



November! Chilly and bright, with beautiful leaves! When Popoki plays outside, he is careful to wear his mask and wash his paws! He hopes you do, too. Let's all try to keep safe and look forward to when we are able to be together!



Popoki's Hot News!



Coming up!

"Ponenkai! Reflecting on our year, feeling safe and peace"

Meet Online 12/11 19:00~ See page 8 for details

Everybody is welcome!



New Video! "Popoki's Mask Gallery – Living the Covid-19 Pandemic"

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

Piece of Peace

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

"It was early autumn in Kobe. On my way home, I heard a gentle voice saying that, "The season is turning to be colder, take care". It was an old woman with a kind smile. "Thank you!" I smiled and bowed slightly to her, and moved on. If greetings appear even between strangers, that is peace."

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) !



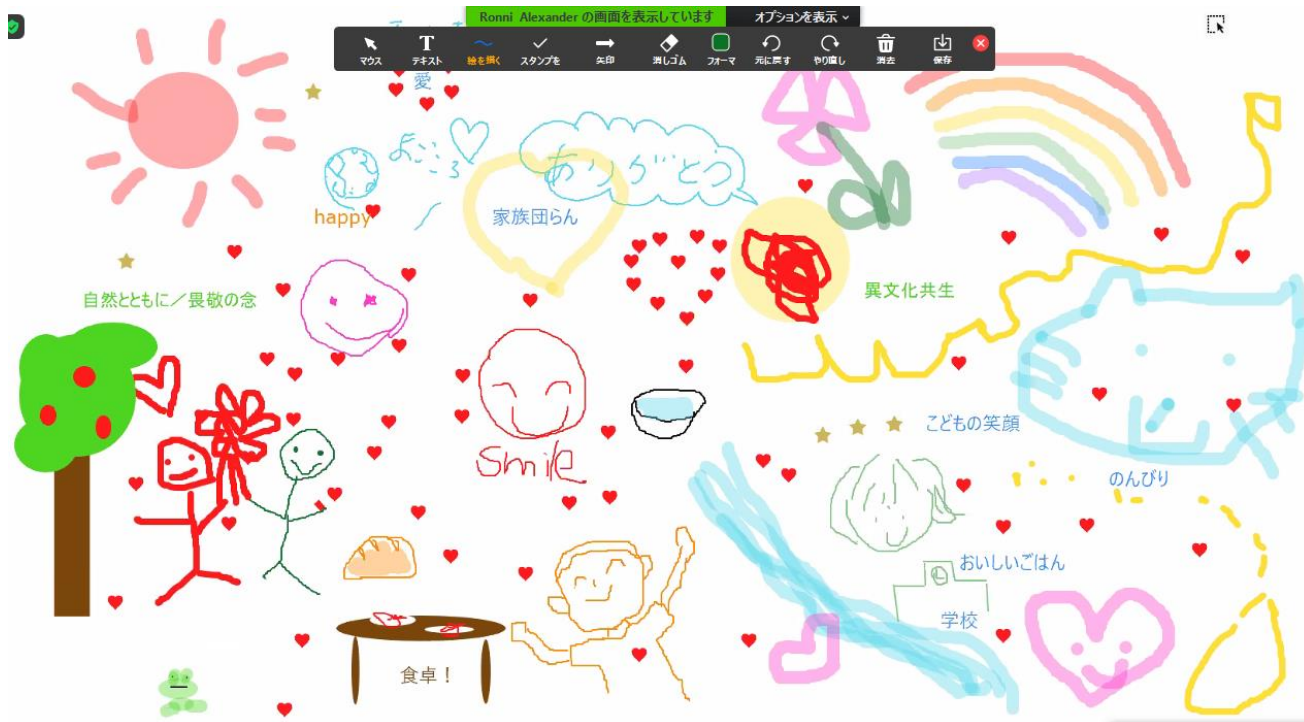
17th Seminar on Development Education and Education for International Understanding of Multi-Cultural Living Together

The “17th Seminar on Development Education and Education for International Understanding of Multi-Cultural Living Together” was held online on 4~6th August. People who are interested in international understanding gather at JICA Kansai every year, but this year’s seminar was held on Zoom because of the coronavirus. Fortunately, with Ronni sensei’s big support we could have a “Popoki peace workshop” session online.

