



looking out the window while I work on 'Popoki News' I can see leaves in autumn colors. Popoki loves the color of autumn, but doesn't like the cold. Wishing you a warm, cozy and colorful autumn.

## Popoki's Hot News!



Reflecting on Popoki this year & Ponenkai!  
On 18 December, how about joining us to reflect on this year's activities and celebrate!

See page 10 of this issue of 'Popoki News' for more information.

### Pieces of Peace



One of Popoki's friends, Yusuku-nyan, sent the following piece of peace:  
"Happiness is to smile. Happiness is to make someone smile. We can connect through our smiles!! I think this is one piece of the peace."  
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.



### Popoki's Mini Peace Film Festival!

Popoki Peace Project will hold a mini Peace Film Festival on 2 February.  
Please join us for film, tea and talk! More information?



Thank you for your continuing help!  
*Popoki's Friendship Story - Our Peace Journey Born out of the Great Northeastern Japan Earthquake* is getting a good reception, thanks to help from his friends. Please help to let more people know!

More information about the book at:

<http://popoki.cruisejapan.com/monogatari.html>

\* You can purchase a copy at the Kobe YMCA!

☆ **Popoki & suzanka-nyan in Cambodia** ☆

(September 16~30, Our Peace Journey to Cambodia)

September 9, 3:30pm, Phnom Penh...

“Popoki, Popoki!! Look at those children~one by one they are jumping into the biiig...brown...unknown river. Isn't it dangerous? Aren't they scared?”



「No, I think they are OK. In fact, they are children of minority communities of people living on the water, so called “boat people” in Cambodia. Because they spend lots of their time on the water, they are good friends with the river. So, don't worry...suzanka-nyan!

“Oh...I see, I also want to become friends with them! Let's go~~Popoki!! ”

And so Popoki and suzanka-nyan made lots of new friends and enjoyed playing with them. “Who can make the coolest jump into the river” and “who can pose the best in front of camera” or “let's have a quiz about various fishes names being sold on the market” and “how about having a sunglass competition?” At that moment Popoki suddenly asked...

“Do you like to draw?...I love drawing pictures! How about drawing together on this loooong cloth? So, we will be connected forever, wherever our journey continues...”

“Yes!” agreed the children “but a picture?” In the beginning our friends seemed to be a bit reserved, because they were not much used to drawing, but when I asked “What do you like...? What is important for you...?” their smiles appeared...



...and when our first friend took a pen, the others just followed.



In the end, we couldn't see Popoki's cloth at all, being perfectly hidden with all our artists (they drew in a tuk-tuk, a southeast-asian style of vehicle)

They did it~ ! Such a great job...**What did you draw?** "A house that I have a dream to live in one day, the everyday scene of palm trees, my favorite flower, a sun that is always warming us"...all were such amazing pieces.



Please look at it...everyone!!

This time Popoki's Friendship Story journey let me think a lot about the children here. What does water actually mean to them? Probably more than just a drinking water, but the source of food, the place for playing, the place for transporting and more than anything the space for living. The level of their normally

beloved water is sometimes rising and sometimes dropping, but when a disaster occurs, they are the first people to feel the change. They didn't know the word "tsunami", but when I mentioned words like "big water, big wave" they knew exactly what I was talking about and probably much better than I do. I felt they are deeply connected with our friends in Tohoku....

Thank you...our friends!! We are sure to be back to see you some day again.  
Popoki, let's come back again...☺



## Symposium: Disaster Protection and Rebuilding Japan

Taro-nyan

Translation: Ari-pan-nyan

On November 3, there was a symposium with the theme "From Kobe to Tohoku: Sharing and Learning Together" at the Convention Hall at the study base of Kobe University, sponsored primarily by Kobe University and Tohoku University.

After the earthquake disaster last year, both universities agreed to cooperate to study how not to suffer from disasters. The symposium was held a year after the agreement was signed. The program included presentations and a panel discussion about disaster by people from both universities. In their presentations, they try to explain how they studied for the year, and how they cooperate from now on.



In the lobby, a poster session was held with posters describing recovery support activities after the Great East Japan earthquake. They showed work for like disaster recovery and disaster science research. Many activities were exhibited, and we, Popoki Peace Project, also exhibited our work. We could introduce some parts of our work to a lot of people. Participating members this time were Ronni-nyan, Sato-nyan, Ari-pan-nyan, Yusuke-nyan, Suzanka-nyan, and Taro-nyan.

