

Your Island Source for Military Life

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VOICE

P A P E R

**OUTDOOR
ACTIVITIES**

OKINAWA

MAY ★ JUNE Bulletin

**THE REVIEW OF A PLACE
ROLLUP KOZA**



www.voice-paper.com



Issue 29 >> May 13, 2026



Lunch & Sweets Buffet
Mice in the Blue Ocean
 The Undersea Clock's Hidden Tale

2026 5/23 SAT - 9/7 MON SAT SUN MON P.H.

DoubleTree by Hilton Okinawa Chatan Resort (2F) Restaurant "MaTiira"

43 Mihama Chatan-cho Nakagami-gun Okinawa 904-0115, Japan
 TEL 098-901-4600

TIME 12:00~14:30 PRICE Adult ¥4,600/Child ¥1,800[6-12]
 ※L.O. 13:45 ※Price includes tax and service charge



VOICE PAPER

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 VP-26 Tridents on Deck



(U.S. Navy photo by Mass Communication Specialist 2nd Class William Bennett IV)
 A U.S. Navy Aviation Machinist's Mate Airman Jillian McCormick, assigned to Patrol and Reconnaissance (VP) Squadron 26, walks the flightline of P-8A Poseidon's parked on Kadena Air Base, April 16. VP-26 is forward deployed to U.S. 7th Fleet, the Navy's largest forward-deployed numbered fleet. U.S. 7th Fleet routinely interacts and operates with allies and partners in preserving a free and open Indo-Pacific.

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FOR THE PEOPLE WHO SERVE.



FOR THE PEOPLE WHO SERVE.



USO CENTERS

BENEFITS

- **Respite:** Provides moments of joy and relaxation in a welcoming space, supporting physical and emotional well-being.
- **Connection:** Centers help service members stay in touch with their loved ones while traveling and while deployed overseas.
- **Community:** Offers a space around the world for military families to gather, take a break, and lean on each other for support.

2025 BY THE NUMBERS

970,000+	7.6 MILLION
Number of service members and their families who visited USO Centers worldwide	Number of times all USO Centers were visited around the world
1.9 MILLION	700,000
Number of times USO Airport Centers were visited	Number of times service members participated in USO Centers on Naval ships

With more than 260 locations worldwide, USO Centers provide an exclusive place for the people of the military to relax in a refreshing environment, grab a snack and drink, watch a movie, and play video games. The centers offer reliable Wi-Fi, computers, and phones so service members can connect with loved ones and hear a familiar and comforting voice. USO Centers also host a wide range of activities, special events, and additional programs specifically for spouses and children.

USO Centers are designed to be a home away from home for the active-duty military community, showing them we are always a strength they can count on, no matter where they are stationed.

USO Core Programs strengthen and support service members, their spouses and children at every step of their military journey.

For the most up-to-date stories on the USO's impact on the people who serve, please visit USO.org/stories.

*"NO ONE DOES IT AS WELL AS USO DOES...AT MOST TOUCHPOINTS IN MY CAREER, EVERY DUTY STATION, EVERY ASSIGNMENT AND ROLE I'VE BEEN IN, THE USO HAS BEEN THERE."
—U.S. Service Member*

USO CENTERS

USOの提供する主な支援

- **Respite (休息):** 温かく迎えられる空間の中で、喜びやリラックスできる時間を提供し、身体的および精神的な健康を支えます。
- **Connection (つながり):** 移動中や海外派遣中でも、軍人が家族や大切な人と連絡を取り続けられるよう支援します。
- **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

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をご覧ください。

*「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*

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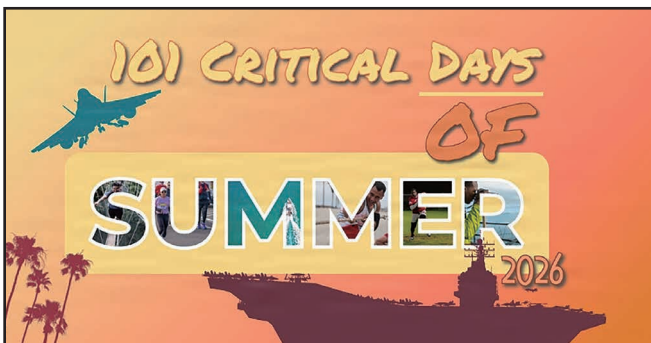
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Director: Jon Favreau
Executive Producer: Dave Filoni
Cast: Pedro Pascal, Sigourney Weaver

