

# Popoki



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Summer! What a good time for investigating sun flowers!

## Popoki's Hot News!



### HIROSHIMA DAY SKYPE AUGUST 6<sup>TH</sup>!

Please join us at 8:00 on the morning of 6 August to remember Hiroshima and Nagasaki and skype with activists in Pittsburgh, Pennsylvania, USA. Please check page 7 for details.

### Pieces of Peace

One of Popoki's friends, Aastha-nyan, sent the following piece of peace: "Every day I work hard in pursuit of a better life and although I am uncertain of my progress, I feel grateful and at peace knowing that I have this chance."

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 TO Daiwa SECURITIES FOUNDATION!

We have been selected as a recipient for a small grant for Disaster Volunteer Work from Daiwa Securities Foundation and will be able to continue Popoki's Friendship Story Project in northeastern Japan. We are happy for this change to work with old friends and meeting new ones. Thank you!



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 and Ronni in HIROSHIMA 6.26-30

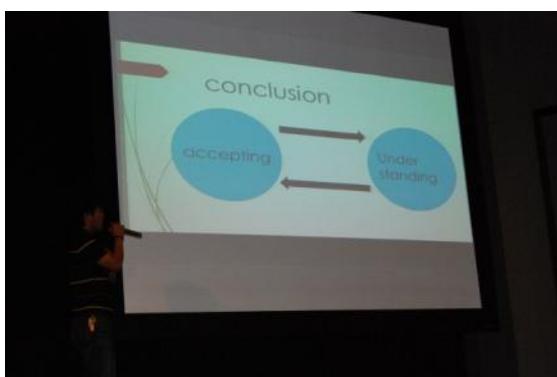
\* The following is from a report on the final session of a course for high school and university students interested in studying abroad. It was sponsored by a consortium of universities led by Hiroshima Jogakuin College.

Day 1: 29 June; Venue: Hiroshima Jogakuin College; Language: English; Participants: 11  
Instructor: Ronni Alexander (Professor, Kobe University)

Content: Working in groups and with assistance from Popoki, the participants reflected on what they had learned in the course of the semester, discussed how they would use what they had learned, linked overseas study to peace, and shared their findings. They were encouraged to use their senses, bodies, and creative energy as they prepared their final presentations to be given the following morning.



Day 1: 29 June; Venue: Hiroshima Jogakuin College; Language: English; Participants: 15  
 Four groups of students gave presentations on what they had learned and linking international study with peace. They addressed such topics as how to stop war and how to promote understanding among different cultures and religions. While the general theme of all four presentations was similar, each had a different perspective and means of expression. All cultures have points which might appear to be good at some times and other times bad; it is important to be aware for peace; how can you make peace with someone you do not like; understanding someone as opposed to accepting them; peace sounds and dances, etc. The presentations were followed by comments by Joakquin President Nagao and Professor Alexander. Each student received a certificate of completion.



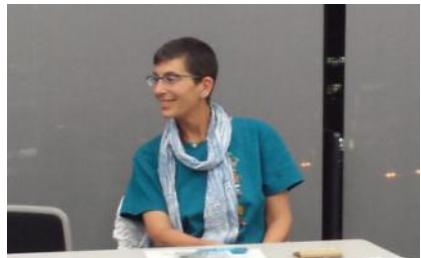


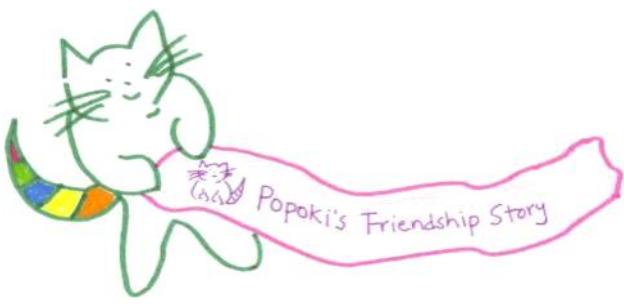
(PHOTOS COURTESY OF HIROSHIMA JOGAKUIN UNIVERSITY)



### Ronyan Addresses Lawyers about Article 9!

On 1 July, Ronni was invited to discuss the importance of Article 9 of Japan's Constitution with a group of lawyers in Osaka. The meeting was in preparation for a Global Article 9 conference to be held on 13-14 October in Osaka.





