

Popoki



Newsletter

No.206 2022.10.27

ronniandpopoki (at) gmail.com

http://Popoki.cruisejapan.com/index_e.html

<http://Popoki.cruisejapan.com>



October! In the town where Popoki lives, the temperature is beginning to drop, but the days are clear and bright. Popoki likes to watch the autumn clouds, but he also likes to watch the stars. Do you like to look at the clouds and stars, too?

Popoki's Hot News!

New!

New book!

Ronni Alexander (2022.2.22). *Popoki's Mask Gallery: Searching for Everyday Anshin through Art during the Covid 19 Pandemic*. Kobe University Press.



Please join us! Ponenkai!

17 December @ 18:00 online!

See page 8 for details



Piece of Peace

One of Popoki's friends, *Morinyan*, sent the following piece of peace:
"I feel peace in the sight of laundry hanging out to dry on a sunny day.
Whether for one person or for many,

I think it is a sign that you are taking care of yourself, someone else,
or being taken care of by someone else.



What sort of 'peace' did you encounter today? Please let us know by sending a message to Popoki's e-mail: [ronniandpopoki \(at\) gmail.com](mailto:ronniandpopoki@gmail.com) !

Popoki's Video Gallery

Please have a look at Popoki's videos!

Popoki's Mask Gallery – Living the Covid-19 Pandemic

<https://www.youtube.com/watch?v=BjT1ZjVUsm8&t=3s>

Popoki's House

<https://www.youtube.com/watch?v=l8OCzg64oH8>

Let's make a Peace Pakupaku with the cat, Popoki

<https://youtu.be/FoT4pCWWRnQ>

Popoki's Peace Map

<https://youtu.be/4t4PFV-dRBg>

Ronni Alexander's Final Lecture at Kobe University (not Popoki, but...)


'Reflecting on the thirty years since Big Dreams and Small Islands, and looking toward tomorrow'

<https://youtu.be/trbxJSP7-CY>

Peace Studies Association of Japan Kansai Area Study Group "Views on the Ukraine War" "Aspects we are not seeing, and our feelings of gloom"

Speakers: Anzai Ikuro, Ronni Alexander; Questions: Okumoto Kyoko, Endo Akari

<https://www.psj.org/chiku-kansai/> Go to YouTube from this link (in Japanese only)



Check out
ESPN mini-
series 'Title
IX', too!
Ronyan is in
Part 2!



