



This year, the greenery and flowers of spring are so beautiful! Are you enjoying them, too? It might be tough for those of you with hay fever, but I hope you can at least enjoy the spring colors.

Popoki's Hot News!



Thank you for your help!

Recently we had a chance to share *Popoki's Friendship Story - Our Peace Journey Born out of the Great Northeastern Japan Earthquake* with our friends at Kobe Eiko Church. The congregation is very committed to peace and we are very grateful for their support! Thank you!!!

←It is on sale at the Kobe YMCA, too!

More information about the book at:

<http://popoki.cruisejapan.com/monogatari.html>

It is on sale at bookstores and at the Kobe YMCA too!



Pieces of Peace

One of Popoki's friends, Saki-nyan, sent the following piece of peace:
"Yesterday, I ate the pasta with rape blossoms and firefly squids.
I was very happy to eat the seasonal food!!!!"

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.



We met Prof. Takeshi Ota!

Prof. Ota drew his hand and the word 'dream' on the Popoki's Friendship Story cloth. Prof. Ota specializes in education, and is 94 years old. Having experienced war and several disasters, he is busy promoting 'life.' We are delighted he has become friends with Popoki. Prof. Ota, thank you a very special visit!



We have many activities planned for this spring!

Please join us!

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

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

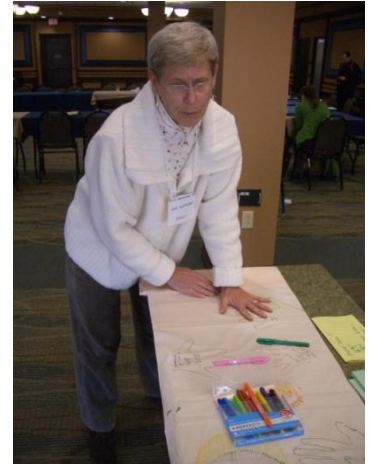
Participating in the 'Disaster Management in 2011: A Global Perspective' Conference

Satonyan



I participated with Ronni in this workshop held at University of Pittsburgh on April 13. The University of Pittsburgh has been experiencing bomb threats, as many as 83 times in the past month. The conference had participants from the American Association of Airport Executives, Federal Emergency Management Agency and overseas agencies. Although

the purpose was for safety, it was a bit like participating in a



mystery tour because details of the time, place and content of the meeting were not readily available in advance.

However, the meeting itself was held peacefully.

The content covered a range of disasters, including a Chinese high speed train accident, earthquake in Turkey, floods in Thailand (through a



presentation given on Skype), a U.S. tornado, and the Popoki Friendship Story Project. Our Project was evaluated highly at this meeting. One comment was that until now, focus was only on activity immediately after a disaster, but that our presentation pointed out the importance of considering a broader time frame, including memory.

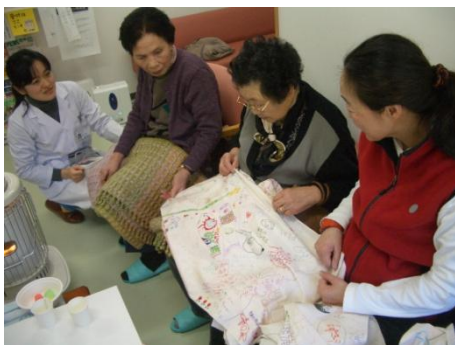
Extra* We also met with staff of the Pittsburgh Children's Museum to arrange a workshop/exhibition for later this year.



Popoki's Friendship Story ~ February and March

In February and March, Popoki made several trips with Satoko and Ronni to Miyagi and Iwate Prefectures. Here is a brief report of some of their activities.

In February, we went to Sendai, Ogatsu, Tome and Minami Sanriku, all of which are in Miyagi Prefecture. Our Popoki Friendship Story activities in the waiting room of a clinic in Ogatsu made a particularly strong impression. We spread out the cloth, using it as a way to make conversation. Soon all the people were sharing stories about the tsunami.



we were surprised to learn that although these people know one another, this was the first time they shared their stories. Maybe Popoki helped them to feel at ease.



Afterward, we were given gifts. We had gone to give support, but wound up getting it instead. That is one of the nice things about being a 'volunteer'.



of seaweed and other things.



Popoki wanted to personally give his newly published book, *Popoki's Friendship Story* to friends in Sendai and other friends from Togura Elementary School, a school which was destroyed in the tsunami, who helped with making the book. We were happy to have a chance to give a short workshop on peace to fifth and sixth graders. In April, the children from Togura School began studying in a new place. We hope they will be able to feel safe and be happy.

