

# EQ THE ELIZABETH LOFTS QUARTERLY NEWSLETTER

## HOW ARE YOU DOING? **Coping with the Pandemic**

EQ gathered some thoughts from Elizabeth residents about the challenges of pandemic living.

## EQ TALKS: **A Conversation with Tina Tsai**

Tina, the owner and founder of The Eye Studio, is also on the Elizabeth Board serving as the Commercial Director.

## IN THE NEIGHBORHOOD: **PDX Autonomous Zone**

NW Glisan, between 9<sup>th</sup> & 10<sup>th</sup>, June 17, 2020

## IN THE COMMUNITY: **Know Your Neighbor Interview** **-- Kelsey Glasser**

Kelsey, owner of Arden in the Gregory, is also an accomplished actress and a sommelier.

## BLACK LIVES MATTER: **We Can Breathe Together**

## AROUND TOWN: **Looking for Fun in All the Right Places**

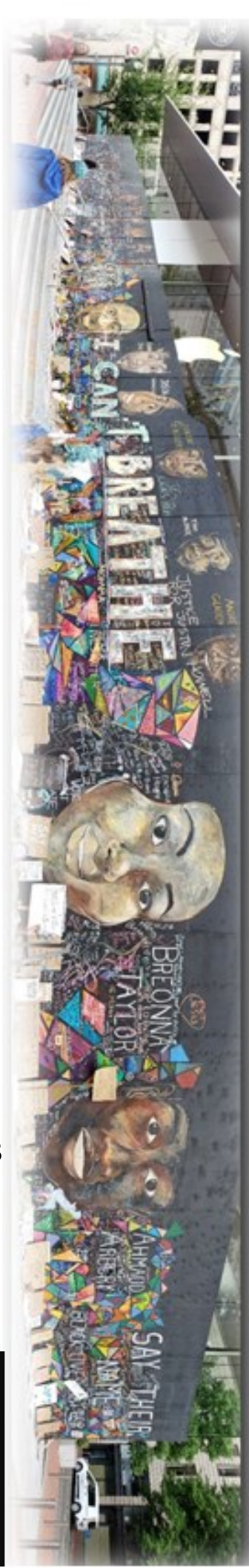
## LOFTS HAPPENING: **Masked Elizabethans?**

Protection, satisfying project, art, fashion statement

How's Our Driving? We'd love your feedback: [EQ@elizabethlofts.org](mailto:EQ@elizabethlofts.org)

JULY 2020

Design & Layout by Michelle Heckman





# HOW ARE YOU DOING? Coping with the Pandemic

By Chris Steele

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.

## **Sharon and Joe Durant's Experience**

The Shelter-in-Place order did not initially impact the day-to-day life of Sharon and Joe Durant, other than the inability to travel at will. They were both working from home already, so that was not a change. There has been significant impact in other ways. Joe's elderly dad is on the East Coast and Sharon and Joe are having to manage his daily needs and financial oversight remotely. Their new puppy, Micky, came to them just before the shelter started, and while he is a welcome distraction, his professional training has been impacted (Micky needs to learn manners, despite his professional aspirations).

As the shelter continued, Sharon was laid off, which created some new financial considerations since she is not yet ready to retire. Sharon continues to have a positive attitude; "Life is good, Joe and I are healthy. We still get to see some of our neighbors, just not in the way we would prefer." Zoom has been helpful in maintaining contact.

Sharon is proud of her daughter and granddaughter, "Get-It-Done Gals" who designed and successfully sold an adorable face mask on Etsy.

## **Response from Mary and Bill Gumpenburger**

Bill & I are having a different experience from most peeps right now. The reason being we moved into a home we built which was completed March 20th. So for us, sheltering in place meant we had lots of unpacking, organizing, yard work and projects to keep us busy! The silver lining is we've gotten more done than we would have in 6 months!

I've been trying new recipes and enjoying doing so, plus I'm trying to learn a little Spanish on Babel.

The challenges have been missing family and friends. FaceTime and Zoom have helped, however there's nothing like being in someone's presence.

I've learned my younger son is not the risk taker he once was! He's following protocol and being cautious. Whew!

To be sheltering in a place surrounded by nature (Manzanita) has given me so much peace. I've never been a good sleeper and that has changed. The first month especially - 10 hours almost nightly. Lots more dreams than I've ever had in the past too.

I've learned I've taken a lot for granted, like international travel and hugs! I believe this experience will make me so much more appreciative of the things I took for granted.

Do I want life to go back to normal? Not really. Not the normal we had. A kinder, slower-paced life with a new president instead of the vile man holding this office right now, would be good. I will cherish my friends and loved ones more than ever.

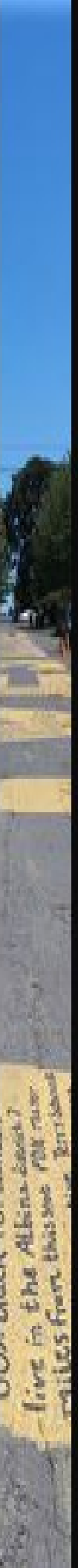
### **Faith Smith's Answer**

We moved from New Jersey to the Pearl in 2017, looking for a vibrant, livable city when retirement comes, better access to cultural events, an easy drive to natural beauty, and plenty of restaurants and bars to explore. Right now, the taps have turned off for all those things. Toward the end of March, we were supposed to go to Paris and Lyon for two weeks—our longest vacation ever and one that we were greatly looking forward to. That, needless to say, was not to be. Three of our four children live out of state, and we think it will be a long while before the next time we're able to see them.

Up until now, Gordon had been walking downtown to a shared workspace to telecommute to his job in NJ. Now, he sits at our dining room table from 6am to 1pm every weekday. I tiptoe around when he has meetings. Also, we both used to work out at 24-hour fitness. For me this was especially important since starting a weight loss campaign at the end of October. Now that my sessions on the elliptical have stopped, I've given up losing the last five pounds and am instead focusing on just maintaining. Books have become vital. We were always big readers, but we're reading more and more often now than ever. And—move over Vidal Sassoon—we now cut each other's hair.