Popoki at an online International and Development Education Seminar

Sakamotoyan

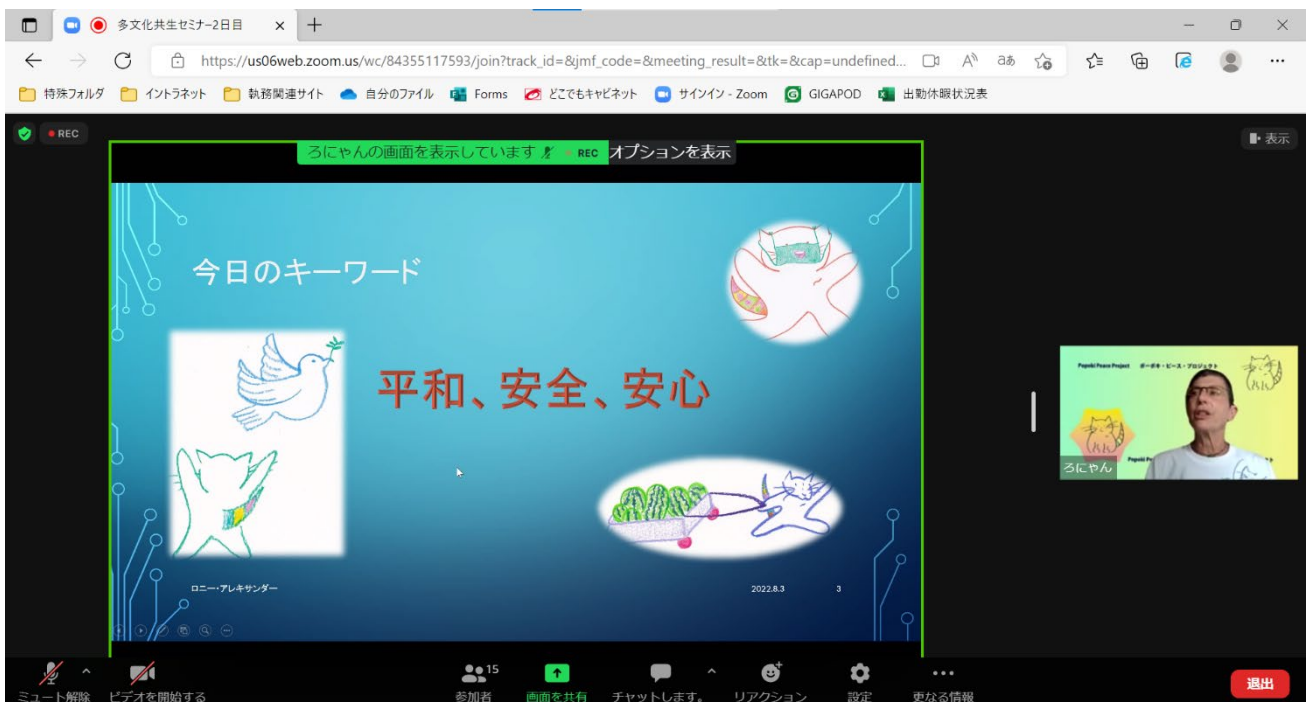
On 2 – 5 August, we held the online 19th Seminar on International and Development Education for Living Together. This is the third time we have had the Seminar online, and it addresses such issues as SDGs, Diversity, Refugees, and others. The Seminar is composed of a keynote address and seven workshop sessions. This year, more than 200 educators, students and others came together to learn and work to create a better world. The advantage of being online is that it is possible to participate, even if you are far away. This year, in addition to those from Hyogo Prefecture, we had participants from around Kansai and farther away, too.

At the session entitled, “Thinking with the cat Popoki about being and feeling safe, and making peace,” Kobe University professor emerita Ronni Alexander began with an introduction to Popoki and the Popoki Peace Project. She confirmed that the key words for the session were “peace,” “feeling safe,” and “being safe.”

