



Autumn has come to Kobe and Popoki is enjoying the bright colors of the cosmos flowers! Do you have nice flowers where you live? We hope so!



Popoki's Hot News!

Popoki's Peace Book 3!



You can get copies of the third book in the Popoki's Peace Book series, *Popoki, What Color is Genki?* *Popoki's Peace Book 3* at your local bookstore (in Japan), from the publisher Epic (<https://bookway.jp/epic/>), at the Kobe YMCA or from the Popoki Peace Project! We look forward to your orders and comments.



Pieces of Peace



One of Popoki's friends, Suzanka-nyan, sent the following piece of peace:

"Sometimes I feel like...no, no, no moore... but when it's accomplished, then it is like 100 pieces of happiness:D".

What sort of 'peace' did you encounter today? Please contribute a bit of peace! Please let us know by sending a message to Popoki's e-mail.



Popoki has new videos!

Please have a look on his HP or Facebook page!

URL: <http://popoki.cruisejapan.com/videos.html>

Thank you for your continuing help!

Popoki's Friendship Story - Our Peace Journey Born out of the Great Northeastern Japan Earthquake is getting a good reception, thanks to help from his friends. Please help to let more people know! More information about the book at: <http://popoki.cruisejapan.com/monogatari.html>

* You can purchase a copy at the Kobe YMCA too!



Popoki at the Seminar for International Understanding



On 5 August, Popoki held a workshop, "Making Peace with the Cat, Popoki" at a session of the 11th Seminar on International Understanding and Development Education for Living Together. The 20 participants had a good time discussing and drawing together, and the session received good evaluations.

*Evaluation by participants →

①	Extremely useful	8
②	Useful	8
③	Not very useful	0
④	Not at all useful	0
5	No evaluation	4
Total		20

The following comments are from the participants*

Reasons it was rated as 'extremely useful'

- I was surprised to find that the images produced by words and drawings were different.
- The variety of props used in the workshop helped us think more deeply. Especially the rope. When asked, "Do you think Japan is peaceful?" people lined up in between Yes and No.
- I learned that it is important to look at things from various perspectives.
- I was able to enjoy learning about peace as the instructor was humorous.
- It was very good because we were able to have a real model experience in groups.
- We were able to talk about peace in a peaceful way. It was a delightful time.

Reasons it was rated as 'useful'

- I was able to give my own opinion while drawing and looking at the pictures
- It was refreshing as it was the first time I used a book in a workshop and I enjoyed discussing peace in that way.
- Because I was able to learn the importance of using both speech and drawing. I was able to obtain a new way of thinking.
- It was an opportunity to think about peace.
- I was able to think about lots of things through Popoki.

No evaluation but a comment

- It helped me to think about peace education. I want children to know the richness of Japan.

(*Information based on responses to the final questionnaire)

*Photos: Satonyan



Popoki at Toyonaka City Daijuyon Junior High School

Ronyan, Satonyan



On 26 August, Popoki held a workshop on sexuality for teachers and staff of the Toyonaka City Daijuyon Junior High School. The participants were very enthusiastic, and before we knew it, the time was up.

Ronyan was asked to do a workshop by a teacher who thought, "If there were sexual minority students here, it would be very hard for them." During the workshop, people discussed changes in the

physical environment (toilets, etc.) of the school, the need for rules and structures to protect individual rights, and the need to build trusting relationships. Popoki was very moved by the desire of the participants to support sexual minority students. We would like to continue to build our relationship with this school.



Popoki at World Women's Café

Ronyan

On Sunday 7 September, EIWAN Migrant Women's Support Network held a Fukushima Forum 'World Women's Café'. Popoki joined about 70 participants to watch a film about people in Japan with mixed roots ('half'-Japanese) called 'Hafu' and take part in a café and talk session afterwards.

The film provided a very good place from which to think about the diversity of Japanese society. For the second part, we divided into groups and talked while eating delicious food made by women from Korea, China, the Philippines and Thailand who live in Fukushima Prefecture. The groups talked enthusiastically about many things. Generally people stay within their ethnic communities, but this was a good chance for people from different backgrounds to share information, talk about their lives, and think about ways to make Fukushima a better place to live.

