



It's almost December and starting to get cold. Popoki has a fur coat and likes to run around outside, but he likes to be inside and warm, too. Do you have winter where you live? Do you like to be warm, too?

## Popoki's Hot News!

Coming soon!

No. 1 Ponenkai! 25 December!

If you want to come, please let Ronyan know by 20 December.  
(If you can, please let us know sooner than 20 December).



No.2 Sunday, 13 January! Pot Luck Party with Drawing and Picture Books and Medical Care and Disaster Part 2 - "+ 1 Item in your Emergency Bag" See page 7-8 for details. Children, adults, everyone is welcome! Free!



Piece of Peace

One of Popoki's friends, Ardhia-nyan, sent the following piece of peace: ". Peace is the feeling of gratefulness for what we have."  
What sort of 'peace' did you encounter today? Please contribute a bit of peace! Please let us know by sending a message to Popoki's e-mail: [ronniandpopoki \(at\) gmail.com](mailto:ronniandpopoki@gmail.com) !



## Why is water so important to us? Where does it come from? What is the water cycle?

Lanyan

Being an adult and always worrying about my daily routine, I have never thought about the importance of water in our daily lives and just accepted it as something natural. I took it for granted.



The workshop “What Color is Health?” that was kindly organized and run by Satonyan at Hyogo University of Health Science, gave me the boost to think about and appreciate the importance of water.

The workshop was separated into several sections, where both adults and children (and even the little rabbit!) were able to communicate and share their ideas and thoughts.

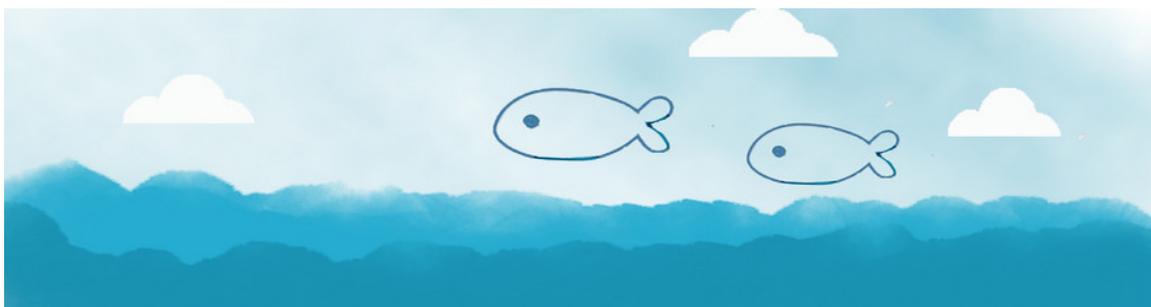
It was interesting to watch how many of us had different opinions on the definitions of peace and health, safety and feeling safe, listening to Popoki’s story read by both children and grown-ups, drawing together and even going for a walk to watch the ocean and think of how much of the world’s resources is the water and how scary or calm, clean or dirty, healthy or lacking minerals it could be.

At one of the sessions Satonyan asked us to pick the bottle of water which each of us liked the most. There were 6 bottles and all of them looked the same. “What is the difference?”, - we thought. “The bottles, caps and even the color of the water is the same!” – I heard children talking to each other. Eventually, the secret was revealed. We had different types of water from water from Fukushima Prefecture to the water that was could be kept for 7 years!



Water is essential in our lives and it is everywhere around us – oceans, rains, tap water, bottled water, puddles in the streets.

Have you ever thought what water is, and why it is important to your life?



## Popoki's Friendship Story Cloth @ Indonesia

Ronyan

Popoki showed up in various ways at the UNESCO Chair Summer Program "Gender and Vulnerability in Disaster Support" held in Indonesia last September. One way was through drawing on a Popoki Friendship Story Cloth. After Ronyan's lecture, everyone drew, as you can see in the photo on the



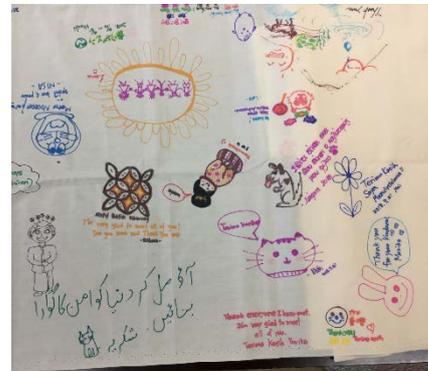
left. But at that time, the students had not yet become friends.

