



Autumn is coming, Popoki always feels a little unbalanced at the start of a new season. He finds a safe place from which to watch the world change. How about you? We hope you have a safe place, too.

Popoki's Hot News!



Upcoming: Popoki's Peace and Health Workshop at Hyogo University of Health Sciences. 15 October! (See pages 7-8)

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, *Yako-nyan*, sent the following piece of peace:

"When I talk about travels or books with people close to me, I sometimes realize peace is amazing. When I feel happy, I suddenly find the existence of peace with surprise."

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.



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



Popoki Peace Project・ポーポキ・ピース・プロジェクト 10th Anniversary

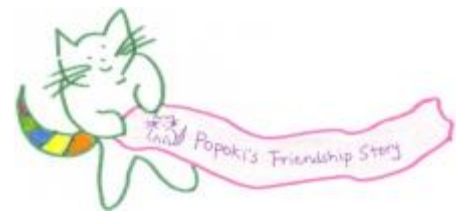
How should we celebrate Popoki Peace Project's 10th Anniversary?

It has been 10 years since Popoki Peace Project began.

Four books. Lots of nyan-friends. Many different workshops. Study tours.

About 200 meters of Popoki's friendship Story cloth. Lots of smiling faces.

What do you think we should do to reflect on the first 10 years, and look forward to the next ten?



Here are some of the suggestions we have already gathered....

- **Make new t-shirts**
- **Popoki goods (bags, hats, clear files, etc.)**
- **Popoki postage stamps**
- **Film showing (Nuclear? Something rather expensive? Several films?)**
 - **A party or overnight gathering to talk about Popoki**
- **Have a section at the Convention on the Rights of the Child 2016 Forum**
 - **What is your suggestion?**
- **Please send it to ronniandpopoki@gmail.com !**

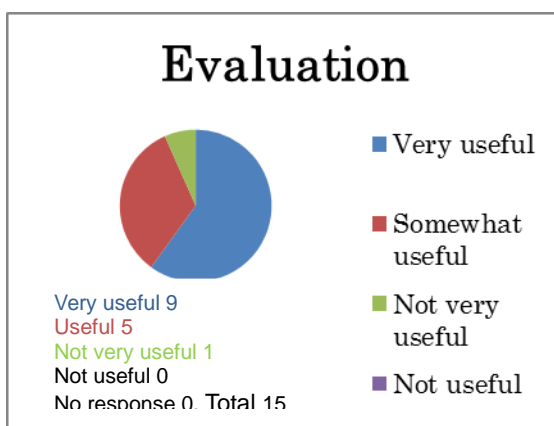


Popoki at the 13th Education for International Understanding and Development Education Seminar for Multicultural Symbiosis

Ronyan

This year, Popoki and Satonyan joined me again for a workshop at JICA Kansai on 9 August. Through many exercises and a final drawing project, the fifteen participants were able to enrich their images of 'peace.' I think it also offered some hints about ways to do peace education in their own classrooms and other spaces. Below is a summary of their responses to the event's questionnaire.

① Did you find the session useful?



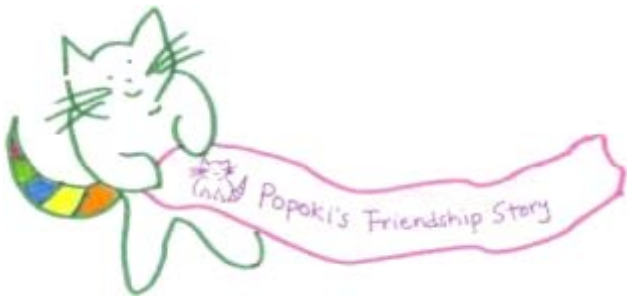
Reasons given for why it was *very useful*

- * I was able to think about peace as a concept that is different from what I knew before.
- * I was able to experience many different kinds of workshop exercises.
- * I only had a vague image of peace, but it helped me to think of peace more concretely and as something closer to me.

- * I was able to learn the basics of peace studies in an active and easy to understand way.
- * I realized there are many kinds of violence around me that are invisible or that I am not aware of.
- * We usually think that peace is a concept that is difficult to understand, but this workshop was good because it made peace feel closer and made it easier to think about and act for peace.
- * Many different things were introduced, and I want to take them back and try them out.

Reasons given for why it was *useful*

- * It was good because through this easy to understand workshop, I was able to think about peace.
- * I learned that everyone defines peace differently and that there is violence around us of which we might not be aware.
- * I enjoyed the participatory workshop exercises.
- * It was very well done and interesting. For example, I liked having to use my five senses.



Popoki's Interview

Interviewer: Ronyan

Thinking about Community with Ms. S

It had been a while since I had been to Sendai. I met with Ms. S, and we looked back on the five years since the disaster, especially the idea of 'community'. Here I will introduce part of our conversation.

