



It's October! Popoki sometimes dresses up as a black cat for Halloween, and he always likes pumpkins! Do you dress up for Halloween, too?

## Popoki's Hot News!

### Coming up!

"Thinking about peace and health with Popoki"

**New date! 21 December!**

Hyogo University of Health Sciences, Community Outreach Center  
Please join us to think about peace, evacuation and health (See p.6).



### Piece of Peace

One of Popoki's friends, Lauren-nyan, sent the following piece of peace.

"Peace can have countless meanings according to everyone's diverse understanding. As for my own, the meaning of peace may be close to safe. Especially when I have left my hometown to go to a whole new place. I will eagerly pursue a piece of peace which means a stable mental state for me in order to adapt to the new place gradually."

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, 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: “Evacuation: Protecting important lives - My decision to leave, and take  
my pet, too”**

**28 September 2019 Kobe YMCA Sannomiya Center**

Hello, my name is Yuka Asa. Today, we listened to KATO Yuko san tell her story of the Fukushima Daiichi nuclear disaster and her evacuation to Kansai. She talked about how dangerous radiation is from her own experience.

Kato san was exposed to  $1.5 \mu\text{Sv}$  in 11 days initially. Due to this influence, she had diarrhea every evening, got purple bruises without any unrecognizable cause on her arms and her teeth felt loose. She learned the hard way how dangerous radiation is, so she decided to move to Kansai to protect her daughter who was an elementary school student at that time as well as for herself.

After Kato san evacuated, she no longer had any of the above symptoms and once again realized how injurious radiation is to the human body. However, she faced other problems as an evacuee. For example, housing problems (having pets was prohibited at her new apartment, a big increase in her rent after the Japanese government cancelled the evacuation orders and told resident to return to parts of Fukushima Prefecture, and difficulty of re-employment (juggling some part-time jobs to make a living). Kato san faced not only the fear of radiation, but also many troubles such as those mentioned above.



Furthermore, she feels a growing distance between herself and her friends and family who “remained” in Fukushima. When she visits her family in Fukushima, she can’t stop measuring the radiation, even inside the house, because she understands the danger of radiation from her firsthand experience. However, even though she wants to measure it,

she tries not to do so in front of her family who and continuing to live there. Eight years have passed since the nuclear accident caused by the Great East Japan Earthquake. Kato san and other people still have various problems that are not likely to be solved soon.

“WHY? FUKUSHIMA... . NEVER FORGET, NEVER REPEAT, NEVER AGAIN”

This book has black-and-white photos taken by Kato san and a record of the Fukushima nuclear accident written in Japanese, English and Korean. If you want to know the “records” of the victims of the nuclear accident in Fukushima, this book might be perfect. Thank you. It is available for ¥1320 at [amazon.co.jp](http://amazon.co.jp).

\* This program was held jointly by the Kobe YMCA, Kobe YWCA and Popoki Peace Project. The approximately twenty participants first watched a short video about global nuclear (weapons) issues followed by a short discussion. The Kato-san spoke, after which we again a small group discussions. After each group shared their ideas and questions, each participant gave a reflection comment to Kato-san, such as: “I understand the problem of refugees after hearing this talk;” “I mean to be conscious of the nuclear power issue, but I realized it is gradually growing further away;” “I thought the nuclear power plant accident is still not over;” “It was very easy to understand;” “Until now I have been actively buying Fukushima produce to help the farmers, but now I need to think again about whether or not that is a good thing to do;” and “I realized how important it is to be able to look for information by myself if it is necessary for me.” Kato-san, everyone, thank you very much! (Ronyan)



During summer vacation, I went on a tour of the No.2 Fukushima Nuclear Power Plant with Mionyan and friends from AMDA Hyogo. Afterwards, I asked Mionyan for her comments.

1. Before the disaster, were you concerned about nuclear power?

I was worried about the ability to manage the nuclear power plants if something happened.

2. Since the Great East Japan Disaster, you have been helping to provide support in many different places. Have you helped in some way with respect to Fukushima?

No, I have not been involved in support yet.

3. Was this the first time you have been to Fukushima?

When I was an elementary school student, I went to camp in Aizu.