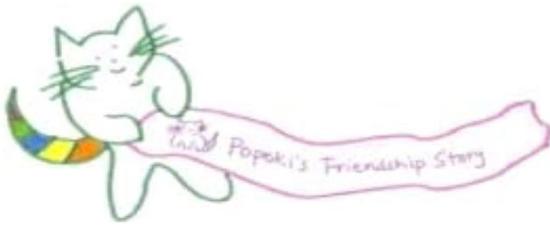
On the last day, I brought out a new cloth. There are going to be four of these summer programs, and this was the first one. So this time, we used 1/4 of the cloth (photo on the right). In four years, we will have a cloth full of memories from four years of participants. This year, our departure was delayed by a typhoon and we had to leave from



Tokyo rather than Kansai

Airport. We learned about disaster in Indonesia and heard from experts and practitioners about their work. We hope that everyone can stay safe! Everyone expressed those feelings on the cloth.





## \*Popoki's Interview\*

Interviewee: Uki nyan

Interviewer: Ronyan

At the UNESCO Chair Summer Program, Uki sensei gave us lots to think about. I asked if she would answer so questions for us, and this is her response.

**I'm glad to be a Popoki's friend, so I will answer the questions.**

### 1. Please tell us about yourself and your work.

--> I'm Uki Noviana, a faculty member at School of Nursing Gadjah Mada University.

### 2. Why are you interested in disasters? Can you tell us a special story from your work?

--> In 2010, when Mt. Merapi erupted, I assisted nurses in the hospital for taking care of the disaster survivors and victims. I also joined trauma healing activities. By participating in these volunteer activities, I realized that as a nurse, I could not do anything for the victims and I wanted to do something for them. Therefore, in my master course and doctoral course studies, my research was focused on disaster survivors and I developed a nursing support program for nurses to support disaster survivors. My integration with the community of the disaster survivors encourages me to do more to assist them. I hope I can learn and work together with them to achieve recovery and build-back better.

### 3. You are a friend of Popoki. When and how did you meet? Is there anything you would like to share about Popoki and his work?

--> I met Popoki in the Summer course program at UGM. Popoki's Program reminded me of when I was a volunteer assisting disaster survivors in the 2006 Yogyakarta earthquake. I wanted to help the survivors but I did not know what should do as a volunteer. Popoki's program gives me the idea that the volunteer can give many social supports, as Popoki did. I think Popoki's social support can be implemented for the general volunteers. These social supports are very important for the disaster survivors who are suffering from the impact of the disaster to cope with their daily life in the shelters. The disaster survivors do not only need food, clothes and houses, but also emotional support. Lacking of emotional assistance may cause mental problems. Therefore, I think this kind of support program can contribute to preventing mental health problems among the disaster survivors.

### 4. Is there any message you would like to share with Popoki's friends in Japan and around the world?

Disaster happens all around the world. I hope we have Popoki's friends in many different countries. So when one of our friends has the experience of disaster, we can support each other.

Uki sensei shared a special story with me.

I have a story about my little daughter. She used to go to the yard in the morning to watch a cat and her kittens playing in the grounds. When my daughter came back home, the mother cat followed my daughter to our home. The other day, my daughter went to my neighbour's house after visiting the yard. Then, my neighbor's cat followed my daughter home as well. And this morning my daughter was followed by three cats. The cats bring happiness for us. Popoki visits Indonesia and we become friends. So I think, Popoki will have many friends and also bring happiness for people all around the world.

(Photo: Students work on their group projects. Courtesy of Junko Okada)



# POPOKI'S EASY POGA

## Lesson 126

This month's theme is relieving tight shoulders!



1. First, as always, sit up straight and look beautiful.
2. Now, stand and raise your shoulders all the way up to your ears, putting your strength behind it. And now, drop and relax your shoulders. Did it? Try it again!
3. Next, put your right hand on your head and use the weight of your hand to pull your head toward the right. Now try on the left..
4. Finally, create a triangle with your hands and feet on the floor in down dog pose.
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: 2018.12.25 19:00~ Mame no Hatake (Shin Kobe)**

**Along with Ponenkai!**

**12.25 Ponenkai! Please let Ronyan know no later than 20 December if you plan to attend.**

**1.13 13:30~16:00 Pot Luck Party with Drawing and Picture Books and Medical care and Disaster Part 2: "+ 1 item in your emergency bag". Venue: Kobe Student Youth Center. See page 7-8 for more information.**

