

# Popoki



## Newsletter

No.181 2020.9.25

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The hot summer in Kobe where Popoki lives is over and it is beginning to get cool. Popoki likes to play outside in the sunshine, but September brings typhoons, too and they are scary! Please try to stay safe and dry!



## Popoki's Hot News!



Coming up!

"Thinking about Peace and Health with Popoki"

Online Workshop 10/24 14:00~

See pages 13-14 for details

Everybody is welcome!

### Piece of Peace

One of Popoki's friends, Bashir-nyan, with help from her father, sent the following piece of peace. "Peace for me is not to give up and be positive in life. I believe success will come after failures."

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) !

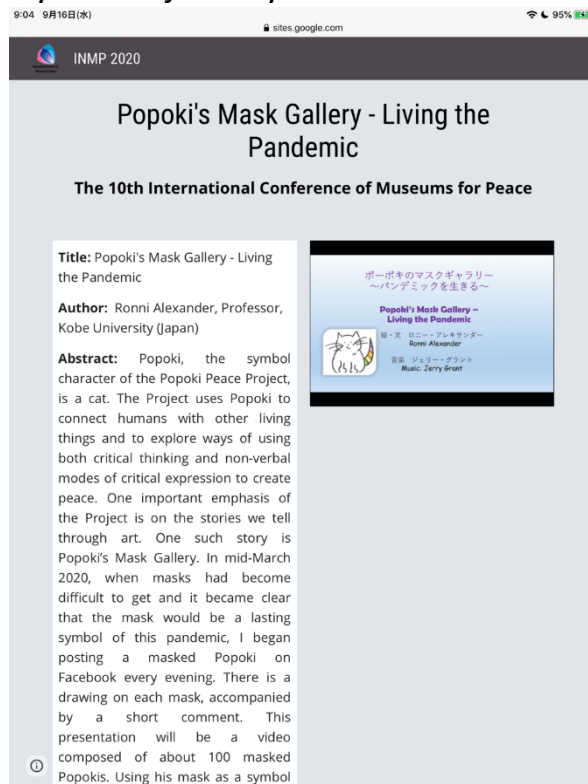
## New Video! “Popoki’s Mask Gallery – Living the Covid-19 Pandemic”

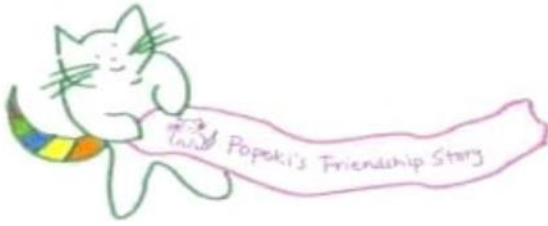
The International Conference of Museums for Peace was held online from 16-20 September 2020. Popoki was present in the form of a video in the poster presentation section. You can watch it on the conference archive site <https://sites.google.com/view/inmp-2020/p25-popokis-mask-gallery-living-the-pandemic> or on Ronyan’s YouTube site.

<https://www.youtube.com/watch?v=BjT1ZjVUsm8&t=3s>

The following is a description:

Popoki, the symbol character of the Popoki Peace Project, is a cat. The Project uses Popoki to connect humans with other living things and to explore ways of using both critical thinking and non-verbal modes of critical expression to create peace. One important emphasis of the Project is on the stories we tell through art. One such story is Popoki’s Mask Gallery. In mid-March 2020, when masks had become difficult to get and it became clear that the mask would be a lasting symbol of this pandemic, I began posting a masked Popoki on Facebook every evening. There is a drawing on each mask, accompanied by a short comment. This presentation will be a video composed of about 100 masked Popokis. Using his mask as a symbol of the ‘everyday’ or ‘new normal’, Popoki is usually colorful and upbeat, sharing laughter and positive moments, seeking connection through humor and parody. Sometimes, like the humans around him, Popoki is angry, tense, frustrated or upset. Although Popoki’s masks are not usually overt political statements, each Popoki is a commentary on life during the Pandemic, a reflection of the ‘everyday’ in the journey to be safe in unsafe and uncertain times.





