

# Popoki



Newsletter

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It's almost September, but still hot in Kobe! Popoki beats the heat with watermelon. Won't you have some, too?

## Popoki's Hot News!

**NEW!**

Hello, I'm Towa-nyan, Popoki's newest and smallest friend!  
It's nice to meet you!



### Piece of Peace

One of Popoki's friends, Rebecca-nyan, sent the following piece of peace: "Doing yoga, I imagine myself as kelp...floating peacefully in a calm, blue sea."

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 @ Kodomo no Sato

Naginyan

On the 14th of July, we went to Kamagasaki, Osaka, for the field trip of Ronyan sensei's class, Issues in Peace and Development 1 (IPD1). It started at 9am and ended at 9pm. Having spent a long time there, I learned many things that I didn't get to know even though I have lived in Kansai for 22 years. After an anti-drug parade, we went to Kodomo no Sato, a children's center and NPO. With Kino, a friend of mine in the seminar, we planned a program for interacting among the kids and students.

Before the field trip, Ronyan sensei told us that the kids there were very powerful. And it was true. When we were circulating cards for a game, children started to run, jump, and kick.... I was so worried that we would not be able to do the program we planned.

The program was to encourage a crying Popoki who lost his house from the earthquake in Osaka in June. Just right after we gave them paper and crayons, the kids started drawing! There were children who drew candies, Popoki's new friends, and a rainbow, and wrote kind words to make Popoki happy. I just thought how kind the kids were. A girl who did not care about us at first gave me a kick with love. I also thought that there was no language barrier for helping someone. There were students in our class from various countries. Since I was confused at first, I forgot to mix them, and there was a group of only international students. However, through translating their wish to help Popoki into their drawings, they were able to communicate in spite of the language barriers. It was a very special opportunity for me to organize the program. I would like to say thank you to Ronyan sensei, my classmates, and children and staff of Kodomo no Sato for giving and supporting this opportunity. I wish that this program will continue in the future.



## Kodomo no Sato Report

Kinonyan

On July 14<sup>th</sup> 2018, I and other students taking IPD1 class visited Kodomo no Sato as one part of our fieldwork. Kamagasaki is known as a place where a lot of day-laborers and homeless people live. In Kamagasaki, I learned that the issues of children have never been focused on, and the number of children is decreasing in these days. I would like to share what I felt about children and the activities of Kodomo no Sato working in such hard situation.

To get prepared for interaction with children, we didn't know how and what activity everyone would enjoy. On that day, I felt relieved watching all of children smile. We students and children thought together about the theme, "What can we do for Popoki, and what does he need when he is crying because of an earthquake?" Then, we painted our ideas with words and drawing freely. Their finished drawings were filled with colors and kindness, and children gave Popoki favorite foods, balloons, houses, friends, and hugs!



Through this activity, I felt that peace is "Feeling safe". We have experienced natural disasters in a row like the Northern Osaka Earthquake in June and torrential rain in Western Japan in July, so there may be people who felt unsafe and afraid. Especially when we are in such situation, we often realize that everything around us which we take for granted is not always available. Perhaps "safety" is one of those things.

Kodomo no Sato and the whole Kamagasaki community are now working to make it a place where all of us can feel safe and come back to. A safe place can be made through connecting with someone, and we can all make those relationships. The children and staff at Kodomo no Sato who are making connections are important bearers of such peace.

Many thanks to the staff of Kodomo no Sato and Ronyan sensei who gave us an opportunity to join this program. I hope children to spend time believing their possibilities every day. This visit was definitely a great chance for us to reflect on ourselves. Thank you all in Kodomo no Sato!

## *Let's make peace together with Popoki*

Sharinyan

The 15th Seminar on Multicultural Coexistence was held on August 6th & 7th at the JICA Kansai Center in Kobe. The two-day seminar included a keynote speaker and a lineup of workshops about international understanding and development for administrators, educators and students. The workshops were opportunities for participants to deepen their understanding of multicultural coexistence across a broad range of perspectives presented by respected educators and experts in the community.



Popoki was pleased to support the event and joined Kobe University's Professor Ronni Alexander in a workshop titled "Let's make peace together with Popoki" attended by over 25 participants. The workshop got off to a great start with Popoki's Easy Poga exercise and discovering the sound of peace. Using Popoki's handmade musical instruments instead of usual conversation to engage in self-introductions was an unexpected surprise and put friendly smiles on participants' faces.