**2018.2.8-11 Popoki in Otsuchi!**

**From Popoki's friends:**

**New children's book: text: Seiko Chujo; translation: Ronni Alexander, *The Cans of Forest* (English/Japanese version), Epic, 2017.**

# 絵と絵本と医療と災害の持ち寄りパーティ Part 2

Pot Luck Party with Drawings & Picture Books & Medical Care & Disaster

「避難袋に十一品」 “+One Item in your Emergency Kit”



「皆で安全・安心を描こう！安全・安心な社会を語ろう」  
“Let’s draw being and feeling safe! Let’s talk about a society where we can be and feel safe”



日時 2019.1.13 (日) (13:30~16:00)

場所 神戸学生青年センター Kobe Student Youth Center  
兵庫県神戸市灘区 山田町3丁目1-1 <http://ksyc.jp/>

問い合わせ先 ポーポキ・ピース・プロジェクト FAX 078-304-2790

Information Popoki Peace Project e-mail [ronniandpopoki@gmail.com](mailto:ronniandpopoki@gmail.com)

## メッセージ・Message



私たちは日常生活の中で、「不安」になるきっかけが多数あります。その一つは「災害」です。避難勧告が出たら、どうすればよいかは考えることがあっても、自分や周りの人を落ち着かせる方法や元気をつける方法まではあまり考えることがないと思います。私たちはみんな、不安がるものも安心できるきっかけも異なっています。今回の「もちよりパーティ」では、さまざまな「安心」をもちよって、より安心できる生活についてお話をします。

## プログラム・Program

- 13:00 受付開始 Registration
- 13:30 あいさつ Greetings
- 13:35 紙芝居 「ポーポキ、安心、描ける？」  
*Kamishibai: “Popoki, Can you draw feeling safe?”*
- 13:45 トークタイム Talk time  
ゲスト Motomochi Sachiko 元持 幸子 さん (岩手県大槌町在住・特定非常  
利活動法人つどい 事務局長)
- ゲスト Akagi Shuji 赤城 修司 さん (福島市在住・写真家)
- 14:30 休憩タイム Break
- 14:40 お絵描きタイム Drawing time  
みんなで紙芝居をつくります！ Making  
*kamishibai* stories!
- 15:30 発表タイム Presentation time



# 絵と絵本と医療と災害の持ち寄りパーティ Part 2

Pot Luck Party with Drawings & Picture Books & Medical Care & Disaster 2

## 特別ゲスト紹介



元持幸子（もともち さちこ） 特定非営利活動法人つどい事務局長

東日本大震災時、緊急救援活動を岩手県釜石市・大槌町にて行う。翌年、故郷の大槌町を拠点とした「特定非営利活動法人つどい」を立ち上げ、住民の集まる場のコーディネートや人材育成等を行う。これまで、病院や地域医療・地域福祉分野で理学療法士として勤務、英国障害者施設や青年海外協力隊派遣などの経験も加わり、多様性ある暮らし・地域づくりを実践していきたいと活動中。震災復興に向け、住民力を出し合おうと結成された大槌町 NPO ボランティア団体連絡協議会の会長として、地域力向上を目指している。

Participates in emergency relief activities in Kamaishi and Otsuchi-cho, Iwate Prefecture, after the Great East Japan Earthquake. The following year, she established the NPO 'Tsudoi' in her hometown of Otsuchi, coordinating activities to give residents a place to gather and foster leadership. She has worked in healthcare as a physical therapist, and after gaining experience in a British facility for people with special needs and the Japan Overseas Volunteer Corps, she decided to work to create a lifestyle and community with respect for diversity. As the director of the Otsuchi-cho NPO Voluntary Organization Network, she is working toward recovery and the full implementation of cooperative community power.



