

Popoki



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http://popoki.cruisejapan.com/index_e.html

<http://popoki.cruisejapan.com>



June! Flowers and greenery and rain! Earthquakes and floods, too!

Please take care, wherever you are! We are doing what we can for peace. You too? We want peace!!

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, *Kiyo-nyan*, sent the following piece of peace.



It is important that you support your loved ones.
But it can only be done if your mind and body are healthy.
There may be a lot of pain and sadness.
Please be careful to protect your loved ones in an emergency.
Popoki may be one of the means.
I wish you a wonderful day tomorrow.

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) !

On 10 May, Popoki went to 'Kodomo Living.' In Yamato Park, Nada-ku, Kobe, there is a small house, and that is where 'Kodomo Living' activities are held. Every Tuesday, about ten elementary school students gather after school and have fun together. At about 2:30, children begin to arrive carrying their school bags. First, they do their homework. Then it is "Munch-munch time," and they have a snack. Some of the children finish their homework and snack quickly and run to play in the park. At 3:10, they have a special activity. Every week, they have a different theme and they talk, perhaps have a quiz, or make things, or do experiments. For example, they might make paper airplanes and try to discover how to make them fly far, or compete to see who can kick off their shoes and make them fly farthest. Once they received a video letter from Dubai, and in return made paper fans and sent them as a gift to people in Dubai.

Popoki read the *kamishibai* story, "What Color is Peace?" They thought together about such things as, "Is peace being able to go to school?" "Cats and humans have languages (humans have lots of different languages), but do they all have to speak the same language?" Almost all of the children said, "It isn't necessary to speak the same language," and one child said, "If you have a ball, you don't need words." Another child said, "If you have Popoki you don't need words." Popoki thought that the children know that words are important, but there are other important things, too.

Ronyan, Satonyan, and Teshigawaryan joined Popoki at "Kodomo Living." Their next visit will be on 5 August. If you want to come, please let us know.



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>

Peace Studies Association of Japan Kansai Area Study Group "Views on the Ukraine War" "Aspects we are not seeing, and our feelings of gloom"

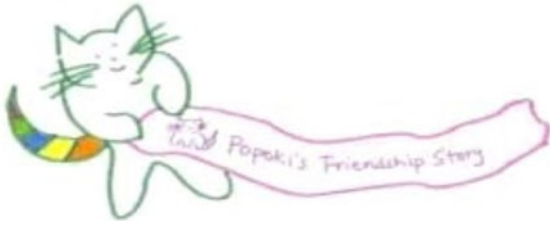
Speakers: Anzai Ikuro, Ronni Alexander; Questions: Okumoto Kyoko, Endo Akari

<https://www.psj.org/chiku-kansai/> Go to YouTube from this link (in Japanese only)



Check out
ESPN mini-
series 'Title
IX', too!
Ronyan is in
Part 2!





Popoki's Interview

Yaranyan

*We have been conducting interviews with Popoki's friends in different places and asking about their experiences during the COVID-19 pandemic. This time is Yaranyan interviewed her niece in Mozambique.

.....
Hello! My name is Yara and I interviewed my niece, Elska Luís Roma. I asked for her thoughts regarding her life since the COVID pandemic began and what she'd like the future to be like.

Q// Can you tell me about yourself?

- My name is Elska Luís Roma, I am 8 years old and I'm in the third grade.

Q// What do you want to be when you grow up and why?

- I want to be a scientist because I want to create things that make the world a better place and help people.

Q// What activities do you like?

- I like swimming. I started swimming when I was in kindergarten but I had to stop because of the pandemic and I really miss it. Once the pandemic is over, I'd like to start going again.

Q// So, you know about the pandemic?

- Yes, COVID makes people sick and they have to use masks. We even have to use masks in school and outside.

Q// What do you think of the pandemic?

