

# PMEA Retired Member Network eNEWS: August 15, 2016

by Paul K. Fox, PMEA Retired Members Coordinator

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In celebration of "Ha, ha, I am NOT going back to school," welcome to this edition 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 via this e-mail address. Thanks for staying involved in PMEA and our profession!



## Being retired is GREAT, especially when we can "rub it in!"

- **Back-to-school jokes** <http://boyslife.org/features/32016/back-to-school-jokes/>
- **When in doubt, go to Reader's Digest** <http://www.rd.com/funny/back-to-school-jokes/>
- **Here come the puns** <http://www.punoftheday.com/cgi-bin/disppuns.pl?ord=S&cat=11&sub=1101>
  - I'm bad at math, so the equation  $2n+2n$  is  $4n$  to me.
  - A rule of grammar: double negatives are a no-no.
  - In high school I recall having a beautiful but difficult math teacher. She was easy on the eyes and hard on the pupils!
  - The music teacher was quite controversial. He told his students to read band books.
  - I used to work as a ceramics teacher, but I got too close to the kiln and I was fired.
  - After periodic doubts about his vocational calling, the young chemistry teacher concluded he was out of his element.
  - An English teacher, who was dreadfully afraid of insects, while on a picnic screamed like a little girl when he saw there was an antonym.

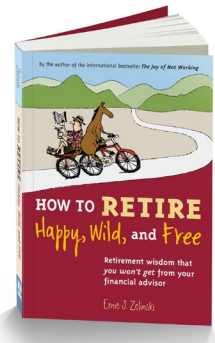
## Retirement quote of the month

"50% of retirees will suffer some form of acute emotional distress. This is potentially a very large problem given the fact that 10,000 people are becoming eligible for Social Security every day for the next 20 years in the US alone." - Dr. Robert Delamontagne in *Retiring Mind*

## Goal-setting for the "newbie" retiree

I hope you had the chance to pick up a copy of *How to Retire Happy, Wild and Free* by Ernie J. Zelinski. He focuses on the importance of a great work/life balance, and the three basic needs that work fulfills and which are important in retirement: purpose, community, and structure. At the core for "purpose," he submits the following essentials:

- To make a difference in people's lives
- To make a contribution
- To find creative expression
- To take part in discovery and challenge
- To help preserve the environment
- To accomplish or achieve a challenging task
- To improve health and well-being



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/>



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Zelinski teaches us to engage in a little brainstorming for things-to-do in retirement, using what he calls a "mind-map" to generate a "get-a-life tree" of the following:

1. Activities that turned me on now
2. Activities that turned me on in the past
3. New activities I have thought of doing

It is worth the price of his book to peruse the seven pages of "Activities for a Get-a-Life Tree" in Chapter 3: "So Many Worlds, So Much to Do!" subtitled "To Be Bored Is to Retire from Life."

### **Best new (for me) expert on retirement: Ken Dychtwald, PhD**

Have you heard about the American Society on Aging? The group Age Wave? How about the published work of gerontologist and psychologist **Ken Dychtwald**? If not, you need to sit down and enjoy at least one humorous and enlightening presentation on the subject of "The Longevity Revolution!" Check out these (free) YouTube videos:

- **2013 American Society on Aging** <https://www.youtube.com/watch?v=bEDW8hSuJio>
- **2016 Silicon Valley Boomer Venture Summit** <https://www.youtube.com/watch?v=HM5j86p1jBU>

Dychtwald has excellent insight (and research to back it up) on retirement, "reinventing oneself," coping with the aging process, and funding and having fun in our "golden years!"



He sums up several **tips for a smooth transition to retirement**:

- Pursue meaningful work (i.e. "encore career") and leisure activities/hobbies
- Create new relationships and social ties/network (to people of all ages, cultures, interests-global)
- Learn new skills and professional endeavors
- Become active in projects you couldn't pursue while working
- Consider fulfilling volunteer work if desirable

### **From P.L.A.N. on Facebook: PMEA Leadership Advocacy Network**

Thanks to the ever-vigilant **Rich Victor** for the following posting:

Monday, August 1st marked the end of No Child Left Behind as the Every Student Succeeds Act (ESSA) became the major K-12 federal education law of the land. However, the 2016-2017 school year is a year of transition for schools across our nation. That means that NCLB is still being enacted as the standing education law to allow schools, districts and states to build their school, district and state plans to meet the goals of ESSA for the 2017-2018 school year.

From the Foundation for Excellence in Education, Rich shares an excellent timeline of ESSA implementation - how it will be rolled out across the nation, and comments, "...Keeping in mind that states may move more quickly in developing their state level plans than the deadlines included here." Go to the PLAN's public page on Facebook.

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## Five Things Teachers Can Learn from Their Band Director!

Thanks to Edutopia, Rich Victor, and the PMEA Leadership Advocacy Network on Facebook

1. Classroom management
2. Performance-based learning
3. Differentiation of instruction
4. Collaboration and communication
5. Self-directed learning - the power of homework



To review the entire article by Dr. L. Robert Furman, former music teacher and currently Principal at South Park Elementary Center outside of Pittsburgh, PA, go to <http://www.edutopia.org/discussion/5-things-teachers-can-learn-their-band-director>.

## This may be your final eNEWS!

With apologies to anyone who has recently renewed their PMEA membership, here's a "final reminder" to re-up your retired member dues! I hope you realize how important it is for your continuing support of PMEA and for you to remain "committed to the cause." The PMEA retired member fee is only **\$64** for PMEA + NafME, or **\$30** for PMEA-only. If you missed the mail or would like to rejoin after a several-year-lapse, please go to the membership section on the PMEA website: <http://www.pmea.net/membership-information/>, or, for your convenience, please use the attached the 2016-17 membership form.

## Why join PMEA as a retired member?

- **Stay involved in the profession** — Keep a finger on "the pulse of music and education" by reading PMEA/NafME and Retired Member Network eNEWS publications, and attending workshops/conferences about new literature, resources, trends, innovation, and research.
- **Have a voice** — Retired member dues support music education advocacy efforts on the federal and state levels. In addition, retired members "make a difference" and help elect or serve as future leaders in PMEA.
- **Share your expertise** — "Keep your chops up" and remain active in the field of music education by joining the Retiree Resource Registry to function as an informal adviser/consultant for new or needy PMEA members or officers, or volunteer to assist on other PMEA projects like the spring conference info booth.
- **Earn exclusive discounts** — Save money on membership dues, spring conference registration (only \$10), summer conference, and other programs.

**Happy trails, retirees,** and please keep in touch! Take a look at the numerous resources archived in the Retired Members' section under "Focus Areas" of the PMEA website: <http://www.pmea.net/retired-members/>. PKF

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