

Popoki



Newsletter No.120 2015.8.27

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

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Popoki spends rainy summers resting under his umbrella.
How do you spend rainy summer days?

Popoki's Hot News!



COMING SOON!

Peace and Health Workshop at HUHS! 10/17!
See you there!

**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 other 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, Koba-nyan, sent the following piece of peace:
"The "Others" are at times close or distant.

Friends and neighbors suddenly become "enemies" and start to kill one another.

This is war!! A great cause is forgotten as time passes, but hatred and sadness continue to exist for so long, even as time goes by.

The condition without any hatred and sadness is just peace.

What everyone can enjoy is Peace."

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.



NEW! New videos of Nada Challenge 2015!!! Watch on Popoki's URL or YouTube at:
<https://youtu.be/7LcYzZzNQYg> and <https://youtu.be/WYdWwmwogE>

Popoki thinks about peace – 6 August on the 70th year since the atomic bombings

Ronyan

It has been 70 years since the bombing of Hiroshima. Popoki and his friends gathered at 8:00 in a park in Kobe to pay tribute to the victims, consider the horror of nuclear weapons and radiation, and think about peace. The bomb dropped on Hiroshima left only a shadow of a person sitting on a step. Following that example, we ‘died’ on the ground and then drew each other’s outlines with chalk to mark their shadows. At 8:15, the moment of the explosion,



we had a moment of silence, thinking “If a bomb exploded over us now, we would...” as we lay down on the ground again for a die-in. The bombs were dropped in the context of war, but probably in spite of that people were going about their everyday lives when everything was changed forever by the blast. Participants reflected on the experience. “The die-in made the experience of the bomb more real for me.” “It is peace now, but we are definitely moving toward war.” “It made me think again about the meaning of

this day.”

After the die-in, we moved to the Kobe YMCA where we held a Skype meeting with members of the group, Remembering Hiroshima, Imagining Peace in Pittsburgh. This is the fifth year we have had this activity, and this year we were joined for the first time by activists from Guam. First, we had a report from Pittsburgh about their activities at the NPT Conference in New York and other updates. Morinyan reported on the situation in Japan, including the new security laws, nuclear power situation and bases in Okinawa. From Guam we heard about plans for a live fire testing range in the Marianas and the impact of the military build-up on Guam. Due to the colonial status of Guam, people there cannot express their opposition, and it was suggested that people from Pittsburgh appeal to Congress on behalf of Guam. Participants expressed surprise at the report from Japan about the situation with the Fukushima Daiichi nuclear plant. When asked about reactions to the nuclear situation in Iran, a major issue in the United States, we discovered it was not really a big issue in either Guam or Japan.

We were happy to be able to learn from one another this year, too. Thank you!



Popoki's Mini Peace Film Festival – Summer!

Ronyan

On the evening of 7 August, we held Popoki's Mini Peace Film Festival at the Kobe YWCA Hall. It was the first time to have a summer film festival, and about 30 people gathered to enjoy films and talk on the theme of, 'Is Guam an Island of Peace?'

After watching Popoki visit Okinawa in his peace machine, we watched a film by Lina Hoshino called 'Living along the Fenceline' (2011). The film focuses on women living in the vicinity of US bases, and is divided into themes. We watched 'Militarism and Colonization' (Texas, Puerto Rico, Guam, Hawaii), and learned that people living around the bases suffer from the effects of toxins and contamination. We also learned that when people try to raise their voices in opposition, due to their colonial status they have no institutional way to do it.



Our guest was Dr. Michael Lujan Bevacqua from University of Guam. Dr. Bevacqua is a specialist on militarism, militarization and US bases and an activist. He shared with us about the situation in Guam and the northern Mariana Islands, explaining that Guam is one of the non-independent territories recognized by the United Nations and that the indigenous Chamoru people of Guam have yet to execute their right to self-determination. About 30% of the island is controlled by the military and bases, with plans to put more land to military use. The destruction of the environment and illnesses from toxins outweigh any economic benefit accrued from the presence of the bases.

The questions focused on issues of contamination and the bases, but also included the issue of exchange between indigenous Chamoru and Ainu. Also, as many people are aware, current plans call for US Marines stationed in Okinawa to be moved to Guam. Dr. Bevacqua's talk made some people aware for the first time that this is a problem for Guam. One participant said, "I thought that Guam was part of the US, so I never really thought about it. So I was happy that the Marines would be leaving Okinawa and didn't think about the impact it would have on Guam. Now I see I was mistaken, and from now on I want to think seriously about Guam, too."