## \*Popoki's Interview\*

### 「一期一会」 (Enjoy every encounter! It might be the first and the last...) Interview with Komukai Norio-san

suzanka-nyan  
2013/7/11

We got to Know Komukai Norio-san  
during Popoki friendship story exhibition"  
in Otsuchi-cho Mast shoping mall,  
on February 9, 2013.

He learned about our exhibition from a local newspaper and  
decided to come from Miyako City,  
the place he lives, situated next to Otsuchi-cho town.

- (Suzanka) Thank you for coming to Popoki friendship story exhibition!  
How long does it take to go from your home in Miyako to Mast in Otsuchi-cho?  
(Komukai-san) It takes about 50 minutes by car.
- Oh, it takes a bit of time. What kind of scenes can you see during the drive?  
You can see the sea and the mountains.
- How nice! So how did the sea and mountains look when we met? (February 9, 2013)  
Since it was February and winter, the sky was gray and the mountains weren't green yet. Now in the summer, the sea is blue, and the mountains have become green.  
The contrast of colors is so beautiful.
- It's becoming a really hot season. So, how about today's weather over there?  
Today's weather in Miyako...it is raining and the temperature is 23 degrees.
- It is cooler compared to Kobe.  
OK so, how did you like Popoki Friendship Story Exhibition?  
I really appreciate that many people come to Tohoku, Iwate prefecture and give a lot of cheerful energy (genki) to those who have been suffering from damage by the great earthquake!  
Moreover, I am also very glad to get know Suzanka and everyone through Popoki friendship story.

**Thanks is on our side! Popoki, Popoki's friends, Suzanka are also really happy to have a new friend like you! This time, was it first time for you to meet Popoki?**

**Yes. It was my first time to get know Popoki.**

**● What was your impression of Popoki's friendship story exhibition?**

**After a disaster, each person's heart is weak.**

**I think it is a wonderful thing, to use a large piece of cloth like Popoki's Friendship Story and express yourself, your present feelings in your own way, in order to recover a person's heart.**

**Thank you very much!**

**In addition, to express it with words: 'kizuna (literally 'a bond' in English)' a feeling to stay besides each other is important. I realized the value of an old Japanese "joined spirit" (a spirit to help each other when we are in trouble).**

**I realized how warm people in Kobe and Osaka are ☺☺**

**● Thank you for your wonderful words.**

**Popoki also hopes to always value this "kizuna" – bond, connection among people. Also, in this time of recovery, 'Kizuna' became the main keyword.**

**Yes, that's right.**

**● What do you think is the main issue at present in the disaster recovery process?**

**The progress in disaster recovery is far from the recovery plan, which was set by state and local governments in the beginning. The areas along the shore like Miyako and Otsuchi have limited flatlands compared to inland areas. In order to secure residential areas, part of the mountain must be cut down and housing areas must be developed there, or earth must be further piled in certain places, to make it higher, so they can build houses there.**

**I see. Because there is limited land suitable for building houses, there is no other choice than use such measures. Have any of these recovery projects already started?**

**In the Taro district of Miyako city, we have started to cut down the forest and apply land development to secure a housing area. Also we have started a land-fill project to be able to build houses (we call it 'city planning project'). But to complete these two, it will take around two and half to three years.**

**Oh, it will still take a while, I hope people will be able to live in their own houses as soon as possible.**

**Yes, I hope so. A disaster ... is really scary. In a single moment, people die, their property and memories are lost.... But it's difficult to change, to prevent natural**

**disasters just by power of human beings. I think that the constant preparation for a disaster is really important (evacuation drills, etc.).**

- **I think so, too! Komukai-san, thank you very much!**

**I still would like to ask so many things, but as my last question, could you tell us about your home town, Miyako city?**

**The population of Miyako city is about 58,000 people, the main industries are fisheries and tourism. Our salmon fishery has the largest catch in Honshu in the autumn season. In addition, in Jodogahama, the white rocks and sandy beach are so beautiful!!**

