

It's October! In Kobe, Halloween is a chance for lots of decorations and fun. Popoki likes pumpkins and chocolate but is sometimes afraid of ghosts. How about you?

Popoki's Hot News!



Upcoming*

Workshop on Peace and Health with Popoki and Satonyan
Hyogo University of Health Sciences

28 October 14:00~16:00

See page 13 for details!

Hope to see you there!



New Translations

Popoki's friends have made new translations of Popoki's books. *Popoki, What Color is Peace?* was already available but now *Popoki, What Color is Friendship?* (Siwinyan), *Popoki, What Color is Genki?* (Putrinyan) and *Popoki's Friendship Story* (Reizanyan) have been translated into Indonesian so we have a full set! Thank you so much!



Piece of Peace

One of Popoki's friends, Yoshi-nyan, sent the following piece of peace: "When I wake up, I often break gas.

I can check my body condition by its sound.

It makes me feel free and relaxed.

Might the morning when I can break gas feeling safe be 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: [ronniandpopoki \(at\) gmail.com](mailto:ronniandpopoki@gmail.com) !

Kodomo no Sato Report

Marinyan & Makonyan

On July 15th, we visited “Kodomo no Sato” (Children’s Village) with Popoki.

Kodomo no Sato is a place that anyone can use. It is located in Nishinari, Osaka. Not only children but also mothers and fathers go there. In Kodomo no Sato, you can do anything, including playing, learning, consulting, staying, or taking a break. There are many opportunities to know about people living in the surrounding town, such as a night patrol and a sports festival with people in the town.

(The homepage of Kodomo no Sato is here: <https://www.eonet.ne.jp/~kodomonosato/>)

First of all, after seeing the video introducing Kodomo no Sato, we played a lot together. We played games called "Searching for Common Points" and "Rock, Scissors, Paper Train". At the end, we did Popoki 's drawing about thinking together with the theme, "What is important to keep Popoki happy?" We drew pictures with a lot of genki!



To make Popoki cheerful ... Popoki needs a friend! It is a cool place because summer is hot. Beauty! Flowers make Popoki happy! I am lucky if I can see the rainbow. We all had a lot of ideas and drew nice pictures.

Next, we will introduce Makonyan & Marinyans impressions about visiting "Kodomo no Sato" this time. In the introduction video about "Kodomo no Sato" that we were shown, I was surprised that there were many opportunities to know about "someone" and connect with particular people, not just people in general. Children can participate in a night patrol and have conversations with "homeless" people who live in that community. In night patrol, children can learn about the people living in their town. Also, I felt it was very nice to play sports and move our bodies together. Also, it was very powerful kids who played with us. Thank you for a wonderful picture and time! (Makonyan)

I saw the children playing freely with full power in "Kodomo no Sato" and felt very envious. I had no opportunity to play with other children of different ages outside of school when I was a child. It was a short time, but I got a lot of energy from the children! Thank you so much
(Marinyan)

** Nishinari is a part of Osaka known for day laborers and homeless people. Kodomo no Sato is a center that serves the community there. Every year, Popoki goes with his friends and some of Ronyan's students to visit Kodomo no Sato, and then to learn about day labor, homelessness and poverty in Japan from people in Nishinari.



Visiting Guam Report

Mari nyan

From September 11th to 15th, I went to Guam with Ronyan sensei and Fuminyan!

I could meet lots of people and listen to many stories, and I learned a lot.

There are many things I would like to report to everyone, but this time, I will present three topics I chose!

No.1 Karabao!!

Karabao which appeared in the picture book which Dr. Bevacqua wrote.

It is a famous animal in Guam.

I got to meet some Karabao!



↑ You can see Karabao at the airport!



My face is stiff...

I was a little bit scared!



No.2 Visiting Naval Base Guam!





↑ Supermarket in the base
(Much cheaper than outside of the base)



↑ Gas station in the base
(Much cheaper than outside of the base)

There is everything in the base!

There is a beautiful beach, a man-made pool where a lot of fish come. So many people come to visit on weekends.

There were many facilities such as a gas station, supermarket, hospital, etc.

People outside of the military cannot shop at base supermarkets unless they are accompanied by members of the military.

No.3 Discussion with Students!

I visited University of Guam.

In the morning we went to the university's library and cafeteria and enjoyed a different atmosphere from universities in Japan.

And from 12:30, we participated in Dr. Bevacqua's Chamorro language class and discussed with the students about political status in Guam, military issues, and "being safe and feeling safe".