4. Can you tell us what you thought after going there this time?

Since the Tokaimura nuclear accident, I have been concerned about the safety and security of nuclear energy plant operations. After our visit tour, I felt ashamed at my lack of knowledge. I didn't even know the mechanism of power generation. Now I think about what is an appropriate amount of electricity consumption in my daily life.

5. Is there a difference between before and after you went to Fukushima?

I don't really think there is very much difference because for me, volunteering after the Great East Japan earthquake was a life-changing experience.

6. Do you have a message for readers of "Popoki News"?

Recently, I have been thinking about how long we call the affected area the "disaster area." The entire country is becoming a disaster area, too. What you feel after visiting "disaster areas" is different for everyone, and it is also up to each person as to whether s/he expresses it in the same way or differently. So, I would like young people to not hesitate to go to 'disaster areas'.



Photos

Top left: Trucks carrying radiation waste to a temporary storage facility in Iwaki City; Top right: Ready to go inside the nuclear plant (from left Satonyan, Mionyan)

Left: Permit to enter the Fukushima daini nuclear plant



# POPOKI'S EASY POGA

## Lesson 138

This month's theme is having a good stretch!



1. First, as always, sit up straight and look beautiful.
2. Now, stand up tall and then slowly roll down to the ground.
3. Next, roll up and then stretch your arms out wide to embrace the sky!
4. Now stretch your arms over your head to one side and slowly make a circle going in one direction, and then the other.
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: 2019.11.22 Nada Yakuzaishikai 19:00~**

12.21 Peace and Health Workshop @ Hyogo University of Health Sciences,  
14:00~16:00 (Satonyan)

12.21 Ponenkai! After the event; in Sannomiya. If you want to go, please contact us.  
2020.2.6 (night)- Popoki Friendship Story activities in Otsuchi-cho!

\* 11/9 Veteran's for Peace lecture, see <https://whatsnew-on-flowersandbombs.blogspot.com/2019/09/1192019.html>

**Picture Book Suggestion from Popoki's Friends**

*Riokun no susumu michi – Gakko ni ikenai kimitachi he –* (Rio-kun's path: To those of you who can't go to school). Text & illustrations: Miyuki Kaneshiro. Gakken, 2019.

# 12.21 !!!

## Let's talk together about peace and health

兵庫医療大学 地域交流プロジェクト *9th Peace and Health Workshop @HUHS*

### ポーポキピースネットワーク

第9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 「ポガ」タイム Poga ※ポガ：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 散策して平和と健康、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「あなたの避難袋は、どんな味？」

Workshop 2: What flavor is your emergency kit?

15:50 まとめ、発表 Conclusion, presentations

16:00 解散 Dismissal



日時 2019年12月21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 all

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



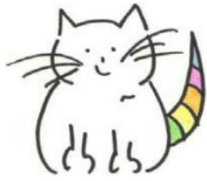
## Popoki in Print \* Back issues of Popoki News:



[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
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- "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

Sachiko Tsurusaki

When I moved back to Kobe in 2007, I was introduced to Popoki and Ronni by members of the Kobe YWCA Peace Activities Goup. I also learned that the cute, smiling Popoki had been Ronni's much-loved cat.

Popoki Peace Project is a place where it is easy for students and young people to gather. There they think together about social issues such as life-threatening nuclear power and weapons, issues coming from everyday life such as poverty, social gaps, and discrimination, and the implications of global warming which cause violent natural disasters and environmental destruction. After discussing these issues they think about what to do, and then act, taking one small step at a time. I am much older, but am pulled in by these attractive activities.

Once a year, we hold an event and the Kobe joins us, too. This year, we learned firsthand why someone would choose not to return to Fukushima, and also watched a video which showed nuclear tests chronologically and appealed to our visual sensitivity.

I like to think I am interested, but they see right through me when they ask, "And how about you?" It is "Popoki" who, at times like that, says to me, "Let's work together."





## 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](mailto: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](mailto:ronniandpopoki@gmail.com)



***Contributions are always welcome!***

**Popoki Peace Project [popokipeace-at-gmail.com](mailto:popokipeace-at-gmail.com)**

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# THANK YOU FROM POPOKI!