



July! It is very hot and humid in Kobe, so hot that sometimes Popoki wants to take off his fur coat! But instead he usually finds a shady spot to snooze. Today, though, he has brought watermelon for everyone. It's nice and cold! Here, help yourself!

Popoki's Hot News!



Coming soon*

Popoki's "Hiroshima Day Skype: nuclear weapons and nuclear power" on 6 August will be held at Kobe University this year! If you want to join us, please meet at 8:00 at the entrance to GSICS or at Ronyan's office at 8:25. We'll be waiting for you!

Piece of Peace



One of Popoki's friends, Reiza-nyan, sent the following piece of peace: "Two days ago, most of the international students who took the master's degree gave their master's thesis to the office. After all, it became very peaceful because we had given all our efforts to complete the final work. Somehow, it makes me think. Is peace is something I get after completing my task? Can I feel eternal peace after completing all my tasks? Which is impossible, since there will be always be something to accomplish. Last, should the things that must be accomplished to feel the real peace, affect others or just relate to you?"

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: [ronniandpopoki \(at\) gmail.com](mailto:ronniandpopoki@gmail.com) !

Nada Challenge Popoki Exhibition Booth Report!! Part 1

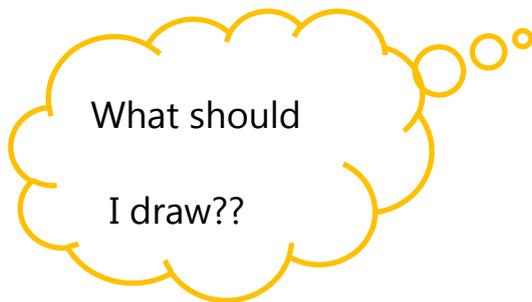
Mari nyan



Nada Challenge was held on July 2nd. Popoki had a booth outdoors (see next month's edition) and the Nada Community Hall. At the Popoki booth in Nada Community Hall, two projects were held.

One was Popoki Friendship Story project. Many children participated, and a colorful story was made this year as well!

Cloths from the Popoki Friendship Story project which had been drawn by many people in various places were also displayed on an entire wall!



Another project was SHAKE HAND activity. Kawarahata Yoko san, who was special guest from Otsuchi cho, came! I also participated! This project is to decorate small salmon-shaped dolls, called 'shake' in Japanese. Salmon is a symbol of Otsuchi-cho.



Decoration with my favorite materials!
I made a cute Shake!



I made it with the image of the Toga River where the festival was held, a rabbit named Glico, and Futon! (Futon makes everyone

-In Conclusion-

Through the Popoki Friendship Story project, I felt a "connection" that connects peace like a baton. The baton is filled with a lot of people's smiles and feelings! It made me want to keep passing this baton to various people in various places from now on.

The SHAKE HAND activity is a warm, encouraging and amazing activity, and the feeling that "Let's go back to Otsuchi" was put in this activity. Children who participated this activity gazed at the materials spread out on the table. Then they made their SHAKE, unique in all the world. All of the SHAKE looked so good! Lots of SHAKE started their journey from Otsuchi, and we hope they are able to come back again safely!

Thank you, Yoko san!!



Popoki's New Activity – 3

Thinking about Disaster Risk Reduction in Many Languages with Popoki

Ronyan

In the last Popoki News, I introduced the story for May and the words for June. This time I will share the story for June and the words for July. I will also share a very special story, contributed by Popoki's friend Löic Bret.

The words for June were: warning, evacuation warning, and evacuation bag. Here is the story.

Popoki and Grandma Koala decided to practice evacuating.

“When there is a warning, we wait for the evacuation warning and then take our evacuation bags and escape,” explained Popoki.

Grandma Koala nodded and smiled. And then she asked a question.

“Popoki, where are we supposed to escape to?”

“Oh no, I forget to check!” exclaimed Popoki.

“It's a good thing it is just practice,” said Grandma Koala and she kept on smiling.



Löic Bret sent a new story in French! Here it is, followed by his English translation. Ronyan added an illustration.

- « Est-ce vrai que nous devons quitter la maison s'il y a une alerte ? »
- « Cela dépend, Popoki. Durant un séisme, il est conseillé de rester caché. Mais quand tu entends l'alerte évacuation, tu dois quitter la maison. »
- « Puis-je prendre mon ours en peluche ? »
- « Pas vraiment. Tu dois prendre quelques vêtements, nourritures, eaux, premiers soins et des moyens de communication. Ta peluche n'est pas très utile. »
- « Pas question ! Je ne veux pas partir sans mon ours en peluche ! »

Here is his English translation:

“Is it true that we need to leave our house if there is a warning?”

