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OKINAWA JUNE ★ JULY Bulletin

THE REVIEW OF A PLACE
NASHVILLE RnR OKINAWA



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Issue 18 >> June 11, 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

31st MEU, 3rd MLG conduct Casualty Evacuation exercise



(U.S. Marine Corps photo by Lance Cpl. Skilah Sanchez)

U.S. Navy corpsmen with 3rd Medical Battalion, 3rd Marine Logistics Group, wait for a UH-1Y Venom helicopter assigned to Marine Medium Tiltrotor Squadron (VMM) 265 (Rein.), 31st Marine Expeditionary Unit, to land during a casualty evacuation exercise on Marine Corps Air Station Futenma, May 21. Marines and Sailors conducted ground and air hoist guidance and tactical combat casualty care techniques in rural terrain scenarios. The 31st MEU, the Marine Corps' only continuously forward deployed MEU, provides a flexible and lethal force, ready to perform a wide range of military operations as the premiere crisis response force in the Indo-Pacific region.

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



USS Comstock comrel with Kadena Social Welfare Council



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

Quartermaster 1st Class James Gentile, assigned to Whidbey Island-class dock landing ship USS Comstock (LSD 45), plays tag with local children during a community relations event at the Kadena Social Welfare Council in Kadena Town, May 7. USS Comstock was visiting Okinawa during a routine port call to White Beach Naval Facility.

U.S. Forces and Okinawa Community Leaders Collaborate to Enhance Safety and Partnership

U.S. Army Col. Jin W. Park, chief of Okinawa Area Field Office, U.S. Forces Japan, greets Masahito Tamari, director general, Governor's Executive Office, Okinawa Prefectural Government, during the first Okinawa Community Partnership Forum on Camp Foster, May 9. Representatives from the U.S. Forces on Okinawa, Okinawa Prefectural Government, Ministry of Foreign Affairs Okinawa Liaison Office, U.S. Consulate General Naha, Okinawa Defense Bureau, Okinawa Prefectural Police Headquarters, and Okinawa City, met at Camp Foster to convene the first meeting of the Okinawa Community Partnership Forum.



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

COMPACAF visits the Keystone of the Pacific



(U.S. Air Force photo by Senior Airman Luis Emilio Rios Calderon)

U.S. Air Force Gen. Kevin Schneider, left, commander of Pacific Air Forces, receives a brief from U.S. Army Maj. Robert Knabel, center-left, 1st Battalion, 1st Air Defense Artillery executive officer, on the 1-1 ADA's mission set, and the capabilities of the MIM-104 Patriot launching system during an immersion tour at Kadena Air Base, May 22. The Patriot is a highly mobile air defense guided missile system designed to engage and intercept any aerial threats, whether it be aircraft or tactical ballistic missiles, under any weather conditions and in natural or induced environments.

355 EFS hones ACE capabilities at Futenma

U.S. Marine Corps bulk fuel specialists assigned to the 1st Marine Aircraft Wing preform hot-pit refueling on F-35A Lightning IIs assigned to the 355th Expeditionary Fighter Squadron at Marine Corps Air Station Futenma during a routine 18th Wing readiness exercise at Kadena Air Base, May 6. Exercising elements of agile combat employment enables Airmen to operate from locations with varying levels of capacity and support while they practice syncing with joint force teams to project air power from multiple locations.



(U.S. Air Force photo by Senior Airman Catherine Daniel)

Mother's Day Eisa Dance 2025



(U.S. Marine Corps photo by Lance Cpl. Joseph Kreis)

Members with Jaagaru Eisa Group, perform during a Mother's Day Eisa event on Camp Foster, May 11. The performance was held in honor of Mother's Day and featured Eisa, a traditional Okinawan folk dance that involves singing, dancing and chanting while wearing colorful costumes and interacting with the community.

