EXPANDING BOUNDARIES THROUGH THE FROMMCAST
THE FROMM INSTITUTE LAUNCHES ITS ON-LINE LEARNING SITE

In celebration of its fortieth anniversary, the Fromm Institute at USF is ready to take the technological plunge and will very soon inaugurate its own on-line learning site, the Frommcast. It’s a bold step that follows many in the history of this learning in retirement institute and one that, it is hoped, will enhance our core program while reaching hundreds perhaps thousands more people, age 50 and older, who are eager to learn, but might not be able to attend.

The Frommcast will be the Fromm Institute for Lifelong Learning’s digital ‘school for seniors’ where registered, on-line students can access educational content recorded at Fromm Hall and shared via the web. It will open our lifelong learning experience beyond the boundaries of classroom walls as it enables a connected community the opportunity to view, or review, courses offered by our outstanding faculty or encounter special lectures and commentary that they have prepared just for this platform.

“Once you see the boundaries of your environment, they are no longer the boundaries of your environment,” Marshall McLuhan famously noted. The Frommcast is designed to move “career-free” students with a shared lifetime of experience beyond the physical confines of time and place onto a unique plateau of educational enrichment that is both beneficial and satisfying — all obtainable from anywhere linked to the Internet.

How It Will Work

Starting on February 1, 2016 current enrolled Fromm Institute students will be able to add to their membership a 12 week, online Frommcast subscription for just $50. Other individuals who are not currently attending Fromm Hall classes can be enrolled for $100.

- All on-line students will enroll through the Fromm Institute Office as a first contact — in person, or by phone (415-422-6805), or email (fromm@usfca.edu) — and wait one business day for the on-line enrollment to be processed.

- Then you can go to the Fromm website and click on Frommcast. That action will take you to a “Sign In” page where you’ll click on the words “Join This Channel.” The “Sign In” page will then refresh and you can enter your name, your email, and a password of your choice. Having submitted those three pieces you’ll finalize by clicking on “Join Channel.” You’ll wait no more that one business day and will receive an email from the Fromm Institute that says you have been authenticated.

- Once authenticated you can now go back onto the Fromm Website, click on Frommcast, and you’ll find yourself back on the Frommcast “Sign In” page. Now with all payment, registration and authentication steps completed, you’ll simply enter your email and password and, voilà, you’ll arrive on the “Contents Home Page” where you can click on and view all the Frommcast courses, special lectures and faculty commentary that are posted there.

ENROLL
JOIN
PAY
VIEW
SIGN-IN
AUTHENTICATE
Your Viewing Choices

*Frommcast* content will be constantly updated but in its inaugural launch you’ll find all eight lectures of Professor Hohmann’s “History of Islam, Part One” which was offered at Fromm during the 2015 Fall Session. From the 2016 Winter Session, we’ll be posting Professor Rothmann’s lectures on “Jerusalem: History, Religion & Politics” as well as Professor Hohmann’s “History of Islam, Part Two, Islam in the Modern World.” In the case of these later two, course lectures will be posted two weeks after they are presented in the Xavier Auditorium. On-line Frommcast subscriptions will also have access to “Old Enough to Know Better” a film by Professor Ron Levaco revealing the people and curriculum of the Fromm Institute as it existed before Fromm Hall in 2000, at the turn of the 21st century.

Terms & Conditions

Your online membership will have an expiration date but will give you the opportunity to view *Frommcast* content for 12 weeks from the start of your online authentication. Technical support for each user will be limited to general advice. On-line students will be responsible for up to date browsers and a robust broadband.

One Week of Frommcast “Brown Bags”

If all this sounds wonderful, but a bit daunting for you, consider attending one of the *Frommcast “Brown Bags”* that will be presented on January 25, 26, 27, 28 at Noon in the Berman Room. Fromm Staff will be present to review all the information mentioned here and to preview the inaugural content. At these informational “Brown Bags” you will also be able to begin the enrollment process so that your first 12-week subscription can begin on day one, February 1, 2016.

If you are now seeing the boundaries of our lifelong learning environment then as McLuhan notes . . . there are no longer boundaries. The future of the Fromm Institute’s lifelong learning program is about to become a “twenty four, seven” experience that is much broader than the founders could have ever imagined — and all without diluting the quality of the educational enrichment program you encounter in Fromm Hall twenty-four weeks a year. How amazing our educational world is — and how much more accessible the Fromm Institute at USF is about to become.

