



May! Greenery and flowers are everywhere!

I want peace to be everywhere, too!

Popoki's Hot News!



New book!

Ronni Alexander (2022.2.22). *Popoki's Mask Gallery: Searching for Everyday Anshin through Art during the Covid 19 Pandemic*. Kobe University Press.

Piece of Peace

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



The town where I was born and raised, Nada Ward, Kobe City,
After half of my life, I reaffirm the blessings of nature in the mountains nearby.

Popoki also tells us that it is important to have a life where we can feel the difference in our breath and peace of mind on sunny days, rainy days, and snowy days. Thank you to Popoki.

I love Mt. Maya, the mountain that backs my home.

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 Video Gallery

Please have a look at Popoki's videos!

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>

Popoki's Peace Map

<https://youtu.be/4t4PFV-dRBg>

Ronni Alexander's Final Lecture at Kobe University (not Popoki, but...)

'Reflecting on the thirty years since Big Dreams and Small Islands, and looking toward tomorrow'

<https://youtu.be/trbxJSP7-CY>





Popoki's Interview

Ronyan

*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 is not about COVID but is a report about one of

Popoki's friends, Yukiko Esashi from Ohanashi Kororin, and the impact of a big earthquake.

Q: On 16 March 2022, there was a big earthquake in Miyagi and Fukushima Prefectures. What happened to you at that time?

A: The earthquake happened in the middle of the night. It had never occurred to me that there might be damage to my own place in Iwate Prefecture. It was the same 11 years ago after the Great Northeast Japan Earthquake. I never thought it would happen to me! I am always talking about disaster prevention, and saying we should be prepared, but we really never know when disaster might strike. Looking back, I have to say I should have been better prepared.

Q: I understand that the place where you hold your activities was damaged.

A: Yes, Popoki has been there, but the place is our "Community Library and Exchange Ohanashi Salon" run by our NPO Ohanashi Kororin. There were water pipes on the second floor. We weren't using them and had the faucet tied up, but the shaking from the earthquake dislodged a bookcase which put pressure on the faucet and opened it. The water was running all night. The second floor flooded, and the water collected in the ceiling between the first and second floors and then leaked through to the first floor. As a result, the first floor flooded too, and the books and kamishibai and everything got wet. In one night, everything was destroyed.

Q: You were totally unable to use the space, weren't you. What did you do?

A: I spent the first couple of days crying. But then I decided not to be stoic but to ask for help. On 20 March, I gathered my courage and posted a notice on Facebook asking for emergency support.

Q: I saw that notice and shared it with Popoki's friends. What was the reaction to your post?

A: I'm not sure how to say it, but I was really surprised and moved! So many people offered help. Everyone from elementary school students to grandfathers! People who helped 11 years ago, people living far away, people who live here but who are not really involved in our activities – so many people. It was shared more than 100 times on Facebook. As a result, even people I don't know made contributions. The connection spread from people we know and trust to others. It was really wonderful.

Q: You were able to reopen on 18 April. How do you feel about that?

A: The words "grateful" or "happy" don't convey my feeling. I was really so disappointed, and now

everyone has come together to help. Recently, the war in Ukraine and other things have been really depressing, but at the same time, there are people in the world who really care and who will help! I am so grateful and moved by the helping spirit and generosity of so many people.

Q: Esashi-san, you have been involved in activities to help others, but this time, you are on the receiving end, aren't you.

A: Yes. My house wasn't washed away by the tsunami after the Great Northeast Japan Earthquake, so I wanted to do something to help those who were affected. This time, others helped me. I want to turn my gratitude into energy, and use it give back to the community through our activities.

Q: Do you have anything else you would like to share with readers of Popoki News?

A: Yes. This time I asked for help and fortunately many people responded. It is hard and takes a lot of courage to ask for help. But I want to say that if you are having a tough time, it is important to say, "Help me!" And another thing is that this time, I really felt a strong connection. I hope the desire to help and the feeling of generosity spreads around the world. It is said that bad feelings cause a chain reaction, but everyone has taught me that good feelings cause a chain reaction, too. Thanks to you, I want to keep living here. Thank you all so much!



