

# Popoki



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[ronniandpopoki \(at\) gmail.com](mailto:ronniandpopoki@gmail.com)

[http://popoki.cruisejapan.com/index\\_e.html](http://popoki.cruisejapan.com/index_e.html)

<http://popoki.cruisejapan.com>



There are only a few days left in April, and Popoki has begun to want to play outside. How about joining him?

## Popoki's Hot News!

### COMING SOON!



Popoki will be participating in Nada Challenge again this year!  
Hope to see you on 7 June at Togakawa Park!

### 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, *Mochi-nyan*, sent the following piece of peace:  
"Peace is when a smile spreads naturally from one face to another."  
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.

### 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!

## Popoki's Mini Peace Film Festival (March 28, 2015)

Mairead Hynes



Popoki's Mini Peace Film Festival was held on March 28, 2015, at the Kobe YWCA from 1:30-4:30pm. The theme was "Understanding and expressing the Great East Japan Disaster and the Fukushima Daiichi Nuclear Power Plant Accident—Let's think together." There were around 20 attendees, who watched four short movies together and discussed them in small groups.

The first movie, "Come home for Obon," was a slide-show showing photographs by artist Itoh Yoko, showing the process of recovery in Otsuchicho. This helped us understand the situation there, especially for those of us who had not visited the disaster areas. The second movie, "Women of Fukushima," introduced six residents of Fukushima who are active in the anti-nuclear movement, introducing their activism and their current situations. This movie was especially impressive for many of the participants.

The third movie, "Nuclear Boy has a stomachache," was an animation that was made directly after the disaster, by Hachiya Tomohiko. The movie's main message was that the nuclear issues in Fukushima would soon be solved, and this was surprising for some of the participants. Finally, we closed by watching "Revelation from the Sea," a work by Tomiyama Taeko and Takahashi Yuji, that used paintings and music to reflect on the disaster.



In closing, all the participants shared their thoughts one-by-one, focusing on the value of going to see the real disasters sites, the role of art, and the importance of discussing these issues with people from many different backgrounds. It was a meaningful experience for all of us.

## Popoki at FUKUnoWA Project

Izumi-nyan

- ✧ Recently, Popoki's books were sold at an event in which his friend, Izumi-nyan, is involved. The following is her report.

AKAZA launched the FUKUnoWA project four years ago. This project has three purposes. The first is to remake kimono. The second is to create jobs, and the third is to connect hearts.

Yoko Suzuki, owner of AKAZA, had been interested in the reuse of kimono. That means picking up disused kimono, washing them, and remaking them into something else. Since this process requires human power, she developed the kimono remaking plan for victims of the 2011 disaster as a method of employment support. In the process, many hearts have come together around kimono. She hopes to continue this project with her friends using Japanese traditional dress, kimono.



## Popoki at the UN World Conference on Disaster Risk Reduction, Sendai 3.14~3.18 Ronyan

Popoki was excited to attend the UN World Conference on Disaster Risk Reduction because he wanted to know what people around the world had to say about who should do what for whom in order to reduce the risk of disaster. As he boarded the plane for Sendai, he found himself wondering whether there is disaster risk reduction for cats.



Since it was a UN conference, Popoki was not able to attend the sessions reserved for only the representatives of member states and authorized NGOs. But he was able to freely look in on a variety of events in the Public Forum and stay for the ones he found interesting. He was only able to attend two days of the four-day conference, but the first thing he did was to