This film festival is possible due to help from the Kobe YMCA and Kobe YWCA. Thank you so much!





Popoki's Interview

"Nuclear Crisis:" The evacuees from Kanto area
~The Case of the S Family~

Interviewer: Morinyan

Although it is five years since the Great East Japan earthquake, according to the Reconstruction Agency, more than 800 evacuees from not only Fukushima, but also the Kanto area were still living in Hyogo Prefecture as of March, 2015. At a camp for evacuees held by Kobe YMCA, I met M.S., a woman who evacuated from Tokyo. Here I will introduce her experience of evacuation and explain the current situation.

○ Unprecedented radioactive evacuees

Mr. and Ms. Sato, their 4 year old son and their 10 month old daughter lived in Sumida-ku, Tokyo before the disaster. Grandmother lived nearby. Now the family lives in Kita-ku, Kobe.

○ The aftermath of the earthquake and evacuation situation

After the earthquake, Mr. Sato felt danger took immediate action to seal up the windows, buy a special mask (costing 5,000 yen!), etc. At first, Ms. Sato (M) did not understand, but they decided to evacuate, leaving Tokyo on March 15th and arriving in Kobe on the night of the 17th. M was relieved and cried when she saw the neon lights and people going about their everyday lives. Since they planned to return Tokyo on the 25th, they had little luggage. But when they heard on the news that contaminated water had been found in Katsushika-ku, they decided to go back to Tokyo for only one day for their son's pre-school entrance ceremony. M returned to Kobe immediately, and she and the children started life as evacuees. She expected to be able to return Tokyo after the long vacation in early May.

For about a month, she had a hard time, fighting isolation, discomfort with her new life, and anxiety. She couldn't talk to anyone about her agony. It is still cold in April in Kita-ku, and since her baby was little, it was difficult to go outside. She became a secluded individual in a strange land. Every morning when she awoke, there were more than 20 slugs around her bed that she picked up with chopsticks and threw out. She worried whether evacuation had been the right choice, and wanted to back to Tokyo and live together as a family. She felt unable to share her story, and agonized over what would be the correct decision.

○The decision to evacuate

M left for Tokyo in early May with the expectation of staying there. After much deliberation, she decided to join a picnic hosted by the pre-school, even though the place was said to be a radioactive hot spot. She hoped that attending would help make up the time lost while they were away. But after the picnic, many symptoms appeared. Her face and ears became so inflamed she couldn't open her eyes, and she had a rash and bleeding on her legs and arms. Her children suffered from fever, diarrhea, blood oozing from their gums and fatigue, etc. Her

friends and acquaintances said she thought too much about radiation, and told her that no one else was worried.

In August, she decided to move again to Kobe. However, the situation was changed. Tokyo had been declared safe by the government, so Kobe City government no longer recognized her evacuee status and benefits, so she had to go house hunting again. She felt completely isolated because most people didn't care about evacuees from the Kanto area, and had no sympathy or understanding for them. For example, even evacuees from Fukushima asked her, "Are you from Fukushima, too?"

One year after evacuating, she became pregnant with their third child. During pregnancy, she was emotionally unstable and cried alone every night, sometimes feeling she wanted to abandon everything and be free. Finally, on March 11, 2013, a new boy came into the world. He arrived exactly two years after the day everything was changed.

OThe reality of nuclear disaster

M.'s older son was four at the time of the disaster, and is now in elementary school. I asked her if he thought about why they had left his beloved Grandma, or why he had to leave his pre-school and couldn't be together with his friends. Did such big changes make him confused? There are many health-care programs for kids, but it is difficult for families to handle all their discomfort alone. Evacuating might be better for their health, but it takes more time for their confused minds to recover. Through joining camp programs, etc., they gradually begin to feel comfortable. M said that each person has to heal his/her own mind.

Everyone wants to go back to their life before 3.11. In this situation, it is hard to decide whether to evacuate or to face what is happening without running away. The reality of nuclear disaster is not simply that it is good to evacuate. Even though their own lives are unstable, the S family also worry about the other families and friends still living in Kanto. It is said that Fukushima (including Kanto area) is already safe. But I wonder if we can feel safe. In order for us to know about the evacuees situations, people must speak about their experiences. They need strong courage and determination. I want to respond to M's courage by sharing her experience, because I think it is our issue, not "their" issue.