JUNE JULY bulletin

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June 21
June 22



MOTOBU

Ocean Expo Park Summer Festival 2025

海洋博公園サマーフェスティバル2025

美ら海
花火大会
2025

July 5

観客数 約10000名
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Performer

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UNKNOWN'S LEGS
RESPONDOR

Okina-
wa
Fiesta Latina

June 21




NAHA

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旅は」

2025
7.18 FRI
9.15 MON

July 18 - Sept 15



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Friday

July 18



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Eisa Night 2025

June 15



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on the
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July 19



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July 5

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2025



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June 29

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17:00 表彰式開始!

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~June 22

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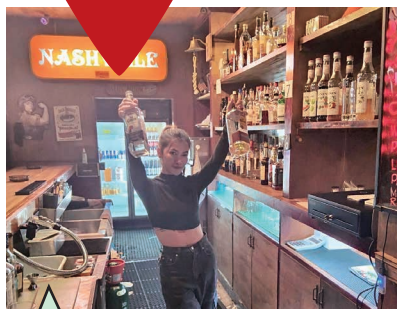
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THE REVIEW

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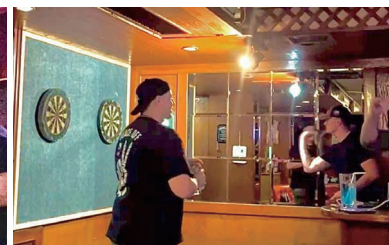
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Activated Reserve Marines Rehearse Crisis Response

Story by 1st Lt. Brennen Yancey
3d Marine Division

CAMP SCHWAB – On May 8th, 2nd Battalion, 23rd Marines (2/23) executed an Alert Contingency Marine Air-Ground Task Force (ACM) rehearsal designed to assess the battalion's readiness to rapidly respond to a range of crises. Operating under the 4th Marine Regiment, 3rd Marine Division on Okinawa, 2/23 improved their ability to quickly mobilize and complete complex operations under time-sensitive conditions.

The ACM rehearsal prepares Marines to respond to scenarios such as combat, humanitarian aid, or disaster relief. ACM rehearsals synchronize aviation, ground, and

logistics efforts to rapidly project forces ashore.

"It's critical that we bring all supporting elements together and ensure they operate together as intended," said Capt. Luke Doyle-Mason, a Platoon Commander with 2/23. "Stress-testing these procedures is important not only for our own readiness, but also to show our Allies that we can respond quickly to provide assistance in a time of need."

Within hours of notification, Marines gathered their weapons and gear, convoyed to their assembly area, and executed flyaway drills aboard a CH-53E

Super Stallion with Marine Heavy Helicopter Squadron 462. The ACM rehearsal 2/23's readiness and progress since they attached to 4th Marines as part of the unit deployment program.

"This drill sends a clear message," said Doyle-Mason. "Regardless of the unit, Marines are trained to successfully execute the mission assigned to them, and our reserve units are just as capable as those on active duty."

Photo: U.S. Marines with 2nd Battalion, 23rd Marine Regiment, 3d Marine Division board a CH-53E Super Stallion with Marine Heavy Helicopter Squadron 462 during an Alert Contingency Marine Air Ground Task Force (ACM) drill on Marine Corps Air Station Futenma, May 8.
(U.S. Marine Corps photo by Lance Cpl. Ryan Sotodavila)

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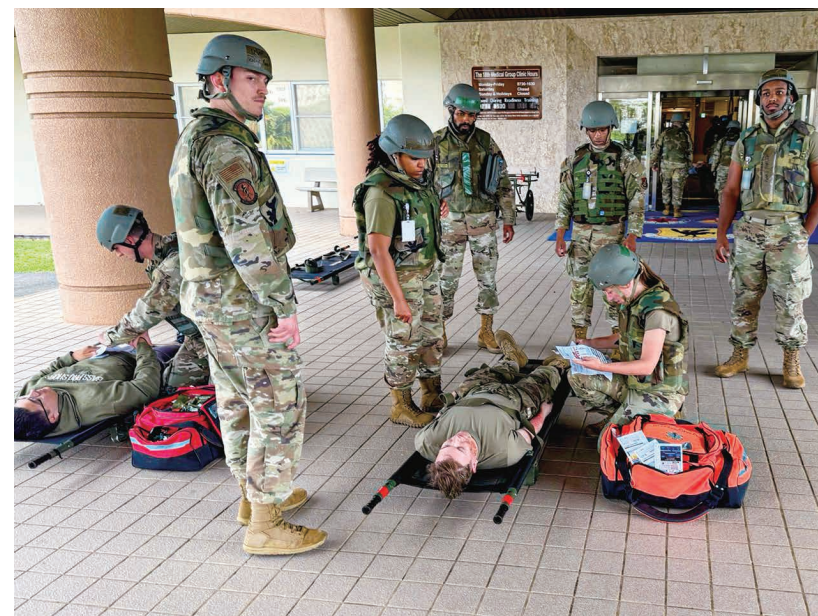