- At first, I thought it wasn't serious. I also always wear a mask and walk around with alcohol and wash my hands. I have no reason to be worried but, I'm afraid of getting sick. There's been a lot of news on the TV about people getting sick and that scares me.

Q// Do you speak a lot about the pandemic in school?

- Sometimes... The teacher will tell us to wear our masks. I have a classmate who doesn't like to wear his mask, so he takes it off and my teacher has remind us to keep them on.

Q// Since you began school, have you worn a mask?

- No, I only started wearing a mask during second grade but, I prefer being without a mask. Masks make people feel very hot and sometimes I need to remove it because I feel very uncomfortable.

Q// Do you have online classes or classes in school? Which one do you prefer?

- I've had classes in school and online but I prefer classes in school because the teacher explains better. Online classes made it hard for me to make friends.

Q// Now that you have classes in school, how do you play with your friends?

- We are only allowed to have conversations, we're not allowed to play with each other. They also give us books to read during our breaks.

Q// Do you think the pandemic has affected your friendships or your ability to make friends?

- A little. Whenever we have to give or take something from a friend we need to disinfect everything and that's annoying because it makes me not want to share anything with my friends.

Q// What do you want to do when the pandemic is over?

- I want to be able to move around without a mask and alcohol and wash my hands all the time. Go to the beach. Go swimming again. I also want to be able to play games with my friends on the playground.

Q// Can you share something about Mozambique?

- It's great. I was born here and I love my country. The people from my country are really nice and the food is delicious. I love the hot weather here, I just don't like the cold [weather].

Q// Do you want to say something encouraging to people who read this?

- Help others, so that way we may make a better future and that will make us all happy.





POPOKI'S EASY POGA

Lesson 170 This month's theme is strengthening our lower backs!



1. First, as always, sit up straight and look beautiful.
2. Now, lying on your back, bend your knees and raise your back, keeping your head and shoulders on the floor. Hold for 5 deep breaths. Repeat five times.
3. Next, repeat the pose but try raising one leg. Can you hold for 5 deep breaths? Repeat 5 times and then try the other side.
4. Okay! Now sit and fold over your outstretched legs for 5 deep breaths.
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: 2022.7.26 @ 19:00 zoom*

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

- 8.3 15:00~17:00 Popoki Workshop at Seminar for Multicultural Understanding (zoom). See p.9-10 for info
- 8.5 Peace workshop at Kodomo Living, Part 2
- 8.9 8:00am Conversation about nuclear issues with friends around the world (zoom)
- October??? Nada Challenge!
- 10.22 Peace and Health Workshop

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/gsecs-publication/jics/>

全編日英対照

神戸大学出版会

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Available from [amazon.jp](https://www.amazon.jp)



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～コロナ禍の時代を通して
日常の安心を創る～

編著・絵 ロニー・アレキサンダー
Written, edited and illustrated by Ronni Alexander

【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 いがなきゃ(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

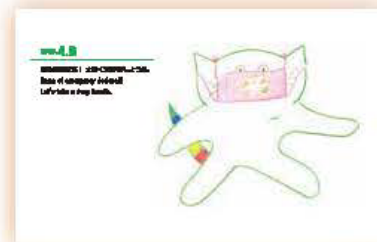
Pool

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



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第19回 多文化共生のための 国際理解教育・開発教育 オンラインセミナー

共に生きる地球社会の実現に向けて、
国際理解教育・開発教育の実践セミナーを開催します。

対象者：

国際理解教育・開発教育に興味のある教職員、
学校関係者、学生、高校生

参加費無料

2022年

8月2日(火) 基調講演	13:05-14:35 / 分科会①	15:00-16:30
8月3日(水) 分科会②	13:00-14:30 / 分科会③	15:00-16:30
8月4日(木) 分科会④	13:00-14:30 / 分科会⑤	15:00-16:30
8月5日(金) 分科会⑥	13:00-14:30 / 分科会⑦	15:00-16:30

