



Newsletter No.125 2016.1.25

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

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Happy New Year 2016

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!



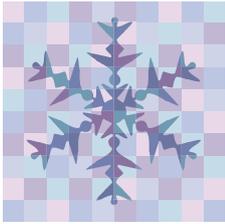
本年もどうぞよろしく申し上げます！

Thank you for your support this year, too!



Popoki's Resolutions for 2016!

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 our thoughts, feelings and impressions with one another and the world!
6. Bring a little bit of joy into the lives of those around us and share our joy!



It is really cold! But the days have a bright sun and brilliant blue sky, and at night the moon and stars glitter brightly. Popoki enjoys watching, but stays wrapped in his blanket. He hopes you are staying warm, too.

Popoki's Hot News!



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, Yeninyan, sent the following piece of peace:

"When I first arrived in Japan at the end of September 2015, I had mixed feelings: happy because this is my first time to go abroad, sad because I have to leave my family and friends in Indonesia, enthusiastic because I will have a lot of experiences, worried because I have to deal with things that are different from my country, brave because I will start my new adventure, and last but not least afraid because I am a foreigner and maybe I will be treated differently from others. The negative feelings made me homesick, but then I realized that in Japan I still find the same blue sky and green trees that make me calm and yellow sun that makes me warm. My fear is starting to disappear. I have met many nice and kind people and also have new friends from all around the world. We may have a language barrier but smiles, care and respect become our universal language to understand each other. These are three pieces of peace that make me thankful for these new beautiful friendships. Hopefully more people in the world will share those pieces, so we can have a peaceful world."

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.

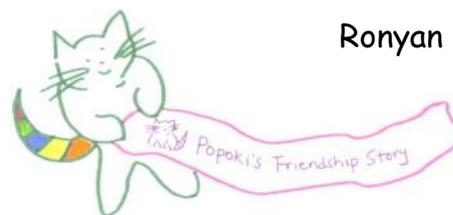


NEW! New videos of Nada Challenge 2015!!! Watch on Popoki's URL or YouTube at:

<https://youtu.be/7LcYzZzNQYg> and <https://youtu.be/WYdWwmwogkE>

Thoughts on 2016.1.17*

Ronyan



It is here again
17 January

Popoki finds that
There are so many more people who
Don't know
Weren't yet born
Were too young to remember
What happened on this day 21 years ago.

What should he share with
Those who want to know?
His fear?
His sadness?
That there was no water or gas?
That everyone worked so hard?
That he cried when reunited with friends?
That the value of everything looked different?

We hear every day in the news about earthquakes, floods, tornadoes...
We are told to be responsible, save ourselves, be prepared.
It is easy to say that, but to do it...
Actually, it is important.

On that day, Popoki was very frightened.
He felt sad and lonely.
At times he was relieved and smiled
at small acts of kindness.

Popoki bows his head in remembrance
And he thinks about his own survival
Take a deep breath,
feel the life flowing through you
and live!

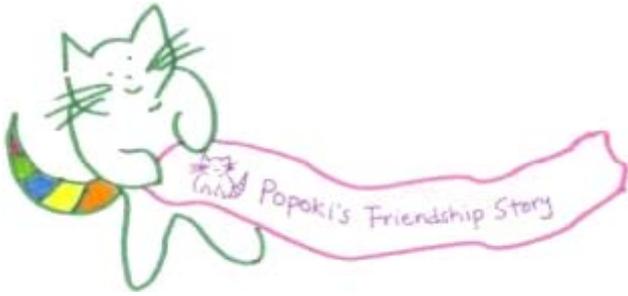
* At 5:46, 17 January 1995, Popoki and Ronyan's world was rocked by the Great Hanshin-Awaji Earthquake. They can never forget that experience and every year they stop, remember, and look ahead.

Barefoot Gen in Guam!

Last October, Ronyan took Carmelanyan to visit Popoki's friends at ANT Hiroshima. There they encountered the work of a group trying to disseminate the English version of all 10 volumes of *Barefoot Gen*. This cartoon tells the story of the boy, Gen, from before the bombing of Hiroshima and on into the next few years of his life.

Popoki thought he would really like to share *Barefoot Gen* with the children and adults on Guam, and island with big US bases, hibakusha and nuclear weapons, so he asked for one set for University of Guam. We chose a beautiful site near to where Marines being transferred from Okinawa will be housed, and where plans call for the construction of a live firing range for our donation ceremony. We were also lucky to receive a second set for Kobe University.