8F

18th MDG and USNHO hold joint medical readiness exercise

Story by Senior Airman Catherine Daniel
18th Wing Public Affairs



(U.S. Air Force courtesy photos)

U.S. Air Force Airmen assigned to the 18th Medical Group treat a simulated patient during a mass casualty scenario in support of a routine readiness exercise at Kadena Air Base, May 8.



U.S. Air Force Airmen assigned to the 18th Medical Group load a simulated patient on a stretcher into a transfer vehicle during a mass casualty scenario during a routine readiness exercise at Kadena Air Base, May 8.

KADENA AIR BASE – Airmen assigned to the 18th Medical Group partnered with the U.S. Naval Hospital Okinawa to practice delivering life-saving care and train on essential evacuation procedures during a routine readiness exercise at Kadena Air Base, May 8.

This exercise tested rapid response capabilities to prepare medical personnel for potential emergencies in the Indo-Pacific region. Medics responded to a standard attack scenario where they treated simulated patients with lacerations, burns, broken bones, blood loss, and traumatic brain injuries.

“The scenario was selected to focus on conventional warfare – testing our Airmen’s ability to respond and coordinate jointly with USNHO,” said Capt. Dominique

Robleto, 18th Medical Support Squadron readiness flight commander. “Medics need to be able to not only to treat the individual patient in front of them, but also to manage the flow and evacuation of the patients that they have just treated and the patients who are awaiting treatment.”

After triaging the patients on scene, the 18th MDG Patient Administration Team ensured patients files were loaded into the Joint Okinawa Incident Patient Tracker and USNHO personnel had received the information before medics physically performed a 22-patient transfer to the hospital.

“Large-scale patient movement between two medical treatment facilities requires close coordination between clinical teams to ensure that the

highest quality patient care is delivered and that all personnel are accounted for in the process,” said Robleto. “The relationship between the 18th MDG and USNHO is vital to providing the most efficient full-spectrum care for day-to-day patients as well as combat casualties.”

Service members with the 18th MDG and USNHO work and train in tandem to validate and strengthen the shared tactics, procedures and systems that will enable them to operate together seamlessly in the event of a real-world crisis.

The Air Force continues to work on its ability to meet new challenges in dynamic environments; in line with this direction, Pacific Air Forces is constantly evaluating and validating new warfighting concepts.

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PORT DAWG MEMORIAL RUN 2025



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

U.S. Air Force Airmen participate in the Port Dawg Memorial Run at Kadena Air Base, May 16. During the run, the PDMR flag is passed along throughout the group, signifying the loss that is felt for their fallen comrades.



(U.S. Air Force photo by Staff Sgt. Essence Myricks)

The U.S. Air Force 724th Air Mobility Squadron and 31st Logistics Readiness Squadron run in formation down the flightline for the annual Port Dawg Memorial Run at Aviano Air Base, Italy, May 16. The Port Dawg Memorial Run began in 2013 following the loss of U.S. Air Force Tech. Sgt. Curtis Eccleston stationed at Kadena Air Base.



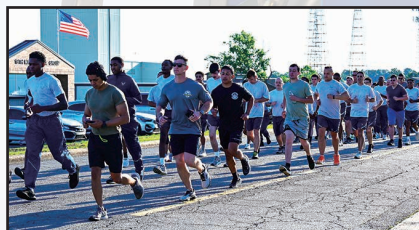
(U.S. Air Force photo by Staff Sgt. Joshua Hoskins)

U.S. Air Force and NATO members assigned to Incirlik Air Base, Türkiye, participate in a Port Dawg Memorial Run, May 7. The annual memorial run aims to honor Port Dawgs who have lost their lives while serving and create camaraderie among members.



