

Popoki



Newsletter

No.154 2018.6.25

ronniandpopoki (at) gmail.com

http://popoki.cruisejapan.com/index_e.html

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It's almost July! It is the middle of rainy season in Kobe where Popoki lives. The weather is very unstable, but Popoki looks for the border between the rainy and fair weather, and finds ways to enjoy himself. We hope you can find enjoyable ways to play on rainy days, too.

Popoki's Hot News!



COMING SOON!

Sunday, 1 July, is Nada Challenge @ Togakawa Park! Every year since the Great Hanshin-Awaji Earthquake, Kobe University students and Nada-ku residents have worked together to hold this festival. Popoki will have a booth with sales and games, and an Exhibit entitled "Popoki Friendship Story @ Nada Challenge". Chiffon-san from Otsuchi-cho will join us, too and we will make cute figurines together! (See p.6)



Piece of Peace

One of Popoki's friends, Oka-nyan, sent the following piece of peace: "On that day, we lined up at pay telephones to tell our loved ones we were all right. On 18 June 2018, LINE played an important role. I hope that advancements in technology will help to support people and make them feel better."

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(at)gmail.com) !

Popoki's books in French!



Popoki's friend, Löicnyan, is translating Popoki's books into French. He has already finished *Popoki, What Color is Peace?*, and now he is working on *Popoki, What Color is Friendship?*.

Thank you, Löicnyan!

Thank you all so much!

Ronyan



On 18 June there was a big earthquake in northern Osaka.

The shaking was powerful in Kobe, too. Popoki and his friends in Kansai were all surprised.

I was surprised too, and very scared. Even after the shaking stopped, I was uneasy.

Many people who experienced the Great Hanshin-Awaji Earthquake in 1995 remembered that time and were very worried.

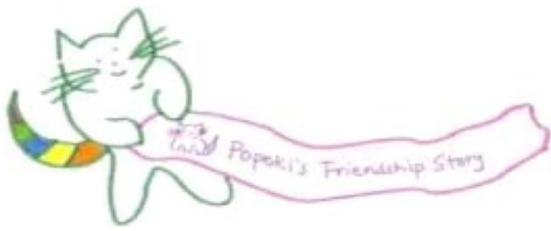
People have trouble sleeping, feel emotionally unstable, or feel physically unwell.

Tears from 23 years ago, shouts of surprise, trembling, painful memories....

This time, soon after the earthquake, messages and calls, and even presents began arriving from Popoki's friends around Japan and the world. When you are scared and feeling down, warm words really help to make you feel better.

Thank you so much for helping to bring back our genki!





Popoki's Interview

Experiencing the Earthquake on 18 June
Interviews with Po-kai members

Satonyan

Popoki has gone to many sites of disasters and continues to engage in activities to support people. But this time, an earthquake occurred in a place where many Popoki Peace Project members live. I wonder what the new nyans who have only recently come to Japan felt. How did the older nyans who have been engaged in Popoki's activities feel? Were they able to put their experience to good use?

Satonyan: What did you think during the earthquake? What did you do?

A nyan: I had been up all night writing my thesis so I was still asleep. The earthquake woke me up, but I had experienced earthquakes before in Indonesia so I knew what to do. I opened the door.

U nyan: My mother was flat against the wall and my younger sister was in bed but I heard her voice. My younger brother was silent so I went to wake him and tell him to protect his head. ...My father? Oh, I didn't think about him....

L nyan: I have a cat. She was scared and hid under the sofa, but was staring at me. I was scared too, so I was staring her. We just stared at each other. I wanted to take the cat if I had to run away, but she was frightened and I knew if I held her she would scratch me. While I was thinking about these things, the shaking stopped.

T nyan: I live a ways from the center of the earthquake. The emergency warning went off before the shaking began. I was still in bed so I pulled the covers up over my head.

L nyan: I was in bed. When I came to Japan before I experienced an earthquake and it wasn't serious so I assumed this was OK too. I wasn't afraid.

D nyan: I was working at my part time job. Alarms went off and everything was shaking. The people I work with stopped what they were doing while it was shaking and then when it stopped they just started working again as usual. In my heart I wanted to run away, but no one left, so I stayed too. Lots of things were shaking but nothing fell down.

AP nyan: I was at the elementary school where I work in southern Osaka. As soon as the shaking stopped, the head teacher said to check the rooms and facilities to make sure they were safe. It didn't really shake that much so I thought it was okay, but the teachers who had experienced the Great Hanshin-Awaji Earthquake were really serious. The atmosphere in the teacher's room changed completely.

K nyan: I was on a JR train when my alarm went off. Just as I realized it was shaking the train stopped. I thought there wasn't much I could do about it. I called my family to make sure everyone was okay. I am a resident pharmacist and work at a hospital. When I called, they said to come into work, so I tried to get there. None of the trains were moving so in the end I never got there.

R nyan: I was about to leave when the shaking started. Lots of things were falling down so I crawled under a sofa. When the shaking stopped I turned on the TV and was happy to see there was still electricity. I experienced the Hanshin earthquake so I was scared.

At a university in Kobe, students said, "The earth really shakes, doesn't it" or "Things really fall down in earthquakes, don't they." Knowing about something from seeing it on the news is very different from actually experiencing it.

Satonyan: "What did you think about after experiencing this earthquake?"

Lots of nyans said they made up emergency bags. But one nyan said she forgot to include cat food.

One nyan followed the advice of Otsuchi photographer Itoh-san and bought a nail clipper. One nyan put his passport and computer in his bag so he could be in touch with his family. Some nyans said they want to buy extra batteries for their phones. One nyan's family decided on the place they would evacuate if necessary. One nyan showed photos of the Great Hanshin-Awaji Earthquake to his students and talked with them about it.

