SEAT SAVING

TAKE NOTE OF THE SEAT SAVING POLICY AT THE FROMM INSTITUTE

You can not hold a seat by leaving your books, papers or jacket on it. If you do, please be aware that the staff or any other student is empowered to clear the seat and offer it to someone who needs it.
THIS IS YOUR CHANCE TO MAKE A DIFFERENCE!

Volunteer to serve on the San Francisco Civil Grand Jury

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Help make government more efficient!

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FISA PERFORMING ARTS  BROWN BAG
WITH THE SF CONSERVATORY

- **Tuesday, Feb. 12, at Noon** in the **Maraschi Room** Performing Arts Representative, Robert Morgan has invited the San Francisco Conservatory to play for us. This week features a flute and guitar duo.
In an effort to be more green, the Fromm Institute is moving to an electronic form of delivery (email) for a variety of publications. That includes the Newsletter, class handouts, notifications of canceled classes, and important office communications. If you have an email address please let the office know and we can add it to our email list. Remember to add fromm@usfca.edu to your contacts so our communications don’t end up in the Spam or Junk email boxes.
Fromm Institute for Lifelong Learning presents:
The 19th Annual Oregon Shakespeare Festival
June 10-14, 2019

Featuring William Shakespeare's AS YOU LIKE IT and MACBETH. The World Premier of Octavio Solis's MOTHER ROAD. The CAMBODIAN ROCK BAND by Lauren Yee and featuring songs by Dengue Fever.

TWO PRIVATE LECTURES along with TWO DISCUSSIONS & FESTIVAL NOONS.

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Also includes taxes, gratuities and admissions on included features

Lynne Kaufman, who accompanies this tour, is the award-winning author of 20 full-length plays produced at The Magic Theatre, Theatreworks Silicon Valley, The Humana Festival, The Marsh Theatre and more. She teaches writing and theatre at Fromm Institute.

Tour Cost:
$1750.00 per person, sharing Double
$475.00 Single Supplement

For More Information contact
Lynne Kaufman
415-334-8577

For Tour Reservations contact:
Frontier Travel & Tours, LLC
800-648-0912

Prof. Lynne Kaufmann is leading the annual Oregon Shakespeare tour this June 10-14, 2019.

Flyers are located in the Activities Hallway, across from the vending machines.

Come to an informational “Brown Bag” lunch on Tues., February 19 at Noon in the Maraschi Room.
Herman Melville’s “Bartleby the Scrivener”

Bartleby: a weirdo? A working class hero? Or a rebel without a cause?

Read the story (very short and can be read online). On Monday February 25th at 2:50 pm in the Maier room, come and watch a short film made from the story and brilliantly selected by Nancy Berry. Afterwards stay for our conversation about the story and the film adaptation. See you there!
MATINÉE

- JAMES JOYCE’S DUBLINERS - showcasing films related to & following Prof. Zimmerman’s class.

Next Up: THE DEAD (1987) to be screened ON MON. FEB. 11TH @ 3 P.M. in the MARASCHI ROOM. Dramatization of the James Joyce novella, the final story in the Dubliners collection.

- A flyer is located at the Student Association Desk in the Maraschi Hallway.
Handouts and class materials are produced in hard copy form, only sporadically. From now on, handouts will be emailed a week before your class. If you’ve missed that week, you can go to the Fromm Institute website, fromm.usfca.edu and click on Course Materials. Classes are listed by day, then by professor. Download the file or print out a copy.

The Course Materials page is updated once a week.
The 4th Newsletter is out.

WHAT’S INSIDE:

THE FRIENDS, WHO ARE THEY?

WONDERS OF SCIENCE SERIES

SPRING CLASSES ARE ANOUNCED!

ENGAGE AS YOU AGE

EXPRESS YOURSELF: SUPERTIME TRAUMA

FISA NEWS - YOUR STUDENT ASSOC.
THE GLEESON LIBRARY INSTALLED NEW ENTRANCE GATES THIS SUMMER. IF YOU HAVE AN ID CARD THAT LOOKS LIKE THIS:

LET THE OFFICE KNOW AND WE’LL GET AN UPDATED CARD PRINTED FOR YOU.
CALL FOR PRESENTERS!

The Plaza Social Club is seeking unique and high quality presentations to add to our cultural programming for older adults.

Who Are We?

The Plaza Social Club is a warm and welcoming program for older adults offered by Jewish Family and Children’s Services (JFCS) and Rhoda Goldman Plaza. Members gather weekly at our campus in Lower Pacific Heights for lunch as well as cultural and educational programming. We meet on Tuesdays from 10 am – 2 pm.