In the session, we learned about peace, exchanged our opinions and did some activities. Since COVID-19, wearing masks, washing our hands, and sanitizing is getting to be our new normal life style. But how about people who have no Home or access to clean water? Ronni sensei gave us some situations to start thinking about being and feeling safe for people who are suffering in those situations. We have to remember that our peace may not mean that others have peace, too. After learning about “being and feeling safe” and “peace” we tried to draw a picture: A town living with Popoki in peace with everyone being and feeling safe. It was the first time to draw a picture using Zoom but we tried to express about love, smiles, nature, and Popoki.

Drawing online is more difficult than offline because it is hard to communicate with other participants. But, in the end we were able to join together to make a peaceful picture and have a peaceful time through the power of drawing.

Kobe YMCA
Aiko Nakamichi



Hyogo University of Health Sciences Outreach Project
10th Peace and Health Workshop: “What Colour is Health?”

Yakonyan

On Saturday, 24 October 2020, the Workshop “What Colour is Health?” was held online from 2 – 4 pm. Around 15 persons speaking in English and Japanese participated in this workshop.

First, we started the workshop with Poga. Rotating our shoulders refreshed the participants. Next, participants read pages from Popoki’s Peace Books in turn, which let us think about health and peace. Then we discussed whether some pictures shown by the facilitator made us feel health or peace. We shared our various perspectives concerning photos of crowds of people wearing masks, camping solo by a quiet lake side, a hot pot meal and so on. Do you think a dog wearing a mask and walking with a smiling human feels peaceful?

What colour is health for you? Colours connect to our emotions. Tomorrow’s colour of health may be different from today’s colour of health. In the workshop, the participants shared their colour of health; Orange, Sky blue on a sunny day in autumn, Ocean blue, Green of plants, Yellow of the sun, Colour of sunflowers, Lavender, Magenta.... Popoki may give us the message ‘We can share together easily because we think everyone is imagining the same colour. But, in fact, even with the same word, the colours imagined by each person are different. It is very important to remember and explore this.’

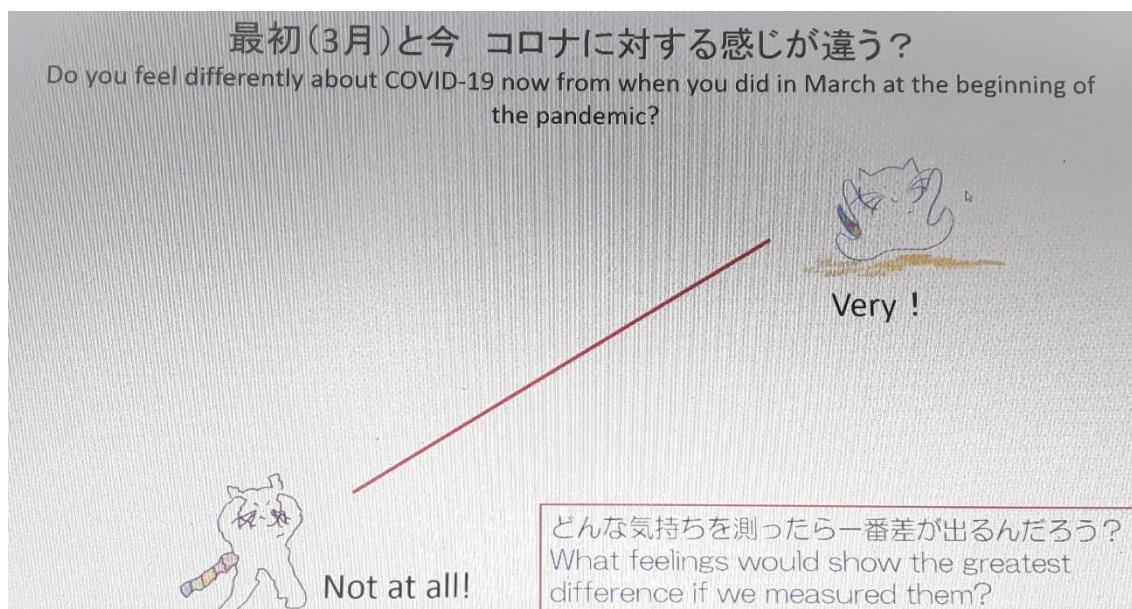
Afterwards, we watched the video of Popoki’s Mask Gallery. It was created by Ronyan to reflect on the experience of everyday life during the pandemic with a smile, using the mask as the symbol of the COVID-19 pandemic. It might be true that for many of us, we feel differently about the coronavirus now than at the beginning of this pandemic. We shared our feelings, discussing how they have changed from last March to now. From this discussion, I learned that it is necessary to reflect on what has changed and why it has changed, and not to be easily swayed by others.

