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Craft Experiences

OKINAWA

APRIL ★ MAY Bulletin

THE REVIEW OF A PLACE
PASATHAI OKINAWA



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Issue 28 >> April 8, 2026



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

3rd Medical Battalion Supports Air Force Readiness in Contested Environments during Exercise Beverly Midnight 26



(U.S. Marine Corps photo by Lance Cpl. Rachel Mason)

U.S. Sailors with 3rd Medical Battalion, 3rd Marine Logistics Group, and U.S. Air Force Airmen with 18th Medical Group, 18th Wing, treat a simulated patient during Exercise Beverly Midnight 26 at Kadena Air Base, March 12. 3rd Medical Battalion provided medical support during BM26, enabling the 18th Wing to test its response capabilities. This integrated effort sharpened the ability of both units to deliver critical care side-by-side, reinforcing a unified medical front ready for any crisis in the Indo-Pacific.

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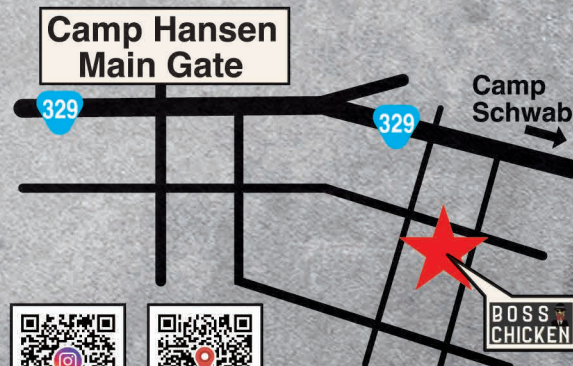
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Unplanned Departures

The alert came just after sunrise; the kind of message that makes time feel like it skips a step.

Phones buzzed across motor pools, barracks rooms, and kitchen counters. Wheels up in single-digit days, not weeks.

At first it was checklists and controlled chaos. Layouts. Gear issue. Immunizations. PowerPoint slides which seem to fly by in a blur as the realization of how little time remained set in.

By that afternoon, word spread that USO Kadena would open its doors for a special send-off space. Not just a formation. Not just a briefing. But a place to be together.

And they came.

The center filled slowly at first boots by the door, kids clutching stuffed animals, spouses balancing diaper bags and half-finished conversations. The usual hum of the USO coffee brewing, a game on TV, volunteers at the front desk felt different. Softer. More intentional.

At one table, a specialist in a dusty tan T-shirt sat with his wife and their toddler, who was more interested in the crayons than the moment. A USO volunteer knelt beside the little one, helping them draw on a card that said "Open When You Miss Me." The soldier watched, memorizing the curve of his child's smile like it was a map he would rely upon later.

Across the room, a group of junior enlisted Soldiers from both units crowded around a couch, pretending to argue about football while secretly sharing chargers, playlists, and "if you need anything, call my mom" phone numbers with each other's families. Strangers that morning, they were already becoming each other's safety nets.

Near the snack bar, a spouse support volunteer discussed resources

like childcare contacts, base services, deployment support numbers. But it did not feel like simple information. It felt like someone saying, you are not doing this alone.

A Captain stood off to the side with her husband, both in uniform, both deploying different jobs, same timeline. A USO staff member handed them each a small journal "Write when you can," she said. "Trade them when you get back." They both smiled, the kind that holds back tears by turning them into something else.

Kids drifted toward the game area, where soldiers who would be loading aircraft in a few short days were now on the floor building block towers and letting themselves be climbed like a mountain, tickled, and bossed around. For a little while, no one was a rank, job title, or manifest number.

They were families.

As evening settled, the room did not get quieter; it got closer. Conversations deepened. New friends exchanged phone numbers and hugs. The edge of deployment was still there, but it had softened, wrapped in shared understanding.

When it was time to go, no one made an announcement. Families just drifted toward the door in slow waves. More hugs. More "I love you." More "We've got you."

Outside, under the Okinawa sky, the Soldiers walked back to their cars carrying more than rucksacks, packing lists, and slumbering children upon their shoulders. They carried with them the echo of laughter from the USO Social Hall and friendships made.

Inside, the lights at USO Kadena stayed on a little longer.

Because sometimes the mission is not just sending troops forward, it is holding the space that lets them leave knowing home is still right there, waiting.