go to Kobe University's poster session and be available with Mori-nyan to explain his poster that he had made prior to the conference. They also encouraged people to draw on Popoki's Friendship Story Cloth. In addition to a symposium on the role of universities hosted by Kobe University, Popoki attended a number of other events such as a session on Recovery and Community Building at which his friend Mochi-nyan made a presentation. He also went to a sessions on 'Women's Voices from Fukushima,' 'Needs and Issues of Mental Health Care for the Personnel Working in Disaster Response,' and 'Strategy for climate and disaster resilient development in the Pacific.' He was not able to attend everything, but in spite of the fact there were some Public Forum sessions on Fukushima on the first day, he felt that the problem of nuclear contamination did not seem to feature prominently, or even appear, in most of the discussions. Since it was a UN conference, it is not surprising that many sessions dealt with public policy, and perhaps the strong focus on earthquakes and tsunami was inevitable. Since Popoki has recently returned from the Pacific, he had been hoping for more talk about the impact of floods and climate change. Looking back, it seems there were a lot of sessions on 'being safe' but virtually nothing about 'feeling safe.' Popoki was especially happy to see old friends and make new ones in Sendai. Please stay safe and *genki* until we meet again!

## Ronyan and Popoki's Adventures, No.6

Ronyan

In last month's column, I said that next time I would write about everyday life on Guam. This is actually rather difficult as there are as many 'everyday lives' as there are people. So here I will just introduce some things that made an impression on me.

Dance is really important in Chamoru culture. My friend's son (right) is a member of a renowned high school group. He looks fabulous on stage!



One of these is what I will call, for lack of a better term, the 'culture of gatherings'. On Guam, whenever there is a birthday or other special occasion, people all get together. Food seems to be an essential part of these gatherings. For me, what was most impressive is the importance of family in Chamoru culture. It seems that just about every weekend everyone is getting together for something. According to my friend, people have to keep chairs, tables, serving dishes, etc. just for this

purpose, and of course they have to make and/or order food, so these parties involve expense and work. They also need to keep track of things like who brought what and who was responsible for organizing what event, as well as just keeping track of all the relatives. Of course some people are in a better position to contribute than others, and I imagine it is very hard on the ones who are able to deliver. However, I think that they also get something in return. I was a lucky beneficiary of this 'culture of gatherings,' and my friend took me to a number of these events where I enjoyed eating and talking with people. I was especially delighted to see the children in the water. They are all different ages, so some are good swimmers and others are just learning. The older ones look out for the younger ones, and rather than playing video games they were running around and enjoying themselves, laughing, crying, sometimes arguing or complaining, but all beautiful .



Speaking of everyday life, many people go hiking on weekends, and my friends invited me to join them. We didn't just enjoy the scenery, but had a chance to learn about the history, politics, and meaning of the place in Chamoru culture. This time, we went to Fu'una Rock, a beautiful rock in the ocean which is the site of a Chamoru creation myth. But when the Spanish came and forced Catholicism on the Chamoru, people were forbidden from going to the rock.

So it is also a place that symbolizes the violence of colonization. It is also near to the place where Magellan first landed on Guam, so it is a space where the meaning changes according to your interpretation of history. If, to give a rather simplified example, some people may see the arrival of Spain as being the beginning of 'civilization', while others see it as the beginning of the decimation of Chamoru culture, and still others might see it as a combination of both. Recently, a mural project has helped to bring the community together and allowed them to talk about these issues. I enjoyed the opportunity to learn about culture, history, politics, art and social movements, but I also thoroughly enjoyed hiking in such a beautiful place, laughing and talking with friends, and playing with their children.

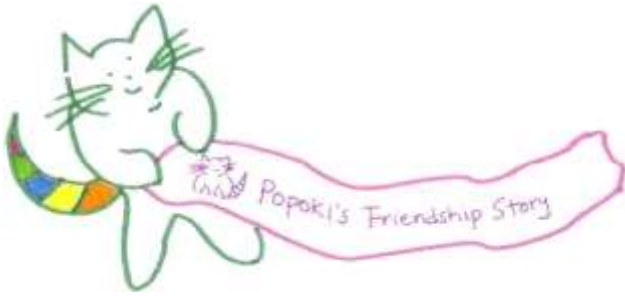


During my stay on Guam I was able to participate in a number of events at University of Guam and in the community. For example, I helped to judge an art contest to select drawings by local children for use in making a calendar. It was fun, but there were so many pictures! Another event was a panel discussion at University of Guam on sexual harassment. The panel was composed of courageous members who provided scholarly

explanations of the meaning of such concepts as gender and sexual harassment, as well as reports of personal experiences of sexual violence and NGO efforts to help victims. I spoke from my perspective as one working to stop sexual harassment in education and support the victims. The large auditorium was filled with students, faculty members and interested people from the community, and a lively discussion followed the panel presentations. I think it was very important that this panel was held, and hope that even from Japan I will be able to help my colleagues at University of Guam to continue this effort.