Popoki's Interview

Kenichiro Ogura

After living a long time in Kobe, I left and went to Ishinomaki City, Miyagi Prefecture in September 2011, six months after the Tohoku Great Earthquake disaster. I was employed as a doctor on the staff of the government office of Ishinomaki City, although I had no previous relationship or connection there.

My medical clinic was located in the seaside stricken area called Ogatsu Town approximately 30km away from Ishinomaki City. Ogatsu had a 40-bed hospital facing the sea called Ogatsu Hospital, but the tsunami came up to the roof of the 3-story hospital and most of the 40 patients and staff were drowned. Among the victims were 24 staff members, including three doctors. They had devoted their lives to medical care of Ogatsu all the time.

Four thousand people lived in the town before the disaster, but many people had to leave because the center of the town and many fishing villages facing the sea were almost completely destroyed, and the places where people lived and worked and the school all disappeared. Approximately 1,200 people remained in the town. Most were elderly people and so it became a depopulated area with only a few children.

I became the director of the temporary medical clinic, and spent two years and seven months there. I listened to the complaints of the local elderly people every day. Because I did not understand the northeastern Japanese dialect well, I had to listen carefully (laugh). As I was able to examine the orthopedic patients, elderly people in particular were pleased. When they did not need to go to the hospital in the town 30km away, the patients came over to the Ogatsu clinic early in the morning.

The victims who had lost not only their family and property but also their history were not able to do anything to mend the big hole which had been left in their hearts. For elderly people who survived but lost their family, life became even more difficult than before. I wanted to make the medical clinic a place where hope was felt even a little by those who had



stayed in such an aging town. I held events such as rice cake making, putting up decorations at Christmas at the medical office, as well as a summer BBQ party.

There were some young people who, like me, had come from other parts of Japan to support Ogatsu. I cooperated with them and we held some events to enliven the town. There was a group called “Sweet Treat 311”. They first helped to reconstruct the fishery and then started a project to make the closed elementary school into a retreat center. They used inkstone, a rock from the region known as ‘Ogatsu stone’, and the new roof tiles are of the same quality as those that had been on the roof of 90-year old elementary school. This traditional roof material from Ogatsu became famous because it was used on the roof of Tokyo Station. Unfortunately, the tsunami washed away almost all of the houses that had Ogatsu stone roofs.

The reconstruction project of the devastated elementary school was very difficult. They gathered thousands of friends and collected funds and involved local people and the graduates of this elementary school and pushed forward a magnificent project. The project took two years of hard work, and the new center was named Moriumius. It has play equipment, and facilities so that children learn about nature. Of course adults can stay there too, and there is a handmade outdoor bath. People of the world pay attention to these facilities, and various people gather. It is difficult to increase the population of Ogatsu, but the town regains vigor by the increasing number of visitors. The tsunami isolated Ogatsu, but youth and people from outside have worked together to create this big project to regenerate the town.

On the other hand, the revival of the town does not readily advance. Already it is five years since the disaster. Recently, a recovery public housing project on a hill was finished and at last the residents are going to leave the temporary



↑ AMDA - Hyogo members working at Ogatsu
↓ Dr. Suzuki painting the Ogatsu Clinic sign.

Panorama view of Ogatsu Clinic



housing. However, work has only just begun in the center of the town. A 9m seawall is planned which will block the view of the beautiful shoreline, but first they must raise the ground level by 6m. Work has only just begun, but what kind of town will it become? Will it be the kind of place the people want? An elementary and junior high school and the medical office will be completed in about one year. Because the government office and other public accommodation are projects that will be built after the land raising is over, so it may take another five years or so.

After the Great Hanshin Earthquake, temporary housing disappeared in five years. There are tens of thousands of refugees who still live in temporary housing in Tohoku. The urban revival was relatively fast, but labor is needed for Tohoku revival and it takes a longer time. There are towns which worry about extinction due to population decrease in the tsunami disaster area. Ogatsu Town is one such town. Even if a seawall is made and new buildings are built, it is difficult to maintain a vigorous town in a remote place with such a decrease in the number of inhabitants. It is difficult for the government to do it. Citizen-based town planning by inhabitants with originality such as the Moriumius project take time, but the true revival will start from there. I have left Ogatsu, but want to continue supporting stricken areas, Ogatsu and groups working on revival from now on.



