



It's almost August! We had a tough time, with a big earthquake in Osaka and then heavy rains, flooding and landslides in Western Japan. Popoki was so happy to see the sun! We hope you have lots of sunshine in your lives, too.

Popoki's Hot News!



COMING SOON!

Monday, 6 August is Hiroshima Day. We will hold our annual die in and Skype conversation to discuss nuclear issues with activists from the United States and Guam. Please join us at Ronyan's office at 8:00!

Piece of Peace

One of Popoki's friends, Tomo-nyan, sent the following piece of peace: "When I see children's sleeping faces, I feel peace and wish for peace. I hope the world will allow children to sleep peacefully without worries."

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'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 *Popoki, What Color is Friendship?* and is working on the rest!

Thank you, Löicnyan!

Nada Challenge 2018

Satonyan

We participated in Nada Challenge this year, too.



Popoki had a booth and an exhibit.

←Popoki's booth



← Chin don performers



←The exhibition was very successful and a lot of people came to see it. New drawings were added to Popoki's Friendship Story, too.

Chiffon-san came from Otsuchi-cho to join us. → Her doll making with pine cones from Otsuchi was very popular.



← A lot of people had a chance to talk with Chiffon-san while making the pine cone dolls.



Everyone liked hearing Agnes-nyan's *kamishibai* stories →



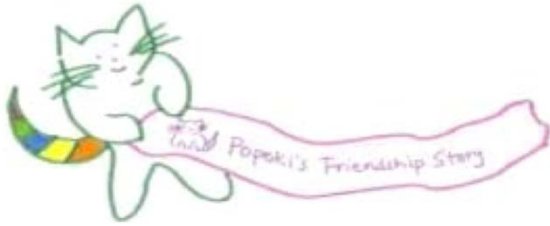
This year, we had good weather and everyone worked hard and had a good time. After Nada Challenges, there were a series of disasters in Japan. No two are alike, and it is important to continue to talk about them and share our experience with the next generation.



The day after Nada Challenge, Chiffon-san visited Kobe University and shared her experience and knowledge with students. Chiffon-san, thank you!

***An interview sharing what we learned from Chiffon-san will be in the September issue of Popoki News.**





Popoki's Interview

Kiyonyan

Interviewee: Michimata Mamoru Sensei

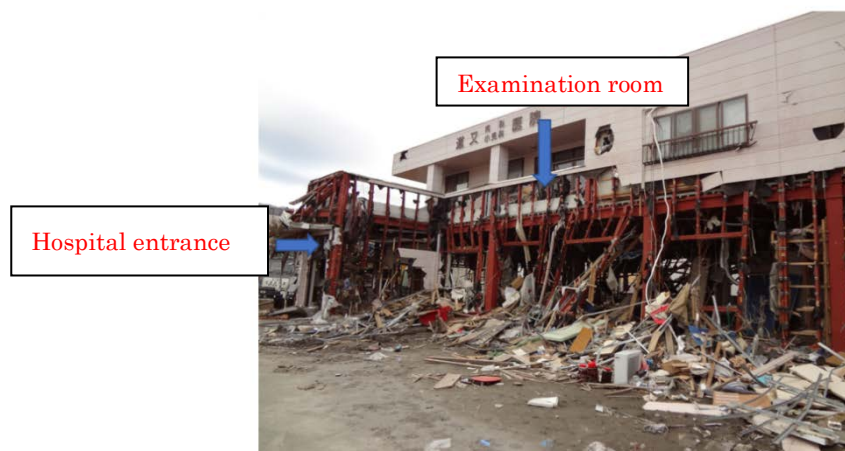
Let me introduce Michimata Sensei.

He works as a pediatrician in Otsuchi-cho. On Saturday, March 17, 2018, the "Pictures, Picture Books, Medical Care and Disaster Pot Luck Party" was held at Nada Kumin Hall. There were many parts to the program. One part was a panel discussion. Michimata sensei spoke about "Our response to the 3/11 tsunami". This interview article is based on his presentation at that event.

Due to a spinal cord injury, the right side of Michimata sensei's body is paralyzed. The first half of his talk was about how he and his wife coped at the time of the Great East Japan Earthquake. The second half was about the tsunami damage suffered by patients. A summary of the first part is below. The second part will be in next month's Popoki News.

1. This slide shows the state of our house two months after the disaster. The first floor was a clinic. The second floor was our home. The first floor part has almost no outer wall and the steel frame is exposed

View of Michimata Hospital



2. This slide shows the ceiling of my bedroom. You can see a faint line on the wall. The tsunami came up to that line.

My bedroom



3. This slide shows our wooden bed. My wife, my sister and I were on the bed. The tsunami flowed into the room and gradually lifted the bed until it was up to that line in the last photo, just 10cm from the ceiling, so we managed to survive. The air pocket there saved us. After that, to deal with the cold we tore open the wall and took out the insulation and wrapped it around ourselves to stay warm.

The bed in the bedroom

Insulation from the ceiling and walls that we used to keep warm



4. and 5. These slides show the state of our home after the tsunami invasion. There were not many broken objects. However, the furniture and piano were knocked over.

