



May it be a year of hope, smiles and peace!

Thanking you for your continued support in the coming year!

Popoki Peace Project

Popoki's Resolutions for 2022!

1. Take positive action to create a non-violent and peaceful world!
2. Treasure our friends and all of our encounters, make new friends, learn from one another, and strengthen our connections!
3. Continue our work to support people affected by the 2011 East Japan disaster and other disasters!
4. Continue our work on peace and health, safety/security and feeling safe!
5. Be aware and interested in the world we live in, close and far away. Share our thoughts, feelings and impressions with one another and the world!
6. Bring a little bit of joy into the lives of those around us and share our joy!
7. Work to maintain our own health and well-being, and help our families, friends and communities to stay safe.
8. Continue the work of Popoki Peace Project this year, too!



January! It's cold and snowy! Popoki celebrates the Year of the Tiger by greeting his new friend, Tiger, and playing together in the snow! What are you doing to celebrate the start of a new year? With omicron rampant, please be sure to be careful!

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>

Ronyan’s Final Lecture at Kobe University

2022.3.9 15:00~17:00 Japanese & English

In person and online Details soon!

New book!

Ronni Alexander (2022.2). *Popoki’s Mask Gallery: Searching for Everyday Anshin through Art during the Covid 19 Pandemic*. Kobe University Press.

Coming
soon!

Piece of Peace

Here's a piece of peace message from Popok!



I have a friend in Tonga. When I heard about the volcanic eruption, I was worried and sent a message, but got no reply. When, after about a week, a reply came saying she and her family are OK, I felt so happy and relieved, Maybe there is not much peace in Tonga right now, but knowing my friends are makes me feel *anshin* and 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) !

Attending Online Ponenkai 2021

Yakonyan

Ponenkai 2021, which is our the end of year meeting with Popoki friends, was the second online Ponenkai. Eleven Popoki friends participated in Ponenkai 2021. We may miss having a big meeting a little, however, I think the online meeting has some benefits. One of those is that it is easy to join in the meeting for those who live far from Kobe and for those who have babies and children at home. Sasanyan's baby son dressed up as Santa Claus was a heart melter for me. What a wonderful gift a baby smile is at the end of the year! It made me happy. Thank you for coming!

The conversation topic was 'taste of peace'. Let's imagine the taste of peace and enjoy it together!

- Tasty dishes cooked by mother
- Tasty dishes cooked by grandma
- Umeboshi (Japanese pickled plums)
- Honey kale



Are you full now? It sounds nice to talk together with having something sweets as desserts. Umeboshi and honey kale may be nice to be served with tea. Here is the dessert menu.

- Korean ginger tea
- Large Ohagi (a rice ball coated with sweetened red beans) made by grandma
- Tai-monaka (Japanese wafer filled with sweetened red beans. Tai is Sea bream in English. It is a symbol of happiness in Japan)
- Apple pie baked by grandma

Note: If you would like to try all the dishes, but you worry that you cannot eat all of them, I recommend the special risotto of the taste of peace mixed with these ingredients, flavoured with honey kale!

I would like to talk with other Popoki friends about the taste of peace and share with them next time. I hope that a kind of happiness will return to us as soon as it is possible for people to gather together and enjoy meal.

I heard that nyans' mothers and grandmas are very good at cooking! My father likes cooking very much. He seems happy to improve his dishes every day. I remember the delicious daily meals my grandpa cooked for me when I was a child and stayed at grandma and grandpa's house. In my experience, the dishes cooked with caring for someone taste really good. I think the conversation between chef and us, saying thank you for cooking, makes our life more beautiful. When I enjoy delicious dishes, I feel peace.

I wish that the year 2022 is filled with good health and happiness for you.



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.



Apologies! We are taking a break from interviewing his month.

2022年1月17日を迎えて

ろにゃん

コロナコロナコロナコロナコロナ…
経済政治困惑経済政治困惑経済政治困惑…
遠隔授業・審査論文・試験…
仕事仕事仕事仕事仕事
地震洪水台風噴火津波…
気候変動

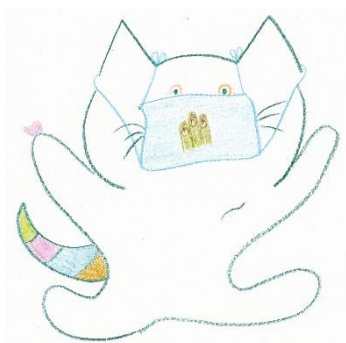
1.17を思い出さない理由はたくさんある
昔だし 復興できた(?)し
暗い 悲しい つらい
しかも、今は忙しい
ほかに考えることは
いくらでもある

テレビに映るからではない
今だけじゃない
今日も明日も思い出すのは
あの日に気が付いて、ず～と残したいもの

笑顔

人・友だち・家族への愛
いのち・生きていることの素晴らしさ
木々の強さ、頼もしさ、やさしさ
青空・空気・水・花の美しさ
感謝ということばの響き

そして、
災害はいつだっておこること



昔のことだけど
忙しいけど
今だからこそ
一瞬でも
思い出そう

Greeting 17 January 2022 (anniversary of the 1995 Great Hanshin-Awaji Earthquake)

