



Popoki's Hot News!



"Popoki Friendship Story on Stage" happening at Nada Challenge!
5 June, 13:40-14:10!!! We are looking forward to seeing you there.
See 'Please join us' (page 2) for details.

Pieces of Peace



One of Popoki's friends, Kasumi-san, sent a piece of peace which was translated by Kaori-san:
"One night, I had conjunctivitis and difficulty falling asleep. My cat Sox stayed with me all night. Even though I couldn't open my eyes, when I felt Sox's fur I could fall asleep again feeling easy. It is a small peace that no one knows except Sox and me.

Please contribute a bit of peace! What sort of 'peace' did you encounter today? Please let us know by sending a message to Popoki's e-mail: popokipeace@gmail.com



Popoki Friendship Story Project on YouTube!

See the progress of the Popoki Friendship Story Project on You Tube:

http://www.youtube.com/watch?v=otFb7_3S-Kk

Popoki Friendship Story Project/ポーポキ友情物語プロジェクト

Please Join Us!

Let's connect ourselves to one another with a long cloth! Popoki is supporting the earthquake areas using everyone's strength and caring. The cloth began in Kobe, traveled to Miyagi and Iwate Prefectures, and is now in Kobe.

How about making a section?



詳しくはポーポキにメールへ。 Information: popokipeace@gmail.com

Length/長さ: ≤5meters(つないでい
We will connect the sections
Width/幅 45cm
* Hem the edges/へり縫いをする
Fabric: cotton broadcloth/
素材: 綿ブロード。
Color: Very light pink, or as you like
色: 薄いピンク、又はお好きな色



出来上がった布をポーポキ・ピース・プロジェクト宛(657-8501 神戸市灘区六甲台町 2-1 神戸大学大学院国際協力研究科 ロニー・アレキサンダー方)へお送り下さい

Please send finished sections to: Popoki Peace Project, c/o Ronni Alexander, GSICS, Kobe University, Rokkodai, Nada-Ku, Kobe 657-8501 JAPAN



次のリンクで最近のプロジェクトを見ることができます。

Popoki's Earthquake Support Interview (2)

*This interview features Popoki interviewing Mako, Bun, a very sleepy Mizuho, Satoko and Ronni and took place late one night in Iwate Prefecture

Popoki (Po): What color is the tsunami for you?

Mako (M): Black.

Bun (B): Pale gray.

Mizuho (Mi): Gray, but darker

P: Mako, this is your second time in Iwate. Is the color different from the first time?

M: Yes, it's different. It is as if everyone is exhausted but at the same time moving forward.

P: You said the tsunami was black, but is everything else black too?

M: When I first came right after the earthquake, many different things were black, but now...I think that other colors are beginning to appear.

P: Bun this is your first time here. What is it like for you?

B: Before I came, I had seen what it was like on TV but it felt like someplace that was Japan, but very far away. I knew that people had been looking for things and I had seen them doing

it on TV, but coming here, I really saw them searching for things and it makes me want to cry.

R: After the daily volunteer meeting, I looked around the building while the rest of you were busy. On the first floor there was a bulletin board with lots of messages and photos. I saw a page of a young man's passport with his photo. It made me really sad.

B: At a relief center, there was a copy of a child's passport posted on the message

board.

R: No matter how horrible the circumstances, it seems we can get used to it. It is frightening and I don't like myself...but at the same time, there is only so much you can take. At Otsuchi-cho today as we were seeing one horrible thing after another, I just kept wanting to tell the tsunami (and fire and earthquake) "Enough already!"

P: Satoko, this is your second time here. Is it different?

Satoko (S): When I was here before there was lots of snow, but now it's spring. The tsunami is a part of nature, but there are cherry blossoms and flowers blooming in the hills and towns, the warblers are singing and the temperature is warm.... These are all part of nature, too and it makes me feel that humans are so small compared with nature. Things have been cleaned up a lot since I was here, but the towns seem very thin and fragile.

R: I had never really thought about what it means for a community to disappear. The town and its administrative and business operations have all been destroyed but there are still people here...and one recently opened convenience store. Gradually the town is coming back to life. It is quite incredible.... Now that I think of it, after the earthquake in Kobe we were really happy when convenience stores reopened, too.

P: Do you compare this with Kobe after the earthquake there?

M: After the Kobe earthquake, I really wanted to go and help, but I was working at a hospital and amazingly busy, so I couldn't take time off and go to Kobe. I can't really compare because I only know what happened from TV. That's why this time I really wanted to come.

P: Mako, you are a midwife aren't you. Were there any pregnant women here when you first came?

M: There were some the first week, but they all sought refuge elsewhere so there weren't many people left here.

P: Did anyone talk about the nuclear plant disaster?

M: Now that you mention it, nobody said anything. Maybe they didn't know what was happening.

R: I haven't heard anyone talking about the nuclear problem this time, either.

