



The Fromm Institute For Lifelong Learning

at the University of San Francisco



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THANK YOU FOR OUR FROMMUNITY OF LIFELONG LEARNERS

As we reach the end of another wonderful session, I want to take a moment to express my gratitude to our entire Fromm Institute community—our Frommunity. Each session reminds me how fortunate I am to do this work alongside such thoughtful, curious, and kind people.

To our 891 students this Fall Session—thank you. Whether you joined us in person (549 of you) or only online (342 of you), your patience, enthusiasm, and love of learning brings the Fromm Institute to life. You keep us inspired and energized every day with your curiosity and openness to new ideas.

To our Fall faculty—thank you for sharing your wisdom so generously. You are the heart of the Fromm Institute, and your scholarship, preparation, and passion for teaching enrich us all.

To our Board of Directors—thank you for being the foundation that sustains our mission. Your quiet leadership and guidance ensure that the Fromm Institute continues to thrive for generations of lifelong learners to come.

To President Salvador Aceves and the University of San Francisco—thank you for watching over our safety, and providing the nurturing, supportive community of which the Fromm Institute is proud to be a part. Our partnership with USF allows us to flourish within a vibrant, values-driven university community that shares our belief in lifelong learning and the power of education to enrich lives.

And to our administrative team & student employees—thank you for being the glue that holds it all together. Your warmth, dedication, and grace make the Fromm Institute such a special place. Every Fromm student has a favorite one of you—all with good reason.

In these uncertain times, it's comforting to pause and reflect on the people and places that ground us. For me, that's all of you. Though this note may not convey the full measure of my gratitude, please know that I'm sending a heartfelt prayer of light and love to you and your loved ones as we approach the winter holidays and a new year.

Thank you for being part of this extraordinary community—and for reminding me, every session, how much good there is in the world.

Warmly,
Derek Leighnor
Executive Director

Important Dates - (For more information & enrollment, please visit <https://fromminstitute.my.site.com/courses/>)

FALL 2025 ISSUE #3 | NOVEMBER 2025 NEWSLETTER

02 WELCOME!

Discover, Engage & Connect

OUR MISSION

The Fromm Institute, a "University within a University," stages daytime courses for retired adults over 50 years of age. Founded by Alfred and Hanna Fromm in 1976, the Institute offers intellectual stimulation and social camaraderie by introducing members to a wide range of college level learning opportunities with access to the facilities and services at the University of San Francisco.

OUR VALUES

The Institute has a firm commitment to learning, believing that older students should be able to learn within a peer setting and be taught by emeritus professors of their own age. The Fromm Institute welcomes people regardless of previous academic achievement or their ability to pay a modest membership fee. As an independent, non-profit program on the USF campus, The Fromm Institute appeals to its members and to a broader philanthropic community for the financial support of its mission. This San Francisco "original" serves hundreds of older students each day, and includes thousands among its lifelong learning student body and alumni.



OUR STAFF

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ACADEMIC CALENDAR

Fall Session 2025

- October 27-30 - Bring a Friend to Fromm Week
 - October 30 - Last Day of Classes
 - November 3-6 - Make-Up Week

Holiday Session 2025

- December 9 & 10

Winter Session 2026

- October 27, 2025 - Catalogs Available / Enrollment Begins
 - January 7, 2026 - Winter Gather Together Event
 - January 12-March 5 - Classes in Session
 - March 9-12 - Make-Up Week
 - January 19 - Martin Luther King Jr. Holiday (no classes)
 - February 16 - Presidents Day Holiday (no classes)

FALL 2025 ACADEMIC CALENDAR

Classes End
October 30, 2025

Make-up Week
November 3-6



HOW TO RESET YOUR FROMM PASSWORD ARE YOU HAVING DIFFICULTY LOGGING IN TO YOUR ACCOUNT?

