

Happy New Year and 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!



New Year's... no laughing matter?

from <http://www.funny-jokes-quotes-sayings.com/new-year-jokes.html>

- An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves. - Bill Vaughan
- On New Year's, just remember: if your cup runneth over, you've probably reached your limit. - Melanie White
- If you make a New Year's resolution to eat a healthy diet, and you keep it, you won't actually live longer, but it will seem longer. - Greg Tamblyn
- Women get a little more excited about New Year's Eve than men do. It's like an excuse: you drink too much; you make a lot of promises you're not going to keep; the next morning, as soon as you wake up, you start breaking them. For men, we just call that a date. - Jay Leno
- Every New Year is the direct descendant, isn't it, of a long line of proven criminals? - Ogden Nash
- "Out with the old, in with the new" is a fitting expression for a holiday that is based on vomiting. - Andy Borowitz
- New Year's is a harmless annual institution, of no particular use to anybody save as a scapegoat for promiscuous drunks, and friendly calls for humbug resolutions. - Mark Twain
- May all your troubles last as long as your New Year's resolutions. - Joey Adams

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Welcome to our newest music teacher retirees

Congratulations and BRAVO go to our latest "graduates" from full-time employment - PMEA District 11 retired members: **Frank Bolkus** (formerly of Doyle Elementary) and **Karol Mannherz** (Palisades School District).

Important PMEA events for your New Year's calendar

- January 6-7, 2017 Board Meeting, State College
- **January 9** **PMEA D1 Music Teacher Retiree Breakfast, Bridgeville**
- January 9 Article deadline for *PMEA News* spring issue
- January 14 PMEA Strategic Plan Committee Meeting, State College
- February 15 Deadline for PMEA Spring Conference early-bird rates
- **March 20** **PMEA Music Education Advocacy Day, Harrisburg**
- April 3 Article deadline for *PMEA News* summer issue
- **April 5-8** **NAfME Eastern Division Conference, Atlantic City**
- **April 19-22** **PMEA Spring Conference, Erie**
- **July 17-19** **PMEA Summer Conference, Board/Council Meetings**

Also check website
<http://www.pmea.net/events/>

2017 PMEA's Music Education Advocacy Day

<http://cqrceengage.com/pmea/advocacyday16> (last year's event)

PMEA will hold its sixth annual **Music Education Advocacy Day** at the State Capitol in Harrisburg on Monday, March 20, 2017. During this event, PMEA members, along with community members from school districts across the state, will have the opportunity to listen to remarks from those who have been positively impacted by the music education they received in school.

A brief orientation for all attendees will be held at 9:30 a.m. followed by a News Conference at 11 a.m. and legislative visits throughout the day. (You can begin reaching out now to your local legislators to make appointments!)



Mark Despotakis, Chair of the PMEA Advancement of Music Education Council, encourages our participation. "There is great value in PMEA retired members attending the Music Education Advocacy Day." Our presence and voice are needed towards supporting the goal of making access to quality music and arts education a reality for every child in PA. What are you waiting for? **Here's your chance to make a difference!**

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PA ESSA Public Tour

<http://www.pmea.net/news/pennsylvania-every-student-succeeds-act-public-tour/>

The Pennsylvania Department of Education (PDE) is holding a series of events to engage the public on important education topics in Pennsylvania.

The primary focus will be the Every Student Succeeds Act (ESSA), the federal education law signed by President Barack Obama in late 2015. A senior leader from the department will provide background on the law, and discuss the ongoing development of Pennsylvania's State Plan for its implementation, which will be submitted to the U.S. Department of Education in 2017.

Feedback is important to PDE. To provide the best avenue for public comment as well as provide an opportunity for those who cannot attend an event, members of the community are encouraged to review these materials and offer comment:

<http://www.education.pa.gov/Pages/Every-Student-Succeeds-Act.aspx>

Public Meetings

Wednesday, January 4 at Quakertown - 5:30 p.m.

Bucks County Free Library - Quakertown Branch

401 West Mill Street

Quakertown, PA 18951

Tuesday, January 10 at Scranton - 4:00 p.m.

Career Technology Center of Lackawanna County

3201 Rockwell Avenue

Scranton, PA 18508



What's in a New Year's resolution?

Here are a few websites to visit... if you believe in making new goals or "resolutions" for the New Year! (I do not know why I resent or ignore the term "senior citizen...")

