



June! Rainy season is here. Recently, does it suddenly start to pour heavy rain where you live, too? In order to feel safe, Popoki checked his emergency bag, and put in a treat. Have you checked your bag yet?

## Popoki's Hot News!

Coming soon!

"Nada Challenge 2019"

2019.6.30 @ Togakawa Park

Please join us for a day of fun!

Popoki will have a booth, games and an exhibit.

Yukiko Esashi from Ohanashikororin will join us, too!

Hope to see you there!

Please check the HP and the weather, though,  
because it might get cancelled due to rain



### Piece of Peace

One of Popoki's friends, Joosje-nyan, sent the following piece of peace: "I feel at peace when I'm walking through nature at sunset, watching the golden rays of sun coming out between the branches of the trees." 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) !




## Popoki in Chiang Mai!

Ronyan



**YMCA Green Ambassadors & Popoki Training Workshop**  
**April 29, 2019**  
**At Environment and Energy Learning Center**  
**Sao Hin YMCA, Chiang Mai Province**



Time	Activities
08.30 – 09.00	- Registration
09.00 – 09.30	- Opening Session & Overview of Workshop Training
09.30 – 10.00	- Group Recreation Activity
10.00 – 10.30	- Coffee Break
10.30 – 11.15	- Learn about the current climate situation; causes, consequences, risk, effects and YMCA green activities towards low carbon society
11.15 – 12.00	- Touring 8 station of exhibition at the Environment and Energy Learning Center • Learn about impact of climate change, energy conservation, how to reduce carbon emission, alternative energy, garbage management and alternative tourism.
12.00 – 13.00	- Lunch
13.30 – 16.30	- Popoki Workshop: Peace & Disaster and Being/Feeling Safe Theme: What color is peace? What color is safety? Think about peace and safety with the cat, Popoki • Ice breaking exercises • Reading from Popoki's book • Talking and discussing about what is peace • How to live in peace in present situation • Environment & disaster • Making stories and share them...How does that sound? By: Prof. Ronni Alexander Kobe University of Japan • Closing session

**Contact**  
 Tel: Pang 065-70262524 Nid 080-6735339  
 Email: YFCMTH@gmail.com



This program has received  
 JSP/S(2019)  
 Challenging Research Support  
 (Project number 18K18647)

At the end of April, Popoki visited his friends in Chiang Mai, Thailand, and did a workshop at Sao Hin YMCA. The Sao Hin YMCA has a wonderful program focusing on environmental issues and sustainability and we were very impressed. Popoki's workshop was about disaster, environment and peace, and the youth participants were very enthusiastic. We used English as our common language, but used our bodies and our creativity to express and share ideas about how we can be safe and feel safe. At the end, we made are shared stories about how to help a crying Popoki feel safe.

Popoki was happy to meet old friends and to make new ones, too!







After the Chiang Mai Workshop, Popoki and Ronyan went to Chiang Rai where they were treated very kindly by staff at the Chiang Rai YMCA. Ronyan returned to Japan, but Popoki stayed in Chiang Rai and continues to make friends there from the pages of his books.



After the workshop, the participants sent their reflections.

We were happy to be able to read them.

## **Popoki Workshop feedback and Impression of the Participants**

I had great opportunity to learn many things during this program. I've never been thinking about peace seriously and I've never imagined what color of peace is or what sound it is. Professors let us think and show our creativities through their activities. I was very impressed and I realize how significant of peace. Moreover, I've learned that peace become form many aspects such as environment, safety, society, etc.

I will be the peacemaker to make the world better. Finally, I would like to say thank you for SaoHin YMCA. I am really appreciated for this useful program.

I was very proud to be a part of this project because in our world right now, there are many people who cannot live peacefully. We have to help them to stop the problem for one day, every people in the whole world can live with peaceful and happy.

Ms. Kunsatree Seangjan

The knowledge we learned is peace. Peace that people can make. Just we stay together without violence, which will lead to unity that make people a good attitude and another the knowledge we knew is each country has different problems, and we must admit the differences and must work together for a peaceful resolution around the world and activity make we knew many how to solve the problems.

