



This year's key word is "genki!"

Popoki's Resolutions for 2013!

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* and *Popoki's Friendship Story!*
2. Connect with our friends! Learn more from, and about them!
3. Continue to connect with people in Tohoku and others affected by the 11 March and other disasters!
4. Be aware and interested in situations around us (such as violence around us, health and peace, etc.); share and follow up on our travel and other experiences!
5. Bring a little bit of joy into the lives of those around us and share our joy.

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

Thank you for being our friend!



Popoki's Hot News!



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? See pages 12 and 13 of this issue of 'Popoki News' for more information.

PIECES OF PEACE



One of Popoki's friends, Suzanka-nyan, sent the following piece of peace: **My moment of peace in every morning**
At the station parking area for bicycles...

(Staff at the parking lot) Occhan (literally means "uncle", but basically points to any friendly middle-aged man in Kansai-area dialect): Good mooorning!!
(Going to park her bicycle) Suzanka: Good morning!!!
Occhan: How are you? Brrr...Today is cold again...
Suzanka: Yeah, true. I am OK!!...but...you have to stand all day long here outside, don't you feel cold?
Occhan: No. I am good!! If a young girl like you comes here, Occhan becomes younger and stronger ;-)
Suzanka: Oh, that's right!! ;-) ;-)
Occhan: Yeah, but it's really cold, so take care!!
Suzanka: Thank you...
Occhan: See you later!!
Suzanka: See you then later.

Now I know that...I also belong to this place...(^_^)~~☆

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.



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!

To All of Popoki's Friends !



This New Year greeting card is from Popoki's friend, Taiki-nyan.

Taiki-nyan, we are looking forward to your participation this year, too!



Remembering the Great Hanshin-Awaji Earthquake (1995.1.17)



Praying for the victims of two major disasters. 1.17 and 2011.3.11



Right: View of candles with 1/17 and 3/11 (from Kobe City Hall)

Left: Sign showing the altitude (4.6 meters above sea level). The sign above marks 10 meters, the height of the 3.11 tsunami in some places. Are you prepared?



This year, too. Popoki's Friendship Story cloth was displayed at the Kobe City Hall Exhibit to commemorate 1995.1.17

2013.1.17 (Ro-nyan)
阪神淡路大震災の日・Memorial Day of the Great Hanshin Awaji Earthquake

あの日から 18 回目の今日。
The 18th today since that day.



あの日を覚えていない人は、
一年分増えました。
One more year's worth of people
who don't remember that day.



一輪の花は、仲間がくると花束になる。
If one flower is joined by others, it becomes a bouquet.



一人分の記憶は、仲間がくると絵になる。語り続けよう。あの日のことを。
If one person's memory is joined by others, it becomes a picture.
Let's keep on telling our stories of that day.



~Messages from Tohoku~

Hello, everyone! My name is Akira Nishiyama, a graduate student at Kobe University, Japan. Last October, I went with Ronni-nyan and other students to Otsuchi Town and Rikuzentakada City in Iwate prefecture (see Popoki News No. 86). Beginning with this issue, we will share some of our interviews with people we met there!! We, the students, are the interviewers. In this issue, we would like to introduce two people!!!

1. Ms. Motomochi Sachiko/Interviewer:Aastha Ranabhat (Japanese translation: Akira Nishiyama)

Over the last year and a half the Popoki Peace Project through its Friendship Story Project has been carrying out a humble initiative to connect the people of Tohoku in Northeast Japan with the rest of the world. The project began with a piece of cloth and a bundle of sketch pens that acted as means for children and adults to express themselves; their likings, feelings, experiences and stories. Soon after, the piece of cloth turned into several pieces of cloth. They traveled around the world and became equivalent to message boards for people to express their feelings of anger, despair, friendship, hope, and connection through art and words.

Since then the Project has been carrying out one of its biggest endeavors; it has been encouraging people in Tohoku and other parts of the world to use 'art' and 'body/sensory memory' as mediums to express their experiences and share their stories to help deepen understanding and develop empathy among people. In order to help facilitate this process, over the months, many Popoki Peace Project members have visited Tohoku with the intention to understand and learn about the internal, hidden or not easily visible manifestation of the disasters and its consequences on people; their understanding of and feelings towards disaster, safety, security, community and life in general. On October 13-14, 2012, a couple of members of the Popoki Peace Project carried out yet another trip to Tohoku to feel and learn the physical changes as well as perspective changes in the region.

