Table of Contents

Chapter 1 -- Life

Kobe Yuko Nishiumi

What is frightening is frightening Junko Yano

What is wrong with putting a little makeup on? O.R.

Self-discipline, self-discipline, we are told... Tae Shibata
The meaning of fun Kazuko Sakaki
Rubbish dropped on the roads Tae Shibata
Box dinners at evacuation centers don't go bad Rei Kujo

Taking part in the toilet inspection in Kobe Miharu Kawamoto

When the able-bodied are in ruble, are handicapped shoved aside?

Yoshiko Azuma

I wasn't able to go to an evacuation center H.E.

About schools serving as evacuation centers

Tae Shibata

What I discovered after the earthquake I.S.

In memory of Mrs. Eiko Mitsuya Keiko Muroya
Living in temporary housing Fumi Miyasato
The disaster, its aftermath Mitsuyo Mita

Our charcoal briquette bath Mayumi Kobayashi

What is life, if not being tossed about? Satomi Amano
We remember...from a distance Nozomi Kawai

Chapter 2 -- Work

Transportation is a crucial lifeline Taeko Inada

A wife of a rogue (A yakuza-like woman) Y.R.

What is a company? Reiko Masai
Mass dismissal of part-timers Tomoe Kuroda

Together with the labor union, I fought against the company

O.M.

Don't allow unfair dismissal Tomoko Shimokawa

Unreasonable instruction from the National Personnel Authority

N.Y.

Why I resigned - the reasons I had as an insider of a large organization

Yoko Azumi

Double shock U.Y.
A dentist took advantage of the earthquake turmoil A.M.

Beware of employers' ignorance Naori Morimoto

I want to return to my previous workplace M.A.

The Great Hanshin Earthquake and working women Kumiko Fujimoto

Women's domestic role in the post-disaster restoration work

Yoko Yamamoto

Chapter 3 -- Of Women and Men, Married Life and Single

Many mountains to cross Karin Hanazono
The old nest Keiko Inamura

My Great Hanshin Earthquake story I.M.

My extended family and myself H.K.

Dutiful daughter-in-law Y.K.

Off to a new start Junko N., formerly know as

Junko M.

A cue from rice balls O.R.

I can do anything! Mie Yamamoto
Single means unfavorable Nobuko Kawauchi

Complaints from a defacto wife Y.S.

Keeping a comfortable distance Harumi Shimizu Women always send men off Akiko Sumida

Husband-phobia M.K.

Miss Mi – protector of the house Rie Yanagikawa

Chapter 4 -- Body and Soul

Troubles of mothers with babies Rumiko Itami
The earthquake and sexual violence Reiko Masai

Please understand the facts F.M.

Suddenly, from the darkness Rie Yanagawa

I want to know a little about my neighbors' sex life M.N.

Having a puppet play to comfort children Mitsuko Amano Swimming is not just a hobby Yoshiko Azuma After having a conflict with my mother, I came to learn who I really am

M.N.

Please listen to an SOS of our bodies Yoshie Kashima

The toilet situation in the shelters M.N.

What has changed? - feelings from the bottom of my heart

Hisako Sasaki

Aiming at stress free – as a public health nurse

Akiko Akamatsu

My experience as a doctor in the shelters

Chieko Hayashi

Chapter 5 -- Women are Ageing

Women are ageing Yuko Nishiumi
We create our own society Hitomi Tsujimoto

Making a community where we feel safe about getting older

Rei Nakajima

A moment in the shelters Sachiko Hashimoto

A month in the shelter Genzo Kase

Buried alive for 35 hours Y.M.

When women retire Rie Yanagawa
Where will grandma go? Tsutomu Ando

Chapter 6 -- Housing, Politics, Human rights

Who was the "affluence" for? Reiko Masai Regardless of the earthquake, women have no home in the three worlds

Yuko Azumi

Singles and housing problems I.Y.
Isn't there peace for single mothers? K.N.

The earthquake-exposed problems of single-mother families

Michie Mukai

Great earthquake and the disabled Shoko Nishiyama

The disabled are always last: Cold reaction to voices crying for help

Kazumi Sakamoto

The Great Hanshin Earthquake for North Korean residents

Li Oku Sun

Tent city

Naori Morimoto

What did the administration do for foreigners? Kazumi Moriki

The type of city we wish to live in: Toward reconstruction

Chie Kawasaki

The women's grass-roots election campaign was worthwhile

Reiko Masai

Chapter 7 -- Media

Picture transformed into drama Shoko Hayashi News reported and not reported Akiko Wada

These words cannot be allowed I.T.

Mass media focusing men Yoko Yamamoto Keeping humanity Reiko Yamamoto

No more family love Y.H.

Discussion -- Half a year has passed since the Great Hanshin Earthquake, and now...

Epilogue: 10 years after the Great Hanshin Earthquake by Reiko Masai

Disasters Serious Impacts on Women

- •Women's Poverty
- •Mass Dismissal of Part-timers

Health and the Prevention of Domestic/Sexual Violence

- The Impact of Shelter Life on Women's Health
- Insufficient Support for Pregnant Women and Mothers with Infants
- Disasters and Violent Actions against Women

Women's Participation in Disaster Reduction and Post-Disaster Reconstruction

- •Operation of Shelters immediately after the Great Hanshin-Awaji Earthquake
- •Participation of Women in Disaster Reduction and Post-disaster Reconstruction Planning

Appendix