



December! Popoki likes holiday treats! How about you? And he is definitely looking forward to the coming of the Year of the Tiger!

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
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Piece of Peace

One of Popoki's friends, *Sasa-nyan*, sent the following piece of peace.

I have a son who was born this year.

He is so curious that I need to keep on him.

playing, taking a walk, reading picture books, singing, making baby food, my days with my son are happy and my peace. His smile makes my family smile and happy !



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) !

A report of “Thinking about health and peace with Popoki Workshop”

Yakonyan

Workshop: “What color is Health?” was held online at 14:00 on 20th November 2021. This workshop was held with the collaboration of Hyogo University of Health Science. It is held every year and this was the eleventh year. Due to the COVID-19 pandemic, it was held online this year, as well as last year. There were thirteen participants this year and one of them was from Canada.

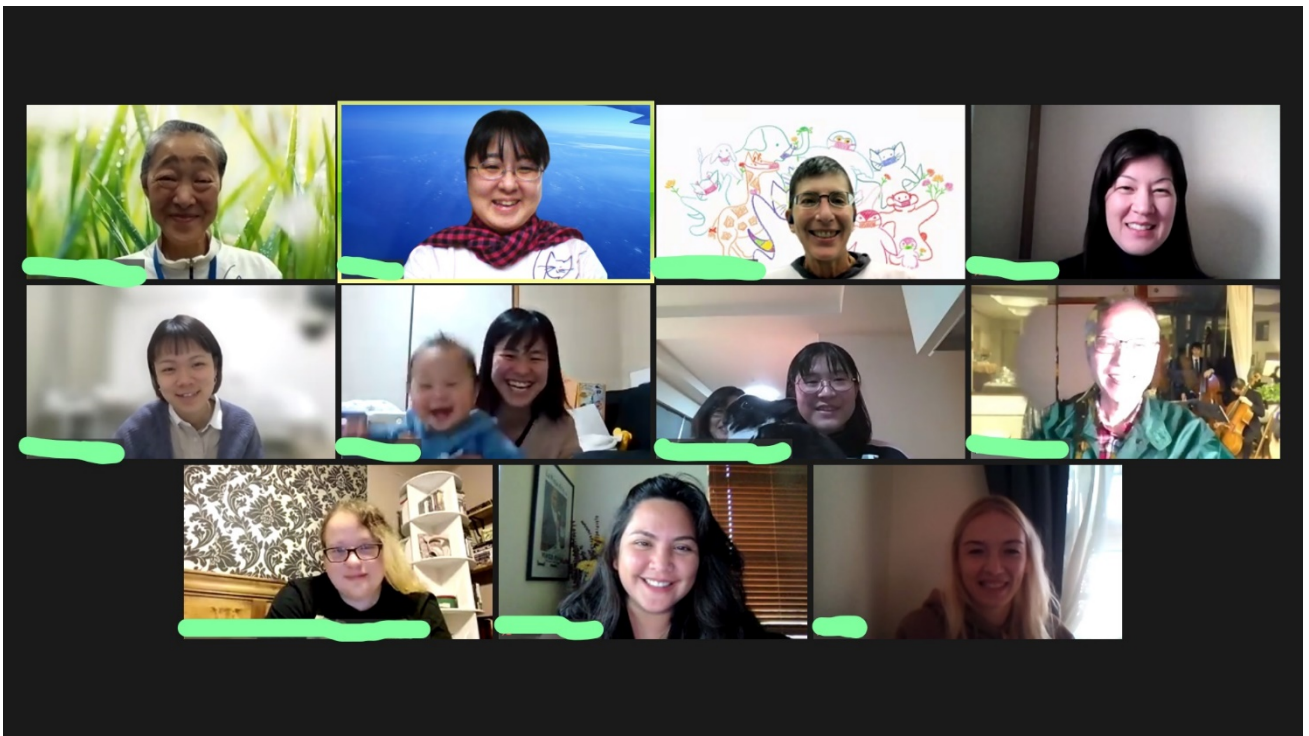
First of all, we did poga to stretch and relax our body. Unfortunately, our motion was limited using the screen. I have good memories of the peace and health workshop before the pandemic. At that time, participants did poga which was not so easy and needed to exercise much more actively. I hope we will enjoy moving our bodies more actively when we gather in a room next time.

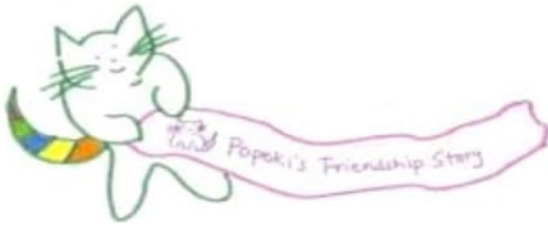
Secondly, all participants read aloud the pages about health and peace in Popoki Peace Books. Reading was in Japanese, English and Portuguese. We had a wonderful time. Then, when we saw pictures, we discussed whether they were related to peace or health and the reason why we thought so. These pictures showed scenes such as: A street crowded with people wearing masks under the emergency declaration; a group on a school trip to Hiroshima Peace Memorial Park where there are not so many people; a magnificent float parade in Gion Festival where people pray for easing disease; and a COVAX delivery aiming to achieve fair access to vaccines around the world. What was interesting is that most of the pictures were selected as both health and peace. I realized that health and peace are deeply connected to each other.

