



Recently it has gotten very hot. Popoki makes sure his friends have enough water. Please be sure you have enough water, too.

Popoki's Hot News!



Coming soon! 6 August Hiroshima Day die-in and Skype!
See you at Ikutagawa Park at 8:00 a.m. For details, please see page 10

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

"I feel peace when I feel stability. When I first came to Japan and although I was always hanging out with people and was never lonely, I was constantly anxious and worried. What I really wanted was close relationships with people, relationships in which your friends know you really well and can say "This is so you". I guess for me loneliness is what kills a peaceful state of mind. I love being alone at times but it is very different from loneliness where you did not choose to be alone. Peace for me is knowing you can come home to your loved ones no matter where this home is."

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.



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



Popoki Peace Project・ポーポキ・ピース・プロジェクト 10th Anniversary

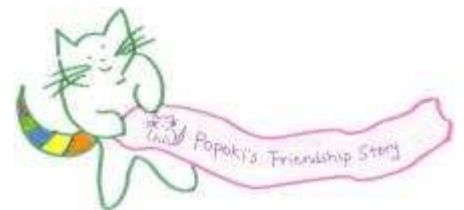
How should we celebrate Popoki Peace Project's 10th Anniversary?

It has been 10 years since Popoki Peace Project began.

Four books. Lots of nyan-friends. Many different workshops. Study tours.

About 200 meters of Popoki's friendship Story cloth. Lots of smiling faces.

What do you think we should do to reflect on the first 10 years, and look forward to the next ten?



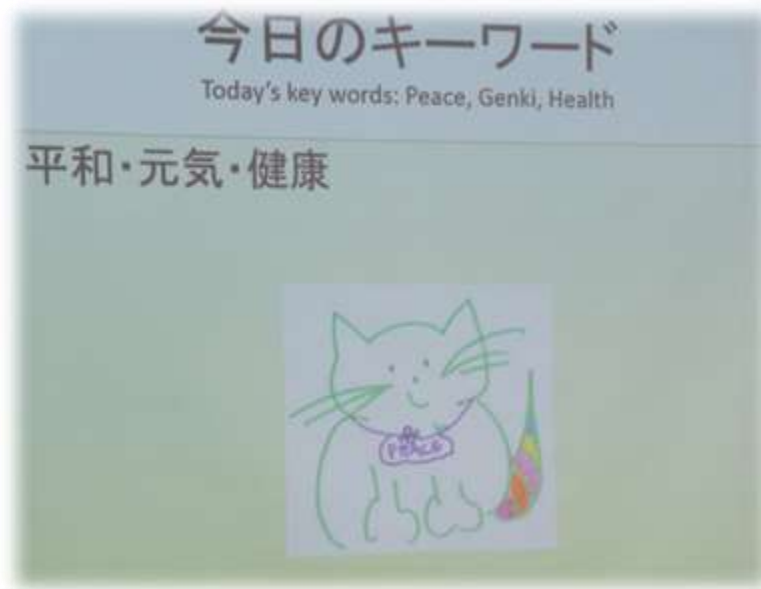
Here are some of the suggestions we have already gathered....

- **Make new t-shirts**
- **Popoki goods (bags, hats, clear files, etc.)**
- **Popoki postage stamps**
- **Film showing (Nuclear? Something rather expensive? Several films?)**
 - **A party or overnight gathering to talk about Popoki**
- **Have a section at the Convention on the Rights of the Child 2016 Forum**
- **What is your suggestion?**
- **Please send it to ronniandpopoki@gmail.com !**



Kio University Workshop Report

On June 11, 2016, the workshop of Popoki Peace Project was held in Kio University. Four new Nyan members report about this workshop.



This is the first time I joined any Peace Project programme at University level. It was a new experience not only for me but also the students of Kio University. We started the programme by exercising "POGA". I think this method was effective and flexible for students to participate in the programme. We Nyans also joined with the students. The Popoki Peace Project coordinator Ronyan made a presentation and showed videos about peace and development. In the presentation and exercise time, Ronyan discussed issues related to genki, war, peace, health and environment. Then, after the presentation, students divided into many groups and discussed with each other about these issues. They made different types of sculptures which describe peace, health and genki by using their bodies. For the last part of the programme, in groups the students used their imagination to draw about peace. After drawing, they explain what they think about peace.

