

Popoki



Newsletter

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

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February! Cold every day, but warm with chocolate and smiles and love!

Popoki is happy, even if he wears a mask and distances himself.

He is happy to be your friend, and hopes you are happy, too!

Popoki's Hot News!



"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, *Yogiknyan*, sent the following piece of peace.

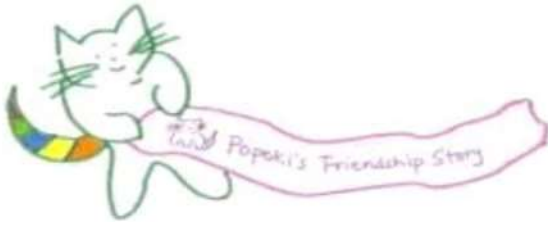


"Recently, I met a new friend, a new student at the university. He is from Argentina. Sometimes, living abroad by yourself can be very difficult. I am happy to make and build a new friendship with him considering we both are foreigners.

He introduces me to his culture, "Mate", which is basically similar to a tea but from different plants. When we drink Mate, we feel so relaxed, so calm. Mate brings peace to our inner soul. Sometimes, finding peace can be as easy as drinking Mate or Tea. Would you share with me, how do you find your 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) !





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 about Germany.

COVID-19 in Germany

Interviewer: Yuka Asa

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

Marscha : She reported about COVID-19 in Germany.

The thing is... everything is very close to normal. Yes, in stores people wear masks but that's pretty much it. The stores are open, the streets are not empty.

But I figured out that the German way of dealing is with rules. There are so many; some are useful and some aren't.

There is also a regulation that says that when you buy ice cream you are allowed to lick dripping ice cream in front of the store but not more than necessary to stop the dripping. To eat it you have to go at least 50m away.



Figure 1: In front of the store

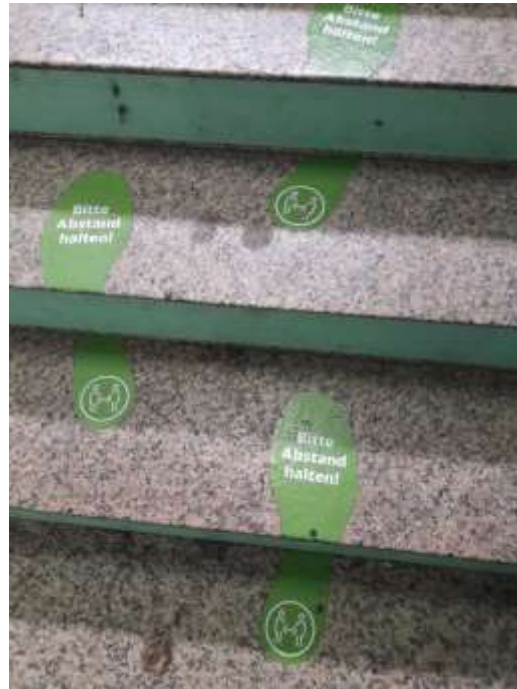


Figure 2: Notice of social distancing

Another example of a rule for the not so useful regulations is that you are just allowed to enter the supermarket with a shopping cart. That is meant to make people keep distance but that only works if people would just walk right behind each other, which is not the case in a supermarket. Also, it's not that the shopping carts get disinfected before use. So that actually is a stupid rule. I think it does more harm than good. But I need groceries so I need to follow that rule, too.

And most regulations are useful. Masks, distance, going in a shop from one side and outside through the other way.



Figure 3: New rules



Figure 4: The entrance of a store



Figure 5: Closed room at a station



Figure 6: New rules for preventing infection

POPOKI'S EASY POGA

Lesson 154 This month's theme is swing!



1. First, as always, sit up straight and look beautiful.
2. Now, stand and spread your legs wide. Swing down and touch the outside of your left ankle with your right hand. Now touch the outside of your right ankle with your left hand. Go back and forth, not up and down, 10 times.
3. Next, stand and stretch your arms up. Now swing down, bending your knees and touching your hands to the floor, and then swing back up to where you started. Repeat 10 times, but be careful to keep your knees over your ankles.
4. Okay! Next is circling! Circle to the right with your arms outstretched, coming down to the floor in front of yourself and then circling back up the left side. Repeat three times and then change direction.
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: 2020.3.15 @ zoom* & Ponenkai! 19:00~**

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

~~2.26 (Tentative) Workshop for 5th grade students at Ofunato Kita Elementary School~~

~~3.10-31 (Tentative) Workshop for 5th grade students from "Dreams!" Fifth grade students from
Ofunato City. to City Board of Education, Kobe
University GSICS; Cooperation Popoki~~

Our participation cancelled due to
COVID-19→video message!

Book Suggestion 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.

Popoki in Print * Back issues of Popoki News: http://popoki.cruisejapan.com/archives_e.html

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- “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)
- ‘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 Demenchonok, 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
- ‘Ujo 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 (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
- “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/>





What Popoki Means to Me

Bethanyan

I first met Popoki almost two years ago. Like many others, I was introduced to Popoki by Ronyan. Rainbows? Cats? Of course, I was immediately interested.

Over time though I've come to think that Popoki appears differently to different people. I've talked to Ronyan about this before, about how different our answers about peace can be. I don't believe there's ever a "right" answer, rather our "own" answer. All of our answers, like our feelings are valid.

I enjoy sleepy Popoki and happy Popoki, but the Popoki that always stands out to be is angry Popoki. Many people would probably question what anger has to do with peace. Some would even assert that they're opposites, but I think that anger is very important to peace. When I was younger, I held onto a lot of anger. I tried my best to bury it, but I felt so guilty for being angry. The guilt grew and grew until it was worse than the anger itself. Only when I accepted my anger and recognized it valid, was I able to heal.

Some people feel peaceful eating sugary cakes while others feel it eating spicy curry. Things that are happy to one person, may be painful to another. In this world, with so many people and so many different experiences, and different strengths and weaknesses, it's impossible to avoid being hurt and hurting others. What's important though is working together to balance those feelings, recognize the validity of those feelings, and turn them into positive action.

Popoki is a reminder of that to me. I've really enjoyed getting to teach children about Popoki. Too many times adults teach children what they should or shouldn't feel, but not how to talk about their feelings. I think that now, at a time where many people feel divided or have trouble accepting themselves or others, Popoki could help a lot of people.



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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THANK YOU FROM POPOKI!