



**Halloween! Popoki likes the pumpkins, but he is afraid of the ghosts. We hope you have a safe and enjoyable Halloween and for those of you in the northern hemisphere, a great harvest season, 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, *Bashir-nyan*, sent the following piece of peace:

"I don't feel peace when I fail to fulfill a commitment to someone due to whatever the reason is, but I feel absolute peace when I get a chance to do it again. My mind becomes more peaceful when the person kindly understands and accepts the reason for my incapability."

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 new videos!

Please have a look on his HP or Facebook page!

URL: <http://popoki.cruisejapan.com/videos.html>



### 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 too!**



## Peace and Health Workshop (October 5th, 2014)

Ana-nyan



On a nice but windy Saturday afternoon, Popoki member Sato nyan facilitated a Peace and Health workshop held in Port Island at the Hyogo University of Health Sciences. I was quite excited to join this workshop as it was held at one of my favorite places in Port Island, which is also the place in which I reside. It's such a beautiful university with its coconut trees lining the exterior of the campus and the sea close by with a great night-view of Harbour Land. I

was not quite sure what to expect of this workshop, although I knew that 'Peace' and 'Health' were topics of great interest to me as issues regarding these topics are the roots to ones' well-being. Some questions that served as a theme for the workshop were, "How can we feel safe when a natural disaster occurs?" "What should we do to feel more safe and secure?"



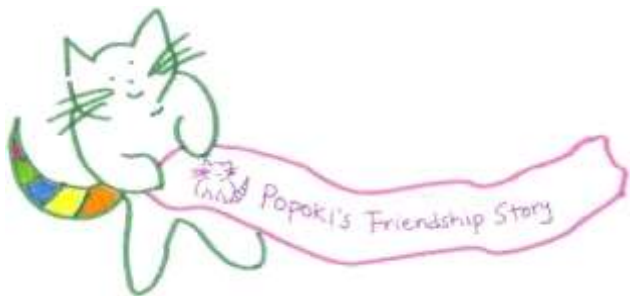
As a foreign student living in Japan, these questions were very important to me as it is sometimes challenging to feel safe in a place where the spoken and written language is not familiar at all. However, as an after-thought, I think that if a disaster were to strike, skills in the Japanese language will probably not be as relevant as "know-how" of how to minimize the risks of injury or death. Moreover, in addition to knowing how to minimize risks in the face of natural disasters,

I believe that it is also important to be helpful to others close by who may need help. This, I believe, is how we can all help to create safety and security in the face of an earthquake, tsunami, mud-slide, flooding, typhoon, and so forth.



The day was filled with fun and interactive activities that made participants think more critically about how to answer the above-mentioned questions. Participants were also happy to share the evening with Ronni nyan the tiger, who was looking for a safe place to hide, since it was a little windy on this day!





## \*Popoki's Interview\*

Otsuchi Report 2014.9.19

Sato-nyan

I'm not sure how many times I have come here to northeastern Japan, but here I am again in Otsuchi-cho. Many friends greeted me and I felt the wind of the very pleasant northeastern autumn. However, the town does not show any signs of having recovered. It is impossible to tell if the process of landfilling is progressing. A friend told me that,



back to their houses to clean up and make the area around them look nice, but as recovery seems more and more distant and the future uncertain, everything seems futile and people have stopped coming and now everything is gradually sinking into disarray and ruin.”

At Shiroyama Park, we met an elderly man. He told us he had been opposed when they built the old seawall. "We knew that while the people inside the wall would be safe, Akahama, the town on the other

side of the bay, would be totally destroyed when the wave blocked by the wall came back across. This time, they are trying to make an even higher wall, and I am opposing it, but I guess they will do it anyway this time, too.” He also told us that all the places destroyed by this tsunami were all under water a long time ago – they were built on filled-in land. “People are more interested in making life more convenient for themselves, rather than in safety.”

Since the disaster, Ito Yoko-san has been working as a photographer. Last year, she held a photo exhibition in Germany, and we went with her to see a band concert by German and local Kamaishi high school students at the Mast shopping center. These exchanges would not have happened had there not been a disaster. Many people enjoyed the music and gave enthusiastic applause. New relationships and old memories form a continuing stream of important recollections.







One of the important purposes of this visit to Otsuchi was to see a festival, although unfortunately we could only see the festivities on the eve of the main event. Festivals are a community event, but now people are scattered into different temporary housing complexes. People of each community pull a float in their area, and dance. The dances of sacred dedication were quiet, but others were active. Members of each community sang and danced with serious concentration, showing



courage and humor. A toddler imitated the dancers, and each mistake and spill was greeted with huge smiles from those around him. At the shrine that night, I could feel the presence of the pre-tsunami community. This experience made me think again about what is important and what we should do for recovery.



