



Happy New Year !

2017

希望、笑顔と平和の一年となりますように！

May it be a year of hope, smiles and peace!

初出版から 10 周年 !
Celebrating 10 years
since Popoki's first book!



Thanking you for your continued support in the coming year!

Popoki Peace Project



Popoki's Resolutions for 2017!

1. Take positive action to create a non-violent and peaceful world!
2. Treasure our friends and all of our encounters, make new friends, learn from one another, and strengthen our connections!
3. Continue our work to support people affected by the 2011 East Japan disaster!
4. Continue our work on peace and health, safety/security and feeling safe!
5. Be aware and interested in the world we live in, close and far away. Share our thoughts, feelings and impressions with one another and the world!
6. Bring a little bit of joy into the lives of those around us and share our joy!





This year, January has been cold! Sometimes Popoki feels down and loses his genki. Catching sight of the first plum blossoms always makes him feel better. How about you? Do you have something to make you feel better when you are feeling down and have lost your genki?

Popoki's Hot News!

World politics is looking grim.

Disaster is everywhere!

People, plants, animals ... the entire earth is suffering!

But Popoki is still here! We're still here!

And we're all working together for peace!



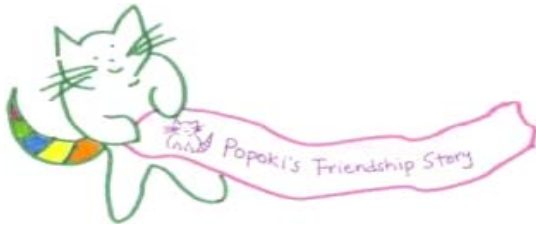
Pieces of Peace



One of Popoki's friends, **Mayukonyan**, sent the following piece of peace:

"When there is no room in my heart, and I'm unable to see anything else around me. I lie down in a dark room, facing myself and telling myself " Let's keep trying tomorrow!" Those times are my pieces of 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.



Popoki's Interview

Ronyan and some of Popoki's friends

*On 17 January, I posted this poem remembering the Great Hanshin-Awaji Earthquake of 17 January 1995. Many of Popoki's friends responded with comments and their own memories. Here is the poem, and some of the comments used with permission. Thank you to all who responded and shared!

Thoughts on 17 January 2017

It fades, grows darker, changes or perhaps stays the same
Do you think my time and Popoki's time
Are the same color?

17 January 1995

Popoki and I experienced the disaster together
Our recollection of that day might change with time
But the memory engraved in our bodies remains the same.
The roar of the earth before it began shaking
Stayed as fear of loud noises in Popoki's small body and my large one
From that day one, we would cling together in fear at the sound of thunder
Go ahead and laugh. But do it with a gentle smile.

I remember that day
tears at meeting a friend who I feared had not survived
tears when remembering those I would never see again
tears when seeing that winter's first plum blossom
tears as I sat alone and afraid in a cold, dark room
tears from laughing too hard when, after opening cans of relief goods
from around the world, we couldn't identify the contents
tears of relief when I learned
I was not the only one crying

Earthquakes. Floods. Tsunami. Accidents. Terrorism. War. Suicide.

Times things don't go well. Mistakes. Love. Joy.

The colors of time, and the length and shape and shadows
are different for every living creature.

'That day' for you and 'that day' for me are different.

You might not know about mine, but you have your own stories, too.

If we don't try to share our stories no one can understand them

If we don't try to listen, we will not be able to hear.

Today we are alive

Let's take this chance to share.

Comments

"Ronni told me that right after the earthquake, in the midst of all the fear, she thought a nuclear power plant had exploded. That made such a strong impression on me, I can't forget it. That became a reality after the Great East Japan disaster. And that in turn led Popoki to stand with and support people in the affected areas. Although she has lived in Japan for a very long time, there must have been times when Ronni could have chosen to leave. I respect her for deciding to stay. Recently, there have been earthquakes in Kumamoto and Shimane, and strong aftershocks from the East Japan earthquake. I am just praying that there won't be a second nuclear power plant accident." A.F. (Nagoya).

"I pray for all the victims. After the tsunami, we received so much support from people in Kobe. We will remember your kindness as we, too, work toward recovery." Y.K. (Otsuchi-cho).

"Ronni, thank you for your message about the Great Hanshin-Awaji Earthquake. I remember that 22 years ago I was speechless when I saw the news about the earthquake. It has been two years since the landslides in Hiroshima and I feel there are still many people suffering. I can't stand that these memories fade with time. Let's make sure that a lot of people see this message." M.M. (Hiroshima).

"It is a good poem. I agree, and feel the same way. Even now, it is strange but on 17 January I wake up at 5:46. Has it become imprinted on my subconscious? And there is a feeling of shock that even now persists. Watching the buildings burn and fall in the area around the house I grew up in in Shin Nagata.... Friends fleeing from an alley, being chased by alley-shaped flames.... Nishi Kobe YMCA, growing tattered but still standing...." T.O. (Kobe).

