

# Popoki



Newsletter

No.182 2020.9.22

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[http://popoki.cruisejapan.com/index\\_e.html](http://popoki.cruisejapan.com/index_e.html)

<http://popoki.cruisejapan.com>



October! Talking about October means Halloween! Having fun is great, but this year's Halloween is going to be different from other years. So please make this year's Halloween especially fun and especially safe!



## Popoki's Hot News!

Coming up!

"Thinking about Peace and Health with Popoki"

Online Workshop 10/24 14:00~

See pages 13-14 for details

Everybody is welcome!



Popoki's Mask Gallery Video!

Please have look at:

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



Piece of Peace

One of Popoki's friends, Sasanyan, sent the following piece of peace.

"On a sunny day, the blue sky continues forever, I feel peace when I stand quietly on the beach listening to the sound of the calm waves and seeing people enjoying their time such as walking and swimming."

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) !



## Good-bye, Lioncat!

Ronyan

I like stories. I write them for myself, and for others. This year, as I was doing the backstroke at Kobe Municipal Oji Pool and looking at the summer sky, I suddenly thought of a story that I wanted to write for my father. I started immediately to write it. I asked for help from my cousin in the U.S. to print it into a small book and deliver it. In Japan, Satonyan and I made a video of reading the story aloud.

I watched my father on the screen of my iPad when he received the book. He looked unbelievably happy! After that, I hear he showed it to many people. And he said two things to me. "I want you to make this my obituary" and "This is the best good-by." At the beginning of October, my father became Lioncat and took off on his journey. Below is the obituary written by my sister, with gratitude to Lioncat and for being able to write stories that reach people's hearts.

Leon Alexander was born in Brooklyn, New York, on November 11, 1924. He passed away peacefully at home at the age of 95 on October 5, 2020, surrounded by friends and family. The best tribute came from Ronni: <https://www.youtube.com/watch?v=ua0B83WjvK4&t=36s>

Here is a little more....

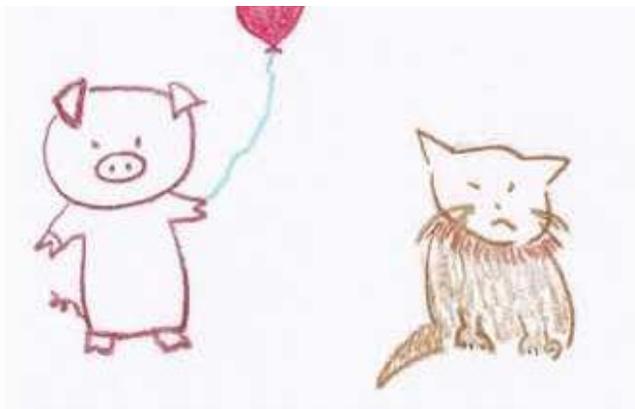
In 1943, Leon was drafted into the Navy and served three years in France, the South Pacific, and Japan. Upon his return, he completed his studies at Brooklyn College followed by three years at Yale Law School, where he graduated at the top of his class. While in law school, he married Greta Rosenbaum, a student at the Yale School of Music. After graduation, they struck out for the West Coast, moving first to San Francisco and then to Los Angeles, where they had three children. Over the years he built a thriving law firm with 15 attorneys and eventually retired from private practice to work as an arbitrator and mediator. He married a second time, and although that marriage also ended in divorce he remained on good terms with his former wife and her two daughters.

Perhaps the happiest time of his life followed, when he engaged in new activities, joining a gay camping group where he met the great love of his life, Timothy Stocks. They took up bridge (Leon eventually became a Bronze Life Master), wine tasting, and moved into what became their home in Glendale for 30 years. They also took cruises around the world.

Towards the end of his life, he published a book of poetry, For Aged Men.

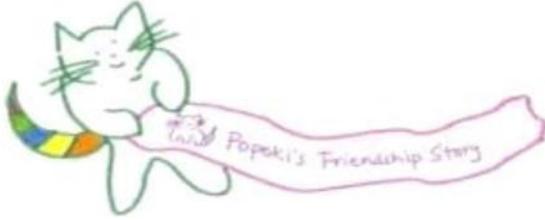
He is survived by his three children, Robin, Randy and Ronni Alexander; his two step-daughters, Kira Od and Jana Odette; his great-nephews Nathan and Greg Alexander and their families; and his caregiver,

Devin Kelly. A date for a memorial will be set for the Fall of 2021 to celebrate his life and memory.