FIND YOUR FAVORITE BOWL!



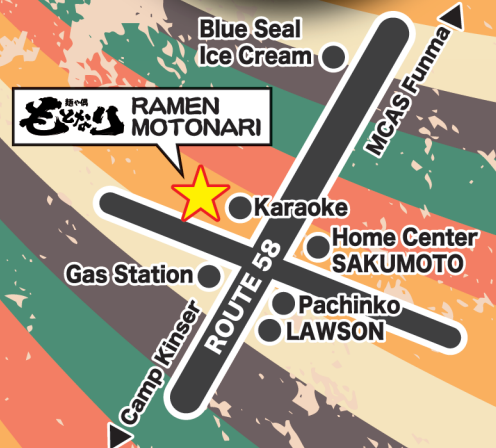
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APRIL MAY bulletin

AAT!

NAHA

第52回
那覇ハナリ
NAHA DRAGONBOAT RACE FESTIVAL 2026
「隠れ沖繩の心」
2026年5月3日(土)・4日(日)・5日(月)
会場: 那覇市立運動公園

Naha Hari
May 3-5



IE

THE Ie
2026
ゆり祭り
第29回 沖繩伊江島
「真っ白なてっぽゆり」
多種多様な世界のゆりが咲き誇る島
2026年4月25日(土)・5月5日(日)
会場: 伊江村リリーフィールド公園

Ie-Island Lily Festival
April 25 - May 5



ISLANDWIDE

第43回
沖縄花のカーニバル
2026年1月・5月
からだ充ちる、こころ躍る
Be Okinawa

Okinawa Islandwide Flower Carnival 2026
January - May 2026



YOMITAN

Pottery festival in Gala aoiumi
春のやちい市
第5回
Gala 青い海
2026年4月18日(土)・19日(日)
会場: Gala 青い海 10:00-18:00

Spring Pottery Festival
April 18 & 19



CHATAN

FREE ENTRANCE
Sunset on the Beach 2026
今年で4年目となるビーチイベント
北谷町サンセットビーチにて
2026年4月18日(土)
4.18 SAT 7.18 SAT
9.19 SAT 11.14 SAT
at CHATAN SUNSET BEACH 15:00-20:00

Sunset on the Beach
April 18



KADENA

Hija River Koinobori Festival
April 25



URUMA

勝連城跡世界遺産登録25周年記念
蘇る勝連一夜城
KATSUREN ICHIYA-JO
この夜にだけ蘇る勝連城と歴史劇「肝高の阿麻和利」(ライヴエント)、無国籍音楽ユニットAfro Tech Tokyoの協演。
2026年4月18日(土)
勝連城跡

Katsuren Ichiya-Jo
April 18



NAHA

令和8年度那覇市立歴史博物館企画展
シシ-展
2026年4月3日(土)・26日(日)
観覧料無料
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那覇市立陶器博物館 1983-2005 沖縄県那覇市 1983-2005
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Shisa Exhibit
April 3 - 26



NAHA

ライトアップ×プロジェクションマッピング
夜首里城
YORU SHURUJO
2026年3月14日(土) - 5月10日(日)
Yoru Shurijo
Light Up + Projection Mapping
March 14 - May 10
Weekend events



NAHA

ビートルズ 60周年 デパート 35周年記念
来日 周年 & リウボウ 周年記念

THE BEATLES

ザ・ビートルズ コレクション展

The Beatles Collection Exhibit
April 14 - 20

2026 午前10時～午後8時 (最終日は午後5時閉場)
4月14日(火)～20日(月)

入場無料 展示販売

デパートリウボウ 5階 特選サロン

TOMIGUSUKU

琉球海炎祭 第23回

2026.4.11 sat
開場 15:00 開演 19:00

Ryukyu Kaiensai
April 11

琉球の文化を
1000発の花火で
音楽の力で

第16回クラフトフェア沖縄
OKINAWA Collection
4/25(土) 10:00-18:00

GINOWAN

琉球海炎祭 第23回

2026.4.11 sat
開場 15:00 開演 19:00

Ryukyu Kaiensai
April 11

NAHA

NAHA LOCAL BREWERIES' GARDEN

CRAFT BEER FESTIVAL 2026 SPRING

4.11(土) 12(日)
open 12:00 close 20:00 希望ヶ丘公園

Naha Local Breweries' Garden
April 11 & 12

URUMA

2026 Vanish Tail Drift Cup Rd.2

2026/4月11日(土)
8時30分～17時(ドラミ、片付け含む)
エントリー費 10000円/台(お弁当、お茶付き)
初心者大歓迎! 室内ドリフトあり
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Vanish Tail Drift Cup Rd.2
April 11

