



THE FROMM INSTITUTE
FOR LIFELONG LEARNING
AT THE UNIVERSITY OF SAN FRANCISCO

FROMM FOCUS

The Newsletter of the Fromm Institute

Issue #2 • Sept. 16, 2019

THANK YOU

Each session, our *thoughtful* faculty offers many *engaging* courses, our *understanding* and *welcoming* staff provides *first-class* service, our *experienced* peer age student body creates a *fun* and *interactive* community, and the USF campus provides a *contemporary, collegiate* environment in which to learn.

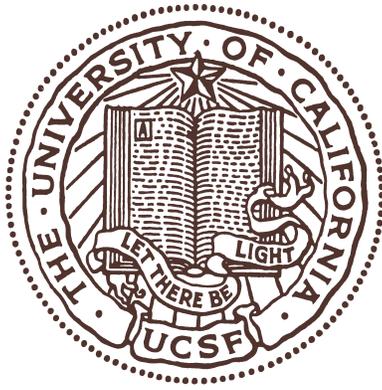
Thoughtful, engaging, understanding, welcoming, first-class, experienced, fun, interactive, contemporary and collegiate... the Fromm Institute is all this and more!!

Fromm Institute Membership Fees cover approximately sixty percent (60%) of program costs, making fundraising a big part of our revenue. Additionally, approximately twenty percent (20%) of the student body (one of every five students) are on partial or full scholarships. It currently costs the Institute about \$556 per student/per session to meet its operating costs. With the current membership fee of \$325, the remaining \$231 (roughly \$800,000 total) is paid by your tax-deductible annual contributions or drawn from our endowment (currently about \$5.3 million).

Contributions to the Fromm Institute come in many forms and in all sizes from the faculty, board, staff, students, and all the people that make up their families and friends. Honor a birthday or anniversary and we will notify that person in writing of the gift. Similarly, memorial contributions are notified to the person you specify. Donations can be made in the office or on our website. You can also join the Alfred & Hanna Fromm Legacy Society by including the Fromm Institute in your estate plan.

THANK YOU! From the bottom of our hearts, all who have benefitted and continue to benefit from the Fromm Institute join in a resounding chorus of gratitude.





A VARIETY OF TOPICS RISING ON THE MEDICAL LECTURE HORIZON

Each year in the Fall Session through this great series, **Dr. Melvin Cheitlin** does a magnificent job of placing some rather controversial, and often, “just plain different” medical topics before the students at Fromm. This newsletter never fails to remind you that if you attend them on **Wednesday mornings at 10 a.m.**, you’ll be well on your way to a better understanding of some pretty complicated stuff. Our second, third and fourth of eight are on genomic medicine, technology and pain management, and artificial intelligence. Please join us throughout the session as these topics might appeal to you. They are all available to you just by taking a seat in the **Xavier Auditorium** that day thanks to the diligence of our Series Coordinator, Dr. Cheitlin.

Sept. 18: “*Decoding & Repairing Genetic Disease w/ CRISPR*” with **Bruce Conklin, M.D.**, Professor of Genomic Medicine and Senior Investigator at the Gladstone Institute, University of California, San Francisco. Conklin’s team is focused on using CRISPR-related technology to treat incurable genetic diseases. By focusing on human mutations that are highly penetrant, they use patient-specific iPSCs to derive the disease tissue, and model genome surgery, prior to human clinical trials.

Sept. 25: “*Technology vs. Pain - Alternatives to Opioids - Targeted Drug Delivery and Electrical Stimulation*” with **Lawrence Poree, M.D.**, Clinical Professor of Pain Management, UCSF. Dr. Lawrence Poree is a pain medicine specialist with expertise in using the latest interventional techniques to control pain with less reliance on oral medications. He is particularly interested in managing pain and restoring function through neuromodulation, technology that delivers electrical stimulation or medication to targeted areas in the body.

Oct. 02: “*Artificial Intelligence in Medicine*” with **John Mongan, M.D.**, Assistant Professor of Radiology, UCSF. Dr. John Mongan is a radiologist who specializes in abdominal imaging, including with ultrasound technology. Mongan’s research focuses on using computers to recognize disease, helping radiologists to be more efficient and accurate. Mongan earned his medical degree and a doctorate in bioinformatics – applying information science to biological data – from the University of California, San Diego. At UCSF, he completed a residency in radiology, followed by a fellowship in abdominal imaging and ultrasound. Mongan is vice chair of informatics for the radiology department, where he supervises development of clinical software.

