A COMMUNITY GUIDE TO QUARANTINE

a community-sourced guide for supporting each other during the COVID-19 pandemic
Welcome

In the unprecedented time of a pandemic and a resurgence of social justice movements, the summer of 2020 has distinctively shaped our world. Adapting to a “new normal” has not been an easy feat, but the COVID-19 pandemic and changing social landscape provided us a unique setting in which connection with our Japanese American community was even more important. As a part of the Kase Nikkei Community Scholarship Program, the 2020 Kase Interns took part in a project to engage with Nisei members of our community. We had the pleasure of connecting with a few Nisei over the phone, by email, and even traditional mail, learning their history, and listening to what they were doing during Shelter-in-Place.

As we continued through this project, we wanted to come up with some way to document this time for our community, and highlighting the various activities that Nisei were taking part in. We also realized that our community is very large and diverse, so we expanded our project to include perspectives beyond Nisei community members. We reached out to numerous community members, leaders and staff members that we have met throughout this internship to also contribute to a collective “community guide” on coping with “quarantine.”

We hope that you enjoy this collection of responses as they truly reflect the diversity, fortitude, and creativity of our community during this strange time. We hope that this book can offer suggestions on taking care of yourself and others. More than that, however, we hope that this guide reminds you that you are not alone, and that we truly are all in this together.

The Kase Interns of Summer 2020 would like to thank the community for welcoming us with open arms and for showing us just how strong we can be together. Stay safe, stay healthy and remember, “Although we are apart, we are a community at heart.”

- 2020 Kase Interns
Allie Umemoto, Junko Taniguchi, KC Mukai, Keiko Tsuyuzaki, and Mika Chan
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Section 1: Learning from the Nisei

Yoshiko and Ken Ho’s Garlic Fried Chicken and Crane Folding Operation

This summer we had the privilege of speaking with Yoshiko Ho who lives with her husband, Ken. Together Yoshiko and Ken make up the Tsuru for Solidarity Dream Team folding over 3,000 cranes with the Christ United Presbyterian Church. Their crane folding operation has Ken folding the cranes and Yoshiko stringing them up. They now have hundreds of cranes hanging in their house ready to be enlisted in the movement to fight against the injustices of the ongoing incarceration of innocent people on the border and across the US. Their continued advocacy is truly inspiring to hear, and we are honored to tell their story.

When not folding cranes, Ken is busy baking and cooking and Yoshiko is busy enjoying the fruits of his labor. Over the years, Yoshiko and Ken have accumulated recipes from various Japanese American organizations. This recipe of Garlic Fried Chicken, provided below, was our first recipe submitted for this book!

- Allie and KC

Garlic Fried Chicken Recipe

Ingredients

- 5 lbs of chicken (about 30 pieces)
- 1/2 to 3/4 cups of cooking wine
- 1.5 ounce of minced garlic
- 3 ounce of sugar
- 2 ounce of salt
- 1/2 Tablespoon of white pepper powder
- Canola oil
- 15/20 strands of cilantro (remove stems)

Instructions

- Soak chicken overnight in a ziplock bag
- Next day: Use Strainer to drain chicken juices and let sit for about as least 15-20 minutes prior to frying when drained, coat the chicken pieces with tapioca starch
- Grate about 1/2 inch to 3/4 inch of REAL GINGER as well use a ruler (2-3 Tablespoons) Dip chicken into Tapioca STARCH

*MUST USE: Take OUT small plastic cups: 1 ounce or 1.5 ounce

Notes:
The first time I made the recipe I did not have granulated garlic, but used garlic powder and included grated fresh garlic. I also used tapioca starch and tapioca flour. I like this recipe more. I did not use a strainer after removing from ziplock, it will keep the chicken wet until dipping into the starch. A good rule of thumb is to put enough minced garlic until you can smell the aroma in the chicken.
Nancy Sakurai and her Origami Book and Bird Spotting

I have had the pleasure of connecting with Nancy this summer over the phone. She always tells me about what she is doing to keep busy every week, and even sends me pictures of her crafts and findings. Whether it’s going on walks with her husband, sharpening her baking skills, folding origami books, or watching birds, she is making the most of her time riding out the pandemic. She happily agreed to share her book craft, and a couple pictures of the birds she has spotted thanks to the bird feeder that her husband built outside on their porch. Nancy is truly a shining light during this time.

- Junko

Harumi Serata’s Readings and Writings

I have had the privilege to get to know Harumi this summer. I look forward to all my weekly calls with Harumi spending hours on the phone talking about anything and everything! She has a great sense of humor and is a wonderful storyteller, I have learned something new every conversation! She always makes me laugh and brightens my day. Harumi has a truly inspiring story and her dedication and volunteerism is something I certainly aspire to do in the future.

Through our calls I have gotten so many recommendations of books to read and shows to watch. While in quarantine, Harumi has been trying to get through her big pile of magazines and is also trying to read through Haruki Murakami’s recent book Killing Commendatore. She recommends Murakami’s early books for those looking for quarantine reads!

Harumi is also an experienced writer and with the writing program has already published three books with her fellow participants. In exciting news, the writing class is currently in the process of being published again, so look out for this book in the coming months!

