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It's almost October. Japan, other parts of Asia and the Americas too have been hit by terrible disasters. Typhoon season should be ending soon, and Popoki hopes everyone is safe.

## Popoki's Hot News!

### Coming soon!



The 8<sup>th</sup> "Popoki Peace and Health Workshop"!

When: 2018.10.20 14:00~16:00

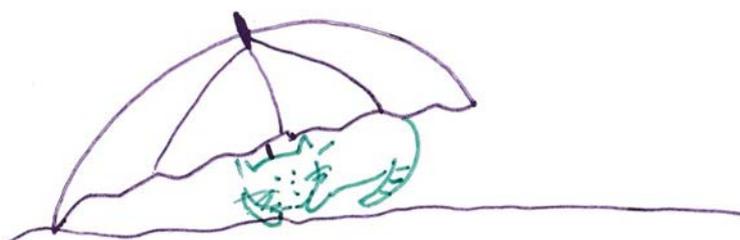
Where: Hyogo University of Health Sciences Community Outreach Center, Port Island. See page 9 for details!

### Piece of Peace



One of Popoki's friends, Michiko-nyan, sent the following piece of peace: "When my body is tired, I work strenuously. When I'm able to work, I find myself smiling".

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) !



## Learning from Chiffon-san

The day after Nada Challenge (2 July) Chiffon-san came to Kobe University. We had a chance to talk about Otsuchi-cho and other things. Below are comments from students.

Mako Ando “If something happens, you have to run away first. Even if you want to turn back, your family will keep the promise you made to escape, and you must believe in them. It's called Tendenko.”

Mari Shibue Chiffon san experienced a great earthquake, so her use of the phrase, "Run away from a tsunami ALONE" is powerful. While there is life, there is hope.”

Nagisa Takatsuki After lunch with the seminar members, we walked around Rokkodai campus of Kobe University with Chiffon-san. She was curious about many things such as a big picture in the library, a marble staircase, and camellia flowers, which made me realize that I haven't looked at those things at all even though it's my campus. Although it was the first time to meet her, I felt very calmed by talking with her. AND her chiffon cake was the best I've ever had!!!!

Atsumi Sakata ‘I would like to take some pictures of this college because my husband did not come to Kobe.’ I got confused because a great place for pictures did not come to mind. However, she reminded me through her stories that I've never even tried to see the things around. She took photos of the Law School, trees in front of the library, and the huge painting in the library. She also gave me some advice for living such as, “If you have children early you will have time afterwards to do what you like.” In August she will have to close her Chiffon cake café, but I was encouraged by her attitude of taking on new challenges.



Survey from the 15<sup>th</sup> Seminar on Education for International Understanding and  
Development Education for Multicultural Co-existence

On 6 August, Popoki had a workshop at this seminar. The report of the workshop is in Popoki News No. 156 but we received the results of the survey done by the organizers, so here is that report. Please read it along with the report form last month.

Making Peace with Popoki the  
Cat

Reasons

①	Very useful	9
②	Useful	6
③	Not particularly useful	1
④	Not at all useful	0
5	No response	1
Total number of responses		17

**Very Useful**

- The way she adjusted to not having enough time was realistic.
- Because through the various activities I was able to think about peace with my group members.
- I felt that I learned there are many ways to confirm what you really think.
- The content was something I want to try using myself next term.
- I learned various ways to communicate without using words.
- I enjoyed expressing peace and safety without using words and finding that everyone uses different expressions.
- I always wonder how to approach social issues with people who don't know anything about them, so this workshop was extremely useful because it introduced a number of different exercises.

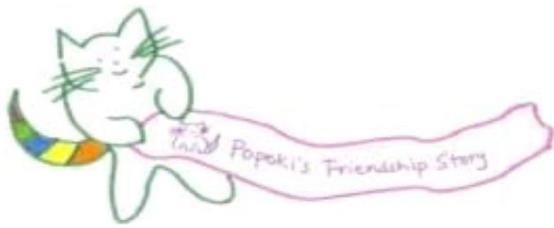
**Useful**

- Learning that words like “being and feeling safe”, “peace and happiness”, or “well and healthy” are not necessarily always together was useful.
- It was fun to be the main actors in the workshop.
- I got a lot of hints about different ways of thinking from discussing the difference between being and feeling safe, the relationship between peace and violence and expressing things with sounds or with our bodies.
- It enabled me to think about the fundamental parts of international understanding and peace.

