



Welcome to **eNEWS**, the **PMEA Retired Member Network**... an informal alliance and forum for interconnecting retired music educators, and sharing their ideas, stories, successes, news, and views. Thank you for staying involved in PMEA and our profession!

### Are you “over the hill?”

Source unknown... hopefully these are not too insulting!

You may be heading that way if...

- You and your teeth don't sleep together.
- You try to straighten out the wrinkles in your socks and discover you aren't wearing any.
- At the breakfast table, you hear snap, crackle, pop and you're not eating cereal.
- Your back goes out but you stay home.
- When happy hour is a nap.
- When you're on vacation and your energy runs out before your money does.
- Your idea of weight lifting is standing up.
- When you step off the curb and look down one more time to make sure the street is still there.
- When your idea of a night out is sitting on the patio.
- It takes twice as long to look half as good.
- Everything hurts, and what doesn't hurt, doesn't work.
- The twinkle in your eye is merely a reflection from the sun on your bifocals.
- The pharmacist has become your best friend.
- You're sitting in a rocking chair and can't get it going.
- Your memory is shorter and your complaining lasts longer.
- Getting “lucky” means you found your car in the parking lot.
- When you say something to your kids that your mother said to you and you always hated it.
- You look for your glasses for half an hour and they were on your head the whole time.
- When all you want for your birthday is to not be reminded of your age.
- It takes longer to rest than it did to get tired.
- You give up all your bad habits and still don't feel good.
- You wonder how you could be over the hill when you don't even remember being on top of it.





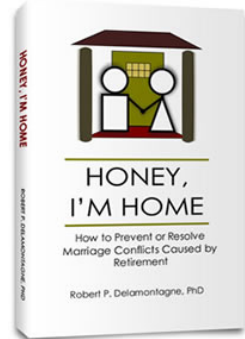
### Three Great Books on Retirement by Robert P. Delamontagne, Ph.D.

Paperbacks published by Fairview Imprints. Reviews quoted from Amazon Prime

#### *Honey, I'm Home: How to Prevent or Resolve Marriage Conflicts Caused by Retirement*

"In this insightful and engaging book, Dr. Robert Delamontagne introduces the reader to a set of principles and actions that can lead to a more peaceful and rewarding marital relationship. He answers questions such as the following:

- What are the primary causes of marital conflict in retirement?
- Where are the hidden incompatibilities in your relationship?
- How can you effectively resolve personality differences between you and your spouse?
- How can you rekindle and renew the heartfelt emotions that were a mainstay of your relationship in years past?
- How can you and your partner grow in your relationship and find greater peace and understanding?

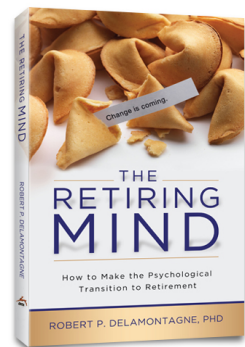


"*Honey, I'm Home* is a practical guide that leads the reader step by step through a series of insights and actions that will help resolve troubling differences that may have been lying dormant in your marriage for years. It is packed with advice and exercises that provide explicit ways to improve your marriage and general well-being."

#### *The Retiring Mind: How to Make the Psychological Transition to Retirement*

"If one or more of the following characteristics describe you, you may be at risk for suffering unpleasant mood swings and depression after retirement:

- You work long hours and are successful in your career.
- You are highly focused and motivated.
- You enjoy competition and winning.
- You have an aggressive or assertive personality.
- You enjoy achieving challenging goals.
- You have few outside interests not connected with your work.



"This book, based upon the author's own personal experiences, leads readers on a journey of psychological and spiritual insights designed to help them cope with the challenges of this often-difficult passage."





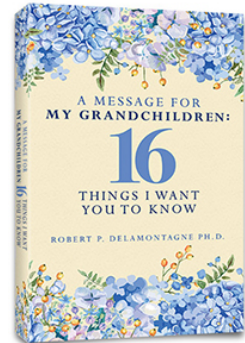
*A Message for My Grandchildren: 16 Things I Want You to Know*

“As a grandfather, Robert P. Delamontagne, Ph.D., knew one thing for sure: he didn’t want his grandkids to have to suffer the negative outcomes of poor life decisions.

