



September! So much rain! Popoki doesn't have rain boots, but he's thinking of getting some. What about you? How do you dress for the rain?

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! Peace and Health Online Workshop!
22 October See pages 8-10 for details.



Piece of Peace

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

"The typhoon is gone and autumn has come in turns.

We can feel various signs such as the air changes, the sky is higher, the temperature changes, and the heat of the sun becomes gentler.

I feel relieved by the gentle breeze that releases me from the summer heat, and I feel a little sad to say goodbye to summer, at the same time. When I feel nature, I feel it makes me be very honest. It feels so peaceful."



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...)

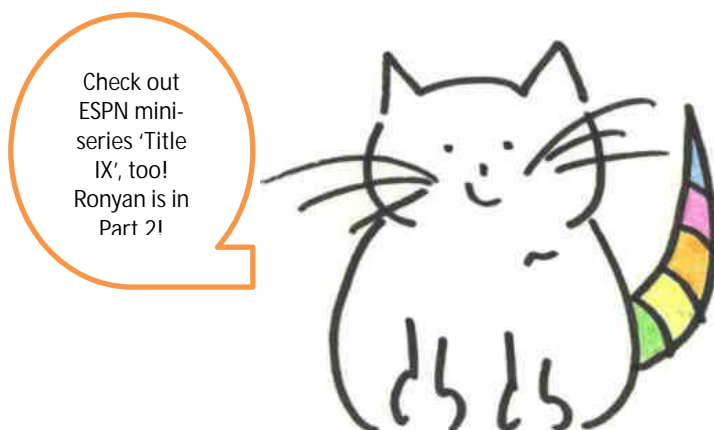
'Reflecting on the thirty years since Big Dreams and Small Islands, and looking toward tomorrow'

<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"

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)



On September 15, there was a peace gathering at the Dawn Center near Osaka Castle. Ronyan and Satonyan contributed a workshop with reading picture books and talking. Many people involved in theater and music participated, and it was a very fun meeting.

Popoki started a story by Ronyan of how she got involved in doing peace research, followed by Poga. During the serious parts, everyone worked hard taking notes, and during the interactive parts they participated very happily. Gradually they began to look up, and they started to relax.

That's Popoki Magic!!

Read aloud together with the participants!

It was a learning experience, but it also warmed our hearts.

Here are some of the other programs, listed in order:

○Puppet show Vaudeville "When Soldiers Go to War"

This was a puppet show. All the puppets were hands, made to look like soldiers. The play itself was silent, and just had music playing in the background, repeating the song:

"Men go to war. Only the lucky ones can come back."

One hand wearing a scarf made me feel so sad.



○ Reading drama "Brown Morning"

If you have a dog and a cat with fur any color other than brown, you will be arrested, which is a terrifying and unreasonable situation.

But the protagonist mutters, "Since when did this happen?"

○Ensemble Renette Concert

The music made me feel peace.

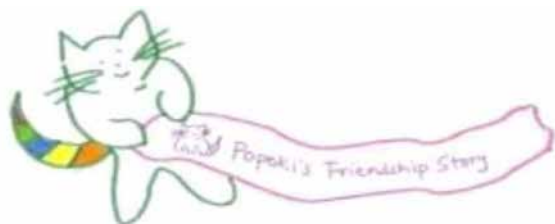
○Angklung Ensemble

We used an Indonesian instrument called Angklung and played together in an ensemble.

It was all very fun and interesting.

I thought it would be a chance for everyone to think, but every play was bittersweet, and painful to watch

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!

.....
Hello! My name is Yara and I interviewed my grandmother, Palmira de Jesus Cumbe. I asked for her thoughts regarding her early life, career and about her life since the COVID pandemic began and how cyclical history can be.

Q// Can you give me a small introduction of yourself?

- I was born on January 1931, in Panda district of Inhambane province in Mozambique. Mozambique was still a Portuguese colony. I was the second of 5 siblings. My father, Naife Cumbe, was a miner but changed careers and became the village chief. My mother, Sailifa Cumbe, was a homemaker.

Q// How was school like?

