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Yu - Ai **Friendship**

The Newsletter of World Friendship Center
8-10 Higashi Kan-on Machi, Nishi-ku, Hiroshima 733-0032, Japan
Phone: (082) 503-3191 Fax: (082) 503-3179
E-mail: wfchiroshima@nifty.com

Chairman: Hiromu Morishita

Directors: Joel and Beverly Eikenberry

Hiroshima World Peace Mission

Hiromu Morishita

The mission consisting of six members, a female activist Ms. K, two graduate students, a journalist, a photographer and I, made a peace mission tour to Russia, Ukraine and Bosnia-Herzegovina. We started on October 5 and came back on November 7, 2004.

This tour reminded me of the Peace Pilgrimage to USA, Europe and Soviet Union with Barbara Reynolds 40 years ago. But since it was 40 years ago, everything had been changed and was full of surprise to me. I was astonished at the rapid Americanization of the lives of the citizens, especially young people in Russia and Ukraine.

In Russia

We went to Vladivostok first and then Moscow. We visited the state government of the Vladivostok area, the Russian National Government, the Department of Emergency State, the Bureau of Atomic Energy, and the Division of Disarmament and Conflict Resolution. We met the people of the Radiation Research Center and NOG, too. We also made a field trip to nuclear shelters and collected information concerning nuclear armament and disarmament, disposal and control of nuclear waste and radioactive materials as well as countermeasures against terrorism. We also exchanged opinions with the people there.

The SALT II was concluded after the collapse of the Soviet Union and the end of the cold war.

Russian president Vladimir Putin promoted the reduction of the strategic nuclear missiles. However he has continued to take precautions against the USA, or rather aggressively has been moving ahead with development of the strategic nuclear missiles.

As far as I noticed through my direct observation, the bureaus which were working on disarmament and the abolition and control of nuclear weapons under Putin's command are divided vertically. So I think it necessary to require Russia to carry out these tasks in real earnest. In addition, it is indispensable to press USA and Japan for abandonment of Strategic Defense Initiative and ratification of SALT II.

The necessity of dismantling of nuclear submarines and disposal of radioactive waste with their self-help effort was stressed, but I felt that they counted on other countries, especially on the A-bombed country Japan, for help. I also realized that they dealt with these tasks sloppily because of the confusion after the collapse of the country and their wretched economic condition.

From Russia to Ukraine

Though we had heard that Russia was a severely cold country, it was unexpectedly warm and I sometimes thought we needed a fan during the tour. However, we were struck by heavy snow in Chelyabinsk when we arrived there from Moscow after a short flight. In that village which had become uninhabitable because of the accidental explosion of the reactor in Mayak Nuclear Weapons Plant, we

met an elderly couple who could not escape because of their age, and old female workers at the radioactive observation station in the village. I wished we could have stayed there longer to learn more from their stories.

Ukraine has an expansive rich land with barley and onions. We gathered from their story that they were proud of their declaration of the abolition of nuclear weapons and their nuclear-free principle.

After nuclear weapons were abolished, the warheads were transported to Russia, but the problems such as the disposal and the transportation of the weapons, and the storage and control of the radioactive equipments and wastes have not been solved yet. They are seeking help and cooperation from other countries. The stately shelter for nuclear submarines was built strongly enough to withstand nuclear attack in the past. The base for SSR II nuclear strategic missiles sharply represented the tension caused at the time of launching the nuclear missiles. These two along with the storehouse, have been turned into a museum. We can visit the museum to study its inside closely, but it seems to be a waste to make such a museum because they are still developing missiles without learning lessons from their past.

When we stopped at the checkpoint on the way back from Chernobyl Nuclear Power Plant, radioactivity was detected in our car. So we had to return back and have our car washed by boiling water. The 4th reactor which caused an accidental explosion stood like a stone coffin covered with concrete. The condition of its interior has not been made clear yet. In the model of the reactor which was displayed in the museum and could be observed closely, weird green lights were blinking, which showed that the reactor itself was being monitored all the time. I was really worried about Japan because there are more nuclear power plants in Japan than Russia or Ukraine.

We visited Zemrikyia, an institution of mutual-aid group in Kiev, where the victims of the Chernobyl accident were living. They had lived in that contaminated area when the plant caused the accident, and were ordered to get out of the area without being told any reasons. We listened to their traumatic, tearful experiences, and after that, sang and danced together.

