

Popoki



Newsletter

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

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July! Rainy season ended and all of a sudden it was immensely hot!
Popoki's solution for hot days: lemonade, watermelon and ice cream!
What is your solution?

Popoki's Hot News!



"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>

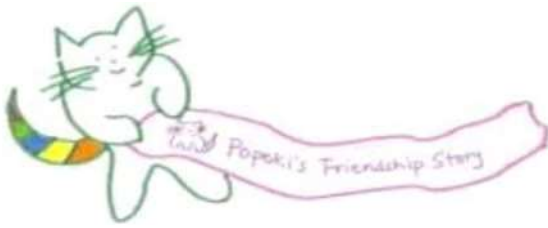
Piece of Peace

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



"When I turn off my phone, leave my computer behind, walk into the woods and stand in the shade of a great tree and begin to hear/feel its soft, gentle hum, I feel 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 New Zealand.

New Zealand in Covid 19 —"Go hard, Go early"

Interviewee : Pro. Alexander Bennett

Interviewer ; Shiro Nagashige

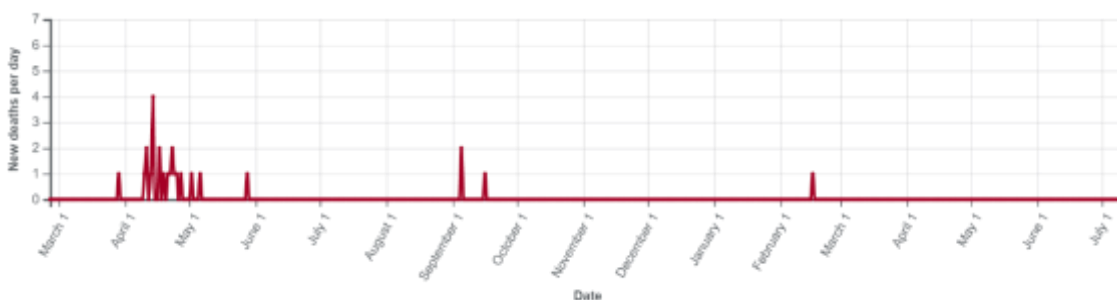
New Zealand is said to have succeeded in combating the new coronavirus infection. I interviewed Professor Alexander Bennett (at the Division of international Affairs at Kansai University) from NZ to find out why NZ was successful. The answers and writing are by Professor Alexander Bennett.

Q; Why has NZ been able to reduce Covid-19 infections? What have been the NZ Government Measures and Public Support ?

A; New Zealand has been internationally praised for its successful response to the Covid-19 pandemic. Some recent polls suggest that New Zealanders are proud of their country's response and have been, for the most part, very supportive of government measures taken to mitigate the spread of the deadly virus. This was made evident in Jacinda Adern-led Labor government's convincing win at the recent elections.

That is not to say that New Zealand has not suffered in the pandemic. Being an island country in an isolated part of the world, New Zealand's economy is reliant on contact with other countries and needs the billions of dollars from its millions of tourists who visit(ed) each year. Nevertheless, in terms of infections and fatalities, New Zealand is in a league of its own. As of writing this article, a total of 26 people died from Covid-19 in NZ since the pandemic closed the world down.

●New deaths per day



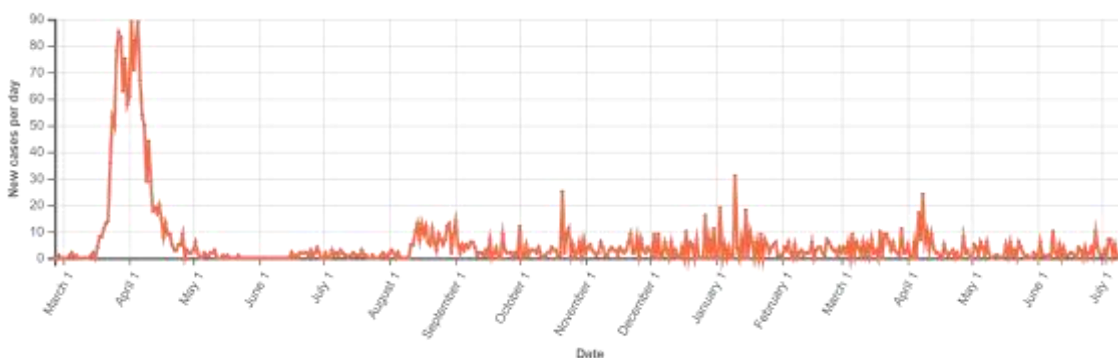
Q: What is the status of quarantine?