Finally, I asked her what color is disaster and what color is feeling safe? She said the color of disaster was black and everything looked cloudy. The color of feeling safe is pale pink. I hope that those black days will soon become encompassed softly in pale pink.

At Kobe YMCA camp program (2015)→

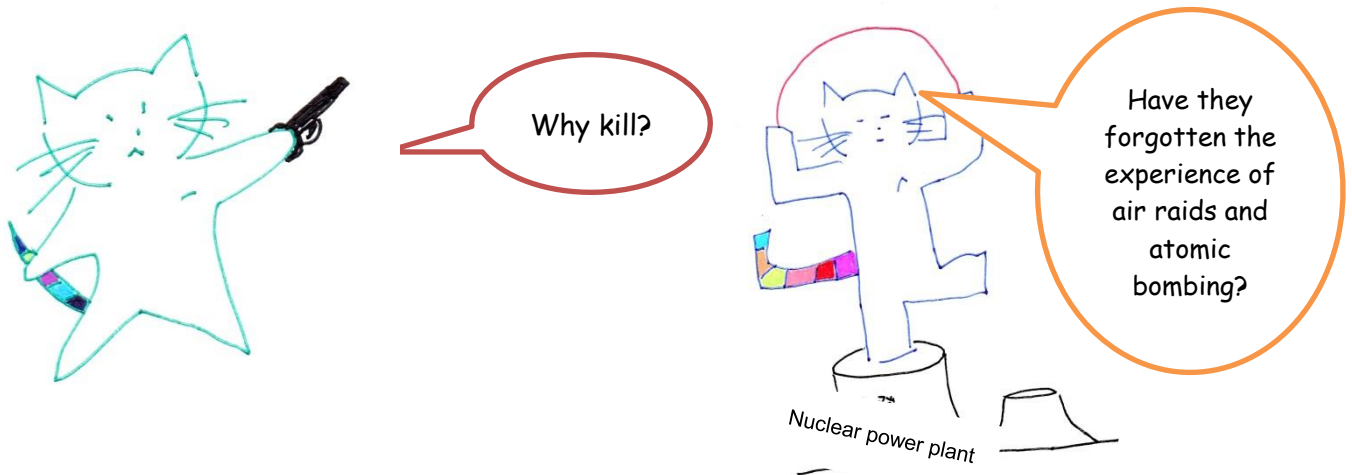


"Some things cats don't understand about Prime Minister Abe's security laws!"

Popoki

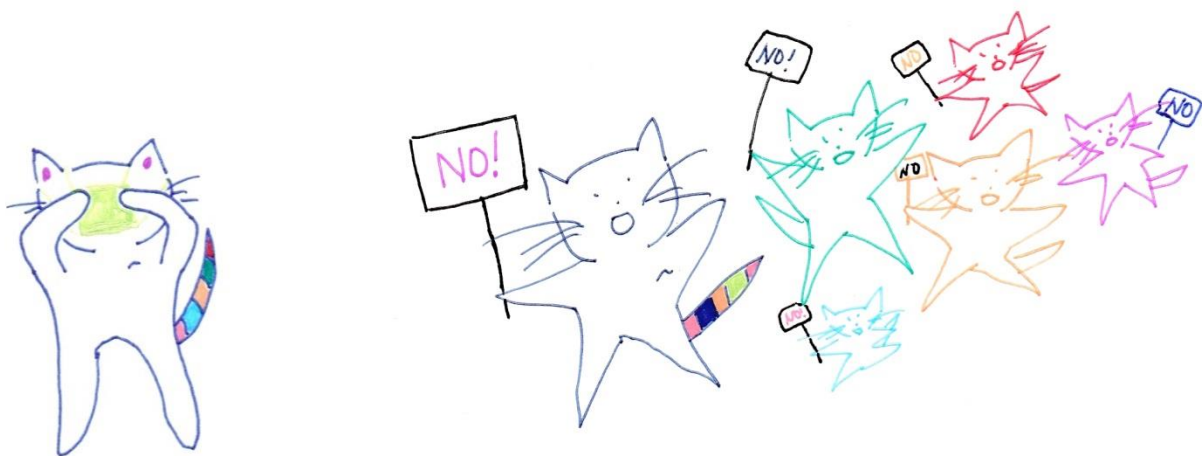
No. 1 The basis is unclear!

