

# Popoki



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

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

<http://popoki.cruisejapan.com>



The season of rain...everything is green and fresh! Popoki likes the rain when it is soft and gentle, but not when he gets soaked. How about you?

## Popoki's Hot News!

### COMING SOON!



Join us on 6 August in Kobe as we remember the atomic bombings of Hiroshima and discuss nuclear issues with activists from Remembering Hiroshima Imagining Peace in Pittsburgh, US. See inside for more details!

### Popoki's Peace Book 3 and Popoki's Friendship Story - Our Peace Journey Born out of the Great Northeastern Japan Earthquake



You can get copies of these and Popoki's other books 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, Anna-nyan, sent the following piece of peace:  
"Peace to me means living in a world without prejudices and exclusion. Simply a world where everyone can pursue their dreams, no matter what color your skin has, where you're from or which sex you are. But will that ever be possible?"

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.

**NEW!** New videos of Nada Challenge 2015!!! Watch on Popoki's URL or YouTube at:  
<https://youtu.be/7LcYzZzNQYg> and <https://youtu.be/WYdWwmwogkE>

Popoki Workshop at Kio University School of Nursing,  
Nara Prefecture (2015.5.23)

Kiyo-nyan

For those I am meeting for the first time, nice to meet you. For those who know my name, hello. My name is Kiyohara, so I am called Kiyo-nyan. In April? Or May? of this year I first participated in Po-kai. It is nice to meet you.

Let me introduce myself just a little. I come from a place on the west side of Himeji called Tatsuno. It is famous for soy sauce and somen noodles. Rofu Miki, a lyricist known for his song 'Red Dragonfly' is from there, too.



This was my third time to participate in Po-kai activities. It was the first time for a program away from Kobe, so I was very nervous. I went to Nara Prefecture for a school trip when I was in elementary school, and once with my family, so I had only been there a total of 2 times. This was the third time, and I went feeling somewhat like it was a small trip.

We went to Kio University by train and on foot. From Kobe Sannomiya, it took about 1 hour. Then we walked for about 20 minutes and I got tired. At the college, there were about 80 nursing students. Since we are close in age, it was sometimes hard to know how to relate with them. But Ronyan sensei and Satonyan sensei and the others helped, so we were able to do our workshop without any problems.

The workshop began with Ronyan sensei giving an introduction, and then we had story-telling and Poga and other activities. In the final part of the 3-hour workshop, the students divided into groups and were asked to draw a picture about peace. They only had about 15 minutes. Although the time was short, a variety of drawings were completed. After they finished drawing, representatives of each group explained their drawing. I noticed that although the details may differ, in general everyone seemed to have the same sort of image of peace.



This activity was meaningful for me, as well as for the students. I want to participate in Po-kai activities, and to be sure not to forget to think about what I learned through this activity. Thank you for letting me join you.

## Report of Nada Challenge

Maikanyan/Mayukonyan/Kiyonyan

We, Popoki Peace Project, participated in Nada Challenge held on July 7<sup>th</sup> (Sun) at Tokagawa Park!! Nada Challenge is a local festival which was started to wish for the restoration of Kobe after the Great Hanshin-Awaji Earthquake (1995) and has been held by students and community for 20 years. We had Popoki's booth, game corner, mini stage performance, exhibit "Feel, Live, Connect with Popoki! East Japan Great Earthquake Photo Exhibit (Ito Yoko) and Popoki Friendship Story." Below is the report of Nada challenge with some photos. :)

### \* Popoki's Booth

At the booth, we sold Popoki T-shirts, books and postcards. There was a person who already had the first book and bought the next book, and others who were interested in hearing from us about our activities. Some people came from other booths. We enjoyed the conversations with many local people.

### \* Game corner

This year, we made a space for blowing soap bubbles and a free drawing space on the ground using colorful chalk. Many children came to blow bubbles facing toward the Toka River and enjoyed drawing. A maze game of 'Jibanyan' which was made by Tainyan was very popular for many children. They moved a glass marble through the maze alot. I also tried it and it was difficult for me...



《By Kiyonyan》

I was the person in charge of the free drawing space. There were many children playing and I was so happy. The most impressive thing for me was that a little girl asked me 'Do I have to pay for playing?' People around us were impressed with her remark, saying, 'What a mature girl...' and smiling. I was glad children enjoyed our space.