**EXTRACURRICULAR CLASSES AWAIT (AND THEY ARE FREE)**

Three extracurricular activities are scheduled for Tuesday, Wednesday and Thursday this session all beginning on either January 19, 20, or 21. They will meet six times ending on February 23, 24 and 25 respectively. If you haven’t signed up yet be aware that “Spoken Spanish for Beginners-Level 2” and “A History of SF’s Ever-Evolving Neighborhoods” both meet in the Berman Room and “The Joy of Singing” gathers everyone around the piano in the Xavier Auditorium in each of its weeks. Sign-up sheets (and a detailed flyer) for all the Extracurricular Activities offered this session are at the Welcome Booth. Participating in these after school activities is as easy as placing your name on a piece of paper and showing up from 3 to 4 p.m. on their scheduled week days. Remember the saying that “the best things in life are free.” Sign up for an activity on Tuesday, Wednesday or Thursday, today.

John Freeman  Aaron Almenderes-Berman  Faith Winthrop
JAN WAHL’S TOP TEN
Here’s our very own Professor Jan Wahl sharing her Top Ten Movies for 2015. Just how do they compare to yours? In ascending order they are: No. 10 The Walk; No. 9 Brooklyn; No. 8 The Danish Girl; No. 7 Suffragette; No. 6 Inside Out; No. 5 Carol; No. 4 Concussion; No. 3 Trumbo; No. 2 Love & Mercy; and... Jan’s Numero Uno Pick for the year was Spotlight. Her Top Five Documentaries for 2015 were: No. 5 The Wrecking Crew; No. 4 Best of Enemies; No. 3 Amy; No. 2. Scientology; Going Clear and her No. 1 pick was Where to Invade Next.

LAST DAY TO CHANGE YOUR SCHEDULE 01/21/16
The “Add and Drop” Deadline at the Fromm Institute, the last day you can change your Winter 2016 class schedule, adding a new course, is now drawing near. While you can always drop a course, the final day to add a new one is Thursday, January 21 at 3 p.m. Fill out an Add/Drop Form or call the office 415-422-6805 with your changes before 01/21/16. Many thanks for your attention to this important “housekeeping” detail.

BACK TO ITS BUSINESS
The 2016 Spring Semester gets underway at USF on Monday, January 25 when classes for undergraduate and graduate students begin. The sleepy nature of the ‘Hilltop’ is about to change as the campus comes back to life. Count on seeing a lot more cars in the lots and on the streets, and an increase of patrons in the library and the dining rooms. Most of all enjoy the smiling, happy and sometimes deliberately studious faces of our younger fellow students everywhere throughout the campus.

LIFT HERO: A TRANSPORTATION ALTERNATIVE TO CABS
Try a friendly and convenient taxi alternative with Lift Hero. Get picked up in as little as 5 minutes. Lift Hero bills your credit card so you never have to carry cash or tip the driver, and can tell you the approximate cost before you book it. No need for an app or smartphone, just call 888-606-4654 to talk to a real person and to book your first ride today! Don’t forget to tell them you heard all about it at the Fromm Institute.

MAKE A DIFFERENCE & GET YOUR BLOOD PRESSURE CHECKED FEBRUARY 1 & 2
Look for USF’s Tri Gamma Nursing Society in Fromm Hall at lunchtime on February 1 and 2 and make a difference. Get your blood pressure checked by our student nurses and hit their tip jar with a contribution to their cause. They are raising your awareness (not your systolic or diastolic) of the good work they do for the Good Shepherd Gracenter as they educate you about what your BP reading might mean. Watch for five nurses armed with stethoscopes and BP cuffs at our Fromm tables. They would love to meet you and get your support for their good cause. The Good Shepherd Gracenter is a tax-exempt nonprofit organization whose program, a Licensed Recovery Residence, provides housing for women in recovery coming out of treatment programs who want to live in a drug/alcohol free environment to support their sobriety. Go Tri Gamma and Go Frommies!
WHAT’S UP WITH THE ‘WONDERS’

Are you experiencing all of the ‘wonders’ that the Fromm Institute has to offer? If you are missing out on the Wonders of Science Series every winter Wednesday morning at 10 a.m., then the answer is maybe you are. Open to all members of the Fromm Institute and their guests the ‘Wonders of Science’ Series coordinated by Dr. Jerry Lowenstein is off and running at scientific pace faster than a cheetah. Here’s what’s coming in the next few weeks.

- On January 20, UCSF Professor of Neurology Bruce Miller will speak on “Madness, Art & Music.” If you are curious about how mental illness and the emotions can impact creative output, then you’ll want to hear Dr. Miller.

