



It's getting close to the end of the year! Now Popoki is in a warm place, but it rains almost every day. Popoki has a fun big umbrella so he can enjoy the rain. He hopes you have 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, Taro-nyan, sent the following piece of peace:
"A dot on white paper where people's eyes gather.



If life is a sheet of paper then many people think it is blank, and I think that is good. If you replace the point with a dream, then you can live more powerfully because you can concentrate on your dream. What matters is that whether you can draw your dream does not depend on your ability or circumstances, but on your courage and desire to pick up a pen."

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!

Popoki Workshop report at
Autumn Meeting of the Peace Studies Association of Japan (PSAJ) in 2014

Takako Sumisaki (Taka-nyan)
Faculty of Law, Kyushu University

When I got off the Shinkansen at Kagoshima Station on November 8, my eyes and my throat felt itchy. It was because of the volcanic ash from Sakurajima. Ronyan, Sato-nyan, and I (Taka-nyan) were surprised to see the thin carpet of volcanic ash at Kagoshima University. However, some students were dancing and talking outside in the campus. According to the participant at the workshop who was a graduate of Kagoshima University, people in Kagoshima love Sakurajima in spite of this bothersome volcanic ash. She said thanks to Sakurajima, people enjoy various hot springs, warm weather, and fewer earthquakes than we think.

Now, the Popoki workshop at the PSAJ! The official name is 'Workshop conducted by Peace Education Project Committee of the PSAJ'. Around 11 people attended this workshop. I was a little nervous because I did not know any of the participants. And that's where Sato-nyan comes in. She led everyone in doing POGA in a circle and then we all felt relaxed and the tense atmosphere went off.



After Ronyan explained Popoki's Peace Book series, 'Popoki, What Color is Genki?', she asked us if we felt at ease when conducting peace education. There was a rope with one end meaning 'Yes' and the other end 'No'. Each participant stood and grabbed the rope at the point they thought showed how free they were to develop peace education. Although Taka-nyan felt little insecurity and anxiety to be the part of it, many people said they felt a lot of trouble in providing peace education. Most of the participants are professors, lectures and researchers at universities or peace research centers, but when they try to give a lecture on peace or peace education, some people are alert to the lecture, or some expect the lecture to be very biased, and some regard it as a grass-roots movement.

After that, we discussed in two groups about which element should be necessary to conduct peace education. The elements included diversity, freedom, inner strength, cooperation from other professors, finances, time, flexibility, and so on. Each group selected the most important elements. Diversity, freedom,