Cafeteria at UOG

SOUTHERN HIGH SCHOOL BELL SCHEDULE SY 2017-2018		
TIME	PERIOD	MINUTES
6:35 a.m.	1 st WARNING BELL	
6:40 a.m.	2 nd WARNING BELL	
6:45 a.m. - 8:15 a.m.	1 st PERIOD	90
8:25 a.m. - 9:50 a.m.	2 nd PERIOD	85
9:50 a.m. - 10:40 a.m.	LUNCH	50
10:45 a.m. - 12:10 p.m.	3 rd PERIOD	85
12:20 p.m. - 1:45 p.m.	4 th PERIOD	85
1:45 p.m.	DISMISSAL	

←Extra information...

In the high school in Guam, 1st period starts at 6:45 a.m. So early!

I visited Guam for the first time in my life.

Before I went, I only had an image of "a resort place where we can easily go from Japan".

Through the class I took in the previous term, I learned about the situations in which Guam is located and the problems that Guam is facing.

I thought that it would be great if many people were interested in Guam!

Without Ronyan sensei I would not have been to Guam for study and I think that I could not hear opinions from so many people. Thank you for carrying out our unexpected sudden request of "I want to go to Guam!" Thank you so much!

Mari nyan



With Dr. Bevacqua

NEW POPOKI T-SHIRTS!



Five sizes: SS, S, M, L, XL

Five colors: purple, light blue, white,

light yellow and light pink

Price: ¥1500 (tax included)

Thinking about Disaster Risk Reduction in Many Languages with Popoki – No. 6 Ronyan

In the last Popoki News, I introduced the story for August and the words for September. This time I will share the story for September and the words for August.

Words for September: disaster affected person, temporary housing, mental health care
Story

Popoki stretched the long cloth on the floor of the gym that was being used as an emergency shelter. He smiled and approached people saying, “How about drawing?”

“I’m not a disaster affected person. Is it all right for me to draw too?” asked a volunteer.

“Of course!” answered Popoki.

Soon there were lots of drawings.

“Look! I’m going to be moving into temporary housing soon, so I drew a house!”

“I drew a cat!”

“Popoki, I had a good time today. Thank you! It was mental health care for volunteers, too.”

Popoki waved to everyone saying, “Thank you for all the drawings! I’ll see you next time!”



Japanese: 9月の単語:被災者、仮設住宅、心のケア
お話し

ポーポキは、なが〜い布(ぬの)を避難所(ひなんしょ)として使(つか)われている体育館(たいいくかん)に広(ひろ)げました。にこにこしながら、みんなに声(こえ)をかけました。「お絵描(えか)きはいかが?」、被災者(ひさいしゃ)じゃないけど、いい?」とボランティアがききました。

「もちろん!どうぞ!」と、ポーポキは答(こた)えました。

まもなくたくさんの絵(え)ができました。

「みて!明日(あす)から仮設住宅(かせつじゅうたく)に引っ越(ひっこ)すので、家(いえ)を描(か)きました!」

「わたしはねこを描(か)いた!」

「ポーポキ、今日(きょう)はたのしかった。ありがとう!ボランティアの心(こころ)のケアにもなりました。」

ポーポキは、手(て)をふりながらいいました。「たくさんの絵(え)をありがとう!またくるね!」

Siwinyan: Bahasa Indonesia

Kosakata bulan September : orang terdampak bencana, hunian sementara, perawatan kesehatan mental.

Popoki membentangkan kain panjang dilantai ruang olahraga yang digunakan sebagai tempat penampungan darurat. Ia tersenyum and mendekati orang-orang sambil berkata, “Maukah menggambar?”

“Saya bukan orang yang terdampak bencana, apakah saya boleh menggambar juga?” Seorang relawan bertanya.

“Tentu saja” jawab Popoki.

Tidak lama kemudian, ada banyak gambar yang dibuat.

“Lihat ini, saya menggambar rumah karena saya akan segera pindah ke hunian sementara!”

“Saya menggambar seekor kucing!”

“Popoki, saya senang sekali hari ini. Terima kasih! Menggambar juga merupakan perawatan kesehatan mental untuk relawan juga.”

Popoki melambai kepada semua sambil berkata "Terima kasih untuk semua gambar kalian!, kita bertemu lagi lain waktu!"

First week of October: Subsidized housing

In the region where Popoki lives there is lots of empty housing, so instead of going from the evacuation center to temporary housing, people can go to already existing housing and the local government will pay the rent.

Japanese; 10月第一週目：借り上げ住宅
ポーポキが住(す)んでいる地域(ちいき)には空(あ)いている住宅がたくさんあるので、避難所(ひなんしょ)から仮設住宅(かせつじゅうたく)の代(か)わりに、自治体(じちたい)が家賃(やちん)を負担(ふたん)する借(か)り上(あ)げ住宅(じゅうたく)に住(す)むことができます。



Lóic Bret, French version

Première semaine d'octobre : « Maison subventionnée »

« Dans la région où Popoki vit, il y a de nombreuses maisons vides. Ainsi, plutôt que d'aller d'un centre d'évaluation à une maison temporaire, les personnes peuvent aller dans des maisons préexistantes et le gouvernement local paiera le loyer.

