



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

FROMM FOCUS

The Newsletter of the Fromm Institute

Issue #2 • April 22, 2020

A LETTER FROM OUR EXECUTIVE DIRECTOR

Dear Fromm Institute Members,

Thank you for everything you do to help us. It was heartbreaking to cancel the Spring Session altogether, but the safety of our students, faculty and staff are paramount to us and remain so. I hope you all are taking care of yourselves and taking all the necessary precautions to stay healthy. All of us on the Fromm Institute staff are well, and grateful that we are able to work from home in these uncertain times.

It is now time for us to start looking to the future. We are all working hard brainstorming, innovating and coming up with new ideas. The contributions we have received are heartwarming, and so important for us at this time. Because of you, all of us on the staff have been able to continue working from home, taking the time we need to create and plan for an uncertain and possibly unfamiliar future. We are working on something we hope to unveil in mid-May that will allow us to continue the forty-four-year legacy of the Fromm Institute into the new future we now face.

At this time, we are not sure how we will be affected financially by COVID-19. The 2019-2020 budget will certainly be affected, and we will likely face some serious budget shortfalls going forward. If you are financially secure, and eligible to receive a stimulus check from the federal government, please consider donating a part of it to the Friends of the Fromm Institute. Please consider talking with your family and friends about the value of the Fromm Institute and our needs at this time. Just as many of you supported fundraisers while your children were in school, would your children consider supporting a school for their parents? Assistance in any way and in all forms is greatly appreciated. To make a contribution, please visit <https://fromminstitute.org/giving>.

All of you have family and friends who are not Fromm Institute members who have wondered about the Fromm Institute. Today we are opening the Frommcast up to everyone (including non-members) for free through July 30, 2020. Please let your friends and family know that if they were interested in seeing what we are all about, now is the time. We need a little information from them to create an account, which they can provide to us by completing a simple google form ([click here](#)) which is also available in the third paragraph on our homepage (fromminstitute.org). It will take us about two (2) business days to respond to them with an email containing their login credentials and instructions on how to access the Frommcast. This is the Fromm Institute's gift to the many people over 50 who are looking for something to do at home right now. It is also a win-win for us as we are hoping that some of these guests will become huge fans during this "trial period," and stay on as Frommcast viewers after July.

Missing all of you,

Derek

Having just passed the holidays of hope, freedom and renewal, we look forward to returning to our classes and to our Fromm community. Until then we send our wishes that all of you stay safe and healthy and that your spirits remain optimistic. This will be over eventually!

With love in the time of Corona, Brian and Caroline Fromm Lurie

KEEPING IT LIGHT

Here's a light-hearted approach to self-quarantine. This email has been bouncing around the internet and it found its way into the Fromm Institute email box (fromm@usfca.edu). We all need a good laugh, so send us your jokes or humorous ruminations to the email address above.

A SELF-ISOLATION QUARANTINE DIARY (BY ANONYMOUS)

- Day 1** I Can Do This!! Got enough food and wine to last a month!
- Day 2** Opening my 8th bottle of Wine. I fear wine supplies might not last!
- Day 3** Strawberries: Some have 210 seeds, some have 235 seeds. Who knew??
- Day 4** 8pm. Removed my Day Pajamas and put on my Night Pajamas.
- Day 5** Today, I tried to make Hand Sanitizer. It came out as Jello Shots!!
- Day 6** I get to take the Garbage out. I'm So excited, I can't decide what to wear.
- Day 7** Laughing way too much at my own jokes!!
- Day 8** Went to a new restaurant called My Kitchen. You have to gather all the ingredients and make your own meal. I have No clue how this place is still in business.
- Day 9** I put liquor bottles in every room. Tonight, I'm getting all dressed up and going Bar hopping.
- Day 10** Struck up a conversation with a Spider today. Seems nice. He's a Web Designer.
- Day 11** Isolation is hard. I swear my fridge just said, "What the hell do you want now?"
- Day 12** I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.
- Day 13** If you keep a glass of wine in each hand, you can't accidentally touch your face.
- Day 14** Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3-1.
- Day 15** Anybody else feel like they've cooked dinner about 395 times this month?

