



JSU convenes 80th annual congress

Aim to spread importance of shipping, fisheries. Provide future generations safe and peaceful seafaring traditions

The All Japan Seamen's Union (JSU) held its annual national assembly on Nov. 6-8, 2019 at Rexam Hall in Takamatsu, Kagawa Prefecture. On Day 1, reports were made on the activities the union completed and the incomings and outgoings in its 74th year, while discussions were held on Bill 1, a package of proposals for activities that it intends to carry out in its 75th year. On Day 2, the JSU's international, fisheries and domestic affairs committees met for respective meetings. On Day 3, Bill 5 was discussed, leading to an accord on proposals for 75th-year activities.

At 9:30 a.m. on Nov. 6, Mr. Toshiaki Kimura, secretary-general for the general assembly, declared the opening of the meeting, which was followed by the singing of the JSU's song.

After the declaration was made, Mr. Hiroyuki Tachikawa, a member of the Central Executive Board Committee, gave the opening address. Mr. Junzo Suzuki, another member of the committee, reported on the preliminary work that had been conducted to organize the general assembly.

Mr. Hiroshi Saito, head of the Chugoku-Shikoku Regional Of-



Day 3 of the national assembly comes to an end with a traditional triple-shot of "gambaro" chants.

ice, was elected to preside over the general assembly, while Mr. Raian Morimoto, acting head of the Kanto Regional Office and head of the Shizuoka Branch, and Mr. Osamu Yosuke, acting head of the Kansai Regional Office and head of the Osaka Branch, were chosen to report to Mr. Saito as vice chairmen.

Mr. Saito also delivered an ad-

dress on the stage, asking for meaningful discussions.

Then, the general assembly confirmed JSU executives and designated new members of JSU in-house committees. After Mr. Yasumi Morita, president of the JSU, gave an address on behalf of the union, guests invited to the general assembly offered their congratulations.

On Day 1, the general assembly discussed a report on the activities the JSU carried out in its 74th year, and it was approved by an absolute majority. The accounting report for the same year was unveiled, which was also approved by an absolute majority. When a package of proposals for activities to be carried out in the following year, or Bill 1, was submitted, views were

exchanged on bills that had been presented in conjunction with Bill 1. Many attendees deepened their understanding through questions and answers. Then, the JSU presented its own view, deciding to have its dedicated committee for Bill 1 to make partial alterations on the bill eventually. It was also approved by an absolute majority.

On Day 2, the JSU's international, fisheries and domestic affairs committees met to discuss Bills 2, 3 and 4, respectively. The discussions held during the sessions were reported at the plenary meeting convened on Day 3.

On the final day of the general assembly, the discussions held on the previous day by the international, fisheries and domestic affairs committees were reported and approved. Discussions were also held on Bill 5—a budget and capital investment plan for the 75th year. When a vote was taken, it was approved by an absolute majority. After the approval, an election was conducted to fill vacant accounting auditors and other executives. At the end of the general assembly, Mr. Morita delivered the closing address on behalf of the JSU. When he left the stage, the customary chant of three "gambaro!" (Let's work hard!) was made, leading to the closure of the three-day meeting.

President Morita delivers message on 1st day of meet

Takamatsu City has long been prospering as a port town and developing as a hub for linking Honshu with Shikoku and as a gateway to Shikoku. The All Japan Seamen's Union (JSU) established its Takamatsu Branch in 1946 and has since been conducting union activities.

Dating back 31 years from now, in 1988, the Great Seto Bridge was opened as the first bridge to connect Honshu with Shikoku. In association with the construction of the bridge, which was completed as a national policy, many of our colleagues were forced to leave their jobs. On the bridge construction issue, we work hard as one, and the Takamatsu Branch was on the front line.

Takamatsu is a place of an important, unforgettable fight for us, people engaged in marine labor movements. It is highly meaningful to hold our first annual national assembly in the Reiwa era here

in Takamatsu, Kagawa Prefecture, and I am deeply impressed and very happy about it.

There is one thing that I want to say. In respect to the development of bridges, the government of Japan is promoting various policies emphasizing too much on road construction. Relevant shipping service providers are, therefore, still urged to face unfair competition and operate under severe business conditions. I would like Tokyo and relevant local governments to strive to maintain shipping routes and make efforts to realize coexistences with bridges.

For us, seamen who work at sea, world peace and peace at sea are the most important things.

