



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

# FROMM FOCUS

The Newsletter of the Fromm Institute

Issue #1 • May 3, 2021

## WELCOME TO AN ILLUMINATING SPRING

First, I hope all of you are well and that your family, friends, and loved ones all are too. All of us on the staff are all safe, continuing to work from home. However, we are all fully vaccinated and have been able to meet face-to-face to exchange work and be together socially. Last week was the first time we saw each other since March 9, 2020. After more than a year, it seems that the worst parts of this pandemic are finally coming to an end.

USF is planning to reopen this summer, and we have been communicating with them more about how that will happen and how it might look. Things will be different, but you can expect the same staff you know and love to be there welcoming you back through our doors, excited to see you after so long. It looks like we may return to the Fromm Institute office in Fromm Hall on August 3 – it still seems a long way away, but it will be here before we know it.

As we continue our 45th Anniversary year at the Fromm Institute, I am overwhelmed by your patience, support and fearlessness. All of you helped us through a time that was filled with uncertainty and doubt with your eagerness, confidence and ability to learn – the truest hallmark of our Fromm Institute family. Thank you.

Welcome to our 45th Spring Session at the Fromm Institute for Lifelong Learning. I look forward to the offerings of our talented faculty and the participation of our eager students. I hope all of you enjoy it, and I'll "see" you in class! - Derek

## UPCOMING ACADEMIC CALENDAR

### Spring Session 2021

**April 29** – Online Enrollment Ends – Please call to enroll after April 29

**May 3** – Spring Session Classes Start

**May 31** – Memorial Day Holiday (no classes)

**June 24** – Spring Session Classes End

**June 28 – July 1** – Make-Up Week

### Fall Session 2021

**August 4** – Course Catalogs available/emailed

**September 13** – Fall Session Classes Start

**September 16** – Yom Kippur Holiday (no classes)

**October 11** – Indigenous Peoples' Day (no classes)

**November 4** – Fall Session Classes End

**November 8 – 11** – Make-Up Week

### Holiday Session 2021

Tues., Dec. 14 & Wed., Dec. 15

FOR NEWS FROM YOUR STUDENT ASSOCIATION PLEASE VISIT <https://www.frommfisa.org/>

## STOPPING AAPI HATE

*By Irene Minabe*

***The Fromm Institute Diversity Task Force stands in solidarity with the Asian American and Pacific Islander (AAPI) communities in condemning the hate rhetoric, violence and discrimination committed against Asian Americans and Pacific Islanders as well as all communities of color.***

Since the COVID-19 pandemic began, Asian Americans and Pacific Islanders have become victims to the alarming rise in hate crimes and violence, including the recent senseless murder of six Asian women in Georgia.

The Bay Area in particular has seen a dramatic increase in anti-Asian hate acts, especially against defenseless seniors. More than 23% of the population is AAPI in the Bay Area and even a higher percentage for San Francisco alone at approximately 30%. Yet, with this increased presence comes the unfortunate increased hostility.

Between March 2020 and February 2021, there have been over 3,700 hate incidents received by Stop AAPI Hate, a national reporting center. This only reflects a fraction of the number of AAPI hate incidents that actually occurred.

There has been a long and ugly history of anti-Asian racism and violence in the United States. Here are just a few moments in our history where Asians became the targets of hatred and injustice:

- People v. Hall 1854, California Supreme Court ruled that Chinese Americans and Chinese immigrants could not testify against White citizens.
- Chinese Massacre of 1871, Mob attacked a small Chinese community in Los Angeles and viciously killed 17 Chinese men and boys.
- Chinese Exclusion Act of 1882, Congress prohibited immigration of Chinese laborers. This law was not repealed until 1943.
- San Francisco plague outbreak 1900, The San Francisco Chinese community blamed for the bubonic plague and placed in racist quarantines while denied access to health care.

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- Japanese Internment WWII, Over 110,000 persons of Japanese ancestry (mostly United States citizens) were forcibly removed from the West Coast and imprisoned in camps that were surrounded by barbed wire fences. After the war, many lost their homes and personal possessions.
- Vietnamese Shrimpers & Ku Klux Klan (KKK) late 1970s and early 80s, In Galveston Bay Texas, the KKK blamed Vietnamese shrimpers for taking White worker jobs and set fire to many of the Vietnamese fishermen's boats.
- Murder of Vincent Chin 1982, A 27 year old Chinese American (mistaken for being of Japanese descent) was beaten to death by two White auto workers in Detroit over resentment of Japan's auto imports in the United States. The auto workers served no jail time for the murder.

Our country is at a pivotal moment and we need to take action against racism, discrimination, and xenophobia. Where can we start? What can we do? There are no easy answers, but we can begin by having conversations that are necessary to secure respect, understanding and safety for all our communities of color. We need to increase the awareness of the histories of all communities of color by expanding education at an early age as well as increasing ethnic studies in high schools and colleges. We need to help create a world where racial equity, social justice and human rights for all can be the norm.

Please consider having conversations with friends, relatives, colleagues, or peers by condemning the appalling acts of racism occurring today.