One nyan said that ever since the Great Hanshin-Awaji Earthquake, she puts what she needs in her bag and keeps it next to her bed when she sleeps. Another nyan said that since the Great Hanshin-Awaji Earthquake, she always carries a whistle and a light.

All of these are important things.

As I listened to these stories, I thought about Popoki's activities. Popoki thinks it is hard to imagine something we haven't experienced, and hard to express or implement something we can't imagine. So Popoki uses drawing and stories to help us to develop our imaginations and expression. This time, we experienced an earthquake, so when we share what we felt or did, we listen with our hearts as well as our ears. Everyone's experience is different and by sharing, we learn from one another and can share with others, too. "I felt this," "You did that...." Through sharing we connect, and through connection we can help one another. Popoki's activities are not just cute. They are about deepening and strengthening our imaginations, expressive abilities and learning to connect. It's hard to do alone, but together we can share many different stories and try to also be attuned to, and share, what we are feeling. I want to continue to work with everyone to imagine, and create, a safer and more peaceful world.

POPOKI'S EASY POGA

Lesson 121

This month's theme is relaxing your eyes!



1. First, as always, sit up straight and look beautiful.
2. Now, bring your hands to your temples and gently massage them beside your eyes.
3. Next, try massaging above your eyes, just under your eyebrows!
4. Then try underneath your eyes, too. If you like, try blinking a few times!
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: 2018.7. 1 16:30~ At Popoki's Nada Challenge booth

7.1 Popoki @ Nada Challenge!!! Tokagawa Park, Nada-ku, Kobe. 10:00-16:00. Staff should meet at Popoki's booth at 9:00. See <http://nadachallenge.wixsite.com/nadachallenge>

7.14 Popoki @ kodomono no sato!

8.6 08:00 ~ Thinking about nuclear issues with Popoki. Popoki's Hiroshima Day Die-in and Skype. Venue to be announced. Everyone is welcome.

8.6 P.M. Popoki Peace workshop at the Seminar on Education for International Understanding and for Development 2018 (in Japanese).

8.22-24 (One day during this period). Popoki@Kobe University Gender Equality Office Summer School

8.25 Popoki and Ronyan@Japan Management Nursing Assn. Conference, "Sexuality"

10.20 PM Popoki Peace and Health WS @ Hyogo University of Health Sciences

From Popoki's friends:

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



イベント詳細

【ステージプログラム】 STAGE PROGRAM

10:00～10:20 たんぽぽ&土曜クラブ
アフリカンドラム

【オープニング】

11:00～11:20 NPO法人ボレロ
大正琴

11:50～12:10 神戸大学体育会合気道部
合気道演武

12:30～12:50 神戸大学落語研究会
落語

13:00～13:20 神戸大学手話サークルペんぺん草
手話歌

13:30～13:50 神大モダン・ドンチキ
ちんどんショー

14:00～14:20 ときめき俱楽部鬼塚太鼓
和太鼓演奏

14:30～14:50 瀬チャレンジ実行委員企画

15:00～16:00 瀬チャレンジ実行委員会
瀬チャ de ビンゴ

おすすめスポット紹介

HPIにておすすめの名店紹介中！

くわしくはQRコードから！



当日会場では紹介冊子「まちめぐりマップ」を配布しています。ぜひ御覧ください。

【こどもむけミニゲーム】 MINIGAMES for children

参加料：100円

受付：会場西側

お菓子など豪華景品をプレゼント！！

【防災シミュレーションゲームチャレンジロード】 DISASTER PREVENTION LEARNING GAME

特別企画！会場をまわりながら、

いくつものミッションやクイズに挑戦して
防災の知識をみにつけよう！

参加料：無料

受付：会場北入口

時間：10:30～14:30 30分おきスタート

クリア目安40分

【展示企画】 EXHIBITION

灘区民ホール1階ロビーにて実行委員作成の展示を行います。

今年度テーマは「なじみのうすい災害」
ほか複数の団体さまの展示・企画を実施！

区民ホールは休憩スペースとしても開放しております。どうぞご利用ください。

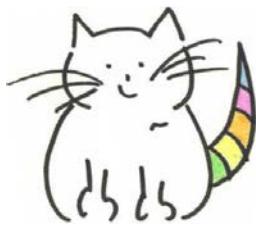
Popoki in Print

* Back issues of Popoki News:

http://popoki.cruisejapan.com/archives_e.html



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What Popoki means to Me

Yoshi nyan (Yoshihito Higashi)

My parents kept a cat called Kurobee. He was a black cat, as his name suggests, and he passed away two years ago. My father especially loved him in my family. But at the beginning, when Kurobee's mother cat came to our home, my father yelled at me saying, "Don't feed the cat!" However, six months later when I went back to my home, I saw that my father fed that cat. I was a little angry at his selfishness, but at the same time I had a little hope that the cat would help improve communication and relations in our family, since my father has a difficult personality. The effect was magical. A few years later, the mother cat had two kittens. One of them was a black cat, Kurobee. My father kept the two kittens, too. And then, from that time, he began to deeply love Kurobee.

I heard that Popoki means cat in Hawaiian. When I married Morinyan, I met Ronyan and sometimes join in Po-kai. The first time I joined Po-kai, everyone called each other with a nyan name. It was a strange experience for me, but whenever I joined Po-kai, I met people from different countries, ate various foods, and laughed at many jokes with them. Even if we are married, we still do not know everything about each other. Therefore, what Popoki means to me is Kurobee. Popoki helps to strengthen the connection between Morinyan and me. Every time I join Po-kai, I can find a new side of Morinyan. I hope everyone has someone, or someplace, like a Kurobee in their life.



Kurobee

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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THANK YOU

FROM

POPOKI