To access the Zoom link for your Hybrid & Online Classes:

1. Go to <https://fromminstitute.my.site.com/courses/>
2. Click **Log In** in the upper right corner
3. Click **Forgot your password?**
4. Enter your **username**. This should be your email address
5. Check your inbox or spam folder for the reset password link

ACCESSING ZOOM LINK FOR ONLINE COURSES DON'T WAIT FOR THE COURTESY ZOOM REMINDER

To access the Zoom link for your Hybrid & Online Classes:

1. Go to <https://fromminstitute.my.site.com/courses/>
2. If you are not logged in, click **Log In** in the upper right corner
3. Click **My Class Schedule**
4. Scroll down to the course and select **JOIN**
5. Follow Zoom instructions for joining the meeting

ACCESSING COURSE MATERIALS UPDATES TO OUR NEW WEBSITE

To Access Course Handouts & Course Recordings:

1. Go to <https://fromminstitute.my.site.com/courses/>
2. If you are not logged in, click **Log In** in the upper right corner
3. Click **My Class Schedule**
4. Scroll down to the course and select **More Details**
5. Along the left, navigate to **Class Recording** or **Course Material**

REGISTERING FOR SPECIAL EVENTS FROMM INSTITUTE STUDENT ASSOCIATION EVENTS

1. Go to <https://fromminstitute.my.site.com/courses/>
2. If you're not logged in, click **Log In** in the upper right corner
3. Click on **Special Events**
4. Select **Add to Cart** for the events you are interested in attending
5. Scroll back to the top and select the **cart icon** to complete checkout

DAY 1 - TUESDAY, DECEMBER 9

10AM-11:40AM Prof. Nikolaus Hohmann: “Dreams, Drugs & Divine Inspiration”

Where does inspiration really come from? This lecture explores the often surprising, quirky, and even bizarre sources that have sparked great works of art, music, and literature throughout history. Whether you paint, write, or simply enjoy the arts, you'll find amusement, insight, and more than a few unexpected stories behind masterpieces across the centuries.

Lunch

Napa Valley! Salad: butter lettuce with shaved radishes, citrus segments, avocado, lemon shallot vinaigrette, spiced pepitas, Cajun grilled salmon filet with Italian salsa verde (meat option), tandoori portobello mushroom steak (vegetarian option), whipped mashed potatoes, jeweled quinoa with parsley, celery, carrots, onions, dried cranberries, sunflower seeds, and French macarons for dessert.

1PM-2:40PM Prof. Avril Angevine: “A Look At Photography Today”

Now that everyone has a smartphone, and millions of (mostly forgettable) images are posted daily, can photography still challenge, engage, delight, and unsettle us? How have visual artists used photography to participate in the postmodern redefinition of art as social engagement and cultural critique? Learn about new directions in contemporary photography through the work of Cindy Sherman, Gillian Wearing, Vik Muniz, Lewis Baltz, Larry Sultan, Richard Misrach, Anthony Hernandez, Dawoud Bey, Cara Romero, LaToya Ruby Frazier, and Zanele Muholi—artists whose work involves new materials, new processes, and new subjects.

DAY 2 - WEDNESDAY, DECEMBER 10

10AM-11:40AM Prof. Larry Eilenberg: “Heavenly Messengers: Angels on Stage & Screen”

From guardian angel Clarence in the holiday favorite “It’s a Wonderful Life” to the more ominous title characters of Tony Kushner’s “Angels in America,” these celestial visitors have figured prominently in some of our best-known plays and films. This lecture will consider the variety of forms and functions that angels have taken on our stage and screen.

Lunch

Mangiamo! Caesar salad, lasagna bolognese (meat option): layered pasta, sauteed natural ground beef, marinara sauce, herbed ricotta, topped with mozzarella, roasted eggplant moussaka (vegetarian option): Layers of eggplant, roasted peppers and potato with warm spiced tomato ragout and goat cheese bechamel, calabrian roasted broccolini, oregano and garlic roasted fingerling potatoes, and petite cannoli for dessert.

1PM-2:40PM Prof. David Möschler: “Swinging the Classics: Ellington, Strayhorn, and Tchaikovsky’s Nutcracker”

Join us as we get in the holiday musical mood with Tchaikovsky's seminal 1892 ballet The Nutcracker and dive deeper into the influence it had on popular culture in the 20th century and beyond with Duke Ellington and Billy Strayhorn's groundbreaking jazz arrangement of the suite from 1960. We'll listen and watch excerpts, discuss and play musical themes, while exploring Ellington and Strayhorn's philosophy of music and genre and how this delightful piece gave rise to a tradition all its own. No prior background with classical music, jazz, or ballet is required.