Upcoming topics include: *The Aging Spine; The Latest Advances in Alzheimers Disease; New Therapies for Diabetes; and Heart Disease.*

NEW MEMBER LUNCHES

Did you forget to sign up for lunch? No worries. Just come and bring your sandwich and learn about The Fromm Institute from seasoned students. New member lunches are this week, **Monday - Thursday, September 16 - 19 at Noon in the Broad Room.**

TRAVEL WITH YOUR FROMM FRIENDS: CHRISTMAS MARKETS ALONG THE DANUBE, UNTAMED ICELAND, AND CUBA DISCOVERY

The Fromm Institute has several upcoming travel opportunities you may want to consider joining, especially with a Fromm Institute friend or family member. Please note that **Carla Hall** has signed up for the **Danube River Cruise** (as a participant, not a staff member), and is looking forward to her vacation and traveling with Fromm Institute members. On **Thursday, Oct. 3 at noon** in the **Maraschi Room**, you'll have the opportunity to hear more about the **Christmas Markets Along the Danube River Cruise** and **Untamed Iceland** tours with Kevin Hass, the Northern California Grand Circle Travel Representative.

Interested in traveling this December? Join Carla and other Fromm students on the **Christmas Markets Along the Danube River Cruise!** Departing on **December 2, 2019** and returning on: **December 10, 2019** you will experience a popular holiday getaway, and cruise along the Danube River through the most beloved ports of Austria and Germany. You'll explore the region's craft-filled Christmas markets in the company of like-minded American travelers, and behold storybook medieval towns in all their holiday finery. Only Grand Circle brings you this unique and comprehensive holiday River Cruise package at such an unbeatable value! Two **optional trip extensions** are also still available: **Pre-trip to Munich** departs on: **November 29, 2019**; post-trip to **Vienna** returns on **December 13**. Two video links will give you a preview online: www.gct.com/XMS19, <https://www.gct.com/marketing/2019/the-fromm-institute-xms>.



Untamed Iceland departs on **July 14** and returns **July 26, 2020**. A world away yet tantalizingly close, Iceland is a magical island of pure and unspoiled natural beauty. One of the least-populated nations on Earth, Iceland is a paradise of electric green valleys punctuated by craggy mountains, steaming hot springs, boiling mud pools, and lava fields said to be inhabited by elves. Our small group will afford us the opportunity to meet locals who have historically carved a living from both the land and sea in farming communities and fishing villages. Their customs and traditions are inspired from folk tales passed down from generation to generation, and are full of magic, ghosts, and elves.

Iceland continues to push the progressive envelope and continuously ranks at the top of better life indexes for its strong quality of life. You'll get insight into the lives of these resilient people during **A Day in the Life of an Icelandic Horse Farm** where we'll stay overnight. In the capital city of Reykjavik, witness the creativity of a city that has harnessed the power of nature to provide sustainable energy to its inhabitants. Journey near the Arctic Circle at Akureyri, and then explore the Reykjanes Peninsula on an ATV tour.

This tour is an Overseas Adventure Travel small group tour. O.A.T. is affiliated with Grand Circle Travel and has been named a leader in solo-friendly travel for the second year in a row with its recent "Best Tours" Award from Solo Traveler. You can visit the online link <https://www.oattravel.com/marketing/2019/Fromm-Institute-ICE-2020> to view videos and get more details.

Finally, if you're planning even farther out, take a trip to **Cuba** through Premier World Discovery, an agency that we have used several times for its successful and reliable tours. This time you will spend seven days on the **Cuba Discovery tour** with highlights of Havana, Vinales & the Pinar del Rio – departing on **November 7, 2020**.

If you have any questions, please contact **Carla Hall at hallc@usfca.edu, 415-422-5196**. Brochures and sign-up forms are in the Activities Hallway. You can call GCT or OAT directly using the Fromm Group code listed on the flyers.



HELLO FROMM STUDENTS! TECH ASSISTANCE IS HERE!