- On January 27, it’s a true flight of fancy as UC Berkeley Associate Professor of Integrative Biology, Rauri Bowie, lectures on “Bird Families of Africa.”

- On February 3, the Xavier Auditorium should be packed with 65% of the Fromm Institute student body as Meg Lowman talks about “Women in Science.” Dr. Lowman is the Chief of Science and Sustainability at the California Academy of Science. Don’t worry guys, the women of Fromm want you there, too — so that you can hear about these often unheralded great scientific minds.

- On February 10, Dr. Dena Dubai, an Assistant Professor of Neurolgy at UCSF introduces the Fromm Institute to “KLOTHO: A Protein That Prolongs Life.” Haven’t been introduced? Then you might just want to be there for this one as this is a topic that is very relevant to those of us who are “fromm-age.”

Remember there has been a revision of the Schedule of Lectures and a flyer detailing that is now at the Welcome Booth and in the Fromm Institute Office.

ON FEBRUARY 4, RELIABLE CAREGIVERS PRESENTS A SPEAKER ON MEMORY CHANGES

Reliable Caregivers is proud to participate in the Fromm Institute’s ‘Listen and Learn’ Lunchtime program. On Thursday, February 4, their speaker, Janet L. Meiselman, PsyD, will talk on the topic of “Making Sense of Memory Changes in Later Life.” Dr. Meiselman is a licensed clinical psychologist who completed her pre-doctoral clinical internship at Laguna Honda Hospital and her post-doctoral training at the Institute on Aging in San Francisco in neuropsychology. Over the past 22 years, Dr. Meiselman has supported older adults, along with their families and care providers, in the areas of advocacy, consultation, neuropsychological assessment, individual, family and group psychotherapy, and program development. As a clinician, she works with older adults and their families to assess and treat mental health challenges associated with the second half of life including late life depression, anxiety, complicated bereavement, adjustment disorders, substance abuse problems, and cognitive impairment.

Reliable Caregivers offers highly personalized, in-home care. Their caregivers enable individuals to maintain their daily routine, while nourishing dignity and prolonging an enthusiasm for life. They offer both short-term help (after-care for someone who is healing post surgery or other medical/non-medical situation) and hourly care around the clock customized to meet their clients needs.

Remember, at these ‘Listen & Learn’ lunchtime events you can pay in advance and pre-order a box lunch. Prices for the Bon Appétite Box Lunch that will include a sandwich and drink of your choice, pasta salad and cookie, will be $10 and waiting for you in the Maraschi Room. Box Lunch order forms can be obtained from the Fromm Institute Office or on the Information Board at the “Welcome Booth” outside it.
HEAR YE! HEAR YE! MOSTLY BRIT FILM FEST Promo at Fromm February 1

On Monday, February 1 in the Maraschi Room at Noon, Professor Ruthe Stein, an instructor who’ll be lecturing on De Niro and Pacino in Fromm’s 2016 Spring Session will be joined by Fromm student Kathleen O’Hara, to give you the inside scoop on the “Mostly British Film Festival.” The Festival, now in its eighth year, will be held Feb 18-25 at the Vogue, Balboa and the brand new Alamo Drafthouse at the New Mission and will screen twenty-nine new and classic feature films and documentaries from the United Kingdom, Ireland, Australia and India. There is something for every filmgoer in this mix of domestic dramas, film noirs, rom coms, thrillers, royal shenanigans and even a nature film shown in 3D. Stars include Kate Winslet as a vengeful woman in “The Dressmaker,” Nicole Kidman as a disturbed housewife in “Strangerland” and Michael Fassbender as—all of things—a 19th century cowboy in “Slow West.” Festival guest of honor Rebecca Hall will be on hand opening night for a screening of her romantic drama “Tumbledown.” Our charming closing night feature “A Royal Night Out” imagines what would happen if Princesses Elizabeth and Margaret had escaped Buckingham Palace on V-E Day and mingled with commoners. Special nights will be devoted to Irish films and to British noirs. Of particular interest is “Women He’s Undressed” about the Australian costume designer Orry-Kelly who dressed top movie stars of the 1940s and ‘50s, putting Marilyn Monroe in a notorious see-through gown in “Some Like it Hot.” Fromm students and seniors over 65 are eligible for special discounts such as a $100 pass that gets you into opening and closing night parties as well as all screenings. Buy tickets at mostlybritish.org and the Vogue Box Office 3290 Sacramento Street but most of all attend this cinematic ‘Listen & Learn’ Luncheon on Monday, February 1. Remember, at these ‘Listen & Learn’ luncheon events you can pay in advance and pre-order a box lunch. Prices for the Bon Appétite Box Lunch that will include a sandwich and drink of your choice, pasta salad and cookie, will be $10 and waiting for you in the Maraschi Room. Box Lunch order forms can be obtained from the Fromm Institute Office or on the Information Board at the “Welcome Booth” outside it.