M: It is a sensitive issue with people from Tokyo.

R: Kobe is far away but people are very concerned. When I was in Miyagi Prefecture, no one talked about it there, either.

P: Bun, why did you come this time?

B: I wanted to come sooner, but I couldn't take time off work. But...there is nothing special about coming if you can. I think being a volunteer means coming regardless of how difficult it is. Helping in every way you can is nothing special so I don't understand why people get so excited about it. I think being a volunteer is helping, even if you have to sacrifice to do it. Everyone can help, but sometimes it is hard to know what to do.

P: What is your impression of all the volunteers who have come here for this holiday week?

R: The media portrays them as 'heroes,' but you could also say it is just like a big party with everyone dressed in 'volunteer style' clothing....

B: I think coming here because you have time to do it is different from coming in spite of everything.

P: Here is a different question. From all the things you have learned from the people here, what do you think will be most important for the rest of your life?

Mi: Even though they themselves have suffered from the earthquake and tsunami, people are working as volunteers. I think that is really amazing and I want to be like that, too. And I also appreciate their smiles.

B: People are able to move forward, even in the most difficult conditions. Maybe now some



of it is just for show, but they talk to us in a cheery way. I feel a strength in people here; they have decided to leave what happened and to move on. Of course, they might give up or move backwards some of the time, but even so...

M: I have felt the strength of people. Some people must have lost everyone and are alone, but they aren't really alone. There are always connections with other people. I want them to know that they are not alone. In fact, people here have given me strength because I have seen that I am not alone either. I know that they are hanging in there, so I have to, too. I feel those connections and the change of the seasons, too. Now it is spring. Time and the seasons flow naturally, and people move on, too. It might take a long time to recover, but I believe they will slowly move forward.

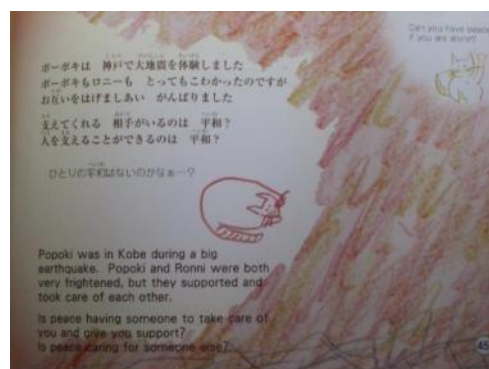
S: I used to think that if a person wasn't physically and emotionally strong, then they couldn't be kind, but I am beginning to think that it is kindness that makes people strong.

R: It might sound obvious, but the children have made a deep impression on me. Of course we haven't been here very long, but I haven't seen any children fighting. All of the children have lost so much and it is enough that they take care of themselves, but they are looking after the younger ones, too. They are really kind and connected and I hope they stay that way, even when they grow up. I want to learn from those kids, and become more kind and connected. I am really grateful to the adults, too. In spite of all their problems, they welcome us and share with us and smile. I want to be like them. I also felt the power of children. Even if there is just one child in a room the whole atmosphere changes.

M: Children are really a treasure. They make everything brighter.



友だちになろう！
Let's be friends!



From Popoki, What Color is Peace? Popoki's Peace Book 1

Participating in the '11th Central Japan District YMCA Global Education Training Seminar ‘

滋賀 YMCA 古賀琢士(かるびリーダー)

I am a local citizen, and at the same time I am Japanese. Also, I am a person living on this earth, so I am an earthling. My friends, people I don't know, animals – we are all earthlings.

I participated in the ‘11th Central Japan District YMCA Global Education Training Seminar’ held on 26-27 February at the Rokkosan YMCA. The theme of the seminar was ‘Making peace – Learning, Thinking and Sharing.’ I know as much about peace as the average person, or perhaps even less. Even so, through being able to participate in this seminar my ideas about peace grew much deeper.

In the course of the two days, there is a phrase that made a very deep impression on me. The session leader, Ronni Alexander, said, “First it is important to know about things.” When I heard this, I realized that I really don't know very much about peace. If a person learns and has more knowledge, their understanding deepens and they are able to have their own opinions and to share and discuss with others. I thought that knowledge was very important.

Something else that impressed in Ronni's workshop was Popoki's question, “What color is peace?” I felt that expressing peace through color was an opportunity to think about peace, deepen my understanding and to learn more. I don't really know very much about peace, but even I



was able to participate actively in the discussion and clarify my thoughts. In the course of the two days as I gained knowledge and my understanding deepened, I could feel my own “peace color” gradually changing.

Each person has his/her own “peace color” and I felt that if we can share and understand each other’s colors it will lead to peace.

Through listening to Ronni and talking with other people in the workshop, I was about to learn and develop my own vision of peace. I will go back to Shiga and think about the ‘color of peace’ with my friends and colleagues. I am sure it will give us an opportunity to deepen our knowledge and to share what we have learned.

