

# Popoki



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**It is cold in Popoki's town, but he feels warm and safe when he is surrounded by loving friends. We hope you are feeling warm and safe, too.**

## Popoki's Hot News!



**Happy holidays to all of Popoki's friends!  
Thank you for a great year!**



**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, Carmelanyan, sent the following piece of peace:  
"This afternoon I split kindling and stacked it near my kitchen stove. Then I filled the wheelbarrow at the wood shed and brought a load of logs to the porch. Then, happily, I brewed a cup of tea and sipped it in front of the crackling fire. Abundance, contentment, and peace."

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's peace workshop at Aboshi high school

Mihiro Goto



On 18th November, Popoki's peace workshop was held at Aboshi high school. Nearly 30 students joined this workshop. We thought and expressed about peace in the workshop.

Firstly, Professor Alexander explained about peace and activities of Popoki. Everyone listened to her explanation so seriously. Then, we did "Poga" exercise together, expressing "Peace" and "Friendship" with our bodies.

When asked the question, "Is the current Japan peaceful, or not?" the students gave a wide range of responses. The students who answered "Yes" said, "Because there are no weapons in Japan." "Japan doesn't wage war." On the other hand, the students who answered "No" said, "There are hierarchical relationships in the society of Japan."

The final activity was to draw peaceful towns where we can live with Popoki. We used a big paper. We can see cheerful Popokis, smiling people, and many flowers in the picture.

Through this workshop, we can expand our images and understanding of peace, and get opportunities to consider about peace more deeply.



## Popoki at Musashi University 2015.12.7

Ronyan

On 7 December, Popoki and I held a workshop at Musashi University in Tokyo. There were about 20 participants, most of whom were participants in an exchange program between Deakin University in Australia and Musashi University in Japan.

The students had been in Japan for about a week of their two-week stay. The theme of this workshop was diversity, safety and peace, and students were asked to think about different kinds of diversity in their lives and the ways that diversity and peace intersect. They were also given tasks which involved thinking about being and feeling safe.



Of the various activities, the students seemed most engaged with one which asked them to think about how close they feel to such issues as bullying, poverty, radiation, climate change, refugees, food safety, etc. They also seemed to enjoy thinking about peace and safety, and of course the final project – drawing a peaceful, safe, and diverse town where they could live with Popoki.

Thank you all for an interesting and stimulating session!



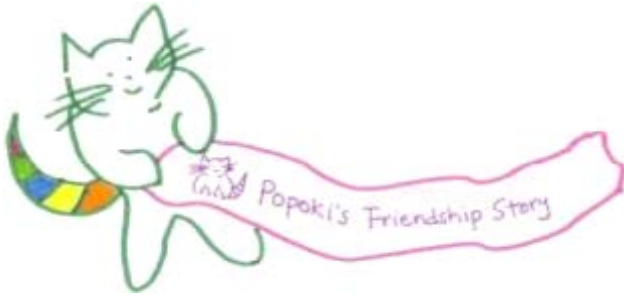
## Popoki in Taiwan

From 8-10 December, Popoki and his friends visited the National Marine University in Kaohsiung, Taiwan, as part of a university exchange. The program included an “Education for All” seminar, and Ronyan gave a presentation to students and faculty about the Popoki Friendship Story Project. The students were moved by the presentation and contributed their drawings of ‘being and feeling safe.’ Later, some faculty made drawings, too. Thanks for



your caring and hospitality!





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

Mari-nyan

Hello from Jerusalem! I, Marinyan, am working at NICCO. NICCO is a Japanese NGO from Kyoto. I am in Jerusalem now and sometimes go to Gaza to implement an agricultural project there. I have got a friend from Jerusalem. Her name is Walaa, and she is a Palestinian and Muslim.

Q. What do you feel about living in Jerusalem?

A. It's hard to explain all the time. I always have 2 persons in my heart; A Palestinian and a peaceful person. I prefer to be a peaceful person to make a peaceful time. I cannot see people who kill other people without any reason. I know I am not with those people.

Many people in Jerusalem love Palestine. But sometimes I don't like to call people by name. Because we cannot change our names and names come with certain images. People judge other people by those names sometimes. In Jerusalem, Palestinians and Israelis are using different languages and follow different cultures. We also use different body languages. In these environments, we always have to try not to push each other.

Q. There have been some clashes between Israeli soldiers and Palestinians around here recently. What do you think about this?

A. You know the world is about economics. People here want to go out of the country to have a better life and better salary. Things are happening in Jerusalem recently but I always believe that God won't forget us. For example, when Israeli soldiers dug the ground in the Old City, 2 houses belonging to Palestinians in the Old City were torn down suddenly. They are doing those things without any legitimate reason. It is very dangerous and some people actually got hurt. At those times, I want to cry, but I don't want to cry because I don't want to show my weakness.

