



This month, the weeping sakura tree on the Kobe University campus was spectacular. Some of the campus cats took their naps under it! Popoki hopes you have a good tree for napping, too.

Popoki's Hot News!

NEW NYAN PO-KAI AND WORKSHOP!



On Wednesday 24 April, we will have a Po-kai workshop to introduce Popoki to his new friends. Of course his old friends are welcome, too! See you there at 18:30 at the YMCA!

PIECES OF PEACE



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

"Seeing children frolicking around with their parents on sunny days makes me feel 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.

UPCOMING! POPOKI AT NADA CHALLENGE!



New! This year's Nada Challenge festival will be held on 2 June at Tokagawa Park. Popoki will have a booth and a stage performance. We look forward to seeing you there!

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!



'Thank you from Japan' Event at University of East Anglia

Marie-nyan

It has been over two years since the Great East Japan Earthquake happened on 11th March 2011. My friends and I organized an event called 'Thank you from Japan' on the anniversary of the earthquake, 11th March 2013, at University of East Anglia. The concept of the event is to show our appreciation to those who cared about Japanese people affected the earthquake and not to forget what happened in Japan.

The event consisted of photo panels (showing the damage from the earthquake and volunteering), free Japanese food (to remind us about *Takidashi*, food prepared outside for evacuees), video with messages (those messages are from people affected by the earthquake) and Popoki Friendship Story (to try to think what peace means to you through the event). The event went well. About 250 people who are from different countries and different ages came to the event and we had a special chance to share experiences and ideas.

At this event, I had an opportunity to interview Elin Langemar who studies water security in the school of International Development in University of East Anglia and who is a good friend of mine. I might be able to look at the earthquake and its impact to people from a different perspective when I am in different context. So here it goes.

Marie: Do you remember what you were doing on the day of 11th March 2011?

Elin: No I do not remember. But I remember that Swedish media broadcasted it right after the earthquake happened. They broadcast the earthquake in Japan many times. That is why I found out how severe they were. I remember that the news was every day for a week in Sweden. But then it gradually faded away.

Marie: How did you feel when you saw the news?

Elin: I was very scared by the video. I just cannot imagine how this disaster happened on the day, because I have never experienced earthquake or tsunami in my life. When I found the news, I was looking at it without any thoughts. I could not think anything while I was watching the news.

Marie: Do you remember the sound of the earthquake and tsunami coming to the area where people live? I experienced the Kobe earthquake when I was 7 years old. I remember the sound. Also I remember exactly how strong the shaking was and how it made me anxious even after the earthquake stopped. You are concerned for a long while after a quake.

Elin: No, I did not pay attention to that. Maybe it is just because I have never experienced it. I just have the image. This is the interesting thing that Japanese people pay attention to details like sounds and smells.

Marie: What color do you imagine from the earthquake and tsunami?

Elin: Black. Dark. That's it. No other colors.

Marie: After the earthquake, many people want to help the affected people, doing many different things. So many Japanese people went to the affected area to clean up rubble or something. Have you seen people in Sweden collecting donations or going volunteer in Japan?

Elin: Among my friends, no one volunteered in Japan but my friend's friends went to Japan to help there. But we felt huge empathy towards people who affected by the earthquake. So right after the earthquake, I have seen some young people collecting donations on the street. And I heard that the money they collected is going to Swedish doctors who have connections in Japan and it will be delivered to people in Japan.

Marie: Does the Fukushima nuclear incident have any influence on Swedish nuclear plants?

Elin: Yes, we have anti-nuclear plant meetings and marches finally. They always pick up the case of Fukushima. If we keep nuclear plants that is what happens when something happens. But the Swedish government did not change much because of the incident. Swedish people do not want to have nuclear plants.

Marie: As you study water security in development studies here in University of East Anglia, how do you see the disaster?

Elin: Water security often talks about prevention rather than focusing on support after something happens. So I consider water and sewerage and sanitation facilities. But I heard that even nuclear plants have never been constructed with the expectation of an earthquake over M9. So I doubt the water facilities could withstand huge natural disasters. And it has to be strong enough not only with an earthquake but also with other disasters caused by the earthquake.

