

Popoki



Newsletter

No.163 2019.3.25

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

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It is March! Popoki loves the blooming flowers and new greenery!
Every day he discovers something new!
He hopes you can have new discoveries every day, too.

Popoki's Hot News!

Coming soon!

"Report meeting: Popoki in Otsuchi and Ofunato, 2019!"

2019.4.20 Kobe Student Youth Center

For details, please see page 10.



Piece of Peace

One of Popoki's friends, Ronyan, sent the following piece of peace: "I have a friend. She is a heron and has a favorite spot. Sometimes I see her there on my way to work, but sometimes she isn't there. Every morning, I wonder if I will see her and if she's there, I forget my worries and enjoy her beauty. For me, it is a priceless moment 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:

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

Message from Popoki

It is March, and soon Popoki will soon be saying 'Good luck and take care!' to some old friends wishing for their happiness. He'll also be looking forward to saying 'Welcome!' to some new ones.

If you'd like to meet Popoki, please let us know!



Popoki visits Tohoku again!!

2019 Popoki Friendship Story and Workshops in Tohoku

Authors: Aasthanyan & Dinyan

Japanese translations: Dinyan & Nagisanyan

Photo credit: Aasthanyan, Dinyan, & Nagisanyan

On February 7, 2019, Popoki and his friends: Ronyan, Satonyan, Lanyan, Nagisanyan, Dinyan and Aasthanyan went to Tohoku to carry out a series of activities and meet their friends in Otsuchi-cho and Ofunato. The write-up that follows is a part of the reporting of the activities that Popoki and his friends did in Tohoku. This report contains the activities and experiences from the first day of the trip, i.e. Friday, February 8, 2019, especially from the point of view of Dinyan and Aasthanyan. This report will be followed by two or three more reports about the trip. We hope that you enjoy this report and the ones that follow...



(Aasthanyan)

On the night of February 7, after having made our way into Tokyo by air or by train, Ronyan, Satonyan, Lanyan, Nagisanyan, Dinyan, and I boarded the night bus from Akihabara to Otsuchi-cho. I was reminded a few days earlier that this was my third trip to Otsuchi-cho with Popoki. I couldn't believe it. Where does that time fly?

I was very anxious to get to Tohoku: to meet Motomochi San and her mom, Ito San, Ueda Sensei, and Michimata Sensei. I wondered if they would remember me and if they did, what they would think about my drastic weight gain. I was so nervous and anxious that I could not sleep through the night. I played a number of scenarios in my head; maybe s/he would think this...maybe s/he would say that... After what seemed like a very long bus ride we made it to Otsuchi. We got off at Otsuchi bypass Lawson mae, where Motomochi san picked us up and drove us to our accommodation for the next three nights, i.e. Ce café. Ce café was wonderful. I wish my shared apartment in Kobe was so modern, updated, and comfortable. Ce café and our stay in Otsuchi-cho was also comfortable because Motomochi san took it upon herself to make sure we were well fed, warm, comfortable and where we needed to be at the right time.



At Ce café, we were soon joined by Ito san and a TV crew. Seeing Ito san again was wonderful. It was like nothing has changed: she looked as beautiful as ever and her sense of humor was as unique and witty as I remembered. The first things she asked when she saw me was if I grew taller (instead of fatter). She knew exactly how to make light of the situation and put me at ease. Thank you, Ito san!!

After Ito san's arrival we divided ourselves into two groups. Ronyan, Lanyan, Nagisanyan and Dinyan stayed behind with Ito san and spent most of the day with her, while Motomochi san, Satonyan, and I drove to El Support Center. In the paragraph that follows, I will include our activities at the El Support Center whereas in the paragraph(s) after, Dinyan will explain about what she and her group did with Ito san.

(Aasthanyan)



At the El Support Center, Satonyan conducted a small workshop for its members. This workshop included 30-40-minute poga session, almost all of it was done sitting down. I benefitted tremendously from this session. It was also fun sharing this experience with the women at El

Support Center. I hope they enjoyed my company as much as I enjoyed theirs. Satonyan was incredibly patient walking us step-by-step through all of the poses. The poga session was followed by some conversation/interaction about how to stay healthy during influenza season. Satonyan talked about the options of vaccines and masks available in the market and made her recommendations. After the workshop was over, we stayed back for a while to interact with the women. We asked them about the new developments in Otsuchi-cho and what they thought about it. We were surprised to find out two things: the number of times some of the women had moved in the past few years and the lack of means of public transportation connecting them (especially the elderly) to the local supermarket...



