



Popoki



ポーポキ・ピース・プロジェクト

POPOKI PEACE PROJECT (EST.2006.1.1)

Newsletter

No.241 2025.9.26



September! People, cats and other creatures around the world are demanding an end to violence and genocide. So is Popoki. He is worried about his friends in Palestine and other countries. He shouts, "Peace cannot be made with bombs! All life is precious! Cats support peace!"

Popoki's Hot News!



15th "What Color is Health Workshop"

18 October 2025, 14:00-16:00, online

***Advance registration required →**

(See pp.8-9 for details)



Popoki's Mask Gallery e-book! (See p.10)

Check out the platform choices listed on the right side of the link below

<https://www.org.kobe-u.ac.jp/kupress/epub.html>



Piece of Peace

This month's piece of peace is from **Ronyan**.

"Maybe peace is being able to freely engage in a new challenge, feel joy using your creativity, and linking your joy to smiles and kindness."

Do you have a Piece of Peace to share? Please send it to us at popokipeaceproject@gmail.com



Popoki's Video Gallery

Please have a look at Popoki's videos!

Popoki's Mask Gallery - Searching for everyday anshin through art during the COVID-19 Pandemic
(Book Fair talk in Japanese)

<https://www.libraryfair.jp/booksession/2023/51>



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.psj.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!

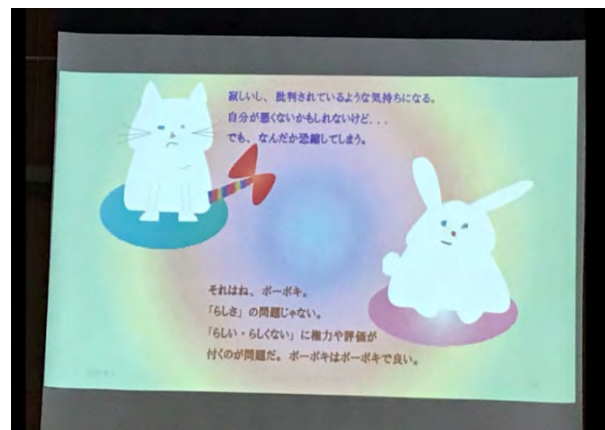


Popoki's Activities at the Seminar for Multicultural Coexistence 2025

Yakonyan

The '22nd International Understanding Education and Development Education Seminar for Multicultural Coexistence' held at JICA Kansai on 4 -5 August consisted of a keynote lecture and 3 workshop sessions on day 1 and 6 sessions on day 2. Ronyan gave the 90-minute keynote address entitled "Looking back on the thirty years since the Great Hanshin Awaji Earthquake: Will I still be afraid to go to an evacuation shelter?" as well as a workshop entitled, "Popoki, can we draw pictures of multicultural coexistence? Let's try together." Members of the Popoki Peace Project assisted with the workshop.

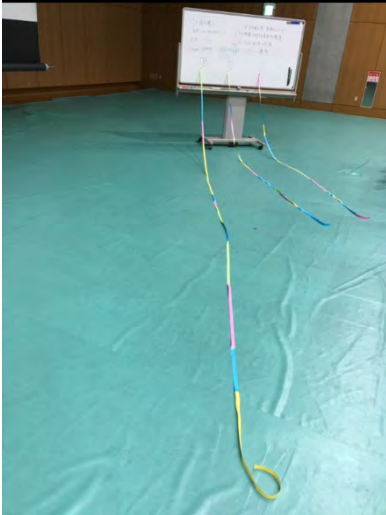
In the keynote, Ronyan discussed the Great Hanshin Awaji Earthquake and multicultural coexistence in Japan from her experience as a peace researcher and foreign resident, raising questions and asking participants to think about the relationship between peace and multicultural coexistence. Then, using a conversation between Popoki and Rabbit, she critically explained the concept of multicultural coexistence. She concluded that in the context of peace and multicultural coexistence, what stands out when looking back on the time since the Earthquake is the growing militarization in Japan, adding that "There is not just one answer, and it might be hard to find, but it is important to keep thinking together," and that even small efforts for multicultural coexistence comprise an aspect of peace and can be an important step. The participants seemed engaged, and



some took notes.

