



Newsletter No.75 2011.11.24

popokipeace@gmail.com

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

<http://popoki.cruisejapan.com>

It's November! In Kobe, the leaves are beginning to turn red and look very pretty. For Popoki's friends in the southern hemisphere, it must be getting to be summer. Whatever the season, we hope you are able to enjoy yourself.

Popoki's Hot News!



New Book! *Popoki's Friendship Story - Our Peace Journey Born out of the Great Northeastern Japan Earthquake*

Popoki's new book, a record of our work with Popoki's Friendship Story project in Tohoku and other places will be out in December. Some of the proceeds will go to the disaster area. Please help by getting copies for your friends.



COMING UP THIS WEEKEND!

MAKING PEACE WITH POPOKI ~ PEACE AND FILM

26 November at the Kobe YMCA 10:00-14:00

See page 10 for details!

Pieces of Peace

One of Popoki's friends, Sato-nyan, sent a piece of peace: "I think that I am fortunate to be able to sleep in bedding in which there is the smell of the sun."



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



New videos on Popoki Friendship Story Project's page!

Popoki Friendship Story in Otsuchi-cho, Iwate

Popoki Friendship Story in Miyagi

Popoki Friendship Story in Guam

URL: http://popoki.cruisejapan.com/monogatari_e.html

Popoki's Friendship Story at the Kobe YMCA Bazaar

On 23 October, the Kobe YMCA held its annual International Charity Bazaar. This year, the Popoki Peace Project joined with the YMCA Voluntary Leaders to hold a program. This year, we held an exhibition of Popoki's Friendship Story and made a space for drawing, too. The YMCA chapel was being used as a place to rest, and we displayed nine banners, each one about 45cm x 5 meters. In the center of the room, we made a space for people to draw on a new banner. Thanks to everyone, we have a lot of new drawings! Twice during the four-hour program, the YMCA leaders did a great *kamishibai* (Japanese story board) presentation about the YMCA work camp in Thailand, too. Thank you very much!



Popoki Friendship Story Project/ ポーポキ友情物語プロジェクト

You can help by making a panel!

Let's connect ourselves to one another with a long cloth! Popoki is supporting the earthquake areas using everyone's strength and caring. The cloth began in Kobe, traveled to Miyagi and Iwate Prefectures, and is now in Kobe.

How about making a section?



詳しくはポーポキにメールへ。Information: popokipeace@gmail.com

次のリンクで最近のプロジェクトを見ることができます。Link for more information:

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

Length/長さ: ≤5meters(つないでい

We will connect the sections

Width/幅 45cm

* Hem the edges/へり縫いをする

Fabric: cotton broadcloth/

素材: 綿ブロード。

Color: Very light pink, or as you like

色: 薄いピンク、又はお好きな色



◀

出来上がった布をポーポキ・ピース・プロジェクト宛(657-8501 神戸市灘区六甲台町 2-1 神戸大学大学院国際協力研究科 ロニー・アレキサンダー方)へお送り下さい

Please send finished sections to: Popoki Peace Project, c/o Ronni Alexander, GSICS, Kobe University, Rokkodai, Nada-Ku, Kobe 657-8501 JAPAN



Popoki's Earthquake Support Interview (7)

Suzanka Hanibalova

This time I made an interview with Risa Itoh.

Risa is graduate student in the Faculty of Health Sciences, Kobe University and she has an experience to work as nurse at Kobe University hospital.

Soon after the earthquake, she was asked to join the Hyogo Prefecture medical team to help with relief activities in the disaster area. Her team (two doctors, two nurses, one pharmacist and one physical therapist) was placed in Kazuma Elementary School (used as a shelter) in Ishinomaki city, Miyagi prefecture for 5 days work (from 12th to 16th April).

Suzanka: While you were getting closer to the disaster area, what did you think about?

Risa: I felt nervous...my heart was pounding. I felt lost, seeing with my own eyes the exactly same scene as was on TV. I was not sure about myself, how much I'll be able to help.

Su: After arriving at Kazuma Elementary School, what was your first feeling, when you stepped out of the car?

Ri: Already on the way to Kazuma Elementary school I saw the town destroyed by tsunami but...yes...I didn't have words...I think there were many different thoughts in my head. What I will be able to do here?...How should I deal with the local people?...How do the people after being hit by Tsunami and earthquake feel?...



