



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

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

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In Kobe where Popoki lives, September marks the beginning of autumn. Popoki watches the summer moon change into the autumn moon. Do the seasons change where you live? Do you like to feel them changing, or want to experience the change?

## Popoki's Hot News!



### Upcoming\*

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

28 October 14:00~16:00

See page 15 for details!

Hope to see you there!



### New Translations

Popoki's friends have made new translations of Popoki's books. *Popoki, What Color is Peace?* was already available but now *Popoki, What Color is Friendship?* (Siwinyan), *Popoki, What Color is Genki?* (Putrinyan) and *Popoki's Friendship Story* (Reizanyan) have been translated into Indonesian so we have a full set! Thank you so much!



### Piece of Peace

One of Popoki's friends, Mizuho-nyan, sent the following piece of peace: "Aaaaaaah! What a beautiful day!"

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) !

# Global Citizenship Study Tour in Osaka with Hong Kong YMCA & Taiwan YMCA “Celebrate Differences”

## Let's Rediscover the World from Gender Perspective

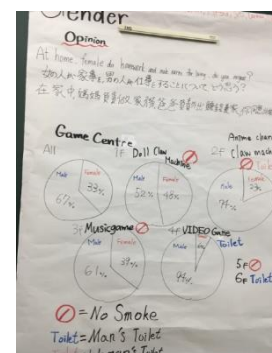
Chifumi Kajita

Osaka YMCA held a 2017 Global Citizenship Study Tour in Osaka with Hong Kong YMCA & Taiwan YMCA from 16<sup>th</sup> to 21<sup>st</sup> August. It aimed to promote cultural exchange with the theme “Celebrate Differences: Let's Rediscover the World from Gender Perspective.” 28 participants aged from 13 to 19 (14 from Hong Kong, 5 from Taiwan and 9 from Osaka) learned about gender through the six days of partnership filled with awareness to one another's culture and sense of value.



On the third day we invited Prof. Ronni Alexander and Ms. Toshiko Takeda, the former chairperson of Asia-Pacific YMCA Gender Committee, to Rokko YMCA to hold a workshop. The workshop entitled “Popoki, what is gender and why is it important?” consisted of various unique activities: participants made a statue in groups by using their bodies to represent a word that they thought of for “feminine” or “masculine”; they shared their personal experiences related to gender and sex by putting them in time order within a picture of a river drawn by themselves. I was anxious about how well the participants could understand gender as it was an abstract concept and most of the discussions were conducted in English during the workshop. Fortunately, the effective presence of Popoki helped keep participants interested in the topic.

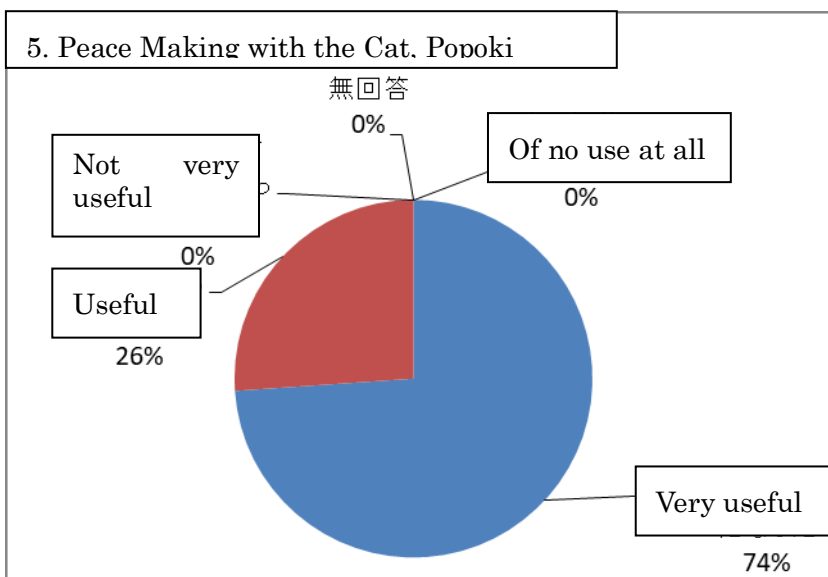
In the afternoon of that day, the participants walked around Rokko YMCA to discover gender. They found that the majority of YMCA camp leaders were female and that some female boy scouts addressed themselves as “*boku*”(a Japanese first-person pronoun normally used by men). This activity prepared the participants well for the field research at Dotonbori, Namba scheduled for the next day. At Dotonbori some groups conducted surveys and interviews with passersby and others observed shops and game centers to discover gender. One of their findings was that the personal images on the traffic lights are male! Such finding shows participants' unique point of view and their choice of research sites such as crane game corners and music game corners in game centers revealed the current interests of young people. Listening to the participants' findings, I understood why Prof. Alexander said “There are no correct answers.” I am certain that this experience of learning about gender with members of different nationalities has made some kind of an impact on each participant's life.