After our time at the EI Support Center, Motomochi san drove Satonyan and me around and showed us all the new developments in town. I was happy to see the train station, the beautiful library at the community center (Oshachhi), the new buildings, especially 'permanent housing', etc. but I was surprised at how slow and time consuming the rebuilding process had been. I expected that there would be more infrastructure and developments by now. But I guess rebuilding is a time consuming and bureaucratic process...



When we were done looking around town, Motomochi san, Satonyan and I went to the ramen shop at the temporary *shotengai*. The three of us enjoyed our ramen. I also enjoyed watching Motomochi san enjoy the *Manpuku* television series about the invention/development of Nissin Chicken Ramen. I think friendship is, among other things, doing what your friends like, isn't it?

(Dinyan)

After Satonyan, Aasthanyan and Motomochi san left, the rest of our nyans as well as Ito san and the TV crew watched Ito san's photo collection which she made in a video format. It recorded the different time periods of the same streets and places in Otsuchicho, including before the earthquake, after the tsunami came, and then every few years since. The photos were heartbreaking, and I could not imagine the fear and how helpless they must have been through that time. Ito san explained the details of the photos to us while we watched for about 20 minutes. Then she drove us to Horaijima which is a beautiful little island in the town. The path to the island is a little bit narrow and surrounded by water so Ito san was worried about us falling into the sea due to the strong wind. It was really cold that day, and we could not feel our hands. But still, I took some videos and pictures of this beautiful place. Then she drove us to the places where we can see all the new developments. At every spot we went, she made a short stop and showed us the photos of those places in different time periods. I was impressed by her love and passion for the city where she lives, and all my respect to her effort. And we were so lucky that we saw the pilot run of the train. The TV crews were also very excited and got out of the car to capture this precious moment. As a final part, we were interviewed by the TV crews with some questions related to the Popoki Peace Project and how we felt about today's tour. And I also had some regrets that when they asked me what I think of Ito san, I said everything I wanted but forgot to add that she is the walking history book of Otsuchicho.



(Aasthanyan)

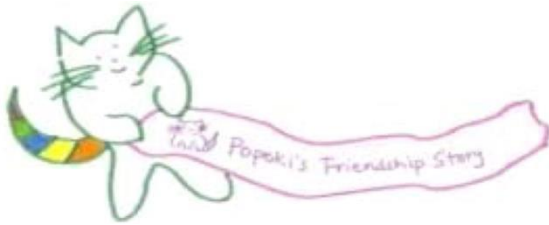
In the afternoon, Ronyan, Satonyan, Lanyan, Nagisanyan, Dinyan and I went to Shake Hand (Obachan Club) for a workshop. This was my first-time visiting Shake Hand. We decorated little fabric salmons with lace, beads, sequence and other nifty things. Shake Hand will sell them and generate some revenue for their organization... This was one of the first times I did any art and

craft after elementary school. I think it brought out the inner child in all of us. Our uniqueness and creativity were reflected in the salmons we decorated. When we were done decorating the salmons, the women at shake hand taught us to make *sarubobo*. One of the members of Shake Hand came over to the office where we were, especially to teach us how to make them right. All of us were very grateful for the love and attention we received there.



Finally, we went to Mast to prepare for our exhibition, which would start the following day. When we were done with that, we headed to Ce café for dinner, reflections of the day, and some much-needed rest. As we reflected about the day, most of us were surprised by the warm hospitality, love, and affection we had received from Popoki's friends throughout the day. Lanyan and Dinyan, who come from landlocked countries, were excited to see the sea. Nagisanyan deeply thought about the relationship among nature, people, and disaster. She commented how the town had drastically changed post-tsunami and earthquake while the nature in Otsuchi-cho had remained the same. I was surprised to see how the women at El Support Center were so flexible and *genki* despite their age. I guess, age is just a number or as Mark Twain said, "Age is an issue of mind over matter. If you don't mind it, it doesn't matter."... After a long conversation and a lot of contemplation, we decided to end the day with the hope of an even better tomorrow.





Popoki's Interview

Interviewee: Lalitya

Interviewer: Lanyan

Last summer Popoki travelled to Indonesia to participate at Kobe University UNESCO Chair Summer Program, where he made many new friends from several countries. One of them – Lalitya, was happy to talk to us and express her ideas about the disaster and impressions about the summer program.