It's hard to imagine the future currently, particularly since that future will probably bear little resemblance to anything we've experienced up to now. We worry about young people who are being deprived of in-classroom education and meaningful world experience, and little children who have been cooped up longer than is healthy for anyone. We worry about small businesses and their employees, and hope that, however this pandemic resolves itself, there may be sufficient provisions to pave a way forward for them. 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.

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# EQ TALKS: A Conversation with Tina Tsai

With Bob Garsha; Editing by Paula McGee

Tina is a longtime Elizabeth residential owner as well as the owner/founder of The Eye Studio in our building. She is on the Board and serves as the Commercial Director. On a Friday afternoon in June, EQ sat down with Tina Tsai.

**EQ:** Welcome Tina. Let's start with where you were raised and your early desire to study optometry.

**TT:** Optometry is a four-year program after college, and we receive a Doctor of Optometry Degree. I was born in Taipei, Taiwan, and I moved to the US when I was 15. I made up my mind to go into the medical profession when I was in high school.

It was more of a practical decision. As an immigrant, I wanted to make sure I would have a good stable job that would allow me to provide for my family. I was very good at science but the practical side, to be honest, took over. I wanted to be a stable provider for my family. I explored many medical professions by volunteering and decided on optometry when I was a junior in college. Optometry allows me to combine my passion for medical science and art/design.

**EQ:** Where did you study optometry?

**TT:** I went to the University of California in Berkeley. Berkeley changed my life. I felt I was very sheltered in high school and college. I grew up near Orange County, and I went to UC Irvine. It was like a little utopia. There was no crime, no homeless people - it was unreal in a way. I grew up not knowing about the other side of life. That there are people who have a very hard time surviving. When I went to Berkeley, it took me out of my bubble and into the real world of homelessness, smelly streets and sometimes unsafe parts of the campus. Berkeley offered a reality to me in a way that I hadn't known. I was shocked at first, but I accepted what we might call "real life." And I enjoyed every minute of it because I loved my school and I learned how to be a citizen. I'd volunteer to help the homeless people. I remember a blind man who had to make his way every day through life and my heart just goes out to those people.

**EQ:** Berkeley is known for its protests and political climate. Did that help shape your views in a way?

**TT:** Well there were many protests and people expressing themselves. When I was in optometry school, my twin sisters became undergraduates and they were very involved in protests and campus movements. I was in my second year of optometry and they were freshman and we all lived together in off campus housing.

**EQ:** Was optometry school harder than you expected?

**TT:** It was not actually. I grew up in Taiwan where being a good student was my job. So, in Berkeley the schooling was enjoyable. It was a wonderful four years of my life where I also made



many lifelong friends. I will say I had to switch my mindset. In Irvine there is a large Taiwanese community so speaking Mandarin was natural. In Berkeley, even though the Asian community is large, I really had to start thinking in and speaking English. It was weird in a way. In Irvine I wasn't a minority. All my friends spoke Mandarin; we were a tight knit community.

**EQ:** So you did not feel that you were a minority?

**TT:** No, not really. I went to high school in Torrance and I remember the teacher introduced me – “Hi everybody, this is Tina Tsai. She is joining us” and my classmates started laughing because they know that Tsai actually means shit in Taiwanese. Ha-ha! I didn't really feel the stigma of being an immigrant.

I did not want to burden my parents with my tuition costs and they didn't speak fluent English so it became for me a real responsibility to work and save money for my tuition. I quickly learned how to make money as a waitress and you know, be on my own.

**EQ:** How about being a woman in optometry school. What was that like?

**TT:** In UC Berkeley we had about 60% female students, so in my mind I felt this is a field for females and I did not feel any pushback at all for being a woman. Gender just didn't seem to be an issue.

**EQ:** Now you own your own optometry business. Was that always the plan?

**TT:** Yes. From the moment I went to optometry school I knew I wanted to open my own practice. I did it and I am very happy.

**EQ:** Tina, what drives you to be this responsible and very creative person?

**TT:** Helping people and making a difference in their lives, it makes me happy. I can help them have a more well-lived life through correcting their sight. I am a very productive, goal-driven person. Plus, I like learning new knowledge. I've learned over the years this is a great profession for me. You see I can help people in their daily lives. I don't have to wait for them to be sick and come to me for surgery. I see them yearly or every six months and it aligns with my goals to help them.

**EQ:** Do you have a specialty in optometry practice?

**TT:** Yes, treating dry eye and myopia control—this takes me beyond routine care and gives me more satisfaction. My practice in myopia control is with children. We all know that extended screen time, and more time in front of digital devices, leads to near-sightedness. I work with OrthoK or Corneal Reshaping Lenses. These lenses change the shape of their eyes while they are sleeping, and it reduces the progression of near-sightedness. I learned about the treatment of myopia after University. I attended many seminars and I belong to an Academy that specializes in myopia treatment. Besides seeing patients over the years, I take a lot of exams for extended certifications. I have seen a lot of patients for myopia over the past 10 years. Both my kids wear these lenses as I don't want them to have near-sightedness. Its progression can cause a lot of eye disease as we get older. I myself am very near-sighted so I want my kids to not be like me.

Let's talk about dry eye, my other specialty, for a bit. People feel like their eyes are scratchy or a feeling like there is a hair in their eye. Some pain discomfort and light sensitivity and it can result in tired eyes, especially when they are reading or doing computer work and sometimes redness develops. At The Eye Studio, I treat dry eye disease with a holistic approach. It ranges from Omega 3 supplement, diet, sleep, computer work to medication, punctal plugs (to occlude the drainage system in the eyes), or the latest technology called Lipiflow procedure. Lipiflow incorporates heat and massage to unclog oil glands to promote natural oil secretion to our eyes.



**EQ:** What does it feel like when you look into and at the eye? What's the sense, seeing this amazing organ up close?

**TT:** I love the eye. It is like the most beautiful part of our body. When I look at the iris, the colored part of our eye, I see it as like a painting—green eyes, blue eyes, mixture of different colors. I literally look at people's eyes and I am like - Wow - your eyes are beautiful! When I look at the retina and the vitreous, I feel like I am in an ocean with seaweed floating. It is beautiful.