**When summer comes, there is a beautiful shoreline (it is called Riasu coast), and we can enjoy fresh delicious fish and sea delicacies. Sea urchin is one of them. In addition, when speaking of summer, there are festivals!! There is something called Miyako-summer festival. There are special dances and other events, and it is so much fun! In August there is drum dance festival in Morioka. Morioka 'Sansa' dance is also carried out. Every year, tourists from all over Japan are coming to enjoy these attractions here.**

**So nice! I would like to go there right away!**

**Everyone!! How about spending your summer vacation in Tohoku? ☺☺☺**

**By the way, today is July 11 ...Yes, 11th...**

**Every 11th is 'Tsukimeinichi anniversary' (tsuki=month, mei=life, nichi=day)**

**of people who died during  
East Japan great earthquake.**

**Tsukimeinichi anniversary...**

**May their souls rest in peace.**

**May they rest in peace.**



## Keeping Children Safe!



Photos: Popoki's friends in Otsuchi-cho folding paper cranes

On 28 July 2008, a sudden torrential rain caused flooding and 4 people including 3 children, were swept away at Tokagawa Park in Kobe. A group working for safety for all children asked us to help them by folding paper cranes for a memorial service. Popoki's friends in Otsuchi-cho at NPO Tsudoi sent 1000 cranes with a message saying, "We in Otsuchi-cho, Iwate Prefecture send our prayers for those who lost their lives. We know the pain of losing loved ones from the experience of the 11 March tsunami, and hope that it never happens again."

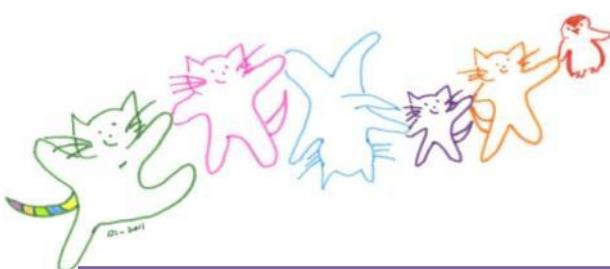
Cranes made by Popoki's friends in Kobe will be added to those from Tsudoi and all will be used at the Memorial Ceremony on 28 July at Tokagawa Park.



### Photos

Above: Po-kai members with the cranes from Tsudoi (center) and those folded by Po-kai members

Below: Cranes at the memorial ceremony held in 2012.



Memorial Ceremony  
Date: 28 July 2013 2:00pm –  
(The site will be available from 1:30 to 7:00pm).  
Venue: Tokagawa Park (East of Gourmet City Nada, near the bridge)

### Program

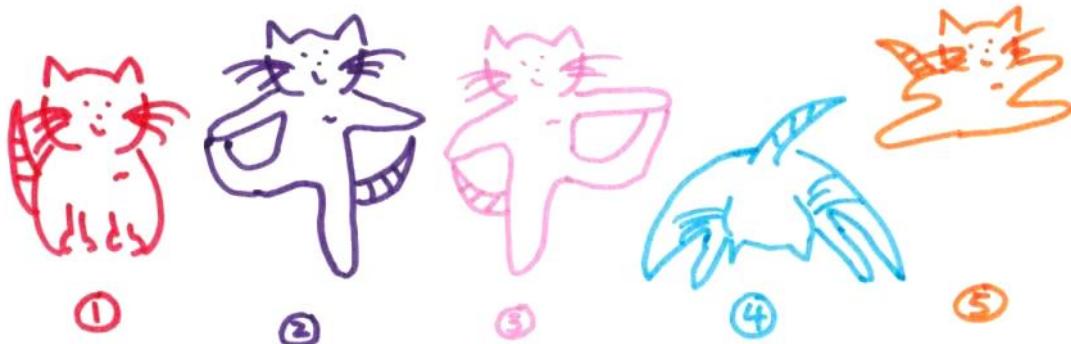
- ✧ Greetings
- ✧ Song (Kobe City Nagamine Junior High School Chorus)
- ✧ Music (Koyo Music School students)
- ✧ Music (Students of Prof. Asada)
- ✧ Song (Kobe City Fukiae High School Chorus)
- ✧ Closing



# POPOKI'S EASY POGA

## Lesson 62

This month's Poga is about balance and stretching!



