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http://popoki.cruisejapan.com/index_e.html

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It is a bit earlier than usual, but in Kobe where Popoki lives, there are azaleas blossoming everywhere. The bright pink, white and purple flowers make him feel happy.

Popoki's Hot News!



Recently there has been a lot of troubling news such as the major earthquakes in Kumamoto, Ecuador and Myanmar, violence against refugees, and terrorism. Popoki sends his warm thoughts and energy to all the people and creatures affected and hopes you get *genki* soon.



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, **Sonoko-nyan**, sent the following piece of peace:

"We are all friends. Respect each other!"

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.



We are delighted to announce we have received a grant for this year, too, so our work in Northeast Japan will continue. We are looking forward to seeing our friends in Otsuchi-cho again this year, too!



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

Participation in Popoki's Mini Peace Film Festival

～A decision of my continuous involvement for Popoki～

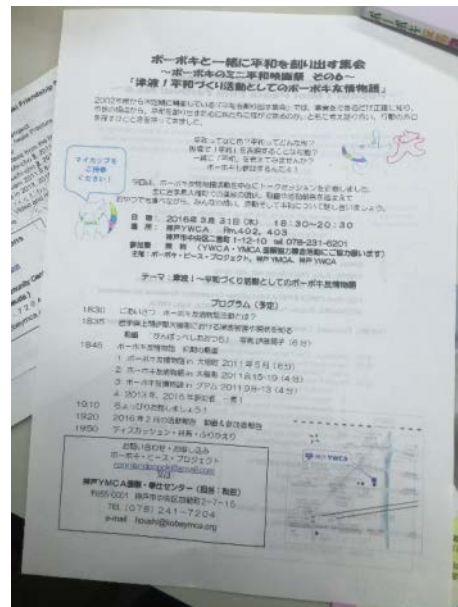
Naoya Miyamoto nyan

Popoki's 6th Mini Peace Film Festival was held on March 28th, 2011!

Our teacher, Ronyan, first greeted us with an explanation of "The Popoki Friendship Story project."



After that, participants were given a presentation of "Ganbappeshi movie" ("Ganbappeshi" translates to "Try hard" in the local dialect of the Tohoku region) and were shown pictures of the situation in Otsuchi-cho in Iwate Prefecture, which was seriously damaged during the events of the Great East Japan Earthquake of 2011.



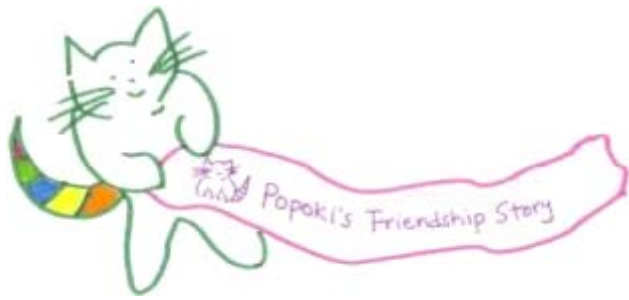
We had various participants coming in from all sorts of backgrounds, including an exchange student from Kobe University and multiple foreigners who live in Japan. We also welcomed a wide range of ages, from junior high students to retired senior citizens, each of whom had his/her own motivation for joining the Popoki Friendship Story project.

As I seldom have a chance to communicate with people outside of my work, this festival was a great opportunity to meet new people, and it was exceptionally easy to communicate with them as we were all there for one underlying reason: peace.

It is hard to believe that now, five years later, I, too, have become the victim of two powerful earthquakes. A magnitude 7.0 earthquake struck my hometown of Kumamoto on the night of April 14th, 2016, and was followed by a magnitude 7.3 earthquake on April 16th while I was visiting my parents. I am currently writing this paper from an evacuation center in Kumamoto.

I strongly hope that I can contribute to Kumamoto using the principles from Popoki's Friendship Story Project; I believe the project has a strong message that would do well if spread here. Despite the damage that the earthquakes have inflicted and the lives that have been lost, we remain strong in the face of adversity. We will recover from this disaster. I feel more connected than ever to both Ronyan and the people who participated in the festival at Kobe as I do my best to help my lovely hometown, Kumamoto!





Popoki's Interview

Interviewer : suzankanyan

Interviewee : Dandy (Matsuo Shouji san)

What is your favorite color now?

Purple

Favorite sound?

Sound of waves

Favorite scenery?