1. Please introduce yourself

Meong! (it's how Indonesian cats say "Hello!") 。^_^。 Have you ever heard of a city named Yogyakarta? Yup! It's one of the wondrous cities in Indonesia. I live and study in that beautiful city. I am a student at Universitas Gadjah Mada or to make it easier, it's called UGM. Oh, my name is Lalitya, by the way. Nice to meet you!

2. Why did you decide to participate in this UGM summer program?

It was mainly because I like to participate in international activities. Meeting new people and discussing and communicating with foreign friends make me happy. And also I like to learn about various things, not only about the disaster in other countries, but also about their culture, study, or even their social engagement. So for these reasons I signed up to be a participant in this program.



3. Have your thoughts about disaster changed after the program?

Before I joined the program, I thought I already knew a lot of things about disaster. But every time I took part in the activities and classes, I always found something new and interesting. I realized that I still need to learn more and more about disaster.

Every time I heard the word "disaster", I thought about something that can happen anytime and anywhere, so we need to always be aware and prepared. One of the good ways to be aware and prepared, is by joining this kind of program. After the program, my thoughts about disaster have not changed at all. But it grew deeper and stronger.

4.What do you think is the biggest challenge for people when disaster occurs?

I think it is the awareness. I'm answering this question while thinking about people in my country. There are still a lot of people thinking that talking about disaster will bring them a bad luck. So they intend to avoid the topics about disaster, even about disaster preparedness. That makes them become less aware. We know that if people are not aware, the chance for them to be prepared will be so little. And if they only have a little chance to be prepared, their chance to be safe, when disaster occurs, will become lower. But I'm still grateful that nowadays more and more people care about the importance of disaster awareness and preparedness.

5.Please tell us your impression about meeting Popoki and students from so many countries and different backgrounds during the program?

It was an amazing experience for me! Popoki seems tough and cute at the same time. Popoki taught me that no matter what is your gender, your nationality, your age, your skin colour, even whether you're a cat or human, we are all brothers and sisters. And all of us deserve happiness, security, and love. Meeting students from so many countries and different backgrounds really makes me ecstatic. It gave me the true vision of the words "collaboration in disaster management". Every single field of study has its own role in disaster management, and we need to collaborate to create a disaster resilient environment.

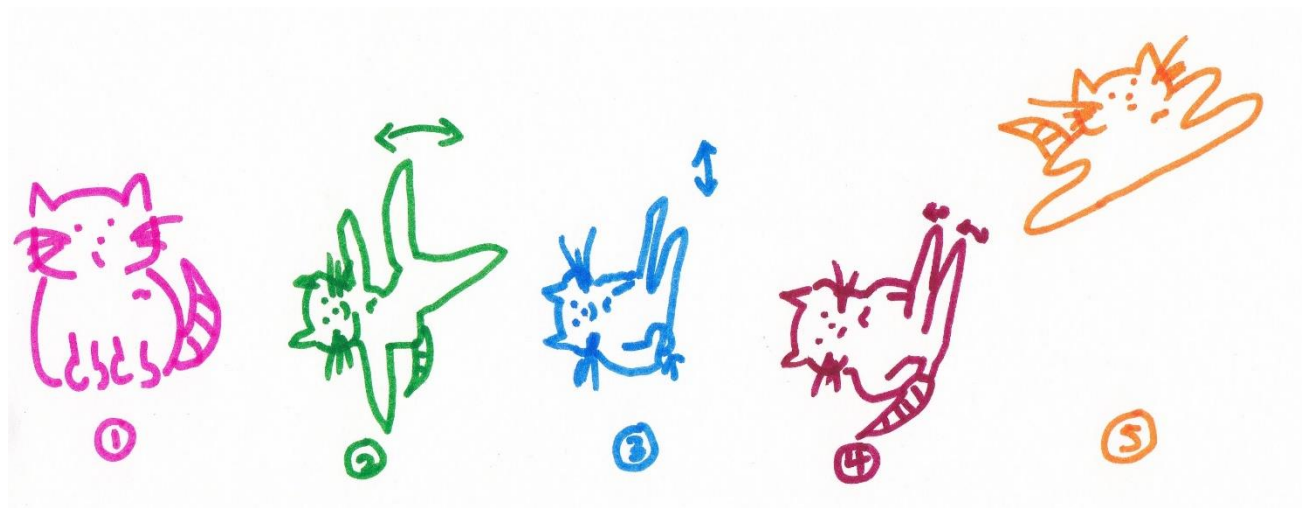
We also had a lot of talks together about our culture and many things. We became closer during the program. Even after the program ended, keeping in touch with everyone or even just a simple "hello" makes me happy. It feels like I have a lot of brothers and sisters around the world. I hope I can meet everyone again, very soon. If I'm allowed to say something for everyone, I will say "please keep me as a part of your good memories, and remember we are all connected by the ocean." Love for everyone! Thank you!



