TELL US A LITTLE ABOUT YOURSELF...

featuring Dawa Dorjee

Lifelong learning at the Fromm Institute takes many forms, including learning about one another. Everyone at the Fromm Institute is familiar with Dawa’s smile and the way he helps everyone get to classes, find a seat, and access past handouts. Dawa started working at the Fromm Institute in October 2008, but there is still so much we don’t know about him. We put together a few questions that will help us get to know Dawa just a little bit better:

Where are you from?
Lhasa, Tibet. I was born in Tibet, and attended boarding schools in the Himalayan foothills of India until 12th grade. I have lived in the San Francisco Bay Area for the last 13 years.

If you could live anywhere, where would it be?
Millbrae. The weather is perfect – not too windy, not too cold. There are some really good restaurants and cafes, and hiking grounds. I like living close to the Ocean, Pacifica and Half Moon Bay are just down the hill.

What irrational fear do you have?
I can’t think of any, however on second thought, I realized that growing up I used to be very afraid of water, of swimming. Now I know how to swim a little better so that fear seems to be waning.

What is your proudest accomplishment?
Becoming a US Citizen and the sense of belonging to a country of my own.

Who knows you the best?
My mom – she can read me the best. We have a strong mother-son bond. I talk with her about many of my problems and issues and she is a very resourceful person, always.

Would you rather ride a bike, ride a horse, or drive a car?
Drive a car. Driving allows me to listen to music and talk to people. I also like driving fast.

What would you do if you won the lottery?
I would buy a small house in the peninsula, Millbrae area.
What’s your favorite holiday?
My favorite holiday is Christmas because it is very colorful, people are cheerful, and because of the decorations. I also like the onset of the Winter months.

What is one thing you are glad you tried, but would never do again?
Weight lifting – I lost weight in the beginning and then lost interest.

Who is your go to band or artist when you can’t decide on something to listen to?
I like a band called Imagine Dragons. Daniel Reynolds is the lead singer. Their music is very human spirit driven.

What movie best describes your life philosophy?
There is a movie called Rabsel Dawa or Brilliant Moon: An Autobiography of Dilgo Khyentse Rinpoche. It is the life story of one of the holiest Tibetan teachers escaping Tibet. It talks about dislocation and uprootedness, but there is also a lot of compassion, hope, courage to embrace love, and nonviolence.

What interest do you have that you are ashamed to admit you love?
I like to sleep until noon, eat, and do nothing else on Sundays.

What traits do you look for in others?
Honesty, creativity, endurance, humor, and compassion.

What do you like most about the Fromm Institute for Lifelong Learning?
I enjoy learning along with the Fromm students. If the Frommies are reading the handouts in the classrooms, I read those materials in the evenings. Sometimes on my iPhone and laptop during my commute using apps that can read letters. I try to catch up every week!

FROMM INSTITUTE IS A PLACE OF MUTUAL RESPECT

Please consider these simple gestures:

TRY TO BE ON TIME. IF YOU ARE LATE, PLEASE CLOSE DOORS QUIETLY.

PICK UP AFTER YOURSELF.

DON’T USE ADDITIONAL SEATS AS STORAGE OR SAVING SEATS.

RETURN FOUND ITEMS TO THE OFFICE.

ADD ONLY CLASSES THAT ARE ‘OPEN’, AND LET US KNOW IF YOU ARE ADDING.

IF YOU NEED A HAND-OUT FOR A CLASS, VISIT OUR WEBSITE WWW.USFCA.EDU/COURSE-MATERIALS.HTML.

OFFER A COMPLIMENT BEFORE A COMPLAINT.

HAVE A SUGGESTION? MAKE AN APPOINTMENT.

USE THE CLASSROOM PHONE TO PLACE A CALL FOR A TAXI.

BE WELL, AND ENJOY YOUR TIME AT THE FROMM INSTITUTE!
UPDATE YOUR INFO INCLUDING YOUR EMAIL ADDRESS
Make sure the Fromm Institute office has your most up-to-date contact info including your mailing address, phone numbers, and most importantly your current email address. As the Fromm Institute office becomes more digital, email addresses will be used to let you know of a last minute class cancellation or an important University wide announcement that may affect you. Stop by the office or call/email us with your updated info today! The office number is 415-422-6805 and the Institute’s email contact is fromm@usfca.edu.

PLEASE BE ON TIME & SILENCE YOUR CELL PHONES
As a courtesy to your faculty members and to your fellow students please arrive to class on time. Should you arrive late, please make every effort to enter the room without making too much of a commotion and close the doors quietly. Additionally, every student who carries a cell phone with them should silence the device before class begins. Thank you for your help in keeping our classrooms free of unintended distractions.