The first day of the excursion, i.e. October the 13th was mostly concentrated in Otsuchi and focused on meeting some of its most eminent members. It began with a warm and wonderful homemade Japanese meal at Ms. Sachiko Motomochi's house. Ms. Motomochi is one of the few people in Otsuchi who after the tsunami returned to her hometown leaving her job and comfortable life in Sendai. She now works with Tsudoi, an NPO she helped to start in Otsuchi. She is determined to help rebuild her hometown and help it make a full recovery. An interview with Ms. Sachiko Motomochi conducted on October 13, 2012 at her residence is as follows.



Photo: View from Motomochi-san's home in Otsuchi

(Interview)

Aastha ("A" from below): Where were you during the events of the tsunami in Otsuchi?

Motomochi-san ("M" from below): I was in Sendai, Miyagi Prefecture where I had been living for nearly three years because of my job at one of the colleges there.

A: What do you remember of the earthquake in Sendai?

M: I was working at the college during the time of the earthquake. I felt fear and panic; trying to organize an evacuation centre for the college students without the most basic of amenities such as telephone was difficult.

A: What were your immediate observations of, and reactions to, the earthquake?

M: I felt a strong shake and could not help but think about how to escape to survive and save others.

A: What did you do when you felt the strong shake?

M: Immediately after the earthquake, I along with the others ran out of the college building and waited for the quake to calm down. I helped out at the college, which after the earthquake had been turned into evacuation centre for the next couple of days. However,

five days later I returned to my hometown: Otsuchi, Iwate Prefecture

A: How was the situation in Otsuchi when you returned from Sendai?

M: I could not believe my eyes when I returned to Otsuchi five days after experiencing the great earthquake in Sendai. It felt like I had returned to my hometown after it had experienced a great war. My house, however, had not incurred direct damage; it was among the houses that had not been washed away or destroyed by the tsunami. We therefore opened our doors and provided shelter to our neighbors who lived 200-300 meters below our house.

A: How much has Otsuchi recovered since the grave tragedy?

M: In my opinion, the answer to this question varies from person to person. It has been a year and seven months since the tsunami, but people are still 'suffering'. Some, especially middle-age men who lost their jobs and livelihoods, have begun to feel a sense of hopelessness and frustration. There have also been several incidences of suicides in Otsuchi. Others, on the other hand, have the intention of moving forward, although it is difficult. I myself have started focusing on, and am working towards, enjoying all the little moments in life. I have hope that Otsuchi will recover and I am working towards the establishment of an important system for the recovery of my hometown.

A: What impact did the experience of the earthquake in Sendai and damage caused by the tsunami in Otsuchi have on your personal life?

M: The tsunami in Otsuchi was a turning point in my life; it made me return to my hometown. I now am working for the recovery and development of Otsuchi. I know that life in Sendai is more comfortable and amusing, but I am glad that I am working with other members of my community to set-up a new and functional system for my hometown.

A: Is there a message that you would like to convey to the world?

M: The people of Otsuchi are extremely strong and have a strong sense of community. They love their town and are proud of their community, nature and culture (especially their festivals). I believe that together, the people of Otsuchi can build a conscious and peaceful world. The world can come join us!!





Photo: Sachiko Motomochi

(Impression)

Personally, before leaving for our two-day visit to Tohoku, I was clueless about what to expect. Stepping into Otsuchi in Tohoku felt like being somewhere foreign; with plenty of greenery, open space and what to me felt like freshness, Tohoku was unlike the Japan I knew. But as the day progressed I made the following observations. Otsuchi that I saw was empty and vacant with the exception of several piles of rubble and debris that had been heaped together. It was extremely quiet; it lacked the sound of constantly running trains, traffic, and chatter of people, chirping of birds or sounds of other animals, among other things. It had an unfamiliar smell that was neither sweet nor unpleasant, just unknown. The air however had coldness; I could feel the chill on my skin.

