



**December in Japan means colored lights and Christmas decorations in most cities. Popoki likes the colors, but what he likes best is spending holidays with his family and friends. We hope you can spend the holidays with those you love, 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, **Maika-nyan**, sent the following piece of peace:

"However many difficult situations I face, I can do my best because some friends understand and sympathize with me. It might be peace that my mind is healthy and I can think positive thoughts even if the situation is very serious. Believe in myself! I can do it!"

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/WYdWwmwogE>





**ポーポキ・ピース・プロジェクト・Popoki Peace Project  
10<sup>th</sup> Anniversary**

**2006~2016. Four books, many workshops and seminars, Popoki Friendship Story Project activities, festival participation, international exchanges in person and through Skype, and international study tours to Palestine and other places. Ten years of laughing, crying, thinking, drawing together and connecting. Thank you all so much.**



**Happy holidays! See you again on 1 January!**

## “Convention on the Rights of the Child Forum 2016 in Kansai”

Satonyan

On 11 December, Ronyan, Kaonyan, Kiyonyan, Yakonyan, Hayashinyan and I participated in the “Convention on the Rights of the Child Forum 2016 in Kansai.” On that morning, there were twelve simultaneous sessions about children’s rights. Some were for adults only, others for children and/or youth too.



Popoki’s session was in Room A-7, “What Color are Children’s Rights? Let’s express it with the cat, Popoki, using our bodies!” Nineteen children, adults and young people participated. We also had two special guests: Rights Pen (Penguin) and Peace Po (Popoki).

First we had introductions. We learned that Ronni gave Popoki his name, and that all children have the right to be given a name. Then we did poga. After that, we read from *Popoki*,

*What Color is Peace?* focusing on the senses and also on rights. Rights Pen and Peace Po followed up on the reading and led a discussion about the different aspects of rights and peace in the story. Then we formed two groups. Each group chose one of the rights we had discussed, and used their bodies to express it. We shared our creations. One group chose to express the right to have an adequate standard of living through showing, “you can’t live without money.” The other group expressed the right to expression and to be oneself through dancing. Finally, we divided into three groups to make a *kamishibai* story. The story begins with Popoki crying. The groups had to continue the story with (1) why he is crying; (2) how they help him to stop crying; (3) how they address the underlying cause of his tears; and (4) everyone smiling together.