Marie: Do you see a difference when you look at the disaster from one year ago when you had not yet started studying here?

Elin: Yes it is different. After I started the course here, I learnt many theories. But as I see what happened in Japan on that day and in this event, I am not sure how much I can do to help in that situation.

Marie: Are there any differences between what you saw on the news and what you saw at the event in University of East Anglia?

Elin: I was surprised that it is the same images and pictures that I saw in Sweden at the event. At that moment, I realized that the whole thing actually happened. I felt that I could be close to people in Japan.

Marie: Finally, what does peace mean to you?

Elin: The world with non-aggression and no harm. The world with respect. I think we are supposed to do it more.

I learnt that the world is interested in the situation in terms of the way the Japanese government treats all the problems and how Japan will reconstruct and recover from the disaster. The other day, I talked to Elin about the earthquake that happened on 13th April 2013. My friends asked me whether everything in Japan is okay right after the earthquake. Many people care about Japan. Finally, I would like to thank Elin for taking time for the interview.



Popoki Friendship Story.





Many people came to this event.



Photo exhibition



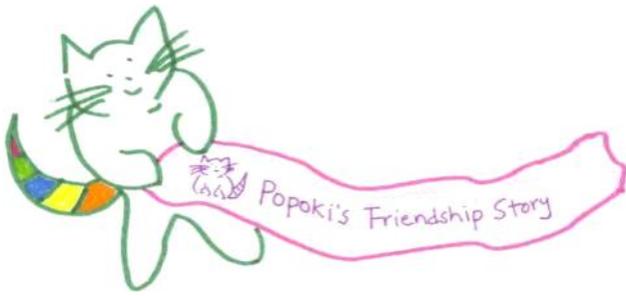
Messages from all around the world



Takidashi Team



We made postcards for donation



Popoki in Otsuchi-cho 2013.2 (No.2)

Taro-Nyan

It has been two years since the Great East Japan Earthquake.... In what situation are people who experienced the disaster and what are they thinking? Popoki and his friends went to Tohoku (Otsuchi-cho, Iwate Prefecture) from February 8th to 12th. It has been a long time since we went. The time we spent in Otsuchi was short, but I was able to meet a lot of people and I had a valuable experience. Aripa-nyan explained the general flow of the trip in the last Popoki News. I would like to write more, focusing on the people.

We did our main activity, exhibition of Popoki Friendship Story cloths, during the 1st and 2nd days. Many people visited us. They looked



at the exhibition and wrote something on the cloths, and then wrote their impressions on comment cards. Their reactions were varied: some laughed, some were thoughtful.... Among the comments on the cards, I found many which expressed gratitude for support from other regions, and also an eagerness for recovery. Students from a junior high wrote about their eagerness to win a championship in their club activity. Someone wrote, "I have been afraid of the ocean since the disaster. But then I remember that the ocean, in my memory, is a

place where I had fun with my friends and family, and where I went for comfort when I was having a hard time. I hope humans and the ocean and nature can co-exist".

We invited people who were shopping in the center to view our exhibit. Some people cried because they remembered the time of the earthquake. They told me, "I am so sorry but



I am not really able to talk about it." One woman finally agreed to see the drawings, and came to the exhibition space. After she looked at the cloths, she began slowly to talk about her experience. A mother and daughter who came told me, "It is hard to think about the future because I have been worried about where we will live, and about my daughter's future." We talked a lot, and at the end she said it has been a long time since she had laughed so much.

I felt that the people we invited to come

and see the exhibit and to talk face to face still cannot talk about their experiences. On the other hand, for people who were interested and came to our exhibit without being invited and people who wrote comments on the impression cards, I could feel their positive attitude. Many of the people who came to our activity, as well as people who did not want to, are still scared from the disaster. Many are anxious and some have hopes for the future, while others are unsure of how things will turn out. I felt a sense of closure would take a long time.

I realized that some people are on the way to recovery, and some people are still having a hard time to overcome or convey the experience of the disaster. I am sure each person has a wound. The trip made me think about how they will be in the future, what I can or should do for them in the present time.