Second week of October: earthquake insurance

Popoki wants earthquake insurance, but he can't get it because he is a cat!

Japanese: 10月第二週目：地震保険

ポーポキは、地震保険(じしんほけん)がほしいけれど、ねこだから加入(かにゅう)できない!

Siwi Sari Prasastiwi, Bahasa Indonesia.

Minggu kedua bulan Oktober: asuransi gempa bumi

Popoki ingin memiliki asuransi gempa bumi, tetapi ia tidak bisa karena dia seekor kucing!

Loïc Bret, French version: "Assurance contre les tremblements de terre"

"Popoki veut une assurance contre les tremblements de terre, mais il ne peut pas en avoir parce qu'il est un chat !"





Third week of October: Recovery
 Popoki thinks that recovery is when everyone has a home, the area has work, shops, and places to play, and everyone is smiling.

Japanese: 10月第三週目：復興（ふっこう）
 ポーポキが思（おも）う復興（ふっこう）は、みんながおうちに住（す）み、地域（ちいき）に仕事（しごと）やお店（みせ）もあり、おあそびもでき、そしてみんなが笑顔（えがお）になっていることです。

Loïc Bret, French translation: "Redressement"

"Popoki pense que le redressement c'est quand tout le monde a une maison, un endroit où travailler, où faire les magasins, où jouer, et où tout le monde sourit."

Siwi Sari Prasastiwi, Bahasa Indonesia

Pemulihan

Menurut Popoki, pemulihan adalah saat semua orang memiliki rumah, tempat untuk bekerja, toko-toko dan tempat untuk bermain, dan semua orang tersenyum

Fourth week of October: disaster risk reduction

Popoki thinks that although disasters cannot be prevented, if everyone is interested in disaster risk reduction and works together, and if they greet and chat with their neighbors on an everyday basis, it is possible to reduce the damage.

Japanese: 10月第四週目：減災（げんさい）

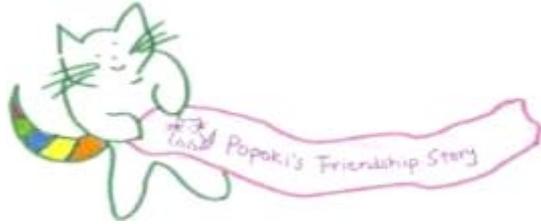
ポーポキは、災害（さいがい）を防止（ぼうし）することはできませんが、みんなが減災（げんさい）に関心（かんしん）をもって、協力（きょうりょく）し、そして日常的（にちじょうてき）にまわりの人（ひと）とあいさつやおしゃべりをしていれば、被害（ひがい）を少（す）くなくすることは可能（かのう）だと思（おも）います。



Loïc Bret French version: "réduction des risques de catastrophes"

"Bien que les catastrophes ne peuvent être évitées, Popoki pense que si toutes les personnes s'intéressaient aux méthodes de réduction des risques de catastrophes ; si elles acceptaient de travailler ensemble et si elles saluaient et accueilleraient leurs voisins presque tous les jours, alors il serait possible de réduire les dégâts causés par ces catastrophes."





Popoki's Interview

Yoshihiro Suzuki

Teaching Assistant, Department of General Medicine
Graduate School of Biomedical Sciences, Tokushima University
Member of AMDA and AMDA Hyogo

At 23:49 on 7th September (local time), a big earthquake of 8.2 magnitude occurred in the Pacific Ocean near the southern coast of Mexico. This earthquake continued for about 100 seconds. Serious injury occurred in Oaxaca Province, especially Juchitan.

A nurse who also served as coordinator, and I were dispatched to Mexico as a team for emergency medical aid for victims of this disaster on 11th September (Japanese time). There was very little information about the disaster area. When we left for Mexico, we knew only that a Japanese interpreter was prepared and we might be able to get some news about the disaster area from the Mexico branch of Tenrikyo. We needed to collect information, decide on the method and area for our activities, search for a home base for our team and prepare for aid after arrival in Mexico. So I was worried before arriving. But someone whom we needed would always appear and help us, like the following example. A Mexican who had lived in Juchitan until a little while ago was at the Mexico branch of Tenrikyo and he has many friends there. His name is Christian. We could get a lot of news about Juchitan from Christian and his friends. It was decided that one friend of an acquaintance of Christian's would let us stay in his family house while we were in Juchitan for our activity. So we could go into Juchitan on 13rd September (local time).

