van Etten, USO Okinawa Area Director. AK Kogyo has been a steadfast supporter of USO Okinawa since December 2020 and their generous donation reflects their unwavering commitment to supporting the United States military community stationed in Okinawa.

"At AK Kogyo, we are thrilled to be a sponsor for USO Okinawa for 2025. Backing an organization like the USO whose mission is to improve the wellbeing of America's military members and their families, was truly an easy decision," states Eugene Bourderault. "We know the USO Okinawa team is consistently in the military community providing support through their programs and operations with the goal of ensuring a service member's time spent in Okinawa is meaningful. We wanted to do our part in supporting their efforts. By sponsoring USO Okinawa, we hope to help the USO achieve its goals and support their mission."

AK Kogyo has served the



(Courtesy photo)

Owner and President of AK Kogyo, Eugene Bourderault (left), and USO Okinawa Area Director, J. Phil Van Etten (right), received a ¥1,000,000 donation in support of the U.S. military community stationed in Okinawa.

United States military community since 2008 and provides automobile and motorcycle financing for individual or dealership purchases in Okinawa or mainland Japan. Additionally, AK Kogyo also assists customers in obtaining vehicles, tailored to their specific requirements. AK Kogyo's contribution to USO Okinawa's mission of providing innovative programming to strengthen the well-being of America's service members and their families throughout their service to their country. It also provides USO Okinawa with the ability to provide outreach support to surrounding areas where no physical USO facility stands.

"USO Okinawa relies on local businesses like AK Kogyo to sustain operations in our centers and conduct local programming," shared USO Okinawa Area Direc-

tor, J. Phil VanEtten. Their sponsorship of USO Okinawa helps us support our U.S. service members, their families, and their commands. Their loyalty to the USO is greatly appreciated.

It can be a challenging process for a service member to obtain a vehicle or motorcycle loan without the support of a local national. Through AK Kogyo's services, U.S. service members can purchase quality vehicles from reputable dealerships and pay overtime with helpful payment plans. Without AK Kogyo's commitment to ease some of the burdens that accompany an overseas duty assignment, service members and their families would be walking, paying expensive taxi fees, or taking a long bus ride to their destination. These are the only support services to obtain loans like these.



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9 Power Habits of Stress Management

Dr. Ceabert J. Griffith



Mental health experts define stress as a state of emotional strain or tension in response to internal or external triggers (i.e., stressors) such as heavy traffic, noise pollution, relationship discord, financial problems, tragedy, and chronic pain. Stress is a very individualized *reaction* to everyday life events. A given trigger can produce a normal stress response (i.e., Eustress) from

The musculoskeletal system reacts to excessive stress with muscle tension. Tense muscles are more prone to injuries, and tense muscles in the head, face, and neck can lead to headaches. Excessive stress forces us to take shallow and rapid breaths, which can drive up blood pressure, challenge cognition, and reduce physical endurance. Chronic stress can rob the heart of the high doses of oxygen needed for heart health. Distress produces a cascade of unhealthy substances

in the body, such as cortisol, that can suppress the immune system, making us vulnerable to infections and some cancers.

Excessive emotional stress has been shown to contribute to a long list of gastrointestinal (GI) disorders, such as gastroesophageal reflux disease, irritable bowel syndrome, inflammatory bowel disease, and a disruption of our gut microbiome. Like our GI system, excessive stress negatively

one person but an excessive stress response (i.e., Distress) from another person. Experts tell us that distress is a *perceived* threat—real or imagined—to your physical, mental, or spiritual well-being. The perception is grounded in *believing* that a given demand has outstripped our response resources. Over time, distress can negatively affect every tissue and organ system in the body.

affects our nervous system. Depression, anxiety, and other neuropsychological disorders can be traced to abnormal stress levels. Other disorders linked to unmanaged stress include menstrual disorders, menopausal disorders, erectile dysfunction, male and female infertility, and overweight and obesity. How can you manage your reaction to daily triggers? Experts prescribe nine power habits that can help us manage how we react to everyday life events.

Develop Healthy Ways of Thinking

Einstein famously said that you cannot solve a problem with the same head that created the problem. Negative thinking creates a cognitive lens through which life's events are perceived negatively. One strategy for

positive thinking is to make a list of the positive things in your life and review your list daily.

Identify Your Stressors

Write down the triggers that produce your stress. Then, plan a healthier way of thinking about

these life events and how you will confront them.