### \* Mini stage

This year, we performed with dances and Poga with Morinyan's narration. We acted and danced as cats from different countries (groups). The story: Through the experience of an earthquake, cats realize that the feeling of being scared or hungry is the same, and they accept each other. Annanyan wrote the script and she was also our dance coach. Kaonyan's African dance was perfect! I could tell she had practiced at home, and we're thankful for that. Also, we told the audience about our activities as Popoki.

《By Kiyonyan》

I played a cat from an African tribe. There was a tiny bit of trouble with the music, but thanks to Kaonyan, our performance went pretty well. Eventually, Morinyan's narration and other nyan's great performance made it a big success!!! I was a bit nervous before the play, but I want to do it again next year.



See the performance on YouTube at: <https://youtu.be/7LcYzZzNQYg> and Annanyan, Tainyan and Morinyan's interview at <https://youtu.be/WYdWwmwogkE>

### \* East Japan Great Earthquake Photo Exhibit & Popoki Friendship Story

We had an exhibition of photos of the effects of the East Japan Great Earthquake on Otsuchi-cho, Iwate Prefecture, by Yoko Ito san and Popoki Friendship Story wide and broad cloths filled with words, messages and paintings written by people from Fiji, Marshall Islands, and Tohoku area.

《By Kiyonyan》

Ito san has taken a lot of pictures starting from the day after the East Japan Great Earthquake. Now, as a storyteller, she is telling about that earthquake all over Japan. She wants people not to forget about that earthquake. This time, I had a chance to talk to her. She said to me 'it is important to walk by yourself and look by yourself.' I felt that the important thing was 'Seeing is Believing.' I also learned about the East Japan Great Earthquake, tsunami, and some other matters. Nada challenge was a fruitful day for me.



People came to the exhibition also wrote and drew freely on the cloth!!

### \* Our Impressions

We joined Nada challenge for the first time. Though we had some troubles, we enjoyed it anyway. Especially for our mini stage performance, we prepared for long time, assisting our director, Annanyan. We made dance moves and sent movies to the participating members and asked them to practice individually. We were nervous until the last moment but we did a good job. :D

Since it is a rare for us to interact with children and local people, Nada Challenge was a good opportunity for us. At the meeting after Nada Challenge, other Popoki's members came up with ideas for next year. We are looking forward to joining Nada Challenge next year, too.



## 兵庫

地域面3ページ

The day after Nada Challenge, Ito san came to Ronyan's seminar at Kobe University! Article is from the Mainichi Newspaper, Hyogo edition 2015.6.13.

東日本大震災4年3カ月の歩み

## 写真で振り返る

伊藤さん、神戸大で講演

東日本大震災による津波と、その後の火災で大きな被害を受けた岩手県大槌町で震災翌日から写真を撮り続けている同町のアマチュア写真家、伊藤陽子さんが、神戸大(神戸市灘区)で講演した。伊藤さんは車内では防犯カメラ、更に防犯カメラになった。翌日未明、大槌町に帰ると自宅や経営していた写真は数万枚。知り

## 「大槌の今を知って」



写真集を手に震災後の様子を振り返る伊藤陽子さん—神戸市灘区の神戸大で

ていた喫茶店は跡形もなくなっていた。連絡の取れない兄2人を探しながら、車に積んでいたカメラを手にさまざまなように街を歩いてシャッターを切った。「写真を撮るとこの日常に津波が入り込んできた感じがした」と振り返った。がれきを眺める人の背中や火災で溶けた信

## 小笠原沖地震で大阪が揺れた!?

1179 945  
ネットワーク  
network 1.17

先月30日に起きた小笠原諸島沖を震源とするマグニチュード8.1の地震は、東京都心部で震度4を記録し、エレベーターが相次いで停止するなど混乱が発生しました。大阪の中心部では震度2や1で、大きな混乱はありませんでしたが、実は、高層ビルなどに大きな揺れをもたらす「長周期地震動」の階

級は、東京と同じ値だったのです。

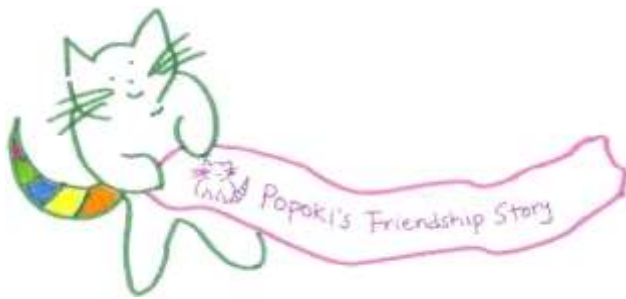
ゆっくりとした大きな揺れの長周期地震動は、震源から離れた地域でも伝わりやすく、高層ビルを大きく長い時間にわたって揺らす性質があります。大阪は、長周期地震動で揺れが増幅しやすい堆積平野で、高層ビルも多いため、南海トラフ巨大地震でも、長周期地震動での被害の拡大が懸念されています。

