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It's December! It is cold in Kobe, but Popoki is staying warm by sharing good memories of 2017 with his friends. There are so many things about our world that we need to change, but we hope that there have been joyful moments in your year for you to remember, too.



**Thank you for your support this year.  
Wishing you  
Happy and Safe Holidays!**

# Popoki's Hot News!



## Piece of Peace

One of Popoki's friends, **Satonyan**, sent the following piece of peace: "This is from a participant in a program for people who have difficulty swallowing: 'I am peaceful and happy when I can swallow without having to worry.'"

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) !

[Popoki@Gadjah Mada University!](mailto:Popoki@Gadjah Mada University!)

Ronyan

On 21 December 2017, Ronyan and Popoki went attended the "13th International Disaster Seminar - Gender-Inclusive Disaster Risk Management" at Gadjah Mada University, Indonesia. Popoki's friend Siwinyan was there, too. The seminar was sponsored by the School of Nursing, Faculty of Medicine, Gadjah Mada University and Kobe University. It was a very full one-day program. Siwinyan and I were on a panel in the morning, following the opening ceremony and key note address.

Of particular interest here is Siwinyan's presentation, "Gender and Disaster Recovery: Observations from Otsuchi-cho," in which she shared her experiences and observations, along with

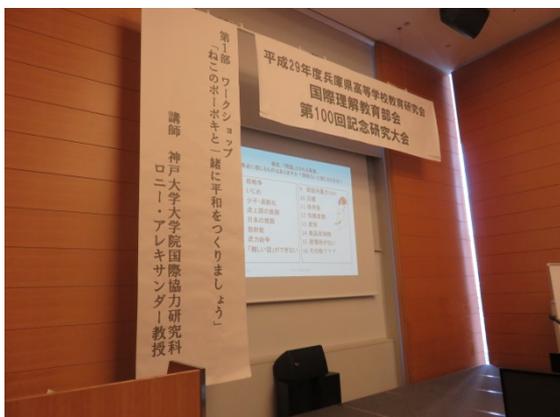
photos and stories from survivors. Siwinyan was able to interact with local people in Otsuchi-cho which served to make her think about not only disaster but also on her own situation. I was very happy to have shared a panel with her, and even happier to hear he explain her good understanding of Popoki's activities and watch her efforts to share it with others.

This seminar was for 120 nursing students and related faculty and staff. I think they were all moved by Siwi's descriptions.



Participating in the “100<sup>th</sup> Anniversary Conference”  
of the Education for International Understanding Division of the Hyogo Prefectural  
Secondary School Education Research Group

Satonyan



On Tuesday, December 5, I participated in a workshop at JICA Kansai with Ronyan. There were so many high school teachers - school principals, teachers responsible for education for international understanding and various other teachers, too. At this 100<sup>th</sup> workshop held by this group, the teachers wanted to learn methods and activities that would be useful in their classrooms.

Ronyan asked, "Do you want to do a few things in depth, or a lot of different things more superficially?" The group was divided, so we tried hard to satisfy everyone.

Of course, we began with Poga. The teachers' stern faces began to loosen up. Next, we discussed in groups a list of issues, deciding which felt closer to the participant's experience and which felt farther away. One group spoke eagerly about "food additives" and about how it is difficult to engage discussions about serious topics. There was one teacher in particular who nodded especially in agreement. There was a group interested in "poverty in developing countries," too. The reason was that they were teachers who are concerned about international understanding.

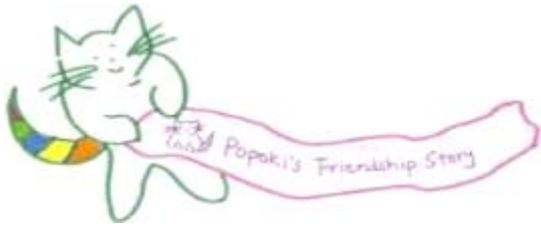


For the next exercise, Ronyan asked "Is Japan peaceful now?" There was a range of responses from, "Japan is not at war so it is peaceful" to "Japan doesn't have a military to protect itself, so not peaceful." There were various opinions for peace. Does peace mean being able to share differing opinions freely?

Finally, they were asked to make a 5-page story that both made invisible violence visible and then eliminated it. When I saw their work, I thought that having so many different viewpoints was a good way to solve problems. And I realized that in order to solve problems, we first have to make them visible.