## \*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. This time we have reports from Sunyan and Victoria. Sunyan's story is in Chamorro and English. Victoria's is in Spanish and English!



**When the lockdown started, I felt disconnected  
from the world.**

**Annai matutuhon i tiempon pinengle, kalang  
malingu yu' gi tano'.**



**I didn't leave the house. I didn't go to school,  
I didn't go to the malls, I didn't go to the store.**

**Ti hu didingu i gima'. Ti umeskuela yu', ti  
humānao yu'  
para i mall, ti humānao yu' para i tenda lokkue'.**



**I became sad missing the island around me.  
Nina'triste yu' ni i tinaigue-ña i isla-ku.**





**So I started to draw the wonderful things that I  
was missing.**

**Pues hu tutuhon yumuyungga i ginefpågo ni hu  
mahalalångi**



**Remembering all the things I loved about hiking,  
the beach and jungle.**

**Hu hasso todū ni' gof ya-hu put humihiking, i  
kanton tāsī  
yan i halomtāno'.**



**So when the lockdown ends, I can compare  
my memories to the reality.**

**Sa' annai måkpo' este tiempon pinengle, sa' hu  
akompára  
i hinasso-ku siha yan i minagåhet.**



**The next story was contributed by Victoria Itzayana Tapia Martínez.**

**1. What do you do during an ordinary day?**

A: I do my chores, hug and kiss my mamá, go to my online classes, play with my family – with my baby doll, chess, or Chinese checkers – listen to music, watch my mother teach her classes, draw, color and paint.

**1. ¿Qué haces en un día normal?**

Tarea, abrazar y besar a mi mamá, entrar a mis clases en línea, jugar con mi familia a los bebés, ajedrez, damas chinas, escuchar música, ver a mi mamá dar sus clases, dibujar, colorear y pintar.

**2. What do you think about the coronavirus?**

That we are never going to be able to go outside, that the coronavirus will never end, and that we will never be able to leave the quarantine. But I think that now they have invented vaccines and that a doctor will send it to other doctors so that the whole world will have vaccines and we can go out again.

**2. ¿Qué piensas del coronavirus?**

Que nunca vamos a salir, que nunca se va a terminar el coronavirus y que no saldremos de la cuarentena, pero creo que ya inventaron vacunas y que un doctor se las mandará a otros doctores para que todo el mundo tenga vacunas y así podamos salir.

**3. What is your favorite activity or thing now?**

To make keychains with little colored plastic tubes.

**3. ¿Cuál es tu actividad u objeto favorito ahora?**

Hacer llaveros con tubitos de plástico de colores.

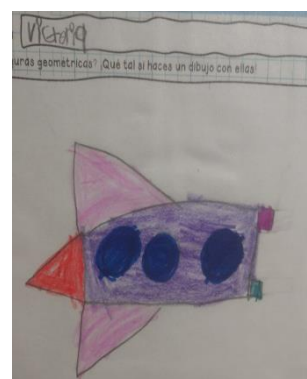
**4. Have you colored something or made an album or some other type of art?**

A Minecraft head using recycled material. A robot using medicine and milk boxes that we had in the house. And musical instruments – a guitar and maracas. I made an album of artwork of various painters: Frida Kahlo, Picasso, Diego Rivera, Leonardo Davinci. I researched them and printed the pictures of theirs that I liked best. I also did a self-portrait of myself in water-colors and drew my family, the aquatic animals, etc.

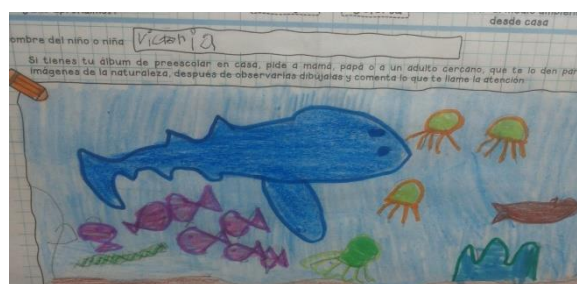
**4. Has dibujado algo o hecho un álbum o algún tipo de arte?**

Hacer una cabeza de minecraft usando material reciclado. Un robot usando cajas de medicinas y leches que tenia en casa, elabore instrumentos musicales (guitarra, maracas).