My name is Leilani Reid-Vera – I am a Junior nursing major here at USF, and the 2019 Gerontology Minor Scholarship recipient. This session I will be offering a TECH BOOTH for Fromm students. I will be available to answer any tech-related questions for you all on *Mondays from 11am-1:00pm*, and *Thursdays from 11am-1:00pm*. I am very excited to get to know you all throughout this semester, chat, and help you with any of your technical needs. You'll find my booth in front of the computers, to the left as you enter the main entrance of Fromm Hall.

IN THE GALLERY

This Fall, Fromm Institute student and artist **Rachel Kesselman** exhibits her work in the Maier Hallway Gallery. Accompanying her drawings, figure sketches, and giclee prints, is a collection of sculptures created by her artist husband, **Michael Kesselman**. When you've got the time, stop by the gallery for this intriguing show. Below is Rachel's artist statement.

The gallery is looking to exhibit your work! If you are interested in showcasing your work, give **Scott Moules** a call (**415-422-6805**), send an email (**fromm@usfca.edu**) or stop by the office. Currently, Academic years 2020 and beyond are free and ready for your reservation.

FIGURES AND FACES

An exhibition by Rachel Miller Kesselman

I was twelve years old the first time I drew a live model at the Art Institute of Chicago. Since then, I have been captivated by the human figure and what it reveals about people and their complex nature. The slightest gesture - a facial expression or hand - can excite the senses, spark the imagination, and reveal a depth of emotion. I love drawing figures and faces of all types and ages.

In addition to drawing, I have sculpted in clay, cast in bronze, painted in oil and water colors, and experimented in printmaking.

I graduated from the University of Arizona in 1974 with a degree in Fine Arts, arrived in San Francisco with my husband in 1975 where we both had visions of living our lives as artists. Forty-four years later, after a satisfying career in the nonprofit sector, I am pleased to return to a life of art and learning.

I am thrilled to have unencumbered time now with my three daughters and four grandchildren, to work in my garden, and to make art. Becoming a Fromm student has also been an incredibly rewarding part of my recent retirement, and I'm pleased and honored to share my work with the Fromm community.

Alongside my exhibit, Figures and Faces, appears a selection of my husband, Michael Kesselman's recent sculptures entitled Off the Wall.

EXPRESS YOURSELF

This is our newest *Fromm Focus* featured section, **Express Yourself**. Submissions are accepted on a rolling basis and can include all sorts of articles, opinion pieces or notes, written by you, the students, who want to share something with the larger Fromm Institute community. Drop them off or email your submissions to **Scott Moules**, in the Fromm Institute office (fromm@usfca.edu). We have one Express Yourself article this newsletter, from **Frances Pinnock** with a list of “green” activities in San Francisco.

CLIMATE STRIKE

All over the country Americans will be striking at their schools and workplaces for action on climate change. Join in solidarity with the strikers on their rally at the Federal Building. On **Sept. 20th**, Frommies will be gathering between **9:00 and 9:30 a.m.** by the Pioneers Monument by the Asian Art Museum.

WORD FOR WORD

“The Rime of the Ancient Mariner” is being presented by **Word for Word** at **Z Space** from **Sept. 11 - Oct. 12th**. Because the poem is considered by some to be a “green parable” Fromm student, **Amy Hosa** curated an exhibit in the theater lobby to address the plight of our world today in the throes of global warming and pollution. All are invited to come and see.

THE ANNUAL SAN FRANCISCO GREEN FILM FESTIVAL

The ninth annual San Francisco Green Festival will run from **September 24th to September 29th**. Check out festival films and highlights at <https://www.greenfilmfest.org>.

COMING FROMM INSTITUTE GREEN ATTRACTIONS

Look in future newsletters for information on Climate Action movies at Fromm and a talk on investing in a green future.

For information on the above you can contact franpinnock@yahoo.com (member of Effective Altruism steering committee).

LONDON THEATRE TOUR WITH PROF. LYNNE KAUFMANN

Experience a week of great London theatre curated exclusively for you. See five of the most intellectually stimulating plays from the best seats available. After an excellent breakfast in your four star hotel, head to the conference room to attend morning discussions, led by playwright, Lynne Kaufman, analyzing the play you’ve seen the previous evening. Then enjoy a two hour class with esteemed London critic, Matt Wolf, introducing, in depth, the play you’ll see that evening and interviewing a scintillating theatrical guest from the play you’ve seen the night before. This program provides a unique opportunity for an insider’s view of great theatre with afternoons free to explore the many delights of London. Flyers are in the Activities Hallway.

