



It is great time of year here, although there is a lot of rain this year. Then again, thanks to the rain the whole world seems to be overflowing with greenery! Spring is the season when kittens are born. Have you seen any lately?

Popoki's Hot News!



Popoki will be at the Nada Challenge Festival this year, too!

Date: Sunday, 6 June 2010

Venue: Tokagawa Park, Nada-ku, Kobe

Access: 10 min. walk from Hankyu Rokko or JR Rokkomichi;

Kobe City Bus No.90, 92, 100 Get off at Shogundori,
next to Kumin Hall

Popoki Peace Project will have a booth and a stage performance. Volunteers welcome!



Popoki in Guahan (Guam)!

It was only for a couple of days, but Popoki and Ronni visited Guahan and had a chance to meet local activists. They learned about the US military build-up and discussed the problem in light of the issue of the relocation of the Futemna Base in Okinawa. Popoki made lots of new friends and discussed the possibility of starting work on a Guahan version of Popoki this summer!

*Download the public radio program "Beyond the Fence" at <http://itunes.apple.com/jp/podcast/kprg/id353091052>



Thanks to everyone's hard work, the 4th printing of *Popoki, What Color is Peace? Popoki's Peace Book 1* has been completed.

Let's work together to sell the new copies!

* All profits from book sales go to support the activities of the Popoki Peace Project.



She's not doing too well with the updates, but this is the address for Ronni's new website:

<http://www2.kobe-u.ac.jp/~alexroni/index.html>

Ronni Alexander's Workshop

My Experience (Mitsuko ISHII)

~You can experience it through this article!~



2010.4.18 (Sunday) 13:30~
Kobe City Labor Hall 307

Participants: 21(including 1 high school student)

I learned about Ronni and began wanting to hear her speak and to participate in a workshop after reading *Popoki, What Color is Peace?*

My understanding of peace was that “peace=absence of war” and that peace education involves emphasizing the horror of war. Ronni showed me that there are other ways to think about ‘peace’. Her approach to ‘peace’ was new and different.



“What we think with our minds and what we feel are different. Today I want us to use our senses and our entire bodies to think about peace.” This is how Ronni began the workshop.



Using a rope

Y e s ☆—————☆ N o

Question: Do you think Japan is peaceful now?

Where do you stand? What do you feel?

☆Decide on your position and hold onto the rope.

Ronni asked why people chose their positions.

People near ‘Yes’ said, “Japan is not at war, so it is peaceful (or at peace).”

“At least right now it is stable and calm.”

People near ‘No’ said, “Bullying,” “Economic gap,” “Situations like children in poverty mean that Japan is not peaceful...”.

Each participant had her/his own feelings and reasons, and of course we all stood in different places. I felt that it is first important to look inside and discover one's own views. I discovered that I am not certain of what I am feeling and thinking, and don't understand many things. It may be different from what others think, but I thought that determining one's own point of view is the first step to thinking about these issues.



The Cat, Popoki ~ Popoki Peace Project

Popoki is Ronni's cat. In the picture book, Popoki asks the color, sound, flavor, smell, texture, and feeling of peace.

- * Thinking from the perspective of the five senses is easy for everyone to approach and to answer questions. It requires full use of our imagination and creativity.
- * The use of Popoki, the cat, as a tool allows for a lot of people (children and adults around the world) to be interested and is a good way to provide information.
- * It might be difficult to talk with another person, but it is easy to talk to Popoki.

Ronni said that as a society becomes more diverse and diversity becomes more accepted, it becomes more and more important for peace making to learn skills to communicate with others with whom you have little in common.

I felt there were many hints to help with expanding our activities, such as creating a place where people feel safe to talk and learning to listen to what others are saying.



Mini Workshop

- ☆ Count with me out loud....
1, 2, 3, 4, 5, 6, 7, 8, 9, 10

During that time we were counting...

- * In 10 seconds 3 children, or in other words, every three seconds, somewhere in the world one child under the age of five dies from preventable causes. I was shocked by Ronni's words.

☆ Performance time

- Stand and make one large circle
- Face the outside of the circle and close your eyes
- When you hear a word, immediately turn to face the inside of the circle and make a pose which represents that word. For example, 'Cat' → face inside and make a cat pose

The word we were given was 'violence' →

Everyone made a pose

Almost everyone had macho poses, punching, hitting, etc. Some looked down and rejected the violence, others fled....



☆What is the most important for peace? (Discuss with your neighbor)

- Diversity • Nature • Freedom • Security/safety • Wealth • Weapons • Creativity
- Imagination • BHN • Ability to Act • Friendship • Health • Life • Arts • Trust
- Education • Communication • Love • Law • Hope • Social Justice • ???

☆ Group time: Take a walk with Popoki! Let's draw!

【Theme】 The road to the peace constitution....what is your image? color? scenery?

How about a peace garden?

- Each group made a drawing and then we compared our work, asking questions and giving explanations



Participants' Comments

- * The questions did not have right and wrong answers so they were easy to answer and think about
- * The idea of expressing peace with the senses using flavor, scent, etc. was easy to understand.
- * I didn't like the idea of a workshop, but I found myself involved and enjoyed it. I especially liked the rope work, because it showed our different positions.
- * After participating, I felt my image of the constitution and peace became richer.
- * I thought that it is important to address questions directly and draw out opinions.
- * The situation of peace education in Japan is quite dire, but I felt hope from the experience of participating in this workshop.
- * I would like mothers and their children to experience this kind of workshop. I'd like to make an opportunity for that.
- * What is important in my life? I thought it would be good to think about things from a personal perspective.
- * Imagination is essential.
- * I wondered why Popoki....and now I understand.
- * It is important to be able to communicate with people who have different values, ways of thinking, or those with whom it is difficult to communicate.