**Not particularly useful**

- I wanted to learn more peace theory.

Thanks to those who made and shared this survey!



## \*Popoki's Interview\*

Interviewee: Ari-pan-nyan

At the “Drawing and Picture Books and Medical Care and Disaster Pot Luck Party”

Date: 2018/03/17, Venue: Nada Kumin Hall

Following the last issue where we interviewed one of the five speakers at the “Pot Luck Party” event on 17 March 2018, in this article, I will review my speech by myself.

### **I'll introduce myself.**

I got a master's degree from the Graduate School of Economics, Kobe University. I am an elementary school teacher in Osaka now. When I was a student, I participated in many kinds of volunteer activities. The Great East Japan Earthquake happened when I was in my first year. I went to Tohoku to work as a volunteer. In the March event, I spoke about these experiences as a volunteer along the theme: Security and Safety.

### **In what volunteer activities did I participate?**

I participated in a volunteer activity in May 2011 for the first time. I participated in the volunteer bus project that the volunteer support team in Kobe University sent to Rikuzentakada and Otsuchi in Iwate Prefecture. When I saw the damaged area for the first time, I was surprised by so many destroyed buildings and wrecks from the tsunami. The victims were anxious in the evacuation places because of aftershocks. We helped them to clean around their homes. We also did “Ashiyu (in English, Footbath).” The victims soak their feet in hot water, and we massaged their hands. The victim talked



(Photos: <http://kobe117tohoku311bus.web.fc2.com>)

with a volunteer while being massaged. We warmed their feet, hands, and hearts. The words which victims slipped out in the talking are called “Tsubuyaki (Mutterings).”

Volunteers listen these Tubuyaki and think about what we should do. At that time, we could listen to many kinds of Tubuyaki: what did they do when the earthquake and tsunami happened, how they suffered in evacuation places, etc.

### **What other volunteer activities did I do?**

I also attended “Stretching Body and Heart! Nobi Nobi Camp 2011” that Kio University planned in the summer of 2011. We invited children to camp who lived in evacuation centers in Fukushima. The story that most impressed me is about a boy who was paired up with me who got away from our tent at night. The reason was that the boy quarreled with his friend when I was out of the tent. Fortunately, the boy was found immediately. On the other hand, some other children also quarreled and fretted that night. After that, a teacher was moved and said in the meeting, “The children said what they wanted to say.” All of the children who came to camp couldn’t usually do what they want because they lived in the small space in evacuation centers with their family and other victims. The teacher was pleased to see the children behaving frankly. As a result, that camp made a lot of memories for both the children and for us.



(Photos <http://www.kio.ac.jp/information/2011/10/post-421.html>)

### **What did I do with Popoki?**

I have been participating in activities of Popoki Peace Project. Popoki has been connecting people in Otsuchi-cho, Iwate Prefecture, mainly through the “Popoki Friendship Story.” Some people draw pictures on the long cloths of what they not are able to express by words. The pictures impressed us, such as one of pet cats who died in the tsunami, a strong eddy, a mask of a tiger dance which is used in the festival of Otsuchi-cho, etc. Giving vent our pent-up feelings can relax us. We also go to around the world with the cloths, and everyone can draw pictures on these cloths. When we exhibited the cloths in Otsuchi-cho, someone said, “Those pictures were drawn in a country so far away.” We are connecting feelings of the disaster victims with feelings of people around the world, and telling them that they are connected to people around the world.



