



Popoki is ready to enjoy the holidays and hopes you are, too!  
He sends hugs to everyone, and wishes you a safe, healthy and warm end of 2013.

## Popoki's Hot News!



### POPOKI'S PEACE BOOK 3!



We are working on the publication of the third book in the Popoki's Peace Book series, *Popoki, What Color is Genki?*  
You can look forward to reading it early next year!

### PIECES OF PEACE



One of Popoki's friends, Sato-nyan, sent the following piece of peace:  
"Making New Year's cards. I feel happiness when remembering the faces of all my friends. "

What sort of 'peace' did you encounter today? Please contribute a bit of peace! Please let us know by sending a message to Popoki's e-mail.

### 100 ISSUES OF POPOKI NEWS!



Thanks to the hard work of many of Popoki's friends, this is the 100<sup>th</sup> issue of Popoki News! Sometimes it seems like too much work, but your comments make the effort worth it. Thank you! See you next year!



### I have a facebook page! Please have a look!

[www.facebook.com/pages/Popoki-Peace-Project/1384738958444817](https://www.facebook.com/pages/Popoki-Peace-Project/1384738958444817)

### 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'S 2013

- JANUARY** Participation in Hanshin-Awaji Earthquake Exhibit (Kobe)
- FEBRUARY** Popoki's Friendship Story Exhibit in Otsuchi-cho, Iwate Prefecture  
Popoki's Mini Peace Film Festival (Kobe)
- MARCH** Popoki at Hyogo Prefectural Rotary Club (Kobe)  
Popoki's 3.11 (Sendai)  
Popoki at Rotary (RYLA) (Yoshima)  
Popoki at International Studies Association (US)
- APRIL** Workshop for New Nyans (Kobe)  
Popoki at Article 9 Conference (Kanazawa)
- MAY** Popoki at Rotary International (Hiroshima)  
Popoki at Hiroshima Jogakuin College (Hiroshima)  
Popoki at Kio University (Nara Prefecture)
- JUNE** Popoki at Nada Challenge (Kobe)  
Popoki at Kodomo no Sato (Osaka)  
Popoki at Hiroshima Jogakuin College (Hiroshima)
- JULY** Popoki at Sakamoto Ryokan (Ishikawa Prefecture)  
Popoki at Osaka Lawyer's Association (Osaka)
- AUGUST** Popoki's 8.6 Shadows and Skype (Kobe)  
Popoki at International Understanding/Development Education Seminar (Kobe)  
Popoki in Otsuchi-cho (Iwate Prefecture)
- SEPTEMBER** Popoki in Guahan/Guam (Guahan)
- OCTOBER** Popoki at Article 9 International Conference 2013 (Osaka)  
Popoki at Global Article 9 Conference 2013 (Osaka)  
Popoki at Aboshi High School (Hyogo Prefecture)
- NOVEMBER** Popoki's Peace and Health Event at HUH5 (Kobe)
- DECEMBER** Popoki's Friendship Story in Otsuchi-cho (Iwate Prefecture)  
Popoki at Kobe University Gender Equality Office International Conference  
Popoki at Human Rights Now Kansai Group 5<sup>th</sup> Anniversary (Osaka)

Thank you for your continuing support and  
Happy holidays!



## What's the color of health?

—Hyogo University of Health Science, Project for community cooperation  
16 November

Hayashi-nyan

We had a workshop about “health” and “peace” with people from a wide range of ages—from elementary school students to the aged— at Hyogo University of Health Sciences on a balmy autumn Saturday. After Poga during which participants shyly touched their neighbor’s knees, their serious looks turned cheerful and expressive. Before that they listened to a reading of “Popoki’s Peace Book” very seriously. In order to form groups, we used the names of animals. Children demonstrated a “dance” for the group animals, like elephants, cheetah, and monkey. That made the participants become more relaxed.

