



October! But almost November! At this time of year, Popoki enjoys Halloween, and then he enjoys autumn. How about you?

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>

Let’s make a Peace Pakupaku with the cat, Popoki

<https://youtu.be/FoT4pCWWRnQ>

NEW! See
p.2

Piece of Peace

One of Popoki’s friends, Chiaki-nyan, sent the following piece of peace.

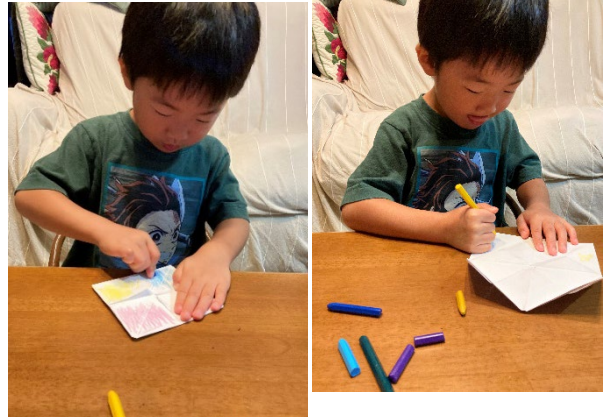
It is on the next page, so please have a look!



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) !

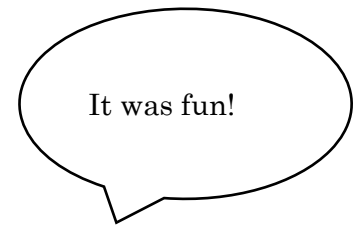
Piece of Peace

Hi! I am Chiaki Ueminami, 4 years old.
I made "Peace Paku Paku" with my mom by watching the video "Let's make Peace Paku Paku with the cat Popoki!"



While watching Popoki's video, I thought about the five senses of peace, the smell, the color, ...
That was,

The smell of peace ... the smell of a kitten
The color of peace ... white (color of clouds in the sky)
The taste of peace ... the taste of bananas (because I like bananas)
The sound of peace ... the sound of water
The feel of peace ... a fluffy towel



Making Peace Paku Paku together

Last weekend, my son, Chiaki and I made Peace Paku Paku together.

While making the Paku Paku, we thought about "what is peace?" But it seemed that it was a little difficult for the four-year-old guy.

One by one, I asked about the five senses of peace, and he replied with reason and I wrote down his answers. We enjoyed watching the video and making the Peace Paku Paku, from beginning to end.

It was a good opportunity for parents and children to talk about peace.



Noriko Ueminami

Here it is!

Some comments on last month's "Hiroshima Day Event" Report

* In last month's "Popoki News" we had an article about our Hiroshima Day event (Morinyan). Some of Popoki's friends responded with comments, and I have posted two below. Thanks to both of you!

Reading about the showing of "The Lost Generation" on "Hiroshima Day" made me remember watching it with my students every semester (I addressed especially the groundbreaking pacifism of Japanese current constitutional law). I always invited *hibakusha* to come to the class and talk about their experiences, and I remember being impressed when the *hibakusha* told me that among the documentaries made with film gotten through the 10 Feet Campaign, "The Lost Generation" is the best. Until I entered university, I did not really know much about the atomic bombing of Hiroshima and Nagasaki. But I learned that the mother of a university friend of mine had been in Hiroshima when the bomb was dropped, and had lost a close family member. When I heard that every year on 6 August, she cries while watching the Peace Memorial Ceremony on television, it was the first time I felt that the bombing was something real. This experience lies at the base of my work of the constitutional law.

Thank you for sending "Popoki News." I read the "Hiroshima Day" report with interest. I did not know that the film "The Lost Generation" was made from film bought through the Ten Feet Campaign. One of the people I do volunteer work with was exposed to the bomb when he was still in his mother's uterus. On 6 August, just three months after he was conceived, he lost his father near the hypocenter of the bomb. There is a poem with the same name as the film, "*Ningen wo Kaese*" (Give back humanity) by TOGE Sankichi, and he is always tearful when he reads it aloud. "Give back my father" must have a very personal meaning for him.*

By the way, you have actually met TANIGUCHI Sumiteru. What a special experience. I will never forget his message that he read at the Nagasaki Peace Memorial Ceremony as the representative of *hibakusha*. Having young people engaged in continuing these activities gives me hope for the future.

(Urinyan)

*The English title for the film is "The Lost Generation," but the Japanese title is taken from the poem by TOGE Sankichi entitled "Give back humanity." See the following for an English translation:


<https://longdream.wordpress.com/2012/05/17/preface-to-poems-of-the-bomb-by-toge-sankichi-%E5%BA%8F-%E5%8E%9F%E7%88%86%E8%A9%A9%E9%9B%86%E3%82%88%E3%82%8A-%E5%B3%A0%E4%B8%89%E5%90%89/>






Popoki's Interview


Interviewer: Gabynyan* 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 an interview with Pen-chan and Popoki!



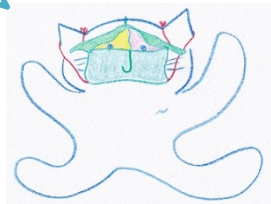
Hi Popoki, How are you?
Keeping well and safe?