## Conclusion

I asked at the “Pot Luck Party” event, “It is right that children in an orphanage for their safety, but do they feel safe?” At the school where I work, I can feel that both “security” and “safety” are necessary for the children. Almost all volunteer groups don’t have enough money to make security space for victims, but their activities make victims feel safe. This is important. I will work as a volunteer, keeping importance of “security” and “safety” in mind.

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## Seeing Popoki’s Friends Yeninyan and Siwinyan!

From 10 – 21 September, Ronyan went to Yogyakarta, Indonesia for the UNESCO Chair summer program on Gender and Vulnerability in Disaster Risk Reduction. On Saturday, we had no classes and I was so happy to be able to meet Yeninyan and Siwinyan. They took us for a great day of shopping, eating and marveling at the traffic and driving skill of Yogya drivers! Below are their messages. I will write next month about the Summer Program.

Dear Nyans

Apa kabar?!

I hope that everyone is doing great and is genki

I’m genki and happy (and also gained some weight hehe)

Oh, congratulations Morinyan for the Baby boy!

It’s been a while, almost a full year since my last Popoki’s Meeting, and I really miss Popoki and the Nyans, and Poga too, but mostly I miss the stories shared by Nyans. Luckily, I had a short but awesome reunion with Ronyan and Yeninyan in Jogja. We had a very fun time together. We went shopping, had lunch and even had a parking adventure ☺



(Photo by Yeninyan)

Lunch at Jejamuran, a restaurant in the outskirts of Jogja City, with mushroom as its specialty

During my studies at Kobe University, Popoki and Nyans gave me warm friendship so I felt comfortable and didn't miss my family too much, therefore Arigatou, terima kasih. I really hope that even though we are very far apart, our friendship remains strong and warm.

I wish that all of you will always be genki and happy,  
Siwinyan.



Hello Genki Nyans! Semangat Pagi ... Greetings from Indonesia!

A few days ago I met Ronni nyan and Siwi nyan at Jogja. During our small reunion, we talked about memories in Popoki activities and how we missed all Popoki's friends. Ronni nyan, Siwi nyan and I had a great time together, hopefully there will be another time, not only three of us but also all of nyans. Till then, take care! 😊

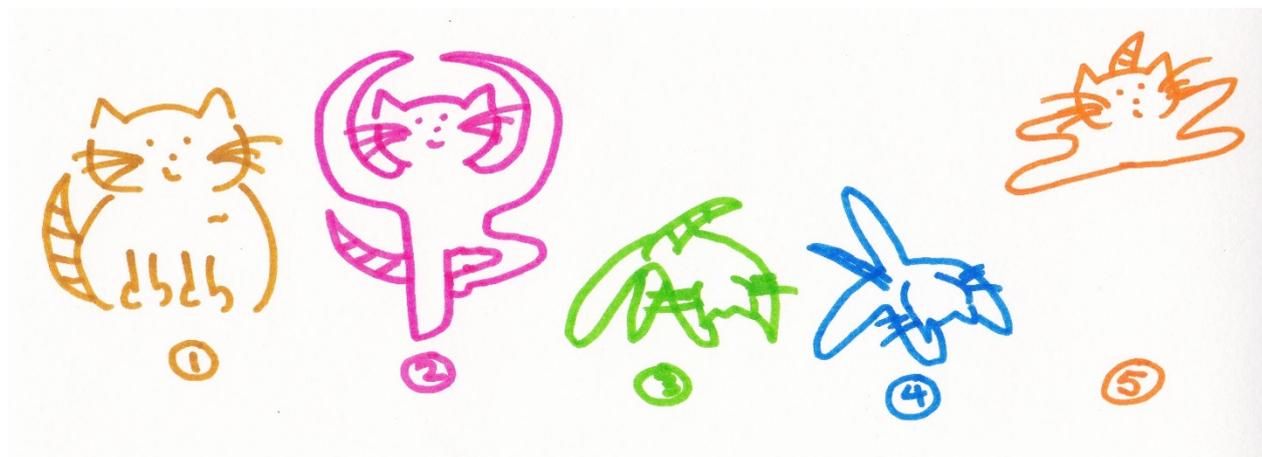
Warm regards,  
Yeni nyan

PS: It's rainy season in Indonesia

# POPOKI'S EASY POGA

## Lesson 124

This month's theme is stretching and feeling good-!



