

# EQ The Elizabeth Lofts

## Quarterly Newsletter

### A NOTE FROM THE EDITOR

Is there spring in the air? Do you feel it? Was that SNOW? Looking forward.

### CHRIS IN HER OWN WORDS

Founding EQ Team Member, Chris Steele, is 'retiring' as an active EQ writer (and it's been ACTIVE!). See some snippets from her catalog of EQ work.

### MICHAEL JUNG

Steve Rose sits down in conversation with Mike Jung, a present-day renaissance man. Their discussion covers a wide range of interesting topics where Mike is involved from climate change and energy policy to ping pong and boy scouts.

### NORTHWESTERN LIGHTS

Larry grabbed his camera and hit the streets to document the downtown portion of the Portland Winter Light Festival (WLF) 2023. It's a bright spot in a winter landscape.

### JAY SICKLER

Jay is The Elizabeth's newest Board Member and represents the commercial owners. Learn more about his Oregon roots, international experience, and his field of financial forensics.

### EQ RECURRING FEATURES

**KEEPING IT REEL** On a grey afternoon, Faith reviews *Mostly Martha*, a romantic comedy, set in Germany. Martha is a focused chef, suddenly challenged by a major life change.

**NOTES FROM THE LIBRARY** Romance and Victorian are present, perhaps surprisingly, in our library. Bill highlights the offerings.

**BOOK CLUB** Bonnie offers two "Rough Rider" reviews: *River of Doubt* and *Mornings on Horseback*, both on Teddy Roosevelt's life and adventures.

### BEST IN CLASS

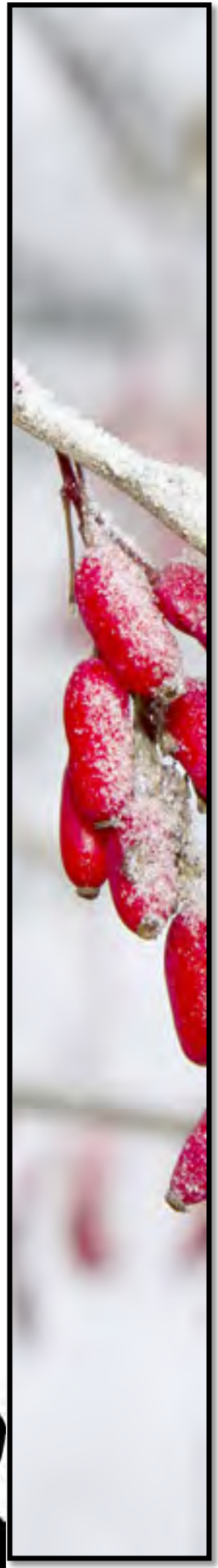
A quick review, with participant comments, of the Self Defense and Tea Ceremony classes, recently hosted by the Community Committee.

### HAPPENING IN and AROUND THE ELIZABETH

Larry brings the updated calendar and inspiration to get out and participate in available events.

APRIL 2023

Editing by Brenda Peterson and EQ team  
Design & Layout by Michelle Heckman





# NOTE FROM THE EDITOR

**Bob Garsha**

I must admit I've been fooled again by the advent of Spring. I'm still wearing three layers of clothing just hoping there will be a softness to the morning. Still, there is some form of contentment as I meet neighbors attending events, and I now have EQ 15 to read.

## **In this issue**

Our Book Club, through the very capable hands of Bonnie Kohler, takes us on a ride with Theodore Roosevelt. Did you know his father, Theodore Sr., was one of the founders of New York Metropolitan Museum of Art? Teddy himself was a touchstone in America's history. Read on for some amazing facts.

Steve Rose continues his cavalcade of local impresarios to bring us an up close and personal look at Michael Jung. Mike's personal project is to save the planet and not just through the game of ping pong. He turns out to be Portland's own Daniel Day Lewis.

We sat down with our newest Board member Jay Sickler. He calls his work Forensic Accounting, but we also see him as an Oregonian with a renaissance zeal for the good life.

Faith Smith's column Reel Talks tackles the Rotten Tomato rated 92% 2002 movie *Mostly Martha*. If you are looking for something to do on a rainy day, cozy up with this movie, a plate of cheese, and a bottle of your favorite wine.

EQ has a lot to be thankful for, as many of you have graced its pages. This issue we say good-bye to one of our very own founding members, Chris Steele.

Did you miss the Portland Winter Lights Festival? Larry didn't – his capable writing and photography once again gives us the full experience.

Need a romantic interlude? Bill, our valuable librarian, shines a light on those impassioned books gracing our shelves.

Around Town shows us there is always more to do and see than you would expect. We hope you take advantage and join your fellow Portlanders at any of these events. Links to events included.

A group of interested residents attended both The Tea Ceremony Class and the Self Defense Class. A few shared their thoughts. Watch for more classes in the future.

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# CHRIS IN HER OWN WORDS

*Chris Steele, who has been a member of the EQ Team since the beginning, is stepping aside to pursue other endeavors. When you are a small building newsletter founding member, your contributions and energy for this Elizabeth project are continually significant.*

*Chris wrote or submitted articles for 14 editions. There may not be a theme to Chris' writing, but you can definitely follow a wide path of care and concern for others.*

*Here are snippets of Chris through the years. We encourage you to go to the website and read enjoy each article thoroughly.*



## EQ 1

### DID YOU KNOW?

### The Albertina Kerr House

In Northeast Portland, Albertina Kerr is located in a beautiful historic building that once operated as the Kerr Nursery, an adoption home, from 1921 until 1967. It is an upscale thrifting and luncheon destination. The proceeds support the mission of Albertina Kerr – empowering people with intellectual and developmental disabilities, mental health challenges and other social barriers to lead self-determined lives and reach their full potential.

### IN THE NEIGHBORHOOD

### J. Pepin Art Gallery

The J Pepin Art Gallery is celebrating a six-year anniversary this September. After relocating to Portland from the San Francisco Bay area, Jen found she enjoyed the city and found a home here, working in sales and marketing for the food and beverage industry. Her parents soon followed, buying a loft in The Elizabeth.

Jen represents from 10 to 15 artists, all of whom struggle with mental illness, and find that art has a therapeutic effect as well as providing an outlet for communication. Mental attitude and mood have a direct impact on the art created, giving insights into individual struggles each artist experiences.

## EQ 2

### IN THE NEIGHBORHOOD

### Basic Space

Christopher Roberts, the owner and artist, is still very busy in the Portland area, although he is no longer leasing a space in our building. For three years, Chris enjoyed doing business in The Elizabeth, next door to his good friend and fellow gallery owner, Jen Pepin. He has been in the gallery business for many years, prior to opening Basic Space.

While Chris himself is a painter, having been inspired by his artist grandmother at the age of 6, he enjoys representing artists who are less well known, and provides insights to struggling new artists on the process of selling their art. Chris looks for artists whose art tells a story and strives to create a visceral impact with his own art. While art is Chris' livelihood and passion, his educational background includes a master's degree in quantum mechanics, a rather different subject area from the creative career he now enjoys.





## EQ 3

### LOFTS HAPPENING

### Fashion in The Elizabeth

In our current high-tech fast-paced lifestyle, we tend to miss out on the simple pleasure of shopping for fashionable clothes. We go on-line or fight the crowds and parking at the mall. Here in the Elizabeth, we have a fashion gem – Sabina’s Style. Sabina was born and raised in Russia in a well-to-do family, where her fashion journey began. She attended university in Moscow, receiving her masters in biochemistry.

Marriage brought her to Israel, where she obtained her PhD, and had her daughter. Sabina speaks Russian, Ukrainian, English, and some German and Yiddish. Sabina began her retail adventure by initially working for some of the larger department stores and realized she could bring her fashion dreams to reality by creating her own business. Using her linguistic skills and sense of style, she travels to Italy, France, New York and LA, bringing unique clothing and accessories to her Elizabeth Lofts store. Sabina offers not only high-quality clothing items but creates fashion statements with matching accessories including purses, shoes, and jewelry.

## EQ 4

### HOW ARE YOU DOING?

### Coping with the Pandemic

We asked a lot of residents about their life under the pandemic. Naturally, we asked a lot of questions. A few residents shared how they are doing. We gently edited their answers and we thought you might be interested. The article ends with this reminder by a fellow resident.

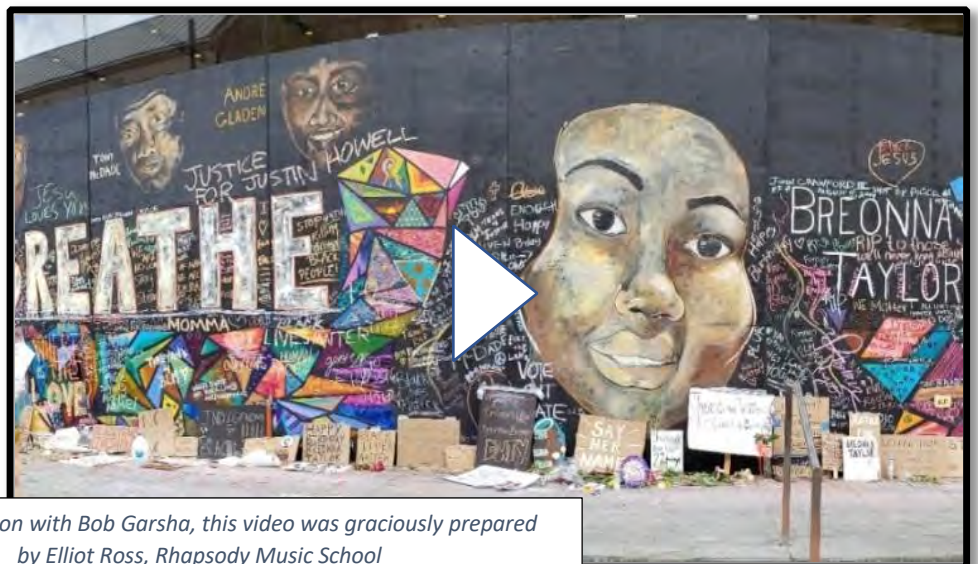
This so-called civilized world of ours, turns out, is incredibly fragile. But humans tend to be resilient, so we focus on those who inspire and unite us.

### BLACK LIVES MATTER

### We Can Breathe Together

When the world saw the video of George Floyd pleading that he couldn’t breathe while a police officer pressed his knee on his neck, it reignited an awareness of unequal justice in America. This time it sparked a protest not only for social justice but a new way of policing.