In an activity in which participants looked at pictures and assigned “health (*genki* in



Japanese)” or “peace” to each one, lively conversations occurred because of the variety of reactions to the pictures. Through this activity we were able to enhance our sense of health and peace, so we went for a walk outside in order to collect the images of health and peace which would be painted on the large “peace maps”. I walked along the seaside promenade and talked

with anglers. This walk made our group preoccupied with talk of fishing. At the same time, we arrived at the vision of the “peace map” on which we can express our high value on time, feeling and space for enjoying such fishing. In the process of drawing this map, members of my group realized that we should add waste, which does not seem to be related to health nor peace directly. Drawing maps contributes to our bird’s-eye perspective to grasp the underlying issue.







Personally, I took my 6-year-old daughter to this event. I learned about the thoughtful attention of *Nyans* for children or the aged very much - They paid attention to my daughter more delicately than to me. Their considerate attitude and conduct gave me an insight for the way to approach the people in the Tohoku Earthquake area who find it difficult to accept the aid of volunteers, especially single elderly men.

By the way, because my daughter is not good at drawing, she had a feeling of regret about the peace map. So she was drawing cats for a few days. After that, I was presented with a card in which she drew more elegant cats than those of the peace map. And because she was very glad to be a big hit for her elephant dance, she was dancing it for a few days as well. Outside the scope of adults' sensitivity, for children Popoki events seem to produce minor mental footholds for them in their day-to-day lives.





## \*Popoki's Interview\*

☆ **We visited Guam** ☆

~Field work in Guam, September 8th~17th  
suzanka-nyan

Last month, Popoki's friend Aastha-nyan explained about the purpose of our field work and what all we learned, and also she introduced an interview with Cara from We Are Guahan. We could also meet many other people and experienced lot of new great things, Here are some of them!



What are your memorable moments in Guam, Senchan?

I especially remember when we talked about Popoki's peace project with high school students at Southern High School, especially their serious faces.

That's right, They listened very carefully.

Introducing Popoki, yomikikase (reading from Po-books), then we divided into groups and tried to think about 'What is important for peace?' using a card game. Each of them has her/his own opinion. There were a lot of new ideas: we could discuss and learned from each other. They enjoyed the time so much, and so did I.

Me too. Although sometimes it was difficult for me to express myself in English, Tecchan...but you did your best!!~☺☺





**How about you Suzanka, what are your memorable moments from Guam?**

**I have many, but I really enjoyed when Michael Lujan Bevacqua-sensei, professor at Guam University, took us to the Chamorro Ancient village 'Pagat'.**

**It was such a beautiful place, with beautiful nature, with lot of relics and 'Latte Stones' remaining. It was a very spiritual place, wasn't it?**

**Yes, Michael-sensei told us that you can feel the spirits of Chamorro ancestors there.**



**Photo: Ancient mortar**

**I could also hear some special sounds in the forest that I've never heard before. There was also such fresh air~~**

**I remember a smell of the sea.**

**Yes! When we got through the green of Pagat, the beauuuutiful bluuue sea spread in front of us.**



I would like to try to swim there, I want to swim there, But to jump from the cliff is dangerous Senchan,

But, it's really amazing how Chamorro people could choose a place like this, It is a place perfect for living...with a deep forest, and the sea, and with a cave.

Oh, yes, Pagat cave was used, when a typhoon came, right?

Yes...people could hide there at any time they felt a danger, Water there also seems to be very good! We also entered the cave and swam there...my first experience to swim in a cave!! The water was cold, but clear~I guess it was much clearer a long time ago, when people lived there~😊😊

But, I am really glad that such a important with such a long history like Pagat, didn't become a firing range for US military! Me too! Me too!

I also think so! Eh? Popoki, you...here? Of course! I was there...😊😊😊

Hope, we can come back some day.

Michael-sensei, thank you! We could learn a lot about Chamorro people, history and culture.

Also, special thanks to Kranz Ward-sensei, Kranz-Kushima Kayoko-sensei and all the students at Southern High School, We were happy to spend time together.

~HAFA ADAI~



# POPOKI'S EASY POGA

## Lesson 67

This month's Poga is about relaxing!



1. As always, begin with sitting up straight and making yourself look thin.
2. Stand up and raise your arms and tail. Now, open and close your hands, stretching your fingers wide and then making a fist.
3. Now, standing on your left leg, raise your right one and shake your ankle and tail. Try moving it in circles, too, but be sure to go in both directions.
4. Now change legs.
5. Did it? It is time for the 'success pose.'

