



Hot days continue in Kobe!!! Popoki is ready for a cool drink and nap!

Popoki's Hot News!



POPOKI WILL VISIT GUAHAN/GUAM!



Popoki will be visiting Guahan/Guam in September with a group of students from Kobe University. He is hoping to make a lot of new friends and learn a lot, too. You can look forward to hearing his report in the coming months.

PIECES OF PEACE



One of Popoki's friends, Mayu-nyan, sent the following piece of peace: "Peace' is not a natural thing. It is made by consciousness. 'The history forgotten is repeated.' So that that won't happen, I will be conscious of peace for today and the future, even if it is a small thing."

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 chance to work with old friends and meet 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!

HIROSHIMA DAY SHADOW PROJECT AND SKYPE

2013.8.6 at Ikutagawa Park

Saki Tanaka

On August 6, 2013, we marked 68 years since the day the atomic bomb was dropped on Hiroshima. We made a "Shadow Project" in Ikutagawa Park in Chuo-ku, Kobe from 8:00 in the morning on this day. It is a project to draw the human shapes symbolic of the shadows made by the heat rays from the atomic bomb. Participants were Ronyan, Satonyan, Tetsunyan, Morinyan, Aasthanyan, Tsuruminyan, and Sakinyan. Each of us posed in their own way. Some people sat, others lay on their back with their arms and legs outstretched, others lay sideways.... I sat as if I was sitting on the stairs. My "shadow" drawn with blue chalk had a very distorted form. There was no head and hands and body because I was sitting down. When I looked at it, I thought, "This is not human," rather than thinking, "so this is me." When I was lying on the concrete, I felt the coldness of the concrete, heard the buzzing of cicadas, and the sun was so bright I could not open my eyes. I choked up when I thought that in just a moment I could be deprived of this day-to-day, natural activity.

Everyone prayed at 8:15, the time when the bomb was dropped. We talked a little bit about where to talk about this, and also how we can tell the next generation of this event that happened 68 years ago. It is impossible to understand the atomic bomb as a real experience because now we are in rich and secure Japan. But I think that this shadow project helped us to think deeply about war and peace by sharing what we felt and sensed through this exercise.

Thank you, Popoki!



↓ Pink, Yellow, Blue, Green There were a lot of colorful shadows.
The actual activity of drawing the human form was fun and very fresh.



After that we had a skype meeting with a group in Pittsburgh, USA, called 'Remembering Hiroshima, Imagining Peace.' Taylornyan, Tetsunyan, Morinyan, Aasthanyan, Sakinyan, and Tsuruminyan asked questions and we talked about such things as Fukushima, the anti-nuclear movement, and Article 9 of the Japanese Constitution. In particular, the question from Aasthanyan impressed me. She asked why the group is called 'Remembering Hiroshima, Imagining Peace' and not 'Remembering Hiroshima *and Nagasaki*, Imagining Peace.' Why do we (un) intentionally forget/ignore Nagasaki when talking about the atomic bombing of 1945? I asked, "How should we tell the history of Hiroshima to the younger generation?" The answer was there is a limit to what can be taught in textbooks. It was suggested that performance, art, film, photography, and cartoons might be good ways. I think a new connection was made in the hour we connected, in spite of the distance and 13 hour time difference between Pittsburgh and Japan. I think we should keep on making a lot of new relationships in the future to overcome the painful past.



Popoki at Sakamoto Ryokan

In Suzu City, Ishikawa Prefecture, there is a very strange Japanese inn (ryokan). On their website, they announce the following: "It may be that Sakamoto is a place where preferences become clear. There are no televisions or toilets in the rooms. No slippers, either. Since there is no heat or air conditioning, in the summer guests must depend on the breeze that blows through the trees and fans. In the winter there is only the hearth (irori) and fireplace. Yes, it is an inn that is not attentive and does not strive to please its guests." (<http://www.asahi-net.or.jp/~na9s-skmt/>)



The inattentive and casual attitude of Sakamoto Ryokan are actually truly wonderful, as are the people who gather there. And on 28 July, Popoki, Ronyan and Satonyan were invited by their friends Masanyan and Akenyan to give a workshop at Sakamoto Ryokan.