**EQ:** Let's talk about your journey from optometry school to starting your own business. What kind of journey was that?

**TT:** Not easy! *[Laughter]* I'm still learning, being the doctor is the easiest part of my day. Seeing patients, checking their eyes, giving them recommendations and a prescription is easy for me. But as we all know there are a lot more parts to running a business. I really don't get excited looking at balance sheets, accounting numbers, I really don't like that time. But I have to, so I have a team of good people that are looking out for me and helping me run my business. Honestly, I really don't run my business by numbers. I know it's really bad. *[Laughs]* I like talking with people and helping them, honestly cash flow projections and balance sheets put me to sleep. I am glad I have a team.

**EQ:** Is it safe to say this is your dream job?

**TT:** Yes absolutely!

**EQ:** What are some other professions you wish for or could see yourself doing?

**TT:** Do you want to really hear? Fashion designer with my own label. News anchor, reporter, politician, artist, a performer, a singer or a dancer. I was thinking of designing my own eye frames before I opened my own practice.

**EQ:** Wow, have you been able to create some of those lives for yourself in your personal life?

**TT:** Yes, singing and dancing. I joined a choir! I love it.

**EQ:** What advice would you give somebody who wants to get into the optometry profession?

**TT:** I would say it is good to explore different areas of optometry. There are many avenues in eye care. You don't have to be a business owner. You can work in a hospital. You can work for a pharmaceutical company doing research. I would say explore this profession and don't give up. I want more young people to look at this field with a different mindset.

**EQ:** Let's talk for a bit about your work for the Elizabeth as a Board member overseeing the commercial units and your relationship with them.

**TT:** I think it is a great position to know them and be their ear to the Elizabeth Board. I don't know all of them as well as I'd like, maybe because of being busy with my work. I really think having strong commercial tenants will really enhance the building. I think that is a good thing.



**EQ:** How have they fared during the pandemic?

**TT:** I have had to listen to a lot more stories of survival. There has been more vandalism. Everyone was very nervous at the beginning and even now we are still living in that fear. A fear of broken windows, of an unexpected extra hassle and cost. My eye studio never closed. We didn't see patients to provide routine care from mid-March till early May, so we were all working from home. I quickly switched to telehealth, my staff would schedule them and I would see them virtually. Now that we are opened, we are at reduced capacity. I would say we are at 50% until we enter the next phase of the reopening. All precautions are taken now when seeing patients. Every single inch of the office is sanitized and re-sanitized.



I've been here at the Elizabeth 15 years. I have a unit on the 8<sup>th</sup> floor which I have owned for about 5 years. But I don't live there. I live in a suburb in Washington County.

**EQ:** Tell us about your family? I know you have two boys, what are their names?

**TT:** Their names are Ryan, 15 years old, and Joshua, 12 years old. My husband, Jay, is also in medicine, he is a general surgeon. He specializes in a few surgical procedures and I'd say he does enjoy his work as well.

## Tina Unplugged

**EQ:** Well we have pretty much covered what feels like a truly wonderful life, is there anything you would like to add?

**TT:** Yes, I am really into sourdough baking. I have a sourdough starter I would be very happy to share. I got into sourdough baking before the COVID era. I really want to get into our ancient way of eating. I am very passionate about that. I mill my own wheat at home to bake my bread. I would be happy for people to ask me about sourdough baking and I would provide the starter. It's in a jar, it's like a pet, we feed it every day to keep it alive. I want to spread the love. I am just in love with eating fresh grains. I eat clean foods, ancient foods that are minimally processed. Not long ago I was wondering why there are so many gluten sensitive people out there. I think it's because all the foods, particularly breads and wheat, we are eating are all mass produced and lacking in nutrients. In my opinion it is not that gluten is bad for us, it's what we are eating that has been robbed of its value that is bad for us. Too many chemicals! My sourdough bread takes a day and a half to make two loaves. This is something I want to share and the passion that comes with baking. Anyone in the building who wants to learn more about baking sourdough, please reach out to me.

**EQ:** In Taipei do you find the food cleaner? Are they more in touch with what they are eating?

**TT:** I don't think so actually. In the more rural part of Taipei, like southern Taiwan where they grow their own vegetables, there is a farmer's market atmosphere. In Taipei, it's kind of like America - not as clean. I feel Europeans produce and care more about food in a wholesome way. The eggs and

cheese they produce taste so great. We are lucky that Portland has a strong presence of farmers and people who care about clean food.

**EQ:** If you could live anywhere in the world, where would you live?

**TT:** I'd probably live in one place and move around to several new and exciting destinations. I would live in Portland Oregon. Before COVID, I would travel internationally to Asia, to Europe and South America. But Portland is always the place that makes me so relaxed and happy. This is my base. Hawaii is my next base as both my twin sisters live there in Honolulu.

**EQ:** The Berkeley girls?

**TT:** *[Laughs]* The Berkeley girls moved to Honolulu and settled there. One of my sisters is a maternal fetal medicine specialist. My other sister is a social worker. She has a passion to help less privileged people. She got her career education in Oakland and she works to help really troubled families -- say a parent in jail or just a broken family. She makes sure, let's say, the kids go to school

**EQ:** Ok, what's the secret. You guys all seem so highly motivated. What's the glue? Was it your parents?

**TT:** My parents weren't like strict parents. They immigrated to the U.S. for their kids, so we could grow up in a better educational environment. They were so busy after we moved to the U.S., working two jobs to provide for our family, and they didn't have a great command of English. We, because of that, pretty much became responsible and had the internal drive to be who we wanted to be. So, I think our parents gave us a lot of room to be who we want to be and not push us in any way to be a doctor or a lawyer. We chose our professions because we really wanted to do it, but they were there for us every step of the way. They are my supporters and believe in me. They even moved to Portland 16 years ago from Los Angeles to live near their grandchildren and me.

**EQ:** Tina this interview has been such a delight. You have this engaging charismatic personality and you seem to always be having so much fun. Thank you!