1. As always, begin with sitting up straight and making yourself look thin.
2. First, standing on your left leg, hold your right ankle and stretch your leg back. Use your left arm to help you balance.
3. Now try it standing on your right leg and stretching your left leg back.
4. Did it? Now reward yourself by stretching your legs to the side and bringing your arms and head forward! Can you see behind you through your legs?
5. Did it? It is time for the 'success pose.'

Congratulations! You have successfully completed Lesson 62. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

## Please join us!

Next Po-kai: 8/26 (Monday) Kobe YMCA 19:00-

Following Po-kai: 9/24 (Tuesday)

7.28 Popoki in Suzushi City (Ishikawa Prefecture). Sakamoto Ryokan, 10:00-12:00.

8.6 'Popoki doesn't forget the atomic bomb!' Kobe Ikutagawa Park (North part) 08:00~

8.6 Popoki at Seminar for international understanding, JICA Kansai, Kobe

10.14 World Article 9 Conference in Osaka Booth?

11.16 Popoki's Health and Peace Event, Hyogo University of Health Sciences

**Popoki's Friends**

**10.13,14 World Article Nine Conference, Kansai 2013**

<http://9jou-kansai.com/uttae02.html>

# Popoki in Print

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

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- “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 Peae? Popoki, What Color is Friendship?” *International Feminist Journal of Politics* Vol.13, No.2, 2011, 257-263
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- 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](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
- ‘Yuju 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: blrhg@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
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- 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](http://popoki.cruisejapan.com/archives_e.html)





# What Popoki Means to Me

Kasumi Nishida

**Popoki is a REALLY amazing cat.**

**Cause he can be friends with anyone, from all over the world!**

**I mean, really, with ANYONE. Isn't it amazing!?**

**(Those who knows Popoki, I'm quite sure you can't imagine a person who cannot be friends with Popoki... Can you?)**

**I used to think that I should just hang out with "my group of people".**

**I used to think that for some of the people I can't understand, I wouldn't be able to understand them anyways, even if I tried.**

**But after knowing Popoki for a while, one day I found myself framing a person in front of me as a "friend of Popoki".**

**Then, those "impossible-to-understand" kind of people suddenly turned into... a sort of "familiar face".**

**"Why did Popoki become friends with this person?"**

**"What part of this person, does Popoki like?"**

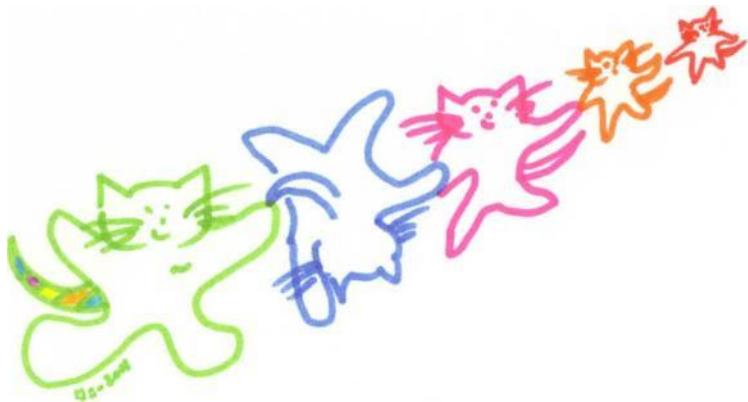
**Thinking like that made me feel "I could potentially be friends with anyone too!"**

**So... I guess Popoki to me means: The magic of becoming friends with the world!**

**I hope I will never forget this feeling.**

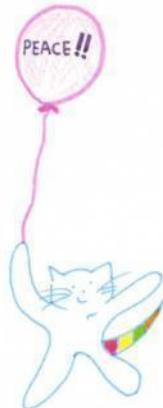


**I hope I will make lots of friends in Australia!**



## **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](mailto: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(at)gmail(dot)com))

**Contributions are always welcome!**

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

<http://popoki.cruisejapan.com>

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