Reflecting on the Popoki Peace Project programme at Kio University, I think the students really enjoyed it. They liked the group work activities. In drawing time, they actually try to reflect peace in their picture. All the group's drawings were quite similar. That means they are on the same level. Watching their faces during the video showing, I observed that some information was new for them. Overall the peace programme was very good and effective. They enjoyed and appreciated it. We nyans also enjoyed a lot to work with students. In the future, if we have time we can also focus on education and environment. And we can also compare some peace issues between developing and developed countries.



Chakmanyen



I had a good time at the Popoki program in Kio University. This was my first time to join a Popoki program, so I felt a little nervous at first. However, I felt relaxed soon because reading books and talking with students was so much fun! Students seemed to enjoy the activities, especially drawing "the peace garden". I was happy to see the bright smiles of students and help making peace through Popoki Peace Project.

Yakonyan



I used to participate in this kind of program in junior high school but this is my first experience for joining at the university Level. I honestly would like to say that I was also very nervous to talk and to participate in front of many university students. However, after having discussion with some students, I realized that the peace process is also

really important for university students. At first, most students seemed to be shy but after Ronyan had asked students to participate in the peace game and introduced the documentary video, all students lost their shyness and then they actively participated in the discussion and in drawing activities. Moreover, I also got the great chance to count 1 to 10 in Myanmar Language together with all the students joyfully. That's why this Peace Project of Kio University will always be one of the unforgettable peace memories in my life.

Chan nyan

I joined Popoki Peace Project for the first time at Kio University. When Ronyan asked the students to make a sculpture which describes peace/health/genki by using their bodies, I thought some students would be too shy to do that. But it turned out that all of the students did a really good job!! I was really happy to spend such a nice time with the Kio students rethinking about peace and our lives.

Hazunyan



Popoki in Kumamoto Part 1

Popoki went to Kumamoto from 9-10 July with Satonyan, Mochinyan, Mionyan and Ronyan. They wanted to make a lot of friends in Mashiki Machi, a town struck twice by huge earthquakes in April. They also wanted to see and feel and learn about the situation after the earthquake. Of course, Popoki also wants to share what they learned widely and to think about how to continue to give support.



Satonyan

I saw houses which had collapsed into mountains of rubble at the side of the road. Even though 3 months have passed since the earthquake, many houses are still just as they were right after. As I had anticipated, it brought back memories from Kobe 21 years ago. We went to Mashiki-machi Sports Center is now a serving as a shelter.

‘Yokamashiki House’ was built behind the sports center building. It was made as a space for people in the shelter to use to begin to act and organize independently. Since the nearby public library is also being used as a shelter, people from the library bring books to Yokamashiki House and shelter residents can check them out. We held a Popoki workshop at Yokamashiki House. At the end of a story telling program by people from the library, we read from Popoki’s books. Of course, we had the participants read, too.

A boy about 5 years old listened attentively to the story. And when we stopped before the end he asked, "Aren't you going to read any more?" We relaxed our bodies with Poga. We use multicolored paper tape, talked about feeling safe and then added our own stories to the friendship story cloth.

The assistant director of Yokamashiki House told me that people in Kumamoto are shy. When a person from outside Kumamoto comes suddenly, people don't share their real feelings. But as we talked about various things during the workshop, the participant's expressions began to brighten, one after another. By the end, everyone had become a friend of Popoki. Popoki showed its ability fully even here.



Everyone enjoyed Poga!

We decided to donate a full set of Popoki's books to the library. I wonder if that boy will read them, too?

Participants from Mashiki Library and Yokmashiki House



Ronyan

Our main program this time was to give a workshop at Yokamashiki House, a small community center set up next to the shelter for evacuees to hold their own programs. We also helped at the shelter. Popoki has many friends at Kumamoto YMCA, which the local authority had put in charge of running the shelter, as well as YMCAs around Japan. Popoki had permission for his program from Kumamoto YMCA, and he was delighted to find that YMCA friends from around the country were also there helping at the shelter. There are currently about 800 people living in the shelter at Mashiki Sports Center and in their cars in the surrounding parking lot, so we thought

it must be hard work to be in charge. But we were relieved to find many instances of the YMCA touch, especially with regard to children. Thank you so much for having us, and for all your hard work!