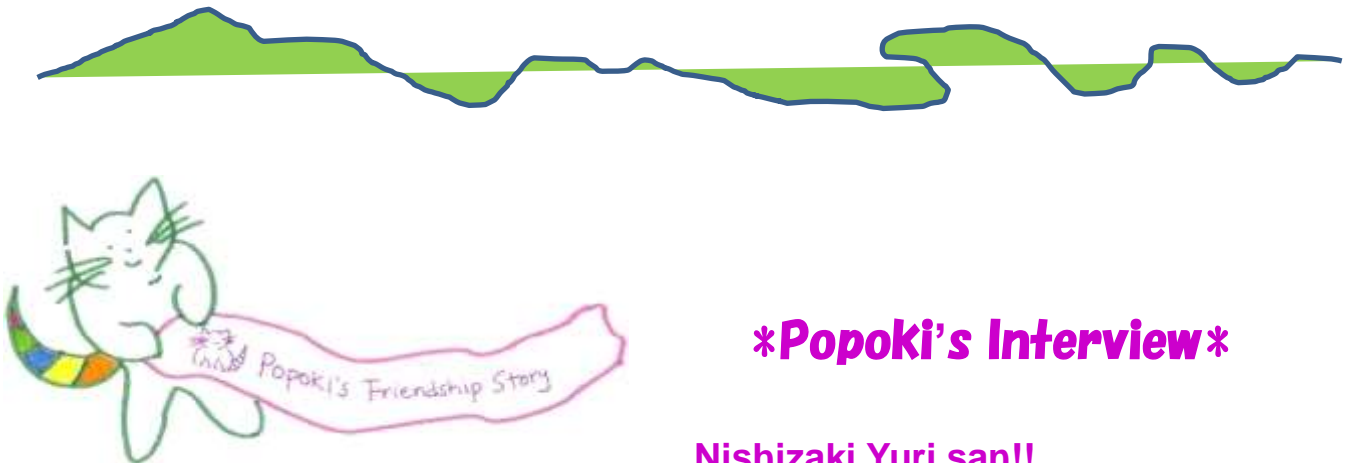


and flexibility were chosen as the most important elements from both of the two groups.

Then each group, without using words, expressed a situation of being without diversity, and the other group guessed what they intended to express. I believe that it is important and



essential to think about what other people feel and try to be close to other people's thoughts. Taka-nyan is not good at expressing her feelings in words, especially in front of new people, but she was glad her thoughts became more specific by exchanging with others about their feelings. By the time the workshop was finished, I felt closer to the other participants. So, thank you, Popoki!



Popoki's Interview

Nishizaki Yuri san!!

Mori nyan

This time, I interviewed Nishizaki Yuri san, who is a YMCA staff member. In her university days, she was a youth volunteer leader at outdoor camp programs. YMCA programs are supported by many youth volunteers called leaders. Kobe YMCA holds several outdoor activities. The Great East Japan Earthquake reconstruction assistance volunteer leader group is a new type, being the first groups composed of members from other camp groups. Nishizaki san is still participating in the group as a main member. I asked the reason why she started to support this project, and about the content of their work.

Q1. What made you finally decide to start the reconstruction assistance?

The first time I visited the disaster area was when I joined a volunteer bus sent there by my University. It was in the early stage, in April, 2011. At that time, about 100 students joined in. After getting back to Kobe, I was left with a feeling of strangeness.

I wondered that if support program was an inconvenience. That impression stayed with me, and that made me move on to the next action for reconstruction support. After that, Kobe

YMCA invited staff from Sendai YMCA and tsunami disaster volunteer center at Sendai to talk about their experience and situation. I participated, and directly asked them to accept me if went to there as a volunteer, even though it was the first time for us to meet.

Three days after my sudden request, I visited Sendai and did volunteer work for around 10 days or so. During those days in Sendai, the staff who met at Kobe YMCA accepted my visiting and I stayed at their house. Since then, I have gone there many times by myself since I have friends and acquaintances.

Q2. Why did you organize a YMCA leaders group?

There were a lot of chances for Tohoku support, such as volunteer buses and lectures at YMCA and outside of YMCA, too. However, since the other volunteer leaders and I had camp as our main activity, it was difficult to find chances. So, to be able to do something freely and to get more information, we decided to make new leaders group. The group was made up of all sorts of leaders.



Center: Nishizaki san, at street donation

Q3. Since your activities are in Kobe, what kinds of programs do you have?

We decided that since we could not easily go Tohoku, we were going to think about what to do here at Kobe. Since starting our group, we have gathered to ask for donation on the street monthly for around three years. The total amount of donations up to the present is about ¥3,800,000, thanks to many people's support and warm hearts. But the donations are decreasing bit by bit these days. We discussed how to use these donations. Since we knew that evacuee families have moved from not only the disaster area but also from the Kanto area to Kansai, we decided to follow up with them because they do not get enough support from the government because they moved on their own accord. So they have no support from the government and no understanding in their new living place. Actually, they felt very lonely. We made a camp program for them named "Refresh Family Program".

Q4. What does the program do?