What Kind Of Programs Are We Looking For?

We would love to collaborate with students, faculty, and school clubs who are looking to perform music, give an art history talk, present or talk about research or thesis topics, lead a current events discussion, give a technology presentation, or even practice your presentation skills by giving a lecture on a topic you are passionate and knowledgeable about. We are open to new and innovative ideas and aim to offer many different options for our participants.

Each presentation should be at least 1 hour long. If presenting a lecture, visual and interactive elements would be appreciated.

We offer payment for our performers and lecturers. We also welcome those who wish to volunteer their time to JFCS and Rhoda Goldman Plaza.

To learn more about performing at the Plaza Social Club, please contact:

Alana Goldscheid
Director, Plaza Social Club
alanag@jfcs.org
415.449.3849
AS A COURTESY TO YOUR PROFESSORS AND FELLOW STUDENTS, PLEASE SILENCE ALL ELECTRONIC DEVICES!
This session, there are two Davids showcasing their work in the Maier Hallway Gallery - David Spring and David Klein. Both artists are exhibiting water colors - David Spring’s are on the longer wall and David Klein’s are on the short wall. Stop by the Maier Hallway at some point throughout the Winter Session to view their work.

If you are an artist who would like to exhibit your work in the Maier Hallway Gallery, please contact Scott Moules in the Fromm Institute office, 415-422-6805, or fromm@usfca.edu. You can even stop by the office and talk to Scott about upcoming available dates.
THE MEDICAL LECTURE SERIES:

THIS WEEK - WED., FEB. 13 @ 10 A.M.

SECRET OF THE RAIN FOREST CANOPY
MEG LOWMAN
SENIOR SCIENTIST, CAL. ACADEMY OF SCIENCES
Leonardo da Vinci’s achievements continue to amaze us, even after 500 years: iconic images like the Mona Lisa, The Last Supper, and the Vitruvian Man; a remarkable range of artistic and scientific drawings; and inventions far ahead of their time. His notebooks go beyond the writings of other artists of his era, in recording his observations on the world of nature and man. Join Humanities West in exploring Leonardo’s vast achievement and his interaction with the world that shaped him. Friday, February 22, from 7:30pm to 9:30pm, and Saturday, February 23, from 10am to 4pm, at Marines’ Memorial Theatre, located at 609 Sutter Street in downtown San Francisco. Tickets are available through City Box Office.
MATINÉE

- **Spy Movies** - showcasing films related to & following Prof. Eilenberg’s class.

- **COMING SOON**: **ANOTHER COUNTRY** (1984) to be screened **ON TUES., FEB, 12th @ 3 P.M. in the MAIER ROOM.**

- A flyer is located at the Student Association Desk in the Maraschi Hallway.
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WHERE ARE YOU?

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THE NEXT HOLIDAY THIS SESSION

❖ Monday, Feb. 18th is Presidents’ Day - the office is closed and classes are not held.
From 8:30 a.m. until 1:00 p.m. the Atrium Cafe in Gleeson Library will serve coffee, snacks and quick lunch bites Monday through Thursday. Stop by for a cup of coffee, a muffin, a sandwich or a cup of soup and remember, to enter the library you must use your USF-Fromm ID card at the entrance gates.
Merola Opera Program's First Commission: If I Were You
Thursday, February 28, 2019 at 7:00 PM
Herbst Theatre (401 Van Ness Ave., San Francisco, CA)

Jake Heggie and Mark Morash sit down with Kip Cranna to give you an inside look at the creation of an opera. The world premiere of If I Were You opens in San Francisco in August 2019. The presentation will include musical performances by select Merola alumni.

Admission is free with advance registration. Seating is not reserved and is on a first-come basis. Reservations that do not follow these requirements will not be processed:

1. Please send your name (first and last) and organization you are affiliated with by visiting https://form.jotform.com/merolaopera/feb28 or email apursell@merola.org.

2. You may bring one (1) guest. You must submit their name (first and last) plus their email address.

3. Each guest will receive a confirmation email.

Please do not reserve unless you are 100% certain you and your guest can attend. Reservations accepted until Thursday, February 21 at 5:00 PM or a space-available basis until capacity is reached.

About the Merola Opera Program
Widely regarded as the foremost opera training program for aspiring singers, coaches, and stage directors, the Merola Opera Program has served as a proving ground for hundreds of artists. Many Merola alumni are now among the most recognized names in the opera world. Every summer the program offers 29 young artists the rare opportunity of studying, coaching and participating in master classes with established professionals for twelve weeks. Participants also perform in two fully staged opera productions and two summer concerts, all with full
USF Counseling & Psychological Services invites you to a panel discussion.