UCSF OSHER MINI MEDICAL SCHOOL

UCSF's Osher Mini Medical School for the Public has two upcoming six session series. The registration fee is \$60 for one series, and \$100 for both. For more information, or to register, click the links below.

The Health Emergency of Climate Change

Tuesdays starting **April 28** from **7-830 pm** Register at:
<https://osherminimed.ucsf.edu/climate-change-spring2020>

WHAT'S NEXT?: UCSF Scientists Outline What's To Come

Wednesdays starting **April 29** from **7-830 pm** Register at:
<https://osherminimed.ucsf.edu/whats-next-spring2020>

POETRY FOR A LOCKDOWN

Last week we featured Fromm Institute Professor **David Watts'** poem "Man at the Window." This week we have two more poems, "Blessing in the Time of Siege" and "Shopping During the Coronavirus Crisis" follows on the next page.

Blessing in the Time of Siege

By David Watts

Only days ago the wisteria
punched out its blue-white cascades
of fragrant, popcorn blossoms.

And we saw a Steller's Jay at the feeder.

We are cloistered in our houses dodging a horrible virus
but it almost feels like blessing.

Possibly, it's the swatches of time
tucked into the spaces between things,

room enough to readjust the Stargazers
in the vase, or hang more securely the German clock
swinging its open-pendulum by the stairway

and not have to worry about the next damn thing.

Last night, we gambled Texas Hold 'em with our son.

We are living-in-place out of place
in a time of plague, yet it seems like indulgence
to want anything more.

Though we do think about death more often

and send letters to grandchildren
to say, ahead of time, what should be said
when we are gone.

Small pleasures side-by-side with carnage
make sharp frictions of color,
as when wartime accents the Mana of a bright natural order.

Vox Populi, April 5, 2020

Shopping During the Coronavirus Crisis

by David Watts

At Trader Joe's everyone was milling and buying.
There was a calm urgency no one talked about.

No one showed impatience. Though it was there, mitigated
by a resoluteness I'd not seen before. It shaded
our darting eyes.

I've been looking a lot lately.

There was a feeling like a small bird was in my hand.
Tender and determined with its message.
That's just the half of it.

When we came back home there was a bird smashed
into the pavement. One feather tilting
in the wind. As if reaching.

As if reaching is the pleasure itself. The hand moving
to the shelf. The eyes secure in their intensions.

Something is passing before us in the stillness between things.

Have we lost something? Did something leave without notice?
The woman's eyes at the checkout were flashing code.
She didn't care if I understood.

It might be time for honesty.

San Francisco Chronicle, March 25, 2020

FISA NEWS • Fromm Institute Student Association • frommfisa.org

The Fromm Institute Student Association updates its Coronavirus Resource page weekly with links to information about services and entertainment during our stay-at-home period. You can access the page directly at <https://www.frommfisa.org/coronavirus-updates-and-resources>



This first Spring 2020 *Fromm Focus* featured section, **Express Yourself**, is a note of appreciation from Fromm Institute member **Marigrace Bannon**. Submissions to **Express Yourself** are accepted on a rolling basis and can include all sorts of articles, opinion pieces or notes, written by you, the students or others in our community, who want to share something with the larger Fromm Institute community. Email your submissions to **Scott Moules**, in the Fromm Institute office (fromm@usfca.edu).

DAY 10/ISOLATION JOURNALS/APRIL 10, 2020 /PROMPT BY ELIZABETH GILBERT
DEAD WRONG/SOMEONE/SOMETHING/MARIGRACE BANNON

Well, as I sit in my San Francisco apartment, it is day 25 of the Corona Virus in our necessary, Shelter in Place. I just viewed Samuel Jackson's, YouTube video, "Stay the Fuck Home." I wasn't one of the people that needed convincing, I'm in my 60's with an autoimmune condition.

