



Newsletter No.113 2015.1.20

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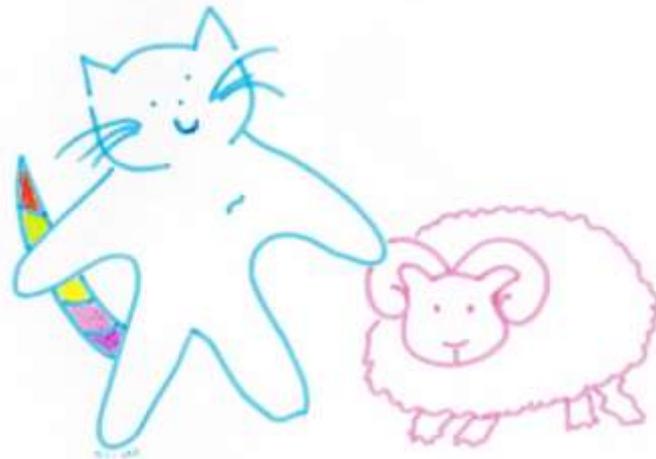
http://popoki.cruisejapan.com/index_e.html

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Happy New Year 2015

希望と笑顔の一年となりますように！

May it be a year of hope and smiles!



本年もどうぞよろしくお願ひします！

Thank you for your support this year, too!

Popoki's Resolutions for 2015!

1. Take positive action to create a non-violent and peaceful world!
2. Treasure our friends and all of our encounters, make new friends, learn from one another, and strengthen our connections!
3. Continue our work to support people affected by the 2011 East Japan disaster!
4. Continue our work on peace and health, safety/security and feeling safe!
5. Be aware and interested in the world we live in, close and far away. Share information and follow up on our travel and other experiences!
6. Bring a little bit of joy into the lives of those around us and share our joy!

ポーポキ・ピース・プロジェクト
Popoki Peace Project



It is January, the beginning of a new year! Popoki works hard for peace, but sometimes he sleeps in a cozy and safe place and dreams of peace. We hope you will join him in working, sleeping, and dreaming!

Popoki's Hot News!

20th anniversary of the Great Hanshin-Awaji Earthquake Exhibit

17 January marks 20 years since the Great Hanshin-Awaji Earthquake. Popoki is part of a commemorative exhibit at Kobe City Hall. Bldg. 1 2F Citizen's Gallery. Please stop by and have a look! For more information, see page 4.



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, Shiho-nyan, sent the following piece of peace:

"How was your day today? One day you have a happy day and perhaps another time a sad day. Maybe there are nights you think to yourself, "I am no use", and you reflect on the cause. Then, on the following day you'll be a little more careful. For me, such days help us to grow, so they make life fun and interesting. If I believe life is like this and I smile through a sad day, people around me may smile, too. Then, others seeing their smile might also smile. I think that in that way smiles spread and then the world may come to be peaceful. I believe smiles are very strong and beautiful."

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!



Thoughts on 2015.1.17

Ronyan



On that day,
Popoki crouched in the dark and cried.
Twenty years have passed.
He greets each sunrise with joy but
fear still lives
in his heart.

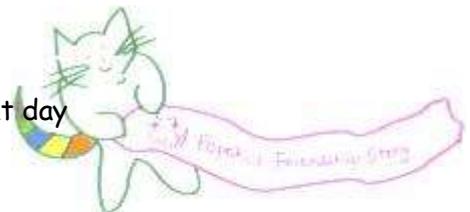
Fear. It is alive.
Changing shape, sometimes hiding, sometimes jumping out.
The terror experienced on that day
lives
in the hearts of many.

Earthquakes. Disasters. War. Violence. Poverty.
There is fear
everywhere in the world.
Each experience is different.
Each experience is important.

Now, remembering that day twenty years ago,
Popoki will show you
the fear in his heart.
Please don't laugh.

Popoki looks to a tomorrow where
those with fear can express it freely.
A world where few experience terror and
Even if something is frightening
It is possible to feel safe.

Let's work together
To make that world
Starting from the memory of that day
Twenty years ago.



Exhibition: “Popoki Friendship Story” at Kobe City Hall Public Gallery!

Messages for our Children:

Passing on the preciousness of life and lessons from the earthquake to the next generation

Dates: Jan. 15 ~ Jan. 21 10:00am ~ 6:00 pm; Place: Kobe City Hall main building 2F (Free)

Popoki Friendship Story cloth is displayed along with many messages and handiwork from the public in Kobe.



Popoki Friendship Cloth at the 3rd Disaster Recovery and Support/ Disaster Research Symposium, Kobe University

Text: Ana-nyan; Japanese: Shiho-nyan

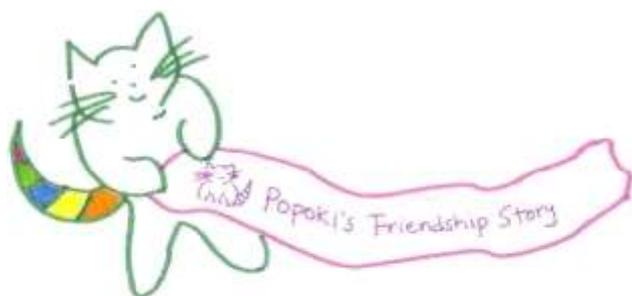
What do you do when your life changes due to the destruction from a natural disaster? When that destruction changes the appearance of your “home,” and home just doesn’t feel as warm as it once did? How about when all of a sudden you cannot be with a friend or family member anymore, because in the path of destruction, they were taken away from you?