* S and her family lost their home and rice fields in the March 11, 2011 disaster. They lived in evacuation centers and evacuation housing and last year moved into a new house in the same district (different location). This can be called a fast 'recovery'. But the disaster has had a continuing effect on many aspects of S's life. This time, we talked about recovery and community.

•Ronyan (R): Do people here in Sendai think that the disaster is over? Has recovery been achieved?

S: I think lots of people think so, but there are many different views.

R: You managed to build a new house relatively quickly. How about others in your former neighborhood? How are they doing?

S: Everyone has moved out of temporary housing. But they are scattered in different places. Sendai City bought up some rice fields and is offering the land to disaster affected people. Many people have gone there. Do you want to go and have a look?

R: Sure!

S: If you build a house here, you can live on the land rent-free for 30 years. When the 30 years are up, you have the choice of buying the land from the city or else tearing down the house and returning the land. It depends on whether you think 30 years is a long time. Some people think it is a question for the next generation and their children will have to decide. Others think that no one else will live there after they die, so they plan on returning the land. Of course, the conditions for purchasing the land are set out in the initial contract.

R: It costs a lot to build a house, and to tear it down. Is there financial support?

S: There is a bit. But it is not enough to build a house.

R: Did you get help from the city for building your house?

S: Yes...but maybe it was enough to build a small storage shed....

R: Before the disaster, this place was all rice fields, right? What about things like water, gas and electricity? Has the city prepared the necessary infrastructure?

S: I would certainly think so. There are shopping malls, too. It is very convenient. I don't think it is related to the disaster but there are also assisted living facilities. And disaster recovery apartments for displaced people, with the rent based on their ability to pay.



New houses. S: Most of the houses, including mine are built by the same company

R: Do people here live in the same communities as before?

S: No, they draw straws for the location. If the lot where they want to live is available, they get to live there. If more than one person wants the same lot, they draw straws again. They are living in the same area but they don't necessarily have the same neighbors. But you know, people talk about community but there are people you don't want to live next to, or don't want to have living next door to you. If your families have been living there for generations you might not have a choice, but if you could choose, you might not want the same neighbors.

R: Whenever people talk about recovery they always stress rebuilding the communities destroyed by the disaster or building new communities. How do you think new communities are created in new places?

S: They come from living there. I have joined the neighborhood association where I live now. They don't ask me to do very much, but there are various things that need to be done in communities. Those organizations are necessary for that. Where I lived before, there were four festivals a year and other events like sports festivals. The person in charge rotated, but every few times it would come around and we would have to be responsible for the event. It was a lot of work. You had to collect money and get people to participate. Everyone has a different personality. Some would give money but complain and others would say they would give money and then not do it.... The sports festival was the worst. There were six districts and one was really good, another was pretty good and the rest weren't interested. It was hard to have to go and ask people to please participate.

R: After the Kobe earthquake, I was at a meeting where a man in his thirties stood up and said angrily, "You all talk about community but I was suffocating in my community so I moved to the big city."

S: (smiling) Yes.... People would tell me I had to do things because I was young, or because I was married to so and so. I did it, but there were times I didn't want to or felt it was a burden. Sometimes I look back on my former life and feel glad that I don't have those responsibilities any more.

R: You lost your rice fields, so the rhythm and details of your life must be different now.

S: Yes, now we have a cooperative and farm together, but I don't do it. We lost a lot of things, too. We don't have the tools to pound rice to make rice cakes for the New Year and other holidays. We lost everything, so we have to decide what to replace and what to let go. I try to be inventive and make do, but I wonder if I'm doing the right thing. If we can maintain a good distance from each other, it's good to have neighbors and community. You can borrow things or do them together if necessary. I used to have a dog. When I had to be away, I'd ask my neighbor to feed and walk the dog. That was a big help.

R: The other day, my neighbor told me to leave him a note when I was away and he would water my plants for me. I was really happy. That sort of community is useful, but you have to maintain good relations.

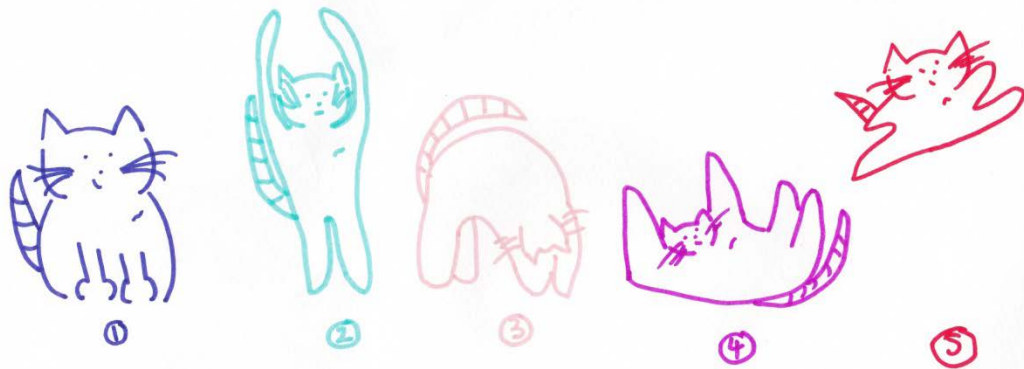
S: Yes, it is good if the people and dogs and flowers all benefit from it.

