



Japan is experiencing incredible rain and flooding and many people are having a hard time. There is flooding and extreme weather in other countries, too. Popoki is worried and wants to send a shining sun, with just the right amount of warmth, to his friends around the world.

Popoki's Hot News!



More Popoki T-shirts!

We ran out of adult sizes in we made some more. This time, light yellow, light blue, gray and SS-LL. There are children's T-shirts cost ¥1500.



Popoki T-shirts so we have purple, white in sizes sizes, too. The

Pieces of Peace



One of Popoki's friends, Akira-nyan, sent the following piece of peace:

"Sharing a box lunch with friends, and sharing the same moment. This ordinary moment makes you really happy."

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.



It is almost Hiroshima Day!

8/6 08:00-09:00 at Higashiyuenchi (Park south of Kobe City Hall).

Please join us to remember Hiroshima/Nagasaki and discuss nuclear issues today. We will skype with a group in Pittsburgh, USA.

NEW



This issue of 'Popoki News' has a special contribution to the 'What Popoki Means to Me' page (pages 7-8 of this issue) from one of Popoki's good friends, Aleksi Christos. Please have a look!



Thank you for your continuing 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!

More information about the book at: <http://popoki.cruisejapan.com/monogatari.html>

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

Popoki at AIDS festival 2012.7.7

Saki Tanaka

On 7 July (Sat), the “Kobe AIDS Festival 2012” was held at Duo Kobe, an underground mall near JR Kobe Station. Popoki Peace Project participated for the first time. “Anyone can participate in this event for free, and gain new knowledge from panel displays providing information about HIV/AIDS. There was also information about the HIV test which is done for free at Kobe Health Center. The stage was the main attraction of this event, and there were funny and exciting performances including some quizzes about HIV/AIDS, and songs and dances performed by various groups.” (English translation by Tanaka from Japanese at <http://www.city.kobe.lg.jp/life/health/infection/aids/aidsfesta2012.htm>; accessed 2012.7.20)

In this time, we not only held an exhibition of “Popoki’s Friendship Story” but also had some new tools. We made a board game in which players move their pieces after answering some questions that make them understand that HIV/AIDS exists everywhere and help everyone, including children, to understand about HIV/AIDS. We also made a puzzle with drawings of Popoki and some cats and other animals. We also made Po-*tanzaku*, in the shape of Popoki, for the *Tanabata* Star Festival. People wrote their wishes on strips of paper in the shape of Popoki’s tail, and hung them on Popokis hanging on bamboo. Many young and old people visited and enjoyed on the day. On the stage, we performed a play about prejudice toward people with HIV/AIDS for 15 minutes. The story was about a cat with FIV (Feline Immunodeficiency Virus, this is the case of HIV for cat), his classmates, and their parents and narrated by Popoki. Personally, I enjoyed communicating with people from the other booths, watching the other stage performances, and talking about the topic of the day, HIV/AIDS, from various perspectives.

Lastly, this is my personal matter, but I will study abroad to India for a year! This was my last activity before I leave Japan, and next time I try to find my own color of “peace” in India. I hope to report from India * *



(Popoki’s booth)



(Po-tanzaku)

Popoki's Friendship Story on the Road!

"Popoki...the summer is here!! Let's go to see our Czech friends again~."

Following last year, this August Popoki and I are going to make a trip to the Czech Republic. With the help of Popoki's Friendship Story we would like to share our thoughts and feelings about Tohoku and of course we hope to make new friends.(^^)~☆



Plus, this year we prepared great present for our friends!! "Popoki's Friendship Story", Popoki's new book☆...Hope they will like it...Can't wait...(^^)/
...And to our Japanese friends, we'll see you again in September *

Suzanka and Popoki



POPOKI FRIENDSHIP STORY PROJECT IN UGANDA

MAYU FURUOKA



This summer I will intern and do research for four weeks in Republic of Uganda. And I will do 'Popoki Friendship Story Project' as a Popoki member there!! It will be a first ever attempt in Uganda!

People in Uganda experienced conflicts for a long time. Many children were abducted and forced to participate in the conflict as 'child soldiers'.

This time I want people who experienced the conflict to express in pictures or words about peace and friendship which they imagine, and think about those things together.

