



It's November! Popoki likes mushrooms, and the changing colors of the leaves. On chilly autumn nights, he curls up on a blanket. What do you do to stay warm on cold nights?

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).

We'll have Ponenkai after the workshop!

Hope to see you there!



Piece of Peace

One of Popoki's friends, Chunu Ranabhat Khati (Aasthanyan's mom) sent the following piece of peace. "I feel at peace, every morning, during my morning 'puja' (time of Hindu religious ritual and meditation). I let go of all resisting thoughts during this time of the day. I also feel at peace when I know my children are doing well; when they are fulfilling their dreams and meeting their goals... "

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 "Peace and Health Workshop" was Postponed!

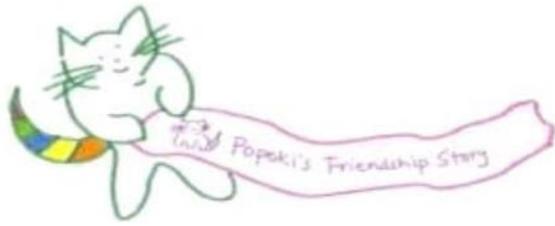
On 21 October, we were planning on holding a workshop to think together about peace and health. It was postponed because of Typhoon No.19, and will be held instead on 21 December. This typhoon caused very serious destruction. It struck some of the places that were finally beginning to recover from the 2011 earthquake, tsunami and nuclear explosions, causing a second disaster for people there. We pray they are able to recover rapidly.

In Kansai we also had extreme storm warnings for Typhoon No. 19. The trains stopped running and we received constant alerts, raising the level of anxiety and making the atmosphere very tense. In relation to the level of tension, the actual damage in Kansai was not very big, leading some people to claim that the media had overdone it. What do you think?

We thought it is not good to hold an event that might put the participants in danger, so we decided to postpone it. Although we were all disappointed, I think that was good a good decision. Of course, it could have been very dangerous. But there is another reason, too. Popoki wants to work with his friends to make a "culture of safety and security." He always tries to create an environment where his friends can be and feel safe. He cannot do it alone; we all need to work together.

How can we protect everyone in the face of an approaching typhoon? Under what circumstances do you evacuate? When do you refrain from going outdoors? This is a good opportunity for us to think about these issues. Typhoon No. 19 is gone, but we know there will be a next time, perhaps sometime soon.





Popoki's Interview

From 15 – 17 November, we (Satonyan and Ronyan) went to Otsuchi-cho, a place they have grown to love. We wondered whether there had been progress toward recovery since our last visit in February of this year. We also wanted to see our friends, and to discuss plans for a visit in February 2020. There was another reason, too. We had heard that Typhoon No.19 had caused damage in northeast Japan, but the news in Kansai where we live did not mention anything about Otsuchi-cho. We wondered if our friends were really all right.

Every time we visit, many different people share their stories with us. In conversation and in interviews, the subject of Otsuchi's "recovery" always comes up. In February, many people were talking about how the train line, Sanriku Railroad, had been repaired and was finally going to reach Otsuchi. This time, too, the train was a frequent topic of conversation.

Talking about the Train



(Photo: The train approaching Otsuchi Station on a test run in February, 2019)

The entire Sariku Railroad Riasu Line had finally been completed in March, so we thought that on this trip we would take the train either coming or going. But it seemed that the train was not running due to damage from the typhoon.

When we visited in February, they were preparing for the opening in March...

“I thought I should support the train line, so I bought two books of tickets for 3000 yen apiece. There are still some left!!!”

“Me, too! It finally started running again, and I was so happy. I thought I should try to take the train instead of driving...”

“It is such a pity! The train was finally running and now it’s stopped and they don’t know when they will be able to have it running again.”

“They say it will be running again in March of next year, but I wonder if it will really happen.”

“It was finally running... It’s so disappointing!”