Hice un álbum con las obras de arte distintos pintores Frida Kahlo, Picasso, Diego Rivera, Leonardo Davinci, investigue sobre ellos e imprimí las pinturas que mas me gustaron de ellos y también hice mi autorretrato con acuarelas, dibuje a mi familia, dibuje los animales acuáticos etc.



... geometric. What if you drew a picture with them!



If you have your pre-school album at home, ask your mother, father or nearby adult to give it to you to see images of nature. After looking at

## 5. What do you like best now?

That I have a lot of vacation time, that I am happy in my house and that I can play and amuse myself, hug my Mamá and devour my family with kisses.

5. ¿Qué es lo más te gusta ahora?

Que tengo muchas vacaciones, que estoy feliz en mi casa y que puedo jugar, divertirme, abrazar a mi mamá y comerme a mi familia a besos.

## 6. Is there something you don't like now? If there is something that you don't like, what is it?

That I can't play away from my house and I get bored. That I miss my grandmother and grandfather, my black dog, and my friends from school.

6. ¿Hay algo que no te gusta ahora? Si consideras que hay algo que no te gusta ahora qué es.

Que no puedo jugar fuera de casa y me aburro. Que extraño a mi abuelita y abuelito, a mi perra la negra y a mis amigos de mi escuela.

## 7. When you can leave your house again, what is the first thing you want to do after being enclosed due to the coronavirus?

Many things. For example, go to play in the shopping center where there is a pool with balls, go to the park, go eat quesadillas in a restaurant, go to the movies, go to visit my grandfather Benedicto, grandfather Jesús, and my grandmother María. And also go to the cemetery to visit my grandmother Angelina who I miss a lot.

## 7. ¿Cuando puedas salir otra vez de tu casa, que es lo primero que quisieras hacer después del encierro por el coronavirus?

Muchas cosas, por ejemplo, ir a jugar a la plaza donde hay una alberca de pelotas, ir al parque, ir a comer un restaurante quesadillas, ir al cine, ir a visitar a mi abuelito Benedicto y a mi abuelito Jesús, a mi abuelita María.

Y también ir al panteón a visitar a mi abuelita Angelina que extraño mucho.



I feel sad about not returning to school



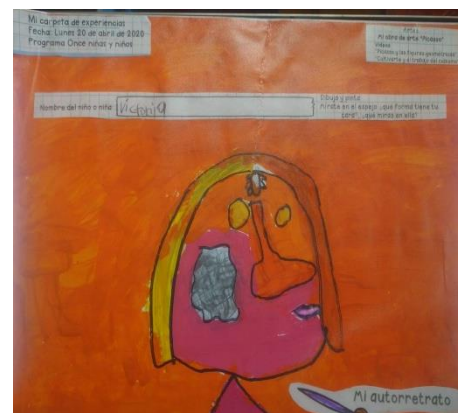
We want to congratulate you because today is the day of the boy and the girl. Draw how you want to celebrate this day.



How would your self-portrait look like?



Draw your family. (Under the figures: Mamá, me, Papá, sister)



Picasso self-portrait. Look at your face in the mirror. What shape does it have? What do you see in it?





# POPOKI'S EASY POGA

Lesson 149 This month's theme is stretching our arms and wrists!



1. First, as always, sit up straight and look beautiful.
2. Now, stand and put your hands together. Keeping your hands together, slowly raise your arms as high as you can, and then lower them. Repeat 3 ~ 5 times.
3. Next, interlock your fingers and stretch your arms out straight in front of you with your palms facing you. Now without releasing you fingers, turn your palms so that they face away from you. Repeat this one 5 times!
4. Okay! Stretch your right arm out straight, with your fingers bent, pointing at the floor. Put your left hand over the back of your right hand and gently pull your fingers toward your body, stretching your wrist. Next, point your fingers toward the sky and stretch the other way! Finished? Try the other side! Repeat!
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: 2020.10.19

@



zoom! 18:30~\* \* It is always the same link but please contact Popoki if you need it.