**TT:** You are welcome!

*Interested in sourdough? Reach out to Tina  
tinapstsai@yahoo.com*

#### **EQ TALKS 4**

***Tina has graciously agreed to a live talk at some point in the future – join us to check on her sourdough adventure! Watch for the date. See you there!***

#### **EQ TALKS 3 – UPDATE**

***We are still hoping for a future musical evening with Jeanne Ronne (including a little jam session with building musicians) – stay tuned!***

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# IN THE NEIGHBORHOOD: PDX Autonomous Zone

By Larry Rosenblum



On Wednesday June 17<sup>th</sup>, a group of people set up the Portland Autonomous Zone on Glisan between 9<sup>th</sup> and 10<sup>th</sup> Avenue. It was boisterous and generally cheerful. An important element of the zone was a teach-in about racism. On Wednesday it felt like a party with a lot of positive energy.

During the night, the zone expanded along 10<sup>th</sup> Avenue all the way to the Lovejoy Columns. It was noisy and most residents of the Elizabeth heard the construction and many had a sleepless night. Unable to sleep, I got up around 5 AM and decided to meet my new neighbors.





There was lots more graffiti, but most of it is unprintable. There appeared to be no broken windows. Of course, large trash containers and some plywood previously boarding up windows were used to build the barriers. Sometimes, the effect is surreal.

Mayor Wheeler lives in our neighborhood, so he was aware first-hand about the issue. The police were called in about 5:30 AM, declared the zone an unlawful assembly and ordered all non-residents to leave.



The result appeared to be non-violent and the police quickly cleared the zone.

# IN THE COMMUNITY: Know Your Neighbor Interview

## -- Kelsey Glasser

With Bob Garsha; Editing by Paula McGee

On a Monday afternoon in mid-June, EQ sat down with Kelsey Glasser, one of the owners of Arden Restaurant.

**Hi Kelsey, welcome. Why don't you take us back to the beginning -your training/journey in the food and wine industry and why Arden?**

I started working in restaurants when I was in college studying acting and the theater and that is how a college student/actor made ends meet.

I worked in a restaurant in NY when I was in college and then I moved to Los Angeles and was lucky to get a really cool job. Jose Andres, the founder of World Central Kitchen ([https://en.wikipedia.org/wiki/José\\_Andrés](https://en.wikipedia.org/wiki/José_Andrés)) is often credited with bringing the small plates concept, tapas, to American dining. The Bazaar, where I worked, was his big restaurant in Los Angeles. I was new. I worked there for four or five years and got an education on food, its flavors, and wine in general. Molecular gastronomy. It was my awakening to the fine dining scene and shortly after I left there, I started studying to become a sommelier.

To digress, my college was NYU and I was studying to be an actress. Doing the audition scene in LA started feeling a little "soulless." In the restaurant industry, I started getting promoted and it gave me a lot of joy. When I was introduced to wines, their regions, their flavors, I got kind of hooked in the study of wine. Oenology is the fancy word. My friends suggested I become a sommelier and I did it pretty quickly, it took me two to three months. I started working as a junior wine buyer in a just-opened restaurant and, in what feels like this grouping of serendipitous events, the main wine buyer got fired and I got promoted to his position. Now I had skin in the game big time and had to work really hard to prove myself and have "fun" doing it. Alex Marchesini, my then-boyfriend and a sommelier in his own right, talked about opening a wine bar in LA but after almost signing a lease in Hollywood we began recognizing how hard and expensive it would be to open in LA. I am from Portland originally and I flew up for a friend's wedding and saw this burgeoning food and wine scene, and I thought, "Alex, why don't we do this in Portland?" After a few months we found our wine space - Thelonius Wines in the Pearl District. We basically lived in what is now the loft space in Thelonious, both got jobs and plowed all our money into accumulating our first commercial wine cellar. We moved to Portland in January 2016, opened Thelonius in June, and moved out of the loft in September! The success of Thelonius and the warmth we were shown as a new business in Portland led us to our investment in Arden. We did not have a kitchen at Thelonious and we wanted one, the combination of food and wine being our passion. One thing led to another and after analyzing the costs involved in building out a kitchen, we found the old Coppia space which is now Arden. We said, "this is it!" We can move in for very little capitalization. Well, we quickly learned that was not the case. We loved the Coppia space, but we needed a remodel to capture our concept. After doing that, we all looked at each other and said, "we have a real restaurant on our hands!" Sometimes naiveté is the better part of valor! Where we are now is not where we intended to be. As soon as we



locked in our first chef, Sara, who was from a San Francisco Michelin star background, we started the journey to a fully-formed restaurant. We opened as a prix fixe menu restaurant but soon realized our customers didn't want to be told what to order. They were into a food journey along with us. From elegant to casual, and combining both, became our evolution and Sara was such an integral part in helping us form and laydown the quality of food we wanted to serve.

Our current chef, Erik Van Kley, came to us from Gabriel Rucker and his restaurants - the Le Pigeon empire. I think Erik is an amazing chef and the perfect cultural fit for us. A note on Erik's background - he opened Le Pigeon with Gabe. He was Gabe's right-hand man for ten years. They ended up opening Little Bird for Erik and he created the menu and ran Little Bird for four to five years. Erik left there to open his own restaurant, Taylor Railworks. It was in the SE Industrial District and had a three-year run. Now at Arden, he cooks

what he wants to cook, not what he has to cook, and there is a lot of freedom in that and it comes through in the food!

I must admit we struggled at first. Are we a wine bar? Are we a restaurant? When we first opened, we were calling it Arden Wine Bar and Kitchen, and it confused people. They'd come to a wine bar and they see this fully functioning formal restaurant. Now we have shortened the name to just Arden.