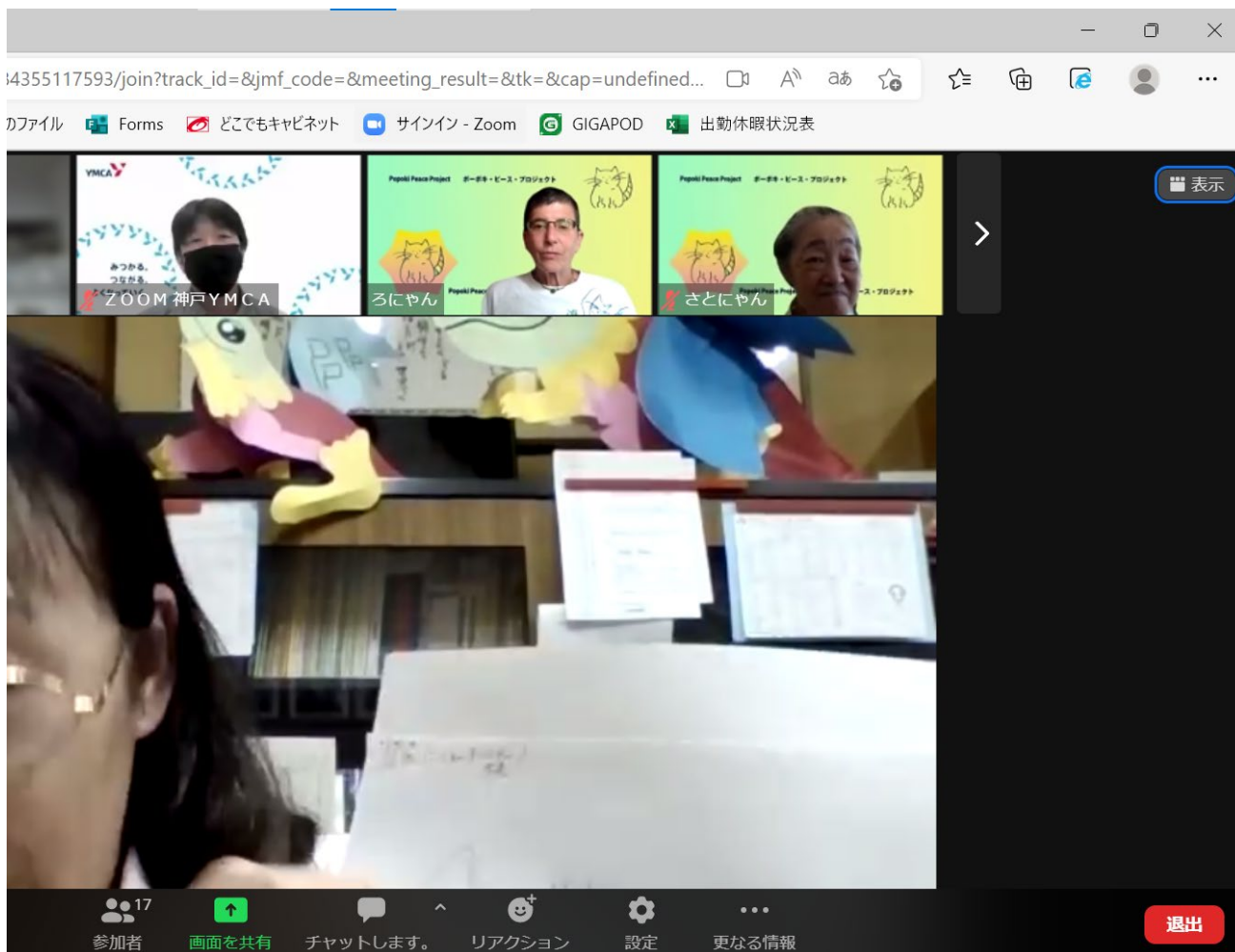
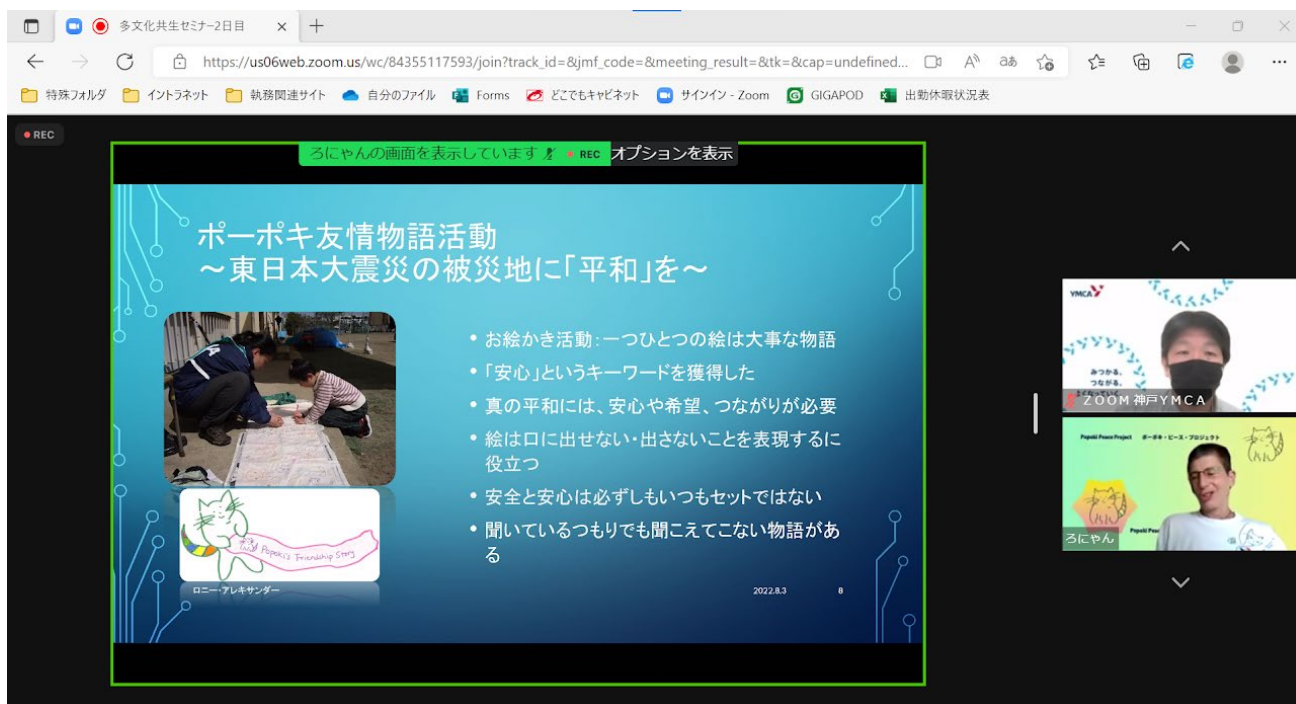
First, in order to relax our hearts and bodies, Satonyan led the participants in Poga, helping us to enjoy moving and stretching. Then, after various discussions in groups, the groups were asked to make a story to bring “peace” to a crying Popoki and help him to “feel safe.”