名古屋大学減災連携研究センター長の福和伸夫教授に、長周期地震動と、その防災対策について聞きます。

15日(月)19時半~20時

合ったボランティアと「榎」も出版した。「写す人もいた。これから縁がきっかけで国内真に映る自分の家を見外で写真展を開き、写すつけて『あったんだよ真集』ががんばっぺし大ね、私の家」と涙を流

【宮嶋梓帆】



## \*Popoki's Interview\*

### Interview with Ito Yoko San

- *Aasthanyan*

I could not believe it when Ito san immediately recognized me and called out my name as I walked into her exhibition at the Kobe Seishonen Kaikan on April 12, 2015. This was a welcome change from “aren’t you the girl from Nepal?” that I usually get from people. I visited Ito san on the 12<sup>th</sup> to look at her exhibition, help her take down her exhibit and to interview her for the Popoki newsletter. Satonyan and I interviewed Ito san jointly and Ronyan helped interpret most of Ito san’s responses to me. This article addresses the communications I had with Ito san and some questions I asked her.



(Photo courtesy of Ito san)



(Photo courtesy of Ito san)

As I walked into the room Ito san started walking me through her pictures. She told me that she had taken a couple of new photos, which she was eager to show me. She said, “Look here. This is the most recent picture of Otsuchi-cho. Let me walk you through this picture. This is where the *jinja* (temple) stands, right? And this is how the rest of the town looks now. This bridge is not here anymore...” Just like that, I began asking my questions, every chance I got, between viewers, her Skype interview and dinner.

**Aastha:** Last year, we had Motomochi san come to our zemi and present about Otsuchi-cho and her organization. She made a power-point presentation, which contained several plans and blue prints for the town. It indicated that a lot would be accomplished in Otsuchi-cho by 2015. But, when I look at your most recent pictures and compare it to the previous year’s pictures, I cannot see much difference. Why is that?

**Ito san:** Disaster struck areas take time to recover. In the case of Otsuchi-cho there are talks about filling the land with soil up to the brown portion of the 'NTT no manhoru' building. This means that a large quantity of soil needs to be brought in, compressed, and added. It will be a long time before the reconstruction is over and the town looks different from now.



(Photo from the exhibition)

**A:** How do you feel when you look at your pictures from 2011.3.11? Are there any changes in how you feel when you look at them? Does it feel like a distant memory or does it feel like it happened yesterday?

**I:** I think that people find my photos of 2011.3.11 sad (kanashi). They are black, brown, and gray, basically dark colors. That must be difficult to look at. The tsunami and the events following 2011.3.11 are not so distant memories.

**Satonyan** added to the question by asking how about the memories of Otsuchi-cho before the tsunami. Ito san replied that it was not such a distant memory either. She said that she remembers how the town looked like before the tsunami. Even now when she walks around town, she remembers what used to be where...

**A:** How do you feel when people come to your exhibitions, look at your photos, and talk to you about them? Do you feel like you have played a role in documenting the events of 2011.3.11 and helping people remember?



**I:** I am very grateful that people come to my exhibition. Since they take the time to come I want to talk to them, explain the context and help them understand. I am not anticipating a reaction from the audience. I know how it was and how it felt since I was there and I want to share what happened with people who are interested to know about it. A lot of people ask me questions like, “why did you take these photos?” Or “what were you thinking when you took those photos?” All I can say is I have always liked taking pictures, even as a young girl I liked it. I took pictures during/after the disaster because I wanted people to know about Otsuchi-cho.

**A:** Out of all your photos, which photo has made the most significant impact on you?



(Photo from the exhibition)

**I:** The picture of the man staring at Otsuchi-cho the morning after the tsunami. I think he, like most people in Otsuchi-cho, cannot believe what has happened to his hometown. Ito san thought that her photo of the melting traffic light was also significant as it showed the intensity of the damage by the fire caused by the tsunami (below).