### **Kelsey take us through the beginning of the Pandemic and its effect on you and the Arden team?**

Well, it was right in the middle of Portland Dining Month, March. Always the busiest month of the year for many Portland restaurants. It's already a lot of work, a lot of volume, and not your regular clientele, but you make more revenue that month than any other month of the year. We were feeling really good. This was our second year of Dining Month—we knew we were on our game. That said, you staff up, you hire extra kitchen help, then the second week of March comes and having been busy the first week, we started getting more and more cancellations. Then Monday, March 16, they made the announcement of the shutdown. We all thought it was going to be two or three weeks, maybe a month max. On Tuesday we pulled the whole staff together, ate pizza and commiserated. I told them I didn't know much more than them about what might happen, but given our experience, we pivoted pretty quickly to take out. All of a sudden, we are down to a space that can be run by 3 people with all this food we had bought for dining month. So we kept the Dining Month menu going-- three courses for \$33.00

However, soon I got really stressed out and thought what if this goes on for months?! So, I told Erik to start thinking about how we can morph the menu and work on a takeout menu that keeps our essence the same. Fresh and local, well-made, tasty and comes in a box. Do you think I was shooting for too much? How does someone pay say \$17 for crudo in a restaurant and then \$17 for it to go? We had to cut costs, increase portion size and see our net profit drop. But that has been OK because we don't have the labor that we had. Now I foresee the day when we bring staff back and prices increase - how will that be perceived? The margins in restaurants are already so slim. So far, our customers have

been amazing and I think we can maintain our food and service integrity. The June 12<sup>th</sup> soft opening that was setback was, of course, a blow. Eight hours before, we were told it's not happening. We ourselves didn't get hurt that day. We were slow and prudent to bring people back. But there are so many employees down right now, they didn't need more bad news.

**Take us there. How hard was it to furlough people in the beginning? We all know that many restaurants operate as one big family.**

It was awful. As I said, I finally felt like we had this rapport between everyone at the restaurant. At the beginning of Arden, I actually felt like I struggled with my leadership role. Finally, by last summer we were a team getting along, having fun, working together. It was really hard. Everyone was so gracious, and I was trying to stay in touch and be there for everyone. Our financial business partner, Joe, urged me to take care of them. We put together care packages and we stayed in touch. To today, I have been able to hire back the kitchen staff. My two first employees are still laid off and I text both of them every couple of days, but it's awful. I'd love to bring them back but if the restaurant can't survive, then no one can. Even with tables outside, we have to be so careful. Interestingly, the food service people, through the Federal Government's relief money added to unemployment, are almost making more than they ever have. That's a personal relief for me because I know they are OK, but that is going to end at the end of July and it is hard right now to see us in Phase 2 of the reopening by the end of July. Now all these things matter. Bigger dining rooms doing social distancing will handle more customers. Your cutesy places with all these nooks by their very nature will have to seat less. You see the physicality of your restaurant in a different way. For us, we cannot use our counter seating. It's going to be challenging, but we are optimistic!



We, as a restaurant community, have an association called PIRA - Portland Independent Restaurant Association - and they have been in touch with the City. The City has just issued a Healthy Business Permit. It's a replacement for the sidewalk café permit that restaurants had to pay for in the past. So they are giving everyone free access to outdoor seating and, for many, some parking spaces will be given up for tables. That may set us up for summer or at least ease the seating burden. The hope would be as we ease into winter, we are in Phase 3 and can go back to more indoor seating. That is the hope, but no one knows. It would be kind of cool to see 10th street - where we are - look like a little food fair with the

restaurants serving outside. We talk with other restaurants and try and help when we can. That is the beauty of Portland, we are collegial at heart. There is more talk of creating more fast casual dining experiences. The restaurant profit margin has always been razor thin and to see a concept like fast casual, that eliminates front of house staff, which was my passion, is disheartening, but we need to pivot and think of new ways to survive. Complimentary concepts may help broaden customer base and create consumer respect for each business. I certainly have those ideas on my radar.

### **Has the city been a help or a hindrance?**

I personally have been involved with the State trying to help my employees collect unemployment. I have two employees who have not gotten their unemployment checks for three and a half months. At our restaurant, we have been trying to access a program called Work Share. It was created for seasonal shifts. Instead of laying people off, they get reduced hours and this program picks up some compensation to the employee. Basically the unemployment part, but it allows me to have more people on staff. It really helps us all survive but it, too, has been frustrating. Some checks are seven weeks out. On the city level, they have been great with the Healthy Business Permit and sidewalk seating. With the state it is more of what mandate will come down, so it's less co-operative but you hope there is a greater good for all in play. The PPP program was a whole other enigma. We did get the money but it was such a convoluted process. But I am grateful it exists.

### **Tell us your experience in the restaurant industry and how it treats people of color?**

Well I support the protests. As worried as I am about survival, this is so much more than food and wine. This has been harder for me than the quarantine. During the quarantine, it was like we are all in this together, but now it's overshadowed by getting racial equality and justice and rights. Portland already doesn't have a lot of racial diversity. Many new residents are unaware of our history of not treating all equally. In fact, it has fallen way short on racial equality. Silence without context or commitment can seem performative. After living in NY and LA, especially in LA, half the staff is from Mexico – which is not a great system in and of itself. It can make some restaurants look like they are profiting on the backs of the immigrant class. The restaurant model is broken, and has been, in that it can pay minimum wage and have you hope to exist on a percentage of a tip out. It needs to be fixed; I want to see that model shift. One of my friends who is African and worked at an upscale Portland restaurant, we will call her O. She ran the wine program at the Allison Inn and was really well thought of. I'll use the word respected in the Portland food scene. She chose to move to Dallas and a bunch of us said "no, don't go, you'll be discriminated against," and she honestly told us what it was like to be a person of color in Portland. "Don't kid yourself, this is no gilded cage. I am always stared at twice when I enter a room. Even people trying to treat me differently, perhaps with a little Portland liberalness, is a form of racism." I think fine dining is a European concept and it comes down to a white man's profession. Wine especially has always been less related with people of color. Wine can be snobby and pretentious, even though we love to drink it. As a woman, I have always felt I have had to work twice as hard and prove myself, that I am equal to the sommeliers in their suits who wear their little pins. That awareness as a white woman is so much larger for a person of color that I can't imagine the depth of it.

### **Finally, Kelsey, and once again thank you for this sit down, I know you have another profession - that you received training and are an actor. Tell us about that?**

I was trained at NYU. I always wanted to go to NYU. I grew up in Portland and spent my childhood acting in plays at Northwest Children's Theater.