NAHA

肉 FESTA

第8回 肉フェスタ in NAHA
2026年 4月25日・26日

25日 AM 11:00～PM 8:30 (ステージPM10:30)
26日 AM 11:00～PM 8:00 (ステージPM7:30)

Meat Festa
April 25 & 26

CHATAN

CHATAN FISHARENA 2ND YACHT RACE

第7回北谷フィッシャリーナヨットレース

4月24日(金) 18:00 開会式
4月25日(土) 8:55 マルナル予選 9:25 マルナル予選 13:00 ヨット乗船体験 18:00 表彰式 (観戦会)

Chatan Fisharena 2nd Yacht Race
April 25

URUMA

石川みほまつり

第4回

2026年 5月2日・3日

Ishikawa Mihoso Matsuri
May 2 & 3

石川多目的広場 (石川運動場)

NAHA

ちゃんぶる～フェスティバル 2026春

2026.5.2-5.4

Champururu Festival
May 2 - 4

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Starring: Meryl Streep, Anne Hathaway, Emily Blunt, Stanley Tucci

IN THEATERS MAY 1

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U.S., Japanese forces hold bilateral drills to increase readiness

By PEO Land Systems

3/10/2026 – CAMP HANSEN - The purpose of the bilateral amphibious training was to enhance the collective readiness and lethality of the combined force. By synchronizing planning, logistics and tactics in realistic scenarios, U.S. and Japanese forces ensured they can operate as a cohesive and effective fighting force. This high level of interoperability is critical for maintaining the ability to respond swiftly and decisively to any potential crisis.

Extensive bilateral staff work over several weeks led to the smooth execution of the complex ship-to-shore maneuvers.

"Excellence in execution is the result of detailed planning," said Brig. Gen. Ryan M. Hoyle, the commanding general of the 3rd Marine Expeditionary Brigade. "From the staff officers who developed the concept of operations to the

individuals who conducted the landing, every member of our bilateral team demonstrated total resolve to achieve decisive results."

The training, led by the ARDB, demonstrated the seamless integration of the two forces. This year was the first time forces operated on Tanegashima during Iron Fist, a move that highlights the expanding scope of the exercise and a mutual commitment to bolster readiness under the U.S.-Japan Alliance.

"Expanding our training opportunities during Iron Fist, to include Tanegashima, is a clear signal of our shared commitment to regional security," Hoyle said. "The ability of U.S. and Japanese forces to respond rapidly and decisively to any contingency is the bedrock of stability in the Indo-Pacific and we have proven our ability to do so in this exercise."

A notable achievement during Iron Fist 26 was the final certification of the 3rd Amphibious Rapid Deployment Regiment. Coupled with the 31st MEU, which achieved full certification last month, U.S. and Japanese forces now bring to bear multiple amphibious formations capable of rapidly deploying anywhere in the region. Such responsive capabilities send a clear signal that the U.S.-Japan Alliance continues to serve as a bulwark of deterrence against regional threats and ensures peace through strength in the Indo-Pacific.

Iron Fist is an annual exercise designed to increase interoperability and strengthen the relationship between the U.S. Marine Corps, the U.S. Navy, the Japan Ground Self-Defense Force and the Japan Maritime Self-Defense Force. This year marks the 20th iteration of the exercise.



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 Lunch: 11:30 - 14:30
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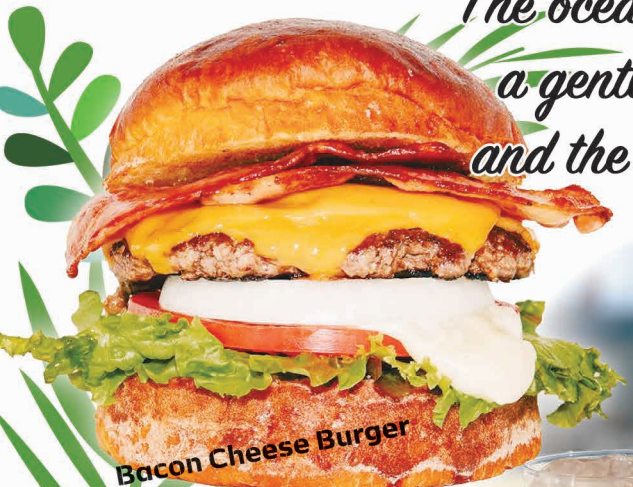


