

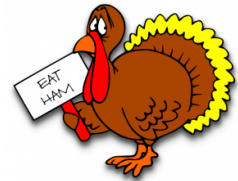
PMEA Retired Member Network eNEWS: November 23, 2016



by Paul K. Fox, PMEA Retired Members Coordinator

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Happy Thanksgiving Holiday and welcome to the latest edition of **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!



If you thought the Halloween jokes were bad...

from <http://christianbandhelp.com/thanksgiving-bad-music-jokes/>

Why did the turkey join the band? **Because it had the drumsticks!**

What kind of music did the pilgrims like? **Plymouth Rock!**

Why did the guys let the sweet potato join the band? **So they could have a yam session!**

from <http://www.jokes4us.com/holidayjokes/thanksgivingjokes.html>

Why can't you take turkeys to church? **They use FOWL language!**

What's the best dance to do on Thanksgiving? **The turkey trot!**

What did the turkeys sing on Thanksgiving Day? **"God Save the Kin."**

What do you get when you cross a turkey with a banjo? **A turkey that can pluck itself!**

If the pilgrims came on the Mayflower, what do teachers come on? **The scholar ships!**

Article of the Month: "Life After Retirement – What Do I Do Now"

by Mike Lewis for *Forbes*

<http://www.forbes.com/sites/mikelewis/2013/10/22/life-after-retirement/#5c92031c5b8e>

Citing a May 2013 study by the UK's Institute of Economic Affairs, it was reported that "40% of retirees suffer from clinical depression, while 6 out of 10 report a decline in health." Lewis dives into the root causes of this emotional upheaval and tips on setting a new course for the rest of your life.

"According to psychologists, jobs provide mental health benefits including:

- Feelings of contribution and being appreciated
- The satisfaction of solving problems and learning new things
- Relationships with fellow workers
- Daily routines eliminating mental decisions about 'what to do next'

The key to a positive retirement is to ensure these benefits don't get lost, but are simply experienced in a different way."

An excellent read, his three sections explored in detail the following:

- Remember, Reflect, Reconcile, and Report
- Get and Stay Active
- Volunteer Your Time and Expertise.

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U.S. Dept. of Education's new emphasis on a "well-rounded" education

<http://www.ed.gov/news/press-releases/us-department-education-releases-guidance-encouraging-well-rounded-education>

From the **ARTS ED Digest** (Arts Education Partnership), November 2, 2016:

"The U.S. Department of Education released non-regulatory guidance regarding the Student Support and Academic Enrichment Grants (SSAE) under Title IV, Part A of the Every Student Succeeds Act (ESSA). This new grant program focuses on safe and healthy students and how technology can be integrated into schools to improve teaching and learning, in addition to emphasizing access to a well-rounded education that includes a wide variety of disciplines - such as music, the arts, social studies, environmental education, computer science and civics.

"The guidance - which serves as a resource to help support effective implementation of the new grant program - provides examples of allowable uses of funds, discusses the role of state education agencies, details fiscal responsibilities, and identifies local application requirements." (See above link for more information.)



Update: Council for Teacher Training, Recruitment, and Retention

All PMEA state bylaws amendments were approved in the last membership election. Regarding the leadership council on which "we" retired members have representation, the PMEA State Council for **Teacher Training, Recruitment, and Retention** (TTRR) "shall discuss strategies which support the **life cycle of a music educator**. The council chair shall be elected by and from the council for a two-year term. The remainder of the council shall be composed of the SMTE/Higher Education coordinator, the PCMEA president, the PCMEA state advisor, and other such members as may be determined by the president, with the approval of the board of directors."

In addition, it is anticipated that membership will include the TRI-M State Chair, Mentor Program Chair, PCMEA President-Elect, Future Music Educators Honors Symposium Coordinator, and at least one higher education representative from each PMEA Region. I was elected as chair of this council, but seek your ideas and feedback!

Our first meeting is scheduled for 7:30 a.m. on Thursday, April 20, 2017 at the PMEA spring conference in Erie. **This meeting will be open to anyone interested.**

Since this committee is a new revision of the PMEA state "governance," I welcome your thoughts on issues, needs, and goals for TTRR, possibly reviewing the core subjects of mentoring, professional development, research, resources for/from retired members, recruitment, retention, pre- and in-service training, and meaningful support of existing professionals and the "next generation" of music teacher educators.



The Four Stages of Retirement Leisure

From <http://agewave.com/what-we-do/landmark-research-and-consulting/research-studies/leisure-in-retirement-beyond-the-bucket-list/>.

