



## Popoki's Hot News!



### 12:00 noon 24 April: A moment of prayer for the earthquake victims!

Philosopher UCHIYAMA Setsu is calling on everyone to stop and pray for the earthquake/tsunami victims at noon on 24 April. Popoki suggest we also include animals and other living things. It is the first Sunday before the 49<sup>th</sup> day since 11 March, and also Easter. Any method or way is OK. This is something that everyone can do.



### Pieces of Peace

One of Popoki's friends, Okome-san, sent this piece of peace:

"On my way home after the work, I heard a bird singing. It was a Japanese bush warbler! S/he made my heart warm. Nothing special happened today, but I wonder if that isn't what makes a peaceful day."

Please contribute a bit of peace! What sort of 'peace' did you encounter today? Please let us know by sending a message to Popoki's e-mail: [popokipeace@gmail.com](mailto:popokipeace@gmail.com)



### Popoki Friendship Story Project Begins!

Let's connect ourselves to one another with a long cloth! Popoki has begun supporting the earthquake areas using everyone's strength and caring. The cloth began in Kobe, traveled to Miyagi Prefecture, and is now back in Kobe. Soon it will travel to Iwate Prefecture.

How about making a section? See page 7 of this Popoki News for details!



### Please help animals affected by the earthquake/tsunami

See these sites:

<http://www.facebook.com/AnimalRescueJapan> (Facebook)

<http://tohoku-arc.com/index.html> (in Japanese)

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

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

## Po-kai Strawberry Picking!

Text: Marie Tada

Photos: Shiro Nagashige



It was a sunny Saturday, 16<sup>th</sup> April. We went strawberry picking with Popoki.

We went to a strawberry hothouse called "Inami-no Ichigo-batake" run by Kenji-san's friends. There were many strawberries. All of them had beautiful color.

We picked two kinds of strawberries there. One was called "Meiho," the other one was called "Akihime." "Meiho" is no longer being sold commercially

because it is too delicate.

We were each given paper cups and scissors, and we started picking strawberries. Everyone put as many in their cup as possible, washed them a little and then put the beautiful strawberries to their mouth, "It's so sweet!!" We went back again and again to fill our cups with strawberries.

We had  
time

great  
together.



# What's Happiness ?



*Be it one strawberry  
or a hundred,*

*happiness can be  
achieved,  
attained, and realized.*



Photos, Layout: Shiro Nagashige





## Popoki's Earthquake Support Interview (1)

\*This interview features Popoki interviewing Ronni and Satoko

**Popoki (Po):** Satoko and Ronni both went to Wakabayashi-ku in Sendai. What color was your first impression?

**Satoko (S):** Gray, with no sounds. A very cold gray.

**Ronni (R):** It depends on the place, but on the whole, I would say a very dark gray, the color of the sand and mud brought by the tsunami. It is a very heavy color. But when I found some daffodils blooming in the midst of the rubble in Arahama, the color for me turned to bright yellow for a moment. There were ants there, too.



**Po:** How about the sound?



**R:** Silent, but not a calming, good silence. When I went to see the ocean, it was strangely quiet. There should have been the sound of the wind. There were voices, though. Lots of different people looking at the sea with amazement and saying, "It just looks so normal.... It is so clean; there are no footprints or trash."

**S:** When I was in Wakabayashi-ku, even though it was a weekday, there were no people around. There were

no cars, and all the shops were closed. The sun was out and it was broad daylight. But there was no feeling of people living there at all.

**Po:** Ronni, you were there from 9-12 April, but Satoko, you were there very early on, weren't you.

**S:** Yes, I went to Wakabayashi-ku first, and then to Iwate Prefecture (Kamaishi and Otsuchi-cho). I was there from 17-23 March. Three weeks earlier than Ronni.

**R:** You could smell spring on the wind when I was there. How about you?

**S:** No, it was winter. I was afraid the ground would freeze because it gets so slippery. Also, because of the snow and fog, it was really hard to see. There was no power so it was dark. You couldn't tell if the road was cracked or broken or uneven.

**R:** Now that you mention it, on the way in to Sendai our bus was totally surrounded by fog.



**Po:** Were there any cats?

**S:** No, none at all.

**Po:** How about people talking about cats, or their pets, or other animals?

**S:** Not that I can remember.

**R:** There were some dogs at the first relief center we visited. One was in a cage with a sign: "Fierce Dog. Take Care!" There were two others that were tied up. When we were playing outside with the children, the dogs were barking. They wanted to play, too.

**S:** Now that you mention it, there were cows and goats, and chicken, too. Where did I see them? Maybe in the mountains near Otsuchi-cho in Iwate Prefecture.