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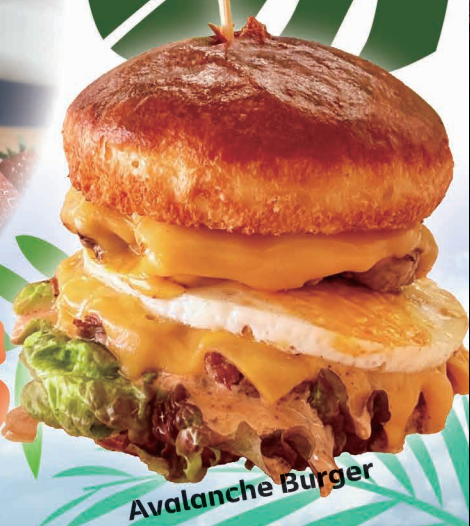
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Mushroom Burger



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Spicy Burger



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CRAFT EXPERIENCES

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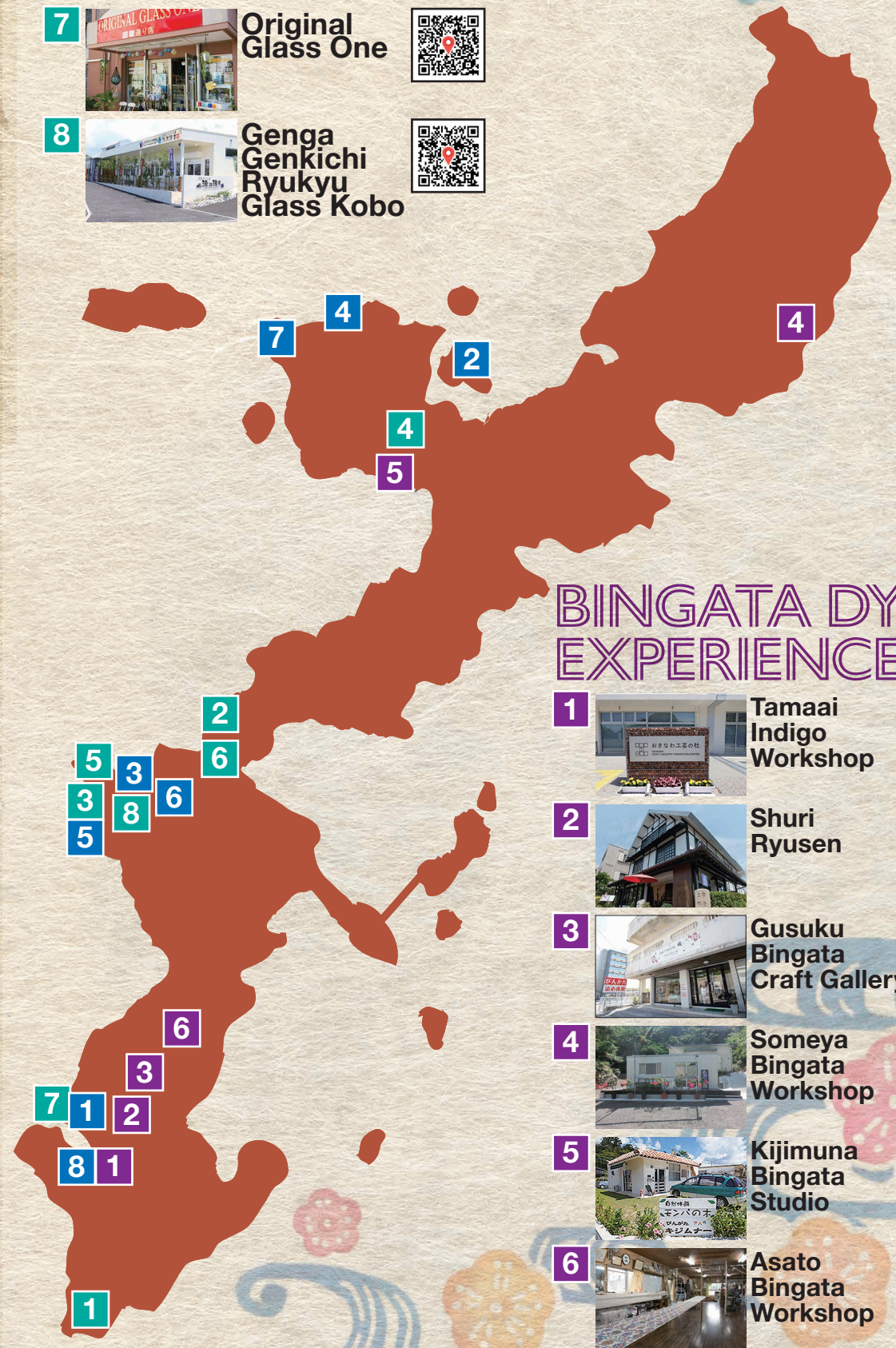
POTTERY EXPERIENCE

