



It's July! It is raining today. Popoki likes to play outdoors, so on rainy days he plays using an umbrella. With a clear umbrella, you can see the world through your own special window, and with a patterned umbrella, the world becomes patterned. What kind of umbrella do you prefer?

Popoki's Hot News!



Coming up!

29 September "Popoki, what does it mean to not be able to go home? Thinking about the right to evacuate from the perspective of the world, Fukushima and our lives," KATO Yuko "My tough decision to evacuate," Kobe YMCA Sannomiya Center (See p.8 for details!)

12 October! "Thinking about peace and health with Popoki" Hyogo University of Health Sciences, Community Outreach Center

How about joining us to think about peace, evacuation and health?

Piece of Peace



One of Popoki's friends, Mihai-nyan, sent the following piece of peace. It's a haiku :)

"Barefoot in the night
The gentle grass cooling down
Lights at the windows"

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) !



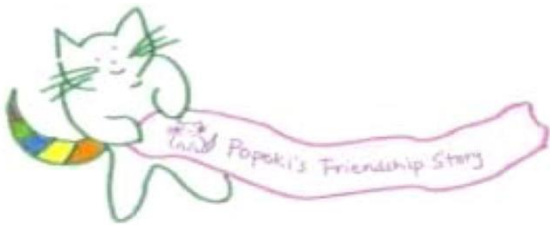
From 22 – 25 May, I visited Kaohsiung City, Taiwan. The purpose was to deliver the keynote speech at the 2019 International Maritime Culture Conference at National Kaohsiung University of Science and Technology (NKUST) and to give a Popoki workshop on peace and safety for university students. I also wanted to meet friends and colleagues at NKUST and to make new friends. The keynote was entitled, “Popoki, are you afraid of the sea? Lessons from Popoki’s work for peace and safety with people in coastal communities” and I

talked about Popoki’s Friendship Story. I was happy that the attentive audience was so interested in Popoki’s activities. There were also some questions. I was surprised when someone said, “Japanese love cats. Kitty-chan is happy, but Popoki is sad. Why?” I explained that Popoki accepts the way people are feeling so he is neither happy nor sad. He sits quietly beside people and helps them to express the way they are really feeling.

The next day, I gave a Popoki workshop on peace and safety for university students. There were many participants, and I was speaking in English, so I was a bit worried. But the students were wonderful and Lauren, a student who participated in the UNESCO Chair Summer Program in Indonesia last year, translated difficult terms and helped in lots of ways! As a result, the students and I had a good and meaningful time, and Popoki made lots of new friends. There were lots of interesting moments, but this was the first time that taking a group photo was a symbol of being happy or that for some students the international issue of most concern was nuclear war. At the end, the students drew on Popoki’s Friendship Story. Some of the participants will be in Indonesia for this summer’s UNESCO Chair Summer Program, and I am looking forward to seeing them there.

Thank you to everyone at NKUST!





Popoki's Interview

Interview: Reiji Fujimuro san

Interviewer: Nagisanyan

For the interview for this month's Popoki News, I interviewed Reiji Fujimuro san. After the Great Hanshin-Awaji Earthquake, he started to be involved in reconstruction support after earthquakes and other disasters. He is currently the representative of "Hisaichi ni manabu kai (A group to learn from disaster areas)." Before the interview, I read his profile and found out that he has been involved in various activities since the Great Hanshin-Awaji Earthquake, which made me excited to hear from him. Please enjoy!

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*Q1. What I wondered when I saw your profile was "why you started volunteer activities after the Great Hanshin-Awaji Earthquake." Many people suffered from the earthquake, but not all of them got involved reconstruction support.*

A1. When the earthquake happened, I was living in Kita Ward of Kobe. Hyogo High School, my old school, was in Nagata Ward. I headed there by bus to confirm the safety of my friends. After seeing them, I went to my high school. There were so many people who evacuated from their houses that I could find no space even for my feet. I felt, "there is nothing I can do," and stayed at home for several days.

Afterwards, I got to know that my friend from high school was volunteering, and I decided join him. I wanted to help as well as to see my friend. Without him, I might not be involved volunteer activities today. When I started in the middle of February, I did not think deeply about continuing volunteering. However, I was surprised that people were coming from all over Japan to support Kobe, and started to feel that I wanted to do something with those people.

It was decided that volunteers would withdraw from Hyogo High School Evacuation Center in April, but there were still many people there. It was not the end. I was thinking that I wanted to continue the activities.

At the same time, I thought that the Great Hanshin-Awaji Earthquake was an historically important event. I could have chosen to end my volunteer work at the evacuation center, but I instead I joined my friends to co-found "Kobe University Volunteer Center." One activity was to visit local temporary housing in Nada Ward.

