



**It is autumn. The smell of the wind, glitter of the sunshine, sound of the rain....  
Popoki takes his time and observes autumn. It is a busy time for humans, but we  
hope you find some time to feel 'autumn'.**

## Popoki's Hot News!



**NEW**

### Event: Thinking about Health and Peace with Popoki!

On 10 October, how about joining Popoki to think about health and peace? What is the sound of your body? How does it smell? What color is 'health'? One key to enjoying every day is to be aware of your own health. And that relates to peace, too! More information on page 8 of this issue of 'Popoki News'.

### Pieces of Peace



One of Popoki's friends, Mayu-nyan, sent the following piece of peace:  
"It is peace for me that I can express thanks to my surroundings."  
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.

### Studying this Autumn!



Popoki will be going to the US in October, and in November will attend a symposium in Shanghai and an international conference in Japan to report on the Popoki Friendship Story Project.  
Please see "Please Join Us" for details.



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>

\* You can purchase a copy at the Kobe YMCA!

## Popoki in the Philippines in summer of 2012

Ari-pan-nyan

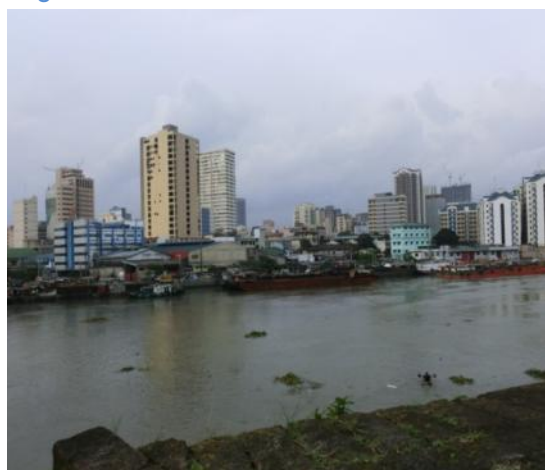
It is summer, 2012, and our trip is about to begin when news about the flood in Manila appears on TV. At this time, I am sure...I want to go to the Philippines with Popoki!!!

August 9, I had originally planned to participate in a study tour to the Philippines to conduct fieldwork. I had been so much looking forward to going there before I heard the sad news, floods in the Philippines!! Pictures of water flooding and rising up to people's waists had a strong impact on me. In a way, floods are common disasters in the Philippines, and as I was watching people's responses there, they didn't seem to be so much in shock.... However, I felt I wanted to do whatever I could. It was then I decided I was going to bring with me Popoki's long, long cloth and a set of colorful markers!!

On 16 August, I arrived in Metro-Manila in the Philippines. I was honestly surprised by the unchanged scene of the city. I knew that the biggest damage was in the northern parts of Manila, but I didn't expect the difference between the center and northern Manila to be so big. Yes, I could see that on some streets closer to the sea or in the northern parts there was much more garbage than usual, but that was it. When I asked a woman in a shopping mall "Did you suffer a lot?" she answered something like, "No, we were without any problem." In the end, I didn't have any chance to see the damage from the floods (maybe luckily), so my interest little by little changed direction to something else.

The study tour program set for us was to get closer to some particular social problems in Manila, for example understanding the gaps between upper and lower classes, meeting with former sex slaves (comfort women), looking at issues like nuclear power, military bases, and even international aid. We also got a chance to talk to some activists dealing with these problems. To be honest, the stories I heard there were not that what I had expected, because I had heard them many times in my university classes. There was one word that every one of the activists who spoke to us would mention and that impressed me a lot...and that was the word 'peace'. But after all, I realized words like "for peace" or "no peace where there is no justice..." were difficult for me to accept. It was probably because when I heard words like demonstration or opposition movements I thought of all the emotions like anger, hatred, and sorrow. I understood that the peace they want to have probably would not come without those feelings, but for myself I could not accept that. That was my big dilemma during this whole study tour.

When I was suffering from it, the day, 22 August, was coming. We were going northwest of Manila to East Riverside Community where there was a slum. The community is located near the big river for which it is named, and it is in a dangerous place because the river often floods. Some poor people who live in cities in the Philippines do not have enough money to rent residences, so they have to live in these dangerous vacant places illegally. I had heard East Riverside had been severely damaged, so I wanted to go to see the effects of the disaster made by not natural forces, but human ones. However, when I arrived



there, I was surprised again. This was because more of the rubble and garbage had been disposed of than I had imagined. There was still some rubble and garbage on the side of street and some spots in the community, but the picture I watched on TV in Japan made me imagine a harder situation. Someone told me that staff of a daycare center located in the community and residents had worked hard to clean their community. This story made the greatest impact on me of the whole trip. I was amazed at their power which could clean their community like that in only 12 days.



※The picture on the left was taken by a member went earlier on 10 August, and the one on the right was taken by me on 22 August.

However, when I walked in the community, I found some houses that had not been washed away but had marks left on the wall of the 2nd floor by the flood water. I also heard some residents were lacking supplies, because almost all the furniture and food in their houses had been swept away. This fact showed me the traces of the flood that attacked the community.