RELIGION, SPIRITUALITY, & MENTAL HEALTH

USF Counseling & Psychological Services (CAPS) invites you to attend a panel discussion on spirituality and religion as powerful resources for mental health and well-being, featuring panelists from various religious and spiritual traditions.

TUESDAY | FEB 12, 2019
4:00 PM
USF McLaren Center

Light refreshments will be served
Open to USF and broader community

This “Community in Conversation” event is made possible through support from the Jesuit Foundation.
WHERE ARE YOU?

Last week’s Scavenger Hunt photo is above? Where is it?
The Answer is: The Armillary Sphere between the Science Building and U.C.
HAVE YOU PAID YOUR DUES YET?

- Pay your voluntary dues ($5 a session/$15 a year) at the Fromm Institute Student Association Desk in the Maraschi Hallway. Each time you pay your dues, you’ll also get a free notebook as a thank you for your support. The desk is open before class in the mornings, and at the lunch hour.

THE FROMM INSTITUTE STUDENT ASSOCIATION

STUDENT ASSOCIATION OFFICERS:

- Lois Roach, President
- Linda Marks, Vice-President
- Arlene Waksberg, Treasurer
- David McClure, Secretary

STUDENT ASSOCIATION STEERING COMMITTEE:

- Joan Cucek, MD
- Shari Gropper
- Donna Calame
- Zohar Lahav
Calling All Francophones!

French Language Lunch

Join Carol Thompson (former French Language instructor) and other Fromm Institute members who want to converse in French, for a French Language Lunch each Tuesday at 12:00 noon - 12:40pm in the Berman Room.
This group is a “meet up” group – a walking group of independent adults who meet for the purpose of walking during breaks from Fromm Classes. The walk leader is Fromm Institute student, Zohar Lahav.

We currently walk about 30 minutes to the Golden Gate Park and back, including both light downhill and uphill segments. Watch for details posted on the Student Meet-Up/Notices Board.

Meet up in the lobby at 12:00 p.m. on Monday, Wednesday, and Thursdays.
Did you know there is a professional orchestra in town that offers FREE concerts several times a year? The next concert by the San Francisco Chamber Orchestra is Friday, Feb 22 at Herbst Theatre, 401 Van Ness Ave. SF at 7:30 p.m. and you are invited! No tickets required!

This concert features a semi-staged performance of Handel’s opera Acis and Galatea, featuring Natalie Image, Isaiah Bell, Alex Rosen and Kevin Gino.

To make sure you have a seat, email constancebernstein@gmail.com and give her your name and how many tickets you require. All are welcome but those who reserve will be guaranteed seats.
WONDERS OF SCIENCE SERIES:

INSIDE STORY OF THE APES

ADRIENNE ZIHLMAN,
EMERITA PROF. OF ANTHROPOLOGY,
UC SANTA CRUZ

NEXT WEEK - WED., FEB. 20 @ 10 A.M.
DID YOU KNOW?
This electronic newsletter is available for download?
Head on over to the Fromm Institute website (fromm.usfca.edu) and click on Communications. There you can download the Fromm Focus and the weekly In-Sights. You no longer have to worry about what you saw and waiting around to view the slide again. It’s downloadable, save-able, and can be read at your leisure.
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As a non-profit organization, we offer a range of health programs. Services are low cost, donation-based, or based on a sliding scale.

- Nutrition guidance
- Educational lectures
- Employee and group wellness presentations
- Support groups
- Behavioral health counseling
- Health info & local resources

Visit chrcsf.org or call 415-923-3155 for more information

Living longer brings each of us a higher risk of needing assistance with daily activities or supervision due to cognitive impairment as we age. Most people want to stay home but haven’t thought about how they would pay for the necessary care. Don’t risk your money, dignity, and family: know the facts and have a plan! Join Long-Term Care Insurance advisor Lee Abel in this educational seminar to understand care options and costs. Identify ways to financially protect yourself and your family through insurance, including hybrid policies with built-in death benefits and lifetime coverage for one or two people.

Presenter: Lee Abel, CLTC

Long-Term Care Insurance

- Thursday, February 28
- 3:30 pm - 5:00 pm
- 2333 Buchanan St. First Floor, Enright Room
- FREE event - $10 suggested donation
- Open to all members of the community

To register, call 415-923-3155 or email cpmcchrc@sutterhealth.org

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