There is a public library next to the sports center and because that is also serving as a shelter, they are not currently lending books. But they have a regular service at Yokamashiki House, and our program time coincided with the library time. We were lucky to be there for the library's 'Story Time' and we added reading from Popoki's books to the three stories they had planned. Small children, junior high school students and adults all began to become friends with Popoki. After that, we did Poga, expressed ourselves using our bodies and paper tape, discussed various things and finally everyone drew and wrote on Popoki's Friendship Story cloth. After three months, we thought that people would be holding many feelings inside, and so we wanted to make a space for them to express themselves. As the workshop progressed, the room changed with all the colors of their feelings. Some people insisted on black, others wanted bright colors.... Thank you, Popoki! You did a good job this time, too. We left a set of Popoki's books with the Mashiki Library so that people there can be with Popoki whenever they like. There is another place they can find Popoki, too. Popoki's friend Tainyan made Popoki's for coloring and the children in Mashiki really liked them, so we left a stack in the kid's room in the Mashiki Sports Center shelter.



Popoki's poster on the wall at Mashiki Sports Center



Popoki members enjoying story time

We helped to distribute dinner and breakfast at the shelter. The evening meal was convenience store box lunches, bread and milk. Breakfast was rice balls, bread and milk. We thought that if we smiled and chatted with people as we handed them their food, they might have a better appetite. When times are tough, food is important, but so are smiles.



There are still about 800 people in the sports center, many people sleeping in their cars in the parking lot and also a shelter just for cats and dogs. People are there for many reasons - some because the paperwork on their destroyed houses is not going smoothly, others because they are not able or ready to take the next step, and still others because they don't know what to do. We hope their situation improves soon.

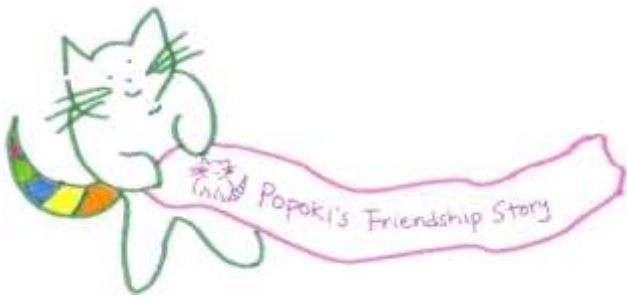


The bridge vanished entirely!

Thanks to the kindness of the YMCA, we also had a chance to see Mashiki town, Minami Aso and Kumamoto city where most of the most serious damage occurred. Seeing a street of broken houses reminded me of the Great Hanshin-Awaji Earthquake 21 years ago. Suddenly it is hard to breath, my eyes tear, and I see them again in my dreams. Earthquakes are really frightening. What can we do to make people feel safe?

We visited the collapsed Aso Shrine, and also Kumamoto Castle which was severely damaged. Tall weeds are growing from the roof where the tiles have fallen off, and many of the walls have crumbled. Seeing it made me feel very sad, but also raised some complicated feelings. In Kansai, we see the damage to the castle, the symbol of Kumamoto, on the news but rarely see the serious damage to the surrounding community. Looking at Kumamoto Castle, my mind jumped to news photos from Syria, and I began to wonder how people must feel in places where so many cultural sites have been damaged and destroyed by war. Perhaps people can do something to mitigate some of the effects of natural disasters, but we cannot stop them from happening. War is different. War is a human endeavor and would not happen if people did not engage in it. Cultural symbols like the castle are very important, but are very costly to repair. What should the priorities be, and who should decide? So many people in Japan have still not been able to reconstruct their lives after major disasters such as the earthquakes in Kumamoto and northeastern Japan and landslides in Hiroshima. The Japanese government is interested in changing the constitution, preparing for war and preparing for the 2020 Olympics, but it was painfully obvious that peoples' lives should come first. Human beings are capable of doing so many wonderful things! Just think what we could do if we focused on life rather than on destruction.





Popoki's Interview

Pastor Nozomu Iwama

Interviewer: Kiyonayan



In May, I went to Kumamoto as a volunteer after the earthquake. I met a pastor from Yamaguchi there and interviewed him. Since the earthquake he has come to Kumamoto many times, and he still participates in volunteer activities now. He was busy, but took time to tell me about his experiences.

