



THE FROMM INSTITUTE
FOR LIFELONG LEARNING
at the University of San Francisco

FROM THE ROOFTOP

FROMM HALL INAUGURAL YEAR 2006 - 2007

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TO SHOW THEY CAN

Incredible, intellectual convergences happen in and around the Fromm Institute all the time. Thoughts and ideas come in contact with the people who populate this educational and social environment, and the results are often amazing. During Spring Break, just such a scholarly alignment happened to me. I was driving to work in the morning, listening to 88.5 FM and a report on the Tuskegee Airman, when it all started.

In a recent White House ceremony, this NPR journalist noted, some 300 black Americans were finally receiving the salute that had been denied them for nearly six decades. “It was particularly powerful to see these men of valor assembling in the Capitol Rotunda, some walking with the aid of canes, others in wheelchairs,” the reporter noted. “But among many moving tributes, the words of General Colin Powell were particularly thought provoking. ‘Why would these men serve a country that had not served them?’” I had wondered about that, too, but before I could come to a conclusion I had to change lanes to get through the bridge booths easily.

Coming down Park Presidio, just before the MacArthur Tunnel, it occurred to me that one of the reasons for their exceptional service must have been nothing more than the desire to show everyone that they could. Self-esteem had to be a motivator, I thought. Later at lunch I read that Dr. Roscoe Brown, a former commander of the 100th Fighter Squadron, 332nd Fighter Group had said they did it to inspire “revolutionary reform” and to show “that all people can contribute to this country and be treated fairly.”

I finished lunch early that day and decided to sit on one of the benches outside of Fromm Hall for a few minutes. There on the corner was a young student who was reading the same article on the Tuskegee Airmen. He looked up as I sat across from him, recognized me, and inquired why the building wasn’t bustling with ‘frommies.’

“I think it’s really cool what goes on in there,” he said. After a few minutes he further asked, “Why do they come to classes any way? They don’t get degrees, right?” It was then that USF merged with NPR and I could see the connection between Tuskegee and Fromm.

“To show that they can,” I quickly replied. “It’s a self-esteem thing.”



More than thirty years ago, one woman and that first class of seventy-six Fromm Institute students took up a challenge. I don't think they viewed it as revolutionary reform but they knew they were doing something bold and visionary. Like the airmen of Tuskegee these students of Fromm were showing society that they could. While of lesser consequence, their demonstration was just as consequential. Sixty years ago a black American pilots' corps valiantly made evident the proof that color does not determine ability. Thirty years later, a corps of older Americans here in San Francisco demonstrated that learning could be beneficial at any age.

This week another Fromm Institute Session begins and once again for the third time this year Fromm Hall will be bustling with lots of activity of the lifelong learning kind. That young man on the bench will see hundreds of older students coming to school just because they want to, and yes, like the airmen, some few of them will be using canes, walkers and wheelchairs. If you run into him on campus let him know your individual reasons for coming back to the university at your age. There are many, of course. "To keep my mind active." "For the structure of it all." "I enjoy the challenge." "It's great being on the campus." "I love my classes and the library."

While you're talking to him, also let him know that the Fromm Institute at USF is a great place for convergent revelation. If he says "Huh?" just tell him how important it is to be aware and open to all things, to listen to "Morning Edition" once in a while, and to find a little time to sit on a bench outside of Fromm Hall on a beautiful spring day. Trust me, it will all come together.

Once again there are 1,000 people ready to take Fromm Institute classes here at USF. As you begin the Spring 2007 Session, I would like to send you a wish for many profound convergences of the social and intellectual kind. This is a great place for them to happen, take it from me.



Robert Fordham, Executive Director



SOME PARENTAL ADVICE

"Get Out of the House!"

When we were kids and complained to our parents that there was nothing to do and that we were bored, they had a sure-fire answer that was as familiar to us as the "wait until your father gets home" line. Without missing a beat, they would answer by simply saying, "Get out of the house! Go outside and play." We did — and soon found lots to do.

This past session many Fromm Institute students wrote in their general evaluations of the program that they felt isolated and less "in touch" with the rest of the campus now that classes were in Fromm Hall. Our advice to them is the same our parents gave to us. "Get out of the house."