As we walked around Otsuchi-cho and listened to Motomochi san along with Itoh san, Tobai san, Kobayashi san, Ueta sensei and Michimata sensei's stories I realized that there was more to Tohoku than its scenic beauty. Otsuchi is a community of people proud of their heritage, culture and tradition. It is also home to some of the bravest people I have come across in my life. Despite the damages caused by the tsunami: even though they lost their homes and loved ones, they have not lost their spirit, hope and courage to rebuild their life, community and future. For that I salute all of them. Especially, Motomochi san, Itoh san, Tobai san, Kobayashi san, Ueta sensei and Michimata sensei; **you are my heroes!!** Your courage and selflessness are commendable. Meeting you was the highlight of my trip and the most heartwarming experience in Tohoku. I will always think of you when I think of Tohoku

2. Ms. Ito Yoko/Interviewer: Yusuke Nishiyama

Hello, Everyone~. This is Yusuke-nyan who is one of Popoki's friends.

I went to Otsuchi-cho and Rikuzentakata-shi with Popoki and some of Popoki's other friends, Ro-nyan, Sato-nyan, Aastha-nyan, Suzanka-nyan, Akira-nyan, and Taro-nyan.

I interviewed Ito Yoko-san who is working presently as a photographer in Otsuchi-cho!!!

Before the disaster, Ito-san was not a photographer but was owner of a restaurant. She had taken many photos before the tsunami came, because she loved to take photos. But all of them were flushed away by the Tsunami. Nevertheless she didn't give up taking photos, and now, her photos were made into a book which tells us about aspects of the disaster. She says "I can explain the disaster using the photos." She is such a nice person.

Well, let us peek in on the interview...

Yusuke (below: Y) When the tsunami was coming, where were you?

Ito-san (below: I) I was in Miyako-shi, which is at a distance of 30km from here, to visit my mother.

Y: How were your house and workplace?

I: My house and three-story workplace were completely washed away, there is nothing left, so I don't have to care about anything.

Y: Since when have you been taking pictures?

I: I have been taking photos since I was in the 6th grade in elementary school. At that time, my allowance was only 5 yen. I saved diligently my allowance and bought a camera for 500 yen. After that, I loved taking pictures. I was taking so many kinds of pictures. But I did not have any money to develop them so I had to ask my parents. Nevertheless, my parents never told me to not take pictures. So I have been continuing to take pictures ever since.

Y: You really love to take pictures.

I: Yes!! I always have some cameras with me, because I really love to take pictures. I just take pictures that I want to take as other people take pictures. When the tsunami was coming, I had three cameras.

Y: When the tsunami was coming, you only had the cameras as usual?

I: Yes. I took pictures as usual. And then, the tsunami just came inside my pictures.

Y: Seeing the tsunami come the city, what color did you feel?"

I: I had never felt Otsuchi with colors until the tsunami. The first half of last year was brown, the second half was gray, and this year became green, I thought. Greenery came out, colorful flowers bloomed...I was especially surprised by the pink of the cherry blossoms.

Y: Do you have any messages that you want to share with everyone?

I: We should keep doing our favorite things. So children should do everything whatever they like to do, regardless of whatever might happen to you."



Photo: Yoko Itoh showing photos of Otsuchi before and after the tsunami.

~through the interview~

I thought through the interview that “we should never forget”. I think there are two meanings to “we should never forget”. The first is the disaster and tsunami. The other one is the memories of people who lived there. When we think and see the pictures, we might imagine the destroyed town, threat of tsunami, and power of nature. But I think for people who lived in there it means the nostalgic memories of their lovely town. The memories will never disappear as long as we do not forget. And I think even if now there is nothing there, we should not forget that it is the site of the irreplaceable town for them, just as there is an irreplaceable town for us.

“Ito Yoko-san!!! Thank you so much for telling us such a very valuable story”
~ From Popoki and Popoki’s friends~



POPOKI'S EASY POGA

Lesson 56

This month's poga is about peace in the new year.



1. As always, begin with sitting up straight and making yourself look thin.
2. First, concentrate on inner peace. Sit cross-legged and meditate.
3. Next, think about peace with nature. Imagine a tree, and now give it a big hug!
4. Finally, think about peace with others. Stretch your arms wide open....
5. Did it? It is time for the 'success pose.'