For some reason if someone says, “black lives matter,” some turn it into an all-inclusive “all lives matter.” It’s not an either/or proclamation. When there is a crisis, we have always rallied around that particular group. It doesn’t discredit or diminish others; it just brings awareness and support to the group that needs attention. I don’t claim to have answers. I doubt I’m even the one to propose them. So let me leave you with this video of the times. Perhaps it will move you to speak out or at least stand up.



*In collaboration with Bob Garsha, this video was graciously prepared  
by Elliot Ross, Rhapsody Music School  
[www.rhapsodymusicschool.com](http://www.rhapsodymusicschool.com)      [www.elliottrossmusic.com](http://www.elliottrossmusic.com)*

## EQ 5

### HOW ARE WE DOING?

### Powell's Reimagined for the Pandemic

My first introduction to Powell's was when we bought our condo in The Elizabeth. To talk my daughter in California into planning a visit, I told her about the "nearby large bookstore" and took a photo to send to her. My daughter, who was working in the publishing industry at the time, responded; "Oh mom. You are so cute. It is only the largest independent bookstore in the United States!" When she does visit, I am not allowed to go to Powell's with her because she wants to take her time and browse at her own (very slow) speed.

And then we had the pandemic, and Powell's shut its doors along with most establishments in the city. I contacted Emily Brodowicz, Powell's Media Representative, to get some insights into their experience during the pandemic and the plans moving forward. The most exciting development in the transitioning pandemic plan for the store: Powell's has now opened its doors on a limited basis. Most customers are excited to be inside the store again and are happy to follow the social distancing, masking, and capacity rules put in place for the safety of customers and staff. The biggest challenge has been to figure out the best plan to utilize the available shelf space in the blue and green rooms while providing a selection of titles for every customer.

Emily's final remark: "Like everyone, we are dealing with a lot of uncertainty right now, but as long as we have the support of the community, we do see a successful path forward. We will all come out on the other side of this!" I wish the same.

## EQ 6

### MUSICAL INTERLUDES

Covid has revised how we live our lives. Among many others, it has impacted those who work in the arts, with theaters shuttered and the actors and performers left to find other venues to express their unique creativity.

Music is an emotional outlet for me, especially in this time of Covid. I can watch a sad news report but if music is added I will be in tears. One especially moving performance was "Live with Carnegie Hall: Music as Medicine" (still available online), performed with gifted frontline medical professionals. Even if you do not create the music, it provides a sensory outlet in our isolated lives. Take some time to browse the sites I mentioned and find others. Go wipe the dust off that unused instrument in the corner, or just SING.

### BREAD AS THERAPY

During Covid isolation, and the related boredom, I have admired the sourdough efforts of friends on Facebook, where beautiful breads, crackers, and waffles have been shared on a virtual basis. Sourdough has become a popular Covid-era pastime; at one point flour was a high-demand item in grocery stores.



Last month, when EQ sponsored a sourdough bread baking class with Tina Tsai, owner of The Eye Studio, I joined 3 other bakers to ZOOM a lesson on this popular pastime.

My fellow classmates were Paula Casey and Martha Van Dyke. Paula reports that she very much enjoyed the class and was further inspired to hold a Holiday Cookie Party via ZOOM with her grandchildren.

I am now reasonable competition for all those Facebook sourdough enthusiasts, and I am ready for the challenge of a new sourdough creation.

## EQ 7

### EQ TALKS

### A Conversation with Dita Pepin

I met Dita through The Elizabeth Lofts book club and also the knitters group. Dita shared remembrances of her days as a professional ballerina in the Netherlands. I love the ballet and am always in awe of the strength and grace of these performers, so I welcomed hearing Dita's insights and her experiences in this profession.

Dita recalls her years in ballet affectionately. "...so wonderful. I can still feel it, thinking about it, I'm getting teary eyed, is that weird? All those years? It was the biggest love of my life actually."

## EQ 8

### BOOK REVIEW

### The Warmth of Other Suns

This book brings a timely understanding to the frustrations in the U.S. over the past year since George Floyd's murder. Many of the same barriers discussed in the book are found in society today. Teaching African American history in school is not propagandizing; awareness must come before change. I am glad that this book crossed my path and will continue to expand my education in this area.

## EQ 10

### NEW IN THE PEARL

Looking for a cup of coffee? Maybe a pastry to go with it? Long lines can be daunting, especially if you need that coffee. There are many options in the Pearl. Check out Broobee, in The Gregory at 433 NW 10th Avenue.

## EQ 11

### The Addiction to Exercising

When the pandemic began, like many of you, I was no longer able to enjoy daily trips to the gym to work out. My retirement goal was to stay physically fit, but also to avoid COVID. I now enjoy exercising outside, although snow is a deterrent. Still, I was missing Josh, my last trainer at 24 Hour Fitness. I thought I would share with you my solution to this fitness challenge. When Trainer Josh moved to Portland from Eugene with his dog Tyson, he lived in the Elizabeth for a short time so possibly some Elizabeth residents may already know him. He has now started his own business, called THE ADDICTED, and has a studio space on NW 14th Avenue across from Safeway. The fitness concept behind THE ADDICTED is Ambition, Dedication, and Discipline. I am enjoy the feeling of using my strength to do things I never would have imagined I would be capable of doing. Not bad for an old lady.



amazed at what I can do, and

### Exercises For the Brain

Have you become addicted to the new word craze – Wordle? My friends and I claim we are doing mental exercises when we play. I wake myself up every day with coffee and a word game.

Then it is on to more physical exercise – a requirement for all the sourdough bread baking that happens after mental and physical exercise.

## EQ 12

### Portland Rose City

The rose garden is in bloom. Roses were first popularized in Portland by Georgina Buron Pittock, wife of publisher Henry Pittock. In 1888, she invited friends and neighbors to exhibit their roses in a tent set up in her garden, and the Portland Rose Society was established. One of the most popular Rose-related events is the Rose Festival, with its parades, ceremonies, and of course the Rose Queen and her court. The first festival was in 1907, but its roots go back to 1837 when the first rose bushes were imported into the city. Portland has a long history with roses. The International Rose Test Garden is the best example of this love affair with the rose, but the relationship began even before the garden was started. It is the best free attraction of the city and should not be missed.

## EQ 13

### The Elizabeth Celebrates the End of Summer



Many of us gathered on the plaza for great conversation, enjoyable music, and fabulous food. The tables were decorated with festive flowers making the evening a true celebration. Overall, Elizabethans know how to have a good time!

## EQ 14

### Tourist Attraction in Our Backyard

We walk past them every day. The Lovejoy Columns represent an artifact of the Pearl District history of rail yards and warehouses. The Greek artist, Tom Stefopoulos, had a thriving commercial art business in Seattle prior to coming to Portland to work in the rail yards. His work on the Lovejoy Columns, 1948-1952, was completed in between trains while working as a watchman. He climbed on top of boxcars to reach the location of this early "graffiti." Be sure to take your out-of-town visitors to this very local attraction.

***Chris was also the Editor of Happenings In and Around the Elizabeth and the earlier column Around Town. No one can say someone was the best, but many can say someone made others just a little bit better.***

*To Chris --  
Thanks for all the twinkles and magic,  
may they never leave your side!*

***The EQ Family***

EQ welcomes your comments on this article or the Issue: [EQ@ElizabethLofts.org](mailto:EQ@ElizabethLofts.org)

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# MICHAEL JUNG

## Steve Rose sits down with Mike Jung

**SR:** Michael Jung is a true renaissance man: a ping pong entrepreneur, a Fulbright Scholar, one of the Directors of the Oregon Environmental Council, an expert on utilities, an advisor to two governors on climate change, an eagle scout, and more. Mike, it is terrific being here with you!

**MJ:** Likewise, Steve.

**SR:** What is Pips & Bounce?

**MJ:** Let's say Pips & Bounce was a midlife crisis. I grew up in Appalachia, eastern Kentucky, and if you have been there before, there is not a whole lot to do there. My parents were wise enough to put a ping pong table in the basement, and my brother and I — as young boys — spent every waking moment we could trying to beat each other up around that ping pong table. It was our happy place.

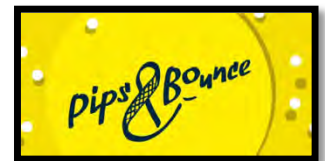
I eventually moved to Portland, Oregon. My brother was living in New York City and, when I would go visit him, we would end up playing ping pong in this place that he liked. Living in NYC, he had reached this point where you either become a hedge fund gazillionaire or figure out another place to build your life. He was ready for a move, and I said, why don't you move out to Portland? He said, what would I do? And I said, let's do something fun. I said, ping pong was always fun. I had some money from an IPO of a company I helped to start, and I said, let's start a business, build one rather than buy one.

**SR:** Tell me about the name?

**MJ:** Good question. If you google "ping pong words" the list that comes up is very aggressive: smash, kill, slice, spin, and drive. Really aggressive words and, for us, ping pong was always fun. So, we kept scrolling and we found the word "pips". Neither of us knew what that meant but we found out. It refers to those dimpled dots that you find on the rubber of old school ping pong paddles. We thought A, it's cute; B, it's not aggressive; and C, it reflects the desire to keep the point going, a defensive strategy. That was our idea — a racket in one hand and a drink in the other.

**SR:** So you started Pips & Bounce. Where was it located?

**MJ:** Lower eastside of southeast Portland, between Eighth and Ninth on Belmont Street. Ping pong requires a lot of space, and we have about 4500 square feet. That gives us ten tables. Right now, we have six due to Covid restrictions. We opened in November of 2014. I received a lot of notes from customers saying, how do I take this home, it has been the best part of my Portland experience, I'd love to do this, how do we franchise this. For years, my brother and I said don't let our crazy idea become your financial ruin. Every time we made money, we did something contrary to capitalism like providing health care and 401Ks for all our employees. That said, it was a viable business.





Around year five we said, let's not be selfish, let's figure out a way we could bring our happy place to everyone. So, we set up a franchise system. Remember, ping pong itself at best is a break-even proposition as it takes up a lot of real estate. The income from the ping pong tables is not that high so, to pay the rent, you've got to sell something. We went all in and got a full range liquor license. We put a kitchen in so players could have a bite and a drink. Before Covid, at our peak, we had 20 employees on staff. During the holiday season, the Nike's, the Adidas', the Intel's need to get employees together to do something active and memorable. We became a real hit.