Congratulations! You have successfully completed Lesson 67. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

## Please join us!

**Next Po-kai: 1/21 Kobe YMCA 19:00- Rm.304**

**2014.1.10-19 Popoki at Kobe Earthquake Exhibit, Kobe Citizens Gallery, Kobe City Hall. Admission: free. 9:00-18:00**

**2014.2.22 Popoki's Mini Peace Film Festival. 13:00-16:00 Kobe YMCA 301**

### Popoki's Friends

**1.5-1.17 Linking Tohoku and Kobe with Kagawa Hiroshige's Giant Painting** 13 days (closed 1/6 and 1/14). Venue: Design Creating Center KIITO, Kobe. Hours: 11:00~19:00. TEL: 078-325-2201 FAX: 078-325-2230 Email: [info@kiito.jp](mailto:info@kiito.jp)

◆ Information <http://gallery-shimada.com/kagawa/> **Especially 1.11**

◆ 13:00~13:40 **Dance: 'Rite of Spring'**

**14:00~17:00 "From 3.11 to 1.17 ~ Young People Talk about Disaster and the Future"**

Facilitators: Ronni Alexander, Murai Masakiyo, director, NGO Collaboration Center for Hanshin Quake Rehabilitation, Nishigaki Chiharu, Professor, Kobe Gakuin University, Dept. of Physical Therapy, and Ken Sugiura, Director, Kwansei Gakuin University Human Service Center.

**1.12 Fukushima talk session at KIITO**



# Popoki in Print

**“Awards given to 37 groups Daiwa Securities Foundation” *Kobe Shimbun* (2013.8.23 p.8)**

- **“Reproducing ‘human shadows’ and asserting no nukes” *Kobe Shimbun* (2013.8.7 p.22)**
- ‘Draw inner thoughts about disaster’ *Yomiuri Shimbun* 2013.2.16:4 (evening edition; Japanese)
- “‘Safe’ and ‘Secure’ Society is from the bottom-up”, *Mainichi Shimbun Interview with Ronni Alexander*, 2012.10.29, p.1 (evening edition; Japanese)
- 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
- 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)
- “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: blrhyy@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
- 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)



**Popoki is concerned about Okinawa as well as Guam. The following is a message from Popoki's Friend Masa-nyan! Please read it, look at the web sites, and think about what you can do!**



## **An Urgent Appeal for the Preventive Action against Helipad Construction in Takae, Okinawa**

**Masahiro Igarashi**

**Professor emeritus, Kanazawa University and Kobe University**

Takae is a small settlement located in the northern part of Okinawa Island surrounded by a subtropical rain forest, called "Yanbaru". The population numbers about 160. Construction of six helipads for the U.S. Marines which surround and enclose Takae has begun. Takae is located just beside a U.S. Marine Corps Jungle Training Center. In this helipad project, Takae is going to be located in the midst of the Training Center. For some time, U.S. military helicopters have been flying over Takae, regardless of the time of day or night. People living in Takae have been holding a non-violent sit-in protest since July 2007. They want to "live normally in their own homes." They think that they will not be able to live in Takae if more helipads are constructed, as more helicopters will fly over there, and worse still, a new type helicopter, V-22 Osprey, will fly over there too.

Currently, in Japan, Takae is the only one place where people are fighting in order to thwart (not simply to oppose) U.S. military bases on a round-the-clock basis. Their bases-free struggle has extended over 7 years. However, their struggle has been virtually ignored even by Japanese mass media. The Japanese Government has perpetrated shocking outrages against them to put down their protest, by suing sit-in participants (even a 7-year-old girl who was not participating) for "blocking traffic." This case has been regarded as a show trial or "threat" for the protesters. This case is pending in the Supreme Court of Japan. This kind of lawsuit aiming at inhibiting or cracking down on public participation is called a SLAPP (Strategic Lawsuit against Public Participation) in the US, and is enjoined in many states in the US. Moreover, this kind of lawsuit is clearly contrary to the spirit of democracy. This case was instituted before the enactment of the "Specified Secrets Preservation Act" which is regarded as a revival of the repressive Peace Preservation Law (Maintenance of Public Order Law) enacted under the Japanese military governments during the war. It is anticipated that this kind of lawsuit will serve as a show trial and be instituted in various regions in Japan in order to oppress various kinds of public participation. The aim of the "Specified Secrets Preservation Act" is to deny the "right to know" of the public, and to change Japan into a "war-waging country" by oppressing civic movements.

