

# Popoki



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**In Kobe where Popoki lives, the wind has grown cold and sometimes cold rain falls. Winter is coming! When Popoki talks with his friends, he feels warm even if it is cold outside. We hope you have friends with whom you can enjoy chatting, too.**

## Popoki's Hot News!

**COMING SOON!**



**It is almost Ponenkai season! Please set aside the evening of 18 December to celebrate together. (See p.5 for 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, Satonyan, sent the following piece of peace:**  
**"A friend coming from far away makes me very happy." When my friend came, I thought about all the places I wanted to take her, but before I knew it, she was leaving. I was disappointed that we had not been able to do everything I had been looking forward to doing together. When she left, I was very lonely. But thinking back on her time here, I remember her laughter and smiling face. Thank you very much for sharing a very peaceful and happy time."**

**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>**

## Peace Workshop

Aiko Nakamichi

On 28<sup>th</sup> July, a Popoki Peace workshop was held in Gakuen Toshi. 39 people, elementary school students from West Kobe YMCA afterschool program and high school students from the Japanese Chamber of Commerce of Northern California and Seattle YMCA member, joined in this workshop. We had opportunities to think about peace and expressed it with our whole body.

Our nationality, language, and age were different but we could have a nice time with Popoki. At first, the children were very nervous and thought, "How can I speak with those foreigners?" "There are many foreigners. I feel scared." We practiced with Popoki, Ronyan, and Satonyan how to make the sound of peace, peace poses, and peace dances. As time passed, the faces of the participants began to have smiles. Music and dance beyond our wall of language. Everyone tried to understand using body language and their heart. And finally, they presented a wonderful peaceful dance.

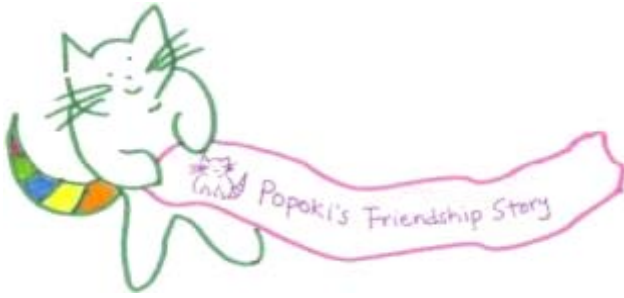


At the ending of the workshop Japanese children and American high school students had gotten closer than I expected. Creating peace is to accept our neighbors. Even if we cannot communicate with words it is possible to communicate through our body language and our hearts.

Through this precious experience the children changed how they thought. Here are the impressions of two Japanese girls. "We laughed when we made poses pretending we were clay

people, but if it were real it would make me sad."  
"I had an image that foreign people are scary, but I was wrong!! I really had fun playing with them."





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

Mwinilunga District  
Hospital  
Medical Officer    Yoshihiro Suzuki

I wrote this article on 1<sup>st</sup> November. Half of year has gone since coming to Zambia. During this period, I went back to Japan for 1 month, so I have actually been in Zambia for 5 months. I spent 2 months in the procedures of applying for a work permit and registration with the Health Professions Council of Zambia as a medical doctor. After that, I was able to work. Starting 3 months ago, I have worked here as a medical doctor.

I work at a district hospital in Mwinilunga which is about 1000 km distance from Lusaka, the capital city of Zambia. It is near of the border with the Republic of Congo and Angola. This is my first experiment of working in a foreign country, 25 years since I became a doctor, and I am 50 years old. I am not so young and I don't have a big dream like, "Make the medicine of developing countries better!" or "Save the lives of people in the poor country". At this time, I have come here hoping to see international medicine that is very different from Japanese medicine, because I think Japanese medicine is far from the average of the situation of medicine all over the world. It is better if I can eventually do something to improve things here. During my staying in Zambia, I intend to research the needs and problems in this place. I would like to connect Zambia to Japanese universities and NPOs and enforce primary health as a next step.

In Zambia there are plenty of communicable diseases which are not in Japan, for example Malaria, schistosoma, dysentery, osteomyelitis, etc. Longevity in this country is under 50 years old. It is frequent that the stock of drugs runs out in the hospital. Because there are no bandages in the hospital, I fixed the right wrist of a girl patient with a fracture with paperboard and chitenge (chitenge; the cloth that Zambian women roll on their hips with trousers or skirts) today. One time we could not give a blood transfusion to a patient with severe anemia in a nearly mortal state, because there was no blood for transfusion. There are many HIV positive patients. But a lot of people don't use condoms for contraception. Sexually transmitted infections spread in the community. Many young girls' pregnancies disturb their opportunities of getting education. Why? Almost all people don't have good knowledge about health. About 75% of the people in Zambia live on less than \$1.20 U.S. dollars a day. There is no electricity and no clean water system in many villages. Some people in rural sites drink water collected from rivers or ponds. So, a lot of children under 5 years old die from getting diarrhea.