Ms. Kamonnan Chittanukulkit

Today program made me so happy and I also got to learn a lot of things from what I didn't know before. Thank you Sao Hin YMCA and that gave me opportunity to join this program. I had so much fun and I also got a new friend. Everyone is so kind and friendly here. From the Popoki workshop, we learned about peace and problems on this world and it led me to think to do something we should do something to change this world to be better. Everyone should help, love and kind to each other. But first you need to know that if you want to change the world you will need to change yourself before anything and remember this be happy, be kind and be nice to other people and to the world every day.

Ms. Chalita Norkaew.

Popoki Workshop gave me a great opportunity to learn and share opinion about peace and disaster with friends. I can say that I never have thought about safe and peace like this before because I thought the disaster was not happen often in my life and I thought it was far from my life too.

In this workshop made me to look back about safe and peace in my life and imagine about what color and sound it is. After that I reflect it to myself and share it with my team and other teams and I could get the answer of it. I have learned that people have different sound of peace but when we mix our sound together it gave us a very beautiful peace sound. During the workshop, we created in each team our Popoki's story and share it to each other and I have finally find what is the real meaning of peace.

Finally I would like to say thank you for Sao Hin YMCA and Professor Ronni Alexander. I am really appreciated for this meaningful program. I was very proud to be a part of this program and I promise I will use the knowledge that I have got in my life and I'll share it to other people in my community to make the world to be better place for us to live and make the whole world can live peacefully and happily ever after.

Mr. Suphawit Suwanjun.

I have learnt lots of things from Popoki training that are not specific to environment. Popoki taught us about life of organism that's different from human. It can't communicate with us to ask for help. Human have ability, belief and hope they do everything possible.

Sometimes, our actions affect other things, including violence pain or inequality, these call non-peace. Popoki isn't just a cat which got a chance to live but it's a relationship link between people and people, people and animals, people and environment. Then we become love and understanding.

From activities, we practiced thinking and realized that ideas are boundless. Even though we do not know what peace's color is or what sound of peace is, we've known that we can make peace by ourselves from our actions. We can help others without asking. We can lighten every effect. Success is not caused by one person, but because we do it together. I want to say thank you for the best lesson I have ever learnt.

Ms. Kannapat Nithitsuttibuta.

In the afternoon we had a Popoki workshop about peace. How can we become "Peacemakers" and using Popoki like mediation? We practiced how to present about peace in many ways. Speaking we practiced it by talking to our team and tell our own story about Popoki. Showing with silent by made some status about non peace and then some people made it become a status of peace.

We learned about effect of climate change that has increase more so we need to learn how to made a change and solve this problem. This workshop led us to learn how to work and share our knowledge with other people. It was one of the great opportunities for all of us. We were very much enjoyed the activities.

Ms. Thanapa Witrantirawat.



In February this year Popoki together with several friends travelled to Iwate prefecture to visit two beautiful cities, Otsuchi and Ofunato, and spend four cold but wonderful days together with the local people, drawing, reading books, sharing and listening to their stories.

In the previous issues of Popoki News, we talked about the first three days of the trip, and this time we want to share our thoughts about the fourth and the last day, which we decided to call the “miracle day”.

This day we woke very early to get ready and travel to Ofunato for a day to meet our new friends from a local NPO – “Ohanashi Kororin” and spend some time interacting with local people.



Everyone looked very tired that morning, but then the first miracle happened! As soon as we got on the train, we were amazed by the beauty of the cities we passed, we shared sweets together and suddenly all of us became happy!

Popoki and his friends were very excited about going to a new place, as they hadn't visited Ofunato yet, but going to a new place and meeting new people was very exciting but worrying at the same time. But when we arrived to the Ofunato Disaster Prevention, Tourism and Exchange center, we were met by wonderful and welcoming people, who made our stay in Ofunato very special.

We spent the day reading Popoki's books, kamishibai storytelling and drawing on a cloth together with our new friends in Ofunato. It was very cold outside but our hearts were filled with warmth and joy. At the end of the day we had some time to talk to the staff members of Ohanashi Kororin and tell them more about Popoki's work and learn about the activities in Ofunato, as well as their stories of the disaster in this and neighboring cities.



