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

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

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!
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 12th 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…. 


New photo collection! Akagi, Shunji. Fukushima Traces 2011-2013. Osiris, 2015. To order, contact Keiko MAEDA, m.dodo@h2.dion.ne.jp

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

http://popoki.cruisejapan.com     ronniandpopoki@gmail.com
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 Shim bun (2014.3.25) KIHARA Kana
- “Awards given to 37 groups Daiwa Securities Foundation” Kobe Shim bun (2013.8.23 p.8)
- “Reproducing ‘human shadows’ and asserting no nukes” Kobe Shim bun (2013.8.7 p.22)
- ‘Draw inner thoughts about disaster’ Yomiuri Shim bun 2013.2.16:4 (evening edition; Japanese)
- “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 Shim bun 2012.1.21
- ‘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
- ‘Yujo wo kangaete – Ningen to, Neko to, soshite Jibun to,’ RST/ALN,No.259 2009.7.2 AKUZAWA Etsuko
- ‘Yujo wo kangaete – Ningen to, Neko to, soshite Jibun to,’ RST/ALN,No.259 2009.6.28, p.11
- “Thinking about Peace with a Cat: Second Peace Book Published.” (SAITO Masashi) Kobe Shim bun, 2009.4.21
- “Popoki, What Color is Peace?” Kobe YMCA News, 2009.3.1. No.593. 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: blhrg@osk3.3web.jp
- Popoki in Pittsburgh. Check out the Remembering Hiroshima/Imagining Peace URL: http://www.rememberinghiroshima.org/

http://popoki.cruisejapan.com ronniandpopoki@gmail.com
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)

Contributions are always welcome!

Popoki Peace Project  popokipeace-at-gmail.com

[http://popoki.cruisejapan.com](http://popoki.cruisejapan.com)

From within Japan, please use our Postal account or Postal bank account:

Account Name  ポーポキ・ピース・プロジェクト神戸
Postal Account number:  00920-4-28035
Postal Bank (Yuucho Ginko) account number: Branch No.:099; Branch name: 009 店、special account(当座) 0280350

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