



Jan. 1st 1986

Swimmers pray and meditate for peace before swimming in frigid waters around famous Hiroshima shrine. Thousands of Japanese observe.

left to right: Shradha Howard, Sunil Davidson, Adhiratha Keefe

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Nadadores rezan y mediten por paz antes de nadar en las aguas heladas alrededor el famoso templo de Hiroshima. Miles de japoneses estan observando.

izq. a derecha: Shradha Howard, Sunil Davidson, Adhiratha Keefe

HIROSHIMA



Jan. 1st 1986

Swimmers in Hiroshima with Japanese banner for Year of Peace

left to right: Adhiratha Keefe, Sunil Davidson, Shraddha Howard

Jan. 1st 1986

Los Nadadores en Hiroshima con una bandera japonesa para el Año Internacional de la Paz

izq. a derecha: Adhiratha Keefe, Sunil Davidson, Shraddha Howard

HIROSHIMA



Jan. 6th 1986

Swimmers in Nagasaki Peace Museum

left to right: Sunil Davidson, Shraddha Howard, Adhiratha Keefe

Jan. 6th 1986

Los Nadadores en el Museo de la Paz de Nagasaki

izq. a derecha: Sunil Davidson, Shraddha Howard, Adhiratha Keefe

NAGASAKI



Jan. 6th 1986

Peace Swimmers in Nagasaki with children holding Japanese signs for World Peace

left to right: Adhiratha Keefe, Sunil Davidson

Jan. 6th 1986

Los Nadadores de la Paz en Nagasaki con niños sujetando carteles japonesas para la Paz Mundial

izq. a derecha: Adhiratha Keefe, Sunil Davidson

NAGASAKI

3 Swim In Japan — Hiroshima And Nagasaki

Celebrate International Year Of Peace

When the SUN reported on September 27th, 1985, that Adhiratha Keefe had swum the English Channel after training at the Starrett Pool Club, we thought he might take some time off to rest and replenish his energy.

His rest lasted less than four months before a new body of water challenged him to once again test his endurance and strength.

On New Year's Day, Keefe, a UNICEF staff member at the United Nations, and two of his colleagues from the U.N., dove into the icy waters of Hiroshima, Japan, and swam two kilometers (1.25 miles) around the sacred Itsukushima Shrine on Miyajima Island. Because of the overwhelming response of the Japanese people and the media, the three swam again on January 6th in Nagasaki Harbor.

Members of the Sri Chimnoy Center, a Jamaica, Queens-based group that practices a self-transcendent lifestyle emphasizing physical fitness, community service and meditation, the three swimmers were visiting



The swimmers needed to dress quickly to recapture body heat lost in the 48 to 50° water. As the children watched, Adhiratha and Shradha did their best.

Japan as part of a Peace Concert tour. The other two swimmers, Sunil Davidson, 38, also of UNICEF, and Shradha Howard, 33, of the U.N. secretariat, are now training to swim across the English Channel.

Keefe, Davidson and Howard swam in the harbors of the two nuclear-bombed cities as a symbol of their support of the International Year of Peace.

In Nagasaki, City Hall supported the swim, with four television stations and nine newspaper and radio reporters covering the event.

"I feel the success of these events was due in large part to the influence of the Meditation Group in teaching us to be respectful of different cultures and at the same time to strive to better ourselves, and the world, through positive actions," said Davidson on his experiences in Japan. The Meditation Group, led by Sri Chimnoy, has brought together delegates and staff at the U.N. since the spring of 1970. His Japanese tour is part of a worldwide effort to bring a new inner momentum to the cause of world peace.

"The fact that we attend the Peace Meditations in New York and that we would swim in such cold water to call attention to the International Year of Peace seemed to move many people," continued Davidson. "We were grateful for the opportunity to present a view of international civil servants as members of a one-world family."

"We always try to do a little more than we did before," explained Keefe. "We find people limit themselves by preconceived ideas. They feel it is too much for the body to run a marathon, or cycle nonstop for 24 hours, or swim long distances. But my friends and I time and again prove we all have capacities we haven't even begun to explore."

Keefe joined the Starrett Pool Club three years ago, working out several times a week, especially in the winter. "I did a lot of my distance training there. People let you swim as long as you want. They're very cooperative in that respect," said Keefe. Davidson was a handler on the boat that

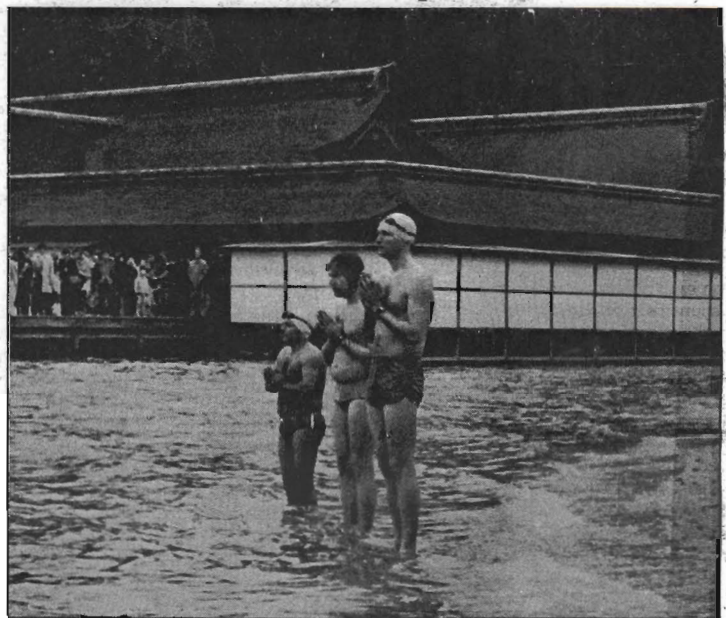
accompanied Keefe on his English Channel crossing, and along with Howard, also did a substantial amount of training at the Starrett Pool Club.

Keefe plans next to enter the 1986 Super Ironman Triathlon, consisting of a 21-mile English Channel swim followed by a 150 mile bicycle ride through Europe and a 50-mile run into Germany.

"Ordinary people can do extraordinary things, if they develop their determination," said Keefe, who believes that personal determination to better oneself is necessary to effect world peace.

The Peace Meditation Group draws close to 80 ambassadors and U.N. officials at lessons held twice a week. During the tour in Japan, Chimnoy held "peace meditation concerts" in Tokyo, Kanagawa, Hiroshima and other prefectures. "They (my students) do contribute to the world peace. They inspire people to do something good and challenging," said Chimnoy.

"I hope that our contributions may encourage or inspire other Starrett SUN readers," concluded Davidson, "to seek their own ways of supporting this most significant year."



Hiroshima at a Japanese Sacred Shrine. The swimmers share a minute of silent meditation for peace before beginning the swim.



Adhiratha and Sunil with children who entered the water at the beginning and end of the swim. Their signs spelled out 'World Peace' in Japanese. They are part of a 400 year old traditional cold water swim club, entering the cold water one day a year and building a big bonfire afterwards to warm up.



Sunil Davidson, Shradha Howard and Adhiratha Keefe in Japan for the International Year of Peace.