

It's March, but the cherry trees are blooming.
Please try to take some time to have a look!

Popoki's Hot News!

new NYAN PO-KAI AND WORKSHOP!



In April, new friends join us in Po-kai. On 26 April, we will have a Po-kai workshop to introduce Popoki. Of course his old friends are welcome, too!

PIECES OF PEACE



One of Popoki's friends, Aripan-nyan, sent the following piece of peace:

"Recently, I feel peace. However, the peace is neither especially wonderful nor beautiful. I still want to share it with others around 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.

NEW BOOK OF POETRY BY YOKO TOBAI!

New! Popoki's friend Yoko Tobai has published a new collection of poetry. For information contact <http://coal-sack.com> ¥1000 (See her interview in Popoki News No.89).



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!

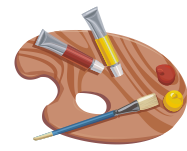


Feel

Find

Think

KOBE ARTISTS MUSEUM



Let's enjoy ART!

Date 2013 March 7 (THU)
Exhibition 「BLUE」
—Abstract art in KOBE New collections —

Popoki Art Appreciation Meeting

Today's purpose

- Let's appreciate the KOBE ARTISTS MUSEUM's works using a conversational style.
- Let's use this conversational approach to appreciate all the drawings on Popoki's Friendship Story. What new stories will we find?

Let's talk about this painting



Look at this painting.
When we talk about it with our friends, we can discover new and different points of view.

I found a black bird on this tree.

This sky is little light. Maybe it's about 5:00 pm.

If you were to put yourself in this painting, what would you be doing?

"I want to slide down this snowy hill on my rear end! But maybe I will feel sore. It's look so fun!"



I think... An old couple live in this house. They've been there for long time. They like this view of Kobe.

KOMATSU Masuki "A snowy KITANO Hill"

It's is like a wooden ship's keel.

Are these wooden blocks?

I think.... This shape is a mushroom.



Is this made of wood or plaster? But I think it might be made of softer material....

Is that a sideways 7?!

NIAHIMURA Motosaburo "Main port"

I can see stairs and bridge.

Let's talk about 〈Popoki's Friendship Story〉



Looking and talking about at Popoki's Friendship Story again, we can find new points of view.

Conclusion

Everyone found different aspects that struck their interest.

Looking at the picture with friends, we found things we had not seen by ourselves and gained different points of view.

When a lot of different people appreciate works of art, they can get a new story and value.

Works become Art when they are appreciated by people.

Facilitator & Reporter
TESHIGAWARA Kimie

Instructor

KOBE University

Graduate School of Human Development
and Environment





Messages from Tohoku (I)

Interviewee: Dr. Mamoru Michimata (M)

Interviewer: Akira Nishiyama (N)

Dr Mamoru Michimata is a pediatrician and grew up in Otsuchi-town. He is a fan of the Hanshin Tigers baseball team. The building of his clinic has pink walls and a lot of cute toys inside. The atmosphere makes people relax.



N. “Where were you and what were you doing when the disaster happened?”

M. “At the time of the disaster, I was on a bed on the second floor of my house. The water filled the room until my bed was just 10cm from the ceiling, but I didn’t think that I would die.”

N. “What have you done since the disaster?”

M. “I devoted myself to helping people. Most of the doctors in Otsuchi-town stayed here. We have a strong will to reconstruct our town by ourselves.”

N. “Why did you paint the walls of your building pink?”

M. “Because pink makes people feel bright and happy. I hoped that people who were hurt by the disaster and lost hope would feel better by seeing my pink clinic.”

N. “Do you have any message or strong feeling from the disaster to share?”

M. “I lost many things due to the disaster, but gained lots of things at the same time. The impressive thing for me among them is the connection between people. Watching people helping each other, I really understood that connection is really important. In addition, I was surprised to see the quality of the disaster relief measures and also the speed. For instance, furniture in temporary housing is designed according to the composition of the family living there. I thought the Japanese sense in this regard is great.”



Messages from Tohoku (2)

Hello again everyone!!!

This is Yusuke-nyan, I am Popoki's friend, and I interviewed one of the Popoki's friends who lives in Otsuchi-cho~~~!!

Please welcome, Dr. Toshiro Ueta!!!