(U.S. Air Force photo by Roland Balik)

Members of the 436th Aerial Port Squadron stand in position during the 2025 Port Dawg Memorial Run event at Dover Air Force Base, Delaware, May 16. Fellow Port Dawgs paid tribute to the 10 fallen Port Dawgs lost in the past year, including two members of Team Dover.



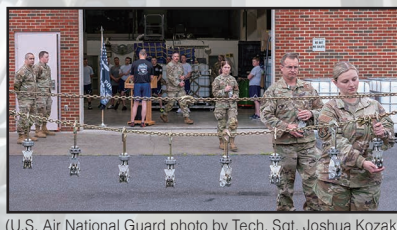
(U.S. Air Force photo by Senior Airman Isabella Ortega)

Members from the 19th Logistic Readiness Squadron start the 1.5 run at Little Rock Air Force Base, Arkansas, May 3. The memorial run honors fallen Active Duty, Guard, and Reserve Air Transportation teammates, known as Port Dawgs, from across the Air Force over the past year and has become a significant tradition.



(U.S. Air National Guard photo by Master Sgt. Amy M. Lovgren)

U.S. Air Force Airmen from the 133rd Airlift Wing run in the aerial port memorial run in St. Paul, Minn, May 4. The tradition of the memorial run started in 2013 when Airmen from the Kadena Air Base held a memorial run in honor of Tech. Sgt. Curtis Eccleston, 733rd Air Mobility Squadron.



(U.S. Air National Guard photo by Tech. Sgt. Joshua Kozak)

Airmen with the 167th Logistics Readiness Squadron attach tie-down devices to a chain, each device representing a fallen airman from the air transportation career field, prior to the annual Port Dawg Memorial Run at the 167th Airlift Wing, Martinsburg, West Virginia, May 4. Air transportation specialists are affectionately known as "Port Dawgs".

*Background photo: The Port Dawg Memorial Run flag leans against a forklift at Kadena Air Base, May 16. (U.S. Air Force photo by Airman 1st Class Amy Kelley)

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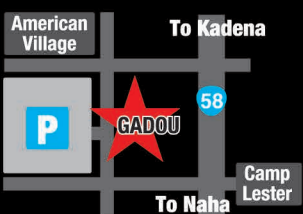
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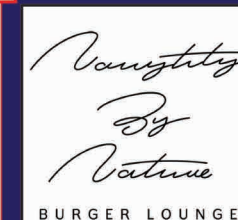
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Kadena Demonstrates Indo-Pacific Readiness with Joint Elephant Walk



U.S. Air Force, U.S. Navy, and U.S. Marine Corps, along with U.S. Army Patriot missile batteries line up on the runway for an elephant walk during a routine operational readiness exercise at Kadena Air Base, May 6.

(U.S. Air Force photo by Senior Master Sgt. Nadine Barclay)

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組踊の世界

第一部 「組踊の世界」 案内役者高橋真知子

組踊「女物狂」

Kumiodori
"Onna-monogurui"
A mother's deep love for her child

2025/7/19 Sat Start time: 14:00
Venue: Grand Theater

English subtitles tablets are available, free of charge.
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Performance Details
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The second part will be a performance of Tamagusuku Chokun's masterpiece "Onna-monogurui." Please come and enjoy the performance.

Synopsis
A child is playing with a windmill when a man-thief comes and takes the child away, deceiving her with his words.
The thief takes the child to a temple to ask for a place to stay for the night, but the child is rescued by a monk while the thief is asleep.
The child is rescued by the temple priest while the thief sleeps. On the other hand, the mother, whose son is missing, is so distraught that she wanders around looking for him and ends up at a distant temple.
The temple monk, after questioning the madwoman (the mother), thinks that he may have found her, and decides to bring her to the child in his care.