Otsuchi Station was rebuilt in the shape of Hyokkori Hyotan Jima (Horai Island), a symbol of the town, and flowers had been planted around the station. Some restaurants had been opened and it was just beginning to have the feel of a town again. The station stood ready for lots of people to come and use it. But the barrier at the crossing stays down and the train doesn’t come.

Rugby World Cup 2019

Rugby has always been a popular sport in the town of Kamaishi.

A new rugby stadium was built in a place called Unozumai, and some of this year’s World Cup games were scheduled to be played there. But one game was cancelled because of the typhoon.

“Rugby has always been popular here. When I was in elementary school, all the boys played rugby in their gym classes. Rugby is a sport that puts everyone’s talents to use. I can’t run fast and I am small, but there was even a position for me.”

“In February of this year, I opened an inn and some people from India who were involved in the Rugby World Cup stayed there. But those people were all vegetarians, and I didn’t know what to feed them. When the rugby game was cancelled because of the typhoon, we spent the whole day together and they taught me about what they like to eat. Now I am a vegetarian, too. From now on, there is no problem if vegetarians come to stay!!!”



POPOKI'S EASY POGA

Lesson 139

This month's theme is stretching our backs!



1. First, as always, sit up straight and look beautiful.
2. Now, curl into a ball, facing down and rounding your back.
3. Next, keeping your hands on the floor, raise your rear end. Straighten your legs so you are standing, or keep your knees bent but straighten your thighs.
4. Now stretch your legs out behind you and straighten your arms, stretching back.
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: 2019.12.21 17:00 @ Ponenkai!

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.

2020.1.22 Kobe University 8th Disaster Research and Disaster Support Symposium, Shindai Hall, 12:30~. Popoki will be there, too!

2020.2.7 (night)- Popoki Friendship Story activities in Otsuchi-cho!

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. Otsuchi-cho (July, 2019). *"Ikiru Akashi – Iwateken Otsuchi-cho Higashi nihon daishinsai kirokushi"* (Testimony of Living: A Record of the Great East Japan Earthquake in Otsuchi-cho, Iwate Prefecture). Editorial Supervision: Otsuchi-cho Board of Education, others.

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

“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)
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- “Hope on 60 meters of cloth” Etsuko Akuzawa. (In Japanese) *Asahi Shimbun* 2012.1.21
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- K. Wada. “Conversations with Ronni Alexander: The Popoki Peace Project; Popoki, What Color is Peae? Popoki, What Color is Friendship?” *International Feminist Journal of Politics* Vol.13, No.2, 2011, 257-263
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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 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)
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- “An Interview with Dr. Ronni Alexander.” *The Newpeople*, Pittsburgh’s Peace and Justice Newspaper, Vol.38 No.9, October 2008, p.5
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- Popoki in Pittsburgh. Check out the Remembering Hiroshima/Imagining Peace URL: <http://www.rememberinghiroshima.org/>



What Popoki Means to Me

Emmanuel Haruna

To some elementary and junior high school kids in other continents, Africa is a place where you can see different kinds of animals. Yes, as a continent, we do have all sorts of wild and domestic animals. Popoki is one of the least animals you can have as a friend in a typical African family setting. Being an African who was born and grew up there, my perception changed when I arrived Japan. In fact, getting to meet with the “guardian angel” of Popoki; Professor Ronni at the Peace Project eventually changed everything.

So, I found myself suddenly in love with Popoki, and I feel that I am at peace with myself and always want to meet Popoki and friends. With this new experience, I realized that peace is all we want to build a decent society of tolerance irrespective of our colour, gender, language, and religious beliefs.

Someday in the near future as Popoki’s friend, I hope to take this wonderful experience back to Africa. The doctrine of peace which Popoki preaches, so I will share the message with everyone, with that, we can have our heavenly paradise on earth. To me, Popoki means tolerance and acceptance!



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

<http://popoki.cruisejapan.com>



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THANK YOU FROM POPOKI!