



It's December! Popoki doesn't like the cold, but he loves to play outside! When it snows, he makes a snow cat! What do you do when it snows?

Popoki's Hot News!

Coming up!



Thinking about disaster with Popoki!

February: Popoki Friendship Story Activities in Tohoku!

17 March Pot Luck Party #3 -

Chat and decorate salmon (SHAKE HAND) with Kawarahata Yoko and others @ Us Park, Nada-ku, Kobe

Hope to see you there!

Piece of Peace

One of Popoki's friends, Minami-nyan sent the following piece of peace. "My grandfather has experienced the atomic bomb in Hiroshima when he was a student, and he has been working as a doctor for about 50 years. He says, "My prime mission to live is to protect peace as a doctor to protect life".

What sort of 'peace' did you encounter today?

Please contribute a bit of peace!

Please let us know by sending a message to Popoki's e-mail:

[ronniandpopoki \(at\) gmail.com](mailto:ronniandpopoki@gmail.com) !



Reflecting on Popoki's 2019!

January

Remembering 17 January 1995

The Great Hanshin-Awaji Earthquake

Pot Luck Party No.2

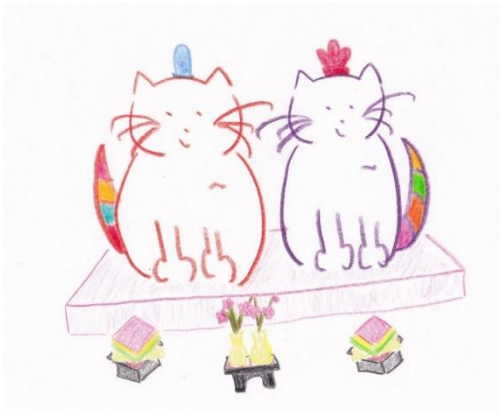


February Popoki Friendship Story activities in Otsuchi-cho and Ofunato City

(Lanyan, Aasthanyan, Dinyan, Nagisanyan, Satonyan, Ronyan)



March Rest, afternoon naps, friends' graduations and Popoki in Toronto, Canada



April Workshop at Chiang Mai YMCA, Chiang Mai, Thailand



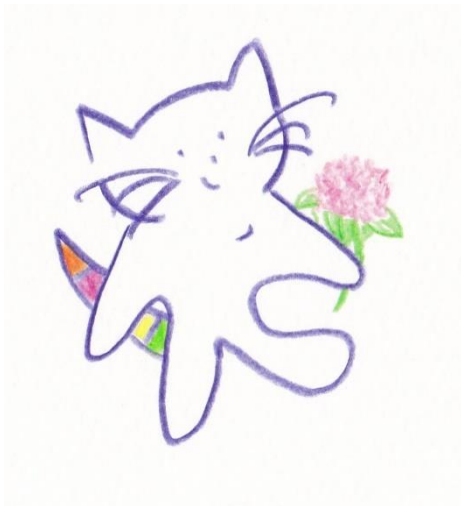
**May Workshop at National Kaohsiung
University of Science and Technology, Taiwan**



**June Nada Challenge...but there was heavy rain and it got
cancelled**



July Popoki@Kodomo no sato



**August Popoki in Malaysia!
Thinking about nuclear issues with Popoki!
Seminar for living together, Kobe! Popoki in Indonesia!**



September Popoki in Guam!



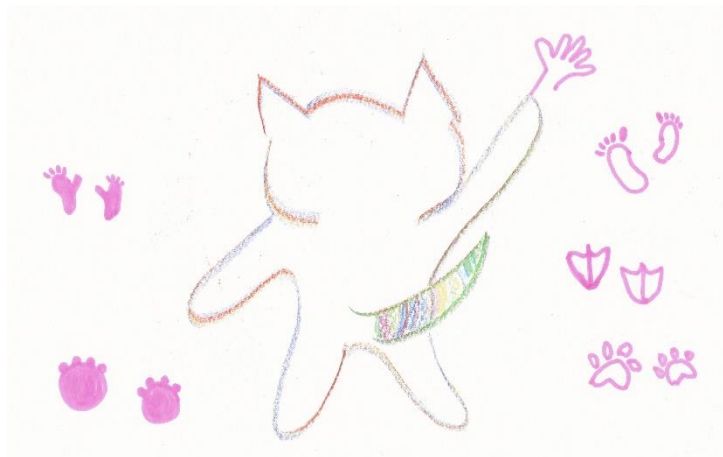
October Peace and Health Workshop... but it was postponed because of Typhoon No.19



November Popoki, Satonyan, Ronyan in Otsuchi!



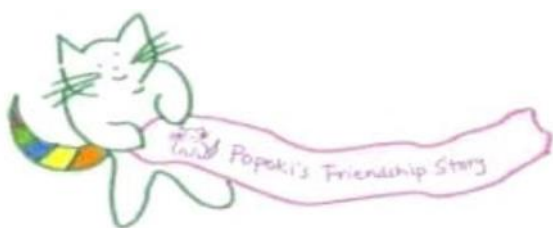
December Peace and Health Workshop and Ponenkai!