At the beginning of the workshop, some of the participants had their videos off, but this year, too, Popoki was able to gradually bring them out. The participants all responded to the message sent by Ronyan and Satonyan through Popoki. Not only that, but it went from one participant to another, until, little by little, we all experienced a warm, relaxed feeling... And through the various discussions, everyone was able to discover new things, and before we knew it, we all had become a part of Popoki’s world. That is how I felt.

I always feel that if we are going to talk about peace and being and feeling safe, we need to be in an environment where each person can both be safe and feel safe. So, it is very important for the people there to create a space where they can be and feel safe. Popoki makes that possible. Popoki’s good friends Ronyan and Satonyan make the transition to that safe world smooth. With Popoki, Ronyan and Satonyan, we can all move into, and become a part of, that world.



I hope that all of the educators who participated will go back to their schools and have a time when they can lead their students to Popoki's world, and that they can discuss peace in a place they can be and feel safe.



Popoki at the first Nada Challenge 2022 in three years

Mori nyan (Kyoko MORI)

Nada Challenge, which had to be cancelled due to COVID-19, was rescheduled this year for the first time in three years, but on a reduced scale. Nada Challenge was originally started as a collaborative effort between Kobe University students and residents in hopes of recovery from the 1995 Great Hanshin-Awaji Earthquake, and after a three-year absence, many alumni came to support the event and staffed the booths as they did when they were students. (Actually, the last Nada Challenge before COVID was held but thirty minutes after it began it was cancelled do to storm rain and wind).

Popoki Peace Project has participated in Nada Challenge every year, and we were also eager to participate. However, just before the event, we heard the news that the huge typhoon No.14 was coming. We were very worried, but although there were strong winds, we were able to enjoy the event until the end without rain.

To prevent infection, the event was shortened from 1:00 p.m. to 4:00 p.m. Our booth did not have the "chalk drawing," which everyone loves every year, but we prepared "breathless soap bubbles" invented by Sato-nyan. The typhoon's strong winds made for a perfect day for soap bubbles.

The bubbles kept flying out with great force, surprising friends and parents who played with them. To make the bubbles fly well, the children had to feel the direction of the wind and change the position of their bodies and hands through a trial-and-error process. The children did it naturally, while the adults struggled to get the bubbles to fly, even though they knew how to do it. It was interesting to see how if they let nature take its course rather than trying to control it, the bubble came out! But the next time, it didn't come out! And so, their struggle never ended....

The way everyone was concentrating on the bubbles was like playing with the wind. Towa-nyan and Toto-nyan (Toto is Japanese means dad), who are Mori-nyan's son and husband, joined the Popoki booth staff. It was Towa's first experience to help at the booth as a Popoki member. He called out, "Welcome, welcome!"