In Bosnia Herzegovina

We learned about the civil war from 1992 to 1995 from TV and the newspapers. Now we realized that we had known no reality before we visited there. While visiting various places from Sarajevo, we found a lot of marks of bullets in the forests and on the buildings in the farm villages and small towns, not to speak of Sarajevo.

In the cemetery there were many epitaphs of young people on the grave stone. In "Hope," a rehabilitation center we saw young people who had been injured or lost their hands and legs by landmines or bombs, and we were impressed that they were trying hard for their mental and physical rehabilitation or job training.

We discussed with the people we met why such tragic conflicts occurred. Many people said, "One day the war started suddenly." Some others said, "Some political powers are responsible." or "Some ethnic groups are to be blamed." I think I was given the assignment to keep working in Japan.

What was the most shocking to me was that in Srebrenica Village, several women whose husbands or sons were suddenly taken away and heard of no more, complained to me, saying "We know about Hiroshima very well. We are struggling with aging and poverty. The UN Deputy Secretary General Akashi came here but did nothing for us. What we need is not an insincere aid but actual livelihood support. We need jobs." We could not answer but only kept standing there without knowing what to do. When I told them "I lost my mother," the people there seemed to begin to understand my situation. To my regret, it was only a short time, so I wished I could have had more time to listen and to have a good talk with them.

We visited schools in many places in Russia, Ukraine and Bosnia. I told my A-Bomb experiences and we discussed the nuclear issues, peace matters, radiation exposure, support activities and the world situation. Through these discussions we learned from each other.

At the Japanese language school in Vladivostok, Russia, the children welcomed us in Kimono and by performing a drama in Japanese language. At a prestigious school where prospective atomic energy majors were educated, I told

them that science should contribute to peace. At a senior high school in Bosnia, where various ethnic students were studying, the students seriously listened to me and positively reacted to my story.

We had a meaningful cultural exchange to no small extent. They knew well about Judo, soccer, music or calligraphy through Bosnia-Japan Exchange Association or Japanese Embassy, and I found they were feeling strong affinities with Japanese culture and nature as well as Japan itself. We could find various indications of mutual understanding in every place. We were invited to the concert of "Requiem" by Sarajevo Symphony Orchestra. We had opportunities for music concerts, ballet performances and fine art shows.

Though we might not be able to fully learn about the reality over there, we had many experiences and received much information. An initial impression I had after I came back to Japan was that the time is passing very slowly here in Japan.

For the Peace pilgrimage 40 years ago, all that we could do was urgently to proclaim the tragedy of nuclear damage, and I could quite agree with the movement against the Atomic and Hydrogen bombs. However, I wonder what "HIROSHIMA" can do, now that we have become aware of the tragedy, human rights infringement, loss of racial identity and the people's affliction which they were suffering, and have witnessed that they were tossed about in the rapidly changing history and society of Russia, Ukraine and Bosnia Herzegovina. Something we can do immediately, because we experienced tragedy ourselves, is to open our mind and listen to others and look intently. It is essential to practice these for the sake of aid and coexistence.

I was deeply impressed with the words of a young man who was involved in the citizens' movement in Bosnia. He said, "I did not know that there were Korean victims of the A-bombing. We may well need physical aid, but we need even more information." I met people who were interested in the activities of World Friendship Center. We should urgently both convey and receive the information.

In Kiev we saw the rallies with yellow ribbons and blue flags in every place every day. The cities were uproarious with the presidential

election campaign. Soon after I came back to Japan, I noticed that uproar of the presidential election which we saw there was attracting worldwide attention, and even in Japan.

IPPNW World Convention report NO DU Hiroshima Project

Haruko Moritaki

DU weapons were used in Bosnia, Kosovo, and Afghanistan since the Gulf War in 1991 and used again in the Iraqi War. As the result, serious damage of radiation and heavy metal poisoning are spreading.

The U.S. started the Iraqi War, making excuses as the threat of weapons of mass destruction and the development of nuclear weapons in Iraq, ignoring the voice of the world. DU weapons were massively used in the whole of Iraq as a matter of course, but U.S. does not admit their effect, insisting that DU bombs are conventional weapons.