## The 14<sup>th</sup> Seminar on Education for International Understanding and Development Education for Multicultural Living Together

A typhoon came to Kobe on 7 August, but Popoki held a workshop on “Peace making with the cat, Popoki” at this seminar with the help of Satonyan, Tainyan, and Ronyan. The 26 workshop participants were university students, teachers and NGO workers. They read from Popoki’s books, did tasks using their bodies and drawing. The ninety-minute workshop was done in a flash. We participate in this seminar every year, but this year was special because Tainyan (grade 9) came and helped to facilitate.

Every year, the sponsors take a survey of the seminar as a whole and the individual workshops. The following are the comments about Popoki’s part of the program. I am pleased that participants seem to have enjoyed it.



### Very Useful

- \* I truly wish that the world, society and our community can be free of prejudice and discrimination. I want to learn with the children at school so we can make a future that is free of these things. Thank you.
- \* It was very enjoyable and made me think. I want to think about my own behavior, too.
- \* I think that thinking about peace with the non-human Popoki helps us to think about peace from a non-human perspective.
- \* It was enjoyable and I want to try using it at school in my class.
- \* Because I was able to experience many kinds of workshop activities.
- \* There are many different ways to think about peace and happiness, but I was very impressed with the idea that just a small change can make a difference.
- \* It was good to experience many activities. My classes don't include “feeling with your heart” so I want to try including that, too.



- \* I enjoyed being able to think about peace in such a warm atmosphere with high school students and school teachers. I wish we were able to have a longer workshop.
- \* I was able to think about peace from a new perspective.
- \* It was a good opportunity to think about peace.
- \* What is peace? What is happiness? What is the difference between the two?
- \* Through moving and drawing activities, I was able to think and realize my own subjectivity.
- \* Activities using Popoki will be very useful in my life at school from now on.

### Useful

- \* I want to think about the color, taste and smell of peace.
- \* It made me think about peace.
- \* There were a lot of materials that I can use in my own work.



Photos courtesy of Kobe YMCA



### Popoki @ Summer School!

On 23 August, Popoki was a summer school teacher! The Kobe University Gender Equality Office held a two-day summer school program at the university for children of students, faculty and staff. Ronyan was in charge of peace, and Satonyan was in charge of health. Popoki was in charge of both classes with help from his friends Siwinyan and Putrinyan. There were 17 elementary school children who participated.

The peace class began with Poga, followed by reading some pages from Popoki's books and discussing them. We also talked with a big Popoki and a big penguin named Pen-chan. The theme of the second half was, "Give peace to Popoki!" Everyone thought about how to help the upset Popoki to have



peace and then drew their thought on a huge piece of paper. Everyone worked together and made a beautiful mural with many rainbows and warm thoughts. Popoki was very happy.



The second class was about health. It began with moving, and then Siwinyan and Putrinyan helped everyone to read from *Popoki, What Color is Genki?* Next, everyone made a scale to measure their own health. One person said that eating favorite foods made her feel good, and drew her favorite fruits at the top and those she dislikes at the bottom. A person who likes soccer drew a soccer ball at the top. With the help of Satonyan, everyone

was able to think about what makes them feel genki. Time was up before we knew it.