I'm good, Pen-chan! How about you? I see you have your thermometer, but where's your mask?



Don't worry! I have it, but I was just having a fish! How have you been during COVID?



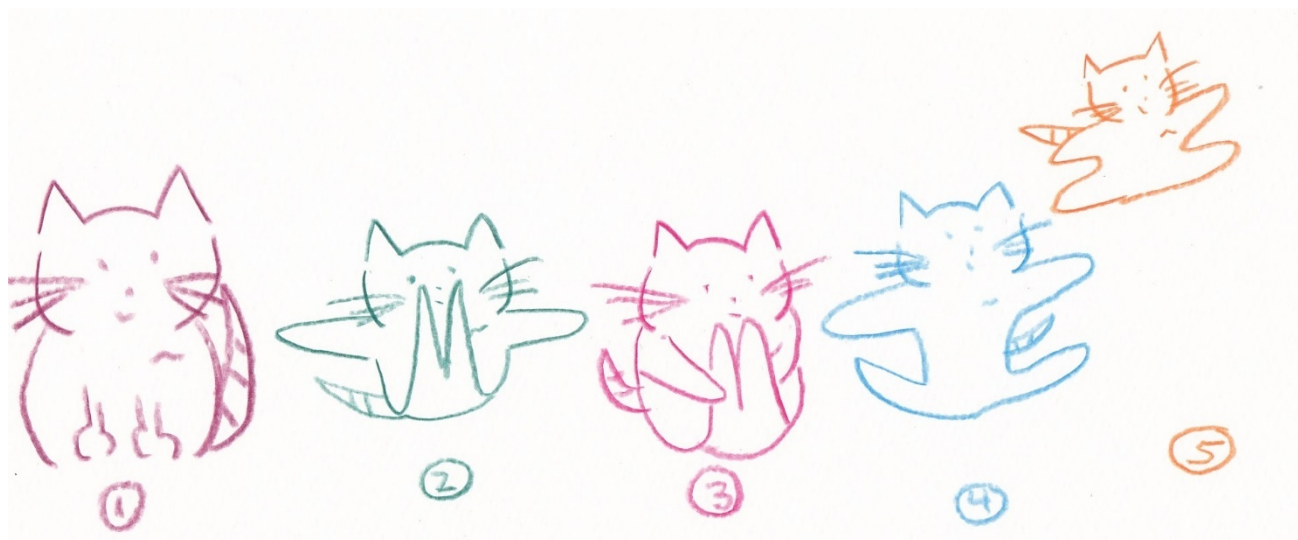
Thanks for asking! You will be able to read my story soon in *Popoki's mask gallery: Searching for anshin through art during the COVID-19 Pandemic*, a new book coming out in February, 2022! I hope you can wait that long!



Of course! Looking forward to it! I hope you include a penguin....

POPOKI'S EASY POGA

Lesson 162 This month's theme is abs!



1. First, as always, sit up straight and look beautiful.
2. Now, lie on your back. Keeping the small of your back firmly on the ground, raise your legs and spread your arms and hold....1....2...3...4...5...6...7...8...9...10! Repeat for another set!
3. Next, from the same position, this time bring your legs up and your arms in, and then lower your legs and spread your arms. Remember to stay just above the floor. 10 times? Another set?
4. Okay! Now extend your arms and legs to the sides. The raise your arms and legs so they are straight and meet above your stomach, and then lower and repeat 10 times? Another set?.
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: 2021.11.20 after the event @ zoom*

16:15

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

11.20 Peace and Health Workshop (Hyogo University of Health Sciences, online) 14:00

12.18? Ponenkai

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



第11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 2021年11月20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

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

Zoom開催となります

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「日常の健康づくりってどんな形？」

Workshop 2: What is the shape of everyday health promotion?

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.!

* 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。

We will fit each person's needs, so feel free to come!



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
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 your 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



Popoki in Print

* Back issues of Popoki News: 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
- 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
- *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/>



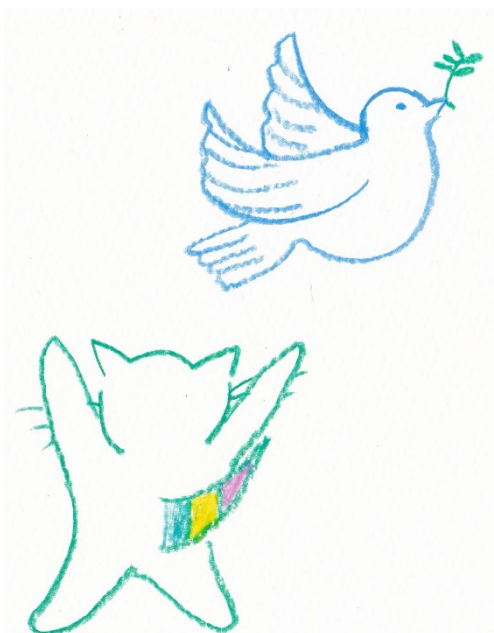
What Popoki Means to Me

Michinyan

Popoki is the cat who plants “seeds of peace”
in my heart.

Popoki is the cat who waters “nursery plants of peace”.
I Find peace in my heart

Popoki is the cat who connects plants of peace.
Peace in my heart weaves 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!