In the evening when we were waiting for our bus, my favorite miracle happened. We entered the room after the program and Satonyan said that it would so great to have sweets with red beans, and at the same moment, our friend – Esashi San entered the room and brought us some tasty dorayaki.

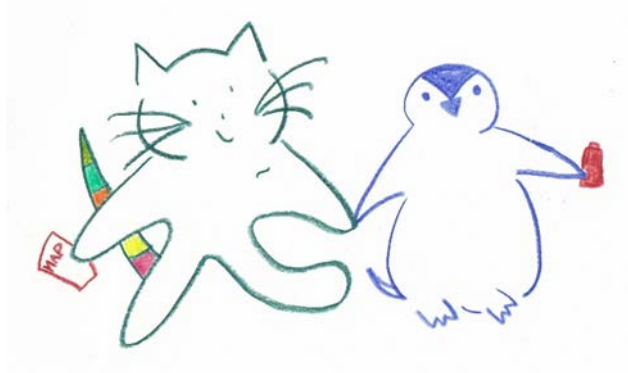
Everyone was very happy to have some sweets at the end of our trip.

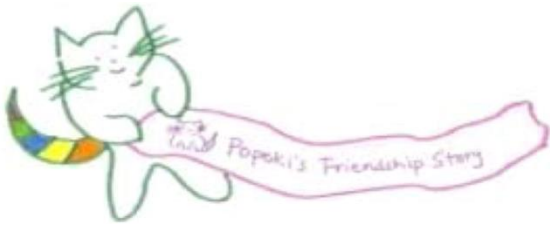


We left Ofunato in the evening of the fourth day to take our bus to Tokyo, and the last, but most magical miracle happened. It started to snow! For us who live in Kobe, snow is very rare and we don't see it much, but this evening all the streets were covered with white blankets of snow and through the light of the street lamps, we enjoyed beautiful snowflakes falling on the ground.



We left Tohoku inspired and motivated by the local people and towns, dreaming in a bus about the snow and beautiful ocean we saw during the trip.





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

Interviewer: Satonyan

I asked Minyan, a friend who left Japan to live in Thailand, about disaster measures.

Q1. You live in a foreign country. Do you take any special disaster prevention measures?

A1. No, nothing in particular. I watch the News, but don't do anything special.

Q2. Did you do anything special for disaster when you were in Japan?

A2. When I went to bed, I would put my shoes and a bag with necessities next to my pillow, just in case something happened.

Q3. Is that because you had experienced a disaster or something?

A3. No, I've never experienced a disaster. But my grandmother always did this and told me to do so, too. (Given Mi-nyan's age, her grandmother probably experienced WW2).

When my children were young, I would put the harness for carrying the baby and keep a bag of food and water near my pillow, and line up the shoes at night before going to bed. I'd put crackers in the bag, and things like underwear and clothes. When they got bigger, I did the same, but made a backpack for each person. But they are grown up now and I don't think they do it anymore. And we aren't doing it here (in the foreign country), either.

But it wasn't because I was thinking about some sort of disaster or something special. Anything can happen, and I think it is important to be prepared.

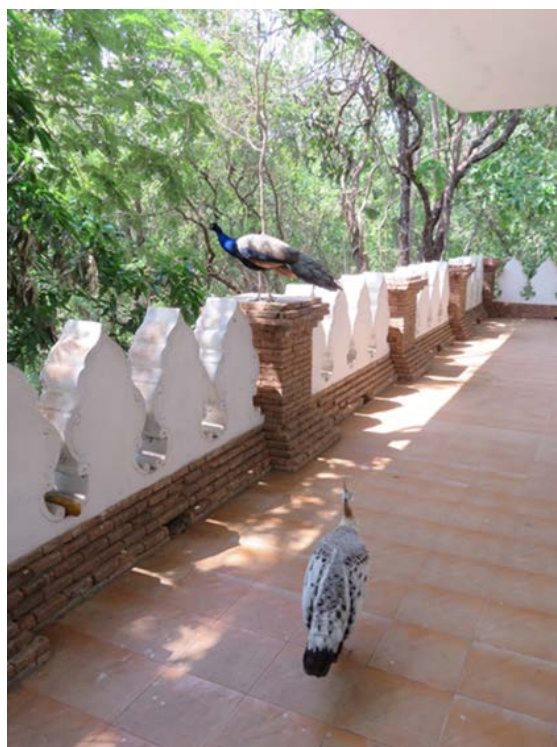
This was an answer from an expert on living.