Su: What color was the disaster area?

Ri: Hmm, what color? The color of the sky was so beautiful but...the surrounding area was gray. It was so strange. The color of the sky and sea was as usual but just the town, was no more there...it felt so strange.

Su: Yes, I understand. So, what activities did you actually do there?

Ri: I was at the "aid center" inside the shelter and I was in charge of medical treatment and care for people being evacuated and for local people from the surrounding areas. Basically I was giving drips, treating injuries and also treating pressure sores for bedridden people. When I had a time, I spoke to the people and played with the children in the shelter.



Su: How did you see the people staying at the shelter?

Ri: Their look was just normal. It might sound strange but they spoke normally, they also laughed. But when we discussed more deeply...and they talked about their families or about the tsunami, they sometimes started crying and I could understand that they had been through something very very painful. But although they have very painful memories, they don't show it much, they are just trying to live with their sad memories. The Tohoku people seem to prefer to not to express much of their feelings, but I just went and said hi and exchanged few words every day. After that they opened their hearts a bit and talked to me about their painful feelings and experiences which they didn't want to remember anymore.

Su: While you were talking to many people at the shelter, was there anything special what still remains in your memories?

Ri: I remember once I was talking to one older lady. Every time I asked her, "Are you fine? Are you OK?" she said "OK, OK", but anytime I touched her hands I could feel her hands were trembling and she held my hands so tightly that I knew she had been controlling her feelings. And I didn't want to...

Su: Didn't want to....?

Ri: I didn't want to let go of her hold. I wanted to share the painful feelings with her. I could feel that till now she had been straining by herself. It was not that I was able to do anything for her. I thought that just to be with her I could share the painful feelings with her.

Although I was there just for 5 days, while I was I saw everybody in the shelter every day, and they would greet me and talk to me and encourage me...so I was really glad.

日本赤十字社 支部第 救護班 MEDICAL RELIEF TEAM OF THE JAPANESE RED CROSS CHAPTER

I. 初 or 再

入院月日 (DATE OF ADMISSION) 病棟 (WARD) ベッド (BED) 医師氏名 (DOCTOR'S NAME) No.

氏名 (NAME) 性別 (SEX) 傷病名 (SYMPTOM OR DIAGNOSIS)
男 (M) ・ 女 (F)

生年月日 (DATE OF BIRTH) 年齢 (AGE) 血液型 (BLOOD TYPE)

住所 (ADDRESS) 電話 (PHONE) 既往歴 (PAST-MEDICAL HISTORY)

連絡先 (ADDRESS FOR IMMEDIATE CONTACT) 電話 (PHONE) 転帰 (PROGNOSIS)

成人患者 (ADULT PATIENT) 居住場所 (LOCATION) 家族歴 (SOCIAL HISTORY)

配偶者氏名 (SPOUSE)

子供氏名 (CHILDREN)

小児患者 (CHILD PATIENT) 居住場所 (LOCATION)

父親氏名 (FATHER'S NAME)

母親氏名 (MOTHER'S NAME)

III. 症状 下痢嘔吐 etc

Su: How was the atmosphere in the shelter?

Ri: During the day the adults went back to their homes to take away the rubble and clean their houses. The elderly people remained in the shelter, chatting or just taking a rest when they felt tired. I was also happy to see the children batting around and playing with their smiles on their faces.

I felt like I just came for a short visit to "the life's flow in the shelter".

Su: What color, smell, sound...did you sense at the shelter?

Ri: The color was, on the contrary with outside, "the color of life". People were eating, waking up and sleeping...you could feel the life there. Since the atmosphere in the shelter was very quiet, I could hear the people's voices and sounds of laughing. The smell...there was some smell from outside, but it was still different. There was the smell

of life.

Su: During the 5 days stay in the shelter, did you find any difficulties?

Ri: Yes. I was very busy. Our every day meetings finished around 0:30 am and we had to leave around 5.30 in the morning, so we didn't have enough time to sleep...so yes, I got a bit tired. But around us there were people with much more painful experiences than us, so I actually didn't feel so many difficulties. And plus we had a great team, always supporting each other. Every night after work, we went back to Sendai and made time to have a dinner together to talk, to switch our work moods, so I hardly felt any stress during those 5 days. So I am really thankful to all my team members!