- I went to primary school near my home and then after second grade, I went to a missionary school called "Missão de São João de Deus" in Homoine, until the fourth grade. I moved to Maputo in 1950 to study nursing. I studied nursing from 1950-1954 at Maputo Central Hospital. At the time it was known as Miguel Bombarda Hospital and was the only central hospital we had at a national level.

Q// What did you learn in nursing?

- Obstetrics (observing a pregnant person's state, knowing what questions to ask and what to measure, treat and prevent), practical and theoretical medicine (identifying symptoms and knowing how to treat them). I trained to become a midwife.

Q// Did you always want to be a nurse?

- During my adolescence I wanted to enter the health field due to my curiosity and when I saw people who already worked in the field, I became even more interested in helping others.

Q// Did you love your job and what did it make you feel?

- I loved my job very much. I was very happy doing it.

Q//Can you tell me a little bit more about the measles outbreak that happened?

- We had no vaccine at the time, so a lot of children died from it. It affected mostly children and even though it was rare, some adults were also affected by it. The number of casualties, I can't remember, but it was a scary number at the time. At the time all we could do was isolate them and give them simple penicillin. I felt very sad... So many children dying. It was horrible.

Q// Did you have ways of protecting yourself and making sure you didn't spread the disease?

- Hygiene. We washed our hands, took showers, and changed into civilian clothes.

Q// When did the vaccine arrive in Mozambique?

- The vaccine only came in 1975, after the Independence of Mozambique. I'm not sure if it already existed in Europe, but that's when it arrived for us.

Q// Did you ever suffer from racism at your hospital?

- Sometimes, patients and doctors were rude to us. They would call us auxiliary nurses even though we were nurses. They wouldn't address us by our actual titles. Some colleagues would end up being transferred to districts with poor conditions for what the white staff deemed as "bad behaviour". It never happened to me. I, also, learned to ignore their remarks and wasn't too affected by it.

Q// How did the wars affect your job as a nurse?

- In the South, we only started to understand what war was after the independence. The North suffered the most during the fight for independence. After 1975 and the new government was set up, they reorganised the hospital. The hospital infirmaries used to be segregated and they changed that.

Q// Did the independence affect the reception of medication?

- No. There were no difficulties like that. It was an adaptation period because the Portuguese controlled everything, so we needed to fill those positions that were left vacant after they left. There was a certain instability. It's a tough situation, there were things during the colonial times that were favourable to less fortunate people. We never saw beggars on the street. There were concentration centres for homeless people that were run by nuns. They could find what they needed to survive but after the war, the prices of basic commodities went up.

Q// In spite of all this instability, did you have moments of peace?

- I did but with the wars, the news about the wars, we felt sorry. We weren't aware of the extent of the suffering because we weren't in the eye of the storm.

Q// After you retired, what has life for you been like?

- After my training, I was posted at a maternity in Chibuto for 10 years where I worked mostly by myself and then I was transferred back to Miguel Bombarda where I worked from 1964 until 1983. For my last year I asked to be transferred to the Machava Central Hospital, that was closer to where I lived. I retired in 1984 but I would volunteer whenever there were vaccination campaigns. The last time I volunteered was probably 1997 but I mostly just enjoyed, going to church, taking care of my home and looking after my daughters and grandchildren.

Q// Do you think the hospital conditions are better now than when you were a nurse?

- There were really good conditions of work when I was a nurse. Yes, there was racism and segregation but I think that's hard to compare. Right now, there are still some good working conditions, I just think the way of working is different. I also think our government dealt well with the pandemic. The television always had shows and the news talking about hygiene and prevention. Most people complied with the rules, even the churches closed.

Q// How has the pandemic affected your life?

- I have a hard time explaining that because as of the last few years, I'm mostly at home because of my limited mobility but the ladies from my congregation still come, just less frequently. I also can't have over the children who would come and pray with me because of the pandemic but my day-to-day hasn't changed much. I think it's worse for people in China. I watch the news and see what they go through, so my life doesn't seem so bad despite the circumstances.

Q// Were you worried?