POPOKI'S EASY POGA

Lesson 169 This month's theme is various things!



1. First, as always, sit up straight and look beautiful.
2. Now, sit on the floor. Stretch out your right leg, and bend your left knee, placing your foot outside of your right leg. Pull your left leg gently with your right hand and twist to the left. Take 5 deep breaths and change sides.
3. Next, lie on your back with your knees bent. Raise your rear off the ground. Can you raise your shoulders, too? Only go as far as feels good! Take 5 deep breaths!
4. Okay! Keeping that position, try raising and lowering your rear end for 10 repetitions.
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: 2022.6.14 @ 19:00 zoom*



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

- 5.24 Workshop to think about peace with Popoki (with high school students in Moldova)
- 8.3 Popoki Workshop at Seminar for Multicultural Understanding (zoom)
- 8.5 Peace workshop at Kodomo Living, Part 2
- 8.9? Workshop to think about nuclear issues (zoom)
- October 22? Peace and Health Workshop

Peace Studies Assn of Japan event!

<https://www.psj.org/chiku-kansai/>

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
- Alexander, Ronni (2021) "The Meaning of Art in Disaster Support: Stories from the Popoki Peace Project" *Journal of International Cooperation Studies*, 29(2), 27-51. <http://www.research.kobe-u.ac.jp/gsics-publication/jics/>

全編日英対照

神戸大学出版会

ポーポキの マスクギャラリー



令和4年3月
発売!!

A5判・192ページ
定価 2,420円(税込)

～コロナ禍でアートを通して
日常の安心を探る～

編著・絵 ロニー・アレキサンダー

Written, edited and illustrated by Ronni Alexander

Available from amazon.jp

【本書の内容】

前書き

第一部：ことばの旅

「ことばの旅」への誘い

第二部：「お絵描き」の旅

- ① 物語を描くということ
- ② くちゃくちゃ
- ③ 色たち
- ④ いかなきゃ(桂木聡子)
- ⑤ 2021.1.17 に想う
- ⑥ 乱れ
- ⑦ プール

第三部：「ふりかえり」の旅

「ふりかえり」の旅

- ① ポーポキのマスクギャラリー — 基盤となる日本人の伝統的思考法を考える—(高田西)
Popoki's Mask Gallery — A consideration based on traditional Japanese ways of thinking (Takada Satoshi)
- ② 対談：アナ・アガサングロウとロニー・アレキサンダー(世界国際関係学会年次研究大会2021年)
Conversation: Anna Agathangelou and Ronni Alexander (International Studies Association Annual Conference 2021)
- ③ ポーポキの旅: ポーポキのマスクギャラリーができるまでの道のり(ロニー・アレキサンダー)
Popoki's Journey: How Popoki's mask gallery came to be (Ronni Alexander)

後書き：新たな旅
今度はあなた

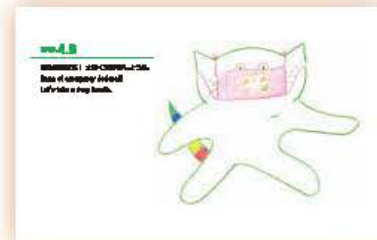
Prologue

Part I: A Word Journey
An Invitation to take a Word Journey

Part II: A Drawing Journey
The Meaning of Drawing Stories
All Messed Up
Colors
I've Gotta Go (Katsuragi Satoko)
Thoughts on 17 January 2021
Confusion
Pool

Part III: A Journey of Reflection
A Journey of Reflection

Epilogue: A New Journey
Now it is Your Turn



本文より抜粋



発行：神戸大学出版会 <https://www.org.kobe-u.ac.jp/kupress/>
 神戸市灘区六甲台町2-1 神戸大学社会科学系図書館内 Tel. 078-803-7315 Fax. 078-361-7320
 発売：神戸新聞総合出版センター
 神戸市中央区東川崎町1丁目5-7 神戸情報文化ビル9F Tel. 078-362-7138 Fax. 078-361-7552