<Emergency bag on display at Chiang Mai YMCA>



<Peacocks at a Thai temple>



<Flowers greeting guests>

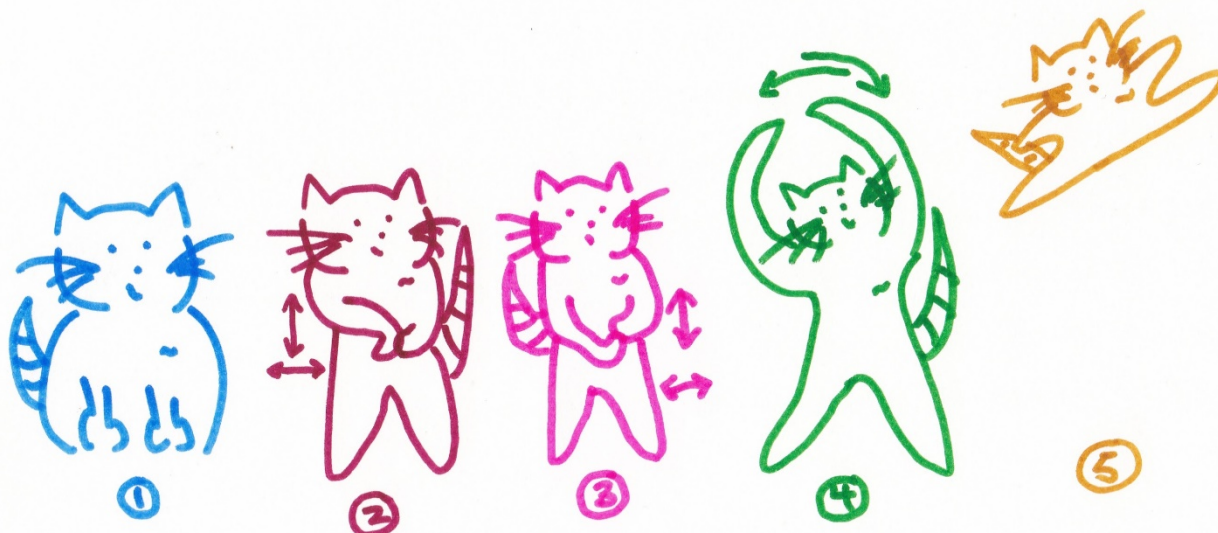


<An everyday setting>

# POPOKI'S EASY POGA

## Lesson 133

This month's theme is stretching your wrists so you can hold your umbrella!



1. First, as always, sit up straight and look beautiful.
2. Now, stretch out your right arm with your fingers facing down. With your left hand gently pull your fingers toward your body. Now switch arms. Try different position! Move your stretched out arm higher and lower, or to the left and right. Does it make a difference?
3. Next, do the same thing, but this time with your fingers facing up. Gently pull them back toward your body. Try both arms, in different positions, too!
4. Now, raise your arms over your head and stretch in a big circle, first to the right and then to the left. Don't forget your tail!
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: 2019.6.17 Nada Yakuzaishikai 19:00~**

- 6.30 Nada Challenge! Togagaku Park, 10:00~16:00. Volunteers meet 9:00 at Popoki's booth. <https://nadachallenge.wixsite.com/nadachallenge> See p.9 too!
- 7.6 10:00~ Popoki @ Kodomo no Sato!
- 7.30 10:00~ Reading Popoki aloud @ Hatopoppo Nursery School!



