



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

# FROMM FOCUS

The Newsletter of the Fromm Institute

Issue #1 • Sept. 13, 2021

## WELCOME TO OUR 45TH FALL SESSION

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 with a few of us back in the office and a few of us continuing to work from home. Our small staff mirrors the greater world as we navigate the ups and downs of reopening in the midst of a pandemic. There are some days when I choose not to leave the house at all, but then there are other days when it all doesn't feel as "risky" and I venture out to a farmer's market or dinner at a restaurant with friends I miss. It's all so strange, but the Fromm Institute is one of the constants that keeps me going.

After 45 years, the Fromm Institute is still going strong – changing, adapting and surviving. You all have likely already enrolled using our new portal – MyFromm. You will be able to access all your classes through your Profile page on MyFromm. All the class pages will hold the class handouts as well as class recordings and when the class starts, you'll be able to click the JOIN NOW link directly through your Profile page. This new portal will take some time to learn, but we would be happy to help you through it if you give us a call at 415-422-6805.

Welcome to our 45th Fall 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

## PLEASE HELP YOUR FELLOW STUDENTS

Please consider supporting the Fromm Institute's Students Helping Students campaign? This contribution will be instantly shared with our students on scholarships. Your contribution perpetuates our ongoing commitment to keeping our classroom doors open to everyone who wishes to attend and ensuring no student is ever turned away if they can't afford our modest membership fee. That's collectively powerful – and typical of our considerate student body. At the Fromm Institute, all career-free people over fifty years of age are always welcome. Today, this magnificent accessibility that you support with your scholarship assistance honors the wishes of our founders Hanna and Alfred Fromm by continuing their core philosophy that has guided us since 1976. Your contribution really makes a difference and your presence among us is very much appreciated. **[CLICK HERE TO DONATE TODAY!](#)**

## UPCOMING ACADEMIC CALENDAR

### Fall Session 2021

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/>



## NATIONAL HISPANIC HERITAGE MONTH

*By Hector Esparza*



Originally established as Hispanic Heritage Week (legislation signed by Lyndon Johnson in 1968), was later expanded in 1988 to a monthly event by Ronald Reagan. The celebration of National Hispanic Heritage Month was created to recognize the positive impact that Hispanic Americans have left on this country. Each year, from September 15th to October 15th, you can find people celebrating the histories, cultures and contributions of American citizens whose ancestors came from Spain, Mexico, the Caribbean and Central and South America.

The start date of September 15th was chosen because it is the anniversary of independence of five Hispanic countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua, who all declared independence in 1821. In addition, Mexico, Chile and Belize celebrate their independence on September 16th, September 18th and September 21st respectively.

During the next couple of weeks, the Diversity Task Force will provide information in the Fromm Focus of suggestions and insights on how you might celebrate and learn about these diverse cultures that surround our communities.

### **HISPANICS IN PERSPECTIVE:**

- In the past decade, Hispanics have accounted for 52% of all U.S. population growth.
- The U.S. is home to almost 61 million Hispanics, with a median age of 30, making them the youngest racial or ethnic groups in the nation.

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- Hispanics account for 18.5% of the U.S. population, meaning: 1 in 5 people in the United States of America is Hispanic.

**HISPANIC SPENDING POWER:**

- In the last decade, Hispanic consumption grew 133% faster than non-Hispanic consumption.
- If U.S. Hispanics were their own country, they would rank as the 8th largest economy in the world.
- U.S. Hispanics have a Gross Domestic Product (“GDP”) of \$2.6 trillion.
- The U.S. Hispanic GDP is growing 72% faster than the nation’s economy overall.

**Sources:** National Hispanic American Heritage official government website: <https://www.hispanicheritagemoth.gov/about>) and 2020 Latino Donor Collaborative United States Latino GDP Report



## ACTIVITIES FOR NATIONAL HISPANIC HERITAGE MONTH

*By Margarita Ugarte*

During National Hispanic Heritage Month, you may want to take the opportunity to learn more about the cultures of the 21 Spanish-speaking countries and territories (Argentina, Bolivia, Chile, Colombia, Costa Rica, Cuba, Dominican Republic, Ecuador, El Salvador, Equatorial Guinea, Guatemala, Honduras, Mexico, Nicaragua, Panama, Paraguay, Peru, Puerto Rico, Spain, Uruguay, and Venezuela) honored during the next four weeks. Whether you are celebrating with friends and family or prefer to keep it low-key, here are some suggested activities:

***Enjoy a classic Latin American dish***

***Support a Hispanic owned business***

***Take a Latin dance class***

***Binge watch a Spanish language TV series***

***Create your own Spanish language film fest***

***Read books by Hispanic/Latinx authors***

***Register for the San Francisco Public Library virtual panel “Latinx Mystery Writers”***

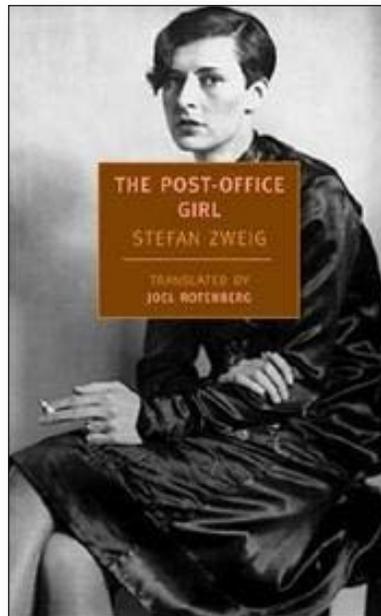
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## NEXT FOR THE FROMM DROP IN BOOK CLUB

October 8, 2021

3:00 p.m.

*Love and despair with an Austrian flair*



### **The Post Office Girl**

*by Stefan Zweig*

After our smashing success with “Hamnet” we now invite you to read something very different! World famous and translated in 50 languages

before his exile and suicide during World War II, Stefan Zweig is in the midst of a revival.

“I stole from Stefan Zweig!” confessed American director, Wes Anderson, admitting he based his movie “The Great Budapest Hotel” partly on The Post Office Girl.

The book is fierce, sad and powerfully moving in its description of the social impact of WWI. Join us on [Zoom](#) for a 3:00 pm discussion of this amazing book. Register for the discussion at [this link](#). Feel free to drop in: you can talk or not talk, show your face or remain incognito.

Fran and Nancy

# POETRY FOR A PANDEMIC

Fromm Institute student and writer, Mary Joy Quinn offers up two poems for this week's *Poetry for a Pandemic*. Submissions to *Poetry for a Pandemic*, *Express Yourself* or *In The Virtual Gallery* are accepted on a rolling basis. Email your submissions of to **Scott Moules** in the Fromm Institute office ([moules@usfca.edu](mailto:moules@usfca.edu) or [fromm@usfca.edu](mailto:fromm@usfca.edu)). More information on each of these three columns, and what type of work we are looking for, can be found on page 7.

## TWO POEMS

*By Mary Joy Quinn*

### Lost Husband

They say I lost you.  
How in the hell could that be?  
Did I misplace you?

I wasn't careless.  
I diligently watched you  
And wanted you close by.

In the dark night sky  
I search for a sign of you.  
And your star spirit.

~

Twenty-five years gone  
You are present in my life  
Smiling fondly, near.

# POETRY FOR A PANDEMIC

We talk and consult  
We cannot see each other  
You're in the next room.

It seems you are here  
In night dreams and memories  
I didn't lose you.

## Easter Morning 2007

The little red fox  
Strode across snow dusted grass  
Eyeing us, wary.

Then with calm boldness  
Cocked his head, looked more closely  
And, I'm now sure, winked.

He flipped on his back  
And pushing with his back legs  
He "surfed" the snow-grass.

When done showing off  
He rose up with fluid grace  
And sauntered off, pleased.

## 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 Pandemic** began as a way to share poetry written by the faculty and the students during our pandemic life. 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.

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'S 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>. As of late August of this year, The Fromm Institute has added a Twitter handle that you or anyone in your family can follow. [@fromminstitute](#) launched 25th with our first tweet about the first Fall Conservatory on Rights Around World. If you tweet, or know someone who does, follow us [@fromminstitute](#).

## USF'S THACHER GALLERY



This Fall USF's Thacher Gallery presents **All that you touch: art and ecology** from Sept. 7 – Nov. 7, 2021. **All that you touch: art and ecology** presents artists whose creative practices are informed by their personal encounters with the natural world. Working across the disciplines, these artists ask what can nature teach us about adaptation, regeneration, and healing? What can nature teach us about ourselves? To preview content visit the exhibition page [here](#). The exhibition will include a series of online conversations with the artists, tours, and **additional events**. For more information visit [this link](#).



