



Year of the rat



Happy New Year 2020

希望、笑顔と平和の一年となりますように！

May it be a year of hope, smiles and peace!

Thanking you for your continued support in the coming year!

Popoki Peace Project

Popoki's Resolutions for 2020!

1. Take positive action to create a non-violent and peaceful world!
2. Treasure our friends and all of our encounters, make new friends, learn from one another, and strengthen our connections!
3. Continue our work to support people affected by the 2011 East Japan disaster and other disasters!
4. Continue our work on peace and health, safety/security and feeling safe!
5. Be aware and interested in the world we live in, close and far away. Share our thoughts, feelings and impressions with one another and the world!
6. Bring a little bit of joy into the lives of those around us and share our joy!



It's January! Popoki is starting the year curled up under a blanket, cozy and warm. How are you starting your year?

Popoki's Hot News!

Coming up!

Thinking about disaster with Popoki!

February: Popoki Friendship Story Activities in Tohoku!

17 March Pot Luck Party #3 -

Chat and decorate salmon (SHAKE HAND) with Kawarahata Yoko and others @ Us Park, Nada-ku, Kobe

Hope to see you there!



Piece of Peace

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



When I am tending my fields in the serenity of a rural village, I always think, "How peaceful is the

twitter of the Japanese skylark which dances in the blue sky."

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 !**

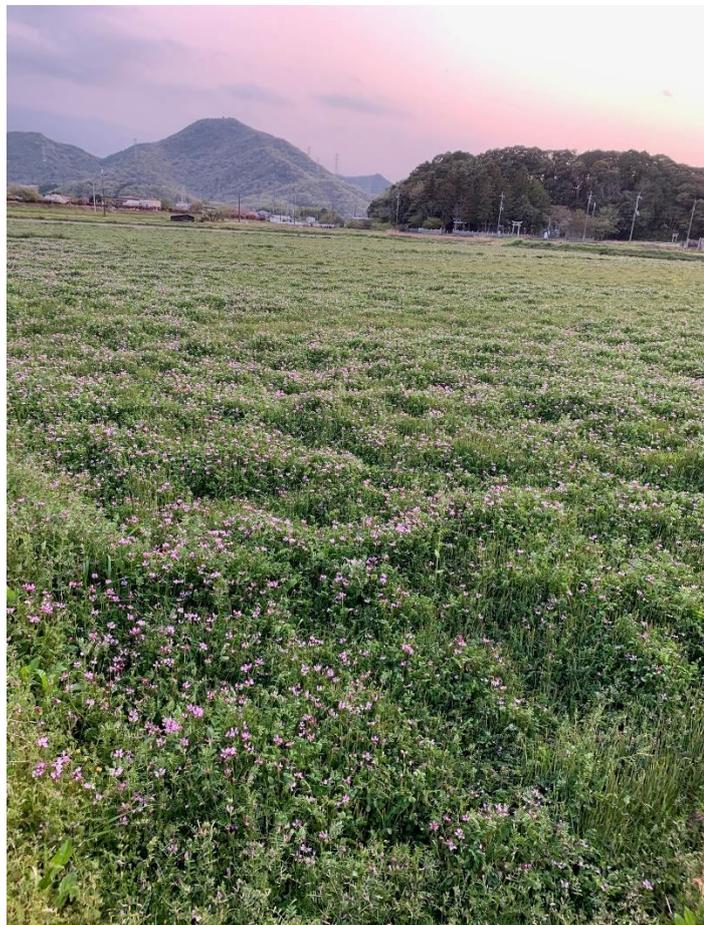


Photo: Hide-nyan's rice field

2020.1.17 Thoughts on year 25*

Ronyan

Sometimes I'm a bird
Looking at the big world from high in the sky.

Sometimes I'm a cat
Looking at the world that stretches as far as I can walk.

Sometimes I'm a mouse
Looking at the world from inside my hole.

Sometimes I'm me.
Casting aside titles, appearances and devices,
looking with my heart at what is important.
Living. Loving. Laughing.
Taking someone's hand.