Ronyan

COVIDCOVIDCOVIDCOVIDCOVID...
economypoliticstroubleeconomypoliticstrouble...
virtualclasses/gradingtheses/exams...
workworkworkworkwork...
earthquakefloodtyphooneruptionsunami...
climatechange

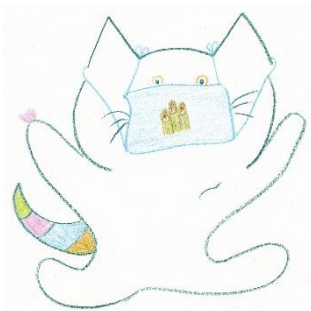
so many reasons not to remember January 17
it was long ago. recovery has been a success (?)
it is such a dark, sad and painful topic
besides, it's too busy now
so many other things
to think about

it's not because they show it on tv
and not just now
we remember today and tomorrow
what we learned; what we want to keep forever

smiles
love for people, friends, family
the splendor of life and living
the strength, dependability, kindness of trees
the beauty of blue sky, air, water, flowers
the ring of words of gratitude

and
that disaster can happen any time

because it was a long time ago
because we're busy
now is the time
to take even a moment
to remember



POPOKI'S EASY POGA

Lesson 165 This month's theme is hips and legs!



1. First, as always, sit up straight and look beautiful.
2. Now, lie on your back with your legs in a diamond shape and the soles of your feet together. How about taking five deep breaths!
3. Next, lie on your stomach. Raise your head and chest, supporting yourself with your forearms. Now slowly bend your left knee and bring your foot to touch your thigh. Make sure your right hip stays flat on the floor. Five more deep breaths, and then try the other side!
4. Okay! Now lie on your back. Bend your knees and bring them up so you can hold your feet. Try spreading your legs, or straightening them, or rocking gently left and right, up and back.
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: 2022.2.25 @ 19:00 zoom* 1

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

2.1 Popoki Workshop with students at Ofunato Municipal Kita Elementary School (online) 14:00-15:30.

2.14 Kobe University UNESCO Chair Symposium 2022. 14:00~16:00 Bilingual! Online! Register at: https://us02web.zoom.us/webinar/register/WN_Q6otR6XOS566dDEJ0R7fUQ

3.9 Ronyan's final lecture at Kobe University (in person and online). 15:00-17:00. Details will be uploaded to: <http://www2.kobe-u.ac.jp/~alexroni/index.html>

Reading Suggestions from Popoki's Friends

• Pamphlet 「なだなんだ」 (This is Nada) by Nada Challenge Organizing Committee.

<https://nadachallenge.wixsite.com/nadachallenge/%E3%81%AA%E3%81%A0%E3%81%AA%E3%82%93%E3%81%A0> (In Japanese)

• 「SDGs時代の学びづくり～地域から世界とつながる開発教育」(Creating opportunities for learning in the era of SDGs: Development education that links the local with the world), Akashi Shoten, 2021.

• 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

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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

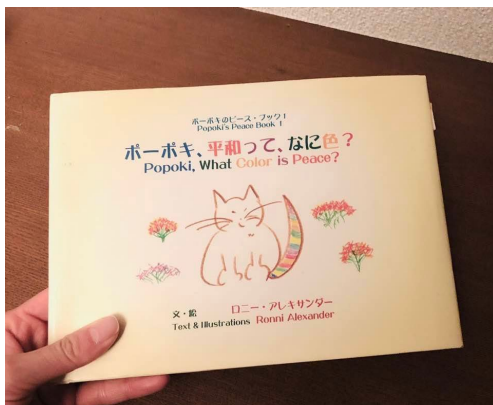
Morinyan

I first met Popoki back in my student days, around 15 years ago.

What I like about Popoki is that he makes me realize that I have many "answers" to a single question. The question, "What is the color of peace today?" is also a message for which the answer can change from today to tomorrow. I think that saying, "It's okay to change," is part of what makes Popoki so kind. I feel very comfortable here. Whenever I am feeling down or sad, I remember Popoki flying in the sky. I look up at the sky, and then I begin to feel better. When my father passed away last year, I looked up at the sky during his funeral. It's not always easy to sort out feelings that are not just sadness, but when I feel like that, looking up at the sky makes me feel safe.

The pages of Popoki's peace books resonate differently depending on when I read them. The page I would choose now is page 31 of Peace Book 1, where Popoki is trying to get a Ph.D. in tropical fish studies by observing the aquarium in his house every day. He asks on that page, "Is peace being able to study or learn what you want?"

I am now trying to become a graduate student again, just as I was when I first met Popoki. Marriage and child rearing have made me want to learn about gender studies once again, not only to gain a deeper understanding, but also to look for a better direction for society.



Popoki is a curious cat who likes to learn. I love Popoki very much. There are times when you don't want to study. But It is a wonderful thing to be able to study when you want to. I look back at my days in University and think about how wonderful it was to have that much time just for studying.

Whenever I flip through a Popoki peace book, I can always find words that make me feel good about myself.

For Towa nyan, I am sure that the peace books of Friendship and Genki will be the books that will stay with him, as they do for me. Thanks Popoki!, Let's keep together with in the future, 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 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!