Will there be 10 people? No, perhaps 5...or maybe 20. In fact, a very diverse group of about 30 people turned up. We divided into groups, and discussed peace, security, and safety, winding up the workshop by making story boards (kamishibai) and sharing them with one another. It was a short time, but felt very intense and productive. It was the first of a new series of kamishibai workshops using key words like peace, safety, and security.



10th Annual Seminar for Learning to Live Together through Education for International Understanding and Development Education
"Making Peace with the cat, Popoki"

Ronyan

This year, too, Popoki gave a workshop at this seminar held at JICA Kansai. It is a two-day seminar, and Popoki gave his workshop on the afternoon of the second day, 6 August. Generally the participants are educators, but this year there were high school students and NPO workers as well as teachers present. An even though it was the last session, everyone participated very enthusiastically and made it a fun and interesting workshop.

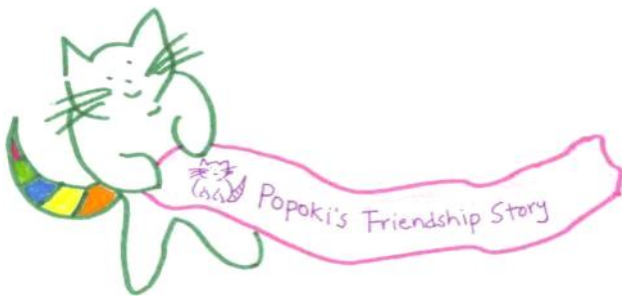
Of particular interest was the active involvement and commitment of the high

school students. A few minutes before we began, I asked three high school students if they would be willing to read aloud some pages from *Popoki, What Color is Peace?* They agreed and in spite of only having about 5 minutes to prepare, they did a great job, even asking questions of their own. Group work followed the story. Participants arranged key words about peace, and drew a peace garden or safe town. Before we knew it, time was up. I'm glad we came this year!



Thank you, everyone!





