



November! In Kobe where Popoki lives, the autumn leaves are beautiful!

Popoki enjoys going outside and admiring them. Do leaves change colors where you live? Do you enjoy going out to look at them, too?

Popoki's Hot News!

New!



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.



Please join us! Ponenkai!

17 December @ 18:00 online!

See page 8 for details

Piece of Peace

nagashige

One of Popoki's friends, *Sasanyan*, sent the following piece of peace:

"I feel at peace that I always have a home to go to, a hometown, and my family waiting for me."



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>

Peace Studies Association of Japan Kansai Area Study Group "Views on the Ukraine War" "Aspects we are not seeing, and our feelings of gloom" 2022.5.22

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

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

"The situation in Ukraine – unending feelings of gloom" 2022.11.5 (In Japanese)

No War Ishikawa <http://nomorewar-ishikawa.com>

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



On October 22nd we held the 12th Peace and Health Workshop, entitled "What color is Health?" This year too we discussed how we are living with COVID-19. Even though it was held through Zoom, it was a reunion for many people in support for our beloved Satonyan. It was a warm blend of long-term members and new members alike with many "Nice to meet you" and "My how you've grown!"

兵庫医科大学 地域交流プロジェクト

12th Peace and Health
Workshop @ HMU



ポーポキピースネットワーク

第12回ワークショップ 「健康って、なに色？」

Workshop: "What color is Health?" @ Hyogo Medical University

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？

今回はオンラインだけど、みんなで一緒に考えてみよう！！



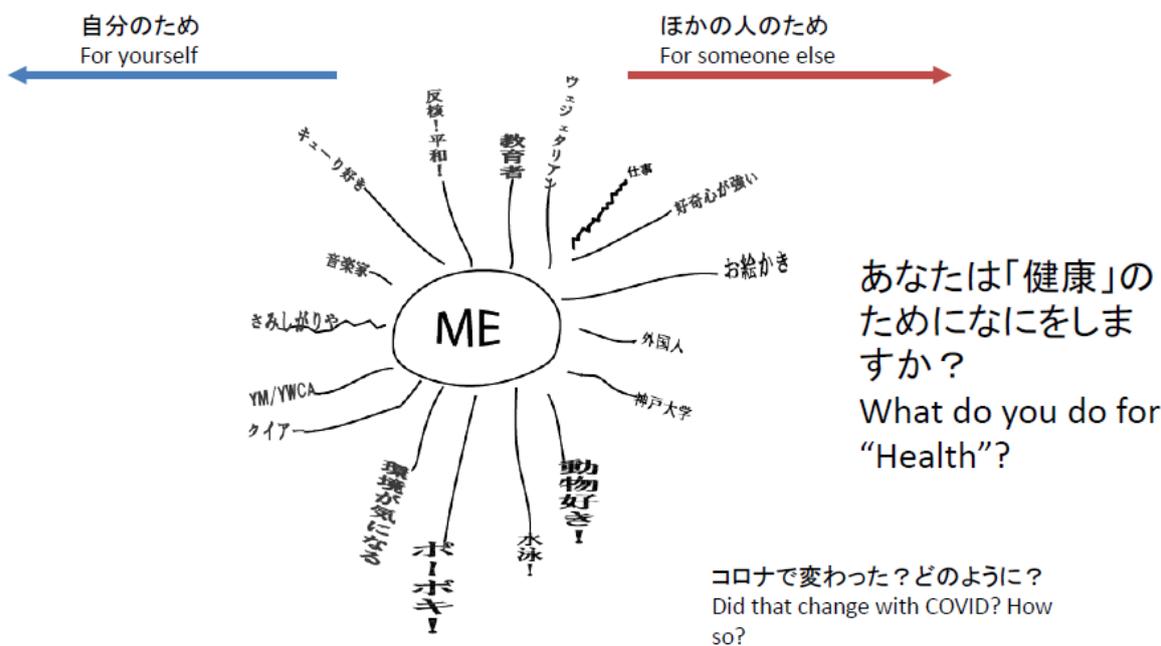
As usual, we started things off with Poga, but this time was a little different. We stretched our mouths because it's said that we use our facial muscles less while wearing masks. It's easy to neglect little things like that and so we really have to think hard about all the things we can do to take care of ourselves. To explore this, we all drew maps to describe what we do for our health. With this we thought about not only what we do for our physical health, but mental, emotional, and spiritual as well. Based on that, we discussed how our measures have changed since COVID-19.

Next, we also looked at photos from around the world, both indoors and outdoors to discuss masks in different contexts. Participants shared not only when or where they personally wear masks and their feelings about it, but also what they think about mask-wearing by the people around them. Because there were people from so many different countries, we learned a lot about what different measures governments are taking or recommending and openly discussed whether the government policy affected our decisions.

As you know, there are many things we ourselves can do to prevent from getting sick besides masks, such as medicine, sanitizer, etc. We were asked to choose one. While there wasn't a clear winner, everyone expressed their understanding that there is no perfect solution and why someone might choose something other than what they had chosen. Yara seemed to touch many hearts with the declaration that she would take on the responsibility for other's health alone.

From there, we did a little bit of serious study. For example, we learned about mask efficacy not just for protecting from different viruses, but bacteria and pollen as well. In addition, even though the holes in the material of the mask may be big enough for the virus to enter, because of how the virus travels, masks can still provide good protection. We also learned about how handwashing with soap or cleaning surfaces with bleach and hot water are more effective than alcohol. Lastly, we were also shown the vaccine schedule for children in Japan. There are so many! There are also many COVID-19 vaccines that have been developed since 2020. Most of these aren't yet available in Japan, but despite this, Japan is second in the world when it comes to vaccination rankings by population and has relatively low death rates due to COVID-19.