Tour includes: Six nights accommodations in the four star deluxe Radisson Blue Edwardian Kenilworth Daily English buffet breakfast, Welcome Sunday dinner and closing Friday lunch. Five shows: Five best available tickets to plays chosen from all genres. Play selections announced in January. Daily lecture sessions: Monday–Friday 10 a.m.–12:30 p.m. Tour Cost—\$2950 per person (based on double occupancy in standard double room). **For more information please call 415-665-7330 or Catherine@quintravel.net.**

FISA NEWS • Fromm Institute Student Association



FROM THE PRESIDENT

with Susan Kaplan

WELCOME TO OLD AND NEW FROMMIES

As your new FISA President, I am delighted at the range of classes offered to old and new Frommies. The new younger faces and the returnees make up an enrollment of more than 1200 students in the Fall 2019 session. The growth of the Institute is certainly a testament to the need for such a program born of the idea of Hanna and Alfred Fromm 43 years ago. With the beginning of the program, Hanna also adamantly began FISA – the student association to which all students are members.

FISA (the Fromm Institute Student Association) was founded as the organization to take care of the “social” aspect of the Fromm Institute. To this end, FISA offers many lunchtime “brown bags,” concerts and other programs, the after-school movies, cookies and holiday candies. The officers of FISA are all volunteers, and we welcome newcomers and ideas for expanding our offerings. Dues are voluntary, at \$5 a session, or \$15 for the year. One of us can be found collecting dues (and handing out free notebooks and pens) at the FISA Desk behind Xavier Hall and in front of the Maraschi Room before classes begin in the morning, and at the lunch break from 12:15 until 1:00.

“Social” brings to mind an experience I had many years ago when “retirement” was a remote thought in the back of my mind. A houseguest (who had graduated from Harvard) had a copy of the “Harvard Longitudinal Study on Aging.” I picked it up and started reading. It was fascinating and, in order to finish it, I promised to send it on to a cousin of our houseguest for whom it was originally intended. The study had been following a large number of graduates from 1938 on. It outlined the 10 highest characteristics of healthy aging. “Sociability” or “friendships” and “learning something new” were near the top of the 10. Fromm is the ideal solution – whether we have old friends or the losses have piled up, Fromm gives us the opportunity to meet a variety of new and interesting people while exploring new fields.



MATINÉE

with Maxine Einhorn

Matinée is Fromm’s movie club supported by the Fromm Institute Student Association. We screen films at 3pm on various days, films that connect to and hopefully embellish our classes. Matinée is about watching together, enjoying the big screen, discussing film, reliving a time we remember... Join us! Here is the beginning of our Fall program and everyone is welcome whether you attend the classes the films link to or not. **See you at the movies!**

Films Related to:

- Professor Zimmerman’s class – **James Joyce’s Portrait of the Artist**
- Professor Eilenberg’s class – **Satire, Parody and Farce in Performance**
- Professor O’Sullivan – **The US in the World**

October		
Wednesday 2nd	The Player (1992) Directed by Robert Altman	2.50pm ***NOTE Maraschi 124 mins
Thursday 3rd	The Cradle Will Rock (1999) Written & directed by Tim Robbins	3pm Maraschi 132 mins
Monday 7th	A Portrait of the Artist as a Young Man (1977) Directed by Joseph Strick	3pm Maraschi 92 mins
Thursday 10th	Warm Springs (2005) Directed by Joseph Sargent	3pm Maraschi 120 mins



COMMAND PERFORMANCES

with Robert Morgan

As I begin my 23rd year at Fromm and my 19th as your Performing Arts Representative I wish you all a great Fall Term ahead and hope you had a great summer. This month begins another season of performing arts in The Bay area and there is much to love ahead, not the least the final year of MTT as the artistic director of the *SF Symphony*. Be sure to check out the middle display racks in the Activities Hallway throughout the term for brochures and postcards for individual shows as well as Arts Monthly. I have also planned 4 programs this term that are sponsored by your **Fromm Institute Student Association (FISA)**. Be sure to stop by the FISA Kiosk in the Activities Hallway and pay your voluntary student dues which make these programs and so much more possible. I will be at Fromm all day Wednesday and Thursday mornings this term so look for me before classes and at breaks in the activities hallway if you have any performing arts questions. Here is what I have planned for you for this term.

