



Empowering Healing of Communities in Japan—Patricia Mathes Cane, PhD, Capacitar Founder/Director

CAPACITAR's
Vision is
Healing
Ourselves
Healing
Our World.

CAPACITAR
means
to empower,
to encourage,
to bring each
other to life.
We are an
international
network of
empowerment
and solidarity.

Capacitar teaches
simple practices
of healing,
team building and
self- development
to awaken people
to their own source
of strength and
wisdom so they
can reach out
to heal injustice,
work for peace
and transform
themselves,
their families and
communities.
Using a
popular education
approach,
Capacitar works
with grassroots
people in over
35 countries.

In June, Capacitar offered the first workshops in Japan to groups impacted by the 2011 earthquake, tsunami and nuclear disaster. The "once in a thousand years" 9.0 earthquake generated 90 to 120 foot tsunami waves that devastated many communities along the northeastern Tohoku coast and killed nearly 20,000 people. The tsunami also destroyed the Fukushima Nuclear Power Plant resulting in meltdowns in three of the reactors, causing nuclear contamination of large areas in the region. Very little information about the current situation in Japan is available in our media, but the stress and struggle of millions of people continues. This issue of the Capacitar newsletter gives a brief summary of our visit, along with information about the disaster and photos of some of the groups with whom we worked.

Maryknoll Sister Kathleen Reiley invited Capacitar to come to Japan. Yuko Endo served as translator and coordinated details of the visit, along with Capacitar Japan team members Miho Oshino, Sr. Eiko Maki, CSJ, Hoshi Kikue and Kaori Sakuma. During the 12-day visit we traveled over a thousand miles in car, bus and bullet trains offering 19 workshops to over 300 people impacted by the disaster. Our travels took us to communities in Fukushima City, Sendai, Ishinomaki, Higashimatsushima, Minamisouma, Ofunato, Aizu and Tokyo. We met remarkable people, heard stories of tragedy and great courage and received the gracious and generous hospitality of many who had lost homes and livelihood. There was much interest in the Capacitar methods as a way to deal with traumatic stress and for use in self-care. A return trip is scheduled for April and early May, 2014 to offer workshops and to develop trainings for the Capacitar Japan team.



A Fukushima mother guides her child on a finger labyrinth at a workshop for mothers concerned about radiation impacting their children



Miho Oshino and Yuko Endo of the Capacitar Japan team standing by the memorial flame that commemorates those killed by the tsunami in Ishinomaki



Facts about the Disaster

Japan, a country with a population of 127 million people, rests on 4 tectonic plates that are constantly moving. The 9.0 quake on 3/11/2011 generated some of the largest (90 to 120 foot) tsunami waves that came inland nearly 6 miles around Sendai. It was the costliest natural disaster in recorded history. The following are facts as of the end of 2012:

- Death toll: 15,870, with 2,846 people still missing (from tsunami)
- 340,000 people from the tsunami zone still living in temporary homes
- Damages estimated at \$300 billion, with indirect losses at \$345 billion
- 130,000 buildings destroyed, 746,000 structures damaged
- 150,000 people evacuated from around the Fukushima Nuclear Plant
- 1,800 sq kilometers of land unsafe for living in Fukushima Prefecture
- 160,000 evacuees seeking compensation from TEPCO and 940,000 claims from people and businesses in and out of Fukushima. (TEPCO: Tokyo Electric Power Co. owner of the nuclear plant)
- Agriculture and fishing industry destroyed in many communities because of contamination of land, water, crops and fish.

Source: Mark Willacy, *Fukushima*, Macmillan Australia: 2013



Kathleen Reiley, MM, praying at the memorial for the people of Namie, a town next to the Fukushima Power Plant. The entire population of 22,000 was hastily evacuated the day after the tsunami because of explosions and radioactive fallout from the meltdown of reactors.



Workshop at a pre-school in Fukushima with children and teachers impacted by radiation levels in the soil, atmosphere and food

Impact on Children, Families and Schools

After the 1986 Chernobyl disaster in Soviet Ukraine, there was a large increase in thyroid cancers in children. Japan has started screening some of the 360,000 children of Fukushima for thyroid problems. Concerned parents are forming support and protest groups monitoring radiation levels in the atmosphere, soil and food. Capacitar worked with three such groups: two mothers groups concerned for their children in Fukushima; and teachers from a pre-school that was moved because of radiation levels. Families that are tsunami survivors are also greatly stressed by living in small temporary housing.