- Allie
Adelina Serata’s Healthy Toasted Almonds and Colorful Super Salad

Adelina is cheerful, humorous, and remains optimistic throughout the seemingly-endless days of shelter-in-place. Us interns were supposed to be the ones to bring joy to the Nisei that we called, but Adelina actually makes me laugh more than anything! A note from Adelina:

_Dear Junko (and community),_

_Simple recipe but very colorful and tasty. Stay well and hope your year goes well and without too much complications._

_Hugs and Love, Adelina._

**Toasted Almonds by Adelina Serata**

*For healthy heart. Valuable nutrient Vitamin E and Antioxidants.*

**Ingredients:**
- Marcona Almonds from Spain (buy online in bulk) _They are plump and tender (not hard)._  
- Olive oil or Butter  
- Choice of seasoning:  
  - Sea salt  
  - South African smoke seasoning (Trader Joe’s)  
  - 21 Salute Seasoning (Trader Joe’s)

**Instructions:**

Use a large frying pan and add a thin layer of olive oil or butter. Do not use high/hot setting. Toast the almonds in the pan, making sure to watch and stir often so not to burn. After all the almonds are toasted, sprinkle seasoning while still warm. Store in a tight lid container. Eat 8-10 each day. They are tender for senior’s delicate teeth.

**Super Salad by Adelina Serata**

**Ingredients:**
- 1 9oz tub Cool Whip  
- 1 Pint Cottage Cheese  
- 1 #2 Can Crushed Pineapple (drained)  
- 1 package FROZEN strawberries or 12-16oz frozen mixed berries  
- 1 small package Jello powder (do not melt)  
- Strawberry flavor or raspberry (red color)

**Instructions:**

Mix 1 hour before serving. Mix everything well-together, add frozen fruit and cool whip last and fold lightly. Enjoy!
Yoko Sumida’s Laughter, Face Mask Making, and Nature Channel

This summer, I had the privilege to also speak with Yoko Sumida! Her laugh is truly contagious, and she sprinkles her joy in every conversation. She told me that she laughs a lot because it “makes the situation less grim and there is always a brighter side.” Her perspective on life is inspiring and I enjoyed learning about her story and hearing “Hi, Allie!” every time I called. She told me about how in high school she took a Home-making class where she first learned how to sew. Over the calls I learned that Yoko likes taking up different projects using her skills such as sewing. She even made her own wedding dress as well as sewing her sister a beautiful wrap for her wedding. She has continued sewing and is now putting that skill into good use! During quarantine, Yoko is concentrating on making more and more masks, so everyone can be safe. She participates in a program called Needle Nook repairing old clothing and making masks. It is really inspiring to hear about Yoko’s hard work and using her amazing skills and hobbies to help other people!

Another thing I learned from Yoko was her love for traveling. I related to this as I enjoy traveling and adventure as well. Now as travel is restricted, she says that she enjoys nature programs on TV such as BBC America and Animal Planet. Now, I want to give Nature channels a try as I think this is a great way to get out into nature from the comforts of our homes.

- Allie

Shirley Murakami’s Hors D’Oeuvres

When holidays like Thanksgiving and Oshogatsu come around, my family always gathers at my grandma's house to celebrate, spend time together and eat delicious food. My grandma always amazes with her cooking and I’m excited to share some of the crowd favorites she makes or has passed down to her kids. The spinach dip is something that is practically gone before dinner and the Asian salad is a must-have during our Oshogatsu meals.

During shelter in place, my grandma has missed getting together for lunch with her friends, socializing at her exercise and music classes and going to her hairdresser in Japantown. She’s widely known as a social butterfly who frequents Japantown and still drives at 92. Despite her classes being on pause, she’s been staying very active doing home exercises that her YMCA instructor recommended daily and often goes on walks around her block. Although we cannot go out like we used to, my grandma brings dinner for my family and me every Thursday and it always brings me joy to see her. We are both looking forward to the day that we can go on our traditional outing to TanTan Coffee Shop in the Kinokuniya building for tea and dessert.
Shirley says, "Even though we’re living in a very different environment, I hope people can find some normalcy in this time and know that things will work out okay. Wear a mask, stay safe and take care of yourself!"

- Mika and Shirley

**Spinach Dip**

**Ingredients:**
- 10 oz package of frozen spinach (thawed and drained)
- 1 envelope of Knorr's leek soup mix
- 2 green onions finely chopped (optional)
- 1 cup sour cream
- 1 cup mayonnaise
- 1 can water chestnuts, drained and finely chopped
- Large round sourdough bread loaf

**Instructions:**
Mix all ingredients together well and refrigerate until ready to serve. When ready to serve, cut top of sourdough loaf and take out bread interior to make a well for the dip mix. Bread top and middle piece should be cut into squares and toasted to be served with spinach dip.

**Asian Salad**

**Salad Ingredients:**
1. 1 head green cabbage, julienne it
2. 3 green onions (or less), cut
3. 6 tbsp slivered toasted almonds (optional)
4. 6 tbsp toasted sesame seeds
5. 2 packages Top Ramen, crush into bits (uncooked and without seasoning)

**Dressing Ingredients:**
1. 1 cup oil
2. 6 tbsp (or less) black pepper
3. ½ (or less) tsp salt
4. 4 teaspoons sugar

**Instructions:**
Combine all salad ingredients together in a bowl. Mix and shake dressing ingredients well in a bottle. Add dressing to salad and toss well.
Eiko Aoki’s Garden of Orchids

Eiko Aoki was a joy to speak with this summer. I enjoyed hearing her story growing up in SF Japantown. After the war, she told me about coming back to Japantown where there were clubs and activities such as the girls and boys club and basketball for the Japanese American community. She also told me about her dedication to remaining active for her health telling me how before quarantine she was actively swimming. I related to Eiko as she talked about her activities growing up and before quarantine because they were activities I also love to do.