**R:** Actually, one of the things we did was the Popoki Friendship Story project. I drew a picture of Popoki at the beginning of a long cloth, and then we have lots of people draw on it. We are all joined together by the cloth. Some graduate students from Kobe University drew first, and then people at a relief center in Wakabayashi-ku. The first person who drew was a high school girl, and she drew four cute cats. But she told us they are all gone, swept away by the tsunami.

Lots of pets died in the tsunami.

**Po:** Did drawing on the cloth make her sad?

**R:** No, I don't think so. She said she was glad to have drawn with us. And she told us that she looked forward to having us bring the cloth back to Sendai in a year or so and displaying it so she could find her drawing. She will always be able to meet her cats there.

**Po:** Do you have a particular story or episode that you want to share?

**S:** I just realized something. I went as part of an emergency medical team. It was right at the beginning, and it was all we could do to handle what was right in front of us. There were long lines of patients and we had to care for them. I wanted to listen to their stories and spend time with each of them, but there was so much to do. Everyone has a story and I heard a lot of them. But it had to be more in my capacity as a pharmacist than as just a caring individual.

**R:** You had a role and the ability to be useful, and people relied on you. It sounds really ideal, but maybe it is lonely in a way, too.

**S:** Yes, it is.





**R:** Is that the difference between a professional like you and a “nice person volunteer” like me?

**Po:** A “Nice person?” Or maybe “nice cat?” Is that what being a “volunteer” means?

**S:** The other day, Ronni wrote in Popoki’s e-mail about how it is important not to just give things to people, but to work together. I agree with her. When I read that, I really understood the meaning of Popoki’s Friendship Story Project. I think communication is really important. For medical practitioners, local medical staff are victims themselves, but they are also working. The people in the relief centers are “victims” now but that is not their only identity. We have knowledge and training and can give advice, but we are not going to stay there and live there permanently. In the end, the local professionals and patients have to decide what they are going to do to solve their problems. I want to help people, but each person has to decide for him/herself. The people there are in a weak position now, but they are not weak people.

**R:** I think being a volunteer helps me learn to be a better, stronger person. I get more from those I am supposedly helping than they get from me. One thing I recognized on this trip is that many different kinds of volunteers are needed. I was able to connect with some people because something about me interested them: my age or gender or background or something. Each of us had unique experiences because of who we are, and because we



each have something different to offer. It is easy to think of “disaster victims” as a single uniform group, but in fact they are really different, with a wide range of needs and interests. Being a “nice person” or “nice cat” is important, but it doesn’t necessarily make you a good volunteer. Of course it helps to be caring and kind, but you have to be able to hear what others are saying, not just what you think they want or need.

**Po:** Thank you very much!

友だちになろう！  
Let's be friends!



We pray that your lives will  
soon become stable and

*From Popoki, What Color is Peace? Popoki's Peace Book 1*

ボーボキは 神戸で大地震を体験しました  
ボーボキもロニーも とてもこわかったのですが  
お互いをばげましあい がんばりました  
ええてくれる 相手がいるのは 平和？  
人々をええることができるのは 平和？  
ひとりの平和はないのかなあ…？

Popoki was in Kobe during a big earthquake. Popoki and Ronni were both very frightened, but they supported and took care of each other.

Is peace having someone to take care of you and give you support?  
Is peace caring for someone else?



## Popoki Friendship Project Begins!

Regardless of whether you are in the earthquake area or someplace else in the world, there are all kinds of people near you; people who are strong or sad or happy or have lots of problems. Popoki is trying to connect all those people with a long cloth. The aim is to share our sadness, happiness and problems and to walk on together. Instead of a one-way giving of help, we want to support each other in slowly moving forward toward tomorrow. The cloth is 45cm wide (half of a 90cm piece; hem the sides so it doesn't unravel) and the length is a few meters. We will attach the pieces and it will grow and grow! The fabric is cotton broadcloth. The color we are using is light pink, almost white. The drawings are made with magic markers. The content of the drawings is up to the artist. Of course we are happy to have pictures of Popoki, but we are happy to have his friends, too. Important people and pets are also welcome. Each picture has a story, and those stories connect us to one another. The experience of the earthquake or tsunami, friends and animals we have lost, people who are important to us, recently blooming flowers.... Each picture represents 'us' as we are at this moment.



What will we do with these drawings? Join the sections together to make a long, long banner and display them so that the people who contributed can find their own drawings and enjoy others. Displays on the internet or in display spaces, or in places found by people working on this project.

You can find the first panel begun by Ronni at the following link:

<http://www.youtube.com/watch?v=gpcI2FcV5Rw>

How about making working with your friends to make a section? For more information, write to: [popokipeace\(at\)gmail\(dot\)com](mailto:popokipeace(at)gmail(dot)com). If you want Ronni to draw a Popoki at the beginning, she would be delighted to do so.