WHY NOT JOIN A MENTORSHIP PROGRAM?

Ed. Note: Here’s an invitation from one of this year’s Fromm Gerontology Scholarship Recipients, Rose Mannas. Thanks to the strong participation in our Holiday Lectures that were held on December 15 and 16, the Fromm Institute raised enough money to fund two $5,000 awards that will be applied to one semester’s tuition at USF for both of these outstanding undergraduate women. Along with Rose the other recipient, Elizabth Fernwood, will be working with you in Fromm Hall in the future. Here’s Rose’s earnest call for participation which, it is hoped, you’d consider responding to with a positive intention.

“Although we share a campus, it can be difficult to really get to know the students of USF. The Generation to Generation Club is excited to announce a mentorship/pen-pal program between USF and Fromm Institute students! You will be matched, one-to-one, with a university student to either communicate with via email or hand-written letters. This program is to exchange ideas, discuss common interests, share what you’ve been learning, and much more. Please consider this opportunity to reach out to community members outside your peer group and experience a glimpse into the life of a USF student. To get involved and meet your student, please email Generation to Generation’s Vice President Rose Mannas at rose.mannas@gmail.com.”
FROM THE PRESIDENT • “A COLLEGIATE COMMUNITY OF PEERS”  BY LOIS ROACH

The Fromm Institute is a real community of people who share the same interest in learning and co-exist especially among such a collegiate group of peers. The Fromm Institute Student Association, of which I serve as your elected president along with Officers, a Steering Committee and other volunteers, exists to enhance the social life of our student body. FISA, as we call it, gently encourages you to pay a $5 per session voluntary dues, (separate from your class enrollment fees). These dues provide you with noontime concerts and other presentations, holiday chocolates, cookies at the “Brown Bag” lectures and several other treats each Session. The FISA Booth is part of Fromm Hall’s “Welcome Booth” in the lobby and a FISA Officer or Steering Committee Member will be there, before class in the morning and at noontime, to greet you and listen to your ideas of ways we can make a better social agenda for you. The Officers and Steering Committee wear name tags, so stop any one of us, at any time, and say hello. I look forward to meeting many of you and making FISA work for all of us.

TOUR & TRAVEL • “CONSIDER NEW DESTINATIONS & FAMILIAR PLACES”  BY SUSAN KENNELLY

There are flyers galore in the Tour and Travel racks of the Activities Hallway that I hope you’ll pick up and consider one of the many journeys placed their for your consideration and pleasure. Additionally, come and hear all about a wonderful trip to the Galapagos Islands at a Student Association sponsored Tour & Travel “Brown Bag” in the Berman Room at noon on Thursday, January 21 and plan to treat yourself to an exclusive educational and travel experience. Then don’t forget our exceptional “Ashland Shakespeare Tour” in June that, as always, is filling up and therefore early reservations are highly recommended. Soon to come — so much more. Please contact me about any travel concerns when I’m on campus on Thursday or at susanpk123@gmail.com or (707) 257-1804 for some Happy Travels.

FROM THE GREETING COMMITTEE • “WELCOME ONE AND ALL ”  BY MAXINE EINHORN AND FRANCES PINNOCK

We are delighted to be writing to you in “Rooftop” on behalf of the newly formed FISA Greeting Committee to tell you about some of our activities this session.

• Firstly, for those of you “newish” to Fromm (you know who you are or can decide if you feel new), we are inviting you to join us a block away at the Twilight Café, 2600 McAllister @ Stanyan on Tuesday 1/19, Thursday 1/21, Monday 1/25 or Wednesday 1/27 — all at 3 pm. Doesn’t it sound like a nice way to end the Fromm afternoon with a cup or glass of something? We anticipate ending around 4 p.m., but if it moves into “happy hour,” so be it.

• Our next adventure builds on your appreciation for the films which last semester related to Prof. Zimmerman’s “Colonialism and the English Novel” course, but attracted many more folk. We were so pleased that we plan to show more movies, this time connected to Prof. Hohmann’s “Islam” and shown with his endorsement. Look for our screening of Theeb (Thurs., Jan, 28) fresh from the UK for you and unavailable here until May. All three films are noted on the back of this newsletter and we’ll plaster the walls with them as well. See you at the movies!