As shelter in place limited her activity, Eiko could not swim but would still catch up and stay connected with her swim friends over the phone. She also found gardening and taking care of her many beautiful flowers. She has recently re-potted her outdoor orchids such as her Phalaenopsis and she continues to take care of her mother’s Cymbidiums, which are popular orchids from Hawaii where her mother grew up, in her garden outside.

Eiko wanted me to pass along a message to the community, particularly the youth. She found joy and passion in gardening and knows that there is an important garden in SF Japantown, the Issei Garden, that needs to be cared for. She hopes that this message inspires youth and others to help care for this garden that means so much to the JA community while also having the potential to spark an interest in horticulture and gardening.

- Allie and Eiko

The Issei Garden during the day and at sunset.
Marjorie Fletcher’s Banana Nut Muffins

Marj graciously shared her banana nut muffin recipe that she brings into the Center every week (sometimes even twice!). Although our internship has been remote, the interns got to go in for a day and luckily got to try Marj’s crowd favorite muffins.

“I enjoy Marj’s muffins! They are not real sweet and I like that they are nutty but without huge chunks of walnuts. I also appreciate them more knowing it keeps her mind off being stuck at home and it makes her happy when we eat them all!”
- Lori

Ingredients (makes around 20 muffins):
- 2 eggs
- 2 medium-sized ripe bananas
- 1 ½ cup sugar
- 1 ¾ cup flour
- ½ tsp salt
- 1 tsp baking soda
- ½ cup milk
- ¼ cup vegetable oil
- 1 tsp vanilla
- 1 cup chopped walnuts

Instructions:
1. Beat eggs until frothy
2. Add banana and beat
3. Add sugar and beat
4. Add vegetable oil and milk and beat
5. Add walnuts and sifted dry ingredients and mix everything together
6. Put cupcake liners into a muffin tin and pour in mixed batter
7. Bake at 325 degrees until toothpick test is dry
Section 2: Community Contributions

Erika Tamura’s Dalgona Coffee and Whipped Matcha

When the shelter-in-place order was put in place in March, I thought we would be home for a couple of weeks. As weeks turned into months, there are a few things that have brought some joy to days that seem to look and feel the same. I jumped on the new recipe bandwagon, and although it was a yummy time, it definitely fizzled fast especially when it was hard to find ingredients on the supermarket's bare shelves. The two recipes that still brighten my day are Dalgona Coffee and Whipped Match. My kids say that those drinks are "so last month," but I still enjoy them. The Dalgona Coffee is inspired by a South Korean dalgona candy, a honeycomb toffee that resembles the creamy dollop that tops the iced coffee. I searched for a matcha substitute recipe when it became difficult to find instant coffee and the result was equally delicious! I substitute Stevia, a sweetener substitute, for the sugar.

I hope you have things that bring you joy during this time where we're safer at home and know that I look forward to the day we see each other walking around Japantown again!

- Erika

Dalgona Coffee

**Ingredients:**
- 1 Tbsp instant coffee
- 1 Tbsp sugar
- 1 Tbsp hot water
- 3/4 cup to 1 cup milk (your choice), chilled or heated
- (optional) ice cubes

**Instructions:**
1. Combine instant coffee, sugar and hot water in a mixing bowl. Mix them well. Then using a handheld mixer (stand mixer or milk frother) whisk it on high speed until the coffee mixture forms a stiff peak (2-4 mins). If you don’t have any of these tools, you can whisk it manually by hand. It still works! Just whisk it about 400 times. 🧊
2. Add the ice cubes in a mug then pour over the milk. Scoop out the whipped coffee on top of the milk. Serve!
**Whipped Matcha**

**Ingredients:**
- 1 cup heavy whipping cream cold
- 1/4 cup sugar
- 1 tbsp matcha
- milk of choice

**Instructions:**
1. Place the cream, sugar, and matcha in a bowl (either a regular bowl or the bowl of a stand mixer). Whip on high until the cream forms soft peaks. Be careful not to over whip or you’ll get whipped cream instead of soft dalgona matcha cream.
2. Fill two glasses with ice and pour in your milk of choice. Top the glasses with a generous amount of fluffy matcha. Stir thoroughly before enjoying!

**Walking in the Time of COVID**

"During quarantine, my husband and I have created a love/hate relationship with walking. In March and April, we decided we were going to take daily walks after work and on the weekends. Initially, it was really nice to physically get out of the space we had been sitting in all day, get some fresh air, stretch our legs, and talk about our day. In March we got a little carried away and we ended up walking 130 miles! But now that the Shelter-in-Place has been going for 5 months, we feel as if we've walked every street, path, and trail within a 3-mile radius. The excitement of exploring new routes has really worn off. My legs are tired. My shoes are spent. I'm bored of my walking partner. But as the Pandemic continues, so must our patience!

Looking forward to what September walking adventures hold!"

- Hillary Nakano, Center Board Member
The “Zoomers” Food Group

The Center’s Board President, Myron Okada told us about how he has been keeping up with his friends, the “Zoomers.” Their food looks oishii!