開催形式：オンライン（Zoom）

※ご参加にはインターネットに接続できる機器・環境が必要です
※グループワークの際は環境の許す限りカメラをONにしてご参加ください

締 切：7月26日（火）

※基調講演、各分科会の定員に達した場合は個々に締め切ります

申 込：URL <https://forms.office.com/r/3BAarExADg> または右のQRコード
よりお申込みフォームにアクセスいただき、必要事項をご記入の上お申込み
ください。※QRコードがご利用になれない場合はメールに

①お名前 ②ふりがな ③属性（教職員・学校関係者・学生・高校生・その他）

④所属 ⑤メールアドレス ⑥電話番号 ⑦参加ご希望の回（基調講演、分科会①～⑦）

（※複数回申込可）をご記入の上、jicaksic-renkei@jica.go.jp（川崎）までお送りください。

問 合 せ： JICA関西 市民参加協力課 担当 川崎（かわさき） TEL：070-8714-7707


お申込みフォーム
QRコード



共催：兵庫県教育委員会、神戸市教育委員会、
公益財団法人神戸YMCA、公益財団法人PHD協会、
公益財団法人アジア福祉教育財団難民事業本部、
独立行政法人国際協力機構関西センター（JICA関西）



私たちは 持続可能な開発目標
（SDGs）を支援しています

プログラム	8月2日 (火)	13:00-13:05 開会
		<p>13:05-14:35 基調講演 分野:SDGs、ESD、探求 探究の高度化・探究の自律化～「国連・ESDの10年」の経験を踏まえ、SDGsの本質を活かす 【定員】100名(先着) 【講師】東京都市大学大学院 環境情報学研究所 教授 佐藤 真久 【内容】学習指導要領の改訂に伴い、今日の学校現場では、総合的探究の拡充や探究活動の高度化・自律化への関心が高まっています。本講演では、「国連・ESDの10年」の経験や、SDGsの本質を掘り下げ、参加者との議論を通じてこれらの関心と理解を深めます。</p>
8月3日 (水)	8月3日 (水)	14:35- 団体紹介
		<p>15:00-16:30 分科会① 分野:SDGs、多文化共生、ダイバーシティ すべての人が幸せに暮らすための「心構え」「ダイバーシティ」ってなんだろう? 【定員】50名(先着) 【講師】東京都市大学大学院 環境情報学研究所 教授 佐藤 真久 【内容】2021年度に『SDGsダイバーシティBOOK』(宣伝会議)が全国小中高35,000校に配布されました。本分科会では、教材を紹介しながら参加者と「SDGs」や「ダイバーシティ」また日本の社会課題について学び、学校現場での教材活用方法について議論を深めていきます。※可能であれば、『SDGsダイバーシティBOOK』を事前にご一読・または手元にご準備の上参加ください。</p> <div style="text-align: right;"> <small>『SDGsダイバーシティBOOK』QRコード</small>  </div>
8月4日 (木)	8月4日 (木)	13:00-14:30 分科会② 分野:国際理解 全教科で育む国際理解力 【定員】40名(先着) 【講師】神戸市立摩耶小学校 黒田 智広 【内容】日常生活で外国語を使う必要性の少ない日本において、様々な場面で「外国って意外と身近な所にあるんだな。」と感じられる気づきを与えることはとても大切だと思います。教科や単元、指導の流れにとらわれることなく、気軽に取り入れられる実践例や年間指導計画を紹介します。
		<p>15:00-16:30 分科会③ 分野:平和 ねこのポーポキと一緒に安全・安心を考え、平和をつくりましょう 【定員】20名(先着) 【講師】神戸大学名誉教授 ポーポキ・ピース・プロジェクト代表 ロニー アレキサンダー 【内容】「平和って何色?安心は?」平和そのものやそれを妨げるものについて問いかけるバイリンガルな猫、ポーポキ。その平和には安心が必要?一人ひとりの安心をイメージし、積極的な平和づくりを目的とする参加型ワークショップです。</p>
8月5日 (金)	8月5日 (金)	13:00-14:30 分科会④ 分野:多文化共生 『豊かに共生する心』を育む 【定員】50名(先着) 【講師】兵庫県教育委員会事務局人権教育課子ども多文化共生センター 主任指導主事 高橋 智子 【内容】県内の子ども多文化共生教育にかかる現状と課題を理解するとともに、どうすればすべての児童生徒に『豊かに共生する心』を育むことができるのか、2学期の授業実践をふまえて考えます。
		<p>15:00-16:30 分科会⑤ 分野:難民 ワークショップで考える難民問題 【定員】50名(先着) 【講師】難民事業本部関西支部 中尾 秀一 【内容】あなたの家族が難民になったらどうしますか。難民とはどのような人で、避難民とはどう違うのか、難民の定義や避難しなければならない原因、難民の身に降りかかる困難について、教室ですぐに使えるシンプルな手法で考えます。</p>
8月5日 (金)	8月5日 (金)	13:00-14:30 分科会⑥ 分野:学習支援、外国ルーツの子ども 外国ルーツの子ども達への教科学習支援 【定員】30名(先着) 【講師】NPO法人多文化センターまんまるあかし副理事長・日本語教師 櫻江 茂樹 【内容】日本の学校で学ぶとき、外国にルーツを持つ子ども達とはどのような課題と向き合っているのか、どう対応すればよいのか、まんまるあかしで行っている教科学習支援活動を通じて感じたところを事例を交えながら紹介します。また、「やさしい日本語」を使ったコミュニケーションにもチャレンジします。※グループワークの際は原則カメラONでご参加ください。
		<p>15:00-16:30 分科会⑦ 分野:多文化共生、国際理解 JICA関西 教師国内研修 授業実践報告会 「SDGsの達成に向けて、私たちに何ができるか-地域の多文化共生から考える-」 【定員】50名(先着) 【講師】2021年度 JICA関西教師国内研修 参加教員 【内容】JICA関西が「地域の多文化共生」を題材に実施した「教師国内研修」参加者による、授業実践報告会を行います。小学校・中学校・高等学校・大学の先生方が「多文化共生」をテーマに、児童・生徒の皆さんへ何を伝えたのか?ぜひ当日にお確かめください!</p>

