



**Rainy season is over in Kobe, and the weather is hot!
Popoki is good at finding a shady spot for a nap.
He hopes you can find one, too.**



Popoki's Hot News!

Popoki's Peace Book 3!

You can get copies of the third book in the Popoki's Peace Book series, *Popoki, What Color is Genki? Popoki's Peace Book 3* at your local bookstore (in Japan), from the publisher Epic (<https://bookway.jp/epic/>), at the Kobe YMCA or from the Popoki Peace Project! We look forward to your orders and comments.



Pieces of Peace

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



" My name is Federico. It is a popular name in Italy nowadays, but nobody knows the meaning of this word. It came from the ancient German language as a mix of two words: "frithu" which means "peace", and "rykya" which means "powerful". We can translate it as "peaceful ruler". I don't know if I am good at ruling but for sure I know that I am indeed peaceful and I try every day to give a slice of my peace to others. That is my way to spread happiness, sharing peace".

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.

Popoki has a facebook page! Please have a look!

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!

Report: "Popoki, What Color is Genki? Thinking about peace and health"

By Kaonyan

We did various things using the book "Popoki, What Color is Genki?"

First, Satonyan made an introduction. Second, we chose our location between *genki* and not *genki* using a rope, and told the reason for that location, too. But I couldn't say why, and I was ashamed. Third, we drew and talked about whether the drawing was about peace or about *genki* in groups. Fourth, we put down cards according to needs, and explained the arrangement of the cards. Fifth, we drew pictures of towns or gardens. Finally we talked to each other and the event ended. Sometimes I was happy and sometimes I was ashamed, but the members of the group made me feel better. I got an autograph on my book, too.

Note by Hayashinyan: On 13 June, at Gran Front Osaka, we held "Popoki, What Color is Genki? Thinking about peace and health." Satonyan facilitated this event with 15 participants.



Seeing if we are *genki* or not



The picture of a crayfish I made for the town drawing



Kobe YMCA Sannomiya Center, Thank you!!!



**From the very beginning,
Popoki Peace Project has received
support from the Kobe YMCA
in so many ways.
The Sannomiya Center we have used for many years
will be closed at the end of the month.
Popoki will walk together with
the Kobe YMCA as it begins its journey
toward a new dream.
Sannomiya Center,
Thank you!!!!**



At our last Po-kai at Sannomiya Center, everyone expressed their thanks in drawing.



Popoki makes new friends in the United States

Kiki

** Popoki's friend Rebecca-nyan introduced him to Kiki, a woman in California who works with people with dementia, and Kiki tried reading Popoki What Color is Peace? Popoki's Peace Book 1 with some of her clients. Here is her report. (Ronyan)*

I've had a great time reading Popoki to two friends in the Health Center. Both have difficulty remembering, but remembered that they had cats when they were children. I hope you enjoy their responses. Unlike my expectation, the small print and illustrations did not seem at all distracting to them.

Cover: They noticed the colorful Popoki tail right way. Both seemed even more interested in his name and liked saying it.

pp 4, 5: They noticed the different colors of the eyes. There were great smiles on their faces as they recognized the different colors.

p10: They liked the idea of a thud, but didn't seem to connect it with the sound of peace.

p 11: They loved talking about kneading and purring loudly. We tried purring together. One woman challenged the assertion that, "This is what he does when he feels happy and safe." She asks of the author "How would she know?" But then she was more accepting of the usual ending, "*I wonder* if this is the sound of peace."

p 26: They liked the idea of smelling the wind. "People don't smell the wind very much but cats can do it."

p 27: Can a society that disregards living things be peaceful? This was discussed. "Yes, if they don't stop to think about it.... If they stop and think they're less likely to do that... Older people have time to stop and think."

p 32-33: Is peace being able to be alone? "Yes, if not completely alone. Popoki has someone who feeds him and cares for him." Is peace being able to take a bite out of ...when you're not allowed? "Sure, why not?"

p 39: Joining together for singing. "Singing together makes you laugh."
Are music and art necessary for peace? "Yes, they help me feel peaceful."