“Our group...comprised of myself and other friends of the Center (e.g. Donna Kotake, Dianne Fukami, Lia Shigemura, Ted Yamasaki, and Teresa Ono) in the East Bay, San Francisco and Hawaii...weekly converse and virtually share/consume a food dish that we prepare. For example, someone will select an ingredient and each member/couple is asked to prepare a dish to share. For example, one week the ingredient was tofu, but it had to be in one's refrigerator...if not, one could improvise but you could not go out and purchase the item for that weekly preparation. Other ingredients have included garlic, pie, something Italian or Hawaiian. It's incredible what folks have come up with, how creative they can be, and it is so much fun!! As for me, the week we were required to make a pie...I made a bacon, mushroom, cheese quiche... all to the astonishment of the participants since I do not bake and had never made a pie crust from scratch. My wife is a baker, but she was not around to assist. The group was astonished...but it turned out delish!! Be well and be safe.”

Shown here is Myron’s wonderful quiche!
A Journal Entry by Judy Hamaguchi

March 12, 2020.

Met with an outstandingly stare-worthy man. That was a good day, but the very next
day, March 13, we were all instructed to shelter in our homes. Well, I thought, this would be
an opportunity to clean the closets, organize my kitchen, clean up my studio/office and
maybe even pause for a bit. How can that be a bad thing?

Five months have passed. It turns out that it IS a bad thing. The first days and
weeks, and even months, my mantra was, “take one day at a time.” It worked, and I even
passed that zen on to friends and family. I crafted, I pushed furniture around, bought a
Nintendo Wii and danced! I always had clean laundry, and incredibly, I started to cook again.
Not very complicated or even tasty, but I cooked.

Things were in order, but I had lapses, I admit. A day or few, I thought that I would
just lose my mind. As an obsessive hugger and toucher, social animal, I missed people. I
appeased my touch-crave by petting my furry dogs. It was just ok. I contacted people that I
hadn’t spoken to in years. Now that was enlightening. I had forgotten how much I liked
them! Technology has taken over the urge to just pick up the phone and make calls. I text,
which is so anti-social. Tapping for an hour is depressing, and I get carsick. I miss my 6-
hour phone calls, my 11-hour day with a friend, now replaced by Zoom.

Regardless, I never feel bad for myself. I think daily, that I am not alone-alone. I
know that this time of masks and distancing is what we good citizens do for each other, and
this is not easy for anyone. I look forward to the day that we can get back to some kind of
normalcy. Mask or no mask, I will hug and kiss you all until I drop. Take care, everyone.
Stay strong. VOTE.

Judy Hamaguchi
During this time of Covid 19 pandemic and time of unrest, Kiyoshi and I have been busy supporting Tsuru for Solidarity wherever and whenever we can. We are both children of the Camps. Although, we were too young to remember much, it angers us both that it is happening again. The incarceration of the Japanese by the government during WWII was wrong then, and incarceration of immigrant children and families in cages is very wrong today. We cannot standby and allow this to happen without protesting. We have the moral authority to say ‘Never Again is Now.’

We are both simple people, who are not activists. It is difficult to stand by and see children in cages. Asylum seekers, escaping terrorists, killers, and rapists in their own country, come to America at great risk to save themselves and their innocent children. They can legally apply for asylum. However, they are being treated like criminals and inhumanely caged in American prisons deprived of the simplest basic needs and medical care. The government is unconcerned with their plight. Immigration policies unethically and unfairly separate families and do not allow them fair treatment. The immigration judges are under the Executive Branch, and are pressured to meet a quota of cases or else. In other words, the asylum seekers have little chance for fair judgment and most will be sent back after months in prison. This is not the American way. It is offensive. It is racist. It is reminiscent of what happened to us 78 years ago. No one stood up for us then.

We want the children and families in these detention centers to know that people outside care. The plight of these people is horrendous. The plight of all people of color has been a struggle since the beginning of this country. Now with this presidency, it has become more and more apparent that white supremacy is being revitalized. We were there the night, over a year ago, when Tsuru for Solidarity was born to begin its mission for social justice, joining with other communities of color building collective support, resistance, and the struggle against white supremacy.

Kiyoshi and I have gone to several protests, social distancing and wearing masks. As part of the Tsuru Committee, we have made thousands of small tsurus and several larger ones and their stands. We have personally folded and painted four mid-size tsurus, and several larger tsurus. This is our way to protest. We cannot help but stand for justice and equality for all.

- Kiyoshi and Akemi Ina
Steph’s Quest for Chocolate Chip Cookie Perfection

In the beginning of the year, I embarked on a journey to create the perfect chocolate chip cookie. I began by collecting recipes online and from friends, and then I would workshop them. The problem with chocolate chip cookies though, is that most people prefer their cookie a certain way. My dad likes a chewy to crunchy chocolate chip cookie with nuts mixed in; my mom prefers a cakey cookie. Many of my friends like a chewy cookie with a slightly ooey gooey center. When you have so many different people wanting a lot of different consistencies, one recipe cannot possibly take care of this. The best you can do is make a really, really good cookie that makes people in the different chocolate chip cookie camps put aside their differences to appreciate just one. I managed to find a recipe that sparked joy with my roommates, friends, and my parents, so I decided that it was a contender for what could be the perfect chocolate chip cookie. I’ve been baking it fiercely during the SIP, but because I can’t gather with friends, it’s just my roommates and me enjoying the fruits of this recipe. Once it’s safe to do so, perhaps I’ll put my recipe to the test for many more folks to taste. In the meantime, you can try the recipe yourself and see what you think!