- My worry was what could happen to my children and my grandchildren. I've lived my life, I've done all I've wanted to do for myself and all I could do for my children and their children. I'm a little less worried nowadays because we are all vaccinated.

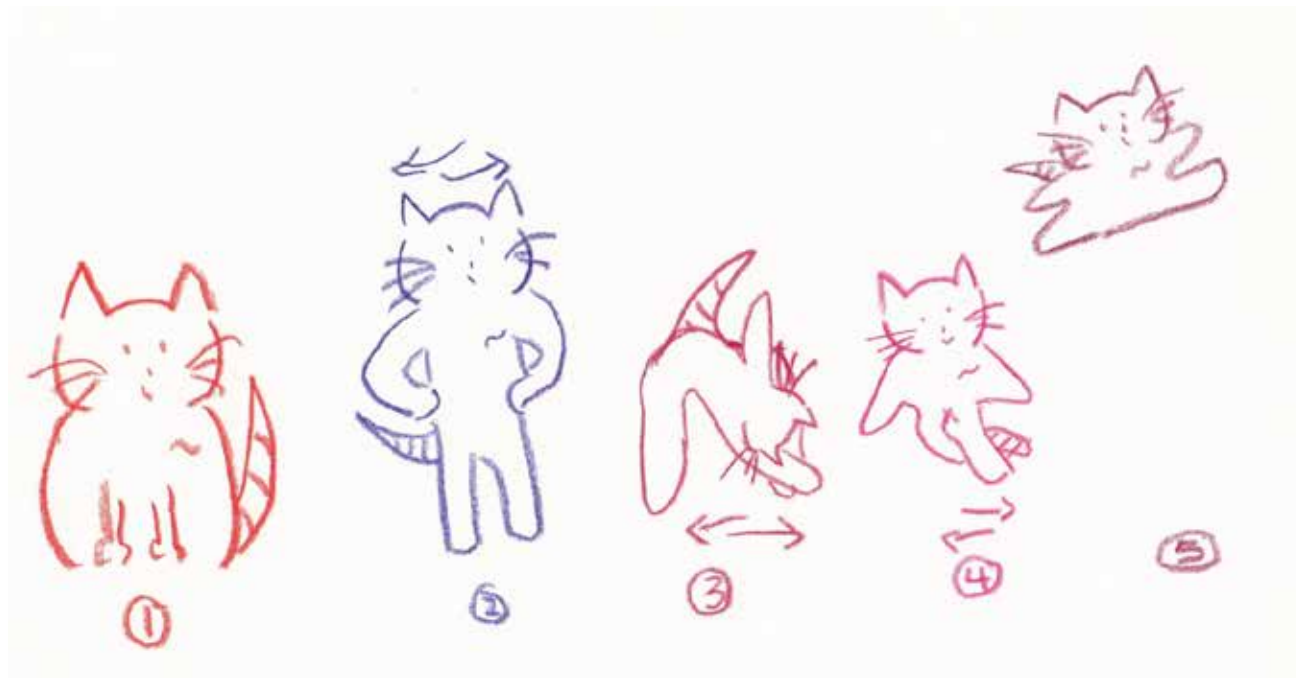
Q// To the people who are suffering right now due to war, famine and the pandemic, can you give them some words of encouragement?

- To encourage people, I usually think to myself "this, too, shall pass". Everything that is happening now, has happening in the past and we will survive as they survived back then. Always be nice and take care of each other, independent of our differences. We need to be nice and respect each other and be brave.



POPOKI'S EASY POGA

Lesson 173 This month's theme is twisting!



1. First, as always, sit up straight and look beautiful.
2. Now, stand up with your hand at your waist. Without moving the lower part of your body, twist the upper part of your body! Right, left, right, left! Slowly repeat!
3. Next, spread your feet wide and lock the lower half of your body. Swing your right hand outside of your left foot, and then your left hand outside of your right foot! A little more? Make it a big swing with your upper body and an even deeper twist!
4. Okay! This time, move only your lower body! Place your right foot behind your left, and then your left foot behind your right! Want more? Do it quickly!
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: 2022.10.24 @ 19:00 zoom*

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

- | 10.15 Workshop on LGBTQI+ and sexuality @ Osaka YWCA
- | 10.22 Peace and Health Online Workshop @ Hyogo Medical University (see p.10)
- | 12 Ponenkai
- | 2023.2 WS with Ofuntato Kita Elementary School

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.