Width 45cm

(Length is up to you; we'll connect the pieces)

Use cotton broadcloth. We are using light pink, Almost white. Select your favorite.



[http://popoki.cruisejapan.com/index\\_e.html](http://popoki.cruisejapan.com/index_e.html)  
[popokipeace \(at\) gmail \(dot\) com](mailto:popokipeace(at)gmail(dot)com)

# Popoki's Easy Poga

## Lesson 35

This month's theme is relaxed shoulders. We hope it makes you feel better!



1. As always, begin with sitting up straight and making yourself look thin.
  2. Next, tighten your shoulders and bring them up to your ears...and relax!
  3. Now circle your shoulders back, bringing your shoulder blades together.
  4. Now circle your shoulders forward....
  5. Did it? Good for you! Time for the "I did it!" pose!
- Congratulations! You have successfully completed Lesson 35. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.



## Please join us!

**Next Po-kai: 2011.5.16 Kobe YMCA 306 19:00-**

- 5.2-5 Popoki Friendship Story in Iwate Prefecture
- 5.14 Popoki at IIPE Kansai Forum, Kyoto University of Education
- 5.7-8 Popoki Friendship Story at Kobe YMCA 125<sup>th</sup> Anniversary event
- 5.14 Popoki at Kansai IIPE Forum (Popoki Friendship Story Project too)
- 6.4 Popoki Friendship Story in Niigata!?!
- 6.5 Nada Challenge Festival. Popoki will have a booth and mini stage performance. If you want to be staff, let us know
- 6.11 Kodomo no sato (Nishinari-ku, Osaka) program for children. 10:00-12:00?
- 4.24 Tosabori YMCA (Osaka) Summer Seminar 2011 Workshop 10:30-12:30
- September Popoki in Guam!?!
- September/October Popoki at 'Remembering Hiroshima Imagining Peace' in Pittsburgh, PA, USA?
- October/November Peace & Health map practice and program in Port Island
- Summer/Autumn Popoki program for Northeastern Japan earthquake support



# Popoki in Print

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- 省窓: Column in *Kobe YMCA News*, No.606, 2011.1, p.1 (In Japanese)
- "What is Behind 'Popoki, What Color is Peace?' 1<sup>st</sup> in a series in "Tosabori Life" No.19 2010.10:4 (In Japanese)
- HORIKOSHI Takeshi. "Kokusai no mado" (article about Palestine) *Kobe YMCA News* No.604 2010.9-10, p.3
- "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
- *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: blrhgy@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/>
- Global Campaign for Peace Education News #57 August 2008 (The Global Campaign for Peace Education (GCPE) e-newsletter. Sign-up to receive the newsletter and review back issues online at [www.tc.edu/PeaceEd/newsletter](http://www.tc.edu/PeaceEd/newsletter).)



\* Back issues of Popoki News: [http://popoki.cruisejapan.com/archives\\_e.html](http://popoki.cruisejapan.com/archives_e.html)



# What Popoki Means to Me

Kenji.HIROSE



In spring, communication among living creatures booms. With swallows coming to raise their kids, bees wandering through flowers looking for honey, and worms moving in the soil all share with me many things. They talk to me about life, everyday living, nursing their kids, eating.... They give me advice and sometimes scold me. Somehow their communication makes me feel peace.

But among all the creatures, Popoki is really especially sensitive! He expresses happiness, anger, crying, smiling, very colorful! I share with Popoki such peace to express my own emotions directly from my heart.

Meeting Popoki was so mild, just like a cat suddenly appearing from under my arm while I was sitting on a green hill. It felt like he had always been beside me, waiting until finally I noticed him. Popoki may be shy compared with my other friends.

It is about 1 year since we were first introduced at a volunteer activity in YMCA. I share a special feeling with volunteer leaders in YMCA. It is like that between my own family or dear old friends, even though the time together is not so long. Maybe it is because what we share together is similar to that which is the essence of peace, like smiling together, supporting or encouraging each other or sometimes crying together. My feeling is the same with Popoki. I wish to be friends with Popoki forever.



## 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. *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, What Color is Peace? Popoki's Peace Book 1* 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](http://www.los_angeles@kinokuniya.com) and the telephone number is 213.687.4480. The price is US\$20.00 plus tax. It is also available at Joseph-Beth Booksellers, Pittsburgh, PA.

***Popoki, What Color is Friendship? Popoki's Peace Book 2* is not yet available at these bookstores.**

### Some ways to purchase *Popoki, What Color is Peace? Popoki's Peace Book 1* and *Popoki, What Color is Friendship? Popoki's Peace Book 2* 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:

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THANK YOU FROM  
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