



August! There is nothing like a trip to the beach in summer!  
Popoki prefers to nap and dream about surfing. How about you?

[ronniandpopoki \(at\) gmail.com](mailto:ronniandpopoki@gmail.com)

[http://popoki.cruisejapan.com/index\\_e.html](http://popoki.cruisejapan.com/index_e.html)

<http://popoki.cruisejapan.com>

## Popoki's Hot News!



### Upcoming\*

Workshop on Peace and Health with Popoki and Satonyan  
Hyogo University of Health Sciences

28 October

Details will be in next month's Popoki News



### Piece of Peace

One of Popoki's friends, Mako-nyan, sent the following piece of peace: I asked Yoko-san, "What do you think peace is?"  
She said, "When everyone is connected and smiling."

I think I could feel some things that are important to Yoko-san, who has experienced disaster and creates a place where people are able to connect and smile.  
"

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: [ronniandpopoki \(at\) gmail.com](mailto:ronniandpopoki@gmail.com) !

## Nada Challenge Popoki Exhibition Report!! Part 2

Fumi nyan

Nada-Challenge was held on July 2<sup>nd</sup> at Togagawa Park. Popoki Peace Project had programs to draw on the ground, coloring pictures and blow bubbles with children. Those were tough for me because it was very sunny and hot, but also fun! There were some hints to think about peace.

We drew with colored chalk on the brick path. Children drew their own pictures without erasing them or attacking other pictures. This should be a hint for peace. Children helped us clean the ground to create a new canvas with strong passion.

We enjoyed making bubbles with special rings which are created by Satonyan. People smiled when they found bubbles at Nada-Challenge. Bubbles have the power to create smiles. Perhaps there is peace inside bubbles. How can we share and keep it?



The coloring activity was tough because the papers escaped many times because of strong wind. Children colored Popoki and fish with beautiful colors. Every Popoki and fish was awesome! An environment where everyone can color by themselves is a part of peace, isn't it?



## August 6<sup>th</sup> Die-in and Skype

Ronyan

After the March 2011 Fukushima Daiichi Nuclear Plant accident, people around the world began to think about the relationship between nuclear weapons and nuclear power. The first summer after the accident, activists in Pittsburgh, USA were planning an event to think about Hiroshima and Nagasaki and it was suggested that we participate from Kobe on Skype. Since that time, Popoki Peace Project members have gathered around 8am on 6 August for drawing shadows, a die-in and the Skype. Shadows: Suppose an atomic bomb exploded right over our heads. Nothing would remain except our shadows. Thinking about that, we draw outlines of each other, sitting or lying on the ground. Then, at 8:15, as part of our moment of silence, we hold a die-in, a way of showing opposition to the nuclear weapons that would kill us all.



After the die-in, we held the Skype. This year's Skype began around 9:00. Members of the Remember Hiroshima Imagining Peace group in Pittsburgh, Tiara Naputi from Guahan (Guam) and 7 members of Popoki Peace Project (Tainyan, Taipapanyan, Fuminyan, Marinyan, Morinyan, Yoshinyan, Ronyan) participated.

Our friends in Pittsburgh had just seen a film about the damage caused to the human body by radiation, so they asked us about the situation in Fukushima. Fuminyan



said that he is from Ibaraki Prefecture, next to Fukushima Prefecture. He explained that a number of his friends have developed thyroid cancer, but it is not in the news. He doesn't know whether people don't want to know, or just don't know, but it is rarely talked about. Marinyan confirmed that she lives in Kansai and rarely reads anything in the newspaper or talks with others about Fukushima. Fuminyan went on to say that "they say it will take 30 years to clean up after the meltdowns, but 30 years is the time it will take for the people living there to die. The only people there are those who have no other choice, and most of them are old." After that, we spoke for a while about the situation of people who have sought refuge from the radiation, the problem of what to do with all the waste from the decontamination, and the contamination of the sea. Since Japan, Guam and the U.S. are connected by the sea, not only the nuclear power plant accident but also military exercises, nuclear tests and war are all of concern.

There was a question about the NPT. We learned that even though there are people in all of our places who are calling for different solutions, people seem to be relying on the U.S. nuclear strategy. Guam is located near both North Korea and China, and has the added danger of being a target, but the people have no way to voice their opinion. This is one of the reasons Tiara gave for the need for self-determination on Guam. The U.S. is currently planning on building a huge live fire training ground on Guam and the CNMI. A suit has been filed by Earth Justice and others to stop this, but it is hard to know what will happen. The tensions in East Asia make it more difficult.

