



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

FROMM FOCUS

The Newsletter of the Fromm Institute

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MISSING MY PEOPLE

On Monday morning, March 9th, all of us on the staff entered the office having just completed the Winter Session. Up to that point, COVID19 was at the back of our minds. We had been keeping track of the pandemic and stopped shaking hands and hugging students the week prior. We even sent out an email the previous week letting students know that they could withdraw any time prior to the start of the Spring Session for a full refund. Everything changed that day and that week. At about 10am, we received an email suggesting USF staff consider working from home starting that week. Later that morning, the interim Provost called concerned about the safety of our Fromm students and asked what we could do to help ensure their safety. It felt like a sudden jolt, but required swift action.

We decided it would be best to start working from home to prevent our students from coming to the office. We gathered up work supplies and computers that afternoon and moved our desks to our homes – the staff was safe. Two days later, on March 11, in agreement with our Board, we cancelled the Spring Session – our students were safe. We set about withdrawing everyone who had enrolled. It all happened so quickly it feels like a dream.

This week is our 10th week working from home. It has not been fun at all! As an introvert, I know that this hasn't been as hard for me as it has for others. However, I miss the people I used to see every day - I miss carpool radio trivia with Alfredo, singing with Carla and trying to beat her to the last cup of coffee, teasing and laughing with Dawa. I miss hearing about the adventures Herbert's children are having, talking with Scott about his latest restaurant recommendations, and I miss all of them groaning and rolling their eyes when I have yet another technology issue. I also miss all your friendly, cheerful faces. Communications and work take more time with all of us apart, but we have learned to do it all more efficiently with new technology. Getting the work done through all of this has not been too bad.

On April 27, COVID19 finally crashed into my world – my grandfather tested positive as did many others in his nursing home in Perryton, Texas – a small town of less than 10,000 people in the Texas Panhandle. When he met my grandmother, he was working as a butcher. They married when they were both 18, and ran the farm where she was born (and where I would spend summers helping with the harvest until I was 18). When my parents first married in 1971, they moved to Perryton, which is where I was born in 1972. Many of the same doctors and nurses are still there now. My grandma passed away about 6 years ago. My aunt and uncle live nearby, and my parents try to visit my grandfather at least four times a year, most recently on his 94th birthday on March 10th. I spoke with my parents on Mother's Day, and my grandpa is still asymptomatic – a blessing we hope continues.

I share all this information because this is my life now. It's much simpler than I ever thought my life would be, but that's what this time has done for me. I have gained focus in this time of slowing and quieting. It has forced me to see what my life IS NOT– the places I go, the things I do, accomplishments or failures; helping me instead to appreciate all that my life IS – the people I love and the relationships I share.

My prayer today is for everyone who has made my life what it IS – including all of you reading this. I pray that our next year has more of the best things life has to offer – more joy, more love, more laughter, more prosperity, and better health. You are my world, and you mean the world to me. Take care of yourselves and each other and know that I am thinking of you and I am thankful for you. - Derek



One article is featured in this week's **Express Yourself**, it is call to volunteer by former FISA Steering Committee member **Linda Allan**. Submissions to **Express Yourself** are accepted on a rolling basis and can be 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).

[Home](#) > [Resources](#) > [How You Can Help](#) > [Join a COVID-19 Research Study](#)

Join a COVID-19 Research Study

UCSF researchers are leading a variety of projects related to better tracking the spread of COVID-19, finding therapies for the illness, and developing a vaccine for the virus. You can help further our understanding of COVID-19 by participating in one of the studies below.

Anyone Can Join

I want to drive a truck! That's what my young and pretty Mother did, here in San Francisco, during WWII. I would be a good truck driver and it would be fun, for a limited time. But I'm confined to my home, to avoid my age-induced vulnerability and the burden I could become to our health system. So, I've been looking for something more that I could do to help with the coronavirus.

I have found a couple of other ways that I could contribute. So have many other people! I'm waitlisted, until I'm needed. (One is to foster kittens for adoption agencies and kitten season is coming. Hooray!)

Here is a way that I can contribute now and so can you. UCSF is doing a research project on the transmission of the Covid-19 virus. They need Citizen Scientists. That's me and 19,999 other volunteers. But they need 1,000,000 Citizen Scientists. Join me. It did take me 20 minutes to sign myself up - I'm no technophile! But once signed up, it only takes 5-15 minutes a week to meaningfully help and that's with my limited computer skills. Click on this link to learn more.

<https://coronavirus.ucsf.edu/help/join-covid-19-research-study>

There are two research projects at this link. One is for Covid-free volunteers and a second one for people who have or have had Covid-19. I hope that you are never eligible for the second study.