We just read different pages as we turned to them and if there was a response, we stopped and talked. They really enjoyed the variety in text and illustrations. I am impressed with the imaginative questions and I think they are too. There was more smiling than usual as we turned from page to page.

Popoki joins a demonstration in support of Gaza

Ronyan

On 20 July, Popoki and his friends joined a demonstration in Kobe. The purpose was to call for an immediate end to Israel's attack on Gaza and to call on Japan to stop military cooperation with Israel. The Popoki Peace Project has held two study tours in Palestine, and we have seen violence by the Israel Defense Forces that happens on a daily basis in Palestine, but goes unreported in the mainstream media. But violence is not, and cannot be, a solution. We marched for a real peace without violence.



Popoki in Fukushima Part 3

Ronyan

From 9-11 May, Popoki and I went to Fukushima. Our guide was photographer Morizumi Takashi, and he took us to learn about the impact of the Fukushima Daiichi Nuclear Power Plant accidents. I have been sharing my thoughts in a series of essays. This one, the third in the series, is about 'decontamination'.

The Fukushima Daiichi Nuclear Power Plant accident contaminated a wide area within and outside of Fukushima Prefecture. The contamination was caused by radioactive particles released at the time of the explosions, particles that fell with the rain, particle blown by the wind.... The particles differ in composition, and contamination occurred in different ways and to different degrees in different places. The contaminated areas include natural areas with mountains, valleys and forests, agricultural and recreational areas with fields, rice paddies and parks, as well as areas with houses, hospitals, local government offices and other places where people live, work, and play. In the exclusion zone, there are ghost towns where all the people have left and everything stands just as it was at the time of the accident.

Currently, decontamination is being conducted in order to make it 'safer,' or to allow people to go back to their homes. According to the Japanese government, there are three kinds of decontamination: removal, blocking, and distancing. What I saw in Fukushima was 'removal,' which is "removing radiation from inhabited spaces by scraping away soil to which radioactive substances have become attached, removing fallen leaves and branches, cleaning the sides of building, etc". (http://josen.env.go.jp/about/method_necessity/decontamination.html 2014.7.22)

In most cases, the contaminated soil is for the time being to be stored in the location it was taken from because there is so much and nowhere to take it. When you go to Fukushima, you can see big objects covered with black plastic everywhere. At first I was a little bit afraid. But then I became accustomed to it, and that is actually in some ways even more scary.



This photo (left) shows the first decontaminated soil I encountered. It was on the side of the road next to an apple orchard, across the street from some temporary housing. I thought to myself, "Is it okay to leave these things so close to where they are growing food???" People had told me, 'they can't really decontaminate everything' or 'there isn't really so much difference after decontamination'. I guess that as long as they leave

trees or houses, the radiation will remain, too, and rains or wind could cause re-contamination. I'd hate to have to live next to those bundles. It must be awful for those who have relocated because of radiation!"

We went to check out the coastal tsunami damage in Minami Soma City. There were black bundles there, too. →



When we were heading for Namie town, the side of the road was an endless stream of bundles (below).



A storage area was being built on the top of a hill at the litate Town dump. The top of the hill!?! I am no expert, but it would seem that rather than the top of the hill, a low place which is not exposed to the wind would be better.

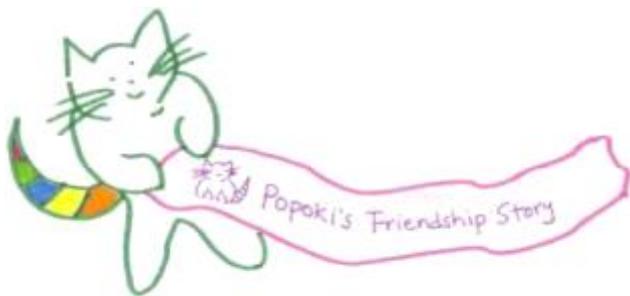


We stayed in Fukushima City. I took a walk and in the center of town found the sign (right) saying that decontamination would be conducted until 30 September. I thought Fukushima City was supposed to be 'safe' - not contaminated and a destination for those who had to relocate. I had a simple question. "If it's safe, why do they need to decontaminate it? Especially for another six months?"