Fromm Hall is conveniently located at the western end of the lower USF campus. It's not in Siberia! The fantastic Gleeson Library is right next door and low and behold beyond that is Harney Plaza and the University Center Building. It's an easy walk to and from any of those locations and now that spring has sprung, it's a lovely way to get back in touch with all of the things you miss.

Don't be someone who pines for all those things that are just outside of their comfort zone. Remember the wisdom of those people who reminded us how easy it was to find a remedy. This session don't spend your entire time at USF in Fromm Hall. "Get out of the house" and discover campus life.

"ROOFTOP" ANNOUNCEMENTS????

Taking advantage of the classroom technology of Fromm Hall, most informational announcements are now screened before class and during lunch in Broad, Berman, Maier and Xavier rooms. For the visually disabled, print copies of each week's messages are available from the Fromm Institute Office on the Monday of each class week.



THE INWARD EYE

“From Genre-Bending Jazz to Sinuous Fiber Sculpture”

The ‘Inward Eye’ Series begins eight weeks of lectures that will delight, surprise, honor and inspire the creative process. Coordinated by **Joseph Kaufman, M.D.**, who in addition to having a long and impressive career in medicine is also a fine art photographer (see below), offers the Fromm Institute audience a stellar line up of creative artists and intriguing lecture titles.

This week on **Wednesday, April 18 at 10 a.m. in Xavier 120**, the **Rova Saxophone Quartet** will kick things off with an innovative musical presentation entitled **“Eye Music for Ears.”** Rova Saxophone Quartet, the acclaimed all-saxophone ensemble, has extended the horizons of music since forming in 1977. Members Bruce Ackley, Larry Ochs, Jon Raskin and Steve Adams have become important leaders in the movement of genre-bending music that has its roots in post-bop free jazz, avant-rock, 20th century new music, and traditional and contemporary world music. You won’t want to miss this stunning performance by a quartet that has released over a dozen recordings.

Then you can look forward to **Tari Kerss** who will speak about **“Magnifying the Inner World Through Art”** on **Wednesday, April 25 also at 10 a.m. in Xavier 120**. Tari Kerss is a Sonoma County fiber artist and sculptor. Born in Uchitomari, Okinawa, she returned to northern California with her family when she was a child. She received her MFA in 1991 from the California College of Art and Crafts in Oakland, and has exhibited her work both locally and nationally. Ms. Kerss will take you on a journey that focuses on her pieces as symbols for internal dynamics. You’ll explore the growth and evolution of her work over time and meet the muses and influences that provoke, encourage and sustain the art process.

The ‘Inward Eye’ Series is open to all members of the Fromm Institute who are enrolled this session. Everyone is invited to attend any or all of the lectures as they interest them.

A NEW EXHIBIT OF PHOTOS NOW ON VIEW IN FROMM HALL

The great photojournalist Lewis Hine was once quoted as saying, *“If I could tell the story in words, I wouldn’t need to lug around a camera.”* How true that sentiment can be when talking about photography and the photographer. Whether they are snapshots or works of fine art, the stories photographs hold are wordless creations that very often fill us with wonder and amazement. This Spring, two long time Fromm Institute members exhibit some of their personal photographic work in the Maier Hallway “gallery.” Both medical doctors, they’re work is as different as night and day.

The first, *‘Inward Eye’ Series* coordinator, **Joe Kaufman, M.D.** showcases a quietly beautiful series of black and white desert landscapes. These images of Death Valley almost verge on abstractions and remind one of the meditative power of solitude. The second artist, **Ralph Wallerstein, M.D.** chooses to shoot in color and his series of photos span from 1948 to the present. This personal travelogue is a testament to his photographic eye in which he skillfully captures a myriad of inspirational subjects. Those could be a vibrant print of a bridge or an exquisite portrait of a man in Egypt, his work is a study in both color and composition, of reflections and remembrances – stories captured on the road of life.

Stop by, or walk through the Maier Hallway at some point this Spring Session to view each of these wonderful collections of photographs. Repeat viewing is highly encouraged!

If you are interested in exhibiting your work in the Maier Hallway, contact Scott Moules in the Fromm Institute office.