We exhibited not only a poster showing the summary of our

activities but also a newspaper article written about them and some of the cloths from Popoki's Friendship Story. When other participants came to Popoki's exhibit, the members told them about the details of activities and the stories of art on Popoki's Friendship Story banners. Someone understood our work and said, "It is interesting." We also re-understood our work, so it was such a worthwhile time. And we put out many markers on Popoki friendship cloth for anyone interested in our work to be able to draw freely. Some people drew and through their lovely arts their hope was born again. This art will also begin the journey to Tohoku and other places. This is wonderful.

**When Han-Shin Awaji Earthquake disaster happened, I was not in Kobe. I also do not**



**remember it because I was an elementary school student, so I know only the view of reconstructed Kobe. So I may have forgotten the earthquake even if I consciously try to remember it. However, in a presentation, a picture of the destroyed JR Rokkomichi station after the Kobe the tragedy shocked me. I realized that Kobe had been one of the stricken areas and revived. The photo also made me consider the meaning of the theme "From Kobe to Tohoku," and the activity of Popoki's Friendship Story, which was started by Ronni-nyan who is one of the**

**victims of Han-Shin Awaji Earthquake disaster.**



## Popoki Friendship Story in China 波波比的友情故事于中国

Yuiko Yamakawa

Hello everyone! I am Yuiko-nyan from Shanghai, China! I am now studying here and also a friend of Popoki's the same as all of you =^v^= A couple of weeks ago, Popoki and Ronni-nyan came here to Shanghai all the way from Japan! WOW!

Fudan University, where I have been studying, Korea University in Seoul and Kobe University made an agreement last year to exchange their students to expand our friendship! On the 9<sup>th</sup> of November, they held a symposium at Fudan University for those three universities. Popoki and Ronni-nyan attended the symposium to tell us about our friends in TOHOKU, home where you can "feel safe", and drawings as one of Popoki's activities. There were many students and professors from China, Korea and of course Japan at the symposium. They all seemed interested in the stories from Popoki and Ronni-nyan. After their presentation, we did our drawing all together!



We asked the participants to draw on the Popoki cloth and the Chinese and Korean friends drew DORAEMON, a boy with a peace pose and smiling kids. As ALL Japanese people know DORAEMON, Chinese and Korean people also know him! (When Popoki saw them drawing DORAEMON, he said he would like to be like DORAEMON so he can be friends with many people from all over the world =^v^=) The Korean friends were saying that they would like our TOHOKU friends to see their drawings so that their friends also can smile as well! It's very happy that our friends from the world think about our TOHOKU friends.

It would be even happier that if Popoki can be friends with more people in the world so that more people will know about our TOHOKU friends, then we can expand our friendship even more!

Let us wish that Popoki can be friends with many people in the world just like DORAEMON!

## Popoki at the Pittsburgh Children's Museum 18-22 October 2012



Thanks to all our friends in Pittsburgh and Japan  
for making this program possible!

Popoki and Ronni-nyan were invited to hold a Popoki's Friendship Story Exhibit and do some programs at the Children's Museum in Pittsburgh, Pennsylvania, USA. The exhibit consisted of (1) a display of six of Popoki's Friendship Story banners, (2) Photos of Otsuchi Town before and after the tsunami (Photos: 12 by Yoko Itoh, 3 by Toshiro Ueta, used courtesy of Itoh. The photos were put into a binder so that people could look at them carefully), (3) a notebook for comments on the photos, (4) Popoki's friends in Otsuchi Town display (Photos and stories of six people), (5) a large canvas which had been sent to Japan by the Children's Museum (half was drawn on by people in Otsuchi Town; the other half was drawn on during the exhibit by Popoki's friends in Pittsburgh), (6) Photos of the canvas being used in Otsuchi Town, (7) several programs by Ronni Alexander about Popoki's Friendship Story, the tsunami, and peace.

The programs and exhibit were very well received, but one parent raised questions about whether it was appropriate to share such frightening information with small children. The conclusion of those present and the museum staff was that it is important for children to know, but also to help them understand how to identify 'helpers.' Museum staff added the following quotations from Fred Rogers to help viewers understand.

"Anything that's human is mentionable, and anything that is mentionable can be more manageable. When we can talk about our feelings, they become less overwhelming, less upsetting, and less scary. The people we trust with that important talk can help us know that we are not alone."