WEDNESDAY, SEPTEMBER 25TH AT NOON: My Fall session **Performing Arts Q&A** will be in the **Broad Room**. As always, I encourage all New Students to attend as well as any others to come as I will discuss how to use your Fromm Student ID to get student discounts on any ticket you buy and much more in 40 minutes between classes.

SAN FRANCISCO CONSERVATORY OF MUSIC NOONTIME CONCERTS: I have arranged for 4 concerts this Fall with the students at the *San Francisco Conservatory Of Music*. There will be one each of the 4 days we are in session so that all students will be able to enjoy these amazing young musicians performing. I do not have to tell those of you who have been to these concerts for the past 6 years what a joy it is to see what the Conservatory has and encourage all of those who are new students to put these dates on your calendars now to not miss them. They are as follows and all are in the Maraschi Room and last 40 minutes so be sure to arrive early as they are usually a full house.

TUESDAY, OCTOBER 1ST: A Jazz Trio from the 3rd year of the new Jazz, etc. degree program will perform. We have been following these gifted musicians since the program began 2 years ago and they truly will amaze you with their talent.

MONDAY, OCTOBER 7TH: A duo of Piano & Saxophone will perform.

THURSDAY, OCTOBER 17TH: A Violin & Guitar duo will bring a unique sound for you.

WEDNESDAY, OCTOBER 23RD: A String Quartet will perform from the amazing group of string players that have made the Conservatory well known for their string musicians.

SAN FRANCISCO OPERA: There is still time to take advantage of the *SF OPERA* student series discounts. Look for the order forms in the left Middle Rack and take advantage of this before it goes away...Having seen *BILLY BUDD* so far I can assure you that their new season is off to a great start.

Have a great Fall session and I look forward to seeing you out and about at many of the great performances in the Bay Area in the coming months.

UPCOMING EVENTS & LUNCHTIME TALKS

New Member Lunch	Monday, Sept. 16, Noon	Broad Room
New Member Lunch	Tuesday, Sept. 17, Noon	Broad Room
New Member Lunch	Wednesday, Sept. 18, Noon	Broad Room
New Member Lunch	Thursday, Sept. 19, Noon	Broad Room
Performing Arts Q & A	Wednesday, Sept. 25, Noon	Broad Room
SF Conservatory Concert/Jazz Trio	Tuesday, Oct. 1, Noon	Maraschi Room
Travel News (Danube, Iceland & More)	Thursday, Oct. 3, Noon	Maraschi Room



FROMM INSTITUTE BOOK CLUB

The Fromm Institute Book Club invites all interested Fromm Institute members to read this session's book, The Metamorphosis by Franz Kafka. A movie adaptation will be screened on Oct. 23 and a discussion of both the movie and the book follows the next day, October 24.

THE METAMORPHOSIS

a novel by Franz Kafka

Is it a nightmare, a fable or a glimpse of a dark future? What it certainly is, is a work of visionary genius. Read the book. We will be showing the movie adaptation on **October 23rd at 3 pm in the Maier Room** and discussing the book and the movie on **October 24th at noon in the Broad room**.

ENGAGING SENIORS IN ACADEMIC PURSUIT

EXPLORE PROGRAMS

A NEW WEBSITE BUILT FOR YOU

By now most of you have received an email from webmaster@fromminstitute.org asking you to create a new password at our newly revamped website. Many of you have already done so, but if you haven't, know that creating an account with a personalized password at fromminstitute.org will allow you, most importantly, to enroll online in the upcoming Winter and Spring 2020 Sessions. You will also be able to view your class schedule anytime and check the updated calendar for events happening at Fromm.

If you are a *Frommcast* member, once your account is created, you'll be able to view all *Frommcast* content at our new, optimized site (there'll be no need to navigate to another site and input another username and password for access). You will also be able to renew your membership and make your payment online. If you are not a *Frommcast* member, it will now be much easier to sign up. Just create your account, make your \$25 payment (\$50 if you aren't taking classes at the Institute) and start viewing the *Frommcast*, all within minutes.