- Stephanie Doi

Ingredients: (Recipe adapted from Dear Crissy’s “Best Chocolate Chip Cookie”)
2 cups of flour
1 tsp of baking soda
½ tsp of kosher salt
1 cup of salted butter
¾ cup light brown sugar
2/3 cup granulated sugar
2 tsp of vanilla extract
1 tsp of apple cider vinegar
1 large egg
2 cups of semisweet chocolate chips
A handful of sea salt to dust the tops
Instructions:

1. Preheat oven to 350 degrees. Line a cookie sheet with parchment paper or a silpat mat.
2. In a medium bowl whisk together 2 cups of flour, 1 tsp of baking soda and ½ tsp of salt, and set aside.
3. In a large bowl, use a mixer to beat together 1 cup of barely melted butter (30-60 seconds in the microwave; should be melted but intact), ¾ cup packed light brown sugar and ⅔ cup granulated sugar, 2 tsp of vanilla extract and 1 tsp of apple cider vinegar until smooth. Beat in 1 large egg just until combined.
4. Use a mixer to beat in the flour mixture into the wet mixture just until combined.
5. Hand stir in 2 cups of semisweet chocolate chips or chopped chocolate chunks.
6. Make large balls (neat, clean edges) or large spoon fulls (frilled, imperfect) of about 2 tablespoons and place onto your covered cookie sheet.
7. Place the cookie sheet into the refrigerator for about 15 – 20 minutes.
8. Bake for 6-8 minutes, remove from the oven and bang the cookie sheet against the counter or stove. Basically just drop the cookie sheet a few times against a hard surface that can handle the hot cookie sheet (and make sure you have heat protectant mitts on your hands). This gives your cookie little rings of crinkled, chewy goodness.
9. Place back in the oven and cook for another 2-3 minutes. The cookies will be slightly browned around the edges and slightly underdone in the center. Sprinkle each cookie with some sea salt.
10. Allow the cookies to cool on the cookie sheet before starting the next batch.
11. This recipe makes about 3 dozen cookies, but it also depends how big your cookies are! They store very well in the refrigerator if you want to make the dough and form it into cookie balls to bake on another day. Make sure it is in a sealed container and is used within 4 days.
12. Enjoy straight from the oven (my roommates tend to steal it straight from the cookie sheet) or after it’s cooled. I like to enjoy them with a scoop of ice cream or milk!
Matt & Jess’s Slow Cooker Beef Stew

Matt Okada, the Center’s Director of Special Events and Communications and his girlfriend Jessica, have been doing a lot of cooking during the shelter in place.

“Since many of us are spending lots of time at home this recipe will help pass the time. We hope you enjoy!” - Matt

Ingredients:
• 5 Slices of finely chopped bacon
• 3lbs. boneless beef chuck cut to 1 inch cubes
• 1 cup red wine
• 2 cups chicken broth
• ½ cup tomato sauce
• ¼ cup soy sauce
• ¼ cup flour
• 3 garlic cloves
• 2 tablespoons thyme finely chopped
• 5 medium carrots sliced
• 1 lb baby potatoes (recommend tri colors)
• 8 ounce fresh mushrooms sliced
• fresh chopped parsley for garnish

Instructions:
• In large skillet cook bacon until crisp then add to slow cooker
• Salt and pepper the beef and add to skillet and sear on each side for 2-3 min then add to slow cooker
• Add red wine to skillet scraping down the brown bits on the side. Allow to simmer and reduce and slowly add chicken broth, tomato sauce and soy sauce
• Slowly whisk in the flour then add to slow cooker
• Add garlic, thyme, carrots, potatoes and mushrooms to slow cooker
• Give a good stir and cook on low until beef is tender for 8-10 hours
• When done garnish with parsley and serve!
Mottainai by Diane Matsuda

I grew up hearing this term used a lot. Loosely translated, the saying expresses regret that the full value of something is not being used. An example of this is when you buy a pair of shoes and donate it or throw it away after wearing it once. It can also apply to a person who does not fully take advantage and share all of their talents.

With the COVID-19 pandemic, many of us have learned to be more cautious in how we utilize our resources because money may be tight and things that we took for granted to be readily available at the local store are now in short supply. The mottainai recipe I wish to share is how to value a daikon as all parts of the vegetable are enjoyed.

First, go to the local farmers’ market and find a daikon that still has a lot of leaves on it. Buying locally helps small businesses and usually the person selling it was the person who grew it and will appreciate you valuing the entire product.

Second, go home and wash it with a vegetable brush or tawashi. Cut the leaves into small pieces and rub it with salt for a few minutes. This removes the bitterness. After 30 minutes, rinse the leaves and fry it in a pan with sesame oil, dashi, a few katsuo flakes and shoyu. It makes a great furikake over a bowl of hot rice.

Third, cut the body of the daikon into matchstick size pieces, rub it with salt, rinse after 30 minutes, and then marinade it with rice vinegar and a few chili peppers for a few days. This results in a great homemade tsukemono.

Since many of you have these ingredients at home, it should be easy to make. Please try. Simply DELISH!