I've been dead wrong about the effects of atrocities. I like to think of myself as a kind and empathetic person. Whenever I would see the alarming pictures, in print or on the news, of a tsunami, a hurricane, an earthquake, I would donate a modest amount of money, often through the Red Cross or an appropriate App on my phone. When I saw the chilling photograph of the Syrian toddler face down in the Mediterranean Sea as his family attempted to flee the horror and violence in their country, I couldn't stop crying. I remember, my brother, my sister, my niece, my nephew at three years old. They were all frolicking in the sea, the New Jersey shore, the Pacific Ocean the Caribbean Sea. The odd combination of hopelessness and privilege I felt as an American woman. What would my small donation, my free flowing tears, my ardent prayers, accomplish? How could this change the reality for people amidst horrific atrocities, natural disasters, political upheavals, fatal epidemics? Shame on me.

It was perplexing as I read about the Corona Virus outbreak in China. Next, I could only imagine the absolute terror to be among the 3,600 people quarantined in Japan on a ship called Princess. As the disease spread, Korea, Iran, it all felt so foreign. My ignorance loomed embarrassingly large when the virus spread like wildfire through France, Italy, Spain and England. Why did the disease suddenly feel so close? Is it just that, those are the countries I have visited for splendid vacations? Shame on me. Far away is not far. We are intertwined. We are human. We are global.

I never thought I was Martin Luther King, Gandhi, or Mother Theresa, but I do want to be a better Marigrace. After all, I am named from a prayer, "Hail Mary..."

GUIDED CREATIVE MOVEMENT CLASS FOR ALL AGES

San Francisco Village and USF's Intergenerational dance troupe, Dance Generators, invite you to a guided creative movement class via Zoom on April 25, at 11 a.m. To register, please contact aschaffer3@usfca.edu.



 San Francisco Village & **DANCE GENERATORS**
present

VIRTUAL
INTERGENERATIONAL
DANCE
GATHERING

GUIDED CREATIVE MOVEMENT FOR PEOPLE OF ALL AGES
APRIL 25
11-12pm PST
via Zoom

Email aschaffer3@usfca.edu
to register

PHOTOS BY NICO SOTOMAYOR

USF VIRTUAL EVENTS OPEN TO ALL

USF has created a series of free virtual events with dynamic thought leaders as we all navigate this unprecedented time together. These virtual events are free to all. Contact University Special Events at usfevents@usfca.edu or (415) 422-6441 for virtual event details. Click “register now” to sign up for a specific event.

Mayor London Breed: "Leading a City Through Crisis" Wednesday, April 22 @ 12 p.m. PST

Mayor Breed was one of the first leaders in the nation to issue an emergency declaration. Prior to a single confirmed case of COVID-19 in San Francisco, she boldly began preparing for a pandemic disaster. In a conversation with President Paul J. Fitzgerald, learn how USF alumna Mayor Breed took the advice of public health experts to stay ahead of the curve and keep San Francisco's hospital system accessible for all residents. <<[REGISTER NOW](#)>>

Warriors Head Coach Steve Kerr and President Rick Welts: "Warriors Take on an Unprecedented Opponent" Tuesday, April 28 | 12 p.m. PST

Eight-time NBA champion and Warriors Head Coach Steve Kerr is a steadfast advocate for a more humane and compassionate society. Warriors President and COO Rick Welts is a national leader in supporting workers in this time of crisis. Via a talk moderated by Jennifer Azzi, learn how the Warriors are navigating an unprecedented time together as a team and for the greater community. <<[REGISTER NOW](#)>>

Mark Laret, UCSF President and CEO: "UCSF Saving Lives" Wednesday, May 6 | 12 p.m. PST

UCSF has led the way in crisis preparation, research, and healthcare delivery. Gain insight into how UCSF has become an innovator to help the community and nation battle the COVID-19 pandemic. Moderated by Richard Callahan, USF public health and management professor. <<[REGISTER NOW](#)>>

Alice Waters, Chef and Activist: "An Industry in Distress" Tuesday, May 12 | 12:30 p.m. PST

A pioneer of the slow food movement, Alice Waters is one of the most innovative minds and leaders in the food and restaurant industry. As the hospitality industry faces major setbacks due to the pandemic, hear how Alice sees the community banding together to stay strong. Moderated by USF Hospitality Professor Kathy "K.O." Odsather. <<[REGISTER NOW](#)>>

These lectures are sponsored by USF's Covid-19 Response Fund. [You can make a secure gift to the COVID-19 Response Fund](#) which helps USF students who may need assistance during the COVID-19 pandemic.