"Thank you for reminding me for the earthquake disaster. However, it brings back my memory to when my disaster management class visited DRI museum. That was a heartthrob experience, as it was the first time I watched the devastated disaster which destroy everything by the simulation and video they shared. Saw their livelihoods turn into pieces, their relatives died, their stressful faces. I just can't imagine, if that happened to me by single earth movements at 5.46 JST. Hope we should never forget, that as human being, we just so little but we think we big enough to control world, nature, earth and finally we realize that we are just human. A part of the nature itself." R.S. (Kobe, international student).

"Lovely thoughts to share on January 17....for me, that day brings memories of two earthquakes, the Northridge Earthquake in Los Angeles, one year earlier.....and then 21 returns of the day....several spent in Kobe at memorial gatherings....one especially poignant at Kobe University, January 2000, when I joined the Kobe faculty in a special ceremony for the students and faculty

who were lost on that day...and again on January 17, 2005 at the World Conference of Disaster Reduction in Kobe.....each time, there were quiet commitments to reduce the losses from earthquakes....not only in Kobe, but around the world.” L.C. (Pittsburgh).

“Your poem made me feel deeply the fear you experienced on this day 22 years ago. On that day, my family home on Awaji Island was also damaged. My parents are no longer alive, but at that time they had begun living in an eldercare facility, so there was no one in our house. It was fortunate for them that they weren’t at home. I repaired the house and still use it, going there several times a year. We must not forget the Great Hanshin-Awaji Earthquake, Hiroshima & Nagasaki and Fukushima.” A.T. (Hiroshima).

“I read Ronyan’s poem about the Great Hanshin-Awaji Earthquake. When the Great East Japan Earthquake happened I was in Tokyo. I heard the eerie roar of the earth, too, and felt the ground move like a wave under my feet. The trees were swaying and all the birds suddenly rose in flight. The apartment buildings made a strange creaking sound as they swayed. When I got home, I watched on television as the tsunami swallowed everything in sight, the Fukushima nuclear power station exploded.... As I read Ronyan’s poem, the terror and sadness all came back to me and tears streamed down my face. On the 17th, I watched an NHK television program. It introduced a person who had been trying to help a neighbor trapped under a house, but as the fires from around the area came nearer, the neighbor said to run while there was still time. The would-be rescuer put his/her hands together in prayer and ran, leaving his/her friend. The person never forgot that moment, and the program showed what has happened in that neighborhood since. They said that since the earthquake, the neighbors always help each other and they maintain good communication through holding events like *mochi-tsuki* (rice pounding) events and other activities. The program reminded me of other stories of how during the fire-bombings and after the atomic bombs were dropped during the war, people left their parents, children, friends trapped as they ran to save their own lives. Many of those people have dealt with guilt ever since. The situations differ, but people throughout Japan, throughout the world are feeling pain. The news about a child who relocated from Fukushima being bullied made me so upset, but I was also really moved to learn that children from all over Japan have taken a variety of actions to help support that child. The children taught me how important it is to do something for others who are in pain.” K.U. (Tokyo).

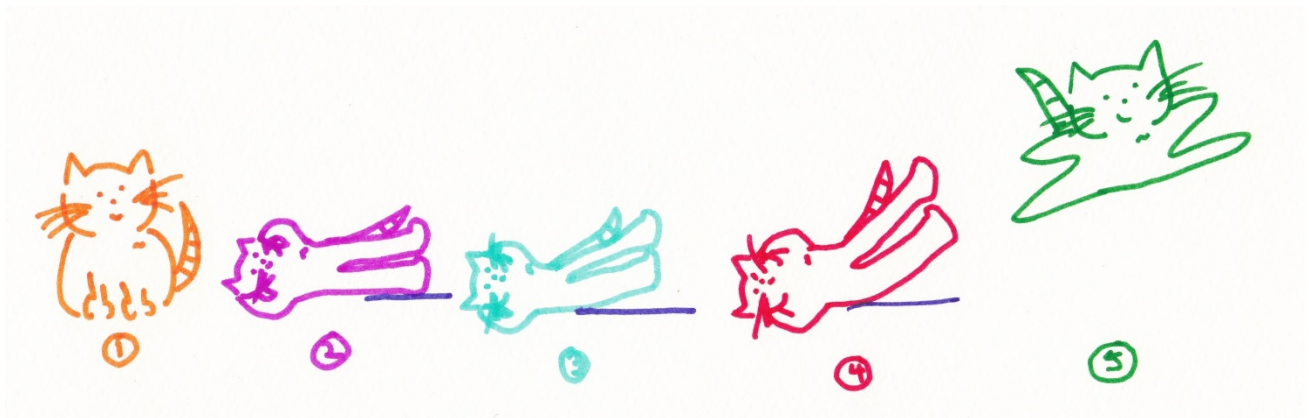
“I’m in Kyrgyzstan right now and read your poem about the Great Hanshin-Awaji Earthquake. It has been 22 years. I was in New York at that time. I am really thankful to have a peaceful and safe place to live. Yesterday, a Turkish cargo plane crashed here over a village in Kyrgyzstan and 37 people were killed.” K.O. (Kobe).