Above: Taku Kusakabe, who took us all around Miyagi Prefecture, and the students from Togura Elementary School finding themselves in photos in *Popoki's Friendship Story*.

Right: Minami Sanriku Town, 2012.2



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

In March we went to Kamaishi City. Ronni and Satonyan found themselves in tears when they saw their friends. It made them think about the meaning of 'connection'.



In Kamaishi, Popoki made some new friends, including a woman from the Tourist Bureau. We also spoke with the owner of Ken Sports who told us how his shop had been hit by the tsunami, but had reopened on 7 April 2011. The water entered the first floor of his shop, but the walls remained standing. He and his wife washed the merchandise (clothing) in a nearby river, dried it, and started selling it at much reduced prices. The manufacturers also helped them out, and they are still in business. (Ronni bought a T-shirt which she really likes).



A shopping mall and restaurants have opened up in temporary buildings, but there are also places that look much as they did last March. What can Popoki do? He wants to take his time, consult with his friends and decide what to do.



Popoki's Easy Poga

Lesson 47

This month's theme is balance! It can help you feel better in many different ways!



1. As always, begin with sitting up straight and making yourself look thin.
2. First, stand and stretch your right arm and tail up, and your left arm out.
3. Now, lift your right leg out to the side. You might want to stretch your tail to the left for balance.
4. Now, switch sides, lifting your left leg out and left arm up, and extending your right arm and tail to the side.
5. Did it? Time for the 'success pose'.

Congratulations! You have successfully completed Lesson 47. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

Please join us!

Next Po-kai: 5.22 Kobe YMCA Rm. 306 19:00-20:50

5.5 AMDA Hyogo General meeting – Popoki Friendship Story report. Meeting: 15:00-16:00;

Report: 16:00; Dinner: 18:30 Mainichi Shinbun Kobe Office, 3F 078-371-3221

5.12 Popoki at Kio University (Nara, Goido) 9:00-12:10 (Japanese)

5.26 Popoki at Bochibochi no kai, Osaka Sogo Shogai Gakushu Center, Daiichi

Kenshushitsu <http://osakademanabu.com/umeda/> 18:30~20:30 Fee: ¥500 (Japanese)

6.3 Nada Challenge All day. Tokagawa Park, Kobe

6.9 Popoki at Kodomo no sato 10:30-12:00 Nishinari-ku, Osaka

7.7 HIV/AIDS event. All day. Duo Kobe near JR Kobe Station

8.6 Hiroshima Day 08:00-09:00 Kobe, Higashiyuenchi

8.6-7 "International Understanding and Development Education Seminar for Living

Together". 120 people. Students, teachers interested in education for international understanding and/or development education. Venue: JICA Kansai (Kobe). Sponsors: JICA Kansai, etc. (Japanese)

October Popoki at Pittsburgh Children's Museum

11.10 'Peace and Health Event' HUHS



Popoki in Print

- “Hope on 60 meters of cloth” Etsuko Akuzawa. (In Japanese) *Asahi Shimbun* 2012.1.21
- “Voice for Peace made into a book” Masashi Saito. (in Japanese) *Kobe Shimbun*, 2012.1.19
- 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



Yuriko TAKAHASHI

(Translated by Marie TADA)

What Popoki means to me is my colleague Professor Alexander herself. She is the one who taught me what international exchange really is and how communication is needed for peace.

I am researching Latin American politics. Especially I focus upon how important democracy is in those countries. Also I believe that democracy is critical to solve the problems of poverty and other social and economic problems. Telling this through research is my mission.

I have been researching in Mexico, Brazil and other countries. I often do field research and interview researchers and policymakers. I found that many people think that democracy (which is a system in which citizens have the right to choose the government by themselves) and poverty are very important issues for them regardless of nationality or race. My job, learning from the experience in the countries I research and telling people there about the situation in Japan, is in itself people-to-people exchange.



Communication is also very important for exchanging. To keep trying to study different languages is important to deliver what you think to other people. I now think that having “the feeling” trying to understand others is another important key to build peaceful relations between people.

Even if you understand the feeling in your head, putting the feeling into action is not easy. You need perseverance and patience. I’m still learning it.

I met Professor Alexander when she was trying to launch the Popoki Peace Project. Since then, I have watched her strong belief in her work as she has expanded her peace activities, and learned the importance of this kind of everyday commitment. I want to thank her, and express my wishes for the continued outstanding success of the project.



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 have recently published a new 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, 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@gmail.com))

Contributions are always welcome!

Popoki Peace Project popokipeace-at-gmail.com

<http://popoki.cruisejapan.com>



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THANK YOU FROM
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