



Newsletter No.53 - 2010.1.21

[popokipeace@gmail.com](mailto:popokipeace@gmail.com)

[http://popoki.cruisejapan.com/index\\_e.html](http://popoki.cruisejapan.com/index_e.html)

<http://popoki.cruisejapan.com>

HAPPY NEW YEAR!



Our theme for this year is 'Friendship'!

## Popoki's Resolutions for 2010!

1. Make more new friends through use and sales of *Popoki, What Color is Peace? Popoki's Peace Book 1* and *Popoki, What Color is Friendship? Popoki's Peace Book 2!*
2. Continue to make new friends through holding workshops and other activities in and outside of Japan, including those sponsored by the Popoki Peace Project!
3. Through the creation of new activities, use by Po-kai members and other activities, and have Popoki used in many different ways, and through that, increase Popoki's circle of friends.
4. Report on the situations in the places Popoki has visited (such as Palestine) and continue to follow up on our visits.
5. Bring a little bit of joy into everyone's life.

We hope you will join us this year too for more Popoki Peace Project activities.

Thank you for being our friend!

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[popokipeace \(at\) gmail \(dot\) com](mailto:popokipeace(at)gmail(dot)com)

# Popoki's Hot News!



**Popoki Peace Challenge! "What Color is Life?"** Takashi MORIZUMI Photo Exhibit (2010.1.8-18), lecture by Takashi MORIZUMI "Looking at peace and Life through a Lens" (1/8) and Peace Map Making in Nada (1/9) was successfully completed. A total of about 1100 people saw the exhibition! Many thanks to those who participated and those who helped!

\*The Popoki News report of the event will be made in two parts.



## Popoki in Palestine/Israel 2! 2009. 12.23-2010. 1.4

Four Popoki Peace Project members visited participated in this trip to Palestine and Israel. We learned a tremendous amount and it was a great trip. Every day we were inspired by the kindness, smiles and humanity of our Palestinian friends, in spite of the very difficult situation they face. We are planning to hold a meeting to report on our trip with photos and video soon, and also publish a report in Popoki News. Please wait for just a short while!

To all our Palestinian and Israeli friends, thank you!



## POPOKI T-SHIRTS ARE NOW AVAILABLE!

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## Report from a friend in Tokyo!

In November and December, I introduced Popoki's two books at meetings about peace held at local primary schools here. One school had already purchased the books and the 'Popoki Series' was in the school library and were available for the children to read. Here are some comments from the children:

"It made me want to think about the meaning of peace."

"I want to think about how to end war."

"I want to think about peace, and encourage others to do so, too."

"I want to implement 'peace' that we can make ourselves."

"War begins in the hearts of people, so I think that if we build peace in peoples' hearts, we can end war."



Thanks to Popoki, people heard our message.

Thank you!

URUGA Kayoko

***Popoki Peace Challenge!***  
— ***Popoki Peace Project presents a Talk Event for Peace*** —  
“***Looking at Peace and Life through a Lens***”  
***Lecture by Takashi MORIZUMI, Photo Journalist***

***Misato SASAKI***



Popoki Peace Project presented a 3-part Photo Exhibit Event for peace. “Popoki Peace Challenge!” was held at Kobe Student Youth Center, January 8-18, 2010. This event was made possible by a Kobe University / Nada Ward Community Building Challenge Grant. The theme was about ‘life’ and ‘peace’. We invited photo journalist Takashi MORIZUMI to speak, and we had a chance to think about ‘life’ and ‘peace’ throughout the three-part event. Part 1: “What Color is Life?” Takashi MORIZUMI Photo Exhibit for Peace,

January 1-18, 2010, Part 2: “Looking at Peace and Life through a Lens” Lecture by Takashi MORIZUMI, January 8, 2010, and Part 3: Peace Map Making in Nada, January 9, 2010. Today, MORIZUMI continues his work to expose such topics as children of the Iraq War, human contamination from radiation resulting from nuclear tests in Semipalatinsk, and the effects of depleted uranium used by the US during the Gulf War.

MORIZUMI talked about nuclear tests around the world. First, we watched a short film that helped us understand visually just how many times nuclear holder states carried out nuclear tests in chronological order. We know for a fact nuclear tests were carried out 2053 times between 1945 and 1998, an estimated 39 times per year. Following that, he talked about the effects citing examples from Semipalatinsk (present Kazakhstan) and the Marshall Islands. The most shocking story I felt was the hydrogen bomb test that was carried out by the Former Soviet Union in 1953. Although Dr. Sakharov, who was called “Father of the hydrogen bomb,” advised the army to evacuate the residents in the region, 42 people were left intentionally and used as a live human experiment. After the test, the authorities checked on them, but didn’t treat them. Forty-one of them died. MORIZUMI took a picture of the only survivor. At the end, we watched another short film and could understand the power of the Hiroshima and Nagasaki nuclear bombs in relation to the nuclear tests being carried out today. We realized that each time, the explosive power of the bombs being tested gets bigger and stronger.