YOUR LAST CHANCE TO ADD A COURSE TO YOUR SCHEDULE
An Important detail to keep in mind is that of our Census Date. The last day that you can add a course to your schedule is Thursday, April 26. While you can drop a course for any reason at any time, keep in mind that if you wish to add another course, and it is open, the last day to make that change is at the end of the third week of classes. Thank You!

LET’S BE SCENT SENSITIVE
Here is a reminder to all that some of our fellow students do have an unpleasant reaction to the colognes and perfumes that others wear easily. For the sake of all, please use your favorites sparingly. Thank you.

STAY WELL DURING THE LAST OF THE RAINY SEASON
A reminder to wash your hands and sanitize them at every chance you get during the end of rainy season. Also, if you are “under the weather,” the last place to be is in a Fromm classroom. Take care of yourself, stay home and rest, rather than struggle in to Fromm Hall coughing and wheezing on others around you. We know it’s tough to keep away from something you love, but this ounce of prevention will be a pound of cure for everyone’s general well being.

ACTIVITY HALLWAYS DISPLAY RACKS
In the Display Racks you will find brochures on Tour & Travel Programs, Performing Arts material such as select Programs from current and recent shows, and performances for you to look through, and info that USF and other civic organizations wish to share with you. Peruse them as you would like, taking anything home with you except those marked “FROMM HALL COPY: DO NOT REMOVE.” That way we will have season programs for the entire year for you to reference. You will also find “ARTS MONTHLY” magazines on the tables nearby.
PROF. LYNNE KAUFMAN INVITES FROMM STUDENTS TO HER PLAY AT THE MARSH

"Two Minds," written by Lynne Kaufman has this intriguing storyline: Ever wish you could make better decisions? So did Daniel Kahneman & Amos Tversky, two brilliant Israeli psychologists who won a MacArthur Genius Award and a Nobel Prize for their groundbreaking research on how we think. The two men were so intellectually aligned they could finish each other's sentences, but emotionally their difference tore them apart.

"Two Minds" is playing **May 4 - June 9** at **The Marsh** in San Francisco: **Fridays at 8 p.m., Saturdays at 8:30 p.m., and Sundays at 5:30 p.m.** Fromm students will get $10 off their ticket price by using the code word "Fromm" at time of purchase.

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A REMINDER ON SEAT SAVING

In our experience, nothing irks Fromm students more than other students who put their belongings down on a seat at 11:45 a.m. only to return from lunch an hour later! “It’s impolite!” and “That’s just not fair!” Nor is saving a seat at any time in any but the following way.

Students who have a legitimate reason for a particular seat location in a classroom should use the seats demarcated with a “Reserved” Seat sign. They’re gladly provided to anyone with a need of any kind, to Care Corps Volunteers, or to special guests. If for some reason, you have a special need and there is not an available “Reserved” Seat sign, come to the Fromm Institute office to pick one up. For those students who have saved a seat without a sign, you may not hold a seat for longer than five minutes by leaving your books, papers or jacket on it. If you do, be aware that the staff, a Care Corps Volunteer or any other student is empowered to clear the seat and offer it to someone who needs it — or to take it themselves. Finally, for “Overflow” classes, except for Care Corps Volunteers or your personal urgency, students must be seated in Xavier 10 minutes before class begins.

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GENERATION TO GENERATION LUNCHEON DISCUSSIONS

Bring a lunch and a friend to join USF students in a Lunchtime Discussion happening **April 17th from 11:45-12:45 in Kalmanovitz Hall Room 163.** We gather during USF’s dead hour to compare viewpoints and experiences between the generations regarding a topic of our choice! Don’t miss this chance to meet students with whom Fromm shares a campus for a relaxing and engaging lunch gathering. Contact the club at **gen2genclub@gmail.com** for questions and more information. See you there!