\$200 For 2 Days - Or \$100 Per Day (Proceeds will support the Fromm Institute Program)

***Purchase Tickets Online or Contact the Fromm Institute:**

Online: fromminstitute.org Call: (415) 422-6805 Email: info@fromminstitute.org

SHARE YOUR FROMM STORY!

AS WE PREPARE FOR THE FROMM INSTITUTE'S 50TH ANNIVERSARY IN 2026, WE WANT TO HEAR FROM YOU!

- Do you have a favorite class that stuck with you?
- A memorable moment or friendship made at Fromm?
- A story about how lifelong learning has enriched your life?

Send us your reflections — big or small — and be part of our anniversary celebration. Selected stories and quotes will be shared in upcoming newsletters, on our website, and at anniversary events.

Please email your story (and a photo if you'd like) to **Herbert@FrommInstitute.org**.

Your voice is part of the Fromm legacy — let's celebrate it together!

FROMM INSTITUTE CONNECTS WITH NEW RETIREES AT UCSF FAIR DIVERSITY TASK FORCE AT THE FROMM INSTITUTE FOR LIFELONG LEARNING

On Wednesday, October 8, 2025, Fromm Institute Diversity Task Force members Linda Marks and Arlene Waksberg proudly represented the Institute at the 2025 UCSF Retirees Fair, held at UCSF's Millberry Union on Parnassus Avenue in San Francisco.

At the event, Linda and Arlene engaged with newly retired UCSF employees, sharing information about the Fromm Institute's mission and upcoming programs. Their warm and welcoming presence generated strong interest, with several retirees providing their contact information and expressing enthusiasm about enrolling in future sessions.

A heartfelt thank you to Linda and Arlene for their dedication and impactful outreach—and kudos to the Diversity Task Force for continuing to champion inclusion and community engagement at every opportunity!

TAC BAZAAR



Discover and shop beautiful textiles, one-of-a-kind jewelry, and unique vintage clothes at the upcoming TAC Bazaar! Join us for a curated collection of handcrafted treasures. This is a one-day special event with free entry and free parking. It is also accessible via MUNI #38.

Saturday, November 8, 2025 from 10 AM - 4 PM

**St. Mary's Cathedral Event Center
111 Gough St (at Geary)
San Francisco, CA 94109**



FROMM STUDENT ART GALLERY FALL '25 SESSION DURATION

Artist: Robert Socklov

Come experience the evolving cityscape through the eyes of Bob Socklov. His captivating paintings—ranging from vintage views of San Francisco to impressionistic skylines—offer a unique, heartfelt perspective shaped by decades of observation and creativity. Join us at Maier Hallway Gallery to view Bob's latest collection. Whether you're a longtime admirer or discovering his work for the first time, his art invites you to see the familiar in a new light.

06 STUDENT ANNOUNCEMENTS

Discover, Engage & Connect

NOT BORN YESTERDAY - [HTTPS://NOTBORN YESTERDAYPODCAST.ORG/](https://notbornyesterdaypodcast.org/)

LED BY FROMM STUDENTS MIRIAM GOODMAN & LYNN WINTER GROSS

The show explores the issues and opportunities of getting older with experts in the field. Listen to the latest episodes:

“1000 Grandmothers can change the world”

Today we are talking with older women who are reacting to the climate crisis. Called *1000 Grandmothers for Future Generations*, they support the rights and communities dealing with climate justice today with action and community building. Nancy and Pat will inspire listeners with their devotion and commitment to lead us into the future. Whatever your personal cause may be, these guests will remind you that anyone, or any age, can make a difference.

“Do You Suffer From Political Trauma?”

Change is hard, so today we talk about the emotional impact of the many political changes the new administration has imposed. Whether you support or reject the current president's programs and enforcement, these issues influence feelings of safety, community, connection and identity. Children and adults of all ages are reporting higher levels of anxiety than ever before.

Our guest expert, therapist Ariella Cook Shonkoff, says many of her patients are reporting increased stress and offers advice on how we can all deal with it.