Summer school was lots of fun. Thank you to everyone!

### NEW POPOKI T-SHIRTS!



Five sizes: SS, S, M, L, XL

Five colors: purple, light blue, white,

light yellow and light pink

Price: ¥1500 (tax included)



## Thinking about Disaster Risk Reduction in Many Languages with Popoki – No. 5 Ronyan

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

The words for August were: *takedashi*, temporary toilet, volunteer bus

Story (This month is a bit long; thanks for reading and translating!)

“This is fun!” Popoki was grinning as he drew and played ball outside the evacuation center with a young woman who had come on a volunteer bus.

A young volunteer came over and told them, “The food is just about ready!”

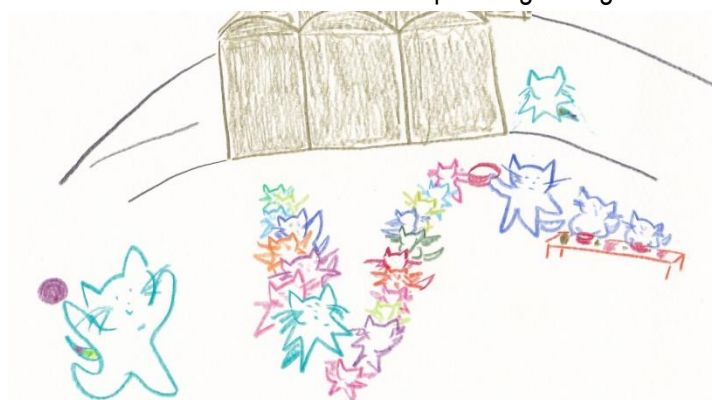
“I’m hungry! And they make the food and we eat it outside! I like this evacuation center lifestyle!” thought Popoki as he joined the long line for the *takidashi*. 5 minutes... 15 minutes... 30 minutes.... Popoki began to get upset.

Popoki finally ate his meal and calmed down. “I’m going to the toilet,” he announced and headed off to the line of temporary toilets behind the evacuation center.

“It’s dark! What’s that?! A monster?!?” Popoki stood in the dark in front of the toilet, but didn’t go inside. “I’m scared! What should I do?” Popoki began to cry.

A young man from the volunteer bus saw Popoki crying and ran over to him. “It’s OK, Popoki.” He took out a flashlight and lit up the toilet. “See, no monsters!”

Popoki finished with the toilet and safely returned to where everyone was gathered. “I thought life in the evacuation center was fun, but I want to go home soon!”



**Japanese:** 8月の単語：炊き出し、仮設トイレ、ボランティアバス

お話し (今月は少し長い。最後まで読んで、そして訳してありがとう！)

「たのしい！」笑顔(えがお)のポーポキは、非難所(ひなんしょ)の外(そと)でボランティアバスにのってきたお姉(ねえ)ちゃんと絵描(えかき)きやボール遊(あそ)びをしていました。

「もうすぐごはんですよ！」と、ボランティアのお兄(にい)さんが知(し)らせにきました。

「おなかが空(す)いた！しかも外(そと)で作(つく)ったりするんだね。避難生活(ひなんせいかつ)はたのしい！」ポーポキはそう思(おも)いながら、たきだしの長(なが)い列(れつ)にならびました。5分(ふん)、15分(ふん)、30分(ふん)。ポーポキは、いらいらしはじめました。

やっと食(た)べて、落(お)ち着(つ)いてきたポーポキは、「トイレにいつてきま〜す」と言(い)って、非難所(ひなんしょ)の裏側(うらがわ)に並(なら)んでいる仮設



(かせつ) トイレに向 (む) かいしました。

「くらい！それなに？モンスター！？！」ポーポキは、暗闇 (くらやみ) の中 (なか) で仮設 (かせつ) トイレの前 (まえ) に立 (た) っていました。でも、入 (はい) ろうとしません。「こわい！どうしよう！？！」ポーポキは泣 (な) きはめました。