Pal Dan Gum exercises for mothers concerned with radiation for their families



Hoshi Kikue with a child living in temporary housing in Ishinomaki



Workshops at Senior Day Care Centers taught self-care practices for the elderly living in temporary housing, day care staffs, families and the disabled

Impact on the Elderly and Disabled

Japan has the world's highest percentage of aging population with 23% who are 65 years or older. Many seniors who were survivors of the tsunami, who were displaced by radiation or who lost their lands and homes, now live in temporary housing suffering from depression and other stress-related illnesses. Capacitar offered workshops at several Senior Day Care Centers in Ishinomaki and Higashimatsushima teaching skills for self-care and wellbeing.



Drum massage for Filipino women at the Capacitar workshop in Ofunato

Impact on Foreign Workers

Over 300,000 Filipinos live in Japan with many employed as foreign workers in the agricultural and fishing industries. When the tsunami destroyed boats, harbors and agricultural lands in the Tohoku area, foreign workers suffered greatly with loss of jobs and livelihood. At the Catholic Church in Ofunato, Capacitar worked with Filipino women whose husbands lost their jobs as fishermen or agricultural workers. Some also lost family members and homes in the disaster.



Capacitar Japan team members Kathleen Reiley, MM, Sr. Eiko Maki, CSJ, and Yuko Endo with Capacitar Founder Pat Cane at the Tokyo workshop



Tokyo workshop at Maryknoll Center for mothers with children who have cancer, for religious and for survivors from Fukushima

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Joan Condon • Mary Litell osf • Pat Cane

Jerry & BJ Birkhahan-Rommelfanger

Gifts Made In Memory of

Martha & Andrew Rebmann • Tom Condon • Arlene Lewis Vance

REMEMBER CAPACITAR IN YOUR ESTATE PLAN

Bequests made through your will may be for a specific percentage or sum of an estate.

Gifts of Life insurance - Transfer ownership of a life insurance policy to CAPACITAR.

FREQUENT FLYER MILES

Support our outreach to areas of conflict and violence: We need airline tickets. If you can help us with miles for tickets, call the Capacitar office at 831-471-9215.

CAPACITAR Calendar—2013-14

2013

- Sep 6-8 Capacitar 25th Anniversary Celebration Global Conference, LCDM, Santa Barbara CA
- Sep 13-15 Training 3 La Casa de Maria, Santa Barbara, CA
- Sep 21-22 Training 1 Transfiguration Spirituality Center, Cincinnati, OH
- Sep 24 Workshop Family Resource Center, McAllen, Texas
- Sep 26-27 Training 3 Juarez, Mexico
- Sep 28-29 Training 3 El Paso, Texas
- Oct 5-6 Training 3 Garden Cottage, Perth
- Oct 7 Advanced Formation 3 The Bield, Scotland
- Oct 8 Kids Company Staff workshop, London
- Oct 9, 10 workshop detention center, London
- Oct 12 Tutor Training Dublin, Ireland
- Oct 13 Capacitar Ireland 10th Anniversary Celebration, Dublin, Ireland
- Oct 28-30 Training Barbara Ford Peace Center, Santa Cruz del Quiché, Guatemala
- Nov 9-10 Training 2 Transfiguration Spirituality Center, Cincinnati, OH
- Nov 14-16 Training 1, Capacitar Mideast Network, Upper Galilee, Israel
- Nov 30-Dec 1 Training 1, Nano Nagle Centre, Ballygriffin, Ireland
- Dec 6-8 Training 4 La Casa de Maria, Santa Barbara, CA
- Dec 18-20 Nicaragua Dance Retreat, Cantera, Managua, Nicaragua