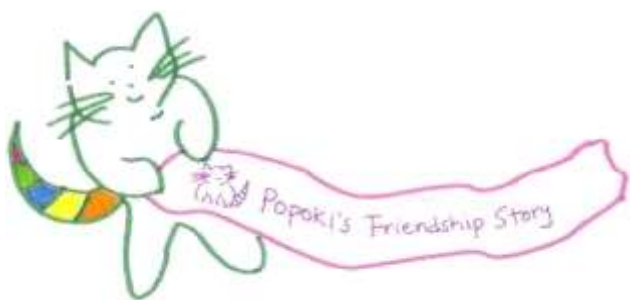
Thanks to Eiwan for such a good event. Popoki would like to come again!



(Photos: Maeda Keiko)

(Photo {right}): I made a new friend while taking a walk in the morning in Fukushima City)





Popoki's Interview

Thinking about the issue of radiation exposure through a speech by Professor Takeru Arakida

Mori nyan

Do you know the significance of September 11th and 14th this year? I think they can be said to be very important moments. The eleventh marks just three and a half years since the Great East Japan Earthquake. The fourteenth is the first anniversary for not using nuclear power in Japan. In general, news about the great earthquake and the nuclear power issue has decreased, and we cannot get much information from the usual news. Regarding Fukushima nuclear power plant, the problems are still far from being solved, but the government is pushing a new policy to have people go back to Fukushima and also to resume operation at the Sendai nuclear power station in Kagoshima.

Generally, the first anniversary of no nuclear power has not gotten much attention and now people do not know much about what is happening in the aftermath of the great earthquake and nuclear plant accident, especially about those who evacuated voluntarily. They have spent three and a half years without support from government and no understanding from others.

I work at Kobe University Volunteer Center. Since we are deeply concerned about this situation, we set up a series of events focusing on the situation in Fukushima. Through the events, we learned about recreation camps held to support kids living in Fukushima and other high radiation areas and enable them to have a break in a safe area without radiation or stress. We also learned about voluntary evacuation families living in the Kansai area.

The last session was a lecture by Professor Takeru Arakida from Fukushima University. He talked not only as a professor, but also as one of the victims of the Fukushima nuclear power accident. He has been forced to live apart from his family since the earthquake. He said that the people who live in Fukushima do not necessarily want to stay there. Some of them, mostly those with children, feel it is never too late to leave Fukushima, but they but they feel they don't have a choice to do that. The big problem of that is changing the job. Professor Arakida is facing such a situation. He wants to leave Fukushima and stay with his family, but he can't do that easily. He expressed that situation as the "problem of fathers", and said "most fathers keep on running." He explained how hard it is to live apart from his family. One big problem is food. In the supermarket, most vegetables are Fukushima grown. The problem affected his health, because he does not eat well when he is living alone.



Professor Arakida talked about the meaning of radiation exposure, and how we need to work for “de-exposure”. As a person working at a national university in the affected area, he has no one to support his action to point out the radiation problem and criticize government policy. In particular, he is critical in the changes made by the government regarding the basis for deciding exposure safety. He thinks that many people have been exposed even though that exposure could have been avoided. Some contaminated municipalities are now being said to be habitable. He gave the way dosimeters are located as one illustration of this problem. The dosimeters are in set up in decontaminated areas at a height of 8 meters from the ground. It is easy to show low levels of radiation at that height, since the highest levels are at ground level. Another involves the government’s reluctance to release information. Exposure information from SPEEDI was not released, even though it first became available to the national government within 2 hours of the disaster. The same thing happened with the prefectural government. Fukushima prefectural government also started immediately to measure contamination, but they did not disclose the information nor mention it in evacuation directives.

Professor Arakida said that when he evacuated, the radio reported that the power station had safely come to a stop. Since he was relieved to hear the news, he did not know about the explosion of the reactor building until his wife called. Without examining the government’s responsibility for avoidable exposure, in the public mind, we just say “*Ganbare Fukushima!*” all over Japan.