Among the key findings in a May 2016 Merrill Lynch and Age Wave study, a nationally representative survey of more than 3,700 respondents, were the following "stages" and recommendations to retirement and leisure living:



"Our study uncovered four distinct stages of retirement leisure and revealed the key experiences, priorities, and connections retirees seek in each stage.

- **Stage 1: Winding Down & Gearing Up:** In the five years prior to retirement, many pre-retirees feel overwhelmed with work and look forward to more time for the non-work activities they love.
- **Stage 2: Liberation & Self-Discovery:** Recent retirees (in retirement for two years or less), are enjoying their newfound free time and are adjusting from a work-centered identity to one defined by leisure and other interests.
- **Stage 3: Greater Freedom & New Choices:** Spanning the period from year 3-15 of retirement, retirees embrace their new identity, feelings of happiness, contentment, and confidence are high, spontaneity peaks, and anxiety wanes.
- **Stage 4: Contentment & Accommodation:** More than 15 years into their retirement, they are most likely to strive to maintain health and independence, enjoying familiar activities rather than new ones."

The conclusion? "Roughly half of retirees have done some planning for leisure in the coming year; far fewer have made plans further out. Two-thirds of those with a partner or spouse have not even discussed how much leisure time they want to spend together in retirement. But planning is the key to making the most of our time affluence, and those who have done some preparation are far more likely to say retirement is more fun, enjoyable, and pleasurable."

For the complete study, visit www.ml.com/retirementstudy.

Welcome to our newest R³ member

Matthew Boice joined the **Retiree Resource Registry** and will appear on the next posted update of the **R³ roster** and **R³ index**. A past PMEA District 1 President and Citation of Excellence recipient, Matt retired from the Quaker Valley School District in June 2016. He is currently Music Director and Organist of the First Presbyterian Church (Washington, PA), Director of the Washington Festival Chorale, and Assistant Director and Accompanist of the Syria Shriners Chanters. Nothing inactive about *this* retiree!

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“Retirement is a journey, not an event...”

“Five Things to Think About on Your Journey to Retirement” by The Vanguard Group at <https://personal.vanguard.com/us/insights/article/5-things-journey-to-retirement-052015>

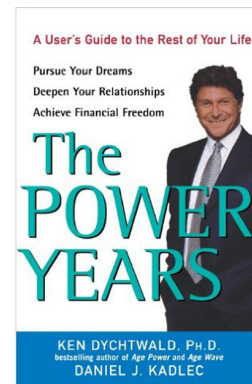
1. New Investors: When will you start saving and how much will you save?
2. After saving for retirement for 10 years, ask yourself: “How much do I need to accumulate?”
3. When retirement is right around the corner, ask yourself: “How much will I need to rely on my investment portfolio to meet my daily living expenses?”
4. Reaching retirement is a milestone, but don't stop planning ahead. What's your vision for the future?
5. You're living life as a retiree - finally! Is there anything about your lifestyle that hasn't met your expectations?

Be sure to read the entire article... no matter where you are in the process of making retirement goals and plans.

Book of the Month: “The Power Years”

by Ken Dychtwald and Daniel J. Kadlec

Claiming that *The Power Years* is not a “retirement guide,” the authors say, “It's more about *unretiring* - how to shed your dated preconceptions about life after forty, fifty, or sixty, and stay in the game in ways you'll find satisfying and invigorating.” Sharing “inspiring stories of fascinating people” as well as plenty of prescriptive advice, Dychtwald and Kadlec provide thoughts and examples on finding new passions, rediscovering your life's purpose, forging vital relationships, contributing to society, and leaving a lasting legacy.



“As we baby boomers move into the next stage of life, we now have the opportunity to experience a mold-shattering period of reinvention and personal growth, career liberation, nourishing relationships, and financial freedom. *The Power Years* helps us envision and embrace this new chapter of life as we develop a carefully thought-out plan for personal fulfillment.”

Although first published in 2005 (2006 in paperback), I can vouch for the relevancy and potency of this easy-to-read “User Guide to the Rest of Your Life.”

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More Sad News... in Loving Memory of Carmen Culp

<http://www.legacy.com/obituaries/dailylocal/obituary.aspx?n=carmen-evans-culp&pid=182425960&fhid=15296>

We recently learned about the passing of our beloved and esteemed PMEA retired member Carmen Culp on November 6, 2016.