Watching the present Iraqi condition of countless hibakushas victimized by DU bombs, I thought it was my duty to appeal for a ban on radioactive and DU weapons from Hiroshima which was aware of the ravages of radiation damage. We investigated the damage in Iraq in June and July, 2003, as "the research organization of the damage of the Iraqi War and DU bombs" in order to call for a ban in the U.S. on such weapons by showing scientific proof.

Samples of soil, water and urine collected from everywhere in Iraq were analyzed at Hiroshima and Kanazawa University. DU was clearly detected in soil in Baghdad, in the urine of children who were thought to have inhaled DU and that suffer from leukemia and also much radiation was detected in tap water at various places. (I omit precise data here due to limited space.)

I visited many hospitals in Iraq twice: before the War, in December, 2002 and after the War, in summer, 2003. There I saw the childrens' abnormal phenomena; many cancers like leukemia, high mortality, still birth, high incidence of birth defect and simultaneous development of cancers in both grown-ups and children. I couldn't help thinking that they were

the damage caused by radiation of DU bombs and metal poisoning.

The world finally took notice of the present condition and investigation of the actual situation in Iraq. We were requested to report our research. We gave a presentation of the result of our survey at the "IPPNW (International Physicians for the Prevention of Nuclear War) Europe Conference" held in Berlin in May and then in the workshop of the IPPNW World Convention in Beijing in November, though the analysis was still in process.

In the Europe Conference, there was a call to conduct a similar survey as that in Hiroshima plus a full-scale epidemiological research among physicians. The fact that Dr. Al-Ali, professor of Basra University and the reporter from Iraq that we had invited to Hiroshima twice, was asked for cooperation caused a great sensation.

I'd like to add that the presentation on nuclear weapons abolition by Hiroshima mayor Akiba was powerful, impressive and filled with enthusiasm at the opening of the convention in Beijing.

When we appeal to the world from Hiroshima for the incomparable experience of nuclear war, serious radiation damage caused by DU bombs and immediate abolition of nuclear weapons, we want to do our duty in a persuasive way.

The U.S. has exported these arms to 18 countries. Now we are expanding a signature-collecting campaign in order not to increase *hibakushas* exposed to DU bombs which would be used in further wars as 'excellent weapons'.

We wish all of you to support our campaign for the realization of a ban on DU weapons as early as possible.

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* Online signature
HP of ICBUW=The International Coalition to Ban Uranium Weapons
<http://www.bandepleteduranium.org/>
Click "petition" on the left of Top page
* Signatory blank download address
HP of NO DU Hiroshima Project
<http://www.nodu-hiroshima.org/>

Conflict Transformation Seminar

Mieko Yamashita

The New Year came. The Seminar began at 10 o'clock a.m., January 12.

From a trickle to a stream, participants filled the large room at WFC. Greeted us with smiles were Kay Gaier, Rachel Gross and Beverly Eikenberry. They are certified, well-experienced mediators and trainers with Education for Conflict Resolution and Ministry of Reconciliation. With these specialists, Americans, as our leaders, we studied in the Seminar about the most important, but difficult part of creating good human relations. The workshop, lecture, acting..., the Seminar was so skillfully and effectively presented, I felt as if we were given a big New Year gift.

We learned tools and ways of transforming the negative or destructive condition or function of interpersonal conflict into opportunities for mutual understanding and reconciliation. We learned the structure of conflict and role of feelings, then how to deal with in particular, strong anger. Those who missed the occasion, please join us here to share part of our New Year gift and make use of it in constructing smooth human relations. Let's begin with understanding interpersonal conflict structure and its dynamics.

Structure of Interpersonal Conflict

Three elements that compose interpersonal conflict are PEOPLE, PROCESS and PROBLEMS. In a conflict situation, minimizing the destructive effects of it and maximizing the positive potential for growth in people at physical, emotional and spiritual levels are important for transformation.

Understand people's feelings and emotions. Recognize the human need to explain, justify, and vent those feelings and take time to listen and show respect for the basic dignity of people as human beings. Support, not threaten, the other's self esteem.

Next is the process. When people can't influence or feel excluded in decision-making despite the fact that the matter affects their interests, they feel resentment, unfairness or powerlessness. So, uncover the patterns of communication that relate to decision-making and discover how people feel about it. Develop a process that is fair and includes the interest-

related people, understanding the power balance or imbalance in the relationship.

Now, problems: Specific issues and differences in values, views of decision-making process between the people, and conflicting interests are the sources of problems. To transform the conflict, we need to identify the needs and interests underlying peoples' perspectives, clarify areas of concern, establish a mutually acceptable process for decision-making and identify common principles and values.