赤城修司さん（あかぎ しゅうじ）

1967年、福島県生まれ。筑波大学芸術専門学群洋画コース卒業。青年海外協力隊員美術教師として1994年から2年間ブルガリアで活動。2011年3月、東京電力福島第一原子力発電所事故をきっかけに、福島市内を写真で記録し、Twitterで発信し始める。2015年、写真集「Fukushima Traces, 2011-2013」刊行（オシリス）。2016年、BS11「アーサー・ビナード 日本人探訪」出演。出品展覧会に、2013年「未来の体温 after AZUMAYA」（山本現代、アラタニウラノ）。2014年「Transmission」（スタジオ35分）。2015年「Don't follow the wind」（福島県の帰還困難区域内）。2016年「種差デコンタ 2016」（八戸市美術館）、「Perpetual Uncertainty」（スウェーデン、ウメオ美術館）など。

1967 Born in Fukushima Prefecture. Graduated from the Western Painting Course in the Art Department of Tsukuba University. From 1994-1996, he worked as an art teacher in Bulgaria as a member of the Japan Overseas Volunteer Corps. 2011.3 After the TEPCO Fukushima Daiichi Nuclear Power Station accident, he began taking photos in Fukushima City and publishing them on Twitter. 2015 Published collection of photos called *Fukushima Traces, 2011-2013* (Oshirisu). In 2016, he was featured on BS11 "Arthur Binard Looking for Japanese". Among his exhibitions are: "未来の体温 (Mirai no Taion) after AZUMAYA" (2013, Yamamoto Gendai, Arataniurano), "Transmission" (2014, Studio 35 minutes), "Don't follow the wind" (2015, in the Fukushima Pref. exclusion zone), "Species Difference Dekonta" 種差デコンタ 2016, (2016, Yao City Art Museum), "Perpetual Uncertainty" (2016, Umeo Art Museum, Sweden).



ポーポキ

神戸生まれの平和が大好きなねこ。最近では安全安心に興味。みんなと友だちになって、仲良くしたい。A cat born in Kobe who loves peace. He is interested in being and feeling safe and wants to be everyone's friend.

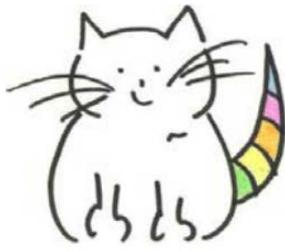
## Popoki in Print \* Back issues of Popoki News:



[http://popoki.cruisejapan.com/archives\\_e.html](http://popoki.cruisejapan.com/archives_e.html)

"Popoki Mini Peace Film Festival," Kobe YMCA News No.652, July/August 2017, p.3

- ESD Digital Archives, Kansai Council of Organizations for International Exchange  
<http://www.interpeople.or.jp>
- "Peace Picture Book Published – linked to disaster support in East Japan" *Kobe Shimbun* (2014.3.25) KIHARA Kana
- "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)
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- "'Safe' and 'Secure' Society is from the bottom-up", *Mainichi Shimbun Interview with Ronni Alexander*, 2012.10.29, p.1 (evening edition; Japanese)
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- '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
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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)
- '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](mailto:blrhyg@osk3.3web.jp)
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- Popoki in Pittsburgh. Check out the Remembering Hiroshima/Imagining Peace URL: <http://www.rememberinghiroshima.org/>



## What Popoki Means to Me

Hello. This is Naoko Uehara from GSICS, Kobe University. I met Popoki for the first time in Ronyan sensei's lecture, Issues in Peace and Development. At that time, I just thought that 'Oh, well....that's a cat...'. However, especially through the summer program in Indonesia, I could feel the how interesting it is to observe the world and the importance of thinking about what is peace through Popoki, who is neither male nor female or LGBT. What I found out about Popoki might be the tip of the iceberg, but I would like to share it with you.

It was in a group work session in the UNESCO Chair Summer Program in Indonesia that I could learn about Popoki. The work was to design a disaster mitigation plan. We also decided who should take what roles in the plan, for instance, person in charge of the evacuation plan and the delivery and distribution of aid supplies, etc. I was in charge of Popoki which was a role for mental care of the people. What I thought at the time was that Popoki could be recognised as one actor or a group/organisation such as an aid organisation. I thought that considering the things through Popoki broadened my horizon.

In addition to that, we never knew the gender of Popoki, and it made me think about what is genderless. I discovered that when I was thinking about which gender, male or female, was suited for each of the roles in our disaster mitigation plan.

Moreover, considering the meaning of peace through Popoki gave me a chance to think about not only peace without physical danger but also peace with feeling safe. As I described above, observing the world through Popoki gave me a different perspective from my previous one. Popoki supports us to discover something new.



This is a Popoki bookmark (¥100) that I bought at Nada Challenge. I like Popoki, but I bought it because I like the fish.

## 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 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, 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 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>



From within Japan, please use our Postal account or Postal bank account:

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Postal Account number: 00920-4-28035

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THANK YOU

FROM

POPOKI!