One time, Lioncat got ill, and as a result he became friends with a pig. The kittens were worried, but the pig worked hard and protected Lioncat.

The Story of Lioncat/  
ライオンキャットのお話  
<https://www.youtube.com/watch?v=ua0B83WjvK4&t=36s>



## \*Popoki's Interview\*

Yogi-nyan

\* We have started a new series of interviews with Popoki's friends in different places. We are asking about their experiences during the COVID-19 pandemic. This time we have a report from Indonesia. The language order is English, Indonesian and Japanese.

### Interview with an Indonesian kid during COVID-19 Pandemic

#### 1. Tell me about yourself. Ceritakan tentang kamu?あなたについて教えてください。

A: Hi everyone, my name is Shifa. I am 9 years old girl living on an island in Indonesia called Sumbawa. I love living here, because there are a lot of beautiful beaches, mountains and a river. I love swimming in the sea and in the river.

*Halo semuanya, nama saya Grania Shifa. Aku biasa dipanggil Shifa. Umurku 9 tahun. Aku tinggal di sebuah pulau di Indonesia, namanya Sumbawa. Aku suka tinggal disini karena disini banyak seakale pantai, gunung dan sungai yang indah. Saya suka berenang di laut dan di sungai.*

みなさん、こんにちは。私の名前はシファです。私は9歳です。私はインドネシアのスンバワ島に住んでいます。美しいビーチ、山、川がたくさんあるので、私はここに住むのが大好きです。私は海と川で泳ぐのが大好きです。

#### 2. What do you do during this pandemic time? Apa yang kamu lakukan selama pandemic ini? このパンデミックの時期にあなたは何をしますか?

A: Due to this pandemic, I can't go to school. They closed the school. I study at home with my mother. Recently, we can study with some friends but in a limited number in our teacher's home. Another 5 students and I go to the teacher's home for studying for several hours. I am happy because I can meet my friend, even just for a while.

*Selama pandemic, aku tidak bisa pergi ke sekolah karena sekolah ditutup. Aku belajar dirumah bersama Mama. Sekarang, aku dan temanku bisa belajar bersama di rumah Ibu Guru. Aku dan 5 orang temanku pergi ke rumah Ibu Guru untuk belajar bersama. Aku sangat senang bis abertemu dengan temanku meskipun hanya sebentar.*

このパンデミックのため、私は学校に行けません。政府は学校を閉鎖した。私は母と一緒に家で勉強しています。最近、先生の家で少ない人数だったら一緒に勉強することができます。私と他の5人の生徒は、数時間勉強するために先生の家に行きます。少しでも友だちに会えるので嬉しいです。

**3. What do you miss the most from school? Apa yang paling kamu rindukan dari sekolah? 学校で一番恋しいことは何ですか？**

A: I miss playing with my friends in school. Running in the schoolyard, eating at the cafeteria.

Aku rindu sekali bermain bersama teman-teman di sekolah. Berlarian di halaman sekolah dan makan di cafeteria.

学校で友達と遊んだり、校庭で走ったり、食堂で食事をしたりするのが恋しいです。

**4. What is your favourite activity? Apa kegiatan yang paling kamu senangi? あなたの好きな活動は何ですか？**

A: I love swimming in the sea and river. My parents and I often go to the sea or the waterfall. I also like to practice Taekwondo with my father.

*Aku suka sekali berenang di laut atau di sungai. Orang tuaku dan aku sering pergi ke pantai atau ke air terjun. Aku juga suka berlatih taekwondo bersama ayah.*

私は海と川で泳ぐのが大好きです。両親と私はよく海や滝に行きます。父と一緒にテコンドローの練習も好きです。

**5. If the pandemic is over, what do you want to do? Jika pandemic berakhir, apa yang ingin kamu lakukan? パンデミックが終わったら、あなたは何をしたいですか？**

A: I want to go travelling, visiting my grandmother and my grandfather in Java island.

Their home is so far. I need to take a plane to visit my grandparents.