I was very happy to hear one of the participants reflect that, "Popoki's role as a facilitator is very important"!

I'll work harder from now on, too!



## \*Popoki's Interview\*

Satonyan



I went to Otsuchi-cho and Sendai with Ronyan from November 2 – 6, 2017. We have been to Otsuchi-cho so many times that I can no longer count them. When I close my eyes, I can picture the landscape and the faces of our many friends. But this time I was surprised because my eyes were open, but the scenery was so different from my remembered view!

Where is this place? I knew that when they finished filling in and building up the land, they would build houses on it. But I felt like I was looking at houses in a town I don't know. It felt very strange.

The place that I work is Port Island in Kobe. This island was made by carving out a mountain and using it as landfill, in conjunction with the Portopia 81 event that commemorated "moving the mountains to the sea." Later, rubble from the 1995 Great Hanshin-Awaji Earthquake was also used as landfill. The island was created from nothing, so there was a lot of discussion by urban planners about how to develop it.



Photo: 「<http://takosyasin.blog.fc2.com/blog-entry-195.html>  
 凧と空中散歩Ⅱ 凧と空中散歩 パート2 」

Of course over time, much has changed.



Popoki's friend Itonyan took us around Otsuchi. In order for Ronyan and me to understand the way the town is being rebuilt, Itonyan brought photos of Otsuchi-cho before the tsunami. She showed us shops that had come back to their old locations, and others that had moved a little bit. I listened to her explanations of the ways the railway bridge and other bridges are being built, and thought that there will be more and more buildings. At first it will seem strange, but probably I'll get used to it. And even if the town looks different, the warmth of the people here won't change. On this trip, we got to see a lot of Popoki's friends. Thank you! We will be back again soon.



# POPOKI'S EASY POGA

Lesson 115

This month's theme is abs!



1. First, as always, sit up straight and look beautiful.
2. Now, stand up, bend forward keeping your knees straight (if you can) and touch your right toe. Stand up straight again, and try the left toe. And how about the floor between your legs, too?
3. Next, stand straight and spread your arms to the sides. Then bring your right arm up and your left down, keeping your back and torso straight. Now try the other side. Don't forget your tail!
4. Finally, sit with your legs straight out in front of you and your arms stretched to the sides. Now raise and bend your knees, balancing on your bottom. Can you keep your balance while stretching out one leg and then the other?
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: 2018.1.19 19:00~

12.21 Popoki@Gadja Madha University, Jogjakarta, Indonesia

2018.1.25 Popoki@Semester at Sea (when docked in Kobe)

2018.2.8-13 Popoki and his friends @ Otsuchi-cho

2018.3.17 Symposium and Workshop on Art, Medicine and Disaster! At Nada Kumin Hall.  
Everyone welcome! Details soon!

2018.4.6 UNESCO Chair Kick-off Symposium@Kobe University! If you are interested in disaster, gender, and a summer program in Indonesia, please come and find out more!

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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- “Awards given to 37 groups Daiwa Securities Foundation” *Kobe Shimbun* (2013.8.23 p.8)
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- “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
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- ‘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
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- ‘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)
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- “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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- \* **Back issues of Popoki News:** [http://popoki.cruisejapan.com/archives\\_e.html](http://popoki.cruisejapan.com/archives_e.html)





## *What Popoki means to Me*

SHIMIZU Sawako

To me, Popoki means dancing

I first enrolled in a ballroom dance course at a culture school about 7 years ago. Now, I'm not taking that course but have been taking private lesson once a week for 4 years. When I started taking dancing lessons, I wanted to be like dancers I saw on TV shows, but not anymore. Now I care more about to keeping good posture, using my inner core muscles and the use of my feet in dancing. I never thought that it would be so difficult to move and control parts of body exactly as I want to...

I still cannot move them perfectly, but I enjoy times when I can control my deep muscles and the use of my feet. Who would have imagined me to be into such basic training? However, as I get my body axis stable, I get praise for my (rumba) walk from my teacher. I think I'm on the right track!

I also feel I am healthier than I was 20 years ago. I used to have stiffness in my upper back and lower back pain but not anymore. I know what to do when I begin to feel poorly. It's not realistic to think about my posture from the top of my head to the tip of my toes all day long, but reminding myself several times a day makes me stay healthy.



## 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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