- 8.2 or 5 Popoki at Kobe University Gender Equality Office Summer School
- 8.5 Popoki WS at the Seminar on Education for Living Together 2019, JICA Kansai
- 8.6 Popoki at MERCY Malaysia Conference, Kuala Lumpur!
- 8.9 Popoki's International Skype Conversation about Nuclear Issues!
- 8.19-30 Popoki @ UNESCO Chair Summer Program, Gadj Mada University, Indonesia
- 9.28 Seminar to discuss Fukushima Daiichi Nuclear Accident refugees (tentative)
- 10.12 Peace and Health Workshop @ Hyogo University of Health Sciences  
14:00~16:00 (Satonyan)

\* Popoki's friends will probably gather at 9:00 even if it is raining. If you are not sure, contact Ronyan

## NADA CHALLENGE !



**なだ 灘チャレンジ 2019**

ごうべだいがく がくせい ちゅうしん  
神戸大学の学生が中心になって  
ちいき のみなさんと作るお祭り、灘チャレンジ。  
はんしんあわじだいしんさい ふっこうさい  
阪神淡路大震災の復興祭としてはじまり、  
ことし 今年で25回目の開催です。

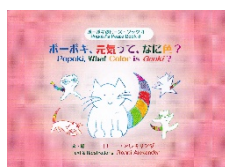
6/30(日)  
10:00~16:00  
場所: 都賀川公園  
@togagawa park  
少雨決行 荒天中止

minigames  
booths, stage  
new project  
exhibition

こどもむけミニゲームにたくさんの模擬店、楽しいステージに  
かいじょう 会場にいる皆さんで行う新企画、灘区民ホールで行われる展示。  
これは楽しむしかない...! 6/29(土)にはこどもたちとパレードをします!

〒657-8501  
神戸市灘区鶴甲1丁目2-1神戸大学学務部学生支援課気付  
神戸大学学生震災救援隊内灘チャレンジ実行委員会  
☎: 078-881-4755  
✉: nadachallenge@yahoo.co.jp  
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詳しくはこちらの  
QRコードからアクセス!

ポーポキTシャツ



¥1500



## Popoki in Print \* Back issues of Popoki News:

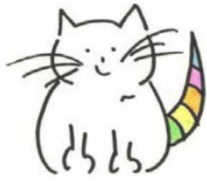


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- 'Nada' notice of the Popoki Peace Challenge event, 2009.12, p.2
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- Human Security – Dr. Ronni Alexander speaks about Hiroshima and Nagasaki." *The Newpeople*, Pittsburgh's Peace and Justice Newspaper, Vol.38 No.9, Oct. 2008, p.4
- Popoki in Pittsburgh. Check out the Remembering Hiroshima/Imagining Peace URL: <http://www.rememberinghiroshima.org/>





# What Popoki Means to Me

Tetsunyan

Hello everyone I am Tetsunyan.

I just changed my job and I am working for a Recruitment Agency as a manager. My division specialized in recruitment for foreigners who can speak Japanese at a level above business class and are able to get a visa or have a visa.

One of the missions of my division is to change recruitment values of Japanese companies. I think it is linked to my idea and Popoki's.

I sometimes feel barriers other than language levels when I talk to HR staff of Japanese companies. Even if HR staff understand, it is still difficult to hire foreigners because of their colleagues, their business partners or customers.

I know companies are organization to make profit and I am a businessman so I need to think about making a profit, too. We cannot act like volunteers.

That is why I believe every company needs to open their minds and hire many more good people from plenty of choices. And then the company may be released from the fear of HR problems, too.

I like Japan so I will be happy if many people come from all over the world and develop Japan. I will be happy and be excited if I can easily meet diverse people in Japan.

Japan has a super aged society now and needs labor. I think some kinds of bias would be minimized even if our company did not exist. However, I will make it change faster and better and contribute the society for my happiness, my job and because I am a friend of Popoki.

I think I can set the goal that no one makes a distinction according to nationality. It means my division will be absorbed. Lol





I work in Tokyo. Somewhere in here (☺)



## 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: *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 outside of Japan

1. Go to your local Japanese bookstore: Kinokuniya, Maruzen, etc. (or their website)
2. Write to us at [ronniandpopoki@gmail.com](mailto:ronniandpopoki@gmail.com) and we'll figure it out!

### 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 [ronniandpopoki@gmail.com](mailto:ronniandpopoki@gmail.com)



***Contributions are always welcome!***

**Popoki Peace Project [popokipeace-at-gmail.com](mailto:popokipeace-at-gmail.com)**

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# THANK YOU FROM POPOKI!