Throughout the workshop, Popoki encouraged participants to use their creative energies and senses to explore and gain insights into the meaning, and creation, of peace through drawing, role-play, and other group activities. Group members collaborated together and explored situations where violence persists in everyday life, as well as offered possible solutions to help those who are vulnerable in these situations. A warm hearted thanks to Professor Alexander and Popoki for introducing new perspectives on peace and deepening our awareness through powerful thought provoking activities.



Every year, Popoki and his friends in Kobe come together on the anniversary of the bombing of Hiroshima, 6 August, to think about nuclear issues and reconfirm our commitment to a nuclear-free world. Since the Great East Japan Earthquake and explosions at the Fukushima Daichi Nuclear Power Plant, we have also held a Skype conversation with members of Remembering Hiroshima Imagining Peace from Pittsburgh, Pennsylvania. For the last few years, activists from Guam, especially our friend Michaelnyan from the University of Guam, have joined us, too.

### Part 1: Making our shadows



(Photo: Hiroshima <http://i.imgur.com/8MSsVrW.jpg>)



(Photo: Kobe University, Ronyan)

If you were sitting on some concrete stairs and a nuclear bomb exploded above you, you might look like the person in the photo on the left – only a shadow is left. If a bomb exploded over our heads, what would we look like? We drew each other's outline while thinking and talking about what it might be like to be in our world one instant and in an unimaginable world the next.

### Part 2: Die in

We marked the moment of the explosion, 08:15 JST, by 'dying.' Was Hiroshima this hot 73 years ago? How would it be to be seriously burned with no first aid supplies or medicine, no water, no air conditioning.... The number of people killed by the Hiroshima and Nagasaki bombs can only be estimated, up to 150,000 in Hiroshima and perhaps as many as 80,000 in Nagasaki. There are a total of 154,859 survivors still living, down by 9,762 since last year (<https://www.yomiuri.co.jp/osaka/news/20180806-OYO1T50010.html>). The average age is 82.06. Do you want to hear survivors share their stories? Please check the following site: <https://www.hiro-tsuitokenenkan.go.jp/english/index.php>

### Part 3: Skype

Ishinonyan, Masatonyan, Rebeccanyan and Ronyan participated in the Skype this year from Kobe. Our friends in Pittsburgh had just seen the film, "In this Corner of the World" and we began our discussion with some comments about it. People remarked on the animation and some said it was a very moving film. Rebeccanyan gave some background, including that it had been a manga in Japan, and that it had reached quite a large audience here. Ronyan added that unlike most films about the atomic bomb that have very graphic portrayals of the injuries and destruction, this film avoids them. People who were terrified or overwhelmed by the frightening photos when they learned about Hiroshima and Nagasaki in school find this film easier to watch. Ishinonyan added that interest in Hiroshima or Nagasaki depends on where people live. If they live in eastern Japan or far away from the two cities, then maybe they are not very aware of what happened. Masatonyan has just returned from 2 years in Malawi. He said although Malawi is a very poor country and many people have not gone to school, when he told people he was from Japan they would usually react by mentioning Hiroshima. He was surprised to find that even though he comes from a place near to Nagasaki, he was unable to answer some of their questions.

Michaelnyan told us about the situation on Guam, a very militarized island with 29% of the land having been taken for military bases. The school curriculum is the same as in the U.S. and students generally learn that militarization and nuclear weapons are necessary. They don't learn about the many military accidents on Guam, that it is under threat, or that there is a lot of contamination from toxins used by the military, such as Agent Orange.

In response to a question about North Korea, Michaelnyan said that Guam is known as the tip of the American spear in the Pacific. The spear, he said, is only the extension of the warrior and as long as the warrior survives, the spear is expendable. When the U.S. says that Guam is necessary for defending America, people do not know whether or not the America being defended includes Guam. In Japan, the North Korean threat is being used by the government as a way to change the pacifist constitution and re-arm Japan. Like the U.S., Japan is opposed to the Treaty on the Prohibition of Nuclear Weapons, and in spite of the experience of Hiroshima and Nagasaki, the government supports U.S. military strategy and is willingly under the American nuclear umbrella. Of course, many people seriously question the need for nuclear weapons and, especially on Okinawa, many are opposed to U.S. bases in Japan. Rebeccanyan has recently come back from Jeju Island in South Korea. She shared that there is great energy and hope for more dialogue with North Korea and reminded us of the very important role that Moon Jae-in is playing in easing tensions in East Asia.

We soon ran out of time, but suggested that we continue our conversation on the Facebook page of Remembering Hiroshima Imagining Peace.