In World War II, as many as 60,643 senior colleagues fell victim. Never forgetting about this unfortunate experience, the JSU will renew a pledge not to send seaman off to war again and continue to act to seek world peace

and peace at sea.

As I said in our action policies, Their Majesties the Emperor Emeritus and Empress Emeritus were present at the first memorial ceremony for seamen victimized in World War II, held in 1971 in Kannonzaki, Yokosuka City, when he was the Crown Prince. Their Majesties the Emperor Emeritus and Empress Emeritus have since visited Kannonzaki from time to time.

We, seamen, are always grateful to Their Majesties the Emperor Emeritus and Empress Emeritus for having shown their thoughtfulness for a long time to our senior colleague seamen who were killed in the war. On Oct. 22, the Enthronement Ceremony was held solemnly. I, myself, had the honor to attend it at the Imperial Palace on behalf of seafarers.

His Majesty the Emperor declared his enthronement domestically and internationally. When making the declaration in words,

he demonstrated his renewed desire to always be with Japanese people and desired happiness for them and world peace. I pray for prosperity for Their Majesties the Emperor and Empress from the bottom of my heart.

When convening its 33rd national general assembly in November 1973, the JSU discontinued to support specific political parties, and developed a principle for the freedom of political support. We have since been working together with policymakers on both national and local administration scenes, doing a variety of activities. We have many from the national Diet and local assemblies act as political advisors to the JSU. To realize our policies, we will continue to solicit help from them. As such, we intend to continue to tightly cooperate with them.

As a labor union for seamen, we, the JSU, need to work to ensure safety and protect jobs for on-site workers on duty at sea and in wa-



Mr. Yasumi Morita

terfront areas, protect the lives of their family members and improve seamen's status.

I humbly advise that all those present at today's general assembly hold discussions sincerely and enthusiastically as to live up to expectations from on-site union members and to establish firm action policies.



On-board Exercises

Actress **Kaoru Yumi** presents the **Nishino Breathing Method**

Born in Kyoto, Japanese actress Kaoru Yumi joined the Nishino Ballet Troupe when she was a junior high school student. At the age of 15, she began appearing on TV shows—singing and dancing—where Kozo Nishino, the founder of the ballet troupe, worked as a producer and choreographer. A few years later, she made her silver-screen debut in *Yoru no Bara wo Kese*, playing opposite the late, great Yujiro Ishihara.

Since making her debut as a singer, Ms. Yumi has been active on TV, on stage and in movies. She has won two Golden Arrow Awards. For 25 years from 1986, she regularly acted in *Mito Komon*, a popular period drama on Tokyo Broadcasting System Television, Inc. (TBS). Kaoru has won several awards outside Japan at international music festivals in Chile and in Venice, Italy. In March 2019, she released a new CD, *Jewel Box*, her first in 37 years. In her private life, she is a fourth-grade master in aikido.

In May 2019, Ms. Yumi published a book on the breathing methods that anyone can do anywhere, even on board ships, where crewmembers tend to be underexercised. The *JSU Maritime Journal* will introduce the Nishino Breathing Method, which she practices, in a series beginning this issue.

Karin—warming-up exercises with relaxed breathing

Karin are the warm-up part of the Nishino Breathing Method.

- By doing the karin exercise, you can relax your entire body to create an ideal physical condition, called *Cho Yu*.
- Stand upright as if your upper body were empty while experiencing a comfortable support in your lower body.
- Twist your body slowly, while keeping a straight body axis.
- It is important to relax your body naturally and smoothly and twist without jerking or bouncing the stretch.
- Wave your arms around your body with a lashing movement.
- With natural breathing, make all the karin movements initiating from lower abdomen.

1. Breathe normally, stand in relaxed position

Place your feet parallel and shoulder-width apart, and relax your entire body.

Pay attention to your *tanden* (lower abdomen). Open your arms according to the feeling of energy extending from your *tanden*.



2. Twist body from lower abdomen, centering around the backbone

While exhaling lightly from your mouth, twist your body to your right. Centering around your backbone, twist your body so slowly as to not disturb the axis.



3. While keeping arms relaxed, swing them around body naturally

When twisting your body, you have your arms swing around your body. Do not try to twine your arms around your body, but allow them to do so naturally.



4. Continue to breathe naturally while exercising the next movement

Keep paying attention on moving from your lower abdomen. Don't forget to relax your knees.