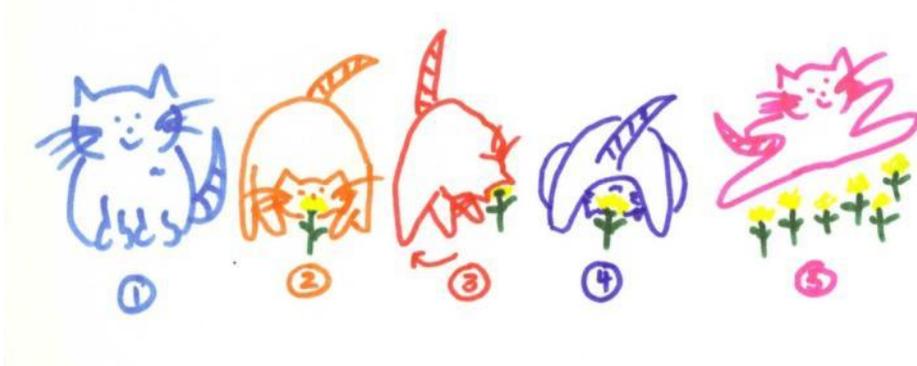
Popoki's Friendship Story went to the International Studies Association (ISA) annual convention in the US. Ro-nyan showed a cloth and talked about her work. In particular, she said that being safe is not necessarily the same as feeling safe, and stressed the need to pay attention to how people feel. The participants were interested, and asked questions, including some about the current situation in the disaster area. (Ro-nyan)

POPOKI'S EASY POGA

Lesson 59

This month's theme is flowers! Please enjoy the spring with Poga!

*This month's Poga is best done outside!



1. As always, begin with sitting up straight and making yourself look thin.
2. First, find a good flower. Now, bend forward until you are the same height as the flower, and then raise your face to enjoy it. Be sure to enjoy the smell, too.
3. Next, with the flower at your side, stretch diagonally toward it, first to the left and then to the right.
4. Finally, with the flower behind you, look through your legs at it!
5. Did it? It is time for the 'success pose.'

Congratulations! You have successfully completed Lesson 59. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.



Please join us!

Next Po-kai: 4/24 Kobe YMCA 18:30~20:50 Po-kai & intro for new nyans!

- 4.20 Thinking about Article 9 with Popoki! (Kanazawa)
- 5.18 Popoki at Rotary Convention (Hiroshima) & Hiroshima Jogakuin College
- 6.2 Nada Challenge participation
- 6.8 Popoki at Kodomo no sato, Osaka!
- 6.29-30 Hiroshima Jogakuin College again!

Popoki's Friends

3.6.15-16 9th Solidarity Network with Migrants Japan Forum – Kobe 2013, Konan University. Hope to see you there!

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
- '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/>





What Popoki Means to Me

> * [Back issues of Popoki News:](#)

http://popoki.cruisejapan.com/archives_e.html

Aastha- nyan

'What color is Peace?' This seemingly simple yet profound and thought provoking question was what got me curious and eager to befriend Popoki almost three years ago. And, over the years I have come to acknowledge and learn things that I would not have otherwise due to this delightful friendship (even though I have not come up with a satisfactory answer to the above question till this day).



Through Popoki I have learnt to appreciate my senses and use them to observe and understand my surroundings. These days when I think of Popoki, I instantaneously think of the five senses and their importance in developing our perceptions. With Popoki's help I have also learnt the importance of art; the role it plays in expressing and sharing feelings and ideas along with imagining a better world. All in all, I have learnt to appreciate and value life.

In addition, I have had some incredible experiences in Japan because of Popoki, which are equally as valuable and dear to me as the lessons I have learnt. I have had the chance to participate and assist in several community activities, meet people from different walks of life, and interact with them, all of which would have been impossible had it not been for Popoki. Basically, all of my real life experiences, amazing opportunities and encounters in Japan begin and end with Popoki.

Popoki has provided me with wonderful memories to last a lifetime and I will forever remain friends with 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'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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THANK YOU FROM
POPOKI!!