The Constitution of Japan does not say that wars in other countries should be ignored. It says that Japan should not be involved using weapons. It is true that wars have changed greatly and that horrible things are happening. But why does that mean Japan should use military power? Wouldn't it be better for Japan to use its position of neutrality to work on its conflict resolution skills? When cats decide not to fight, they don't fight. Even if something looks really delicious, they will keep on trying until someone is convinced to share.



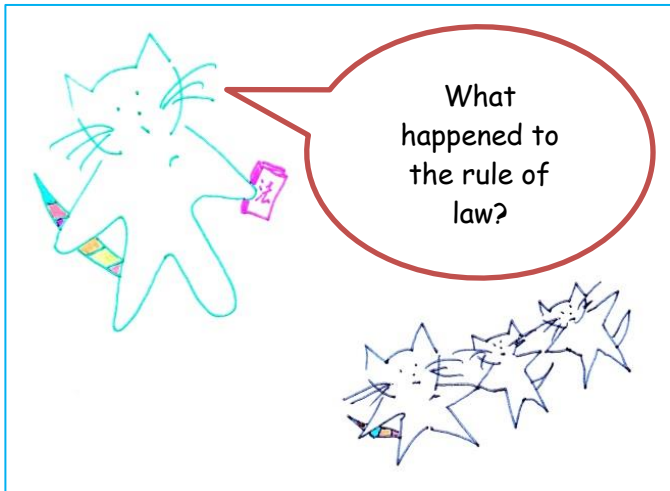
No. 2 The process is unclear!

Japan is a democratic country. That means discussing things, or asking the opinion of the people, or voting. The people are supposed to be involved in important decisions, right? So why is he rushing to force the bill through the Diet? How can the loud voices of opposition from in and outside Japan just be ignored? Not to mention the voices of those who survived the atomic bombs, air raids, and soldiers who continue to live with the trauma of the war? Cat society has a structure for decision making and we use it. Maybe humans should work on being more like cats.



No. 3 The justification is unclear!

The government asked constitutional scholars and many others for their judgement. And...they didn't like the answer so they ignored it. Is it OK to just ignore those expert opinions? Cats think again if everyone says 'No!'



No.4 It is unclear who is going to kill whom!

The Self Defense Force will become very similar to an army. Armies are organizations that kill people. Soldiers kill and get killed. So the SDF will kill people and SDF soldiers will no doubt get killed. At some point there will be a war and since most people don't want to kill or get killed, they will probably have conscription. And they will call for gender equality, so will both men and women be sent to war? Because weapons are so easy to get a hold of, the 'new wars' are even more difficult to control. But Japan is

easing restrictions on arms exports, too. Cats might hurt others, but they don't kill them. Humans, learn from cats!



What to do?

This situation isn't safe, and doesn't feel safe...



POPOKI'S EASY POGA

Lesson 87

This month's Poga is about stretching our lower backs and shoulders!



1. First, as always, sit up straight and look beautiful.
2. Next, Stand up straight and, inhaling deeply, stretch your arms up high. Try arching your back a little and looking up, too!
3. Now exhale slowly while you swing gently down so that your hands touch the floor! Repeat several times.
4. Next, spread your arms and tail way out to the sides and take a deep breath! Exhale as you relax.
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: 9/24 19:00 ~ Kobe YMCA (Shin Kobe OPA, 2F) Rm.201
10.9 Popoki Poster at Kobe University/Tohoku University/Iwate University Symposium
10.17 Peace and Health Workshop, HUHS

From Popoki's friends....

New photo collection! Akagi, Shunji. *Fukushima Traces 2011-2013*. Osiris, 2015. Orders:
<http://www.shashasha.co/en/book/fukushima-traces-2011-2013/>



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 (No longer available)
- *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

Kiyonyan

I think Popoki is made up of a variety of feelings.

I don't know about the beginning of Popoki, so I am not sure of the details.

But there are other feelings too, like enjoyment (meeting various people regularly), happiness (helping someone as a volunteer), and sadness (experiencing something I had never thought about).

I have a lot of expectations for Popoki now.

That is because he helps me to think more about what I can do.

I want to take good care of Popoki with all his feelings.

Thank you.



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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