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JUNE ★ JULY BULLETIN

THE REVIEW OF A PLACE
BOSS CHICKEN



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Issue 30 >> June 10, 2026



USO CENTERS

世界250か所以上にあるUSOセンターは、軍関係者の皆さまがリラックスできる快適な環境で、軽食や飲み物を楽しんだり、映画を観たり、ビデオゲームをしたりできる特別な場所を提供しています。センターでは、信頼性の高いWi-Fi、コンピューター、電話を利用することができ、軍人の方々が大切な家族や友人と連絡を取り、安心できる懐かしい声を聞くことができます。また、USOセンターでは、配偶者や子ども向けのさまざまなアクティビティ、特別イベント、プログラムも実施しています。USOセンターは、現役軍人コミュニティにとって「第二の我が家」となるよう設計されており、世界のどこに配属されていても、USOが常に頼れる存在であることを伝えています。

USOのコアプログラムは、軍人、その配偶者、そして子どもたちの軍務におけるあらゆる段階を通じて、支え、力づけることを目的としています。

USOが軍人やそのご家族にどのような支援と影響をもたらしているか、最新のストーリーについては、[USO.org/stories](https://www.uso.org/stories) をご覧ください。

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- **Community (コミュニティ):** 世界中の軍人家族が集まり、休息を取り、互いに支え合うことができる場所を提供します。

2025年 USO 利用者数

970,000+	7.6 MILLION
世界中のUSOセンターを訪れた軍人およびそのご家族の人数	世界中のすべてのUSOセンターの総訪問回数

1.9 Million	700,000
Number of times USO Airport Centers were visited - USO空港センターの利用回数	海軍艦船上のUSOセンターにおける、軍人の参加回数



Chatan Town Base Affairs Division tours Kadena AB



(U.S. Air Force photo by Senior Airman James Johnson) U.S. Air Force Brig. Gen. John Gallemore, 18th Wing commander, speaks to Chatan Town's Base Affairs Division staff members during a tour at Kadena Air Base, May 14. Chatan Base Affairs coordinates with military representatives to address base-related matters on behalf of Chatan Town residents.

Golden Week Opening Ceremony- Carp Streamer Festival



(U.S. Marine Corps photo by Lance Cpl. Anastasia Dausilio) U.S. Marine Corps Lt. Col. Donnie Fricks, executive officer of Headquarters Battalion, 3rd Marine Division, alongside local leaders gather marking the start of Golden Week in Uruma, May 1. Golden Week is a national holiday in Japan. Koinobori are traditionally displayed for Children's Day, symbolizing strength and perseverance.

Local Okinawa Elementary students visit the Battle of Okinawa Museum



(U.S. Marine Corps photo by Lance Cpl. Aaliyah Hunt)

Students from Miyagi Elementary School tour the Battle of Okinawa Museum at Camp Kinser, May 19. The students visited the historical museum as part of a peace study tour ahead of Okinawa's Memorial Day.

U.S. Army community members participate in Okinawa's Naha Haarii

Members of the U.S. Army community across Okinawa participated in the annual Naha Haarii, May 5, at Naha Port. This year, participants from the Army Ladies Dragon Boat Team and the Army Black Knights took part in the races alongside local organizations and community teams. The Army Black Knights earned first place in Category A competition.



(U.S. Army photo by Natalie Stanley)

III MEF Band Performs their Spring Jazz Concert at Koza Music Town



(U.S. Marine Corps photo by Sgt. Nicholas A. Cox)

U.S. Marine Corps Sgt. Cole Yates, a bass instrumentalist with the III Marine Expeditionary Force Band, introduces the III MEF Band during their Spring Jazz Concert at Koza Music Town, May 15. The III MEF Band shares the traditions and spirit of the United States Marine Corps with the world, strengthening international relationships through the universal language of music.

7th Communication Battalion Marines demonstrate training to local media

Local media observe U.S. Marines with 7th Communication Battalion, III Marine Expeditionary Force Information Group, training with M240B machine guns as part of a media engagement during Kaiju Rain 26 at Camp Hansen, May 14. Kaiju Rain 26 is a III MIG-led exercise, focused on integrating multi-domain information capabilities, strengthening the U.S.-Japan alliance, and supporting regional stability in the Indo-Pacific.