Ronyan asked about President Trump and North Korea. The response was that although the missile tests are reported in the news, there is not as much media coverage as in Japan or Guam. The US has 140,000 nuclear warheads so it would be crazy to attack. Morinyan asked if there was a convincing alternative to military responses, and the answer was that there didn't seem to be a visible one. It was also explained that there has been a move in the U.S. to try to make it more difficult for the president to decide to use nuclear weapons, but it has been unsuccessful.

The last question was from Tainyan, who asked "What does peace mean to you?" The answer was, "when everyone is respected, cared for and loved." Thanks to Tainyan, our conversation ended on a good note.

Thanks everyone, and talk to you again next year!



## Popoki's New Activity – 4

### Thinking about Disaster Risk Reduction in Many Languages with Popoki

Ronyan

In the last Popoki News, I introduced the story for June and the words for July. This time I will share the story for July and the words for August.

The words for July were: (high place, shelter, first aid station, relief goods). Here is the story.

Popoki ran, heading for the shelter on the top of the hill. Grandma Koala walked quickly.

Grandma Koala: "I'm tired! Why do we have to go to a high place just for heavy rain? Climbing is a lot of work!"

Popoki: "But it is dangerous if the river overflows."

Grandma Koala: "But what will we do if the rain causes a landslide?"

Popoki: "This shelter is OK. Besides, it has a first aid station."

Grandma Koala: "I hope you're right..."

Popoki: "Actually, I'm hoping there is something delicious to eat in the relief goods."

Grandma Koala: "Popoki, this isn't a picnic!"



#### ♦ Mathias, VERSIÓN EN ESPAÑOL:

Así que aquí hay una historia usando las palabras que hemos introducido durante este mes (lugar alto, refugio, puesto de primeros auxilios, artículos de socorro).

Historia:

Popoki corría en dirección al refugio de la cima de la colina. La abuela Koala caminaba también rápidamente.

Abuela Koala: "Estoy cansada! ¿Por qué tenemos que ir a un lugar alto solo porque hay lluvias fuertes? ¡Escalar es mucho trabajo! "

Popoki: "Pero si el río desborda será peligroso ".

Abuela Koala: "Pero, ¿qué haremos si la lluvia provoca un derrumbe?"

Popoki: "Este refugio está bien. Además, tiene un puesto de primeros auxilios.

Abuela Koala: "Espero que tengas razón ..."

Popoki: "En realidad, espero que entre los productos de socorro haya algo delicioso para comer."

Abuela Koala: "¡Popoki, esto no es un picnic!"

♦ Loïc, French version:

Popoki couru en se dirigeant vers le refuge au le sommet de la montagne. Grand-mère Koala marchait rapidement.

Grand-mère Koala : « Je suis fatigué ! Pourquoi devons-nous aller dans les hauteurs pour de simples pluies ? C'est épuisant de grimper ! »

Popoki : « Mais c'est dangereux si la rivière déborde. »

Grand-mère Koala : « Mais que ferons nous si la pluie cause un glissement de terrain ? »

Popoki : « Le refuge est sûr. Par ailleurs, il y a une station de premiers secours. »

Grand-mère Koala : « J'espère que tu as raison... »

Popoki : « En réalité, j'espère qu'il y aura quelque chose de délicieux à manger dans les produits de première nécessité. »

Grand-mère Koala : « Popoki, ce n'est pas un pique-nique ! »

♦ He also sent a new story in French.

Grand-mère Koala: « Bien joué Popoki ! Nous sommes au refuge. »

Popoki : « J'entends quelqu'un pleurer... Est-ce un enfant ? »

Grand-mère Koala : « Oui, il est à centre de premiers soins. Il a l'air d'avoir peur. »

Popoki : « Est-il blessé ? Peut-être que je pourrais lui donner mon ours en peluche ! »

Grand-mère Koala : « C'est très gentil mais ses parents sont présents. »

Popoki : « J'aimerais l'aider... »

Grand-mère Koala : « Nous allons rester un long moment dans ces hauteurs. Peut-être que tu pourras jouer avec lui plus tard. »

Popoki : « Vraiment ?! »

Grand-mère Koala : « Bien sûr. Mais maintenant, nous devons trouver quelques produits de première nécessité. Allons-y Popoki ! ».

♦ Here it is in English:

Grandma Koala: "Well done Popoki! We are at the shelter."

Popoki: "I heard someone crying... Is it a child?"

Grandma Koala: "Yes, he is at the first aid station. He looks scared."

Popoki: "Is he injured? Maybe I can give him my teddy bear!"

Grandma Koala: "It's very nice but his parents are present."

Popoki: "I would like to help him..."

Grandma Koala: "We are going to stay a long time in this high place. Maybe you could play with him later."

Popoki: "Really?!"

Grandma Koala: "Of course. But, now, we need to find some relief goods. Let's go Popoki!"