The cloth was spread out in the daycare center so that residents could draw some pictures. Those drawing were my friends participating in the same tour, the staff, and residents who came to the center. More of them were adults than children. Their pictures included some characters, flowers, and sunny scenes which were not associated with the flood. These pictures were so beautiful, but the picture that impressed me most was the one that a middle-aged man drew, a picture of their community, East

Riverside... It was so beautiful; you could not tell it was a slum. I was not there when he drew it, so I could not talk with him. I have wondered why he drew their community like that. I told someone about the picture after we came back to Japan, and one person said that the picture showed his desire, and another one said that in his eyes, the community was like this. The truth is not clear yet.

Looking back, I now think that the man and other residents living in East Riverside also have all the emotions like anger, hatred, and sorrow, though



they did not show them. In this trip, I saw 2 types of processes through which peace was constructed, but they were actually much closer to one another than I had thought. I do not know why I reacted to them so differently, but maybe it is related to how I think about “peace”. “Aaah, Popoki! There remain many things I don’t know or understand...(;—)” I whispered in my mind, and Popoki and I left the Philippines,

Lastly... the cloth drawn this time was such a success and some members of the tour proposed to give it to the daycare center. But, I wanted to bring it with me to Japan...and connect it with other cloths, so I came back with it. I hope it held people in the Philippines and Japan to understand each other.

### Popoki in Otsuchi-cho 2012.9.8-9

Text: Ronni-nyan, Photos: Sato-nyan

9 September 2012, Otsuchi-cho, Iwate Prefecture. This time, we helped with a flea market organized by an NPO called 'Tsudoi'. Popoki's space was next to student volunteers from Kobe University who had come on a university-sponsored Volunteer Bus, and were making sandals, towel elephants and providing a foot bath and massage. People from Otsuchi-cho sold crafts they had made, locally grown vegetables, and other things. It was great weather, and we all had a good time.

A big canvas from the Pittsburgh Children's Museum. We decided to have people draw on it at the flea market. It will be displayed at the Museum in October. First, we needed to have a big Popoki.....







A friend of Popoki's, Dr. Michimata.  
His pediatric hospital was destroyed in  
the tsunami, but he has just opened a  
new one! Congratulations!!!



The huge tsunami engulfed the entire town (Photo: 2012.9.9) ↓





The wave came up to the 3<sup>rd</sup> floor and over the flood gates.



We learned so much from people of Otsuchi-cho this time, too.

We are so grateful.

It has been 18 months since the disaster, but there is so much to do.

We cannot do very much, but Popoki and his friends want to keep on walking with our friends in Otsuchi-cho.

We look forward to seeing you again soon!

Thank you!

# POPOKI'S EASY POGA

## Lesson 52

This month's poga is about strong backs, abs, and rear ends. 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, using your abs, raise your legs, rear end and tail up straight.  
(If you have trouble, leave your rear end on the floor and just raise your legs and tail).
3. Now, keeping your position, spread your legs and tail wide apart.
4. Next, bend your knees forward over your chest, feeling your back and rear end stretch.
5. Did it? Time for the 'success pose'.

Congratulations! You have successfully completed Lesson 52. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.



## Please join us!

**Next Po-kai: 9.26 Kobe YMCA 19:00-20:50**



10.13-14 Popoki's Friendship Story in Otsuchi-cho

10.18-21 Popoki at Pittsburgh Children's Museum

11.9 Popoki at Risk Management Symposium, Shanghai. Kobe University Campus Asia Program.

11.10 'Peace and Health Event' Hyogo University of Health Sciences, Chiiki Renkei Shitsu. Opens at 13:30, program is 14:00-16:00. Po-kai staff, meet at 13:00.

11.24-28 Popoki's Friendship Story at IPRA Conference, Tsu City, Mie Prefecture. (Popoki's session is 11/26).

2013.2.23-24 Popoki in Tohoku (Tentative)

2013.3.23 Popoki at International Rotary Conference, Yoshima, Kagawa Prefecture

# Popoki in Print

- R. Alexander. "Remembering Hiroshima: Bio-Politics, Popoki and Sensual Expressions of War." *International Feminist Journal of Politics*. Vol.14:2:202-222, June 2012
- "Article 9 is at the base of Peace with Popoki" *Kodomo to Mamoru 9 jono kai News*, No.66, 2012.5.12
- "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](http://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?'" 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: [blrhyg@osk3.3web.jp](mailto: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 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](http://popoki.cruisejapan.com/archives_e.html)





## What Popoki Means to Me

Taro Taniguchi

I have not met Popoki face to face.  
But he leaves a heartfelt memory.

“What color is peace?”

These words stay in my heart like a cute scar that a cat leaves on a wall.  
I had never thought about the color of peace.

Especially, as a graduate student, I was trying to consider peace as complicated and tried to express peace in an academic context. As a result, I was at the mercy of the abstruse term.

Popoki's question reminded me of a feeling that I had forgotten. It is more than thinking about peace in rational terms. The feeling is more than the feeling that excites the senses.

For instance, suppose you are in a room doing physics calculations such as how much pressure is on a person's body when the wind blows on him. Thirty minutes later, you will go out through the door and go to buy a coffee because it was so difficult and you cannot solve it at once. Then the wind blew toward top-heavy you, and it came up through your clothes. You feel so comfortable.



If you feel good, you feel less stressed. After the break you try again to answer the question you had been working on. You find that in fact, the question is not so hard.

“What color is peace?”

These words make me to think that I can touch to 'peace'  
I am glad to have met 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](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@gmail.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:

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!!