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WALK DON’T RUN

**A Mid-day Meet-Up Walking Club for Fromm Students led by Zohar Lahav**

This group is a “meet up” — a walking group of independent adults who meet for the purpose of walking during breaks from Fromm Institute Classes. The walk leader is Zohar Lahav. Currently students walk about 30 minutes to the Golden Gate Park and back, including both light downhill and uphill segments. Walks will be held on Mondays and Wednesdays this session, beginning on **Monday, April 16.** Meet by the front entrance to Fromm Hall. The walking club will take a break on April 25th, 30th and May 2nd as group leader Zohar Lahav is away on a trip. For more information on the the walking group seek out Zohar, he’s here on Mondays and Wednesdays. He’s also prepared a handout outlining the benefits of walking. Pick one up at the Student Association dues booth, or in the Fromm Institute office.
FROM THE PRESIDENT

“All It Takes is $5 per Session...” by Lois Roach

The Fromm Institute Student Association (FISA), consisting of four officers, four steering committee members and several volunteers, exists to enhance the social life of the Fromm Institute student body. This Spring, FISA has planned three noon time concerts, two special performances along with Tour and Travel “brown bags” and a Performing Arts “Q & A.” It is your voluntary FISA dues ($5 per session, $15 per academic year) which pay for these events and accompanying treats. Unfortunately, the amount of dues taken in during the past several sessions has been decreasing and the result will be less concerts, presentations and less edible treats for you to enjoy during the 2018 Fall Session. Stop by the FISA Dues Booth today, in its new location in the Maraschi Hallway, to contribute your $5 dues to help support FISA’s activities this Spring and in the next academic year.

TOUR & TRAVEL NEWS

“Welcome Back!” by Susan Kennelly

Three chances to travel await you, all planned with Frommies in mind.

First up our annual trip to the Ashland Shakespeare Festival to view some of the best theater in the West: June 19-22. This is the 18th year we’ve done this trip, so you know there’s a whole lot right. To begin there is roundtrip transportation by deluxe motorcoach direct from Fromm, a stay at Ashland’s best hotel with daily breakfast, teatime and midnight snack, a welcoming dinner at a luxury restaurant and four plays performed in three theatres including a replica of Shakespeare’s own Elizabethan. Add to this private lectures, a backstage tour, Q&A with a Company member and you have a tour acclaimed by all who have experienced it and now copied by many theatrical and educational groups - but none offering so much for the price.

Plays this year include Othello in a modern setting, Romeo & Juliet, Jane Austen’s Sense and Sensibility, and the choice between Rodgers & Hammerstein’s Oklahoma! or Shakespeare’s Henry V. Deadline for signups is the end of April so hurry!

Coming this summer beginning August 15 is the 7-night Canadian Rockies & Glacier National Park tour. This is an airplane-motorcoach-icefields snowmobile-red jammer touring car, packed with gorgeous scenery and breath-taking views. Featuring three nights at one hotel in Banff, and single nights at such spots as Glacier Park Lodge and the Caribou Lodge, your Rough-and-Ready trip to America and Canada’s wild West is made easy!

Finally there is an art and experience Tour to Venice October 11-22 with Renaissance expert Dr. Sunnie Evers. A professor at Stanford and at Berkeley, her art history classes here at Fromm have been packed with students eager to hear her every word on the Masters. You’ll meet Titian and Tintoretto, Veronese and Vivaldi first hand in this fabled city.

Stay at a 4-star hotel near St. Mark’s Square, have a private tour of the Correr Museum, enjoy a classical concert and visit the glass-blowing island of Murano. You can see Giotto’s frescoes in Padua, walk through the gardens and villas designed by Palladio in the Veneto, ride a vaporetto or a gondola. Daily breakfast is included as are 5 dinners at hand-picked restaurants. The tour begins and ends in Venice so travelers can use their airline mileage if desired and visit other spots in Italy before or after the tour. Participation is strictly limited and only a few places remain. Deadline is June 1.

Flyers on all tours are in the Activities Hallway. And come to my “brown bag” slide show presentations on April 26 and May 24 for an advance view. My guarantee - Happy Travels! Susan Kennelly
MATINÉE SERIES
“Calling Cinephiles Everywhere – at Fromm!” by Maxine Einhorn
Our film series this Spring session will strive to offer something for everyone with a selection of films related to classes. The intention is to enrich the scholarship offered by our professors through film adaptations illustrating course materials. The Spring Matinée Calendar is below. See you at the movies!