Lori Matoba’s Message to Support Local Businesses

As we all try to navigate the challenges of this shelter in place, I still find myself struggling to relax, get out to walk and be creative. I have been trying to help my friends that own their own businesses, by buying, eating/enjoying and promoting. Here are a few: Cha-Ya Vegetarian Restaurant on Valencia (their meal kits are so easy and delish, along with curry noodle soup and senroppon salad), ABS Seafood (all of their seafood is high-quality/sushi-grade) and Kissako Tea in Japantown (my faves are their fruit and matcha dangos and made to order shiso-ume onigiri). During these tough times, each one has had to reinvent themselves (sometimes more than once) and work tirelessly to stay afloat. If you can, consider supporting these local, family-owned businesses and others in your community. For many, it may make or break them. #shoplocal

My husband Jeff (Stony) tried a new recipe for an easy and quick (three hours) Dutch-Oven Jalapeño Cheddar Bread that has become a favorite of family during this shelter in place.
Dutch Oven Jalapeño Cheddar Bread from Lori

**Ingredients** (for 8 servings):

- 3 ½ cups bread flour, plus more for dusting
- 2 ½ cups shredded sharp cheddar cheese, divided
- 2 jalapeños, seeded and coarsely chopped
- 1 jalapeño, sliced into rings, divided
- 1 tablespoon kosher salt
- 2 cups warm water
- 2 ¼ teaspoons instant yeast
- 1 tablespoon olive oil

**Equipment:**

- 1 dutch oven with lid
- silicone spatula, if you don't have one, you can use your slightly moistened hand

**Preparation:**

1. In a large bowl, combine the bread flour, 2 cups of cheddar cheese, the chopped jalapeños, and salt. Stir well.
2. In a separate large bowl, combine the warm water and yeast. Pour the flour mixture on top of the water and use a silicone spatula to stir until the dough comes together.
3. With the spatula, fold the dough around the edges of the bowl toward the center, rotating the bowl each time and folding a total of 8 times. Cover with a kitchen towel and let rest in a warm place for 60 minutes, or until almost doubled in size.
4. Using the spatula, fold the dough toward the center again 8 more times. Cover with the towel and let rest for 30 minutes.
5. Add the Dutch oven and lid to the oven and preheat to 450°F (230°C) for 30 minutes.
6. Lightly flour a clean work surface and your hands. Carefully peel the dough out of the bowl and onto the floured surface. Flip over and carefully brush away excess flour. Fold the edges of the dough towards the center 8 times, then flip over the dough and transfer to a piece of parchment paper.
7. Brush the top of the dough with the olive oil, so the cheese will stick. Sprinkle the remaining ½ cup of cheese on top. Use a sharp knife to score the bread with an “X,” which will allow steam to escape. Arrange the jalapeño rings on top of the cheese.
8. Carefully remove the Dutch oven from the oven and use the parchment to lift the bread into the pot. Cover with the lid and bake for 30 minutes, then remove the lid and bake for 20 more minutes, until the bread is golden brown.
9. Carefully slide the bread out of the pot and onto a wire rack. Remove the parchment paper and let the bread cool for at least 1 hour before slicing.
10. Slice the bread and serve as desired. ENJOY!
Gone Fishing with Haruka Roudebush

During the pandemic I've taken the opportunity to pick up some new hobbies in order to try to stay active, or at the very least to make an effort to limit the amount of time I spend at my desk working or with my eyes glued to a screen watching TV or sitting through countless long Zoom video conference calls. I've started riding an electric bike as my primary mode of transportation when I do need to leave the house since I don't drive and a lot of the Muni bus lines I usually take have been reduced to limited service. I've also started learning about starting a vegetable garden in my backyard with the intent to try growing a variety of Japanese edible varieties.

One other thing I've done to get me out of the house is to get a fishing rod and reel to go fishing at Ocean Beach, which is just a couple blocks away from my house in the Outer Sunset neighborhood. Unfortunately I hadn't really gone fishing since I was a kid, and am relying on a combination of watching a lot of YouTube videos, internet research and talking to the folks at the local bait and tackle shop to figure out how it's all done. It's been a learning process! I still haven't caught anything, but have managed to get my fishing line tangled up pretty badly. Hopefully I'll get the hang of it soon and get to enjoy eating the bounty of the ocean!

Jen Hamamoto Keeping Busy

I have been doing a lot of puzzles on my iPad using the app Jigsaw Puzzle Collection HD. I also have been cooking a lot more than I am used to! Otherwise it seems pretty much the same for me. I am cleaning the house, taking care of my mom, and trying to keep Jordyn busy!
Mika and Sotaro’s Miso-making!

My 3-year-old son Sotaro and I have been enjoying baking during the pandemic. We baked Japanese roll-cakes, cookies, his favorite character Anpanman’s red bean paste bread, tofu doughnuts and more. What we enjoyed the most was making homemade Miso.

I used the following basic equipment: a large pot to soak, Instant pot to cook soybeans, food processor to mash the beans and a one gallon jar. The ingredients are easy to find at Super Mira and Nijiya in Japantown: soy beans, Koji and Arashio salt. It took about 2 days to make 3 kg Miso paste and it was harder work than I thought. Next is storing the Miso for about 10 months.

The process brought back memories of the times my grandmother would make Miso each summer for our family in Naya (barn). I helped her to make Miso once, unfortunately I didn’t get her recipe at that time because I thought I could help her again. I’m planning on making my own original Miso recipe that I can pass on to the next generation. My son and I are looking forward to the Miso that will be ready in 10 months!