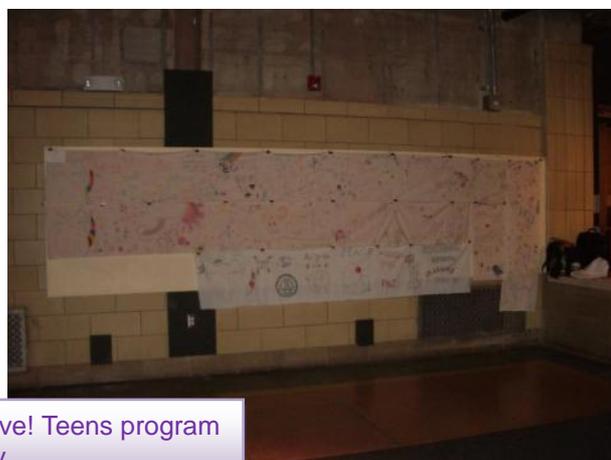
"When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."

"We live in a world in which we need to share responsibility. It's easy to say "It's not my child, not my community, not my world, not my problem." Then there are those who see the need and respond. I consider those people my heroes."

— Fred Rogers

([http://www.goodreads.com/author/quotes/32106.Fred\\_Rogers](http://www.goodreads.com/author/quotes/32106.Fred_Rogers) Accessed 2012.11.16)

\*Fred Rogers is known as an authority on children and education through his work which included the popular children's TV program. "Mr. Roarers' Neighborhood."



Photos Left: YouthAlive! Teens program  
Right: Banner display



Upper left: Popoki's Friends in Otsuchi-cho Display      Upper right: Canvas for drawing



Photos: drawing on the canvas  
Lower right: completed canvas



**from the Comment Notebook...**

1. Very creative and amazing.
2. Cookies! (What I want to share with people in the disaster area)
3. Very nische (nice?). Nuff said here my fellow peoples of earth.
4. =^v^= meow, meow
5. It be vary (vary) kewl (cool)

6. The pictures of people holding handkerchiefs over their faces are the most evocative to me. They bring memories of the smells after another bad fire.

7. The before and after pictures really left me speechless. To be able to see a town and then completely destroyed really made me sad and got me thinking about how they are doing now and if they are trying to rebuild what they have lost.

8. To see so many lives destroyed so easily is truly heart-breaking. I can't even begin to imagine how everyone directly involved felt. I can only hope that the victims of this tragedy have been able to rebuild what was lost and continue on.

9. The destruction is absolutely terrible. It's very unsettling to see the stark contrast between the before and after pictures. To see something like this makes me realize that sometimes we take for granted our safety and security. It saddens me to see this catastrophe, and I hope that the people will be able to rebuild.

10. The photographs show both the enormity of the destruction left in the wake of the tsunami and fire as well as smaller, quieter moments. The image of the approaching tsunami is chilling, especially after seeing the images of the destroyed city. The photos that really made an impact are the ones showing people. Specifically, the ones showing people in shock and the monks praying after the tsunami happened are very moving to me.

11. There were a few photos in particular that resonated with me the most. The photo of the melted stoplights – that was one. I have never seen anything like that before. I do not have much experience with tsunamis (I am from a place in the mountains, surrounded by forests) but I never thought of fire, with tsunamis. I was surprised to see that. I was also surprised by the 12<sup>th</sup> photo – displaying both the post-tsunami city, and the pre-tsunami city. Everything was gone. I could not begin to imagine how that could happen - where the water went, what it sounded like. Ronni told us a story about school children that retreated to a hill and spent the night there. All I could wonder was if they found their parents. Are they all orphans? The photo of the tsunami approaching – there is a man in the parking lot, standing next to a car. I know that you probably do not know him, but all I can wonder is do you know if he was all right? He is the only person I could see in the photo – in front of that great wave. And he is pointing. Is he OK? It may be the last scrap of his existence on this earth – that photo. I almost wish his family could see it – it is a captured thing, preserved. I hope he made it out.

