To measure, understand, discuss by ourselves

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Ethos in Fukushima
Self introduction

I have been cooperating with residents in Suetsugi district as a supporter from March 2012.

Today, I am going to talk about our activities in these three years.

Please allow me to speak for the residents of Suetsugi district, as one of participators to the district for these three years.
Where is Suetsugi district? How many people are there?

130 Households, 500 people (before the earthquake)
27-28 km away from the NPP

12 March – 20 April 2011
Designated as indoor sheltering zone;
residents were requested to evacuate,
almost all residents had been evacuated
The scenery of Suetsugi district

Sea, mountains, fields
People who have been working with us

Administrative action as Suetsugi district from April 2013

Volunteer residents in Suetsugi

Cooperators both in the district and from outside

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Volunteers via internet Experts

Dr. Makoto Miyazaki
Fukushima Medical University

Voluntary, self-imposed actions
Measured dose rate map of Suetsugi district

Compiled by volunteers in the district, autumn – winter 2011
To measure, understand, discuss by ourselves

First, measure one's own dose
Then, discuss with others in the district, experts and supporters based on one's own data

Discussion based on one's own data (external exposure)
Manually aggregated tables and graphs.
To measure, understand, discuss one's own diet

WBC measurements as the district community at Hirata Central Hospital

1st:
June 2013, 124 people

2nd:
Oct. 2013, 34 people

3rd:
July 2014, 39 people
To measure, understand, discuss one's own activity

Graphed by Dr Makoto Miyazaki, Fukushima Medical University

Measurement of external exposure using D-shuttle
To measure, understand, discuss one's own activity

This graph shows:

- Each one's own lifestyle and living space
- Lifestyles and living spaces of the people who made the measurements (and whole district)
- (reliability of instruments)
- Will to continue one’s life here

Measurement of external exposure using D-shuttle
Discuss based on my own, or the district's, actual data

Clarify the measurement purpose
What do we measure? And for what?

→ To regain my (our) own everyday life, I (we) measures my (our) own life

Important: Not someone else’s, but my (our) own data talks!
Measure, understand, and enlarge one's own living space

WBC measurements as the district community
External exposure measurements as the district community

To confirm one's living space in the district
To confirm one's diet in the district
Grasp and control (and enlarge) one's living space
Discuss my (our) problems based on actual data

Can I eat this?
How should I measure?
I tried to measure by myself.
Ate and confirmed taking WBC measurement.

Will radioactivity fall down again if the NPP building cover is removed?

OK, let's confirm using dosimeter.
We ourselves know, however, our children and grandchildren don't get how we know. They don't return home.

Want to be able to call out to them, or to tell them what we know.

From actual data, to daily problems
A woman's episode who had taken WBC measurement

“I have been eating lots of vegetables which I planted, grew and picked with my own hands. Even then, the test results are ND. Our land is all right and, as long as the land is all right, I am not afraid to keep living here.”

When we say “we live in so-and-so,” it does not simply refer to the location of our residence. As we live, we develop an internal sense of the locus of our lives, as if it is part of our bodies. This is not limited to land. In fact, through our acts of living, we integrate all kinds of existence other than ourselves inside the spider-web of our relationships. Through the accident, radiation encroached upon this web, and the contamination disrupted our relationships. However, it is possible to rejuvenate and reinforce our relational web through the voluntary efforts to measure radiation exposure and to develop our own ways of coping.
Radiological protection to regain everyday life

Confirming what is the problem for myself (ourselves), to find out the way to solve, we measure, understand, and discuss our own data by ourselves.

I am going to continue helping to regain daily lives in Suetsugi district.