Popoki's Interview

Interview with Okubo Masato-san

Taro Taniguchi

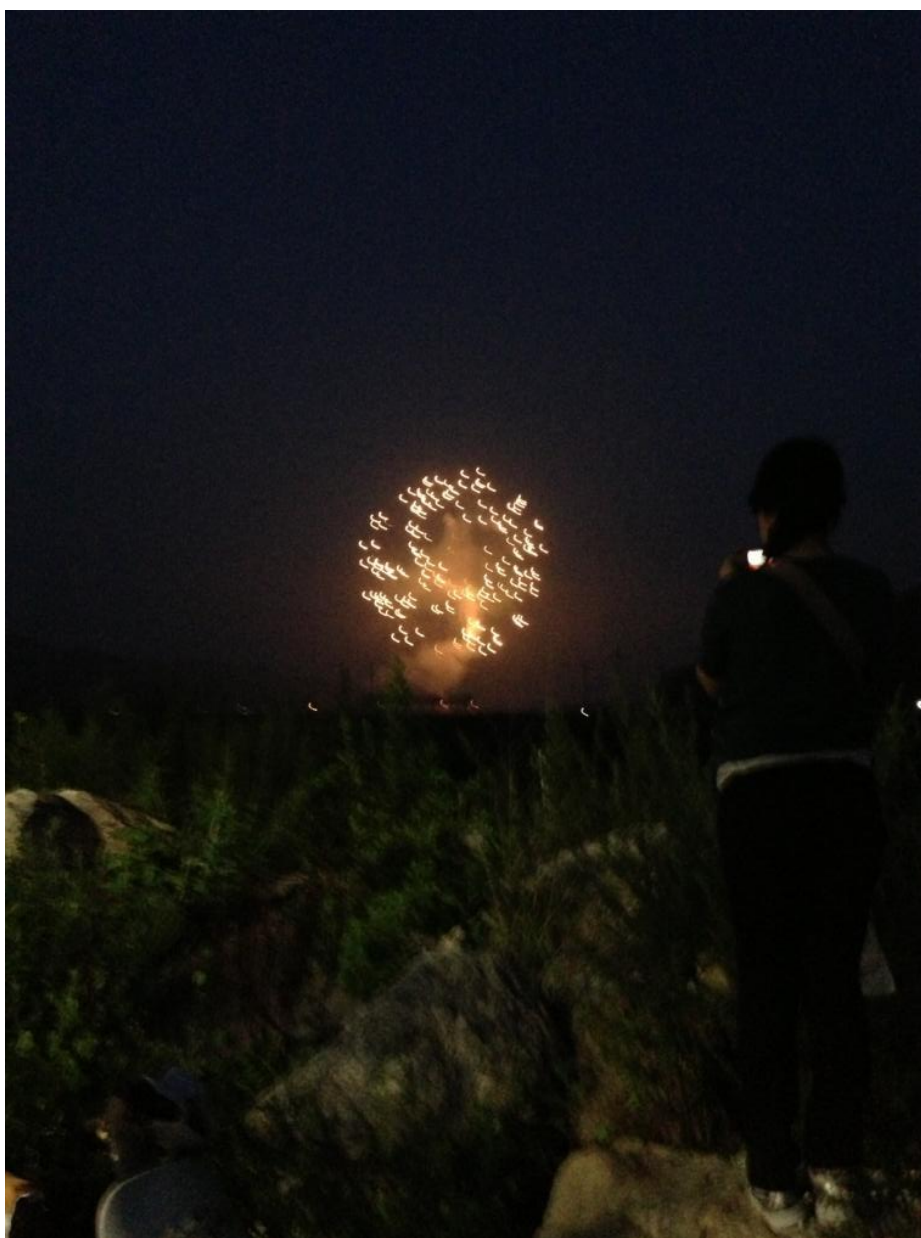
2013/08/20

I got to know Okubo Masato-san by chance when he was playing Shakuhachi in Otsuchi-cho on 16th August, 2013. Here I am going to introduce the experience of Okubo-san and his activities that I learned about in Otsuchi.

- * (Taro) Hello. I am excited to talk to you and hear the music performance.
(Okubo-san) Thank you. I am glad to hear that.
- * (Taro) Kobe has been hot recently, but it seems much cooler here in Otsuchi-cho.
What is the temperature like here?
(Okubo-san) It is about 30 degrees in the daytime, but you can see the mist in the mornings.
- * (Taro) You are playing Shakuhachi (Japanese bamboo flute).
Is there any reason to start playing it?
(Okubo-san) I played Shakuhachi before the earthquake on March 11, 2011.
That is one of the biggest reasons to perform now. I lost my family in the tsunami and everyone living here has a sad story. The only time I can relax is when I play music with friends.
- * (Taro) You are still doing music activities. Is there any reason?
(Okubo-san) Many people helped Otsuchi-cho and other disaster affected areas. I was thinking about what I can do, and the music came to me. It is difficult to tell by words, but I wanted to express myself by music.
- * (Taro) I think it is important to do what you can.
(Okubo-san) Yes, but I feel that if you put in too much effort, things do not go well.
- * (Taro) I am going to change the topic now. Is the recovery process in Otsuchi going well?
Honestly, I can hardly see changes in here compared to when I came here in February.
(Okubo-san) I cannot say that the recovery process is going well. Especially the situation about land registration is devastating, and it is hard to get in contact with the landowners as the law requires. Even if we want to build something, we cannot know whom we should contact when we want to use the land. It is one of the factors disturbing the recovery process.

- * (Taro) I feel there are more problems that you cannot see from the surface.
(Okubo-san) I think so. We should think about those problems and also think about what we can do to solve them.
- * (Taro) It was short conversation but also a fruitful time. Thank you for your cooperation.
Nice to meet you.
- * (Okubo-san) Thank you.