**SR:** So what happened to the national aspirations?

**MJ:** We got on Shark Tank. We pitched them. We actually did not want their money; we wanted their eyeballs instead. We set up a franchise system. We thought our pitch was perfect; however, the day we aired was the day the first Covid patient in Oregon was diagnosed. I think you can gather how the story went from there. Having a business premised on gathering large groups of people fully in doors turned out to be a bad business proposition during Covid.

**SR:** If you wanted to resurrect the business idea now, do you think it would be successful?

**MJ:** I think it would be. I have already invested and lost the capital that was necessary to turn it into a franchise system. We had leased a building in Minneapolis that was going to be the center showroom hub of the franchise element of the business. We had to cancel that contract. We lost a lot of money in the design and planning process of that. At the end of the day, we realized we never went into this to be a business. Its essence was to make people happy, and it turned out our timing was off through no fault of our own. Our location in Portland still makes people happy so let's keep that going and not get ahead of ourselves.

**SR:** Are you still involved in the day-to-day aspects of the business?

**MJ:** To the extent I am involved, I am usually in the way. During the pandemic, my brother started a coffee roasting business. So, he currently spends about half his time on the coffee roasting business and the other half with Pips & Bounce. The first employee that we ever hired is now the general manager, and she is responsible to run the day-to-day operations. These days, our employee numbers range between six and ten.

**SR:** Is your younger brother about five years younger than you?

**MJ:** Yes, that is correct; he is five years younger. We have estimated we have played each other in 12,000 ping pong games, and I think I have won two.

**SR:** Two games entirely?

**"...but I have more stubbornness and grit..."**

**MJ:** Yes, but the others were all close. My theory is my parents fed me rice, and they fed him steak. He is taller, faster, stronger, and has better hand-eye coordination, but I have more stubbornness and grit so that is what keeps it close. Plus, I am better looking. At this point with Pips & Bounce, we have taken the risks we were willing to take. It has not gone the way we had hoped, so we are not trying to build an empire. We are just trying to make people happy. Between the dreaming and scheming and planning and building of the business, it was taking the majority of my time, beyond was I did with my job and family.

**SR:** Had you ever opened a business before? You said you did an IPO, what was that business structure?

**MJ:** No, I had never done a business before. On the IPO, I had joined early as an employee of a company called Silver Spring Networks which was building smart grid technology for utilities to connect the grid with communication networks. That company solved problems. We built something that was successful. In my ten years with that company, we connected well over 50 million homes in the United States to smart meters. We provided the communication aspects. We ended up going public on the Nasdaq Exchange. I was employee number 100 or so. Prior to that, I spent about nine years with American Electric Power.

**SR:** Let's backtrack a bit. Where were you born?

**MJ:** I was born in South Korea. I came to the United States when I was three. My parents moved to America one year before I came over. In the years following the passage of the Great Society, Medicare, and Medicaid, the United States was facing a shortage of physicians because demand for medicine outstripped supply. My dad was in the last wave of physicians imported to fill that need.

My dad's father had become a schoolteacher. During the Japanese takeover of South Korea, he was a rebel and broke into schools and stole textbooks to educate himself. When the Japanese left, he was one of the few Korean citizens who had not been tainted by the Japanese educational system. My grandfather became a school principal and my dad said, I don't want to follow your footsteps, so he became a rebel too and became a physician. Then, I showed up and did not want to follow my dad's footsteps, so I opened a ping pong bar. My mom was trained as a nurse in South Korea. They met at a religious retreat. Catholic, I believe. She was fascinated; she thought he was a monk.

**SR:** Where you raised Catholic?

**MJ:** To some extent. I am skeptical of institutional loyalties or so-called blind faith. My dad came with my mom to the States with a one-way ticket and the phone number of a friend of a friend to stay with. I was left with my paternal grandparents and an army of aunts and uncles who were all young at that time. I followed my parents to the United States about one year later. It took them that long to save enough money to send my mom back to go fetch me. I have a sister ten years younger than me. I am the oldest of three. I am the guinea pig.

**SR:** Where did your family settle in the United States?

**MJ:** We moved to Rochester, New York. My dad was training there about 1977. He started as a surgical resident but, as the story goes, surgery training has an abusive kind of culture: a lot of yelling and screaming and interns collapsing under pressure. My dad tells a story of one night not remembering falling asleep but waking up in an elevator in the middle of the night. He thought that a surgery vocation did not seem sustainable, and he surmised that the guy on the other side of the surgery table from him seemed a lot happier — he was the anesthesiologist. So, my dad switched to anesthesia, and we moved to Houston, Texas for his anesthesia residency.



**" We were on a road trip to Nova Scotia..."**

After that we ended up in Kentucky. There were two reasons. We were on a road trip to Nova Scotia because my mother was enamored by the Ann of Green Gables books that she had grown up with. So, she wanted to see the setting. On the road trip there, my father was driving through the Cumberland Gap. He got out of the car and thought the landscape reminded him of home. So, we made our home in Kentucky in Prestonsburg, a town whose population was measured in the hundreds and I loved it. A town where everyone knows everyone else. Just a very tight knit community. Then we moved to the big city, Ashland, Kentucky, which at the time probably had a population of 10,000 or so. This was Appalachia. It did not take me long to figure out that many of my classmates were living in pretty serious poverty. It was a Coal Miner's Daughter kind of place.

**SR:** What was it like growing up there?

**MJ:** I loved it. When you are a kid, you don't know any of the context. I just enjoyed riding my bike on the bike paths. I got rides in a really cool Datsun to school with a friend who was my neighbor, and his dad was an Air Force pilot. The nearby state park where we took hikes and walks was amazing.

**SR:** What caused your family to move around other than your dad's job? Were there climate related issues?

**MJ:** In Rochester, in 1977, there was a huge blizzard, and the Army had to airlift food to the residents. In Houston, there was a hurricane in 1983 or 1984 that blew the roof off our garage. In a sense, we were early climate refugees.

**SR:** You went to an elite prep school — Phillips Exeter Academy — is that correct?

**MJ:** Yes, I was lucky to get into Exeter. There was a kid in my neighborhood who was a troublemaker, and he told me he was being sent off to prep boarding school which to him felt like a disciplinary academy. My first reaction was, you are not going to leave me in this neighborhood alone with no one to play with. So, I applied to prep schools as well. We applied to many of the same schools, but we did not get into the same school. He got into the southern schools; I got into the New England prep schools. Next thing I knew, I was unpacking in New Hampshire.

At Exeter, I was surrounded by as curious and as ambitious students as I was. I made a lot of friends I would not have met in Kentucky. Honestly, in my youth, I was a restless soul, and I may have gotten into trouble in Kentucky. At Exeter, I could push the limits of my curiosity. I had no scholarship. My parents, by some great design, paid the bill.

In Kentucky, the only things at school you could get good at were math and sciences because they were objective; you could study them on your own. When I got to Exeter, I discovered languages, arts, and music. I studied German; I added Russian my senior year. I continued my linguistic interests in college. I studied Chinese Mandarin and Korean. I would rank my language proficiency in the order of English, Korean, Mandarin, German, and Russian.



**SR:** Then off to Yale, why?

**MJ:** I had a friend who went to Yale a year ahead of me. He liked Yale, so I thought I would like Yale. As simple as that.

**SR:** And were you correct?

**MJ:** Yes, I was. In my first year I met my future wife there on a blind date that worked out. That was the fall of 1993. My wife is an OBGYN, also Korean American. I had never gone out on a date with a Korean before. I thought I would never end up marrying a Korean woman. I grew up in Appalachian Kentucky and had no interactions with Korean culture. Meeting other Koreans who grew up in Korean communities in New York and New Jersey, I just found I did not click with them. My wife grew up in Cleveland, Ohio. I think what we had was that we both were less comfortable with other Koreans. We now have 3 children, ages 18, 16, and 11.

**SR:** At Yale, what were your academic interests?

**MJ:** I just took every class that looked interesting for the first two years, and then I figured out what majors I could complete in the last two years. My majors became East Asian Studies and Environmental Studies.

**SR:** What was your intention to do with those?

**MJ:** I had no idea; I just wanted to save the world.

**SR:** How?

**MJ:** Well, when I was a boy scout, I would want to leave the campground cleaner than I found it. So, why not broaden that to planet earth? Then, where is the biggest campsite in this campground? Well, that would be China. Then you say, what are China's biggest problems, and I would say environment. What are the causes of those problems? Energy, with the drivers being transportation and electricity. I did my undergraduate thesis on transportation and energy, and their environmental impact in China. Then I pivoted my career and looked beyond China, and I have since worked in electricity. I spent a summer at Lawrence Berkeley Labs China Energy Group which does a statistical analysis of energy in China. After Yale, I did a Fulbright year. I then worked for a couple of years. Three years after graduating, I showed up at Harvard Kennedy School.

**SR:** Tell me about the Fulbright year.

**MJ:** I wanted to go back to Korea. I wanted to meet the people who raised me. I wanted to learn about the culture that I came from. My wife also got a scholarship to study language in Korea so I did not have to let her get away as I knew she would do a lot better than me if she found out who was out there. So, all those things converged. It was a great year, 1997-1998.

**SR:** After that you were employed?

**MJ:** Yes. My wife started medical school, and I started my career in energy. That was in Columbus, Ohio. I started working in energy and environmental issues at American Electric Power, a publicly held utility.

I was doing environmental compliance planning, helping them to figure out which power plants to retrofit with which pollution controls in what order, with what type of capital optimization. It required technical skills I did not have. Throughout my career, I've figured if you surround yourself with people smarter than you, you will get smarter. I was there from 1998 to 2000. Then I left for two years to attend graduate school and returned from 2002 to 2006. I went to the Harvard Kennedy School for those two years while my wife stayed in Ohio. Her first two years of medical school involved a lot of studying so I was out of her way, which was probably a good thing. So, it wasn't as hard as we thought it would be.

From 2000-2002 at Harvard, I was probably the only student interested in energy and environmental policy. I got my Master's in Public Policy.

**SR:** How did that relate to environment and environmental climate issues?

**MJ:** The Harvard Kennedy School has a pantheon of professors who are giants in their fields: economists, scientists, climatologists, people who understand that intersection of policy, energy, and environment. Because of my interests being different from other students, I got to have open access to these issues.

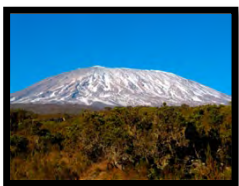


**SR:** Did you do a master's thesis?

**MJ:** Yes, it was on demand side price responsiveness in electricity. With other goods, when it gets too expensive, you use less of it. With electricity, this is not the case as it is set at a flat rate. Why don't we let the price of electricity respond to the market — when it is abundant, we use more of it; when it becomes scarce, we use less of it.