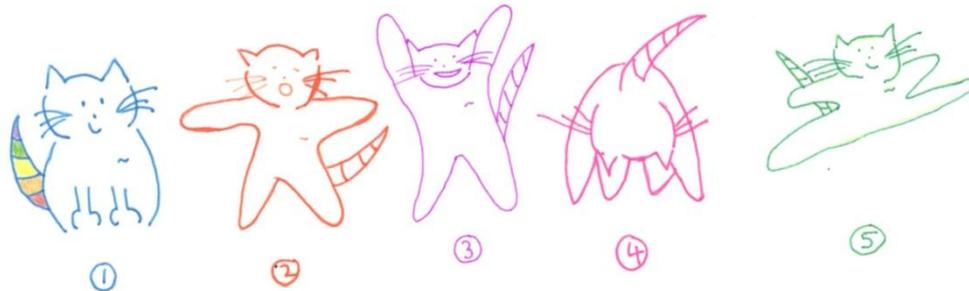
12. The before and after photos seem unbelievable. When I think about my own small hometown city of Pittsburgh – all the familiar houses, streets, and businesses I've come to know my entire life and always expect to be there where they are, where they've always been – to imagine a tsunami sweeping through and making everything disappear seems unfathomable. I can't imagine living through such an experience but these photos show what actually happened one day in Otsuchi-cho.



# POPOKI'S EASY POGA

## Lesson 54

This month's poga is about moving our faces. It might help you to relax!



1. As always, begin with sitting up straight and making yourself look thin.
2. Next, stand up and take a deep breath. Now exhale, stretching your arms to your sides and saying, "oooooooooh!"
3. Take another deep breath and this time stretch your arms above your head. Exhale, saying, "eeeeeeeee!"
4. Finally, take another breath and then exhale, bending forward, stretching your arms and saying, "aaaaaah!"
5. Did it? It is time for the 'success pose.'

Congratulations! You have successfully completed Lesson 54. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

## Please join us!

**Next Po-kai: 12.18 Kobe YMCA 18:45-20:50**



11.24-28 Popoki's Friendship Story at IPRA Conference, Tsu City, Mie Prefecture.  
(Popoki's session is 11/25).

12.18 Reflecting on the year and Ponenkai! 18:45~20:50 Kobe YMCA

\*Please bring something to eat or drink, and let us know in advance if you are coming and what you will bring!

2013.2.2 Popoki's Mini Peace Film Festival! Kobe YMCA 13:00-16:00 (in planning)

2013.2.9-11 Popoki in Tohoku (Tentative)

2013.3.3 Popoki at Rotary Hyogo

2013.3.23 Popoki at International Rotary Conference, Yoshima, Kagawa Prefecture

### \* Popoki's Friends

12.1 Peace Education Kansai Forum 13:30-17:00, Kyoto Kyoiku Daigaku F11

<http://www.kyokyo-u.ac.jp/KOUHOU/hureai/tizu.html>

2013.6.15-16 9<sup>th</sup> Solidarity Network with Migrants Japan Forum – Kobe 2013, Konan University

<http://popoki.cruisejapan.com>

[ronniandpopoki \(at\) gmail.com](mailto:ronniandpopoki@gmail.com)

# Popoki in Print

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- ‘Yujo wo kangaete – Ningen to, Neko to, soshite Jibun to,’ *RST/ALN*, No.259 2009.6.28, p.11
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- “Nuclear Security is In
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- Popoki in Pittsburgh. Check out the Remembering Hiroshima/Imagining Peace URL: <http://www.rememberinghiroshima.org/>
- \* **Back issues of Popoki News:** [http://popoki.cruisejapan.com/archives\\_e.html](http://popoki.cruisejapan.com/archives_e.html)





# What Popoki Means to Me

Tetsuri Maeda

I started to think about peace seriously after becoming friends with Popoki. I had had a vague sense of peace even before that, but I had not known what it is. I had not thought about whether I am peaceful or not. I just thought it might be peace for everyone to be free, without poverty, and without war, even though I studied about peace at school. However, after I met Popoki, I feel like I touched peace and understand what peace is through thinking about peace and acting as a friend of Popoki. Well I just found it hard to understand, though.

By talking, drawing pictures, writing words, using our body, and thinking about peace and other things together with various people, I feel peace is real and close. I might have touched my peace and their peace.

The experience let me feel that peace is not exact and it is various styles, colours and sounds. Peace changes as time goes by or depending on whose point of view and everyone has their own peace.

I think that this is a very meaningful thing, for rest of my life as a citizen of the world and as a living thing.

Thank you Popoki!



## 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 have recently published a new 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, 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](http://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!***

Popoki Peace Project [popokipeace-at-gmail.com](mailto:popokipeace-at-gmail.com)

<http://popoki.cruisejapan.com>



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

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Postal Account number: 00920-4-28035

Postal Bank (Yuucho Ginko) account number: Branch No.:099; Branch name: 009 店、special account(当座) 0280350

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