POPOKI'S EASY POGA

Lesson 130

This month's theme is stretching our legs!



1. First, as always, sit up straight and look beautiful.
2. Now, lying on your back with your hands out to your sides or supporting your back, raise your legs and bottom. When you are steady, slowly open and close your legs.
3. Next, keeping the same position, slowly bend your knees and then straighten them.
4. Finally, stretch your ankles! Circle to the right, to the left.... How about trying forward and backward, 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: 2019.4.20, after report meeting at Kobe Student Youth Center (20:00~)

- 4.12 Art, disaster & feeling safe workshop. 19:00 @ Greenberry's Cafe
- 4.13 Discussion meeting in Hanshin: Hyogo Parish working to eliminate discrimination against sexual minorities; workshop by Ronyan (Japanese). 14:00 – 16:00 at Koto Church, 3 min. walk from Hankyu Kotoen Station
- 4.20 Report meeting: Popoki in Otsuchi and in Ofunato 2019! Kobe Student Youth Center 18:00~ Please see p.10 for details.
- 4.29 Thinking about being safe, feeling safe and peace with Popoki workshop at Chiang Mai YMCA, Thailand
- 6.1 Story time at Hotopoppo Nursery (tentative)
- 6.30 Nada Challenge!

ポーポキ・ピース・プロジェクト



Popoki Peace Project

大槌町・大船渡市 活動報告会 2019

Report meeting on Otsuchi and Ofunato activities 2019

ポーポキ・ピース・プロジェクトは、2005 年より身体と感性と想像力を使って平和を創造する活動をしている団体です。2011 年からは、岩手県大槌町を訪れて「友情物語」という活動を行っています。

このたびは 2019 年 2 月 8 日から 2 月 11 日まで、岩手県大槌町で展示活動など、大船渡市でワークショップをしました。最近の大槌町の様子、初めての大船渡活動、最近のポーポキの動向など、みんなと共有し話し合えればと思います。

ポーポキのお友だちも、ポーポキをまだ知らない方もみんな、歓迎します！

Popoki Peace Project is an organization emphasizing use of the body, senses, and imagination in creating peace through workshops and other activities from 2005. Since 2011, we have visited Otsuchi-cho, Iwate Prefecture and done activities of Popoki Friendship Story.

This year we had an exhibit and other activities in Otsuchi, and a workshop in Ofunato City from 8 – 11 February. We would like to share and discuss what is happening in Otsuchi, our first experience in Ofunato, and Popoki's current activities.

Popoki's friends, those who have not yet met him or don't know him well, everyone is welcome!

日時/Date : 2019 年 4 月 20 日 (土) 18:15~20:00 (18:00 会場・open)

場所/Venue : 神戸学生青年センター Kobe Student Youth Center

神戸市灘区山田町 3-1-1 Nada-ku Yamada-cho 3-1-1 Tel.078-851-2760

参加費/Fee : 無料 Free

言語/Language : 日本語/英語 Japanese/English

主催/ : ポーポキ・ピース・プロジェクト Popoki Peace Project

お問い合わせ・お申込み/ Information and Reservations

ronniandpopoki@gmail.com

会場地図 MAP



Popoki in Print * Back issues of Popoki News:



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

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<http://www.interpeople.or.jp>
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- "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)
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- '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
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- 'Yujotte...Kangaeru Ehon.' *Asahi Shimbun* 2009.7.2 AKUZAWA Etsuko
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What Popoki Means to Me

Mori nyan

We went for the first time on a family overseas trip this March.

My son, Towa nyan is 7 months old. We went to Copenhagen in Denmark, Zurich in Switzerland, and Vienna in Austria for two weeks. Thanks to Towa nyan, many people talked to us and carried him in their arms wherever we went. When we saw a family like us, we were able to share our hard work with each other through eye contact. The baby made everyone borderless with smiles, anytime and anywhere.

We found other borderless things in many places. For example, when we visited the elementary school in Denmark, the students were able to go outside freely using different doors. Unlike Japanese schools, there was not just a single main entrance in Denmark. Compared with the Japanese style of having the school surround the main entrance, the Danish school was more free with a variety of borders with the outside.