Have the Right Expectations

A prominent quality of happy people is their cultivating realistic expectations about life and life's events. They know that airports

are invariably crowded and are never surprised or stressed out when encountering large airport crowds. From your list of stressors, determine if your expectations align with the reality of items on your list.

Practice Mindfulness

Mindfulness is focusing the mind exclusively on the here and now. This strategy helps to slow the mind and focus on one mental activity at a time. Start by using your five senses to deeply experience your immediate environment and what is happening around you. Mastering mindfulness takes lots of practice.

Practice Breathwork

Popularized by integrative medicine pioneer Dr. Andrew Weil, breathwork relaxes the mind, improves focus, and positively changes the body's biochemistry. The following six steps constitute the 4-7-8 breathing technique taught by Dr. Weil:

- Sit comfortably with your back straight.
- Exhale completely through your mouth while making a "whoosh" sound.
- Inhale deeply via your nose and stop at the count of 4.

- Hold your breath for a count of 7.
- Exhale audibly via your mouth while making a "whoosh" sound and stop at the count of 8.
- Repeat steps 2 through 5 for three or four cycles and enjoy the deep relaxation.

Practice Visualization

The human mind has an amazing capacity to generate both positive and negative images that can create our mood and influence our behavior. The following steps can help you to use visualization to reduce your stress:

- Sit or lie down in a comfortable position and close your eyes.
- Visualize a place, scene, or object that is pleasant and soothing.
- Savor the sights, sounds, tastes, smells, and physical touch linked to your visualized image.
- Do this exercise for 5 minutes and enjoy the relaxation and clarity it produces.

Practice Anti-Stress Eating

The substances that chronic distress produces can cause food cravings—invariably for refined sugars that promote insulin resistance and weight gain. Anti-stress nutrition practices include:

- Eat a diet of fresh, high-quality,

organic, unprocessed, unrefined, non-manufactured, and plant-based foods.

- Chew your food slowly and deliberately to promote healthy digestion.
- Ensure adequate fiber intake, which can promote a healthy gut microbiome.

Practice Daily Physical Activities

Regular physical activity is a powerful antidote to excessive stress. A regular, mild-to-moderate aerobic exercise program (such as brisk walking or biking) for one hour daily can burn off pro-stress hormones and produce anti-stress hormones. Wearing a step counter can ensure you accrue enough daily physical activities (e.g., 10,000 to 15,000 steps). Check with your healthcare provider before starting any physical activity program.

Get Restorative Sleep Every Night

Sleep is an important health and wellness strategy. Quality sleep rejuvenates and retools the body's immune, nervous, muscular, skeletal, and endocrine systems and prepares the body to deal with daily stressors.

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.

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Dining

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Latin music, savory smoke
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Okinawa's largest selection of cigars!
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19:00 - 20:30
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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	1076 Kiyuna, Ginowan / 098-894-1301	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			
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, Kamiseda, Chatan / 098-989-3780		
Nakawaka Dental Clinic	468-3 Kuwae, Chatan / 098-926-4180		
Komesu Dental Clinic	4-18-2 Matsumoto, Okinawa / 098-939-6123		
Grace Dental Clinic	364-1 Minamiuehara, Nakagusuku / 098-895-6868		
Physical Therapy			
ABC Physio	4-9-9 Yamauchi, Okinawa City / 090-2203-9524		
Okinawa Sports And Spinal	1-477 Miyagi, Chatan / 050-4560-4830		

Delicious Okinawa

Marsamun!

グルクンの唐揚げ

Gurukun no karaage
(Deep-fried Gurukun)

Gurukun (Double-lined fusilier) is the prefectural fish of Okinawa. The local name for gurukun is "takasago" in Japanese. Locals mostly eat gurukun deep-fried. It is also served stir-fried with butter at local seafood restaurants. Gurukun is well known as an introductory fish for offshore fishing in Okinawa.