5. Raise arm to direction of shoulder; keep paying attention on your lower abdomen

Twist your body around to your right from your lower abdomen. Raise your left arm naturally in the direction of your right shoulder.



6. Keep your feet flat on the floor

Have your left arm on your right shoulder, and your right arm along your body. Without building up momentum or generating recoil, do so in line with natural body movements. Keep your feet flat on the floor.



7. While aspiring naturally, move on to the next movement

Fully relax your both arms. Twist your body around to your right.



8. When twist body, look at left heel

Keep your knees relaxed. Naturally have your both arms around your body.



Twist your body to your right and left for one repetition.
Do each 1-3, 4-6 and 7-8 about 30 repetitions at one time.

Tenyu—basic breathing method

Sokushin (soles of your feet) breathing is the bases of the Nishino Breathing Method. It revitalizes every single cell of your body, sending energy to every part of it. Enjoy this “Tenyu” one of the most essential *sokushin* breathings as freely as children absorbed in playing.

Do *sokushin* breathing in fully relaxed state. Move your hands as if guiding the route of breaths inside your body. When inhaling, breathe in slowly and lightly through your nose for a long period of time, imagining a big tree absorbing water from its roots. When exhaling, breathe out through your mouth lightly and slowly, also spending a long period of time, trying to have your conscience and weight descend to the soles of your feet.

Points to do ‘Sokushin’ breathing

Imagine a big tree absorbing water from its roots. Inhale as if breaths were taken from the soles of your feet and up through your knees, thighs, lower abdomen. While keeping attention on your anus lightly, continue to breathe in through your backbone all way to *hyakue* (the vertex of your head). Then hold your breath lightly until your breathing traverse through your gut. And then take breaths out toward the soles of your feet.

Pay attention to all the passage of the breathing inside your body carefully and comfortably whenever you do the *sokushin* breathing.

When feeling tension in your body and/or being nervous, you cannot smoothly breathe. As such, inhale and exhale in a totally relaxed state, easing your entire body, including your waist and legs.

As imagining the path of *sokushin* breathing inside, actually take breaths in through your nose and out through your mouth. Do not push yourself to trace all the passage with just one breath, you can stop on the way, and breathe several times.

Do the *Sokushin* breathing as if you were delivering breaths thoroughly to each cell of your entire body. Continue to do so in a relaxed and a comfortable way.

1. Pay attention to your lower abdomen. Stand with legs shoulder-width apart

Place your feet parallel and shoulder-width apart. Relax your entire body. Pay attention to your lower abdomen, and stand in a relaxed manner.



2. Breathe out through your mouth toward your sokushin; bend slowly

While breathing out through your mouth, bend forward slowly.



3. While breathing out through mouth, relax your knees. Place the back of hands on floor naturally

Bend your upper body forward while exhaling until the backs of your hands reach the floor. When doing it, relax your knees and have your conscience and weight descend to the soles of your feet.



4. Take breaths from soles of your feet

Take breaths in through your nose in the *sokushin* breathing method, and raise your upper body. Raise your hands, too.



5. Take breaths up to the vertex of your head → hold breath gently → have them down to your lower abdomen

Raise your hands above your head, and inhale as if your breathing reaches the vertex of your head. Then hold your breath gently until have your breathing reach down to your lower abdomen.



6. Hold your breath, open your arms

While you keep holding your breath mildly, open your arms widely at the height of your shoulders.



7. While breathing out from your mouth, lower your arms

While releasing your breath through your mouth, put your arms down slowly guiding as if your breathing were down thoroughly inside your legs.



8. After releasing your breath...



Breathe down to your *sokushin*, do the pose in 1) again. Do the series of actions in about two minutes.

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VOICES from SEAFARERS



C/E Baltazar I. Anical and some crewmembers of MV ANDES QUEEN

We are thankful to the Filipino staff of JSU. They had visited our ship at Kawasaki Mitsui Port so as to dispense some souvenirs and valued information related to the shipping industry. Thanks and see us again in the future.



Capt. Ernesto I. Laureta Jr. and crew of MV NICON FORTUNE

On behalf of *MV Nicon Fortune* crew, I would like to express our appreciation to you for visiting our ship and for providing us advisories and information that are important to our work onboard.



Capt. Jose M. Panaguiton and some crewmembers of MV CAPE VERDE

Thank you for visiting us at Kawasaki Port. Providing us various information regarding the shipping industry is very important. Merry Christmas and a Happy New Year to all!!!