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Part II Kumiodori "Onna-monogurui"

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(DoD photo by Scott Swofford)

Japan Begins New Chapter with First F-35s Delivered

Story by Scott Swofford
F-35 Joint Program Office

KOMATSU AIR BASE, Ishikawa – Strategically located on the western coast of Japan sits Japan Air Self-Defense Force's (JASDF) Komatsu Air Base. The air base, which is Japan's only fighter base on the Sea of Japan coast, is now the home to a new fleet of aircraft.

On April 26, 2025, the JASDF and Komatsu Air Base achieved a historic milestone with the delivery of the first F-35 Lightning II aircraft, a move that will dramatically increase

their capabilities.

As Japan's first three TR-3 F-35 aircraft landed, one served as an important backdrop for the historic aircraft delivery ceremony that marked a new chapter for the nation.

"It is the beginning of a new chapter for Japan's F-35 program," said JASDF Lt. Col. Ogino "VR" Masaki, Japan's F-35 Program liaison officer. "Now we have taken a great step closer to building a robust and

layered structure to fully leverage the most advanced fighter jet in the world into our defense capabilities and readiness."

Japan's integration of the F-35 aircraft into its military will increase the nation's ability to operate in an increasingly complex environment, thanks to the platforms' advanced, fifth-generation capabilities.

"The security environment around the Indo-Pacific is

(Continued on page 24)

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The Japan Air Self-Defense Force (JASDF) held an F-35 aircraft delivery ceremony at Komatsu Air Base, April 26.

(DoD photo by Scott Swofford)

Just last year, Japanese military officials observed F-35 operations on the Italian aircraft carrier Cavour off the coast of Japan. A few months later, Japan deployed its Izumo-class multi-functional destroyer JS Kaga (DDH-184) to the western coast of the U.S., near San Diego, where U.S. F-35s began testing aboard Kaga. The interoperability and distinct collaboration efforts among the F-35 operating nations ensured Japan's readiness to fully integrate the F-35s into its forces, whether at sea, on land, or in the air.

The aircraft delivery ceremony was a symbolic culmination of the years of planning and hard work, strengthening the partnership between Japan, other F-35 operating nations, and the F-35 Joint Program Office. This new, fifth-generation fleet will shape the future of Japan's defense posture and its ability to ensure a safe and stable Indo-Pacific region for decades to come.

(Continued from page 22)

becoming more dynamic and unstable, and the significant refinement and enhancement of our air power is an urgent requirement for Japan," explained Masaki. "The F-35 plays a key role to not only strengthen our air defense posture, but also to contribute to Japan's ability

to ensure peace and stability in the Indo-Pacific region."

Japan's delivery and integration of its F-35 aircraft was years in the making. The unique, collaborative, and interoperable nature of the program was instrumental in ensuring Japan was fully prepared to integrate the platform into its forces.

VERSES FROM THE HOLY QUR'AN

With The Name of The One True *G-D, The Merciful Benefactor, The Merciful Redeemer Al Hadeed (Iron)

** WE sent in the past, **OUR Messengers with Clear Proofs, and sent down with them the Revelation and the Balance (of Right and Wrongs), that Humanity may uphold Justice.

And WE sent down Iron in which is (material) for mighty war; as well as many benefits for Mankind.

That The One True G-D, may known who unseenly, supports HIM and HIS Messengers.

For G-D is Full of Strength, Exalted in Might.

And WE sent Noah and Abraham, and established in their following, Prophethood and Revelation: Some of them (their followers) were on right guidance, but many of them became rebellious sinners.

Then in their wake, WE followed them up with (others of) OUR Messengers.

WE sent after them Jesus the son of Mary, and WE gave him the Gospel.

And WE instilled in the hearts of those who followed him Compassion and Mercy.

But the monasticism which they invented for themselves, WE did not ordain for them.

(WE commanded) only to seek G-D's approval. But that they did not observe, as they should have done.

Yet WE gave those among them who believed, their (due) reward, but many of them are rebellious sinners.

O you who believe (in The Creator)!

Be conscious of The One True G-D, and believe in HIS Messenger (Mohammed). HE will give you a double portion of HIS Mercy.