Next, we learned about the COVID-19 pandemic from the view of health science again. Compared to last year, we have much more information, including infectious capacity and fatalities because studies about the pandemic have developed and have been done for a long time. We learned lots of updated information and it was very useful.

Lastly, we had an exciting drawing time. Under the COVID-19 pandemic, Popoki is crying. We talked about what we can do for Popoki not to cry. Then, we drew pictures about our ideas and shared them. These pictures were amazing. I was moved by the consideration and kindness of participants.

I think such a workshop is really precious because we can have an opportunity to think and discuss important topics such as war, disaster and health with many people and Popoki. I feel so happy that there is a place close to me to think of peace and talk together safely. I look forward to joining in the workshop of “What color is Health?” next year.





Popoki's Interview

Interviewer: Evanyan

*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 by Evanyan, who has recently returned to Indonesia after graduating from Kobe University Graduate School of International Cooperation Studies!

Online and Offline Learning During Covid-19

Interviewer : Eva Suriani

Hello...my name is Eva. I conducted an interview with two children from Indonesia. Both of them are studying at a private-elementary school in Palangka Raya City. The online classes were started in April 2020. But then they have offline classes from August 2021. I asked their opinion about online and offline learning during Covid-19. Here is the interview.

Q : What is your opinion about online learning in your school?

R : I don't like it. I cannot play with my friends at school, cannot play football, and cannot visit the canteen.

M : I like it because I can study at home. I can watch TV and play with my friends in my neighbourhood.

Q : How is your feeling about offline classes?

R : I am happy because I can meet my friends, play with them, and buy something at the canteen even though I can only study for 3 hours a day at school. I also like to hear teachers' explanations offline because I can hear them directly from my teachers. Sometimes there was no direct explanation from teachers on online learning.

M : I am happy too because I can play with my friends at school. I like studying more at school because I can visit the canteen at break time.

Q : What is your opinion about Covid-19?

R : I don't like Covid-19 because I can not attend the extracurricular activity (football) at school.

M : I don't like it because I'm afraid to get infected.

Q : Are you afraid of Covid-19?

R : Yes, I am. Because Covid-19 can take lives.

M : Yes, I am. Because I'm afraid to get infected, and I don't like to hear news about Covid-19.

Q : What is your hope for the future?

R : I would like to study full time at school and participate in the extracurricular activity as in the past.

M : I would also like to study full time at school as in the past so I can meet and play with my friends.

Both of the children prefer offline learning to online learning even though they are afraid of Covid-19. They also hope that they can study at school as in the past. So let's hope that Covid-19 will end one day so there is no more fear but happiness.



POPOKI'S EASY POGA

Lesson 164 This month's theme is relieving stiff shoulders!



1. First, as always, sit up straight and look beautiful.
2. Now, stand up. Raise your shoulders to your ears and hold! And release!
3. Next, make big circles with your shoulders, 10 going forward and 10 going backward!
4. Okay! Now stretch your arms over your head and circle your upper body to the right, down, to the left and back. Try 10 times to the right and another ten to the left! 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: 2022.1.20 @ 19:00 zoom* 1

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

2.1 (Tentative) Popoki Workshop with students at Ofunato Municipal Kita Elementary School (online)

3.9 (Tentative) Ronyan's final lecture at Kobe University (in person and online)

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



**Wherever you are, whatever your beliefs,
best wishes to you and your loved ones
in this holiday season!**

**Thank you for supporting Popoki in 2021!
Looking forward to a great year together in 2022!**

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.



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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
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- 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
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- “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

Satonyan

A graduate and her family have come to visit me at the university. She said, "My husband relocated from the northeast (Sendai) to the Kinki area. Since the daily temperature was below zero in the northeast, she said that the Kinki area was warm. We talked a lot about northeastern Japan. It is very cold and strong winds blow in Otsuchi-cho. The wind makes good dried salmon (*aramakizake*).

My former student has a child who is seven months old. His body is very flexible. He grabbed the glasses of his father who was holding him in his arms, took them off and put them in his mouth! He can't speak words yet. He makes various sounds like, "AAA" or "UUU" to convey his will.

She and I talked about how I use a Popoki book in my class to teach communication. It was very fun to see her and her family.

After she left, I got an e-mail from her. Maybe Popoki has a new small friend.

After she left, she sent me an e-mail.

She said, "I heard your stories about various activities, and I had a great time.

It was nice to have an adult conversation after such a long time, but I had a hard time keeping up. I thought it was very difficult to describe "friendship with different words." The same is true for genki and for peace. It made me want to make an effort to talk with my child, explaining different things in simple terms and consciously finding ways to help him understand.



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!