Dr. Ueta was born and grew up in Otsuchi town. He owned a hospital, a high building that was also his house and that was located in the center of Otsuchi town. When Dr. Ueta was young, he didn't want to become a doctor. But more than that he didn't want to be a 'salary man.' Also his father was a doctor, so he chose the same profession. His house and clinic were in the same building and the building and everything around it were washed away by the tsunami. In spite of this, Dr. Ueta still has big hopes for his life and for Otsuchi. For example, since the disaster, he has already built a new clinic, but he still wants to expand it. He has wonderfully strong life energy and he is such a nice person!



Well, let us peek in on the interview~~~!!!

(Interviewee: Dr. Ueta Interviewer: Yusuke-nyan)

Yusuke (below: Y) "When the Tsunami came, where were you?"

Dr. Ueta (below: U) "When the earthquake first came, I was in my hospital. Because it was a huge earthquake, I knew a tsunami would come. So I decided to go up to the roof of the hospital with the nurses."

Y "When the tsunami came, what did it look like?"

U "The tsunami came up to the 3rd floor of the hospital. In a moment, it looked like we were in the center of the sea. That made me think it was dangerous, so and I put a mountain climbing rope around the roof so we could hold on if the tsunami came that high."

Y "What color was the tsunami?"

U "When the tsunami came, I felt it was gray. And it looked like a huge black wall surging at us. Although it might sound strange, I felt the next morning was a beautiful 'Japanese blue.'"

Y “When the tsunami come, what did you feel?”

U “When the tsunami came, I couldn’t feel any sounds or vibrations, and that moment I was sure, I will survive! I will never give up! Whatever happens, I will survive!”

Y “What do you think about the disaster now?”

U “It is important to be prepared in case such a disaster happens again. We should think about management of information, geographical problems and mitigation; for example, we should think about how to predict the height of the tsunami or how to raise the height of the town to be better prepared.”

Y “This is my last question. Do you have any messages for us?”

U “First, I want to say thank you very much for your support. I reconfirmed the importance of medical care in the region, and I realized how much I love my home town. Thanks to everyone I can eat. I am happy that we can live and are helping each other.”

Dr. Ueta did not say the following words directly, but I think they are in our hearts, so I have written them here.

“We want to forget, but we will remember.”



“Ueta sensei!! Thank you so much for telling us your very valuable story”

~~From Popoki and Popoki’s friends~~

It has been just 2 years since the Great East Japan Earthquake happened.... The time for me seems to be very short, but I wonder how those who experienced it think and feel about it.

We, Popoki and Popoki's friends, were visiting Otsuchi-cho in Iwate prefecture from February 8 to 12. These 5 days were too short for our activities, but I think we spent enriched and delightful time. We will introduce our trip in three sections, starting this month, and following in the April and May editions of 'Popoki News'.

OK! Here we go! In this section we will report about the general flow and schedule of the trip!! This time, we went to Tohoku as a large group of cats. For some of us, including me, it was "Tohoku, hello again!" but for some of us it was "Tohoku, it is nice to finally meet you!"



The gold line on this pole shows the approximate height to which land must be raised for construction. It is about 1.9 meters.

So, the first day after we arrived in Otsuchi on the morning of February 9, we went to the house of Motomochi Sachiko-san who works with a local NPO "Tsudoi" (which means 'a meeting' in English): supporting people and Otsuchi town." We enjoyed a very delicious breakfast which Hiroko-san, the mother of Sachiko-san, made for us. Especially wakame, one kind of seasonal Japanese seaweed, was so good! During the breakfast, Sachiko-san talked about the present situation of Otsuchi. She told us that many new buildings and roads were being constructed because local government grant subsidies for recovery of industry stop at the end of March. We could understand the situation when we drove through the town later.

Then we went to MAST, large shopping mall in Otsuchi, to prepare for our main activity- exhibition of Popoki Friendship Story cloths. We exhibited 10 cloths on large panels there, and set some chairs and tables around. We spread new cloths for visitors, so they could draw. We also added impression cards and notes for visitors if they wanted to leave a message. We are going to introduce some of the impression cards in the next 'Popoki News'. Our main activity was this exhibition on February 9th and 10th. Many people came and looked at what people had drawn. Some of them saw their own drawings from previous activities. Popoki was very glad to see so many people!!



