

PMEA Retired Member Network eNEWS: December 5, 2016



by Paul K. Fox, PMEA Retired Members Coordinator

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Happy December Holidays 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!



December – the month with the most multicultural and “weird” celebrations

from <http://www.holidayscalendar.com/month/december/>

December 1 Eat a Red Apple Day	December 17 National Maple Syrup Day
December 2 National Fritters Day	December 23 Emperor's Birthday/Japan
December 4 National Cookie Day	December 23 Festivus
December 5 St. Nicholas Day/Belgium	December 24 Christmas Eve
December 5 Bathtub Day	December 25 Christmas
December 5 Day of the Ninja	December 25 Hanukkah/Jewish
December 6 St. Nicholas Day/Austria	December 26 St. Stephan's Day/Austria
December 6 Feast of St. Nicholas (Bari)/Italy	December 26 Boxing Day/Canada
December 6 National Gazpacho Day	December 26 St. Stephan's Day/Christian
December 7 Feast of St. Ambrose (Milan)/Italy	December 26 Second Christmas/Germany
December 7 National Cotton Candy Day	December 26 Synaxis of the Mother of God/Greece
December 8 Immaculate Conception/Austria	December 26 Public Holiday/South Africa
December 8 Feast of the Immaculate Conception/Christian	December 28 Day of Innocents/Mexico
December 11 Statute of Westminster Anniversary/Canada	December 30 Rizal Day/Philippines
December 12 Day of the Virgin Guadalupe/Mexico	December 31 New Year's Eve
December 12 Poinsettia Day	December 31 St. Sylvester's Day/Austria
December 16 Day of Reconciliation/South Africa	December 31 Make Up Your Mind Day
December 16 National Chocolate Covered Anything Day	

More information about December “holidays across the cultures...”

Education World, November 28, 2016, http://www.educationworld.com/a_lesson/lesson/lesson246.shtml

Need your help: article on PMEA retirees working as music tour planners

One of the benefits of retirement is that you get to choose what you do with your “free” time. (Ahem - really?)

We are looking for any PMEA Retired Members who are currently working part or full-time for a **student travel company**. We are fortunate that several of these businesses support PMEA as corporate sponsors: Bob Rogers Travel, CCIS, Inc., Choice Music Tours, EPN Travel Services, Group Travel Odyssey, Kaleidoscope Adventures, and Music Celebrations International. Please send your name and company affiliation to paulkfox.usc@gmail.com. While you are at it, feel free to share any new “retiree happening” going on in your life!



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Retirement Series: “26 Tips for Enjoying Retirement on a Reduced Income”

by Dave Hughes on November 21, 2016 for *Retire Fabulously!* and *U.S. News & World Report*

<http://retirefabulously.com/blog/2016/11/21/26-tips-for-enjoying-retirement-on-a-reduced-income/>

“For many retirees, having enough money to enjoy a satisfying retirement is a major concern.

Fortunately, enjoying a happy and fulfilling retirement does not necessarily require spending a lot of money. It's true that the best things in life are free; for others, there are discounts.”

Another excellent article, his four sections explore in detail the following:

- What Can You Reduce or Eliminate?
- Become a Smarter Shopper
- Why Pay for What You Can Get for Free?
- Seek Out Discounts for Local Entertainment



Renovated blog-site and “ultimate guide” for music teacher retirees

<https://paulkfoxusc.wordpress.com/for-retirees/>

“They” always said, “Keep it simple!” Making it easy to find the voluminous articles, online sources, publications, etc. written by retirement planning gurus to promote a happy, healthy, and meaningful transition to retirement and “living the dream,” I have revised my WordPress blog-site (see the above URL - top menu link “For Retirees”) and updated the now printer-friendly *Ultimate Retiree Resource Guide* on the PMEA website:

<http://www.pmea.net/wp-content/uploads/2014/10/ultimate-retiree-resource-guide-rev-112716.pdf>.

What is that saying? “If it is to be, it has to be me!” If you find a new book or anything interesting “on the web” regarding retirement, please share: paulkfox.usc@gmail.com.

(Really, I can't be the only person that reads this stuff!)