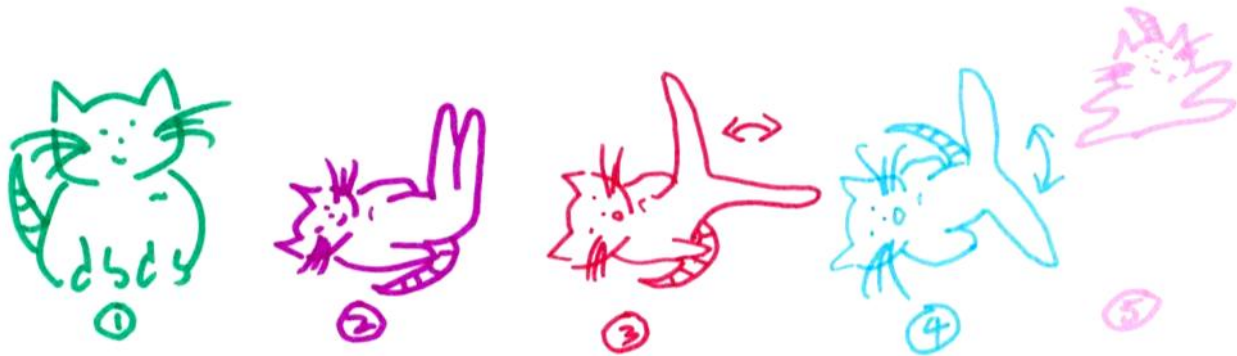
A festival will be held in Otsuchi-cho in September. In the festival, people living in Otsuchi-cho will perform traditional dances and walk around the streets. The performance contains the meaning of requiem, but it is beautiful too. I wish I could be there. I am sure you will have so much fun there if you have time to go.



POPOKI'S EASY POGA

Lesson 63

This month's Poga is about stretching our lower backs and legs!



1. As always, begin with sitting up straight and making yourself look thin.
2. First, lie on your back and raise your legs. If necessary, support your lower back with your hands.
3. Now bring your left leg over your head, and stretch out your right leg nice and long. OK? Switch legs, and repeat several times slowly.
4. Next, keeping your legs perpendicular to the ground, open your legs to the sides, and then bring them back together. Repeat several times slowly.
5. Did it? It is time for the 'success pose.'

Congratulations! You have successfully completed Lesson 63. Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

Please join us!

Next Po-kai: 9/24 (Tuesday) Kobe YMCA 19:00-

9.8-17 Popoki in Guahan/Guam

10.14 World Article 9 Conference in Osaka Booth?

10.20 Kobe YMCA Sannomiya Center Bazaar. Let's all go!

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

12.7-8 Popoki in Otsuchi-cho

Popoki's Friends

9.15 18:00- Lecture by Otsuchi-cho photographer Itoh Yoko: "That day, that time" (3.11 tsunami). Venue: Kyoto International Community House

6.16-22 Itoh Yoko Photo Exhibit check the following for times, etc. in English
<http://www.kcif.or.jp/HP/event/top/en/img/EventCalendar201309.pdf>

* Itoh-nyan will be there to explain on the 18th and 19th

10.13,14 World Article Nine Conference, Kansai 2013 <http://9jou-kansai.com/uttat02.html>

Popoki in Print

- **“Awards given to 37 groups Daiwa Securities Foundation” *Kobe Shimbun* (2013.8.23 p.8)**
- **“Reproducing ‘human shadows’ and asserting no nukes” *Kobe Shimbun* (2013.8.7 p.22)**
- ‘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 Daisencho, 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*)
- “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
- 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