The symbol character of Ogatsu, Suzuri no Ken-chan

POPOKI'S EASY POGA

Lesson 92

This month features fingers and shoulders to loosen you up, even if it's cold!



1. First, as always, sit up straight and look beautiful.
2. Next, make a tight fist with one hand a spread your fingers wide with the other. Did it? Good, now switch hands. Repeat until your fingers are warm and toasty.
3. Now, using a big motion, rotate your shoulders forward; now rotate them backward. Repeat several times. If you like, try moving one forward and one backward!
4. Finally, raise both shoulders way up to your ears...and release!
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: 2/26/2016 19:00~20:20 Kobe YMCA

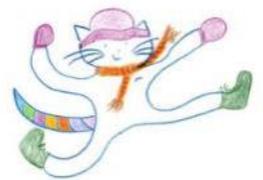
2016.2.4 - 9 Popoki in Otsuchi-cho!

2016.2.22 Talk session (see next page)

2016.3.26 (tentative) Popoki's Mini Peace Film Festival

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/>



Coop × YMCA × Unicef

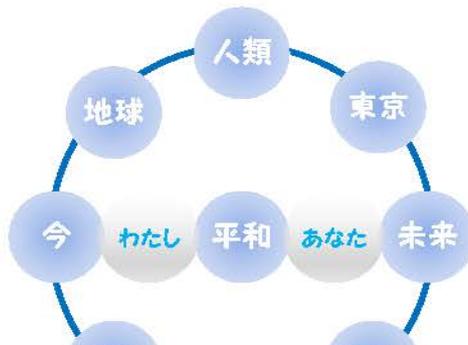
未来を創るピースフォーラム

海外から見た日本 ↔ 福島原発事故 ↔ 私たちの暮らし

Peace Forum to Build the Future:
Looking from abroad at Japan,
the Fukushima Nuclear Power Plant accident
and our lives



▲スティーブ・リーパーさん



▲アーニー・ガンダーセンさん

When: 2/22 (Mon.) 10:00-12:30

Where: Coop Kobe Seikatsu Bunka Center 4th floor, Meeting room 3

Guests: Steven Leeper (former director, Hiroshima Peace Culture Center)

Arnie Gastasen (Nuclear power plant technical expert)

Capacity: 100 (reservations are mandatory; contact address below)

Coop Kobe Community Activities Dept.

Tel: 078-856-1212 e-mail: soshikis@kobe.coop.or.jp

Kobe YMCA International Community Center

Tel: 078-241-7204 e-mail: houshi@kobeymca.org

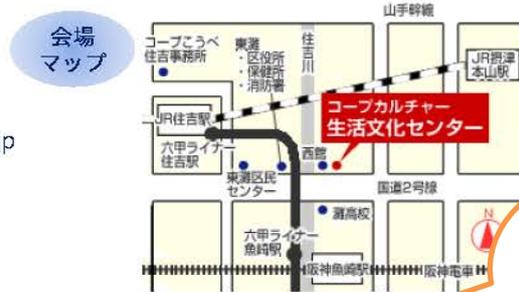
申し込み先

コープこうべ地域活動推進部

TEL : 078-856-1212 e-Mail : soshikis@kobe.coop.or.jp

神戸 YMCA 国際・奉仕センター

TEL : 078-241-7204 e-Mail : houshi@kobeymca.org



Popoki
Peace
Project too!!!

主催：コープこうべ 神戸 YMCA 兵庫県ユニセフ協会

協力：神戸 YWCA 避難サポートひょうご

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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
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- “If we all participate, something will change! Reflecting on Palestine” *THE YMCA* No.607 June 2010, p.1 (*YMCA Japan Monthly Newspaper*)
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- “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

Mayukonyan

This time, I would like to tell you the story of my first experience of peace and war. I was born and raised in a serene town till graduation from high school. The society around me was very peaceful. When I was 16, I joined an exchange program in the Netherlands. I participated in a camp with 30 students from more than 20 different countries for several days. Then I heard the staff worrying about two students who hadn't arrived at the camp yet. Those two were from Georgia. We also heard from them that the Russian army had invaded Georgia and had started bombing just several days before. On the last day of camp, the two students showed up and told us how they came (They came by car!) and how their city was destroyed. I was very shocked from their story and their bland tone, realizing how I have been ignorant about the world.

This is one of the reasons I began to want to study and know more about world and peace. What does Popoki mean to you? And when do you think about peace?



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

THANK YOU FROM
POPOKI!!



<http://popoki.cruisejapan.com>

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