Su: On the other hand, what could you learn or what did you like during your stay?

Ri: From the TV news, I thought I knew a lot but when I actually saw the situation, it was much worse than I had expected...so there were many things you couldn't know and understand unless you saw them.

I am really glad that I had the chance to go, understand more and share together with the Tohoku people.

Su: That's really wonderful....

Ri: And on the way back we discussed with among ourselves the fact that we have a house, food and family around is just something we should always appreciate and be thankful for... I felt once more happy and thankful for that.



Su: Risa, I have one more favor. Would you like to send a message for people being in Tohoku right now?

Ri: Yes, sure! I believe that you still have many sad memories to overcome, but don't lose your hope, keep going. Close or far, there is always somebody to support you, so don't give up!

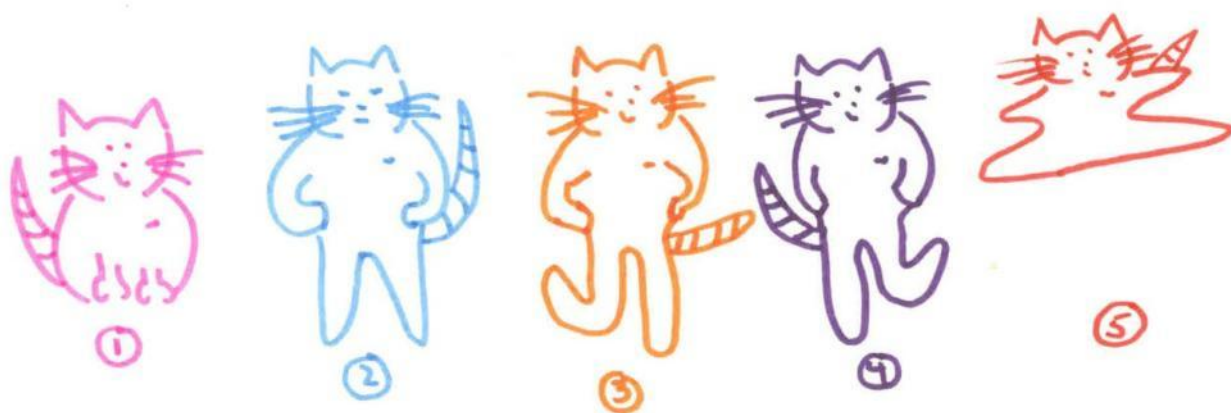
Su: Risa, thank you very much for sharing your story with us!



Popoki's Easy Poga

Lesson 42

This month's theme is concentration and balance. We hope it makes you feel better!



1. As always, begin with sitting up straight and making yourself look thin.
2. We begin with concentration. Stand with your hands on your hips and your tail up. Close your eyes and concentrate....
3. Now, raise your right leg. It is dangerous with your eyes closed, so open them, at least at first.
4. Now change legs. Remember to use your tail for balance!
5. For the 'success pose' you just have to raise both legs. Did it? Good for you! Congratulations! You have successfully completed Lesson 42. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.



Please join us!

Next Po-kai: 2011.11.28 Kobe YMCA Rm. 304 19:00-

11.26 Making Peace with Popoki ~ Thinking about Peace through Film
 Kobe YMCA 10:00-14:00 (See below for details)
 Admission: free; donations are appreciated! Information & reservations
 Sponsors: Popoki Peace Project, Kobe YMCA, Kobe YMCA
 For information and reservations contact Ms. Nagai at Kobe YMCA
 TEL (078) 241-7204; e-mail houshi@kobeymca.org.

There will be a discussion following each film.

Time	Film (tentative)	Organization responsible	Additional information
10:00-11:15	Greetings		
	「テトで伝えるベトナムの誇り」 The best of Vietnam as seen through Tet	Kobe YMCA International Voluntary Leaders	20 minutes; In Japanese only
11:30-12:15	「ピースマシンの旅」＜オキナワ編＞ Peace Machine Journey: Okinawa	Popoki Peace Project	13 minutes Japanese with English subtitles
12:30-14:00	Insular Empire A film about Guam, an island that is more than just a destination for tourists and US Marines being relocated from Okinawa.	Popoki Peace Project	59 minutes English with Japanese subtitles

11.2

8 Po-kai Kobe YMCA Rm. 304 19:00-

December Publication of Popoki's Friendship Story—Our Peace Journey Born Out of the Great Northeastern Japan Earthquake and celebration!