**SR:** After graduation, you returned to Ohio to work for American Electric Power, where you worked until 2006. What did you do next?

**MJ:** I left to work on a gubernatorial campaign for Ted Strickland, who became governor of Ohio. I served on the transition team and then served as advisor on the big energy bill, his signature accomplishment. The bill encompassed everything you want as a progressive policy wonk: clean energy standards, energy efficiency, re-regulation of utilities, zero emission standards. I did not author the bill but architected it. I was an employee of the state from 2006 to 2008, and then was ready for a change.



**SR:** What was that change?

**MJ:** My father and I had climbed Mt Kilimanjaro. I wanted to go to some place with big mountains. My wife and I shopped cities and decided on Portland. We came in the middle of December and had a great time. Before moving, my wife got a position with Kaiser Permanente and I found work with a clean tech start-up, Silver Spring Network, where I could work remotely.

**SR:** What did you do at Silver Spring?

**MJ:** Policy. The utilities are regulated. We sold technology to utilities, which they could not purchase until the regulators agreed. I worked with the regulators. I worked there from 2008 to 2018.

**SR:** What did you do then?

**MJ:** I took some time with Pips & Bounce, hatching the franchising plans. I then was involved with voltage maximization successively with two companies. Electrical consumers get more voltage than they need for their electricity. We tried to reduce the amount of voltage, resulting in a savings to the consumer and a reduction of the carbon footprint. After that,



I worked for PNGC Power, an electric and transmission cooperative providing rural electric power. I tried to ensure that PNGC would be able to provide adequate electrical power at an appropriate price.

**SR:** Let's go to your work for Governor Kitzhaber.

**MJ:** I lead an energy policy taskforce. I was the chair. I was new to Oregon at that point, so I was a neutral party. We were providing energy policy recommendations for him to consider implementing in his then third term as Governor. He wanted me on his team full time, but I did not know him and his team. I wanted to roll it slow, and I am glad I did.

**SR:** You have recently gone to work for ICF. What is ICF?

**MJ:** ICF is a global consultancy, 8,000 people, 80 offices, with 40 years of working on climate. It's a tremendous organization. It serves governments and nonprofits around the world,



**SR:** What is your job with them?

**MJ:** I lead the ICF Climate Center, which is a newly established initiative that is a thought leadership platform.

**SR:** What will you try to do with that?

**MJ:** Save the world! We will generate original insights learned from our clients using the analytical tools we have developed in the decades we have been at this to provide other organizations the information they need to do the right thing. ICF is a consultancy. Clients come to us to solve problems they can't solve themselves. Not everyone knows the questions they should ask or the scope they should be considering. Once they see the capabilities the Climate Center can offer, they can see themselves as part of the solution.

**"At the end of the day, no one is exempt from the impact of climate change."**

**SR:** What about if they have contrary monetary incentives, how can you encourage them to do the right thing?

**MJ:** It is a time horizon question. At the end of the day, no one is exempt from the impact of climate change. It doesn't matter how much money you are making right now, at some point the party is over. Climate change is universal in its impact and universal in the fact that everyone can be part of its solution. Oil and gas companies can look at this and see, when the party is over, they will be hung out to dry. Alternatively, they can begin transitioning now and take a look at making their assets and infrastructure a part of the solution. Oil and gas companies are either publicly held investor owned or state controlled, which means that they are subject to political pressures as well. So, we can use investor resolutions and political pressures to influence the time horizon. I am either going to get kicked out of this job because I am pushing too hard, or I will get kicked up so I can make bigger impacts within ICF because I am doing it well.

**SR:** You recently attended the Climate Conference in Sharm El-Sheikh, Egypt.

**MJ:** Yes, the Conference of the Parties to the United Nations Framework Convention on Climate Change.

**SR:** What did you hope to accomplish by attending?

**MJ:** ICF serves so many clients around the world, it made sense for us to be present at the largest gathering of climate interests around the world.

**SR:** You are also a member of the Oregon Environmental Council. What do you do there?

**MJ:** I am a member of the Board. I try to be helpful with the things that I know, helpful with the people I know and with the issues I understand. The



OEC was there at the beginning of the bottle bill. It is responsible for shaping Oregon into the great place we are today. Combine political acumen with scientific rigor. And make sure that interests that are not otherwise represented by corporations have a place at the table. It is a nonprofit advocacy group. I enjoy it tremendously. This is my last year; it has been six years. It is nice to be connected to your own community. We have gotten a lot of clean energy legislation done. Clean transportation has advanced, and climate has become front and center.

**SR:** Let me review some of your other interests. You have a black belt in Taekwondo, you are a competitive ballroom dancer, you are a professional ski instructor, you are an avid tennis player. Do you have time to pursue all those avocations?

**MJ:** I don't do them all at the same time but, like I said before, I am a restless soul. If you give me something, I will go all the way.

**SR:** You are a backpacker?

**MJ:** I love it! My goal is to spend as many nights in the summer under the stars as I do on the slopes each winter.

**SR:** What does the future hold for you?

**MJ:** Once I solve climate change? I hope to keep on skiing. I know I will keep on playing tennis. I am eager to see how my kids end up building their lives.

**"... I am always looking for the longest lever... "**

**SR:** What about your vision for the world?

**MJ:** You know, I am always looking for the longest lever I can pull. Right now, at ICF, it is hard to imagine a longer one but, if a longer one presents itself, well I am just here to make a difference.

**SR:** Any new interests incubating?

**MJ:** There will be; I can promise you that. During the pandemic, I took up the hobby of sewing my own backpacking gear — that should give you a sense of how crazy I can get, how off the beaten path I am likely to go. I like singing, but I have no musical training.. I would hope to take voice lessons someday. Maybe art classes — I did draw in my youth.

**SR:** I will see you on the tennis court. Mike, thank you for sitting with me.

**MJ:** Thank you, Steve.

Learn more about Michael's work:

Oregon Environmental Council <https://oeconline.org/people/michael-jung/>

ICF Climate Center <https://www.icf.com/company/about/our-people/j/jung-michael>

US Energy Association <https://usea.org/profile/michael-jung>

Pips & Bounce <https://www.pipsandbounce.com/about>



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# NORTHWESTERN LIGHTS

By Larry Rosenblum

February. A time of clouds, rain, wind, seasonal affective disorder, and vitamin D deficiency. And more clouds.

It's not a cure, but the [Portland Winter Lights Festival](#) is definitely a respite from the dreary.

The 7<sup>th</sup> annual Winter Lights Festival is a collection of installations all over the city but mostly centered downtown, especially near Pioneer Courthouse Square and the World Trade Center (yes, Portland has one).

In addition, there are lights projected on buildings, in store fronts, and even a few entrepreneurial hotel bars.



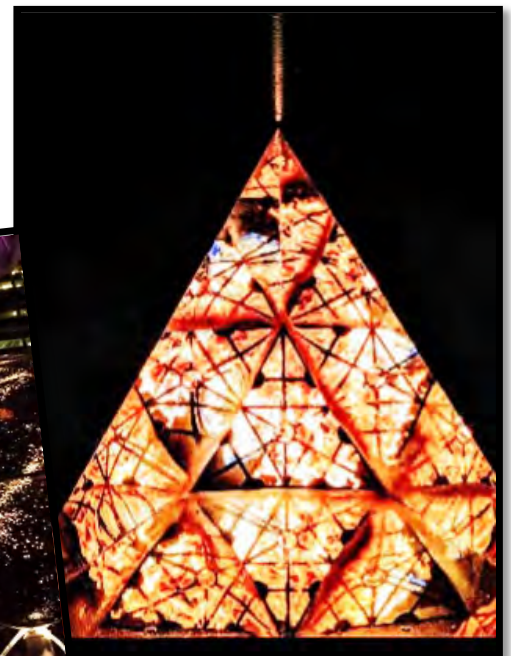
Some installations are art, some are whimsical, and all are fun.

As you enter Pioneer Courthouse Square, the flaming arcs command your attention, surrounded by partying people rocking to music.

There's a much smaller pyramid with a captivating flame that seems like a living thing (below).



In addition to music, there are food, drinks, warming pits, and people dressed full-on weird for the occasion.

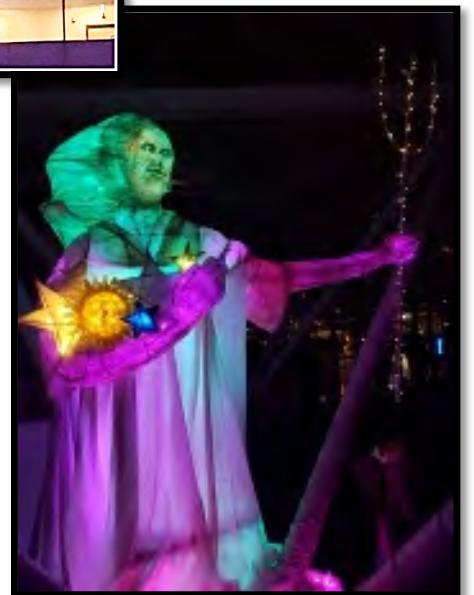
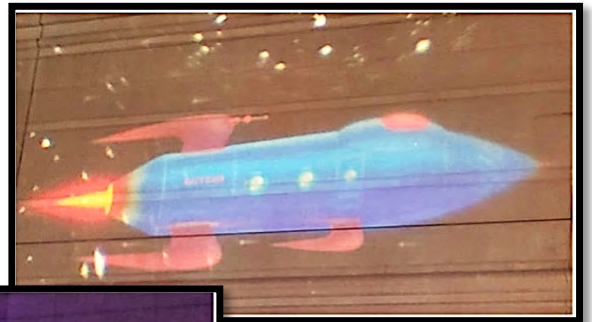




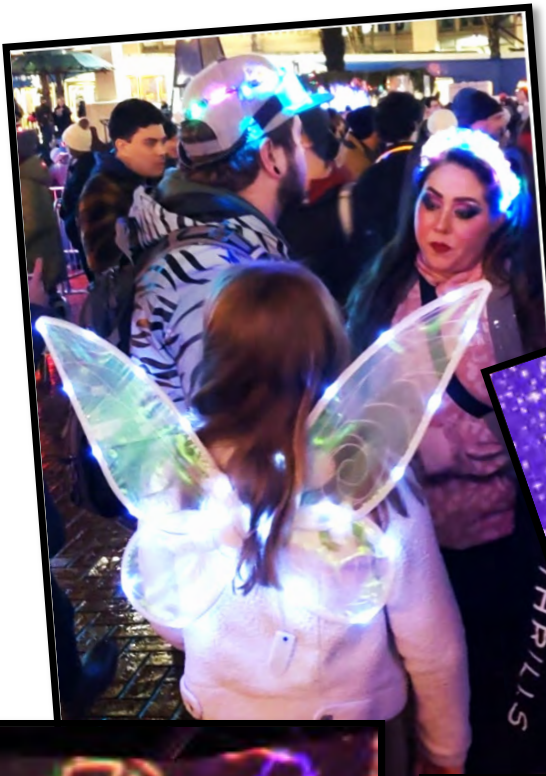
Someone is carrying a lamp on a pole that projected a kaleidoscope of lights onto the square's pavers. Jellyfish people enjoyed it and the trees of light.