I often think about these questions, and how an event like the 1995 Great Hanshin Earthquake can change my home environment, health and well-being – all within the time-frame of one day. On Friday, 9th of January, it had been almost 20 years since the 1995 earthquake, and Popoki’s friends still remember the sadness caused by this earthquake. During the 3rd Disaster Recovery and Support/ Disaster Research Symposium held at Kobe University’s Rokkodai Commemorative Hall, Popoki’s friends displayed the ‘Popoki Friendship Cloth’ to send a message of peace, hope, and well wishes to those affected by the Earthquake of ’95. We were also happy to have people come and share their messages

on the Friendship Cloth. Thank you to Popoki’s friends who helped with this event!



* Please have a look at this:
http://www.kobe-u.ac.jp/NEWS/info/2015_01_14_01.html



Popoki's Interview

Mari-nyan

I interviewed Ms. Hiro Kudo who co-founded a NGO group called Tamba Noentai. She and her friends started volunteering for farms in Tamba where the heavy rain caused big landslides during 15th to 17th August 2014. Tamba is an agricultural area in Hyogo Prefecture, but many fields were covered with mud from the landslides. Big agricultural machines could not get rid of small stones or crops buried in the muddy fields. That is why they have to be taken out of the fields by hand. Tamba Noentai is there for gathering volunteers and sending them to help clear the fields. If you want to know more, please look at their website: <http://tanbanoentai.org/>

Marinyan(M): Where were you when the landslide happened?

Ms. Kudo-nyan(K): I was going to Kyoto to see Daimonji-yaki on 15th of August. But we gave up on going because of the heavy rain in the Kyoto area. Some trains were delayed as well. The next day, my family came back to Kasuga, Tamba where we are currently living. When I saw pictures of what was happening there on Facebook, I started feeling 'this is not good.' So I called Tamba-Taro (NGO in Tamba) to check on what was happening. Then I found that one of my friends had evacuated. So I decided to go around to see the area with my own eyes and I saw an extraordinary scene.

M: Could you tell me what you felt back then with color, sound or smell?

K: The color was a very dark one. Other than color I do not remember because I was in shock.

M: What did you feel?

K: It was like a Sci-fi world. The gaps between the rivers and the fields were no longer there. I tried to remember the geography there but I could not. But I unconsciously linked my past experiences of Hanshin-Awaji Earthquake and Great East Japan Earthquake to this. I experienced both those huge earthquakes. It reminded me of a person with whom I have not been keeping in touch. He was in Rikuzentakata, in Iwate Prefecture, three years ago. At that time I thought I should do something to help so I started meeting the heads of communities and asking about people's needs at the community center.

M: What was the local people's reaction when you launched the Tamba Noentai?

K: Right after the landslides, everyone was checking whether their relatives and friends are safe or not. Within one week, I and other people helped the community center to distribute food and other goods. But I heard that farmers without agricultural machines were facing difficulties and were trying to remove pebbles and mud from their fields with their hands. But it is almost impossible for elderly farmers to do by themselves. That is why we founded Tamba Noentai, but we always have many difficulties coordinating between volunteers and local people. For example, some of the local people cannot rely on total strangers even though they were there for volunteering. Also, some other local people expected volunteers to come the day after they requested them.

M: What would you feel about the current situation in Tamba? Anything you want to add to the current volunteer situation?

K: I think people in Tamba are modest and shy. Sometimes it is not easy to see from outside what they are really thinking. I think they need an environment in which not only big voices but also small voices can be treated equally; I would call it a 'talk it out' environment. Some think that 'my concern is maybe too small to discuss with everybody' or that 'I can follow that as it is already decided.' It will be better that those who think these ways can share the feelings even if they look very small problems.



M: Finally, what color do you think of for Tamba now?

K: It is blue which is about to change to light blue like after rain.



This picture was taken while removing pebbles and mud from a rice field.

Ronyan's Adventures in the Pacific 3: Marshall Islands (1)

Ronyan



The Republic of the Marshall Islands is a small island country near the equator, composed of more than twenty-six atolls. Each atoll is made up of small islands forming a circle like a pearl or bead necklace. The sea inside the circle is calm like a lake, but the other side is connected to the sea on the far side of the reef. Popoki and I visited the capital, Majuro. It is the largest island in Majuro Atoll but the island is so narrow in some places that I could see the ocean on both sides as I walked along the road. The elevation must be less than three meters, and there are no tall buildings. I couldn't help but wonder what would happen if there were a big tsunami.

This time I want to focus on two things. The first is Popoki's new friend, Chiho-nyan! I think she will introduce herself at some point, but she has (been?) volunteered to be the Popoki Peace Project's Marshall Islands Branch director! Thank you, Chiho-nyan! She runs the Island Café, a place with a really nice atmosphere and very good food. She was a great help to Popoki and me during our stay.