#### Comments:

"Even in Japan, less time is being given to Hiroshima and Nagasaki in school and there are fewer chances to learn or think about the meaning of 6 August. So against that background, it was really

important to be able to connect with people in Guam and the U.S. on this day at this time. Learning about the current situation on Guam and relations in Asia made me realize that what is happening today is all connected to what has happened in the past.” (Ishinonyan)

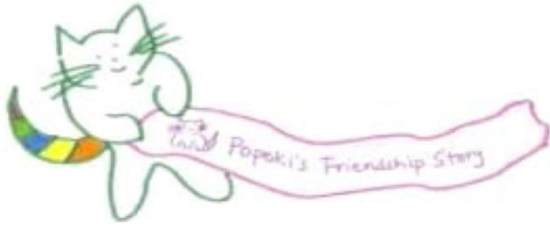
“I participated in the die-in and for the first time on August 6, I looked at the sky rather than bowing my head in silence. Instead of looking down, looking up makes you feel like you are looking forward and I think that’s necessary for thinking about peace. Also, during the Skype discussion with Guam and the U.S., I was unable to describe what I had learned in school in Japan. This was a good opportunity to reflect on myself and how to think about war and peace as issues related to me.” (Masatonyan)

“Thank you. This was a wonderful opportunity for a 3-way dialogue when it is so important to remember Hiroshima. Michael’s very clear explanation of the ongoing state of militarization in Guam was a powerful reminder of our nuclear present. Okinawa, Jeju, Guam.... I hope we can have more dialogue about the connections and intersections. Thank you to Remembering Hiroshima Imagining Peace. Let’s continue the conversation.” (Rebeccanyan)

(Photo: Popoki’s friends Skyping)

(Photo: On screen in Pittsburgh; courtesy of City of Asylum)





## \*Popoki's Interview\*

Kiyonyan

Interviewee: Michimata Sensei

*\*This is the second half of the interview with Dr. Mamoru Michimata. The first half was in last month's Popoki News.*

Let me introduce Michimata Sensei. He works as a pediatrician in Otsuchi-cho. On Saturday, March 17, 2018, Dr. Michimata was a panelist in the "Pictures and Picture Books and Medical Care and Disaster Pot Luck Party" that was held at Nada Kumin Hall. There were many parts to the program. He spoke about "Our Response to the 3/11 Tsunami". I summarized his talk into this article, using his power point slides.

The front entrance to our house

The sheets we used to escape from the second floor



That night, there were fires everywhere. Even inside, we could smell gasoline. I was worried that we might get caught in a fire. We waited for the water to go down before we left. The stairs were dark and filled with debris so we couldn't use them. Instead, we escaped from the balcony. My wife made a rope by tying sheets together, but my right side is paralyzed and my grip strength is less than ten kilograms, so I could not hang onto the sheet rope. But we made knots in the main sheet rope and tied another sheet around my waist so that it would catch on the knots on the main rope. Thanks to that, I



was able to slowly work my way down to the ground.

The parking lot was still full of water and when I tried to walk, the water came up to my chest. There was no way to escape the fires. I was wet from the water and there was not really anything to block the wind. It was cold, with sleet and rain, but I spent that night near the entrance to my house. I was shaking with cold, but I warmed myself with rum brought by my wife. The alcohol gave me temporary relief. The diuretic effect of alcohol means that shortly after you drink, the warm liquid leaves your body and you become cold once again. My wife and sister didn't drink, and so they fared much better.

The next day, my wife and daughter cleared the stairs and I was able to go upstairs. My body was so cold I could not move, but my wife brought me upstairs. At that time, her heel bone was already broken, but dragging me up the stairs made it worse. This is the story of how we survived. It taught us that it is necessary to be very inventive in order to help disabled people at times of disaster.

The entrance to the Michimata Hospital and to my home



津波前の往診先

Homes of house call patients before the tsunami



I regularly made house calls at these homes before the earthquake. Many people were bedridden. Please have a look at the photo. You can see that their houses are close to the sea.

There was a tsunami from an earthquake in Chile before the 2011 disaster. That time, the height of the tsunami was several tens of centimeters. There was about half a day between the time of the earthquake and the arrival of the tsunami, so we were able to move the patients to welfare centers and other facilities located at high elevations.