ボランティアバスのお兄 (にい) ちゃんは、泣 (な) いているポーポキをみつけて、かけつけてくれました。「大丈夫 (だいじょうぶ) だよ、ポーポキ。」懐中電灯 (かいちゅうでんとう) をてけて、トイレ照 (て) らしてくれました。「ほら、モンスターはいないでしょう！」

トイレを終 (お) えたポーポキは、無事 (ぶじ) にみんなのところへもどりました。「非難生活 (ひなん生活) はたのしいと思 (おも) っていましたけれど、はやくおうちに帰 (かえ) りたいね。」

## Translations

Siwinyan, Bahasa Indonesia

Takedashi, toilet portabel, bis relawan

"Ini sangat menyenangkan!" Popoki tersenyum saat dia menggambar dan bermain bola di luar pusat evakuasi dengan seorang wanita muda yang datang dengan bis relawan.

Seorang relawan muda mendatangi mereka dan berkata "makanan akan segera siap!"

"aku lapar! mereka menyediakan makanan dan kita bisa menikmatinya diluar! Aku suka gaya hidup di pusat evakuasi ini!" pikir Popoki saat dia bergabung antrian panjang untuk takidashi. 5 menit.....15 menit...30 menit...Popoki mulai gelisah.

Popoki akhirnya mulai makan dan tenang. "aku ke toilet dulu", dia berkata dan menuju ke antrian toilet portabel di belakang pusat evakuasi.

"Gelap sekali! Apa itu!?! Monster?!?" Popoki berdiri dalam gelap di depan toilet, tetapi tidak masuk ke dalam. "Aku takut! Apa yang harus aku lakukan?" Popoki mulai menangis.

Seorang pria muda dari bis relawan melihat Popoki menangis dan segera berlari mendekat. "Tidak apa apa Popoki" Ia mengeluarkan senter dan menerangi toilet." Lihat, tidak ada monster!"

Popoki selesai dari toilet dan kembali ke tempat semua orang berkumpul dengan selamat. " tadinya aku pikir hidup di pusat evakuasi menyenangkan, tapi aku ingin segera pulang!"

Lőic, French version:

« C'est amusant ! » Popoki souriait en dessinant et en jouant au ballon à l'extérieur du centre d'évacuation avec une jeune femme venue grâce à un bus de volontaires.

Un jeune volontaire vient vers eux et leur dit, « La nourriture est pratiquement prête ! »

« J'ai faim ! En plus ils font la cuisine et on mange à l'extérieur ! J'aime le mode de vie dans ce centre d'évacuation ! » pensa Popoki en rejoignant la longue file d'attente pour le repas. 5 minutes ... 15 minutes ... 30 minutes ... Popoki commençā à être contrarié.

Popoki mangea finalement son repas et se calma. « Je vais aux toilettes » annonça-t-il en se dirigeant vers les toilettes temporaires derrière le centre d'évacuation.

« Il fait noir ! C'est quoi ça !?! Un monstre ?! ? » Popoki resta dans le noir devant les toilettes, mais il n'y entra pas. « J'ai peur ! Que dois-je faire ? » Popoki commença à pleurer.

Un jeune homme du bus de volontaires vu Popoki pleurer et il courra vers lui. « Tout va bien, Popoki ». Il sorti une lampe de poche et il éclaira les toilettes. « Tu vois, il n'y a pas de monstres ! ».