(U.S. Marine Corps photo by Staff Sgt. Forde Nestebay)

「USOほど素晴らしい支援をしてくれる組織はありません。
私のすべての勤務地、すべての任務の中で、USOはいつもそこにいてくれました。」
—U.S. Service Member

JUNE JULY

bulletin

A!

MOTOBU



**Ocean Expo Park
Churaumi
Fireworks**

July 4



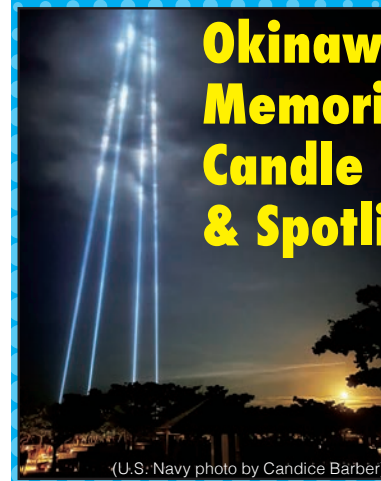
CHATAN



**Chatan
Nirai
Harii**
June 21



ITOMAN



**Okinawa
Memorial Day
Candle Lighting
& Spotlight**

June 23



OKINAWA



**Koza
Gate
Street
Milonga**
June 26 & 27



GINOWAN



**Ginowan
Hagoromo
Harii**
July 5



YOMITAN



**Ryukyu
Glass
Market**
June 27 &
28



CHATAN



**Sunset
on the
Beach**
July 18



OKINAWA



**Kozarocks 2026
Conference &
Festival**
July 10 & 11



OKINAWA



**Subculture
Flea
Market in
Gintengai**
June 28



TOMIGUSUKU



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Fair**
June 19 - 21



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Kumejima
Hawaiian
Festival 2026

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Naha Qualifying
Round

June 27



OKINAWA



Art Pick Up
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June 20 & 21



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Produced by James Gunn, Peter Safran

Cast: Millie Alcock, Eve Ridley,
David Corenswet, Jason Momoa

IN THEATERS JUNE 26



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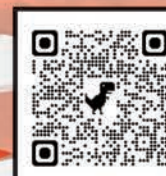


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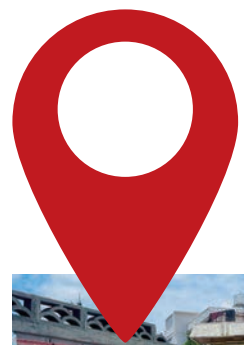
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THE REVIEW

★ ★ ★ OF A PLACE ★ ★ ★



Very close to the main gate of Camp Hansen.



Vintage Americana style interior

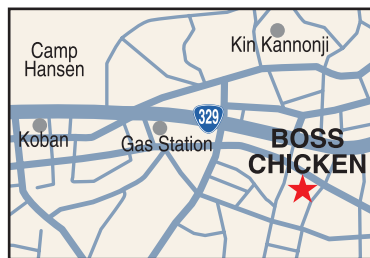


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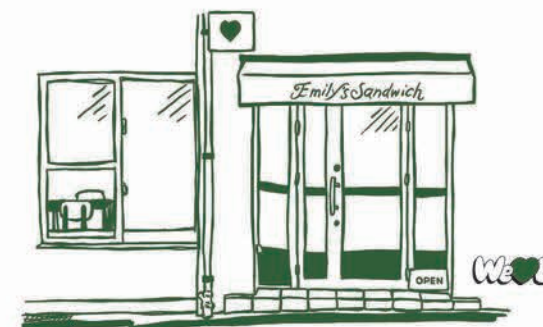


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VERSES FROM THE HOLY QUR'AN

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

Al Ankabut (The Spider)

And (remember Prophet) **Lot**: Behold he said to his people: "You do commit (sexual) perversity, such as no people in Creation (ever) committed before you."

"Do you indeed approach men (sexually) and cut off the (natural) path of (procreation)? – And practise wickedness (even) in your (official) Councils?"

But his people gave no answer but this; they said: "Bring upon us the Wrath of G-D if you are telling the truth" He said: "O my Lord-Creator! Help me against people who do mischief!"