POPOKI'S EASY POGA

Lesson 104

This month's theme is abdominal muscles! Good luck!



1. First, as always, sit up straight and look beautiful.
2. Ok, lie down on your back and put one foot on top of the other. Easy? OK, try switching the top and bottom legs.
3. Now, this is a little harder. Bring your bottom foot up to the height of where your top foot was in step 2, and then put the other foot on top of it. Raise your tail, too.
4. Finally, do it again, starting at the height you were at in step 3. Did it? Don't forget to switch feet and try it again.
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: 2017.2.15 19:00~20:30 Kobe YMCA Rm.201

2017.2.2-6 Popoki in Otsuchi-cho

March Popoki Friendship Story Project Report Meeting

March Popoki's Mini Peace Film Festival (tentative) with Kobe YMCA/Kobe YWCA

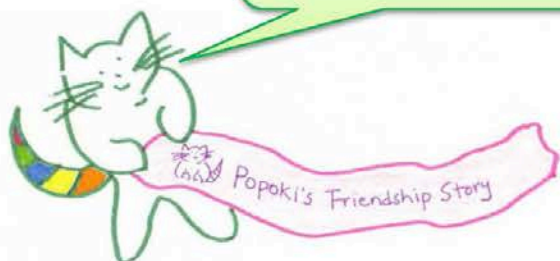
* Many of Popoki's friends are very busy in January and February, so we do not have many activities.



平和なまちの安心・安全
～それはどんな色～



ぼくは、ポーポキ！
一緒に考えませんか？



Popoki Friendship Story
Project at Mast Seaside Plaze,
Otsuchi-cho
Iwate Prefecture
4-5 February 2017;
10:00~17:00
Hope to see you there!

東日本大震災をきっかけにスタートした

「ポーポキ友情物語」活動はまた大槌にやっ
てきます。神戸大学の学生、阪神大震災の経
験者、神戸から来たメンバーと絵を見たり、
描いたり、お茶を飲んだり、一緒に
おしゃべりしませんか？



2011年5月以来、たびたび大槌町のみな
さんと絵描き活動をしています。
今年は、どんな絵になるのかな？

主宰 ポーポキ・ピース・プロジェクト (神戸)
お問い合わせ つどい ～大槌の人と街を育む～ 080-1838-1602

Popoki in Print

ESD Digital Archives, Kansai Council of Organizations for International Exchange <http://www.interpeople.or.jp>

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- ‘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
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- * **Back issues of Popoki News:** http://popoki.cruisejapan.com/archives_e.html





What Popoki means to me

Hayashinyan

Personally it was at the December Ponenkai of 2012 that I engaged with Popoki first. This day was the last day of my five-year contract at Kobe University. “You’re leaving? Then, why don’t you join to our party?” said Ronyan to me. That invitation sounded very warm, though I have had an unclear impression about the activities of Popoki Peace Project. I had worked in the Volunteer center of Kobe University, where my all colleagues were men and the atmosphere was somewhat macho and stiff. Popoki has opened my eyes to the bias of my workplace culture. I decided to try to adopt the culture of Popoki to my work after the renewal of my contract. I found the significance of flexibility and diversity that Popoki possesses, which is effective for volunteer work and advocacy. I’d like to make sure that the warmth I received from Popoki on my last day has some tangible result in the domain of volunteer work or advocacy. Nobody listens to the appeal for the peace, unless everyone can feel sincere. Ponenkai woke me up to this message in my own way.

To be concrete, I developed my weak areas, the Child and the Life. I received the way to approach these fields from Popoki activities. Actually I performed the role of executive committee member for the Convention on the Rights of the Child Forum for this past year, which was reported in the previous Popoki News. I have made preparations with some children who were under worrisome circumstances. Some children dealt with me in a hostile manner at first, retiring into their shells, but they had already become playful to me with joking. They found that each committee member dealt with them openly. Needless to say, “Popoki magic” in which I had been instructed was part of what brought this change.

Thus Popoki has been a cue for the changes concerning my work. I will transfer to another university this April. I am delighted that I can write this essay for “What Popoki Means to Me” with such timing.

(This photo shows a pear I was presented at the Ponenkai, which was the chance for joining to Popoki. Popoki is drawn on the cushion.)



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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THANK YOU FROM
POPOKI!!