We do it 4 times in a year. It is not only for kids, but also for their parents. During this camp, the midnight time after children are asleep is also very important. The parents talk with each other and with us all night. Usually, they do not have anyone with whom to share their anxiety or worries, but they need to smile for their children. They are in strong stress. In the beginning of this program, due to low awareness, only two or three families applied. However, now we have to first-come-first-served basis because there are a lot of people applying. One reason is that the total number of support programs has decreased in the three years and half since the 2011 disaster. In this situation, our program has increased in

significance. We also provide the funding for the activities ourselves through street donations and grants.

Q5. How about the change in the participants?

Some of them feel they are not evacuees any more. The time has come to shift their position from being an evacuee to being a person living in the community. Some have decided to live here, instead of returning to their home town. Since their situation is changing, they felt we do as much as we can. So, this program is also trying to ask them to help us, too, such as asking them to help with the preparation of program. The objective is to shift their position from being people who are being supported to being those who are actors in that program.



Refresh Family program

Q6. Do you have any ideas for future plans for this group?

Actually, the operation is so hard at this moment. We are having trouble getting new members. Most of the main are working like me, although when they started they were university students. For these kinds of reasons, it seems harder to have camp programs, and to keep our group going. It is going on four years since 3.11, and we have to think about how to evolve in new ways to continue our activities and relationships.

Thank you so much for sharing your story, I am very moved to hear about the will of youth leaders and their actions. I want to try to support and help to you connect with new people and development new activities. How about getting some new nyan members? You will join freely, won't you?



Popoki and Ronni's Adventure Report (Palau/Belau)

Ronyan

It has been about 30 years since I have been in this small island country, Belau. At that time, Belau had adopted a nuclear free constitution, but the United States was making the possibility of bringing in nuclear weapons a condition for ending the Trusteeship. The people were split between those wanting to uphold the Constitution and those wanting to change it. The latter won out, and in 1994 Belau entered into a relationship of free association with the United States. In the ensuing 30 years, infrastructure has improved and both tourists and foreign workers have increased. But the highest level of education available is junior college, so many young people leave to go to school. The most important things in this culture are 'family' and 'land', but many people have left their land in the care of others and come to Koror to get work. With both parents working, children attend school in English and the number of children unable to speak Palauan is said to be growing. Levels of obesity, hypertension, and diabetes are dangerously high. Climate change is a problem, too. It used to be that typhoons came only once in 20 years, but big ones have caused a lot of damage two years running. They say the rain patterns have changed, too. I asked many



people whether things were better now than 30 years ago. No one said 'yes'.

Popoki has made many friends. People seem to find *Popoki, What Color is Genki?* particularly relevant. One reason is that health is a big social problem, but another is the problem of finding a balance between traditional and modern lifestyles. 'Development' has damaged the coral, endangered the jugon, and people as well as the environment are suffering. Now some people are working hard protect the islands, the oceans, and their rich lifestyle. Popoki wants to help.

One grandmother opened *Popoki, What Color is Peace* and *Popoki's Friendship Story* and began reading aloud in Japanese. She is 84, and learned Japanese during the period of the Japanese Mandate. She comes to the Senior Citizen's Center almost daily to spend time with her friends and weave baskets. There is food provided, and they sell their baskets for a little bit of income. They seem to have a peaceful life, but one person told me that since the grandmothers are there and not at home, the children do not have a chance to learn about their culture from them.

I asked her in Japanese about life during the Japanese time. "The Japanese built lots of buildings. It was hard for us during the war, but many Japanese died, too." When she heard that I am not married and have no children, she scolded me. "Women and men



must get together and have children." I asked her if she had wanted to marry a Japanese man. She replied with a smile. "When the war ended, I was only 14. I was too young to marry. And all the Japanese left. If there had been Japanese there later, who knows?"