Popoki termina avec les toilettes et il retourna en sécurité où tout le monde était rassemblé. « Je pensais que la vie dans un centre d'évacuation était amusante, mais je veux vite rentrer chez moi ! »

## **New Story!**

From Lőic Bret: French (original)

Popoki et grand-mère Koala visite la tour du port de Kobe :

Popoki : « Est-ce que c'est un refuge ? »

Grand-mère Koala : « Non, c'est trop dangereux s'il y a un tremblement de terre ou un ouragan. »

Popoki : « Pourquoi ?! Tu m'avais dit que les lieux sûrs étaient en hauteur. »

Grand-mère Koala : « Bien évidemment, mais il n'y pas de toilettes temporaires et on ne peut pas cuisiner de repas pour les réfugiés. S'il y a une catastrophe naturelle, nous grimperons la montagne. »

Popoki : « Je veux rester ici... C'est mon endroit préféré dans Kobe. Je peux voir le musée maritime, l'île portuaire et l'aéroport. Est-ce qu'il y a quelque chose comme ça sur ta montagne ? »

Grand-mère Koala : « Ça dépend. Aimes-tu les fleurs ? »

Popoki : « J'adore les fleurs ! »

Grand-mère Koala : « Ok ! Allons-y Popoki. Nous allons prendre le télésiège. »

Popoki : « Un télésiège ? C'est possible durant une catastrophe naturelle ? »

Grand-mère Koala : « Non. Durant une catastrophe naturelle, nous trouverons un bus de volontaires.

Popoki : « Un télésiège et un bus ?! J'adore cette ville ! »

Lőic Bret: New story in English:

Popoki and Grandma Koala are visiting the Kobe Port Tower:

Popoki: "Is it a shelter?"

Grandma: "No, it's too dangerous if there is an earthquake or a typhoon."

Popoki: "Why?! You said the safe places are on the high place!"

Grandma: "Of course, but there is no temporary toilet and we can't cook a takedashi. If there is a disaster, we will climb the mountain."

Popoki: "I want to stay here... It's my favorite place in Kobe. I can see the Maritime Museum, Port Island and the airport. Is there something like that on your mountain?"

Grandma Koala: "It depends. Do you like flowers?"

Popoki: "I love flowers!"

Grandma Koala: "There is a wonderful herb garden. Maybe we will find a shelter too!"



Popoki: "A garden on the mountain?! I want to visit it!"  
Grandma: "Okay! Let's go Popoki. We are going to take the ropeway."  
Popoki: "A ropeway? Is it possible during a disaster?"  
Grandma Koala: "No. During a disaster, we will find a volunteer bus."  
Popoki: "A ropeway and a bus?! I love this city!"

## 日本語

ポーポキとコアラばあちゃんは神戸のポートタワーを訪れています。  
ポーポキ:これは避難所？  
ばあちゃん:いいえ。地震や台風があつたら危ないからね。  
ポーポキ:なんで！？高いところが安全だと言ったじゃないか！  
ばあちゃん:もちろん、けどトイレがないし、炊き出しができない。災害があつたら、山に登りましょう。  
ポーポキ:ぼくはここに残りたい！…神戸の一番好きな場所だし。海洋博物館やポートアイランド、神戸空港、いろいろなことが見える。あなたがいう「山」にそのようなところはある？  
ばあちゃん:そうだね。花は好き？  
ポーポキ:ぼく、花が大好き！  
ばあちゃん:すばらしいハーブ園があるよ。そこに避難所もあるかもしれないね。  
ポーポキ:山の上にガーデン？行きたい！  
ばあちゃん:では、行きましょう！ロープウェイに乗りましょう。  
ポーポキ:ロープウェイ？災害のときにできる？  
ばあちゃん:災害のときは、ボランティアバスを探す。  
ポーポキ:ロープウェイもバスもある神戸が大好き！

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

## Here are the words for September

### 9/4: Disaster-affected person (Hisaisha)

Popoki knows that those whose homes have been damaged, have lost close relatives or who have been seriously injured are called 'disaster affected people (cats)' or hisaisha, but since it is hard to know the extent of a person's damage unless they talk about it, he doesn't know who should be called 'hisaisha'.