In addition to playing with soap bubbles, many people came to the booth, even though the time was short. Popoki goods, such as T-shirts, postcards, Popoki peace book, and new book, Mask Gallery book were sold. We got new Popoki friends.

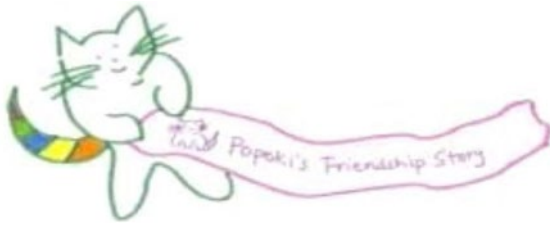
There were other happy things. Many of the people involved in Nada Challenge are also involved with Popoki's friends. People we hadn't seen in a long time all called on us. Even though the size of the event was reduced, we met many people smiling with joy at being able to gather at the usual place.

Furthermore, there was the biggest surprise of all. It was a visit by the family of Taiki-nyan who, when he was in the lower grades of elementary school, became a Popoki friend here at Nada challenge. I was very happy to see him. He has grown up to be so tall! His is a university student now and is studying drawing. He gave Ronyan a drawing of he made of the real Popoki. I, Mori-nyan, one of the few Nyan members who knew Popoki during his lifetime, was so happy! It was as if Popoki had really come the booth suddenly.

It was the first time in 3 years at Nada Challenge that I felt a connection and growth, and new Popoki friends connected again. Through participation in the event, I could feel that this is how connections are made.



Popoki's Interview



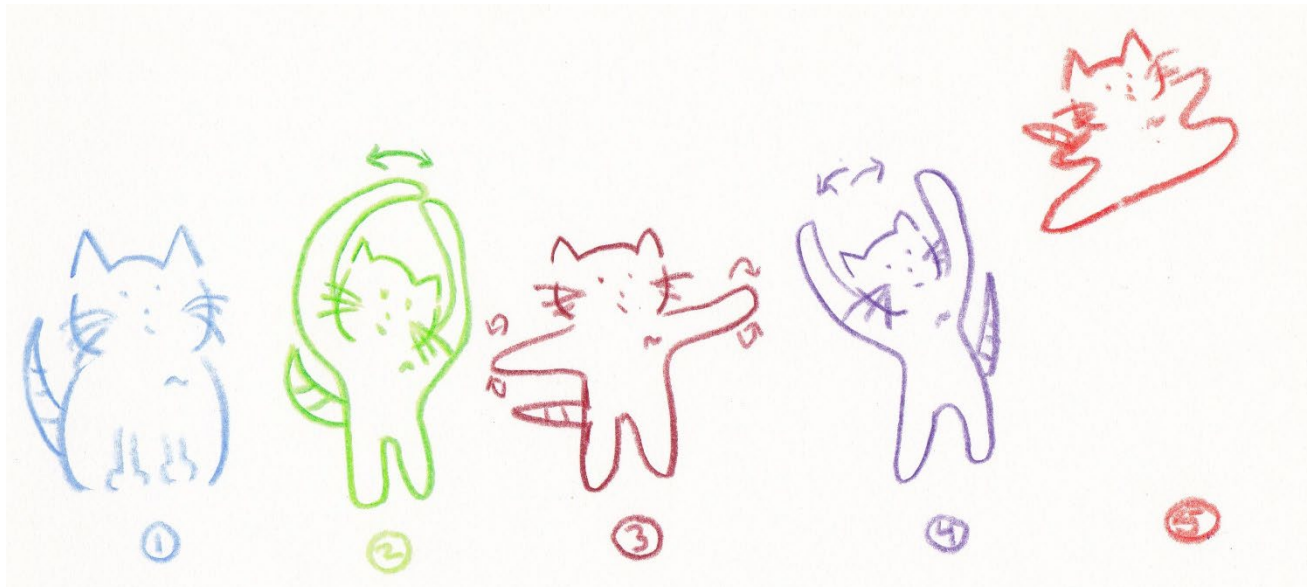
Yaranyan

*We have been conducting interviews with Popoki's friends in different places and asking about their experiences during the COVID-19 pandemic. This time, Yaranyan interviewed her grandmother!