To sum up, why I started volunteer activities were 1. my friends, 2. I wanted to be involved in such a historical event, and 3. I wanted to keep involvement with people who suffered.

*Q2. There was a sentence in your profile, “In 2000, I felt that my activities of the Great Hanshin-Awaji Earthquake had finished, and was tired because I could not make adequate results.” What does this mean?*

A2. I felt a sense of worthlessness about whether what we did was meaningful. In Yamato Park in Nada Ward, there were approximately 250 local temporary housing units. Around ten men there often drank alcohol, fought with each other, and were taken by ambulance to hospitals. After leaving hospitals and coming back to the housing, they were again taken by ambulance... However, some of them did not come back again. Of those ten people, only one man was able to leave the temporary housing, even after five years. There was an issue of alcohol, but I couldn't do anything.

*Q3. Despite that feeling, what is your motivation to continue volunteer activities until today?*

A3. When the 2004 Mid Niigata Prefecture Earthquake happened, one of my younger friends from Kobe University went to help at an evacuation center. I gave him advice every night. At that time, I felt, “I want to share what I learned from the Great Hanshin-Awaji Earthquake” and “I like doing these kinds of things.” Then I read documents about the Great Hanshin-Awaji Earthquake and thought that I wanted to share lessons such as issues of solitary death and alcoholism in temporary housing.

*Q4. What do you think are the differences between the Great Hanshin-Awaji Earthquake and the Great East Japan Earthquake?*

A4. Reconstruction after the Great Hanshin-Awaji Earthquake was mostly completed in about three years, although below the surface there were issues like solitary death at temporary housing. For the Great East Japan Earthquake, there are many places that we still cannot say have achieved reconstruction, even on the surface. Massive reconstruction budgets have funded huge projects to raise the level of the land, but only a few houses are scattered on top of them. There are not only the differences between the kinds of damage by earthquake and by tsunami and the scale of the damage, but there is also a difference of the power of Japan in 1995 as opposed to 2011. Japan in 1997 had the largest population of civil engineers. Today, Japan cannot reconstruct at the same speed as the Great Hanshin-Awaji Earthquake.

In addition, I felt that in the Mid Niigata Prefecture Earthquake in 2004, lessons of Kobe were utilized. On the other hand, I didn't feel in that way for the Great East Japan Earthquake. There was no reconstruction budget to use flexibly. Japan has less ability to reconstruct.

*Q5. In an interview article, you said, “the important thing in volunteer activities is to sympathize.” However, for those who have never experienced earthquakes and other disasters, I think it is difficult to sympathize. What is necessary for those people to be involved in volunteer activities?*



A5. I think "listening" is important. By listening to people who suffered from disasters, those who have never experienced can also experience what they have gone through. For everyone to live peacefully, it is important that their stories can be heard and that they accept their situation. Being heard can help them to sort out their feelings or solve their issues by themselves. Their concerns can be eased. Those who have never experienced any disasters can also listen. By telling them how you interpreted their stories, they are relieved that what they said has been appreciated and they start to talk more.

Additionally, if you know about local history, culture, names, and specialties, you can listen and talk about many topics. Some topics are difficult to talk about among people who suffered, but often they can talk about those things to people from outside.

*Q6. You are serving as the representative of "Hisaichi ni mnabu kai." Please tell me about it.*

A6. What can be learned from disasters in the past is not only knowledge of disaster prevention and reduction, but practical meanings for people such as "the importance of life" and issues of current society. By utilizing the connections I got so far, I would like to make a space for sharing those lessons.

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(Photo) Joint Volunteer activity by "Hisaichi ni manabu kai," "Disaster Nursing Support Organization," and "Kobe University Student Earthquake Rescue Corps " with the residents at Okada Temporary Housing in Mabi Town, Kurashiki-shi (July 14, 2019)

From this interview, I got to know about the secondary disasters such as solitary death, the importance of psychological care, and that past disaster areas such as Kobe have many things to tell Tohoku. When I went to Otsuchi and Ofunato in February, I felt the difficulty of sympathizing with those who experienced the earthquake and tsunami. However, after listening to Fujimuro san's story, I came to notice that there is still something that I can do. What did you feel from this interview? Thank you so much, Fujimuro san!



Photo: Yamato Park Temporary Housing at Nada Ward, Kobe. Two-story temporary housing for seniors. Residents and Volunteer from Kobe University playing gate ball (1997).