When ****OUR** Messengers came to **Abraham** with the good news, They said: "we are indeed going to destroy the people of this territory: for truly they are (addicted

to) degeneracy."

He said: But (my nephew) **Lot** is there." They said: "Well do we know who is there: we will certainly save him and his following – except his wife. She is of those who straggle behind!"

And when ****OUR** Messengers came to **Lot**, he was distressed for their safety, and felt himself powerless (to protect) them: but they said: "Do not be afraid, nor be distressed: We are (here) to save you and your following, except your wife: she is of those who straggle behind."

[End of Part 1]

*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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	Chubu Tokushukai Hospital	801 Higa, Kitanakagusuku / 057-098033	
	Nakagami Hospital	601 Noborikawa, Okinawa / 098-939-1300	

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8 Actionable Steps to Manage DAILY STRESS

Dr. Ceabert J. Griffith

While everyone understands what it's like to feel stressed, defining it is difficult because it is deeply subjective—a situation that causes severe distress for one person may be inconsequential to another. Because of its subjective nature, stress lacks a single, universal definition. However, most behavioral scientists agree that stress is a *perceived* threat—real or imagined—to our physical or mental well-being. The threat perception is grounded in the *belief* that a given demand has outstripped our capacity to cope.

Here are eight actionable steps to manage stress and reduce its effects.



Identify Your Stressors:

Write down the specific events and factors causing you angst. The most common stressors are financial instability, job dissatisfaction, relationship conflicts, and health issues.

Practice Mindfulness: Focus your mind exclusively on the present moment. Engage all five senses to deeply experience your immediate environment. Savor the scent of a rose, the chirping of birds, and feel the flow of water. This anchors you in the “here and now.”

Practice Gratitude: Instead of constantly focusing on things you *don't* have, practice gratitude for the things that you *do* have. Make a list of the things and relationships that you are fortunate to have, and review your list often.

Establish Boundaries (Time/ Compartments Allocation):

In our 24/7 culture, our work and personal life merge into one overwhelming demand. Create a structured life plan that clearly defines and separates these

compartments, and stick to it.

Prioritize Quality Sleep: A good night's sleep is the foundation of a productive day. Sleep rejuvenates the brain, enhances cognitive function, and builds resilience against stress. Experts recommend aiming for 7-9 hours of high-quality sleep each night.

Anti-Stress Eating: Fuel your body with plant-based, nutrient-dense foods. Focus on complex while minimizing harmful fats, artificial sweeteners, and refined carbohydrates to stabilize mood and energy. Stay well hydrated, as dehydration can trigger the production of stress hormones.

Practice Daily Movement:

Regular physical activity mobilizes endorphins—the brain's natural sedative, morphine-like substances that are nature's gift for managing stress. Movement also burns off excess cortisol, preventing its long-term destructive effects on the body.

Form Healthy Social

Relationships: Strong, healthy social relationships act as a buffer

against anxiety. Individuals with robust social support systems are better equipped to cope with life's challenges than those without.

Practice Relaxation

Techniques: Adopt a relaxation technique that suits you. These modalities include breathwork, meditation, and yoga. You can learn these techniques from the many online resources.

Breathwork. One of the most popular forms of breathwork is the 4-7-8 breathing to quickly reduce stress and trigger the nervous system's relaxation response.

Meditation. Daily meditation promotes calmness, lowers blood pressure, reduces cortisol production, and boosts immune function.

Yoga. This ancient mind-body practice reduces stress by fostering mindfulness and physical relaxation.

Conclusion: Managing stress is fundamental to total long-term health. A balanced low-stress life is built upon a quiet mind, nutritious food, daily movement, quality sleep, and supportive relationships.

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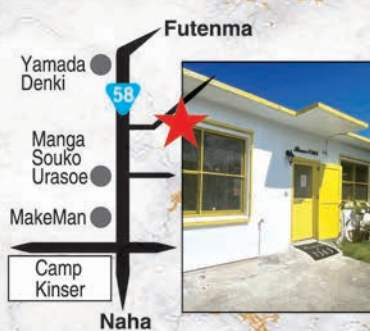


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