- Mika Shimizu and Sotaro

Miso Recipe

link: https://www.justonecookbook.com/how-to-make-miso/

Ingredients:
1. Organic soybeans
2. Fine sea salt
3. Rice koji
4. Filtered water

Tools:
1. Kitchen scale
2. One-gallon container
3. Heavy object
4. Large bowl
5. Plastic wrap
6. Shochu (vodka) and clean town

Steps:
1. Soak soybeans for 18 hours
2. Doneness check by crushing soybeans with fingers
3. Smash soybeans well (can use your food processor)
4. Knead the mixture well
5. Remove air pockets completely, packing the soybeans in a jar by pressing down each ball of the mixture firmly to remove any air pockets.
Paul Osaki: Finding Laughter

In Feb 2011, I damaged my spine and it took ten surgeries and almost 1000 pills a month to help me make it through the day. However, it was laughter that became my best medicine. Every day I found laughter in something. Sometimes with others or sometimes just by myself. When I started to laugh, it not only put a smile on my face, but it also helped to elevate stress and turn fear and pain into happier thoughts. I love the uncontrollable laughter, bringing tears to my eyes, making my stomach ache to take my breath away and hard to nuttier a word. Just thinking about those moments can make me laugh all over again.

Throughout this COVID pandemic and all the bad news that has inundated our daily lives, finding laughter and sharing a laugh with others can help draw us together. Laughter brings joy into one’s life, strengthens our immune system, boosts mood, diminishes pain, and protects us from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens our burdens, inspires hope and makes our lives better.

Ruby Hata’s Sukiyaki

This is a recipe of one of my favorite Japanese meals that I prepare for my family! This recipe came from a cookbook that my Aunt gave to me when I first moved out of the house. Whenever I prepare this meal I think of her.

Sukiyaki (serves 4)

**Ingredients**

- 1 lb sukiyaki meat
- 1 carton tofu
- 5 stalks green onions
- 1 white onion
- 1 bunch shingiku
- 1 (8oz) shirataki (yam noodles)
- 5 mushrooms
- 2 zucchini
- 1 small nappa (Chinese cabbage)

**Ingredients for the Sauce**

- ½ cup mirin
- ½ cup soy sauce
- 2 Tablespoon sugar

**Preparation**

1. Cut tofu in 1 inch cubes
2. Slice mushrooms
3. Slice onion
4. Slice zucchini
5. Cut nappa
6. Slice green onion in 2 inch pieces
7. Rinse shingiku and remove from stems

**Cook**

1. Saute onion and meat in skillet with oil
2. Add all other ingredients
3. Add Sauce
Section 4: Meet the Interns

A Walk on the Great Highway

I walk, run, or bike the Great Highway a few times a week since shelter-in-place started and the city shut down the street to car traffic. It has become a wonderful space where people can spread out and recreate safely, with spectacular views of the city to the east, the ocean to the west, and the headlands to the north. For me, this highway has become my favorite spot to people-watch, push myself to run or bike further and faster, and find peace in the sounds of the ocean. Here is a list of things that I have found or witnessed while on the Great Highway:

• A run in with an old high school teacher walking with her husband
• Solidarity, when I participated in a protest march down Great Highway for Black Lives
• A two-man band rocking out with drums and a guitar in the middle of the road
• Awkward socially distant first dates
• Weaving cyclists, trying to get the fastest time down the stretch
• Kids riding without training wheels for the first time
• Skateboarders who built a small ramp and welcomed new skaters to try it
• Roller skates and rollerblades back in style
• Lots of dogs (and a couple cats) out on walks
• A surf rescue, reminder to always be aware of the dangers of the currents
• All the people getting out and exercising, kudos to you!
• Almost (!) everyone wearing an assortment of masks
• Many people watching the sunset

These things remind me that we have much more in common than we are different. When the days and weeks of sheltering and distancing seem endless, watching the slow disappearance of the sun on the horizon reminds me to be thankful for every day I am lucky to experience here in this world. Wishing everyone health and happiness.

- Junko Taniguchi
Quarantine Quality Time with Music

With shelter in place and quarantine being the new norm since March of 2020, I’ve been spending a lot of time indoors and working on a computer. Something that has been great to ease my mind of the stress and fatigue from staring at a screen has been listening to music. I decided to make a playlist of some of my favorite songs and artists that I’ve been listening to for a while or discovered during shelter in place. This playlist is filled with songs I like to listen to for background music when I’m painting, during home workouts or even to learn and practice on my ukulele. I hope these uplifting songs bring you some joy and optimism in your life like they do mine.

All the best,
Mika Chan
Family Pose Watch Party, Walking the Dog, and Baking!

Since March, I have been sheltering in place with my family. One of my favorite things my family has started doing together is having a watch party for the show, Pose, with my aunt and cousin in New York, my uncle in Los Angeles, and my oldest sister, Tara, in the Bay Area. We watch an episode every week and schedule a Google Hangout to discuss the episode and just chat about how we are all doing. This has been great, and it is a perfect example that even though we are physically distancing, we are still socially coming together!

Though physically apart, I feel closer to that side of the family even though we would normally be meeting up in Los Angeles around this time. My uncle recently shared a bunch of embarrassing pictures he found of me and my sisters with funny captions. It brought back fun memories and moments we had together in LA. This picture of me, he captioned, “IDK.”

I am also grateful I have my other sister, Kayla, and dog, Kiyoshi (in the picture on the right), to keep me busy in Sacramento. We walk Kiyoshi twice a day and try to take him to new places like visiting the sunflowers in Davis, CA! With Kayla, we try to bake something new every week including lisbon chocolate cake, chocolate bread pudding, lemon cupcakes, and many more! I am grateful and greatly appreciate the time I have gained at this time to spend with my family both in person and virtually.