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THE REVIEW

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Psalms 85:6

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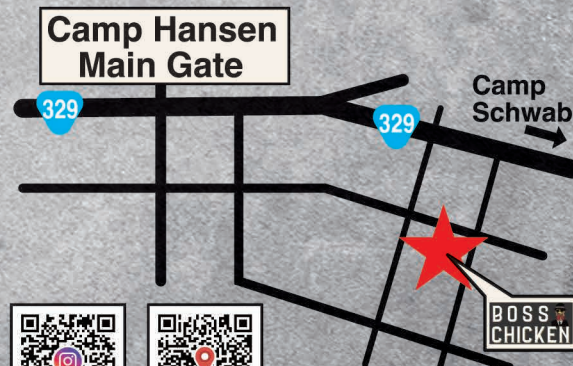


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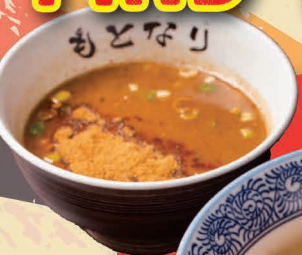
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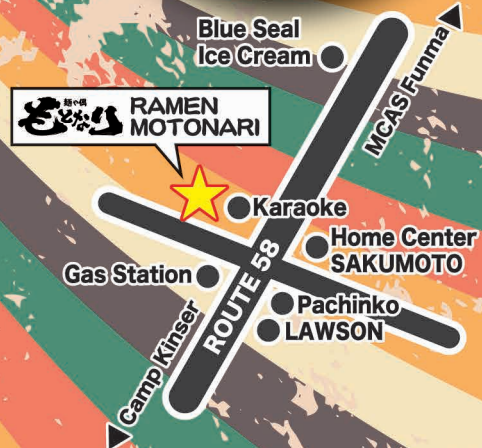
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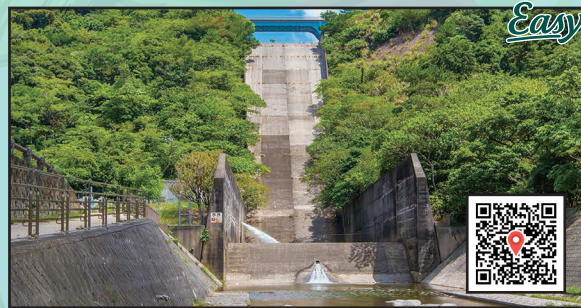
Step beyond the beach and into Okinawa's wild side

OUTDOOR ACTIVITIES

From peaceful forest walks to refreshing river spots and scenic coastal trails, the island is full of outdoor escapes waiting to be explored. Whether you're up for a light stroll or a full-on hike, there's a perfect adventure just around the corner.



1 Hedo Point



3 Haneji Dam Downstream Area



2 Holo-Holo Forest



4 Sueyoshi Park



5 Yanbaru Kuina Ecology Center



6 Kurashiki Dam Park



7 Taa Waterfall



8 Mount Katsuu



9 Mount Ishikawa



10 Uzafabira Walking Trail



11 Hamahiga Island (Fishing Spot)



12 Arasaki Cape (Kasa Kanja)



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Level 1 > 1000

HOW HOT CAN YOU GO?!



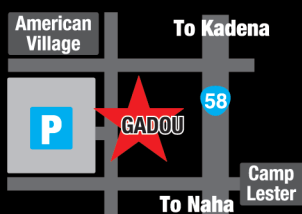
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OK TO-GO!
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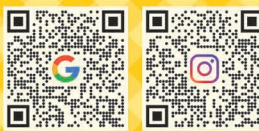
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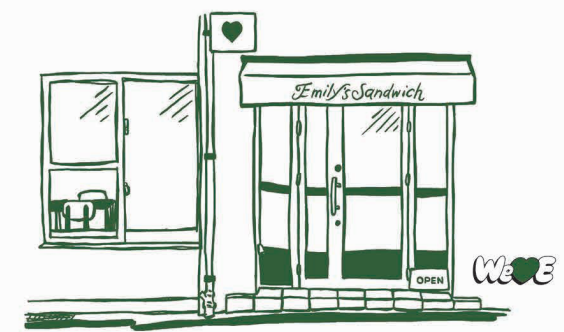



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VERSES FROM THE HOLY QUR'AN

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

"O People of the Book (Torah/Gospel)! Now has come unto you, making (things), clear, OUR Messenger (Mohammed), after the break in (the series of) **OUR Messengers, lest you should say: "There came unto us, no bringer of Glad tidings and no Warner (about our evils);"

But now has come unto you a bringer of Glad Tidings and a Warner (from evils). And G-D has Power over everything.

Remember Moses said to his people:

"O my people! Call in remembrance the favor of G-D

unto you, when HE produced prophets from among you."