1. First, as always, sit up straight and look beautiful.
2. Now, with good posture, trying standing on one leg, and then the other.
3. Next, down dog! Put your hands and feet on the ground and make your body into a V shape.
4. Finally, staying in down dog, raise your right leg... Raise your left leg... Raise your tail...
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: 2018.10.30 19:00~ Nada Yakuzaishikai (near JR Rokkomichi)!**

10.20 14:00-16:00 Popoki Peace and Health WS @ Hyogo University of Health Sciences.  
See page 9 for details. Children are welcome!

11.17 Thinking about Peace with Popoki, 31<sup>st</sup> Seminar for Hibakusha and Citizens,  
Suginami Koyukai, (Tokyo)

December Ponenkai!

1.13 Thinking about being safe/feeling safe with Popoki event (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.

## ポーポキピースネットワーク

### 第8回ワークショップ 「健康って、なに色？」

Workshop: "What color is Health?" @ Hyogo University of Health Sciences



あなたも 平和のねこと一緒に  
健康と平和について  
感じたり、考えたりしませんか？

平和って何だろう？健康って何だろう？

普段何気なく聞いたり見たり感じたりしていること。

ねこのポーポキと一緒に平和や健康の観点から暮らしを見直してみませんか？

あなたの健康づくりは、なに色？みんなで一緒に考えてみよう！！



#### スケジュール Program

- 
- 13:30 受付 Registration
  - 14:00 「ポカ」タイム Poga ※ポカ：ポーポキのヨガ
  - 14:05 ワークショップ①「ポーポキ、健康って、なに色？」  
Workshop 1: Popoki, what color is health?
  - 14:30 散歩して平和と健康、元気、安全・安心を探そう \*雨天は室内で決行  
Walk outside and look for peace and health, genki, safety and relief. \*It will be held indoors if rainy
  - 15:10 ワークショップ②「あなたの健康のづくりは、なに色？」  
Workshop 2: What color is your efforts for good health?
  - 15:50 まとめ、発表 Conclusion, presentations
  - 16:00 解散 Dismissal

日時 2018年10月20日(土曜日)

14:00~16:00

場所 兵庫医療大学 地域連携実践センター

対象 どなたでも参加できます。Open to

定員 30名 30 participants

会費 100円

申込方法 FAX(裏面)にてお申し込み下さい。Registration: Fax (see the reverse side)

問合せ先 兵庫医療大学 地域連携実践センター HUHS Community Outreach Center

電話 080-6204-8793(受付時間:平日9時半~16時)

担当者 兵庫医療大学薬学部 桂木聡子 For information contact Satonyan



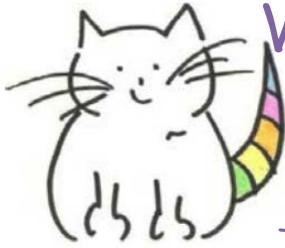
## Popoki in Print \* Back issues of Popoki News:



[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

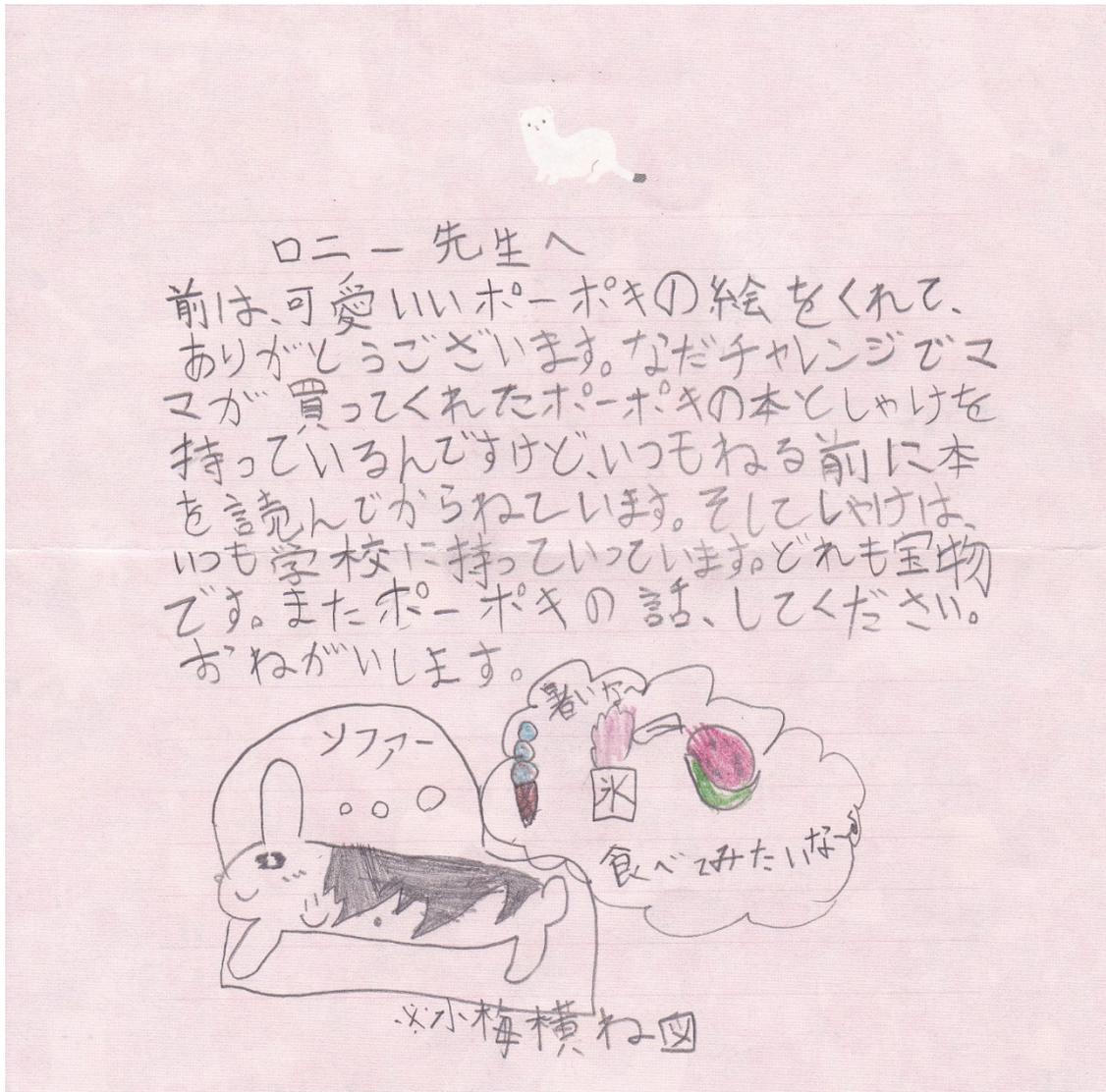
- ESD Digital Archives, Kansai Council of Organizations for International Exchange  
<http://www.interpeople.or.jp>
- "Peace Picture Book Published – linked to disaster support in East Japan" *Kobe Shimbun* (2014.3.25) KIHARA Kana
- "Awards given to 37 groups Daiwa Securities Foundation" *Kobe Shimbun* (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

Shiori-nyan

This is a letter from Popoki's friend, Shiori-nyan.  
It made me so happy, and when I asked her, she agreed to share it. Thank you!



Dear Ronni sensei,

Thank you for the cute drawing of Popoki that you made for me. I have the Popoki book and the salmon that Mama bought for me at Nada Challenge, I always read the book before going to sleep. And I always bring the salmon to school with me. They are my treasures. Please tell me more Popoki stories.

\* The drawing is of her rabbit sleeping on the sofa and things she wants to eat

## 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)

<http://popoki.cruisejapan.com>



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THANK YOU

FROM

POPOKI!