Recently, even as they continue with decontamination, former residents are being urged to return to places that have been decontaminated. I think that many people must be torn – wanting to return but feeling anxious, trying to balance economic concerns, lifestyle and health. If it were you, what would you do? There are 54 nuclear power plants in earthquake-prone Japan. With the exception of Okinawa, everywhere falls within 100km of a nuclear plant. This is not just Fukushima's problem.





Popoki's Interview

Talking with residents in a temporary shelter in
Kojirahama, Kamaishi City, Iwate Prefecture
Hayashi-nyan

From 14 – 19 March, I went to Otsuchi and Kamaishi in Iwate Prefecture through the Kobe University Tohoku Volunteer Bus program. They have 49 houses in the Toni-Kojirahama temporary shelter in Kamaishi-City. Almost all of the residents worked in fisheries in the same community so they remain well united. Women chat in the lounge of the shelter, the same as in other shelters. Men generally prefer to go to the prefab “laundry room” set up around the gate of the shelter,

and enjoy conversation and cigarettes there in spite of a no-smoking sign. This place where the men gather resembles a “*ban-ya*,” a fishery shed. Fishermen come together to the *ban-ya* before sunrise to prepare for fishing, and chat around a bonfire. I have observed that residents in temporary shelters deal with various problems at tent sheds like *ban-ya*s. I have the impression that men living in these shelters can be more relaxed in their everyday life if they have spaces like *ban-ya*. Actually the leader of this shelter is a courageous woman.

I interviewed three ex-fishermen at the shed, Mr. Shiro MISE (born in 1931), Mr. Tsuyokazu KAWAHARA (born in 1935), and Mr. Kichisuke OIKAWA (born in 1932).

H: Can you tell me about this area before and after the earthquake?

M: At the time of the World War II, we had 70 first graders at the primary school, but nowadays we have only four. No women marry with young men from this area. Though I was popular with young women, fisheries have become unstable jobs now. In this Toni-area, at the peak, we had 300 wakame seaweed mariculture fishermen, but now after the quake we have only 60. In the same way, scallop mariculture fishermen have decreased from 200 to 40. Many fishermen in their fifties or sixties are single these days.

H: Will you tell me about WWII?

O: We had anti-aircraft guns in Kamaishi. But these guns were not able to reach the aircrafts of the U.S. army. And their planes were faster than our shells. They shot us from a height



where we could recognize the shooter of the machine guns in the aircrafts. At night they bombed us from B29s. First they scouted our situation, and then they bombarded Kamaishi with shells from their ships. Every time they found the shadow of a person, they shot at us with their machine guns. When I was 16 or 17 years old, I went to Palau and the Philippines for tuna fishery as a civilian in the military service. My two elder brothers were killed in the war.

M: My elder brother died in the war, too.

O: A stupid war. It is totally absurd. We should have surrendered quickly because we did not have any resources for war. Everyone's eldest son here killed in the war. At first we had the war. And then, when I'm in my eighties, I experienced the tsunami. During wartime we had 700 pupils in the primary school, but we have only 60~70 now. We cannot get our population back. We have no places to people to work. Our young people cannot marry.

H: Will you tell me about the tsunami?

O: We overestimated the strength of the 11 meter high seawalls. We built our houses near the seaside because of the seawalls. Damn seawalls. We were deceived by the seawalls. We should be leveling the hills to build houses on high ground instead of building seawalls.

H: How about the process of recovery?