The Confessions of a Self-Hating Uncle Tom Negro

How I Became a Muslim

Mujahid Abdullah

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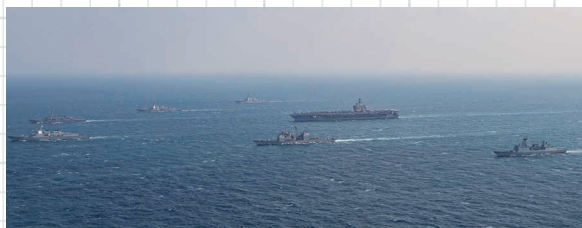
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NEWSPRINT



(U.S. Air Force photo by Yasuo Osakabe)

Carl Vinson Carrier Strike Group sails in formation with ROK Navy, JMSDF in trilateral naval exercise



(U.S. Navy photo by Mass Communication Specialist Seaman Apprentice Pablo Chavez)

The Nimitz-class aircraft carrier USS Carl Vinson (CVN 70), center, sails in formation with the Ticonderoga-class guided-missile cruiser USS Princeton (CG 59), Arleigh Burke-class guided-missile destroyers USS Sterett (DDG 104) and USS Ralph Johnson (DDG 114), Sejong the Great-class destroyer ROKS Sejong the Great (DDG 991), Chungmugong Yi Sun-sin-class destroyer ROKS Dae Jo-yeong (DDH 977), and Murasame-class destroyer JS Ikazuchi (DD 107) at sea during a trilateral naval exercise, March 18.

U.S.- based F-35s replace Hornets in rotational deployments to Japan



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

U.S. Marine Corps F-35B Lightning II aircraft with Marine Fighter Attack Squadron (VMFA) 214, Marine Aircraft Group 13, 3rd Marine Aircraft Wing taxi the flight line after arriving at Marine Corps Air Station Iwakuni, March 8. VMFA-214, an F-35B squadron from MCAS Yuma, Arizona, deployed to augment MAG-12, 1st MAW under the Unit Deployment Program, which provides U.S.-based units with operational experience in the Indo-Pacific. Their arrival marked the start of the Marine Corps' transition from the F/A-18 Hornet to the F-35 for rotational deployments to the region.

US, JGSDF conduct annual mass airborne operations

Japan Ground Self-Defense Force paratroopers assigned to the 1st Airborne Brigade descend from a U.S. Air Force C-130J Super Hercules assigned to the 36th Airlift Squadron over JGSDF East Fuji Maneuver Area, March 4, during Airborne 25. Airborne 25 is the largest annual static-line personnel jump exercise between the U.S. Air Force and JGSDF. The exercise integrated six C-130J Super Hercules from the 36th Airlift Squadron carrying 215 JGSDF soldiers for an airdrop training.

Multinational HA/DR Demonstration



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

U.S. Armed Forces, alongside Thai and other multinational forces, rehearse lifesaving procedures during disaster relief training as part of exercise Cobra Gold 25 at the Disaster Relief Training Center in Cha Choeng Sao, Thailand, Feb. 26. The HA/DR exercise included joint drills in fire rescue and response, rescue and recovery efforts, and mass medical care, strengthening regional readiness and collective response capabilities for crisis and disaster relief events. Exercise Cobra Gold 25, the largest joint exercise in mainland Asia, highlights the strong partnership between Thailand and the United States while fostering cooperation with other participating allied and partner nations.

3/12 Marines Fire M777 Howitzers



(U.S. Marine Corps by Cpl. Shayla Kuhn)

U.S. Marines fire an M777 Howitzer during Artillery Relocation Training Program 24.4 at Hijudai Maneuver Area, Oita, Japan, March 1. ARTP is an annual training exercise held to strengthen the defense of Japan and the U.S. Japan Alliances as the cornerstone of peace and security in the Indo-Pacific region. The skills developed at ARTP increase the proficiency and readiness of the only permanently forward-deployed artillery unit in the Marine Corps, enabling them to provide indirect fires.

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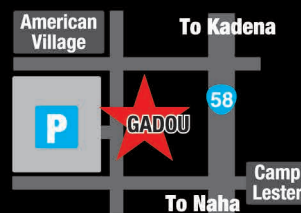
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(L.O. 9 p.m.)

2-2-11 Mihama,
Chatan





Month of the Military Child!

Celebrate with USO Okinawa
at the following locations:

April 2nd: USO Kinser

April 15th: USO Schwab

April 25th: USO Kadena

For more information, visit
our FB page
@USOOKINAWA

PURPLE
UP!



HAPPY BIRTHDAY

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

April 8th: USO Schwab

April 10th: USO Hansen

April 28th: USO Kadena

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!
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Coffee Connections at the
following locations:

April 17th: USO Kadena @10:00am
April 25th: USO Schwab @10:00am
April 30th: USO Kinser @10:30am



USO.org/CoffeeConnections

Please visit Facebook for more information/details



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