**Pictured, top: Byron Au Yong, Sculpture Scores, found paper (from Bloomberg Businessweek, and Money Magazine), 2021 Bottom: Linda Yamane, Ohlone Honoring Basket, willow, whiteroot sedge, olivella shell beads, feathers, and abalone, 2012.**

# THE SAN FRANCISCO SYMPHONY AND THE SAN FRANCISCO OPERA

In the time of Covid-19 and the Delta Variant, senior discount tickets are still available for both the San Francisco Symphony and the San Francisco Opera. But the regulations for purchasing tickets are different because the box offices are not open to people who want to go up to the window, show proof of enrollment at Fromm and buy same day tickets.

Here's what you need to know:

## THE SAN FRANCISCO SYMPHONY

You will need a Silver Savers Package Form to fill out and return with your check or credit card information. You may only subscribe to the Thursday matinee series or the Sunday matinee series. There are six symphony concerts in each series, and each includes a Sunday matinee chamber concert ticket and a youth orchestra ticket. An option is to have two chamber concerts and two for the youth orchestra. The location is the main floor or 1st tier, or one must accept the 2nd tier if the main floor and 1st tier are unavailable. The seating will not be the same for each concert. The selections are made by box office personnel, and there are no exchanges or refunds. However, the senior discount is almost 50%. Call the box office at 415-864-6000 to receive an email copy of the Silver Savers Form. Go to SF Symphony's website for detailed information on the programs. <https://www.sfsymphony.org>

## THE SAN FRANCISCO OPERA

The SF Opera, too, has no box office window open to people who, in the past, went down the Opera House for same-day "rush" tickets or paid a ticketing fee for buying tickets if notified that they would be available online. If one takes a "build your own series" of 3 or 4 operas for specific weeknight performances, the Fromm Institute discount (for enrolled students) is 50%. The available operas and dates are: ***"Fidelio" by Beethoven, October 14, 21, or 26; "Cosi Fan Tutte" by Mozart. November 14 or December 1; "Dream of the Red Chamber" by Bright Sheng, June 14 or 23; "Don Giovanni" by Mozart, June 15 or 21.*** The procedure is a little different. One can no longer subscribe to a series online. For Fromm Institute students, telephone the box office. It would be a good idea to have selected your dates in order of preference. **Box Office phone number is 415-864-3330.** For full details, go to the opera website: [www.SFOpera.com](http://www.SFOpera.com)

Covid-19 regulations apply and current regulations are outlined on both websites. — Susan Kaplan

***Susan Kaplan is President of the Fromm Institute Student Association.***

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



*Last Semester, I attended a wonderful class on Women in Greek Drama. At that time, I was feeling cut off from Fromm and Fromm Institute students. I'm sure many of you felt the same.*

*Since it was a morning class, I decided to join other students for what is now called a Fromm Institute Social.*

*Every Tuesday morning, prior to class, at 9:15 a.m., I sat (occasionally in my nightshirt,) with my coffee, and chatted freely with other students who attended the class. Often, I just listened. Sometimes, I joined in. There were no rules.*

*At first the chat was unfocused. It quickly became an extension of the class. We talked about the Professor, about the Greeks, about the treatment of Women in the stories we were reading. However, other social gatherings didn't talk about the class but shared more personal stuff. I got to know other students with whom I had had little or no contact. At the end of the semester we decided to continue our 'socials' and have continued to "meet" and it looks like this group will be meeting for some time!!*

*I write this because, when I heard that Fromm wasn't going to open this semester, I felt crushed.*

*Although, like many of you, I have adapted to a more limited and constrained social life; I had been looking forward so much to actually seeing people in person.*

*Joining in one or more of the "socials" that are offered twice a day during the semester gives us an opportunity to "see" familiar faces. There's no pressure, you can drop in at any time. No need to talk or even show your face. Just relax and enjoy the company of other Fromm Institute students. - Frances Pinnock*

Fromm Institute Socials take place on Zoom, Monday - Thursday before and after classes. The morning socials run from 9:15 a.m. until 9:45 a.m. Afternoon socials are held from 3 p.m. until 3:30 p.m. Links to join these informal gatherings will be sent out about 30 minutes before the start time. While the staff will not be present in the social gatherings we will be available if there are technical difficulties or problems arise in the Zoom gatherings. For help, just call the office at 415-422-6805 or email [fromm@usfca.edu](mailto:fromm@usfca.edu).