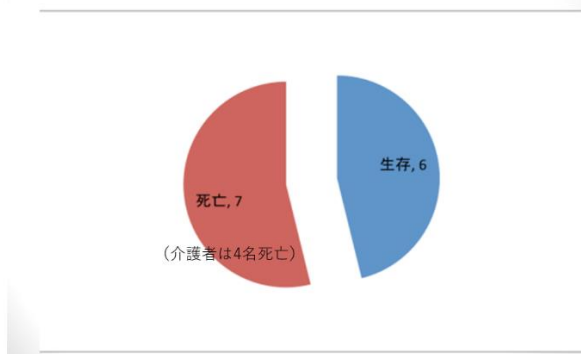
津波後の大槌町

Otsuchi-cho after the tsunami



往診先の被災状況

Damage at house call locations



The graph shows the situation of the patients. There were 13 people. Seven people passed away (red), three patients and four caregivers. The patients who were able to evacuate were those who could use wheelchairs and those who lived in high locations. After the tsunami from the Chile earthquake, the patients in the homes to which I made house calls were almost comatose, so I told the caregivers that they should leave the patients and save themselves. But they couldn't leave their family members, and four caregivers died. Also, there is a special case where there was not any damage from the tsunami, but the power outage caused a tragedy. There was a bedridden patient who used an electric bed. When the power went out, the bed stopping moving and the mentally disabled caregiver could do nothing to help. Two days later, a health worker doing rounds found the dead patient trapped in the folded-up bed.

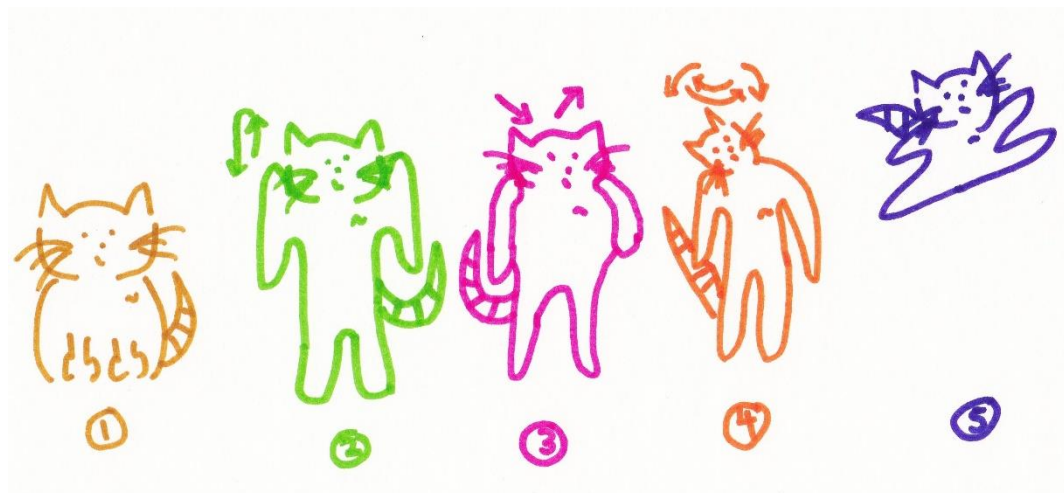
Michimata sensei, thank you!



# POPOKI'S EASY POGA

## Lesson 123

This month's theme is relaxing!



1. First, as always, sit up straight and look beautiful.
2. Now, stand up and raise your shoulders as high as you can, up to your ears! Hold for 5 seconds and release, dropping your shoulders.
3. Next, rotate your shoulders forward and back. Try rotating your tail, too..
4. Finally, slowly drop your head down toward your right shoulder. Let the weight of your head pull it down, and then slowly rotate it back to center and raise your head. Now try it again, dropping your head toward your left shoulder.
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)**  
8.22 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  
December Ponenkai!  
1.13 Thinking about being safe/feeling safe with Popoki (Tentative)  
2018.2.9~ Popoki in Otsuchi! (Tentative)

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](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](http://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](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](mailto: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

Raini nyan (Nuzula Anggeraini)

The clock is ticking and time is flying really fast. I have been living in Japan for almost a year. I will go back to Indonesia after finishing my study at GSICS, Kobe University, at the end of this September. There have been lots of exciting experiences I got from being here. I met a lot of new friends from different countries, through which I learned many things that I've never discovered before.

One of my new friends is Popoki. Popoki is happy to share everything, especially his experiences on what Popoki did when disaster came and what his feelings about it. From Popoki's stories, I learned that we should care about what is happening around us. We need to think about what we can do to help those who are victims of disaster or how we could contribute to lower the risks of disaster.

My country, Indonesia, is also an area prone to disaster, including Maluku where I live. However, I don't think people in my place know how to prepare themselves for any kind of natural disaster, or what they should do when disaster comes and after a disaster occurs. I hope someday

Popoki can come to my place, and tell Popoki stories to the people, so that they can learn from Popoki to be able to feel relieved even though disaster may occur anytime during their lifetime.

← My first meeting with Popoki



## 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](http://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](mailto:popokipeace-at-gmail.com)

<http://popoki.cruisejapan.com>



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THANK YOU

FROM

POPOKI!