The link below is to an excellent video on "Stop Asian Hate". It is about one hour and ten minutes long and well worth viewing. The video covers a lot of current and historical topics: Yellow Peril, America at War, Model Minority, Vincent Chin, Black & Asian Communities, Policing, Hate Rhetoric, Monolith & Media, Generational Divide, Voting & Representation and How You Can Help. <https://youtu.be/14WUuy94QE>





Longtime Fromm Institute student and Fromm Institute Student Association (FISA) member Frances Pinnock offers up a personal assessment of race in the country in this week's **Express Yourself**. 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 the Fromm Institute family, who want to share something with the larger community. Email your submissions to **Scott Moules** in the Fromm Institute office ([moules@usfca.edu](mailto:moules@usfca.edu) or [fromm@usfca.edu](mailto:fromm@usfca.edu)).

## I THOUGHT I KNEW...BUT I WAS WRONG

*By Frances Pinnock*

Until May 25th 2020 I was somewhat complacent regarding my knowledge of American history. It turned out my complacency was ill-advised and foolish

Almost immediately after George Floyd's death Fromm Institute's staff stepped up and in the past 10 months I, and I suspect, many other Fromm students learned just how spotty and sparse our knowledge was. The FISA Diversity Task Force was formed and presented speakers; a Fromm course on The Harlem Renaissance led to a Fromm drop-in bookclub on Claude McKay; a class on post WW1 riots and their impact and an 8 week class on Language and Prejudice all opened our minds. There were many, many Conversatories with wonderful speakers illuminating issues of race; another class on how the government segregated America and a lecture on how Social Security excluded agricultural and domestic workers effectively depriving most African Americans of its benefits. This past year has opened my mind and deepened my knowledge. I could go on and on.

All of the above put all the disparate pieces of my adopted country's history that I had in my head into a more coherent whole. Things started to fall into place. I was able to comprehend how the continuity from Slavery to the Civil War, through the Reconstruction, Jim Crow, the discrimination by banks, federal housing policies, etc. all formed a pattern.

I will never again be so certain about what I know or so complacent about the limits of what I need to learn. I do intend to continue to learn; but now I am wondering, after these 10 months what I and other Fromm students, who like me, have had their perspective changed, can actually do with their new understanding.



What actions we can take alongside continuing to learn. I have a few ideas which hopefully I can share with you in Fromm Focus during this semester.

Finally thank you Fromm for giving us the opportunity to rethink and better understand the world we live in.

(And thank you to the Chauvin jury for your verdict!)

## SUBMIT YOUR WORK TO THE FROMM FOCUS

The **Fromm Focus** is always looking to showcase the creative work of all of you, The Fromm Institute members. Above and on the former page, the popular **Express Yourself** column was designed to publish the opinion pieces and other musings of the membership. The newly created **Poetry for a Lockdown** began as a way to share poetry written by the faculty and the students during our current stay-at-home orders. Finally, **In the Virtual Gallery** was created to share the artwork made by Fromm Institute members. If you are a visual artist, you can submit your work to share in this featured section of the newsletter. All genres are accepted — including painting, photography, film, sculpture, and new media. **(A note of special interest: this year's catalog covers have all been generated by submissions to this particular column.)**

Whether you are a writer, poet, artist, filmmaker or sculptor, please think about sharing your creativity with the community. You can submit your work to **Scott Moules** in the Fromm Institute office, [moules@usfca.edu](mailto:moules@usfca.edu) or [fromm@usfca.edu](mailto:fromm@usfca.edu).

## THE FROMM INSTITUTE HAS ANOTHER ON-LINE PRESENCE

Many of you know that The Fromm Institute has not only [fromminstitute.org](http://fromminstitute.org) as the program's website, the Institute also has a [Facebook page](#), and now, thanks to Alfredo Martinez in the Fromm institute office, you can find us on LinkedIn. While many of you are fully retired, your children and grandchildren will have LinkedIn profiles, and they can start following the program's curriculum and numerous free events at <https://www.linkedin.com/company/fromm-institute>.

# OSHER MINI MEDICAL SCHOOL

Once again, the Osher Mini Medical School opens their virtual doors to our students and invites you to participate in these Spring mini medical classes. [For more info click here.](#)

FOR FURTHER INFORMATION, THE SCHEDULE, AND TO REGISTER ONLINE:

[osherminimed.ucsf.edu](https://osherminimed.ucsf.edu)

Follow us on Facebook and Twitter

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## WHAT'S NEXT 2021: COVID-19, Science, and the Public Health



**Tuesday evenings**  
**May 11 – June 15**  
**7:00 – 8:30 pm**  
**Live Streamed**

**COURSE CO-CHAIRS** **Robert B. Baron, MD, MS**  
Director, UCSF Osher Mini Medical School for the Public; Professor of Medicine  
Associate Dean for CME  
UCSF School of Medicine

**All courses VIRTUAL for Spring 2021**

UCSF has a long history of pioneering biomedical research, outstanding clinical care, innovative programs in medical education, and a bold vision for advancing health locally and worldwide. Hailing from a wide spectrum of disciplines, UCSF clinicians and scientists invite you inside their work to learn what is known about the current COVID-19 pandemic, what lies ahead, and the implications of lessons-learned on future medical treatments. Direct from those who live and breathe it every day, find out WHAT'S NEXT in the science and care of COVID-19.