"Made you kings and gave you what HE had not given to any other among the (various) peoples."

"O my people! Enter the holy land which G-D has assigned unto you, and turn not back dishonorably, for then will you be overthrow, to your own ruin.

They replied: " O Moses in this land are a people of exceeding strength: Never shall we enter it until they leave it: If (once) they leave, then shall we enter."

*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

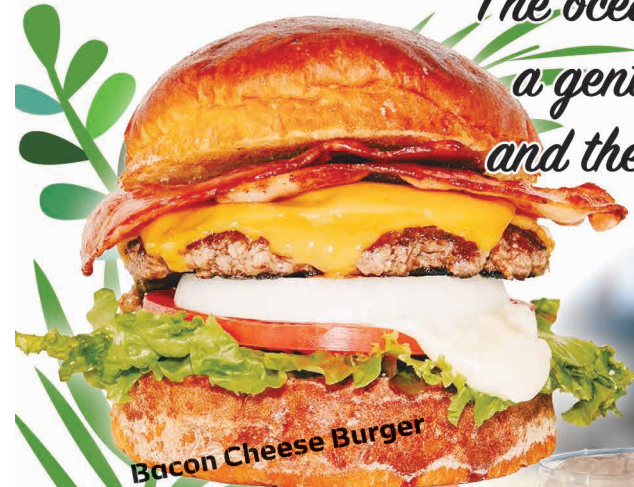


Translation of the
 Qur'an in Japanese
 日本語訳版PDF



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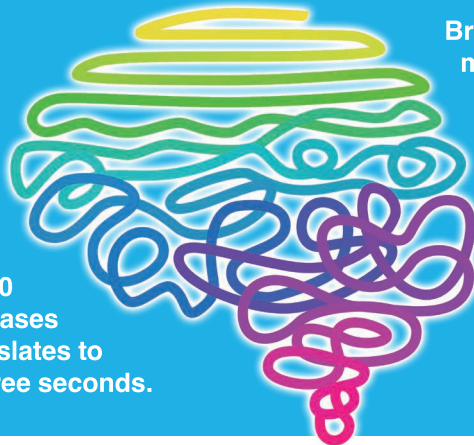
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6 Simple Steps to Maintain BRAIN HEALTH

Dr. Ceabert J. Griffith

The World Health Organization estimates that over 3 billion people worldwide live with neurodegenerative diseases like Alzheimer's and other dementias. The 10 million new dementia cases each year globally translates to one new case every three seconds.



Brain health is now one of the most studied areas of health and wellness. Research into a cure for dementia and other neurodegenerative diseases has come up largely empty-handed, and the current emphasis is on maintaining brain health throughout the life cycle in order to prevent brain neurodegeneration.

Surveys show that most people believe that dementia is an inevitable part of aging. Experts disagree and point to evidence showing that dementia is most often linked to our daily habits—what we eat and how we move, sleep, manage stress, and connect with others. Dr. Dean Ornish and colleagues at the Preventive Medicine Research Institute in Sausalito, California, demonstrated that mild cognitive impairment and early dementia due to Alzheimer's Disease can be significantly improved with just 20 weeks of lifestyle changes. Here are the evidence-based habits that can protect brain health:

Eat Healthfully: Healthy foods provide essential nutrients that protect neurons, reduce

inflammation, support the brain/gut collaboration, provide energy, improve mood, and safeguard memory. Eat unprocessed, plant-based foods, high in complex carbohydrates, and low in harmful fats, sweeteners, and refined carbohydrates.

Move Daily: Daily physical activity optimizes cognitive function, enhances memory, regulates emotions, and physically grows neural structures. Aim for 10,000 steps per day using a step counter. Also, engage in upper- and lower-body strength training three times per week.

Get Restorative Sleep: Poor sleep prevents the brain from consolidating memories, repairing cells, and clearing metabolic debris. Experts recommend between 7 and 9 hours of quality sleep each night.

Manage Stress: Managing excessive stress improves relaxation, concentration, and awareness. Options include yoga, breathing exercises, and practicing mindfulness and gratitude.

Social Connections: Quality social relationships reduce stress, neuroinflammation, and cognitive decline and boost brain resilience similar to physical activity. A network of friends and family is potent brain medicine. For example, family team-building trips are usually a blast, physically healthy, and can help bring family members closer together. Social clubs, religious activities, and volunteer organizations offer excellent opportunities for community connections.

Conclusion: Brain health is fundamental to overall health and wellness. A healthy brain is supported by what we eat and how we move, sleep, manage stress, and connect with others.

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