Brought to you by NEXTVillageSF.org

NEXT Village SF is a neighborhood nonprofit providing services and support that empowers members to live independently. Contact them at (415) 888-2868



FROMM INSTITUTE DROP-IN BOOK CLUB

Looking for lively conversation and fresh perspectives?

Join the Drop-In Book Club, organized by Fromm Institute Student Association volunteer Frances Pinnock.

This welcoming group meets to explore a wide range of books and ideas. No long-term commitment is required—just bring your curiosity and love of reading! All Fromm students are invited to participate.

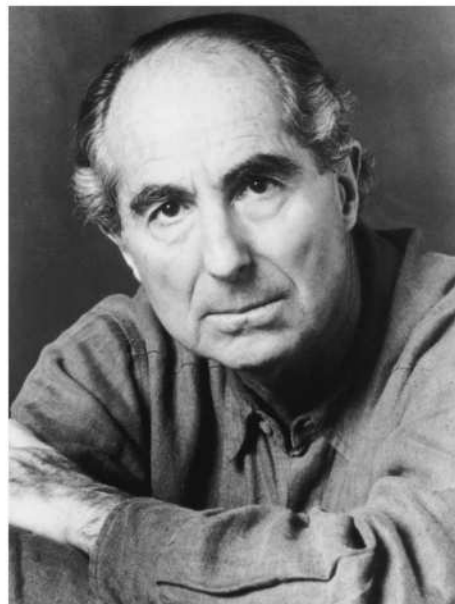


DROP-IN BOOK CLUB

ORGANIZED BY FISA VOLUNTEER FRANCES PINNOCK

American Pastoral by Philip Roth

Friday, November 7th
at 3 PM on Zoom



We have heard, over time, several Fromm readers say that they avoid Phillip Roth based on having read "Portnoy's Complaint". Others have asserted that "American Pastoral" is their favorite novel of all time!

We have chosen "American Pastoral" for our next book in part to persuade those readers to give Mr. Roth another try and for those readers who love the book, to give it another read, since they probably read it around 1997 and it certainly is as wonderful now as it was then.

The book, a Pulitzer prize winner, has 423 pages and so we are giving you, our reader plenty of time to read it over the summer and the fall session.

We hope that on November 7th, at 3 PM, you will come to our drop-in book club and tell us exactly your response to the book, either as a new reader of Roth or a seasoned Roth fan or even if you don't fit into either of those categories.



FALL 2025 - CHANGING THE WORLD FROM HERE: USF FACULTY LECTURES - WEDNESDAYS, 10-11:40 AM, XAVIER RM

“Changing the World from Here: USF Faculty Lectures” is a culmination and celebration of several projects – a concerted effort to diversify the Fromm Institute’s academic offerings, a forum to support intergenerational exchange and USF’s “Age-Friendly University” initiative, and a formal recognition of the Fromm Institute’s longtime relationship with USF. This series is intended to be ongoing and sustainable – each Fall showcasing not only USF faculty, but also leadership, research and student projects. Now, as we navigate the eminence of the Fromm Institute’s evolving program, and the challenges of current times, it seems fitting to turn to the experts right here at our doorstep. We hope you enjoy! This in-person only series is free to all Fromm Institute members enrolled in Fall classes, and requires registration. Our gift to you!

SEPTEMBER ‘25

NOTICES & ANNOUNCEMENTS

- If you have ideas for lunchtime activities, please let us know. We would love to involve Fromm students in planning these events. **Contact us at jamestmullane@gmail.com.**
- If you are in need of a ride from the East Bay, or have the means to share a ride, please provide your name and email address so that folks wanting to carpool may reach out to you.
- If you would like to post anything to this message board, please send it to **Alfredo at alfredo@fromminstitute.org**. Please keep in mind that this newsletter is shared with our email subscribers and in person students so be mindful when sharing your personal information.