**Jeffrey Tabas, MD**  
Professor of Emergency Medicine  
Director of Outcomes and Innovations  
Office of CME  
UCSF School of Medicine

## THE EYES HAVE IT: Maintaining Vision in Health and Disease



**Wednesday evenings**  
**May 12 – June 16**  
**7:00 – 8:30 pm**  
**Live Streamed**

**COURSE CO-CHAIRS** **Saras Ramanathan, MD**  
Professor of Ophthalmology  
Medical Director, Comprehensive Ophthalmology  
Vice Chair of Resident Education  
Department of Ophthalmology  
UCSF School of Medicine

Learn about the latest discoveries and practice implications for eye health and disease. Taught by visionary, nationally recognized faculty from UCSF's Department of Ophthalmology, this course will focus on a wide range of areas in the field of vision care and research, including dry eye disease, glaucoma, cataracts, macular degeneration, diabetes, and pediatric eye conditions. So, if you have a desire to learn about all things eye-related from one of the most active vision science programs in the country, come see what they have to say!

**Neeti Parikh, MD**  
Assistant Professor of Ophthalmology  
Academic Director, Comprehensive Ophthalmology  
Vice Chair of Medical Student Education  
Department of Ophthalmology  
UCSF School of Medicine

## CREATIVE EXPRESSION FOR MIND-BODY HEALTH



**Thursday evenings**  
**May 13 – June 17**  
**6:00 – 7:30 pm**  
**(NOTE earlier time)**  
**Live Streamed**

Throughout history, the arts, music, and humanities have served as a medium for healing. Creative expression can foster self-discovery of inner resources, cultivate resilience during life challenges, and transcend socio-cultural barriers through a shared language. This interdisciplinary course aims to explore the role of creative expression in addressing multiple dimensions of mind-body health across the lifespan. Leading UCSF clinicians, researchers, and expressive art therapists from geriatrics, neuroscience, oncology, otolaryngology, pediatrics, physical therapy, and psychiatry will present the science behind creative expression, discuss case examples, and lead experiential demonstrations.

## WHY NOT JOIN OTHER FROMM STUDENTS FOR MORNING COFFEE OR AFTERNOON TEA?

Rosemary O'Connell and I have been Fromm friends for many years and occasionally saw each other outside of class.

Suddenly, all that ended with Covid, and we didn't "see" each other for ten months.

Of course, we had heard each other during Fromm classes when we asked questions or made comments.

Then last semester, Fromm brilliantly expanded its continuously growing programs. It made it possible for Rosemary and me and all Fromm students to "meet" for coffee or tea (or any beverage of your choice) and chat, and most importantly, we could actually "see" each other. It was so lovely! Other Fromm students joined us, and on Tuesday mornings, we chatted about books, movies, the prior class, and even a few Covid irritants. Some attendees just listened; some had blank screens (so no need to get dressed so early in the morning, and you can finish your breakfast). There was no pressure to say anything. It was wonderful to "see" each other and to see Fromm faces, some we recognized and some we didn't.

So how did/does this happen? The staff will schedule morning and afternoon socials each day. They will send you an invitation to the social, matching your enrollment schedule. For instance, if you are enrolled in Monday morning classes, you will receive a link about 15 minutes before the Monday morning social meets from 9:15 am - 9:45 am. If you are enrolled in a Tuesday afternoon class, you will receive a link about 15 minutes before the Tuesday afternoon social meets from 3:00 pm - 3:30 pm, etc. Please remember, links will only be sent out 15 minutes before each social meeting. If you don't get one, check your spam or give the office a call (415-422-6805), and they will email one over to you. The social meetings are all unstructured - time just for students to "see" and chat with one another. Every once in a while, a professor or staff member might be there to say hi as well.

These get-togethers will start Monday, May 10th at 9:15 am. Rosemary and I encourage you to take part. And as I said, no pressure, just a chance to "see each other" and chat freely.

FRANCES PINNOCK & ROSEMARY O'CONNELL

# USF STUDENTS ASK FOR YOUR SUBMISSIONS TO A PANDEMIC ZINE

Let's be

**Alone Together**

**SF**



## **Calling Creatives for a Pandemic Zine!**

*We at Alone Together are a group of students at the University of San Francisco working on a project to build community*



*between USF students and SF senior citizens. After researching how college students and the elderly have been uniquely impacted by isolation during the pandemic, we are creating a zine of art and writing by elders and USF*

*students centered around experiences with loneliness, the challenges of COVID, and hope for the future.*

*If you are interested, please go to our Instagram*

*@AloneTogetherUSFCA*

*and then to the link in our bio!*

*submissions are due by May 14th, send them all to our email: [connectusfca@gmail.com](mailto:connectusfca@gmail.com)*