A: As it stands now, New Zealand and Australia recently opened up a travel bubble that guarantees quarantine-free coming and going between the two countries. This is considered the first step in stimulating cash flow in both economies and bringing things back closer to a pre-Covid sense of normalcy. At the same time, New Zealand's borders remain closed to India where the highly contagious Delta strain is prevalent and non-citizens are still not easily able to enter the country. Citizens, permanent residents, and a handful of people who are permitted to go through New Zealand's borders must undergo two weeks mandatory quarantine in a government-run facility. The quarantine facilities are overseen by the NZ military to increase security measures. Each day, there are news reports of infections caught at the border, but so far, the strict quarantine protocols have prevented the virus from spreading into the community.

Q: How about citizen life?

A: Inside New Zealand, however, apart from the quiet airports and lack of tourists, foreign workers, and international students, life continues pretty much as normal. Schools, pubs and restaurants are business as usual, and the world looked on in envy as New Zealand recently completed its highly competitive Super Rugby competition with thousands of supporters filling the stadiums.

● New cases per day



Q: How did New Zealand fare so well when compared to most countries around the world?

A: Of course, the country's isolation played an important part. So too did its relatively small population of around five million. There is also undoubtedly a large degree of luck as well. These factors combined with the government's swift response and firm leadership based on the strategy of *"Go hard, Go early"*

Q: What about the leadership of Prime Minister Jacinda Ardern?

A: On March 15, 2019, Prime Minister Jacinda Adern earned considerable international praise for how she dealt with the Christchurch mosque shooting tragedy. She was able to show genuine empathy to the victims and the plight of the Muslim community and was able to bring the country together in one of the most trying times in the country's modern history. Almost exactly a year later, on March

22, 2020, her leadership skills were once again to face the test of fire. She announced that there were COVID-19 infections in the community. On February 28, 2020, New Zealand confirmed its COVID infection. A woman in her 60s who had recently returned from Iran was diagnosed on February 26.

Thanks to foresight, good planning, and willingness to follow the advice of New Zealand's experts in epidemiology, New Zealand decided to go into a "level 4 lockdown" on March 24. Everything was closed down except for businesses such as supermarkets, hospitals and anything designated as "essential services". The stated goal for New Zealand's early lockdown was to break the chain transmission.

On 21 March, the Government introduced "a four-tier alert system". This placed the country's population and economy into full lockdown from March 25. The lockdown was a drastic measure but was necessary for the government's elimination strategy to have any chance. Restrictions on mobility and economic activities were gradually lifted on April 28, May 11, May 25, and June 8 as community clusters disappeared. Even though Level 1 restrictions were lifted in June, border restrictions were strictly enforced to prevent the virus taking root again.

- The four-tier alert system

Level 4: Sustained and intensive community transmission is occurring. Widespread outbreaks.

Level 3: Multiple cases of community transmission occurring. Multiple active clusters in multiple regions.

Level 2: Limited community transmission could be occurring. Active clusters in more than region.

Level 1: COVID-19 is uncontrolled overseas. Sporadic imported cases. Isolated local transmission could be occurring in New Zealand.

Q: Concerns about re-spreading of infection in NZ

A: With the Level 4 lockdown, New Zealanders were instructed to stay home in their "bubble" and prohibited from leaving home other than for essential personal movement. Safe recreational activity was allowed in local areas close to home, but travel was severely limited. All gatherings (including funerals, weddings, sports etc.) were cancelled and all public venues closed. Businesses were closed, except for essential services (supermarkets, pharmacies, clinics, petrol stations, etc.) and lifeline utilities. Educational facilities were closed. It was a difficult time for individuals and businesses alike, but New Zealand followed the government's advice with little complaint, and tuned in diligently to the daily news conferences headed by Jacinda Adern and the country's director-general of health, Ashley Bloomfield. In terms of clear and concise risk communication, the value of these news conferences to allay the fears of New Zealanders and keep them informed with the latest information cannot be overstated.