Kiyo: How do you feel about this Kumamoto earthquake?

Nozomu: I think that people must be having a hard time. That is why we need to think about what we can do and how we can change this negative experience into something positive.

Kiyo: Why did you participate in volunteer activities?

Nozomu: You can't get accurate information or offer actual help without being there. Not just for the short term, but I think they will need help for a long time, which is why I participate.



Kiyo: Will you continue to participate in volunteer activities?

Nozomu: I want to share with others what I have seen and felt, and also that people here need help. Of course I also want to keep coming if it is feasible.

Kiyo: Please tell me what you have gained and what lessons you have learned from the experience here.

Nozomu: A woman I met while volunteering said the following. "The only thing in the world more beautiful than flowers is the human heart. My experience in this earthquake changed that

statement from knowledge to reality." I think that helping and giving isn't just a burden for those who help and give. Being a volunteer or actually doing things to help other people allows us to gain so many things. I recommend it.

Thank you Nozomu.!!

POPOKI'S EASY POGA

Lesson 98

This month's theme is relieving the tension in our necks and shoulders.



1. First, as always, sit up straight and look beautiful.
2. Next, using you left hand, gently pull your head toward the left side. Now change sides, using your right hand! Try changing the angle, for a different stretch.
3. Now, but both hands on the back of your head and gently pull it forward. Be sure to relax your shoulders!
4. Finally, sitting up straight, bring your shoulders up, up, up...and relax. Try changing the angle of your shoulders, 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: 2016.9.2 Kobe YMCA 19:00~

8.6 Hiroshima Day die-in and Skype conversation about nuclear issues with activists from Pittsburgh and Guam. Meet at 8:00 along the river north of the pavilion in Ikutagawa Park, just south of Shin Kobe Station (Nunobiki stop on #2 or #92 bus). Skype starts before 9:00 at Kobe YMCA.

8.8 Popoki at Seminar for Living Together through Education for International Understanding and Development Education, JICA Kansai Mid-October Popoki Peace and Health Workshop, HUHS (tentative)

10.28 Popoki workshop at Aboshi High School, Aboshi

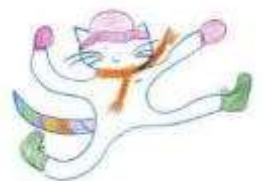
11.3 Popoki at York University, Toronto (tentative)

11.7 Popoki in Pittsburgh!

From Popoki's friends....

7.28 Memorial ceremony for children who drowned in a flash flood, 7/28/2008. Togagawa Park (across from Daiei) 14:00~15:00. Paper cranes welcome!

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

Morinyan

It has been 10 years since Popoki Peace Project began. Ten years ago, I was a graduate student at Kobe University, and I met Popoki. Popoki keeps on giving me various opportunities to think about social issues and encounter people, even after graduation. I remember that when I visited Palestine with Popoki members, I decided to join the trip to Palestine even though it was during my trial period at work. In the recent activities, one of the happy things is that I have met Popoki's friends in Otsuchi through Popoki Friendship Story Project.

During 10 years, sometimes I wasn't close to Popoki Peace Project. But I felt Popoki always stays with me.

One of the reason I love Popoki is that Popoki utilizes each member's talent. Popoki has a variety of members, such as international students and different age groups. We work together even when we first meet. We have difficulty in communication and teamwork. So, our work might not be perfect. On the other hand, we get many chances to know the flexibility of each member and the power of their personality. That makes us a good team. I think this is Popoki that we can be aware of each one's special talent. I wonder if peace is if each one can feel his or her own possibility, and that others.



What Popoki means to me is friends who can feel the possibility of individual talent together and a place we can do it. Popoki gives many kinds of messages to me. After 10 years, this is what I feel is the message he gave to me. I want to say thank so much Popoki! And let's go together wonderful Popoki for the next 10 years.

By the way, this is a small digression, but I got married during this 10th anniversary year, and my name changed from Mori to Higashi. I faced the problem of whether to still be Morinyan or not. I want to declare here that I'm Morinyan forever!



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

<http://popoki.cruisejapan.com>

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