Popoki's August story will be in the September Popoki News.

Here are the words for August

8/7: *Takidashi* Food prepared outside for disaster victims

After the Great Hanshin-Awaji Earthquake, Popoki volunteered at many *takidashi*, helping to cook food outdoors for evacuees, but the best was Indian food made by people from the Kobe Indian community.

Loïc, French version: "repas aux rescapés" (unfortunately, there is no equivalent in French)

"Après le grand tremblement de terre de Hanshin-Awaji,

Popoki a offert de nombreux repas aux rescapés en aidant à cuisiner à l'extérieur pour les personnes évacuées. Toutefois, la meilleure nourriture était la nourriture indienne, faite par des gens de la communauté indienne de Kobe."



8/14: Temporary toilets

The temporary toilets lined up at evacuation centers in Japan are all Japanese-style squat toilets so people who have trouble squatting, cats like Popoki, children and others who are not used to them have a hard time!

- ♦ Siwinyan; Indonesia version: Toilet sementara yang berjajar di pusat evakuasi di Jepang adalah toilet jongkok model Jepang, sehingga orang-orang yang kesulitan untuk jongkok seperti Popoki, anak-anak dan orang-orang yang tidak terbiasa menggunakannya merasa kesulitan! (Bahasa Indonesia)

- ♦ Loïc, French version: "Toilettes temporaires"

"Les toilettes temporaires installés dans les centres d'évacuation au Japon sont tous de styles japonais. Ainsi, ceux qui ont du mal à s'accroupir, les chats comme Popoki, les enfants et les autres qui n'ont pas l'habitude de les utiliser, passent un mauvais moment !"





## 8/21: Volunteer Bus

After the Great East Japan Earthquake, Popoki and his friends got on a bus rented by a voluntary organization and rode for 17 hours to reach the disaster area.

Siwinyan, Indonesian version: Bis Relawan

Setelah gempa bumi Jepang Timur, Popoki dan teman-temannya naik bus yang disewa organisasi relawan dan berkendara selama 17 jam untuk mencapai daerah bencana

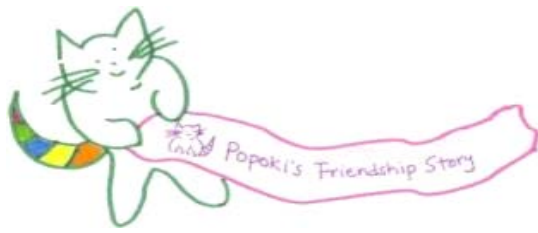


Loïc, French version: "Un bus bénévole"

"Après le grand tremblement de terre à l'Est du Japon, Popoki et ses amis ont pris un bus loué par une organisation bénévole, et ils ont roulé durant 17 heures pour atteindre la zone touchée par la catastrophe."







## \*Popoki's Interview\*

Makonyan

In the last newsletter, we introduced the Shake Hand project at Nada Challenge. This time is an interview with Ms. Yoko Kawahara. She lives and does activities in Otsuchi town in Iwate Prefecture.

She started "Otsuchi Obachan Club Project" in Otsuchi town after the Great East Japan Earthquake. There are a lot of Obachans (aunties) who experienced the earthquake and are living alone. About half of them are widows. "Otsuchi Obachan Club" creates various handicraft items including *SHAKE* (salmon) introduced last month, as well as coasters, toys, towels, badges, masking tape, etc. Handicraft items made by these aunts are sold at events and on websites. You can check their activities and products on their homepage!

After the disaster, Yoko-san worked at a youth center in the neighboring town, but every day as she drove past the rubble of her town (Otsuchi Town) she thought, "If we have needles and thread, we can make something!" This is the starting point of this project. This project became a place where Obachans who had experienced disaster and were living alone could get together and communicate with needles and thread.

The SHAKE HAND project (one of Otsuchi Obachan Club's projects) buys small, stuffed "nude (undecorated) salmon (*shake*)" and people decorate them as they like. They can set the price and give a message to Otsuchi Town. And then, like real salmon, the *shake* return to Otsuchi. The profits from the sales go to support the activities. There is also collaboration with schools and companies that agree with this project!

Otsuchi town is a city of salmon.

Salmon always returns to their home town.

I was able to feel the meaning of the SHAKE HAND project from Yoko-san.

The decorated *shake* will go back to Otsuchi town with the various thoughts of a lot of people, and that *shake* carries the feeling to someone.

It is a very nice and unique project.

Some comment

I knew about how damaged Otsuchi was by the disaster from Popoki's activities. And by listening to the story of Yoko-san who is working in Otsuchi this time, the feeling of

wanting to go to Otsuchi became stronger. Yoko san's words were impressive for me. She said, "everyone is connected, and smiling".

