

# Popoki



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The season of hydrangeas and snails! So much to enjoy outside!  
Popoki is happy, and hopes you are, too!

## Popoki's Hot News!

### COMING SOON!



Popoki will be participating in Nada Challenge again this year! Ito-san is exhibiting her photos, too. Hope to see you on 7 June at Togakawa Park!

Popoki's Peace Book 3 and Popoki's Friendship Story -  
Our Peace Journey Born out of the Great Northeastern Japan Earthquake Popoki's !

You can get copies of these and Popoki's books 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



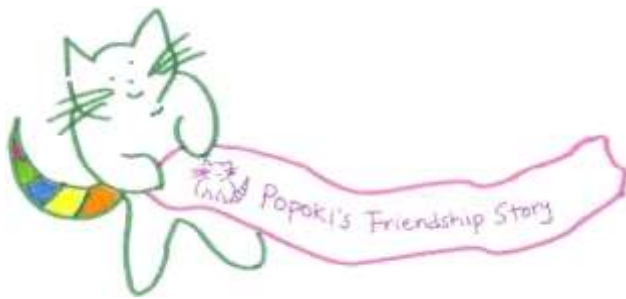
### Pieces of Peace

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



"Is peace something that refers to feeling safe? Is peace something that refers to feeling secure? Does peace mean helping somebody to feel safe and secure? All these questions are often raised in my mind after the recent earthquake hit Nepal as I have some friends and acquaintances there. When I heard from them that they are all safe and secured, I felt relieved and had a peaceful mind. They were also happy when they learned that I am concerned. Maybe peace is a state of mind in which someone does not feel alone in hard times. Peace is when a smile spreads naturally from one face to another." 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.

Thank you for your continuing help!



## \*Popoki's Interview\*

Ms. Yoko Ito's photography exhibition  
interview, No. 1

Satonyan

English assistance: Aasthanyan

Ms. Yoko Ito, a photographer from Otsuchi-cho, held a photography exhibition at the Kobe City Youth Center from Thursday, April 9 to Sunday, April 12<sup>th</sup> 2015. I spoke with Ms. Ito there. The following are some of her comments that made an impression on me.

**About her photos:** "I don't think I was afraid while walking the sites where these pictures were taken, but I think many people find these pictures scary. It seems cruel to have people look at them."

**About recovery:** "Although it has been 4 years since the earthquake and the tsunami, I don't think very much progress has been made toward recovery. Now they are bringing huge amounts of dirt to raise the ground level, so the landscape changes every day. But I still clearly remember how the town looked before it was wiped out by the tsunami. It may be because I walk the district daily and so I update my image. But to me, the tsunami and the earthquake are not events in the past."



**About the exhibit:** "One person saw a notice in the newspaper and came all the way from Osaka to see this exhibition. I am always very thankful to people who come to see my exhibitions. So I want to give good explanations so that they understand. For example, there is a picture of a melted traffic light. It takes a temperature of about 800 degrees centigrade to cremate a person, but the temperature necessary to melt glass and iron is 1500 degrees. I ask people to try to imagine that. It is not enough just to be amazed at the photo of the traffic light. People need to understand why and how it melted."

**About sharing her experiences:** "I have given talks at many different places, and always adjust the content of my lecture according to the audience. For instance, when I speak to elderly people at senior citizens homes, I talk about how adult diapers are useful for many different things, and how towels can be used for keeping warm or as bandages."

**About the future:** "I don't know yet what I would like to do in the future. But I don't want to put off for tomorrow what I can do today, and don't want to regret having been able to do something but not doing it."

This last comment made a particular impression on me. Thank you, Ito-san. See you in June at Nada Challenge!

# POPOKI'S EASY POGA

## Lesson 84

This month's Poga is about stretching! \*Each pose should be held for 30 seconds.



1. First, as always, sit up straight and look beautiful.
2. Next, stand and stretch your arms and tail way up high!
3. Now release and relax, swinging down so your upper body is near the floor.
4. Finally, stretch your arms and tail out to your sides, getting a good stretch for your back and shoulders. How about leaning back a little and looking at the ceiling?.
5. Did it? Even if you didn't succeed, you tried! It is time for the 'success pose.' Congratulations! Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.



## Please join us!

**Next Po-kai: 6/26 19:00 ~ Kobe YMCA (Shin Kobe OPA, 2F)**

**6.7 Nada Challenge! Togakawa Park, Nada-ku, Kobe. 10:00-15:00; staff meets at 9:00. Ito Yoko Photo & Popoki Friendship Story exhibit, too!  
Popoki's Mini Stage: 13:25-13:45**

**6.8 Ito Yoko seminar at Kobe University. Contact Ronyan for details.**

**7.11 Kodomo no sato Workshop! Nishinari-ku, Osaka 10:00-12:00.**

**7.30 Popoki at Asian region Y's Men's club Youth Convocation, Kyoto**

**8.6 8:00- Hiroshima Day Die-In and Skype**

### From Popoki's friends....

**7.19 12:30-14:30 Workshop 'Conflict and Hiroshima' (In Japanese). Aster Plaza, Hiroshima.  
Fee: Free (Those who do not belong to PSAJ must pay an entry fee to the conference).  
Sponsor: Peace Studies Association of Japan Peace Education Project committee.  
Support: Global Peace Education Campaign Chu/Shikoku Branch, ART Peace. Offers of support are welcome!**

**New photo collection! Akagi, Shunji. *Fukushima Traces 2011-2013*. Osiris, 2015. To order, contact Keiko MAEDA, [m.dodo@h2.dion.ne.jp](mailto:m.dodo@h2.dion.ne.jp)**

**Film: 'Pictures from a Hiroshima Schoolyard.' Sakai City, Information, etc.: 072-222-7343**

# 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 Peae? 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

Ari-pan-nyan

On a string of holidays earlier this month, I went on a trip with my parents. It had been a long time since I took a trip. We went to the Izu Peninsula. We climbed a small mountain, looked at some animals and flowers, and ate delicious food. We enjoyed the trip very much. When I was a child, we went to a lot of places, but not recently. This is why I was a little nervous and a little ashamed at first, but there was no problem on the trip. This trip was something pleasant to look back on.

Such a pleasant thing makes me realize that I have been given many things in life, like affection from my parents, free time, money, and friends like Popoki. I realize these things let me live peacefully.



Beginning this year, I am working with children in a juvenile welfare institution. The children received various kinds of violence from their parents like being hit and being the target of very strong anger, but they were not given things like food or clean clothes.

These children depend on me like babies. They come to me to say, "Please delight me and give me pleasant things." However, they don't try to do hard and difficult things. They complain me to saying, "No!" and "It's impossible!"

To work with these children to make their present and future peaceful is my most important mission now. This is very, very hard. I cannot do with them most of the games I learned from Popoki. It may a very long time to achieve this mission. However, to make a peaceful world with the children is my dream. Popoki! I'll want your help again.

## 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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