• Finally, we’re hoping to create another course related discussion group – but more of that later ... Your ideas are welcome. Contact us at franpinnock@yahoo.com or maxine_einhorn@hotmail.com.
Happy New Year and hope your Holidays were the best ever. I’m looking forward to a 2016 filled with many great performances ahead. If you have had a chance to look through the two middle display racks in the Activities Hallway, you can see they are full of notices for upcoming performing arts events around the Bay. Please take what you are truly interested in and replace any marked “Fromm Hall Copy: Do Not Remove” once you’ve perused them. I’m in classes on Wednesday afternoon and all day on Thursday and I’ll be in the Activities Hallway before class and during the breaks to answer any questions you may have. I look forward to meeting new students and helping you use your “student” status to get the best deals. Here is some general information to get you up to speed.

AT FROMM HALL

- On Tues., Jan. 19 at noon in the Berman Room I’m holding a “Performing Arts Q & A Session.” Everyone is welcome and I encourage new students to attend. I’ll answer questions about performances, subscriptions, websites, rush tickets and more, and I’ll definitely share with you my expertise on how to use your new Fromm/USF Student ID whenever you purchase any ticket here or around the world. We continue our long-term relationship with the San Francisco Conservatory of Music with two noontime concerts this term. You are invited to attend both which are made possible by those of you who pay your voluntary FISA $5 dues. On Wed., Feb. 10, it’s a “Guitar & Flute Concert” from two Conservatory students. Coming from the prestigious Conservatory’s Guitar Dept., I know we are in for an exciting concert. On Tues., Mar. 1 we’ll have a second concert with student performers yet to be determined. Finally for the Winter Session, on Tues., Feb. 16 at noon there will be a talk from a representative of the San Francisco Ballet about their current season.

AROUND THE BAY

- The San Francisco Opera offers Fromm Students 50% discount on the 2016 Summer Operas. Interested? Subscription forms are in the middle display racks. Pick one up and see which dates suit you. Remember, you must order all three to get the discounts. If you take advantage of Opera “Rush” tickets and hate to stand in line, sign up and order them on-line on the day of performance and choose seats and print your tickets at home or have them held at the box-office. That form is in the display rack, too. Once completed take it to their box-office. Sign up as either a student or senior. I’ve done this for years, as I hate standing in line at 11 a.m.

- Last Fall, with the announcement that the San Francisco Symphony was discontinuing our discounted subscription series, many of you (60% of Fromm subscribers) completed a questionnaire. Nearly unanimous (89%/representing 110 subscriptions/736 tickets), you stated that you wouldn’t renew without a discount. I’ve approached their marketing dept. with your responses/dissatisfaction and am awaiting a call back. I’ll keep you informed and I’m hopeful that they’ll come up with an offer that I can present to you soon. Stay tuned.

- The Jewish Community Center has offered all Fromm Students a 15% discount on all tickets that you order to their lectures and performances in their “Arts & Ideas” Series. Use the promo code “FROMM” whenever you get their tickets for the rest of their season.

Be sure to check the display racks throughout the term as new material appears each week. Always ask about “student discounts” whenever you are ordering tickets and look at all the websites under “tickets” to see what student discounts are offered by that organization. Have a great term. I’ll look forward to seeing you in and around at performances soon.
MATINÉE

Come to the Movies!

Films that are based on Prof. Hohmann’s “History of Islam” Course

Screening Schedule

**Theeb (2014)** 100 minutes  **Thursday, January 28, 3p.m.  Maier Rm.**

***especially brought to you from the UK ahead of its release here on DVD in May***

Directed by Naji Abu Nowar. In the Ottoman province of Hijaz during World War I, a young Bedouin boy experiences a greatly hastened coming of age as he embarks on a perilous desert journey to guide a British officer to his secret destination.

**Timbuktu (2015)** 1 hr. 37 min  **Thursday, February 11, 3p.m.  Maier Rm.**

Directed by Abderrahmane Sissako. Near the ancient Malian city of Timbuktu, a cattle herder and his family who reside in the dunes of the Sahara find their quiet lives — which are typically free of the Jihadists determined to control their faith — abruptly disturbed.

**Wadjda (2012)** 98 minutes  **Thursday, February 18, 3p.m.  Maier Rm.**

Directed by Haifaa al-Mansour. An enterprising Saudi girl signs on for her school’s Koran recitation competition as a way to raise the remaining funds she needs in order to buy the green bicycle that has captured her interest. It was the first feature-length film made by a female Saudi director.