The second thing I want to share is about Popoki's Friendship Story activities. Like Palau which I wrote about last time, the Marshall Islands were under the Japanese Mandate and were dragged into the War in the Pacific. After the war, they became part of the US Trust Territory of the Pacific Islands and were used as a nuclear weapons test site by the United States from 1946 to 1963. They still suffer from the effects of wide-spread nuclear contamination. I learned of the US testing about thirty years ago, and it was why I decided to go to graduate school and research efforts to make the Pacific



nuclear-free.

It has been a long time since I have been to the Marshall Islands, and one objective was to hear to stories of survivors. It has already been sixty years since the 'Bravo' hydrogen bomb test which exposed many islanders, soldiers and the crew of the Japanese fishing boat 'Lucky Dragon No.5' to radioactive fallout. As the number of people who can speak of their experience dwindles, I really wanted to hear their stories and to ask what they think of the Fukushima Daiichi Nuclear Power Plant accident.

My wish to hear their stories came true, both by coincidence and through planning. I was able to hear stories not only of their experiences after the testing, but also how they feel today as they are still unable to return to their islands. I shared with them about the people in Japan who are unable to go home because of the earthquake, tsunami and nuclear disaster. Most survivors did not seem to know about the triple disaster, but on hearing about it they expressed their sorrow that people cannot go home and their surprise and anger that even after Hiroshima, Nagasaki, and the



Marshall Islands, the lesson of the danger of nuclear contamination has not been learned. I asked them to draw what they wanted to share with 'those who cannot go home'. Smiling and laughing, and sometimes shyly, they drew coconut trees, the symbol of life, houses, food and flowers. I was so moved, and my eyes filled with tears so many times. Thank you! We will show your drawings in Japan and share your stories!



POPOKI'S EASY POGA

Lesson 80

This month's Poga is about celebrating 2015!



This is a special Poga in honor of the new year, 2015!

1. First, we will make a 2. With your knees on the floor, use your thighs, back and tail to make the curve of the 2. Finish it off with your arms and head.
2. Next is 0! Stand and curve your whole body into a 0! Keep your tail along your back.
3. Now make a 1! Stand up straight, stretching your arms and tail way up high.
4. The last is 5. Please be careful not to strain yourself. For those who want to try, use your lower body to make the curve and your upper body and tail to make the top of the 5.
5. Did it? Even if you didn't succeed, you tried! It is time for the 'success pose.' Congratulations! You have successfully completed Lesson 80. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.



Please join us!

Next Po-kai: 1/31(Sat.) 18:00 ~ (Different time and location!)

Location: Nada Pharmacists Society Office, 3 minutes south of JR Rokkomichi on foot. (WELB Rokkomichi, Bldg.2, 651-2,6F) If you aren't sure, contact Satonyan or Ronyan for instructions.

2015.1.15-21 Popoki at 'Messages for Children' Exhibit in conjunction with the 20th anniversary of the Great Hanshin Awaji Earthquake, Kobe Citizen's Gallery, Kobe City Hall building 1, 2F. 10:00~18:00.

2015.2.24 Hyogo University of Health Sciences. 12:50-13:20. Health and Peace Workshop with Adelaide University nursing students. If you are interested, contact Satonyan.

2015.2.26-3.2 Popoki in Otsuchi-cho

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

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
- 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

Yasunyan

Hello, this is Yasunyan, Yasuhiro Nakagawa, who wrote this while doing an internship in Uganda, Africa. I would like to talk about what Popoki means to me.

I met Popoki for the first time in Tohoku. I've visited Miyagi and Iwate Prefectures a number of times since the Great Tohoku Earthquake occurred in 2011.

When I saw Popoki, I wondered "Does Popoki really give 'genki' to people in Tohoku?"

That was when Popoki and I visited Ishinomaki, Miyagi Prefecture, and we had a lot of fun with many children and adults there.

But we cannot easily understand what people there think because we live in Kobe, a place very far from Tohoku. However long we are with them, however good friends we become, and however 'genki' they look, this is true for us. So I thought it would be true for Popoki, too.

Then I got involved in an accident in Uganda.



Popoki heard the news and came all the way to Uganda with Ronyan's help to cheer me up. Popoki cannot speak human languages, including Ugandan of course, and Popoki is too moody for us to play together. But Popoki helped me a lot.

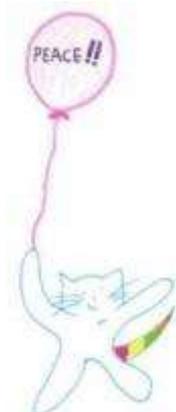
After Popoki cheered me up, Popoki started to take walks to look for others to befriend and with whom to share 'genki.' Now I believe that Popoki can give people 'genki' because Popoki cheered me up.

Thank you, Popoki.

I should learn from Popoki about giving 'genki' and try to do so, too. And of course I must give back 'genki' to Popoki. Because we are friends.

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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POPOKI!!



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