Dynamics of Interpersonal Conflict

There are people who disagree over a problem. What starts out as a disagreement is often transformed into personal antagonism, and instead of focusing on the problem they share, the people view the other person as the problem. Over time new and different problems emerge and expand, creating a sense of confusion and unmanageability. Then, communication and contact become less direct. Increased intensity and emotional involvement corresponds with decreased ability to listen and communicate. People begin to respond, not to the original issue or concern, but rather to the most recent response received from the other side, thus hostility and personal antagonism leads to a spiral of ever increasing intensity, mistrust and miscommunication.

What are some helpful tools and ways for transforming conflicts?

Active Listening

Some key elements of active listening: *SHOW an interest in what the speaker is saying. Ask for more information. *AFFIRM the worth of the speaker and validate his ideas and feelings, even if you don't agree. *Briefly PARAPHRASE main points, to let the speaker know you have heard and understood. This is a simple but powerful way of building trust, and decreasing anger or frustration in the other person. Restating doesn't necessarily imply agreement. *Briefly REFLECT the feelings the speaker has described. Feelings are sometimes more important than content. *Briefly QUESTION to be sure that you understand correctly, which may give you additional information. *CENTER questions. It can bring the speaker back to what is most important to them, or help the speaker stay on track. *PAY attention to the speaker, the most important aspect of excellent listening.

Don't let yourself be distracted. Let your eye contact, posture, and other non-verbals indicate that you are very attentive.

Restating

Restating(rephrasing) is an important part of active listening and clear communication. It is to put briefly in your own words the essence of what the speaker has told you, including both information and feelings. Restating is an effective way of lowering the intensity of emotion in a stressful or conflicted situation, since the other person knows that you're trying to understand. Also, it offers the opportunity to clarify misunderstanding, if any; shows respect for the other person and validates the importance of his words; slows the pace of the interchange and reduces anger by moving with the other person's concerns rather than moving against them with defensiveness or counter-attack.

Some tips for effective restating: *Keep it brief, the essence only, especially when he is upset. *No preface. *No interpretation or response of your own here. *Request him to summarize briefly what he heard you say, if you want to be sure. *Allow your word choice and tone of voice to mirror the feeling you hear from him.

Dealing with Strong Anger

Angry confrontations can be frightening and upsetting. There are some ways to de-escalate the level of emotion when dealing with a person expressing strong anger or hostility toward you: *COMMUNICATE your willingness to hear the angry party's story and your willingness to work things out through active listening and restating. *STEP into the other person's shoes, so that you'll see his viewpoint. *POINT OUT new information that you are hearing for the first time.

Miscommunication often causes misunderstanding, which leads to a problem. *KEEP the focus on the problem, remaining calm and non-reactive, so that you can turn the focus toward the issues and away from personal attacks. *STEP back mentally and assess the situation as if you were an observer. This mental exercise can be helpful in controlling your own emotions. So will a few deep breaths. *Be AWARE of non-verbals, let body language communicate fully. Arms crossed on your chest, a scowl on your face, or lack of eye contact may undo your best active listening effort. *DON'T TRY to respond until the person is ready to hear

you. When you've listened long enough to allow his anger to subside, you respond, briefly, non-defensively. Be ready to adopt the listening role again if your response triggers more strong feeling.

Remember that active listening does not imply that you agree with his viewpoint, but simply validate his concerns by restating and reflecting.

International Law on the Use of Force

Excerpts from an Open Letter to Ambassadors to the United Nations*

Humankind had to pay a price of more than 60 million people killed in two World Wars before agreeing on International Law. With the founding of the United Nations and after defining the principles of International Law, a general ban of the use of force as a political measure was promulgated. There are but two exceptions: the right of self defense if an armed attack occurs and the enforcement measures of the Security Council. Beyond those exceptions, all countries have lost the right to wage war against other countries, no matter what claims are made for the justness of the goals.

With respect to the weakening of International Law and the fathomless hardship war brings to the people affected by it, we call upon you to:

Make sure that the UN is not deprived of its power as a peacekeeping organization between individual nations and resist any attempt to weaken the strict adherence to and implementation of the ban of the use of force in International Law!