People cannot live entirely alone. But having too many people too close can be confining. How can we find and maintain a good distance? This conversation made me realize how important this topic is for disaster risk recovery. Thank you, S!

POPOKI'S EASY POGA

Lesson 100

This month's theme is celebrating the 100th Poga!



1. First, as always, sit up straight and look beautiful.
2. Next, stand up and stretch tall like the number one. Don't forget your tail!
3. Now, try to make a zero. Bend forward, rounding your back. If you can, grab your ankles.
4. And now, lie on your back and try a zero with your arms and legs. Popoki gave up part way through. How about you?
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: 2016.10.15 HUHS Community Outreach Center, 16:30~
10.7-10 Popoki in Otsuchi-cho!
10.15 14:00~16:00 Popoki Peace and Health Workshop, HUHS (next page)
10.26 Popoki workshop at Aboshi High School, Aboshi
10.31 Popoki's Friendship Story Project Report in Pittsburgh!
11.3-5 Popoki's Fukushima Report at York University, Toronto
12.10-11 Popoki WS at Convention on the Rights of the Child Forum, Osaka
Late December Ponenkai
2017.2 Popoki in Otsuchi-cho

From Popoki's friends....

7.28 Memorial ceremony for children who drowned in a flash flood, 7/28/2008. Togagawa Park (across from Daiei) 14:00~15:00. Paper cranes welcome!

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



健康って、なに色？

ポーポキピースネットワーク



あなたも 平和のねこと一緒に
健康と平和について
感じたり、考えたりしませんか？



平和って何だろう？健康って何だろう？

普段何気なく聞いたり見たり感じたりしていること。

ねこのポーポキと一緒に平和や健康の観点から暮らしを見直してみませんか？

防災から見た健康って、なに色？みんなで一緒に考えてみよう！！



スケジュール Program

- 13:30 受付 registration
- 14:00 「ポガ」タイム Poga ※ポガ：ポーポキのヨガ
- 14:05 ワークショップ①「ポーポキ、健康って、なに色？」Workshop 1
Popoki, what color is health?
- 14:30 散歩して平和と健康、安全・安心を探そう *雨天は室内で決行
Walk outside and look for peace and health, safety and security
in case of rain it will be held indoors
- 15:10 ワークショップ②「防災から見た健康って、なに色？」workshop 2
What color is health from the perspective of disaster prevention?
- 15:50 まとめ、発表 Conclusion, presentations
- 16:00 解散 Dismissal

日時 2016年10月15日(土曜日)

14:00~16:00

場所 兵庫医療大学 地域連携実践センター

対象 どなたでも参加できます。 All welcome

定員 30名 Maximum 30 participants

会費 100円 Fee: 100 yen

申込方法 FAX(裏面)にてお申し込み下さい。 Register by fax (reverse side)

問合せ先 兵庫医療大学 地域連携実践センター Information: HUHS (below)

電話 078-304-3013 (受付時間: 平日9時~17時)

担当者 兵庫医療大学薬学部 桂木聡子 Contact Popoki Peace Project or Satonyan



あなたも 平和のねこと一緒に
健康と平和について
感じたり、考えたりしませんか？

FAX でお申し込みの方はこの用紙にご記入の上、下記まで送信して下さい。

FAX 送信先 ▶ 078-304-2713

兵庫医療大学 地域連携実践センター

申込日 月 日

ふりがな
お名前 (小学生以下のお子さん参加 有・無) ※お子さんのお名前もご記入ください
ご住所 〒
電話番号 () -
緊急連絡先 氏名 電話番号 () -

(注) お子さんもご一緒の場合は保護者の方の責任においてご参加ください。

ご記入頂いた個人情報は、本企画の目的以外には使用いたしません

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

Chan-Nyan

Why are the same people fighting and killing one another even though they are living under the same sun and in the same world? Around the world, thousands of people were killed and millions of people are displaced every year because of lack of peace. If we look into the present situation of the world, we will see that most people are trying to solve their problems through violence and conflict. They never respect and care about the sorrow and feeling of the victims, especially women and children.

I have wanted to be a person who helps and stands by for the victims of the war since I was a High School Student. I always try to participate in peace activities everywhere. In Kobe, Ronyan introduced my beloved friend, Popoki in Peace and Development Class. At first, I felt that Popoki was very strange to me. However, I tried to understand him as much as I could. Fortunately, I got the great chance to participate with him in KIO University. I could share my feelings and experiences to my beloved friend, Popoki.

Popoki always advises and suggests to me the meaning and the connection between “Love and Peace” ensuring that Peace cannot be obtained through conflict whereas it can only be achieved through love, conciliation, and mutual understanding.



* This Picture was drawn by KIO University Students.

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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