- 1  Tsuboya Pottery Ikutouen 
- 2  Laboratorio Dal Mare 
- 3  Yachimun no Sato Workshops 
- 4  Ryukyu Gama Shisa Pottery Experience 
- 5  Pottery Studio Tida 
- 6  Tsuboya Pottery Toughin Gama 
- 7  43 Pottery 

RYUKYU GLASS EXPERIENCE

- 8  Sango Yaki Studio 
- 1  Ryukyu Glass Village 
- 2  Onna Glass Kobo 
- 3  Ryukyu Glass Works Umikaze 
- 4  Ryukyu Glass Kobo Glass Art Ai 
- 5  Ryukyu Glass Workshop Shizuku 
- 6  Takumi Kobo Ryukyu Glass 

- 7  Original Glass One 
- 8  Genga Genkichi Ryukyu Glass Kobo 



BINGATA DYEING EXPERIENCE

- 1  Tamaai Indigo Workshop 
- 2  Shuri Ryusen 
- 3  Gusuku Bingata Craft Gallery 
- 4  Someya Bingata Workshop 
- 5  Kijimuna Bingata Studio 
- 6  Asato Bingata Workshop 

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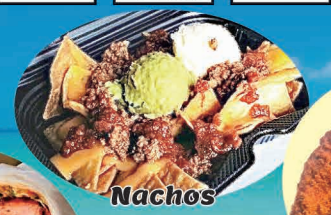
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Vegans available



Lemonade

Churros



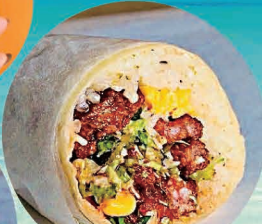
Nachos



Spicy Chicken



Herb Chicken



Bacon Egg Burrito



Okinawan Burrito



Steak Burrito



Shrimp Burrito



Vegetable Burrito

OKINAWA CHATAN



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GATE 2 STREET



Beef Burrito



Tacos



Nachos



Quesadilla



Buffalo Wings



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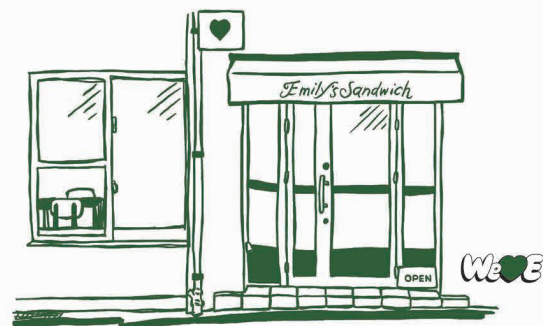


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NEWSPRINT

2026 Friendship Concert



(U.S. Navy photo by Mass Communication Specialist 2nd Class Raquell Williams) U.S.-Japan Joint Band and Chorus groups and U.S. 7th Fleet band members pose for a photo during the 2026 U.S.-Japan Friendship Concert at Arkas Sasebo Concert Hall in Sasebo, Japan, March 7. The annual concert, organized by the Kyushu Defense Bureau, brought together the Commander, Fleet Activities Sasebo (CFAS) E.J. King Middle/High School Concert Band and Chorus, the Sasebo and Saikai Youth All Stars, the Kyushu Bunka Gakuen School Marching Band, and the U.S. 7th Fleet Band for individual and joint performances.