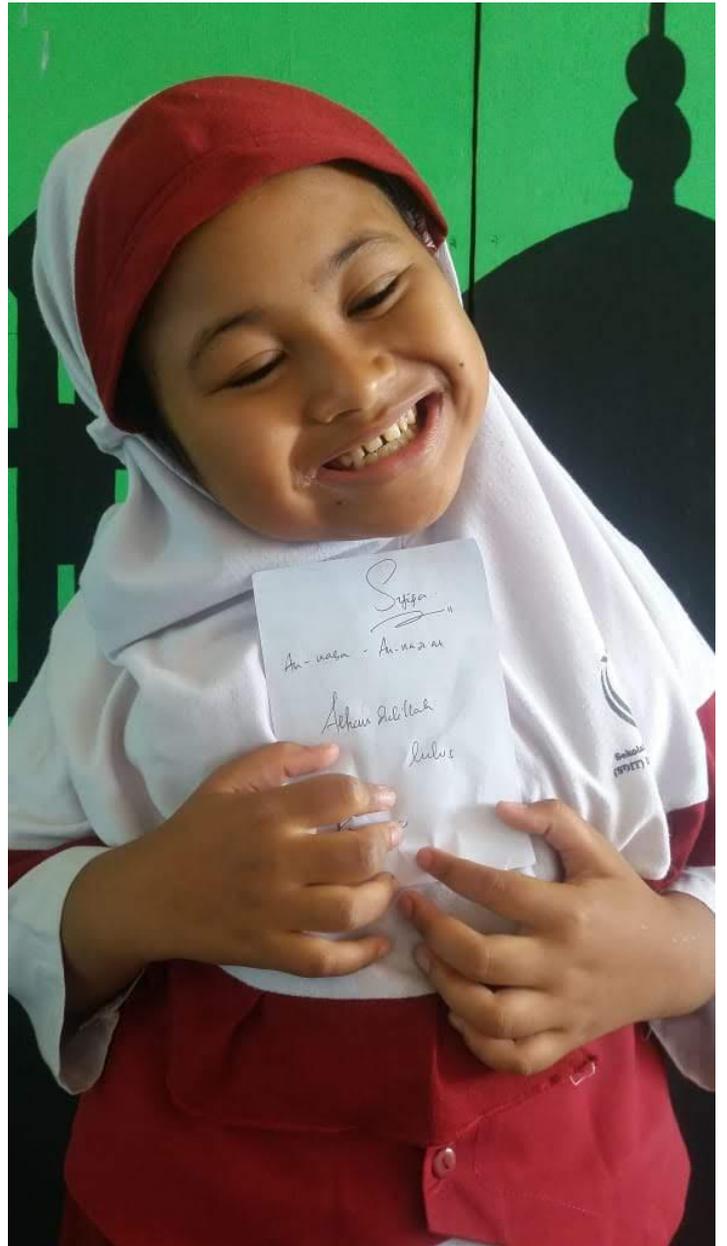
*Aku ingin pergi jalan-jalan, menemui nenek dan kakekku di pulau Jawa. Rumah mereka jauh sekali, aku perlu naik pesawat untuk berkunjung ke tempat mereka.*

ジャワ島の祖母と祖父を訪ねたいです。彼らの家は今のところ。祖父母を訪ねるには飛行機に乗る必要があります。





**This is Shifa swimming in the river**



**Shifa in school uniform**



# POPOKI'S EASY POGA

Lesson 150 This month's theme is improving our balance!



1. First, as always, sit up straight and look beautiful.
2. Now, stand up, spread your arms and stand on one leg. Bend your other knee, placing your foot against your leg. Hold for 30 seconds! Now try the other side!
3. Next, keeping on one leg, bend one elbow and the opposite knee. Hold for 30 seconds! Now try the other side!
4. Okay! Now bring that bent elbow and bent knee together and crunch! Repeat 10 times and then try the other side!
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.

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## Please join us!



**Next Po-kai: 2020.11.18 @ zoom! 18:30~\*** \* It is always the same link but please contact Popoki if you need it.

10.24 "Thinking about Peace and Health with Popoki" Online workshop. 14:00~. Facilitated by Satonyan (Hyogo University of Health Sciences). Contact us for the link.

Suggestion from Popoki's Friends

See p.9~10 for two events celebrating the Nuclear Weapon Ban Treaty and Hiroshima (in Japanese)!

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.