COMMAND PERFORMANCES

SF Symphony Subscriptions & "Brown Bag" • SF Music Conservatory & "Brown Bag"

Welcome. I hope that during the break you were able to take advantage of great performances happening in the Bay Area. I saw some amazing shows such as: "Trying" with the long time Bay Area actor Ken Ruta; a marvelous John Adams opera, "A Flowering Tree," at *SF Symphony*; *Encore Theatre's* "American Suicide;" an evening with Frederica Von Stade at the *Conservatory of Music*; "Gibraltar" at *San Jose Stage*; and "Plain & Fancy" at *42nd Street Moon*.

For all the new students, I am your student volunteer Performing Arts Representative. Please be sure to get your Fromm Institute/USF Student ID Card so that you can use it for student discounts on tickets at performing arts organizations throughout the Bay Area – indeed throughout the country and the world. Ask for student discounts wherever you go and be sure to call box offices and ask for their policy on student discounts. Look for my column in the "Rooftops" and check out the display racks across from "Magnolia's Café" in the Activities Hallway to see what's new.

Those of you who have subscribed to the *SF Symphony* Student Subscriptions should now have your renewal in the mail. If not call the *Symphony*. Over 200 of you have subscribed this past year! Your deadline for renewal is May 25. If you wish to make any changes, including adding additional series, the sooner you renew the better. For all of you who are thinking of subscribing at the student 50% off price, be sure to pick up the brochure in the display rack. We will also host the *SF Symphony* for a "Brown Bag" on **Tuesday, May 1 at noon** in the **Maraschi Room**. **Mary Goto** will explain the new season and answer all your questions at that time.

On **Tuesday, May 22** the *SF Conservatory of Music* will speak to us about their new home on Oak Street at Van Ness & Market. Their schedule for April & May is in the display racks now along with membership forms. As a student you get reduced rates, free concerts and special receptions. With hundreds of concerts offered, many of which are free, there's every opportunity to hear amazing up-and-coming star musicians.

I will be on campus in classes on Tuesdays, Wednesdays, and Thursdays in Xavier 120. Be sure to look me up if you have any questions. As I begin my 11th year at the Fromm Institute with this term, I hope it will be a very rewarding and fun one for all of you. *Bob Morgan*

"RELIGION, POETRY & THE BRAIN" – A VIDEO ENCORE

This Fall Session class taught by Dr. Tom Lewis and Dr. David Watts was video recorded and Dr. Lewis has made a copy available this session for screening in Fromm Hall only. (No individual screening rights.)

Curious about how our classes look on film? Wished you had taken it? Want to revisit a class that was ground-breaking in terms of its content and style of presentation? See for yourself each week of the eight, as we present our very first video course here at the Fromm Institute.

Each **Tuesday and Wednesday afternoon, from 1 p.m. until 2:40 p.m. in the Broad Conference** room you can experience this class for the first time or recall it once again. The Fromm Institute will show lectures one through eight in this polemical series starting this week. The same lecture will be screened on Tuesday and Wednesday.

Drop in for lecture one, "An Introduction to Religion, Poetry & the Brain," on **Tuesday, April 17** or **Wednesday, April 18**.

A SAFE DRIVING COURSE AT FROMM???

The Fromm Institute Student Association wonders if any of you would be interested in a safe driving course for seniors sponsored by AARP and held in Fromm Hall. As planned, it would take place on two consecutive Friday mornings, and costs each participant only \$10. Should you wish to participate, fill out the interest form which is available at the Suggestion Box in the Activities Hallway by "Magnolia's Café." Make sure you let us know of your interest!

TOUR AND TRAVEL NEWS

WINDY CITY WONDERS IN CHICAGO



The Second City will welcome ‘frommies and friends’ September 5-9 when Professor Rod Handeland leads a tour there featuring architecture and design, together with industry and art. Student interest in his Winter Session course on public works prompted the popular professor to offer to lead this short, but comprehensive trip. Leaving the day after Labor Day and returning in time for the start of Fall Session, the tour is well-priced at \$1,299 per person. If you wish you can make your own air arrangements or add it on to the tour.