International Law and Nuclear Weapons

From the very first resolution adopted by the UN General Assembly, the international community has attempted to grapple with the threat of nuclear annihilation. In 1996, at the request of UNGA, the International Court of Justice considered the place of nuclear weapons in the rule of law and human rights. They unanimously concluded that there exists a universal legal obligation to pursue in good faith and bring to a conclusion negotiations leading to nuclear disarmament in all its aspects under strict and effective international control.

With respect to the use of nuclear weapons and its genocidal impact on cities, we call on you to: Begin negotiations in 2005 in good faith and conclude them in 2010 so that the agreed measures can lead to nuclear disarmament in all its aspects by 2020, as the Mayors for Peace have proposed.

*These excerpts are taken from a letter that has been globally circulated for signatures. The letter accompanies the building of a symbolic wall of wood blocks (2x4x8cm) around the United Nations to "Protect International Law." The building of the wall is a project initiated by the German organization *Aktion Voelkerrecht* to occur at the same time as the 2005 NPT Review Conference and the World Mayors for Peace Conference at the end of May in New York.

Note: WFC, in support of the "Vision 2020" campaign for a nuclear weapons free world by the year 2020, has secured 500 wood blocks. Individuals are writing on the blocks to express their desire for peace and respect for international law. The blocks and signatures will be sent to New York.



WFC helping to build the "Wall to Protect International Law" in support of *Vision 2020*

World Friendship Center -- UPDATE --

40th Anniversary Celebration August 7, 2005

This year marks 40 years since WFC was officially dedicated. A celebration on August 7 will include a recounting of the history of WFC, a minibus tour of three important sites in Hiroshima that are significant to WFC, and a concert. All friends of WFC are welcome to attend. We would enjoy planning for your participation. If you can join us, please let us know. Thank you.

Korean PAX team to Seoul

February 17, a team of four people leave for Seoul as Ambassadors of Peace from WFC. Michiko Yamane and Kaori Kurumaji are long time members and dedicated supporters of WFC. Yoshie Ozaki served WFC as bilingual staff 2001-2003. Kohei Ueyama just completed a major in peace studies at Shudo University in Hiroshima.

Korean Anabaptist Center in Seoul will host them. We are grateful to their hosts and we look forward to hearing and reading reports of their trip upon their return.

Friendship Afternoon

WFC Chair, Hiromu Morishita reported about his participation in the Hiroshima World Peace Mission to Russia, Ukraine, and Bosnia-Herzegovina. He was able to tell his survivor story, demonstrate his calligraphy, talk with students and government officials, visit the area of devastation near Chernobyl, and listen to the tragic story of the female victims of the civil war in the former Yugoslavia.

Emiko Okada to India and Pakistan

Board member Emiko Okada left January 21 for Pakistan and India, representing the survivors of the a-bombing in the present delegation trip of the Hiroshima World Peace Mission. They return February 15.

New E-mail Address for WFC:

wfchiroshima@nifty.com

Christmas Party Enjoyed by Many

Around 40 people celebrated Christmas at WFC on December 12. The program opened with a candle-lighting ceremony in memory of our founder, Barbara Reynolds, and our first Board Chair, Dr. Harada.

Peace Choir sang "Ave Verum Corpus" and "O Holy Night." Masako Kido played a flute solo. Christmas hymns were sung along with the Christmas story being read.

A large cast of actors and readers presented the drama "A Quaker Christmas" that presented the idea that "Christmas is for every day." It was well received and the work done by everyone to present it is appreciated. Fumiko Sora led us in singing Carols before Santa arrived with his bag full of white elephant gifts.

Thanksgiving Dinner

This year about 12 people gathered to eat turkey and stuffing and lots of other delicious treats on Thanksgiving Day for Americans and Thanksgiving for Labor Day for Japanese. Michiko Yamane prepared fun games for us to play following our dinner.

WFC Gets to Shine!

In two hours, with the efficient work of eight people, the World Friendship Center was sparkling clean. The third Saturday in November all the windows and screens were washed, winter carpets were brought out, and kitchen cupboards washed. We enjoyed sandwiches for lunch.

Guests comment that the Center is clean, cozy and a comfortable place to learn.

Peace Park Guides Appreciated

Our Peace Park guides had a special appreciation program on February 4. They created compliment cards for each other. Then they listened to a recounting of the history of WFC and a vision of the future, counting them as an important part of a community of peace spanning years past into the future.