- "Random Acts and Other Resolutions" by Paul Fox
<https://paulkfoxusc.wordpress.com/2015/12/22/random-acts-and-other-resolutions/>
- "Top 10 New Year's Resolutions for Older Adults" by American Geriatrics Society
<http://www.healthinaging.org/resources/resource:top-10-healthy-new-year-s-resolutions-for-older-adults/>
- "5 New Year's Resolutions for Seniors" by Tim Wyatt
<https://www.sunriseseniorliving.com/blog/december-2015/5-new-years-resolutions-for-seniors.aspx>
- "10 Simple New Year's Resolutions for Senior Citizens" by Phyllis Franks
<http://www.sherwood-oaks.com/other/10-simple-new-years-resolutions-senior-citizens/>
- "Retirement: New Year's Resolutions for Health, Wealth" by Nanci Helmich
<http://www.usatoday.com/story/money/personalfinance/2014/12/07/retirement-new-years-resolutions/19952775/>

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Retirement Fabulously series: "Is Your Retirement Fulfilling or Just Busy?"

by Dave Hughes on December 15, 2016

<http://retirefabulously.com/blog/2016/12/15/is-your-retirement-fulfilling-or-just-busy/>

"If you ask many retirees what their life is like, they will probably tell you that they are as busy as ever. Every day is full of errands, shopping, household chores, yard work, TV and movies, club meetings, and all sorts of other things. Their calendars are filled with events, appointments, and get-togethers.

"After you retire and you no longer have to go into work every day, it seems like everything else expands, multiplies, and rushes in to consume the time you used to work. You may wonder how you ever had time to work and still get everything else done.

"Of course, staying busy certainly beats being bored and having nothing to do.

"But after a year or two has passed and you settle into your new normal routine, a sense of discontentment may emerge. It's subtle at first, lurking just beneath the surface. You will begin to wonder if this is all there is, and if this is what you spent decades of your life working for. You're busy, and most of it is fun or at least pleasant, but something seems to be missing."

Is this a good enough cliffhanger? Good! Go read the rest of his article. Check out his other blogs (scroll down the retirefabulously.com pages), and you can even sign-up to receive notifications of his future articles: <http://retirefabulously.com/new-start/>.

Charity begins at... home (to benefit our very-own PMEA)

Opportunities abound for becoming an "eleemosynary" retiree. (Eleemosynary is an adjective defined as "generous, charitable, gratuitous, or philanthropic.")

In her *PMEA Mid-December Update*, Executive Director Abi Young summoned our help in supporting PMEA in online purchasing over the holiday season and beyond:



Calling all Amazon.com shoppers! Shop via Amazon Smile (<http://smile.amazon.com/>) and a portion of your purchase will be given to PMEA. Simply select PMEA as the charitable organization you wish to support when first visiting the page and then shop away!

Another way to offer your financial help is to include as part of your regular year-end tax-deductible contributions a gift to the **PMEA Scholarship/Grant Fund**. A detailed description about the awards including the Margaret S. Bauer Grant Program and others is listed at <http://www.pmea.net/resources/scholarships-and-awards/>. To donate, visit the "Store" section: <http://www.pmea.net/product-category/donation/>.

Finally, if you are interested in supporting the **NAfME Give a Note Foundation**, read information provided on the following website: <https://www.giveanote.org/giving/>.

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An “advertisement” blog-post: “PMEA in Retirement: What’s in it for Me?”

<https://paulkfoxusc.wordpress.com/2016/12/15/pmea-in-retirement-whats-in-it-for-me/>

Someone “famous” once asked, “**What’s in it for me?**” For PMEA, I am trying to remember who was credited with this remark... Was it our illustrious **Music-in-Our-Schools-Month** state representative (and retired member) Chuck Neidhardt?



If he said it, he was right. For PMEA to remain relevant, meaningful, and just plain “fun” during our “golden years,” the professional organization must consider the needs and interests of our retired members. For this reason, I created a “recruitment article” (fair warning - a.k.a. “ad”) to spell out the numerous benefits and resources available to us. In addition, as your retired member coordinator, I promise to be receptive and pass on your ideas, requests, news, and views. (We do have numerous venues to share your thoughts... this *Retired Member Network eNEWS* for one and the *PMEA News* column in every issue. We are especially looking for **retiree happenings** for “Heard Through the (Vintage) Grapevine...” and please don’t be shy in sending me other newsy stuff!)

However, for this to work, **you have to meet me half way**. As much as they can, retired members should remain “tuned-into” PMEA, for “retaining one’s professionalism, keeping involved albeit less active in the profession, supporting the future of music education, and on occasion, lending a hand to PMEA throughout retirement!” It simple! Just keep in touch! What’s on your mind? What advice can you give others “living the dream” or going through those bumpy ups-and-downs of transitioning to retirement.

Retirees: If you come across a new book, website, publication, etc. on anything interesting regarding post-employment, please share: paulkfox.usc@gmail.com. We could refer it to your retired colleagues on the PMEA website and my WordPress blog-site “For Retirees” <https://paulkfoxusc.wordpress.com/for-retirees/>, as well as update the compendium of research in **Ultimate Resource Guide/Bibliography for Music Teacher Retirees** posted at <http://www.pmea.net/wp-content/uploads/2014/10/ultimate-retiree-resource-guide-rev-112716.pdf>.



The next PMEA District 1 Retiree Breakfast will be on the second Monday... January 9!

Happy trails, retirees. To keep these *Constant Contact* messages and *eNEWS* coming, be sure they are not “lost” in your “promotions” or spam folders. **Happy New Year!** PKF

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