On that day 25 years ago, the birds and cats and mice all fled from Kobe.

Afraid. Alone. Anxious.

The sharp crack when, sitting in a cold, dark room, I bit into a cracker.
The salty tang of the tears that appeared out of nowhere on my cheek.

The eerie quiet of a town without any power or any electricity.

That day is etched into my body and into my heart.

On that day, where were you?
On that day, were you not yet born?
On that day, were you far away?
On that day, were you here?

Today, I will be a bird and a cat and a mouse and me, too.

We can share all our stories about Kobe on that day -
yours, and mine and all the other creatures' too.

We can learn together, and remember together.

Together we can have hope; together we can live the future.



* The Great Hanshin-Awaji Earthquake struck at 05:46 on 17 January 1995.

Peace and Health Workshop

Aripannyan

On 21 December, we held a workshop to think together about peace and health. We hold this workshop every year at Hyogo University of Health Sciences, but it was postponed this year because of Typhoon No19. This typhoon caused great damage in some places. We couldn't help thinking more seriously about safety, health, and peace.



To think about peace and health, Poga is very important. Sato-nyan instructed us in Poga, and we relaxed and woke up. After this, we considered a lot about health and peace. First, we thought about whether we associated some pictures with health or peace. Second, we read a Popoki story about peace and health. What is health? Is health related to peace? Popoki asked us some questions

like these.

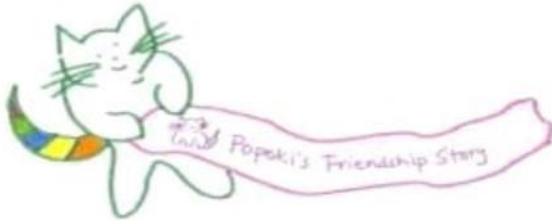
After these activities, we got to think about the big question - what to put in our emergency kit. Each of us was given a role to play. Someone was a baby, another one was a vegetarian, and another was Popoki.... We thought about what we should take to evacuate in a situation where different kinds of people live together. I played a foreigner. I wanted some western foods, and my group members agreed to my request, but we limited the amount of meat because there was a vegetarian in our group. A health conscious person also wanted to limit the amount of food that was not healthy. Our size of our kit limited what we could take. Based on this, we thought about what we should take to stay alive. After we finished drawing, we shared ideas with other groups. Each of the



emergency kits had emergency foods and canned foods according to member's taste. In addition, some groups took some sweets, and fruits. A unique group also took a cow. At last, Ronyan summarized this workshop. Ronyan told us that we may take something relax us in the kits. There were unique things in each kit, but these were important for our relief.

This workshop gave us an opportunity to review what is health and peace. For me, not only a well-balanced diet but also relief are important to keep healthy and cheerful. It is the same the other way around, too. It is not peace when I am not healthy. The people who evacuated from this typhoon or other disasters are the same as me. We should consider how those people can promote their health and peace.





Popoki's Interview

Kiwanyan

This month, Kiwanyan, a friend of Popoki's, shared her memory of the 17 January 1995 Great Hanshin-Awaji Earthquake.

Twenty Seconds

17 January 1995. 5:46 a.m.

I hear that even in Kobe, there are now so many people who don't know about how on that day, in just twenty seconds, everything changed.

At the All High School Cultural Festival held in the autumn of that year, students from Kobe sang the following words:

We ask ourselves every day since that day we ask
Until now, what did we hold important?
From now, what will we hold important?

In just twenty second, so many things collapse, so many things were lost.

But, in the ensuing days, in Kobe, everyone was friends, even those we didn't know.

You can get water there; I know a place where they're selling bread; This bus has started running again today.

The bus moves slowly through the jammed streets, filled with people carrying heavy backpacks. Those with seats say, "Please, please!"

They fill their laps with the packs of people standing around them.