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！！

日時 2022年10月22日(土曜日) オンライン参加型ワークショップ！

Online Active Workshop! 14:00 ~ 16:00

**申し込むと、参加用URLを送ります。When you register we will send a link.

対象 どなたでも参加できます。Open to all 定員 30名 30 participants

申込方法 電子メール(裏面)にてお申し込み下さい。

Registration: Fax or e-mail (see the reverse side)

問合せ先 兵庫医科大学 地域連携実践ステーション HMU Community Outreach Station

電話 078-304-3013 (受付時間: 平日9時~17時)

担当者 兵庫医科大学薬学部 桂木聡子 For information contact Satonyan

Zoom開催となります



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 「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 「コロナの時代の健康づくりって どんな形？」

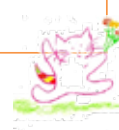
Workshop 2: What is the shape of health promotion in the COVID-19 era?

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.hyo-med.ac.jp

兵庫医科大学 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 your name, mail address, contact address and phone number

問合せ先 兵庫医科大学 神戸キャンパス 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 兵庫医科大学 薬学部 桂木 聡子

For information contact Satonyan



メール作成画面はこちら
Click here to see the
mail composition screen.



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

Available from amazon.jp



A5判・192ページ
定価 2,420円(税別)

～コロナ禍のアートを通して
日常の安心を感じる～

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 くちゃぐちゃ
- 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 — 基礎となる日本人の伝統的思考法を考える—(高田哲)
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