Heading for Erie in 2017: PMEA Spring Conference update

Soon you will receive your copy of the Winter 2016 *PMEA News* with information about the **PMEA Spring Conference** on April 19-22, 2017 at the Bayfront Convention Center.

For your convenience, the adjoining hotels to most of the events are the Sheraton Bayfront and Marriott Courtyard. As usual, retired members enjoy a huge registration discount - only \$10/early bird or \$15/at-the-door, as opposed to \$145-\$175/regular members). Register online: <http://www.pmea.net/2017-pmea-annual-in-service-conference/>.

No matter when and with whom I ride to the PMEA conferences planned for Erie (2017), Lancaster (2018), combined NAFME and PMEA in Pittsburgh (2019), etc. I know I will get a little nostalgic lump in my throat remembering “the good times” with all my former students participating in All-State and All-East honors ensembles. PMEA still has much to offer - even for us retirees! See last page for **alpha summary of sessions/concerts**.



Welcome and BRAVO to our newest retiree

Hurray and congratulations to **Sherry Weaver**, who has just joined our ranks as a PMEA Retired Member. Serving in PMEA District 12, she "graduated to living the dream" from the Downingtown Area SD where she was the string teacher and director of orchestras.

Blogger-of-the-month: Marie Villeza

<http://elderimpact.org/>



When you write blogs and post them online, you hold your breath and hope that someone eventually *reads and responds to them!* I was thrilled to hear from a fellow-author of retirement resources, **Marie Villeza**, who replied in kind by sending me an amazing collection of her articles and insights:

"Lately I've been devoting my focus to senior health — especially since only 28-34% of Americans aged 65-74 are physically active (see <https://www.fitness.gov/resource-center/facts-and-statistics/>).

"I've had the opportunity to speak with some of the elders in my community, and they said although they do *want* more physical activity, they feel limited in their options. Fortunately, inspiring others to get on their feet is my specialty! I've gathered some terrific resources on ways for seniors to lead happier, more active lives, but I need your help distributing them."

Check these out (even though I am blind to the term "elderly!"). She states her site's mission is "to empower seniors against ageism by making handy the information they need to keep controlling their own lives."

- **Outdoor Elderly Activities** <http://www.elder-one-stop.com/outdoor-elderly-activities.html>
- **Retiring in Your Own Home: How Baby Boomers Can Age in Place** <http://www.homeadvisor.com/r/baby-boomers-aging-in-place/#>.
- **The Healing Power of Pets for Elderly People** <https://www.agingcare.com/articles/benefits-of-elderly-owning-pets-113294.htm>
- **Volunteer Abroad Programs for Senior Travelers** <https://www.gooverseas.com/volunteer-abroad/seniors>
- **Exercise Essentials for Healthy Aging** <http://www.everydayhealth.com/senior-health/staying-active.aspx>
- **Exercising with Osteoporosis: Stay Active the Safe Way** <http://www.mayoclinic.org/diseases-conditions/osteoporosis/in-depth/osteoporosis/art-20044989>

Happy trails, retirees. To keep these *PMEA Retired Member Network eNEWS Constant Contact* messages coming, be sure they are not "lost" in your "promotions" or spam folders. Also, we would love to hear from you... what's going on in your part of the world? Otherwise, please have a warm, happy, safe, and prosperous holiday! PKF