Twenty-nine people attended the lecture. One person asked MORIZUMI how he manages to express the threat posed by nuclear contamination. He responded, “First, we must tell the truth about the victims.” MORIZUMI went on to say that we must not only show the



horror and feel pity for the victims, but we must also learn and report the information from all angles, including the opinions of experts and authorities. Then we could understand the whole story through the eyes of a photo journalist.

We received many opinions and comments from participants. One stated, "I was surprised with the number of nuclear tests. As for the hydrogen bomb testing in Bikini Atoll, I only knew about the people on the Japanese fishing boat who were contaminated by radiation. I guess the damage was not disclosed to the American people either, so that is why the work of journalists like MORIZUMI is so crucial." Another reported, "Seeing the images and movies made it easier for me to remember the nuclear data tests. Thank you for sharing your work at the expense of your life."

This lecture was a good opportunity to think about 'life' and 'peace', the themes of "Popoki Peace Challenge!", and issues of nuclear tests. Thank you for your precious talk, Mr. MORIZUMI! I hope Popoki Peace Project continues to have opportunities where people can unite to think about 'peace' and maybe motivate them to take one step toward peace.



### Feeling Peace—Participating in the Peace Map Making Event—

Yu HIROSE

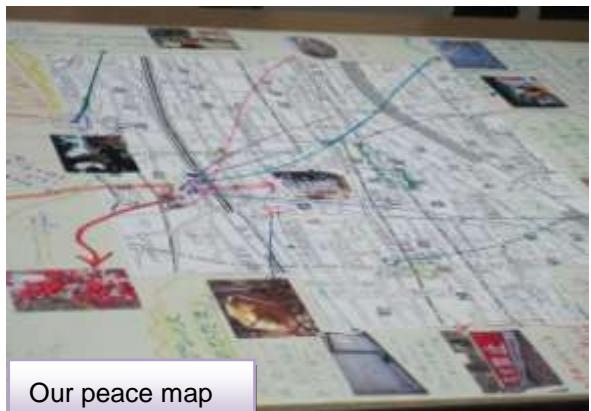
I participated in the peace map making event last Saturday, January 9<sup>th</sup>. I have to confess that I never made a peace map before, and I did not understand what it was until last weekend. We gathered with Po-kai members in Kobe Student Youth Center, near Hankyu Rokko Station. There, I had the opportunity to see Mr. Takashi Morizumi's Photo Exhibition for Peace, and I was amazed by the effects of the war on children in different countries.

Those children were exposed to radiation from nuclear tests and depleted uranium and their photos made me think about war, life and peace. Later, we welcomed some friends who joined us in a workshop about peace, in which we had the opportunity to talk with Mr. Morizumi. We talked about peace and prepared for the beginning of our adventure in Nada. The weather was nice for an outdoor activity and I really enjoyed walking with

people of different ages seeking places or moments in which we could feel peace. We had to pay attention to those moments or feelings during our walking and make photos or notes about them. The purpose of making the peace map is to express how we feel peace, using our five senses. We went around Rokko area. Although I never paid much attention to those streets, on that day I was able to find several types of peace symbols while we were walking the street carefully, using our five senses and taking into account the smells and sounds around us. During our walking we saw flower buds; sun shining on



flowers; girl students who were going home from high school, and I saw them talking and smiling. I also saw a cat lying on a sunny spot, the clear sky, and I even perceived the smell of winter. I enjoyed watching children playing peacefully in a park and so on. All of those could appear as a normal situation for us but we really felt them as peace images.



After one hour walking we met again in the Center, where we discussed about what were the favorite places or feelings of each person. Mine was in the park, with the smiling kids. But everybody had a different idea. We each shared our own perspective and, through the pictures, we selected the best place for all of us, the most peaceful place we recommend to visit in Nada: The park that used to be temporary housing after the Hanshin Awaji Earthquake.

During the sharing time, it was a good and enriching experience to discuss with other people about peace, because their backgrounds were different, and their impressions about the same places were different too. Through this time I noticed other perspectives about peace. In fact, I learned that peace it is not only the opposite of war or violence, but also we can find it in our daily life, in our way to the school. If we think about "peace", we might be thinking that peace is far from us but maybe we need to pay more attention to our life, our environment. In my peace map making group, a 9 month-old baby joined us, and having him with us was also a peace moment. Once again, I realized that children can bring peace to the people around them and help us to understand other values about life. I am grateful for being invited to participate in such beautiful experience. I am looking forward to meeting a lot of new Po-kai members.



# Popoki's Easy Poga

## Lesson 20

Let's ease into the new year with some poga stretching.

1. As always, sit up straight making yourself look thin.
2. Next, get on all fours, stretching your back, neck and arms.
3. Stretch your neck back.... Not too far, though.
4. And now stretch your head down looking between your arms, looking toward your stomach.
5. Good, you did it! Time for the success pose!