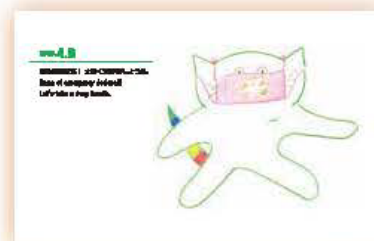
Pool

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

Popoki in Print

* Back issues of Popoki News: http://popoki.cruisejapan.com/archives_e.html

- Ø 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
- Ø 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
- Ø 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
- Ø Feeling Unsafe: Exploring the Impact of Nuclear Evacuation Journal of Narrative Politics 4(2) 65-87 2018.04
- Ø 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
- Ø Thinking About Human Rights with the Popoki Peace Project Human Rights Education in Asia-Pacific 8 83-106 2018
- Ø "Popoki Mini Peace Film Festival," Kobe YMCA News No.652, July/August 2017, p.3
- Ø ESD Digital Archives, Kansai Council of Organizations for International Exchange <http://www.interpeople.or.jp>
- Ø "Peace Picture Book Published – linked to disaster support in East Japan" *Kobe Shimbun* (2014.3.25) KIHARA Kana
- Ø "Awards given to 37 groups Daiwa Securities Foundation" *Kobe Shimbun* (2013.8.23 p.8)
- Ø "Reproducing 'human shadows' and asserting no nukes" *Kobe Shimbun* (2013.8.7 p.22)
- Ø 'Draw inner thoughts about disaster' *Yomiuri Shimbun* 2013.2.16:4 (evening edition; Japanese)
- Ø "'Safe' and 'Secure' Society is from the bottom-up", *Mainichi Shimbun Interview with Ronni Alexander*, 2012.10.29, p.1 (evening edition; Japanese)
- Ø R. Alexander. "Remembering Hiroshima: Bio-Politics, Popoki and Sensual Expressions of War." *International Feminist Journal of Politics*. Vol.14:2:202-222, June 2012
- Ø "Article 9 is at the base of Peace with Popoki" *Kodomo to Mamoru 9 jono kai News*, No.66, 2012.5.12
- Ø "Hope on 60 meters of cloth" Etsuko Akuzawa. (In Japanese) *Asahi Shimbun* 2012.1.21
- Ø "Voice for Peace made into a book" Masashi Saito. (in Japanese) *Kobe Shimbun*, 2012.1.19
- Ø 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
- Ø S. McLaren. "The Art of Healing" (Popoki Friendship Story Project) *Kansai Scene*. Issue 133, June 2011, p.10. kansaiscene.com
- Ø 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
- Ø 省窓 : Column in *Kobe YMCA News*, No.606, 2011.1, p.1 (*In Japanese*)
- Ø "If we all participate, something will change! Reflecting on Palestine" *THE YMCA* No.607 June 2010, p.1 (*YMCA Japan Monthly Newspaper*)
- Ø 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
- Ø FM COCOLO 76.5 'Heart Lines' 2010.1.9 Japanese Interview: Ronni on Popoki in Palestine
- Ø "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/>)
- Ø 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
- Ø 'Friendship' No.2 2009.11 Itami City International/Peace Exchange Commission, Annual Events, p.1-2.
- Ø 'Not for But With...' No.79, 2010.1 Notice of the Popoki Peace Challenge event. P.12
- Ø 'Nada' notice of the Popoki Peace Challenge event, 2009.12, p.2
- Ø 'Yujotte...Kangaeru Ehon.' *Asahi Shimbun* 2009.7.2 AKUZAWA Etsuko
- Ø 'Yujo wo kangaete – Ningen to, Neko to, soshite Jibun to,' *RST/ALN*, No.259 2009.6.28, p.11
- Ø 'New Books: Popoki, What Color is Friendship? Popoki's Peace Book 2' (Rebecca Jennison) "Cutting-Edge," Vol.35 2009.6, p.3
- Ø "Thinking about Peace with a Cat: Second Peace Book Published." (SAITO Masashi) *Kobe Shimbun*, 2009.4.21
- Ø 'Popoki, What Color is Peace?' *Kobe YMCA News*, 2009.3.1. No.593. p.2
- Ø 'Popoki, What Color is Trash?' *Kobe YMCA News*, 2009.1.1. No.592. p.2
- Ø 'Tomodachi ni Natte Kuremasenkai,' *RST/ALN*, 2009.2.22
- Ø 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

Kasumi-nyan

Circle of Life

Iroha holds Reiko and Mamedaifuku with both arms and licks them.

When Iroha, a shelter cat, came to our home at the age of two months, he was sucking on the nipples of his senior cat, 16-year-old Socks, and munching on her tits. Socks looked at Iroha with loving eyes and continued to hug him. He was laughing as he was licked by Socks, a habit that did not change after he was neutered.

A year later Socks passed away. Iroha's grief far exceeded our human grief, and his personality changed completely. He refused to come out of the dark place at the back of the house. He stopped laughing and singing.

The human decided to welcome Reiko and Mamedaifuku into their home. Iroha came out from behind the cupboard, sat down between the two young cats, hugged them, and began grooming them.

One day, the human found three newborn kittens. It seems that Reiko gave birth on her own. Reiko, a yanmama, was unable to raise the children, and two of them turned cold. Mamedaifuku sulked that she was no longer being cared for by Iroha and the human. Mamedaifuku has abandoned parenting.

Iroha, the Aniki (older brother) raised his hand. He curled up in the kitten box and began to raise the survivor. Reiko was unstable at any rate. When Ryu-Ryu cried, Reiko also cried loudly because she was anxious. It was Iroha, who had just turned two years old, who watched over them and held them in his arms. He would always keep his eye on the kitten and stay by her side until she was tired from running and fell asleep.

Ryu-Ryu grew up to be a two-month-old girl. The time came for her to leave to a new home. The family had lost Iroha's sister cat half a year before. A deep sadness covered the family as they had raised Ryu-Ryu carefully, as if she was a princess. Ryu-Ryu was welcomed as an angel, and she was wanted by her new family.

Ryu-Ryu is as active and innocent as a fireball. There is no more time to cry for the family. Ryu-Ryu is running around. She will never be caught!

Circle of life. Iroha is still hugging Reiko and Mamedaifuku. In this way, all three of them are going to sleep today.



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!