



It's November! In Kobe, the days are getting shorter and the weather has turned cold, but the leaves are brilliant colors. Popoki gets bundled up to enjoy the leaves and likes autumn delicacies, too. How about you?

Popoki's Hot News!



Upcoming* Ponenkai!

This year we are having a potluck, featuring Bashirnyan's curry!
15 December 19:00~ @ Kobe Student Youth Center
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

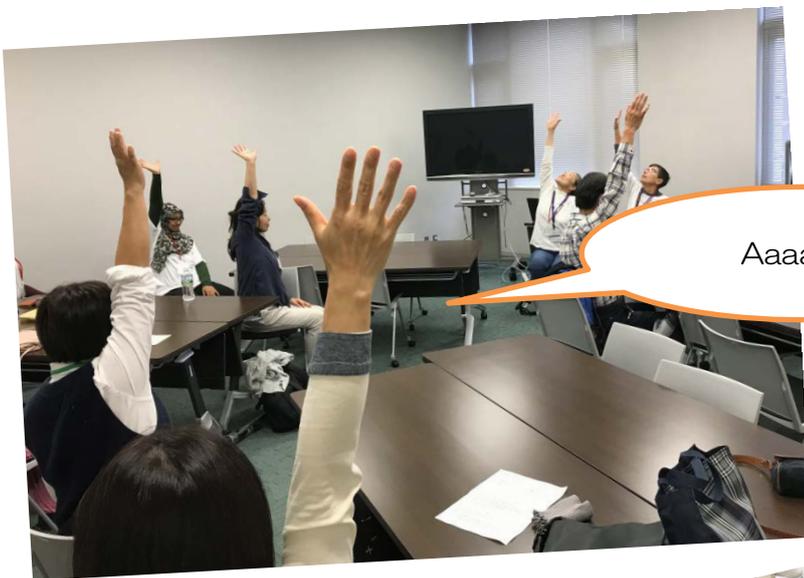
One of Popoki's friends, Arip-an-nyan, sent the following piece of peace: "I found one." A boy showed me a beautiful maple leaf in his small hand. I think peace is a time when we feel the brilliance of fall with someone else."

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) !

Work shop @ Hyogo University of Health Sciences

Ari-pan-nyan

On October 28, we held a Peace and Health Workshop, "What color is health?" as part of a community outreach project of Hyogo University of Health Sciences. A typhoon was coming and it was heavy rain on that day, but many people came to the event regardless of the weather. With someone from health care and others from the community, we thought and felt peace and health. We had a good time.



First of all we did Poga. We stretched our bodies and broke the ice.

Aaaah !

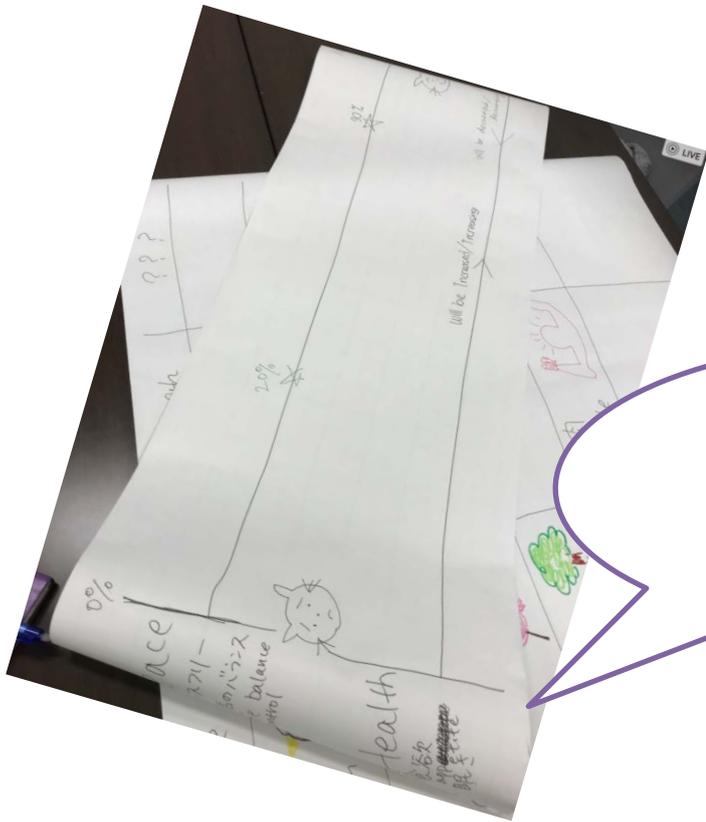
After the Poga, we read from Popoki books. Some guests also read them aloud with us.