Marine Corps Air Station Iwakuni hosts base tour for USFJ leadership

U.S. Navy Capt. Jacqueline Lopez, left, the officer in charge of Navy Medicine Readiness and Training Unit Iwakuni gives a tour of the Naval Family Branch Health Clinic Iwakuni to Japan Maritime Self-Defense Force Adm. Masahiro Matsuura, right, the director general of Japan Self-Defense Force General Affairs department, as a part of a base tour at Marine Corps Air Station Iwakuni, March 5. The United States Forces, Japan and Japan Self-Defense Force leadership visited MCAS Iwakuni to learn about the air station and its capabilities.



(U.S. Marine Corps photo by Sgt. Peter Rawlins)

U.S. Marines Meet with Mayors of Tanegashima during Iron Fist 26

U.S. Marines with III Marine Expeditionary Brigade, and Japan Ground Self-Defense Force Lt. Col. Toshiyuki Uchida, officer in charge of Amphibious Rapid



(U.S. Marine Corps photo by Lance Cpl. Justin Cledera)

Deployment Brigade, pose for a picture with Hiroyasu Kozono, mayor of Minamitane, Iron Fist 26, in Tanegashima, Japan, March 3. The meeting strengthened local relations following the completion of joint amphibious landings on Tanegashima, developing opportunities for future training events in contrasting environments. Iron Fist is an annual bilateral exercise designed to increase operational integration and strengthen the relationships between the U.S. Marine Corps, the U.S. Navy, the Japan Ground Self-Defense Force, and the Japan Maritime Self-Defense Force.

U.S., Japan strengthen joint airborne operations during Airborne 26



(U.S. Air Force photo by Airman 1st Class David S. Calcote)

Japan Ground Self-Defense Force paratroopers assigned to the 1st Airborne Brigade descend toward the drop zone during Airborne 26 at the JGSDF East Fuji Maneuver Area, Japan, March 2. The exercise integrated five U.S. Air Force C-130J Super Hercules aircraft assigned to the 36th Airlift Squadron and one U.S. Marine Corps KC-130J assigned to Marine Aerial Refueler Transport Squadron 152 (VMGR-152), delivering cargo and approximately 200 JGSDF paratroopers for airdrop training.

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VERSES FROM THE HOLY QUR'AN

**Al Maa'idah (The Bountiful Meal)
With The Name of The One True *G-D,
The Merciful Benefactor,
The Merciful Redeemer**

In blasphemy indeed are those who say that The One True G-D is Christ the son of Mary. Say (to them): "Who then has the least power against G-D, if HIS Will were to destroy Christ the son of Mary, his mother, and all - everyone that is on the Earth?"

For to The One True G-D, belongs the dominion of the Heavens and Earth, and all that is between. HE creates what HE pleases. For G-D has power over everything (and everyone).

(Both) the Jews and the Christians say: "We are the sons of G-D and HIS beloved."

Say (in reply to them): "Why then does HE punish you for your sins? No, you are but Men - of the Men HE has created: HE forgives whom HE pleases, and punishes whom HE pleases:"

"And to G-D belongs the dominion of the Heavens and Earth, and all that is between: and unto HIM is the Final Goal (of everyone).

[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.



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Yahya Abdullah



Translation of the
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7 Lifestyle Habits to Manage GOUT

Dr. Ceabert J. Griffith

The American College of Rheumatology defines gout as a form of arthritis caused by elevated blood uric acid. The most common manifestation of gout is severe pain, redness, and swelling around affected joints, tendons, bursae, and soft tissue. Elevated uric acid is due to an inherited inability to excrete excess uric acid, the side effects of some drugs, poor lifestyle habits, or a combination of these factors. Discuss with your healthcare provider whether medication is causing your gout, and if you need an anti-gout medication, which one is right for you.

This article will focus on the lifestyle habits that have been shown to manage gout—even if you take anti-gout medication. Clearly, nothing can be done about faulty inheritance; however, much can be done about the pro-gout lifestyle choices—those behavioral factors over which we have control. The most common lifestyle risk factors for gout are: consuming foods that raise uric acid, chronic dehydration, being overweight/obese, and physical inactivity.