In that way, they may be unhappy.

But they sing songs and smile happily. Children live cheerfully. Life here does not push people to do something every second like in Japan. Although life here is not as convenient as in Japan, there is no work that is so busy that a business man cannot go home when his children awake. Unlike Republic of Congo and the previous Angola, Zambia has never had a domestic war. There are some fights in the town, but there are no thieves in Mwinilunga.

I don't ask whether people are happier in Zambia or Japan. Indeed, Japanese life is pleasant for me. But at least if a Zambian were to work in Japan, s/he would suffer from many things.

Probably the majority of people in the world may have life styles closer to those of Zambia than to Japanese. Japanese life style is not inevitable. It is an abnormal one that is far from the average life in the rest of the world. I can realize it after going out from Japan.

I definitely do not want to change here to be like Japan. I think it is good if they can change only the parts that make them unhappy and make them better.

"Not assistance, Just Collaboration" is the words that I use every time.



# POPOKI'S EASY POGA

## Lesson 90

This month's theme stretching and exercising our eyes!

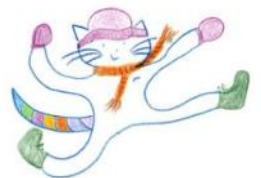


1. First, as always, sit up straight and look beautiful.
2. Next, sit up straight and open your eyes wide! Extend your tail behind you!
3. Now, close your eyes as tightly as can and bring your tail straight up!
4. Finally, open your eyes wide and move them in a circle. Now try a circle in the opposite direction. Can you move your tail along with your eyes?
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: 12 / 18 ~

Sky Buffet Restaurant



12.7 Popoki at Mushashi University, Tokyo. Workshop on peace, gender and sexuality!

12.8-10 Popoki at National Kaohsiung Marine University, Taiwan! Popoki Friendship Story report!

12.18 Ponenkai! The Sky Buffet, Kobe Trade Center Bldg, 24F. Gather at 18:50.  
[http://www.jnto.go.jp/restaurant-search/eng/detail.php?rst\\_code=k5560](http://www.jnto.go.jp/restaurant-search/eng/detail.php?rst_code=k5560)

**00** If you want to attend, please inform us by 11/30!

2016.1.17 (tentative) Popoki at Great Hanshi-Awaji Earthquake exhibit

2016.2.4 - 9 Popoki in Otsuchi-cho!

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

New photo collection! Akagi, Shunji. *Fukushima Traces 2011-2013*. Osiris, 2015. Orders:  
<http://www.shashasha.co/en/book/fukushima-traces-2011-2013/>

# 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
- 省窓: Column in *Kobe YMCA News*, No.606, 2011.1, p.1 (*In Japanese*)
- "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 (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)







# What Popoki Means to Me

Carmela-nyan

Popoki and I have been friends for a long time, although only recently did I have the opportunity to visit his home country. His message is universal.

Popoki reminds us that peace is not only the absence of conflict. It is much greater than that. It is an active pursuit of justice that grows from a heart of lovingkindness. Each individual's inner peace flows out in waves of peaceable behavior that influence her surroundings in positive ways.

For some that means approaching every one we meet as a valuable person, worthy of respect. For others it means work in fields that create harmony (teachers, medical personnel, protectors of the environment, etc.) And for others it means a life of activism that strives to improve human dignity and rights.

Popoki reminds me that every human being, every animal, every plant exists in a state of interconnectedness. We are not separate beings, but are webbed together in ways that contemporary science is only beginning to describe, but which wisdom teachers from various traditions have known intuitively for thousands of years.

So, for me, Popoki is a beacon, a reminder, a light. He may appear to be a small cartoon cat, but this endearing image is only part of his being. He is a teacher and a companion on the journey towards peace.



*In this early American painting, “The Peaceable Kingdom”, by folk artist Edward Hicks not only are the lion, the lamb, and the little children in comfortable companionship, but in the background the European newcomers to North America are meeting respectfully with the indigenous people. This is Hicks’s way of describing the interconnectedness that underlies true peace.*

(photo: <http://www.worcesterart.org/collection/American/1934.65.html>, accessed 2015.11.15)

## 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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