I have learned from Yoko-san who has experienced the earthquake and creates a place where people can connect and smile, the "Otsuchi Obachan Club".

Yoko-san, thank you for the interview!



(Left: Yoko-san      Right: interviewer, Mako Ando)



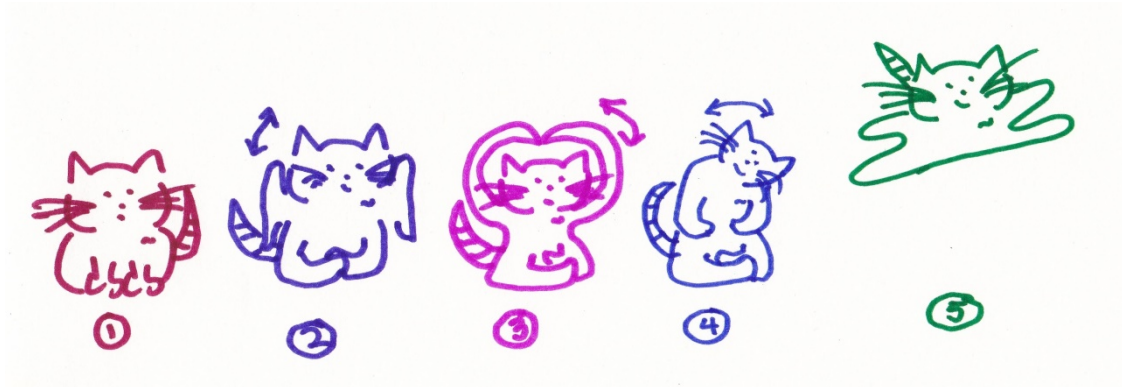
Nine years ago on 28 July, a sudden rain and rise in the Togakawa river swept away children and adults. Among the victims that day were five children. This year, Popoki's friend Yoko-san and her friends from Otsuchi Obachan Club sent their thoughts and handmade decorations as an offering for the ceremony held by the organization called Make 7/28 a Day to Protect Children. Thank you, obachantachi!



# POPOKI'S EASY POGA

## Lesson 111

This month's theme is effortless stretching!



1. First, as always, sit up straight and look beautiful.
2. Now, sit with your legs crossed or however is comfortable. Raise your shoulders up as high as you can, and then let them drop. Next try making your shoulders as low as you can, while keeping your back straight. Repeat it a few times.
3. Next, raise your arms and join your hands over your head. Bring your elbows down to your body, and then raise them again until your hands meet. Repeat slowly, as many times as you want.
4. Finally, try slowly stretching your neck so your ear meets your shoulder. Do this one very slowly, and try not to raise your shoulders. Try both sides and if it feels good, repeat.
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: 2017.9.22 19:00



8.23 Popoki@Kobe University Gender Equality Office Summer School for Primary School children. Ronyan and Satonyan will give programs together on peace (Ronyan) and health (Satonyan). Open to children of faculty, staff, students of Kobe University.

9.10-14 Popoki will join his friends in Guam!

9.26 Popoki will join a disaster risk reduction workshop for JICA trainees from Africa!

10.28 Peace and Health workshop at Hyogo University of Health Sciences

From Popoki's friends:

New children's book: text: Seiko Chujo; translation: Ronni Alexander, *The Cans of Forest* (English/Japanese version), Epic, 2017.



# Popoki in Print

- “Popoki Mini Peace Film Festival,” Kobe YMCA News No.652, July/August 2017, p.3
- 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

Mari nyan

A half year has passed since I entered graduate school.

A new environment, unfamiliar tasks, compatibility between part-time job and school...

Everything has changed around me. In these four months, I had a hard time.

The trouble has increased. I asked myself, "What am I doing?", and sometimes I lost sight of myself.



However, I have learned a lot in the last 4 months.

Thanks to my friends, I managed to get over this period.

I thought that having friends who will help me is a happy thing.

Peace means "to have a heart to respect each other" for me.

Popoki's activities are always touched by everyone's warm opinions and ideas.

At the same time, I sometimes worry that "I have only a narrow idea!"

In such a case, I always feel like Popoki told me "expand your vision and think more softly!"

I am still new to Popoki and I have still to get used to it, but I hope to learn from Popoki members and grow!

I would like to work hard together for the next semester!

## 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)

<http://popoki.cruisejapan.com>



From within Japan, please use our Postal account or Postal bank account:

Account Name ポーポキ・ピース・プロジェクト神戸

Postal Account number: 00920-4-28035

Postal Bank (Yuucho Ginko) account number: Branch No.:099; Branch name: 009 店、special account(当座) 0280350

THANK YOU FROM  
POPOKI!!