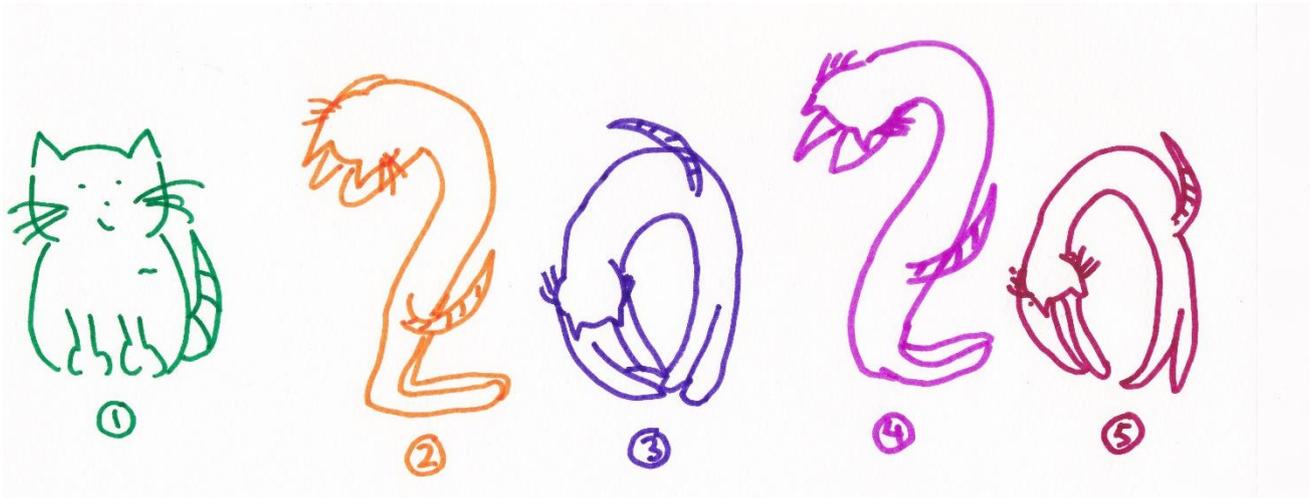
In those days, I think we found "what does not collapse in twenty seconds" and "what to hold important."

How about Kobe 25 years later...?

POPOKI'S EASY POGA

Lesson 141

This month's theme is new year!



1. First, as always, sit up straight and look beautiful.
2. Now, kneel. Keeping your lower back straight stretch back, and then round your upper back and shoulders, stretching your arms to make a "2".
3. Next, stand and curve your body down so that your arms meet your toes in a "O"!
4. Okay, time for another "2". Be sure to keep you tail up!
5. And last, another "O". 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: 2020.2.28 19:00 @ Nada Yakuzaishikai

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!

2020.3.17 Pot luck Party with Drawing, Pictures Books, Disaster and Medical Care, Part 3. 14:30-16:30, 'As Park,' Nada-ku.

Book Suggestion from Popoki's Friends

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.

2/25-26 Tokyo friends: Popoki's friend Itonyan Photo exhibit @ Waseda University, Bldg.31, 303/304!

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)
- 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
- 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 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)
- *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

Yakonyan

What Popoki means to me is a teacher of communication. Popoki helps me to deliver my feeling that I hope to do something for someone. It is often very difficult to say exactly what this means. I am sometimes afraid of expressing this feeling because it may bother someone. Popoki is wonderful. Popoki stands by someone who exactly needs the comfort of Popoki without words.

There are a lot of things Popoki gave me. Thanks to Popoki, I had a precious time with local people in Otsuchi-Cho. In addition, when I jogged with my Popoki T-shirt during studying abroad, I was sometimes talked to by passers-by. Someone said 'Good job, Popoki.' and other people in a car cheered me to say 'Peace!'

The place where I hope Popoki to be is beside children. I think it is important for children to know what violence is and to train them to say 'no' and 'help!' when violent situations happen. This purpose is to prevent them from hurting someone and from being hurt themselves. However, some children may feel fear to know, remember and think of violence. Therefore, I hope that Popoki stands beside them to support them because fluffy and kind Popoki can relieve children.



Photo: My favorite pathway to do jogging in Canterbury, UK

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!