I kind of got spoiled as a teenager. I'd get cast in shows, get to miss school and get paid!! So that is what I wanted to do as my life profession. When I got to NYU, it was such a jarring experience. I was around the wealthiest people – kids of movie stars. I went from being a big fish in a little pond to a place that shook my confidence. I did well but I do regret that when I went to LA, I didn't give it my all. It was less fun than when I was growing up. That was when I loved it - the collaboration, the work! I

Don't think  
live in the Allison Inn  
miles from this one. Portland



# BLACK LIVES MATTER: We Can Breathe Together

By Chris Steele

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.

As usual, Portland has been a part of the protest and demonstration. Marches and gatherings have been a daily occurrence. The largely peaceful protests have sometimes spilled over into physical confrontations with the police.

But, let's step back and look at the message that is being communicated, because there is a valid and very real concern underlying this unrest. We have African American friends that can verify the fear they experience when stopped by a police officer.

Those of us who are not black can't always understand the challenges that it brings, and we wonder why we can't all just claim equality and state "All Lives Matter," but here is another perspective: When the Boston marathon was bombed everybody's profile picture on Facebook went "Boston strong" and nobody said "all cities are strong"!

When the Las Vegas shooting happened people changed their profiles "stand with Vegas" and nobody says "well what about the people that got shot in my city"!

Have you ever seen someone counter a "breast cancer" post with "what about colon cancer"?

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)



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# AROUND TOWN: Looking for Fun in All the Right Places

Compiled by Larry Rosenblum

Oregon has restricted group activities due to the coronavirus outbreak. Phase 1 reopening still forbids large gatherings. Sorry for the slim pickings and be sure they are still on before you go.

Hiking and walking are good activities for your physical and emotional health. Consider [Forest Park](#) or the [Gorge](#) or a [beach hike](#) if you can maintain social distancing. **Most parks and trails have re-opened but check before heading out.**

You're encouraged to stay home,  
so bring the arts, seminars & fun to you

[Online music concerts](#) – Pop Music

[NPR's list of online concerts](#) - All Kinds

[Oregon Symphony](#) – music, talk and the Symphony's story time for kids

The Grammy's has compiled a [list of streaming concerts](#) from a wide range of musicians.

If you have a library card, [Kanopy](#) provides access to free movies, books, podcasts and more.

[Metropolitan Opera](#) , [Berlin Philharmonic](#) , [Seattle Symphony](#)

[Theatrical Performances](#) – most are pay per view

Britain's [National Theatre](#)

[The Globe Theatre](#) – some content is free

[Playbill's](#) list of live theatrical performances. Check back each week.

[Portland Art Museum](#) and curated walk through of [Isa Genzken's Two Orchids](#)

Portland Art Museum's [Film and New Media Happy Hour](#) , [PAM and NWFC at Home](#), and a podcast [Art Unbound](#).

[British Museum](#), [National Gallery of Art](#), [The Met](#), [2500 more museums](#) – seriously!

[Open Culture](#) – online classes on all kinds of topics and seminars

[Harvard Online](#) – yes that Harvard and lots of classes are free

[Coursera](#) – A large collection of free online courses

[Learn Out Loud](#) – audio and video personal development courses

[Personal Growth Courses](#) – the name says it all

[Open Library](#) – online free books

[OverDrive](#) – portal to Portland Public library for ebooks and audiobooks

Time Magazine's list of the [50 best podcasts](#) of 2019

[Stitcher's](#) list of 100 free podcasts

[1000 Free Audiobooks](#)

[LirbiVox](#) – audiobooks in the public domain

[Live cam](#) of the Woodland Park Zoo in Seattle

Don't forget free virtual get togethers. [Zoom](#), [Google Hangouts](#) (requires free Chrome browser), [Houseparty](#) is especially good for playing games, [Facetime](#) for iPhone users, Facebook's [Messenger](#), and of course [Skype](#).

## Check These Out Before They Are Gone

New Deal Distillery [Hands-on Whiskey Making Class](#) – July 19<sup>th</sup>, August 16<sup>th</sup>

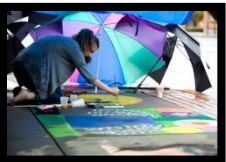
[Peter Krebs](#) @ Vino Veritas – Sept. 4. Also check out their Sunday Jazz. 7835 SE Stark

[Adult Soapbox Derby](#) - August 15<sup>th</sup> Mt. Tabor Park

What kind of son would I be if I didn't note my Mom's 99<sup>th</sup> birthday – August 18<sup>th</sup>

[Vancouver Wine and Jazz Festival](#) – August 20-23<sup>rd</sup> Vancouver's Waterfront Park

In a very limited format, [Mount Angel Oktoberfest](#) – Sept-17-20<sup>th</sup> Mount Angel



[Sidewalk Chalk Art Festival](#) – Sept. Date TBD Forest Grove

[Portland Marathon](#) – Oct. 4<sup>th</sup> Around Portland

[Fall Kite Festival](#) – Oct. 3-4<sup>th</sup> Lincoln City



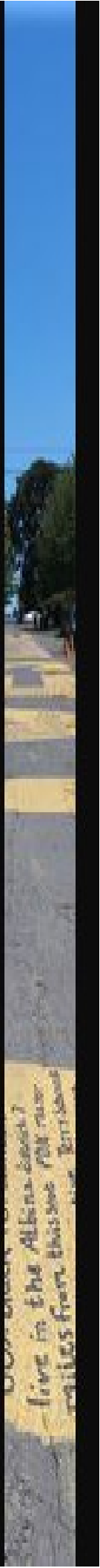
[West Coast Giant Pumpkin Regatta](#) – Oct. 17<sup>th</sup> Tualatin Lake of the Commons

## Not the Usual Hollywood Blockbusters

[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

[NW Film Center](#) offers a variety of new and classic films in the Whitsell Auditorium (inside the Portland Art Museum)

If your Netflix queue is empty, try these film sites with many free but older movies: [Vudu](#), [Tubi](#), Sony's [Crackle](#), and [Popcorn Flix](#).