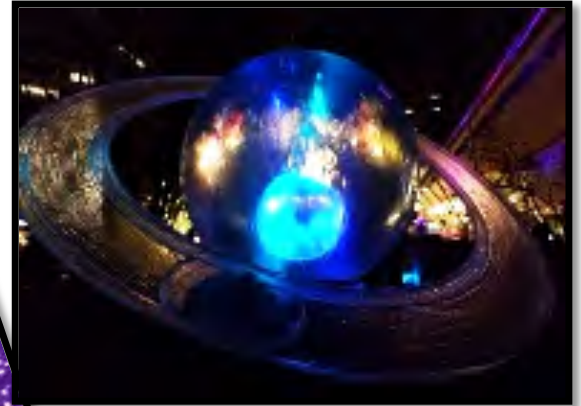
Heading down to the World Trade Center, much of the area around Courthouse Square is lit up. There are several images projected onto buildings.



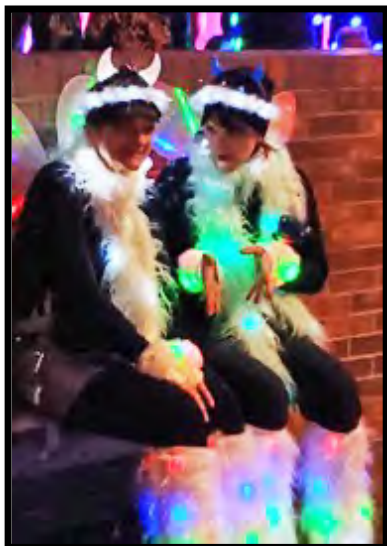




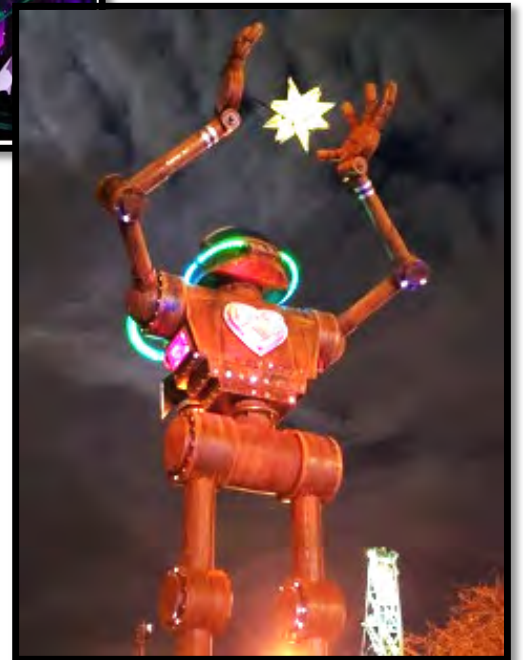
The World Trade Center feels like a family carnival. There is more food and lots of hands on displays that react to touch and movement.



Along the riverbank, there is a very large robot. I hope he is friendly!



It's the end of a long evening. And not just for me. These two learned a valuable lesson: For a night full of partying, there is a trade-off between high fashion and sensible shoes.



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# JAY SICKLER

By Bob Garsha

*EQ sits down with our newest Board Member Jay Sickler. Jay is replacing Tina Tsai as a liaison to the Commercial Tenants*

**EQ:** Jay, tell us a little about your professional background.

**JS:** I went to school here in Oregon. Corvallis-Oregon State University. I started off as an auditor for one of the Big Eight accounting firms at the time, Touche Ross, and became a CPA. Five years later I started work for a company called Ernst and Young (EY). I did that in Sydney, Australia, doing corporate advisory and litigation support services. That was in 1988. I lived in Sydney for about six years for both Touche and EY. My wife and I moved down there just a few years after we were married.

We moved back to Portland so I could continue the same work and raise our daughter near my parents. Part of what I do now is what's called Financial Forensics. That covers both business valuation and lost profit analysis in litigated matters. We work on breach of contract, employment cases, wrongful termination, wrongful death, injury, intellectual property. We also value businesses for estate and succession purposes.

**EQ:** Do you yourself have a law degree?

**JS:** I only have a CPA background. All my staff are also CPAs who have worked for some of the big firms here in Portland.

**EQ:** Take us back to before Corvallis. Were you an Oregon resident or did you come from another area?

**JS:** I was born and raised in Portland off 23<sup>rd</sup> and Hawthorne. My parents both went to Oregon State University and they both grew up in Oregon. My wife is from Medford, and we have been married for 40 years now. We have two kids, one 32 years old and one 29 years old, both girls.

**EQ:** Have they followed in your footsteps doing this kind of work?

**JS:** No, my oldest went to the University of Portland to be a mechanical engineer. She got her PhD in Material Science from Montana State. She is living in Portland so that is good! My youngest is working for a CPA firm here, so she may be following in Dad's footsteps. She went to school at Rhodes College in Memphis, Tennessee.

**EQ:** Did you visit her in Tennessee and, if so, tell us what it's like there?

**JS:** Yes, we did visit her. It is right along the Mississippi River. Memphis is definitely the South.







**EQ:** To go back a bit, when did you start your current business, Cogence?

**JS:** I started Cogence in 2006 after a dozen years with some partners of mine who were at Ernst and Young. We had a firm in town that did traditional CPA work, but I did the business valuation and litigation services. Cogence has been up and running for sixteen years now and we have been located in The Elizabeth for about eight years.

**EQ:** You recently volunteered to take over Tina Tsai's position as the commercial Board Member. Are you excited about this opportunity?

*"...to have a voice for some of the commercial business owners."*

**JS:** I am. I think it is a good opportunity to continue to have a voice for some of the commercial business owners. My wife and I had a condo at the Encore for about eight years and I was on the Board there. Given that there are enough owners in the commercial spaces it is good to have someone they can communicate with who can then communicate to the Board directly.

**EQ:** Jay, with your background in the financial industry, do you hope to help the Board in various ways in that aspect?

**JS:** Well, there is a treasurer already on the Board for that but certainly I am happy to be a sounding board for any financial questions and situations where I can help. The Board is made up of many talented people and I hope my expertise will help. I am happy to lend a hand there.

**EQ:** What's the overall climate around the commercial tenants, what's the vibe like in your opinion?

**JS:** That is what I am going to try and figure out. Honestly, I have been here for some years now and I have not been connected with many of the other owners of the commercial spaces. I don't know what their concerns are. I don't know their current likes and dislikes here at The Elizabeth. I think it would be nice to know. I was proactive when I joined the Board to reach out to all of the owners to say I am now your voice on the Board, what are the things you would like to communicate, and what is the information I can help you obtain.

**EQ:** Well, you certainly have a good hands-on personality for that. Let me ask, what is the Pearl District's recovery arc?

*"I am still bullish on the Pearl District"*

**JS:** That is a good question. I think you would get multiple and varying responses from people. My wife and I bought our townhome in the Encore in 2013. We were hoping at that time that the trajectory would continue to go up and it didn't really do that. It is not just pandemic related. Some of the better restaurants had already been closing, obviously the pandemic did make it worse, but I am still bullish on the Pearl District. I think it will come back; it is just going to take some more time.

**EQ:** Let's get a little more personal in the time we have left. What are some of your weekend interests?

**JS:** I am a big wine enthusiast. I built a new house this last year and incorporated a wine cellar in it. I really enjoy gourmet cooking and that goes with fine dining when we go out. I enjoy exercising. I put a gym in our new home. I try and stay as fit as I can.

**EQ:** Does your wife enjoy the same pursuits?

**JS:** She really enjoys the wine and the food aspects; I am still working on her with the exercise aspects.

**EQ:** Are you a music fan?

**JS:** I am a bit. I am still stuck back in the 70's and 80's a little. I do like a wide genre.

**EQ:** What's your Saturday night go to records?

**JS:** I like artists a little bit obscure: Desiree, Sade, Seal. Earl Klugh, Miles Davis on the jazz side. I also really like Frank Sinatra.

**EQ:** How about Sundays at the Sickler house, any music playing?

**JS:** I'd say soft jazz.

**EQ:** Finally, here we go. . . tell us something you have never told another interviewer before without putting you on the spot?



**JS:** Hmm sometimes I wish I was a little taller. I am only five feet six. I don't have any problem walking through doorways. I have a low center of gravity but if I had a couple more inches that might be kind of nice.

**EQ:** Great time Jay! Let's get this out and everyone will know you a little bit better. Thanks again for this interview!

**JS:** You are welcome.

EQ welcomes your comments on this article or the Issue: [EQ@ElizabethLofts.org](mailto:EQ@ElizabethLofts.org)

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## REEL TALK

### Mostly Martha

(2002)

By Faith Smith

A few days ago, I was looking out the window at Portland's cold, gray cityscape. It's April already, but it might as well have been winter in Hamburg, Germany, the setting of the 2002 film, "Mostly Martha."

Our protagonist (Martina Gedeck) is a high-strung, work-addicted chef at a chic city restaurant, The Lido. The film opens with the lovely Martha reclining elegantly on a therapist's couch, incantating the ingredients of a carefully considered menu. The menu makes the therapist's stomach growl, but that's not what she's here to do.



Therapist: (Interrupting) Martha, I'd like to change the subject. Why do you come to therapy?

Martha: I have to or my boss will fire me.

Therapist: Why does your boss want you to go?