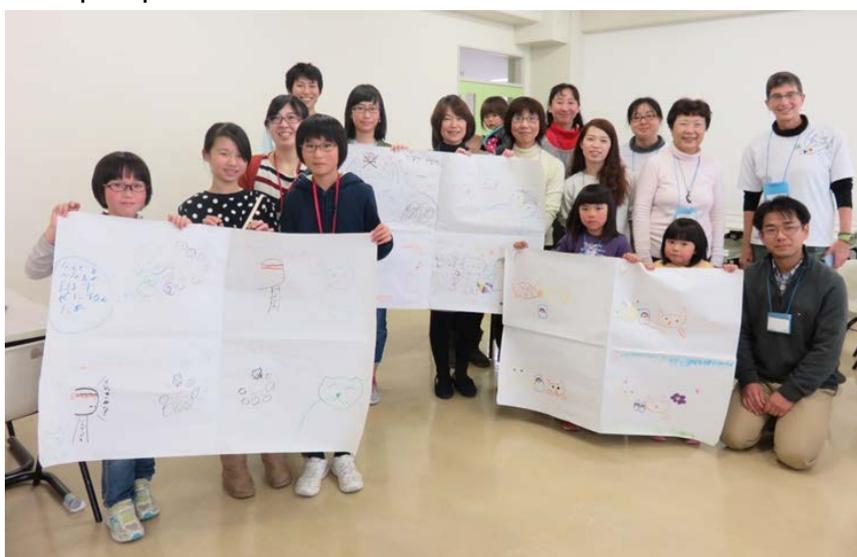


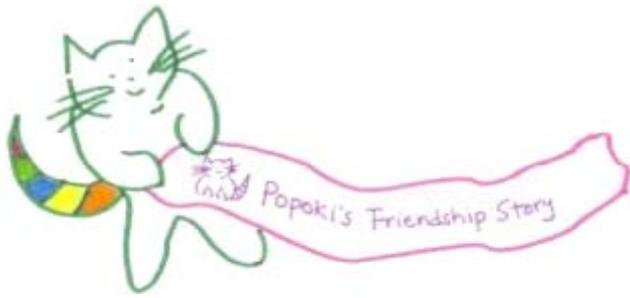
The reasons for Popoki’s tears were varied: “wanting to play cards but not having any cards,” “having lots of worries,” and “being ostracized.” The groups thought about not only the way to solve the problem, but we all talked together about how all the different parties felt. At the end, Ronyan summed up by saying that children have the right to be protected, but sometimes they have to let those around them know that they need help. At the same time, the adults around them have to be sensitive to what the children are trying to tell them. In

order for everyone to live in peace, it is important for everyone to care about others and be sensitive to their needs.

All of the participants in this workshop enthusiastically felt, thought and expressed “rights of the child” from their different perspectives as children, youth or adults. They realized that it is possible to deal with difficult subject matter and have a good time, too.

After our session, there was a plenary to end the two-day Forum. One activity was to make an action plan to implement the Convention on the Rights of the Child. During that activity, I was impressed by the words of an elementary school teacher. He said, “It seems to me that teachers are pressuring children, forcing the rules of adults onto them.” Won’t you take a moment to review the rights of children and make sure you are treating the children around you from the perspective of their best interests.





## \*Popoki's Interview\*

Dr. Toshiro UETA sent us an essay from  
Otsuchi-cho

### Aftershock

On 22 November 2016 there was an aftershock. That day, I had awakened a little before 6:00. I went to get the newspaper and had just come back to the dining room when I felt the earth shake. It wasn't any stronger than any of the other recent quakes, but I thought it lasted for a long time. I turned on the TV and found that the center of the earthquake had been off the coast of Fukushima. Tsunami warnings had been issued, and they said that at about 6:30 a 1 meter tsunami would arrive at Otsuchi. It was not the 6 meters predicted on 11 March 2011 and it did not seem that it would be like the 18m tsunami that actually hit us, so I was a bit relieved. At the same time, even though 5 years have passed, our flood gates and sea wall have not been completed. The land in the area in the central Machikata district has been raised and the main prefectural road has been completed, but that is all. I was worried about what might happen. Classes were cancelled at nursery schools, pre-schools, and elementary, junior and senior high schools. I received calls from the staff saying they would not be coming in or were delayed or had evacuated, but I decided to open my hospital as I thought that if anything happened, it could be used as an evacuation center.

They say that this earthquake was an aftershock of the Great Northeast Japan Disaster. We are entering the 6<sup>th</sup> year since the 11 March 2011 disaster, but for our town, this aftershock brought back vivid and terrifying memories of that day. For us, the scars of that experience have not yet healed.

Otsuchi-cho, Iwate Prefecture

UETA Toshiro

\*\* Dr. Ueta belongs to the Kamaishi Doctor's Association and wrote this essay as the front piece for the December 2016 edition of the Kamaishi Doctor's Association Report. It is reproduced and translated here with his permission.