Fifteen people participated in the workshop. Ronyan was the facilitator, and in addition to Satonyan and Yakonyan who participated last year, Morinyan and Kinakonyan also helped. The first half began with Satonyan putting everyone at ease with Poga, followed by activities to help participants think broadly about peace and multicultural coexistence such as physically demonstrating the range of differing opinions and reading aloud together from Popoki's books. Everyone enjoyed the activities and participated thoughtfully.

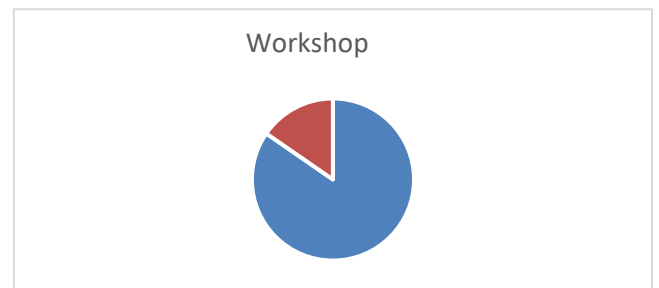
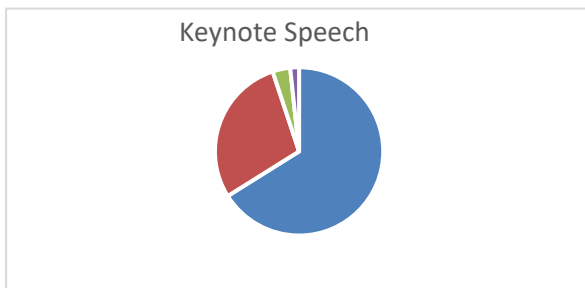
Then participants discussed obstacles to multicultural coexistence in groups, each suggesting three issues. We put the suggestions together and chose the 3 most frequently mentioned topics. Next, each person was given a piece of paper tape and asked to cut it into three parts based on their understanding of the relative importance of each topic. Each group combined their individual responses, and then we combined the responses of all the groups. To my surprise, the tape representing 'attitudes of discrimination against others' was about twice the length of the others ('the content of SNS messages' and 'Japanese people's prejudice').



Lastly, participants did the group activity of making a Popoki story about multicultural coexistence and sharing the story with the other groups. Everyone was so speedy in discussing the content and making the stories, and the finished stories were fantastic this time, too. I joined in the story-making activity this year and realized how the high pace of this activity requires efficient use of body and mind. Both the former participants and the new participants were wonderful!

At the end, Ronyan suggested that as the world becomes more divided, we need to increase the number of people who can communicate with everyone and said that the feeling we have that a dark cloud is hanging over our future and our sense of impending danger is a chance to get people involved in acting for peace!

(The following data is from the post-event survey by the organizers).



Keynote (# of responses)	• Very useful (39)	• Useful (19)	• Ordinary (2)	• Not useful (1)
Workshop (# of responses)	• Very useful (11)	• Useful (2)	• Ordinary (0)	• Not useful (0)

*Educators comprised the majority of the respondents, and high school students about 16%.

Comment about Popoki's Summer Peace Event "Talking about Nuclear"

(Every year in August, Popoki Peace Project holds an event to talk about nuclear issues. The report of this year's event was published in last month's Popoki News. We received the following comment from one of Popoki's friends, Urunyan).



...
This time the article that caught my interest was "Talking about nuclear issues." I think that just having a space for people from different countries to exchange ideas about this complicated issue is extremely valuable. The problem of how to pass on the memories is also important. As not only the number of hibakusha, but also other WWII survivors (victims and aggressors) dwindle, it becomes more and more difficult. How can we build a shared consciousness that not only second and third generation survivors but also others who have heard those stories will need to pass them on to others. From that perspective, I thought that this discussion among people of different generations and backgrounds was an important opportunity.