2014

- Jan 23-24 Training 4 Juarez, Mexico
- Jan 25-26 Training 34 El Paso, Texas
- Feb 8-9 Training 4 The Bield, Perth, Scotland
- Feb 10 Advanced Formation 4 The Bield, Scotland
- Feb 13-15 Training 2 Capacitar Mideast Network, Upper Galilee, Israel
- Feb 22-23 Training 2 Nano Nagle Centre, Ballygriffin, Ireland
- Mar 21-23 Training 1 La Casa de Maria, Santa Barbara, CA
- Mar 29-30 Training 3 Transfiguration Spirituality Center, Cincinnati, OH
- Apr 1-3 Training Barbara Ford Peace Center, Santa Cruz del Quiché, Guatemala
- Apr 11-30 Workshops in Japan
- May 1-4 Workshops in Japan
- May 10-11 Training 1 Edinburgh, Scotland
- May 12 Advanced Training The Bield, Perth, Scotland
- May 14-15 Training, Noddfa, Northern Wales
- May 17-18 Training 1, Roehampton, London, England
- May 22-24 Training 3 Capacitar Mideast Network, Upper Galilee, Israel

2013-2015 Trainings—Multicultural Wellness Education

- Santa Barbara, CA La Casa de Maria, Juliet Spohn Twomey 805-969-5031 juliet@lcdm.org CEUs
2014 Training: Mar 21-23 Jun 27-29 Sep 12-14 Nov 7-9
- Cincinnati, OH, Transfiguration Spirituality Center, ctretrats@gmail.com 513-771-2171 CEUs
2013-2014 Training: Sept 21-22 Nov 9-10 2014: Mar 29-30 Jun 21-22
Capacitar en la Frontera-El Paso/Juarez capacitar.frontera@gmail.com
- El Paso TX Training: 2013: Sep 28-29 2014: Jan 25-26
- Juarez, MX Training: 2013: May 16-17 Sep 26-27 2014: Jan 23-24
- England: London Margaret Wilson RSCJ, Marj McDaid capacitarengland@gmail.com
Roehampton, London Training 2014: May 17-18 Oct 4-5 2015: Feb 7-8 May 16-17
- Edinburgh, Scotland Ali Newell, James Kirk Shirley Gillian capacitarscotland@gmail.com
Training 2014: May 10-11 Sep 27-28 2015: Feb 14-15 May 9-10
- Capacitar Middle East Network Training 2013: Nov 14-16 2014: Feb 27-28-Mar 1 May 22-24 Nov 27-29

Cars for Capacitar

Want to support Capacitar? Have a car you don't need? Have a car not worth trading in? You can donate it, receive a tax deduction and support Capacitar. All you have to do is call Cars4Causes-888-493-9186 or go to www.cars4causes.net. Alternately, you can go to the Capacitar website www.capacitar.org and click on the donate car button on the home page. That will take you to the page with a link to Cars4Causes.



There is no other work for you than to fill out the online form or make the call. Cars4Causes handles pick up and all the paperwork at no cost to you. Just be sure you tell them the proceeds go to Capacitar International and you receive the tax benefit!



July, 2013

Dear Friends,

Our recent work in Japan showed the value of Capacitar methods with people who are trying to rebuild their lives after disasters and traumatic experiences. While I was offering workshops in Japan, Joan Condon, our Capacitar International Special Projects Coordinator, had just returned from trainings with groups in Haiti where people are still impacted by the 2010 earthquake that devastated so much of the region. As our societies continue to face trauma, disaster and violence, the mission of Capacitar is all the more important here in the U.S. and around the world.

Capacitar needs your support to respond to the many requests for help that we receive. Your donation will make possible:

- Trauma Healing Trainings for survivors of the earthquakes in Haiti and in Japan
- Multicultural Wellness Trainings in 15 countries in the US, Latin America, Europe, Africa and the Middle East
- Work with Latino caregivers and health promoters in California and in border communities in El Paso TX/Juarez MX
- Trauma Healing & Leadership Trainings in Rwanda, Uganda, Congo DRC, South Sudan, Kenya, East Timor & Indonesia
- Outreach to refugee communities and detention camps through Capacitar en la Frontera
- Translation and development of teaching materials in different languages.

Capacitar cannot do this work without you. As we celebrate our 25th Anniversary, know that we remember YOU as part of our Capacitar global family and network. At this time when finances are a struggle for everyone, we are especially grateful for your generous donations and prayerful support. Together we are committed to the mission of healing ourselves and healing our world.

In peace and solidarity,

Pat Cane

Capacitar International Founder/Director



Mother of Fukushima at Capacitar workshop



Mother of Compassion at Namie memorial for the dead



Miho Oshino holding a tsunami survivor Kokeshi doll