On Guam I was able to do something I rarely get to do in Japan - make time for myself to enjoy thinking, reading, watching, drawing.... And of course, Popoki is always with me. I am happy to say that Popoki was able to make friends on Guam, too. His two small friends in the photo were busy drawing pictures of him! Thank you so much!





## **\*Popoki's Interview\***

**Itoh Yoko-san in Kobe**

*Aasthanyan*

✧ *This month we are giving a report on the exhibit.*

Itoh Yoko-san, one of Popoki's friends, visited Kobe this month to exhibit her photos of her hometown Otsuchi-cho since the Great Northeast Japan disaster. At the exhibition, which was held at the Kobe Seishonen Kaikan during 9-12 April 2015, Itoh-san displayed photos of Otsuchi-cho from the last four years, i.e. from the day of the disaster until very recently. This exhibition not only gave Popoki and his friends an opportunity to see Itoh-san again, but also a chance to look at her photos, talk and learn about them, and share a fun afternoon with her. Below are some pictures that partially document the exhibition and Itoh-san's visit to our city, Kobe ;-)



***'The artist at her best – interpreting her art'***

**Itoh San providing background, context, and explanation for her photos**



***'Otsuchi-cho - on its path to recovery'***

Some of Itoh San's pictures that were displayed at the exhibition



***'Remembering Hanshin Awaji Great Earthquake, sharing the disaster experience'***

Looking at the Light of Hope, Hanshin Awaji Earthquake Memorial Monument, with Itoh-san

It was very delightful to have Itoh-san in Kobe and spend the time we could with her. Thank you, Itoh-san, for sharing your photos, stories and experiences; they are all extremely valuable to us! We hope that you have fond memories of your time in Kobe!

Please look forward to our interview(s) with Itoh-san in upcoming issues of Popoki News. :D



*'The Curious mind and the hungry stomach'*

Interview-cum-dinner with Itoh-san, at what I can only describe as the *Vegetable Wonderland*.



## Please join us!

Next Po-kai: 5/26 19:00 ~ Kobe YMCA (Shin  
Kobe OPA, 2F) Rm.201

5.23 Kio University Workshop. Leave at 7:05 from  
JR sannomiya.

6.7 Nada Challenge! Togakawa Park, Nada-ku,  
Kobe. 10:00-15:00; staff meets at 9:00.

7.11 Kodomo no sato Workshop! Nishinari-ku,  
Osaka 10:00-12:00.

8.6 8:00- Hiroshima Day Die In and Skype

7.30 Popoki at Asian region Y's Men's club Youth Convocation, Kyoto



From Popoki's friends....

5.9 14:00~17:00 Kyoto Women's University Faculty of Law Open Lecture (In Japanese). Theme: Living together in a Global Age. Objective: Using 'marginalization' and 'empowerment' as key words, we would like to think from the perspective of human rights and peace about how to live together at this time of increasing globalization.

For more information: <http://www.kyoto-wu.ac.jp/shakai/koza/20150508.html>

7.19 12:30-14:30 Workshop 'Conflict and Hiroshima' (In Japanese). Aster Plaza, Hiroshima. Fee: Free (Those who do not belong to PSAJ must pay an entry fee to the conference). Sponsor: Peace Studies Association of Japan Peace Education Project committee. Support: Global Peace Education Campaign Chu/Shikoku Branch, ART Peace. Offers of support are welcome!