I'm looking forward to seeing how the white cloth which now has only Popoki will change!! I hope you all are looking forward to getting my report after returning to Japan. Then, see you later*



Popoki's Earthquake Support Interview (9)

Interview: Kyoko Mori

I (K) would like to introduce my friend, Aya-san (A). Aya-san is an artist who works with vegetable and natural dyes. She lives in Miyagi Prefecture. When I interviewed her, we talked about her story of the Great Eastern Japan Earthquake and her dyeing. We first met last year at Kobe YMCA. There was a program to listen to the voices of the people who suffered from the earthquake and tsunami. Many people joined that program from Tohoku area, and Aya-san was one of them. She is the first person I met and talked with who survived the Great Earthquake. After that program, we fortunately have had several opportunities to meet. This interview took place at an exhibition she held in Osaka the end of April. That was our 3rd time to meet!

(K): Hi, Aya-san. Long time no see. What wonderful work you do!

What do you find attractive about working with natural dyes?

(A): I use wild plants from the mountains. I love to go to the mountains to look for plants. Even though I select the same plants, they come out in different colors due to differences of time and space, etc. I really enjoy that!

(K): Where does the name "Mikatsuki Neko" (*literally, crescent moon cat*) come from?

(A): I love the moon and cats so much! So that's why.

(K): March 11, 2011 was the day after you quit your job to be a professional natural dye artist, wasn't it? What did you do that day, and where were you?

(A): That's right. It was just the day after I quit my job. When the earthquake happened, I was near my house, and grabbed a tree while watching my house swinging. The house was moving sideways in a way it was not supposed to move. I was really scared. I cannot believe what I saw was real, even now. The earthquake and tsunami happened, and then the nuclear plant exploded. And then the issue of radioactive contamination occurred. I am really sad that our precious nature has been exposed to radiation like this. I want to think about the situation we are facing and do everything I can.

(K): It was rather amazing timing for you that the earthquake happened when it did, but also it is incredible that you chose to work with natural dyes right at the time we had this reminder on 3.11 to pay more attention to nature.

(A): Yes, you are right. I began working with natural dyes several years ago, and then I decided to become a professional. So the earthquake happened just as I started on this new path. I made this piece with butterbur sprouts found in Yamagata where I lived with my younger sister's family and my friends after evacuating. It was a hard time because I could not get over the shock from the earthquake disaster, but I was thinking about what I should do, even though I had no idea. That is how I was feeling when I made this.

(K): Wow! It is quite a story and the color of the butterbur sprout is amazing. I wonder if the butterbur sprout gave some sort of power to you. Even though it is same plant, depending on the textile and additional mordant, the color appears different. It is incredible!! The difference shows like their magic or their feelings at that moment. When I think about it, I realize that the outside color of a cherry blossom is beautiful, nice color, but inner color is more soft and modest. What plant has the most surprising inner color?

(A): To my surprise and delight, that was the purple Japanese wisteria, which is green! Every time I dye, I will have fun and am happy. But now I measure the radiation dose before dyeing.

The 3.11 disaster have given us a chance to re-think our lifestyle and values, etc. Everyone has a different way of facing the situation. People show their minds in various ways and actions, or seek answers in various 'voices' around them. Using natural dyes may one of the ways to hear the voice of plants. The connection between plants and humans is interesting and mysterious. The colors produced from natural dyes are kind and soft colors. These are inner colors which we cannot see from outside. Natural dying is like chatting secretly with plants. The meeting with Aya san and natural dyes gave me a chance to meet plants. I hope all of you also have a chance to experience this wonder!



A crescent moon and a cat



(↑)The butterbur sprout color and a butterbur (↓)



The Japanese wisteria color



Lesson 50

Popoki's Easy Poga

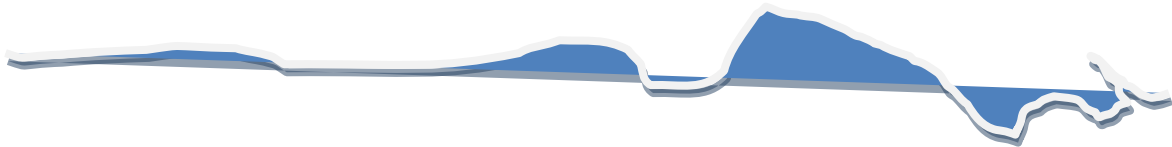
Lesson 50

This month's poga is about abdominal strength. It can help you feel stronger and better in many different ways!



1. As always, begin with sitting up straight and making yourself look thin.
2. Next, lie on you back and raise you legs and tail.
3. Now, turn your lower body to the left, keeping you back on the floor. Lower your legs a bit and hold the position for 30 seconds with your legs in the air.
4. Next, switch sides for another 30 seconds.
5. Did it? Time for the 'success pose'.

Congratulations! You have successfully completed Lesson 50. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.



Please join us!