“So, he decided to write a short guide to life, something he could pass on to each of his grandchildren about the many things he’d learned along his journey.

“*A Message for My Grandchildren: Sixteen Things I Want You to Know* is that guide, filled with musings, comments, tips, and advice for tackling some of life’s biggest challenges and adventures, including:

- Friendship, family, and love;
- Humility, passion, and trust;
- Travel, career, and media; and
- Obstacles, problems, and personal responsibility.



“With great insight, Delamontagne tackles issues that are relevant across generations and provides a starting point for grandparents to have these conversations with their grandchildren.”

For more about Dr. Delamontagne’s series of books, go to <http://www.theretiringmind.com/>. His name is added as a “retirement guru” at <https://paulkfoxusc.wordpress.com/for-retirees/>.

**The conference is around the corner... and we need info booth volunteers!**

Will you be attending the 2017 PMEA Annual Spring Conference, April 19-22 in Erie, PA?

If so, the first priority is that we need to “man” the **PMEA Info Booth**, hand out materials, answer questions, sell PMEA memorabilia, etc. This will give you the chance to “catch-up” with other colleagues and retirees... a wonderfully low-stress opportunity to “chill out” for an hour or two and help out the attendees and guests. If you are available, please sign-up for one or more of these times by emailing [paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com).

**Thursday, April 20**

- 10:30 a.m.
- Noon
- 1:30 p.m.
- 3:00
- 4:30

**Friday, April 21**

- 8:15 a.m.
- 9:45
- 11:15
- 12:45 p.m.
- 2:15

Paul K. Fox  
1564 Hastings Mill Road, Pittsburgh, PA 15241  
(412) 596-7937 or (412) 854-3459  
[paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com) <https://paulkfoxusc.wordpress.com/>





## PMEA Retired Member Network eNEWS: January 25, 2017

by Paul K. Fox, PMEA Retired Members Coordinator

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### Just when you thought it was safe... PMEA has **deadlines** for ME?

- **January 30:** Deadline for signing-up to serve as a spring conference session presider by completing the online [Presider Form](#).
- **February 15:** Deadline for early-bird registration to the Erie spring conference, saving you \$5 (only \$10/PMEA retired member). [Online Conference Registration](#), [Hotel Information](#) and the [Tentative Schedule](#) are available from the Annual Conference section of the PMEA website.
- **March 20:** Participate in the [Music Education Advocacy Day](#) at the State Capital in Harrisburg. Read about the details: <http://www.pmea.net/specialty-areas/advocacy/>.
- **March 31:** Deadline to RSVP the annual PMEA Retired Member breakfast at the spring conference (April 21 at 7:00 a.m.). The food and camaraderie are free!

### Can retired members serve PMEA in an official capacity? **Absolutely!**

They already do... formally as District and State Coordinators, Chairs, Representatives, and even a handful of Presidents! Representing approximately a tenth of the total membership of PMEA, retired members contribute the benefits of their experience ("been there, done that"), perspective, energy, and expertise to PMEA - every year!

**"Just because we're retired doesn't mean we're dead yet!"** Informally, there's even more you can do. Retirees are blessed with less-restricted "flexible time" to help in a variety of essential projects and events:

- Advocates and political activists - "sharing the importance of music education"
- All-State festival chaperones
- Conference info booth aides
- Conference and workshop registration aides
- Conference presiding chairs
- Conference and workshop session presenters
- Festival/Fest adjudicators, guest conductors, sectional coaches, and accompanists
- PDE advisors for the state's ESSA plan (for example, sending feedback to PDE directly to [RA-edESSA@pa.gov](mailto:RA-edESSA@pa.gov) and to PMEA [mark.despotakis@progrmusic.com](mailto:mark.despotakis@progrmusic.com)).
- Retiree Resource Registry volunteers (informal mentors)
- Writers for *PMEA News*



If you are interested in helping out, just "jump in." Tell a District or State officer you want to join "the band wagon" of other retired member "leaders" (see below) or just donate some time to be a "worker bee!" Keep active! You won't be sorry!