2017 PMEA Spring Conference Sessions

Access to Music Learning (Inclusion) FR
ACDA Choral Reading FR
Alternative String Styles TH
Be Part of the Music FR
Be the Advocate TH
Beginning Improvisation/Composition for Guitar FR
Building the Middle School Choral Program TH
Choral Music for Middle School Voices FR
Choral Music Now Available in SmartMusic FR
Chrome + GAFE + Music Educator TH
Classroom Management Made Easy TH
Classroom Music for the Post Millennial Child FR
Connections to Cultural Diversity in General Music TH
Copyright: What Can I Really Do? TH
Cracking the Graduate School Code TH
Daily Dalcroze (Elementary General Music) FR
Demystifying Kindergarten TH
Documenting the Paths to Success: Midwest Clinic/Band TH
Doing More with Small-Group Instrumental Classes TH
Dollar Store Differentiation FR
Double Bass 101 FR
Elementary Ensemble Management FR
Essential Elements TH
Exploring the Ludic Impulse in Elementary Music TH
Exploring the New SmartMusic TH
Fighting Back Against Equal Temperament (Band) FR
Flute, Clarinet, and Saxophone Toolbox FR
Forget Not My Heart: Reading Session/Women's Choirs TH
Fostering Creativity in Large Ensemble Classes TH
From Motley Crew to Mellifluous Men TH
Front-Loading: Constructing Your Rehearsal FR
Getting the Most Out of Your Student Teaching TH
Getting the Sound You Want From Your Concert Band TH
Google Classroom or Apples for the Teacher? FR
I Have to Teach What? Orchestra? Help! TH
Implementing Recording Technology in the Classroom TH
Invited Researcher FR
Jazz and Classical Saxophone TH
Jazz Ensemble for First and Second Year TH
Keynote: Dr. Tim Lautzenheiser TH
Keynote: Scott Sheehan FR
Kodaly and Orff Meet QuaverMusic Technology FR
Laughing at Ourselves: Great Actors Teach Conducting FR
Maximizing Time with Your Beginning Musicians TH
Music & Children's Literature TH
Music Education and Gaming FR
New Two-Part Choral Repertoire FR
PDE Alphabet Soup: New and Improved FR
PDESAS.ORG TH
Perspiration OR Inspiration? The Art of Rehearsal TH
Planning Strategies: Responsive Teaching Mindset FR
PMEA Band Adjudication Mock Assessment FR
PMEA Composition Program TH
Ready for Hire! Interviewing Strategies FR
Recruiting Those Tenors and Basses FR

Reignite: An Approach to a Fulfilling Career TH
Research Forum FR
Research Posters TH
Revisiting the 21st Century Classroom FR
Something to Crow About: The Sounds of Bassoon FR
Starting Off Right (Elementary String Program) FR
Starting the Year Off on the Right Note FR
Starting with the End in Mind (Successful Job Search) TH
Strategies for Teaching Elementary Strings TH
Strategies to Increase HS Music Student Engagement FR
Swingin' from the Start: Jazz Improvisation in Band TH
Taking Big Steps with Small Ensembles TH
Teaching Racial Literacy in Music Classrooms TH
Teaching Students with IEPs in the Music Classroom FR
Tips for Success (Leading Instrumental Educators) FR
Towards a More Inclusive Music Education (LGBTQQIAA) FR
Ukulele: Four Strings, So Many Possibilities FR
Urban Music Educators Symposium FR
Vibrato in the Upper Strings FR
Winds, Brass, and Piano: Mixed Family Chamber Music FR

2017 PMEA Spring Conference Performances

Bradford Woods Elementary Singing Tigers TH
Bucknell University Rooke Chapel Ringers FR
Butler Golden Tornado Percussion Ensemble TH
Canonsburg MS Symphonic Band TH
Dover Area HS Standard 12 TH
Duquesne University Jazz Ensemble I TH
Fox Chapel Area HS Madrigal Singers FR
Gem City Jazz Ensemble TH
Gwynedd Square/Inglewood Chamber Strings FR
Hampton HS Wind Ensemble TH
HMS Jazz Ensemble FR
Hollidayburg Area HS Jazz Quartet FR
IUP Percussion Ensemble FR
IUP Wind Ensemble FR
Mansfield University Concert Choir TH
Messiah College Saxophone Quartet TH
Moon Area HS Symphonic Band TH
Nazareth Area HS Nightingales TH
North Penn SD P2 Select String Ensemble FR
North Pittsburgh Youth Flute Ensemble TH
Penn State Philharmonic Orchestra TH
Pennbrook MS 7-9th Grade Jazz Ensemble FR
Penncrest Flute and String Ensembles FR
Pine-Richland HS Chamber Singers TH
PMEA All-State Performing Groups FR
Quakertown Community HS Wind Symphony FR
Repasz Band (1831) TH
Seneca Valley 8th Grade Chorus FR
State College Area HS Chamber Singers FR
State College Area HS Jazz Band FR
Strayer MS Wind Symphony FR
Susquehanna University Choir FR
West Chester University Wind Symphony FR
Williamsport Area HS Sinfonietta TH

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