*We're taking a break this month but will be back in November!

POPOKI'S EASY POGA

Lesson 174 This month's theme is stretching our upper bodies!



1. First, as always, sit up straight and look beautiful.
2. Now, stand up and hold your left wrist with your right hand. Gently stretch to the right! Be sure to keep your lower body in place. Now try going to the left, with your right hand holding your left wrist. Repeat slowly several times!
3. Next, spread your arms and begin making tiny circles. Gradually make your circles bigger and bigger, and then gradually go back until you are making tiny circles again. Now try circling your hands in the opposite direction!
4. Okay! This time, raise your hands above your head and circle to the side, down and back up the other side to center. Now try going the other way. Repeat several times, but don't get dizzy!
5. Did it? Even if you didn't succeed, you tried! It is time for the 'success pose.'
Congratulations! Do you feel refreshed? Please remember to relax, breathe, laugh and practice for 3 minutes every day.

Please join us!

Next Po-kai: 2022.11.21 @ 19:00



zoom*

Everyone is welcome. We always use the same link, so send an email if you need it.

- 12.17 Ponenkai 18:00- online! Preparation: Think about (and bring?): Health + place + peace; food that is peace for you in what place and how does it relate to your health; How about place and food? How does that relate to health? Etc.
- 2023.2.1? WS with Ofuntato Kita Elementary School
- 2023.3.5 Bikkuribako event

Reading Suggestions from Popoki's Friends

Otsuchi-cho (July, 2019). "Ikiru Akashi – Iwateken Otsuchi-cho Higashi nihon daishinsai kirokushi" (Testimony of Living: A Record of the Great East Japan Earthquake in Otsuchi-cho, Iwate Prefecture). Editorial Supervision: Otsuchi-cho Board of Education, others.

全編日英対照

令和4年3月
発売!!



**ポークキの
マスクギャラリー**

～コロナ禍でアートを通して
日常の安心を探る～

編者・絵 ロニー・アレキサンダー
Written, edited and illustrated by Ronni Alexander

**A5判・192ページ
定価 2,420円 (税込)**

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発行：神戸大学出版会 <https://www.org.kobe-u.ac.jp/kupress/>
神戸市灘区六甲台町2-1 神戸大学社会科学系図書館内 Tel. 078-803-7315 Fax. 078-361-7320

発売：神戸新聞総合出版センター
神戸市中央区東川崎町1丁目5-7 神戸情報文化ビル9F Tel. 078-362-7138 Fax. 078-361-7552

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- ‘Yujo wo kangaete – Ningen to, Neko to, soshite Jibun to,’ *RST/ALN*, No.259 2009.6.28, p.11
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- Popoki on the radio. <http://www.kizzna.fm/> Click on 6CH to hear the program and reading of Popoki in Japanese (No longer available)



What Popoki Means to Me

Taiki nyann

I remembered that Popoki is a symbol of peace for me when watching news about Russia and Ukraine. I wanted to talk with Ronyan at that time. I thought give Ronyan a present so I drew the cat who is Ronyan's friend. While looking at the photo of Popoki to draw my picture, I thought that the cat in the picture was cute and cool, with beautiful clear eyes.

I went to the Nada challenge to give the picture to Ronyan. Talking with her reminded me of when I used to go to Po-kai frequently. I want to draw pictures with Ronyan.



I can't tell you how surprised and happy this made me. Thank you so much! (Please forgive the photo).
Ronyan

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 in 2012 published a 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: *Popoki, What Color is Peace?*, *Popoki's Peace Book 1*, *Popoki, What Color is Friendship?*, *Popoki's Peace Book 2*, *Popoki, What Color is Genki?*, *Popoki's Peace Book 3* and *Popoki's Friendship Story*

From outside of Japan

1. Go to your local Japanese bookstore: Kinokuniya, Maruzen, etc. (or their website)
2. Write to us at ronniandpopoki@gmail.com and we'll figure it out!

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 ronniandpopoki@gmail.com



Contributions are always welcome!

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