By the way, are these issues only for Fukushima? The answer is NO. Regarding de-exposure, it is not only the problem of radiation dose in daily life. Some people suggest supporting Fukushima through “*Tabete Ouen*”, meaning eating Fukushima grown foods, or “*Ryokoushite Ouen*”, meaning taking a trip to Fukushima. However, eating Fukushima grown foods might lead to internal exposure. Even though we live in areas far from Fukushima, we are constantly threatened with internal exposure due to deceptive labeling of food origins by the food-service industry. People have different reactions to these issues, and calling it ‘support’ obscures the details of the problem. We can’t ignore the exposure issue anymore. Professor Arakida concluded that we must create a de-exposure action with a coalition of people in Kobe and Fukushima.



POPOKI'S EASY POGA

Lesson 76

This month's Poga is about stretching our tongues!



1. As always, begin with sitting up straight and making yourself look thin.
2. First, stretch your tongue way out! "Eeeeeeeeeeeee!"
3. Next, keeping your tongue out, stretch it left and right, touching your cheeks.
4. Finally, try stretching up and down, touching your nose and your chin.
5. Did it? It is time for the 'success pose.'

Congratulations! You have successfully completed Lesson 76. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

Please join us!

Next Po-kai: 10/5 Hyogo University of Health Sciences 16:30~

Following Po-kai: 11/11 Kobe YMCA College (New location!) 19:00-20:30

10.5 Peace and Health Workshop. Hyogo University of Health Sciences.
14:00~16:00 See next page for details.

Late December: Ponenkai

2015.1.17 Exhibit in conjunction with the 20th anniversary of the Great Hanshin Awaji
Earthquake (tentative)

February~March Popoki's Mini Peace Film Festival (tentative)

2015.2.26-3.2 Popoki in Otsuchi-cho

From Popoki's friends

Raisins from Afghanistan Project (CODE): The amount of the grapes is increasing year by year with the project. We want many people have chance to taste the Afghan grapes and we have finally begun importing their grapes as raisins. The grapes are dried in the sun in Mir Bacha Kot by the grape farmers and delivered to Japan Fairtrade Committee to get packed. The grapes have a naturally sweet taste with no use of agrichemicals or added substances. The profit goes to people in Mir Bacha Kot. You can order them from us or get more information from: <http://code-jp.org/afghanistan/index.html>

兵庫医療大学 地域交流プロジェクト

Hyogo University of Health Sciences Community Outreach Project

健康って、なに色？

ポーポキ・ピース・ネットワーク



What color is Health?

Popoki Peace Network

あなたも 平和のねこと一緒に
健康と平和について
感じたり、考えたりしませんか？

Won't you join the peace cat Popoki to
think about and feel peace?

平和って何だろう？健康って何だろう？

普段何気なく聞いたり見たり感じたりしていること。

ねこのポーポキと一緒に平和や健康の観点から暮らしを見直してみませんか？

今回は防災にも焦点を当てるよ！きっと新しい発見が！！



スケジュール Schedule

13:30 受付 **Registration**

14:00 「ポガ」タイム ※ポガ：ポーポキのヨガ **Poga**

14:05 ワークショップ①「ポーポキ、健康って、なに色？」

WS1*

14:30 散策して平和と健康を探そう **Walk outside** *雨天は
室内で決行

15:10 ワークショップ②「平和で健康な街づくり 防災
編」 **WS2**

15:50 まとめ、発表 **Conclusion & Presentations**

16:00 解散 **End** *WS1-peace&health, WS2- peace, health,



日時 2014年10月5日（日曜日） **Sunday, 5 October 14:00-16:00**

14:00~16:00 **HUHS community outreach center**

場所 兵庫医療大学 地域連携実践センター **HUHS**

対象 どなたでも参加できます。

定員 30名 **All welcome; max: 30**

会費 100円 **fee: ¥100**

問合せ先 兵庫医療大学 地域連携実践センター **register by fax; phone
below or contact Sato-nyan**

電話 080-6204-8793（受付時間：平日9時半
~16時）

担当者 兵庫医療大学薬学部 桂木聡子 **Satoko Katsuragi**



Popoki in Print

ESD Digital Archives, Kansai Council of Organizations for International Exchange <http://www.interpeople.or.jp>