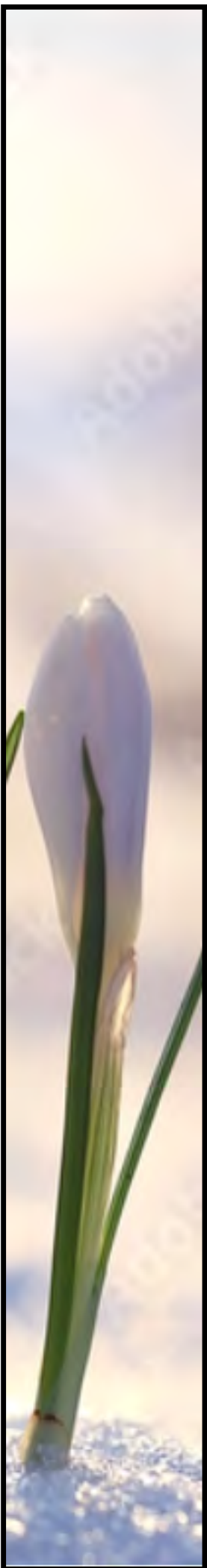
Martha: I have no idea.

***"She's a hot chef with a frozen heart."***

Later at the Lido, the kitchen hums and buzzes with cooking sounds, and we get tantalizing closeups of lemons being zested, gnocchi dough spooned one-by-one into boiling water, a *crème brûlée* under a torch. It's another busy night and Martha's team is on their game. All seems under control, but now and again Martha slips into the walk-in kitchen fridge and shuts the door. Face glistening, taking deep breaths, gulping in the solitude, her only solace is cold comfort. She's a hot chef with a frozen heart. She derives no pleasure from her work, only perfection.

Martha also has a temper. After a diner complains that his foie gras is underdone, she marches to his table. The patron scoffs, taking up his cigarette (this is 2002, after all). Martha shouts that the meat is cooked "*comme il faut!*" (as it must be) and her boss rushes over, steering her into the kitchen with a stern warning to lay off the customers.

Outside the kitchen, Martha's life is as blank as a polished platter. Her apartment is small but serviceable. She cooks just as seriously for herself but takes her meals sitting up straight at a bare table, a chilled glass of water next to her plate. The phone rings—it's Martha's sister. She and her daughter Lina are coming to visit Martha on the weekend. Before hanging up, Martha's sister encourages her to go out, have some fun, see a movie, go dancing. We know she won't.



Friday comes. It's snowing outside. We're back at the Lido where a long table is filled with staffers talking and enjoying their pre-work meal. Martha sits silently, reading the paper. The phone rings.

News comes that her sister has died in a car crash, and Martha's niece, 8-year-old Lina (Maxime Foerste), is in the hospital. Since Lina's father has been out of the picture for many years, she must go home with Martha. When she tiptoes into Lina's hospital room to deliver the bad news, Lina seems too small and too young to absorb the enormity of the situation. She has never known her father, but Martha promises she'll look for him.

Back at Martha's apartment, Lina sleeps on her bed while Martha sleeps on the couch. Martha cooks exquisite meals for Lina, but Lina isn't eating.

When Martha returns to work, leaving Lina with a hastily procured babysitter, she is stunned to see a bustling kitchen, music playing, and a new sous-chef. Mario (Sergio Castellitto) who's been hired to preside in her absence. This animated and wide-eyed Italian with a boombox is exactly what this kitchen didn't know it needed. As the line cooks hip bump to cliché Italian hits, the story risks getting syrupy, but Mario's sly, sensual charm is the ideal counterpoint to the stern Martha glowering in the doorway.

A few years after this film was made, Warner Bros. came out with "No Reservations," a big-budget remake starring Catherine Zeta-Jones and Aaron Eckhart. I refused to see it because the movie posters screamed overblown remake. One critic said it wasn't so much of a reimagining as a recycling, scene for scene.

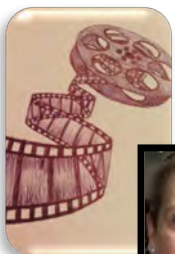
## ***"...an eloquent, intimate, sincere movie"***

"Mostly Martha" is an eloquent, intimate, sincere movie. Scenery is composed carefully. The charming and cosmopolitan aspects of Hamburg are interestingly pushed to the side, and we see only the cold docksides, a nondescript hospital parking lot, the grim brick entrance to Lina's new school. The Lido restaurant kitchen is the oasis, the place of alchemy, a place with potential for more than just cranking out perfection on a plate.

The film's title, "Mostly Martha," is bewildering at first, but ultimately rings true. Gaedek carries the entire story with beauty and grace, and while the excellent supporting cast offer satisfying interplay, we all look to Martha's mystery, her wisdom, and eventual yearning for something more, at the story's every turn.

This is also a food movie, which is always a plus. On the minus side for some, the German subtitles can be a drag. The movie isn't so intricate that you need to stress out to keep up. Just let it sort of wash over you: snowy scenes, elaborate gourmet platings, two generations bound by heartbreak, and, spoiler alert, even a trip to sunny Italy.

You can stream "Mostly Martha" on YouTube, Google Play, and Amazon Prime Video.



Faith Smith has agreed to write a "regular" article on movie reviews! Her previous reviews:

- [EQ13: Bandit](#)
- [EQ14: Le Boucher](#)

We look forward to future reports.

EQ welcomes your comments on this article or the Issue: [EQ@ElizabethLofts.org](mailto:EQ@ElizabethLofts.org)

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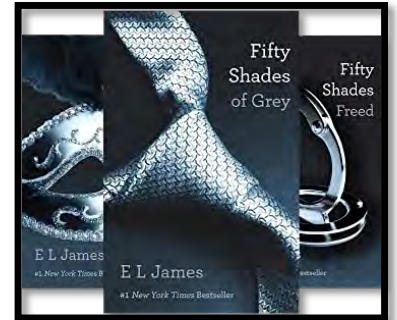


# GREETINGS FROM THE LIBRARY UNEXPLORED

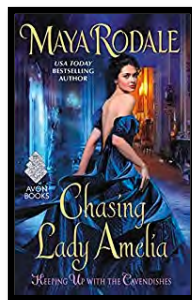
By Bill Melcher

This month I'd like to highlight a section of our library that, I have to admit, I have not read a single title: ROMANCE/VICTORIAN. Romance contains ten books and Victorian twelve.

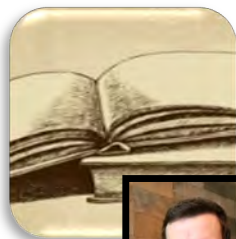
Most famously in Romance is the [Fifty Shades trilogy](#) (all three titles!). I have seen all of the movies (and probably every other movie Jamie Dornan has been in) and I've been told by friends that the books are much better and steamier.



Leopard's Prey and Wild Cat are two from Christine Feehan, and finally there is Sins of the Mother by Danielle Steel. Sadly none of the covers contain Fabio.



Who would have guessed that there would be more books in the Victorian section? Titles include Rude Awakenings of a Jane Austen Addict and Chasing Lady Amelia, part of the Cavendish series (spoiler alert: She gets caught by the wicked Alistair).



You can reach Bill on email at: [library@elizabethlofts.org](mailto:library@elizabethlofts.org)

Bill Melcher, The Elizabeth Librarian, has brought order to our community room library. He has agreed to write a "regular" article on the status of the collection.

Previous reports:

- [EQ13 -- Fiction](#)
- [EQ14 -- Humor](#)

We look forward to future reports.

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## BOOK REVIEW

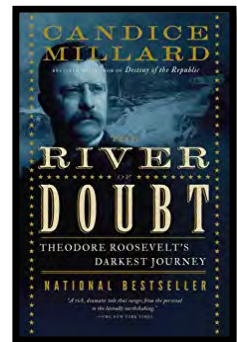
# THE ROUGH RIDER'S ROUGH RIDE

Bonnie Koehler presents  
a pair of Book Club Recommendations

After a humiliating political defeat in the final decade of his life, former President Teddy Roosevelt planned a bold adventure to grab fresh, triumphant headlines. In order to put the 1912 public whomping behind him - a third term bid for the presidency as the leader of his own Bull Moose Party - TR sailed out of the New York harbor with a conqueror's fanfare to lead a flashy expedition through the South American jungle. He would be the first American to travel down a remote, uncharted tributary of the Amazon, name the newly "discovered" river after himself, and put it on the map for all the world to see. Ta-da! What could possibly go wrong?

But his hastily planned trip took a dark turn. The months of treacherous travel through hellish conditions would destroy his health and nearly kill his favorite son. The protective aura of serendipity that had always surrounded Roosevelt evaporated. Having pushed himself to his physical limits all his life, this time his body could not recover from the punishment he willed it to endure. This time the bigger-than-life, lucky man had finally over-played his hand.

***RIVER OF DOUBT: Theodore Roosevelt's Darkest Journey*** (2005), by Candace Millard, was presented to the Elizabeth Book Group for our February read by long-time resident Brenda Peterson, a seasoned traveler herself. Brenda says she selected the book for three reasons: "(1) I was interested in learning more about Teddy Roosevelt, especially after visiting the Theodore Roosevelt Inaugural Site in Buffalo in 2020; (2) I enjoyed reading author Candace Millard's book on the Nile (*RIVER OF THE GODS*) before taking a trip on the Nile; and (3) I was interested in taking a future trip on the Amazon - until I read this book!"



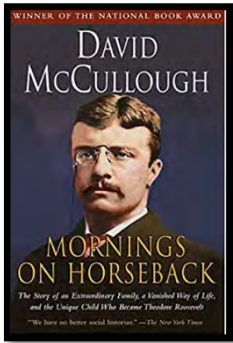
We all agreed: no one reading the visceral, National Geographic-style descriptions in this book of the many tiny creepy things that can fly, crawl, or swim over or inside you, will ever go near the Amazon. Millard's national bestseller provides a riveting chronicle of just how much can go horribly wrong when ill-prepared adventurers enter the world's most unforgiving rainforest. As the former president knew so well, when reduced to surviving at the most primitive level, one's famous family name does not matter. But what does?

Reading this page-turner as the aging Teddy Roosevelt lost 60 pounds and the use of one of his legs while still having the self-discipline to keep up his scholarly research and write in his journal every evening, I could not help but wonder who and what had shaped this person. Where did Roosevelt's contradictory combination of intellectual curiosity and reckless chance-taking come from?



