Farmer's Market brings off-base produce to on-base families

Story and photo by Joe Schmitt, CFAY Public Affairs

Commander Fleet Activities Yokosuka (CFAY) Sailors and community members got a taste of Japan from local farmers at a "farmer's market" held just off base July 9.

"We love this event. We like to show our support for the local farmer's co-op and we enjoy having the farmers come to base, and we enjoy having an event that is similar to what we could find in our home towns," said Capt. Donna Kaspar, CFAY chief staff officer, who was shopping at the market.

The event sold potatoes, green beans and squash from local farmers.

The market was held just outside the main gate this year.

Stands were setup and the farmers had a chance to sell to customers who might not otherwise get a chance to buy from them.

CFAY Commanding Officer David Owen and the Mayor of Yokosuka Yuto Yoshida were at the market.

They greeted and talked with shoppers and those who passed by the booths.

"The city supports the producers of all these fruits and vegetables, the city also promote the producers who grow and the consumers who buy in the Yokosuka area," said Yoshida through a translator. "The city supports them but I also personally enjoy the vegetables, fruits and fish. I personally support this event as well."

(Left) Hiroko Chino, sells vegetables to Capt. Donna Kaspar, CFAY chief staff officer, who was shopping at the farmer's market that was held June 9 just outside the main gate. The Mayor of Yokosuka Yuto Yoshida was also at the event and talked to shoppers and sellers.

The melon sometimes called a "honeydew melon" is popular in Japan and was popular with CFAY members at the market.

The market sold out of melons early in the morning. The market also sold all their corn and soybeans.

"I'm glad I could participate in this event," said Hiroko Chino, who was selling vegetables. "I believe that it is quite meaningful that we introduce Miura Peninsula's produce to everybody. I'm very grateful that everybody enjoys buying our products."

Some of the farmers and vendors have had enough success selling at this and past farmers' markets that they will start selling at a grocery store called "Sukanagoso" that is about half an hour from CFAY main base.

Kaspar said, "it's always important for us to support each other in the things that we do. The country struggles right now for a number of reasons and any way we can help each other and show our support for each other is very important during these times."

The farmers said they look forward to coming back to sell to the CFAY community again in the fall when a different group of crops and produce will be available.

Tips to help men get fit, maintain healthy lifestyles

By Center for Disease Control and Prevention

Eat healthy: "An apple a day keeps the doctor away." There's more truth to this saying than we once thought. What you eat and drink and what you don't eat and drink can definitely make a difference to your health. Eating five or more servings of fruits and vegetables a day and less saturated fat can help improve your health and may reduce the risk of cancer and other chronic diseases. Have a balanced diet, and watch how much you eat.

Maintain a healthy weight: Obesity is at an all time high in the United States, and the epidemic may be getting worse. Those who are overweight or obese have increased risks for diseases and conditions such as diabetes, high blood pressure, heart disease, and stroke. Eat better, get regular exercise, and see your health care provider about any health concerns to make sure you are on the right track to staying healthy.

Get moving: More than 50 percent of American men and women do not get enough physical activity to provide health benefits. For adults, thirty minutes of moderate physical activity on most, preferably all, days of the week is recommended. It doesn't take a lot of time or money, but it does take commitment. Start slowly, work up to a satisfactory level, and don't overdo it. You can develop one routine, or you can do something different every day. Find fun ways to stay in shape and feel good, such as dancing, gardening, cutting the grass, swimming, walking, or jogging.

Be smoke-free: Health concerns associated with smoking include cancer and lung disease. Smoking triples the risk of dying from heart disease among those who are middle-aged. Second-hand smoke - smoke that you inhale when others smoke - also affects your health. If you smoke, quit today! Helplines, counseling, medications, and other forms of support are available to help you quit.

Get routine exams and screenings: Sometimes they're once a year. Other times they're more or less often. Based on your age, health history, lifestyle, and other important issues, you and your health care provider can determine how often you need to be examined and screened for certain diseases and conditions. These include high blood pressure, high cholesterol, diabetes, sexually transmitted diseases, and cancers of the skin, prostate, and colon. When problems are found early, your chances for treatment and cure are better. Routine exams and screenings can help save lives.

Get appropriate vaccinations: They're not just for kids. Adults need them too. Some vaccinations are for everyone. Others are recommended if you work in certain jobs, have certain lifestyles, travel to certain places, or have certain health conditions. Protect yourself from illness and disease by keeping up with your vaccinations.

Manage stress: Perhaps now more than ever before, job stress poses a threat to the health of workers and, in turn, to the health of organizations. Balancing obligations to your employer and your family can be challenging. What's your stress level today? Protect your mental and physical health by engaging in activities that help you manage your stress at work and at home.

Know yourself and your risks: Your parents and ancestors help determine some of who you are. Your habits, work and home environments, and lifestyle also help to define your health and your risks. You may be at an increased risk for certain diseases or conditions because of what you do, where you work, and how you play. Being healthy means doing some homework, knowing yourself, and knowing what's best for you... because you are one of a kind.

Be safe - protect yourself: What comes to mind when you think about safety and protecting yourself? Is it fastening seat belts, applying sunscreen, wearing helmets, or having smoke detectors? It's all of these and more. It's everything from washing your hands to watching your relationships. Did you know that men at work die most frequently from motor vehicle incidents, machine-related injuries, homicides, and falls? Take steps to protect yourself and others wherever you are.

Be good to yourself: Health is not merely the absence of disease; it's a lifestyle. Whether it's getting enough sleep, relaxing after a stressful day, or enjoying a hobby, it's important to take time to be good to yourself. Take steps to balance work, home, and play. Pay attention to your health, and make healthy living a part of your life.

Monkey Island, cont. from pg. 1

The island boosts three types of shores: a large sandy beach, rocky enclaves and large boulders butting up against steep inclines. Monkey Island is a rich natural environment that also contains historical sites ranging from ancient ruins to World War II era military structures.

A ferry, which provides access to the island is located at Mikasa Park and is only a short walk from CFAY out of Womble Gate. The ferry transit takes about 10 minutes and runs once an hour.

This beach clean up is just one of the many COMREL events Sailors and family members from CFAY take part in throughout the year, helping to foster and strengthen the friendship with our host nation country.

"Port Ops sponsored this event two years ago and I heard it went really well," said Interior Communication Electrician (SW) 1st Class Corey Howard of CFAY Port Operations Department and a member of the association. "It's a good time. We hope to make this an annual event."

Pet of the Week

Precious has been with P.A.W.S. longer than anybody, just waiting for the right family. She will always have her wild streak but time in a loving foster family has shown that she loves to play, and thinks hide and seek is an awesome game. Precious will always forgive you if wet food is involved. To find out more about Precious, or any animal at Pets Are Worth Saving (P.A.W.S.), contact them at 243-9996, or email usskittytalk.yokosuka@gmail.com, or visit the P.A.W.S. website at www.pawsyokosukajapan.com