- “Peace Picture Book Published – linked to disaster support in East Japan” *Kobe Shimbun* (2014.3.25) KIHARA Kana
- “Awards given to 37 groups Daiwa Securities Foundation” *Kobe Shimbun* (2013.8.23 p.8)
- “Reproducing ‘human shadows’ and asserting no nukes” *Kobe Shimbun* (2013.8.7 p.22)
- ‘Draw inner thoughts about disaster’ *Yomiuri Shimbun* 2013.2.16:4 (evening edition; Japanese)
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- “Article 9 is at the base of Peace with Popoki” *Kodomo to Mamoru 9 jono kai News*, No.66, 2012.5.12
- “Hope on 60 meters of cloth” Etsuko Akuzawa. (In Japanese) *Asahi Shimbun* 2012.1.21
- “Voice for Peace made into a book” Masashi Saito. (in Japanese) *Kobe Shimbun*, 2012.1.19
- K. Wada. “Conversations with Ronni Alexander: The Popoki Peace Project; Popoki, What Color is Peace? Popoki, What Color is Friendship?” *International Feminist Journal of Politics* Vol.13, No.2, 2011, 257-263
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- “If we all participate, something will change! Reflecting on Palestine” *THE YMCA* No.607 June 2010, p.1 (*YMCA Japan Monthly Newspaper*)
- Hiroshima and the World: What Color is Hiroshima? Chugoku Shimbun Peace Media Center, http://www.hiroshimapeacemedia.jp/mediacenter/article.php?story=20100312140608602_en 2010.3.15
- FM COCOLO 76.5 ‘Heart Lines’ 2010.1.9 Japanese Interview: Ronni on Popoki in Palestine
- “Human Rights, Popoki and Bare Life.” *In Factis Pax Journal of Peace Education and Social Justice* Vol.3, No.1, 2009, pp.46-63 (<http://www.infactispax.org/journal/>)
- Nishide, Ikuyo. “Popoki, What Color is Peace? Lecture by Ronni Alexander.” “PPSEAWA” (Pan-Pacific and south-East Asia Women’s Association of Japan), No.63, 2009.12, p.5
- ‘Friendship’ No.2 2009.11 Itami City International/Peace Exchange Commission, Annual Events, p.1-2.
- ‘Not for But With...’ No.79, 2010.1 Notice of the Popoki Peace Challenge event. P.12
- ‘Nada’ notice of the Popoki Peace Challenge event, 2009.12, p.2
- ‘Yujotte...Kangaeru Ehon.’ *Asahi Shimbun* 2009.7.2 AKUZAWA Etsuko
- ‘Yujo wo kangaete – Ningen to, Neko to, soshite Jibun to,’ *RST/ALN*, No.259 2009.6.28, p.11
- ‘New Books: Popoki, What Color is Friendship? Popoki’s Peace Book 2’ (Rebecca Jennison) “Cutting-Edge,” Vol.35 2009.6, p.3
- ‘Thinking about Peace with a Cat: Second Peace Book Published.’ (SAITO Masashi) *Kobe Shimbun*, 2009.4.21
- ‘Popoki, What Color is Peace?’ *Kobe YMCA News*, 2009.3.1. No.593. p.2
- ‘Popoki, What Color is Trash?’ *Kobe YMCA News*, 2009.1.1. No.592. p.2
- ‘Tomodachi ni Natte Kuremasenkai,’ *RST/ALN*, 2009.2.22
- Popoki on the radio. <http://www.kizzna.fm/> Click on 6CH to hear the program and reading of Popoki in Japanese
- *Yasashii kara hito nann desu* Exhibition Organizing Committee ‘Universal Declaration of Human Rights.’ Hyogo Buraku Liberation and Human Rights Institute. 2008.10. ¥500. For information contact: blrhyg@osk3.3web.jp
- “KFAW College Seminar: What Color is Peace for Women? Thinking about Peace, Violence and Gender with Popoki.” *Asian Breeze* No.54 October 2008, p.8 (Kitakyushu Forum on Asian Women)
- *Kobe Shimbun* “Human Rights Declaration Exhibition Panels: 6 Local Hyogo Artists Illustrate all 30 Articles” 2008.10.8. p.10
- “An Interview with Dr. Ronni Alexander.” *The Newpeople*, Pittsburgh’s Peace and Justice Newspaper, Vol.38 No.9, October 2008, p.5
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- Popoki in Pittsburgh. Check out the Remembering Hiroshima/Imagining Peace URL: <http://www.rememberinghiroshima.org/>
- * **Back issues of Popoki News:** http://popoki.cruisejapan.com/archives_e.html