For the answers to the wider questions Brenda's book inspired, I turned to a second book:

**MORNINGS ON HORSEBACK - The Story of an Extraordinary Family, a Vanished Way of Life, and the Unique Child Who Became Theodore Roosevelt (1981) by David McCullough.**



The Roosevelts were far more wealthy than I had imagined, their Dutch ancestors having owned Manhattan real estate for generations and managed wisely. They were cultural aristocrats who lived a purposeful life in a lush, upper-class enclave of 19th-Century Manhattan. Their five-story townhouse near Central Park had a ballroom large enough to host 500 guests. Teddy Roosevelt and his siblings were raised amidst butlers, maids, nannies, tutors, horsemen, chefs. They had a broad social circle and brilliant, loving parents. Born in 1858, the second of four children, Teddy was both pampered and challenged to reach for the stars. Young Teddy's every talent and interest was indulged. He could sail a boat, ride a horse, shoot a gun, and taxidermy a dead animal. He traveled the world with his family from an early age visiting the great museums, opera houses, and historic sites and spending months cruising the down the Nile on a private boat. He was fluent in French and could read German and Latin.

One of his close family friends, Edith Wharton, would use details of the Roosevelt's home and incidents from their young lives years later when writing her Gilded Age novels such as THE AGE OF INNOCENCE and THE HOUSE OF MIRTH.

Another iconic, written world that crossed paths with Teddy Roosevelt's childhood is, ironically, GONE WITH THE WIND. Though Teddy's father, Theodore Roosevelt, Sr., was a New England humanitarian, progressive reformer, activist, and philanthropist, Teddy's mother was a Southern belle from an old slave-holding family. The beautiful Martha Stewart Bulloch grew up on a Georgia cotton plantation, Bulloch Hall, with over 30 enslaved family retainers. The writer Margaret Mitchell interviewed Teddy's mother's family and was inspired by generations of life at Bulloch Hall when she wrote her best-selling Civil War novel. Teddy's mother's kind but hierarchical attitude towards "the help" shaped her children's own deep-rooted feelings of divine privilege and destiny.

One of the biggest surprises to me in McCullough's book is his portrayal of Teddy's father, Theodore Sr., whose life has long been overshadowed by his famous son. Freed from the obligation of the daily grind for income by his well-invested family, TR Sr. devoted his time to progressive good works. He was one of the founders of the Metropolitan Museum of Art and the Natural History Museum in New York. He created orphanages for homeless street children and visited them every Sunday night all his life to give inspiring pep talks and serve as a wholesome father figure. During the Civil War he worked with President Lincoln and Congress to pass a bill that provided wives and children left behind by Union soldiers with half of their salary to save the families from starvation. Throughout the war, Theodore, Sr. rode from camp to camp to sign up as many men as possible. He also worked to improve housing and healthcare for immigrants and the poor working classes in Manhattan. I was left wanting to read a book on HIS life alone - a study of the charitable side of 19th century big city life and TR, Sr.'s generation of humanitarians.

Soon after young Teddy graduated from Harvard, his father, known to friends and family as Goodheart, died. A year later Teddy's young wife died after giving birth to their daughter and his mother died of typhoid fever the same day. Teddy withdrew from life in despair while his older sister raised his infant daughter. (She also raised their youngest brother Elliot's daughter, Eleanor, when he and his wife both died. Eleanor, Teddy's niece, would marry their fifth cousin, Franklin.)

But Teddy bounced back from his triple tragedy. He threw himself into the scrum of New York and then national politics for social stimulation and into the wild west to push himself to the threshold of physical pain. In the Bad Lands of South Dakota, he invested in land and cattle and mastered riding and roping Western style. Teddy Roosevelt re-invented himself as an ultramacho, loner cowboy, instead of an effete and privileged Ivy Leaguer. I had no idea to what extent the future president crafted both the image and the myth of the iconic American Cowboy himself. Roosevelt knew how to rally a talented team, manipulate the media, and sell a brand. The writer of the classic Western novel, THE VIRGINIAN, Owen Wister, was a Harvard schoolmate.

Teddy sent him written accounts of his western adventures, influencing Wister's work, and published his own cowboy escapades as stories and essays in East Coast newspapers and magazines. Roosevelt also wrote three books on ranching and the West and commissioned an old friend, budding artist Frederick Remington, to do the illustrations, locking the cowboy image in the public's mind forever.

Roosevelt married happily again and would go on to inherit the White House as the youngest American president ever at 42, when President McKinley was assassinated in 1901. He would thrive for an additional term on his own and, in 1906, become the first American to win the Nobel Peace Prize.

Teddy Roosevelt was only 60 when he died at the beginning of the Modern Age in 1919, one year after my own father was born. But Roosevelt's life stretched all the way back to before the Civil War, and at age four, young Teddy sat on President Lincoln's lap. A symbolic launching pad for a young Rough Rider. And a powerful beginning for a life of conquest that *just* might make one lucky man think he had the grit to survive the Amazon.



A few copies of each book, [RIVER OF DOUBT](#) and [MORNINGS ON HORSEBACK](#), are available to borrow. You can find them on the Book Club Shelves in the Community Room.

EQ welcomes your comments on this article or the Issue: [EQ@ElizabethLofts.org](mailto:EQ@ElizabethLofts.org)

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# BEST IN CLASS

By Bob Garsha

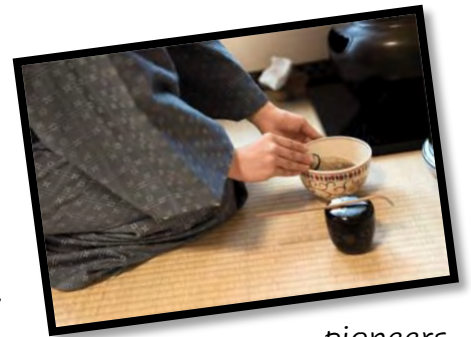
The [Community Committee](#) has been busy hosting two classes: a Self Defense Class and a Tea Ceremony. Several residents who attended share their thoughts.

**Tea Ceremony** Saturday, February 4<sup>th</sup> in our Community Room.

The Art of Whisking Tea - Urasenke Tradition - a 3-hour seminar for ELIZABETH residents led by Portlander Jan Waldmann, an expert in the ancient, many-layered ceremony of sharing a bowl of fresh green matcha tea with guests.

We asked Terrin Walters to write the intro to this review.

*From the moment you walk into the community room, you're struck by the meticulous set up. The time and placement are intentional, and you notice this care right away. We each had a space of curious items we would come to learn about in our time with Jan. While starting off with a rich history of the origins of the practice to the*



*in the study, we all had a great time discussing our interests and what brought us there. Moving on, we all started to learn the purpose of the items in the ceremony and how to use them in keeping with the very long history. My favorite part was opening the container which held the Matcha, the vibrant green shot out and keeps your attention. Each part of the ceremony has details, small things you do to show appreciation for your time with guests and enjoying the tea you have prepared. When you have finished with your tea, you're presented with a VERY cute, sweet treat which compliments the tea and is a great little conclusion. Jan spoke on the importance on being in the moment during these ceremonies, speaking only of the moments you're sharing with the people in the room. She was truly a delight to learn from and her dedication to such a fine tradition is admirable. We appreciate her visiting and showing us the beauty of Matcha!*

*Terrin Walters*

Other residents write:

All agreed the class was a delightful respite from today's chaotic world. Jan explained that tea plants were first brought to the islands of Japan by a Buddhist monk returning from China in the 9th century. Tea has been grown in Japan ever since. Over the centuries tea's preparation and presentation has evolved. Beginning in the 1500's under the leadership Sen no Rikyu, the sharing of tea became more spiritual and philosophical. Now serving tea to guests, whether family, friends or strangers, is considered one of the "three classical arts of Japanese refinements" says Jan, along with the selection of just the right incense and the skillful arrangement of flowers. I was glad to learn that the climate and soil conditions of the Willamette Valley, like Japan, are perfect for raising tea. Several farmers and vintners here are beginning to plant crops as the drinking of matcha, rich in anti-oxidants and delivering a "less jittery" caffeine boost, gains popularity locally. The traditional Japanese ritual around the preparing of the hot beverage - Chado, the Way of Tea - involves each guest - following the guidance of the host - scooping the right amount of



powered tea with a Chashaku (tiny bamboo spoon) from a Natsume (small lacquer container) into an individual drinking bowl, adding a few dashes of hot water and whisking the green powder into a foamy broth by briskly whipping a Chasen (bamboo whisk) back and forth "from 2 to 8 o'clock" with one's right hand. The results, when done correctly, is an intense drink that is to tea what the perfect Italian espresso is to coffee. Cradling one's handmade ceramic bowl (each decorated and with a long history) - left hand below, right hand guiding - one lifts and sips slowly and deeply, slurping loudly on the last sip to indicate completion. Throughout, both guests and host stay focused on each step, discussing only what is before them in the room - the tea, the beautiful bowls, each other - and, as in meditation, all worries and thoughts of the outside world are suspended. The phrase ICHI-GO, ICHI-E (Once in a Lifetime or One Time, One Meeting) expresses the reverence for the special moments the tea drinkers share. An unforgettable experience. Thanks to Jan, all of us departed the seminar eager to recreate the magic Harmony, Respect, Purity, and Tranquility of the ancient tea ceremony for our families, friends and ourselves.

Anonymous

I so enjoyed the Tea Ceremony led by Jan Waldmann. We learned so much history and ritual in a participatory way. The Japanese Tea Ceremony has long been a treasure I have wanted to learn. Thank you for this.

Marjorie Myers



**Self Defense Class** Self-Defense Training at The ELIZABETH Saturday January 14<sup>th</sup>.

Conducted by Matt Thornton, founder of Straight Blast Gym, and two gracious assistants, in The Elizabeth Community Room.

*I learned a great deal about self-defense but also about how "bad guys" think and what and who they are looking for as they decide whom to attack or rob. This information is invaluable. I also appreciated the chance to practice some rather simple techniques to help me "get away" if I am ever attacked. Another great thing: the folks from Straight Blast Gym also gave good advice for people with mobility issues who may feel more vulnerable on the streets.*

Marilyn Deutsch

First, I'm appreciative that this class was made available to the residents. I have lived in many other cities and buildings and have never experienced anything like it. I continue to be impressed with the events the planning committee has offered. Obviously, it's a talented, interesting and interested group of people.

I thought the class was good and that some excellent and important information was conveyed by the team at Straight Blast. It's impossible, of course, to learn self-defense in 3 hours but the class was engaging, interesting and educational. I'm especially pleased that we were able to practice some of the techniques demonstrated.

I was shocked to hear how many in the class had been accosted, mugged, slugged and even kidnapped. Considering the turnout, I think it would be great to offer more.