Capt. Ferdinand M. Morales and crew of MV LIBERTY ISLAND

Our discussion with the JSU staff regarding the union membership and of the ship's agreement had given us a comprehensive knowledge about the JSU. We are hoping the JSU will include additional medical plans to the future seafarers' agreements.



C/M Glenn M. Calsado and some crewmembers of MV SOUTHERN HIGHWAY

The JSU staff's activity in visiting ships have contributed a lot in understanding of our ship's agreement. We learned a lot about our rights and benefits provided by the Union. Thank you JSU!



C/O Donjie A. Medrano and some crewmembers of MV SAIYO

Thank you for checking our working and living conditions. Likewise, we'd like to greet everybody at the JSU and all the seafarers in the world a Merry Christmas and a Happy New Year!

Report shows ship speed's affect on health, nature

On the eve of the latest round of UN ship climate negotiations at the International Maritime Organization in London, a new report published by Seas at Risk and Transport & Environment has highlighted how slower ship speeds would massively reduce the damage shipping is causing to human health, nature and the climate.

The large positive effect that reduced speeds can have on ship GHG emissions is well known.

What has received less attention is the positive effect such a change in speeds would have on nature and human health.

The report describes how a modest 20% reduction in ship speed would reduce underwater noise pollution by 66%, and the chance of a fatal collision between a ship and a whale by a massive 78%. Both noise and whale strikes are having a serious impact on the health of the marine environment.

Reduced ship speed means reduced fuel burn, resulting not just

in reductions in GHG emissions but also big reductions in black carbon, sulfur and nitrogen oxides, all important air pollutants. SOx and NOx emissions have serious implications for human health, while black carbon is a concern in the Arctic where it is responsible for accelerating global heating.

"Speed reduction is the closest thing to a silver bullet the IMO will ever see" said John Maggs from Seas at Risk. "Delegates attending this week's IMO climate negotiations have on the table proposals to

reduce ship speed that would not just make a big dent in shipping's climate impact but would massively reduce air pollution, underwater noise pollution, and the incidence of fatal collisions between whales and ships, all issues that the IMO must also deal with."

"Killing four birds with one stone is pretty good, but when you add in that it saves shipowners money on their fuel bill, it really is a no-brainer", said Faig Abbasov from Transport & Environment. (Source: *Seas At Risk*)

IMO launches online tools for better reporting formalities

An important tool used by software developers to create systems for exchanging the relevant data electronically has been made available by the International Maritime Organization online and free of charge.

The IMO Compendium is a reference manual containing data sets and the structure and relationships between them, that will enable the IMO Member States to fulfill a mandatory obligation (in place since April 2019) for the reporting formalities for ships, cargo and people on board international shipping to be carried out electronically and in a harmonized way.

Overall this helps make cross-border trade simpler and the logistics chain more efficient, for the more than 10 billion tons of goods that are traded by sea annually across the globe. (Source: *IMO*)

Cornes acquisitions create leader in global digital, chart navigation

Cornes and GNS join forces to create a global digital navigation and data analytics leader

GNS, the maritime technology company, and Cornes Chart Group, a leading charts business, today announced the acquisition of GNS by Cornes. This deal follows Cornes' acquisition of US and Singapore based Safe Navigation earlier this year. The combination of the three companies creates the largest provider of navigation

software, data and products in the world.

The Cornes-GNS deal builds on and is a natural extension of the already close working relationship between the two companies that has been established over many years in areas such as navigation management software and digital service delivery.

Toshiyuki Kamoshita, director of Cornes & Co., LTD and COO of Cornes Maritime Divi-

sion, said, "We are very pleased to be able to welcome GNS and its employees into the Cornes Group. Cornes is one of the leading chart businesses in the world. GNS has the highest quality software in the sector and has pioneered the use of data analytics in the delivery of digital solutions to its customers. There is a great geographic fit between the two businesses and Cornes looks forward to investing in GNS and developing the cus-

tomers proposition even further in the coming years."

Paul Stanley, CEO of GNS, said, "Over the last 4 years GNS has invested heavily in developing the market leading suite of digital products for marine navigation, Voyager. GNS's combination with Cornes will accelerate the development of Voyager and GNS's other services and will maintain GNS's strong culture around the safety of life at sea." (Source: *GNS*)