The toilets in each country were interesting as well. Unlike Japan's signs for toilets which are blue for men and red for women, the Danish ones were not divided and had the same color. The place for changing diapers was huge in most places. One of them had a mobile. We were able to relax while changing Towa's diapers. In Japan, Narita airport had hot water for making milk in the diaper changing room. What an amazingly helpful service that was!

During the trip, we were never faced with displeasure in crowded shops when we came in with the baby carriage. For example, there were old fashioned coffee shops in Vienna, with many tables close together and lots of customers. But even there, we were given not special attention from other customers and the shop staff. Another time when we were taking a meal at the market, even though the shop was crowded in the evening time, the staff and customers were very polite to us. I felt that the attitude shows they think everyone has the same right to have a meal.

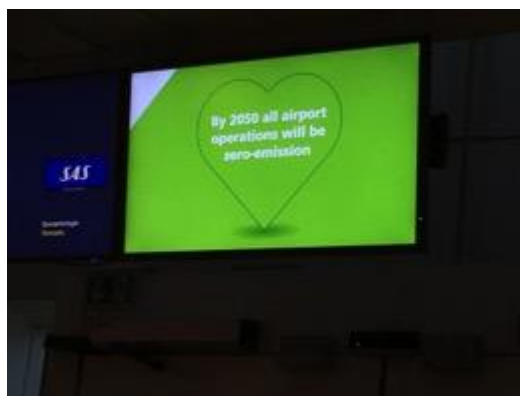
In addition, we also saw dogs everywhere in Denmark and Vienna. They were not in cages, and could stay with their owners in coffee shop, the subway, the train and so on. The shared table was popular in the train. It also seemed to be a common scene to see dogs sharing tables with their owners, too.

By the way, Denmark is a future environmentally-friendly country. The government decided on their goal to reduce fossil fuel use to zero by 2050. They have the advantage of a having a flat country, and there were many bicycle users in town. The town had a road for bicycles and their urban design is easy for riding bicycles. And there is 180% tax on buying a new car!!

Different from Japan, we felt caring for the environment, animals, and diversity in people. It is said that being eco-friendly is thinking about the environment, but we could say “Popoki-friendly” as being good for a borderless society.



An old fashioned coffee shop in Vienna



At the boarding gate in Copenhagen airport
There was a sign about their environmental goals.



The diaper changing table in the shopping mall, Copenhagen.



PLEASE HELP SUPPORT THE POPOKI PEACE PROJECT!

The Popoki Peace Project is a voluntary project which uses Popoki's peace book and DVD to promote peace through various activities such as peace camps, peace workshops, seminars and other activities. Since the March 2011 earthquake, we have also worked in the disaster area and in 2012 published a book about that work: *Popoki's Friendship Story - Our Peace Journey Born Out of the Great Northeastern Japan Earthquake. Popoki, What Color is Peace?* has been translated into Thai, Chinese, Korean, Khmer, Indonesian, Tetun and Bengali, Vietnamese, Arabic and Hebrew. Spanish, Farsi, Lao, Swahili, translations are underway. If you would like to translate Popoki, or have a way to have the book sold at your local bookstore, please let us know.

How to purchase Popoki's books from outside of Japan



1. Go to your local Japanese bookstore: Kinokuniya, Maruzen, etc. (or their website)

2. In the US, thanks to a very satisfied customer, *Popoki, What Color is Peace? Popoki's Peace Book 1* can be ordered from Kinokuniya Bookstore in Los Angeles. The bookstore is at

www.los_angeles@kinokuniya.com and the telephone number is 213.687.4480. The price is US\$20.00 plus tax.

Some ways to purchase *Popoki, What Color is Peace? Popoki's Peace Book 1, Popoki, What Color is Friendship? Popoki's Peace Book 2, Popoki, What Color is Genki? Popoki's Peace Book 3* and *Popoki's Friendship Story* from inside Japan

From the publisher, Epic: TEL: 078-241-7561·FAX: 078-241-1918

From Amazon.co.jp or your local bookseller

From the Popoki Peace Project ([popokipeace\(at\)gmail\(dot\)com](mailto:popokipeace(at)gmail(dot)com))



Contributions are always welcome!

Popoki Peace Project popokipeace-at-gmail.com

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name: 009 店、special account(当座) 0280350

THANK YOU

FROM

POPOKI!

