



August! In Kobe where Popoki lives, there is usually a big sun shining and it is very hot! But this year almost every day it is raining. When it is dangerous, Popoki stays quiet, but otherwise he plays in the puddles! How are you spending your summer?

## 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, Jean-nyan, sent the following piece of peace.

"Recently, I went to the dentist for treatment for periodontal disease. Although there were communication difficulties, the doctor patiently explained to me with pictures. This increased the number of times I went to the hospital, however, I felt that I was fully respected and cared for. Being able to remain patient in the case of language or cultural differences is probably 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) !

## Thinking about Peace

Ikumi Matsuhama  
High school student, 3<sup>rd</sup> year  
17 years old

*\*Every year, Popoki hosts a gathering to remember the atomic bombings of Hiroshima and Nagasaki and to think about peace. This year, Matsuhama-san joined us with her teacher, Tamura-sensei. This is her report.*

Since I am a Japanese student, I learned about the nuclear bomb and what happened to Hiroshima and Nagasaki when I was in elementary school. However, as time goes by, I have forgotten a lot of important things that I learned in the past. I could not realize what day this was until Mrs, Tamura told me.

I assume so many people who are my age or in my generation do not know what date this is. Sadly, young people who live in Japan do not remember accurately how terrible and sad things happened to Hiroshima and Nagasaki. Also, I did not know that there are



hundreds of people who suffer from symptoms caused by nuclear bombs. When I heard that fact, I was just sad. Through my feelings, I realized that the opportunities for us to learn deeply about the wars are not enough for children. I believe the lack of those opportunities can simply lead Japanese people to forget the importance of peace and fighting for justice.

The meeting reminded me of the horrors of war. I think it is our responsibility to keep telling sad stories that people faced in the past to the next generations. We should never forget the terrible effects of wars.

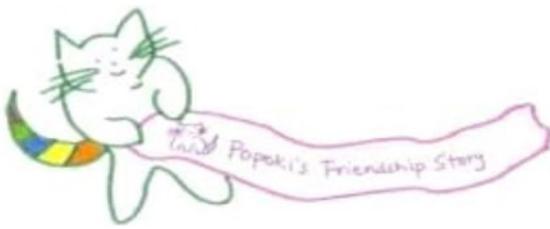
Since I joined today's meeting, I will be the one who tells young people the stories of wars. My dream is to make my own business that is related to children in America and ultimately, I want to come back to Japan and organize a support group for children whose parents are single. If my dream comes true, I want to be a person who can tell the stories and importance of peace to children all over the world.

I wonder why people keep having fights and wars. I just feel it is sad and no point to do it. It hurts thousands of people. No one can be happy with it.

All I can do now is to pray for peace and tell people the stories.

Thank you so much for giving me a great opportunity to contemplate the importance of peace and fighting for justice. The meeting was so helpful for me to think over the peace.





## \*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 many countries about masks!

.....

**What does wearing masks in different countries look like?**

**Interview by Lanyan**

COVID-19 has spread across the whole world and made people become very cautious – everyone is wearing masks now, washing hands more often, wearing gloves, using hand sanitizer. It is interesting how these measures are different across the countries!

Lanyan asked her friends from different countries what the situation on wearing masks in their countries looks like.



### **Natsunyan:**

In Japan we always wear masks and it is very difficult to see someone without the mask on the streets. We even have a mask sun burn!

However, it was surprising to see how it was different at the beach and water parks this summer in Japan! No one was wearing masks and now numbers of infected people are growing!





### **Ritanyan:**

In Tajikistan, it is very common not to wear masks and the government/businesses do not insist on enforcing people to wear them. May be that is why COVID-19 is so spread in our country.



### **Nikolettanyan:**

In Moldova, government made people wear masks everywhere, even in the parks and other open spaces! However, not many people followed the rules. Now, we are allowed not to wear masks in the parks but they are necessary if we walk on a crowded street or enter a shop or a supermarket.



### **Katenyan:**

In Russia, government is very strict about COVID-19 measures. Citizens had to pay the fee if they did not wear masks at some point. Lots of people were following the rules, lots of people have not. However, now less and less people are wearing masks, because they are vaccinated and the government enforces people to vaccinate and provides accessible points for free vaccination in supermarkets, shopping malls and pharmacies.



### **Tanyan:**

In Germany, many people are vaccinated. In my city, 80% of the citizens have received their first shot. Almost no one is wearing masks, and the rates of infected people are slowly decreasing recently.

**Do we need or do we not need to wear masks? Maybe we should make our masks more fun and enjoy wearing them and protecting ourselves like Popoki does? Popoki likes wearing masks and he has hundreds of them! What is your favorite one?**



Lanyan wants to have one with the pig!



# POPOKI'S EASY POGA

Lesson 160 This month's theme is stretching our back side!



1. First, as always, sit up straight and look beautiful.
2. Now, stand up and raise your arms. Keeping your legs in place, make a big circle by slowly move your arms to the right, down and back up to the left. Repeat a few times, and then try it in the opposite direction!
3. Next, with your hands on your hips, try drawing circles in the air with your rear end! Make 5 slow circles going one way, and then five more going the other way. Are you remembering to breathe?
4. Okay! Now gently get onto your knees with your hands stretched in front of you. It is time for more circles with your rear end! Remember to keep your tail up!
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: 2021.9.21 @ zoom\* 19:00

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

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](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](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](http://popoki.cruisejapan.com/archives_e.html)  
➤ Alexander & Katsuragi. “Expressing ‘Now’ after

Experiencing Disaster: Reading Disaster Narratives from Drawings.” *Journal of International Cooperation Studies*, 27(2), 2020.2.



- “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](http://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](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
- *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](mailto: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

Eva-nyan

Popoki is a figure that is always happy all the time.

But Popoki will be sad if Popoki sees us sad.

Popoki will approach us and comfort us.

Popoki shares his love with anyone who needs it.

Let's hope that anyone who experienced this love could share the love with others 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>**



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

**Account Name** ポーポキ・ピース・プロジェクト神戸

**Postal Account number:** 00920-4-28035

**Postal Bank (Yuucho Ginko) account number: Branch No.:099; Branch name: 009 店、special account(当座) 0280350**



**THANK YOU FROM POPOKI!**