## 第10回ワークショップ 「健康って、なに色？」

Workshop: "What color is Health?" @ Hyogo University of Health Sciences

あなたも 平和のねこと一緒に  
健康と平和について  
感じたり、考えたりしませんか？



平和って何だろう？健康って何だろう？

普段何気なく聞いたり見たり感じたりしていること。

ねこのポーポキと一緒に平和や健康の観点から暮らしを見直してみませんか？  
あなたの健康づくりは、なに色？みんなで一緒に考えてみよう！！

日時 2020年10月24日（土曜日）14：00～16：00

オンライン参加型ワークショップ！ Online Active Workshop!

対象 どなたでも参加できます。Open to all

定員 30名 30 participants

※申し込みと、参加URLを送ります When you register we will send a link.

### スケジュールProgram

13:50 受付Registration

14:00 「ポガ」タイム Poga ※ポガ:ポーポキのヨガ

14:05 ワークショップ①「ポーポキ、健康って、なに色？」

Workshop 1: Popoki, what color is health?

15:10 ワークショップ②「コロナの時代の健康づくりってどんな形？」

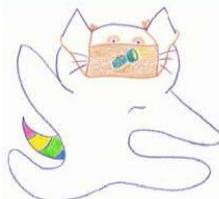
Workshop 2: What is the shape of health promotion in the COVID-19 era?

15:50 まとめ、発表 Conclusion, presentations

16:00 解散 Dismissal

\* オンラインだけれど、小グループで話したり、絵を描いたりします！ It's online, but we will engage in small group discussion, drawing, etc.! Will fit each person's needs!

\* お一人お一人にあった動きをしますので、どなたでも参加できます。



# ポーポキ・ピース・ネットワーク

あなたも 平和のねこと一緒に  
健康と平和について  
感じたり、考えたりしませんか？

メール送信先: [chi-ki@ml.huhs.ac.jp](mailto:chi-ki@ml.huhs.ac.jp)  
兵庫医療大学 地域連携実践ステーション

申込方法 メールにてお申し込み下さい。(上記のアドレスへ)  
内容 氏名・メールアドレス・連絡先お電話番号をお知らせください。  
Registration: Send e-Mail (above) with you name, mail address, contact address and phone number

問合せ先 兵庫医療大学 地域連携実践ステーション  
電話 078-304-3013 (受付時間: 平日9時~17時)  
担当者 兵庫医療大学 薬学部 桂木聡子  
For information contact Satonyan



# 祝 核兵器禁止条約 発効確定！

Celebration!  
50 countries ratifying the Treaty  
on the Prohibition of Nuclear Weapons



## 2020 ALL HIROSHIMA ACTION

核兵器禁止条約に 50 か国が批准し 3 か月後にはよいよ発効します。核兵器廃絶のために一緒に歩んできた被爆者や市民のみなさんと原爆ドーム前に集い、核兵器禁止条約の発効確定をお祝いしましょう。

さあ、ここからが核兵器の終わりの始まりです。

- 日 程 10月中予定  
(午前 8 時までには批准 50 か国の報道が入った場合は、当日の午後 3 時 30 分から集会を持ちます)  
(午前 8 時以降に批准 50 か国の報道が入った場合は、翌日の午後 3 時 30 分から集会を持ちます)
- 時 間 午後 3 時 30 分～ 3 時 50 分
- 場 所 原爆ドーム前
- 呼びかけ人 広島被爆者 7 団体
- 協 力 団 体 ヒバクシャ国際署名広島県推進連絡会  
核兵器廃絶をめざすヒロシマの会 (HANWA)  
ANT-Hiroshima  
ピースポート・ICAN  
平和首長会議 (平和文化センター)
- 内 容 お祝いの言葉 / 被爆者の言葉  
記念写真撮影 (全体写真) / 個別の動画撮影 (被爆者の方など)



### お問い合わせ

広島県原爆被害者団体協議会 広島市中区大手町 3 丁目 13-25 TEL 082-241-7226 (前田)  
ANT-Hiroshima 広島市中区上八丁堀 8-14 安芸リーガルビル TEL 082-502-6304 (渡部)  
ヒバクシャ国際署名広島県推進連絡会 広島市中区本川町 2 丁目 6-11 TEL 082-532-1300 (福島)  
公益財団法人 広島 Y M C A 国際コミュニティーセンター 広島市中区八丁堀 7-11 TEL 082-228-1151 (中奥)