Anti-Gout Dietary Habits: An anti-gout diet is the mainstay of gout management; it reduces the supply side of the supply/demand equation. Diets high in purine-rich red meat, fructose-sweetened beverages, ultraprocessed foods, and alcohol can significantly raise uric acid levels, increasing the risk of gout flare-ups. Avoid these products at all costs.

Optimal Hydration: Dehydration causes excess uric acid in the blood to crystallize and deposit in joints, inflaming

surrounding tissue. Ensure optimal hydration by drinking eight 12-ounce glasses of water daily. Clear urine also signals adequate fluid intake, as does drinking enough water to urinate every 3 to 4 hours while awake.

Body Composition: Excess body weight can elevate uric acid levels. To lose weight, maintain an active life, eat mostly nutrient-dense foods, get 7-9 hours of restorative sleep every night, and manage your stress.

Physical Activity Plan: A sedentary lifestyle raises uric acid levels. A regular, mild-to-moderate aerobic exercise program (such as brisk walking or biking) performed for one hour daily can lower uric levels and prevent gout flare-ups.

Conclusion: An anti-gout lifestyle aligns with evidence-based strategies to reduce uric acid levels and prevent gout flare-ups. As always, check with your healthcare provider before making changes to your current lifestyle.

ABOUT THE AUTHOR: Dr. Ceabert J. Griffith is trained in public health and family medicine and is a VA-trained Medical Disability Examiner. He lives in Okinawa and consults with Veterans to prepare their VA disability applications. Dr. Griffith is the author of “15 Power Habits of Wellness” and co-author of “11 Power Habits to Defeat High Blood Pressure.” Both books can be purchased from Amazon.com or Amazon.co.jp. He can be reached at: okiwellnessdoc@yahoo.com

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

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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	

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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
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Dental Clinic

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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

Physical Therapy

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Okinawa Sports And Spinal	1-477 Miyagi, Chatan / 050-4560-4830

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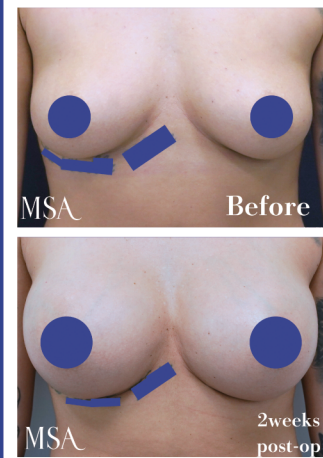


Physician: A. Morello, M.D.
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Brief Background
Dr. Morello was born in South Carolina in 1989. His unique upbringing has given him a global perspective and the skills to communicate with both English and Japanese.

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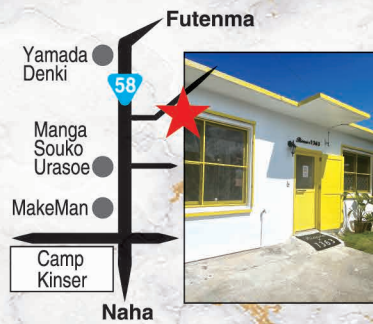


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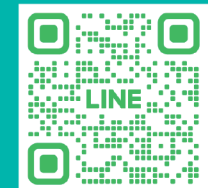
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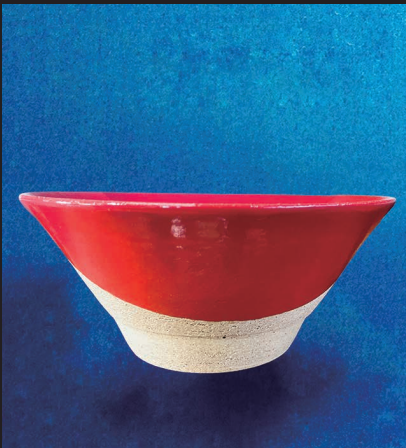
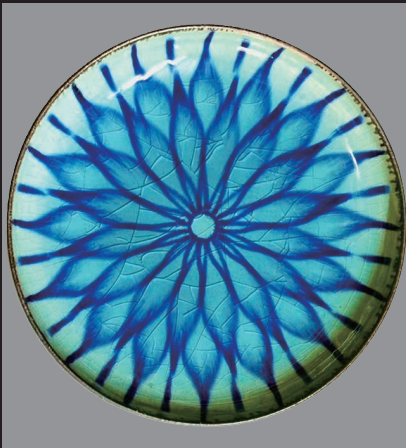


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