<table>
<thead>
<tr>
<th>April</th>
<th>Maraschi</th>
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<tbody>
<tr>
<td>Wednesday 18th</td>
<td>Teacher’s Pet (1958)</td>
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<td>2 hrs</td>
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<td></td>
<td>Directed by George Seaton</td>
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<td>Thursday 26th</td>
<td>Ragtime (1981)</td>
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<td></td>
<td>Part 1 – 80mins</td>
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<td>Directed by Milos Forman</td>
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<tr>
<th>May</th>
<th>Maraschi</th>
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<tr>
<td>Wednesday 9th</td>
<td>Sweet Smell of Success (1956)</td>
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<td></td>
<td>96 mins</td>
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<tr>
<td></td>
<td>Directed by Alexander Mackendrick</td>
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<tr>
<td>Thursday 10th</td>
<td>Ragtime (1981)</td>
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<td></td>
<td>Part 2 – 75 mins</td>
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<td></td>
<td>Directed by Milos Forman</td>
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<td>Thursday 24th</td>
<td>Slaughterhouse 5 (1972)</td>
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<td></td>
<td>1 hr 44 mins</td>
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<td></td>
<td>Directed by George Roy Hill</td>
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<tr>
<td>Wednesday 30th</td>
<td>All the President’s Men (1976)</td>
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<td></td>
<td>2 hrs 18 mins</td>
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<td></td>
<td>Directed by Alan J Pakula</td>
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<tr>
<td>Monday 21st</td>
<td>The Dead (1987)</td>
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<td></td>
<td>1hr 23 mins</td>
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<td></td>
<td>Directed by John Huston</td>
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WELCOME COMMITTEE
“Book Discussion, New Members Lunches and Fall Session Preview” by Frances Pinnock
“Yes, the newspapers were right: snow was general all over Ireland. It was falling softly upon the Bog of Allen and, further westwards, softly falling into the dark mutinous Shannon waves. It was falling too upon every part of the lonely churchyard where Michael Furey lay buried. It lay thickly drifted on the crooked crosses and headstones, on the spears of the little gate, on the barren thorns. His soul swooned slowly as he heard the snow falling faintly through the universe and faintly falling, like the descent of their last end, upon all the living and the dead”. - The Dead by James Joyce
Join us. Watch the movie with us. Read the story. And let’s discuss.

Movie: Mon., May 21st at 3 p.m., Broad Room  Discussion: Tues. May 22nd at noon, Broad Room

NEW FROMMIES ORIENTATION LUNCHES
At noon on April 23rd, 24th and 25th, in the Maier Room, all new Frommies are invited to a welcome lunch. We hope all of you who are new to Fromm can attend to hear from experienced students about their experiences joining the Fromm Institute community. An information sheet that has been put together by some Fromm students to help you navigate around Fromm will also be provided. If you sign up with the office, we will provide you with a lunch, but even if you decide to attend at the last moment, that’s fine.

FALL SESSION PREVIEW
Towards the end of the semester we will have one or two sessions previewing the Fall classes in which “seasoned” Frommies will give their candid opinions on the upcoming classes and the professors. So watch for a date and time in an upcoming “Rooftop.”
**COMMAND PERFORMANCES**

“Welcome to Spring 2018” by Robert Morgan

Welcome to Spring and our last Term of the 2017-18 Fromm Year. I begin my 22nd year at Fromm now and end my 18th year as your FISA volunteer Performing Arts Representative. I will be at Fromm in classes all day Tuesdays and on Wednesday afternoon, so look for me before class and at break during those days in the Activities Hallway if you have any questions regarding the Performing Arts.

**ATTENTION NEW STUDENTS** (and returning) On **Wednesday, May 9th at noon in the Berman Room** I will hold my last Performing Arts Q&A for the year. I will explain how to use your Fromm/USF Student ID to get discounts on any kind of ticket you order, as well as how to use the websites of many of the performing arts groups. This will apply to the Bay Area and wherever you may be traveling this summer.

**MUSIC CONCERTS:** Once again FISA has arranged 3 **SAN FRANCISCO CONSERVATORY OF MUSIC** concerts this session. All of these will be at **noon in the Maraschi Room** and as always will last 45 minutes. We will have a **4 Hands Piano Duo coming up on Thursday, April 19,** and a **String Quartet on Tuesday, May 1,** and a **Jazz Group on Monday May 7th.** If you are here on any of those dates be sure to mark your calendars now to attend, because you know if you have attended in the past that they are always a full house as these young student/musicians are really amazing.

**PERFORMING ARTS GROUP TALK:** On **Wednesday, May 30th at noon in the Berman Room,** I have invited **Brian Katz** to come and talk to us about the 2 Theatre groups he is affiliated with: The **CUSTOM MADE THEATRE** on Sutter street in downtown SF and the **AURORA THEATRE** in Berkeley. Brian is the Founder and Artistic Director Of **Custom Made** which celebrates it’s 20th anniversary this year. And he is the Marketing Director of the **Aurora Theatre** and he will discuss both theatres upcoming 2018-19 seasons so be sure to join us for this Brown-Bag talk.

**SAN FRANCISCO OPERA: THE 1/2 PRICE FROMM STUDENT BROCHURES** for the 2018-19 season are in the middle right display rack. If you have not taken advantage of these yet pick one up and check it out. There are series with as few as 3 operas and some with a full season for you to choose from, so be sure to look at them before you leave for the summer.