# 核兵器禁止条約と市民社会の果たす役割 ～核兵器廃絶へ向かうこれからの道のり～



日時 **11月3日** (火・祝) 午後3時～5時  
場所 平和記念資料館 地下1階 メモリアルホール  
主催 特定非営利活動法人 ANT-Hiroshima  
ピースボート  
平和首長会議 (公益財団法人平和文化センター)

協力 広島大学平和センター

内容 ◆基調講演 (30分)

・核兵器禁止条約「発効」がもつ意味と ICAN の活動  
川崎 哲 (ICAN 国際運営委員)

◆今後の展望についてのパネルディスカッション (各 15分)

- ・平和首長会議のこれまでの活動とこれから  
小泉 崇 (公益財団法人広島平和文化センター 理事長)
- ・核兵器禁止条約への被爆者の期待  
川野 徳幸 (広島大学平和センター センター長)
- ・核兵器禁止条約を市民活動でどう活かすか  
渡部 朋子 (特定非営利活動法人 ANT-Hiroshima 理事長)
- ・パネラーによる意見交換

◆質疑応答

司会進行 渡部 朋子 (特定非営利活動法人 ANT-Hiroshima 理事長)

定員 先着 150 名 (新型コロナウイルス感染症予防対策として)

\* 定員は先着 150 名のため、ご参加できない方のために、後日 Youtube において動画配信をさせていただきます。

参加費 無料



お申し込み先

特定非営利活動法人 ANT-Hiroshima

FAX : 082-502-6305 E-mail : ant@ant-hiroshima.org

## Popoki in Print

\* Back issues of Popoki News: [http://popoki.cruisejapan.com/archives\\_e.html](http://popoki.cruisejapan.com/archives_e.html)

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## What Popoki Means to Me

Ronyan

To me, Popoki is the sun. He is gentle rain and rainbows. The ocean and mountains, trees and flowers. Popoki is everything I love, and everything I hold dear.

I first met Popoki shortly after I started working at Kobe University. I had gone running, and heard a kitten crying from inside a trashcan in a small park. Looking inside, I found a tiny kitten, so small he could fit in one hand, buried in the trash and crying. That was the beginning of our life together.

I tend to be lonely, but the time when I found Popoki was a truly lonely time. I felt isolated at work. Not only because I was a woman, foreigner, and came from a private university, but also because there was nobody close to my age in my department and I couldn't seem to find a topic of common interest to talk about. There was no one I could consult to help me adjust to my new environment, so I just toughed it out on my own. Maybe that was why the people around me and I couldn't find a way to approach one another.

Enter Popoki. Popoki was so tiny that I put him in my pocket and took him to work with me. Until that time, I had had no one to talk to but all of a sudden, more and more people were saying, "How cute!" "How's your kitty?" and "What's his name?" When I needed advice, I talked to Popoki and soon he became my best friend.

Popoki was definitely not a peaceful cat. But he loved me, and he would put up with anything if it was for me. When I was ill and hospitalized for four months, he waited for me. We experienced the Great Hanshin-Awaji Earthquake together, and afterwards left Kobe together and came back together. When he died at the age of fifteen, he was in my arms.

Three days after Popoki died, I was walking toward downtown on a windy, sunny day. It made me remember how Popoki would sit on the balcony, smelling the wind. It was then that I had an idea. I thought that if I used Popoki's life to illustrate the questions I used in my peace activities such as "What color is peace?" I could make an interesting book for children.

It has been close to fifteen years since I started the Popoki Peace Project. I have given countless peace workshops, started the Popoki Friendship Story project after the Great Northeast Japan Earthquake, and Popoki's mask gallery activities after the COVID-19 pandemic began. Popoki has become the star of not only my peace work, but of my work as a scholar and educator, too.

What does Popoki mean to me? Someone who sits quietly by my side when I am down or lonely. Someone who without effort makes me smile. Someone who gives me hope. Someone who gives me the power to believe in myself. Even if we do not have peace today, there might be peace tomorrow. Someone who walks with me toward tomorrow. And someone who is there for everyone else, too.



**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](mailto: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](mailto:ronniandpopoki@gmail.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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**THANK YOU FROM POPOKI!**