In a different place, I met another grandmother and we enjoyed chatting in Japanese. Around us people were speaking in Palauan and

English and sometimes using Japanese, too. (There are many words in Palauan from Japanese). Suddenly, she announced in English, "I hate Japanese!" Then she explained why. She is from the island of Pelelieu, where the war took the greatest toll. She said the Japanese cleared the top of the mountain, and made the people from her village go there. They could see their house from where they were, and knew there was food there, but were unable to go and get it because the house was guarded by 40 German shepherds. They were so hungry! But it wasn't just that. On top of the mountain they were exposed and had no place to run from the American bombers. One time, when a plane was shot down, she saw the Japanese shoot the crew. "The Japanese were so cruel." The war left a deep scar in the heart of this girl of only 7 or 8 years.

At the end of her story, she added that, "At the Center I meet a lot of Japanese people. I smile, and say I don't really remember that time. But in my heart I am saying, 'If I told you the truth, you would die from the shock.' It was a long time ago, and the Japanese now don't know about it. But I still hate the Japanese."

After hearing her story, I apologized for speaking in Japanese, thinking it must have been hard for her. She assured me that she had learned Japanese as a child and not to worry. When I told her that I wanted others, especially Japanese, to hear her story she agreed to let me write it, as long as I didn't include her name or photo. Later, I learned that her family had never heard that story.

These are not just old stories. They are the heavy burden of people who are struggling as a country, as a society and as individuals to find their way forward. It is not only about Japan and the United States, which also inflicted great damage on Palau during the war and afterwards under the Trusteeship. It is about learning both the horror of war and the need for reconciliation for all of us.

What will the next thirty years bring? Belau is working to be a champion for the environment. I wish them success, and hope that they will be able to preserve their islands and oceans, keep their rich culture but also respect other cultures too, and keep out nuclear and other weapons and war. And that Belau will be an island filled with hope and energy for tomorrow.



POPOKI'S EASY POGA

Lesson 78

This month's Poga is about reducing stress and taking care of our eyes!



1. As always, begin with sitting up straight and making yourself look beautiful.
2. Place 2 fingers below your ears at the end of your jaw. Press gently.
3. Next, press up gently against the bone in the area above your eyes, starting close to your nose and working your way out. Be careful not to press on your eyes, though!
4. Finally, press gently on your temples, just even with your eyes.
5. Did it? It is time for the 'success pose.'

Congratulations! You have successfully completed Lesson 78. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.



Please join us!

Next Po-kai: 12/27 Ponenkai!!! 18:00-18:30 Po-kai, 18:30~ Ponenkai! Shinkobe OPA, Mamenohatake

2015.1.17 (for a few days) Exhibit in conjunction with the 20th anniversary of the Great Hanshin Awaji Earthquake, Kobe Citizen's Gallery, Kobe City Hall

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
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- 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 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
- “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



What Popoki Means to Me

Aasthanyan

“My kind of platform for social networks and relations!”



About a month ago I visited Pittsburgh in order to conduct a fieldwork for my dissertation. I needed to make this trip but was nervous and weary about going there. I did not know how I would get in touch with people and convince them to talk to me. (I do not know how to drive so) I was not sure how I would get around the city to meet people and conduct my interviews. So, I basically took a huge leap of faith when I left my family and friends in Madison, WI

and boarded the plane for Pittsburgh, PA. However, thanks to Popoki and his friends, I felt welcomed and comfortable since the very moment I stepped there ☺

Taylor-nyan, one of my and Popoki's friends, welcomed me to her home and took great care of me. She helped me navigate through the city and get in touch with my informants. She showed me around the city and shared some of its culture and traditions. She connected me with her friends who share similar interests and ideas as me. All in all, she created fond memories with me that



will last me a lifetime.

Thank you Taylor-nyan! Also, thank you Popoki for being my platform to build social networks and relations all over the world! The connections you have helped me create have made me into a global nomad wandering around for knowledge, culture, and peace, and I love every bit of it ;-)



PLEASE HELP SUPPORT THE POPOKI PEACE PROJECT!

The Popoki Peace Project is a voluntary project which uses Popoki's peace books 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@gmail.com))



Contributions are always welcome!

Popoki Peace Project popokipeace-at-gmail.com

THANK YOU FROM
POPOKI!!



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