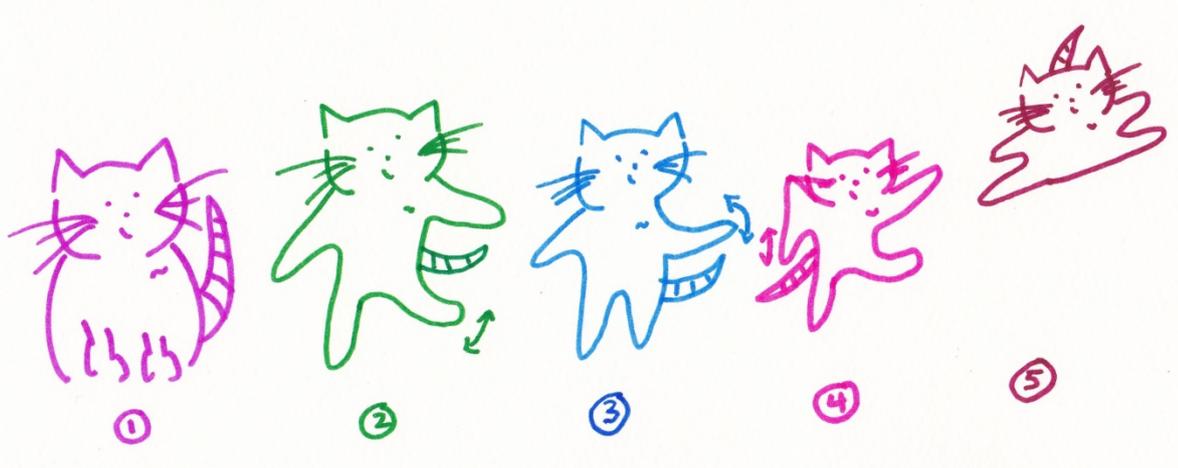


Photo: View of the Machikata district of Otsuchi-cho on 1 November 2016 from Kokujirasan (UETA Toshiro)

# POPOKI'S EASY POGA

Lesson 103

This month's theme is relaxing!



1. First, as always, sit up straight and look beautiful.
2. Next, stand up and shake your foot. If you like, also move your ankle in circles. Move your tail, too. When you are finished with one side, try the other.
3. Now try shaking your hand, and moving your wrist in circles. Don't forget your tail! When you are done with one side, try the other. Or you can do both at once, or shake one side and circle the other at the same time!
4. Next, move your shoulder up and down and around in a circle. Want to try both at once? For a special challenge, try doing all the steps at the same time!
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: 2016.1.25 19:00~20:30 Kobe YMCA Rm.201

12.19-23 Popoki in Indonesia (Ghajda Mada University)

2017.2.2-6 Popoki in Otsuchi-cho (tentative)

March Popoki's Mini Peace Film Festival (tentative) with Kobe YMCA/Kobe YWCA

\* Many of Popoki's friends are very busy in January and February, so we do not have many activities.

# 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](http://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*)
- 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 (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](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

Yakonyan

What Popoki Means to me is a wonderful peacebuilding activity. Everyone might know peace is necessary. However, everyone might not know how to do peacebuilding.

I think we can do peacebuilding everywhere like Popoki Peace Project. Despite the fact that we might think we need to go to foreign countries far from our hometown and to dangerous areas, peacebuilding can be done in the place where we are. It seems to be fantastic.

At Popoki workshops, participants first think about peace from their experiences and express their ideas. Then participants listen to others' ideas about peace. Third, participants take a little action about peace together. I like Popoki Peace Project because Popoki is the first step to spread peacebuilding as well as an easy and enjoyable activity.

I think it is important to continue such kinds of peacebuilding activities and to think about the meaning and impact of the activity and improve it. I think peacebuilding activities should not be something special but rather become a part of our everyday life.

In my image, peacebuilding is linked with the phrase "Harmony (Wa 和) is precious." This is attributed to Shotoku-Taishi, who contributed to make Buddhism widely known in Japan about 1400 years ago. It means that it is good for everyone to do something in harmony with themselves and without conflict. I feel it wonderful that this phrase tells us the necessity of respecting each other, not hindering others and enjoying our work peacefully with others when we do something together.

One meaning of harmony (Wa 和) in Japanese is addition. I think it also shows the attitude people do something with listening to others.

Moreover, Popoki gives the opportunity for participants to become conscious of violence and the pain of others and to think about how to improve terrible situations. I am grateful to Popoki for making efforts to remove other persons' pain. I feel very happy to join Popoki and participate in peacebuilding.



## 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](mailto: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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