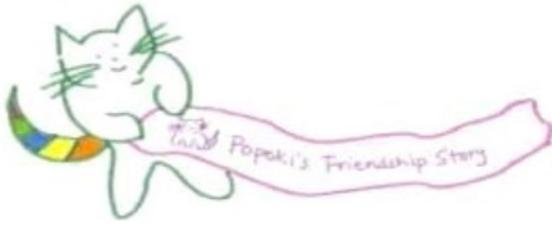
Finally, we discussed where we would want to go for vacation, whom we would go with, and how we would prepare. For various reasons, it's too difficult for us to travel altogether and some people haven't traveled at all in a long time, but the importance of asking and being asked "How are you doing"? for the first time in a while really became apparent in this year's workshop. Let's take care until we can meet again!



2021/11/20

7

Popoki's Interview



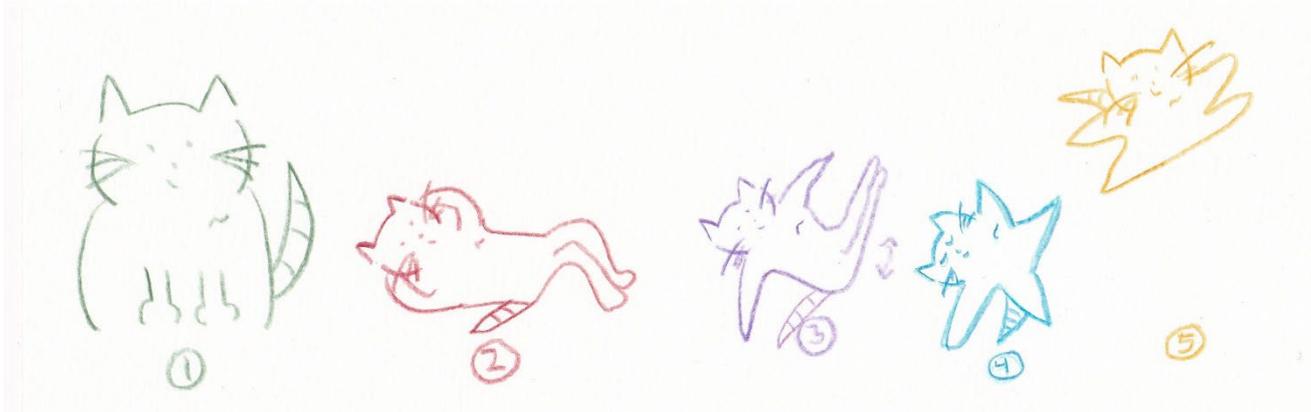
Yaranyan

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

*We're taking a break this month but will be back in December!

POPOKI'S EASY POGA

Lesson 175 This month's theme is abs!



1. First, as always, sit up straight and look beautiful.
2. Now, lie on your back with your knees bent, your back flat on the floor and your fingers touching your ears. Ready? You're your head and shoulders and crunch! How about 3 sets of 10 repetitions?
3. Next, lying with your arms out to the sides, raise both legs straight up, and keeping your upper body firmly in place, slowly take them to the left and touch, then center, then to the right and touch! Be careful not to let your legs rest on the ground. How about 3 sets of 10 repetitions? Or even 4 sets?
4. Okay! How exhausting! Take a rest!
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: 2022.12.17 @ 18:00



zoom*

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

- 12.17 Ponenkai 18:00- online! Preparation: Think about (and bring?): Health + place + peace; food that is peace for you in what place and how does it relate to your health; How about place and food? How does that relate to health? Etc.
- 2023.2.1 WS with Ofuntato Kita Elementary School
- 2023.3.5 Bikkuribako event

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.

全編日英対照

令和4年3月
発売!!



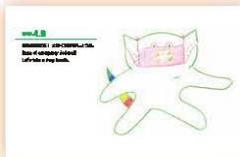
**ポークキの
マスクギャラリー**

～コロナ禍でアートを通して
日常の安心を探る～

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

**A5判・192ページ
定価 2,420円 (税込)**

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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

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- 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

A number of universities have joined together for a “Walking Challenge”. Team Popoki is participating! If 2000 people walk at least 8000 steps every day for a month, they can walk to the moon! Actually, we arrived there on 22 November. For this “What Popoki Means to Me,” we have a comment from each member of Team Popoki.

Towanyan: I want to keep on walking today to meet yesterday’s total!



Morinyan: I am walking with my son. I learned what steps get counted as I go through my daily schedule. For example, dropping off and picking up my son from nursery school, shopping, physical therapy days, and other activities. At the beginning of the month, my mother came to visit. She doesn’t live here in Kobe so I did a lot of walking. It is different from keeping a written diary, but I learned that an activity diary is interesting, too.

Towanyan and Morinyan: Towanyan is a four-year old who uses a walker. But just around the time we began the Challenge, he began to practice walking without his walker. Without his walker, he was able to hold hands and walk together with his friends at nursery school. Watching him, I felt that a very small step was really a huge one. I imagine that there must be many different steps, each with its own meaning, in the steps taken in the Walking Challenge.

Satonyan: I like to walk. But walking is not the goal. I like to walk and see various things and say various things. If you walk slowly, you will see the view of a person walking just as slowly. See the streets with the colored fallen leaves, look at the blue sky, and see students walking down the corridors chatting. I like everything I see.

Nononyan: I’m glad we got to the moon 😊

Ronyan: I always walk, but it is fun to have everyone walking toward the same goal. Even on days when I think that I have walked enough, I feel like taking another step. After walking to the moon with this Challenge, I want to walk back to earth and beyond with Team Popoki.

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

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From the Popoki Peace Project ronniandpopoki@gmail.com



Contributions are always welcome!

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THANK YOU FROM POPOKI!