## Popoki in Pittsburgh!

Ronyan

It is almost two weeks since Popoki and I arrived in Pittsburgh. At the University of Pittsburgh where I am a visiting scholar, I have been sitting in on lectures, talking with colleagues and students, giving seminars, and enjoying the library and facilities. I am staying with my sister and her five cats. Some are still afraid of me, but as the nights grow colder, I have begun to have feline visitors crawling under the covers in the middle of the night. Thanks to my sister, every day I meet new people and discover new things. We have been enjoying Pittsburgh's cultural offerings through jazz concerts, walks, exhibits and art, lectures, and yoga. I was delighted to be able to attend the reception for a Peace Quilt project at the Pittsburgh Children's Museum.



The project, sponsored by Remembering Hiroshima, Imagining Peace and the Museum, involved artists helping children to learn about Hiroshima and Nagasaki as they made shibori quilt squares, which were later made into quilts which will be taken to the NPT Conference in New York next April. As a member of the Japanese branch of Remembering Hiroshima, Imagining Peace, Popoki was very proud.

One thing I have really been enjoying is running every day. Pittsburgh has a lot of big parks, and many people and dogs enjoy walking, cycling and running. There is one very close to University of Pittsburgh so I feel really lucky. The weather and temperature are very unpredictable, but it is a good season for running. I am moved by the sight of the changing colors of the leaves and think back on a time long ago when illness prevented me from seeing, and took away color from my life. It makes me so grateful to be living in this moment!



Another interesting activity was a clothing swap. Sunday afternoon, while I cleaned the house, my sister made pumpkin pies and got her clothes ready. Later in the afternoon, people began to arrive lugging big bags. We began with wine, chips, and salsa and then someone stood up and said, "OK! Let's start!" She began to show each piece of clothing she had brought. Voices flew across the room. "What size?" "Does it need ironing?" "I'll take it!" The clothing gets passed around the circle until someone takes it or, if no one wants it, it gets put on a pile for a thrift shop. Laughing, people spoke of the '5-year rule' (if you haven't worn it for 5 years, give it away), getting thinner or heavier, changing fashions, lifestyles, and tastes. Changing jobs might mean different clothes, and this clothing swap was a place where the women shared not only clothes but also stories of their lives. It doesn't cost anything, so people can try a new image! "I got this at a clothing swap a few years ago, and



now I'm bringing it back...." I had nothing to swap, but gained a few items anyway. I think it would be fun to try in Japan, too.

The other day I had a special chance at the university. My host and colleague, Dr. Louise Comfort, wanted to give her students 'something special' at a class where they had to turn in a midterm exam. She asked me to do a workshop for an hour or so, and of course Popoki and I were delighted. I tried a new workshop on being and feeling safe. "Are you feeling safe now?" "What is the smell of feeling safe?" Using examples from their everyday lives and personal experiences, the



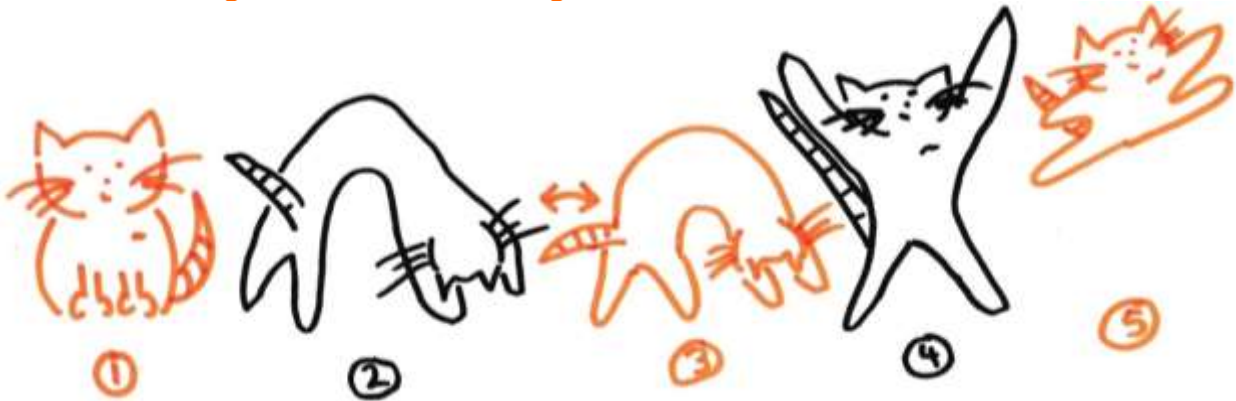
participants talked of food and families, important things, and situations where they feel safe. Many chose words such as trust, love, and also things like food/clothes/housing, laws, weapons (pens rather than guns) as being important for feeling safe, but rejected diversity and clean air & water. Perhaps it is because we tend to take things like clean air and water for granted and only recognize their importance when they are gone. At the end, everyone drew what they feel is most important for them on Popoki's Friendship cloth. Family, knowledge, peace.... Thank you for a meaningful class!