Included are four nights at the Sheraton Four Points Hotel, most meals, tours and an evening at the theatre. Also, there’s a special tour from Professor Handeland of the old South Side industrial areas, Jackson Park (the site of the Columbian Exhibition) and the town of Pullman, one of the first planned communities. He’ll also lead a walking tour of the financial district featuring the famous Chicago style of architecture. In addition the program includes a visit to the boyhood home of Ernest Hemingway, the Oak Park studio of Frank Lloyd Wright, the famous Field Museum, and a boat ride down the Chicago River. Baseball fans, take note: the Cubs will be playing at Wrigley Field that week. Join us for an informational “Brown Bag” on **Monday, April 30 in Maraschi Room at Noon**. Prof. Handeland will join us for the talk. As always, book early. Why?

Presently both the *Ashland Shakespeare Festival Tour* June 19-22 and *The Smithsonian Journey Crossing The Pyrenees* Oct. 4-15 are both Wait List Only. Wait Lists often do clear, so if you want to join either of these tours, please contact me as soon as possible with your registration deposit. The deposit is not processed until you clear. Here’s to Springtime and more Happy Travels! *Susan Kennelly*



HEALTHY AGING DESPITE A HECTIC SCHEDULE

Is stress bad? How do you know when you are experiencing stress? How do you cope with stress? What is your goal? Stress management or stress reduction? These are questions that concern anyone concerned with healthy aging, at any age.

The Fromm Institute is proud to co-sponsor the grand finale talk of USF’s Neuroscience Speaker Series: **“Healthy Aging Despite a Hectic Schedule”** and on

Monday, April 23, from 3:15 to 4:15 in Xavier, Natara Garovoy, Ph.D., M.P.H. will share some of her insights about healthy aging from her postdoctoral research fellowship at the Stanford Prevention Research Center.

The relationship between stress and health is a topic of growing importance given the impact of stress on disease and disability throughout the lifespan. These stress-related health risks include cardiovascular disease, diabetes, depression and cognitive decline. Yet, the demands on our time make it difficult to adopt and maintain healthy behaviors to manage daily stressors. This talk will focus on 1) ways in which health behaviors such as physical activity and stress management promote healthy aging; and 2) recent research efforts that explore the pathways between stress, health behaviors and disease risk.

Dr. Natara Garovoy is a Postdoctoral Research Fellow in Cardiovascular Disease, Epidemiology & Prevention at the Stanford Prevention Research Center, Stanford University School of Medicine. She is also a Clinical Psychologist in the Women’s Prevention Outreach and Education Center with the Palo Alto VA Health Care System. Her research focuses on the psychobiological pathways by which stress increases the risk for illness, and the ways in which health behaviors may positively alter this relationship across the lifespan.

You won’t want to miss this extraordinary, youthful, and dynamic speaker. Plus, there will be refreshments and a light snack served in the Maraschi Room before the lecture begins.

This lecture is sponsored by USF’s Biology Department, its Interdisciplinary Committee on Aging, the Neuroscience Minor, and the Fromm Institute for Lifelong Learning

LIBRARY LEARNING A RITE OF SPRING

Once again, the staff of the University Library will be offering instructional classes to Fromm Institute students. These classes will be taught by Joe Garity, Jennifer Davis and Michelle Yamamoto. They all take place from 3 to 4 p.m. and they are open to groups of 20 students. "Sign-ups" for these classes are in the Fromm Institute Office and require only your definite interest and determined punctuality. Student groups meet in the lobby of the library next to the Circulation Desk on each appointed day. Here's what's in store for your library learning this year.

Monday, April 30 at 3 p.m. | *Library Computer Basics*

Intimidated by the library's computers? Uncomfortable using the computer's mouse? Wish the library still had the old card catalog? This session is a very basic introduction to using computers in the library. We will practice using the mouse, seeing what is important on the screen, and understand how the library arranges the computers. We assume no prior knowledge of using computers or the library. This is a hands on session.

Wednesday, May 2 at 3 p.m. | *Finding Books in Gleeson Library*

Know how to use a computer, but still not sure where things are in Gleeson? In this session, we will tour the library building, visit the Rare Book Room, and then do some hands on practice using Ignacio, the USF library catalog, to find books in the library. Then we'll look at Link+, which lets you search the catalogs of over 40 libraries and borrow books from them.