Congratulations! You have successfully completed Lesson 20. Remember to relax, breathe, laugh and practice for 3 minutes every day.

## Please join us!

- 1.30 "Can Human Beings Make Peace?" (in Japanese) 13:30-16:30, Osaka Sogo Shogai Gakushu Center. ¥500. Dankai Action Network. For information, reservations contact T/F: 06-6428-1402, (Imamura); e-mail: [info@dankaiaction.jp](mailto:info@dankaiaction.jp). URL: <http://dankaiaction.jp> ¥500
- 2.9 Po-kai 19:00-21:00 Kobe YMCA, Rm.304 All welcome!
- 2.11 "YMCA Popoki Peace Workshop" International Exchange Day, Sanda City International Association (KIA). Venue: Sandashi Machizukuri Kyodo Center (Kippi Mall in front of Sanda Station 6F), Multi-Purpose Hall. 13:45-15:45. Admission is free, reservations requested. Contact: Tel:079-559-5164; Fax: 079-559-5173. \*If you would like to come as a volunteer, please e-mail Popoki Peace Project: [popokipeace@gmail.com](mailto:popokipeace@gmail.com) ^
- 2.27 (Sat.)-28 (Sun.) Popoki at an overnight seminar! (Some Japanese is necessary). Central Japan/Western Japan Division YMCA 10<sup>th</sup> (2009) Global Education Study Seminar. Venue: Rokkosan YMCA, Participants; Anyone interested in YMCA international activities or in global education. Maximum of 30 people; Cost:10,000 yen (Includes all seminar costs, food and lodging). For more information contact the International Department of your local YMCA or visit the following website (Japanese): <http://www.kobeymca.or.jp/kobe/inter/10thglobalrokko.pdf>

# Popoki in Print

- FM COCOLO 76.5 ‘Heart Lines’ 2010.1.9 Japanese Interview: Ronni on Popoki in Palestine <http://popoki-peace.colog-nifty.com/blog/2010/01/in-on-12ca.html>
- “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
- *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)
- “Peace Seminar in Kumamoto: What does ‘peace’ mean to you?” Kumamoto YMCA News 10 Vol.437 October 2008, p.1 (Japanese)
- *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
- “Nuclear Security is Inhuman 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/>
- Global Campaign for Peace Education News #57 August 2008 (The Global Campaign for Peace Education (GCPE) e-newsletter. Sign-up to receive the newsletter and review back issues online at [www.tc.edu/PeaceEd/newsletter.](http://www.tc.edu/PeaceEd/newsletter.))



\* Back issues of Popoki News: [http://popoki.cruisejapan.com/archives\\_e.html](http://popoki.cruisejapan.com/archives_e.html)

# What Popoki Means to Me

FUJIMURO Reiji



I first picked up the book *Popoki, what Color is Peace?* about two years ago. At that time, I thought that Prof. Alexander's drawings of Popoki were lovely, but I thought that this book was meant for children, so it had nothing to do with me (my apologies!). A while after that, I was having a very hard and painful time due to some problems with my relationships with other people. At that time, I read this book again, and this time I paid attention.

In this book, Popoki and his companions 'feel' peace, each in his/her respective way. First of all, we should each 'feel' peace, and then we should think about what that peace means. I think that is the message of this book, and that in its activities, the Popoki Peace Project also values the same thing.

Have I felt peace? Have I given a peaceful feeling to other people? Have I been valuing my own peace? Have I been respecting others' feelings of peace, even if there is a sense of incompatibility for me?

Recently, I have discovered myself muttering such things to Popoki.



Photo: I took this photo in the context of my current position as the coordinator of the Kobe University Student Support Office. After Typhoon No.9 struck Sayo-cho, I joined a group of Kobe University students serving as "foot bath volunteers." (16 August 2009. I am the first one on the left). People soak their feet in the bucket and we massage their hands.

As she was soaking her feet, one of the people I was working with said, "All these fire fighters and police and volunteers coming and looking at us...it makes me sad. It is as if we are being kept under guard. Of course I am glad that you come and help us...." I agree that having 'disaster volunteers' coming is not peace. Of course, that isn't the fault of the volunteers; the situation itself is the problem. Even so, as a foot bath volunteer I hope that some of the people will feel a moment of peace while they are soaking their feet.

## **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. *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, What Color is Peace? Popoki's Peace Book 1* 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. It is also available at Joseph-Beth Booksellers, Pittsburgh, PA.

***Popoki, What Color is Friendship? Popoki's Peace Book 2* is not yet available at these bookstores.**

### **Some ways to purchase *Popoki, What Color is Peace? Popoki's Peace Book 1* and *Popoki, What Color is Friendship? Popoki's Peace Book 2* 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

**Contributions are always welcome!**

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Thank you!