During a trip to Palestine, Ronni asked a 14 year old boy if he had a message for people in Japan. He replied, "I want to make friends and play soccer together." I couldn't help but pray that the boy's wish comes true very soon.



“NADA CHALLENGE” festival

Nada Challenge Steering Committee, Information/Publicity Director
Kagari Ogawa

We have the 16th “NADA CHALLENGE” festival this year. This festival has continued for 16 years, since we suffered the HANSHIN-AWAJI earthquake disaster. At first, we held this festival hoping that our town will recover completely, not only physically, but also mentally. Nowadays, we also hope that you can notice many serious problems and that you can communicate with many people who live in the same city but usually can't meet. You can see many stalls and flea markets in this festival. You can also enjoy watching many performances such as *aikido* (a kind of martial arts), people of *Don Chin* (who advertise with instruments by walking streets), BINGO game with audience (you can get gorgeous goods!), satirical play about problems of people who unavoidably sleep in the open on the streets in the cities. Popoki Peace Project team is opening a store and you can buy picture books. We guarantee you can surely enjoy!

<Information>

Date : June 6th, 2010 on Sunday 10:00~16:00

Place : Togakawa park (Kobe city Nada ward
Kaminoki-dori street)

Access : (train) ten minutes walk from Hannkyu
Rokko /JR Rokkomichi station

(bus) Kobe city bus; route number 90・92・100

You get off at bus stop “Shogunn-dori” (next to Nada ward citizen's hall)



Satirical play at last year's Nada Challenge

We hope many people notice a lot of problems, think of each other, sympathize and get along through NADA CHALLENGE festival!!

Popoki at Nada Challenge

2009



Popoki's Easy Poga

Lesson 24

This month's poga is something you can do while lying in bed. Try it every morning before getting up and again in the evening before you go to sleep. Try to do each exercise ten times, and if you are feeling energetic, try doing three sets.



1. As always, sit up straight making yourself look thin.
2. Now stretch your legs in front of you and make circles with your feet, stretching your ankles. Be sure to do the same number of circles in each direction.
3. Next, keeping your legs straight, bring your toes back toward your body, and then stretch them forward, stretching the muscles in your calves and legs.
4. Finally, scrunch your toes into a ball, and then stretch them way out....
5. Did it? Good for you! Time for the "I did it!" pose!

Congratulations! You have successfully completed Lesson 24. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

Please join us!

Next Po-kai: 6.10 19:00-21:00 Kobe YMCA, Rm.304 All welcome!

6.6 Nada Challenge Festival participation. Venue: Nada-ku Tokagawa Park. Volunteers should meet at 9:30 in the park. Access: 10 min. walk from Hankyu Rokko, JR Rokkomichi or Hanshin Oishi. Kobe city bus #90. 92. 100; get off at "Shogundori."

6.13 40th Nishinomiya Hahaoya Taikai. 10:00-16:00

14:40-15:40 "Popoki, What color is Peace?" (Lecture by Ronni Alexander)

Venue: Nishinomiya City Hall East Bldge, 8F, 3 min. from Hanshin Nishinomiya Stn.

☎0798-35-3012; Admission: 600 yen. (In Japanese)

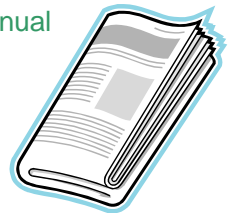
7.16 Reading of Popoki at Kodomo no sato, Nishinari-ku, Osaka 16:00-

7.25 10:30-12:30 Workshop at Tosabori YMCA Summer Seminar

8.12-22 (tentative) Popoki in Palestine 3!?!

Popoki in Print

- “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
 - *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
 - “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.)
- * **Back issues of Popoki News:** http://popoki.cruisejapan.com/archives_e.html





What Popoki Means to Me



Yoshiyuki Matsuda
Kobe YMCA

The first time that I met Popoki was in 2005 when I saw the DVD "Popoki's Peace Message" at a YMCA staff training session. At first I was very surprised by Ronni and Popoki's questions such as "What color is peace?" and "what does peace smell like?" but gradually Popoki worked his way into my heart and I recognized the attraction of this approach.

Since then, Popoki has appeared in many workshops and programs for children and leaders at the YMCA. The participants always look a bit confused at the beginning, but in the process of the workshop their expressions soften. Thanks to Popoki, children and adults can feel peace, and can think about what peace means. In addition, I am always impressed with how Popoki is really serving as a bridge of peace among people with very different backgrounds.



When I think about Popoki's questions, I am always reminded of the basis of the YMCA which is that "every person is important."

Wars are continuing around the world, and in Japan we have problems such as child abuse. I do not want to give up, so I will keep working with Popoki to spread peace, beginning from close to home and expanding to the world.



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 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](mailto:popokipeace@gmail.com))

Contributions are always welcome!

Popoki Peace Project popokipeace-at-gmail.com

<http://popoki.cruisejapan.com>



From within Japan, please use our Postal account or Postal bank account:

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THANK YOU FROM
POPOKI!



Thank you!