Urunyan

We held a peace education program for children at Kodomo Living

Ronyan

On 26 August, Satonyan and Ronyan conducted peace education for children at an after-school activity program called Kodomo Living. We were so happy to have this chance to think about peace with eleven children. This time, the theme was “treating living things with care,” and we focused on peace and peace-making close to us. I chose this theme because I wanted the children to realize that peace is more than wars in far-away countries or the atomic bombs, air raids and war discussed here in the context of “80 years since the end of World War II.”

Ronyan began holding a tiny, special “peace” in her hands, and passed it to one child. That child passed it carefully to another, and another. As it moved, it became a big peace, or a very heavy peace, and we all began to feel as if we could each really see our “peace.” Then it was time to feel and think about peace through reading from *Popoki, What Color is Peace?* The children did a great job of reading out loud to one another and sharing their ideas. The last page we read asked the question, “Can a society that disregards living things be peaceful?” We all thought about it together. What does it mean to have regard for living things? What do we need to have regard for living things? Then Popoki asked everyone for help. He said that he wanted to have regard for human life, but did not know what to do, so he wanted everyone to teach him. Popoki asked them to draw or write their suggestions on origami paper, and to put them in his pouch so that he wouldn’t forget what he had learned. The children shared lots of drawings and words and origami!!!

Popoki put each one carefully into his pouch. Thank you for helping me! I will use this to care for people around me. I hope you use them, too.

Take care! See you next year!





Popoki's Interview

**This month we interviewed Popoki!*

Q: So Popoki, what's on your mind this month?

A: Well, a long time ago, Ronyan and Popoki and some of our Popoki friends went to Palestine. People were so warm and friendly, and we made so many friends! The other day, Ronyan got an email from one of them. He wanted to know what Popoki can do for the children in Palestine. She suggested an interview or sharing their drawings.

Q: That would be great if they were able to do it. What has happened since?

A: Nothing yet, but I am thinking about what to do. Of course, everyone must keep on doing whatever they are already doing, and starting something new is good, too. Since I am Popoki, I want to find something else I can do in my own style, too.

It made me remember that a long time ago, a student said that humanity needs war and suffering because without it, there would be no great art or literature. That student believed that the intense emotions caused by suffering lead to creative inspiration that cannot be achieved through joy. I think that until we eliminate violence and create a truly peaceful world, we will not know the amazing things that people can create from peace. Of course, it is true that art is an important way to express anger, grief and suffering, and there are many great works of art from war such as Guernica or the Maruki Hiroshima panels. There is a lot of art and poetry coming from Palestine now, too, and I think we should pay attention to it because it helps us to better understand and feel this horrific situation.

I want to hear and share the voices and drawings of the children of Gaza today. I want to tell them that someone is listening to them, and that though we might not be strong enough to help them, we are thinking of them. And what I want most is for them to be safe and healthy and surrounded by people who love them, and who they love. That they can go to school and learn what they like. That their days are filled with smiles. That very soon the day will come that can share their voices and drawings of how it is to live in peace.



Popoki's Peace House Project

As you know, we are all working together to create Popoki's peace house. This time, we will share a story by Sasanyan. Please read in "What Popoki means to me," p.12. We would like to know your ideas for rooms and stories, too! Please feel free to share!



POGA (Popoki's Easy Yoga!)

Lesson 209 This month's theme is being nice to our shoulders!