Tuesday, May 8 at 3 p.m. | *Finding Magazine and Newspaper Articles Using Gleeson Library's Computers*

In this session, we will briefly tour the library's Periodicals Department to see the library's holdings. Then we'll do some hands on practice to find magazine and newspaper articles on the library's computers. Gleeson subscribes to over 150 databases, like LexisNexis, which have a vast amount of articles and news sources.

Thursday, May 10 at 3 p.m. | *Where is the Web Going?*

This session we will look at what is now being called Web 2.0. More and more of the content on the web is "user-created." We'll look at some of these sites, like Wikipedia, MySpace, Digg, that let users have more control over their content. What are the issues these kinds of sites raise?

by **RANDY HARRISON**

FROMMTOONS



WHERE TO GO? 2007 SPRING SESSION CLASS LOCATOR.

MONDAY

<i>10:00-11:40 a.m.</i>		
Minninger*	"Meeting the Muse Halfway"	Broad 111
Levy	"Computers: The Inside Story"	Maier 110
Fracchia	"Rome: Portrait of a Civilization, II"	Berman 115
Thaler	"Aging and the Mind"	Xavier 120
<i>1:00-2:40 p.m.</i>		
Zimbardo*	"Paradise Lost: The Great English Epic"	Maier 110
Bassan	"Poe, Hawthorne & Melville"	Berman 115
Rothmann*	"The Life & Times of Richard Nixon"	Xavier 120

TUESDAY

<i>10:00-11:40 a.m.</i>		
Krause*	"A Seminar on the Shoah"	Broad 111
Harrison	"Wisdom 101"	Berman 115
Prosnitz	"The Eye of the Collector"	Xavier 120
Maier	"Estate Planning"	Maier 110
<i>1:00-2:40 p.m.</i>		
Muenk*	"The Iliad & The Odyssey"	Maier 110
Rodetis*	"Prof. Rodetis Explains Modern Art"	Berman 115
Watts & Buxton*	"The Beat Generation & All That Jazz"	Xavier 120

WEDNESDAY

<i>10:00-11:40 a.m.</i>		
Various Lectures	"'Inward Eye' Series"	Xavier 120
<i>1:00-2:40 p.m.</i>		
Friedman	"The Other Victorians"	Maier 110
Pierson	"Europe 1610-1713: A Century of Genius, Grandeur & Crisis"	Berman 115
Eilenberg*	"America on Stage & Screen: The Sixties"	Xavier 120

THURSDAY

<i>10:00-11:40 a.m.</i>		
Simon	"Calculus: Part II"	Broad 111
Ryan	"The Ashland Plays 2007"	Berman 115
Houle	"Opera in the 18th Century"	Xavier 120
<i>1:00-2:40 p.m.</i>		
Luppoli	"The Culture of Death and Violence"	Broad 111
Bonds	"Love and Sexuality in Medieval Europe"	Berman 115
Shaw	"Russian Art Culture & Life: 1860-1930's"	Xavier 120
Edwards	"How to Create Your Legacy..."	Maier 110

* **THIS CLASS IS FULL. NO NEW ENROLLMENTS ACCEPTED.**



UPCOMING EVENTS & REMINDERS

INWARD EYE SERIES:

Wednesday, April 18
10 a.m., Xavier

Rova Saxophone Quartet *presents*
"Eye Music for Ears"

Wednesday, April 25
10 a.m., Xavier

Tari Kerss, Fiber Artist, Sonoma *presents*
"Magnifying the Inner World Through Art"

Wednesday, May 2
10 a.m., Xavier

Victoria Vensa, Dept. of Design/Media, UCLA *presents*
"The Collaboration Between the Artist and the Scientist"

FROMM INSTITUTE SPECIAL LECTURE:

Mon., April. 23
3:15 p.m., Xavier

Natara Garovoy, Ph.D., M.P. H. *speaking on...*
"Healthy Aging Despite a Hectic Schedule"

ON-GOING:

Photography by Ralph Wallerstein, M.D. and Joe Kaufman, M.D. on view throughout the Spring Session in the Maier Hallway.

"Religion, Poetry & the Brain" - A Video Encore. Each Tuesday and Wednesday at 1 p.m., screened in the Broad Conference Room.



**The Fromm Institute
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at the University of San Francisco

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