M: Construction of disaster public housing isn't making any progress at all. Costs of materials and land are soaring. The developers found that the actual cost of the public housing in Kamaishi would be 1.5 billion yen instead of the estimated 1 billion, so no developer has made an offer. If things go on this way, I may go to the afterlife directly from this temporary shelter. An architect in Tokyo designed the public housing too elaborately. For example, he tried to a conserve a traditional warehouse made of rare rock by incorporating it into the center of the housing project. It will be hard to build and there is no profit, so no developers want to do it. The construction of that public housing is already a year late. Astonishingly, the architect got a design fee. A steep rise in prices of materials because of the 2020 Tokyo Olympic means that there are no more subsidies for individual reconstruction of housing. No one praises the Olympics. No one needs such splendid public housing because we will only be alive for 5 or 10 years after we move in.



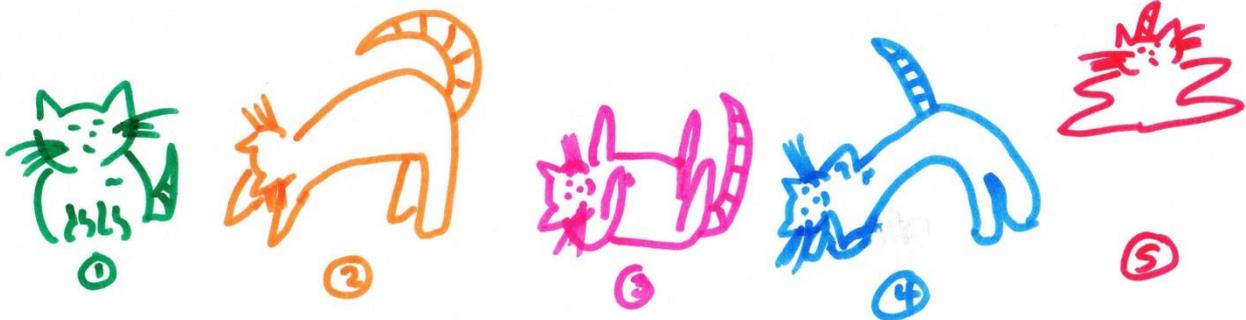
No projects that were executed with experts from universities have ended successfully in Kamaishi. The projects for sturgeon and *matsukawa*, a rare fish, mariculture have failed. The iron monument of a seagull at the Kamaishi station is a symbol of these failures. We never see rusted black seagulls in real life. But the cost of relocating this iron seagull is high, so Kamaishi City just leaves it there. A project to develop a ranch in Naranokidaira Hills failed because of beef liberalization 15 to 16 years ago. In addition to that, the influx of muddy water, an outgrowth of oak lumbering, dead scallops in the sea.... All the projects that were planned with university faculty have been failures in Kamaishi City.

H: Thank you so much for sharing such valuable information.

POPOKI'S EASY POGA

Lesson 74

This month's Poga is about surviving the heat!



1. As always, begin with sitting up straight and making yourself look thin.
2. First, place your hands on the ground and make an arch, as if letting the wind go through a tunnel.
3. Next, lying on your back and reach up with your arms, legs, and tail, concentrate on finding and feeling a breeze.
4. Finally, put your hands on the ground by your ears. Next raise your body into an arch. Don't forget your tail!
5. Did it? It is time for the 'success pose.'

Congratulations! You have successfully completed Lesson 74. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

Please join us!

Next Po-kai: 9/12 Kobe YMCA College (New location!) 19:00-20:30

8.5 Popoki at the Seminar on Education for International Understanding, JICA Kansai, 15:00~16:30

8.6 Popoki's Hiroshima Day shadows and skype. Gather at 8:00 at Ikutagawa Park. Skype at 9:00 at Hiroshima YMCA College, rm.209.