## Live Performances

[Chamber Music Festival](#) – June 22 through July 26 has gone online

[Portland Center Stage](#) @ the Armory. Check out their 2021 season.



[Portland Center for the Arts](#) is 5 venues offering music, theater, comedy and more and appears to be restarting in October.

[Moda Center](#) has many of the biggest music acts.

[Oregon Ballet Theater](#) is not ready to restart yet.

[Dead Comics Society](#) – Comedy Stand-up 3<sup>rd</sup> Thursday every month @ Rogue Brewpub (1339 NW Flanders St.) Look for them to possibly re-open July 16<sup>th</sup>.

[For the Birds](#), Free Stand-up Comedy at the Nest, Thursdays, 9pm, 2715 SE Belmont.

It's only rock'n roll. No, there's much more at the [Crystal Ballroom](#) (1332 W Burnside) and may reopen in August.

It's not around the corner, but the [Aladdin Theater](#) has some great music, but closed for now.

We miss Jimmy Mak's, but when they re-open fine jazz can be found at the [Jack London Revue](#) and at [Wilf's](#)

## Thanks for Reminding Me

Local galleries open their door every First Thursday evening. Here's a [list of participating galleries](#). Don't forget the [Portland Art Museum](#) is free from 5-8 PM.

The [Saturday Market](#) is next to the Burnside Bridge



[PSU Farmers Market](#) – Saturdays 8:30-2pm @ South Park Blocks

There is nothing better than a good book, except listening to the author talk about it. Check out what's happening at [Powell's](#). Now with virtual events!

The Oregon Trail is now paved with wine. Why not spend a day along the [Oregon Wine Trail](#) enjoying a glass of your favorite? Many wineries have summer music programs too!

"I'm ready for my close-up, Mr. DeMille" is not part of Oregon film history, but *Sometimes A Great Notion* is part of the [Oregon Film Trail](#).

There is more fun than we can mention. So check out the [Willamette Week's](#) or [Portland Mercury's searchable list](#) of events in the area.

What's the point of an evening out without good food? If you want to share your nearby favorite ethnic restaurant, brunch spot or a place full of charm or romance, [please let us know](#) and we may add these to an upcoming newsletter.

We endeavor to make this list accurate, but some events may change their dates and a few may have occurred before we could publish.

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# LOFTS HAPPENING: Masked Elizabethans?

By Chris Steele

We are so lucky to have talented residents here in the Elizabeth who have provided safe and stylish masks. I talked with Nancy-Lynn Vorel who admitted the fun part was shopping for all the wonderful fabrics she used in her masks.

She still has some remaining fabric if anyone would like to try their hand at sewing, or if anyone would like to have a new mask, Nancy-Lynn would be happy to provide.

Although she admitted that she previously was not really a seamstress, she does own a sewing machine, and said this project was great for providing a creative outlet to take her mind off the situation by doing something useful and creative.



Nancy-Lynn has so far made about 80 masks for Elizabeth residents, family and friends. Here is a sampling of some of Nancy-Lynn's creations.



*Inspirational doll by Faith Smith*

Our other mask seamstress is Faith Smith, who contributed this summary of her mask adventure:

*At this point I've probably made about 100 masks. Back in March, when we all began quarantine, I got an email from the American Sewing Guild with a link to a video on how to make masks at home. The instructions were straightforward, and I had plenty of fabric scraps left over from making clothes, bags, other projects. Despite sudden shortages of elastic strap material, I had several packages in my stash, so that wasn't going to be a problem either. I made masks for Gordon and me. Then I started making masks for neighbors.*

*And then I got a call from someone at Albertina-Kerr, a nonprofit here in Portland that helps children and adults with developmental disabilities and mental health challenges. A fellow volunteer had mentioned that I sew, and they hoped that I would be able to make some masks for the staff and the people they served. They even offered to supply me with additional fabric, thread, and elastic straps if I needed them. During this project, Andrea Roelofs, a friend, neighbor, and fellow stitcher, emailed me asking if I knew anyone who needed masks, so I put her in touch with Albertina-Kerr and she started sewing for them too.*