HE will provide for you a Light by which you shall walk (straight in your path), and HE will forgive you (for past sins). For G-D is Forgiving and Merciful.

That the People of the Former Revelations (Torah and Gospel) may know that they have no power whatsoever over G-D's Grace.

And that (HIS) Grace is (entirely) in HIS Hand; to give it to whomsoever HE wills. For The One True G-D is the Lord-Creator of Abounding Grace.

*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
日本語訳版PDF



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Magnesium

An Underutilized Essential Mineral

Dr. Ceabert J. Griffith

As I discussed in a previous health column, one of the most contentious debates in the health/wellness space has been using nutritional/dietary supplementation (i.e., vitamins, minerals, and phytonutrients) to fill gaps in our nutrition profile. Debated opinions notwithstanding, magnesium has emerged as an unequivocally essential macromineral that is absent from the diets of most Americans. Medications such as diuretics, proton-pump inhibitors (used to manage chronic gastroesophageal reflux disease), and certain antibiotics can reduce the body's magnesium level.

The Role of Magnesium in Health and Wellness

The American Dietary Association estimates that only 50% of Americans consume adequate amounts of magnesium to meet their daily requirement. Magnesium deficiency can produce chronic fatigue, confusion, convulsions, personality changes, headache, anxiety, depression, poor sleep, muscle cramps/spasms, constipation, nausea, vomiting, and osteoporosis. Medical researchers found a correlation between high blood pressure and a low blood magnesium level. Low blood magnesium levels can also induce irregular heartbeat (i.e., cardiac arrhythmia).

Magnesium functions as a co-factor in more than 300 biochemical processes in the body, such as muscle contraction, nerve function, heart function, protein synthesis, blood glucose control, the formation of bones, energy production, and overall metabolism. Magnesium

effectively helps manage a long list of medical conditions, including premenstrual syndrome, fibromyalgia, migraine headache, heartburn, asthma, type 2 diabetes, and osteoporosis. Preliminary evidence points to magnesium's ability to help manage anxiety by reducing stress hormone



cortisol levels and regulating the brain neurotransmitters gamma-aminobutyric acid and serotonin. Obstetrics providers routinely employ magnesium to manage pregnancy complications such as pre-eclampsia and eclampsia.

How to Get Magnesium

The most reliable food sources of magnesium are tofu, oatmeal, baked potato, beans, nuts, bananas, whole grains, shellfish,

Table **Magnesium Content of Selected Foods**

Food Item	Amount	Magnesium Content (mg)
Tofu	1/2 cup	127
Black-eyed peas, dried	1/2 cup	98
Soybeans, dried	1/4 cup	98
Cashews	1/4 cup	89
Whole wheat flour	1/2 cup	68
Oatmeal	1 cup	56
Potato, baked	1 medium	55
Lima beans, boiled	1/4 cup	49
Banana	1 cup sliced	41
Avocado	1/2 cup	40
Pecan	1/4 cup	35
Milk, skim	1 cup	28
Peanut butter	1 tablespoon	25
Beef, round	3 oz	24
Collards, cooked	1 cup	22

milk, and green leafy vegetables (see Table). Healthy foods should be the primary sources of magnesium. However, the reality is that the standard American diet—that consists mainly of processed, refined, and manufactured food-like products—is woefully deficient in healthy nutrients, and few Americans eat in a manner that provides them with the amount of magnesium needed to drive the body's myriad biochemical processes. Therefore, magnesium supplementation is the best alternative to a suboptimal food supply and unhealthy eating style.

Magnesium supplement comes in several forms, the major ones being magnesium glycinate, magnesium citrate, magnesium oxide, magnesium sulfate, magnesium taurate, magnesium threonate, and magnesium lactate. Regarding magnesium supplementation, the DV for this eclectic mineral is as follows: for adults aged 19 to 30, 400 mg for men and 310 mg for women; for people older than 30, 420 mg for men and 320 mg for women. Excessive magnesium intake can cause abdominal pain and loose stools. Magnesium can counteract many of the actions of calcium. Some wellness providers recommend adequate calcium intake to counteract magnesium-induced reduction in calcium availability.