Carmen's distinguished career as an educator was hallmarked by excellence in teaching, prolific authorship, and unwavering service. As the first woman PMEA State President, Carmen helped lead a change in PMEA's exclusive focus on performance ensembles to the equal inclusion of classroom music teaching. She was president of the Tredyffrin-Easttown Education Association. Carmen was a senior author of both *The Music Connection* and *The World of Music* classroom music books, co-author of two additional titles, and served as project advisor for the film "Why is Music Music?" Following retirement after 42 years as a music educator and choral director, Carmen served as a part-time instructor at Immaculata and Rosemont colleges, as an instructor for music educator workshops throughout the country, and as a curriculum consultant to school districts. Carmen was a tireless contributor to the West Chester University Alumni Association where she served as President of the Board of Directors and was named Board President Emerita. *(Right now we know she is leading a choir of angels in heaven...)*

You are invited... to the next District 1 Retired Members' breakfast

After a successful November 7 inaugural get-together (six were able to attend: Matt Boice, Jim Falvo, Paul and Donna Fox, Bill Galvin, and Adrienne Davis Kelly), the PMEA District 1 retiree breakfast will continue being held on the first Monday of the month... the next one planned for **December 5** at 9 a.m.

in the Kings Family Restaurant in Bridgeville, PA. Everyone is invited! RSVP paulkfox.usc@gmail.com. If you cannot attend, please send us feedback if a different day or location would be better for you. *(Note to other Districts: send us bulletins of your retiree meetings!)*



Quotables: *Retirement Cafe* compiled by Ernie J. Zelinski at <http://www.retirement-quotes.com/>

- "Retire? I'm going to stay in show business until I'm the only one left." — George F. Burns
- "Don't think of retiring from the world until the world will be sorry that you retire." — Samuel Johnson
- "Slow down and enjoy life [in retirement]. It's not only the scenery you miss by going too fast. You also miss the sense of where you are going and why." — Eddie Cantor
- "Don't simply retire from something; have something to retire to." — Harry Emerson Fosdick

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Retirees: Things for Which to Be Thankful!

Personally, I *love* every moment of retirement... the boundless freedom to pursue new opportunities, reinvent our life's purpose, give back to others, renew relationships, and focus on creative self-expression. This is truly *living the dream*... but, in case you need more inspiration, check out these websites perfect for Thanksgiving and the New Year!

“Be Thankful as You Near Retirement – It Improves Health and Happiness”

<https://www.newretirement.com/retirement/be-thankful-for-as-you-near-retirement-it-improves-health-and-happiness/>

“Powell: Retiree Stats, etc. to Be Thankful for”

<http://www.usatoday.com/story/money/columnist/powell/2014/11/22/retirement-thanksgiving-pre-retiree/19342091/>

“Retirement: An Opportunity for Reflection on Gratitude”

<http://www.retirementlifestylestrategies.com/newsletter-archives/retirement-reflect-on-gratitude/>

“Things to Be Thankful for This Holiday Season”

<https://www.oppsvt.org/blog/things-to-be-thankful-for-this-holiday-season/>

Fox’s latest blog-posts on retirement:

“Is It Autumn? Retirement... and the Seasons of Change”

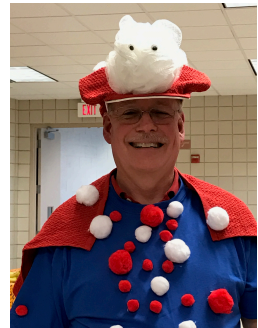
<https://paulkfoxusc.wordpress.com/category/retirement-resources/>

“Reflections on the Glory Days”

<https://paulkfoxusc.wordpress.com/2016/08/29/reflections-on-the-glory-days/>

Strangest Halloween Costume for 2016

As a frequent blood donor for platelets, white-blood cells, and plasma, yours truly celebrated the ghoulish holiday of Halloween going as a “blood donation.” (At the South Hills Junior Orchestra party, no one was able to guess my costume’s “secret identity!”) It deserves mention that the local blood banks and the Red Cross always need donations... and, if your veins and general health are good, you should consider signing up for an appointment! (But, be sure to wear your street clothes - there’s no need to scare the phlebotomist!).



Happy Thanksgiving from the PMEA State Retired Member Coordinator!

Happy trails, retirees. Hopefully you are enjoying these *Constant Contact* messages. Make sure they are not “lost” in your “promotions” or spam folders. Consider contributing something for this forum or *PMEA News*. Please take care! PKF