- “It depends, Popoki. During an earthquake, it is better to remain hidden. But, when you hear the evacuation warning, you may leave your house.”

- “Can I take my teddy bear?”

- “Not really. You need to take some clothing, food, water, first aid and communication. Your stuffed toy is not useful.”

- “No way! I don’t want to leave my teddy bear!”

- “Okay... Take your evacuation bag, your teddy bear, and find a place where you will be safe.”

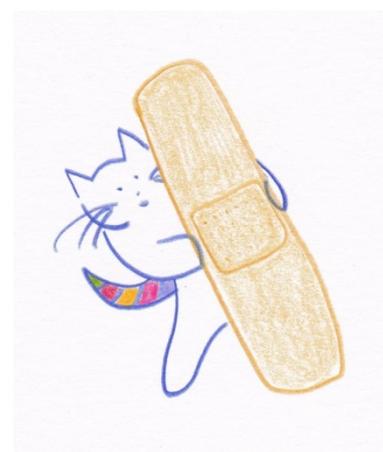
The words for July were as follows

First week of July: High place

If there is a tsunami warning, Popoki runs so hard to get to a high place that he might make a new record.



Second week of July: shelter (evacuation center)
The shelter closest to Popoki’s home is an elementary school.



Third week of July: First aid station

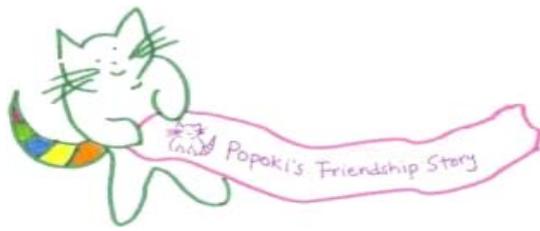
Popoki keeps disinfectant and other things in his first aid kit so if he has a small injury he doesn’t have to go to a first aid station.



Fourth week of July: relief goods

Before sending new towels to disaster areas as relief goods, Popoki washes them to make them more absorbent.

Popoki’s July story will be in the August Popoki News!



Popoki's Interview

Mionyan & Maiko Kobayashi (currently living in Nepal)

I went to Nepal at the end of March this year. The twin earthquakes struck there on April 26 and May 12, 2015. My companion had been to Nepal before the earthquakes. She told me "Durbar Square has not been rebuilt yet. But people are getting back to their normal daily lives. The prices have gone up and the number of vehicles has increased. The city is very dusty and smells like car exhaust."

After returning home, I asked another friend about the local situation. She is living in Nepal as a staff member of an NGO. Here is what she told me.

- Reconstruction of infrastructure

Public infrastructures such as health facilities and schools have been reconstructed with international aid. Since the earthquakes, many local people have been staying in temporary shelters made with simple CGI sheets. Now, two years since the earthquakes, they finally have started to reconstruct permanent buildings. In rural areas, since there are just a few large-scale public buildings, reconstruction of individual houses is the priority.

- Mental care

Immediately after the earthquake, mental care for affected people was a priority topic. However now, government policies seem to focus more on practical reconstruction. Some NGOs are still working on mental care to support marginalized people, which is a kind of compensation for the government health policies in which mental care is not prioritized.

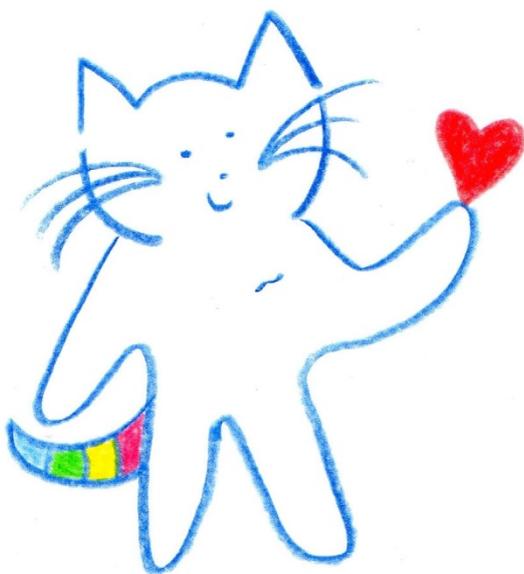




• Life of people

It looks like no drastic changes have occurred on the surface of the daily lives of the local people, even after the earthquakes. This is because people in local villages have always lived with few belongings and continued to maintain their lives hand in hand with family and relatives, just as before the earthquakes. On the other hand, almost all households now are burdened with heavy debts for reconstructing their houses, which may lead to further poverty in future. There is also a lack of information about government support among the poor, which will cause them to be left behind. NGOs play an important role in supporting the vulnerable, continuously and comprehensively.