New photo collection! Akagi, Shunji. *Fukushima Traces 2011-2013*. Osiris, 2015. To order, contact Keiko MAEDA, [m.dodo@h2.dion.ne.jp](mailto:m.dodo@h2.dion.ne.jp)

## POPOKI'S EASY POGA

### Lesson 83

This month's Poga is about balance!



1. First, as always, sit up straight and look beautiful.
2. Next, stand on your right leg, raise your left leg, and stretch both arms out to the sides. OK? Try to hold it for 30 seconds. Can you do it with your eyes closed, too? Now switch sides!
3. Next try the same pose but hold both of your arms straight up. Don't forget to hold it for 30 seconds, and to switch legs!
4. Finally, raise your left leg and put your left arm straight up, and your right arm out to the side. How long can you hold it? When you finish, switch legs.
5. Did it? Even if you didn't succeed, you tried! It is time for the 'success pose.'  
Congratulations! Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

# 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)
- “‘Safe’ and ‘Secure’ Society is from the bottom-up”, *Mainichi Shimbun Interview with Ronni Alexander*, 2012.10.29, p.1 (evening edition; Japanese)
- R. Alexander. “Remembering Hiroshima: Bio-Politics, Popoki and Sensual Expressions of War.” *International Feminist Journal of Politics*. Vol.14:2:202-222, June 2012
- “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
- S. McLaren. “The Art of Healing”(Popoki Friendship Story Project) *Kansai Scene*. Issue 133, June 2011, p.10. [kansaiscene.com](http://kansaiscene.com)
- R. Alexander. (2010) “The Popoki Peace Project: Creating New Spaces for Peace in Demenchonok, E., ed. *Philosophy after Hiroshima*. Cambridge Scholars Publishing, pp.399-418
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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](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](mailto: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)
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- “An Interview with Dr. Ronni Alexander.” *The Newpeople*, Pittsburgh’s Peace and Justice Newspaper, Vol.38 No.9, October 2008, p.5
- Human Security – Dr. Ronni Alexander speaks about Hiroshima and Nagasaki.” *The Newpeople*, Pittsburgh’s Peace and Justice Newspaper, Vol.38 No.9, Oct. 2008, p.4
- 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](http://popoki.cruisejapan.com/archives_e.html)





## What Popoki Means to Me

Rieko Hana

“Hey, Po-chan. Let’s play together now! I am free now!!!” I said to Popoki and tried to get closer to him. “What? Now?! I am busy right now. You do what you want but don’t disturb me,” Popoki seemed to say to me and completely ignored me. He went back to eating his food.

“Popoki, I want to play with you. Can you play with me now?” I said to Popoki and approached him with a toy. “Well, I don’t want to play with you now. I also don’t like that my schedule is disturbed by you. I just want you to leave me alone for the meantime, can you?” Popoki showed me an annoyed face and went to his favourite place.

“Sir, Popoki. I will be very happy if you give me an opportunity to play with you. Could you kindly play with me from now on?” I tried to get nearer to him, when he was in a good mood. “Let me think. I guess I can play with you.” Popoki allowed me to touch him.

We repeated such “conversations” every time I visited Popoki’s territory as a sitter.

When I looked back my memories with Popoki, he probably tested how much I was patient. I might be able to make him obey me using some kind of force. If I had done so, he would have definitely attacked me with his claws. I was afraid of being scratched by him and I did not want him to hate me. I would like to get along with him as “peacefully” as possible. It was a very interesting experience that I went through many trials and errors to stay as his friend. I was asked to take care of Popoki as a sitter, so I was not able to ignore him completely. When I visited his place, Popoki was my “boss.” I was supposed to please Popoki to some extent so that he would not hate me. We were often not able to agree with each other in terms of what is proper. Popoki was a precious one, who

challenged me how to face a situation which seemed to be negative. He always let me try to find a mutual agreement with a positive attitude whenever we had disagreement. I miss Popoki.



## 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](mailto: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](mailto:popokipeace-at-gmail.com)

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[ronniandpopoki@gmail.com](mailto:ronniandpopoki@gmail.com)