I am especially happy that during the two days I was able to become friends with Ronni and other YMCA colleagues, but also with Popoki. It was really a wonderful two days, and I am very grateful for having been able to participate. I am looking forward to seeing everyone again.



Popoki has a friend named Kaori Yoshida.

When she tries to write her feelings about peace, she has a lot of trouble and her feeling is one of non-peace. As she tells us below, peace is not taking a nap in the afternoon or wanting a hug....

The word opposite to war is peace. When I was a child, I undoubtedly believed that this statement was true. However, I don't think so now. I think a peaceful world is made by not causing war but also by the members in the global community making a lot of effort continuously.

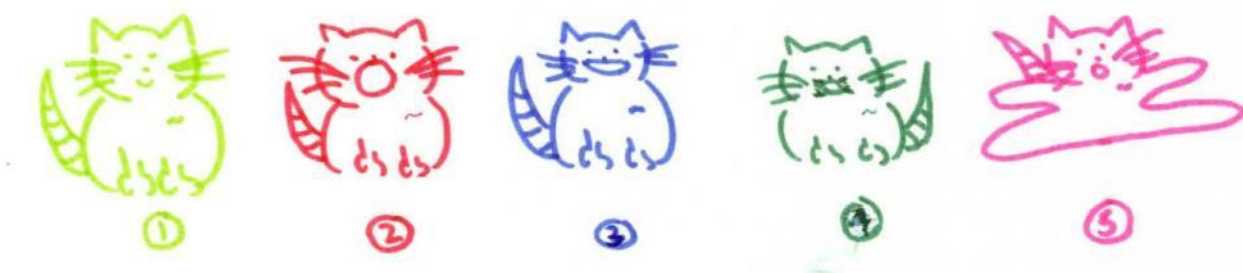
Can we say Japan today is a really peaceful society? The number of the people who commit suicide each year has been over thirty thousand people for eight years. If each person would think about others’ loneliness more and listen to what others are worrying about, then I think it will lead to a more peaceful society. That is the real definition of peace.



Popoki's Easy Poga

Lesson 36

This month's theme is stretching our mouths and faces. We hope it makes you feel better!



1. As always, begin with sitting up straight and making yourself look thin.
 2. Next, open your mouth into the biggest 'O' you can make...
 3. Ok, how about a huge smile...
 4. And now make your lips into a big kiss....
 5. Did it? Good for you! Time for the "I did it!" pose!
- Congratulations! You have successfully completed Lesson 36. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.



Please join us!

Next Po-kai: 2011.6.22 Kobe YMCA 306 19:00-

- 6.4 Popoki Friendship Story in Niigata!?!
- 6.5 Nada Challenge Festival including "Popoki Friendship Story on stage!" at Tokagawa Park, Nada-ku, 10:00-16:00. Popoki will have a booth and mini stage performance (13:50-14:10). If you want to help, let us know
- 6.11 Kodomo no sato (Nishinari-ku, Osaka) program for children. 10:30-12:00
- 7.24 Tosabori YMCA (Osaka) Summer Seminar 2011 Workshop 10:30-12:30
- 9-16 September Popoki in Guam!?!
- 17-20 September Popoki in Iwate and Sendai Popoki program for Northeastern Japan earthquake support
- September/October Popoki at 'Remembering Hiroshima Imagining Peace' in Pittsburgh, PA, USA?
- 11.12 Peace & Health map practice and program in Port Island with Semester at Sea students from US

Popoki in Print

- 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)
- "What is Behind 'Popoki, What Color is Peace?' 1st in a series in "Tosabori Life" No.19 2010.10:4 (In Japanese)
- HORIKOSHI Takeshi. "Kokusai no mado" (article about Palestine) *Kobe YMCA News* No.604 2010.9-10, p.3
- "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: blrhgy@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



Tsukasa Nishiyama



I love the green of spring

I love May in Japan because the world of nature begins to live very passionately in May though the world still has sleepy eyes in April. For example, cherry blossoms are really beautiful, but after the blossoms fall in May, the lively green of the trees is also shining in the reflection of the sun, which is like the blaze of human adolescence.

I think that Popoki is my friend who has passion like nature in May, and he tries to do whatever he can do for peace and friendship.

I really love to give surprise presents and parties for my parents and friends. I think of the expressions of joy and laughter on all their faces as I try to make the best plan. The feeling of excitement when I make plans, the feeling when I worry about success, and the feeling when they consequently show me their joy.... I think these feelings are similar to the colorful tale of Popoki. When I think about attempts to express my peace and friendship

with my passion, Popoki may also think together with me.

I want to experience more various feelings passionately like verdurous May, and be a close friend of Popoki more and more.



A surprise party for a friend



Surprise handmade bracelets for dance team members

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(at)gmail(dot)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!

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