WED, OCTOBER 29 - WEI MENKUS, PHD

EXECUTIVE DIRECTOR & ASSOCIATE PROFESSOR AT THE CENTER
FOR ASIA PACIFIC STUDIES AT USF

Talk Description: Marking its 25th anniversary, Wong Kar-Wai’s *In the Mood for Love* remains a landmark of cinematic beauty and emotional subtlety. In this talk, we’ll take a close look at how Wong turns a story of almost-love into a meditation on memory, time, and longing. Set in 1960s Hong Kong, the film follows two neighbors drawn together by circumstance yet held apart by social and personal restraint. Instead of grand gestures, Wong tells the story through silences, glances, and repetitions – what gives the film its quietly profound impact. We’ll explore his signature techniques: the manipulation of time and space, the choreography of movement through cramped hallways, and the evocative use of music and color. Along the way, we’ll place the film in its cultural and historical context and reflect on how cinema can reveal the subtleties of intimacy, desire, as well as the fragile beauty of fleeting moments.

Bio: Dr. Wei Menkus is a scholar of Asian and Asian American cinema, with research interests in film genre, spatiality, transnational practice, and the intersection between Asia and Hollywood. She teaches courses on Asian and Asian American cinemas, gender and visual culture, and film adaptations. She also serves as Director of the Center for Asia Pacific Studies, Director of the Asian Studies Program, and Co-Director of the Asia Pacific American Studies Program, where she works to foster interdisciplinary research, engage student, and build connections across the university and the wider community.

SHARE YOUR VOICE

YOUR WORDS, YOUR VOICE, OUR COMMUNITY

Do you enjoy writing and want to share your creativity with the Fromm community? The Express Yourself column is a special space in our newsletter dedicated to showcasing the written pieces of Fromm Institute students.

Whether it's poetry, reflections, short essays, or creative stories, we welcome your submissions. Send your work to Alfredo at Alfredo@fromminstitute.org for consideration in an upcoming issue.

This is your opportunity to inspire, connect, and celebrate the vibrant voices of our community.

Are These Treasures? By Barbara Sapienza

The first time he came to the house he brought me a yellow pumpkin with orange stripes and his grandma, Lala, too. He put the pumpkin down on the curve of the old Redwood deck, stared at the shiny round face.

In the distance, down the wooden stairway, a doe looms in the green around the house—her face highlighted in the sunlight, her nose glistening.

“Look!” The boy points to the bottom of the stairs where the doe's ears perk, her nose reflecting the dazzling sun. “White hair like Lala's,” he says. Doe doesn't move, listening to our whispers. The boy's eyes are big as he searches the face of the deer then points to another one sitting unalarmed on the gravel where the stairway ends. Two amazing creatures, the boy, and a Lala.

“They live here,” I say, “Every morning when I come out. I surprise them. Last night, they were clip- clopping up and down this stairway— sounds like your Mama in her high heel shoes when she comes home late at night.”

The boy stares mesmerized by the two animals. “Daddy saw a coyote yesterday,” he says, his eyes on the doe. “Where do they sleep? Do they live here?” he asks.

She points him to a cool watered patch of dark earth where yesterday eight succulents peeked their heads up soaking in the sun. Now —a leaf here, a root pulled up there. The deer had feasted on the bed of succulents, before or after they slept there.

“Why do they come here?”

“To eat the flowers,” she says inviting the boy and his Lala inside the house.

“Are these treasures?” His little fingers poke inside the pile of tiny rocks on an end table in the hallway. “Where do you find your treasures?”

I listen to his questions. They are like shooting stars. Wondering if he wants answers. What if I just listen to the three-year old boy? Does he even want an answer? Do I really have an answer?”

One question comes, then the next, then the next. Is it searching that matters? Looking is enough for him, isn't it? He touches the bromeliad, feels the pinch of thorns around the leaf and pulls back.

What could I really tell him that he doesn't already know? Who can really say? Who am I? Where are we?

“Ask all the questions, dear little rosy cheeked boy,” I say. “There are so many and then some more like the tiny stones.”

“Who are you?” He asks. “A lady, Barbara.” He answers his question.

She nods. It's enough for him she is a loving presence.

For her, he's curious and funny. She'll keep him safe. He'll keep her laughing. They are held together in loving awareness.

“Can I have one of those almond cookies now?” He asks. He takes her hand, and they walk to the cookie jar.