The last of the series in *The San Francisco Conservatory of Music's Tiny Dorm Concerts* is this Friday, May 15, 7pm - **Scenes from Die Fledermaus and Into the Woods**, emceed by the Opera faculty. Head over to the [Tiny Dorm Concerts](#) page at the SFCM's [web site](#).

Remember, there is an archive to this series featuring students and faculty from the Conservatory on their YouTube page. There you can find a collection of faculty interviews, April's Tiny Dorm Concerts and other special projects. Navigate over to <https://www.youtube.com/user/sfcmmedia/videos> for some fantastic student driven music.

ZOOM MEETING/FROMMCAST

Fromm Institute member **Peggy Caughlin** writes a brief letter to the Fromm Institute community about her newbie, first hand experience with Zoom, the digital meeting software we will be using for the virtual Summer Session. If you are slightly put off by this new technology, read through Peggy's experience. It may just change your mind.

Hello Fellow Frommies!

In March when we got word of the cancellation of the Spring Session of Fromm, we were naturally upset, as most of you were. I said to my neighbor & carpool buddy, "We'll just have to make up our own curriculum!"

At the time I had never heard of Zoom, as most of us hadn't. But when we got word that Frommcast was being made available to us, we came up with an idea. 'Why not use the lectures as a basis of a virtual meeting without lunch gang that meets at least once or sometimes twice a week during the sessions?'

My 1st Zoom meeting was a "Happy Hour" spent with my sister and brothers, who are all from different states. Some other members of our group were also becoming acquainted with the concept of Zoom at the same time. We got together on email and selected a single lecture for our first meeting.

The following week we started Fraknoi's "Exploring the Universe." The following week we add Bailey's "Musical Pairings." We are now on lecture 3 of Fraknoi and lecture 2 of Bailey.

We leave plenty of time to check in with each other, as we would at lunch. We also share other things with the group that might enlighten/amuse/interest us. I think I speak for the group, when I say that we all look forward to our weekly meetings and our assignments. There are 11 members in our group from their 50's to their 90's. Some have been attending Fromm for decades, and some are relatively new. It's a real cross-section of Fromm students. This a stop gap measure until we can all return to Fromm in the fall [fingers crossed!]. Thought some of you might want to try putting your own group together!

Peggy Caughlin

If you have already done so, go to [Zoom.us](https://zoom.us) and download the free Zoom app. Once it is installed, why not a few minutes orienting yourself with the software. Zoom has many resources for the new user. Their website is complete with a [training resources page](#) which includes live daily demos; daily live webinars; Zoom video tutorials; on-demand training sessions; and live training. Practice now so when Summer Session launches on June 1 you'll already be a Zoom pro.

A REMINDER

OUR FIRST, VIRTUAL SUMMER SESSION ENROLLMENT IS **NOW OPEN**. TO ENROLL VISIT [FROMMINSTITUTE.ORG](https://fromminstitute.org) AND CLICK ON [EXPLORE PROGRAMS](#).

IN THE VIRTUAL GALLERY

FROMM INSTITUTE VISUAL ARTISTS

This week we have two artists in the Virtual Gallery. **Dotty Garone** who has been making mosaics for years and **Lucia Matzger** who utilizes coffee filters to create dazzling kimonos.

If you are interested in submitting your work for consideration in the Virtual Gallery, send images, sound files, links to webpages, or links to moving art/movies to gallery coordinator **Scott Moules** at the general Fromm Institute email box (fromm@usfca.edu).

DOTTY GARONE

My interest in mosaics started after a visit to Barcelona where I saw Antoni Gaudi's artistry. Shortly after, I saw an ad in the Chronicle for a class given by Edith Heath at Heath Ceramics in Sausalito. At the end of the four-week class, Edith asked me if I would like to continue to practice my craft on Wednesdays in the factory. Wednesday was my day off from Gump's. It was a once-in-a-lifetime opportunity, which I treasure to this day. It opened a world of color and design.



LUCIA MATZGER

Although I haven't been a coffee drinker for years, the organic quality of used coffee filters has intrigued me as an art material since 1993. The naturally subdued and earth-toned colors, the arbitrary patterns of the coffee stains and their recyclable element all make the filters an attractive material to use. I use a variety of stained coffee filters, collected from over 20 coffee drinkers, as different color paints. "Creating" is part of who I am. My primary artistic medium has evolved over the course of my life, but coming from an early fashion focus, "designing" new forms, shapes, and visions for kimonos and other three dimensional sculptures from coffee filters feels familiar and spiritually satisfying. To view more of Lucia's work visit www.luciamatzger.com



Caf Hydrangea, 33" x 36"



Caf Geneva, 22" x 24"



Caf Morocco, 34" x 30"



Dragon Caf, 36" x 46"