Jeanne Weinkle

I found the self-defense class to be informative. Our presenter Matt shared a lot of real-world knowledge. As a result, I left with a better perspective on street awareness and altercation diffusion. In addition, the class did some simple self-defense exercises, which enabled us to practice verbal and physical stance protocol. Shout out to Matt's two associates as well and kudos to Straight Blast Gym for joining with a dozen residents to make this a very fruitful time.

Bob Garsha



Our Community Committee presented a 3-hour Self Defense Class loaded with essential survival information and attitudes for ELIZABETH residents hosted by the founder of Straight Blast Gym International, Portlander Matt Thornton. In 2002 Thornton was the first Oregonian to receive a Black Belt in Brazilian Jiu-Jitsu and as a leading martial arts coach has awarded 15 Black Belts to his own students.

Thornton's book- *The Gift of Violence: Practical Knowledge for Surviving and Thriving in a Dangerous World*-set the tone for his instruction.

He urged us to get in touch with the inner primitive selves that have allowed our ancestors to survive long enough to make our own lives possible and to not let social conventions of politeness get in the way of our need to flip from victim to victor when targeted by a violent predator. "Your goal if attacked while walking in the Pearl is to get away, fast. Forget what you may have heard in other classes. Do not waste time attempting to inflict pain. No one who attacks you in the Pearl is capable of feeling pain. Yell LOUD, blast pepper spray if you have it, break loose and get away." After Matt and his colleagues taught us, a nifty fulcrum move for force releasing the attackers grip on our forearms, he coached us to YELL simple orders to the perp- "Get away from me!"-in a commanding voice, but to never say "Get away from me you \*\*\*hole!" etc. "Don't make it personal. Insults are blood in the water. Keep the encounter cold and neutral. DIS-engage and distance the perp from you in every way." In sum, to be safe in today's urban environment: stay alert, walk briskly and be aware of your surroundings. Look and listen to the world around you- {i.e.} no earbuds, music, podcasts. Don't wear jewelry or carry a purse. Stay wide when rounding corners, but if you accidentally bump into someone shout "Watch out!" not "I'm sorry." Enjoy the new assertive you!

I really enjoyed the presentation and conversation. All excellent information which I have put into practice as I walk all over NW Portland as well as when I travel abroad!

Helen Robinson

I was a bit skeptical, but recognizing that I was increasingly feeling more unsafe, and unsure in my neighborhood - And questioning -- did walking with a cane make me more of a target (probably)? I eventually decided that nearly any advice couldn't hurt.

My skepticism was initially related to a concern about the appropriateness for the audience, and my personal needs. I was pleasantly surprised that the Straight Blast Gym did a great job of hitting the mark. The 3 hour class was a combination of insightful discussion, demonstration and a few light practice sessions. Frankly, the information was not "earth shattering" - but was presented in a thoughtful, respectful, and memorable way. I felt more empowered and confident, with several ideas and points to think about and have in my "tool box" if a situation developed.

I'd encourage bringing the guys back again for repeat session for others - the class was well worth the additional cost. I'd also be interested in a second session with a touch more practice, and some additional tips and ideas on staying safe.

Michelle Heckman

If you would like to see these classes repeated or have an idea for a class or event email [community@elizabethlofts.org](mailto:community@elizabethlofts.org). We're looking and open to your ideas!

EQ welcomes your comments on this article or the Issue: [EQ@ElizabethLofts.org](mailto:EQ@ElizabethLofts.org)

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# HAPPENING IN and AROUND THE ELIZABETH

Compiled By Larry Rosenblum

## In The Elizabeth

Here at The Elizabeth, we are dedicated to creating a neighborly environment. Listed below are some of the opportunities to become involved and meet other residents.



**Yoga Class** – This new class meets on Mondays at 5:30pm and Wednesday at 10am in the Community Room. The schedule can be a bit variable. Email Heather Ellis at [spinebenderyoga@gmail.com](mailto:spinebenderyoga@gmail.com) to confirm the schedule. Bring your yoga mat and enthusiasm as Heather walks you through yoga for beginners and advanced. Check out her videos on the [Elizabeth Lofts website](#).

**Book Club** – The [Elizabeth Book Club](#) continues meeting on the second Monday of each month at 4:30, usually in the Elizabeth Community room. The book for May will be [Magic Kingdom](#) by Russell Banks. Check out the book club shelf in the community room for past reads.

**Welcome Committee** – Welcome to The Elizabeth Lofts Welcome Committee whose mission is to generally make the Elizabeth Lofts a more warm and friendly place. Being involved in this group is a great opportunity to meet and welcome new residents to our community. If this interests you, please contact Bob Garsha at [welcome@elizabethlofts.org](mailto:welcome@elizabethlofts.org) to offer your help.



**Community Committee** – Our passion is to establish a vibrant culture here at The Elizabeth. Connecting individuals through social activities we feel is the essence of the Community. We hope you join us as often as you can. You ask we listen. Residents can make suggestions for events. Reach us at [Community@elizabethlofts.org](mailto:Community@elizabethlofts.org).

**First Thursday** – Geezer Gallery whose art adorns our walls also host art talks in the community room on the first Thursday of the month usually between 5:30 and 8 PM. Details of the May 4<sup>th</sup> artist presentation are yet to be announced.



**EQ** – the newsletter you are reading right now! Contributing to this publication is an opportunity to exercise your creative muscles. We need writers, photographers, editors and graphic designers and artists. Contact us at [EQ@elizabethlofts.org](mailto:EQ@elizabethlofts.org) to volunteer. We love guest contributors as well, if you have something fun to share with neighbors.

**ELEC** – The Elizabeth Lofts Emergency Committee is a group of residents who have come together to make people and the building safer, more secure, and more resilient in the event of an emergency. We need volunteers to help us plan for disasters either in an ongoing capacity or as special advisors on issues like medical care or construction. We also need people who we know in advance are ready to help when need strikes. If you can help, contact ELEC at [elec.leads@elizabethlofts.org](mailto:elec.leads@elizabethlofts.org).

## Events / Websites to Check Out

Covid-19 attendance policies are still in effect in some venues and can vary and change at any time. Requirements may be determined by each performance, so it is important to verify before attending.

[Portland's 5 Centers for the Arts](#) has a large variety of scheduled live events at local venues. This is a handy site for browsing entertainment opportunities throughout the area. You can search by venue or by event type based on your own interests.



[Portland Center Stage at the Armory](#) has a variety of events on their schedule including dramatic and musical theater and even offer some free exhibits and First Thursday offer opportunities to explore exhibits and events without cost. This venue is so convenient to our building and offers quite a variety of events. For those not yet ready for live performances, there are [recordings of virtual offerings](#) still available.

[Oregon Festivals and Events](#) has a calendar full of future events throughout the state if you are looking for something new to do.

Check out a wide variety of [live concerts](#) coming to Portland; select your music style and or dates and find your next event.



For those more interested in classical music, [Chamber Music Northwest](#) has posted their 2022-2023 season. The site also has a listing of [Free Masterclasses](#) to watch online.

Check out the [Oregon Symphony](#), including [livestream concert](#) tickets are for those not yet ready to go to an in-person event.

The [Oregon Ballet Theater](#) has subscription packages for the 2022-23 season on sale, and there is much to explore on the website if you are a fan of this artform.

[Broadway](#) in Portland has some musical and non-musical productions coming this season.

Enjoy a mysteriously delightful dinner at the [Dinner Detective](#) at the Embassy Suites downtown. It is America's largest interactive comedy murder mystery dinner show; the menu looks enticing, and the event sounds hilarious.



Jazz lovers should check out events coming to the [Jack London Revue](#) or enjoy a relaxing evening of dinner and music at [Wilfs](#).



Check out [Willamette Week](#) for lots of great music and fun things to do.

The [Portland Mercury](#) has listings of things to do around town, from free events and festivals to events supporting activism and social justice. Articles on current events and politics are available to browse. Check out the [Best Bites](#) of 2022!

## Check them out before they are gone!



Earth Night Celebration – [Making Earth Cool](#) April 22, but really all of April @ the Parallax Art Center 516 NW 14<sup>th</sup> Ave.

[PDX Contemporary Art](#) – Tina Beebe and Neil Warren work are presented in a show called Lost and Found about how forgotten memories can reappear in an artist's work. 1825 NW Vaughn St. until April 29.

[Elizabeth Leach Gallery](#) – Dinh Q. Le (Cambodia Reamker) and Mark R. Smith (Stress Formations) until April 29. 417 NW 9<sup>th</sup> Ave.

[Portland Parkways Bike Ride](#) – the first one is on the east side on May 7<sup>th</sup>.



The Portland Art Museum has currently some interesting exhibitions. [Nature Vive](#): Paul Missal is on display until July 30, 2023. It is a playful and symbolic still-life paintings and prints. This exhibition explores themes of decay to renewal, the cool tension of balanced dualities, and nature as guardian. The title of the show inverts the traditional term *nature morte* (literally, dead nature, or still-life) and instead celebrates his work as *nature vive*, or living still-life. Paul Missal founded Portland's Blackfish Gallery.

The PAM [Spring Member Artist Show](#) brings 200 newly acquired pieces from the museum's member artists. April 28<sup>th</sup> 4-7PM. Come look. You can even rent or buy pieces!

[Cinco de Mayo Festival](#) – too much fun for 1 day so it's May 5-7 @ Tom McCall Park.



[James Taylor](#) – May 28<sup>th</sup> @ the Hayden Holmes Amphitheater.

[Portland Rose Festival](#) including the City Fair (beginning May 26), fireworks, (May 26), Starlight Parade (June 3), Starlight Run (June 3), Grand Floral Parade (June 10), Dragon Boat Race (June 10), [Rose Festival Art Show](#) (June 1-26).



[Waterfront Blues Festival](#) – July 1-4 @ Tom McCall Waterfront Park. Fireworks on the 4<sup>th</sup>. Curious? Read our [review of last year's festival](#).

43<sup>rd</sup> Annual [Cathedral Park Jazz Festival](#) – July 14-16.

[Portland Pride Waterfront Festival and Parade](#) – July 15-16 @ Tom McCall Waterfront Park.

## Ready for a Night at the Movies?

[Living Room Theater](#) (10<sup>th</sup> and Stark) and [Cinema 21](#) (616 NW 21<sup>st</sup> Ave.) offer more than the usual fare.

For a larger than life experience check out what there is to see on the IMAX screen at [OMSI](#)

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