- 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
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- “Popoki Mini Peace Film Festival,” Kobe YMCA News No.652, July/August 2017, p.3
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- “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)
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- “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
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- ‘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
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What Popoki Means to Me

“The World” and “Peace”: Where have all the flowers gone?

Masanyan

Popoki, Ronyan, I am glad to see you are well. It has been more than 8 years since I retired from Kobe University. As someone who has researched international law, looking at the situation before my eyes now (it is probably only one aspect of what is happening) makes me very concerned. I learned (indirectly) from the author Natsuki Ikezawa that in Russian, the word for “peace” and the word for “world” are the same МИР (mir) and the folk song (protest song) that is still being sung today, “Where have all the flowers gone” comes from the region along the border of Ukraine and Russia. That song asks, “When will they every learn?” Some say that for ancient Slavs, “world” meant “a situation without war.”

The question, “Where have all the flowers gone” reminds me of the words of the German Chancellor Bismark, “What we learn from history is that no one learns from history.” Right now, these words are strangely persuasive. We have not learned anything from the “history of war.” Even after World War II, flames of war have continued to burn in different places around the world. An archeologist says that it “has been 4.5 million years since the birth of humanity, but the history of battle is 8,000 years. Only 8mm of 4.5 meters. Humans wage war, so humans can dispose of it” (Makoto Sahara). Humanity has been “learning from war,” moving forward and sliding back again, and in the 20th century finally made war illegal. That is a fact. But, with some things there is no second chance - nuclear war, the climate crisis, the destruction of the earth itself.