**SAN FRANCISCO SYMPHONY:** Though we no longer have student discount series for the Symphony, there is what are called the “**SILVER SAVER PACKAGES.**” These are series of 6 or 8 matinee performances for seniors on Thursdays and Sundays. We will not have the forms until mid-May in the display racks but you should call the SF Symphony box-office and tell them that you are “A SENIOR” and want to be identified as such in their computer and want to receive Senior Saver order forms from them by mail or email when they are available in May. Of course look for them when I get them in the right middle display racks where the Symphony season brochures are already placed for the 2018-19 season.

**HUMANITIES WEST:** The final program “**LUCREZIA’S FAMILY:THE RENAISSANCE BORGIA DYNASTY**” is at the Marines Memorial Theatre on **Friday and Saturday May 4 & 5.** The info postcards are in the far right display racks and because Fromm Institute is an Institutional sponsor you are entitled to discounts on 1 or both days.

Season Brochures for next season are available for many performing arts organizations in the display racks now and more will be coming in throughout the Spring Term as well as postcards on individual performances, so be sure to check weekly before you leave for the summer. Here’s wishing you a terrific Spring term ahead at Fromm.
LUNCHTIME EVENTS

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Event Description</th>
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<th>Location</th>
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<tbody>
<tr>
<td>Thur.</td>
<td>4/19</td>
<td>“SF Conservatory Concert - Piano Duo”</td>
<td>Noon</td>
<td>Maraschi Room</td>
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<tr>
<td>Mon.</td>
<td>4/23</td>
<td>New Members Meet &amp; Greet*</td>
<td>Noon</td>
<td>Maier Room</td>
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<td>Tues.</td>
<td>4/24</td>
<td>New Members Meet &amp; Greet*</td>
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<td>New Members Meet &amp; Greet*</td>
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<td>Thur.</td>
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<td>“Tour &amp; Travel - Canadian Rockies”</td>
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<tr>
<td>Tues.</td>
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<td>“SF Conservatory Concert - String Quartet”</td>
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<tr>
<td>Thur.</td>
<td>5/3</td>
<td>“Jeff Raz Performance”</td>
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<tr>
<td>Mon.</td>
<td>5/7</td>
<td>“SF Conservatory Concert - Jazz Group”</td>
<td>Noon</td>
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<tr>
<td>Wed.</td>
<td>5/9</td>
<td>“Performing Arts Q &amp; A”</td>
<td>Noon</td>
<td>Berman Room</td>
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*Please RSVP to the Fromm Office. Must be a New or Newish Fromm Member.

FISA NEWS • FROMM INSTITUTE STUDENT ASSOCIATION NEWS

CLOWNING AROUND
“A Special FISA ‘Brown Bag’ featuring Jeff Raz” by Linda Allan
This session the Fromm Institute Student Association has invited actor, director, teacher and circus performer Jeff Raz to perform in a “Brown Bag” at Noon, on May 3 in the Maraschi Room. Spanning a career of over 35 years, Jeff founded The Clown Conservatory in 2000 and directed the program until 2010. He is now the Bay Area Casting Partner for Cirque du Soleil, the Artistic Director of the Medical Clown Project and a director of global consulting firm Stand & Deliver. Join him for a lively 40 minute program brought to you by your Student Association $5 dues.

FREE WALKING TOURS OF SAN FRANCISCO
SF City Guides is a program started in 1978 conducted through the auspices of the Main Library. It started with a germ of an idea by the then City Council President Dianne Feinstein. It is a non-profit organization to benefit both the visitors and residents of San Francisco in the historical, physical and cultural aspects of our city, San Francisco. An example tour would be “City Spaces and Public Places” where you will discover hidden space and public gardens while learning about the colorful history and distinctive architecture of SF Financial District.

While the walking tours are free, we do accept donations after the tour to help fund our non-profit. Over 80% of funding comes from the over 40,000 walkers we have yearly. Over 275 volunteer guides, more than 50% of whom live outside San Francisco city limits conduct the 70 plus tours monthly. Our only paid employees are the director and his assistant. The ages of the tour guides range from 20 to their 80’s.

I am a Fromm student and also a city guide and would like to invite anyone interested, to join me or some of my other tour leaders on the 2nd or 4th or 5th Monday morning at 11 a.m. at Kearney St. and Maiden Lane for the “Rowdy and Naughty” tour. Also, check out the website at sfcityguides.org for more info or to read about all the wonderful tours offered.

Your fellow student, Peggy Caughlin