Next, we made lists, trying to express peace and health using our five senses.

All of groups drew some cute pictures on their lists



Last, we considered and drew a scale to measure peace and health.



We cannot consider health separately from peace...It is difficult to measure.



Because we debated and tried our best to find a good solution, the workshop was successful. For me, it was a time to reconsider the relation between health and peace. Let's hold it next year, too, Popoki.

At the beginning of November, Satonyan and I went to Otsuchi-cho. Our purpose was to have a chance for long, relaxed talks about different things with people there. The reason we went in November was that it was good for everyone's schedule, but it coincided with another desire on my part. I wanted to see the autumn colors in Otsuchi.

The purpose of this trip was for 'voluntary support' and 'research', but looking at the autumn colors is neither of those activities, it is just doing something I enjoy. Ever since the 1995 Great Hanshin-Awaji Earthquake, I have had many discussions about the meaning of being a volunteer, and the question always arises as to whether it is okay for volunteers to enjoy themselves. I think having fun is important. Ignoring others and just going out and having fun on your own while volunteering might be a problem, but enjoying autumn leaves together might give you a chance to reflect together on your own humanity and emotions. Such opportunities are impossible to plan for, and if you try to create a situation where they might occur, often it will seem contrived and out of place, but I think that sharing moments of strong emotion is actually one of the most important aspects of being a volunteer. Of course, Popoki shares those moments, too.





As to autumn colors in Otsuchi-cho, of course there are no cherry or maple or any other trees in the town destroyed by the tsunami. The number of buildings in the center of the town has increased dramatically, so it is very different from the town I first encountered right after the tsunami. Even so, it looks like a collection of electric poles. And many of them do not have electric wires on them! If they were all colored pencils, I would be very excited....

I do not know what Otsuchi-cho was like before the tsunami, but what I saw this time, six months after my last trip, was a completely different town than the Otsuchi I have come to know. It was hard for me to adjust to the change, and many of the people living there seem troubled, too. Raising the ground level took so many years, and the building so sudden! The drastic change creates so many questions. Is anyone living in the houses? Is anyone shopping at the stores? What about people's everyday lives? Is there a community?



The 14.5m sea wall is also beginning to take shape. I imagined it would just be a very tall wall, but it is more like a long slope. If you are on the sea side, you cannot see the town, and if you are in town, you cannot see the sea. A person who is still anxious has raised the ground another 30cm before beginning to build a house. What does that 30cm mean? If the height is 14.8m is it safe? Will it feel safe? What can be done so that people will feel safe and be able to devote themselves to building a community? Recovery is really difficult.

On a somewhat different topic, I have a cousin of whom I am very fond. He is a big rugby fan, and is planning to come to Japan in 2019 for the rugby World Cup. We went to see the rugby stadium under construction in Kamaishi, a city near Otsuchi-cho, and I sent him some photos. He expressed surprise that so much was being done



for rugby. I am not very knowledgeable about rugby, but I would like to go and watch a game with my cousin. And I'd like to take him to Otsuchi-cho. I wonder what the town will be like in two years. It will most likely seem like a different place again. But even if it doesn't feel familiar, I hope it will be a place filled with vitality and smiling faces. I'll be back before then, but Otsuchi friends, please be there for my cousin in the autumn of 2019. Maybe there will even be beautiful leaves.

Thank you everyone for a meaningful and thought-provoking time!

Thinking about Disaster Risk Reduction in Many Languages with Popoki – No. 7 Ronyan

In the last Popoki News, I introduced the story for September and the words for October. This time I will share the story for October. This time there were no new stories or translations, so here are English and Japanese versions. The initial plan was to continue for 6 months, so this is the last part. Thanks to everyone for all their help!

Words for October: subsidized housing, earthquake insurance, recovery, disaster risk reduction

Story:

Popoki's friend Pen-chan has moved into subsidized housing.

Popoki: I'm so happy for you, Pen-chan! It must be much more quiet and nicer than the shelter. And it's near your new school, too.

Penguin: I really liked my old school and town, so I want them to hurry up with recovery so we can build a new house!

Popoki: I hope you can do it soon. But make sure it is earthquake-safe. Penguins can't get earthquake insurance either, just like cats.