This was my first visit to Nepal. The atmosphere in Nepal is quieter and calmer than in India, where I used to live. My impression of Nepali people is that they are modest and humble. I would like to continue to support them to live in happiness and peace.



Popoki sends his love and support to those people still suffering in Nepal, and to those suffering from disasters around the world. This last month has been particularly hard in Japan, with torrential rains, floods and landslides. Popoki hopes everyone will be able to feel safe soon.

Popoki also sends his love to the earth and atmosphere. Maybe if we all show our love for the earth that enables us to survive, we will make it possible for everyone to feel safer.

POPOKI'S EASY POGA

Lesson 110

This month's theme is stretching your shoulders and back to stay cool!



1. First, as always, sit up straight and look beautiful.
2. Now, stand up and put your hands behind your neck, keeping your elbows close to your sides. Pull back your shoulders, opening up your chest.
3. Next, bring up your elbows and gently pull back. You can use your tail, too!
4. Finally, bring your elbows to your head and slowly rotate them 5 times forward, and then 5 times backwards.
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: 2017.9.22 19:00

8.6 Hiroshima Day Skype@Kobe University, 8:00 – 10:00

7.29 Popoki@Kobe University Frontier Center for Asian Health Sciences Kick-off Symposium

8.7 Popoki peace workshop at 14th Seminar on Education for International Understanding & Education for Development for Living Together in Cultural Diversity. Information/application: JICA Kansai, jicaksic-renkei@jica.go.jp

8.18 Popoki workshop on gender at 2017 Global Citizenship Study Tour with Osaka, Hong Kong, and Taiwan: Celebrate Differences, Looking at the world from a gender perspective.” 9:00-15:30.

8.23 Popoki@Kobe University Gender Equality Office Summer School for Primary School children. Ronyan and Satonyan will give programs together on peace (Ronyan) and health (Satonyan). Open to children of faculty, staff, students of Kobe University.

From Popoki's friends:

7.28 Ceremony to remember victims of the Togakawa River Accident Togakawa Park (near Gourmet City, Nada). 14:00~

7.29~30 Open market: Carved animal, crafts, garage sale, cafe. Kobe YWCA Annex (Chuo-ku, Sakaguchi-dori 5-2-16, 10 min. from Hankyu Oji Koen or Kasuganomichi). 7.29: 11:00-17:00、7.30:10:00-14:00

Popoki in Print

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- 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
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- “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
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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 2010.3.15
- FM COCOLO 76.5 ‘Heart Lines’ 2010.1.9 Japanese Interview: Ronni on Popoki in Palestine
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- 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
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- ‘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)
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- “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
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- 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

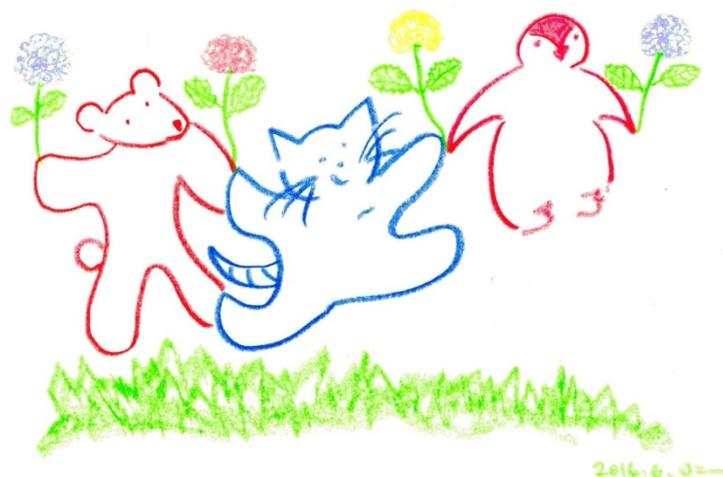
Siwi-nyan

When I think about what Popoki means to me, I have difficulty to express it in words. Maybe it's because Popoki is quietly sneaking in to my life, without me knowing it. Popoki's friendship gave me the opportunity to meet a lot of new friends and helps me to be a better friend. Popoki shares his friend's stories, so that others can have the opportunity to share the warmth of Popoki friend's touching stories and courageous spirits. (For example, recently, Popoki invited Yoko san from Otsuchi Obasan Club to share Shake Hand activities at Nada Challenge).



Popoki reminds me to be grateful for what I have. Popoki shows me that I have unlimited blessing and I shouldn't take everything I have for granted. Popoki also makes me realize that we can support others in many simple ways. Thank you, Popoki.

Shake Hand's booth at Nada Challenge



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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