

Popoki



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

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For Popoki, the color of spring is the greens of the new leaves. How about you?

Popoki's Hot News!



Thank you for your help!

Popoki's Friendship Story - Our Peace Journey Born out of the Great Northeastern Japan Earthquake is getting a good reception, thanks to help from his friends. Please help to let more people know!

←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, Suzanka-nyan, sent the following piece of peace: Sometimes...usually during times when I'm very worried about something...there suddenly comes a moment...a moment when it feels like time around me has stopped...and during this moment I come to a "consciousness" that the whole world is united...and us...all living creatures on this planet are connected to each other...

After that moment, I'm back to my "real life", but I know that there is a way for my worries to be solved.

* There is always a sun beam, even in the very cloudy sky... *

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.



Nada-Challenge is coming up soon!

6.3 10:00-16:00 at Tokagawa Park (near Nada Ku-min Hall) in Kobe.



Staff: meet at 9:30 in front of Nada Ku-min Hall. Hope to see you there!

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2012/5/12(Sat) Popoki Peace Project Workshop at Kio University in Nara

Akira Nishiyama

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On May 12th 2012, we joined in a Popoki Peace Project workshop, part of a peace education class at Kio University in Nara. The participants in this workshop were students at Kio university who are taking the class called “International Nursing” and about 90 students participated. After the professor’s explanation about Popoki Peace

Project, we did some activities such as storytelling, watching a DVD made with Popoki Peace Project, and finally drawing at the end. Through these activities, both we and the students could share our opinions about peace by communicating with each other.

This is my personal experience, but I did not know what to do for a while because this was my first time to join a Popoki Peace Project program. I think some of my friends who also participated for the first time felt the same way. However, we did well by trying to communicate with students as much as possible.

There is one phrase that Professor Alexander gave us during workshop and that I liked the most. It was something like, “Please try in various ways to communicate with those who seem unable to communicate with you until you find out who they really are.” There are so many people who are in different associations/communities in society and they often misunderstand each other due to lack of communication. For example, let us think about homeless people. We tend to regard them as dangerous and different, but what do we know about them? How many people among us went to meet them and try to communicate with them in real life? Without doing so, is it possible to understand each other?



I think that we can reflect this attitude about communication into daily life. For example, when we talk to friends, or people who we meet for the first time, we can understand each other better and prevent ourselves from misunderstanding by trying to communicate well; then we can eventually pile up these pieces of “small happiness.” Starting from this workshop, I would like to keep cherishing the importance of communication.

Popoki has found a new home...!!

suzanka

This month Popoki's trip to Tohoku had, in addition to Friendship story activities, meetings and events with local people, one more very important mission. This mission was to meet with Popoki's friend Ms. Kanako Sasaki, who lives in Otsuchi Town, Miyagi Prefecture and deliver her a Popoki doll, who was born and brought up in Kobe. Ms. Sasaki works as an acupuncture specialist and because in her therapy with children she reads Popoki books and talks to them about Popoki, Popoki wanted to be actually part of it and decided to come.

The first evening, after we arrived in Otsuchi Town, Ms. Sasaki came to visit us. And at that place for the first time she was able to meet her new partner Popoki doll.



Ms. Sasaki was very pleased that from now on Popoki will be always by her side and at the same time Popoki doll was also happy because he found his new home and he can be of help in some way.

“Ms. Sasaki and Popoki, have a good time in Otsuchi. We hope that through your skillful hands and warm hearts, more and more children will become happy...”

Thank you...

I would like to thank very much our friend Marie, for the beautiful creation of Popoki doll.

“Dear Marie...Thank you very much! And I hope to see you again soon*”





Popoki`s Earthquake Support Interview (10)*

suzanka

This time the Tohoku trip was attended by 6 members - Popoki and 5 of his friends. The destination was the disaster areas in Iwate prefecture - Otsuchi town, Kamaishi city, Oofunato city and Rikuzentakada city. The purpose was to... "continue with Popoki friendship story project, meetings and communication with local people." Just 4 very very rainy days during the Golden week (May 2~May 5), but the result was wonderful- meeting new people, learning new things and being enriched by plenty of colorful experiences!!

May 2nd	
Meeting at Sendai station	Nijiro-kureyon, Mr. Shibata
May 3rd	
Participating in gathering in Rikuzen-takada "wano ochakko no kai"	Popoki friendship story, painting and meeting new people
Party	The members of the neighborhood association, student volunteers
May 4th	
Lecture Popoki members	
Visiting AMDA Otsuchi health center	Motomochi Sachiko san
Meeting with Kobe University volunteer	Hayashi Taizo san
May 5th	
Walk in Kamaishi city and go back home~	

OK., so let's get started!! Let's ask few question to 2 of Popoki's team members - Suguro san and Ari-pan-nyan *

Suzanka: Was it the first time for you to visit Tohoku?