Penguin: Yes, I know. I'm going to help with disaster risk reduction education at school. I have short legs, but I'll show them how fast I can run away!

Popoki: That's fine, but before you run make sure of what kind of disaster it is and be certain to choose the safest strategy.

Penguin: We can invite Grandma Koala, and think together about the best and most fun way to reduce disaster risk!



Japanese:

10月の単語：借り上げ住宅（かりあげじゅうたく）、地震保険（じしんほけん）、復興（ふっこう）、減災（げんさい）

おはなし

ポーポキの友だちのペンちゃんは借り上げ住宅に引っ越ししました。

ポーポキ：良（よ）かったね、ペンちゃん！避難所（ひなんしょ）より静（しず）かでいいね。しかも、ペンちゃんの新（あた）らしい学校（がっこう）からは近（ちか）い。

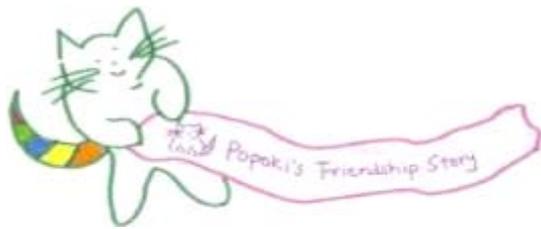
ペン：前（まえ）のおうちや町（まち）が大好（だいす）きだったので、はやく復興（ふっこう）して、新（あた）らしいおうちを建（た）てたい！

ポーポキ：早（はや）くできるといいね！でも、耐震性（たいしんせい）を確認（かくにん）してね。だって、ペンギンも地震保険（じしんほけん）には加入（かにゅう）できない！

ペン：そうね！ペンは、学校（がっこう）で減災教育（げんさいきょういく）のお手伝（てつだ）いすることになります。足（あし）が短（みじか）いけど、一生懸命（いっしょうけんめい）に逃（に）げることを見（み）せるよ！

ポーポキ：それはいいけど、逃（に）げる前（まえ）に災害（さいがい）の種類（しゅるい）や一番（いちばん）安全（あんぜん）な対応策（たいおうさく）を確（たし）かめようね。

ペン：コアラばあちゃんも入（い）れて、みんなでの楽しい減災（げんさい）方法（ほうほう）を考（かんが）えよう



Popoki's Interview

Ronyan

This column is to introduce Popoki's friends and people he has met. The length and style is up to the author, so some contributions do not use an 'interview' format, and sometimes the content of the interview has nothing to do with Popoki. The purpose is to keep the memory of disaster alive and help people to feel that disaster is something related to them. It also serves as a place for people who have participated in Popoki's activities to reflect on their experience. This month, instead of an 'interview' I will use this column to reflect on 'interviewing'. Thank you for your understanding.



Recently I discovered there have been some big mistakes in 'Popoki News'. One is that I unintentionally used the same interview twice. Regardless of intention, I should not have done it and I want to apologize to Popoki's friends and readers, as well as those who appeared in the article.

That was not the only mistake. I realized that we have hurt Popoki's friends with the content or way of writing the articles. This should never happen, but it did. Let me apologize again. And, after thinking about it, I decided to write this article in the hope that it will not happen again. Thanks for reading it.

I always challenge the participants in Popoki's activities with a difficult assignment – to write articles for the English and Japanese versions of 'Popoki News'. The purpose is first of all to share our activities with those who did not participate. An additional objective is to create an opportunity for the writer to reflect. Looking back on the activities gives the person a chance to think about their meaning and to reflect on her/his own participation. This not only promotes deeper understanding of Popoki's activities as a whole, but also allows the person to think about what s/he might have done differently and how to improve the activity for the next time. This is why I think 'reflection' is extremely important.

The resulting articles are all different. Sometimes they are impressions, other times they read like newspaper articles. I generally try not to change the format, but sometimes add information or change the wording where necessary. Wherever possible I try to stay as close to the original as possible, while at the same time being conscious of general knowledge and understanding, as well as the particular situation.

The majority of Popoki Interview articles are summaries of conversations with the interviewee. The person is asked in advance, a location is selected, and the Popoki member tries to record the conversation accurately. Afterward, the person writes up the interview. If possible, the article is

shown to the interviewee and receives his/her agreement before it is published. Of course, when directly quoting the person, quotation marks are used in order to distinguish between the voice of the interviewee and the interviewer, and the interviewer never changes what the interviewee said.