8.27 Popoki at teacher & staff training workshop on sexuality, Toyonaka City No.14 Junior High School. 10:00~12:00.

10.5 Peace and Health Workshop. Hyogo University of Health Sciences.

From Popoki's friends

Raisins from Afghanistan Project (CODE): The amount of the grapes is increasing year by year with the project. We want many people have chance to taste the Afghan grapes and we have finally begun importing their grapes as raisins. The grapes are dried in the sun in Mir Bacha Kot by the grape farmers and delivered to Japan Fairtrade Committee to get packed. The grapes have a naturally sweet taste with no use of agrichemicals or added substances. The profit goes to people in Mir Bacha Kot. You can order them from us or get more information from: <http://code-jp.org/afghanistan/index.html>

Land filling has begun at Henoko in Okinawa! The protest boat, *Heiwamaru*, needs repairs! Please help by contributing to the fund to protect peace and Henoko's ocean. ¥600,000 is needed immediately! Contributions can be made to Yucho ginko 17000-1378241 or Ryukyu Bank Omiya Branch regular account 578229 ハイワマルキキンダイヒョウナカモトコウシン (Heiwa maru kikin daihyo Nakamoto Koshin). Heiwa Maru Kikin, 526 Yabu, Nago City, Okinawa Prefecture, Japan 905-0007.

Popoki in Print

ESD Digital Archives, Kansai Council of Organizations for International Exchange <http://www.interpeople.or.jp>

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- “Awards given to 37 groups Daiwa Securities Foundation” *Kobe Shimbun* (2013.8.23 p.8)
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- “Hope on 60 meters of cloth” Etsuko Akuzawa. (In Japanese) *Asahi Shimbun* 2012.1.21
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- ‘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
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- 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

Marie-nyan

What does Popoki mean to me? I wonder if the answer might be to be able to stay with Popoki anytime. Here 'To be able to stay with Popoki' means to think through what you feel with your body.

After a long time of being a student, I started working with a local NGO this year. It was not how I expected to get a job. I always wanted to work with an NGO but I assumed that it would be very difficult for people without working experience like me to get an NGO job as their first job. But this opportunity came to me at an event I attended.

Since I have started working, I am sometimes scared that I might have forgotten Popoki or that I have a sense of distance from him.

This is partially true. As a working person, there are schedules and rules to follow. It is not like the free time of a student. When you ride this wave of the society, you might lose time to just sit and think. When I was a student, I liked sitting in the shade and not thinking about anything, just hearing the sound of wind. I also liked going to my favorite and also secret spot in the university and hiding from everything in my life. I believe that those times are important for people in order to develop their emotions, senses and new ideas.

However I get the impression that many people in the society focus on how effective you can be in your life, which means how you can expend less energy or spend less time on something every day. In this sense, you unconsciously put effort into reducing the unnecessary-ness from your life. Think about the case of an urban area like Kobe. For example, Sannomiya does not seem that it has unnecessary-ness at first glance. The connections between places are always set up to be short, easy and smooth. You do not have to hear, see or smell the unnecessary-ness. Everything is convenient but there are many things you cannot see unless you try to see them. Especially the negative parts of the city are likely to be hidden in this way.

I call this 'unnecessary-ness' but is it really unnecessary? For example, can you find the nice smell of flowers in a city? Can you see a big sky in a city? Do you remember colors, sounds or smells when you commute every day? Not only the fact that people live busy lives, but also the way the whole society is organized makes people not see many things.

I like looking at the moon on the way back home every day, but I just cannot remember when is the last time I looked at it. At these times, I feel a distance from Popoki. Tonight I am going to see the moon with Popoki.

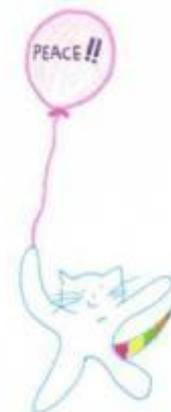


The view from Kobe Station. I think it is wonderful the city is getting organized but the more it is organized and developed, the less you see?



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 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, Popoki, What Color is Friendship? Popoki's Peace Book 2, Popoki, What Color is Genki? Popoki's Peace Book 3* 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

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