(Photo from the exhibition)

The rest of the evening we listened to Ito san talk about a number of topics: volunteerism and what it should be about; disaster preparedness, what to always have with you, and how to be resourceful with the things you have. All in all, it was a very eventful and educational evening ☺

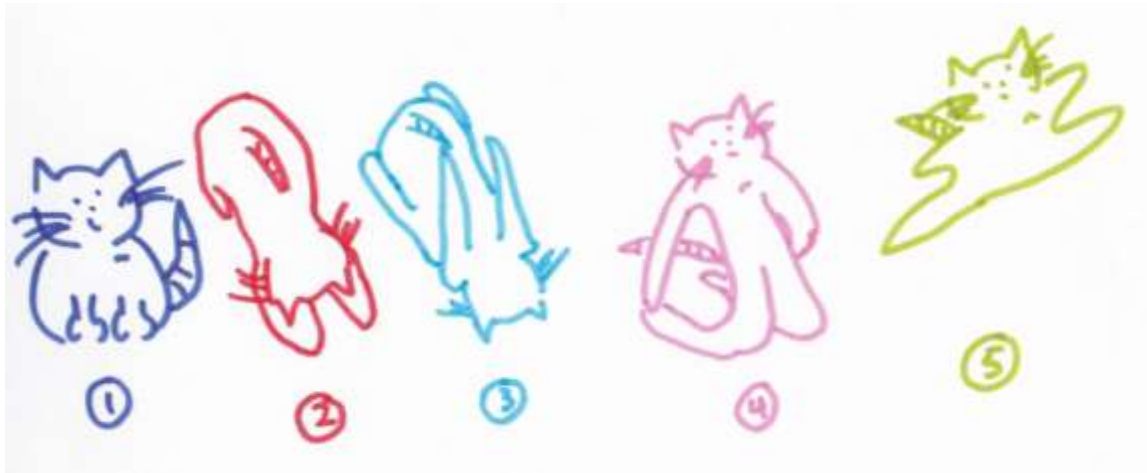
- If you would like to purchase a copy of Ito-san's book of photos of Otsuchi-cho, please send your name and phone number to Popoki Peace Project at: [ronniandpopoki@gmail.com](mailto:ronniandpopoki@gmail.com)
- Ronnyan will forward your request to Ito-san and she will contact you directly.
- The 144-page book, *Ganbappeshi Otsuchi, Record of the Great East Japan Earthquake, Otsuchi-cho 2011.3.11-2012.2.29* (Japanese only) contains 143 pages of color photographs of Otsuchi-cho beginning the day of the disaster. The price is ¥2,857 plus tax and postage.



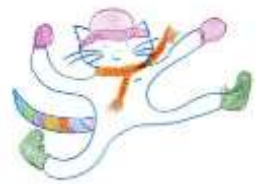
# POPOKI'S EASY POGA

## Lesson 85

This month's Poga is about stretching our backs and shoulders!



1. First, as always, sit up straight and look beautiful.
2. Next, bending and sitting on your knees, stretch your arms forward along the floor!
3. Now try raising your arms up into the air behind you.
4. Finally, get up on your knees and stretch back with your arms. Can you touch your heels? Can you see the ceiling?
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.



## Please join us!

**Next Po-kai: 7/16 19:00 ~ Kobe YMCA (Shin Kobe OPA, 2F) Rm.201**

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

**7.28 Seattle Exchange Popoki Peace Workshop, Kobe Gakuentoshi YMCA**

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

**8.6 Hiroshima Day Remembrance shadow and Skype! Meet at 8:00 near the pagoda in the park just south of Shin Kobe Station. The skype will be at the Kobe YMCA and will begin at 8:30.**

**8.10 Popoki at the Seminar on Education for International Understanding, JICA Kansai, 15:00~16:30**

### **From Popoki's friends....**

**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 in Print

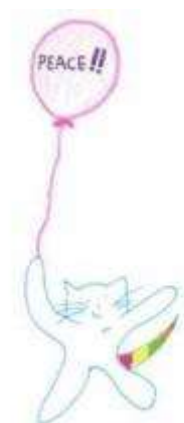
- ESD Digital Archives, Kansai Council of Organizations for International Exchange  
<http://www.interpeople.or.jp>
- “Peace Picture Book Published – linked to disaster support in East Japan” *Kobe Shimbun* (2014.3.25) KIHARA Kana
- “Awards given to 37 groups Daiwa Securities Foundation” *Kobe Shimbun* (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
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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
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- “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/>)
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- ‘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 (No longer available)
- *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)
- *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
- 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)





## 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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