Sometimes the interview articles are written without arranging for a formal interview beforehand. For example, people often write about things they heard while participating in Popoki's activities. Of course, including comments from program participants or stories that left a particularly deep impression make the article more interesting. It is an effective writing technique because it makes the story seem more real and draws in the reader.

But this can also be a problem. After the program, when you are thinking back on it and writing an article, you might think, 'Oh, I really like what that person said' and include it in your text. In that case, which of the following do you do: a. Include the person's name, age, and address; b. Include only the name; c. Do not include the name but do include the age; d. only include the gender; e. include some other characteristic? If you were being written about, which of the above would be your choice?

In order to answer this question, we need to know whether the person in question knew when s/he was talking that her/his words might later appear in writing. To put it another way, did you tell the person that you might write about her/him? If you did not, then you need to confirm with the person that it is all right to use their words and identify them. If you cannot ask the person, then you should of course not use their name or individual characteristics. A person's age and gender are part of their identity, too, so it is always better to ask permission. Words, like photos, are personal

information. It is important to share people's stories, but when we borrow their words, we need to do so gently and carefully, and make sure that we use the same care when we put those words into print.

This has gotten very long, but I have tried to summarize some of the basics of writing so that everyone can enjoy reading 'Popoki News'. Finally, I would like to apologize again to any readers who have been hurt or made uncomfortable by 'Popoki News'. We will try even harder in the future, so please remain Popoki's friend. Thank you very much.



POPOKI'S EASY POGA

Lesson 114

This month's theme is staying warm!



1. First, as always, sit up straight and look beautiful.
2. Now, curl up in a ball as small as you can. Tuck in your head, arms, legs and tail. Feeling warmer?
3. Next, stand up and stretch out those limbs, reaching for the sky.
4. Finally, curl up again, this time while lying on your back. Try rocking from side to side, 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: 2017.12.15 19:00~ Ponenkai! @ Kobe Student Youth Center

12.5 Popoki Peace Workshop for High School Teachers, International Division of the Hyogo Prefecture Education Association @JICA Kansai

12.15 Ponenkai 19:00@Kobe Student Youth Center. Please confirm attendance by 12/8 and say what you will bring, too. Cost will be based on the number of participants and whether or not you brought food or drink. If possible, bring your own chopsticks and cup, too. See you there!

12.21 Popoki@Gadja Madha University, Jogjakarta, Indonesia

2018.2.8-13 Popoki and his friends @ Otsuchi-cho

2018.3.17 Symposium and Workshop on Art, Medicine and Disaster! At Nada Ku-min Hall.

From Popoki's friends:

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

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)
- “‘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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- 省窓: Column in *Kobe YMCA News*, No.606, 2011.1, p.1 (*In Japanese*)
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- 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/>)
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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
- ‘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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- ‘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
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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

Through my experience in Kenya

Marinyan

If Popoki lived in Kenya, she would enjoy talking to people there. They are very tough people who survive through difficult situations every day. And she would probably feel that peace is something very personal.



'Children playing in the maize field.'

Kenya is the most developed country in East Africa. It contains one of the most important ports – Mombasa, which brings items to Uganda and Tanzania. However, the country suffers from corruption in the system. People are very tired of the political games. Like me, Popoki would feel very happy with the recent Supreme Court decision

which annulled the election results of August 2017, although clean politics is still far away.

Popoki wouldn't find a war-devastated country in Kenya. Apart from a border conflict with the Somali Al Shabaab militias, the Kenyans live in relative safety. People, especially in the villages, simply try to find everyday peace - sharing their home grown traditional vegetables with friends, and cooking food for neighbors. Making sure kids can get education and clean water every day. Celebrating weddings and funerals with the entire village. Popoki would find that people are trying to make their lives secure together.

That is why there is a huge need for development. Efforts, domestic and foreign, help elevate the living standard. Popoki prefers a hygienic toilet, clean water and a stable water level in Lake Victoria so she can eat Kenya's tasty tilapia fish in the lake's bankside restaurants. The Kenyans do too. Striving towards a higher living standard sometimes seems like an uphill battle, but positive steps are actually being made.

The Kenyans' striving for personal peace isn't that far away from our own first-world dreams. The details are different, but the people are the same. Popoki would like the gentle petting of a Kenyan village mama as much as that from a classy Kobe Peace Studies professor.



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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