The end of 2019

**Thanks for a great year!
See you in January!**





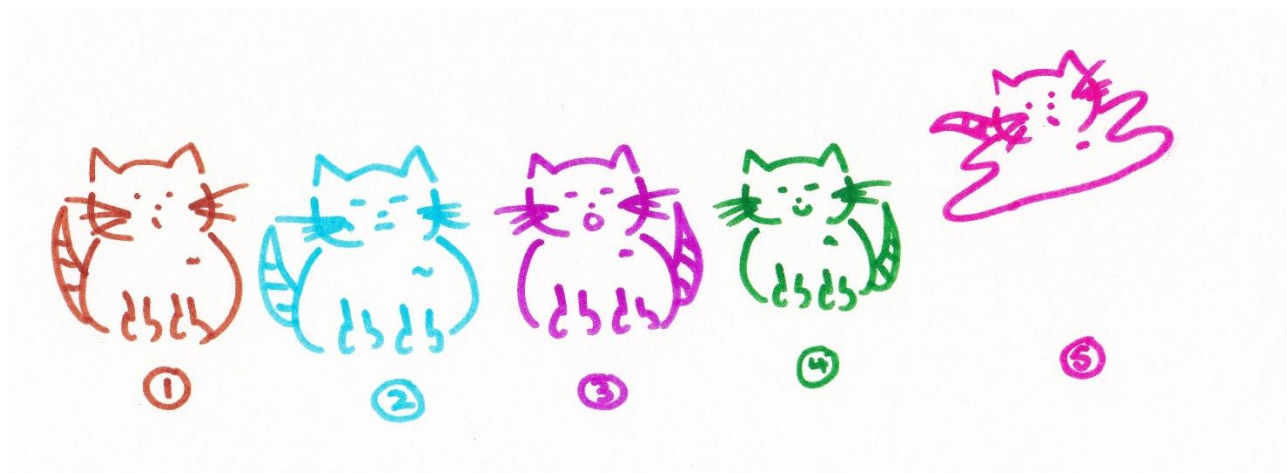
Popoki's Interview

Popoki's interview column is taking a holiday break!

POPOKI'S EASY POGA

Lesson 140

This month's theme is meditation!



1. First, as always, sit up straight and look beautiful.
 2. Now, with your back straight, eyes closed, and heart open, gently say "mmm."
 3. Next, keeping the same position, in a gentle voice repeat "meow....."
 4. Now, keeping the same position open one eye and in a gentle voice say, "love..."
 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: 2019.1.20 19:00 @ Nada Yakuzaishikai

2020.1.22 Kobe University 8th Disaster Research and Disaster Support Symposium, Shindai Hall, 12:30~. Popoki will be there, too!

2020.2.7 (night)- Popoki Friendship Story activities in Otsuchi-cho!

2020.3.17 Pot luck Party with Drawing, Pictures Books, Disaster and Medical Care, Part 3. 14:30-16:30, 'As Park,' Nada-ku.

Book Suggestion from Popoki's Friends

Riokun no susumu michi – Gakko ni ikenai kimitachi he – (Rio-kun's path: To those of you who can't go to school). Text & illustrations: Miyuki Kaneshiro. Gakken, 2019.

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.

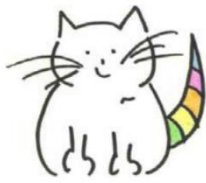
Popoki in Print * Back issues of Popoki News:



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

"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

Minami nyan

This time, I asked “What is Popoki for you?” to the students who participated in the UNESCO Chair Summer Program on Gender and Vulnerability in Disaster held in Yogyakarta, Indonesia. We shared an understanding that Popoki means expressing our feelings, communication, and new friends. Below is everyone’s comment.

1. Aya Tanaka/ the spokesperson of my feelings
2. Kiriko Maekawa / When I saw Popoki in the first time, I couldn’t stop looking at his rainbow tail. And I like cats. For me, Popoki is someone who appears suddenly and cheers up me when I feel down and sad. Even though we sometimes cannot our surroundings because it is cloudy and rainy, but someday the sun will come and there will be a rainbow. I think Popoki gives me, and all of us, hope.
3. Kazuya Matsumoto/ Popoki is everyone’s idol. Through the program in Indonesia, I came to feel that Popoki is accepted by everyone, regardless of their nationality or culture.
4. Satoko Ueno/ When thinking about disaster measures, I learned to think about what is good for “everyone,” not just “what is good for the majority.” For me, Popoki means to be kind to everyone, including ourselves, when we are thinking about something or taking action.
5. Takumi Sato/ Popoki for me is meeting new people and coming together.
6. Ishida Chika/ Meeting a lot of people
7. Finally, I will talk about Popoki for me. Popoki is the time to think about safety and the place of communication with lots of people. As I said before, we all share the idea that Popoki means expressing our feelings, communication, and new friends.



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!