Next Po-kai: 7.31 Kobe YMCA Rm. 301 19:00-20:50



8.5 Popoki at Higashi Kobe Church 10:45~

8.6 Hiroshima Day 08:00-:09:00 Kobe, Higashiyuenchi (or other venue to be announced)

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)

9.13-14 Popoki in Otsuchi-cho???

9.15 Popoki collaboration with Nijiirō Crayon in Ishinomaki (date to be confirmed, quite likely to be postponed).

10.13-14 Popoki in Rikuzentakada???

10.19~ Popoki at Pittsburgh Children's Museum (dates to be confirmed)

11.10 'Peace and Health Event' HUHS

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- "If we all participate, something will change! Reflecting on Palestine" *THE YMCA* No.607 June 2010, p.1 (*YMCA Japan Monthly Newspaper*)
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- '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
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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
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- * **Back issues of Popoki News:** http://popoki.cruisejapan.com/archives_e.html





What Popoki Means to Me

REMEMBERING THE CHILDREN OF MARCH 11, 2011

ALEKSI CHRISTOS KILLIAN

July 19, 2012

The Popoki Friendship Story is a book that my friend Ronni Alexander wrote in 2012, a year after the Tsunami and the Fukushima accident. The friendship story is a journey about the disaster and nuclear accident that devastated so many people in Japan.

Walking with Popoki, and the people amid the rubble, I extended my hands to the sky sending all my strength to all those children, elderly, and adults who faced the rushing waters. We remember their struggle and the fear that they experienced. We remember them and we will continue telling stories about them. As my great grandmother used to tell us: "Children and persons do not die until the living stop remembering, stop telling stories about them." So, children, grandmas and grandpas, moms and dads, we cry for you today and will not stop telling stories about you. Popoki's friendship story is a cry to tell about the fear, the hope, joy and your life.

Words of joy and peace
Popoki reminds us
Imagining the world
With open eyes
Open hearts

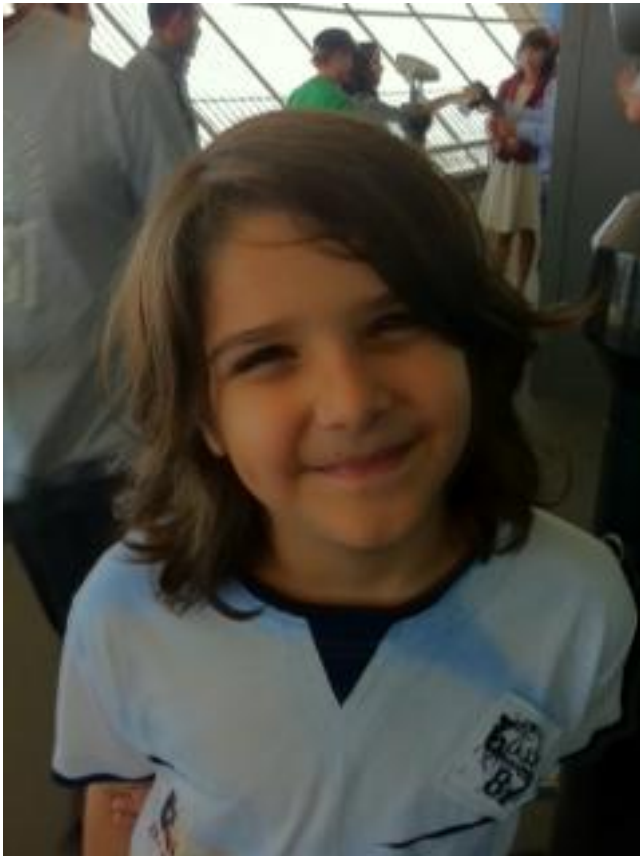


brothers, sisters, lands, animals, flowers of Japan
the waters, the rubble
took you away so quickly

A child with a pebble in her hand
Walks near the ocean
Popoki's banner with many words of hope
you are here with us
our words our stories carry you in all corners of the earth
today and tomorrow

Reading Popoki's friendship story helped me have joy. I remember both the people who were taken away from us but also all the people who had lived through a disaster who found the strength to send good wishes about others who also faced the disaster

and the nuclear plants' accident. Popoki's friendship story connected children from different parts of the world (like Czechoslovakia and Kobe) with children and people in Tome city, in Iwate Prefecture, in Sendai City. Popoki, thank you for making it possible to see the ways we are all connected in life and the ways we need to change our world for peace.



ALEKSI CHRISTOS KILLIAN



POPOKI



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

THANK YOU FROM
POPOKI!!