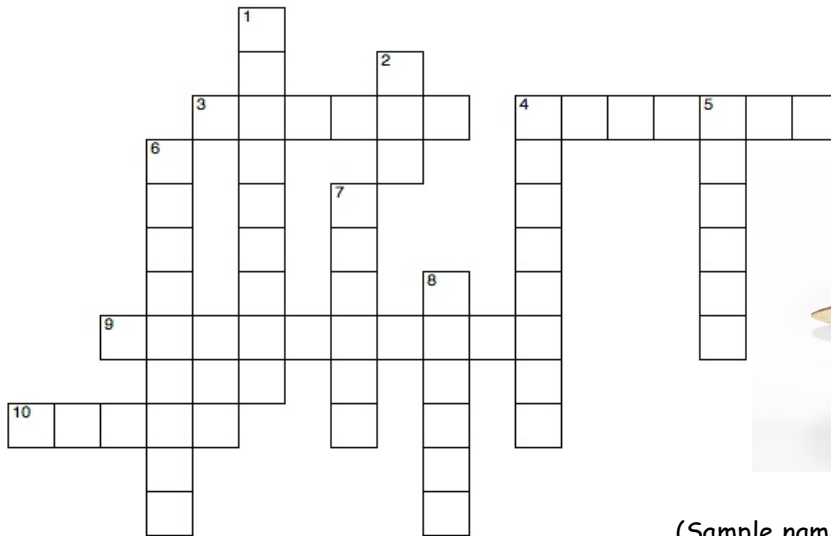
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### Eleven PMEA Leaders from Heaven

Can you name the retired members serving PMEA?



(Sample names from the PMEA website:  
<http://www.pmea.net/about/leadership/>)

**ACROSS**

- 3 Rich \_\_\_\_ Advocacy Coordinator
- 4 Doug \_\_\_\_ District 10 Festival Coordinator
- 9 Ray \_\_\_\_ District 9 Advocacy Representative
- 10 Marie \_\_\_\_ District 7 Festival Coordinator

**DOWN**

- 1 Chuck \_\_\_\_ Music in Our Schools Month Chair
- 2 Paul \_\_\_\_ Council for Teacher Training, Recruitment, and Retention Chair
- 4 Nora \_\_\_\_ Future Music Educators Honors Symposium Coordinator
- 5 James \_\_\_\_ District 5 Festival Coordinator
- 6 Lori \_\_\_\_ District 5 Advocacy Representative
- 7 Debra \_\_\_\_ District 10 Fest Coordinator
- 8 Mary Lynne \_\_\_\_ All-State Coordinator

(answers at the bottom of this eNEWS issue)

### Recent Updates to the Retired Members Website

- Community Bands and Orchestras in PA
- Retired Members 2017 Goals
- Retiree Resource Registry
- Ultimate Retiree Resource Guide

Check it out... includes past editions of eNEWS and other resources for retirees:

<http://www.pmea.net/retired-members/>.

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### Goals for Retired Members and Their Coordinator

According to *One Minute Manager* and other resources for successful goal-setting, it is important to define goals in writing, make them short (under 250 words), specific, and measurable, and publicize and review/adjust them often. The renewed core mission for PMEA retirees is the following:



*Exploration of new and unique ways to inform, motivate, engage, and activate PMEA retired members, to enhance their feelings of value, purpose, and being "needed and useful" in support of PMEA, to inspire their greater involvement in music, education, and their profession associations.*

We will redouble our efforts to reach-out to all retired, retiring, and soon-to-retire music teachers by augmenting and refining our 2014-16 initiatives:

- Expansion, promotion, and ongoing revision of the Retiree Resource Registry, archiving retire members' career assignments and accomplishment while providing officers and membership a source of informal mentors, consultants, and advisers.
- Publication of active retired members' "stories" - news, awards and honors, appointments, and other successes
- Collaboration of music teacher retirement articles in *PMEA News*, *Edutopia.org*. and other online blog-sites or print media
- E-mail distribution of bi-monthly *Retired Member Network eNEWS*
- Organization of volunteers to support PMEA annual spring conference including staffing the Info Booth, and serving as Presiding Chairs, Registration Aides, Planning/Listening Committee Members, Guest Lecturers, Panel Discussion Members, Advocacy Representatives, Chaperones, and/or other organizational needs.
- Updated postings of PA community/amateur band, chorus, orchestra, and theater directories to nurture/enrich more opportunities for "music as life-long learning."
- Communication of additional tools for a smooth transition to a happy retirement, fostering the use of the PMEA retired members' website <http://www.pmea.net/retired-members/>, *Ultimate Retiree Resource Guide/Bibliography*, and the "For-Retirees" blog-site <https://paulkfoxusc.wordpress.com/for-retirees/>.

In addition, we have added the goal to create and distribute a state-wide membership survey (in conjunction with the PMEA Strategic Plan?), determining the starting date and years of participation in PMEA. Gathering and sharing data from a direct e-mail survey or responses to the PMEA annual membership renewal form (or both), we want to be able to recognize membership anniversaries and service awards, and anticipate future retirements in order to communicate in advance the benefits and resources of remaining active as a retired member.





**Other news from all over...**

The National Association for Music Education (NAfME) 55<sup>th</sup> Eastern Division Conference is being hosted by the New Jersey Music Educators Association in Atlantic City, NJ on April 5-8, 2017. Sessions may be previewed at <https://www.nafme-eastern.org/sessions.php>. Guest performing groups are posted at [https://www.nafme-eastern.org/performing\\_groups.php](https://www.nafme-eastern.org/performing_groups.php). For general information, discounted early-bird registration (\$75 for retired members), and to book a hotel at a reduced cost, go to <http://nafme-eastern.org/>.

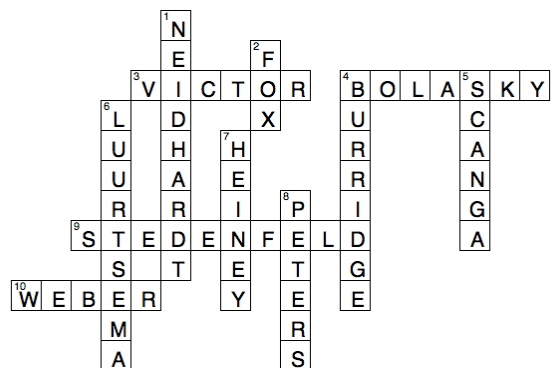
PMEA District 1 Music Teacher Retiree Breakfast continues "just for fun" the first Monday of every month at the Bridgeville, PA Kings Restaurant. The next meeting will be on February 6 at 9 a.m. Everyone is invited... even if you just happened to be in the area! Other retirees want to "get together" at more convenient locations? Just let PMEA Retired Member Coordinator Paul Fox ([paulkfox.usc@gmail.com](mailto:paulkfox.usc@gmail.com)) know, and he would be happy to send out a notice... say for the "east-end" of Pittsburgh (Monroeville?), or the North Hills area, or PMEA Districts 2-12. All you have to do is pick a place to eat, specify a regular day/time of the month, and schedule it on your calendar! It is a great opportunity to relax, re-connect, and share stories with your friends and colleagues!

NAfME has posted a webpage containing the latest on the Every Student Succeeds Act (ESSA), the latest reauthorization of the Elementary and Secondary Education Act (ESEA). The new law's passage is an historic victory for music education advocates, because it includes for the first time a specific and separate mention of music as a part of a 'well-rounded education.' For more information, go to <http://www.nafme.org/advocacy/elementary-and-secondary-education-act-esea-updates/>

Franklin Regional High School Marching Band (Murrysville, PA) marched down Pennsylvania Avenue at Donald Trump's presidential inauguration on January 20. Kudos and bravo for the honor go to the band and director/PMEA member Kevin Pollock.

**Happy trails, retirees.** In order to keep receiving these *Constant Contact* messages and *eNEWS* coming, be sure they are not "lost" in your "promotions" or spam folders. Please keep in touch! PKF

Answers to retiree leaders' puzzle



Paul K. Fox  
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