Suguro-san: I visited Sendai city and Yamagata prefecture before the disaster, but after, this was the first time for me to go.

Ari-pan-nyan: I had never been to Tohoku before the disaster, but since that it was the 4th time for me to go.

Suz: Getting closer to the disaster area, what did you think about?

Ari: When I visited Tohoku last year, I could see cherry blossoms during that season, so I was hoping to see some of them this year too. On the other hand I was wondering how the scenery and buildings had changed since last year.

Sug: Because I experienced Hanshin Awaji Earthquake in 1993, I was wondering how to communicate with local disaster-affected people. I knew that people being affected by disaster tend to think, "Anyway, no one can in fact understand my feeling."

Suz: When was the moment you realized: "Yes, we've arrived at a disaster area."

Sug: At Kamaishi station it was not yet, but when we arrived to "Tacchan", a local bar in Otsuchi town, that was the first moment for me to realize that. It really impressed me because it was all surrounded by the dark, and that was the only remaining bright space.

Suz: Yes. A very special place. The bar was open on the apartment first floor, being newly reconstructed after the tsunami destruction. Looking at the space around...all was carried away.

Ari: For me it was "Tacchan" too. That was the first place I could hear about the situation in Tohoku directly from the people being actually affected by Tsunami.

Suz: We were warmly welcomed. It is a wonderful place, isn't it!



Sug: Although all around was dark, the place with its karaoke, people singing and being happy, was so bright!!

Ari: Also, we can't forget the delicious marine dishes...:-)

Suz: Yes!! That's right... So, what color was the disaster area this time?

Sug: Yes...Because of the heavy rain and lots of empty land, I had the image of whitish gray. However, at the same time I can still clearly remember those bright colors of beautiful tulips, being planted all around.

Ari: Hmm...for me it was yellow. The light colors of the rooms' interiors. I liked the color because I could communicate with different people in various rooms. For example, the hall where we joined "wa no ochakko no kai" or the temporary café building where we took a break, reminds me of that.

Sug: How about you, Suzanka?

Suz: For me it was blue. The color of the sky and the sea. Watching the streets in disaster areas we still can feel the sad empty atmosphere, but then there is the sea and the sky...I felt that although lots of things had changed, it's still the same beautiful Tohoku! I felt a new hope for Tohoku...

Plus, the last day morning we could enjoy a beautiful blue sky.



Suz: What did you enjoy most, while participating in different activities?

Ari: I enjoyed talking to lots of volunteers including AMDA's volunteer members. I learned that each of them has his/her own ideas and style. For example, a volunteer coming from Okinawa said: "Everyone tells me to understand the pain here, but who understands the pain that people in Okinawa went through..." I could feel that although more than a year has passed, the people being here to help have a strong passion.

Sug: For me it was when people gathered and painted on Popoki's cloth at Rikuzen-takada gathering (wa no ochakko no kai). During the painting and while talking we really had fun! When I asked one volunteer from Ichinoseki to paint for us, he said: "Oh, really? May I?" and then he painted so beautiful a picture, with a special care. Other volunteers painted so called "gomasuri-dango", being a popular souvenir from Ichinoseki city. During that time I really enjoyed talking to many people.



Suz: Yes!! And we also had great Poga-time!! This time almost all people included volunteers have actively joined...

I really like this aspect of Popoki friendship story project.

"Let's paint a picture or write few words and become friends!"

Suz: Is there any moment you would specially remember from this trip?

Ari: Yes, there is. When I woke up in the morning and looked at the flooded streets outside. But as Suguro san said, it was raining so heavily so in a way I wasn't so surprised in the beginning.



However, after that I learned that it was also related to the disaster itself. After the disaster, the ground has sunk and the drainage canals were blocked up, and that is what caused the immediate floods.

Sug: For me it was when I talked to the old lady at the Rikuzen-takada gathering (wa no ochakko no kai). She said "I have nothing to do at the temporary housing", so I said "I see some people enjoying sewing or

something else."Then she answered "But I lost my right hand. That's why yesterday when volunteers taught us how to make 'makenaizo' I couldn't do it." I noticed her situation before we talked; but I was disappointed in myself that I couldn't think deeply of those circumstances.

Suz: However, Suguro san I was really happy that you talked to her. I was actually looking at her sitting lonely there at the table all the time and just was thinking about whether there was anyone who could accompany her. I don't know what you talked about, but I could see her smile after a while, and that made me feel so happy. Thank you...

Suz: What do you consider being the most serious problem in disaster-affected areas now?

Sug: Hmm... I thought that although more than a year passed, there is still so much empty land remaining. I remember that a year after Hanshin Awaji Earthquake in Kobe, there was already "a boom" to build new houses in those disaster-affected areas. In that sense I think there is still no clear image about the recovery of the area and probably there is also a huge lack of people.

Ari: For me it would be the relationship between the disaster-affected persons and volunteers, now and in the future. I was thinking about to what extent we should talk about "volunteering"? Over time the situation has changed, so on what activities should volunteers concentrate when working with affected people. How about you, Suzanka?