Nevertheless, not being able to work was a serious concern for wage-earners. The government

strategy here was to provide financial aid to businesses and workers by subsidizing income.

The “*Go hard, Go early*” response is generally seen having been a resounding success, but the specter of community infection remains a constant concern. Since the initial lockdown, Auckland has gone into Level 3 lockdown three times due to small clusters of unknown origin. Still, comparatively speaking, these have been short in duration with the longest period being just 7 days. As a result of this success, New Zealander’s use of masks and tracer apps have been quite lax.

With the roll out of vaccines internationally, a continuing challenge for New Zealand now is when to restrict border controls and open the country up to international travelers. Negotiations are being continually held with Australia, Cook Islands, and Fiji about creating a regional travel bubble, but recent sudden increases in community transmissions in Australia and Fiji demonstrate how precarious this can be. Due mainly to restrictions on international supply, the vaccine roll out in NZ has been slow to date. At the time of writing this report, so far only 10 % of the country’s population has been vaccinated. Priority populations, border workers, health care professionals and relatives are being vaccinated now, whereas the rest of the populations is scheduled for the second half of the year.

●After the interview

From Professor Bennett’s words, the qualities of a leader were considered to be as follows:

- The power of words
- Persuasiveness
- Execution power
- Empathy
- Honesty

And overall, I think that excellent communication skills are the fundamental qualities. It seems that the biggest factor in Prime Minister Jacinda Adern having been accepted by the people is that she always works from the same perspective as the people and her communication skills are excellent. The people are always watching the leaders of the country fighting with them, and if it is just performance, it’s easy to see.

What about our Japanese Leaders?

Thank you,

Shiro Nagashige (Shironyan)



POPOKI'S EASY POGA

Lesson 159 This month's theme is stretching our legs and backs!



1. First, as always, sit up straight and look beautiful.
2. Now, stand up and bend forward, touching your hand to your feet, ankles or the floor. If you need to, bend your knees. Take 5 deep, slow breaths.
3. Next, walk your hands along the floor to the left. Can you feel the stretch? Take 5 slow, deep breaths here. Then walk your hands to the other side and take 5 slow, deep breaths there.
4. Okay! Now raise your arms and lean back into a gentle backbend. How about another 5 deep breaths! How does it feel?
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: 2020.8.24 @ zoom* 19:00

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

8.4 15:00~16:30 Seminar for Multi-cultural Living Together: "Thinking with the cat Popoki about being and feeling safe, and making peace!" Online seminar, advance reservation required.

In Japanese. For more information refer to: <<https://kobeymca.org/data/pdf/20210803.pdf>>

8.6 About 8:00am Hiroshima Day event: conversation with activists from USA and Guam. Maybe a movie, too! (online on zoom).

10.10 In person Nada-Challenge!?!

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.

•アレキサンダー ロニー&桂木聡子 (2020)「被災体験後「今」を表現する : 絵から読み取れる被災ナラティブ」『国際協力論集』27(2)、17-32 (2020年1月発行) http://www.lib.kobe-u.ac.jp/infolib/meta_pub/detail

• Alexander, Ronni (2021) "The Meaning of Art in Disaster Support: Stories from the Popoki Peace Project" *Journal of International Cooperation Studies*, 28(2), 1-22. http://www.lib.kobe-u.ac.jp/infolib/meta_pub/detail

Popoki in Print

* Back issues of Popoki News: http://popoki.cruisejapan.com/archives_e.html
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Experiencing Disaster: Reading Disaster Narratives from Drawings.” *Journal of International Cooperation Studies*, 27(2), 2020.2.

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- 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/>)
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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
- *Yujo 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

by Nikita

“Girls like cats and boys like dogs, but I like this cat too!” Nikita



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!