Q. The combat in Gaza in 2014 was a great trauma for the Gaza people. What did you think when you heard the news about it?

A. About the Gaza war, we call it a silent war. There are many attacks everyday but the media does not report them to the outside. So that is why we call it silent war. They are suffering from the war every day. There is a story that it is better to take Gaza from the map. Gaza will be isolated from the land. They said that this way would be more peaceful. I was thinking about why is this way peaceful just to take people and land from the map. I think this is the horrible way to think. In this way economically Israel could have a strong economy



such as in Egypt.

Q. Finally, can you tell me the story about the name that you always tell me?

A. Ok. We had an assignment to make a map at the university. The class was international. I drew a map from a map in my mind. But my classmates told me that 2 major cities were missing from my map. They asked me why. They thought I was drawing it from a Palestinian perspective. But I was just drawing dots where my friends live. I don't need the names because I have many friends from each city. When you say the city names, I can imagine them. Now when you say Japan, I imagine Marie's face, not the country's name.

Q. What color is peace?

A. To me, it's my favorite color, the sunset color. A gradation of light pink and light blue.



Thank you very much,  
Wala.

I like how we could talk  
about serious things and  
also funny things

(Photo Left: Me and Right:  
Wala)







One scene from Gaza. A half destroyed building.

Please check out the pictures from Gaza!!

<https://www.instagram.com/habibtetalestine/>

I appreciate for your warm support. (Yahoo Japan Donation page)

<http://donation.yahoo.co.jp/detail/776009/>

Marinyan

# POPOKI'S EASY POGA

## Lesson 91

This month features a way to do Poga while staying under the covers!



1. First, as always, sit up straight and look beautiful.
2. Next, without getting out of bed, stick your face out of the covers and raise your eyes up to the ceiling, and now down to the floor!
3. Now, staying curled up and warm, move your eyes from side to side!
4. Finally, try moving them in a circle, first around to the right and then to the left. If you are feeling brave, try sticking out your arms, legs and tail and moving them in circles, too.
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: 15 January 2016 19:00~20:30 Kobe YMCA

2016.1.15 Think about the Great Hanshi-Awaji Earthquake at Po-kai!

2016.2.4 - 9 Popoki in Otsuchi-cho!

2016.3 (tentative) Popoki's Mini Peace Film Festival

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
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- “‘Safe’ and ‘Secure’ Society is from the bottom-up”, *Mainichi Shimbun Interview with Ronni Alexander*, 2012.10.29, p.1 (evening edition; Japanese)
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- ‘Friendship’ No.2 2009.11 Itami City International/Peace Exchange Commission, Annual Events, p.1-2.
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- ‘Nada’ notice of the Popoki Peace Challenge event, 2009.12, p.2
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- ‘Yujo wo kangaete – Ningen to, Neko to, soshite Jibun to,’ *RST/ALN*, No.259 2009.6.28, p.11
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- \* **Back issues of Popoki News:** [http://popoki.cruisejapan.com/archives\\_e.html](http://popoki.cruisejapan.com/archives_e.html)







# What Popoki Means to Me

**Mochi-nyan**

**It is a simple life.**

**Popoki having a nap, discovering a garden, playing with his friends and so on....**

**Time passes naturally. This peaceful cycle goes on and on.**

**I am following him,**

**I get up in the morning, make a phone call, hum, write a letter, read a book etc.**

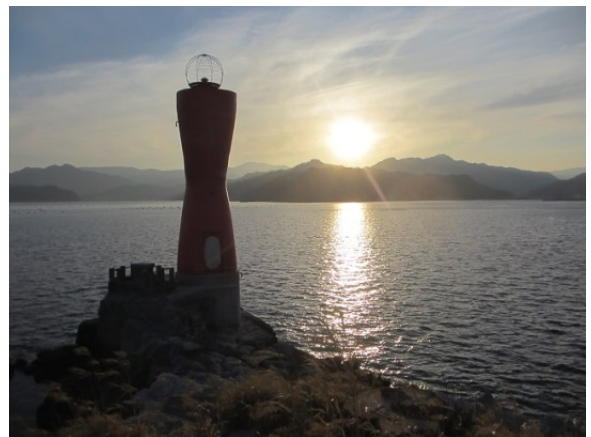
**I have a peaceful daily life without concerns about it.**

**At that moment, Popoki was passing by me.**

**I realized that peaceful times seem natural, but aren't necessarily so.**

**When I hear sad news and about war or unanticipated disaster,**

**It makes me realize how precious and valuable those peaceful times are.**



## 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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POPOKI!!



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