Suz: I was thinking about the term "hisaisha (an affected person)". Affected people are not only those whose houses have been destroyed during the disaster, but all people living in the disaster area. They all to some extent have been affected and should be given necessary help and care. Because more than a year has passed since the disaster, it's really important to concentrate on recovery being applicable to the whole area and all people living in it.

Suz: Finally, we would like to send a message to all people living in disaster-affected areas in Tohoku!

Suz and **Sug** and **Ari:** This time we were so happy having the chance to visit the disaster-affected areas in Tohoku, to meet you, talk to you and learn from you!! We are looking forward to seeing you again, in Tohoku area, the one that used to be famous for beautiful scenes of blue sea and green mountains...and definitely will be again one day.



From the left: Sato-nyan, Ronni, Ari-pan-nyan, Suzanka, Suguro-san, Motomochi-san

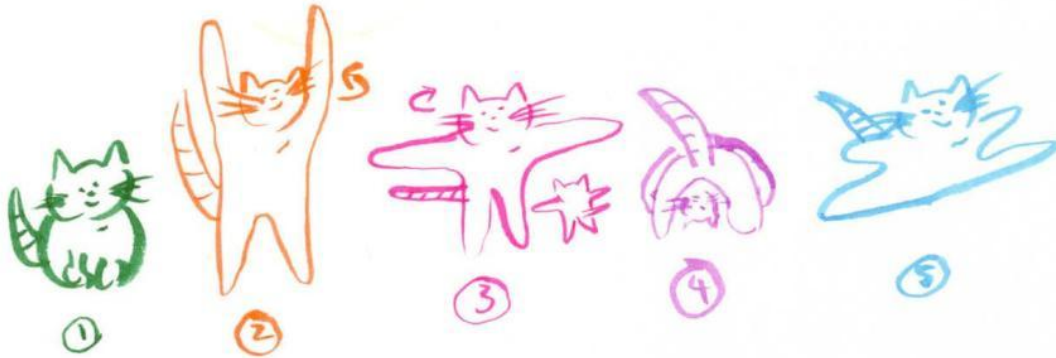
Suguro san, Ari-pan-nyan...thank you!!



Popoki's Easy Poga

Lesson 48

This month I tried drawing Poga with a calligraphy pen because the theme is flexibility and motion. 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, stretch your arms and tail way up and spin to the left.
3. Now, stretch your arms and tail out to your sides and spin to the right.
4. OK, stop and look out at the world from between your legs. When you look out, and when you stand up again, please be careful not to get dizzy and lose your balance!
5. Did it? Time for the 'success pose'.

Congratulations! You have successfully completed Lesson 48. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

Please join us!

Next Po-kai: 6.28 Kobe YMCA Rm. 306 19:00-20:50

5.26 Popoki at Bochibochi no Kai, Osaka. 18:30-20:30 Admission ¥500 (In Japanese)

6.3 Nada Challenge 10:00 to 16:00 at Tokagawa Park, Kobe. Staff meet at 9:30 in front of Nada Ku-min Hall.

6.9 Popoki at Kodomo no sato, 10:30-12:00 Meet at East exit, JR Shin-Imamiya Station at 10:00

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's friends!

6.19 PEPUP Film Showing "Yunagi no machi; Sakura no Kuni" Kobe University Faculty of Cultural Studies, M Bldg. 16:50-21:00. Guest: Ronni Alexander. Admission free.



Popoki in Print

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- “Voice for Peace made into a book” Masashi Saito. (in Japanese) *Kobe Shimbun*, 2012.1.19
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- 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
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- “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
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- “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 In
- 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/>
- * Back issues of Popoki News: http://popoki.cruisejapan.com/archives_e.html



What Popoki Means to Me

Mizuho Fujimoto



A long time ago, the kitchen of my home had an earthen floor. It was a place where the family gathered and people, the cat, and the dog all ate together. It was also a bedroom for the cat and the dog.

Our cat, Miko, liked to wander. The only the time she came back to our house was for going to sleep and meals.

But it was different in winter. She was in the kitchen all the time because it was cold outside. One time, there was a smell of something burning. I thought that the food left simmering over the fire was burning, and confusedly extinguished the fire and opened the lid. The food was OK. It was not burning. But there was still the burnt smell. I thought that it was strange, and looked for the origin of the smell. Miko smells? Why? When I lifted her in my arms, the hair on one side of her belly was burnt. I remembered that she was there when I was extinguishing the fire under the pan. I looked at back and forth from her burned face to her burned belly, and laughed. It was so cold that she had warmed herself by moving up against the warm moveable cooking stove. This burnt smell became a true symbol of winter at my home.

In spring when the rape blossoms bloom, Miko goes back outside.

I remember those days of fighting with Miko for a place near the moveable cooking stove in the kitchen in winter.





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)

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

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