The population of Juchitan is around 100,000. It is a pretty big town, but originally a poor one. Mainly Native Americans live in this area. Injuries from this earthquake were mostly in the city center of Juchitan. Some old brick buildings were broken completely and even new buildings got some damage like cracks in the walls. Even if the house remains, the owners don't want to live in it because they are afraid of collapse due to aftershocks. They worry that thieves might come into their house, so they cannot leave it. They evacuate and stay on the side of the street in front of their house all night and all day. In Kumamoto Earthquake, many evacuees stayed in their cars in front of their houses for the same reason. When we arrived at Juchitan, 6 days had passed since the big earthquake had occurred. But I was impressed that almost of all Mexican victims were cheerful.

Right after coming back to Japan, a second big earthquake (7.1 Magnitude) occurred in the middle of Mexico at 12:14 on 19th September (local time). The area around the capital city was hardest hit. It is easy to imagine that aid to the disaster area in Oaxaca has been slowed, because a lot of people and things have been sent as aid to Mexico City. Additionally, at 7:53 on 23rd September



(local time), a 6.1 Magnitude earthquake occurred in Oaxaca Province. The bridge fell down and more buildings were broken in Juchitan due to this third earthquake.

I think we have to take care of the real vulnerable areas, however people's eyes focus on Mexico City now.

On 25th September of local time, the team of AMDA left for Juchitan, not Mexico City.



POPOKI'S EASY POGA

Lesson 112

This month's theme is Halloween!



1. First, as always, sit up straight and look beautiful.
2. Now, sit and raise your arms, making the points of your elbows into rabbit ears! Try curling your tail into a ball like a bunny tail, too.
3. Next, how about raising your shoulders, stretching your arms out and turning your feet outward. Can you walk like a penguin?
4. Finally, lower your shoulders and curve your arms like a gorilla. Can you make sounds like a gorilla, too?
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: 2017.10.28 16:30~ After the workshop at HUHS

- 10.28 Peace and Health workshop at Hyogo University of Health Sciences (see pg.13)
- 11.2~4 Popoki, Ronyan, Satonyan @ Otsuchi-cho
- 12.5 Popoki Peace Workshop for High School Teachers, International Division of the Hyogo Prefecture Education Association @JICA Kansai
- 12.21 Popoki@Gadja Madha University, Jogjakarta, Indonesia
- 12 Ponenkai
- 2018.2 Popoki and his friends @ Otsuchi-cho

From Popoki's friends:

New children's book: text: Seiko Chujo; translation: Ronni Alexander, *The Cans of Forest* (English/Japanese version), Epic, 2017.

ポーポキピースネットワーク

第7回ワークショップ 「健康って、なに色？」

Workshop: "What color is Health?" @ Hyogo University of Health Sciences



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？

あなたの健康の指標は、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 散策して平和と健康、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 relief. *It will be held indoors if rainy
 - 15:10 ワークショップ②「あなたの健康の指標は、なに色？」
Workshop 2: What color indicates your own health?
 - 15:50 まとめ、発表 Conclusion, presentations
 - 16:00 解散 Dismissal

日時 2017年10月28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。Open to all

定員 30名 30 participants

会費 100円

申込方法 FAX(裏面)にてお申し込み下さい。Registration: Fax (see the reverse side)

問合せ先 兵庫医療大学 地域連携実践ステーション

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 For information contact Satonyan



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)
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- ‘Draw inner thoughts about disaster’ *Yomiuri Shimbun* 2013.2.16:4 (evening edition; Japanese)
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- ‘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
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- ‘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
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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)
- *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
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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

Keinyan

“あ〜” Every time I take a hot spring bath, this sentence rushes out from my mouth automatically. It needs to be at hot springs, my bath tub is out of the question. You can come up with this sentence only in the place that is “far from your home,” “in a natural setting” and “with a specific scent.” When I take a bath there, I get the power from nature in every part of my body. Few places provide such an opportunity to experience such peaceful times.

On the other hand, some of my friends from abroad don't understand the attraction of hot springs. “What is the difference between your bath and the natural spa?” “It looks impossible to be able to relax when you are naked with other people in public places.” To them, my favorite places look as if there were naked monsters, which is creepy!! “Creepy” goes too far. It looks like I cannot hear “あ〜” from their mouths.

As I mentioned above, the difference between yours and theirs makes an impression when you experience other cultures, although of course sometimes you might be able to enjoy the freshness. Even more, if you don't take the difference positively, the person whose culture is different from yours could be taken as “weird.” What you love might be something is alien to other people, like my spa.

When I meet people from abroad for the first time, I keep it in mind that it is impossible to understand each background and culture completely. I think what is important in such situations is if you recognize the difference, and try to understand each other. You shouldn't take others just by impressions. If anything, you can encounter new ideas what you don't have and expand your idea about the world from them. I think it's what cultural exchange is.



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.

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From the publisher, Epic: TEL: 078-241-7561·FAX: 078-241-1918

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