The Confessions of a Self-Hating Uncle Tom Negro

How I Became a Muslim

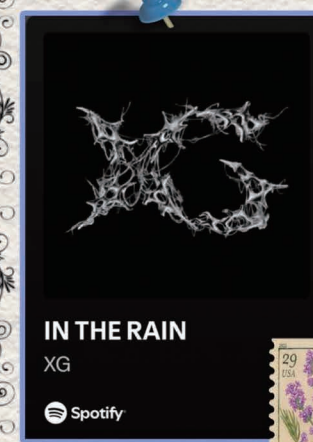


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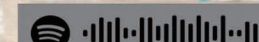
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ABOUT THE AUTHOR: Dr. Ceabert J. Griffith is trained in public health and family medicine and is an Adjunct Health Sciences professor at Touro University Worldwide. He is based in Okinawa and is the author of the recently released book *"11 Power Habits of Wellness."* and co-author of *"11 Power Habits to Defeat High Blood Pressure."* Both books are sold on Amazon.com.

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	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	

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Life Care Clinic Nagahama	1530-1 Nagahama, Yomitan / 098-982-9000
Nishihira Clinic	2-2-2 Akamichi, Ginowan / 098-896-1116

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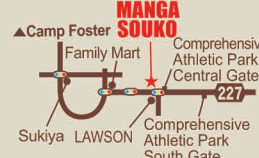
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NEWSPRINT

UNC, CFC, USFK CC visits Japan for UNC-Rear Ambassador Day event



(U.S. Air Force photo by Senior Airman Jarrett Smith)

Leaders in the United Nations Command, ambassadors and military leaders of UNC Member States in Japan pose for a photo during UNC-Rear Ambassador Day event in Tokyo, May 19. The participants discussed the UNC and UNC-R mission and security situation in the Korean Peninsula.

459 AS completes formation flight with UH-1N



(U.S. Air Force photo by Senior Airman Alexzandra Gracey)

A UH-1N Huey assigned to the 459th Airlift Squadron flies past the Tokyo Skytree during a formation flight over Tokyo, May 9. The 459 AS maintains mission-ready aircrews for both UH-1N and C-12J Huron aircraft to conduct aeromedical evacuation, search and rescue, and priority airlift missions throughout the Indo-Pacific.

Iwakuni Friendship Day 2025



(U.S. Air Force photo by Tech. Sgt. Peter Reft)

Airshow attendees watch a Marine Air-Ground Task Force (MAGTF) demonstration during Iwakuni Friendship Day 25 at Marine Corps Air Station Iwakuni, May 4. During the MAGTF demonstration, audiences witnessed capabilities of Marine Corps assets to perform in expeditionary environments as various aircraft provided close air support and performed an aerial insert of troops on the ground.

Black Ship Festival Shimoda Elementary School Visit



(U.S. Navy photo by Mass Communication Specialist 1st Class James R. Mitchell)

Students of Shimoda Elementary School demonstrate how to play rock-paper-scissors for Sailors assigned to USS Higgins (DDG 76) during the 86th Annual Shimoda Black Ship Festival. The Shimoda Black Ship Festival is held annually to celebrate the alliance between the U.S. and Japan. For 75 years, CFAY has provided, maintained, and operated base facilities and services in support of the U.S. 7th Fleet's forward-deployed naval forces, tenant commands, and thousands of military and civilian personnel and their families.

Japanese-American Friendship Festival 2025



(U.S. Air Force photo by Senior Airman Natalie Doan)

A U.S. Air Force C-130J Super Hercules assigned to the 36th Airlift Squadron sits on the flight line during the 2025 Japanese-American Friendship Festival fireworks display at Yokota Air Base, May 18. The two-day event allowed about 117,000 visitors to learn more about the U.S.-Japan alliance while strengthening the bond between the base and local community.

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Do you have a birthday coming up? Celebrate with USO Okinawa at the following locations:

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July 10th: USO Hansen

For more details, please visit the Facebook page of the respective center.