We learned about the coronavirus and pandemics through the presentation by Satonyan. It was

interesting and useful. Satonyan said that people around the world have to unite and work together to deal with COVID-19 because overcoming a pandemic takes hard work and there are lots of difficulties.

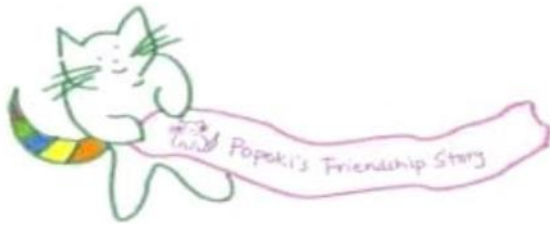
After that, we engaged in drawing. We started with, “Popoki was crying.” Participants created stories and drew pictures online, thinking about a life of safety, peace and health for everyone. Lastly, we reflected together on what is necessary for us. Ronyan concluded the workshop saying, ‘a society that does not protect the mental and physical health of its members is not a peaceful one. I hope we can work together to build such a society. The pandemic has given us an opportunity to think about it’.

Thank you very much to all the participants and to Hyogo University of Health Sciences.



A screen at the workshop





Popoki's Interview

* 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 Yuka Asa about Seoul.

COVID-19 in Seoul, South Korea

Interviewer: Yuka Asa

Hello, I am Yuka Asa. I conducted an interview with my friend Mika about "COVID-19 in the country that you live in" because I hoped she would express her own situation freely. I got her approval to put her name in my article.

Mika: She reported about COVID-19 in Seoul, South Korea.

The main street of Hongdae, Seoul. Almost all people on the streets wear masks despite the hot and humid weather. Many shops and food stalls are open, but they are less crowded than usual as they don't have foreign tourists at the moment.



Figure 1: The main street of Hongdae



Figure 2: The main street of Hongdae



Figure 3: The cityscape

Restaurants, cafes, and bars are open as usual. Some of them are full and have customers queuing in a line. As far as I know, most of the places don't practice social distancing both between customers and servers.



Figure 4: Cityscape



Figure 5: Subway

Almost all bus and subway services are operating as normal, except airport limousine and AREX express trains. Busy bus lines have added extra services to reduce passenger congestion. Every passenger on board is requested to wear masks and all subway stations sell surgical masks at market price for those who need one.



Figure 6: Hand sanitizer gel



Figure 7: Wrist band

(Left) The Government provided free surgical masks and a bottle of hand sanitizer gel to international students.

(Right) The University introduced an infection control system following the reopening of their campuses. All the faculty, visitors, and students were required to declare their health condition upon their visit to campus, scan their student ID QR code (students only), and wear wrist bands within the university campus.



POPOKI'S EASY POGA

Lesson 151 This month's theme strengthening our core and thigh muscles!