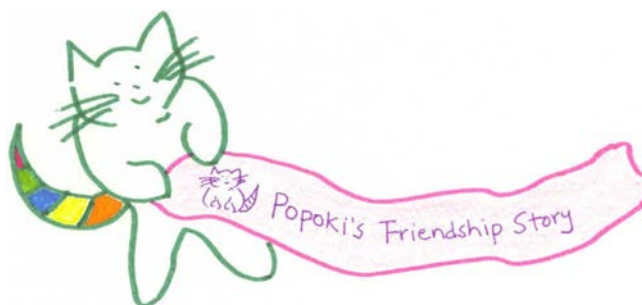
Our Kitchen
The earthquake did not knock over the furniture



Living room



Dr. Michmata's story is really amazing. I am so glad that he and his family were able to survive. Please look forward to the rest of his story next month!



POPOKI'S EASY POGA

Lesson 122

This month's theme is relaxing to beat the heat!



1. First, as always, sit up straight and look beautiful.
2. Now, lie on your back with your legs and tail straight up. Try shaking your legs to help relax them and improve your circulation.
3. Next, stand up and bend over forward, putting your head between your legs! Can you see the sky behind you? Try taking a deep breath, too.
4. Still hot? Then just get a glass of cold water and give yourself a shower!
*If you would prefer not to clean up the water afterwards, try a wet towel instead!
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: 2018.9.27 19:00~ Nada Yakuzaishikai (near JR Rokkomichi)**
- 8.6 08:00 ~ Thinking about nuclear issues with Popoki. Popoki's Hiroshima Day Die-in and Skype. Venue: Ronyan's office. Everyone is welcome.
- 8.6 15:00~ Popoki Peace workshop at the Seminar on Education for International Understanding and Development Education 2018. (In Japanese).
- 8.22 Popoki@Kobe University Gender Equality Office Summer School
- 8.25 Popoki and Ronyan@Japan Management Nursing Assn. Conference, "Sexuality"
- 9.10-21 Popoki will join the UNESCO Chair Summer Program @ Gadjah Mada University!
- 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.

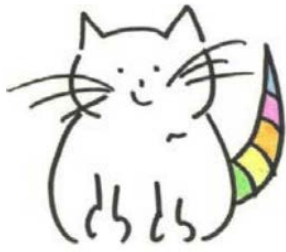
Popoki in Print * Back issues of Popoki News:



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

"Popoki Mini Peace Film Festival," Kobe YMCA News No.652, July/August 2017, p.3

- 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
- "Article 9 is at the base of Peace with Popoki" *Kodomo to Mamoru 9 jono kai News*, No.66, 2012.5.12
- "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
- K. Wada. "Conversations with Ronni Alexander: The Popoki Peace Project; Popoki, What Color is Peace? Popoki, What Color is Friendship?" *International Feminist Journal of Politics* Vol.13, No.2, 2011, 257-263
- S. McLaren. "The Art of Healing"(Popoki Friendship Story Project) *Kansai Scene*. Issue 133, June 2011, p.10. kansaiscene.com
- R. Alexander. (2010) "The Popoki Peace Project: Creating New Spaces for Peace in Demenchonok, E., ed. *Philosophy after Hiroshima*. Cambridge Scholars Publishing, pp.399-418
- 省窓: Column in *Kobe YMCA News*, No.606, 2011.1, p.1 (*In Japanese*)
- "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
- "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/>)
- 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
- '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)
- '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
- Human Security – Dr. Ronni Alexander speaks about Hiroshima and Nagasaki." *The Newpeople*, Pittsburgh's Peace and Justice Newspaper, Vol.38 No.9, Oct. 2008, p.4
- Popoki in Pittsburgh. Check out the Remembering Hiroshima/Imagining Peace URL: <http://www.rememberinghiroshima.org/>



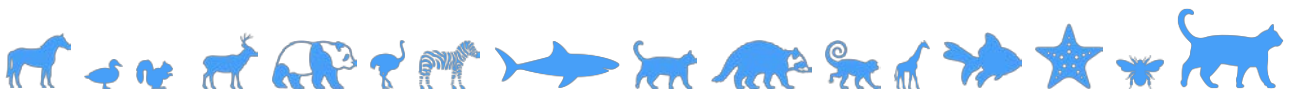
What Popoki Means to Me

Dinyan

I have always wanted to keep a cat since I was a kid. Unluckily, my mom did not allow me to do that. So, the only pets I have ever kept are fishes. They were very cute too, but they were also hard to touch or hug, I could only see them playing in the water.

Popoki for me is the cat which I never had. He can be a pet, a friend, a sibling, sometimes even a parent. He has the magic to get people gather around him and do interesting things, and to make themselves relax and happy. Interestingly, everybody can be a painter while spending time with him, even the ones who most of the time cannot draw or at least think they cannot draw.

I met Popoki in April of this year, later on we became friends and we went to the workshop in Nara-ken to share the idea of peace. After that, we also had so much fun in Nada challenge and there were many people came and helped on a hot summer



day. And I heard that some of them have never missed single time in the past few years.

Popoki hugged me when I was sad, we laughed together when we finally blew a huge bubble after trying for a long time, we like being together. Popoki is a cat, a friend, a sibling, sometimes a parent. Popoki is you.

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@gmail.com))



Contributions are always welcome!

Popoki Peace Project popokipeace-at-gmail.com

<http://popoki.cruisejapan.com>

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THANK YOU

FROM

POPOKI!