1. First, as always, sit up straight and look beautiful.
 2. OK, let's stand. Slowly twist your arms to one side and hold it for a count of ten. Now try the other side. Repeat 5 times, left and right! Are you remembering to breathe, too?
 3. Next is shoulder raises. Stand up straight with shoulders down and your arms at your sides. Now raise your shoulders up to your ears and hold for a count of ten and then drop your shoulders down. Repeat 10 times.
 4. Now for rotations. Place your hands on your shoulders. Rotate your elbows up and around behind you. Are you squeezing your shoulder blades together? Good. OK, now rotate back to the front. Repeat 5 times, front and back.
 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: 14 October @ 19:30 zoom*

Everyone is welcome. Ask for the URL if you need it.

- 10.18 15th "What Color is Health Workshop" with Satonyan! Online, 14:00-16:00. (See pp.8-9).
Please pre-register using the QR code or URL on p.9 Questions? Contact Ronyan.**
- 11.? Popoki's Walking Challenge!**
- 12.? Ponenkai**
- 2026.3.8 Bikkuribako Part 15**

Suggestions from Popoki's Friends

* Bilingual version of "The Cans of Forest" now available as an e-book:<https://www.molcom.jp/products/detail/169076/>

* Ronni Alexander interview: <https://nordot.app/1061818964478919503?c=39546741839462401>

In celebration of its 50th anniversary, the Peace Studies Association of Japan has set up a Facebook page to share events. A series of interviews with peace scholars is one feature. The first interview was conducted with Ronni Alexander. It is in Japanese but you can have a look at: <https://www.facebook.com/profile.php?id=100089976982596>



ポーポキピースネットワーク

第15回ワークショップ 「健康って、なに色？」

15th Workshop @ Hyogo Medical University "What color is Health?"

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と健康の関係を見直してみませんか？
今回もオンラインだから、色々な場所から、みんなで一緒に考えてみよう！！

日時 2025年10月18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

**申込者のみ後日参加用URLを送ります。A link will be sent upon pre-registration

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 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「防災意識ってなあに？避難袋はいつも同じ？」

Workshop 2: What is disaster prevention awareness? Is your emergency bag always the same?

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 discussions, drawing, etc.! The program 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。
Pre-registration: Send e-mail to the above address 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

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「ことばの旅」への誘い

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An Invitation to take a Word Journey

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② くちゃくちゃ

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

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

第三部：「ふりかえり」の旅

「ふりかえり」の旅

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A Journey of Reflection

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考え方を考える— (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)

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今度はあなた

Epilogue: A New Journey

Now it is Your Turn

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Popoki in Print

- Ronyan interview (Kyodo) <https://nordot.app/1061818964478919503?c=39546741839462401>
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- ‘Nada’ notice of the Popoki Peace Challenge event, 2009.12, p.2
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- ‘Tomodachi ni Natte Kuremasenkai,’ *RST/ALN*, 2009.2.22
- Popoki on the radio. <http://www.kizzna.fm/> Click on 6CH. program and reading of Popoki in Japanese (No longer available)



What Popoki Means to Me

A Room Full of Flowers

Sasanyan

I have hay fever, but this room is fine even for someone like me. The room is spacious, featuring a tropical area, a flower field area where you can lie down, an herb area, and a florist area.

Flowers harvested here are sold as florist goods or delivered to other rooms. Plants are used for ornamental purposes, cooking, beauty oils, and baths. Besides the window for visitors, there's another window. Standing at that window, when you open the curtains, you can see the view you imagined. Here, I saw a vast field of flowers blooming only briefly in Africa. A dense, colorful flower field stretching far into the distance. A flower-specialized cameraman on TV said this was a rare sight to encounter, so I was happy.

From Ronyan: I drew two similar pictures (below) of my image of this room, one with colored pencils and one with crayons. What sort of picture do you like? What is your image? Would you use colored pencils or crayons? Please try drawing your own "Room Full of Flowers," too!





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, Popoki's Mask Gallery*:

From outside of Japan

1. Go to Amazon.co.jp
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!

Email: [popokipeaceproject \(at\) gmail.com](mailto:popokipeaceproject@gmail.com)

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THANK YOU FROM POPOKI!