1. First, as always, sit up straight and look beautiful.
2. Now, lying on one side with your legs straight, slowly raise and lower the top leg. Repeat on both sides, 10 times each.
3. Next, still lying on your side, bend your knees. Keeping your ankles together, open and close your knees as if you were a giant clam. Repeat on both sides, 10 times each!
4. Okay! Staying on your side, straighten your legs and raise both together! Repeat on both sides, 10 times each!
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: 2020.12.11 @ zoom* & Ponenkai! 19:00~**

* It is always the same link but please contact Popoki if you need it.

** **Important! Preparation for Ponenkai:** This year we will reflect on our year, focusing on feeling safe and peace in our daily lives. To prepare, each person will “map” places or spaces where s/he feels safe and/or peace.

Easy version: Take photos or draw pictures of those spaces, and bring them to share!

More complicated version: Mount your photos/drawings on a map!

At Ponenkai we will look at the photos/maps together, reflect on this year and get ready to meet the new year with a smile!

Book Suggestion from Popoki's Friends

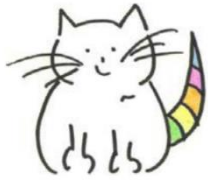
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What Popoki Means to Me

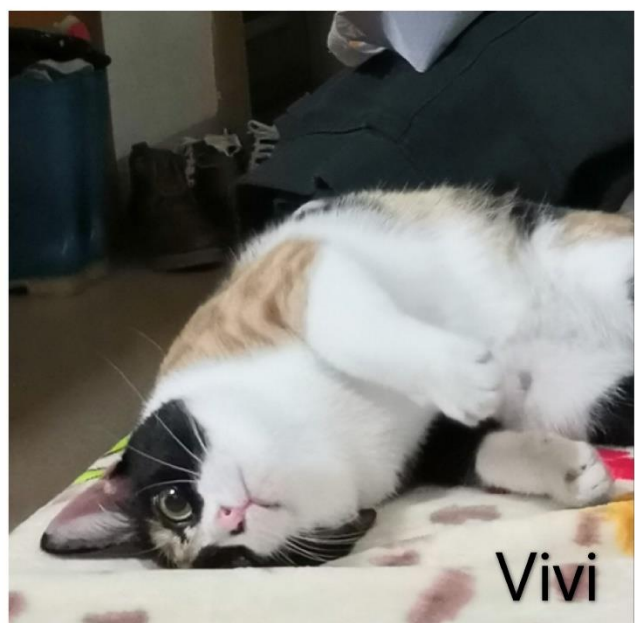
Jean-nyan

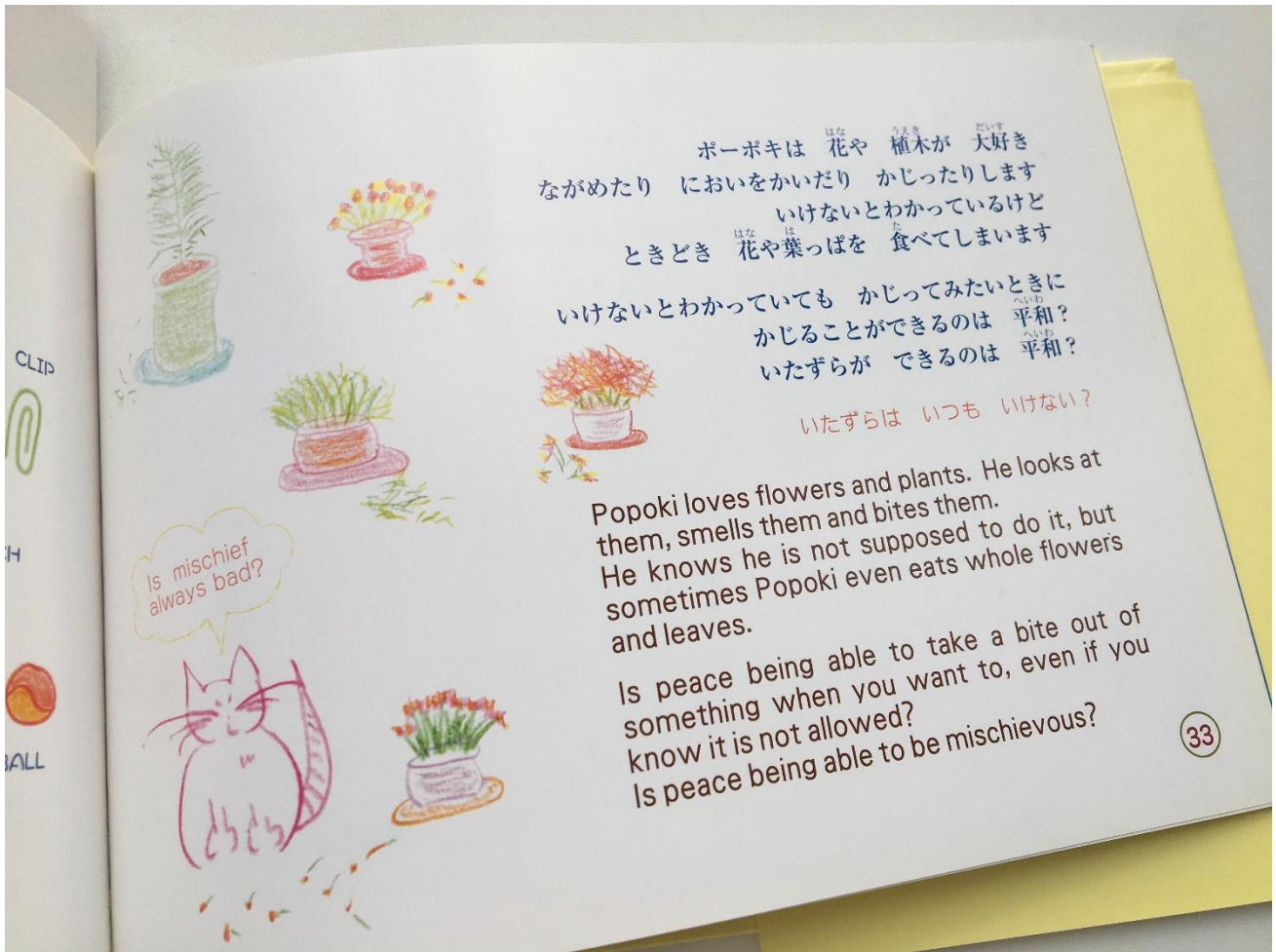
My first contact with Popoki was the week when I first came to Japan at the end of September 2019. Before that, I only knew that Popoki was a cat with a colorful tail. After participating in several of Popoki's events, I began to realize that Popoki was more than a cat, but a group of cats dedicated to creating a more peaceful world.

By reading Popoki's books, I realized that peace was not only the absence of war but also a good relationship, an equal status, and a healthy consciousness. From KATO Yuko-san's story of Fukushima to discussions on the Treaty on the Prohibition of Nuclear Weapons, I learned that the process of achieving peace was not easy. During COVID-19, by doing interviews and expressing myself in Popoki's workshops, I found that although we all liked peace, the understanding of peace was a little different among individuals. More inclusion and understanding are needed in our world.

About Popoki, one of the happiest things for me is sharing. I have a best friend (Lin) in Guangzhou, China. She loves cats so much and now is living with two. When I mentioned Popoki to her, she was excited and wanted to introduce Vivi and Whitzard to Popoki. I was very happy that she was not only interested in the cat named Popoki but also the peace issues that I discussed with her. Popoki can't even imagine how many friends he has around the world!

Popoki really changed my ways of thinking and acting. I hope he will be able to broaden people's understanding of peace, to learn deeply, touch truly and think flexibly.





I like this page in *Popoki, What Color is Peace?*



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!

Popoki Peace Project popokipeace-at-gmail.com

<http://popoki.cruisejapan.com>



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THANK YOU FROM POPOKI!