*** Did you know that from the very beginning of the Popoki Peace Project in 2006, Fujimuronyan has been a big Popoki supporter and friend to Popoki? (Ronyan)

POPOKI'S EASY POGA

Lesson 134

This month's theme is lying around and stretching your back!



1. First, as always, sit up straight and look beautiful.
2. Now, lie on your back and stretch your arms and legs, making yourself long! Now keeping that position, gently and slowly rock left and right.
3. Next, try rocking left and right again, this time with your arms around your knees, Can go you up and down, too? Be careful not to tread on your tail!
4. Now, let's add some abs! Raise your legs straight and gently lower them down near to the floor, first to the left, and then to the right. Use your tail, too.
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: 2019.9.20 Nada Yakuzaishikai 19:00~

- 7.30 10:00~ Reading Popoki aloud @ Hatopoppo Nursery School!
- 8.2 Popoki at Kobe University Gender Equality Office Summer School
- 8.5 Popoki WS at the Seminar on Education for Living Together 2019, JICA Kansai
- 8.6-7 Popoki at MERCY Malaysia Conference, Kuala Lumpur!
- 8.9 9:50~ Popoki's International Skype Conversation about Nuclear Issues!
- 8.19-30 Popoki @ UNESCO Chair Summer Program, Gadj Mada University, Indonesia
- 9.28 Popoki Salon to think about lots of things: Seminar to discuss Fukushima Daiichi Nuclear Accident refugees with Yuko Kato! 14:00~16:30 @ Kobe YMCA Sannomiya Center. See p. 8 for details.
- 10.12 Peace and Health Workshop @ Hyogo University of Health Sciences, 14:00~16:00 (Satonyan)

「ポーポキ、おうちに帰れないって、どういうこと？」 ～世界・FUKUSHIMA・私たちの生活から避難の権利を問う～

Popoki, what does it mean to not be able to go home? Thinking about the right to evacuate from the perspective of the world, Fukushima and our lives

Special guest
特別ゲスト 加藤裕子(KATO Yuko)さん

(福島第一原子力発電所事故被災者、原発賠償関西訴訟原告)

(Refugee from Fukushima Daiichi Nuclear plant accident; Nuclear compensation lawsuit plaintiff)

いつ/When 2019年9月28(土) 14:00～16:30

どこで/Where ^{Kobe}神戸YMCA ^{Sannomiya Center}三宮 会館

神戸市中央区加納町2丁目7-7-11 <https://www.kobeymca.org/program/sannomiya/index.html>

問い合わせ先/Information 神戸YMCA 国際・奉仕センター Kobe YMCA 078-241-7204

参加費/Fee 無料/Free どなたでも参加できます/Everyone is welcome

プログラム/Program



14:00 スタート

14:10 動画鑑賞 Video

14:20 ^{Discussion}ディスカッション・^{Sharing}共有

^{KATO Yuko}
14:50 加藤裕子さん！

「避難～大切な命を守る～わたしの決断、ペットとともに」
“Evacuating: Protecting important lives – My decision to leave, and take my pets, too”

^{Discussion}
15:30 ディスカッション

^{Sharing}
16:20 共有

^{End}
16:30 おわり

主催/Sponsors: ^{Popoki}ポーポキ・^{Peace}ピース・^{Project}プロジェクト、^{Kobe YWCA Evacuee}神戸YWCA避難者

^{Support Project}サポートプロジェクト、^{Kobe YMCA International Community Center}神戸YMCA 国際・奉仕センター

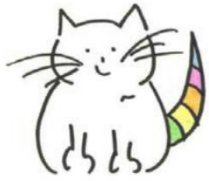
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What Popoki Means to Me

Kiyonyan

It has been six years since I first met Popoki.

At the beginning, everything was new for me. I didn't know what to do.

Ronyan scolded me often. (;'▽')

But as time passed, I began to think that it is good to participate in Popoki's activities.

I especially thought so that when I started my first job.

Again, I didn't understand what to do. Especially with human relations. So I was very tired very much of the time.

But, once in a while when I had time and could participate in Po-kai, all the usual members were there (well, some change...so not everyone...). I felt like I had a place there and it made me feel happy. That is when I thought I was glad I participate in Popoki Peace Project.

Finally, I want to say that for, Popoki is like Doraemon, because he is always there whenever and wherever I need him.



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: *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 outside of Japan

1. Go to your local Japanese bookstore: Kinokuniya, Maruzen, etc. (or their website)
2. Write to us at ronniandpopoki@gmail.com and we'll figure it out!

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 ronniandpopoki@gmail.com



Contributions are always welcome!

Popoki Peace Project popokipeace-at-gmail.com

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THANK YOU FROM POPOKI!