# POPOKI'S EASY POGA

## Lesson 77

This month's Poga is about stretching for Halloween!



1. As always, begin with sitting up straight and making yourself look beautiful.
  2. First, with your hands and feet on the ground, arch your back like a big, black Halloween cat.
  3. Next, swish your tail back and forth, left and right.
  4. Finally, stretch way up, looking toward the sky. Do you see any witches with broomsticks?
  5. Did it? It is time for the 'success pose.'
- Congratulations! You have successfully completed Lesson 77. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

## Please join us!

Following Po-kai: 11/11 Kobe YMCA College (New location!) 19:00-20:30 Rm.204

Late December: Ponenkai

2015.1.17 Exhibit in conjunction with the 20<sup>th</sup> anniversary of the Great Hanshin Awaji Earthquake (tentative)

2015.2.26-3.2 Popoki in Otsuchi-cho

2015.3.? Popoki's Mini Peace Film Festival (tentative)

### 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>

# Popoki in Print

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

- “Peace Picture Book Published – linked to disaster support in East Japan” *Kobe Shimbun* (2014.3.25) KIHARA Kana
- “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](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)
- “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
- 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

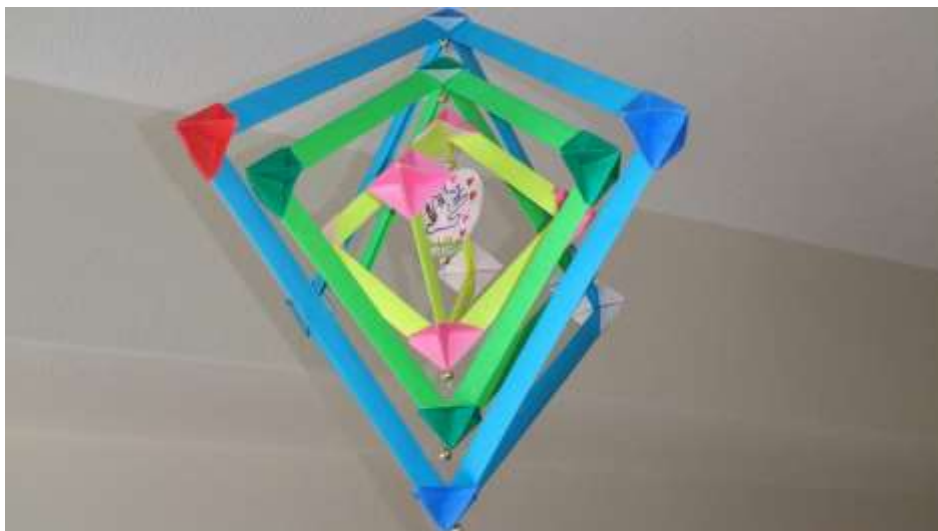
Michi-nyan

My first encounter with Popoki was at a Kobe YMCA staff training workshop in 2005. I remember that I was excited about participating in this workshop. An exhibition of the original drawings of "Popoki's Peace Book" was held in the West Kobe YMCA in the first half of 2006. The 35 original drawings caught the eyes of people who visited the YMCA. Children, parents and members began telling various stories when they looked at the pictures. I realized that Popoki gave us great opportunities to think about peace.

In August of same year, Japanese youth members and I participated in a youth assembly in Malaysia that was hosted by Asia Pacific Alliance of YMCAs. We had a chance to introduce the "Popoki Peace Friends Campaign" that was a program of the National Council of YMCAs of Japan, and to do a workshop with Popoki during the assembly. There were two days of activities which included an introduction and drawing pictures of the "color of peace" with Popoki and participants from each country. In addition, we exchanged various opinions with them while reading "Popoki's Peace Book". Some of their stories I found exciting. Some of their stories made me feel sad. The importance of listening, the joy of telling, sorrow to know the truth, difficulty to understand.... We had various experiences. When we finished, one of the participants said, "When I return to my country I want to try Popoki!" Others said, "These two days were so heartwarming!" and gave other positive comments. I completely felt that Popoki and I had become close and good friends during that time.

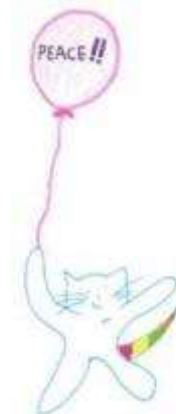
Popoki always asks, "What Color is Peace?", "What Color is Friendship?" and "What Color is Genki?" These are all questions that go directly to our hearts. The words of Popoki are heartfelt and meaningful.

Popoki, thank you always!!



## 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, 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](mailto:popokipeace-at-gmail.com)

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