During our exhibition, Popoki's friends Sasaki-san, who is a practitioner of acupuncture, Ito-san and Tobai-san, who we introduced in previous editions of 'Popoki News', came to see us. Also Ueta sensei visited us and he was so kind as to guide some of us around Otsuchi. On February 10, we had a chance to take a tea break at Chiffon, which Popoki's friend Kobayashi-san is managing. We are so happy to have more and more friends in Otsuchi town.

On February 11, we visited the Traditional Arts Festival in Otsuchi. This festival was held to celebrate the twentieth anniversary of the founding of a local group to save and protect traditional art. At this event, many Otsuchi local people showed us their traditional dances. A lot of people had stopped dancing after the disaster, but both children and adults were dancing on this special day.

We also met a woman, Yasu-san, who is Tobai-san's friend. Yasu-san was so cheerful and is such a wonderful woman. She told us about her experience after the disaster, and invited us to her home. Popoki could get a special vital energy from her.

On this trip, although the time was very short, we had a wonderful time! This maybe is the result of Popoki's continuing trips to Otsuchi over these two years. We would like to continue to deepen the bond with the many Popoki's friends we made and also welcome new friends ♪

In the next 'Popoki News', we'll report some interesting details of the trip. To be continued....

*** Popoki's friends in Kobe sent cards to their friends in Otsuchi-cho on 11 March.



Tora-mai (Tiger dance)

They became beautiful candle covers!



POPOKI'S EASY POGA

Lesson 58

Last month's Poga was tough, to this month we gently stretch our necks.



1. As always, begin with sitting up straight and making yourself look thin.
2. First, keeping your back, tail, and shoulders straight, turn your head to the left.
3. Next, try the same thing on the other side.
4. Finally, slowly bring your shoulders and head back, stretching your back and neck!
5. Did it? It is time for the 'success pose.'

Congratulations! You have successfully completed Lesson 58. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.



Please join us!

Next Po-kai: 4/9 Kobe YMCA 19:00~20:50

3.25 Report on Tohoku activities. GSICS, Kobe University, Room 201
13:00~16:00

4.6 Popoki Friendship Story at International Studies Association (USA)

4.20 Thinking about Article 9 with Popoki! (Kanazawa)

4.26 Po-kai and workshop with new nyans! 19:00- Kobe YMCA

5.3-5 Popoki's Friendship Story in Tohoku?

5.18 Popoki at Rotary Convention (Hiroshima)?

6.3 Nada Challenge participation

6.8 Popoki at Kodomo no sato, Osaka!



Popoki's Friends

3.6.15-16 9th Solidarity Network with Migrants Japan Forum – Kobe 2013, Konan University

Popoki in Print

- 'Draw inner thoughts about disaster' *Yomiuri Shimbun* 2013.2.16:4 (evening edition; Japanese)
- "'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
- 'Ujuo 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

Yusukenyan

Popoki and I began with a chance meeting.

One day, when Taronyan, Tetsunyan and I ate dinner in the school cafeteria, Suzankanyan, who was already a friend of Popoki, said to me these words...

“Yusuke, how about coming with us?”

From these simple words, Popoki and I could meet and the amazing journey began.

I had been thinking about peace in my own way before I met Popoki. I always thought about one thing:

“If everyone could smile, we would have peace.” It’s not at all an easy thing. There are still so many reasons why a smile is taken away from people...a conflict,



discrimination, fear, poverty, and others. The great earthquake that happened 2 years ago in the northeast of Japan (Tohoku) is one of them.

But actually, when I visited Tohoku with Popoki and Popoki’s friends, I could find so many smiles and ‘seeds’ for a smile! At that time I realized

one important thing. Each person's smile is different but every smile is very special and wonderful! "If there are 10 people, there are 10 smiles." Perhaps this is also the reason why Popoki's tail is as colorful as a rainbow...isn't it?! ☺



Together with Popoki, I could meet with so many smiles as we travel to different places and do various activities. And I could meet irreplaceable friends through the Popoki

peace project. "Thank you to every one of Popoki's friends!!!" I think we are family.

Popoki, so where shall we go next...?



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's books 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.

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* and *Popoki's Friendship Story* 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>



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