We strongly call on all of you to know the current situation of Japan. We also urgently and strongly call on you to know the current situation of people living in Takae who have fought against government power regardless of the time of day or night for 7 years. So far, many young foreigners from such as Korea, US, Canada, Australia have also participated in this sit-in. However, we need many more participants for preventive activities in front of the base gates or observation activities on construction traffic. There are many other things you can do to assist indirectly. The struggle in Takae is sharply asking all of us to question our way of life and the meaning of democracy in Japan.

As to the current situation in Takae please see: <http://okinawa-takae.tumblr.com/> (Japanese only) and "A Targeted Village", a shocking documentary film portraying the Takae's struggle: <http://www.hyoteki.com/> (Japanese only)



# What Popoki Means to Me

Marie-nyan

The answer is to care for your friends.

During the last 12 months, I and Popoki -always sitting on my shoulder because it is very nice view from there, and moving his tail to try sensing peace around me- have studied international development in Norwich, UK.

Through this last year, I got to think about my friends and other people much through the study, which made my experience meaningful. I always try to think of others but this experience made me think of others even more because there are so many different people who I have met in UK.

When it comes to thinking about others, it sometimes sounds easy. For example, my friend asked me, 'What is an earthquake like?' What would you say?

On 11th of March in 2013, my friends and I held an event about the Great East Japan Earthquake in my university in UK. (You can also read about the event in Popoki News No. 92). The theme was 'Thanks from Japan.' It was held to show our appreciation to those who helped Japan during the difficult time, to remember what happened in the affected areas by having a photo exhibition about volunteering and to send messages from the affected people by slideshows.

The question, 'What is an earthquake like?' was a frequently asked question during the event. It is because not only students who study international development but also other students, lecturers and local people showed up at the event. Many of them have never experienced an earthquake before. They knew the fact that an unbelievable thing happened in Japan but their purpose of coming to the event was to learn how the affected people felt when the earthquake happened and in the aftermath.

Those people who hardly have any experience with earthquakes depend only on their imagination. At the event they stood glued to many pictures and interviews from the affected area for a long time. Then they said that 'I now see it really happened.' It must be even more difficult to imagine what happened in Fukushima nuclear plant accident because the information you could get is limited.

What I answered to the above questions was about the fear which I felt during the Great Hanshin Awaji Earthquake. I never forget what my body actually felt with the enormous pitch and shaking earthquake. What I remember is that I thought Godzilla was walking outside of my house. I was 7 years old. I raised my head a little to see the monster. But I was too scared to get closer to the window. Next, I was relieved that piano did not fall down on my



head. When my family and I were waiting for the earthquake to stop, we were freezing because we could not turn on the heater. I remember the smell of the bathroom. We had to open the bathroom door in case you get trapped in there.

As I gave this explanation, my friend seemed to be trying very hard to imagine what I experienced back then. After that, I got many questions from her. What I learned from the event is that feelings are important when you want to explain or to understand what your friends have experienced. Your body remembers all the details. Sharing those feelings with others helps understanding things you never experienced such as smells and sounds.

After this event, I got to think about many things. When I had a party with my friends, we started after sunset. My friend who was doing Ramadan at that time was very happy with this consideration. She said that to me later.

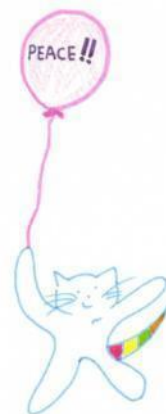
I would like to be a person who always cares about my friends all the time.



Photo: With my friends who cannot stop talking about international development

## 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 in 2012 published a 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's books 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.

### 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* and *Popoki's Friendship Story* 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](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!!