What Popoki Means to Me

Yasu-nyan

Last year in June, Suzanka-nyan, who is also Popoki's friend, came to a school where my daughter is learning, to teach her class "Eigo de Asobou". At that time, I also was at school to visit my daughter, so I participated in the class. So, I met with Suzanka and we became friends.

One day, Suzanka-nyan came and said: "Yasunyan, I have a gift for you! Please accept this." ..." oh...what? Po ... *Popoki, what Color is Genki?* This book looks so good!" ...This how I met Popoki for the first time. I love cats, and when Popoki's various friends appeared, I fell in love with the book immediately.

And the more I read it, the more I thought about different things and learnt many new things. I think Popoki cannot speak a human language. In fact, my daughter Chi-chan also cannot speak the language. So, when we are talking to each other, we use eye contact, facial expressions, smiles, tears, smells, warmth of the body, movement, etc. ...These are our ways of communication. For example, sometimes when I'm talking with Chi-chan, she places her hand on my lips and tries to feel the vibrations of the words. This is her way to understand what I am saying.

With Suzanka-nyan and Ronni sensei, I am by chance able to speak in Japanese, but even if we don't know the words language, we can use various tools to communicate, just like Popoki and my daughter.

With eyes, ears, expressions, smells, touch, and heart communication, we can make many more and various friends, can't we?:-)

I would like to treasure these various kinds of communication.

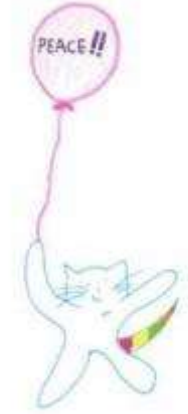
For me, Popoki is an "Important and beloved friend, that I can spend happy moments and learn a lot with".



Popoki & Popoki's friends...see you again soon.

PLEASE HELP SUPPORT THE POPOKI PEACE PROJECT!

The Popoki Peace Project is a voluntary project which uses Popoki's peace book and DVD to promote peace through various activities such as peace camps, peace workshops, seminars and other activities. Since the March 2011 earthquake, we have also worked in the disaster area and in 2012 published a book about that work: *Popoki's Friendship Story - Our Peace Journey Born Out of the Great Northeastern Japan Earthquake*. *Popoki, What Color is Peace?* has been translated into Thai, Chinese, Korean, Khmer, Indonesian, Tetun and Bengali, Vietnamese, Arabic and Hebrew. Spanish, Farsi, Lao, Swahili, translations are underway. If you would like to translate Popoki, or have a way to have the book sold at your local bookstore, please let us know.



How to purchase Popoki's books from outside of Japan



1. Go to your local Japanese bookstore: Kinokuniya, Maruzen, etc. (or their website)
2. In the US, thanks to a very satisfied customer, *Popoki, What Color is Peace? Popoki's Peace Book 1* can be ordered from Kinokuniya Bookstore in Los Angeles. The bookstore is at www.los_angeles@kinokuniya.com and the telephone number is 213.687.4480. The price is US\$20.00 plus tax.

Some ways to purchase *Popoki, What Color is Peace? Popoki's Peace Book 1*, *Popoki, What Color is Friendship? Popoki's Peace Book 2*, *Popoki, What Color is Genki? Popoki's Peace Book 3* and *Popoki's Friendship Story* from inside Japan

From the publisher, Epic: TEL: 078-241-7561 · FAX: 078-241-1918

From Amazon.co.jp or your local bookseller

From the Popoki Peace Project ([popokipeace\(at\)gmail\(dot\)com](mailto:popokipeace(at)gmail(dot)com))



Contributions are always welcome!

Popoki Peace Project popokipeace-at-gmail.com

THANK YOU FROM
POPOKI!!



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