*Straps for Faith's masks*

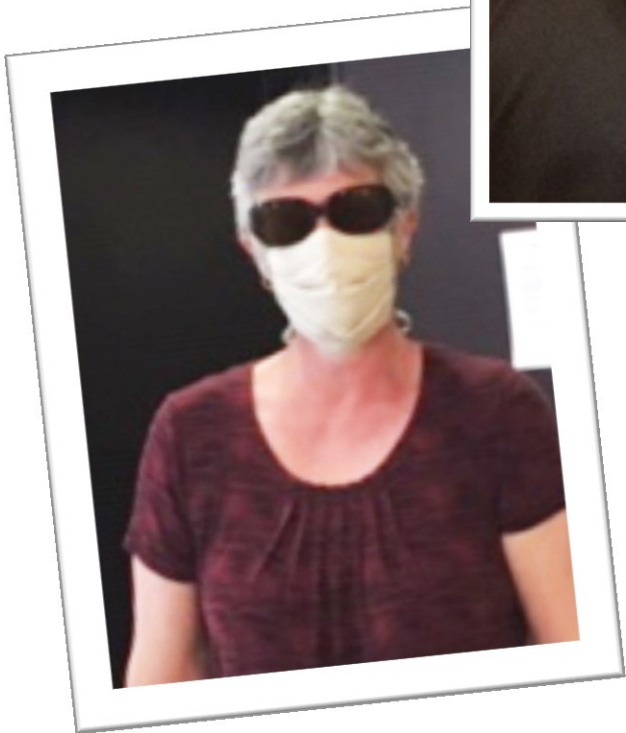
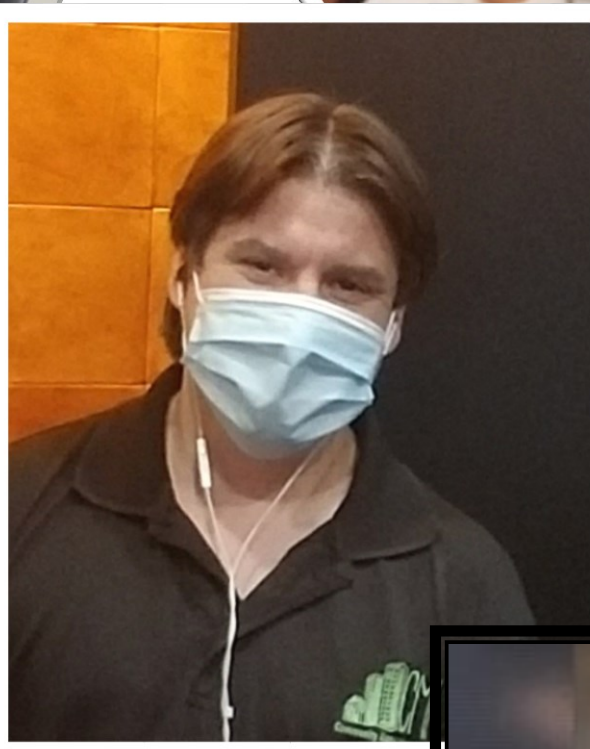
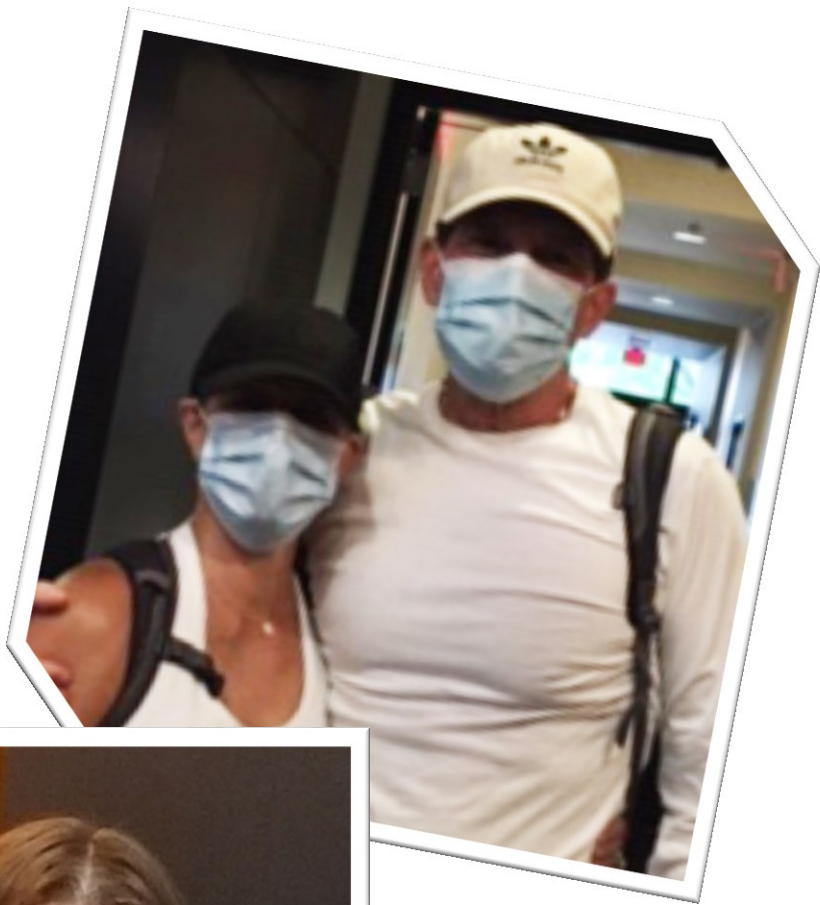


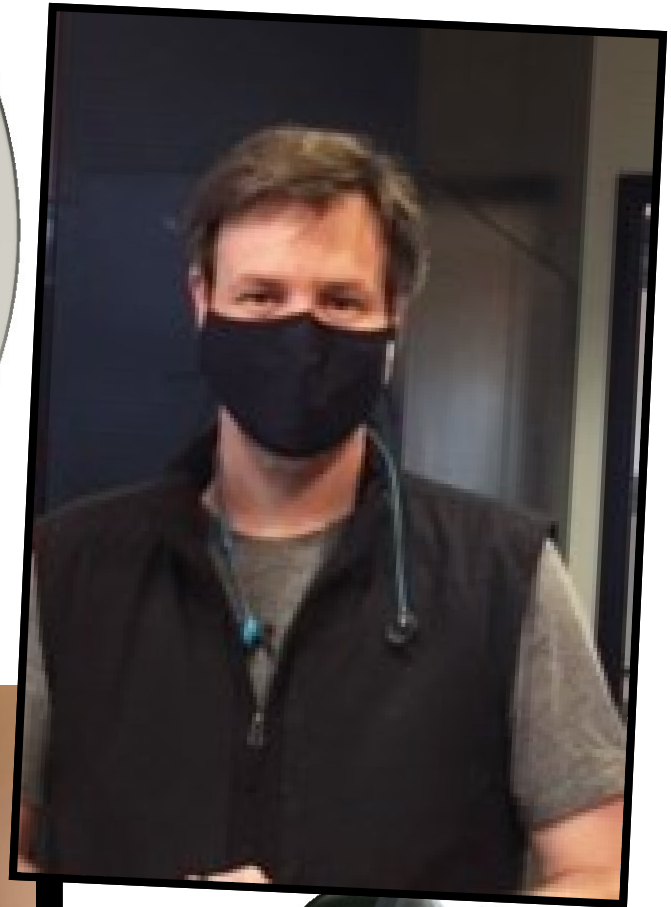
*I ended up making about 70 masks for them, and while it gave me a good feeling answering an urgent call, and seeing the growing pile of masks on our dining room table, I was glad when they announced they'd met their goal—I've never seen myself as a pieceworker.*

*When I finished that project, I had filled a shopping bag with even smaller scraps. Usually I bring these to H&M, where they take any fabric you have—from clothing to snipped up yardage—and recycle it. In exchange they give you a coupon for 15% off your next purchase. But with the stores closed I had nowhere to recycle, so I dumped out the bag and ended up piecing together half its contents into a "Quarantine Quilt."*

### **A collection of Masked Elizabethans .... Do you know them??**







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