Popoki, you know about the SDGs, don’t you? Every day we see something about the SDGs. They are connected with things like the environment and poverty. But have you ever seen anything about them connected with “disarmament”? The long story of the United Nations from its inception is embedded in the SDGs. The UN was founded on the commitment “to practice tolerance and live together in peace with one another as good neighbours, and to unite our strength to maintain international peace and security...” (Preamble, UN Charter). That was on 24 June 1945. The United States conducted humanity’s first nuclear test (Trinity Shot) on 16 July of that year, so the authors of the UN Charter did not even know nuclear weapons existed. The United Nations began with 51 members. After that, the General Assembly adopted the Universal Declaration of Human Rights (1948) affirming that respect for human rights is universal, and the Declaration on the Granting of Independence to Colonial Countries and Peoples (1960), both of which played an important role in establishing the right to self-determination in international law. The United Nations now has 193 members and these resolutions adopted by the General Assembly were an underlying force in making that possible. However, while developing countries were able to achieve political independence, they were not able to achieve economic autonomy. Why? Hasn’t the international (economic) system just made the developing countries dependent on developed ones? That is the beginning of the long story of the SDGs. In the process, the earth’s environment began to draw a lot of attention.

I cannot tell that whole long story here. The voice of developing countries calling for autonomy reached its highest peak with the adoption by the General Assembly of the Declaration on the Right to Development (1986). That Declaration affirmed that “International peace and security are essential elements for the realization of the rights to development” and reaffirmed “that there is a close relationship between disarmament and development and that progress in the field of disarmament would considerably promote progress in the field of development.” This is an affirmation that “peace,” “disarmament” and “development” are inseparable. But the 2017 Treaty on the Prohibition of Nuclear Weapons takes a weak stance on “disarmament” saying that, “the establishment and maintenance of international peace and security are to be promoted with the least diversion for armaments of the world’s human and economic resources.”

In order to understand the SDGs, it is important to know about the MDGs (Millennium Development Goals)

because the goals and targets of the SDGs “seek to build on the Millennium Development Goals and complete what they did not achieve.” With regard to peace, security and disarmament, the MDGs deal directly with disarmament stating, “We will spare no effort to free our peoples from the scourge of war, whether within or between States, which has claimed more than 5 million lives in the past decade. We will also seek to eliminate the dangers posed by weapons of mass destruction.” With regard to peace, the SDGs state, “We are determined to foster peaceful, just and inclusive societies which are free from fear and violence. There can be no sustainable development without peace and no peace without sustainable development” (Preamble). But in the Declaration, the words “weapons of mass destruction,” “nuclear weapons,” “disarmament,” and “arms control” are nowhere to be found. It says that, “Sustainable development cannot be realized without peace and security; and peace and security will be at risk without sustainable development,” and go on to say that “Factors which give rise to violence, insecurity and injustice, such as inequality, corruption, poor governance and illicit financial and arms flows, are addressed in the Agenda.” The only reference to disarmament is “illicit arms flows!” We have to say that the SDGs are a big step back from the MDGs. I hope you will read both and compare them.

I am far removed from my life as a researcher, and cannot say why this “retreat” has occurred. I can’t but think that at some point, international society stopped pursuing “disarmament” and instead began to incite “conflict and threat,” and to compete in an arms race. Just as “international peace and security are essential elements for the realization of the rights to development,” so arms escalations make “development” for developing countries even more difficult to achieve. Developed countries are not only undermining developing countries, but they are also undermining themselves. The SDGs claim recognition “...that eradicating poverty in all its forms and dimensions, including extreme poverty, is the greatest global challenge” (Preamble), but they contain an enormous contradiction.

“When will we ever learn?” “When will we have a world without war?” I am singing “Where have all the flowers gone?” to myself.

Photos: Masanyan with students from Kobe University and Ronyan on a study tour to learn about efforts for self-determination on Guåhan/Guam.



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!

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