- Allie Umemoto
Tips for Working From Home

Since quarantine began in March 2020, I believe for many people their desks at home are now where they spend the majority of the day. Over the course of this internship and now my university beginning online as well, I needed to make improvements to my work desk in order to make my desk comfortable and easy to work in. If you are working from a laptop, I highly recommend purchasing a separate, larger, more comfortable keyboard, along with a laptop stand that is compact on your desk. I also recommend blue-light filtering screen protectors along with a monitor, and snacks. Because of this opportunity, I was able to learn about computer basics and online safety; installing an encrypted private browser and a VPN and educating myself about tech companies and what they do with your personal information. I believe we now live in a time where technology like this is now essential, especially during this pandemic; but it is flawed and goes unnoticed. I used my time in quarantine to learn about the Nikkei community through this internship, but also how to keep myself informed and safe as well in 2020.

- Keiko Tsuyuzaki

Kase Interns:
KC Mukai, Keiko Tsuyuzaki, Mika Chan, Junko Taniguchi and Allie Umemoto
Walks in Fresno

With the new shelter-in-place orders, I have been taking advantage of the free time and have taken more opportunities to visit home. While visiting home, much of my social interactions with my parents would be through talking long walks. These walks allowed me to rest my eyes from screen time, get some fresh air, and exercise. These times also allowed me to reconnect with my mother and father. My dad and I would walk around Fresno State with his two dogs. My mother and I would walk around the crops near our house. Our walks would take relatively the same route each time, but I didn’t mind because I understood the need for structure and consistency. The two distinctively different walks characterized my relationship with my parents. They allowed me to gain new insight and understanding into two of the most important people in my life. Despite living in a fast-paced and busy life, I must remember to slow down and appreciate the small moments, reflect on my being, and be grateful for those around me. These walks and moments really showed me that as much as I crave for independence, I must always remember, Okage Sama De: I am what I am because of you (them).

- KC Mukai
In Closing

We wanted to thank everyone who contributed to this book and shared all the amazing things they have found during quarantine. This book would not have been possible without the participation from the community. The Kase interns hope that this book provides useful resources and ideas, and that it makes you feel more connected with the Center and the community. We also want to acknowledge that you do not need to find a new activity or learn a whole new skill during quarantine, everyone copes and deals with the pandemic in unique ways.

This summer the Center provided two webinars focusing on how to cope with the stress of COVID-19 presented by two wonderful psychologists Dr. Satsuki Ina and Dr. Kayoko Yokoyama. Dr. Ina was the first presenter and spoke about Japanese American’s history of trauma, relating it to current times and the trauma that comes with a pandemic. She spoke about the importance of Japanese American values such as resiliency. At the end of her presentation, we were all grounded in our values of resiliency and gratitude. The second presenter, a friend and colleague of Dr. Ina, Dr. Kayoko Yokoyama showed us how to help support our loved ones through the pandemic. She wanted to share this message with our community:

"Dear JCCCNCC community - What a great pleasure it was to present to the JCCCNCC community! Many of us have so many new demands as we shelter in place and I hope, above all, you will continue to engage in self-care as you care for your family and friends. While the times require us to physically distance from one another, if I had one piece of advice to give, it would be for us to stay socially connected. We need it more than ever! Staying connected, exercising, enjoying nature, helping others, and being playful and using humor to establish new rituals and traditions are all great ways to stay balanced. Above all, maintain kindness for others and also yourself as we build our resilience through this pandemic. If you recognize that you or anyone you love needs help, reach out. It takes courage to ask for help and you become a powerful and bold model for your family, friends, and the Japanese and Asian community. Wishing you and your loved ones a safe and healthy Fall 2020."

- Kayoko Yokoyama, Ph.D.

We hope this guide book is helpful as we support each other through the COVID-19 pandemic. If you need anything during this time please reach out to the Center and visit our website for additional resources. Stay safe and healthy!
Additional Resources

• Check out the recordings of our two webinars focused on coping with the stress of COVID-19:
  • “Resilience: As the Bamboo Bends” with Dr. Satsuki Ina: youtu.be/cGcLEEj80JU
  • “Helping Friends and Family Cope with the Stress of COVID-19” with Dr. Kayoko Yokoyama: youtu.be/2Y7fGSIAa-g
• For meditation check out these resources:
  • Calm app for meditation and sleep stories: www.calm.com
  • The work of Tara Brach, a psychologist, author, and teacher of meditation and emotional healing check out her many resources: www.tarabrach.com/resources/
• For fun things to do with friends online:
  • Drawize (the Center staff did this recently!): www.drawize.com/
  • Jack Box: www.jackboxgames.com/party-pack/
  • Board Games Arena: en.boardgamearena.com/
  • Netflix Party, Chrome Extension: chrome.google.com/webstore/detail/Netflix-party/oocalimngaihdkbihfgmpkcpnmlaoa?hl=en
    • Doing a craft at the same time!!!
• For helping elderly relatives navigate Zoom:
  • Check out the Step-by-Step Zoom Instruction Guide for Computer, iOS (Apple) device, and Android Device: bit.ly/JCCCNZzoominstructions
• For online Center programs and workshops visit www.jccnc.org

For additional resources, activities and access to a digital/downloadable copy of this guide, please visit our webpage at www.jccnc.org/quarantine-guide.

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