- Art-stories as reflection: Learning from the Popoki Peace Project 国際協力論集 29(2) 27-51 2022-01 JaLCDOI 10.24546/81013055
- The Meaning of Art in Disaster Support: Stories from the Popoki Peace Project 国際協力論集 28(2) 1-22 2021.1 JaLCDOI 10.24546/81012502
- Gender, Disaster and Stories from Popoki : Learning from Women Survivors in Northeast Japan 国際協力論集 26(2) 17-37 2019.1 JaLCDOI 10.24546/81010618
- Feeling Unsafe: Exploring the Impact of Nuclear Evacuation Journal of Narrative Politics 4(2) 65-87 2018.04
- Drawing Disaster: Reflecting on Six Years of the Popoki Friendship Story Project 国際協力論集 25(2) 59-96 2018.01 JaLCDOI 10.24546/81010097
- Thinking About Human Rights with the Popoki Peace Project Human Rights Education in Asia-Pacific 8 83-106 2018
- “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* 13:2, 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 010.3.15
- 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)



What Popoki Means to Me

Ponyan

When I moved to a new place five years ago, I decided to devote an entire wall to a bookcase. I thought that for a while I wouldn't have to worry about where to put my books, but soon there wasn't even a sliver of space left and now there are books everywhere. *Manga* I bought while in elementary school, a novel I bought with my first part-time job paycheck, history books that I am satisfied to just pile up.... My room is overflowing with all different sorts of books.

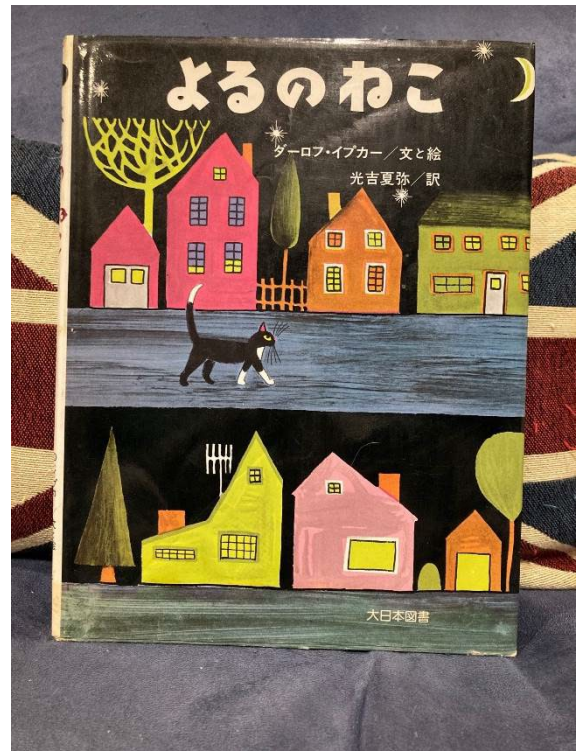
In March, a few weeks after the Russian invasion of Ukraine began, I met with Professor Alexander. Her question, "If you had to leave your home and could only take one book, what would you take?" struck a chord in my heart. I might never return home. Even if I went back, my home it might not still be there. If I could only take one book, which should I take? That evening, as I stood in front the bookcase in my room overflowing with my favorite books, I was troubled.

I suddenly remembered a picture book called *The Cat at Night*. I've had it since I was very young, but usually don't remember it exists. Why this book? It had been a long time since I'd looked at it.

The story is simple. It is about a cat who walks around town at night. But as I turned the pages, I remembered many different things - reading it with my mother, reading it by myself, the book report I wrote about it in first grade and the comments I received from my teacher. On the last page I found my name, written for me by my mother. When I saw it, my heart was filled with nostalgia and embarrassment.

The Night Cat is packed with memories from when I was a child. I guess you can all it emotional support. If I needed to flee from a terrible situation like war and could only take one book.... I didn't choose a story or knowledge, but rather a book symbolizing feeling safe.

Po-chan asks what is *anshin* or feeling safe. Maybe my answer is, "Everything that is packed into this book."



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>



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!