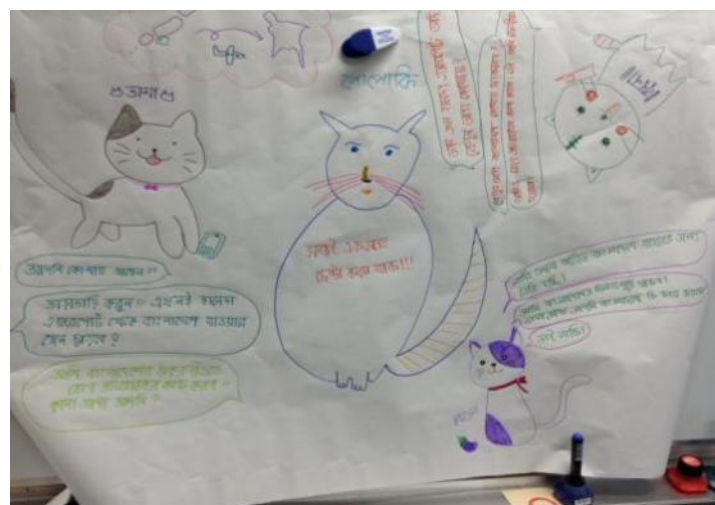
What Popoki Means to Me

Bashir Uddin

The other day, Popoki came to meet JOCV volunteers in Nagano. Every year volunteers are trained and dispatched to developing countries to work in various development projects through sharing their expertise with the host countries. The training period is very hard, as volunteers are required to attend a huge number of seminars, workshops, life skills training sessions, and different outdoor activities to learn how to cope with real life challenges.

Part of the training involves learning the culture of the host countries, and particularly how to survive in the local areas in everyday life. Since their term lasts two years, language becomes a daily need for them especially for those who work in the rural areas. Therefore, they need to learn the language of the countries to which they go. English, French, Spanish, Arabic, Bengali, Hindi, Nepali, Cambodian, Chinese and many other languages are taught so that volunteers do not face language problems during their period of stay in the host countries.

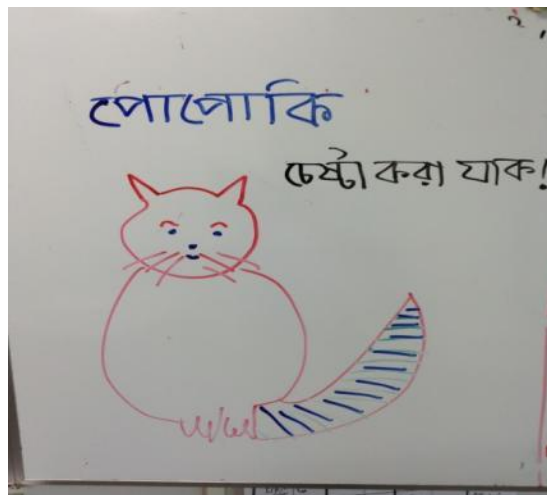
Popoki visited a Bengali class. Volunteers attending the Bengali class will provide assistance in the fields of community development, infection control, and information technology in Bangladesh. Some of the volunteers will go to the far northern part of the country to help out the people there. As part of his lesson, Popoki suggested they imagine themselves as cats who are volunteers going for their mission.



The students were divided in groups. As groups, and sometimes individually, they drew some images of cats who are volunteers like them and are going for their mission. Part of the conversation about the pictures by those cat-volunteers was sharing feelings and experience before leaving Japan, and how they think about their upcoming future in the host country. Popoki was there to cheer them on. All the cat-volunteers will do their best, just as Popoki wishes!



All the cat volunteers committed themselves to meeting each other and trying to do a good job. Popoki shouts..”Ganbare!!!. Let’s do our best together!!!” Volunteering, or in other words doing something for others, is one of the best ways to find peace! It might not be total peace maybe, but definitely a piece of peace.



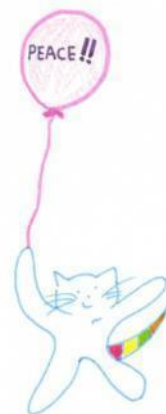
A message that perhaps Popoki gives us always. (Bengali sound in the parenthesis)

পোপোকি (Popoki) says: চেষ্টা (cheshta) করা (Kora) যাক (zak) which means “Let’s do our best.”



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(at)gmail(dot)com))

Contributions are always welcome!

Popoki Peace Project popokipeace-at-gmail.com

<http://popoki.cruisejapan.com>



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THANK YOU FROM
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