Seascape

And your favorite taste today?

I cannot taste food yet

Oh, I see. How about smell?

Rose oil

Almost one month has passed, since you left the hospital,
how do you feel these days?

Not really the best, but, OK.

(2016/4/20)



It has been 4 years since we first met with Dandy.
It was when we went to Kotohikihama (Kotohiki Beach)
to make our TV show.

Kotohiki Beach is located in Amino Town,
Kyotango City, in the northern part of Kyoto Prefecture,
at the Sea of Japan.

It's a beautiful, so called "Nakizuna" beach.
(Nakizuna means 'squeaking sand', sand that makes a sound).

It's also famous for various seafood delicacies,
among them red sea urchin,
that was the aim of our shooting.

Free-diving master Matsuo Shouji san
was the one to welcome us.

Matsuo san is working in various fields,
such as fishery, hostel management, lecturing,
engaging in community development and
environmental activities,
and more than anything,
he is such a wonderful person with
a beautiful smile, kind voice and nice heart
so, I decided to call him
Dandy!!



After that, we kept in touch and had a chance to work
together again,
when...last year...August
very sad news arrived!!

Dandy became very sick and
got scheduled for a long and tough hospitalization.
(> <)

I was very worried, and also thought it had to be so hard...
But, it's Dandy!!
He is so strong; he for sure will be soon Genki again!!

And I went for my first visit and took
Popoki's "Popoki, What Color is Genki?" with me.
(2015/11/20)

Although he was under complicated treatment,
Dandy looked very good!!

How do you feel?
I feel good.

I brought you a cute picture book.
Picture book? Popoki? Genki?

Dandy took Popoki's book, turning the
first page, second page, third page...
slowly... gently... one by one

Good. Yes, good.
Deep. Yes, deep.

To the last page.
And then again
slowly... gently... one by one
turning back

Enjoying? Yes, very colorful.
There are different kinds of Genki.

Right. There are various kinds of Genki
And there are various kinds of not-Genki.

Really? But I am almost always Genki.
Yeah!! Although you are not that Genki
you don't notice it
because you always look forward and do your best ☺☺ But...

So there is no word for Japanese 'Genki' in English.
There are some.
It might be 'fine', 'healthy', or 'happy'
or maybe a different one.

So are you Genki now?
Because Suzanka came to see me...
(Yeah!!:-)
Genki.

Turning pages...
Popoki's book
makes us think about and feel
a lot of different things.

Yes.
Please enjoy with Popoki anytime.
I will be Genki again!!

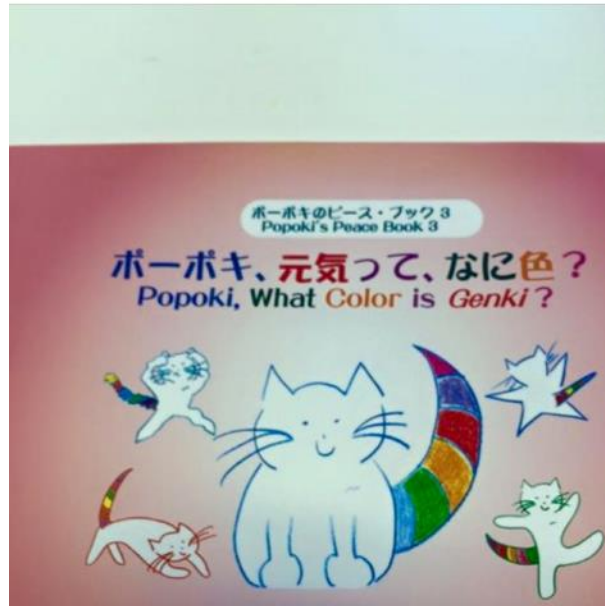
(A few days later, Dandy introduced *Popoki, What Color is Genki?* on his FB page. Thank you!)



松尾 省二

2015年11月22日 · Kyoto · 🌐

素敵な絵本
感がえさせられます(^^)



Oh, ok. Next time I'll bring Popoki's Friendship Story book!!
It shares Popoki's cloth activity, thoughts and feelings after
the 2011 Great Eastern Japan Earthquake and Tsunami.

Oh. I also was in touch with disaster areas in Tohoku.

It's the same, the sea.

Oh, I would love to hear about that too.

About Dandy's wonderful activities

I will introduce next time.

Don't miss it!!