Congratulations! You have successfully completed Lesson 56. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

Please join us!



Next Po-kai: 2/15 Kobe YMCA 19:00-20:50 Rm.304

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

Please join us for films, talk, and snacks!

2013.2.9-11 Popoki in Tohoku (Otsuchi-cho)

2013.3.3 Popoki at Rotary Hyogo Prefecture District, Portopia Hotel, Kobe

2013.3.7 Art Appreciation with Teshinyan and Popoki. Kobe Yukari no Bijutsukan, Rokko Island, 17:30. If you want to attend, please send a message to Popoki's gmail account.

NEW

2013.3.23 Popoki at International Rotary RYLA Conference, Yoshima Island

* Events by Popoki's Friends

•2013.2.16 Film showing: "Don't Forget Fukushima" 14:00~16:00 / 17:00~19:00;
Kobe YMCA Sannomiya Center 1F Chapel; Admission: 1,000 yen (jr. high and above); Content: film, talk by Director Shinomiya, Discussion. For information contact Kobe YMCA Earthquake support team
TEL: 078-241-7204 (Staff: Nagai) <http://shinsai.weebly.com/1/post/2012/12/216.html>

•2013.6.15-16 9th Solidarity Network with Migrants Japan Forum – Kobe 2013, Konan University

~Thinking “Peace” with Popoki through films~

Since the first “Gathering for Peace” was held in 2002, we have continued to have these meetings to provide opportunities to think/discuss what we can do to create peace. Using our perspective as local citizens, we aim to learn the “truth” about various situations as much as possible and to find a way to act for peace.



What is peace? What shape is peace?
Is it possible for films to express peace?
Shall we think about peace together?
Popoki will join us!!

We have planned a Film festival & talk session.
Please come watch films, drink tea, and talk about the films together!!

Date: 2 February 2013 (Sat) 1pm~4pm

Place: Kobe YMCA, Sannomiya
Fee: Free (Donation is appreciated)

For Reservations: Phone or Email to Ms. Michiko Nagai
Kobe YMCA: Center for Local and Global Community Services
655-0001 2-7-15, Kano-cho, Chuuou ward, Kobe city

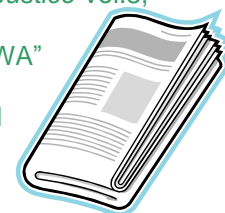
TEL (078) 241-7204
E-mail houshi@kobeymca.org



Time	Films	Notes
13:00-14:15	Greeting	
	2 stories from “All the Invisible Children” 1. “Tanza” 2. “Children of Jesus in America”	35min·English audio·Japanese subtitles
14:30-16:00	“ACTING TOGETHER ON THE WORLD STAGE- Performance and the Creative Transformation of Conflict-“	60min·English audio·Japanese subtitles

Popoki in Print

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





What Popoki Means to Me

Akira Nishiyama

It has been 10 months since I first met Popoki. It is the same period of time since I have started to live by myself in the Kansai area of Japan, and left my hometown. This period is filled with “joy of having met with new friends”, “surprising feeling of Kansai culture”, and “appreciation to close and precious people,” and Popoki has taught me especially the last one.

I have been studying “Peace studies” in graduate school and think that it is natural for me to think about “Peace,” especially since I was a little child I lived in a town where there is an American navy base. I have been studying many things in order to search for “peace”, but I have never found a definition of “Peace” that everyone agrees with. Perhaps, the definition of “Peace” is different for each person, therefore it is difficult for us to create a “Peaceful” world.

“Peace” means many things for me and the one that I have been thinking of since I left my hometown is that “Peace” is “to appreciate close/precious people and express it”. Living by myself/not being under parent’s care makes me feel more about the importance of family these days and realize that we can be happy by my telling them of my appreciation. The way to express it can be verbal or any other way. You may use “Popoki’s method” such as drawing pictures. By doing so, I would like to let the buds of “Peace” sprout and walk with Popoki on the road to “Peace”.



View from my hometown



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 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

<http://popoki.cruisejapan.com>



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

Account Name ポーポキ・ピース・プロジェクト神戸

Postal Account number: 00920-4-28035

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

THANK YOU FROM
POPOKI!



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