Japanese version: 被災者(ひさいしゃ)

ポーポキは、おうちが壊(こわ)れたり、身内(みうち)が亡(な)くなったり大(おお)けがしたりした人(ひと)は「被災者(ひさいしゃ)」と呼(よ)ばれることがわかるけれど、被害(ひがい)の程度(ていど)はいわれないとわからないので、だれを「被災者(ひさいしゃ)」と呼(よ)んでいいかはわからない。

みなにゃん、翻訳ありがとう！

Putrnyani: Basa Jawa (Javanese) Senadyan Popoki ngerti yen sing dho omahe rusak, kelangan sanak-sedulur, tatu parah diarani wong (kucing) sing nandang kacilakan utawa hisaisha, nanging karang angel ngukur anggane cilaka kajaba wong kasebut crita, dheweke ora ngerti sapa sing pantes diarani hisaisha.

Siwinyan: Bahasa Indonesia: Popoki tahu bahwa mereka yang rumahnya rusak juga kehilangan kerabat dekat bahkan terluka disebut "orang-orang (kucing) terdampak bencana" atau 'hisaisha', tetapi jika seseorang tidak mau membicarakan permasalahannya, sulit untuk mengetahui seberapa besar permasalahan seseorang dan Popoki tidak tahu siapa saja yang bisa disebut 'hisaisha'.

Loïc Bret French version: « Popoki sait que ceux dont les maisons ont été endommagées ont perdu des vêtements ou ont été sérieusement blessés ; ils sont appelés « les personnes affectées » ou hisaisha. Mais comme il est compliqué de savoir le nombre de personnes concernées à moins de parler avec eux, il ne sait pas qui devrait être appelé « hisaisha ». »

#### 9/11 Temporary housing

Popoki's evacuation center is in a school, so when temporary housing is erected and people move into it, classes can begin again.

Japanese version: 仮説住宅:

ポーポキの避難所は学校なので、仮説住宅ができて、お家を失った人が引っ越しをすると、授業を始められるね。

Lóic Bret: French version: "hébergement temporaire"

"Le centre d'évacuation de Popoki est dans une école. Ainsi, quand les hébergements temporaires auront été construits et que les personnes y auront emménagé, les cours pourront reprendre."

Siwinyan: Bahasa Indonesia

Minggu kedua bulan September: Hunian sementara

Pusat evakuasi Popoki ada di sekolah, jadi saat hunian sementara sudah dibangun dan orang-orang pindah



kesana, kelas dapat dimulai lagi.

Sok Say: Khmer version: ជម្រក ក្នុង ឈ្នួល អាសន្ន

មន្ទីរ ជម្រក សម្រាប់ បង្គោល ក្នុង ឈ្នួល អាសន្ន ដែល បាន ប្រើប្រាស់ ក្នុង ឈ្នួល អាសន្ន

ក្រុម ប្រឹក្សា ក្នុង ឈ្នួល អាសន្ន ដែល បាន ប្រើប្រាស់ ក្នុង ឈ្នួល អាសន្ន ដែល បាន ប្រើប្រាស់ ក្នុង ឈ្នួល អាសន្ន

### 9/18 Mental health care

When people experience disasters, stay in shelters and are unable to return home, they begin to feel tired both physically and mentally, so it is good if there are a lot of mental health care volunteers to help them.



Japanese version: 心（こころ）のケア被災（ひさい）して避難生活（ひなんせいかつ）が続（つづ）くと、色々（いろいろ）な疲（つか）れがたまってくるので、心（こころ）のケアのボランティアが沢山（たくさん）いると良（い）いね。

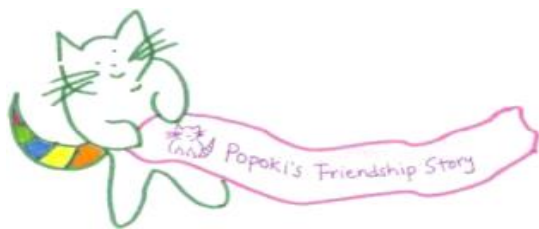
Putrinyan: Javanese! (Basa Jawa) Kesehatan Jiwo

Nalika ngalami kacilakan, amarga kesuwen manggon ing papan perlindungan lan ora bisa mulih, liyane lara neng awak wong - wong banjur wiwit ngrasakke lara pikiran, mulane luwih becik menawa ana akeh sukarelawan kesehatan jiwo kanggo mbantu wong - wong kasebut.