Dandy was able to leave the hospital last month,
now he is doing physical therapy and spending his time at his home,
Kotohikihama.

Thank you so much! And take a good care of yourself♡

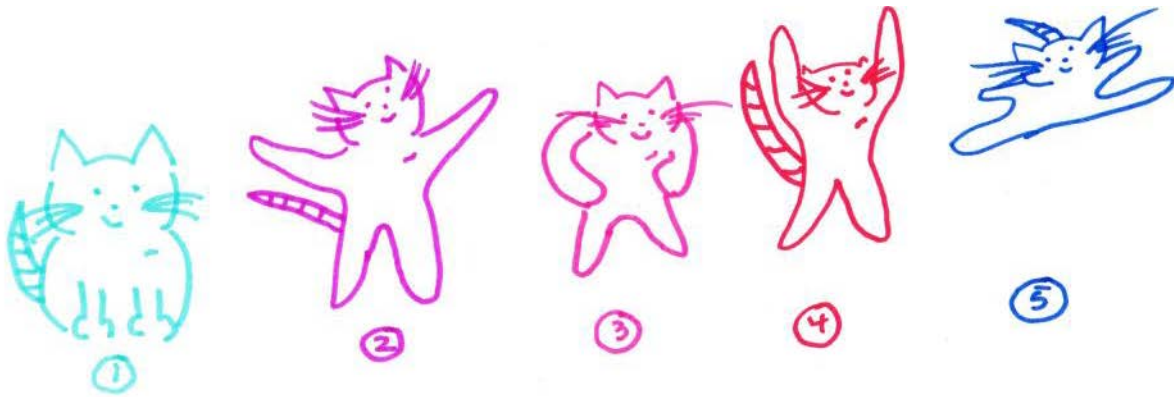


To be continued.

POPOKI'S EASY POGA

Lesson 95

This month's theme is various kinds of hugs!



1. First, as always, sit up straight and look beautiful.
2. Next, plant your feet firmly and hold your back and stomach firm. Stretch your arms out wide to hug lots of people and take a deep breath!
3. Now, bring your shoulders and arms forward to protect someone special, but keep your head and eyes up to keep an eye on what is happening. Exhale! Inhale!
4. Finally, raise your arms and look up, absorbing energy from the sun and giving it a hug! Inhale.... Exhale.... Inhale.... Exhale....
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: 2016.5.18 19:00~20:20 Kobe YMCA
6.11 Popoki at Kio University "Peace and Health" workshop
7.3 Popoki at Nada Challenge! Booth and Exhibit
From Popoki's friends....

5.3 "No War! Don't destroy Article 9 Hyogo Constitution Gathering" 14:00-. Parade from 15:00. Sannomiya, Higashi Yuenchi Park. Info: Naka Kobe Law Office tel/fax: 078-341-9991

4/29-30 (Osaka); 5/20-21 (Kyoto). 10th Kansai Queer Film Festival 2016. URL: <http://kansai-qff.org/>. Info (English) info-en@kansai-qff.org. Tickets: ticket@kansai-qff.org

6.26 "Building this country's future-Gathering of People from Kansai Universities Opposing the new Security Laws" (in Japanese) 13:30-17:30, Kwansei University, Uegasuki Campus, G-101. For info see <http://iws1970.web.fc2.com/forum.html>

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
- 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 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
- "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





What Popoki Means to Me

Maikanyan

I'm in Ama-cho, Oki Islands. This town is usually calm and sometimes stormy. Almost all the people who live in this town don't lock their houses. They also don't lock their cars and their bikes. I think that they don't lock them because the people living here trust each other. So many people give vegetables and daily dishes to me. Local people share something with somebody on a daily basis. They live here while helping each other.

I think the relationships among residents are important so that people feel safe while living their lives. Only basic necessities are available in Ama, but people here value relationships with other people. This relation is not only between local people but also with strangers, like me. Local people and strangers who come from other areas also can make good relationships. I feel that the kindness of the local people makes the happiness of this island. Of course, they not only take care of each other, but also take care of nature.

Some days ago, the big earthquake occurred in Kumamoto, Kyushu. A lot of aftershocks continue now, and many people are in temporary shelters. After this earthquake, another earthquake occurred in Ecuador. I hope that everyone helps each other when a serious disaster happens.

From Takuhi shrine at the middle of Takuhi mountain. Cherry blossoms are beautiful.

(Taken on April 16th)



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

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