9.16~ Popoki's Mask Gallery @ International Conference of Museums for Peace,  
<https://sites.google.com/view/inmp-museums-for-peace/conferences/2020-conference>

10.24 "Thinking about Peace and Health with Popoki" Online workshop. 14:00~. Facilitated by  
Satonyan (Hyogo University of Health Sciences). Contact us for the link.

Book Suggestion 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.





第10回ワークショップ 「健康って、なに色？」

Workshop: "What color is Health?" @ Hyogo University of Health Sciences

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？

あなたの健康づくりは、なに色？みんなで一緒に考えてみよう！！

日時 2020年10月24日（土曜日）14：00～16：00

オンライン参加型ワークショップ！ Online Active Workshop!

対象 どなたでも参加できます。Open to all

定員 30名 30 participants

※申し込みと、参加URLを送ります When you register we will send a link.

スケジュールProgram

13:50 受付Registration

14:00 「ポガ」タイム Poga ※ポガ：ポーポキのヨガ

14:05 ワークショップ①「ポーポキ、健康って、なに色？」

Workshop 1: Popoki, what color is health?

15:10 ワークショップ②「コロナの時代の健康づくりってどんな形？」

Workshop 2: What is the shape of health promotion in the COVID-19 era?

15:50 まとめ、発表 Conclusion, presentations

16:00 解散 Dismissal

\* オンラインだけれど、小グループで話したり、絵を描いたりします！ It's online, but we will engage in small group discussion, drawing, etc.! Will fit each person's needs!

\* お一人お一人にあった動きをしますので、どなたでも参加できます。



# ポーポキ・ピース・ネットワーク

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？

メール送信先: [chi-ki@ml.huhs.ac.jp](mailto:chi-ki@ml.huhs.ac.jp)  
兵庫医療大学 地域連携実践ステーション

申込方法 メールにてお申し込み下さい。（上記のアドレスへ）  
内容 氏名・メールアドレス・連絡先お電話番号をお知らせください。  
Registration: Send e-Mail (above) with you name, mail address, contact address and phone number  
問合せ先 兵庫医療大学 地域連携実践ステーション  
電話 078-304-3013（受付時間：平日9時～17時）  
担当者 兵庫医療大学 薬学部 桂木聡子  
For information contact Satonyan



## Popoki in Print

\* Back issues of Popoki News: [http://popoki.cruisejapan.com/archives\\_e.html](http://popoki.cruisejapan.com/archives_e.html)

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- *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 Kinoshita

What Popoki means to me is to share.

I have joined Popoki Peace Project from last April. Through Popoki Peace Project, I could share stories and spend time with Popoki's friends. I think "to share" is one of the good things about Popoki projects. I have joined some activities which we enjoyed with children, for example, Reading aloud and drawing at Hatopoppo Nursery School, Gender Equality Office Summer School, Popoki workshop at Kodomo no sato etc. I enjoyed drawing, and thinking about "what is peace?" and "what is safe?". Although these things might represent this word "education", I participated because I think that I want to convey and share the diversity of values and ways of thinking.

The good part of Popoki's book is not one-way communication. Because it's sharing, anybody can be involved. Everyone can be in the center of Popoki's story. Popoki can accept any ideas.

When I was a child, I was not good at explaining my opinion and how I felt. The result was that I think I suffered trauma because people criticized my opinions and acts that were different from those of others. Now, I suppose that it's always fine to be different and I want to be me since I have a place to accept me and respect our diversity. I believe Popoki Peace Project is a place that everyone can be accepted and where everyone can share any experience.

This year has brought a lot of changes.

Because of COVID-19, university classes, work and even Popoki meetings are now online. We cannot see each other directly, however, there are good aspects of being online. People for whom it is usually difficult to participate can share the same time all over the world and anywhere in Japan. Through this pandemic, there are also positive aspects, and I believe that it is an opportunity to discover various forms of sharing.







(Reading aloud at Hatopoppo Nursery School)



## 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](mailto: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](mailto:ronniandpopoki@gmail.com)



***Contributions are always welcome!***

**Popoki Peace Project [popokipeace-at-gmail.com](mailto:popokipeace-at-gmail.com)**

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# THANK YOU FROM POPOKI!