Lóic: French version : "santé mentale" or "santé psychologique"

"Quand les gens vivent une catastrophe naturelle, ils restent dans des refuges et sont incapables de retourner chez eux; ils commencent à se sentir fatigués physiquement et psychologiquement, donc c'est une bonne chose s'il y a de nombreux volontaires chargés de prendre soin de leur santé psychologique"





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

### Short Conversations With The People in Otsuchi-cho

By: Putrinyan

At first, we did not know what to discuss and felt little bit awkward, especially with my limitation in Japanese. But when it comes to their drawing, they are really happy to share.

“Jya..Oekakiwo shimasenka?”

#### Obachan (80s)

She came with her daughter in law. She is in her eighties and suffering from dementia. However, she remembered the time when she went to Indonesia. She was so excited about the ocean and had an Indonesian girl, she particularly mentioned, who accompanied her during her visit. She is so optimistic about her life and guess what, she really likes snakes!



#### A Junior High School Girl

She came with her friend after school, they seemed curious about what we held that day. We talked for a while. I asked them about their activities at school that day. She said the schedule was very busy and exhausting but she wanted to continue school until university. I then asked whether she was there when the tsunami hit. She told me that at that time she was in school but she was safe from the tsunami because the school was on the hill so she could escape, but she saw her school on fire. She spoke in very good English. She talked while drawing an Anpanman doll that sat next to the cloth. She said Anpanman was popular in Japan and everyone in Otsuchi loved it.



#### Little sister (5)

She came with her mother and sister. She was confused about what to draw, so I said why not to draw your own hand and she agreed (the one with red-circle mark). She was very quiet and just glanced at me. In contrast to her big sister who was very chatty while drawing. Confused with this little girl, I encourage her to continue drawing. I then add nail art, but she did not seem happy and showing disappointed face. I was so embarrassed and apologized to her (ToT). I really really apologize.

From this, I learned not to repeat the mistake the next day. This was not just a picture, but this is a medium to deliver the feeling of your heart and be the prerogative of the owners, we should not bother them.



#### Ito-san

She has liked photography for years. She was in junior high school when she took her first photograph, the portrait of her little brother. Since then she brings the camera wherever she goes. She took pictures of her

neighborhood without knowing that these will disappear. When the earthquake rocked the area, she escaped and followed the crowd to go uphill. She also managed to record the water that swept her city and how devastated it was after the disaster. Her works became popular and she held exhibitions in several places, including overseas. Actually she did not want to commercialize them or take advantage from the disaster documentation because all she wants to do is just to record the event. That it really happened and she hopes the world would notice it. It was so sad knowing that news from mainstream media mostly covered the case of Fukushima nuclear leakage back then.

She heard that Indonesia is a beautiful country and would like to take some pictures of it. I wish her the best future and that all her dreams come true.



#### Hinata-chan (4)

Hinata-chan's favourite cartoon character was Doraemon.

She showed me that her Doraemon had big pocket containing many miracles. She was not confident with her drawing but her mother encouraged her so she could finish it.

# POPOKI'S EASY POGA

## Lesson 112

This month's theme is having a nice stretch.



1. First, as always, sit up straight and look beautiful.
2. Now, stand with your feet straight in front of you. Raise your arms and stretch to one side, and then to the other.
3. Next, keeping your weight on your left leg turn your right foot out to the side and stretch again to your right. Now try the other side, too. Remember your tail!
4. Finally, with your feet straight, make a big circle in one direction, and then the other.
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: 2017.10.28 16:30~ After the workshop at HUHS

- ♦ 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 (see pg.15)
- ♦ 11.2~4 Popoki, Ronyan, Satonyan @ Otsuchi-cho
- ♦ 12 Ponenkai
- ♦ 2018.2 Popoki and his friends @ Otsuchi-cho
- ♦

♦ From Popoki's friends:

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



## ポーポキピースネットワーク

### 第7回ワークショップ 「健康って、なに色？」

Workshop: "What color is Health?" @ Hyogo University of Health Sciences

あなたも 平和のねこと一緒に  
健康と平和について  
感じたり、考えたりしませんか？



平和って何だろう？健康って何だろう？

普段何気なく聞いたり見たり感じたりしていること。

ねこのポーポキと一緒に平和や健康の観点から暮らしを見直してみませんか？

あなたの健康の指標は、なに色？みんなで一緒に考えてみよう！！

#### スケジュール Program

- 
- 13:30 受付 Registration
  - 14:00 「ポガ」タイム Poga ※ポガ：ポーポキのヨガ
  - 14:05 ワークショップ①「ポーポキ、健康って、なに色？」  
Workshop 1: Popoki, what color is health?
  - 14:30 散策して平和と健康、安全・安心を探そう \*雨天は室内で決行  
Walk outside and look for peace and health, safety and relief. \*It will be held indoors if rainy
  - 15:10 ワークショップ②「あなたの健康の指標は、なに色？」  
Workshop 2: What color indicates your own health?
  - 15:50 まとめ、発表 Conclusion, presentations
  - 16:00 解散 Dismissal

日時 2017年10月28日（土曜日）

14:00～16:00

場所 兵庫医療大学 地域連携実践センター

対象 どなたでも参加できます。Open to all

定員 30名 30 participants

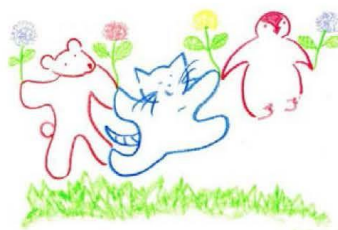
会費 100円

申込方法 FAX（裏面）にてお申し込み下さい。Registration: Fax (see the reverse side)

問合せ先 兵庫医療大学 地域連携実践ステーション

電話 078-304-3013（受付時間：平日9時～17時）

担当者 兵庫医療大学薬学部 桂木聡子 For information contact Satonyan



兵庫医療大学  
社会学連携推進機構



# 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)
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- “Article 9 is at the base of Peace with Popoki” *Kodomo to Mamoru 9 jono kai News*, No.66, 2012.5.12
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- S. McLaren. “The Art of Healing”(Popoki Friendship Story Project) *Kansai Scene*. Issue 133, June 2011, p.10. [kansaiscene.com](http://kansaiscene.com)
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- 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
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- “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
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- ‘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
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- 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

Mako-nyan

I like Okinawa. I visit once every six months. It has a wide sky, blue beautiful sea, delicious food and friendly and gentle people. I like that about Okinawa. But that is not the only reason to visit there. I want to know what happened there during the war. I visit the place where the US military attacked Okinawa for the first time. It is a place called Kerama islands. There were group suicides on Zamami Island. Although the sea around Zamami Island is very beautiful, when I think about the fact that it was filled with black battleships 73 years ago and that many people died on the island, even the beauty seems cruel. Elders who are over 85 years old talk about war. Listening to their stories of the war, I think, "I did not experience the war, but what can I do?" I wonder how we can use their experiences and feelings for peace. When listening to the stories of war, my heart is not peaceful. Rather, my heart hurts. But we should not forget that there was a war. Because I hope for peace, I don't want there to be people who are saddened by war, so I learn about war. It makes me recall these words about being torn between wishing for peace and personal pain.

"I ask myself who does not know about war

My thoughts weigh heavy - I want to let the wind blow away these thoughts of war

But I must not forget her memory and the wretchedness of war

I have to pass on her sadness as the preciousness of peace."

It is a part of a poem for peace written by Masaru Chinen, a high school student, and he read it at the Okinawa memorial day ceremony in 2015.



Is peace the state of no war? If it is painful to think about, do I still have to know? What can I do for peace? Popoki's activities allow us to think of "peace" from various angles. Popoki gives many other hints, especially to me who was interested in war.

## 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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