2011.12.18 Opening of 'Kenbikan' ~ Health Support Center Yellow House (and a Popoki Friendship Story exhibit, too!) (Otsuchi-cho, Iwate Prefecture)

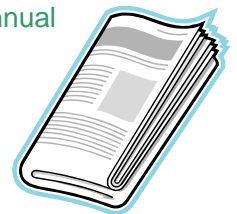
2012.2.10-11 Popoki Friendship Story Exhibit at Kenbikan (in the planning stages)

2012.2.25-26 Central Japan District YMCA Global seminar at Rokkusan YMCA



Popoki in Print

- K. Wada. "Conversations with Ronni Alexander: The Popoki Peace Project; Popoki, What Color is Peace? Popoki, What Color is Friendship?" *International Feminist Journal of Politics* Vol.13, No.2, 2011, 257-263
- S. McLaren. "The Art of Healing"(Popoki Friendship Story Project) *Kansai Scene*. Issue 133, June 2011, p.10. kansaiscene.com
- R. Alexander. (2010) "The Popoki Peace Project: Creating New Spaces for Peace in Demenchonok, E., ed. *Philosophy after Hiroshima*. Cambridge Scholars Publishing, pp.399-418
- 省窓: Column in *Kobe YMCA News*, No.606, 2011.1, p.1 (In Japanese)
- "What is Behind 'Popoki, What Color is Peace?'" 1st 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 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: 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
- "Nuclear Security is Inhuman Security - Dr. Ronni Alexander speaks about Hiroshima and Nagasaki." *The Newpeople*, Pittsburgh's Peace and Justice Newspaper, Vol.38 No.9, Oct. 2008, p.4
- Popoki in Pittsburgh. Check out the Remembering Hiroshima/Imagining Peace URL: <http://www.rememberinghiroshima.org/>
- * Back issues of Popoki News: http://popoki.cruisejapan.com/archives_e.html





What Popoki Means to Me

Kenji.HIROSE



One morning in October, I was sitting on the bus on my way to work with a friend named "Faris", who is from Morocco. I had heard he was going to take a three-week holiday from the coming week, and I asked him, "Where are you going?" He told me that the holiday was for a pilgrimage to Mecca. Yes, he is Muslim.

I also asked, "What is Mecca like?" Then he answered, "There is a dark rock at the center, which is the holy place where the Prophet Abraham sacrificed his own son to God." That was a very impressive thing to me! My name, "Kenji", comes from Abraham's son "Isaac" in the Old Testament, and my parents, who are Christian, arranged my name to have meaning in Japanese such as "child for God". Actually, the son in the Koran is "Ishmael", and "Isaac" and "Ismail" are brothers with different mothers. However both are very important children because they represent faith in God. I told Faris the origin of my name and he said, "Your name is fantastic, Kenji!" with a smile. I prayed for peace and safety on his pilgrimage. I was very happy to have learned about the roots of Mecca, of course, but also I felt peace deeply for having overcome the differences of our religions that morning.

I guess "being different" is important for peace. As being together is important, so being different is important. Colors are different, and they might contrast with each other or make a new color if mixed together. Sounds are different, and that makes rhythm or harmony. Religions are a matter of life and heart for many peoples, so they are of course most essential. Religions have ceremonies for when people are born or die, and they bind together individuals, families and communities. In spite of this, differences in religion are arbitrarily blamed for being veils of guns or knives to kill people or the basis for walls dividing the world. Don't you think that is very sad? I pray truly that people will understand differences to be opportunities to learn about each faith or life and empower people to build peace through encouraging each other.



Photo: The last scene from the *kamishibai* (story board) performance at the Kobe YMCA International Cooperation Bazaar this year

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 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

<http://popoki.cruisejapan.com>



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

Account Name ポーポキ・ピース・プロジェクト神戸

Postal Account number: 00920-4-28035

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

THANK YOU FROM
POPOKI!



Thank you!

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